

# Sherborn LINK

## COMMUNITY NEWS

As spring approaches, the COA is excited to offer a variety of programs designed to help you shake off the winter blues and embrace the season with renewed energy! While it's tempting to stay cozy indoors, now is the perfect time to reconnect, stay active, and enjoy the company of others as we head into the warmer months.

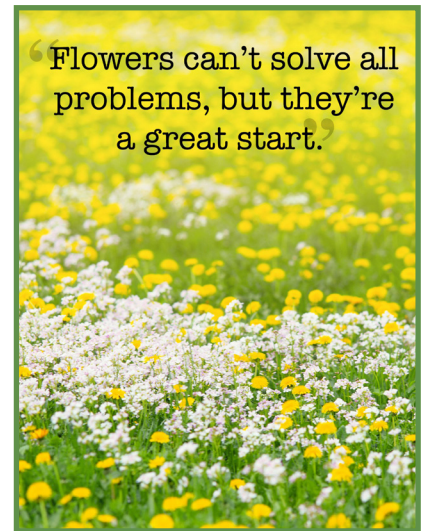
We're introducing a new lineup of Lifetime Learning classes that are sure to spark your interest! Whether you want to try **Creative Writing**, dive into **Politics**, explore **Art History**, master **iPhone Basics**, or join our newest class, **Law & Order**, there's something for everyone. Don't miss out—check out the full list on page (7).

If you're looking for something more low-key, stop by our **Coffee Bar** at the Community Center every Wednesday from 9:30 AM to Noon. It's a great chance to enjoy a cup of coffee, meet new people, and engage in lively conversation. And don't forget to join us for the **Thursday Café** at noon, featuring a variety of live music and engaging speakers (p4.).

We're also bringing back the **Older Adult Resource Fair** on Wednesday, April 16, from 12:00 PM to 1:30 PM at the Sherborn Library. This event offers valuable resources on Safety, Health & Wellness, Insurance & Social Security, Retirement Activities, Housing Options, and Caregiver Resources. Plus, enjoy a free lunch before you head out! Don't miss the chance to connect with helpful resources and learn something new (p.3).

We hope you'll join us and embrace everything the upcoming season has to offer. The COA is here for you - feel free to give us a call or stop by anytime, we love having visitors!

Warmly,  
*Kristina Gallant*  
 Kristina Gallant, Director



Flowers can't solve all problems, but they're a great start.

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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



**JAMES VACARRINO**

He said, “I love my life; I love what I do.” If you’re an octogenarian, that’s an unusual thing to say. What is behind this compelling statement? I’ll get to that below, but first a setting.

Jim was born in 1942 in NYC. He came to Boston to attend Boston College and Suffolk Law School and never returned. He married Joan Weadick who was his high school sweetheart. They were young and unaware that hurricane season in the Bahamas was not the best time and place to honeymoon! Nevertheless, the marriage got off to a good start and eventually produced a family: Anthony, Timothy and Laurie and their five children.

While attending law school, Jim worked part time for Mass General Hospital, and after graduation, he became fully employed, eventually becoming Director of Legal Affairs. Then after 13 years at MGH, he shifted careers to insurance brokerage to build and manage self-insurance programs. This involved

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.

providing medical professional liability coverage for a group of major teaching hospitals, all of which were very protective of their reputations. For Jim, this was extremely stressful.

Fortunately, a friend suggested that he take up a hobby to help manage the stress. That seemed like a trivial solution, but he decided to give it a try. In 1970 he began building ship models, little ones at first and then ships of increasing size and complexity. He focused on the whaling industry, on whaleboats and whaleships, and even without any personal experience with the sea, he was able to reconstruct the complicated structure of full rigged ships.

Besides making his own models, he undertook reconstruction work on the models at Peabody Essex Museum, Nantucket Historical Society, Newburyport Maritime and the New Bedford Whaling Museum, all of which engendered in him an interest in the lives of the sailors who sailed the originals. Jim began to collect and repair antique Scrimshaw for himself and the museums he served, marveling at the fineness of the pictures sailors had inscribed on whale teeth. And he collected other items that sailors made for their wives and sweethearts, for example pie crimpers, bodkins and decorated ivory canes. In his study his treasures are

displayed in cabinets, on display tables or individual stands. Jim makes the display tables and stands, and other collectors buy them. He also refurbishes antique round wooden pantry boxes which are sold mainly on Nantucket.

Jim is one of seven Scrimshaw experts who comprise the Scrimshaw Forensics Laboratory, a group that evaluates the holdings of private collectors, dealers and museums.

But there is another side to Jim. He is a volunteer at A Place to Turn food pantry in Natick where he regularly stocks the shelves and is ready to help clients find what they need. He also teaches religious education classes to high schoolers in the Catholic parishes of five towns and has been doing that for more than 50 years. That’s love, and it was acknowledged by a Diocese of Boston Award. And each week he “reads” to the residents of a nursing home, trying to make them laugh. He’s found that telling jokes is surefire, so every week he scours the internet for funny stories. They like the ones that are a little off-color!

No wonder Jim loves his life. He lives in a beautiful home in Sherborn, has a loving family and enough satisfying work to fill each day.

# TOWN NEWS



Funding provided by  
Sherborn Dunkin



For more information, contact  
the COA @ 508-651-7858.

**OLDER ADULT RESOURCE FAIR**  
Wednesday, April 16th @ 12:00 1:30 PM  
Sherborn Library/Community Room  
**Find Information About**

**Safety**

**Health & Wellness**

**Insurance & Social  
Security  
Retirement Activities**

**Housing Options**

**Caregiver Resources**

## INTRODUCING IAN ROGERS, SHERBORN'S NEW VETERAN SERVICES OFFICER



We are pleased to welcome Ian Rogers as Sherborn's new Veteran Service Officer (VSO), part of a shared district with Walpole and Medfield. Ian served in the Air Force from 2001-2004 as a Crew Chief on the E-3 AWACS.

As a VA-accredited, disabled veteran, Ian is experienced with the disability claims process and hopes to establish Veteran/First Responder programs in Sherborn, including a recurring veteran coffee meet-up.

He'll be at Town Hall every Friday from 8 AM to 12 PM. Feel free to stop by with any questions or just to say hello. Ian can also be reached at [irogers@walpole-ma.gov](mailto:irogers@walpole-ma.gov) or [irogers@medfield.net](mailto:irogers@medfield.net), and by phone at (508) 641-1176. He looks forward to meeting everyone!

### SENIOR SAFE Remember to Replace...



- Batteries in smoke detectors at least once a year
- Replace your smoke alarms entirely every 10 years
- Check the electrical system every 10 years
- Check furnace/chimney every year.
- Call the COA to make an appointment.

**SENIOR SAFE** is a grant program that supports fire and life safety education for older adults and aims to improve safety.

Services offered by the Sherborn Fire free of charge:

- smoke & carbon monoxide alarm installation;
- testing and replacing batteries;
- installation of house numbers/key boxes for easy entry (cost for numbers/boxes).

# WHAT'S UP?



## ON THE CALENDAR

**\*THURSDAY, MARCH 13TH**  
**6:30–8:00 pm/SHERBORN**  
**LIBRARY**

Ted Reinstein "Travels  
Through the Heart and Soul  
of New England"

**MONDAY, MARCH 17TH**  
**12:00 pm @THE FIRE**  
**STATION**

Join us for a traditional St.  
Patrick's Day Lunch hosted by  
the Sherborn Fire Dept.

**\*WEDNESDAY, MARCH 19TH**  
**6:30–8:00 pm/SHERBORN**  
**LIBRARY**

Watercolor Poppy with Pop  
Art School. Spaces limited.  
Register online or call the  
Sherborn Library.

**MONDAY, APRIL 21ST**  
**Patriot's Day**  
**Town Hall/COA Closed**

**\*WEDNESDAY, APRIL 30TH**  
**@ 1:00 pm/Sherborn Library**  
Travel to Greenland with  
Barry Pell.

**\*WEDNESDAY, MAY 7TH**  
**@ 9:30 am/Sherborn**  
**Community Center**  
Homeland Security  
Investigations (HSI) and  
Common Fraud Schemes.

*\* Programs sponsored by the  
Sherborn COA and the  
Sherborn Library.*



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

**Food generously donated by**  
**Sherborn Dunkin Donuts**  
**23 S. Main Street**

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

**March 6 – "Southern Baja Sur, Mexico: Marine Giants-  
Humpbacks and Whale Sharks"** Baja is truly a land of  
marine giants, and so much more presented by Joy from  
Joys of Nature.

**March 13 — "Civil Rights & Civil Disobedience"** the final  
presentation in the Henry David Thoreau series presented  
by Richard Smith, member of the Thoreau Society  
Speakers' Bureau.

**March 20 – "The Life and Times of Harry Houdini"** and  
magic show presented by Jack Ryan.

**March 27 – "Enjoy Lunch and Conversation"** with the  
Sherborn Police - **at Library Community Room.**

**April 3 - Joys of Nature, "Terrific Turtles"** - learn about  
our wonderful, shelled friends and meet some real turtles  
at the end of the presentation.

**April 10 – "Pizza and a Movie" at Town Hall, 2nd Floor** -  
Movie: "The Island of the Sea Wolves."

**April 17 – "Assistive Devices"** presented by Jennifer  
O'Connor of Easter Seals.



**April 24 – Elvis and Pizza**  
at **Town Hall, 2nd Floor**

# 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, MARCH 28TH**  
**“REFRAMING DIFFICULT SITUATIONS”**

In this presentation, Franci DuMar M.A. RDT, will discuss how Expressive Arts Therapy is used in treatment, why it is effective, and how you may incorporate creative techniques into your daily life to help foster positive relationships, experience relief, and strengthen hope for yourself and your loved ones..

**FRIDAY, APRIL 25TH**  
**ADAPTIVE DEVICES FOR ASSISTIVE TECHNOLOGY**

Jennifer O'Connor, Assisted Technology Specialist for Easter Seals, has offered to bring assistive technology items to this presentation to demonstrate how they can help those with memory and fine motor issues. Easter Seals supports people of any age with disabilities in using assistive devices to create independence and participate in society.

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**  
**TUES., MARCH 18TH**  
**TUES., APRIL 15TH**

We will be reading *The Violin Conspiracy* by *Brendan Slocumb*. 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., MARCH 12TH**  
**WED., APRIL 9TH**

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**  
**FIRESIDE TAVERN**  
**SHERBORN, MA**

**MARCH 14TH**  
**APRIL 11TH**

Men from all towns are welcome to join.

Please RSVP  
Lunch is \$10.00

This is funded through a grant from the MCOA.



**LADIES BRUNCH**  
**TUESDAY, MAY 13TH**  
**@ 11:00 AM**  
**FIRESIDE TAVERN**  
**SHERBORN, MA**

**Must RSVP.** Brunch is \$10.00. You can pay when you arrive.

This event is limited to 30 attendees.

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 are Monday, Tuesday and Friday from 10:00 am - 11:00 am.

## LIFETIME LEARNING REGISTRATION FORM

**Please Print**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/Town/State:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**\* Email:** \_\_\_\_\_

### Class List/Fees

- |   |      |
|---|------|
| <input type="checkbox"/> Art History      | \$30 |
| <input type="checkbox"/> Tech Classes     | \$40 |
| <input type="checkbox"/> Creative Writing | \$75 |
| <input type="checkbox"/> History          | \$40 |
| <input type="checkbox"/> Post Election    | \$40 |
| <input type="checkbox"/> The Universe     | \$50 |
| <input type="checkbox"/> Wildflowers      | \$20 |
| <input type="checkbox"/> Poetry           | \$40 |
| <input type="checkbox"/> Law and Order    | \$30 |

**Total Enclosed:** \_\_\_\_\_

\* 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](http://sherbornma.org). Please make checks payable to the Town of Sherborn.

# SPRING LIFETIME LEARNING



## CREATIVE WRITING AND TEA

**Session 2: THURSDAYS, MAR. 6, 13, 20, 27 APR. 3, 10 @ 2:00- 4:00 PM  
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.

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



## TECH CLASSES IPHONE/IPAD

**MONDAYS, MARCH 10, 17, 24 & 31 @ 1:30 -2:30 PM  
SHERBORN TOWN HALL, 2ND FLOOR/ COST: \$40**

Topics covered: Back to Basics, iPhone Photography for Beginners: Taking & Organizing Photos, Email and Text, Safari, Google, ChatGPT (AI.)

**Presenter:** Kevin Figueroa runs KevTech Services



## CHALLENGES FACING AMERICAN POLITICS: POST ELECTION DISCUSSION

**TUESDAYS, MARCH 25, APRIL 1, 8 & 15 @2:00 - 3:30 PM  
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.

### 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.



## PROBING THE CREATIVE UNIVERSE

**MONDAYS, APRIL 14, 28, MAY 5, 12, & 19  
(NO CLASS APRIL 21) @ 11:30AM -12:30 PM  
ON ZOOM / COST: \$50**

The latest scientific knowledge regarding the origins of the universe and human life will be presented, along with discussing the questions raised by these discoveries as expressed by various philosophers, theologians, and even the scientists themselves.

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



# 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

A look at different periods of history. *The Gilded Age*; *All in the Family*, a groundbreaking sit-com, *Conspiracy Theories & Why People Believe Them*; and *Important Women in History*.

**Presenter:** Jon Huibregtse, Ph.D., is a Professor of History at Framingham State University.

## 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.

**Presenter:** Arlene Chaplin, an artist and writer, attended Northeastern University majoring in Medical Technology.



## NATIVE WILDFLOWERS

MONDAYS, MARCH 31 APRIL 7 @ 10:30 AM - 12:00 PM

SHERBORN TOWN HALL, 2ND 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.

## POETRY - THE LABYRINTH OF POEMS AND DREAMS

WEDNESDAYS, MARCH 19, 26, APRIL 2 & 9 @ 10:30 AM - 12:15 PM

SHERBORN LIBRARY TRUSTEES ROOM/COST: \$40

Poetry and dream are like two siblings who have taken different paths in life but recognize a deep connection that derives from their common origins. The discussions will be guided by the poetics, structure, and themes of the poems.

**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.



## LAW AND ORDER: A NEW EDUCATIONAL SERIES

MONDAYS, APRIL 28, MAY 5, & 12 @ 10:30AM - 11:30AM

SHERBORN TOWN HALL. 2ND FLOOR/COST: \$30

Explores the three branches of our constitutional system: Legislative Branch, Executive Branch and Judicial.

**Presenter:** Judge Michael Fabbri, Retired Middlesex County Judge. He served as a judge for 10 years retiring in November 2024. Previously, he was a prosecutor in the DA's Office holding several roles: First Assistant DA, Chief of Homicides and Chief Trial Counsel. Judge Fabbri is an alumnus of Northeastern University School of Law.



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## 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.

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## OFFICE HOURS

### MONDAY - THURSDAY

9:00 am - 4:00 pm

### FRIDAY

9:00 am - Noon


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## STAFF

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

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## CONTACT US

 19 Washington Street  
Sherborn, MA 01770

 508-651-7858

 coa@sherbornma.org

 www.sherborncoa.org

 Sherborn Council on Aging

 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
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**POSTAL PATRON**  
**SHERBORN, MA 01770**