

Sherborn LINK

COMMUNITY NEWS



Sunny Days Ahead at the COA



As we welcome the warmer days of May and June, we are happy to share a new issue of the LINK filled with programs, resources, and opportunities to connect.

In May, we celebrate **Older Americans Month**, honoring the vitality and contributions of older adults in our community, and in June, we recognize **Alzheimer's & Brain Awareness Month**, raising awareness of brain health and supporting those impacted by cognitive change.

Be sure to read our **Employee Spotlight** featuring *Town Clerk John Doyle*, and learn more about the people who help keep our town running.

We're excited to offer three **Lifetime Learning** classes this season: *Beginner Mah Jongg*, *Mastering the iPhone & iPad*, and an *American Revolution History* series. In partnership with the **Sherborn Library**, we're also offering programs on *Gilded Age fashion*, *practical uses of AI*, and a *hands-on Ukulele workshop*.

Join us for **special luncheons**, including *Abigail Adams & the Daughters of Liberty*, *the Mediterranean Diet*, and *Serenity at the Sanctuary*, where you can enjoy a day of yoga, a plant-based lunch, and a tour at Unity Farm. Our **Grab & Go** program continues with a convenient new pre-payment system, helping to streamline the process and make participation even easier.

From fitness and social programs to caregiver support and dementia-friendly offerings, there's something for everyone, and we're always here to help.

We look forward to seeing you soon!

Warmly,

Kristina, Maura and Melinda



IN THIS ISSUE

- Notable Elder
- Town News
- Nourish, Dine & Go
- Ongoing Activities
- Support Corner
- Fitness Offerings
- COA/Library Programs
- Lifetime Learning

This Newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Aging and Independence.

NOTABLE ELDER



**EDEE STEFFEK
(AND RON, TOO)**

Edee Snyder and Ron Steffek married in 1962. She was an Ohio farm girl who had just finished her freshman year at Ohio State, and he had completed an architectural program there.

After the wedding, they encamped in Southern California with high expectations for where they would start their married life, but those expectations were soon dashed. California was not where they wanted to live, and they were without the resources to make a change in plans. Reluctantly, they remained in Santa Monica for six years while Ron established himself in his career and Edee added two lovely daughters, Andrea and Jennifer, to the family. After their first daughter was born, Edee experienced severe postpartum depression, which was a factor in her life for the next twenty years.

In 1968 they left the “irrigated desert” and headed for Boston. Ron drove the 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

VW Bug across the U.S. with all their belongings. When they arrived, it was love at first sight. Here were the trees and green grass, the rain and the big snowstorms. Here the seasons changed, and it was possible to have a garden! Ron found work at The Architects’ Collaborative, which was founded by the renowned architect, Walter Gropius.

The family settled briefly in Wellesley, enjoying the fall leaves and heavy winter snow. Then they tried Needham and finally Lexington. There they stayed for twenty-three years on a tree-lined, dead-end street and only left there for Sherborn in 1997 when the children had drifted away and the neighborhood was changing. They purchased a Sherborn historic farmhouse, the William Chamberlain Dowse House, and are preserving it for future generations.

Edee returned to college and earned a Master’s degree in Psychology, thus enabling her to become a Mental Health Counselor. Eventually, she developed a private practice and worked in the field for thirty years. She found it deeply satisfying to be able to help others, and being a psychotherapist was helpful to her as well. Ron was happy, too, in the architectural field in Boston,

and they both felt extremely lucky that they had chosen Boston as their destination.

Edee has many enthusiasms, including dogs, specifically Airedale Terriers: she bred them, raised them, and loved them. She now has one Airedale Terrier, one Standard Poodle, one cat, and three hens (paying their way with eggs). Also, she has a fondness for dabbling in antiques. She buys what intrigues her and sometimes sells treasures at Heaven and Earth Antiques. Currently, she is a longtime member of the Boggestow Garden Club and greets fellow members with gigantic hugs and hearty laughter.

Ron’s love of opera always determined the cities they would visit on their frequent European vacations. Each city had to have an opera house so that they could hear opera all along the way.

Now they are happy listening to opera in their historic country house and are determined that this will be their final home. Andrea and Jennifer are married and have given them three grandchildren. Fortunately, they live nearby and gather at the house for family nights with cards and board games. The seasons change, and all is good.

TOWN NEWS

EMPLOYEE SPOTLIGHT John Doyle, Town Clerk

Tell us a little about yourself and your role here? Hello! I started as the Town Clerk of Sherborn in January. I previously worked in the Clerk's Offices of Newton and Somerville, focusing on election administration. My role is to ensure safe and accurate record keeping, including birth and marriage certificates, elections, voter registration, and business certificates. I earned my Master's in Public Administration from Clark University in 2022. I live in Boston with my fiancée, Molly, and enjoy walks on Jamaica Pond and trips to Tonino for pizza.

What drew you to this organization or role? It was Sherborn itself. I grew up nearby in Franklin and always saw Sherborn as a scenic town with good people, schools, athletics, and walking trails. When I saw the posting, I knew I would love to work here.

What do you enjoy most about your work so far? The people, for sure. My co-workers, Tony Abril and Kelly Clarke, are great at what they do. Town Hall is filled with friendly and dedicated public servants who made my transition smooth.

What's something unique or interesting about your background? In 2020, I left a telecommunications job and enrolled in grad school full-time to pursue public service. Three months in, I was offered a full-time role with a State Rep as her Legislative Aide. Since then, I have always worked in the public sector.

What's one fun fact residents might be surprised to learn about you? I have a weird yet comprehensive knowledge of geography and can name most countries by their outlines. It's a completely pointless skill, but it'll come in handy if I ever find myself on Jeopardy!

How do you like to spend your time outside of work? Work-life balance is very important to me. I enjoy cooking, playing basketball at my local YMCA, watching the Celtics and college basketball, and reading mystery novels.

What's your favorite local spot or thing to do in the area? I still need to explore more of Sherborn, but I've enjoyed Fireside Tavern and walks through Rocky Narrows. I also love Ashland Ale House and Charles River Coffee House in South Natick.

Any message you'd like to share with the residents? The Clerk's Office is here to assist you, whether it's voting, obtaining a birth certificate, or getting something notarized. We're happy to answer questions and provide a smooth experience with local government.



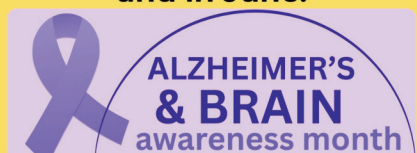
May 22nd
9:30am
G A M E S
Sherborn
Town Hall

Dover-Sherborn High School has partnered with the COA to host board games with students, including Bananagrams, Scrabble, and Mexican Train.
Please RSVP to the COA

Highlighting connection, wellness, and community support, we recognize in May:



and in June:



NOURISH, DINE & GO



LUNCH TIME SUMMER PROGRAMS

\$RSVP! **\$5**
coa@sherbornma.org
 508-651-7858

Tuesday, May 5th

Mediterranean Diet: Simple, Delicious, and Good for You. Meal & Presentation by Traci Robidoux, RD, LDN, Dietitian

12:00 PM
 Town Hall, 2nd Floor



Thursday, June 4th

Abigail Adams and the Daughters of Liberty with reenactor, Carol Cohen

12:00 PM
 Town Hall, 2nd Floor



Tuesday, June 23rd

Serenity at the Sanctuary - Yoga, Plant-Based Lunch & Tour

10:30 AM - 1:30 PM
 Unity Farm Sanctuary
 (see page 6 for additional information)

Grab & Go Meals for May & June



Pick-Up: 3:30-4:00 PM

**1st & 3rd Tuesday
 of each month**

**If you are unable to drive, we are happy to deliver.*

New ordering process: All participants must complete a sign-up form for each two month period, including current recipients.

- **\$5 subsidized meals:** Continues for current recipients (form required to order)
- **\$10 meals:** Available to all

May & June Menu

- May 5th – Baked Haddock
- May 19th – Fishcakes
- June 2nd – Baked Haddock
- June 16th – Salmon Salad Plate

Forms are available at pickup, in the COA office, or by email.

COMMUNITY COFFEE BAR

EVERY WEDNESDAY
 9:30 AM - 12:00 PM
 1858 TOWNHOUSE

ENJOY COFFEE, TEA, DONUTS, AND FRIENDLY CONVERSATION WITH THE COMMUNITY.



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**Come for
 the coffee,
 stay for
 the
 conversation.**

ONGOING ACTIVITIES

PLEASE RSVP FOR ALL EVENTS
508-651-7858 | coa@sherbornma.org



Ladies LUNCH

Fireside Tavern Sherborn
12:00 PM

Tuesday, May 12th
Tuesday, June 9th

Lunch is \$10.00
cash at the restaurant

Generously funded
through the Friends of the
Sherborn COA.

MEN'S LUNCH

Fireside Tavern Sherborn
12:00 PM

Friday, May 8th
Friday, June 12th

Lunch is \$10.00
cash at the restaurant

Generously funded
through the Friends of the
Sherborn COA.

BOOK CLUB

Sherborn Library
11:00 AM

3rd Tuesday
May 19th & June 16th

Copies of books will be at
the Library.

We always welcome
new readers.

DEMENTIA FRIENDLY PROGRAMS: FREE

LUNCH AND LEARN

Town Hall, 2nd Floor
12:00 PM
***Must RSVP for Lunch**

Friday, May 29th
"A Gentle Pause"

Jill Briansky, MSW, LICSW,
Owner of Purple Lotus Health
will be leading a calming
sound healing and guided
journaling. Leave feeling
replenished. All abilities are
encouraged to join.

Friday, June 26th
"Movement & Music"

You won't want to miss this -
movement and music for the
soul with the wonderful, Jose
Soto, Neighborhood Director
at Wingate Living of
Needham.

Generously funded through the
Bay State Federal Savings Bank
Charitable Foundation.

EXPRESSIVE ARTS THERAPY GROUP

The Center in Holliston
150 Goulding Street

May 19th & June 16th
Tuesdays @ 1:00 PM

Monthly interactive
program for adults with
cognitive decline and their
care partners, featuring
creative activities that foster
expression
and social connection.

Facilitator: Franci Dumar

Generously funded through
the MCOA Grant

MAH JONGG

EVERY WEDNESDAY
TOWN HALL, 2ND FLOOR
10 AM - 12 PM

NEW: BEGINNER TABLE
(IN ADDITION TO OUR
REGULAR TABLES) BASED
ON WEEKLY INTEREST
AND AVAILABILITY

Let's play!

CALL OR EMAIL US TO BE
ADDED TO OUR WEEKLY
MAH JONGG EMAIL LIST TO
CONFIRM ATTENDANCE

SUPPORT CORNER



Serenity at the Sanctuary

Unity Farm: 17 Unity Lane in Sherborn

Your Experience Includes:

- Yoga with Sue Bonanno of Soulspace
- Plant-based Lunch with Chef Tye Wehr
- Tour of Unity Farm



June 23rd
10:30 AM - 1:30 PM

Limited Space. A \$5 registration secures your spot. For more information or to ask about accommodations, please call 508-651-7858 or email coa@sherbornma.org. Uneven ground and free range hens may be present. Rain date is June 25th.



THURSDAY BLOOD PRESSURE CLINIC

Sherborn Town Hall,
1st Floor

May 14 & June 11
10:00 AM - 11:00 AM

May 28 & June 25
2:00 PM - 3:00 PM

Provided by
Gael Varsa, RN, BSN

No RSVP needed

Additional Lunch and Learn Programs

RSVP required: coa@sherbornma.org or call 508-651-7858

FREE
LUNCH

Advanced Care Planning: What is a Death Doula

Thursday, May 14th at 12:00 PM
Sherborn Town Hall, 2nd Floor

Join us for an informative conversation with Marcia Zais about planning for future medical care.



Topics will include supportive resources for those battling illness and their caregivers, including the role of a death doula.

A Gentle Pause for Caregivers!

Friday, May 29th at 12:00 PM
Sherborn Town Hall, 2nd Floor

Through calming sound healing and guided journaling, you'll have the opportunity to relax and be reminded that your well-being matters.



**Provided by Jill Briansky, MSW,
LICSW, Owner of Purple Lotus Health.**

Recognizing Mental Health Awareness Month

Call 911 for a mental health situation when there is an immediate risk of harm.

Additional supports include:

Mass. Behavioral Health Help Line – 833-773-2445 (24/7 non-emergency support)

Advocates Psychiatric Emergency Services – 800-640-5432 (emergency services provider)

INTERFACE Referral Service Program - 888-244-6843 (connecting Dover/Sherborn residents to outpatient mental health providers who accept their insurance)

*Council on Aging, Springwell, Psychology Today, as well as your doctors, can also help locate providers who can help. You are not alone—reaching out is strong.

WEEKLY FITNESS OFFERINGS

FITNESS FUN | Town Hall | Mondays | 8:45 AM - 9:40 AM

A 55-minute low-impact class with Lourdes Fournier. Boost strength, cardio, and flexibility. Chairs provided.

TONE & STRETCH on Zoom | Tuesdays | 9:00 AM - 9:45 AM

45-minute virtual Tone & Stretch with certified fitness instructor Laila Vehvilainen. Chair, water, and weights recommended.

TAI CHI | Town Hall | Wednesdays | 1:00 PM - 2:00 PM

Enjoy gentle Tai Chi to build strength, flexibility, and balance. Led by certified instructor Robin Natanel, with over 20 years of teaching experience. Beginners welcome.

WEEKLY WALK | Thursdays | 9:00 AM - 10:00 AM

Join us for a community walk on the *Holliston Rail Trail*. Enjoy the outdoors, light exercise, and good company—walk at your own pace. Please RSVP.

CARDIO, CORE & MORE on Zoom | Fridays | 9:00 AM - 9:45 AM

Interval cardio virtual workout followed by stretching. Chair, water, and hand weights recommended. Led by certified fitness instructor and personal trainer Laila Vehvilainen.

Exercise classes \$5

Register:

coa@sherbornma.org
or 508-651-7858

Drop-ins & all levels welcome!

KINGSBURY CLUB



Mon, Tue & Fri
10:00 AM – 11:00 AM

2 Ice House Rd,
Medfield
508-359-7800

Bring photo ID and mention Sherborn COA.

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Which private options or public programs are right for me?

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Sherborn Council on Aging, Sherborn, MA

06-5398

COA & LIBRARY CO-SPONSORED PROGRAMS

GILDED GLAMOUR: FASHIONS OF THE GILDED AGE

Wednesday, May 27 at 3:00 PM - 4:00 PM
Library Community Room

Are you fascinated by the grand Newport “summer cottages”? Learn about the fashion and lifestyle of those who spent their summers in these iconic homes, from the bustle styles of the 1870s–80s to the elegance of the 1890s and early 20th century. Presented by Spirits of Fashion. *Register at the Sherborn Library.*



UKULELE WORKSHOP

Tuesday, June 2 at 1:00 PM - 2:30 PM
Library Community Room

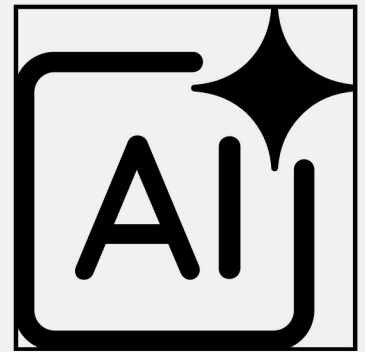


Have fun learning various strumming techniques, creating chords (and singing along, if you like), while playing different ukes of various sizes and sounds. Ukuleles provided. *Register at the Sherborn Library.*

UNDERSTANDING AI: A PRACTICAL OVERVIEW

Tuesday, June 9 at 11:00 AM - 12:30 PM
Library Community Room

Curious about AI but not sure where to start? This class explains what AI is (and isn't), how it differs from tools like Google, and its real-world uses. Topics include privacy and security, risks and benefits, and practical ways to use AI to simplify tasks, stay informed, and boost creativity all while staying safe and in control. *Register at the Sherborn Library.*



COA IN ACTION!





SPRING LIFETIME LEARNING

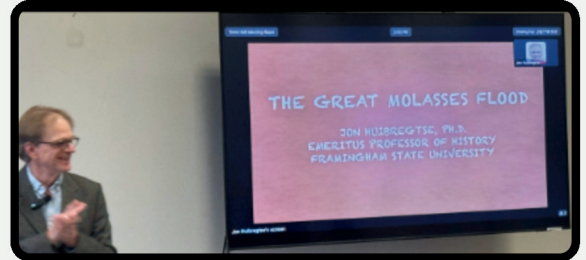
HISTORY SERIES: THE AMERICAN REVOLUTION:

JOIN US AS WE CELEBRATE THE 250TH ANNIVERSARY OF THE UNITED STATES

Mondays, June 1, 8, 15 & 22 @ 2:00 PM – 3:00 PM
Sherborn Town Hall, 2nd Floor / Cost: \$40

- The Causes of the American Revolution
- The American Revolution 1774-1778
- The American Revolution 1779-1781
- The American Revolution in World History

Instructor: Dr. Jon Huibregtse



MASTERING THE IPHONE & IPAD WITH KEVTECH

Wednesdays, May 6, 20, June 3 & 17 @ 2:30 PM - 4:00 PM
Sherborn Town Hall, 2nd Floor / *No Charge / RSVP required as space is limited

May 6 : Staying on Schedule: Using Calendar & Reminders

May 20: Personalizing Your Device

June 3: iPhone Essentials: Find My, Wallet, and Translate

June 17: Basics of the Apple Watch

Instructor: KevTech Services Technicians Kevin and Gus

**Paid for by the Friends of the Sherborn COA*



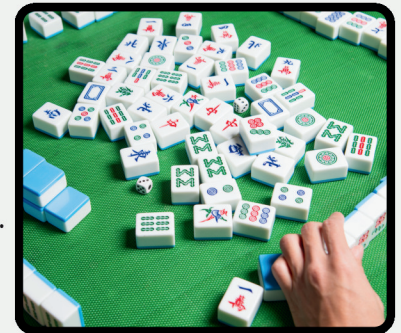
MAH JONGG: LEARN TO PLAY

Mondays, June 1, 8, 15 & 22 @ 10:00 AM – 12:00 PM
Sherborn Town Hall, 2nd Floor / Cost: \$60

Enrollment is limited

Join this fun, beginner-friendly 4-week class to learn American Mah Jongg basics, tiles, rules, and gameplay, in a relaxed setting. Gain the confidence to join and enjoy a game. No experience needed.

Instructor: Julie Cummins



LIFETIME LEARNING REGISTRATION FORM

Print Name: _____

Street: _____

City: _____

Phone: _____

Email: _____

**Email must be filled out to receive class communication and handouts*

CLASS LISTING AND FEES

___ **Learn How to Play Mah Jongg: \$60**

___ **Mastering the iPhone & iPad *No charge**
___ **May 6** ___ **May 20** ___ **June 3** ___ **June 17**

___ **American Revolution History: \$40**

TOTAL ENCLOSED: \$ _____

PAYMENT INFORMATION: Pay by mail, online, or in person at the Collector's office. Send registration and payment to the Town Collector, 19 Washington Street, Sherborn, MA 01770, or register at sherbornma.org. *Make checks payable to the Town of Sherborn.*



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A health care proxy is a document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

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A Durable Power of Attorney provides extensive power to the individual who is assigned that role. Absent an appointed Agent in a Durable Power of Attorney, it would necessary for a family member or loved one to petition the court to become the guardian over the incapacitated person.



Discover the Azza Difference and call Amy Azza at 508 517 4310 or email azzalaw@outlook.com

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Ph: 508.517.4310 Email: AzzaLaw@Outlook.com



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Sherborn Council on Aging, Sherborn, MA

06-5398



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2026-2027 SHERBORN COA BOARD OF DIRECTORS

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

ASSOCIATE MEMBERS

Carole Marple
Gisela Perkins
Barbara Roberti

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

OFFICE HOURS

MONDAY - THURSDAY

9:00 AM - 4:00 PM


FRIDAY


9:00 AM - 12:00 PM

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

 Sherborn Council on Aging

COUNCIL ON AGING

The COA staff is here to support you! We lend medical equipment and can connect you with resources such as meal delivery, home care, caregiving, and downsizing. Please reach out, whether it's for yourself, a parent, or another older adult in your life. We are here to help.

TRANSPORTATION SERVICES

JFK Transportation coupons are available 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**. Please call the office to make an appointment. This service is available year-round.

SHERBORN'S VETERAN SERVICE OFFICER

Office Hours are on Tuesdays from 8:00 AM - 1:00 PM at Sherborn Town Hall. For information or to schedule an appointment, contact **Ian Rogers** at 508-641-1176 / irogers@sherbornma.org

LGBTQ+ PROGRAMS

Events, training, services, and support for older adults are on **Springwell's** website: springwell.com/service/lgbtqia-initiative/ or call at 508-573-7200. **Out Metrowest** is another local resource for younger adults 508-875-2122.

SHERBORN LINK COMMUNITY NEWS

COUNCIL ON AGING

19 Washington Street
Sherborn, MA 01770

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