



SENIOR CAFÉ

Held every Thursday as noted below. Seniors 60 and older welcome!
Cost: \$3 Call the COA at 508-651-7858 to reserve your spot each week

November 3 Henry Lukas – Director Of Education - Spellman Stamp Museum will discuss Presidents stamps and other stamps with fascinating stories. Francis Cardinal Spellman, an avid stamp collector, created the Spellman Museum of Stamps & Postal History, one of only two museums in the country devoted solely to stamps and history.

November 10 – “Eat This, Not That – and Other Nutrition Survival Secrets” from Sherborn’s very own Vicki Rellas and Peg Hoover, Integrative Nutritional Health coaches. Are eating the right thing for weight loss, diabetes, high blood pressure, cholesterol? Come find out!
Lunch: Generously provided by Vicki Rellas and Peg Hoover.

November 17 – CSA luncheon/Harvest Festival –One of the highlights each year is when the parents of the Pine Hill School come together to create a delicious, nutritious, plentiful meal for us.

Harvest Raffle: Gift basket donations by Susan Tyler.

Sunday, November 20 – Thanksgiving Dinner at St. Theresa Church (35 S. Main Street) – Sponsored by the Sherborn Police Association
All Sherborn Residents over 60 invited!
RSVP to: **508-653-2424 X 369 (Officer Jim Graziano).**

November 24 – Senior Café closed. Enjoy your Thanksgiving Holiday!