

Sherborn LINK

COMMUNITY NEWS

As we await the arrival of spring and much needed sunshine, the COA has plenty of programs to get you out and about. I know we all would rather stay in hibernation, but it is proven, the longer you stay isolated the harder it is to go out and socialize.

We added a new line-up of Lifetime Learning classes, some on Zoom and some in-person. Consider taking the Politics class or discuss poetry with Dr. Kuntsler, explore a climate discussion with Frank Villa and much more.

You can drop in to our Sit 'n Sip Cafe at the Community Center on Tuesdays and Wednesdays from 9:00 am – Noon. Have a cup of coffee and interesting conversation. A pilot program, it is growing in popularity and we would really like it to “take off.” We will be discussing its future plans in late Spring.

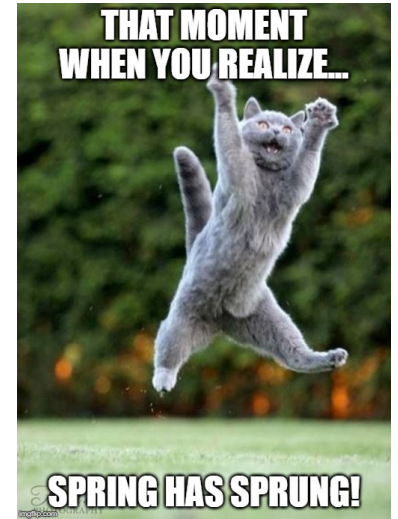
Our Senior Café, Thursdays at noon at Pilgrim Church has some fun musical and interesting speakers lined up. (see page 4).

We are excited to bring back the Older Adult Resource Fair Wed., March 13, noon – 2 p.m. (see p. There will be plenty of useful information including the Lion’s Eyemobile, blood pressure screenings, and health and care-giving information. Plus, free lunch and raffle prizes.

We were recently awarded a grant for an outdoor fitness program by the MetroWest Community Health Foundation. Details are being finalized and will be announced shortly.

We hope you will be “Springing into Spring” with the COA.

Warm Regards,
Sue Kelliher
 Sue Kelliher, Director



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This Newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and through the generous support of the Friends of The Sherborn Council on Aging.

NOTABLE ELDER



Betty E. Deady

Betty is a super Notable Elder. She has passed the eighth decade mark -- still with all her lights burning. She is to be congratulated; few are granted the privilege of such longevity. Some who read this may look upon her early years as history, and they are right.

Betty was born in Lafayette, Indiana, but grew up in California with her three brothers. She graduated from St. Bernardine's High School and then worked for a time at a clothing store. A girlfriend introduced her to Bill Deady (DEE DEE) who had served his country during the Korean War and was now attending college. They were married in 1958. The following year Bill Jr., the first of four children was born that would complete their family.

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

Written by: Ann Bekebrede.

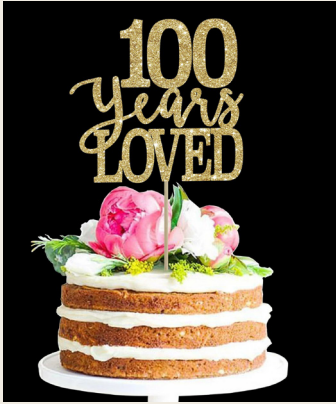
Bill was offered a job and a place to live located in what is now Framingham but was then part of Sherborn. He became a History teacher in Natick and continued to teach throughout his working life. Betty had two daughters, Bernadette and Lisa, and another son, Ralph. (Deady Electric). They kept her busy for a number of years, but when the children had grown more independent, a friend asked her to fill in for her as a staff member in the cafeteria at Pine Hill School. Eventually that led to permanent employment there and later at Dover Sherborn High School. It was the perfect employment for a mother. Betty was to remain in that job for 30 years.

During those years, Betty and Bill were planning to build their own home. They first looked for the perfect lot, one that afforded them the privacy that was important to them. They found it on a quiet Sherborn road. Then they searched for plans for the home that would perfectly fill their needs. They found them in a magazine. A local builder agreed to give them exactly what they wanted. It has been their home ever since.

Betty and Bill had a second home (A-frame) on North Pond in the Belgrade Lakes region of Maine. During their retirement years they spent many summers enjoying the region with their family and friends. Betty likes to be quiet by the pond, but she also enjoys a game of cards with her North Pond neighbors.

Unfortunately Bill died in 2017 and Betty's life changed. She still lives in the house she and Bill built, but now she shares it with her son, Bill Jr. Her life is peaceful and comfortable. With her children watching over her, she is enjoying her five grandchildren and two great grandchildren, and welcomes fellow card enthusiasts to her card table.

TOWN NEWS



Wish Phyllis Braun a Happy 100th Birthday on Saturday, March 9th!

Phyllis, you are a very special person who has touched so many residents. We are truly grateful you were one of the founders of the COA, among so many other organizations. Thank you for all your invaluable contributions. We wish you continued good health and happiness.

COA Board of Directors
October 1972
Phyllis was there from the beginning.



Florence Demers Dr. Wilder Lucy Almasian
Terry Newman Fred Grindle Phyllis Braun



Always a Lady! And a lovely one to boot.



EMPLOYEE SPOTLIGHT JENNIFER CARLSON, SHERBORN PUBLIC LIBRARY ASSISTANT DIRECTOR

Jennifer Carlson worked at the Holliston Library as the Children's Librarian for the past 5 years and is currently transitioning from the Children's Librarian at the Sherborn Library to the Assistant Director.

Please stop in and introduce yourself, she is looking forward to meeting everyone!

Favorite Food: Lobster
Something on your bucket list: To visit Ireland
Best Vacation: Aruba
Dogs or Cats: Both! I love both cats and dogs and two dogs and a cat
Pet Peeve: Filling out forms



VOTER INFORMATION

For information on elections or to register to vote, visit the Secretary of State's site:

<https://www.sec.state.ma.us/divisions>

Track your ballot
www.trackmyballotma.com

PRESIDENTIAL PRIMARY Tuesday, March 5, 2024

Town Hall, 7am - 8pm
Anyone that is currently "unenrolled" does not need to do any changes to their voter registration, as they are able to pick which party ballot they want, Democrat, Republican or Libertarian.

ANNUAL TOWN MEETING Tues., April 23rd @ 7:00 PM

DSHS/Lindquist Commons.
If a second date is needed it will be on Thurs. April 25th.

SHERBORN'S 350TH
Keep up-to-date on
Celebrate Sherborn! Honor the past, celebrate the present, inspire the future.
Visit www.sherborn350.org

WHAT'S UP?



WELCOME SPRING

Join us at a Sit 'n Sip, enjoy coffee and conversation any Tuesday or Wednesday from 9 am-Noon at the Sherborn Community Center.

WE ARE LOOKING FOR VOLUNTEERS FOR THE SIT 'n SIP CAFE. INTERESTED? Call us!

Looking AHEAD

We are planning some day and overnight trips along with some outdoor fitness programs.

Be sure to check our website at www.sherbornma.org for updates and programs or sign up for our weekly email blast.

INVITATION TO LUNCH



WINGATE WAY EAST

INDEPENDENT LIVING

Coming soon to Needham!



You're invited to a Dine and Discover event as Wingate Living introduces One Wingate Way East, an intimate boutique-style independent living community in Needham.

Tuesday, March 19 at 12pm

781-328-6699 | OneWingateWayEast.com

PAYMENT POLICY

You must pay for exercise classes, by day or by the month. Lifetime Learning must be paid for prior to class. You will not be able to participate in paid classes if you have an unpaid balance.

UPCOMING SENIOR CAFES THURSDAYS @ NOON/PILGRIM CHURCH

March 7th: Bob Ainsworth

Isabella Stewart Gardner Heist: Unsolved and not one piece of artwork recovered in 34 years.

March 14th Roger

Ticknell: A celebration of Irish Music

March 21st: Martha Washington LIVE

Martha Washington who was a Slaveowner. First Lady and Patriot will be coming in body and spirit to give us a first hand account of life. This program is sponsored by Rehabilitation Associates.

March 28th: Steve

Rudolph Trio will get you moving!

April 4th: Cindy Stewart

presents Scenes from Nature as we jump into Spring!

April 11th: Marty Gitlin Funny Sitcoms Moments:

Lucy, Gilligan, Beaver, Abbott & Costello and more. Don't miss this one.

April 18th: Vicki Rellas will tell us the buzz about the importance of bees. Learn first-hand about beekeeping. Don't Bee Late!

April 25th Retropolitan Duo

back by popular demand to play all of our favorite tunes.

UPCOMING EVENTS

FREE DEMENTIA LUNCH & LEARN
LAST FRIDAY OF THE MONTH
@ 12:00PM - UNITARIAN CHURCH
MUST RSVP FOR LUNCH

FRIDAY, MARCH 29TH

HEALTH BENEFITS OF TAI CHI

Studies have shown older adults with memory issues who practiced Tai Chi three times a week for six months experienced "significantly improved memory." It combines the power of movement with meditation and has been practiced in the East for centuries. You don't want to miss this program to learn more about the practice and time to try it out for yourself.

FRIDAY, APRIL 26th
ROBIN'S WISH

This program will take place on the 2nd Floor of Town Hall.

A documentary on Robin Williams struggles with dementia. This film looks into the life and final days of Robin Williams, comedian and award-winning actor, who was best known for his improvisational skills and amazing character portrayal on television and film. It wasn't until after his death it was discovered he had been battling Lewy Body Dementia. This touching story will make you laugh and cry. It also features the perspective of his widow, Susan, who continues to raise awareness in the search for a cure.



BOOK CLUB

3RD TUESDAY @ 11 AM
SHERBORN LIBRARY
MARCH 19 / APRIL 16

The March book is *A Bakery in Paris* by Amie Runyan, available at the library. Set in post-WWII, it follows two women of the same family, generations apart, who find their futures lie in the four walls of a simple bakery. Please RSVP to coadirector@sherbornma.org.

WHICHCRAFT

WEDNESDAYS @ 10:30 AM
COA OFFICE/TOWN HALL
19 WASHINGTON ST

Join us for a crafty morning. All supplies are provided. No experience necessary. It's a great program for fun, creativity and socialization.

MAHJONG

EVERY WEDNESDAY @ 10:00 AM
TOWN HALL, 2ND FLOOR

Mahjong is a fun and challenging game. You can meet new people and at the same time exercise your brain. All levels are invited.

Please let us know you are coming. RSVP to coaprograms@sherbornma.org or 508-651-7858



Men's
GROUP

MENS LUNCH

4TH MONDAY OF THE MONTH
@ 12:30 PM
LOCATION: TBD
MARCH 25 / APRIL 22

Men from all towns are welcome to join. **Keep on the lookout about a new location for lunches in March and April.**

New diners are always welcome. Please contact Melinda at coaoutreach@sherbornma.org for more information and to RSVP.

INTERGENERATIONAL ART PROGRAMS

These workshops are presented by the COA and the Library. They are held at the Library.

MARCH 5TH: A Celtic Celebration featuring chocolate, tea and other goodies starting at 3:30.

MARCH 26TH starting at 4 pm. Learn how to make Paper Lanterns for the Chinese New Year. This will be hybrid.

MORE TO COME

Check both our websites for more details and to register for programs.

HEALTH & FITNESS

FITNESS FUN

MONDAYS @ 8:45AM / TOWN HALL, 2ND FLOOR

Join Lourdes Fournier for this low-impact class which offers a variety of exercises designed to energize your active lifestyle using low-impact movements, focusing on building total body strength plus cardio endurance. Chairs are available if needed for support. This 55-minute workout includes a warm-up, cardio endurance, body strength using hand-held weights and bands, followed by a cool-down and stretching.

TONE AND STRETCH - ON ZOOM

TUESDAYS @ 9:15AM

Join Laila for a virtual 45-minute Tone & Stretch. Please have a chair, water and hand weights nearby. You can substitute soup or bean cans for weights.

LINE DANCING - SHERBORN COMMUNITY CTR

WEDNESDAYS @ 10:00AM

No experience is needed. A variety of dance styles are taught to all levels of ability.

Dance Instructor Lisa Abbascia O'Leary will be leading this class. Sessions run for five (6) weeks.

TAI CHI - TOWN HALL/2ND FLOOR

WEDNESDAYS @ 1:00 PM

We are excited to add Tai Chi to our list of fitness classes. Tai Chi is a gentle form of exercise that can help maintain strength, flexibility, and balance. It also has value in treating or preventing many health problems, such as arthritis, diabetes, and depression.

Robin Natanel is a certified Tai Chi Instructor. She has been teaching Tai Chi meditation, mindfulness and mindful eating for over 20 years.

WEEKLY WALK

THURSDAYS @ 9:00AM

Our weekly walk meets at the Holliston Rail Trail. Please let us know if you are coming, in case we have to cancel.

CARDIO, CORE AND MORE - ON ZOOM

FRIDAYS @ 9:30AM

Join Laila as she leads you through a series of interval cardio exercises. The class will finish with stretching. Please have a chair, water and hand weights nearby.

CONTACT

Exercise classes are \$5.00 excluding the weekly walk where there is no charge.

Contact Kristina to register for any class. Email coaprograms@sherbornma.org or call 508-651-7858.



KINGSBURY CLUB - SENIOR SWIM

Take advantage of Senior Swim at the Kingsbury Club which is located at 2 Ice House Rd in Medfield.

The current hours are Mondays, Tuesdays, & Fridays from 10am -11am. Hours may change seasonally.

All you need to do is say you are from the Sherborn COA and bring a picture ID. The cost is \$5.00; they ask you pay in cash.

Call 508-359-7800 for info.

***We are “Jumping for Joy”
2nd Annual Older Adult Resource Fair
Wednesday, March 13th from NOON - 2 PM/Sherborn Library***

- **Demonstrations & Info**
- **Safety Health & Wellness**
- **Insurance & Social Security**
- **Retirement Activities**
- **Housing Options**
- **Caregiver Resources**

FREE LUNCH SPONSORED BY



Raffles every 30 minutes, screenings and more.
Best of all - it's free ~ everyone is welcome!

LIFETIME LEARNING/WINTER & SPRING

Please Note: Due to space limitations, we've abbreviated the descriptions below. Detailed descriptions and Bios, can be found at [www.sherborncoa.org/ Lifetime Learning](http://www.sherborncoa.org/Lifetime Learning).

OPERA FOR EVERYONE

TUESDAYS, MARCH 5, 12, 19, 26 & APRIL 2 @ 1:30 PM - 3:00 PM

ZOOM COST: \$50.00

This course will engage even the most reluctant listener. Explore four opera lectures in detail, which will be keyed to the HD simulcasts from the Metropolitan Opera shown at local cinemas: Verdi's La Forza del Destino, Gounod's Roméo et Juliette, Puccini's La Rondine, Puccini's Madama Butterfly, The Sounds of Vienna - Opera and Operetta program.

Presenter: Erika Reitshamer, a passionate and lifelong fan of opera, continues to enlighten, inspire and entertain while passing along her vast knowledge of opera and opera lore.

FOREST COMMUNITIES OF SOUTHERN NEW ENGLAND

TUESDAY, MARCH 19 & 26 @ 10:30AM - 12:00PM

SHERBORN TOWN HALL, 2ND FLOOR / COST \$20.00

This course will focus on the primary forest communities of Massachusetts, Connecticut, and Rhode Island. The environmental features [climate, geology, soils, and topography] of these different forest types as well as many of the native plants that occur in each of them will be covered.

Presenter: Ted Elliman was a Staff Botanist and Invasive Species Program Manager at the Native Plant Trust in Framingham. Now retired, he continues to teach classes for many organizations.

CREATIVE WRITING AND AFTERNOON TEA

THURSDAYS, MARCH 21, 28, APRIL 4, 11, 18, 25 @ 2:00PM - 4:00PM

SHERBORN TOWN HALL, 2ND FLOOR / COST: \$75.00

Have you ever wanted to practice creative writing but are unsure how to start? Take some time for yourself and spend the afternoon sharing tea and stories from our lives. We will write using journal prompts and discussion.

Presenter: Cindy Stewart started keeping a journal when a college counselor recommended it as a tool to heal after a close friend's death. She recently graduated with an MFA in Creative Nonfiction Writing from Bay Path University. Inspiring others to write down their stories is her passion.

EARTH IN CRISIS

MONDAYS, APRIL 22, 29, MAY 6, 13 AND 20 @ 11:00 AM - 12:15 PM

ON ZOOM/ COST: \$50.00

The science is clear: the most pressing technological issues facing humankind today result from the effects of human activity on the future of our planet. In this 5-week course, we will discuss how human existence affects our fragile but complex global ecosystem and investigate the profound changes. The Zoom link will be sent before each class.

Presenter: Frank Villa has a lifelong interest in natural science and finds great joy in explaining complex principles and process to lifetime learners.

LIFETIME LEARNING/WINTER & SPRING

IPHONE AND IPAD BASICS AND PHOTOGRAPHY

TUESDAYS APRIL 9, 16, 23 & 30 @1:30 - 3:00PM

SHERBORN TOWN HALL, 2ND FLOOR / COST: \$60.00

This technology course will cover the basics of the iPhone and iPad and focus on taking and organizing photos, exploring outdoor photography, and editing photos. Limited to 15 participants.

Presenter: Kevin Figueroa runs KevTech Services and troubleshoots everyday technological issues like printer troubles, setting up and syncing devices, learning to use new products, and a lot more.

SING! THE GREATEST SONGS 1960 – 1965

FRIDAYS, MAY 3 & 10 @ 1:30PM - 3:00PM

PILGRIM CHURCH, FELLOWSHIP HALL/COST \$20.00

Music – with class! These two programs contain favorite songs of the first half of the decade of the 1960's. The songs come from Broadway, movies, folk and protest, pop singers, and groups - even the Beatles! Each program contains around thirty songs to sing, and Jack provides anecdotal information that recalls these six years of American songwriting.

Presenter: Jack Craig is a musician, teacher, raconteur, and performer who keeps audiences all over New England entertained and informed by his wide range of musical programs.

POETRY'S ENGAGEMENT WITH MODERNISM

WEDNESDAYS, MAY 8, 15, 22 and 29th from 10:30 am – NOON

SHERBORN LIBRARY TRUSTEES ROOM/COST: \$40.00

In the late 19th and early 20th centuries, a cultural movement known as “Modernism” turned the world of art inside out. So deep was its impact, and so compelling the forces that gave it rise, that “modernity” transcended its arts-related meaning to become a vital historical force in its own right

Presenter: Presenter: Barton Kunstler, Ph.D. has written and studied poetry all his life. He holds an undergraduate degree in English literature and a doctorate in Classical Studies from BU. His poems have been published in various venues and he has run writing and communications programs.

LIFETIME REGISTRATION FORM

Please Print

Name: _____

Street: _____

City: _____

Phone: _____

* Email: _____

*(*must be filled out to receive class communication and handouts).*

You can mail your registration and payment to the Town Collector, 19 Washington Street, Sherborn, MA 01770 or register online at sherbornma.org. Please make checks payable to the Town of Sherborn.

CLASS LISTING AND FEES

- Opera for Everyone/\$50
- Forest Communities/\$20
- Creative Writing/\$75
- Earth in Crisis/\$50
- Iphone and Ipad/\$60
- Sing!/\$20
- Poetry's Engagement/\$40

Total Enclosed: _____

SHERBORN COA 2023/2024 BOARD

BOARD MEMBERS

Pete Hoagland, Chair
Sally Tipton, Vice Chair
Lori Howe, Secretary
Gerri Hawn, Treasurer

Ken Adams
Denise Orlando
Pam Sampson

ASSOCIATE MEMBERS

Jim Campbell
Pat Gray

Carole Marple

The COA Board meets on the last Tuesday of the month at Town Hall at 9:30 a.m. Meeting agendas are posted on the Town of Sherborn website and open to the public.

STAFF

Sue Kelliher, Director
coadirector@sherbornma.org
Kristina Gallant, Asst. Director
coaprograms@sherbornma.org
Melinda Morlé,
Outreach Coordinator
coaoutreach@sherbornma.org


OFFICE HOURS MONDAY - THURSDAY

9:00 am - 4:00 pm

FRIDAY

9:00 am - Noon

CONTACT US

 19 Washington Street
Sherborn, MA 01770

 508-651-7858

 coadirector@sherbornma.org

 www.sherborncoa.org

 Sherborn Council on Aging

YOUR COA IS A RESOURCE

COUNCIL ON AGING

The COA staff is here to help and provide resources. We loan medical equipment, provide resources for meal delivery, home care assistance, care giving, downsizing, etc. Please don't hesitate to contact us for yourself, a parent, or an older adult.

TRANSPORTATION SERVICES

You can request transportation tickets from our office. Rides are through JFK Taxi Service. You can purchase coupons at the COA office.

Dial-A-Ride is now available through the Metrowest Regional Transit Authority. Call us for the application at 508-651-7858.

THE SHINE PROGRAM

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Our SHINE counselor is available on alternate Wednesdays from 10:00 am - Noon. Please call the office to make an appointment. This service is available year-round.

SHERBORN LINK COMMUNITY NEWS

COUNCIL ON AGING

19 Washington Street
Sherborn, MA 01770

PRESORTED
STANDARD
US POSTAGE
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