

COUNCIL ON AGING STAFF

“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

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HESSCO Meal site Manager
 Kim Lavange
 781-784-4944

The CENTER at Medfield
 Council on Aging
 One Ice House Road
 Medfield, MA 02052

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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



Picture by Mike Lennon September 2009
 Garden by Jill Vollmuth

AUGUST 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.

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,
 September 6
 at 12:00 P.M.



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.

Another Day at the Beach

Enjoy another day at Lake Pearl in Wrentham on Thursday, August 9 from 11 a.m. until 3 p.m. Pack a lunch, a chair, a book and enjoy a relaxing afternoon. Entrance fee to the beach is \$5 (cash only). The bus (\$3) will leave the Center at 10:30 a.m. and is limited to 14. Those who went in July, said they had a great time and wanted to go again. Sign up, and enjoy. Summer only lasts so long so make the most of it!

FRIENDS OF THE CENTER - BE PART OF FOSI (FRIENDS OF MEDFIELD SENIORS)

FOSI is looking for members to help plan events and give ideas for future fundraising efforts. Are you looking for a way to become involved at the Center? FOSI is a great first step. We look forward to seeing you on **Sept. 6 @ 12 p.m.**

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

Rock N Roll Visits the Center With SPUR
 Friday, August 17 from 7-10 p.m.

If you grew up with or enjoyed the music of the 60's, 70's and 80's you will surely want to be at the Center on Friday, August 17 from 7-10 p.m. A band formed in the early nineteen seventies by high school friends, SPUR, has now reunited! They have replaced some of their brass instruments with electronics but they still perform with the same vigor and enthusiasm as they did as youngsters. Back in the day, this Boston based band crafted their art with the influence of Chicago, Blood, Sweat & Tears, and Tower of Power as the initial impetus to create SPUR. Under the guidance and management of the Surf Music Company, this band of friends performed at a host of venues throughout New England and Spur may have performed at your high school or college event! Their song list offers a variety of classic songs from the sixties, seventies & eighties and includes a wide range of music that embrace the artists that pioneered Rock & Roll. Join the Center on Friday, August 17 for an evening of great classic rock n roll music. Tickets are \$10/person and available at the Center.

Do You Need Help With Your Smart Phone?
 Sean Richardson is back with 4 sessions beginning Sat. Aug. 4 at 11 a.m. Learn all that this device can do for you. Sign up at the Center!

The End of World War II

Dr. Gary Hylander will be at the Center on Monday, August 27 at 2:00 p.m. for a interesting and informative lecture on the bombing of Hiroshima and Nagasaki. On August 6, 1945, during World War II (1939-45), an American B-29 bomber dropped the world's first deployed atomic bomb over the Japanese city of Hiroshima. Three days later, a second B-29 dropped another A-bomb on Nagasaki. Japan's Emperor Hirohito announced his country's unconditional surrender in World War II in a radio address on August 15, citing the devastating power of "a new and most cruel bomb." Pre-registration is required for this insightful presentation.

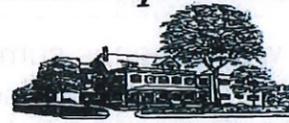
AUGUST SPECIALS

- Aug. 9- Lake Pearl Day
- Aug. 16- Castle Island
- Aug. 17- Rock N Roll at 7 p.m.
- Aug. 21- Twin Rivers
- Aug. 22- Chinese Supper
- Aug. 23- JULIET Outing
- Aug. 27- Dr. Gary Hylander
- Aug. 30- North End Trip

HESSCO NEWS

Kim is offering new and exciting lunch options. Stop in and find out what she has lined up!
 Lunch time Cookout on Thurs., Aug. 16!!
 Sign up today!

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Mary.Cusano@CommonMoves.com
www.TheCusanoTeam.com

Pat Maloney
Independent Elder Advocate
Medfield, MA
Phone: 508-341-8684
psmaloney@verizon.net

Monday Shopping Trips
Market Basket— Aug. 6
Dollar Store— Aug. 13
Patriot's Place - Aug. 20

Play Mah Jongg every
Monday at 1:00 p.m. and on
Wednesday, Aug. 1, 15 & 22 at
1:00 p.m. and Saturdays at 1:00



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Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.

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Senior Discounts Available



THE CENTER SALON

Make your appointment for hair removal services with Lisa Mario on **TUESDAY, Aug., 14**

Call now to schedule your beauty treatments. Each service (brow, lip or chin) is \$10 or 2 for \$15 and all three for \$20.



The CENTER Hair Salon with Ginny Viles
Mon. & Wed. 9 a.m.-2 p.m. and Fri. 9 a.m.-12:30 p.m. Appointments are required.

Men's cut- \$10
Women's wash & blow dry- \$12

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sign up for a Chinese Supper at the Center on Wednesday, August 22 at 5:30 pm. Cost \$6/pp</p>	<p>REMINDER: On September 4, the Center becomes our polling site for the state election!</p>	<p>1. HAM & CHEESE PLUS SOUP 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MAH JONGG 2:00 FIT TO KNIT 3:15 BINGO</p>	<p>2. CHIX BRUSCHETTA 8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POLKA CLUB 1:30 FITNESS CAMP</p>	<p>3. CATCH OF THE DAY 9:00 ROCHE BROS 9:00 SALON SERVICES 9:00 SELECTMAN'S OFFICE HOUR 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 BOCCIE 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES</p> <p>OPEN SATURDAY 10-3 BOCCIE COURT OPEN 10:15 MOVIE 10:30 YOGA 11:00 SMARTPHONE CLASS 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>6. ROTINI W/SAUCE 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 3-13 CARD GAME 12:15 MARKET BASKET 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME BY APPOINTMENT</p>	<p>7. S & S PORK 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 OUTREACH AT TILDEN 10:00 WALPOLE VNA CLINIC 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP</p>	<p>8. TURKEY & SWISS PLUS SOUP 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT</p> <p>COOKOUT #4 2PM MOVIE 3PM LINE DANCING 3:15 BINGO 4PM SOCIAL HOUR 5PM DINNER MUSIC BY MR. DJ</p>	<p>9. ROAST TURKEY 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 10:30 LAKE PEARL BEACH DAY \$8 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>10. CHICKEN STEW 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 BOCCIE 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES</p> <p>OPEN SATURDAY 10-3 BOCCIE COURT OPEN 10:15 MOVIE 10:30 YOGA 11:00 SMARTPHONE CLASS 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>13. CHEESEBURGER 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 3-13 CARD GAME 12:30 CORE BALANCE CLASS 1:30 DOLLAR STORE AND MORE 1:00 MAH JONGG 1:30-3 RMV NEAR ME BY APPOINTMENT</p>	<p>14. CHICKEN PARM. 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 LOW VISION MEETING 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 ESTHETICIAN</p>	<p>15. SEAFOOD SALAD SANDWICH 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MAH JONGG 2:00 FIT TO KNIT 3:15 BINGO</p> <p>COA CLOSURES AFTER BINGO</p>	<p>16. COOKOUT BURGERS & DOGS 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 CASTLE ISLAND \$5 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>17. BAKED SALMON 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 BOCCIE 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES 7:00PM ROCK N ROLL</p> <p>OPEN SATURDAY 10-3 BOCCIE COURT OPEN 10:15 MOVIE 10:30 YOGA 11:00 SMARTPHONE CLASS 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>20. CHICKEN SAUSAGE 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:15 PATRIOT PLACE AND MORE 12:30 CORE BALANCE 1:00 MAH JONGG 1:30-3 RMV NEAR ME BY APPOINTMENT</p>	<p>21. SOUP & CHICKEN 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:00 TWIN RIVERS 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP</p>	<p>22. GRILLED CHIX CEASAR SALAD 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 BINGO</p> <p>5:30 CHINESE SUPPER</p>	<p>23. ROAST PORK 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>24. TURKEY TETRAZINI 9:00 ROCHE BROS 9:00 SALON SERVICES 9:30 JULIET BREAKFAST AND SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 BOCCIE 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES</p> <p>OPEN SATURDAY 10-3 BOCCIE COURT OPEN 10:15 MOVIE 10:30 YOGA 11:00 SMARTPHONE CLASS 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>27. LASAGNA 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE 1:00 SHINE APPOINTMENTS 1:00 MAH JONGG 1:30-3 RMV NEAR ME BY APPOINTMENT 2:00 DR. GARY HYLANDER PRESENTS "THE BOMBING OF HIROSHIMA AND NAGASAKI"</p>	<p>28. PIZZA 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP</p>	<p>29. CHIX SALAD & SOUP 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 BINGO</p> <p>COOKOUT #5 2PM MOVIE 3PM LINE DANCING 3:15 BINGO 4PM SOCIAL HOUR 5PM DINNER MUSIC BY TUNE TIMERS</p>	<p>30. HONEY CHICKEN 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER SUPPORT GROUP 10:00 TRIP TO THE NORTH END \$5 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>31. HOT DOG 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 BOCCIE 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES</p> <p>OPEN SATURDAY 10-3 BOCCIE COURT OPEN 10:15 MOVIE 10:30 YOGA 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>

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Thursday, August 16

Maine's Famous Bull and Claw Lobster Bake

Entrée choices: Lobster, Prime Rib or Chicken

Bus leaves at 8:30 A.M.

Cost is \$84/person

August is here, which means summer is almost over. We have a delightful trip scheduled for August 16 and for those of you who might enjoy a Maine lobster, this one is for you on August 16! If you are more inclined for a sweeter flavor, than the Chocolate and Wine trip on September 20 will be right up your alley!

Granite State Chocolate and Wine Tour

Thursday, Sept. 20

A complete day with candy, wine and a delicious lunch. Sign up for a visit to Sanborn Fine Candies, Flag Hill Winery and lunch at Warren's Lobster House. Bus leaves at 8:30 am. \$79 pp

Lovell's Flower Shop

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SATURDAY HOURS IS STARTING ITS 6TH MONTH!

A SPECIAL THANK YOU TO METROWEST HEALTH FOUNDATION FOR FUNDING THIS PROGRAM!



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