

Sherborn LINK

COMMUNITY NEWS

Happy New Year!

Can you believe it's 2025 already? Time truly flies! The start of a new year is the perfect opportunity to reflect on the past and look ahead with excitement for what's to come.

On behalf of Melinda, Maura, and myself, we want to express our heartfelt gratitude to the COA Board, FRIENDS, volunteers, and everyone who supported the COA during this past year. It was a year of transition, but together, we accomplished so much. We are incredibly thankful for all of you!

As we step into this new year, we hope you'll join us in some of the many programs and activities we have planned. Stop by our Community Coffee Bar (pg. 4) on Wednesdays at the Sherborn Community Center from 9:30am to 12:00pm, or enjoy lunch at our Thursday Cafés (pg. 4) at Pilgrim Church. All are welcome!

This January, we're thrilled to offer a variety of new lifetime learning classes (pg. 10): Challenges Facing American Politics (4 weeks of history + 4 weeks of post-election discussions), Law and Order, Climate Change, Creative Writing, Native Wildflowers, and Poetry. Classes are listed on our website, and printed schedules are also available.

Don't forget to explore our fitness classes (pg. 6), offered in person and on Zoom, our WhichCraft group (pg. 5) on the second Wednesday of each month, or sign up for our Men's and Ladies' lunches (pg. 5). There's something for everyone!

Stay up-to-date by visiting our website at www.sherborncoa.org or subscribing to our weekly email updates.

We look forward to seeing you in 2025! Wishing you a happy, healthy, and fulfilling new year.

Warmly,
Kristina Gallant
Kristina Gallant, Director

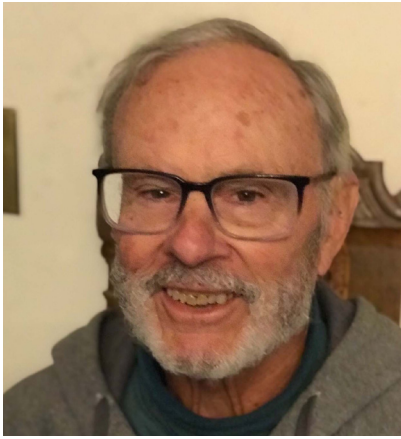
**“APPROACH THE
NEW YEAR
WITH
RESOLVE
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EACH
NEW DAY.”**

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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



WARREN WHEELWRIGHT

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

Betsy Johnson made it known that she would sell her circa 1820 childhood home for \$1 if the buyer would take it away. An intrepid couple, Warren and Susie Wheelwright took her up on her offer and thus began years of do-it-yourself rehabilitation, maintenance and furnishing.

Warren is no stranger to Sherborn. Although he was born in NYC, his family moved to 115 Hunting Lane when he was three. He attended Center School for the first four grades except for grade three: he missed it entirely because he contracted polio.

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.

When his family moved to Natick, he attended 5th grade there but returned to Sherborn for the 6th and 7th grades. The Center school overflow was in what is now the Community Center, and he has fond memories of square dancing in the hall upstairs.

He graduated from Rivers Country Day School in 1962 and Boston University four years later. A high point of his college years was a summer trip to the west to climb The Grand Teton and Mt. Baker, and after graduation he hitch-hiked Europe.

After working for a year in an Investment Advisory firm, Warren enrolled at the University of California for an MBA. He met Susie there and they explored California together. In 1969, they married and formed the courageous team that would move a house. But first they took a freighter to Europe and had a honeymoon grand tour.

For a time Warren and Susie lived in Ipswich and Cambridge while Warren was employed as a Business Manager for an outdoor sports dealer.

Then they moved back to Hunting Lane where they raised their two children, Susannah and Brad. Warren was employed at the Federal Reserve Bank in Boston.

In 1978 they moved Betsey's house from the corner of Western Ave. and Washington St. through the center of town to the far reaches of Hunting Lane, a 13 - hour trip. Then began the lifelong work of piecing the house together and restoring it to make it the comfortable vintage home it is today. But that's not all. They had a vacation house on Cape Cod - lots of fun for the parents and kids who all learned to sail challenging wooden sailboats-- but there was another house to maintain!

Even so, Warren had time for Sherborn. From 1990 to 2010 he served on the Caucus Committee, spent seven years on the Planning Board and served as Selectman for two terms. He was our invited representative to the festivities when our namesake, Sherborne, in Dorset England, celebrated its 1300th anniversary in 2005.

Continued on next page...

TOWN NEWS



MANY MANY THANKS TO DUNKIN'!

Sherborn Dunkin' celebrated its grand opening with free coffee, prizes, and a \$500 donation to the Council on Aging. We are grateful for Dunkin's generosity and look forward to a continuing partnership.

Special thanks to Andrew and the Sherborn Dunkin' team for their community support.

FOLLOW US ON FACEBOOK!



Scan this QR Code which will connect you to our Facebook page. This page will keep you updated about events, town news and will post fun pictures.

Also, you can always see what's going on by logging onto to www.sherborncoa.org.



DON'T FORGET TO
Get Your Dog Licensed...
New Year, New License

WARREN WHEELRIGHT CONTD.

But most noteworthy are the efforts Warren has taken to help retain the rural character and open spaces of Sherborn. He fought against the proposed 4-lane state road with traffic lights from Natick through the center of Sherborn and won, but failed, at that time, to get a roundabout at Maple St. On the Land Acquisition Committee he advocated for the purchase of the Price Woodlands on Morse Rd. to preserve our water resources. Those and other efforts on the part of both Warren and Susie have helped sustains the character of the town we all love.

Warren's interest in Sherborn affairs continues despite serious hearing loss. He is still a member of the Land Acquisition Committee and continues to act as a financial advisor for family and friends. He maintains his 1820 house and loves his 10-year old granddaughter, Aoife, a Pine Hill 5th grader who enjoys skating on Mill Pond just as he and her mother Susannah did.



1674 350th 2024

MANY THANKS
to the 350th Anniversary Committee.

They did a great job celebrating Sherborn's 350th anniversary this past year.

It took many people and organizations to coordinate, plan and execute all the many activities.

WHAT'S UP?



ON THE CALENDAR

MONDAY, JAN. 20TH
Martin Luther King Day
Town Hall/COA Closed

THURSDAY, FEB 13TH
Valentine's Celebration at
the Thursday Cafe @ Town
Hall.

FRIDAY, FEB. 14TH
Valentine's Day

MONDAY, FEB. 17TH
President's Day
Town Hall/COA Closed

SNEAK PEEK
THURSDAY, APRIL 24TH



**ELVIS IS COMING TO THE
THURSDAY CAFE!**

Remember
to **RSVP**



COMMUNITY COFFEE BAR
WEDNESDAYS FROM 9:30 - NOON
SHERBORN COMMUNITY CENTER

Food generously donated by
Sherborn Dunkin
23 S. Main Street

THURSDAY CAFES **@ NOON/PILGRIM CHURCH/\$5.00**

January 9th: "Healthy Eating in the New Year"
presented by Tara Hammes, Healthy Aging & Nutrition
Manager, Massachusetts Council on Aging,

January 16th: "Who Framed Rosa Parks" presented by
Dr. Brenna Greer, Historian, Wellesley College.

January 23th: "Thoreau: Knowing Nature." The first of
three series about Henry David Thoreau presented by
Zoe Pollack, member of the Thoreau Society Speakers'
Bureau.

January 30th: "Emergency Preparedness" presented
by The Red Cross.

February 6th: "String Swing Band" – Fun, upbeat
music with the Rob Natoli String Swing Band, bass/
guitar/fiddle plays big band songs from the 20s, 30s
and 40s. Songs you know and love to sing!

**February 13th: Valentines Day Celebration at Town
Hall** Join us for pizza and a movie "Barefoot in the Park."

**February 20th: "Henry 101: Thoreau-ly
Misunderstood,"** the 2nd in the Henry David Thoreau
series presented by Richard Piccarreto, member of the
Thoreau Society Speakers' Bureau.

February 27th: "Eastern Wild Turkey: Life History" –
Robert Michelson discusses co-existing with turkeys
and people.

UPCOMING EVENTS

FREE DEMENTIA LUNCH & LEARN
LAST FRIDAY OF THE MONTH
@ 12:00PM - **TOWN HALL**
2ND FLOOR/ 19 WASHINGTON ST
MUST RSVP FOR LUNCH



FRIDAY, JANUARY 31ST "REFRAMING DIFFICULT SITUATIONS"

Reframing is the process of looking at things differently, either to take positive action, reduce stress, or learn a valuable lesson from a hard experience. Laila Vehvilainen, MS, MPH, CPT Geriatric Care Manager for JFS and Fitness Specialist, will be joining us to help explain this valuable process and how it can help you.



FRIDAY, FEB. 28TH "MUSIC AND MOVEMENT"

Back by popular demand! Jose Soto, Memory Care Neighborhood Director at Wingate Residences at Needham, has a fun and active program to elevate your wellbeing with a special fitness group centered around movement and laughter. This program is great for any person of any ability who wishes to attend.

This series is made possible by the generous funding from the Bay State Federal Savings Bank Charitable Foundation.

PLEASE RSVP FOR ALL EVENTS TO:
coa@sherbornma.org
or by calling the COA office at 508-651-7858.
Thank you!

BOOK CLUB
3RD TUESDAY
@ 11 AM
SHERBORN LIBRARY



Book Group

TUES., JAN. 21ST
TUES., FEB. 18TH

We will be reading *Maisie Dobbs*, by *Jacqueline Winspear*. The library orders the book for us. We always welcome new readers.

WHICHCRAFT

2ND WEDNESDAY @ 10:30 AM
COA OFFICE/TOWN HALL
19 WASHINGTON ST
WED., JAN 8TH
WED., FEB 12TH

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

MAH JONGG

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

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



MENS LUNCH

2ND FRIDAY @ 12:00 PM
LOCATION: FIRESIDE TAVERN
SHERBORN, MA

JANUARY 10TH
FEBRUARY 14TH

Men from all towns are welcome to join.

Please RSVP
Lunch is \$10.00.

This is funded through a grant from the MCOA.



LADIES LUNCH @
TUES., JAN. 14TH

Join us on Tuesday, January 14th @ Noon at Mother Anna's in Medfield.

Please RSVP. Lunch is \$10.00. This event is limited to 20 attendees. Locations will differ each time.

This is funded through a grant from the MCOA.

HEALTH & FITNESS

FITNESS FUN - TOWN HALL/2ND FLOOR

MONDAYS @ 8:45AM

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 @ 9:00AM

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.

TAI CHI - TOWN HALL/2ND FLOOR

WEDNESDAYS @ 1:00PM

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.

CARDIO, CORE AND MORE - ON ZOOM

FRIDAYS @ 9:00AM

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.

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.

CONTACT INFORMATION

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

To register for any class, contact us at
coa@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.

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 Senior Swim times for are Monday, Tuesday and Friday from 10:00 am - 11:00 am.

NEED HELP PAYING FOR MEDICARE?



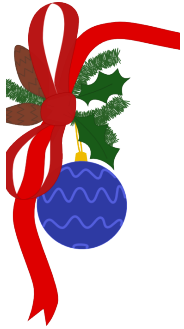
Medicare Savings Programs (MSPs), also known as Medicare Buy-In Programs, are programs that help pay your Medicare premiums and sometimes Medicare out of pocket costs such as co-insurance and deductibles.

2025 Gross Monthly Income Limits			Asset Limits
Program	Individuals	Couples	Ind & Couple
Q1	\$ 2,824 *	\$ 3,833 **	No Limit

* For those over 65, Mass Health will subtract \$20.00 as a monthly disregard for unearned income and for most earned income.

** Mass Health disregards the first \$65.00 and then divides half of the remainder.

For more information, call the COA office at 508-651-7858 and make a SHINE appointment.



Thank You!

The COA would like to thank our sponsors for their generosity and the Board of Directors for hosting the Holiday Lunch.

Please visit and support these local businesses.

Care Resolutions, 51 Forest Street, Sherborn, MA 01770 / h: 508-359-4675

Dowse Orchards, 98 N Main St, Sherborn, MA 01770 / Ph: 508-653-2639

Dunkin Donuts, 21 S Main St, Sherborn, MA 01770 / Ph: 508-653-0109

Fireside Floral, 33A N Main St, Sherborn, MA 01770 / 508-545-1558

Fireside Tavern, 33 N Main St, Sherborn, MA 01770 / 508 545-1970

Honey Baked Ham, 240 Worcester Rd, Framingham, MA 01701 / Ph: 508-626-2300

Mary Ann Morse, 45 Union St, Natick, MA 01760 / Ph: 508-433-4400

Ocean Dreams Market, 31 N. Main St, Sherborn, MA 01770 / Ph: 508-663-8251

Pilgrim Church, 25 S Main St., Sherborn, MA 01770 / Ph: 508-655-1667

Phyllis Braun, Sherborn Resident

Residences at Charles Meadow, 125 Dover Rd., Millis, MA 02054 / Ph: 774-993-4700

Residences at Valley Farm, 369 Pond St, Ashland, MA 01721 / Ph: 508-532 3197

Right at Home, 55 Leonard St., Foxboro, MA 02035 / Ph: 508-668-8001

Rose's Automotive, 26 N Main St, Sherborn, MA 01770 / Ph: 508-650-1628

Sherborn Fuel, 21S Main St, Sherborn, MA 01770 / Ph: 508-655-3106

Sherborn Gallery & Gifts, 5 Washington St., Sherborn, MA 01770 / Ph: 508-655-9521

Sherborn Wine & Spirits, 29 North Main St., Sherborn, MA 01770 / Ph: 508-653-2730

Wingate Residences of Needham, 235 Gould St., Needham, MA / Ph: 781-247-6605



Photos from the Holiday party!

NEW PROGRAM BEING OFFERED

AARP FRIENDLY VOICE PROGRAM Connecting People to People



Stock VectorStock.com

We may be isolated, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times. Trained AARP Friendly Voice volunteers will provide a call to say hello each day.

Request a call:

Call AARP at 1-888-281-0145 and leave your information and a staff member will call you back to set up this daily service.

Feeling down this winter?

Here are some tips to help you ward off the winter blues:

Get **7 to 9** HOURS OF SLEEP every night → GO TO SLEEP & WAKE UP at the **same time** every night

Eat **5** servings of FRUITS & VEGETABLES daily → ONE SERVING = ABOUT ONE CUP

Each day, get **30** minutes of AEROBIC EXERCISE

↓
WALK TO CLASS even on COLD & CLOUDY DAYS

Spend time with **FRIENDS & FAMILY** on a regular basis

→ **Maintaining SOCIAL CONNECTIONS** is important

Sit in **SUNNY SPOTS** to maximize your exposure to **NATURAL LIGHT**

→ **LIGHT THERAPY BOXES** are available in **20 Intramural Building** Call 814-863-0461 or email promotinghealth@psu.edu for more information.



Counseling & Psychological Services



Health Promotion & Wellness



WINTER/SPRING LIFETIME LEARNING



CLIMATE CHANGE, WHAT CAN ONE PERSON DO?
TUESDAYS, JAN. 14, 21, 28 FEB. 11 & 18 @ 10:30 - 12:00 PM
SHERBORN TOWN HALL, 2ND FLOOR / COST: \$50

This course is designed for those who are concerned about climate change and want to do more. They will delve into both science and the roadblocks to change, and how you can take effective action. This course will cover: the science behind climate change, climate modeling to understand the impacts of various solutions, both personal and societal, an understanding of the role that renewable energy sources can play and getting active in addressing climate change.

Presenter: Tony and Margie Lee, residents of Wayland, have been climate change educators and advocates for decades. Tony helped develop this course and has taught it more than 30 times. Margie has worked in education as a grassroots educator and volunteer.



CREATIVE WRITING AND TEA
Session 1: THURSDAYS, JAN. 16, 23, 30 FEB. 6, 13, 20 @ 2:00 - 4:00PM
Session 2: THURSDAYS, MAR. 6, 13, 20, 27 APR. 3, 10 @ 2:00- 4:00PM
SHERBORN TOWN HALL, 2ND FLOOR / COST: \$75 per session.

This series touches on many genres of writing including fiction, memoir, poetry, journaling and art journaling in a supportive and encouraging way. Optional stress less homework is offered to keep writers engaged between classes. Please join us for a cup of tea and time well spent putting your stories to paper.

Presenter: Cindy Stewart has a master’s degree in creative Nonfiction and has enjoyed writing for over forty years.



CHALLENGES FACING AMERICAN POLITICS: POST ELECTION DISCUSSION
TUESDAYS, MARCH 25, APRIL 1, 8 & 15 @2:00 - 3:30PM
SHERBORN TOWN HALL, 2ND FLOOR / COST: \$40

Presenter: Live from Ohio, Dr. David Smailes will be on Zoom presenting. He is a former Associate Professor in the Political Science Department at Framingham State. Dr. Smailes has a Ph.D. in Political Science and a BA from the College of Wooster in Ohio.



WINTER/SPRING LIFETIME LEARNING



CHALLENGES FACING AMERICAN POLITICS: HISTORY SERIES
TUESDAYS, FEB. 25, MARCH 4, 11 & 18 @ 2:00 - 3:00 PM
SHERBORN TOWN HALL, 2ND FLOOR / COST: \$40

The Gilded Age

Mark Twain and Charles Dudley Warner coined the phrase "Gilded Age" in their 1873 novel *The Gilded Age: A Tale of Today*, which satirized the greed, materialism, and corruption of post-Civil War American society. This talk will explore the last quarter of the 19th century with special attention to parallels with the last quarter of the 20th century.

All in the Family

A Window into the Turbulent 1970s- In the 1970's the United States weathered numerous upheavals, such as the loss of the Vietnam war, record inflation, job losses and changing gender and race expectations. *All in the Family* was a groundbreaking sit-com and one of the most successful television shows in history. Unlike its predecessors in the genre, AITF addressed social issues head on, combining humor with incisive social commentary. A look at the show helps us remember that turbulent time and gives us insights into the present.

Conspiracy Theories & Why People Believe Them

Conspiracy theories have been part of history for a long time. A Charlestown minister started one of the first in the 1790s when he claimed that a secret organization called the Bavarian Illuminati was working to undermine Christianity and overthrow the civil government. People believe these theories for a variety of reasons, like wanting to belong to a group of like-minded individuals, or to help them understand complex events. Exploring why people adhere to, and spread, such theories will help us to better understand the current political milieu of the United States.

Important Women in History

For many years the study of history has meant examining the lives of men. This talk breaks pattern and explores the lives of four women who shaped their nations and changed the course of history: Queen Elizabeth I of England, First Lady Eleanor Roosevelt, Rep. Edith Nourse Rogers (R-MA), and Dr. Grace Hopper, computer pioneer.

Presenter: Jon Huibregtse, Ph.D., is a Professor of History at Framingham State University. Jon is the Faculty Advisor to the History Club, working on a biography of MA Senator David Walsh, and has taught at Framingham State since 1997.

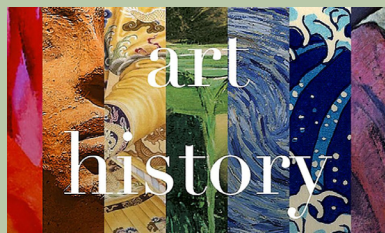
LIFETIME LEARNING INFO.

- Class enrollment is on a first-come, first-serve basis.
- Class locations are subject to change.
- Classes must be paid for prior to the first class.
- No refunds two weeks prior to class and after class begins.
- Scholarships are available for Sherborn residents 60 and over.





WINTER/SPRING LIFETIME LEARNING



ART HISTORY: POST IMPRESSIONISM, FAUVISM, CUBISM
MONDAYS, MARCH 10, 17 & 24 @ 10:30 – 11:30AM
LIBRARY TRUSTEES' ROOM/COST: \$30
SHERBORN LIBRARY COMMUNITY ROOM

Explore three art movements from the late 19th century into the 20th century Modern Art era, focusing on some of the most influential artists in each movement. "What moves men of genius, or rather what inspires their work, is not new ideas, but their obsession with the idea that what has already been said is still not enough." Eugene Delacroix

Presenter: Arlene Chaplin, an artist and writer, attended Northeastern University majoring in Medical Technology. She found herself drawn to the Museum of Fine Arts where she viewed paintings which ignited her passion for art. When retired, she rented an art studio in Holliston where she began her next journey and expanded her knowledge of art and art history.



NATIVE WILDFLOWERS
MONDAYS, MARCH 31 APRIL 7 @ 10:30 AM - 12:00 PM
SHERBORN TOWN HALL, 2 ND FLOOR / COST: \$20

Many of the wildflowers shown in the program are found in the woods and fields in and around Sherborn.

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 Botany and Ecology classes for the Native Plant Trust, Massachusetts Audubon Society, Berkshire Botanical Garden, and other organizations. Ted has a master's degree from Yale School of Forestry and Environmental Studies.

POETRY - LABYRINTH OF POEMS & DREAMS
WEDNESDAYS, (TBD) MARCH & APRIL @ 10:30 AM - 12:15 PM SHERBORN LIBRARY TRUSTEES ROOM/COST: \$40



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 communication programs. He was a full professor and program director at Lesley University's School of Management.

NEW: LAW AND ORDER: A NEW EDUCATIONAL SERIES
DATES TO BE DETERMINED



We are thrilled to announce an exciting new 3-week series titled Law and Order, exploring the three branches of our constitutional system of government. Mark your calendars for the end of April through May. Each week will last one hour, followed by a time for Q&A.

Presenter: Judge Michael Fabbri, Retired Middlesex County Judge.

BENEFITS OF LIFELONG LEARNING

No matter what stage of life you're in or how much you already know, the reality is that there's always something new to learn.

Be it a new hobby, a practical skill, or some other form of knowledge, maintaining a growth mindset and going out of your way to learn new things will serve you well in life.

BENEFITS OF LIFETIME LEARNING

There are various benefits of lifelong learning you and those in your life can begin enjoying when you commit to a permanent growth mindset. These advantages range from professional or career advancement to increased confidence, personal growth, and a greater sense of versatility.

PRACTICAL HABITS TO FOSTER LIFELONG LEARNING

Wondering how you can pursue a lifetime of learning while balancing the demands of personal and professional life? Here are a few strategies to keep in mind:

- Cultivating a growth mindset. This may mean taking the time to write down a physical list of what you're interested in learning or the skills you'd like to acquire.
- Welcoming new challenges and taking ownership of your future. This means understanding that obstacles will arise and the path to your learning goals may not always be linear.

However, the key is to push on and make progress however you can, even if it's little by little.

WHAT DOES LIFELONG LEARNING LOOK LIKE IN ACTION

- Learning how to use a new technology
- Exploring a sport or physical activity
- Acquiring a new skill (like cooking or gardening).
- Pursuing self-taught studies (like teaching yourself a new language)
- Pursuing any other newly acquired knowledge as a self-interest (including formal education, lifetime education and online courses).

Taken from a blog from Johnson & Wales.

<p>Lifetime Learning Registration Form</p> <p>Please Print</p> <p>Name: _____</p> <p>Address: _____</p> <p>City/Town/State: _____</p> <p>Phone: _____</p> <p>* Email: _____</p>	<p>Class List/Fees</p> <ul style="list-style-type: none"> <input type="checkbox"/> Art History \$30 <input type="checkbox"/> Climate Change \$50 <input type="checkbox"/> Creative Writing <input type="checkbox"/> Session 1 \$75 <input type="checkbox"/> Session 2 \$75 <input type="checkbox"/> History \$40 <input type="checkbox"/> Post Election \$40 <input type="checkbox"/> Wildflowers \$20 <input type="checkbox"/> Poetry \$40 <input type="checkbox"/> Law and Order \$30 <p>Total Enclosed: _____</p>
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* 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.

SHERBORN COA 2024/2025 BOARD

BOARD MEMBERS

Pete Hoagland, Chair
Sally Tipton, Vice Chair
Lori Howe, Secretary
Gerri Hawn, Treasurer
Ken Adams
Denise Orlando
Pam Sampson
Tom Urmston

ASSOCIATE MEMBERS

Carole Marple
Shruti Panjini

The COA Board meets on the last Tuesday of the month at Town Hall at 9:30 a.m. Agendas are posted on the Town of Sherborn website.

OFFICE HOURS

MONDAY - THURSDAY

9:00 am - 4:00 pm


FRIDAY


9:00 am - Noon

STAFF

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

CONTACT US

 19 Washington Street
Sherborn, MA 01770

 508-651-7858

 coa@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 PAID SHERBORN, MA

POSTAL PATRON
SHERBORN, MA 01770