

COUNCIL ON AGING STAFF

Director:  
Roberta Lynch 359-3665 X202  
FAX 508-359-4810  
rlynch@medfield.net  
Outreach Worker:  
Lisa Donovan  
508-359-3665 X201  
ldonovan@medfield.net  
Volunteer Coordinator:  
Susan Bernstein  
508-359-3665 X203  
sbernstein@medfield.net  
Transportation: X200  
Bill Pardi  
wpardi@medfield.net  
The Club Staff:  
Kathy Powers, Coordinator X206  
kpowers@medfield.net  
Trish Pembroke, Activities  
HESSCO Mealsite: X211  
Betsy Donoian and Judy Mohan  
508-359-3665 X 211  
HESSCO  
781-784-4944

The CENTER at Medfield  
Council on Aging  
One Ice House Road  
Medfield, MA 02052  
PRSRT STD U.S.  
Postage Paid  
Medfield  
Permit No. 1

THE CENTER AT MEDFIELD  
ONE ICE HOUSE ROAD  
MEDFIELD, MA 02052  
MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-\*7:00 P.M.  
FRIDAY 9:00-1:00 P.M.  
\*WEDNESDAY SCHEDULE VARIES  
508-359-3665

APRIL 2018

On April 24, 2006 the Town of Medfield voted to authorize transfer of care, custody, management and control of a parcel of Town owned land to the Council on Aging to construct and operate an Adult Community Center. The Center opened January 6, 2008 and continues to support the Council on Aging mission to foster an atmosphere of wellness by addressing the emotional, social, physical and often, spiritual needs of older individuals and their families during the aging process. The Council on Aging’s goal is to enhance the quality of life and promote independence by providing programs, social events, services and referrals to support community members through their life journey.



Picture by Mike Lennon September 2009  
Garden by Jill Vollmuth

- “Successful Aging Through Senior Wellness”
- SERVICES
- Information
  - Outreach
  - Nutrition
  - Transportation
  - Advocacy
  - Health Clinics
- Monthly Newsletter
- Daily Activities
  - Computers
  - Exercise Classes
  - Yoga
  - Tai Chi
  - Card Games
  - Craft classes
  - Tax Work-Off Program
  - Equipment Loans
  - Supper Club
  - Book Clubs
  - Lending Library
  - Supportive Day Trips
  - Social Events
  - Book Groups

COUNCIL ON AGING BOARD

Bob Heald–Chairman, Mike Clancy, Gwynneth Centore, Perry Constas and Richard Ryder

If your label has a highlighted date on it- PLEASE RENEW

NEXT FOSI MEETING  
Thursday,  
April 5 at  
12:00 P.M.

YARD SALE NEWS  
The Yard Sale is our big event this month. If interested in helping at the sale, please attend the FOSI meeting on Thursday, April 5 at 12 noon. This is FOSI’s biggest fund raiser of the year. This is also a great opportunity to get out and see what the Center has to offer. By volunteering during the week you are guaranteed to have fun, meet new friends and experience first hand the sense of community that the Center at Medfield offers.

Thank You For Your Donations to FOSI!

Peggy Palmieri, Rusty and Dick Reiber, Jerry and Nancy Placido, Margaret Warren in memory of Leo McCabe, Leo and Gay Holderried in memory of George O’Neil, Donna Gavaghan in memory of Joe Gavachan and Nancy Inglin in memory of Frances and Carl Mellea.

FRIENDS OF SENIORS, Inc. (FOSI)  
Yearly suggested donation is \$15.00/person

DATE : \_\_\_\_\_  
NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ \_\_\_\_\_  
Additional Donations: \_\_\_\_\_  
IN MEMORY OF: NAME \_\_\_\_\_  
IN HONOR OF: NAME \_\_\_\_\_  
Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center

**FOSI YARD SALE**  
**SATURDAY, APRIL 28**  
Help to make the 2018 YARD SALE one of the finest sales in our history! There is a place for your gently used, unwanted items!!! Drop them off at the Center at Medfield beginning Friday, April 20 from 8 a.m.-1:00 p.m. and also the following week during regular business hours 8:30 a.m. to 4:00 p.m. Monday through Thursday and 8:30 a.m. to 12:00 p.m. on Friday. All baked goods can be delivered on Friday before the sale. We accept and appreciate all gently used items except for computers, printers and clothing. Unique items are always appealing to our shoppers.

Be a part of this great event and help FOSI support the Center at Medfield, on April 28th from 8:00 am to 2:00 pm, rain or shine. When you support FOSI, you support the COA!

For further details or answers to any questions, or if you’d like to volunteer to help out, contact the Medfield Council on Aging at 508-359-3665.

April is Volunteer Appreciation Month  
April is Volunteer Appreciation Month. At this Center and with this Council on Aging, we are thankful each and every day for our volunteers. Without you, we would never be able to maintain our level of activity. To have a Center as vibrant as ours, it takes more than dedicated staff, it takes all of you. Our volunteers give their time and energy to help this center be so successful. Because of you, (drivers, kitchen help, program leaders, gardening crew, event helpers, newsletter folders, receptionists, FOSI members, Club support), the Center at Medfield is a very special place. Thank you!

Volunteering  
It’s not for the money, it’s not for the fame,  
It’s not for any personal gain,  
It’s just for love of fellow man,  
It’s just to give a helping hand.  
It’s your reward in your heart,  
It’s a feeling that you’re a part,  
of helping others near and dear,  
That makes you want to VOLUNTEER



Buy a Brick  
Participating in the brick program is one way that you can support FOSI; the organization that supports many of the programs and wish list items for the COA. Order forms are available at the Center.

Thomas Upham House



519 Main Street, Medfield, MA  
508-359-6050  
Medfield, Westwood and Dover’s  
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& Rehabilitative Services  
Quality Care in a Home-Like Setting



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www.robertsmitchellcaruso.com



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Northborough MA 01532  
508-393-8338  
209 w. Central St., Suite 210  
Natick MA 01760  
508-647-3773



26 Spring Street  
Medfield MA 02052  
508-359-4409  
Inspections, Auto repairs,  
Complimentary shuttle  
service.



EXERCISE CLASSES

Monday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class  
10:30 a.m. Exercise for Life 2- Beginner \$5/ class  
12:30 p.m. Core Balance- Moderate \$5/ class

Tuesday:

9:30 a.m. Mat Yoga- \$3/ class  
10:40 a.m. Chair Yoga- \$3/ class  
1:30 p.m. Fitness Camp–\$10/ class

Wednesday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class  
10:30 a.m. Exercise for Life 2- Beginner \$5/ class  
3 :00 p.m. Line Dancing–\$3/class

Thursday:

8:45 a.m. Strength, Stretch and Balance \$5/class  
10:00 a.m. Zumba- \$5/ class  
12:30 p.m. Core Balance-moderate \$5/ class

Friday

10:00 a.m. Tai Chi-\$5/ class

INSTRUCTORS:

Kim Vareika (EFL) Susan Dahl (Yoga)  
Jeanne Donnelly (Tai Chi, Core Balance)  
Tracy Buckley (Strength, Strength & Balance)  
Lourdes Fournier (Zumba) Nancy Diduca (Line Dancing)  
Brian Szewczynski (Fitness Camp)

AVAILABLE RESOURCES

Nursing Services-

Leandra McLean R.N. from the Walpole VNA is available on the 1st Tuesday, April 3 at 10:30 a.m.

Health Insurance Counseling

– Call the Center for appointments on the 4th Monday of the month.

Elder Resource Center

- Attorney Mary Roque will be available on Wednesday, April 4 from 9:30 -10:30 a.m. for one-on-one consultations.

Selectman Office Hours-

Osler Peterson holds monthly open office hours at the Center. Join him for conversation on Friday, April 6 at 9:00 a.m.

Social Security/Financial Consultation-

Call the Center to schedule an individual and confidential appointment with Jon Bicknell, CFP.

Life Coaching-

Confidential appointments with David Mobley, L.I.C.S.W. are available.

RMV Near Me-

The COA is offering RMV on-line services on Mondays from 1-3:30 p.m. Renew your license or registration or any other on line service.

Personal Finance and Medicare Consulting

- CPA, Elaine Ficcardi will be available on the 3rd Wednesday April 18 from 10 - 11:00am for consultations.

Some services may require an appointment.  
Please call the Center at 508-359-3665

Benefits of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

EXERCISE PROGRAMS AT THE CENTER

Exercise for Life 1 and 2

Total body workout utilizing weights, aerobics and stretching exercises is offered every Monday and Wednesday. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Perfect for someone new to exercise or transferring out from a rehab program. Each class is \$5. EFL 1 at 9:30 a.m. and EFL 2 at 10:30 a.m.

Core Balance Class

Join the Core Strengthening Class on Mondays and Thursdays at 12:30 p.m. Balance training repairs damaged pathways to the brain, strengthens and stabilizes weak muscles (core/abdominal muscles) and teaches the body new strategies for keeping itself upright. Class is \$5.

Strength, Stretch, and Balance

Yoga with a twist will focus on breath awareness, fluid movements and gentle, yet challenging postures. All levels are welcome as are those more comfortable in chairs. Thursdays at 8:45 a.m. Class is \$5.

Fitness Camp

Individual instruction with a Certified Personal Trainer, with a focus on proper exercise and stretching techniques. Total physical well being is the goal of Fitness Camp on Tuesdays at 1:30 p.m. Class is \$10.

Tai Chi

Join our Tai Chi class Friday mornings at 10:00 a.m. Tai Chi is a slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. No experience necessary. Class is \$5.

Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join this class on Tuesday mornings at 9:30 a.m. Class is \$3.

Chair Yoga

Enjoy the benefits of gentle chair yoga which provides instruction for beginners and those individuals who can not get down on the floor. Tuesdays at 10:40 a.m. Class is \$3.

ZUMBA Gold

Enjoy a Latin dance exercise on Thursdays at 10:00 a.m. This workout will use every muscle and you'll have fun doing it. Our instructor will keep your hips moving to the music. Class is \$5.

Line Dancing

Do not underestimate the benefits of line dancing on Wednesdays at 3 p.m. Class is \$3.

Investment Basics at the Center

Join us AT THE Center at Medfield on Wednesday, April 4 at 6:30 p.m. for a presentation on “Investment Basics” with Medfield Resident, Jamie Turner. Mr. Turner has 34 years of experience with personal and corporate financial planning and counseling. He has several designations and memberships in many of the professional financial organizations. This program will focus on the key aspects of investing. Mr. Turner will discuss:  
  
Why invest instead of saving  
What factors should be considered before investing  
Is investing very risky  
Is there an ideal investment  
  
This presentation is perfect for those who are thinking about investing or for those who simply need a refresher or those interested in the latest ideas on investing. This is open to all community members. So sign up and have some fun as you explore these topics. This program **will be repeated** on Saturday, April 21 at 10:30 a.m. Please call the Center, 508-359-3665, to sign up for either session.

New Year New You- Healthy Eating for Successful Living

Healthy Eating is a program for older adults who want to learn more about nutrition and how lifestyle changes can promote better health. Based on the USDA MyPlate, the main components of the program include: goal setting, problem solving, group support, nutrition education, self-assessment and management of dietary patterns.  
*In this workshop, you will...*  

✓ Learn to make healthier food choices

✓ Receive tips for improving portion control and label reading

✓ Plan meals to control fats, sugars, carbohydrates and sodium

✓ Explore ways to add physical activity to your day

✓ Enjoy a healthy, delicious meal together

✓ Discover that making small changes can lead to BIG results!

Sign up today for this free six week workshop  
on Mondays, April 23, 30, May 7, 14, 21 & June 4 – From 12:30 to 3:00 pm

April Office Hours for Representative Dooley

State Rep. Sean Dooley will host office hours at the Center on Thursday, April 12 at 11:30 a.m.

Everything Google

On Saturday, (April 7 at 11:00 a.m.) Join Sean Richardson (The Gadget Guy) and find out what all the buzz is about Google. Besides accessing the world’s information, web pages, images and videos, you will look at what Google is and how it can help you with the many tasks you already do. This class is free and open to all community members! Our Saturday hours are up and running!!

MEDFIELD FOOD PANTRY NEEDS-DROP OFF AT THE CENTER!

Pasta Sauce, Juice- large/boxes, PB & Jelly,, Canned Fruit, Rice (especially white bags), Kid Friendly Cereal (e.g. Fruit Loops, Cinnamon Toast Crunch), Cookies/ Crackers, Boxes of Oatmeal packets

Great Books

Enjoy a lively discussion on the classic, *Dr. Jekyll and Mr. Hyde* on Thursday, April 5 at 1:00 pm.

Page Turners

The Page Turners will be discussing Rebecca, a famous example of a gothic novel, set in a mansion called Manderley on Monday, April 9 at 10:15 a.m. Be sure to join in for this interesting conversation.

WEEKLY FINANCIAL DISCUSSIONS

Enjoy weekly financial discussions with Jamie Turner, every Tuesday at 9:30 a.m. Bring any financial related questions or concerns to start the conversation!

Annual Town Meeting

The Council on Aging has placed Article 15 on the Town Warrant. This article speaks to the increase in the aging population and the need for an addition to the Center. The COA is seeking funds to hire a Project Manager, an architect and the development of bid documents to begin the process. Please join us at the next COA meeting Wed., April 4 at 10:30 a.m. to discuss this article.

Wildwood Crest & Cape May

Pack your suitcase for a 3 night/4 day trip to the Jersey Shore June 11-14. A totally relaxing trip and short get away!  
Pick up a flyer at the Center for details!

Did you know that by 2035 23% of the total MA population will be 65 years old or older?



Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to the (60+) population of Medfield . We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for an appointment.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, tax refunds, fuel assistance, care giver and low vision support groups are available through our Outreach Department with Lisa Donovan. Appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health and the Walpole VNA, a monthly wellness clinic with Leandra McLean, R.N. is available on the first Tuesday of the month from 10:30 a.m.-11:30 a.m. Stop in for information about your health concerns.

Meals on Wheels

A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.

On-Site Meals

Betsy Donoian and Judy Mohan, co-meal site managers from HESSCO, provide a delightful lunchtime atmosphere every day beginning at 11:30 a.m. Reservations must be made 48 hours in advance. A \$3.00 donation is suggested.

Transportation

Transportation is available Monday through Friday for lunch and programs at the Center. Trips for personal shopping and medical appointments are also available. Call with your request.

SHINE

Our SHINE volunteer is available the fourth Monday of the month by appointment, for Medfield residents to assist with figuring out the health insurance maze.

Medical Equipment

The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first come, first serve basis for Medfield residents and are returned to the COA when no longer needed.

Supervised Companionship

On Tuesday and Thursday we offer a program for your loved one who cannot be left alone. Inquire at the desk about the program and give yourself a break!

Low Vision Group

As we age things change, including our vision. Join the ongoing Low Vision Group on the second Tuesday of the month at 10:00 a.m. and learn about tips to improve your quality of life. **Next meeting: Tuesday, April 10 at 10:00 a.m.**

Caregiver Support Group

Share you experience, advice and support to others. **April 19 at 9:30 a.m.**

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Susan Bernstein and set up an appointment to discuss the options at the Center.

Recycling

The Center has containers to recycle your button cell batteries (watches, hearing aids, cameras, calculators, digital organizers). Simply bring them in and deposit into the container. We also have a box for eyewear through the Lions Club. Drop off your unwanted prescription glasses for recycling.

Large Print Newsletter

Pick up a large print copy of newsletter at the Center by request.

Kingsbury Club

Senior Swim on Monday and Friday from 10 -11 a.m. **Your COA scan card and a \$5 swim fee is required at each visit.** Available to Medfield COA member only.

LOW HEARING SUPPORT

Call Susan Bernstein at 508-359-3665 X203 for information on the Low Hearing Group schedule.

RMV NEAR ME

Need assistance renewing a license or registration. Make an appointment with the Center and we can help! Available on Monday afternoon by appointment.

Chickie Flynn’s luncheon on Thursday, April 26 is reserved for our Yard Sale workers.

REGULAR ACTIVITIES

Fit to Knit - Wednesday at 2:00 p.m.  
Quilting Fun - Monday at 9:30 a.m.  
Duplicate Bridge - Tuesday 12:00 p.m.  
EFL 1 - Mon. Wed. 9:30 a.m.  
EFL 2 - Mon. Wed. 10:30 a.m.  
Mat Yoga -Tuesday at 9:30 a.m.  
Chair Yoga - Tuesday at 10:40 a.m.  
Whist - Wednesday at 1:00 p.m.  
Woodcarving - Thursday 9:00 a.m.  
Tai Chi - Friday at 10:00 a.m.  
Bingo - Check calendar  
Movies - See calendar  
Poker Club - Thursday at 1:00 p.m.  
Computer Support - By appointment  
Zumba - Thursday at 10:00 a.m.  
Core Balance - Mon./Thurs. at 12:30.  
Hand N Foot Game - Mon./Fri. 10a.m.  
Fitness Camp - Tues. 1:30 p.m.  
Cribbage - Wednesday at 12:30 p.m.  
Beginners Cribbage- Mon. 12 p.m.  
S,S & B - Thursday at 8:45 a.m.  
Great Books- 1st Monday 1:00 p.m.  
Line Dancing- Wednesday at 3:00 p.m.  
Mah Jongg- Monday at 1:30 p.m.  
Canasta- Fridays at 11:00 a.m.  
3-Thirteen- Monday at 2:00 p.m.

Movies at the COA  
Wednesdays at 2 p.m. and  
Saturdays at 10:30 a.m.  
with your host Joan Lee!

**Wed., April 4 & Sat. April 7 Darkest Hour–** During the early days of World War II, the fate of Western Europe hangs on the newly-appointed British Prime Minister [Winston Churchill](#), who must decide whether to negotiate with [Adolf Hitler](#), or fight on against incredible odds.

**Wed., April 18 & Sat. 21 Wind River–** A veteran tracker with the Fish and Wildlife Service helps to investigate the murder of a young Native American woman, and uses the case as a means of seeking redemption for an earlier act of irresponsibility which ended in tragedy.

Please sign up for planning purposes!

You Don’t Have to be a Connoisseur To Enjoy the Arts  
BRAND NEW TOPICS

In this four-week workshop, there are NO art experts, NO lectures, and NO obscure details. You won’t feel confused, intimidated, or out of your element.

Instead, you’ll be an armchair critic, introduced to a variety of art forms, such as music, painting, sculpture, literature, and dance.

Be ready for an hour of spirited discussion and some fun exercises. Also, expect to leave with a new appreciation of artists you may not have been familiar with. All that’s asked of you is a spirit of adventure and a willingness to leave your comfort zone.

Registration is limited to 15. Jerry Cianciolo, who hosts the popular Minds in Motion workshop for us, is the course leader. Sessions take place Wednesdays from 1:00 to 2:00 on April 18, 25,May 2, and May 9. The fee is \$10 and the due date for registering is April 13. Keep in mind, though, that the last time this program was offered it filled up within days.

ROMEO OUTING

On Friday, April 6 at 11:00 a.m. join Bill for a brewery trip. Getting together as a group, having lunch and enjoying conversation is a great way to spend a Friday afternoon!

JULIET OUTING

OH, JULIETS, JULIETS WHERE SHALL WE GO?

In April, the JULIET event will be held at the Center. Sign up to enjoy a painting party beginning at 11:00 a.m. followed by a light lunch. Cost of this afternoon is \$23/person.

Do you love to play Scrabble? Join us on Saturdays in April for a Scrabble tournament. Sign up to play with other Scrabble enthusiasts.

**HAPPY BIRTHDAY**  
We wish you much pleasure and joy;  
We hope all of your wishes come true.  
May each hour and minute of your special day in **April** be shared with the staff of the COA !

Join us on Tuesday, **April 19** at 11:30 for our Birthday celebration.

SHREDDING SERVICE

[The Shredding Service is a courtesy to help people with their excess papers. Your donations are necessary to keep this service in place.](#)

Caregiver Support Group

Come share your experience, advice, and support to other caregivers. Our group meets **Thursday, April 19 at 9:30 a.m.** in our Library. Please contact Lisa Marie Donovan, Outreach Coordinator at (508) 359-3665 with any questions or concerns.

LOW VISION SUPPORT GROUP

Our vision changes as we age, along with developing various eye diseases that can cause vision loss. Are you experiencing changes in your vision? Join our Low Vision Support group on the second **Tuesday, April 10th at 10:00 a.m.**

2018 Day and Over Night Trips

[Thursday, May 17- Boston Duck Tour and lunch at the “No Name” Restaurant.](#)  
[Coach bus leaves at 9am. \\$94/pp](#)

[Monday, June 11-14–Jersey Shore Getaway with reservations at the Pan American Hotel.](#)  
[Coach bus leaves at 7am on the 11th. Flyers and pricing available at the Center.](#)

[Wednesday, July 11- Spirit of Boston Harbor Cruise and Lunch. Coach bus leaves at 9am \\$84/pp](#)

[Thursday, August 16- Bull and Claw Lobster Bake in Maine. Coach bus leaves at 8:30 am. \\$84/pp](#)

[Thursday, September 20- Granite State Chocolate and Wine Tour.](#)  
[Coach Bus leaves at 8:30 am \\$79/pp](#)

[Thursday, October 11- The Old Mill and Tower Hill Gardens Foliage Special.](#)  
[Coach bus leaves at 9am \\$79/pp](#)

[Monday, December 31- New Year’s at Noon Boston Odyssey Harbor Cruise.](#)  
[Coach bus leaves at 9:30am cost is \\$89/pp](#)



Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street  
South Natick MA  
508-653-8330



“Quality care  
in a homelike setting”

The next meeting  
of the Great  
Books Group  
is on  
April 5  
at 1:00 p.m.



Medfield  
Orthopedic  
& Sports

Therapy  
Medfield Professional Building  
5 North Meadows Road  
Medfield, MA 02052  
**508-359-9119**





