



Sherborn LINK

MARCH 2014

Inside This Issue....	
Community News	2
Readers Speak	3
COA Programs	4
Library Happenings	5
COA Calendar	6
Drop-In Schedule	7
Message from Town Clerk	8



Pizza and
a Movie
Continues

**Sunday, March
16 at 12:30 p.m. at
the Woodhaven
Community Room.**

We'll start
"Philomena"
around 1 p.m.
Please RSVP so
we know much

A "Sherborn Village" within Sherborn?

The COA has long recognized a need for condominium housing for Sherborn's senior residents who wish to downsize into smaller quarters but remain in our town. That need was quantified by a survey made in November 2012 in which 512 Sherborn adults participated. The survey revealed that 362 or 71% of respondents would now or in the future be interested in the development of condominium options for buyers of age 55+.

Pulte Homes is now in the process of developing a plan for creating a condominium village in Sherborn, a cluster of 66 homes to be located at 90 Maple St. on 90 acres of land. Sixty percent of the land is projected to be open space forming a buffer between the new homes and Maple St. as well as the residences on Wildwood and McGregor Drives. Current plans are that each house would have two bedrooms and a two-car garage; 42 would be separate homes and 24 would be attached (duplex). The homes will vary in size and design and range in price from \$550,000-\$750,000.

At its January meeting, the COA Board heard a presentation by a Pulte representative and had the opportunity to ask many questions some of which could not be answered without further talks between the developer and pertinent town boards. Those unanswered questions will be hammered out at future meetings of the Planning Board, the Board of Health, and the Board of Selectmen. The COA urges interested citizens to attend those meetings, express your points of view and have your questions answered. A meeting of the Planning Board will take place on March 12. Ultimately, the viability of the "Sherborn Village" will depend upon a vote at Town Meeting in the spring .

The COA has taken no stand on this project, but would like the town to examine it thoroughly and determine how well it meets the needs of senior residents while maintaining the characteristics that we cherish in our town. We will continue to ask questions on behalf of Sherborn's seniors and encourage *all* residents to do the same.



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

- Sheila Bresnehan, Chairperson
- Vice Chairperson, Chris Winterfeldt
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

Board Members

- Phyllis Braun • Tricia Caldicott • Jean Rosseau • George Shea
- Sue Peirce

Associate Members

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

COA Staff

- Karen Juhl, Director • Laila Vehvilainen, Program Director •
- Linda Bellefeuille, Elder Advocate • Nan Vaida, 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 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 News

The Pine Hill CSA Fund for Excellence Campaign 2013-2014

The Pine Hill School Community School Association (CSA) seeks your support in our biennial *Fund for Excellence* campaign. The Pine Hill Elementary School has close to 400 students and the CSA spends approximately \$200 per student to provide progressive curricula, install cutting-edge technology and offer diverse enrichment programming.

Donations from friends and neighbors like you help us to sustain our ranking as one of the best schools in the state and allow us to strengthen and improve learning opportunities and innovation in the classroom. And, as a 501(3)(c) charity, all gifts to the Pine Hill CSA are fully tax-deductible.

Please visit www.pinehillcsa.org and click on the PayPal link to pledge your support. Or, you may send your check made payable to “CSA Fund for Excellence” to Pine Hill CSA, PO Box 51, Sherborn, MA 01770.

We are fortunate to be partnered with such active and involved community members. On behalf of the entire CSA board, we greatly appreciate your generosity and thank you for considering a donation to the Pine Hill School.

Should you have any questions regarding the Fund for Excellence campaign, please contact Elizabeth Delaney or Kari Toney at 508-651-3373 or fundraising@pinehillcsa.org.

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.

Readers' Speak

Mister Jack

By Ann Bekebrede



We swooped onto the playground and headed for the swings. Luckily three were unoccupied so there was no arguing about who would swing and who would wait. We pulled ourselves up onto the flat wooden seats and began to pump. Soon we were swinging high on the long chains and Robert Louis Stevenson's words were singing in my head: "How do you like to go up in a swing/Up in the air so blue?/Oh, I do think it the pleasantest thing/Ever a child can do!"

Higher and higher we soared with the agitated air cooling our exertions. We were competing, of course, my sisters and I, as we always did, and it was inevitable that we would each reach that high point of the arc when the swing would refuse to complete the circle and drop back to some point on the downward arc leaving our hearts pumping and our stomachs trying to catch up.

We pumped in tandem for a time synchronizing our rise and fall until Rita, our leader shouted, "I'm gonna get off!" Then on a forward arc she released the chains and jumped ahead onto the ground. Marie and I followed suit.

Mister Jack was there. "I don't like you doing that," he said, "you could break a leg." Then he saw that Marie had not broken a leg but skinned her knees. "Let's get them cleaned up," he said.

We followed him to the fountain and water tap and while Rita and I gulped water from the fountain, Mister Jack ran water from the tap and directed Marie to ease the dirt out of the wounds with her fingers.

"Put some iodine or mercurochrome on those scratches when you get home," he said. Marie was embarrassed; none of us paid much attention to minor injuries.

Our faces were red; sweat poured down our cheeks and matted our hair. "Look, Mister Jack said, "here's how to cool off." He pushed up the sleeves of his suit coat and unbuttoned the cuffs of his white shirt and folded them back. He let a stream of the cool tap water pour over his wrists. "That feels good," he sighed. He was as warm as we were dressed in a black suit, white shirt, dark tie and a bowler straw hat, the uniform of the Playground Supervisor, a new job created by the WPA. "See," he said in explanation, "at your wrists your blood runs close to your skin. The

water cools your blood and then the cooled blood runs all through your body making you cool all over." We all bathed our wrists in the tap water and agreed that he was right.

It was shady at the sand box so we sat down on the seat that formed its rim. Mister Jack stood on the seat with his arms raised, his hands grasping the superstructure above. His feet shuffled as the Merry-Go-Round played "East Side, West Side." "What do you do in the wintertime?" Rita asked.

"In the wintertime I'm in the theater," Mister Jack said with evident pride and his feet executed a tap-tappy movement. I'm a dancer. But things are not good for performers these days. Everybody's going to the movies, and I don't blame them. I love the movies, especially Fred Astaire."

"And Ginger Roger!" we yelled.

"Do a dance for us!" we begged.

Mister Jack obliged there on the sand-box seat, the only smooth, hard surface in the playground. Dancing to the merry-go-round music, he was graceful and relaxed, his tall, loose frame light and quick.

"I can't do much in this small space and without my tap shoes," he said, but we were impressed. He took off his bowler hat and bowed deeply as we clapped.

"Show us how to do it," we demanded.

"It's easy," he said, "basically step, shuffle, ball change." He demonstrated slowly—step with one foot, shuffle the other foot forward and backward, then change from the ball of the first foot to the ball of the second and repeat. We lined up on the sand-box seat and practiced over and over. He encouraged us, told us to practice at home and that it would be easier if we had leather-soled shoes rather than the sneakers we were wearing. I wondered if the shoes I had abandoned when school ended still fitted me.

"Practice on your kitchen floor and when you can do step, shuffle, ball change smoothly and fast, you can make up your own steps by just letting your feet go with the music."

It sounded easy. Why couldn't I learn to tap dance? I'd practice every day. Maybe when I got really good, I'd go on the amateur hour. But I could imagine Mom shooing me out of her way in the kitchen and, where would the music come from?

Mister Jack took out his pocket watch and asked when it was time for us to eat supper. "Five o'clock," we told him.

Readers' Speak (continued)

"It's four thirty now. Want a ride on the merry-go-round before you go home?" he asked.

"No, we don't have any money," Marie said, always the realistic one.

"It's possible I do" and Mister Jack made a show of searching the pockets in his jacket, in his shirt, in the cuffs of his pants and finally in his pant pockets until he brought out three nickels.

"Thank you, thank you!" we chorused. We were off, each clutching a nickel in her fist. We forgot to say "goodbye."

"Get the gold ring!" Mister Jack shouted after us.



Seniors and Students... enjoying time together



Two special programs, which begin in March

*A special **musical concert** by the 5th grade students at Pine Hill School.*

The students will put on a special spring concert for seniors on **Thursday, March 20 at 11:15 a.m.** at Pine Hill school. Come enjoy the students and the wonderful music. Please call the COA at 508-651-7858 if you need a ride.

Bridges Together: Hands-on Experiences

Thanks to the Sherborn Business Association for funding this intergenerational program we will be able to have four classes that are "hands on" and will be held at Woodhaven, Sherborn's senior housing complex. We are looking for both seniors and students (grades 3-6) to spend afternoons with us, once a month from February to May. Here's what we have scheduled:

- ◆ **Saturday March 15th – 2 pm**
Jewelry making—make a bracelet in one day!
- ◆ **Saturday April 12th – 2 pm**
Bird houses...paint a special home for your feathered friends
- ◆ **Saturday May 3rd – 2 pm**
Create a plate – a forever memory —just in time for Mother's day!

To participate in one or all of these special programs, call the COA at 508-651-7858.



Winter Walk Steps Ups

Don't let wintertime keep you inside! Come join the Sherborn COA as we walk (or snowshoe!) the trails of Sherborn or nearby locales.

There will be a new "Boston Marathon" pedometer program which you can do at your own pace. Walk 52,000 steps (26 miles) and win a prize. Register at COA and pick up pedometer & walking logs.

We will continue a combination of outdoor/indoor walking experiences for the month of March, **Mondays at 10:00 am**

- ◆ March 3—Natick Mall walk
- ◆ March 10– Elm Bank walk
- ◆ March 17– Wellesley walk
- ◆ March 24– Guided walk with Chris Tollman
- ◆ March 31– TBD

The Natick Senior/Community centers has opened its doors to Sherborn walkers on Mondays, 11:00 am to 12:00 pm. Feel free to drop by. Please check in at front desk

Schedule is subject to change due to weather conditions. **Please call the COA to preregister or e-mail coaprogram@sherbornma.org**

There is no charge to participate in this program thanks to the funding through BayPath Elder Services and Title III Older Americans Act. We are grateful for the support and assistance from the Sherborn Trails Committee and the Sherborn Board of Health.

Look What's Happening at Our Library



Asian Brush Painting with Bayda Asbridge

Learn the ancient art of Asian Brush Painting in four classes.

Session 1: Introduction to Asian Brush Painting— manipulating line, water, ink and paper

Session 2: Orchid

Session 3: Bamboo

Session 4: Chrysanthemums

Space is limited. Registration required.

Email referencelibrarian@comast.net or come to the library

Date: **Mondays, March 3, 10, 17, 24**

Time: 10 a.m. to Noon

Cost for materials: \$15

Live Pottery Demonstration



Enjoy a demonstration of pottery-making by Master Potter Rick Hamelin.

Hamelin's work is inspired by the redware pottery made by Massachusetts colonial and early American potters. He has been potting since 1976 and has exhibited in juried shows, taught in museum schools and is an expert on early American pottery techniques. During the demonstration, Rick will discuss the history of American pottery making.

Date: **Thursday, March 13**

Time: 7:00 p.m.

Lifetime Learning, Enrollment is still open for these classes:

Sinatra comes to Sherborn

Jack Craig will tell the story of Frank Sinatra who "did it *his way*" over the span of his sixty-year career.

Fridays, 1:30 p.m., April 4 and 11 in the Woodhaven Community Room. \$25 single/\$40 couple

The Story of the Planets

Kenneth Ramsley will relate the history of discovery from Aristotle to the Curiosity rover on Mars.

Thursdays, 10 a.m. on April 24, May 1, 8 and 15. \$35

Neuroscience of Pain: team –based learning

Using case studies, James Quattrochi will guide the class through a collaborative, team approach to the problem of pain. **Thursdays**, 4:30 p.m., April 24, May 1, 8, 15, 22, 29. \$55

AARP Tax Assistance



If you need assistance with your taxes and you are age 60 (or older) and have an adjusted gross income of \$60,000 or less, call the Natick Senior Center at 508-647-6540 today and make your appointment!

MARCH 2014

Lifetime Learning classes are noted *in italics*.
 Save **March 23** for a special intergenerational
 program on King Phillip's War with author
 Michael Tougias on March 23 (see page 8)

Sun	Mon	Tue	Wed	Thu	Fri
	<u>St. Theresa's</u> Exercise w Linda	<u>Pilgrim Church</u> Drop In Lunch	<u>Woodhaven Community Room</u> Polarity Yoga Party & Drop-in Bridge Shared Sunday	<u>Woodhaven Community Room</u> Pizza and a Movie Bridges Program	<u>Town Hall</u> <i>Lifetime Learning Room 204A</i>
2 Pizza & a Movie 12:30 Woodhaven	3 12:30 Lunch w/ COA @ Woodhaven	4 9:15 a.m. Exercise w/Linda <i>1 p.m. Poetry</i>	5 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	6 9:15 a.m.- Exercise <i>10 a.m. Foreign Service</i>	7 Party Bridge 7 p.m. Reservations, please!
9 Shared Sunday Dinner 12:30 Reservations, please!	10 <i>10:30 a.m. Maud</i> 12:30 Lunch w/ COA @ Woodhaven	11 9:15 a.m. Exercise w/Linda <i>1 p.m. Poetry</i>	12 <i>10 a.m. Politics</i> 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	13 9:15 a.m.- Exercise <i>10 a.m. Foreign Service</i> 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	14
16	17 12:30 Lunch w/ COA @ Woodhaven	18 9:15 a.m. Exercise <i>1 p.m. Poetry</i>	19 <i>10 a.m. Politics</i> 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	20 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	21
23/30 Shared Sunday(3/23) Dinner 12:30 Reservations, please!	24/31 <i>10:30 a.m. Maud</i> 12:30 Lunch w/ COA	25 9:15 a.m. Exercise	26 <i>10 a.m. Politics</i> 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	27 9:15 a.m.- Exercise 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	28



MARCH DROP – IN CALENDAR

Drop-In is held every Thursday at 12:00 p.m. in Pilgrim Church. Lunch is served from noon-12:30 p.m. followed by a presentation or activity. Please call the Council on Aging for more information- 508-651-7858. Suggested donation is \$2.

March 6 **An Insider’s View of the Olympics**

Joe Almasian, born and raised in Sherborn, participated in the 1994 Olympics in Lillehammer, Norway in the two man bobsled event with Kenny Topalian. He will share his experience as one of the first athletes to represent Armenia in the World Olympic Games. Please RSVP for lunch.

Lunch providers: Armenian lunch provided by Lucy Almasian and Ani Gigarjian.

March 13 **Special Event: Patrick Day’s Concert**

“When Irish Eyes are Smiling...” Hear and enjoy Irish music and more.

Program is sponsored by Thomas Upham House-Medfield, Timothy Daniels House-Holliston, and Riverbend- South Natick, MA

Lunch: Corned beef & cabbage and cloverleaf salad

March 20 **Arm Chair Travel Lecture: “Building an Orphanage in Equador”**

Sherborn resident, photographer and avid traveler Jim Nelon is back to share his adventures in Equador where he helped paint a local orphanage. See the scenery of South America through his stunning slide show and hear about his experiences.

Computer Q&A– What do to about Microsoft XP? Bring questions.

Blood Pressure Clinic, 11:30 am. Provided by Natick VNA; Board of Health sponsored

Lunch providers: Peter and Evelyn Liffiton

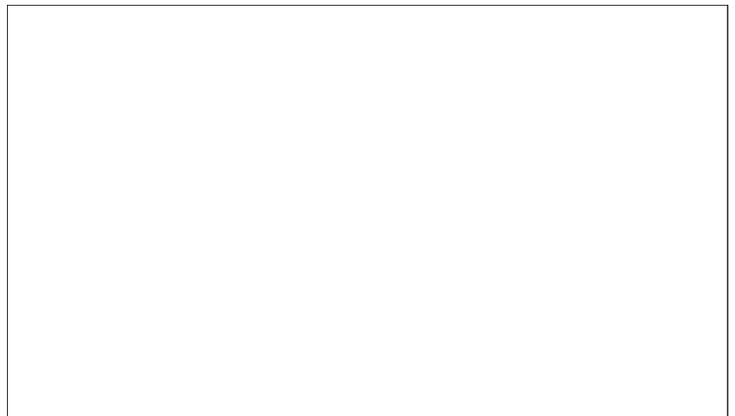
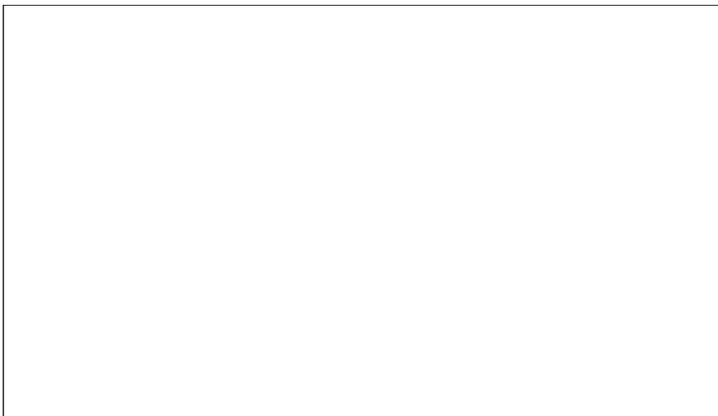
March 27 **Lunch and Learn: The Life and Art of Vincent van Gogh.**

Vincent van Gogh was born on March 30, 1853 in the Netherlands. He is considered to be one of the greatest post Impressionist painters although he remained poor and virtually unknown throughout his life, and struggled with mental illness. Come and watch bio True story about this artist.

Happy Birthday Vincent van Gogh and other March Birthday Celebration

Lunch: Soup by Grace Shepard and chef salad

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



SHERBORN LINK COMMUNITY NEWS
COA • 19 WASHINGTON ST •
SHERBORN, MA 01770

**King Phillip's War--
Intergenerational
Event on Sunday,
March 23 at 2 p.m.**



If you love history, don't miss this special Intergenerational presentation by award-winning author Michael Tougias.

He will bring to life his book "King Phillip's Indian War" by detailing the events leading up to the war, the battles and Indian and colonial strategies. His talk also focuses on the Indian way of life and lifestyle of the colonial settlers. The program is co-sponsored by the Sherborn Historical Society and the Council on Aging and funded through a grant by the Sherborn Cultural Council.

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FROM YOUR TOWN CLERK...

The next step for the omnibus budget and warrant articles on the way to Annual Town Meeting is the Advisory Public Hearing. The Advisory Committee has scheduled its Hearing for **Saturday, March 22nd** at 8:45 a.m. and **Monday, March 24th** at 7:00 p.m.

At the Public Hearing, proponents will present information. Town officials, employees, and residents may all speak to the warrant articles: asking questions, raising issues, and offering information in support or opposition. The Hearing offers an opportunity to bring divergent opinions to the public forum and resolve possible problems before the articles hit the floor at Town Meeting. Don't miss this chance to hear the issues, to voice your concerns or support.

By the close of the Advisory Public Hearing, it is expected that the Advisory Committee will vote its position on all warrant articles. They will then write the Advisory Report which "shall be distributed to each household in the Town in which a voter eligible to vote at the Town Meeting resides." This must be done ten days before the Annual Town Meeting.

So, come to the hearings, learn the details, make your voice heard.

Carole B. Marple
Sherborn Town Clerk