

**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

**SEPTEMBER 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.



The Primary Election will be held as usual at the Center on Tuesday, Sept. 1. Polls will be open from 6:00 a.m. to 8:00 p.m. There will be no small group meetings scheduled this day; however, we will hold outside Yoga (weather permitting). Transportation will be provided to the polls. Please call the Center on Monday to schedule your *ride to vote*.

**The Federal Census**



For those of you who have not completed the Federal census, you have until September 30th. Completing the census is so important as it 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. The yearly COA Formula Grant received from the state is based on the Federal census. The next 10 years of funding will be based on the 2020 census. The Council on Aging receives a dollar amount for each person over 60 years of age. According to our town census in 2020, over the past 10 years our 60 plus population has increased from 2010 to 2,855! However, that is the local town census. We need the Federal Census to reflect that number of 2,855. Medfield Town Planner, Sarah Raposa, identified that Medfield has a 85.2% response rate on the 2020 Census. Let's see if we can make it 100%! 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!

**YOGA CLASSES**

While the weather is still good, outdoor Yoga classes continue at the Center with Tracy Buckley!

Chair Yoga is on Tuesday and Mat Yoga is on Thursday, both classes start at **9:30 am**.

**Pre-registration is required and limited to 10 people!**

If your label is highlighted, please consider making a \$5 donation to: *Town of Medfield-COA* for your newsletter!

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 &amp; Rehabilitative Services Quality Care in a Home-Like Setting</p>	<p><i>Roberts Mitchell Caruso</i> FUNERAL HOME</p> <p>508-359-2000 www.robertsmitchellcaruso.com</p>	<p><b>Home Instead</b> SENIOR CARE</p> <p><i>to us, it's personal<sup>sm</sup></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><b>RANDY'S</b> Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 <b>508-359-4409</b></p> <p>Inspections, Auto repairs, Complimentary shuttle service.</p>
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**COUNCIL ON AGING BOARD**

Bob Heald—Chairman, Perry Constas, Richard Ryder  
Katie Robinson and Heidi Groff

JOIN FOSI FOR A  
(WEATHER PERMITTING)  
OUTSIDE MEETING  
ON THURS., SEPT. 3  
AT 12 NOON

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

Mary O'Brien, Bill and Pat Pardi, Louise Flatley, Robert Norton, Stephen Johnson, Bob and Phyllis Dennehy, Speech Language & Hearing Assoc. Richard Connolly in memory of Ron Schindler, Perry Constas in memory of Dave Foulsham and Ralph Parmigiane, JoAnne O'Halloran in memory of Dan, Carmella Bergman in memory of Anne Morgan and Bill Johnson Deborah Brown in memory of Ruth Marion Eckland

The following are ALL in memory of Ruth DeSorgher:

Marie Boyko, Robert and Joan Wood, Irene O'Toole, June Doucette-Burr, Gabriele Harrison, Carol Rossi, Pauline Medeiros, Patricia Ann Cioto, Rebecca Kornet, Siobhan Donovan, The Pattersons, Ralph Pini, Paul and Cheryl Strittmatter, Florence Brock, Richard Brody, Susan Wilson, Roy and Elizabeth Dame, Bary Stockbridge, Donna Ulman, Denise Garlick, Jeanne Harding, Wendy Burr, Sandra Frigon, Bob Dugan, Robert Heald, Helen and Richard Connolly, Jacqueline Carroll, Eileen DeSorgher and Siblings, Charles and Jane Weston, Claire Shaw, The Nielsen Family, Ron Griffin, Lynne Breed Cannon and Edward Stebbins

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) **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.
- This month, everyday, take 10 minutes to close your eyes, sit still with good posture and practice slow, deep breathing. Relax and remove any stress from your mind and body.

*"Reading is to the mind what exercise is to the body"* Joseph Addison

### **AVAILABLE RESOURCES**

**Nursing Services** - Roberta is available for outdoor blood pressure checks. Call for an appointment!

**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. Sept. 4 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**

### FLU Clinic Sponsored by CVS

CVS will be offering a flu clinic on Tuesday, September 29 from 10am–1pm. This will be held by appointments only. If interested in this clinic, please call the Center to pre-register and pick up the paperwork to be completed prior to your appointment. This clinic will be held according to the Covid-19 policies for safety, including the use of face coverings and social-distancing.

You will be assigned a time for your appointment at which time you may enter the building through the front doors and exit from the side door near the flagpole. Please wear a short sleeve shirt and bring your insurance card. Having your paperwork completed prior to your scheduled time is required. Failure to do so will keep you from attending this clinic.

Please call the Center at 508-359-3665 for your appointment.

### Norfolk County Sheriff Presentation

Join Sheriff Jerome P. McDermott on **Wednesday, Sept 9 at 11 a.m.** for a Zoom presentation on the County Sheriff's role and responsibilities. His department has several programs that assist and benefit seniors. In this presentation you will learn about senior programs; R U OK, The Yellow dot Program, File of Life, Scam Prevention, Senior ID and other programs. Please call the Center to sign up for this online presentation with your name, phone number and email.

### FUEL ASSISTANCE

Fuel Assistance applications are available. If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 ask for Lisa Donovan.

### MEDFIELD FOOD CUPBOARD

The Medfield Public Safety Building will be hosting a trailer for donations in September for the Medfield Food Cupboard. Please drop off your donations of Hearty Soups, Rice Pilaf, Tuna (solid white in water preferred), Canned Fruits (in juice), Tomato Products (Diced, crushed, etc), Macaroni and Cheese and Jelly (Grape preferred). Your donations are appreciated!

### 6 Tips to Keep Your Memory Sharp

The Alzheimer's Foundation of America recommends the following 6 ways to exercise your brain to keep your memory sharp.

1. Stay active in groups. No matter what your interest is, photography, crafts, games, dancing or anything else, there is a group for it. Group involvement keeps your mind fine-tuned and keeps you socially-active, which is key to brain health. That is the reason we have been encouraging the group meetings on the patio; for example, our knitters meet every Wednesday at 2pm!
2. Before Covid-19 the Center hosted 15 exercise classes a week because of the benefit. Exercise increases blood-flow to your brain, improves mood and well-being and improves balance, reduces blood pressure and so much more. When you exercise in a group, you add the social involvement!
3. Engage in some mental games like puzzles, board games and cards, which give your brain a workout. Try brushing your teeth or hair with your non-dominant hand; that forces your brain to think outside of your normal routine.
4. Dust off your dancing shoes, as dancing forces you to pay attention, both mentally and physically. Access dance lessons online and dance in the comfort of your own home right now.
5. Be a life-long learner, expand your vocabulary, take classes online or (hopefully soon) in person that interest you. How about learning a foreign language or learn to paint; there are so many options.
6. Be mindful of your medications. There are certain medications that can affect memory. If you take medications and don't feel as sharp as you once did, ask your doctor.

You may be wondering if any "senior moments" of forgetfulness that you've had are normal; this is the answer. If you forget where you left the keys or the name of something from long ago, that's normal. Forgetting the name of a family member, forgetting what the keys are for or forgetting how to do part of your daily routine are actions that you should speak to your doctor about. All of us at the Center can't wait for this pandemic to be over so that we can get back to normal business, helping people to stay healthy, happy and active!

### Social Security Planning Webinar on Wednesday, September 16 at 6:30 p.m.

Spread the word to all your soon-to-be retired friends as John Bicknell will be repeating his Social Security Planning Seminar: ***What Baby Boomers Need To Know To Maximize Retirement***  
Call the Center at 508-359-3665 to sign up for this informative Zoom presentation.

### Center Pen-Pal Club

Would you like to join our Center Pen-Pal Club? For many months we have been "sheltering at home." Many of us are still home more than we like because we know we are "safer at home". Wouldn't it be gratifying to find a pretty card with a handwritten note or letter in your mailbox? Pen-palling can be a rewarding means of connecting with an old friend or creating a new one. There are people in our senior community who are not able to reciprocate by writing. They will not be forgotten. A card from someone, even though they are not acquainted, will brighten their day. Everyone needs something to look forward to!

Handwriting has more benefits than can fit into our Center newsletter. One example is that it stimulates the brain. When we find kind words to say, it helps us to stay positive and to eliminate stress. These difficult days seem never-ending. Handwriting, for both men and women, helps our mental health. It helps to combat loneliness. Most of all, a handwritten note or letter will bring immeasurable joy and lighten up someone's day. Call the Center to sign up to be a Pen-Pal Club member! Each participant will start out with 3 cards ready for mailing. Let's brighten someone's day; and in return, you may find joy in receiving a note back.

**Regular Shopping Trips at 9:00 a.m.: Mondays we go to Shaw's, Wednesdays we go to Bellingham for Market Basket, Wal-mart, Whole Foods, and The Paper Store and Fridays we go to Roche. Bros. in Millis.**

## 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.

### Adult Respite Care Program

The Club is offering 2 ways to provide caregiver relief. The Virtual Club Program continues 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. In addition, they have initiated in-person hour long visits at the Center. For more information on either offering, contact Kathy Powers at 508-359-3665.

*"Impossible situations can become possible miracles." Robert H. Schuller*

### 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. 9/30 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

Senior Swim suspended until further notice.

### Low Hearing Support

Hearing loss happens as we age. **Contact Susan Bernstein for information** on ways to manage your hearing loss.

### LIBRARY SHARK PRESENTATION

Join underwater photographer and naturalist, Bob Michelson, for an informative and visually-stunning presentation on the sharks and seals of Cape Cod! Tuesday, Sept. 22 at 6:30 p.m. Email Bri at [bozanne@minlib.net](mailto:bozanne@minlib.net) to get the link to join the Zoom 

## September is Time for Hurricane Preparedness

The peak of hurricane season is August and **September**. The National Oceanic and Atmospheric Administration (NOAA) predicts above-normal hurricane season this year. We already experienced a significant storm with Hurricane Isaias which was downgraded to a tropical storm in this area. It only takes one storm to make a severe impact. The entire state is at risk of the effects: storm surge threat in costal areas and high winds, heavy rainfall, inland flooding, power outages and tree damage to structures and homes. It is important to have an emergency plan with members of your household to prepare for what to do in this situation. The Covid-19 pandemic makes everything more challenging and we need to be aware of this. Prepare an emergency kit containing items that will sustain you for 3-5 days in the event power goes out and you are unable to get to a store or if you are isolated. Not only do you need food and water, but also face masks, hand sanitizer and cleaning supplies to protect you from the virus. It is also important to have ways of receiving alerts about impending emergencies; for example, Emergency Alert System, Wireless Emergency Alerts, NOAA Weather radio, Social Media and Traditional Media and Local Notification Systems: [www.mass.gov/info-details/be-informed-and-receive-emergency-alerts](http://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts). Be prepared to be safe!

## 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](http://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](http://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!

## TRY THE GRAB-AND-GO LUNCH ON WEDNESDAYS!!



People have enjoyed picking up a delicious Grab N Go lunch on Wednesdays from 11:30-12. **If you do not drive and are unable to come by, please call the COA by Monday at noon to sign up for a lunch and ask for a volunteer to deliver it.** The volunteer will bring it to your door for a \$3.00 donation to HESSCO. This month we will offer tuna salad on 9/2, ham and cheese on 9/9, seafood salad on 9/16, turkey and cheese on 9/23 and chicken salad on 9/30! ENJOY!

## Special Days

**Wed., Sept. 2-** World Coconut Day! Visit the Center at 12:30 for Mounds or Almond Joy candy bar!

**Mon., Sept. 14-** National Peanut Day- Visit the Center at 12:30 for a peanut butter cookie!

**Thurs., Sept. 17-** National Country Music Day- Enjoy our country music Car Hop at the Center with DJ Bob Vartanian from 4:30-6:00.

**Tues., Sept. 22-** National Ice Cream Day! Enjoy an ice cone at 12:30

ALL AVAILABLE UNTIL WE RUN OUT!

## Volunteer Medical Ride Program

As your Volunteer Coordinator, I have carefully put together a protocol for medical rides during this difficult time. However, before you make a ride request, please check to see whether the appointment can take place over the phone or computer. I have a very limited number of volunteer drivers, as many people are not comfortable providing the rides. If you and your doctor have made the determination that an in-office visit is necessary, please give me as much notice as possible. At this time we are unable to transport you to any Boston area appointments. Thank you for your patience and understanding.  
Susan Bernstein



## A ROYAL FAMILY DISCUSSION HOSTED BY RUTH MCGOVERN

Medfield resident, Ruth McGovern, has been following the Royal family for years. Her interest in the history and life of Her Majesty, The Queen, and family has become a hobby for Ruth. Ruth has a wealth of information and thoughts on the royal family that she has agreed to share with us. We have heard in the media so many stories and seen so much press over Prince Harry and Meghan Markle's departure from the Royal Family, what day would be better for this discussion than Prince Harry's birthday, **Tuesday, September 15 at 2:00 p.m.** Sign up to join Ruth for this very interesting discussion about the Queen, Harry and Meghan, Princess Diana and the rest of the Royal family. Space is limited, social-distancing is required and face coverings until seated.

# SEPTEMBER 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

**Did you know that September 20 is National Wife Appreciation Day?**

**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

Please call the Center on Monday, August 31 to schedule your ride to VOTE!

**7. LABOR DAY HOLIDAY**  
THE CENTER IS CLOSED

**14. CHIX DRUMSTICK**  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
SMALL GROUPS CALL TO SCHEDULE PATIO TIME  
NATIONAL PEANUT DAY- STOP FOR A PEANUT BUTTER COOKIE

**21. BBQ RIBLET**  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
SMALL GROUPS CALL TO SCHEDULE PATIO TIME  
1:30 PATIO MOVIE  **HOUSEBOAT**

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

**1. VOTING DAY**  
**6 A.M.–8 P.M.**  
TRANSPORTATION AVAILABLE

**8. ROAST PORK**  
9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
11:30 CONFERENCE CALL BINGO  
12:30 VIRTUAL "CLUB"

**15. BEEF & BROCCOLI**  
9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
11:30 CONFERENCE CALL BINGO  
12:00 TILDEN TOGETHER MTG  
12:30 VIRTUAL "CLUB"  
2:00 ROYAL FAMILY DISCUSSION

**22. HONEY GINGER CHIX**  
9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
11:30 CONFERENCE CALL BINGO  
12:30 VIRTUAL "CLUB"  
12:30 NATIONAL ICE CREAM CONE DAY - STOP BY FOR ONE!  
6:30 ZOOM SHARK PRESENTATION

**29. CHICKEN STEW**  
9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
10:00-1PM CVS FLU CLINIC  
11:30 CONFERENCE CALL BINGO  
12:30 VIRTUAL "CLUB"

**2. BBQ CHICKEN**  
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 WORLD COCONUT DAY-STOP BY FOR A MOUNDS OR ALMOND JOY BAR  
7:00 PM VIRTUAL CRAFT CLASS

**9. ROAST PORK**  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
11:00 SHERIFF MCDERMOTT ZOOM  
11:30-12 GRAB N GO LUNCH  
12:30 VIRTUAL "CLUB"  
2:00 OUTDOOR FIT TO KNIT  
7:00 PM VIRTUAL CRAFT CLASS

**16. BEEF CHILI**  
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  
6:30 PM SOCIAL SECURITY SEMINAR  
7:00 PM VIRTUAL CRAFT CLASS

**23. SPANISH OMELET**  
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

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

**3. HOT DOG**  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
12:00 FOSI MEETING  
12:30 VIRTUAL "CLUB"

**10. SWEDISH MEATBALLS**  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
12:30 VIRTUAL "CLUB"  
1:30 PATIO MOVIE  **LINCOLN**

**17. CHICKEN PARM**  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
12:30 VIRTUAL "CLUB"  
4:30-6PM COUNTRY MUSIC FESTIVAL CAR HOP

**24. ROAST TURKEY**  
9:30 MAT YOGA  
9:30 FRANKLIN SHOPPING  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
12:30 VIRTUAL "CLUB"

*Celebrate*  
**National Country Music Day** with the Center on Thursday, September 17 from 4:30–6:00  
The Car-Hop in August was SO successful, the COA was asked to have a similar event again.  
Pre-registration is required and space is limited.

**4. POTATO POLLOCK**  
9:00 SELECTMAN PETERSON HOUR (OUTSIDE)  
10:00 BEREAVEMENT GROUP  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
11:30 CONFERENCE CALL BINGO

**11. TURKEY A LA KING**  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
10:00 BEREAVEMENT GROUP  
11:30 CONFERENCE CALL BINGO

**18. CATCH OF THE DAY**  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
10:00 BEREAVEMENT GROUP  
11:30 CONFERENCE CALL BINGO

**25. AM. CHOP SUEY**  
10:00 CABLE TV EXERCISE CLASS (CHANNEL C. 8 OR V. 47)  
10:00 BEREAVEMENT GROUP  
11:30 CONFERENCE CALL BINGO

**PATIO MOVIES**  
Join us for *Movies on the Patio* on Thurs. Sept. 10 for **Lincoln** and Mon. Sept. 21 for **Houseboat** both at 1:30 p.m.  
Call to sign up as space is limited!

Play CONFERENCE CALL BINGO on Tuesday and Friday at 11:30 a.m. September is a great month to pick up a couple of cards and enjoy the fun game of BINGO!

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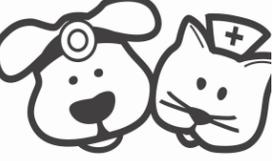
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