



Sherborn LINK

SEPTEMBER 2013

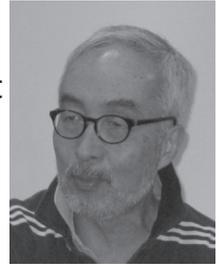
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Dire Warning...We've all heard the expression "Use it or lose it," followed by the prediction of adverse consequences for our brain cells if we don't involve them in some kind of brain work. Puzzles and games such as crossword, Sudoku, scrabble and solitaire are often recommended. These are fine suggestions: they not only "engage the brain" but are fun and provide a nice uptick

in self-regard when we win. But activities such as these have limited impact and some can be socially isolating.

COA Solution...The COA offers one of the best opportunities for brain stimulation. It's **Lifetime Learning**, our program of short courses each with significant content presented in a relaxed way. Lifetime Learning is like "school" as we remember it *only* in that there are students and a teacher. Missing are the demands of homework and tests and the tension of being called on in class! Our Fall term offers a variety of different disciplines with the hope that everyone can find something to enjoy.



HOME SAFETY PROGRAM LAST CALL:

The grant funding for this program ends at the end of September. IF you are interested and haven't called to request your visit, please call the COA today!



Faculty...Best of all, we have a superb faculty.

Pictured on this page: Maud Chaplin, a veteran of 40 years of teaching at Wellesley College; James Kodera, Professor of Religion at Wellesley; Timothy Peltason, also Professor at Wellesley; Wilfrid Rollman from BU School of International Affairs and Wellesley College; Lily Levin, author of a cookbook of Chinese method cooking; Lily Levin, author of a cookbook of Chinese method cooking, and the incomparable Jack Craig, musical performer and raconteur. Not shown is Barbara Anderson, the instructor of an iPad course who will usher participants into the world of technology. The iPad course will be provided in conjunction with the Sherborn Library.



Check it Out...Turn to pages 3 and 4 for descriptions of all Lifetime Learning courses and decide to keep your brain cells firing!

Photos by Pat Cassell



Look for us on the web at 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

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COA Staff

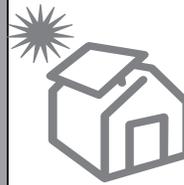
- Karen Juhl, Director • Laila Vehvilainen, Program Director •
- Linda Bellefeuille, Elder Advocate • Kathy Horigan Dye, Volunteer Coordinator

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

**Community Happenings
 Consider Solar Energy**



The Town of Sherborn is partnering with SolarFlair Energy for the Sherborn Solar Challenge. The Sherborn Solar Challenge is a program designed to promote the adoption of solar energy in local homes and businesses and bring reasonably priced solar to Sherborn.

Those involved will work to promote the program’s model, which offers more and more savings as property owners opt to participate and install solar panels to offer volume discounts that increase as more people contract for solar power through the program. When these discounts are combined with federal tax credits and state incentives, solar has never been more affordable. Anyone interested in the program can sign up for a free solar energy assessment on www.solarflair.com and can contact sherbornsolar@solarflair.com or call 508-808-4631 with any questions. Sherborn resident and solar coach, Jane Pusch, can also be reached at energycommittee@sherbornma.org.

The Sherborn Solar Challenge ends November 15th, so sign up today!

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.



LINK READERS SPEAK

A Race Across the Atlantic

By David Sortor

Several hours after crossing the starting line in Marblehead MA, Hol Whitney discovered water flooding the main compartment sole (sailboat floor). A leak in our port water storage tank had drained half of our fresh water. We carried another 150 gallons of water in our starboard tank and 14 cases of beer. We figured we would not suffer from dehydration on our trip across the ocean, so we kept on sailing. This was the beginning of our Trans-Atlantic race. We were outbound, heading for Cork, Ireland. Our boat was an Alden 44, owned by Jack Birmingham. Our crew consisted of Jack, Osterville MA, owner and skipper; David Dunlap, Plymouth MA, sail repair and watch captain; Hol Whitney, Sherborn, watch captain, repair expert and first class sail handler; Dave Cox, Dover, electronics expert, sailer and watch crew; Fulton Kornack, Dover, sailer, watch crew and a previous Trans-Atlantic sailer; and me, Dave Sortor, Sherborn, navigator and watch captain. We all cooked according to schedule. All watches participated in sail changes and boat handling during heavy weather.

Jack and I had planned this trip during breaks in our tennis matches and the ensuing few beers at Henry Lane's bar. We planned to cruise alone until the Cruising Club of America invited us to join them on their first Trans-Atlantic race. We were not a racing crew but we liked the idea of attending the parties planned by the CCA in Ireland.

Sixteen boats were going to race across the Atlantic to Ireland. There were three classes of boats: Class 1, 80 feet and over; Class 2, 50 to 80 feet; Class 3, 50 feet and under, (our class). We crossed the starting line at noon, June 29th, 1979 and crossed the finish line on July 19th, 1979. We averaged 5.6 knots. The first few days were filled with dense fog. Our course carried us south of Sable Island, Nova Scotia and Newfoundland to a point in the ocean, 50 degrees W longitude, and 43 degrees N latitude. This was a location south of the Iceberg drift and our turning point in the race. I plotted a great circle course for Ireland from that point. Our Navigation was helped by Loran off the North American coast.

Then we used dead reckoning and a few sun lines to help us to the Irish coast where we once again picked up Loran signals. We sailed over 2600 nautical miles, close to 3,000 statute. We never saw or had contact with another boat in the race until we landed in Ireland although we were constantly aware of small fishing boats around us, some of which we picked up on radar.

On our fourth day out we were making a sail change with all hands on deck. The fog lifted a little and there on our starboard side, about a mile away, was the QEII stopped dead in the water. We called their bridge on our VHF radio and told them that it was like looking at a beautiful city in the middle of the ocean and that they had our attention. They replied that we had the attention of 1500 people on board. They had picked us up on radar. We must have looked great coming out of the fog. Once they made contact with us they put on full throttle and left a huge rooster tail in their wake.

We ran the engine for two hours daily to charge our batteries so that we could use our electronics (weather fax, radar and radio) when needed, but we could not use the motor for propulsion. The shaft had been disabled by the race committee prior to departure.

It was a cold trip from start to finish but the coldest, dampest part was in the St. George channel approaching Cork. During the sail we endured one major storm that lasted less than a day. This was followed by a day of no wind and high confused seas which was very uncomfortable. We had a breeze on our port quarter the rest of the way which made the last part of our sail very comfortable. Our entertainment was watching porpoises, whales, birds, reading, repairing equipment, cooking, reflecting and maintaining the boat. The sunrises and sunsets were spectacular.

When we left on our adventure we had been good friends; when we returned we had bonded into life-long friends and shipmates. This was truly a wonderful sail and one of the high points of my life.

Note: There is so much more to this sail than I have covered in this short narrative. For anyone interested, I have a film made from super 8 film, which I have on tape where you can get more of the story.

A FOND FAREWELL TO A SPECIAL SHERBORN FRIEND

It is with mixed emotions that the COA staff and many of our drop-in friends bid a fond adieu to a very special gentleman, Paul Campanis. He has relocated to Tennessee to be with his son, Paul. If you have attended a COA luncheon, BBQ, garden party or the picnics at Powisett or Silverwood farms, you know Paul. A quiet, gentle soul, Paul has helped us for the past five years, welcoming seniors and helping with event set-up and serving at our Drop-in Luncheons. A poet with an ever-present smile, Paul was always available to lend a helping hand or just sit quietly and listen when someone needed to talk. He left only a voicemail to say goodbye, but his impact on us all will be a lasting happy memory. Thank you, Paul for your service and your friendship.





Back to School with Lifetime Learning !

Join the back-to-school movement that promises you both stimulation and fun. All courses are open to adults of all ages from Sherborn and surrounding communities. Classes will be held in Sherborn Town Hall, 2nd floor meeting room except *Academy Award Songs and Almost Oscars* with Jack Craig, which will be presented in the Woodhaven Community Room (Two Village Way) and *Adventures in Lily's Kitchen* with Lily Levin.

Conversations with Maud: Philosophers Examine the Meaning of Friendship

Where would we be without our friends? Why is friendship so important in our lives? We will look at four thinkers who raised these and other questions: Aristotle, Cicero, Montaigne, and Emerson. Each wrote in a different language (but we will read them in English!); nevertheless, each found friendship essential for the good and happy life. Short readings, with suggestions for further reading, will be provided for each class.

When: Mondays, September 23, October 7 and 21 and November 4, 10:30 a.m. – noon

Where: Second-floor meeting room of Town Hall

Cost for four sessions: \$35

Instructor: Maud Chaplin is Professor of Philosophy Emerita at Wellesley College where she taught for 40 years.

New Paths toward Greater Tolerance, Respect and Collaboration among Faith Communities: Theological, Activist, Environmental, Contemplative

The academic study of religion unravels both the best and the worst of human nature. Religion has often been the agent of conflict, prejudice and violence, but on occasion has served as an inspiration for humane, transformative actions. Today, we live in a world where conflicts and wars are rampant with little hope for a positive change. This course explores four paths where a solution might be found.

When: Tuesdays, October 8, 15, 22 and 29 at 1:30 -3:00 p.m.

Where: Second-floor meeting room of Town Hall

Cost for four sessions: \$35

Instructor: James Kodera, PhD, Professor of Religion, Wellesley College; Rector, St. Luke's Episcopal Church, Hudson, MA

Academy Award Songs and *Almost Oscars*

Join Jack Craig as he plays and sings the Oscar Award-winning songs from 1935 – 1954, as selected by the Academy of Motion Picture Arts and Sciences, and ever-popular runners-up that often became just as famous and memorable as the winners. You will hear about the songwriters and the films that contained such wonderful music as: 'That Old Feeling', 'Black Magic', 'My Foolish Heart', 'A Kiss to Build a Dream On.'

Where: Woodhaven Community Room

When: Wednesdays, November 13 and 20 at 11:00 a.m.

Cost for two sessions: \$25 or \$40/couple

Instructor: Jack Craig, teacher and performer, has a degree in music education and has taught music throughout his life. His wide range of piano and singing programs is loved by audiences all over New England.

World War I and its consequences for the Middle East

World War I spelled the end of the Ottoman Empire and brought about the redrawing of the map in the Middle East. The seeds of the conflicts now evident in the area were sown in the post-war settlement. The course will review the history of the Ottoman Empire and the events that led to the first World War. Participants will also learn how the eventual peace settlement could lead only to further conflict.

Instructor: Wil Rolman is a senior Lecturer in the School of International Affairs, Boston University

When: **Wednesdays**, 10:30 – 12 noon October 2, 16, 23, 30

Where: Town Hall, 2nd floor meeting room

Cost for six sessions: \$35

iPad– Beyond the Basics

Refresh your basic iPad skills and learn more advanced functions. First 2 session will review home screen, basic interface objects and gestures, and using the on screen keyboard, and opening/closing apps, surfing the Internet and email. The last 2 session will look at advanced Internet searching to include bookmarks, saving images, and advanced options in Safari. Also covered will be taking and managing photos and downloading apps from the apps store.

Instructor: Barbara Anderson, a librarian and emerging technologies consultant, has taught numerous workshops and courses in the field of new technologies, ebooks, ereaders and digital photography.

When: Tuesdays, 9:30-11:00 am November 5, 12, 19, 26

Where: **Sherborn Library**

Cost for four sessions: \$35

Adventures in Lily's Kitchen

No recipes, no measuring—in her own kitchen Lily Levin will demonstrate her uncomplicated method for cooking delicious Chinese dishes without following a cookbook or shopping at exotic food stores. The course will present a new menu of simple, family-style dishes that can be prepared without a lot of fuss. Participants will enjoy lunching on the results while hearing Lily's take on almost any topic.

When: Mondays, September 30 and October 7 and Wednesdays, October 2 and 9, 10:00 a.m. – 1:00 p.m.

Where: 18 Page Farm Road, Sherborn

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

Instructor: Lily Levin is the author of the cookbook *Lily's Way: Scrutable Chinese Cooking*. She has presided over countless parties, reception, and balls as part of her duties as wife of an American Ambassador in the Far East.

Othello and Antony and Cleopatra

Two great tragedies of fatal love, striking for the similarities between them, even more striking for the differences. Both Othello and Antony are great and glamorously articulate warriors brought low by love and by tragic misjudgment. But the women they love are sharply different from each other, as are the emotions that we feel at the conclusion of each play. We will read these plays together to explore both those emotions and their meanings.

When: Thursdays, September 26, October 3, 10, and 17 at 10:30 am -12:00 pm

Where: Second-floor meeting room of town Hall

Cost for four sessions: \$35

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.

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. Call 508-651-7858 or e-mail: coaprogram@sherbornma.org for more information.

Let's Celebrate Active Aging Week

Active Aging Week is celebrated every year to commemorate the role that older adults play in their communities nationally and internationally. This year the celebration is scheduled for September 23-28. The theme is *Discover your Community*. During Active Aging Week, the COA salutes our seniors for their leadership and active involvement, and seeks to increase participation in a variety of activities and events. This is a special opportunity to try out programs to see if they fit your needs and lifestyle. Read about the program and events below. Join some or even all of these events. All events are FREE, but please preregister by e-mail: coaprogram@sherbornma.org or by calling the office- 508-651-7858.

DISCOVER A FITNESS CLASS OR WALK!

Exercise with Linda is a twice-a-week fitness program held on Tuesday, September 24 and Thursday, September 26 at Saint Theresa Church from 9:15 a.m.-10:30 a.m. Instructor Linda has been teaching seniors for more than seven years. The focus is on non-impact exercise which includes movement and dancing.

Polarity Yoga is a weekly fitness program held on Wednesday, September 25 at Woodhaven Community Room from 10:00 a.m.-11:00 a.m. The program is designed to help seniors improve balance and reduce stress through meditation exercises.

Group Walk with "Sherborn Walks" on Tuesday, September 24 at 10:00 am. COA Board Member Shelley Cantor will lead a 2-mile walk in Wellesley. (See page 9 for more details on this new program.)

*If you want to **try Chi Gong** and can go to Holliston or Dover (see schedule below), stop by the COA office for a free class ticket to be used during the week of September 23rd (only).*

- ◆ **Holliston Sr. Center:** Tuesdays at 1:30 p.m.
- ◆ **Dover Library:** Mondays 5:30 p.m. at Dover Town Library in Community Room & Wednesdays 1 p.m. at Caryl Community Center in the Blue Room.

ENJOY A CONCERT!

Autumn Leaves: Gershwin and more with Bob Pilsbury, acclaimed pianist with New Black Eagle Jazz Band on Thursday, September 26 at 12:30 pm at Pilgrim Church. Lunch served at noon.

VIEW AN AWARD WINNING DOCUMENTARY!

To celebrate the accomplishments of older adults in staying engaged and fit, Longfellow Sports Club will be hosting an exclusive viewing of the award-winning PBS documentary film "Age of Champions" on Tuesday, September 24th at 6:30 p.m. The film tells the story of five senior competitors up to 100 years old who compete at the National Senior Olympics, and explores characteristics of active aging and its champions- persistence, resilience, positive mental attitude and passion. The film viewing will be followed by a discussion on the film and on excelling in your life. Light refreshments will be served. Active Aging Week, organized by the International Council on Active Aging, is a national observance that showcases the diverse opportunities available to older adults in a fun and educational atmosphere. For more information, go to <http://www.icaa.cc/index.asp>



Let's Get Fit Together!

September is active aging month! Grab a friend and add exercise to your schedule. It's one of the best things you can do to improve or maintain your health.



Sherborn Walks!

Thanks to funding from Baypath Elder Services, the COA has restarted its popular walking program. Join the COA staff and friends from the Sherborn Forest and Trails Committee as we head off for an hour plus walk in Sherborn and surrounding towns forests and trails to enjoy the fall colors and improve endurance and muscle tone!

We will be walking weekly this fall and then twice a month once the weather gets cold.

The schedule in September is:

- ◆ **Tuesday, September 10**- Rocky Woods in Medfield with Evelyn Liffiton
- ◆ **Tuesday, September 17**- Broadmoor in South Natick with Kelly McClintock
- ◆ **Tuesday, September 24**- Wellesley walk with Shelley Cantor
- ◆ **Monday, September 30**- Barber Reservation or Bailey Trail in Sherborn

All walks will begin at 10 a.m. and you must pre-register with the COA at 508-651-7858. There will be appropriate loops for the beginner and more experienced walker. Please come prepared to walk and get your heart rate up! Contact the office if you are interested in volunteer as a TRAIL GUIDE. Share your favorite walk with the group!

Exercise Your Joints Gently



Water Exercise - Two **10-week** classes will be offered this fall at Longfellow Sports Club in Natick.

- ◆ ***Gentle Joints Plus Core*** begins on **Friday, September 13-November 15** 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 focuses on flexibility and increase range of motion—great for beginners, those with arthritis, back pain or those recuperating from injury.
- ◆ ***Shallow/Deep Water Workout*** begins on **Monday, September 9-November 24** at 10:30 a.m. Burn calories and boost your metabolism! This session will combine shallow and deep water exercises for a total body workout. It will include exercise to improve balance, flexibility and cardio functions. Great for both new and seasoned water exercisers.

This fall, Longfellow Sports Club is also offering the **Arthritis Foundation's Land Exercise Course** which will run for 10-weeks on Wednesdays, beginning Wednesday, September 11 at 10:45 a.m. This is open to community residing seniors over the age of 60; no need to be a member.

Cost: \$10 per either the water or land-based exercise classes (must sign-up for at least six classes). For more information or to enroll call the office or email: coaprogram@sherbornma.org



**Bridges Together...
Linking the Generations**

Last fall and spring students and seniors experienced something special on Wednesday afternoons at Pine Hill School. In the fall, eight seniors and 15 students explored their ancestry and heritage, learned about dif-

ferent cultures and traditions, and compared school today and "yesterday". The spring session focused on personal growth and nature (and the growing cycle). 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, Jean Rosseau, Panny Nichols, Peggy Fleming and Marty Waters, our energetic and insightful senior volunteers.

This fall our Bridges Program will be different. ***We are looking for seniors to share their talents, hobbies or interest as well as senior volunteers to be part of this 4-week experience with the students.*** The program begins on Tuesday, October 22 at 3:15 p.m. If you are interested, please call the COA at 508-651-7858 for more information or to sign up .



**SPECIAL
STATE
PRIMARY**

**T U E S D A Y,
OCTOBER 15**

**7 AM—8 PM, TOWN HALL
A CHANCE TO CAST YOUR
VOTE**

**5TH CONGRESSIONAL
DISTRICT**

SEPTEMBER 2013

The fall is a busy time at the COA! Lifetime Learning begins, Shared Sunday meals resume at Woodhaven, the Home Safety Grant nears completion and our new walking program kicks-off! We also have two outdoor luncheons before we return to Pilgrim Church for Drop-in Luncheon. Check the schedule on next page.

Sun	Mon	Tue	Wed	Thu	Fri
1	2 LABOR DAY COA office closed	3 9:15-10:15 a.m. Exercise w/Linda	4 10 a.m. Polarity Yoga 1 p.m. Whichcrafters— COA's craft group	5 9:15 a.m. Exercise w/Linda 12 noon— Drop-In Lunch GARDEN PARTY	6
8	9 12:30 Lunch w/ COA @ Woodhaven	10 9:15-10:15 a.m. Exercise w/Linda	11 10 a.m. Polarity Yoga 1 p.m. Whichcrafters 1 p.m. Podiatrist	12 9:15- Exercise w/Linda 12 noon Drop-In Lunch 1:30 —Drop-In Bridge at Woodhaven	13
15	16 12:30 Lunch w/ COA @ Woodhaven	17 9:15-10:15 a.m. Exercise w/Linda	18 10 a..m. Polarity Yoga 1 p.m. Whichcrafters	19 9:15 a.m. Exercise w/Linda 12 noon—Drop-In Lunch	20
22 Shared Sunday 12:30 p.m. Reservations, pls.	23 10:30 <i>Maud</i> 12:30 Lunch w/ COA @ Woodhaven	24 9:15-10:15 a.m. Exercise w/Linda	25 10 a..m. Polarity Yoga 1 p.m. Whichcrafters	26 9:15- Exercise w/Linda 10:30 <i>Shakespeare</i> 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	27
29	30 10:00 <i>Lily's Kitchen</i> 12:30 Lunch w/ COA @ Woodhaven	<u>Pilgrim Church</u> Drop In Lunch	<u>Woodhaven</u> Whichcrafters Bridge Shared Sunday Yoga	<u>St. Theresa's</u> Exercise	<u>Town Hall</u> <i>LL Classes are held in Room 204A on the second floor of Town Hall — unless noted.</i>



SEPTEMBER DROP – IN CALENDAR

Drop in lunch will be held at Pilgrim Church on September 19 and 26. We will meet for the final garden party on September 5 and picnic at Elm Bank on September 12. Whether it's a picnic or a luncheon, the start time remains the same: 12 noon. A \$2 donation for lunch at Pilgrim Church is appreciated.

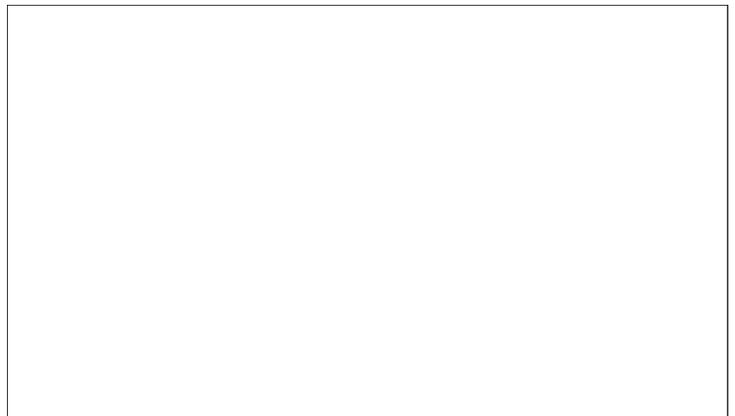
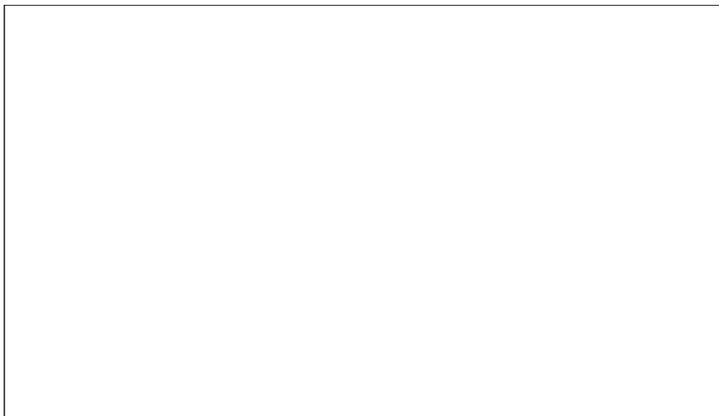
Sept. 5 September Garden Party- Jane Howland's home -11 Nason Hill Road
Please bring sandwich and chair. Salad, drinks and dessert will be provided. RSVP to office.

Sept. 12 End of Season Finale -Elm Bank Picnic and Stroll
900 Washington Street (Rt.16), Wellesley
Join us for picnic at Elm Bank and see Massachusetts Horticultural Society's Gardens. Bring a sandwich and a chair. Fruit, drinks and dessert will be provided. Enjoy a post- lunch stroll through gardens. RSVP to office.

Sept. 19 Health Talk: Advice on Hearing Loss and Being Informed
Are you having more difficulty hearing your friends and family? Are your children insisting it's time for hearing aids? Leslie McCowan, Director of the Audiology Clinic at *The Learning Center for the Deaf* in Framingham, will be joining us to discuss hearing loss, communication strategies, and what you should know and look for before starting the hearing aid trial process. Ms. McCowan is a licensed and certified audiologist with almost 30 years of clinical experience and has worked in hospital, ENT, and private practice settings. She will walk you through the process of hearing assessment, hearing aid consultation, and hearing aid purchase, giving you the tools to be an informed consumer.
Blood pressure clinic at 11.30 a.m., provided by Natick VNA and sponsored by the Sherborn Board of Health

Lunch provided by Peter and Evelyn Liffiton

Sept. 26 Fall Concert: Autumn Leaves- Best of Gershwin and More
Bob Pilsbury, acclaimed pianist with New Black Eagle Jazz Band, will perform a variety of autumn tunes. Come and enjoy his recipe of musical fun as he sings, and offers interesting anecdotes about swing, traditional jazz and boogie-woogie.
Lunch: Hot dogs, baked beans and broccoli slaw
Thank you to Roche Brothers and BJs for their baked goods donation!



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LISTENING TECHNOLOGY COMES TO SHERBORN

Thanks to the efforts of the Disability Committee an assisted listening system was installed in Town Hall's 2nd Floor meeting room by Listen Technologies Corporation. Lifetime Learning participants and others will be able to request a device and sign their name, address, and phone number, and return it at the end of the session.

**Postal Patron
Sherborn, MA**



CORNERSTONE FORUM RETURNS THIS FALL

Save the Date for the 9th Annual Cornerstone Forum on Sunday, November 3rd in the Sherborn Community Center at 4 p.m.

In a new twist in format, the 2013 Academy Award winning Short Film for best Documentary, *Inocente*, will be shown. The film features a young California artist's quest to survive the light of homelessness. Following the screening, there will be a panel of several local experts leading a discussion, sharing their experiences and illustrating this situation on our own Massachusetts.

COA Trips this Fall

Peabody Essex Museum- Friday, September 20

The Dover Sherborn Travel club is off to the Peabody Essex Museum in Salem to experience the majestic Faberge egg exhibit. **Cost: \$45** includes admission (including docent tour), lunch at the museum and transportation. Call 508-651-7858 to reserve.

Special outing with the Sherborn Historical Society— Friday, October 18

If you are a Boston history buff and you love walking, this tour is for you!

Expert guide and Boston historian Georgia Derr will lead the group for a 2+ hour tour of the Freedom Trail. There will be no stopping (and shopping) along the way so if you aren't used to walking the cobblestoned streets of Boston for hours, this may not be the trip for you. Afternoon "on your own" lunch at Fanueil Hall.