

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
 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

AUGUST 2020



Picture by Mike Lennon September 2009
 Garden by Jill Vollmuth

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.

Director’s Note: Wow, it is hard to believe August is here! I am very excited about what we have added this month. It is definitely nothing like last year, but there is more activity than July! We will continue our 6-person group gatherings, continuing to follow the BOH and Town Administrations policies. Please stay in touch with the Center by checking our Facebook page, website or calling the Center directly as changes in schedules may happen at any time.

For those caregivers with loved ones at home, our virtual hour-long program on Tuesday, Wednesday and Thursday at 12:30 p.m. is available; providing unique activities for your loved one. Call Kathy Powers, the Program Coordinator and learn about The Club’s virtual hour long program.

August activities include an Ice Cream sandwich drive-thru give-a-way, Grab ‘n Go Wednesday lunches, DJ music and a Car-Hop Cookout featuring music from the 50-60’s, and a new Bingo schedule for Tuesday and Beep for Bingo on Fridays (Parking Lot Bingo).

Tracy Buckley will be offering chair yoga on Tuesday and mat yoga on Thursday at 10:00 a.m. outside on our lawn. Each class is limited to 10 people, socially-distanced, Medfield residents only at this time. Pre-registration is required; a screening table will be set up; a Covid release must be signed and you must have your COA scan card.

Our programs must follow the Board of Health protocols, and we must keep everyone safe. If you are not feeling well on a particular day, please do not join us at the Center; rather, stay home, take care of yourself and rest.

Roberta Lynch

The date on your label is the last time you made a newsletter donation. If your label is highlighted, it’s time to renew!

For updates on programs and events, follow us on Facebook, *The Center at Medfield*, our website or call the Center at 508-359-3665. We do enjoy hearing from you!

<p><i>Thomas Upham House</i></p>  <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover’s Top Choices for Skilled Nursing & Rehabilitative Services <i>Quality Care in a Home-Like Setting</i></p>	 <p>508-359-2000 www.robertsmitchellcaruso.com</p>	<p>Home Instead SENIOR CARE</p> <p><i>to us, it's personalsm</i></p> <p>386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338</p> <p>209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	<p>RANDY'S Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 508-359-4409</p> <p>Inspections, Auto repairs, Complimentary shuttle service.</p>
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JOIN FOSI FOR A
 (WEATHER PERMITTING)
 OUTSIDE MEETING
 ON THURS., AUGUST 6
 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.

If You Shop on Amazon.....Support Friends of Medfield Seniors

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile is available at [smile.amazon.com](https://www.smile.amazon.com) on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. When you shop at AmazonSmile, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice. On your first visit to [smile.amazon.com](https://www.smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make through AmazonSmile will result in a donation. Support The Center by choosing Friends of Medfield Seniors, Inc. as your charitable organization when you shop Amazon!

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

Debra Guagliardo, Bob Dugan, Thomas and Linda Bohn, Claire Shaw and Gail Powers
 Karen Cunningham in memory of Danny Murphy, Victoria Wilkins and Ruth Howard in memory of Ellen Kinnen, Barbara Foulsham in memory of Dave Foulsham and Phil Burr, Anonymous Donor in memory of Brenda Sullivan, Dorothy Ruzzo, Dave Cook and Ralph Parmigiane,

FRIENDS OF SENIORS, Inc. (FOSI) **2020 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



Benefits of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including all of us. 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.

- Take a walk every day not a stroll, but a stand-tall walk!
- Watch local cable stations, Comcast 8 or Verizon 47 at 10 a.m. for COA exercise classes.
- View The Center at Medfield Facebook page, and look for Tracy Buckley's weekly Yoga Video.
- When you are watching TV this month: Using the back of a chair to stay balanced, march in place, bring your knees up as high as you can for 45 seconds and Repeat 3 times.
"Reading is to the mind what exercise is to the body" Joseph Addison

AVAILABLE RESOURCES

Nursing Services - Available through our Public Health Nurse, Alyssa Kaiser. Call the Center for information.

Health Insurance Counseling - S.H.I.N.E. phone appointments are available by calling the Center.

Elder Resource Center - Attorney Mary Roque is available for phone and outside consultations. Arrangements are made by calling the COA.

Selectman Office Hours - Meet and talk with Selectman Peterson on **Fri. Aug. 7 at 9 a.m.** on our back patio. Mask and social-distancing required.

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

RMV Near Me - The COA is offering RMV on-line services by phone. Information on requirements for the Real I.D. can be mailed out, if requested.

Veteran Service – Office Hours - Please call the Center for a telephone appointment if you would like to talk with the Veteran's Service Officer, Jon Cogan.

**Services may require an appointment.
Please call the Center at
508-359-3665**

The Federal Census

The census provides critical data that lawmakers, business owners, teachers, and many others need to know in order to provide daily services, products, and support, including **your** Council on Aging. Funding that is provided to the Medfield Council on Aging from the State of Massachusetts is dependent on the census. The Formula Grant that the Medfield COA receives yearly from the State is based on the Federal Census. This year the COA received \$12.00 per each 60+ person based on the 2010 census, at which time Medfield had 2,010 60+ residents. According to our town census in 2020, there has been a significant increase to 2,855 in the 60+ population. If you have not completed your census, there is still time. If you need assistance with filling out the census, please call the Center and we can help you do that on line! Our funding from the State for the next 10 years will be based on the 2020 Federal Census!

SPREAD THE WORD SOCIAL SECURITY WEBINAR

Join Medfield resident, Jon Bicknell virtually on **Wednesday, September 16 at 6:30 p.m.** for an evening of Social Security information. Social Security is far more complicated than people realize. The decisions we make now can have a tremendous impact on the total amount of benefits we could receive over time. Common questions are: will Social Security be there for me; when should I apply; how do I maximize my benefits; is Social Security enough for retirement? These questions and others will be answered. To participate in this virtual evening seminar, please register by calling the Center. Your email is required for the Zoom invite.

OFFICE OF CONSUMER AFFAIRS

Robin Putnam from the Office of Consumer Affairs and Business Regulation and Amy Schram from the Better Business Bureau will give an overview of what their offices offer to consumers on **Thursday, August 27 at 1:00 p.m.** This is a **virtual** presentation and you must register with your email by calling 508-359-3665. This information is especially important as you navigate purchases, sales, hiring contractors, etc. Their presentation will cover information on home-improvement contracting in MA, the Lemon Law, how to find a business and check their rating, how to check the license of an individual, and much more. They will also take questions that participants may have. Sign up for this informative presentation by calling the Center.

The Real Estate Market During Covid - 19 Pandemic

Despite a large decrease in the number of sales and inventory in Massachusetts in April, May and June due to the Covid-19 Pandemic, many cities and towns continued to experience strong sales and sale prices. What we found in the 2nd Q of 2020 is that due to Covid-19, inventory and sales in MA were down by approximately 15 % compared to same time last year; however prices have not fallen as some experts predicted. MA has experienced low inventory in most cities and towns for several years now and the further decrease in inventory and low interest rates is keeping the real-estate market robust and prices stable or rising.

Using *Medfield* as an example, let's take a look at the data:

2020 1st Q Sales Medfield Single-Family Homes: 27 Homes Sold, average days on market (DOM) 68, Average Sale Price \$650,778

2019 1st Q Sales Medfield Single-Family Homes: 24 Homes Sold, DOM 89, Average Sale Price \$723,673

2020 2nd Q Sales Medfield Single-Family Homes: 41 Homes Sold, DOM 48, Average Sale Price \$827,483

2019 2nd Q Sales Medfield Single-Family Homes: 32 Homes Sold, DOM 41, Average Sale Price \$728,288

As we begin Phase 3 of re-opening across MA, many Buyers and Sellers still experience the understandable fear of contracting the Covid-19 virus. Real Estate Agents are providing safe, professional services to both their Buyer and Seller clients. Following CDC guidelines, company protocols, and an abundance of caution, we are listing and selling properties successfully. There isn't room to discuss all the ways selling real estate has changed amid the Pandemic in regard to professional photos, staging, open houses, home inspections, appraisals, and closings, but here is a description of how most showings are conducted on a property for sale.

Home Sellers Showing Guidelines (this is not MA law and not all agents do the same things)

- Buyers are asked to view property thoroughly online; and if the property has a particular feature, i.e., a busy street, Buyers are asked to drive by first.
- Your Listing Agent should qualify the potential Buyer by having a conversation with the Buyer's Agent.
- Buyers may sign a waiver, prior to viewing, stating they do not have symptoms and have not traveled outside the country.
- Limit attendees to Buyers only (no extra family members), Buyers Agent and Listing Agent. if accompanying showings.
- Remove shoes, wear a mask, practice social- distancing.
- Prepare the house, all lights on, doors open, including basement and closets.
- Buyers are instructed to walk through the property not to touch surfaces or doors.
- Homeowners are encouraged to disinfect after showings, particularly surfaces and doorknobs.

When this article went to print week ending 7/17/2020

- Medfield had 17 homes on the market for sale.
- Medfield had 37 homes under contract.
- Freddie Mac interest rate for a 30-year fixed mortgage was 3.03%.
- Buyer demand continues to outpace inventory in MA.
- Pending Sales are up from the previous week in MA meaning existing inventory continues to go under contract quickly.
- Multiple offers are not uncommon.

If I can answer any real-estate related questions, please call or send an email/text.

Stay Well & Happy Summer, Mary
Mary G Cusano, Realtor, BHHS Commonwealth 4 West Mill St Medfield
Mary.Cusano@commonmoves.com; 508.561.5411

Informational sources: Realtor.com; NAR; National Association of Realtors; The Warren Group

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 information.

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. Phone - call appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health, masks must be worn when out in public, social-distancing is recommended and frequent hand-washing is a must!

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.

SHINE

Our SHINE volunteer is available for telephone appointments by calling the Center for assist with figuring out the health-insurance maze.

RMV NEAR ME

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

THE VIRTUAL CLUB RETURNS NEW TIMES AND DAYS

Are you a caregiver looking for a few minutes to yourself? Our Virtual Club Program returns on **Tuesday, Wednesday and Thursday from 12:30 p.m. to 1:30 p.m.** Your loved one can join Kathy and Tricia for conversation, music, gardening talk, dog therapy and a variety of activities. If you are interested in more information call Kathy at 508-359-3665.

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.

Low -Vision Information

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

Caregiver Zoom Support Group

Share your experience, advice and support on **Wed. 8/19 at 10 a.m.** Call the Center for your zoom invite.

Volunteering

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

Large-Print Newsletter

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

Kingsbury Club

Closed until further notice.

Low Hearing Support

Hearing loss happens as we age. Contact **Susan Bernstein for information** on ways to manage your hearing loss. Learn strategies to maintain your quality of life and relationships.

NEW DAY and TIME !!!

Conference Call BINGO

Tues. & Fri. at 11:30 a.m.

**1-978-990-5000
access code 859729#**

Cards still available!

TRANSPORTATION

We offer transportation for shopping and local medical appointments Our transportation will require that every one will answer screening questions, wears a mask, hands are sanitized before boarding the bus and depending on the bus size, the number of riders will be limited. Seating behind the driver is not allowed. Seats, handrails and seatbelts will be sanitized after each use. To schedule a ride please call the center and leave message on option 1. Our grocery shopping days will be Mon. (**Shaws**), Wed. (**Market Basket**) & Fri. (**Roche Bros.**). Other important errands on Tues. and Thurs.

Are You or Someone You Know Turning 65 Soon? SHINE Counseling is Available

For those of you who are approaching the age of 65, you are faced with a number of life decisions. One of these is the challenge to understand Medicare as a health-care choice. Even though we are closed for in-person appointments with our SHINE counselor, you can still have telephone appointments that will take the stress out of turning 65! Contact the Center staff and we will forward your request to our SHINE counselor and he will be in touch with you! It is that easy. The feedback we have received over the past 5+ months is that the telephone help is wonderful! 65 is a GREAT age, celebrate with good Medicare information!

When You Lose Your Parent, Spouse, Partner, Friend or Anyone...



Love is an incredibly strong emotion that can make connections with people and leave indelible marks on our hearts and souls. What happens when you lose someone who you share such a strong bond and connection to, like the loss of a spouse or partner? Most likely this loss will be filled with many mixed emotions. Being in the midst of a world-wide pandemic can only exacerbate those feelings adding to the void.

Unfortunately death is one of those inescapable aspects of being alive. As someone once said "No one gets out of this life alive". That being said, when someone we love dies, even though we may know or expect it will happen, it oftentimes leaves us reeling. The Center understands how important it is to be among friends and a community that understands what one another is going through. We will be offering a loss of a spouse or partner bereavement-support group. This group will be a safe space to process your grief, learn coping techniques and make connections with others who are on a similar grief journey. This group will meet for 7 consecutive sessions beginning Friday, August 14 at 10:00 a.m.; pre-registration is required and limited to 6 participants. This group will take place outside on our beautiful patio (weather permitting). Please contact Lisa with any questions at 508-359-3665. To register for this program, email Lisa at ldonovan@medfield.net or call the Center.

All safety protocols will be in effect: Covid screening questions, social-distancing, face coverings until seated (if someone requests face coverings to be worn, all must comply), a Covid release to be signed; and due to limited group size, Medfield residents will be given preference.

Medfield Public Library Invites COA for Online Programming!

Zoom Scattergories - Mon., August 10 at 11:30 a.m. and Thurs., August 20 at 2:00 p.m.

Join Adult programming Librarian, Bri, for a friendly game of Scattergories. If you've never played, Scattergories is a fun and easy-to-learn word game that we can all play together from our homes. No mask required! You bring paper and a pen; Bri will bring the alphabet dice. Email Bri at bozanne@minlib.net to get the link to join the Zoom meeting.

Virtual Knitting Clinic & Club - Every 1st and 3rd Thursday of the month from 3:30 - 5:30 p.m.

Join Master Knitter, Cindy, and Friends for a drop-in Zoom Video Chat to talk about knitting! Cindy will be ready to help you with your project or just to "ooh and ahhh" over it! Email Bri at bozanne@minlib.net to get the link to get on the Knitting Clinic Mailing List and the invite to join the Zoom meeting.

Virtual Craft Class for Adults- Wed. evenings at 7:00 p.m.

Join us for Virtual Craft Class on Wednesday nights at 7 via Zoom Video Chat! We'll be making a different craft each week with materials you probably have around the house; but more importantly, we'll be getting together to socialize and be creative. Email Bri at bozanne@minlib.net to get the link to join the Zoom meeting.

GRAB-AND-GO LUNCH



Each Wednesday, HESSCO will be offering a Grab 'N Go lunch offering a sandwich, chips, dessert and drink, all for a \$3 donation. Simply call the Center on Monday before noon to order your Grab 'N Go for that Wednesday. This month we will offer chicken salad on 8/5, turkey and cheese on 8/12, seafood salad on 8/19 and ham and cheese on 8/27! ENJOY!

A special thank you to FOSI members Nancy Gerstel and Bob Heald for folding June, July and August newsletters. We really appreciate your help with this!

AUGUST 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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



The CENTER Hair Salon
with Ginny
Call the Center if you need a hair appt.

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

Our first Ice Cream Sandwich of the season, Wed. August 5 at 2 p.m.
Drive up to the front door!

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

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 Benchmark Signature Living Community

3. HOT DOG
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
SMALL GROUPS CALL TO SCHEDULE PATIO TIME FOR THE WEEK

10. CHEESEBURGER
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
11:30 SCATTERGORIES
SMALL GROUPS CALL TO SCHEDULE PATIO TIME FOR THE WEEK

17. LASAGNA ROLLS
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
SMALL GROUPS CALL TO SCHEDULE PATIO TIME FOR THE WEEK

24. GREEK MEATBALLS
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
1:30 PATIO MOVIE
SMALL GROUPS CALL TO SCHEDULE PATIO TIME FOR THE WEEK

31. SAUSAGE, PEPPERS & ONIONS
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
SMALL GROUPS CALL TO SCHEDULE PATIO TIME FOR THE WEEK

Play BINGO on Tuesday and Friday at 11:30 a.m.

4. GRILLED CHICKEN
10:00 CHAIR YOGA OUTSIDE
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
10:30 FOOD DISTRIBUTION AT HIGH SCHOOL
11:30 CONFERENCE CALL BINGO
12:30 VIRTUAL "CLUB"

11. CHIX CHOW MEIN
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
10:30 FOOD DISTRIBUTION AT HIGH SCHOOL
11:30 CONFERENCE CALL BINGO
12:00 TILDEN OUTREACH
12:30 VIRTUAL "CLUB"

18. BEEF STROGANOFF
10:00 CHAIR YOGA OUTSIDE
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
10:30 FOOD DISTRIBUTION AT HIGH SCHOOL
11:30 CONFERENCE CALL BINGO
12:30 VIRTUAL "CLUB"

25. CATCH OF THE DAY
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
10:30 FOOD DISTRIBUTION AT HIGH SCHOOL
11:30 CONFERENCE CALL BINGO
12:00 TILDEN OUTREACH
12:30 VIRTUAL "CLUB"

CAR HOP COOKOUT
On Wednesday, August 19 from 4:30 to 6 p.m. we will host a parking-lot cookout. We will be grilling hot dogs, served with cole slaw, chips and a water. We will deliver to your car window. DJ Bob will be playing music from the 50's and 60's. Keep in mind we must social-distance and wear masks when outside of your car. You can bring chairs if you want to sit out of your car, 6 feet or more apart from those not in your family. No CONGO lines per our Board of Health and Town Administrator!

5. BEEF PICADILLO
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
10:00 COA BOARD MEETING
11:30-12 GRAB N GO LUNCH
12:30 VIRTUAL "CLUB"
2:00 OUTDOOR FIT TO KNIT
2:00 DRIVE THRU ICE CREAM SANDWICH DAY (available until gone)
7:00 PM VIRTUAL CRAFT CLASS

12. AM. CHOP SUEY
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
11:30-12 GRAB N GO LUNCH WITH PARKING LOT DJ MUSIC
12:30 VIRTUAL "CLUB"
2:00 OUTDOOR FIT TO KNIT
7:00 PM VIRTUAL CRAFT CLASS

19. CHIX BRUSCHETTA
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
11:30-12 GRAB N GO LUNCH
12:30 VIRTUAL "CLUB"
2:00 OUTDOOR FIT TO KNIT
4:30 CAR-HOP COOKOUT
7:00 PM VIRTUAL CRAFT CLASS

26. MEATLOAF DINNER
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
11:30-12 GRAB N GO LUNCH
12:30 VIRTUAL "CLUB"
2:00 OUTDOOR FIT TO KNIT
7:00 PM VIRTUAL CRAFT CLASS

6. TURKEY DIVAN
10:00 MAT YOGA OUTSIDE
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
10:00 MAT YOGA
12:00 FOSI MEETING
12:30 VIRTUAL "CLUB"
3:30 VIRTUAL KNITTING

13. TURKEY DINNER
10:00 MAT YOGA OUTSIDE
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
12:30 VIRTUAL "CLUB"
1:30 PATIO MOVIE

20. MAC & CHEESE
10:00 MAT YOGA OUTSIDE
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
12:30 VIRTUAL "CLUB"
2:00 SCATTERGORIES
3:30 VIRTUAL KNITTING

27. CHIX TERIYAKI
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)
12:30 VIRTUAL "CLUB"
1:00 CONSUMER AFFAIRS VIRTUAL PRESENTATION

TRACY RETURNS WITH OUTSIDE CLASSES
Tracy is back beginning Tues. Aug. 4 at 10 a.m. for an outside chair-yoga class and on Thurs. Aug. 6 for those who prefer mat yoga. Each class is \$3. As mentioned on the front page, each class is limited to 10 people, socially-distanced, Medfield residents only at this time. A face covering is worn until seated, pre-registration is required by calling the Center, a screening table will be set up, a Covid release must be signed and you must have your COA scan card.

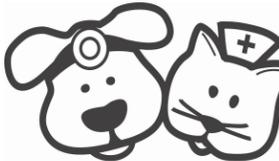
BEEP FOR BINGO
Drive to the Center on Fridays and play Bingo in your cars or bring chairs and sit in front of your car. Weather permitting of course.

Riverbend of South Natick
Skilled Nursing & Rehabilitation Facility
34 Lincoln Street
South Natick MA
508-653-8330
"Quality care in a homelike setting"

Pat Maloney
Independent Elder Advocate
Phone: 508-341-8684
psmaloney@verizon.net
Help is a phone call



Medfield Orthopedic & Sports Therapy
Medfield Professional Building
5 North Meadows Road
Medfield MA 02052
508-359-9119



MEDFIELD veterinary clinic
51 Peter Kristof Way, Medfield, MA, 02052
(508) 359-1920 www.medfieldvet.com



MEDFIELDTV
COMMUNITY SHOWS.
www.medfield.tv
508-359-8888

LOVELL'S ELIADICT & NIIDIC
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MEDFIELD MA 02052
508-359-4191

Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.
Five North Meadows Road
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Senior Discounts Available

Thomas family dent
Brian Silven
PRESIDENT & OWNER
BrightStar Care
HOME CARE | MEDICAL STAFF
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

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