

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

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
 Peter Burke
 pburke@medfield.net

The Club Staff:
 Kathy Powers, Coordinator X206
 kpowers@medfield.net
 Trish Pembroke, Activities
HESSCO Meal site: X211
 508-359-3665 X 211
HESSCO Meal site Manager
Kim Lavange
 781-784-4944

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

PRSRST 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



Picture by Mike Lennon September 2009
 Garden by Jill Vollmuth

MAY 2019

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.

Older Americans Month May 2019: Connect, Create, Contribute

Each year, more and more older adults are making a positive impact in and around our town of Medfield. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That’s why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the [Administration for Community Living](#) (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

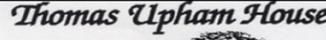
This year’s OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- Connect** with friends, family, and local services and resources.
- Create** through activities that promote learning, health, and personal enrichment.
- Contribute** time, talent, and life experience to benefit others.

During this month, celebrate where you are in your life with the Center. We welcome you to participate in our variety of programs, classes and group activities. Let the Center inspire and support you to enjoy every day.

Understanding Dementia—Part 3
Wednesday, May 8 at 6:30 pm at New Pond Village in Walpole

A diagnosis of dementia can come as a shock not only for the person with dementia, but also for family and friends. You will all need reassurance and support. In this session, participants will learn how to effectively live with the diagnosis of dementia. There are definite ways to deal with the changes a person with dementia experiences. As a caregiver you will learn about the various support services and programs that are available. You will also be given some “helpful hints” that will help you be better equipped to support and care for your loved one. Join us on Wednesday, May 8 at New Pond Village at 6:30 for the finale of the Understating Dementia series. The bus will leave the Center at 5:45pm for anyone wanting transportation. A sign up sheet for a ride will be posted.

 <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover’s Top Choices for Skilled Nursing & Rehabilitative Services Quality Care in a Home-Like Setting</p>	 <p>508-359-2000 www.robertsmitchellcaruso.com</p>	 <p>to us, it's personalsm 386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338 209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	 <p>26 Spring Street Medfield MA 02052 508-359-4409 Inspections, Auto repairs, Complimentary shuttle service.</p>
---	--	---	--

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Gwynneth Centore,
 Perry Constas, Richard Ryder and Katie Robinson

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

NEXT FOSI MEETING
Thursday,
May 2 at 12 Noon
 All Welcome!!

**** “Connect to Wellness” Health Fair ****

Please join us on **Thursday, May 23 from 1-3 p.m.** for our Connect to Wellness Health Fair. The Natick Walpole VNA, the Medfield Board of Health and the Council on Aging have worked to create a collection of healthy information for you. A variety of vendors will be here to share what they offer promoting wellness and the benefits of healthy living.



A Special Thank You to the Following People for Their Donations to FOSI

- Brian Flynn & Eileen DeSorgher
- Robert Smith
- Patrick & Judith Harris in memory of Bill Mann
- Ellen & Bob Dugan in memory of Dave Foulsham
- Thomas Reis in memory of Dave Foulsham
- Carmela Bergman in memory of Bill Johnson

FOSI continues to offer the BUY-A-BRICK PROGRAM.

It is a great way to remember a loved one or to honor someone special in your life. Order forms are available at the Center.

FRIENDS OF SENIORS, Inc. (FOSI)
 2019 **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



EXERCISE CLASSES

Monday:
9:30 a.m. Exercise for Life 1- Moderate- Silver Sneakers
10:30 a.m. Exercise for Life 2- Beginner- Silver Sneakers
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

Wednesday:
9:30 a.m. Exercise for Life 1- Moderate - Silver Sneakers
10:30 a.m. Exercise for Life 2- Beginner - Silver Sneakers
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

Friday
10:00 a.m. Tai Chi-\$5/ class
11:15 p.m. Core Balance-moderate \$5/ class

Saturday
9:00 a.m. Zumba- \$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)

AVAILABLE RESOURCES

Nursing Services - Alyssa Kaiser R.N. from the Walpole VNA is available on **Tuesday, May 7** at 10:00 a.m. for your health concerns. Roberta is available for BP checks as needed!

Health Insurance Counseling - S.H.I.N.E Call the for an appointment on the last Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, May 1** 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, May 3** at 9:00 a.m.

Social Security/Financial Consultation - Call the Center to schedule an individual and confidential appointment with Jon Bicknell, CFP.

RMV Near Me - The COA is offering RMV on-line services on Mondays from 1-3:30 p.m. Information on the Real I.D. is available at the Center.

Veteran Service Officer Hour - Jon Cogan will be joining the Center on the third Tuesday of the month at 9:00 a.m. for any Veteran's concerns or questions. He will be here on **Tuesday, May 21**.

**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 is a Silver Sneakers Program

Exercise for Life classes are now part of the Silver Sneakers family. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Silver Sneakers offers exercise classes at no cost to the consumer. Join us for classes with instructor Kim Vareika for classes on Mon. & Wed. EFL 1 is at 9:30 a.m. and EFL 2 is at 10:30 a.m.

Core Balance Class

Join the Core Strengthening Class on Mondays at 12:30 and Fridays at 11:15 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.

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, increasing 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 Tuesdays 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. and Saturday at 9:00 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. Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Visit us on Wednesdays at 3 p.m. Class is \$3.

Sign Up With a Friend For Our Summer & Fall Trips!!

Thursday, June 13 - Newport Rail Tour \$89- Enjoy a scenic rail excursion and delicious lunch!

Tuesday, July 16 – Nantucket Fast Ferry Day Trip \$99. Enjoy the beauty of Nantucket for a day!

Wednesday, August 7 - North Shore Music Hall “Jersey Boys” \$119- A great show, with great music!

Tuesday, August 20 – Essex Valley Steam train & Riverboat Cruise Tour \$99- It's a triple play with a steam engine train ride, lunch at the Go Fresh Restaurant and a riverboat cruise!

September 16–19 - Quebec City Spectacular at the Plaza Quebec Hotel, 6 meals, Tours of Quebec City, admission to attractions. Stop in for pricing and a flyer! Sign up today for an early fall vacation.

Saturday, October 5 – Statue of Liberty, Ellis Island and 9/11 Memorial \$99. A full day of history in NYC.

Tuesday, November 12–” Crooning the Classics” at Aqua Turf Showtime \$89–Enjoy a delicious lunch and delightful music with tributes to Neil Diamond and John Denver.

ALL CHECKS MADE OUT TO: **TOWN OF MEDFIELD-COA**

Medfield Council on Aging - TRANSPORTATION UPDATE

In order to provide a great service to all Medfield residents our transportation will follow this schedule. Transportation for in town medical appointments are available between 9:30-2:00 p.m. on most days. Call DAILY by 8:30 a.m. 508-359-3665 option 1, or we may be unable to accommodate your request.

Monday, Tuesday and Thursday*

9:15 AM: The bus will leave the Center for pickups to the Center and in town locations if time allows.

10:45 AM: The bus will leave the Center for pickups for lunch and afternoon programs.

12:15 PM: The bus will leave the Center for drop off to homes and/or pickups for afternoon activities.

2:30 PM: Club members will depart for home.

3:15 PM: The bus will depart from the Center for home.

Wednesday*

9:15 AM: The bus will leave the Center for pickups to the Center, Shaw's and in town locations if time allows.

10:45AM: The bus will leave the Center for pickups from Shaw's and for lunch and afternoon programs.

12:15 PM: The bus will leave the Center for drop off to homes and/or pickups for afternoon activities.

2:30 PM: The bus will leave the Center at 2:30pm for Wednesday late afternoon programs such as Bocce, Bingo, Cookouts, supper clubs, etc.

4:15 PM: The bus will leave the Center for drop off to homes.

On Supper Club and Cookout days the bus will begin loading passengers at the end of the event.

Friday*

8:30 AM: The bus will leave the Center for early yoga.

9:15 AM: The bus will leave the Center for Roche Bros and the Center.

10:45 AM: Bus will leave the Center for Roche Bros return trip.

12:15 PM: The bus will leave the Center for transport home.

When requesting a ride please be aware of the schedule. Enjoy coffee and conversation in our dining hall or quiet time in our library if you have to wait for your scheduled activity. Transportation is subject to change when special events are added. Our transportation is curbside pick up and any purchases made are your responsibility to carry on and off the bus.

Suggested Transportation Donations*: Locations in Medfield \$1/each way (includes Shaw's, CVS, Post Office, Physical Therapy, Doctor Appointments, etc.). Roche Bros, Market Basket, Job Lot, Dollar Store, Christmas Tree, etc. \$ 3 round trip. Twin Rivers, Boston, Castle Island, etc. \$5 round trip. Transportation to the Center is always donation free.

*Times are approximate and suggested donation may vary for additional trips.

Sign up for a trip! We need you.

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to Medfield families. 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, caregiver 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 Natick/Walpole VNA, a monthly wellness clinic with Alyssa Kaiser, R.N. is available on the first Tuesday of the month from 10:00 a.m.-11:00 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

HESSCO's Kim Lavange provides 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 Club 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, May 14 at 10 am**

Caregiver Support Group

Share your experience, advice and support to others on **May 30 at 9:30 a.m.** Call Lisa Donovan for more information.

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

Enjoy Senior Swim on Mondays and Fridays 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 for information on Low Hearing group meetings.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. RMV Near Me is available on Monday afternoons at the Center.

FOOD CUPBOARD NEEDS: Canned fruit in juice, applesauce 6 pack, low sodium canned vegetables and jam/jelly.

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 12:30 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. 12:30, Fri. 11:15.
 Hand N Foot Game - Mon./Fri. 10 a.m.
 Cribbage - Wednesday at 11:00 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 1:00 p.m.
 Canasta- Thursdays at 11:30 a.m.
 3-Thirteen- Monday at 12:00 p.m.
 SCAT- Wednesday at 11:30 a.m.

Movies at the COA
 Wednesdays at 2 p.m. and
 Saturdays at 10:15 a.m.
 with your host Joan Lee.

Sat. May 4 - *Gentleman's Agreement*
 A reporter pretends to be Jewish in order to cover a story on anti-Semitism, and personally discovers the true depths of bigotry and hatred.

Wed., May 8 - *Vice* - The story of Dick Cheney, an unassuming bureaucratic Washington insider, who quietly wielded immense power as Vice President to George W. Bush.

Sat., May 11 - *On the Basis of Sex*
 The true story of Ruth Bader Ginsberg. Learn about her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as US Supreme Court Associate Justice.

Sat., May 18 - *Victoria and Abdul* - Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

The next Chickie Flynn's luncheon is scheduled for Thurs., May 30 for The Club.



Monthly Birthday Celebration

Every month we celebrate birthdays. Join us on Tuesday, May 28 for lunch (free with your coupon or a \$3 donation) and enjoy music by Joey B-Bop. Sign up today!

Meet the New Norfolk County Sheriff

Please join the Norfolk Sheriff's Office in conjunction with the Medfield Council on Aging on **Tuesday, May 7, 2019** at 12:30 PM at the Center at Medfield for a meet and greet with Norfolk County's new Sheriff, Jerome P. McDermott. Sheriff McDermott looks forward to meeting the residents of Medfield and discussing programs available to all Medfield seniors. Refreshments will be served. For additional information or any questions please contact Norfolk Sheriff's Office at 781-751-3516.

Living with Vision Impairment: How to Use Your Vision Better Tuesday, May 14 at 10 a.m.

The Carroll Center, located in Newton, MA has been helping those with vision impairment since 1936. Today it offers the most up-to-date vision aids available. We are thrilled to have Low Vision Specialist, Bob McGillivray from the Carroll Center, joining our Low Vision Support Group on Tuesday, May 14 at 10:00 a.m. Loss of vision can be challenging, physically and emotionally. The Carroll Center educates about how low vision affects your daily life, will discuss solutions and answer your questions. This program is open to anyone who is looking for information to help with dealing with low vision and the latest magnification devices and technologies that can enhance quality of life and maximize options for those facing this challenge in life.

Tune Timers Swing Band

On May 1 from 4-7pm we will be celebrating May Day, but not with colorful ribbon on a May pole, we will be celebrating it with music. Join us for sounds of a BIG band, the Tune Timers Swing Band. These musicians are the essence of Older Americans Month, as they play together to create the sounds of the past. We will be serving pizza at 5:30 and hope that we can fill our hall with listeners and dancers. This afternoon of music is \$5/ person.

The BRUNO Family Supper Club on Wed. May 22 at 5pm

Hong and Bill Bruno and daughters will be hosting their annual supper club. Sign up and enjoy their delicious offering. Cost is \$6/person!

RULES 11 THROUGH 14 (OUT OF 22) FOR REACHING A GOOD OLD AGE

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You have been younger, but you are still you, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days in the latter mode. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, and dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess dominoes, golf, learn to paint or volunteer at the Center. Find something you like and spend real time having fun with it.

Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
 South Natick MA
 508-653-8330



"Quality care
 in a homelike setting"



MEDFIELD
 veterinary clinic

Medfield
 Orthopedic
 & Sports
 Therapy



Pat Maloney
 Independent
 Elder Advocate

Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052

508-359-9119

Phone: 508-341-8684

psmaloney@verizon.net

Help is a phone call away!



BERKSHIRE HATHAWAY HomeServices
Commonwealth
Mary G. Cusano, Realtor
 266 Main Street
 Medfield MA 02052
 508-561-5411
 Mary.Cusano@CommonMoves.com
 www.thecusanoteam.com

The COA welcomes **Peter Burke** as our Transportation Coordinator. Peter's first day was April 16 and now that he has a couple of weeks under his belt, we've planned two May "mini-trips"! On Thursday, May 9 to Twin Rivers and Tuesday, May 21 to Castle Island. Bus leaves at 10 am and transportation is \$5/person/trip.



Mother's Day Tea
 Hear the story of the Arabian Princess of Zanzibar.
 Monday, May 13
 at 1:30 p.m.
 Suggested donation \$5



Thomas family dental
Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.
Five North Meadows Road
Medfield MA 02052
508-359-6600
Senior Discounts Available



THE CENTER SALON
 Make your appointment for hair removal services with Lisa Mario on **Tuesday, May 14**
 Call now to schedule your beauty treatments. Lisa is now available from 9:30 -11:30 a.m.



The CENTER Hair Salon with Ginny Viles
 Mon., Wed. and Fri. 9 a.m.-2 p.m.
 Appointments are required by calling the Center.
 Men's cut- \$10
 Women's wash & blow dry- \$12

MONDAY TUESDAY WEDNESDAY MAY 2019 THURSDAY FRIDAY

<p>MASS BAR 2019 ELDER LAW PROGRAM Attorney William F. O'Connell will be presenting on Wednesday, May 29 at 6:30 p.m. All Welcome!</p>	<p>Elder Law is the specialized field of law that addresses the diverse legal needs of aging baby boomers and their elderly parents.</p>	<p>1. ROAST TURKEY 9:00 SALON SERVICES 9:00 SHAWS 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:00 CRIBBAGE 11:30 LUNCH 11:30 SCAT 12:30 WHIST 2:00 FIT TO KNIT 3:00 LINE DANCING</p> <p align="center">4-7 TUNE TIMERS SWING BAND PIZZA PARTY \$5/PERSON</p>	<p>2. MEXICALLI CHICKEN 8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 FIX-IT SHOP 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:00 FOSI MEETING 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 GREAT BOOKS DISCUSSION GROUP 1:00 POKER CLUB</p>	<p>3. HUNGARIAN CHICKEN 9:00 ROCHE BROS 9:00 SALON SERVICES 9:00 SELECTMAN'S OFFICE HOUR 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p align="right">OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>6. SHEPHERD'S PIE 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 PAGE TURNERS 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 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</p>	<p>7. CAJUN CHICKEN 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 VNA HEALTH CLINIC 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 12:30 TRIAD- MEET THE NEW NORFOLK COUNTY SHERRIF JERRY McDERMOTT</p>	<p>8. SPAGHETTI BOLOGNESE 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:00 CRIBBAGE 11:30 LUNCH 11:30 SCAT 12:30 WHIST 2:00 FIT TO KNIT 2:00 COA MOVIE 3:00 LINE DANCING</p> <p align="center">UNDERSTANDING DEMENTIA PART 3 AT 6:30 PM</p>	<p>9. TURKEY DINNER 8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 TWIN RIVERS TRIP \$5 10:00 FIX-IT SHOP 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	<p>10. POLLOCK FILLET 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p align="right">OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>13. LS HOT DOG 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME 1:30 MOTHER'S DAY TEA AND PRESENTATION</p>	<p>14. BEEF & BROCCOLI 9:00 THE CLUB PROGRAM 9:30 ESTHETICIAN 9:30 MAT YOGA 10:00 LIVING WITH VISION IMPAIRMENT 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE</p>	<p>15. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:00 CRIBBAGE 11:30 LUNCH 11:30 SCAT 12:30 WHIST 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING</p>	<p>16. CHIX DIVAN 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 FIX IT SHOP 11:30 LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	<p>17. AM. CHOP SUEY 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p align="right">OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>20. TURKEY STEW 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH FOR YARD SALE WORKERS 12:00 SHINE APPOINTMENTS 12:00 3-13 CARD GAME 1:00 MAH JONGG 2-4 ORAL HEALTH OUTREACH</p>	<p>21. SWEDISH MEATBALLS 9:00 THE CLUB PROGRAM 9:00 VETERANS SERVICE HOUR 9:30 MAT YOGA 10:00 CASTLE ISLAND \$5 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE</p>	<p>22. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:00 CRIBBAGE 11:30 LUNCH 11:30 SCAT 12:30 WHIST 1:00 MINDS IN MOTION 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 BINGO 5PM SUPPER CLUB</p> <p align="center">Special thanks to the Bruno Family for our Supper</p>	<p>23. BEEF POT ROAST 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 10:00 FIX IT SHOP 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	<p>24. APRICOT CHICKEN 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p align="right">CLOSED SATURDAY MEMORIAL DAY WEEKEND</p>
<p>27. MEMORIAL DAY COA IS CLOSED</p> 	<p>28. BIRTHDAY LUNCH 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:40 CHAIR YOGA 11:30 BIRTHDAY LUNCH 12:00 DUPLICATE BRIDGE</p> 	<p>29. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:00 CRIBBAGE 11:30 LUNCH 11:30 SCAT 12:30 WHIST 1:00 MINDS IN MOTION 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING</p> <p align="center">6:30 ELDER LAW PRESENTATION</p>	<p>30. OMELET CHEESE & BROCCOLI 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER SUPPORT GROUP 10:00 ZUMBA 10:00 FIX IT SHOP 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	<p>31. BBQ PILLED PORK 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:00 JULIET OUTING 11:30 LUNCH 1:00 COA CLOSSES</p> <p align="right">OPEN SATURDAY JUNE 1 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON COOKOUT 12:30 MAH JONGG 1:00 BINGO</p>

ROCKLAND TRUST Where Each Relationship Matters
Cheryl O'Donnell
 Branch Manager
 76 North Street
 Medfield MA 02052 508-359-7366



Thank you Chickie Flynn's for hosting the Medfield COA.

YOUR CARE. YOUR CHOICE.
 Ask for us by name.
 100+ years of serving MetroWest & beyond
 Contact our Care Coordinators today!
508-653-3081
 WWW.NATICKVNA.ORG

 Rated a 5-star agency by Centers for Medicare and Medicaid
 NATICK VNA
 100 years of caring Medfield & beyond

Live Connected
 Visit Walpole's only Lifecare retirement community. And find out what living connected means at New Pond Village.
 CALL FOR DETAILS: 508.718.2053
 NEW POND VILLAGE
 A Retirement Signature Living Community

Oral Health Outreach Program at the Center

On Monday, May 20th from 2:00PM-4:00PM, the staff and doctors of Medfield Dental will be visiting the Center to provide oral health information to its members. As part of this outreach program, Dr. Mari Bae, DMD and her staff will be presenting on oral health-related topics that affect the aging community and staff will be giving out free sample bags. There will also be time for the members to speak with the doctors, hygienists and staff, and light refreshments will be provided. Please sign up if you are interested in participating in this program.

GREAT BOOKS DISCUSSION GROUP

Enjoy a lively discussion on the first Thursday of the month at 1:00 p.m. The book schedule is:
Tobacco Road by Erskine Caldwell on May 2
The Heart is a Lonely Hunter by Carson McCuller on June 6

Page Turners in May

"Chestnut Street" by Maeve Binchy is the book chosen for our meeting on **May 6th at 10:15**. Join us for a lively discussion of Irish life and manners in Dublin, as deftly drawn characters find their way through the ups and downs of life.

Speech-Language & Hearing Associates of Greater Boston
Specialists in Speech, Language, Learning & Audiology
 Licensed & Certified Audiologists and Speech-Language Pathologists



- Complete Audiological Evaluations
- Hearing Aid Evaluations & Fittings
- Speech and Language Evaluation & Therapy for All Ages

Medfield 5 N. Meadows Rd. 508-359-4532
 Plainville 30 Man-Mar Dr. 508-695-6848

DONUT EXPRESS
CUSTOM CAKES
 FOR ANY AND ALL OCCASIONS!
 COFFEE-DONUTS-MUFFINS-CROISSANTS-SPECIALIZED PASTERIES- AND MORE

258 Main Street
 Medfield MA 02052 508-359-5686

BrightStar Care
 BRIGHTSTAR CARE | MEDICAL STATION
 PRESIDENT & OWNER
BrightStar Care® of Norwood
 One Walpole Street, Suite 5
 Norwood, MA 02062
 P 781-269-7997 F 781-349-5414 M 508-846-2455
 brian.silven@brightstarcare.com
 www.brightstarcare.com/norwood

Lovell's Flower Shop
 160 MAIN STREET
 MEDFIELD, MA 02052
 (508) 359-4191



MEDFIELD TV
 COMMUNITY SHOWS.
 www.medfield.tv
508-359-8888

Gilmore, Rees & Carlson, P.C.
 Tax and Estate Planning, Wills, Trusts, Guardianships, Probate
Bob Morrill, Managing Partner
 Offices in Wellesley and Franklin
508-520-2200 www.grcpc.com