

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:

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The Club Staff:

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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.
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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

SEPTEMBER 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.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH - WHAT IS A COA TODAY?

As posted on the Massachusetts Council on Aging Association website: COAs serve as conduits for accessing a range of municipal services that may seem out-of-reach to residents. They are the focal point where seniors and their families can access the local and state network of elder services, while providing an integrated array of social, health, recreational and education programs for older men and women. COAs offer programs, services and activities that benefit more than 540,000 elders, families and caregivers annually in Massachusetts.

COAs conduct more than 100 programs from information and referral to benefits, outreach, transportation, and meals and other food programs to health screenings, health insurance information benefits counseling, fitness, recreation, computer access, education and life-long learning, among others. In most communities, the COA serves as the only public social service agency and assists town residents with access to public benefits.

Each COA determines its own priorities based on unique local circumstances, resources and interests. Regardless of design, a local senior center is often a home away from home for socializing, learning, wellness, “giving back,” or just a reason to get out of the house. For the rapidly growing population over 60, COAs and senior centers provide a safe place for Massachusetts residents to remain independent, productive and in their community for as long as possible.

Visit the Center at Medfield and meet the staff of the Council on Aging, it’s a great place with many programs, exercise classes, activities, social events, trips. Join us and become a “card carrying” member.

Roberta Lynch Director Susan Bernstein Vol. Coordinator Kathy Powers ARCP Coordinator Patricia Pembroke ARCP Staff Lisa Donovan Outreach Elaine DiClemente Saturday Staff Christina LaRose Saturday Staff Peter Burke Transportation



Stretch Your Mind and Have Some Fun with *Minds in Motion*

“Have some fun, stretch your mind, and enjoy the company,” is how Jerry Cianciolo, creator of *Minds in Motion*, describes the goal of this five-year-old enrichment program returning to the Center on Wednesday, September 11.

Every session features something new, says Cianciolo. But regardless of the topic, whether it’s psychology, art, music, food, or something in the news, “what you’ll find every time,” says Cianciolo, “are fun challenges and spirited discussions.”

The focus is on interaction. “This is no sit still and listen class,” says Cianciolo. “There’s a lot of laughter, some gentle nudging on my part, and every participant is asked to respond to what they’re presented with.”

Minds in Motion runs Wednesdays from 1:00 p.m. to 2:00 p.m. on September 11, 18, 25, and October 2. Pre-registration is required and enrollment is limited to 15 people. Class costs \$15/p.p. Stop in to sign up or call [\(508\) 359-3665](tel:5083593665) for more information.

A Special Thank You to the Following People for Their FOSI Donation!

June Ajemian, Carol Rossi and Jeanette & Dennis Nally in memory of Peter Hinkley
Denise Fava, Jackie Carrol, Kathy Belmont and Thomas Buonomo Jr. in memory of Sue Munroe
Jackie & Bob Collins in memory of Tom Targett, Beverly Bennotti in memory of Mary Gillis,
Pauline Medeiros in memory of Sue Munroe and James O’Malley, Ann Johnson in memory of her husband Bill, Natalie Woodward, Joanne Mcavoy, and Nancy Fosdick

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

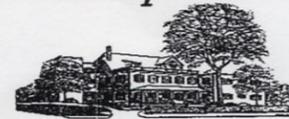
If your label has a highlighted date on it- PLEASE RENEW

NEXT FOSI MEETING
Thursday,
September 12
at 12 Noon



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.

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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
 9:00 a.m. Chair Yoga- \$3/class
 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, Sept. 3** 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 for an appointment on **second Monday** in the morning or the **fourth Monday** of the month beginning at noon.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, Sept. 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 **September 6** 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, Sept.16**.

**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 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. And Friday at 9 am. 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 Fall Trips!!

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.

New England's General Stores: Exploring an American Classic

by Ted Reinstein and Anne-Marie Dorning

On Wednesday, October 2 at 6:30 p.m. enjoy a unique presentation on New England's General Stores. It harkens back to a simpler time and a more innocent and rural nation. It conjures a country-like place where kids come in to buy penny candy, and adults to buy everything from swaths of fabric, to fresh vegetables, to four-penny nails. It was a place to pick up mail, the newspaper, and perhaps tarry a bit on a cold, winter's morning to chat over a cup of coffee and a warm wood stove. Long before "Cheers," the general store was the vital and inviting heart of a community, where everyone not only knew your name, but how you took that coffee, how many kids you had, and how's your dad doing, anyway? And in tough times, it was a place that often treated customers like family, extending credit when no one else would. In short, the general store was real-life Norman Rockwell—deeply woven into America's cultural identity, an integral part of the nation's self-portrait from its earliest days. But over the last 50 years, many of New England's general stores, competing with behemoths like Wal-Mart and Target, began to disappear. But then a funny thing happened: people really missed them. And in many towns, decided to hold onto them.

In talking about *New England's General Stores: Exploring an American Classic*, broadcast journalist Ted Reinstein shares the rich and colorful history of this iconic institution, how they figured in the rise of early American commerce, why they began to fade, and why—like another New England icon, the diner—they have begun to come back and even be re-invented and re-imagined for a new era. Told with anecdotes from a variety of local landmark stores across the region, the presentation is accompanied by the award-winning photography of Art Donahue.

Join us on October 2 at 6:30 p.m. by calling the Center at 508-359-3665 or stopping in to sign up!

NUTRITION THERAPY

Schedule your time to meet with HESSCO Dietician, Stephanie Caljouw on Wednesday, Sept. 11 at 9:30 a.m. Stephanie can help you navigate the in's and out's of good nutrition. Healthy eating, regular exercise and social engagement is key to aging well!

TECHNOLOGY CLASS

Join Brett Poirier on the first Thursday of the month at 2:00 p.m. for on going technology discoveries. Adult children may not have the patience to help you with your phone, I pad, etc., but Brett does!! These classes are free and open to all those who want to learn!

Bay Pointe Waterfront Restaurant

Enjoy a delicious lunch with breathtaking views at Bay Pointe Waterfront Restaurant in Quincy on Thursday, Sept. 26. The bus will leave at 10:30 a.m. Cost of transportation is \$3 and lunch is on your own. Limited to 14.

COOKING DEMONSTRATION

On Monday, September 9 at 1:00 p.m., join Roberta Powlis as she navigates our kitchen. Her menu will intrigue you with unique and delicious chicken salad recipes. Suggested donation for demo and tasting is \$3/person.

Page Turners Book Group

The "bildungsroman" is a type of novel that began in Germany in the 18th century. Today it is so common, both in film and fiction, that few people realize that they are familiar with it. Its modern name is the "coming of age" story. On **September 9 at 10:15 a.m.**, the Page Turners will discuss the Irish-American prototype of the bildungsroman: *A Tree Grows in Brooklyn*. When we read it in days gone by, many of us thought of it as just an interesting story. Today, however, we realize that it is more than that: it shows what many Irish families went through a hundred years ago; it stresses the courage of the women who were forced to cope; it portrays the flowering of the young heroine; and its feminism is implicit without being intrusive. We hope that you will join us for what promises to be a lively morning!

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 Information

As we age things change, including our vision. Resources are available. Call Lisa Donovan for information.

Caregiver Support Group

Share your experience, advice and support to others on **Sept. 26 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 beginning September 9 from 10-11 a.m. Available to Medfield COA members only.

LOW HEARING SUPPORT

Join Susan for a group meeting on Thurs. Sept. 19 at 10:00 a.m. All welcome to attend.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.

FOOD CUPBOARD NEEDS

Canned vegetables, baked beans, canned pasta, cookies, crackers and kid friendly cereal.

SHINE- Serving the Health Insurance Needs of Everyone Presents Information on Medicare

As people approach the age of 65 they are faced with a number of life decisions to consider as they prepare for retirement or senior living. One issue that can be a challenge to understand is Medicare as a health care choice. Melinda Morle, from SHINE, will present *free and unbiased health insurance information* that is valuable to those entering this phase of life. This information is crucial whether you are planning to retire or continuing to work. As we get older, many questions arise regarding health care coverage, especially in 2020, with new Medicare changes that will affect you. Medicare Access and CHIP Reauthorization Act of 2015 (MACRA) is a law by which anyone eligible for Medicare on or after January 1, 2020 will not be able to purchase a Medigap policy which covers the cost of the Part B deductible, such as our Supplement 1 policy in Massachusetts. The 2019 Part B deductible is \$185.00. As a result of this law, there will be additional Medigap policies which will be offered. This is an opportunity for SHINE to educate you about this and other changes to Medicare. It is important to be informed as we approach the process of selecting health care plans and even negotiating favorable premium rates.

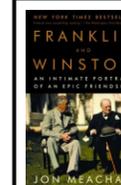
Please join us at the Center at Medfield on Wed. September 25 at 6:30 pm for this important information. Call the Center at 508-359-3665 to register in advance.

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 a.m.
 S,S & B - Thursday at 8:45 a.m.
 Great Books Group- First Thursday at 1pm
 Page Turners-First Monday at 10:15 a.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.
 Coffee/Conversation- Check Calendar

Happy Senior Center Month!

Fill out and use the coupon for one free exercise class, drop it in the raffle box and win a free month of classes of your choice!



Men's Book Club

On Thursday, September 12 at 1:00 p.m. we will be discussing Franklin and Winston by Jon Meacham. Franklin Roosevelt and Winston Churchill were the greatest leaders of "the Greatest Generation." In Franklin and Winston, Jon Meacham explores the fascinating relationship between the two men who piloted the free world to victory in World War II. All welcome to join in!

SHREDDING CONTAINER

We have provided the Mansfield Shredding Service since October 2015. We know that many people utilize the container as it fills up in 1 month. Unfortunately, due to the increase in the container cost and a decrease in the donations, we are unable to continue to subsidize this valuable service. We hope that you have found it helpful over the past 4 years.

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

Wed. Sept. 4- *It Happened One Night* (1934) A newsman (Clark Gable) rides a bus and shares a cabin with a tycoon's (Walter Connolly) runaway daughter (Claudette Colbert).

Sat. Sept. 7- *Love in the Afternoon* An older American playboy (Gary Cooper) loves a private eye's (Maurice Chevalier) young daughter (Audrey Hepburn) in Paris.

Sat. Sept. 14 - *If Beale Street Could Talk* A young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover innocent of a crime he didn't commit.

Wed. Sept. 18- *If Beale Street Could Talk*

Sat. Sept. 21- *The Public* An act of civil disobedience turns into a standoff with police when homeless people in Cincinnati take over the public library to seek shelter from the bitter cold.

Sat. Sept. 28- *Late Night*

A late-night talk show host hires a female staff writer to help smooth over concerns about workplace diversity.

A HEARTFELT THANK YOU TO
 JOAN LEE
 WHO CONTINUES TO
 PROVIDE US WITH
 ENTERTAINING
 MOVIES!

Riverbend of South Natick

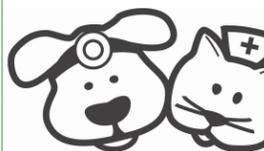
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MONDAY SHOPPING TRIPS AT 12:15 PM
Monday, Sept. 9 - Market Basket
Monday, Sept. 16 - Kohl's Shopping
Monday, Sept. 23 - Dollar Store/Job Lot
Monday, Sept. 30 - Christmas Tree Shops/Trader Joe's

Check the calendar for our monthly "Afternoon of Music" on Thursday, September 12 at 1:30. Listening, singing and dancing enjoyment are all part of these events! Call and sign up for lunch at 11:30 and make it a day!



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, September 10**. 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 SEPTEMBER THURSDAY FRIDAY

2. HAPPY LABOR DAY
THE CENTER IS CLOSED FOR THE HOLIDAY!

3. CAJUN CHICKEN
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 PLAY BOCCO
10:00 N-W VNA HEALTH CLINIC
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 VIDEO CLASS

4. SOUP & SANDWICH
9:00 SALON SERVICES
9:00 SHAW'S
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

5. VEGETABLE CHILI
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
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 GREAT BOOKS DISCUSSION
1:00 POKER CLUB
2:00 TECHNOLOGY CLASS

6. CATCH OF THE DAY
9:00 ROCHE BROS
9:00 SELECTMAN'S HOUR
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES

NO SENIOR SWIM TODAY

OPEN SATURDAY 9-3
9:00 ZUMBA
10:15 MOVIE
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

9. MAC & CHEESE
9:00 SALON SERVICES / SHINE APPOINTMENTS
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:15 PAGE TURNER'S BOOK GROUP
10:00 KINGSBURY SENIOR SWIM
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

1:00 COOKING DEMO \$3

10. SOUP & CHICKEN
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
9:30 ESTHETICIAN
9:45 VISIT KIMBALL FARMS IN WESTFORD
10:00 PLAY BOCCO
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:00 TUNE TIMERS SWING BAND
1:30 VIDEO CLASS

11. SOUP & SANDWICH
9:00 SALON SERVICES
9:00 SHAW'S
9:30 COA BOARD MEETING
9:30 NUTRITION THERAPY
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
2:00 FIT TO KNIT
3:15 SUPER BINGO

MINDS IN MOTION STARTS TODAY AT 1:00 P.M.

12. ROAST TURKEY
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 POKER CLUB
1:00 MEN'S BOOK CLUB

AFTERNOON OF MUSIC 11:30-1:30

13. HOTDOG
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES

OPEN SATURDAY 9-3
9:00 ZUMBA
10:15 MOVIE
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

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

16. SHEPARD'S PIE
7:00 QUEBEC TRIP LEAVES
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
12:00 3-13 CARD GAME
12:15 KOHL'S SHOPPING
12:30 CORE BALANCE CLASS
1:00 MAH JONGG 1:30-3 RMV NEAR ME

17. FIESTA OMELET
9:00 THE CLUB PROGRAM
9:00 VETERANS SERVICE HOUR
9:30 MAT YOGA
10:00 PLAY BOCCO
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 VIDEO CLASS

18. SOUP & SANDWICH
9:00 SALON SERVICES
9:00 SHAW'S
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 1:00 MINDS IN MOTION
2:00 FIT TO KNIT
2:00 COA MOVIE
3:00 LINE DANCING

MINDS IN MOTION

19. BBQ PULLED PORK
8:45 STRENGTH/STRETCH/BALANCE
9:00 WOODCARVING
10:00 ZUMBA
10:00 LOW HEARING SUPPORT GROUP
10:00 FIX IT SHOP
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY LARGE HALL
1:00 POKER CLUB
QUEBEC TRIP RETURNS ~ 7:30 P.M.

20. POTATO POLLOCK
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:00 ROMEO OUTING
11:30 LUNCH
1:00 COA CLOSSES

OPEN SATURDAY 9-3
9:00 ZUMBA
10:15 MOVIE
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO



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

23. CHEESEBURGER
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:00 KINGSBURY SENIOR SWIM
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:00 SHINE APPOINTMENTS
12:15 DOLLAR STORE AND JOB LOT
12:30 CORE BALANCE
1:00 MAH JONGG
1:30-3 RMV NEAR ME

Fall Prevention Presentation at 1:45 p.m.

24. SOUP & PASTA
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:30 JULIET OUTING - WAYSIDE INN
10:00 PLAY BOCCO
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 VIDEO CLASS

25. TRIAD COOKOUT
9:00 SALON SERVICES
9:00 SHAW'S
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
1:00 MINDS IN MOTION
2:00 FIT TO KNIT
2:00 COA MOVIE
3:00 LINE DANCING
3:15 BINGO

6:30 SHINE PRESENTATION
MEDICARE AND YOU
IF YOU ARE TURNING 65, SIGN UP!

26. MEATLOAF
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
9:30 CAREGIVER'S SUPPORT GROUP
10:30 BAY POINTE IN QUINCY FOR LUNCH
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

27. CAJUN CHICKEN
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES

OPEN SATURDAY 9-3
9:00 ZUMBA
10:15 MOVIE
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

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30. BROCCOLI BAKE
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:00 KINGSBURY SENIOR SWIM
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:15 CHRISTMAS TREE SHOPS/TRADER JOE'S
12:30 CORE BALANCE
1:00 MAH JONGG
1:30-3 RMV NEAR ME

The annual **Falls Prevention Awareness Day on 9/23** raises awareness about how to prevent fall-related injuries. Join us on Sept. 23 at 1:45 pm for a presentation by ATI Physical Therapist, Dawn Miller who will provide the information!

TUNE TIMERS SWING BAND
Enjoy the sounds of a big band on Tuesday, Sept. 10 from 1-3:30 p.m. Grab your friends or dance partner and have a great time, listening to music of years gone by! \$3 donation at the door!

ROMEO OUTING
Join Peter for a visit to Doyles for lunch on Friday, September 20. Bus leaves at 11:00 a.m. and limited to 14 gentlemen!

PLAY BINGO
Wednesdays
Sept. 11 and Sept. 25 at 3:15 p.m.
AND
Every Saturday at 1 p.m.

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Visit Walpole's only Lifecare retirement community. And find out what living connected means at New Pond Village.
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DAIRY BARN TO ICE CREAM PARLOR
The farmhouse in Westford that is now the ice cream stand began as a dairy barn in 1908. At that time the Kimball family sold milk wholesale. In 1934, two salesmen stopped by: one was selling his freezer cabinets, the other his ice cream mix. They suggested the Kimball's make ice cream. Jack and Clara took a leap of faith and in 1939 turned the woodshed on the end of the house into an ice cream parlor. Visit Kimball Farms on **Tuesday, Sept. 10** and see how it has grown. The bus will leave at 9:45 a.m. Enjoy an afternoon of exploring the Country Store, enjoy lunch, play mini-golf, check your driving range distance, try your skill at pitch & putt, swing in those batting cages, try your best in the arcade or go wild and enjoy a zip line

NATIONAL SENIOR CENTER MONTH
In celebration of Senior Center Month, this coupon entitles you to one free exercise class at the Center. Be sure to fill out this coupon and drop it in our raffle box for a free month of classes, you pick your class!
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