



# Sherborn LINK

JANUARY 2013

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## As a reminder:

If the Sherborn schools are closed due to bad weather, the COA programs will be cancelled. The COA also has the discretion to cancel programming if conditions are potentially dangerous. Any questions, call the COA office

## COA's New Year's Resolutions

The Council on Aging is excited about the new year! In 2013 we will continue to provide excellent programs to keep seniors engaged and active in our community, build a spirit of community through our intergenerational events and programs (see the article on our Bridges program on page 9), reach out and serve homebound seniors, provide resources to adult children who want to help their parents remain independent in their homes, and move forward with an ambitious project of facilitating the building of over-55 housing in Sherborn!

On Election Day the COA circulated a brief survey to voters on over-55 housing and received a significant response. Of the over 500 residents who completed the questionnaire, three out of four indicated that he/she would be interested in having over-55 housing developed in Sherborn. We are encouraged by the high level of interest and will look to garner interest, input and support from our town leaders, boards and residents. This is no small undertaking; we need interested townspeople to come forward to lend their expertise. We will be setting up sub-committees to look at land acquisition, home design, financing, development, and publicity. If you can help in any of these fields, please call us. And for those who have already come forward, THANK YOU! We expect to contact you in early winter and utilize your skills and energy.

The Board and I want to thank Dr. David Sortor for his forward thinking. It has been his dream that Sherborn seniors have housing available within their own community in which they can downsize when the time comes.

The New Year is a wonderful time to get involved in your community. We'd love to have you work with us on this project—short or long-term.

Wishing you a Happy New Year!

*Karen Wellerson Juhl*



**Look for us** on the web at [www.sherbornma.org](http://www.sherbornma.org) under Town Offices. The Council on Aging has its own website with information on services, trips, special programs as well as the Drop-In Calendar and a complete copy of this newsletter and past editions.

**Sherborn Council on Aging Board**

- Sheila Bresnehan, Chairperson
- Sue Peirce, Vice Chairperson
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

**Board Members**

- Phyllis Braun • Karen Lane • Jean Rosseau • George Shea
- Chris Winterfeldt

**Associate Members**

- Ann Bekebrede • Trisha Caldicott • Shelley Cantor
- Sonia Goldsmith • Ruth Johnson • Deborah Kennedy
- Ralph Lowell • Ann Nichols • Edna Roth • David Sortor •
- Ruth Stewart • Ingela Svensson • Martin Waters

**COA Staff**

- Karen Juhl, Director • Laila Vehvilainen, Program Director •
- Linda Bellefeuille, Elder Advocate • Kathy Horigan Dye, Volunteer Coordinator

If you are a senior or care for a senior and want information on programs or services that may help you, a parent or a neighbor have a better quality of life, call at 508-651-7858 or stop by the office (Lower level of Town Hall).

**COA office hours**

Monday, Thursdays & Friday, 8 a.m. – 4 p.m.  
 Tuesdays and Wednesdays, 8 a.m. to 12 noon  
 Late afternoon or evenings by appointment

**Thank You Sherborn!**

The FRIENDS OF THE SHERBORN COUNCIL ON AGING want to thank the Sherborn Community for its support of our third annual Holiday Bazaar and fifth annual gourmet cookie sale! The turnout on Saturday, December 1<sup>st</sup> was amazing!

While our goal is to raise funds to support the Sherborn COA's programs, it is also wonderful to see the community's response to a fun and festive project like the Holiday Bazaar. We want to thank everyone who came to shop and also our very talented bakers who donated both their culinary skills and all the ingredients. This allowed the FRIENDS to raise even more money to aid our seniors.

Finally, we wish to thank the Sherborn Community Center Foundation and its membership for the use of the Community Center for our function in the "heart" of Sherborn. We also wish to thank the Unitarian Universalist and Pilgrim Churches for the use of their parking lots.

To all of you, our thanks and best wishes for a very Happy and Healthy New Year!

*THE FRIENDS OF THE SHERBORN COA*

*Facilities for this event have been provided in part by the Sherborn Community Center Foundation and its membership donors.*

**Sherborn Senior Transportation Service**



**Call: JFK Transportation Service: 508-653-4500**

- **Hours of Services 6:30 a.m. to 6 p.m.**
- **Cost of Local Rides (each way):**  
 Sherborn: 1 ticket  
 Ashland/Dover/Natick/Framingham/Medfield/Holliston: 2  
 Weston/Wellesley: 3 tickets  
 Newton/Needham/Milford/Hopkinton: 4 tickets  
**Local ticket cost:** \$30 for a 10 ticket card

• **Cost of Medical Rides to Boston:**

One Way - \$20 Round Trip - \$40

- **Tickets to Boston:** Special tickets are required for rides to Boston. These are available by mail or in person at the COA office at 19 Washington St.

**For information, call the COA—508-651-7858.**



One of  
*Sherborn's Notable Elders*  
***Lily Lee Levin***

- *One of a series of articles profiling neighbors who have passed the eight-decade milestone and continue to live active, contributing lives.* ■

Lily Lee Levin lived in many places, including several Asian capitals, before she and her diplomat husband, Burton settled in Sherborn 16 years ago. Here, among the colonial houses on Page Farm Road she found a home whose style was influenced by the architecture of the orient. It suited her, and Burt welcomed the open landscape that contrasted with the claustrophobic, cement cities in which they had been living.

Lily was born in 1933 into a military family in Beijing, China, the middle child in a family of five siblings. During her growing-up years, one war followed another requiring her family to move to wherever the action was. At the end of World War II the family returned to Beijing and Lily attended an American missionary high school where she learned English. With the coming of the cold war and the Communist takeover, she and her family were displaced to Taiwan where she worked as a broadcaster and met Burt Levin, a member of the American Diplomatic Corps and the man she would later marry—but first she went to the U.S. to study all things American at Warren Wilson College.

When marriage is proposed between a foreign national and an American diplomat, the State Department and the FBI get involved. Lily was investigated and interviewed by both organizations to assure that she was not a security risk and to determine whether she was suitable for the Foreign Service. Having passed muster, Lily and Burt were married and Burt was assigned to a post in Indonesia. That was the start of Lily's life as the spouse of a diplomat, a role for which she was eminently qualified: she loves to be with people, to entertain and be entertained, to live in different places and learn about other cultures. She had endless opportunities to do all of this as she assisted Burt on his assignments: four times to Hong Kong, to Taiwan, Thailand and Burma with intermittent returns to Washington, and interludes at Harvard and Stanford.

Lily and Burt have two children, a girl Alicia and a boy Clifton, both born in Hong Kong, both graduates of Carleton College. The Levins were disappointed that because of lack of funds Carleton did not have a Chinese Department and they decided to raise money for establishing one. Lily started the ball rolling by approaching a wealthy philanthropist and the effort snowballed into an endowment fund large enough to support not only Chinese studies but Asian studies in general. Burt brings his Far East experience to Carlton by teaching part-time in the new department.

Lily will also take on the role of teacher in a Lifetime Learning class in Chinese cookery. She loves to prepare family dishes without using a recipe but according to her method which she says is easy to learn. She learned to cook as a little girl when she would gravitate from the sedate front of her family's home to the rear where the cook and the household staff kept things lively. In the kitchen she would talk to the cook and watch him work. Eventually he gave her small tasks to do, for example, making dumplings. She absorbed it all and later, when living in Hong Kong, wrote a cookbook called *Lily's Way Scrutable Chinese Cooking*. Gorgeous colored photos illustrate every delicious-looking dish.

Although settled now in Sherborn Lily sometimes gets restless and travels often to visit her children and grandchildren and other family members throughout the country. She is nourished by contact with other people and they welcome her for her embrace of life, her openness and good will.

*Ann Bekebrede*

**LINK READERS SPEAK**

**Memories of the Great Depression in the 1930s**

*By Marty Waters*



Hearing the word “depression” today brings back memories. I was age seven, the youngest of six children at the beginning of the Depression and 14 as it started to taper off.

We lived in a four bedroom house my Mother’s Dad built for her (before I was born), so other than maintenance, housing was not an issue. My Dad was a letter carrier. While his job was secure, the money he earned was not adequate to provide for a family of eight. This necessitated devoting an area 15 feet by 40 feet in the lower back yard behind the garage (a two-car garage, but no cars) to growing vegetables. There was also an area for raising chickens. Every spring my Dad had baby chicks and three turkeys delivered. They were raised by an older brother who was interested in agriculture. There was also an apple tree in this area which produced fruit for apple desserts.

It took the labor of my older brothers and Dad for these areas to become productive. Early spring the garden had to be turned over and prepared for planting. The chicken coop had to be set up to handle the growing chicks and turkeys. Early on, my chores involved grounds maintenance: cutting grass and trimming hedges. During this period my two oldest brothers finished school and found jobs in highway construction leaving me to fill their jobs of maintaining the garden, feeding the chickens and collecting the eggs. There were times when I could help out by selling surplus eggs.

My Mother and sisters were busy with sewing and meal preparation. The meal I remember most was a Sunday afternoon meal with all the family present. We had a roast of meat with all the fixings topped with a special dessert.

For daily use we had an ice box. This had an opening on top for a block of ice, a section in the center to hold the food and a space underneath for a pan to catch the water from the melting ice. Emptying it was one of my chores.

Toward the end of summer, preparing food for the winter was always a big project for my Mother and sisters. The name *Ball jars* stands out in my memory. They were made of glass with a rubber gasket to seal the top of the jar. The food to be preserved had to be cooked and put in the jars hot and sealed. When cooled down, they were stored on shelves in the basement. There was also a bin in a dark area for storing potatoes. As a special treat we would make our own root beer soda by laying green bottles filled with a root beer mixture in the sun to develop the bubbles.

As I look back today, I wonder, “What Great Depression?” For me and my family it was a lot of hard work but we enjoyed the products of our labor. Could it be done today? I wonder!

**An excerpt from a poem submitted by Paul Campanis**



**On the Great Depression**

*By Donald Justice*

We managed. No need for the great heroic  
 Across the fence the neighbors were our chorus  
 And if we suffered we kept quiet about it  
 We gathered on porches: the moon rose;  
 we were poor  
 And time went by drawn by slow horses  
 People like us simply go on.

**Cigarettes**

*By Natalia Kaktins*

I was just a youngster when I had my first cigarette. When the bombs weren’t flying, we children had relative freedom at the Red Cross camp on top of the Black Forest mountain (once a ski resort in happier by-gone days), because there was no accessible exit. The elevated ski cars had no electricity to run on; the tortuous zig-zag roads, pockmarked by bombs, were guarded. The woods were full of war machinery. As a result I could wander with very little supervision because my grandparents worked all day in the kitchen. The Red Cross camp with red crosses painted on its roofs was fairly safe and there was no need to lock me in a room. After all, we all knew the drill when the sirens sounded.

The camp was filled with wounded Nazi soldiers, many without limbs or sight. Some who had arms could move about on makeshift boards on wheels, akin to skateboards. We children guided the ones with bandaged eyes and pushed those without limbs. We also learned how to fashion a cigarette for them. We took paper out of their pocket, sprinkled tobacco on it (sometimes it was just some grass, if tobacco was unavailable), rolled it up, spit on it to hold it together and lit it. We then held it in the soldier’s mouth to puff on. I became quite adept at this until some interfering adult forbade us to continue and other adults took over our jobs. I stopped with no regrets but it took my brother much of his lifetime to wean himself from smoking.



## Analysis of Survey Data on the Desirability of Over-55 Housing in Sherborn

Approximately 1000 questionnaires were distributed on Election Day and 512 were filled out and returned on the same day. The COA is grateful for the willingness of so many residents to respond to our inquiry. Here are some of the results.

- ◆ Of the 512 respondents, 362 or 71 percent indicated that they supported the idea of the development of housing for people aged 55 or over.
- ◆ Of the 362 people in support, 252 are between the ages 41 and 70.
- ◆ Location near the town center was important for 175 or 48 percent of respondents who favor 55+ housing.

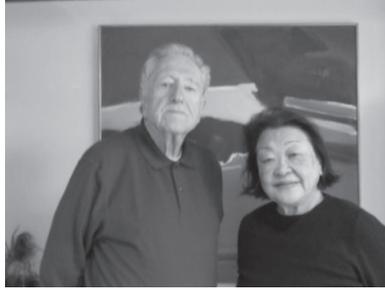
The survey asked about what amenities would be desirable as part of an over-55 development: assisted living, health center, community room and convenience store. The table shows the response of the 362 residents who are in support of the housing development, although many who said "no" to the development were in favor of one or more of the amenities. In all cases the percent of people favoring the listed amenities is significantly large.

| Amenity           | Number of Respondents in Favor | Percent of Those Who Favor Housing |
|-------------------|--------------------------------|------------------------------------|
| Assisted Living   | 267                            | 74%                                |
| Health Center*    | 229                            | 63%                                |
| Community Room    | 277                            | 76%                                |
| Convenience Store | 223                            | 62%                                |

*\*The meaning of Health Center may have been ambiguous to some. It was meant to imply a fitness center not a medical center.*

Questions about the price range of houses in an over-55 development resulted in the data below. It should be noted that some people would have favored an option lower than \$450,000.

| Thousands of Dollars | Percent of Respondents Favoring Various Home Price Levels |     |     |
|----------------------|---|-----|-----|
| 450-550              | 47%   | 67% | 78% |
| 550 -650             | 20%   |     |     |
| 650-750              | 11%   | 21% |     |
| 750-850              | 10%   |     | 23% |
| 850-950              | 3%  | 13% |     |
| 950-1.050            | 10%   |     |     |



*Photos above are some of our distinguished faculty for Spring 2013: Maud Chaplin, Burt & Lily Levin, Tim Peltason, and Alan Schechter*

## Lifetime Learning Begins Again!

The gloomy days of winter are upon us, but Lifetime Learning courses may be the antidote. Our new roster of courses, which are open to adults of all ages, can keep you interested and engaged until spring. Some of your favorite instructors are back and are joined by Lily Lee Levin who will teach Chinese Cooking and Timothy Peltason who will help us appreciate Shakespeare as we might never have in high school or college.

### **Conversations with Maud: Darwin, Marx, Freud, and Nietzsche: Pioneers of Modern Thought**

Even if you have never read a word of Darwin, Marx, Freud, or Nietzsche, they have influenced your thoughts. Their ideas have permeated modern consciousness and help to shape the way we view ourselves and our world. We will discuss these ideas and their influence and see if they actually have made any difference in our lives!

**Instructor:** Maud Chaplin is Professor Emerita in the Philosophy Department of Wellesley College where she taught ethics and philosophy for 40 years.

**When: Thursdays,** 10:30-noon, January 24, February 7, and 21 and March 7

**Where:** Town Hall, 2<sup>nd</sup> floor meeting room

**Cost for four sessions:** \$35

### **Master Your New iPad**

The iPad puts a host of technological functions at your fingertips to make life's tasks quicker and easier, but first you have learn how to use it. This class, dealing only with one device, will provide the individualized help you need to get started. All participants must bring an iPad to class.

**Instructor:** Kim Capobianco has a Master's in technology in Education from Lesley University and works as a technology consultant while teaching computer classes at Holliston Senior Center.

**When: Tuesdays,** 1:00 -2:30 p.m., January 29, February 5, 12, 19, and 26

**Where:** Holliston Senior Center, 150 Goulding Street, Holliston

**Cost for five sessions:** \$45

### **Shakespeare's Festive Comedy**

In a close and appreciative study of two great comedies, "A Midsummer Night's Dream" and "Twelfth Night," we will pay respectful attention to the ways that these plays live on both the page and the stage. We will honor them both for the comic pleasures and satisfactions that they provide and for the capaciousness of vision that acknowledges all the menacing facts of life that comedy must manage and exclude in order to achieve its enchantments.

**Instructor:** Timothy Peltason is Professor of English at Wellesley College, where he has taught since 1977. Originally trained as a Victorianist, he has also taught and written about Shakespeare for many years. He recently completed a study of Mark Twain's *The Adventures of Huckleberry Finn*, and has essays in progress on Jane Austen and Oscar Wilde.

**When: Wednesdays,** 10:30-noon, February 6, 13, 20 and 27

**Where:** Town Hall, 2<sup>nd</sup> floor meeting room

**Cost for four sessions:** \$35

### Contemporary Political Controversies

The course will cover six major conflicts in American Politics, including: The Future of Medicare and Social Security, Illegal Aliens and Immigration Policy, The Supreme Court and Gay Marriage, Foreign Policy in the Middle East, National Security and Terrorism, Global Warming and Environmental Policy.

**Instructor:** Alan Schechter is a Professor Emeritus at Wellesley College where he taught American Politics and Constitutional Law for 47 years. He is the author of books and has lectured for the State Department .

**When: Mondays,** 10:00 – noon March 4, 11, 19, 25, April 1 and 8

**Where:** Town Hall, 2<sup>nd</sup> floor meeting room

**Cost for six sessions:** \$55

### The Vietnam War and American Foreign Policy

The war in Vietnam has been described as the first defeat for the American military, the beginning of a process of disillusionment with institutions of authority, and the onset of a cataclysmic change in the way citizens think of (and relate to) politics. It was a watershed event for American politics, foreign policy, culture and values for the second half of the 20<sup>th</sup> century in much the same way as the Civil war was in the 1860s and the Great Depression in the 1930s.

**Instructor:** Ambassador Burton Levin had a long career in the Foreign Service serving in Far East as well as U. S. Consul General to Hong Kong & Ambassador to Burma. Now he teaches at Carleton College.

**When: Wednesdays,** 10:30 a.m.-noon, March 6, 13, 20 and 27

**Where:** Town Hall, 2<sup>nd</sup> floor meeting room

**Cost for four sessions:** \$35

### Chinese Cooking, Lily's Way

The author of the cookbook *Lily's Way: Scrutable Chinese Cooking* will show how you can cook delicious family dishes using her uncomplicated method, which does not depend on recipes. Classes will climax with a midday meal of her freshly prepared dishes, and all will be accompanied by interesting dialog with a cook who is also a great story teller. One class will be a field trip to the shops in Chinatown.

**Instructor:** Lily Levin has presided over countless parties and receptions as part of her duties as wife of an American Ambassador in the Far East. She will demystify Chinese cookery through her simple method for cooking family meals.

**When: Thursdays,** 10:00 a.m.- 2:00 p.m., Mar. 7, 14, 21 and 28

**Where:** TBA

**Cost for four sessions:** \$35 plus \$10 per session for foodstuffs

### Poetry of T.S. Eliot: What Makes It Great?

T.S. Eliot is arguably the most important English language poet of the 20<sup>th</sup> century. His poetry rejects 19<sup>th</sup> century romanticism and challenges a civilization that has lost spiritual significance in its devotion to material standards. Eliot wrestled with profound and universal issues that confront us regardless of religious affiliation or lack of it. Ultimately, his poetry moves from despair and remorse to penitence and redemption of the spirit. This course will feature close reading and facilitated discussion of *The Love Song of J. Alfred Prufrock*, *The Waste Land*, and *Four Quartets*. No previous acquaintance with T.S.Eliot is presupposed.

**Instructor:** Edward Selig majored in literature at Yale with emphasis on poetry. Now after a long career in environmental law, he has returned to his first love, poetry.

**When: Tuesdays,** 1:30–3:00 p.m., April 9, 16, 23 and 30

**Where:** Town Hall, 2<sup>nd</sup> floor meeting room

**Cost for four sessions:** \$35

*Lifetime Learning acknowledges with pleasure the important role that the Friends of the Sherborn COA play by providing financial support for the program including making scholarships available to Sherborn residents. To enroll, complete the enrollment card in the Lifetime Learning brochure and send your check to the COA, 19 Washington St. Sherborn, MA 01770.*



## Choosing Good Carbs for Your Health

Why is it important to know about carbohydrates? They are a necessary part of good nutrition and contained in many foods that you can include in your diet. According to Harvard health experts, "Picking good carbs can help you control your weight and ward off a host of chronic conditions from diabetes and heart disease to various cancers."

So what are carbohydrates? They are a family of molecules that occur in three main forms, the simplest of which are sugars. Among them are glucose, which travels in the blood stream; fructose or fruit sugar; and lactose or milk sugar. More complex carbs are starches, which are long chains of sugar molecules.

We know that the body digests some starches in a flash (think baked potato), quickly elevating blood sugar. Other starches such as whole grains and beans are digested more slowly so they don't boost the blood sugar so high. Eating foods loaded with carbs that produce lots of insulin and sugar is not a great idea.

Researchers have developed what they call the Glycemic Index (GI) which rates foods as a percentage of pure glucose. You can create a good diet for yourself, choosing better carbs, by using the GI. For a starter: most fruits and vegetables, beans, pasta, nuts, low fat dairy and minimally processed grains are great. Choose brown or converted rice over white rice, pasta over baked potato, whole grain bread over white, pea or leafy greens over corn. For further information on the GI go to <health.harvard.edu/glycemic> And for healthy eating keep the size of portions down.

*Sonia Goldsmith*

## Let's Get Fit Together! Exercise Options



Join with a friend and move forward with your New Year's resolutions to add exercise to your schedule. It's one of the best things you can do to improve or maintain your health.

**Water Exercise** Two 6-week classes will be offered this winter at Longfellow Sports Club in Natick.

- ◆ **Gentle Joints Plus Core** begins on **Friday, January 11** at 10:30 a.m. It is taught in the deep end with a buoyancy belt (no need to know how to swim) which allows for gentle non-impact exercise, increased range of motion and elongation of the spine. The class focusses on flexibility and increase range of motion—great for beginners, those with arthritis, back pain or those recuperating from injury.
- ◆ **Swingin' in the Shallow** begins on **Friday, January 11** at 11:30 a.m. in pool's shallow end. It will include exercise to improve balance, flexibility and cardio functions. Great for both new and seasoned water exercisers.

Cost: \$60 for 6 weeks. For more information or to enroll call Laila @ COA 508-651-7858; or e-mail: [coaprogram@sherbornma.org](mailto:coaprogram@sherbornma.org).

**Fitness with Linda** is a twice-a-week fitness program held on Tuesdays and Thursdays at Saint Theresa's Church from 9:15 a.m.-10:15 a.m. Instructor Linda Bellefeuille has been teaching seniors for more than seven years. The focus is on non-impact exercise which includes movement and dancing. Cost: \$3 donation per class.

**Yoga** is a weekly fitness program held on Wednesday at Saint Theresa's Church from 10 a.m.-11 a.m. The program is designed to help seniors improve balance and reduce stress through meditation exercises. Cost: \$3 donation per class.

### **Chi Gong comes to Holliston & Dover**

Linda Bellefeuille is teaching Chi Gong in two neighboring towns. This type of exercise combines breathing with body movements to harmonize mind and body and promote energy. It accelerates healing & helps to prevent illness. Cost: \$3 donation/class.

- ◆ **Holliston Sr. Center:** Tuesdays at 1:30 p.m.
- ◆ **Dover Library:** Wednesdays at 11:30 a.m.



### **Bridges Together...a special Intergenerational Program**

This fall something special was happening on Wednesday afternoons at Pine Hill School. Eight seniors and 15 students explored their ancestry and heritage, learned about different cultures and traditions, and compared school today and "yesterday". Our special thanks go to Kate Taylor, who led the program at Pine Hill, Shelley Cantor and Sue Peirce from the COA who served as COA program co-chairs, and Lucy Almasian, Loretta Dragsbaeck, Vivi-Ann Maxon, Beverly Niit, and Marty Waters, our energetic and insightful senior volunteers.

If you want to be a part of a different but equally special Intergenerational Program this spring, we are looking for seniors and students to participate in ***Gardener's Garden***, a program that centers around nature and gardening. The program will begin on Monday, April 22 . Call the COA at 508-651-7858 for details or to sign up .

#### **An Important Message from the Town Clerk:**

On October 15, 2012, the Attorney General approved Article 15 of the 2012 Annual Town Meeting Warrant but disallowed and deleted a portion of the proposed amendment so that the final amended by-law section reads as follows.

Chapter 8 Section 1 of the General By-laws  
 "Section 1. No person shall fire or discharge any firearms or explosives of any kind within the limits of any highway, park, or public property, or on any private property except with the written consent of the owner or legal occupant thereof, which consent shall be dated not more than one year prior; provided, however, that this By-law shall not apply to the lawful defense of life or property, nor to any discharge of firearms in accordance with law."

*Carole B. Marple,  
 Sherborn Town Clerk*

# JANUARY 2013

**New Year, New Opportunities!** The COA has lots of things going on in the new year: lifetime learning courses, exercise classes, bridge, whichcrafters, and drop-in luncheon (which includes entertainment/ educational lecture AND a great lunch). Check the schedule below for details, come and bring a friend!

| Sun  | Mon  | Tue   | Wed  | Thu  | Fri  |
|--|--|---|--|--|--|
| <p><b>Woodhaven</b><br/>Whichcrafters<br/>Bridge<br/>Shared<br/>Sunday</p> | <p><b>St. Theresa's</b><br/>Exercise<br/>Yoga<br/><br/><b>Pilgrim Church</b><br/>Drop In Lunch</p> | <p>1 <br/><b>HAPPY NEW YEAR!</b><br/>COA office closed</p> | <p>2<br/>10 a.m. Polarity Yoga<br/>1 p.m. Whichcrafters—<br/>COA's craft group</p> | <p>3<br/>9:15 a.m.<br/>Exercise w/Linda<br/>12 noon— Drop-In Lunch</p>                               | <p>4<br/>7 p.m.<br/>Party Bridge<br/><b>Reservations, pls.</b></p>   |
| 6  | 7<br>12:30 Lunch w/<br>COA @<br>Woodhaven  | 8<br>9:15-10:15 a.m.<br>Exercise w/Linda  | 9<br>10 a.m. Polarity Yoga<br>1 p.m. Whichcrafters<br>1 p.m. Podiatrist            | 10<br>9:15- Exercise w/Linda<br>12:00 noon -<br>Drop-In Lunch<br>1:30 —Drop-In Bridge                | 11   |
| 13<br>Shared<br>Sunday<br>12:30 p.m.<br><b>Reservations, pls.</b>          | 14<br>12:30 Lunch w/<br>COA @<br>Woodhaven   | 15<br>9:15-10:15 a.m.<br>Exercise w/Linda   | 16<br>10 a..m. Polarity Yoga<br>1 p.m. Whichcrafters                               | 17<br>9:15 a.m.<br>Exercise w/Linda<br>12 noon—Drop-In Lunch   | 18   |
| 20   | 21<br>12:30 Lunch w/<br>COA @<br>Woodhaven   | 22<br>9:15-10:15 a.m.<br>Exercise w/Linda   | 23<br>10 a..m. Polarity Yoga<br>1 p.m. Whichcrafters                               | 24<br>9:15- Exercise w/Linda<br>10:30 <i>Maud</i><br>12 noon - Drop-In Lunch<br>1:30 —Drop-In Bridge | 25   |
| 27<br>Shared<br>Sunday<br>12:30 p.m.<br><b>Reservations, pls.</b>          | 28<br>12:30 Lunch w/<br>COA @<br>Woodhaven   | 29<br>9:15-10:15 a.m.<br>Exercise w/Linda<br><br>1 p.m. <i>iPad Class @<br/>Holliston Sr. Ctr.</i>  | 30<br>10 a..m. Polarity Yoga<br>1 p.m. Whichcrafters                               | 31<br>9:15 a.m.<br>Exercise w/Linda<br>12 noon—Drop-In Lunch   | <b>Town Hall</b><br><i>LL Classes are held in Room 204A on the second floor of Town Hall — unless noted.</i> |



## SHERBORN COUNCIL ON AGING January Drop-In Calendar

Drop-In is held every Thursday at 12:00 noon in Pilgrim Church. Lunch is served from 12:00-12:30 p.m., followed by a presentation or activity, **except for January 24** when the presentation will be at noon, followed by lunch. Call the Council on Aging for more information- 508-651-7858. Suggested donation: \$2.00

**January 3**

**New Years Concert**

Ring in the New Year with a concert by Joe Lillyman and friends.

**Lunch:** Italian wedding soup, mozzarella sticks and spinach salad

**January 10**

**"A Builder's Suggestions for Aging in Place"**

Ray Wiese, owner of Sherborn Kitchens and The Wiese Company an award-winning builder based in Sherborn, discusses how to make your home age-friendly.

**Lunch sponsored by The Wiese Company.**

**January 17**

**Arm Chair Travel: "The Sights and Sounds of Sri Lanka"**

Jim Nelon, photographer, avid traveler and Sherborn resident is back by popular demand to share his adventures in Sri Lanka. See parading elephants in the world-class annual Kandy festival and explore ruins and cave paintings of an island country in South Asia.

**Blood pressure clinic** at 11:30 a.m., provided by Natick VNA and sponsored by the Sherborn Board of Health

**Lunch:** Evelyn and Peter Liffiton

**January 24**

**Health Talk: "Medical Insights about the Aging Eye"**

Heidi Fisher, MD will speak about common age-related conditions affecting the eye. Find out more about the latest treatments for cataracts & other conditions. Bring questions.

**Please note talk will start at noon, followed by lunch.**

**January 31**

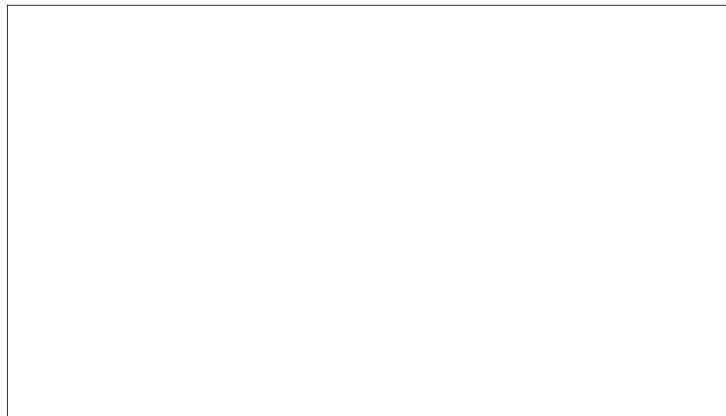
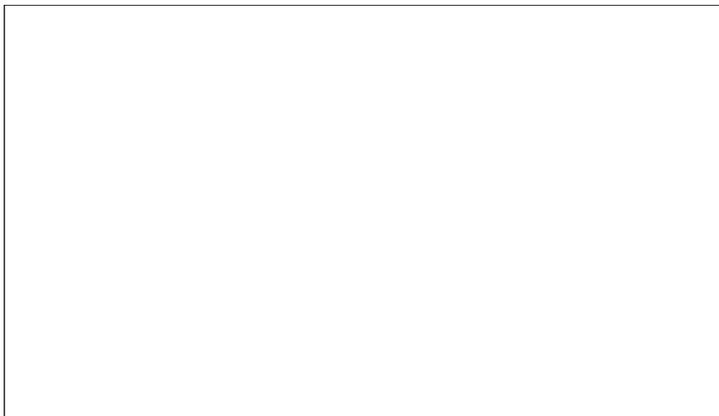
**"Saving Money in the New Year"**

Learn where and how to access seniors discounts. Discover how to access "senior freebies" for products & services. Sponsor: National Aging in Place Council.

**Birthday Celebration**

**Lunch:** Tomato basil soup, pizza and broccoli slaw.

*Thank you to Roche Bros. and BJs for their baked goods donation!*



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### **New Year is a great time to focus on finances.**

On **Friday, February 8 at 10 a.m.**, Senator Richard J Ross will be hosting the 2012 Senior Circuit Breaker Seminar in the Selectmen's Meeting Room (2<sup>nd</sup> floor, Town Hall).

Come and learn how the Senior Circuit Tax Credit works. This special program is designed to provide residents who are age 65 or older with a real estate property tax credit if certain requirements are met regarding income and assessed value of their principal residence. This hour workshop, led by Brian Lynch of the MA Dept. of Revenue, includes a half-hour presentation and time for questions and answers. Informational pamphlets are available at the COA if you miss the session.

**Postal Patron  
Sherborn, MA**

### **Volunteers Needed- Won't You Help?**

Do you have an extra hour each month? Would you like to give back to your community? The COA supports the needs of Sherborn's seniors and would welcome your help. Many of our town's seniors are life-long Sherborn residents who have given so much to the community over the years. Now we can give something back to them.

***There are many opportunities.*** No experience required; just the desire to help.

- ◆ **Sureline Phone Calls:** Make phone calls to check that seniors are secure and let them know that someone is thinking of them. You can make calls from your own home.
- ◆ **Transportation:** Be a chauffeur. Without volunteer drivers, many seniors can't get out to socialize with others.
- ◆ **Meal Delivery:** Deliver prepared meals to homebound seniors during the lunch hour.
- ◆ **Thursday Drop-in:** Try out a new recipe for a soup, salad or casserole and provide lunch for seniors at their weekly Drop-In luncheon.
- ◆ **Shared Sunday:** Be the host or hostess at Sunday dinner at Woodhaven.
- ◆ **Friendly Visits:** Do your children's grandparents live far away? Why not involve your children and go and visit a Sherborn senior. Like your parents, they have great stories to tell, and you're sure to make a difference.
- ◆ **Other:** We're always looking for new and exciting ideas to offer our seniors. Do you travel? Have an interesting hobby or collection? Come be part of our Drop-in luncheon as the featured speaker or share your talent at a "hands-on" learning session. Or, do you want to help in the office with organization, and basic office help?
- ◆ Please call the Council on Aging Office at 508-651-7858 or email us at [coavolunteer@sherbornma.org](mailto:coavolunteer@sherbornma.org) for more information.