



Sherborn LINK

JANUARY 2015

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As a reminder: If the Sherborn schools are closed due to bad weather, **all** 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 at 508-651-7858.

Let's Get 2015 off to a Great Start!

With the holidays behind us, and 2015 taking over the calendar, the COA wishes all our readers a **Happy New Year**, one filled with all the old activities you love but topped off with something new and stimulating. Our suggestion?—Lifetime Learning (LL)!



The winter/spring term kicks off in the final week of January with two very different courses. Maud Chaplin (shown left) beloved instructor from the very beginning of LL, will guide discussions of justice in the world of 2015, examining specific problems in the light of selected philosophies. And Erika Reitshamer,

new to Lifetime Learning last term and shown in the photo below, is returning by popular demand to provide another episode of "Opera for Everyone!" This time Erika's opera selections will be keyed to the HD simulcasts from the Metropolitan Opera shown at local cinemas. Prior to each broadcast, she will tell the story of the opera and show excerpts from previous performances. She will discuss the composers' lives and their work and the careers of the performers. Participants can go to the performances prepared to reap greater enjoyment.



But this is just the beginning! Our professors like to come back to LL because they find that our participants are interested and engaged and, therefore fun to teach. Alan Schechter is back to discuss six political problems yet to be solved. Wilfrid Rollman will tackle the mess in the Middle East and four outcomes (thus far) of the Arab Spring. Ken Ramsley will let us in on what's going on in the robotic exploration of Mars. What have we learned and what Mars mysteries are still to be solved? Burt Levin will explore America's wars, those we chose to fight. And finally the indomitable Jack Craig will bring back the songs we all love by Jerome Kern and Irving Berlin. Read all the details on pages 4 and 5, and do yourself a favor by signing up.



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

- Christina Winterfeldt, Chairperson
- Tricia Caldicott, Vice Chairperson
- Sue Peirce, Secretary

Board Members

- Phyllis Braun • Sheila Bresnehan • Panny Nichols
- Jean Rosseau • George Shea

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- Sonia Goldsmith • Bruce Gray • Gerri Hawn
- Ruth Johnson • Deborah Kennedy • Ralph Lowell
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COA Staff

- Karen Juhl-Director • Kathy Horigan Dye-Drop-In Director
- Linda Bellefeuille-Elder Advocate • Nan Vaida-Elder Advocate
- Ani Gigarjian- 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, Thursday & Friday, 8 a.m. – 4 p.m.
 Tuesday and Wednesday, 8 a.m. to 12 noon
 Late afternoon or evenings by appointment

Community News

**The Sherborn Library
 presents
 “New England Stone Walls”**

Kevin Gardner, author of the book *The Granite Kiss* discusses the history, technique, stylistic development, and aesthetics of stone wall building in New England. Part of his talk will also include a demonstration of wall building—in miniature!



**Thursday, January 22nd at 7 p.m.
 at the Sherborn Community Center**

This program is supported in part by a grant from the Sherborn Arts Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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.

READERS SPEAK**The Encounter**
By Natalia Kaktins

He first bumped into me as I was stepping out of a cobbler's hut in Sochi where I had left a sandal to be fixed. Then his wife, with apologies, jostled my mother as we were hurrying to an outdoor concert. Finally, when his ten-year old daughter's ball landed on my towel at the beach, both he and his wife rushed over to chastise the child and effusively apologize to me. Inevitably, introductions followed and we all laughed that his wife and my mother shared first names.

After that we met often, by accident. The pattern that evolved followed the same path. Yuri would walk with me. The two Tamaras and the child, Masha, walked behind. Yuri was a charming conversationalist, knowledgeable on many topics. As a professor, he often felt restricted by government regulations and yearned for free expression, he confided to me. By the end of the week, even my naiveté felt stretched and my mother and I, always very discreet about the subjects we discussed in any building, became even more wary of sharing any ideas within the confines of the hotel room. With relief we said good-bye and left Sochi.

Two days before I left Moscow, Yuri appeared at my mother's apartment. We never learned how he had found her address, because no surnames had been exchanged. He asked my mother if he could have a private word with me. She graciously left her single room and went for a walk. Yuri then pulled out a sealed envelope and begged me to hand it over to a professor at MIT. It was his life's work, important research, he explained, that he could not publish in the USSR, not even under a pseudonym. I was too cowed to refuse. My mother and I went to the park to discuss this new development. She forbade me to carry this document with me at any time.

As I stood in line at the check-out terminal at the airport, a square looking woman pulled me out of line and led me to a different counter. After a thorough body search, she proceeded to dump everything out of my baggage and even ripped some of the lining, by mistake, she apologized. She then called over another customs officer. While pawing through my things, they both kept glancing at me. I heard him whisper—are you sure this is the one? I tried for the innocent expressionless look, though inside all kinds of dreaded feelings surged through me. Would I not be allowed to leave the country? Would there be repercussions for my mother? Finally, angrily he threw all my things helter-skelter back into the suitcase, grudgingly returned my passport and allowed me to board. My body shook all the way to Orly, where to the surprise of my friends, I greeted them with a deluge of tears!



January Rejuvenation through Lifetime Learning!

Here are our engaging and entertaining courses that can carry you through the doldrums of winter into beautiful spring. See what will energize your mind or soothe your soul. Lifetime Learning classes are open to adults of all ages; you can register by filling out the form on our brochure which you can find at the COA office and many other venues around town, or call the COA at 508 651 7858.

Conversations with Maud on Justice: The View from the Twenty-first Century

Social and political philosophers have long been concerned with the question of justice, but the particular problems of the 21st century: inequality of wealth, discrimination, and what it means to be a fair steward of the earth have made the question of justice more pressing. We will look at what four contemporary philosophers have to say and then discuss their answers.

Instructor: Maud Chaplin is Professor of Philosophy Emerita at Wellesley College where she was a favorite teacher in philosophy and ethics for 40 years.

When: Wednesdays, Jan. 28, Feb. 4, 11, 18 at 10:30 a.m.– noon

Where: Sherborn Town Hall, Rm. 204A- **Cost for four sessions:** \$40

Mars Science through the Eyes of our Landers, Orbiters, and Future Astronauts

Thanks to robotic spacecraft we are making great progress in learning about Mars, yet we have a lot to learn. How do we design, build, transport, and operate our Mars science robots, and how do we decide on our missions to Mars? What are we learning and what are the great 'Martian mysteries' that remain? Might explorer/astronauts one day live and work on Mars?

Instructor: Kenneth Ramsley teaches spacecraft engineering at Brown University. A planetary geosciences researcher, he studies geological processes that take place throughout the inner solar system.

When: Thursdays, April 30, May 7, 14, 21 at 10:30 a.m.–noon

Where: Sherborn Town Hall, Rm. 204A- **Cost for four sessions:** \$40

America's Wars

Americans think of their nation as a peaceful one that reluctantly resorts to force to safeguard its interests and advance democratic principles. How does this flattering vision accord with reality? We shall attempt to provide an answer by looking into America's major wars starting with the Spanish-American war, which marked America's entry onto the world stage, and continue through the two World Wars, the Vietnamese war and the Iraq and Afghanistan conflicts.

Instructor: In the Foreign Service Burt Levin served in Taiwan, Indonesia, Hong Kong and Thailand and headed the Republic of China desk in the State Department. He also served as U. S. Consul General to Hong Kong and U. S. Ambassador to Burma. Now retired, he heads the Asia Society office in Hong Kong and is Visiting Professor at Carleton College.

When: Wednesdays, February 25, March 4, 11, and 18 at 10:30 a.m.-noon

Where: Sherborn Town Hall, Rm 204A- **Cost for four sessions:** \$40

Two Elder Statesmen of American Songwriting: Jerome Kern and Irving Berlin

Songwriters of the 20th century have acknowledged a debt to **Jerome Kern** for his influence on American popular music. His music creates a portrait of American song that includes *Smoke Gets in Your Eyes* and *The Last Time I Saw Paris*. **Irving Berlin** created more than 3000 songs without learning how to read or write music. He cast a musical spell over America with songs such as *Alexander's Rag Time Band* and *God Bless America*.

SHERBORN LIFETIME LEARNING WINTER/SPRING COURSES CONT.

Instructor: Jack Craig is a musician, a teacher, a raconteur and a performer who keeps audiences all over New England entertained and informed by his wide-ranging programs.

When: Fridays, April 24 and May 1 at 1:30 p.m. to 2:30 p.m.

Where: Woodhaven Community Room- **Cost for two sessions:** \$25 single/\$40 couple

Six Questions Americans Are Asking

Political scientist Alan Schechter will provide background and insight on the following questions with ample time for discussion. Join us as we consider the following:

(1) Is a New Cold War Starting? (2) Can Government Action Slow Global Warming? (3) Is Immigration Reform Possible? (4) Is a Devastating Water Shortage Inevitable? (5) What Will It Take to Regulate Campaign Spending? (6) Is Gridlock a Permanent Feature of American Politics?

Instructor: Alan Schechter is Professor Emeritus at Wellesley College, where he taught American Politics and Constitutional Law. He was appointed to the J. William Fulbright Foreign Scholarship Board and was himself a Fulbright scholar. He is a sought-after speaker and the author of numerous articles and newspaper columns and books on international administrative law.

When: Mondays, March 9, 16, 23, and 30, April 6 and 13, 10:00 a.m. to noon.

Where: Sherborn Town Hall, Rm. 204A- **Cost for six sessions: \$60**

From Sidi Bouzid to al-Raqqa: Four Responses to the "Arab Spring"

Today the outcomes of the uprisings known as the "Arab Spring" are different from each other and from American hopes and/or expectations. In four sessions, Wilfrid Rollman will discuss these topics: (1) Tunisia—Democracy Taking Root? (2) Egypt—Return to Authoritarianism, (3) Syria—Uncivil Civil War, (4) ISIS, the "Caliphate" and Iraq.

Instructor: Wilfrid Rollman holds a PhD in history with specializations in North African, Middle Eastern, and Islamic history, religion and culture. He is a Senior Lecturer in the Department of International Relations at Boston University and spends time each year in Morocco as part of the Wellesley College overseas program.

When: Thursdays, April 2, 9, 16 and 23 from 10:30 a.m. to noon.

Where: Sherborn Town Hall, Rm. 204A- **Cost for four sessions: \$40**

Opera for Everyone

Come and explore Jacques Offenbach's opera *Tales of Hoffmann* before the Metropolitan Opera's live transmission in HD to be shown in select cinemas on January 31, followed by Rossini's *La Donna del Lago* before its transmission on March 15. Then experience Mascagni's *Cavalleria Rusticana* and Leoncavallo's *I Pagliacci* before they are broadcast on April 25. This course will give you a fresh, in-depth appreciation of these masterpieces and their composers.

Instructor: Erika Reitshamer, a life-long opera lover, has lectured on opera and great singers of opera for many years and was active in the formation of the Boston Lyric Opera Company more than 35 years ago. For many years she led opera tours to Europe and served as vice president of the Boston Wagner Society..

When: Tuesdays, January 27, March 10, March 31, and April 7 from 1:30 p.m. to 3 p.m.

Where: Sherborn Town Hall, Rm. 204A- **Cost for four sessions: \$40**

JANUARY

Sunday	Monday	Tuesday
<p>4 12:30 p.m- Pizza & Movie <i>Blue Jasmine</i> Woodhaven Comm. Rm.</p>	<p>5 12:30 p.m. Lunch with COA Woodhaven Comm. Rm.</p>	<p>6 9:15 a.m. Exercise w/Linda – St. Theresa Church</p>
<p>11 12:30 p.m. Shared Sunday Woodhaven Comm. Rm.</p>	<p>12 10:00 a.m. Natick walk 12:30 pm Lunch with COA Woodhaven Comm. Rm.</p>	<p>13 9:15 a.m. Exercise w/Linda – St. Theresa Church</p>
<p>18</p>	<p>19  COA office is closed</p>	<p>20 9:15 a.m. Exercise w/Linda – St. Theresa Church</p>
<p>25</p>	<p>26 10:00 a.m. Wellesley College Greenhouse walk 12:30 p.m. Lunch with COA Woodhaven Comm. Rm.</p>	<p>27 9:15 a.m. Exercise w/Linda – St. Theresa Church <i>1:30 p.m. Opera Class- Town Hall Room 204A</i></p>

2015

Wednesday	Thursday	Friday
	<p>1 9:15 a.m.- Exercise w/Linda St. Theresa's Church</p>	<p>2 12:30 pm Lunch with COA Woodhaven Comm. Rm. 7:00 p.m. Party Bridge Woodhaven Comm. Room</p>
<p>7 10 a.m. Polarity Yoga Woodhaven Comm. Rm. 1-3 p.m. Whichcrafters Woodhaven Comm. Rm.</p>	<p>8 9:15 a.m. -Exercise w/Linda St. Theresa's Church 12 p.m. Drop In Lunch Pilgrim Ch. 1:30 p.m. Bridge Woodhaven</p>	<p>9 12:30 p.m. Lunch with COA Woodhaven Comm. Rm.</p>
<p>14 10 a.m. Polarity Yoga Woodhaven Comm. Rm. 1-3 p.m. Whichcrafters Woodhaven Comm. Rm.</p>	<p>15 9:15 a.m.—Exercise w/ Linda St. Theresa Church 12 p.m. Drop In Luncheon Pilgrim Church</p>	<p>16 12:30 p.m. Lunch with COA Woodhaven Comm. Rm.</p>
<p>21 10 a.m. Polarity Yoga Woodhaven Comm. Rm. 1-3 p.m. Whichcrafters Woodhaven Comm. Rm.</p>	<p>22 9:15 a.m. -Exercise w/ Linda St. Theresa Church 12 p.m. Drop In Lunch Pilgrim Ch. 1:30 p.m. Bridge Woodhaven</p>	<p>23 12:30 p.m. Lunch with COA Woodhaven Comm. Rm.</p>
<p>28 10 a.m. Yoga Woodhaven <i>10:30 Maud LL TH Rm 204</i> 1-3 p.m. Whichcrafters Woodhaven Comm. Rm.</p>	<p>29 9:15 a.m. -Exercise w/ Linda St. Theresa Church 12 p.m. Drop In Luncheon Pilgrim Church</p>	<p>30 12:30 p.m. Lunch with COA Woodhaven Comm. Rm.</p>

January 2015 Drop In Calendar



Don't let the winter doldrums keep you inside. Come to the COA's Drop in lunch at Pilgrim Church! Drop-In is held every Thursday at Pilgrim Church. Lunch is served at noon; program begins at 12:30 p.m. A \$2 donation for lunch is appreciated. Questions? Please call the COA at 508-651-7858. All seniors 60+ welcome!

Jan. 1 HAPPY NEW YEAR!! NO DROP IN TODAY,

Jan. 8 Learn as you Travel! Donna Brock, Road Scholar

Road Scholar, America's largest educational travel organization for adults, makes touring a unique experience...no matter where you go. Donna will discuss her experience in Cuba and on tours through a few Central European countries.

10:00 a.m.-12 p.m. Hearing Test Clinic—Heidi Anderson, Mass Audiology Pilgrim Church Parlor; Appointments necessary – please call COA at 508 651 7858

Jan. 15 How to Drive in Ice & Snow – Eleanor Baker, AAA

Let the experts at AAA be our guide and advisors and give us tips and tricks on how to survive -- and thrive -- in the winter months of New England!

11:30 a.m. Blood Pressure Clinic provided by Natick VNA; sponsored by the Board of Health

Jan. 22 Painfree-Decluttering- Ann Newberry, Owner, Smooth Transitions

Stuff- we all have it, we all love it -- and some of it is waiting to be loved by others. This humorous presentation will gently start you thinking about what possessions to keep and directions to go with everything else as you downsize .

Lunch Generously Provided by: **Raymond J. Wiese, THE WIESE COMPANY, Inc.**

Jan. 29 Motion Man – Jody Scalise

Come see the fellow that Yankee Magazine calls “a classic comic”. Jody, as a Mechanical Man, uses precision pantomime, lyrical movement, hysterical characterizations, giant bubbles, a ukulele, spinning plates, 8 foot streamers, a parasol, a floating hat; to amaze and inspire! Bring a friend and get ready to laugh until your sides ache!

Thank you to Roche Bros. and BJ's for their baked goods donation!



Is Fitness One of Your Resolutions? TRY A COA FITNESS CLASS OR WALK!

IF it isn't, it should be! Let's face it, most people could be a bit more active. The COA offers a variety of programs that will get you moving! In fact we are so committed to getting you exercising that *if you are new to any one of the COA's exercise programs that are held in Sherborn, you can go for **free** any week in January.*

Group Walk with "Sherborn Walks" Mondays at 10:00 a.m. For the winter we will do a combination of indoor and outdoor walks (weather permitting). There is no fee to join the walking club, thanks to the funding from Baypath Elder Services, but you must pre-register with the COA by calling 508 651 7858. **See back page for details on January walks.**

Exercise with Linda is a twice-a-week fitness program held on **Tuesdays** and **Thursdays** at Saint Theresa Church from 9:15 a.m.-10:15 a.m. Our non-impact exercise focuses on balance, flexibility, muscle toning and strength training all done at each person's fitness level. Movements can be done seated or standing.

Polarity Yoga is held weekly on **Wednesdays** at the Woodhaven Community Room (back of Building 2) from 10:00 a.m.-11:00 a.m. Through "effortless effort," strength of body and balance of mind is attained and maintained. Each session ends with a full body meditative practice. Mat work optional.

Chi Gong, the cousin of Tai Chi, combines deep breathing with body movements to accelerates healing and help to relieve and prevent illness. Movements are easy to follow, yet have a profound effect on physical and mental well-being.

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 January 5 (only).

- ◆ **Holliston Sr. Center: Tuesdays** at 1:30 p.m. Suggested donation: \$4/class
- ◆ **Dover: Mondays** at 5:30 p.m. Dover Town Library Community Room; **Wednesdays** at 11:30 a.m. at Caryl Community Center (across from Dover Town Hall) in the Blue Room (Room 108). Suggested donation: \$3/class

Water Exercise Classes at Longfellow Sports Club 10 week sessions-
\$100

- **Gentle Aqua Workout on Fridays, 10:30 – 11:30 a.m.**
Begins on January 9 Participants use a buoyancy belt (no need to know how to swim). Noodles will be used to do core strengthening and balance exercises to improve posture, reduce back pain and increase stability.
- **Shallow/Deep Water Combo on Mondays, 10:30-11:30 a.m.**
Begins on January 5. Combining shallow and deep water exercise
- **Water Walking and Shallow Water Exercise on Thursdays, 11 a.m.– 12 noon**
Begins January 8. Great for beginners or those who are recovering from injury.



Longfellow Sports Club, 203 Oak Street, Natick 508 653 4633

The Sherborn Forest & Trail Association (SFTA) is bringing back a time-honored Sherborn tradition – *Conservation Connections: A Conscientious Cocktail Party.*



On Friday, February 6th at 6:30 PM SFTA will bring together music, hearty hors d'oeuvres, a cash bar, a raffle of locally made products and a fascinating guest speaker, Tom Wessels. Take a break from the wearisome winter weather, socialize with friends and neighbors, and learn how every forest has a story.

SFTA is joined in this event by many like-minded local and regional organizations that will have available information about their programs, varied outdoor activities, and about Sherborn's accessible open space properties.

Tom Wessels is Professor Emeritus from Antioch University New England where he has been teaching students his methods of reading the landscape for thirty years. Much like a woodland Sherlock Holmes, he will demonstrate that once you know what to look for as you wander in the forest, you'll be able to piece together the complex history that shaped the land. Tom will present slides during his talk after which there will be time for questions from the audience. He is the author of several books, including: *Reading the Forested Landscape*, *The Granite Landscape*, *Untamed Vermont*, *The Myth of Progress* and *Forest Forensics: A Field Guide to Reading the Forested Landscape*. His books will be available for sale during the event.

Conservation Connections will be held at the Sherborn Community Center, 2 Sanger Street. This event is open to the public. Admission is \$20 per person, and may be purchased through online registration at sherbornforestandtrail.org. Advanced purchase is recommended. Space is limited and admission will be \$30 the week of the event.

**Firewood from
Town Forest**



The Town Forest Committee provides firewood to residents for a below-market fee. The fee is \$70/load (1/3rd of a cord) for senior Sherborn citizens and \$90 for non-seniors. **Checks should be made payable to Town of Sherborn.**

After receiving the first order, residents must wait 45 days before requesting a second order. In scheduling the second order, priority is given to senior residents and to those who have exhausted their supply. **To order, call Bob at 508 655 1045.**

MEDICARE ALERT



Were YOU in the “DONUT HOLE” last year?

If so... chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!

This is where **Prescription Advantage** can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.”

To find out how to lower your drug costs, call Prescription Advantage at:

1-800-243-4636 or

TTY at 1-877-610-0241 for the deaf and hard of hearing.

You can also visit our web-site: WWW.PRESCRIPTIONADVANTAGEMA.ORG.

The money you save can be your own!

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Pizza & a Movie at Woodhaven



Sunday, January 4—

Blue Jasmine — a dark comedy directed by Woody Allen and stars Cate Blanchett who plays a rich socialite.

Sunday, February 1—*One Hundred Foot Journey*—

Helen Mirren stars in a culinary cultural clash between French and Indian families competing for diners in a French town.

Pizza is served at 12:30 and the movie starts at 1:15"ish". Please call 508-651-7858 to reserve.

Postal Patron
Sherborn, MA

Is your New Year's Resolution to get more involved?

Do you like to drive? Cook? Fix things? Plan trips? Or just sit and chat? If you have time—either weekly, monthly or even just once or twice this winter or spring, we'd love to hear from you! Our needs are as diverse as people's interests and Ani Gigarjian, our Volunteer Coordinator, is terrific matching talents to projects. So whether you work out of your home, work part-time, are newly retired, a home stay-at-home parent, or a high school student looking for community service hours, we'd love to hear from you!

Contact Ani at 508-651-7858 or email coavolunteer@sherbornma.org.

You'll feel good about helping out in your community...and we'll be grateful for your time!



Sherborn Walking Group

Walks continue in January, weather permitting. Our walking group is open to all thanks to a grant by Baypath Elder Services. Walks begin at 10:00 am. Please email

coaprogram@sherbornma.org, or call 508-651-7858 to pre-register.

Join us on:

- **January 12- Natick Town Walk** followed by hot drinks at Bakery on the Common.
- **January 26 - DOCENT GUIDED WALK** at the Wellesley College Greenhouses. Free, but registration required. See plant life from the deserts of Mexico and Africa to the rainforests of Malaysia and Brazil. This is a perfect "mini getaway" from the winter weather!

Please contact COA if you are also interested in indoor walks at Natick Mall.