

COUNCIL ON AGING STAFF

Director:
Roberta Lynch 508-359-3665 X202
FAX 508-359-4810
rlynch@medfield.net
Outreach Worker:
Lisa Donovan
508-359-3665 X203
ldonovan@medfield.net
Volunteer Coordinator:
Sarah Hanifan
508-359-3665 X201
shanifan@medfield.net
Transportation: X200
Peter Burke
pburke@medfield.net
The Club Staff: X200
Kathy Powers, Coordinator
kpowers@medfield.net
Trish Pembroke, Activities
HESSCO Meal Site Manager
Arlene DiDonato
508-359-3665 X 211
HESSCO
781-784-4944

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

PRSRRT 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

JULY/AUGUST 2021

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 the 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.



Picture by Mike Lannon
Garden by Jill Vonmuth 2009

- “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

COUNCIL ON AGING BOARD

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

If your label is highlighted, please consider making your \$5 yearly newsletter donation to the Center.

FOSI MEETING
ON THURSDAY,
JULY 8 AND AUGUST 5
AT 12 NOON



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

Carol Simpson, Noama Katz, Louis and Sarah Tiberi,
Beth and Elizabeth White, and Kimberly Fournier

James and Lois Cardell in memory of Lou Fellini
Dick and Rose Thibault in memory of Evelyn Thibault Brown

In memory of Basil McCulloch:

Phyllis MacDonald, Elaine and Michael Fiorio, Carol Rossi, and
Steve, Diana and Stephanie McCulloch

Judith Kruntorad for a brick in memory of Dave Oppenheim

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) 2021 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.

This is **not** for the COA newsletter.
A separate yearly \$5 donation to the COA covers the newsletter mailing.

REGULAR ACTIVITIES

- Quilting Fun - Monday at 9:30 a.m.
- Walking Group - Monday at 10:00 a.m.
- Hand N Foot Game - Monday at 10:00 a.m.
- 3-Thirteen - Monday at 12:00 p.m.
- Line Dancing Monday - 12:00 p.m.
- Mah Jongg - Monday at 1:00 p.m.
- Pokeno - Monday at 1:15 pm
- Core Balance - Monday at 1:30 p.m.
- Hanna Adams Bridge - Monday at 7:00 p.m.
- Chair Yoga - Tuesday at 9:30 a.m.
- Ping Pong -Tuesday at 11:00 a.m.
- Duplicate Bridge - Tuesday 12:00 p.m.
- SCAT - Wednesday at 11:30 a.m.
- Cribbage - Wednesday at 12:30 p.m.
- Whist - Wednesday at 12:30 p.m.
- Fit to Knit - Wednesday at 2:00 p.m.
- BINGO - Wednesday at 3:00 p.m.
- Woodcarving - Thursday 9:00 a.m.
- Mat Yoga - Thursday at 9:30 a.m.
- Zumba - Thursday at 10:30 a.m.
- Canasta- Thursday at 11:30 a.m.
- Poker - Thursday at 1:00 p.m.
- Coffee & Conversation - Friday at 10:00 a.m.
- Hand N Foot - Friday at 10:00 a.m.
- Tai Chi - Friday at 10:00 a.m.
- Core Balance - Friday at 11:00 a.m.
- Movies - See calendar

HAPPENINGS AT THE CENTER THIS SUMMER!

Director’s Note: Welcome back to all of our activities! June was a building month for the Center which brings us to hosting all the activities that we had prior to March 2020. Let’s enjoy what is offered and have a great time during these warm summer days. Keep in mind each month we have a cookout with entertainment; be sure to sign up for those. We have scheduled trips with FOX Tours and it is wonderful to have these day trips scheduled. We have two interesting programs scheduled with Joy Marzolf, one on sharks and the other on large reptiles (i.e. a tortoise, an alligator and snakes to name a few). These reptiles will not be on the screen they will be right here in our hall and patio! Definitely sign up as this is a unique opportunity. To the left is our schedule of activities. I hope that you will join in, meet new friends and enjoy what is offered. Please call the Center with any questions or ideas you may have for new programs.

Roberta Lynch

Sign Up For Our Trips

- Thursday, August 5 - Narragansett Lighthouse Cruise with a full course luncheon at Quonset Point Officer’s Club. \$99/person
- Saturday, September 25 – NYC Day Trip—Statue of Liberty, Ellis Island and 9/11 Memorial. \$109/person
- Tuesday, October 12– N.H. Turkey Train with lunch provided by Hart’s Turkey Farm. \$99/person
- Sunday, December 5-7– Atlantic City & Radio City Christmas Spectacular Show with the world famous Rockettes. Check the flyer for pricing.

FLYERS ARE AVAILABLE AT THE CENTER

Thomas Upham House



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



508-359-2000
www.robertsmitchellcaruso.com












386 W. Main St. Suite 14
Northborough MA 01532
508-393-8338
209 w. Central St., Suite 210
Natick MA 01760
508-647-3773



26 Spring Street
Medfield MA 02052
508-359-4409
Inspections, Auto repairs,
Complimentary shuttle
service.

<p>Call Mondays to order your HESSCO <u>Grab-N-Go Wednesday Lunch!</u></p> <table border="0"> <tr> <td>July 7 –</td> <td>Chicken Salad</td> <td rowspan="7"> <p>Call 508-359-3665 on each Monday before 9:30 a.m. to order.</p> </td> </tr> <tr> <td>July 14 –</td> <td>Turkey and Cheese</td> </tr> <tr> <td>July 21 –</td> <td>Seafood Salad</td> </tr> <tr> <td>June 28 –</td> <td>Ham and Cheese</td> </tr> <tr> <td>August 4 –</td> <td>Chicken Salad</td> </tr> <tr> <td>August 11–</td> <td>Turkey and Cheese</td> </tr> <tr> <td>August 18 –</td> <td>Seafood Salad</td> </tr> <tr> <td>August 25 –</td> <td>Ham and Cheese</td> <td></td> </tr> </table> <p>Make your Wednesday lunch a “Grab N Stay” and enjoy your lunch on our beautiful patio!</p>		July 7 –	Chicken Salad	<p>Call 508-359-3665 on each Monday before 9:30 a.m. to order.</p>	July 14 –	Turkey and Cheese	July 21 –	Seafood Salad	June 28 –	Ham and Cheese	August 4 –	Chicken Salad	August 11–	Turkey and Cheese	August 18 –	Seafood Salad	August 25 –	Ham and Cheese		<p><u>EXERCISE PROGRAMS AT THE CENTER</u></p> <p>☆ <u>Line Dancing</u> ☆</p> <p>Line Dancing is back!! Nancy Diduca returns to the Center for one of the best forms of exercise. Line Dancing offers heart healthy benefits and a social activity that will put a smile on your face. All welcome on Monday (beginning July 12) at 12 noon. Class is \$3.</p> <p><u>Core Balance Class</u></p> <p>Join the Jeanne Donnelly’s Core Balance Class on Monday at 1:30 and Friday at 11:00 a.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.</p> <p><u>Chair Yoga</u></p> <p>Tracy Buckley’s Chair Yoga class is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include: improved flexibility, better concentration and increased strength. Join us on Tuesday at 9:30 a.m. Class is \$5.</p> <p><u>Mat Yoga</u></p> <p>Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley’s class on Thursday mornings at 9:30 a.m. Class is \$5.</p> <p><u>ZUMBA Gold</u></p> <p>Lourdes Fournier keeps you moving every Thursday at 10:30 a.m. with the Latin dance exercise you know as Zumba! This workout will use every muscle and you will have fun doing it. Our instructor will keep your hips moving as you exercise to the upbeat, energizing music. Class is \$5.</p> <p><u>Tai Chi</u></p> <p>Join our Tai Chi class Friday mornings at 10:00 a.m. Instructor, Jeanne Donnelly will take you through the slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. Class is \$5.</p>
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<p><u>Bagel and Bread Bonanza</u></p> <p>Every Wednesday between 12-1 p.m. visit the Center and pick up your favorite bread products from Blue Moon, Donut Express and Brother’s Market.</p>																				
<p><u>AVAILABLE RESOURCES</u></p> <p>Nursing Services - Roberta is available for blood pressure checks. Call for an appointment!</p> <p>Health Insurance Counseling - S.H.I.N.E. Phone appointments are available by calling the Center.</p> <p>Elder Resource Center - Attorney Mary Roque is available for phone and outside consultations. Arrangements are made by calling the COA.</p> <p>Selectman Office Hours - Enjoy an outside meeting with Selectman Peterson on Friday July 2 and August 6 between 9-10 am.</p> <p>Social Security/Financial Consultation - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.</p> <p>RMV Near Me - The COA is offering RMV online services by phone. Information on requirements for the Real I.D. can be mailed out, if requested.</p> <p>Veteran Service – Office Hours - Veteran’s Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025</p> <p>Fuel Assistance – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.</p>		<p><u>About Our Exercise Classes</u></p> <p>Our classes are a “pay as you go” option. This way if you miss a class, you are not paying for a class. Sometimes an unexpected situation occurs that will prevent you from attending. “Pay as you go” is a great feature when this happens! We offer a 6-class punch-card if anyone is interested!</p>																		
<p>Drop-in General Grief Support Group</p> <p>The Center at Medfield recognizes that navigating the loss of a loved one can be challenging. You need not travel this path alone. This new initiative, a drop-in grief support group, offers a way to gain peer support and companionship, especially when times are difficult. The group will meet twice a month on the 2nd and 4th Tuesday at 10:00 a.m. Please call Lisa Marie Donovan at the Center if you have any questions or want more information 508-359-3665 X 203 or email Lisa at ldonovan@medfield.net.</p>																				

<p>JULY AND AUGUST SUMMER MOVIES</p> <table><tr><td>In July we will celebrate Meryl Streep and her 21 Oscar nominations that earned her 3 academy awards. She holds the record for the most Academy Award nominations of any actor.</td><td>In August we will share the 3 Best Actor Award movies of Daniel Day-Lewis. He is the first and only actor to have 3 awards in that category and he retired from acting in 2017 at the age of 59.</td></tr><tr><td>July 14 Sophie’s Choice (Best Actress) ⁽¹⁹⁸²⁾</td><td>August 11 My Left Foot (Best Actor) ⁽¹⁹⁸⁹⁾</td></tr><tr><td>July 21 Kramer vs. Kramer (Best Supporting Actress)⁽¹⁹⁷⁹⁾</td><td>August 18 There Will be Blood (Best Actor) ⁽²⁰⁰⁷⁾</td></tr><tr><td>July 28 The Iron Lady (Best Actress) ⁽²⁰¹¹⁾</td><td>August 25 Lincoln (Best Actor) ⁽²⁰¹²⁾</td></tr></table> <p>These are the scheduled movies, availability has not been confirmed.</p>		In July we will celebrate Meryl Streep and her 21 Oscar nominations that earned her 3 academy awards. She holds the record for the most Academy Award nominations of any actor.	In August we will share the 3 Best Actor Award movies of Daniel Day-Lewis. He is the first and only actor to have 3 awards in that category and he retired from acting in 2017 at the age of 59.	July 14 Sophie’s Choice (Best Actress) ⁽¹⁹⁸²⁾	August 11 My Left Foot (Best Actor) ⁽¹⁹⁸⁹⁾	July 21 Kramer vs. Kramer (Best Supporting Actress) ⁽¹⁹⁷⁹⁾	August 18 There Will be Blood (Best Actor) ⁽²⁰⁰⁷⁾	July 28 The Iron Lady (Best Actress) ⁽²⁰¹¹⁾	August 25 Lincoln (Best Actor) ⁽²⁰¹²⁾
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<p>Check the calendar for shopping trips to Shaw’s, Market Basket, Roche Bros, Stop&Shop, Dollar Store, and Walgreens .</p> <p>Call the Center to sign up for our shopping and any programs or events held at the Center.</p>									

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, **fuel assistance**, caregiver and low-vision information and support are available through our Outreach Department with Lisa Donovan. Call for an appointment.

Health and Wellness

In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment. Good handwashing is always 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.

Grab N Go Wednesday Lunch

Order your lunch on Friday and pick up between 11:30-12 noon the following Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.

Services Available at The Center

S.H.I.N.E.

Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health insurance maze. Appointments are available on the 1st and 3rd Thursday of the month by calling the Center.

RMV NEAR ME

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

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. Please return when no longer needed.

Low Vision Information

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

Caregiver Support

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call the Center to discuss the volunteer options with Sarah Hanifan.

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.

Medfield Food Cupboard

The Medfield Food Cupboard is open twice per month on Thursday evenings for curbside pick-up and by appointment for urgent needs. Contact the Food Cupboard at 508-359-4958 or email: info@MedfieldFoodCupboard.com Please note all inquiries are confidential.

Bread Distribution

Every Wednesday from noon to 1:00 p.m. There is bread products from Brothers, Blue Moon and Donut Express. All welcome

The CLUB

A supervised and structured day program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time to yourself, consider our program. Call Kathy Powers for more information.

BINGO RETURNS TO WEDNESDAY, STARTING JULY 7 AT 3:00 P.M.



It's no secret that keeping the brain active is a key in lowering the risk of cognitive decline. Believe it or not, an invigorating round of BINGO is a great way to stretch those mental muscles. Join us at the Center on Wednesday at 3:00 p.m. for lively games of BINGO. FOSI has a recreational license, **so the more people we have the bigger the prize!** Medfield BINGO has a full size BINGO board and great callers. If you have never played before, keep in mind it is fun although sometimes frustrating. This is a social game that actually challenges your mind, especially with games like Top Hat, XMAS Tree and the Shopping Cart. Join us on Wednesday afternoons for a lively game of BINGO.

LINE DANCING RETURNS MONDAY, JULY 12 AT 12 NOON

Dancing is a mode of physical activity that allows older adults the ability to improve their physical function, health, and well-being. There are many studies that indicate older adults can significantly improve their aerobic power, improve muscle endurance in the lower body, improve strength and flexibility, balance, agility, and gait – yes, all through dancing! Line dancing's biggest plus is that you can do it, just you! There is no partner needed. Nancy Diduca returns to provide you the instruction to master a variety of line dances. If you have never tried Line Dancing, your first class is on us. Sign up for this very social and wonderful form of exercise. Class is \$3.

Cards Are Back!



If you are looking to add some activities to your day, check out the front page lineup of card games available to you. People tend to think that playing cards is just a leisurely activity to have with a friend. Card games are a way to meet new people and make new friendships, which helps with your quality of life and wards off loneliness. In general, playing cards provides health benefits that you do not even think about. The strategic card games like Bridge, Gin Rummy and Texas Hold-Em help sharpen cognitive functions by exercising your memory and concentration. There is even evidence that playing cards boosts the immune system! We can't forget that shuffling and holding cards helps exercise your reflexes and hand-eye-coordination. So, if you're not playing cards, maybe you should consider one of our games. Beginners are welcome, because everyone was a beginner at one point!

ICE CREAM SOCIALS

Wednesdays, July 7 and August 4 at 2:00 p.m.

Enjoy a delicious old fashioned hot fudge sundae with vanilla ice cream, hot fudge, whipped cream and walnuts (optional). Summer is a time for ice cream and it's been a long time since we have indulged ourselves in the pleasures of an ice cream sundae. As always, it is important to sign up for these events so we know how much ice cream to buy!

BEACH DAY AT LAKE PEARL



Let's take advantage of what is near to us. Sign up to enjoy a day at Sweatt Beach in Wrentham on Wednesday July 21. The bus will leave at 10:30 a.m. Pack a towel, a lunch, a chair, a book and have a relaxing afternoon sitting by the water. You may even decide to take a refreshing swim! The rain date for this trip is the following Wednesday (July 28).

ROMEO AND JULIET OUTINGS

JULIETS signup for Thursday July 8 for lunch at Lowell's in Mendon. They offer outdoor seating! Bus leaves at 11:15 a.m. Space is limited.

ROMEOS signup for a lunch trip to George's in Mendon on Friday, July 16 for casual outside dining with many menu options. Bus leaves at 11:15 a.m. Space is limited.

From the Desk of Sarah Hanifan, Volunteer Coordinator

Hello,

Happy July and August! I'm thrilled to be here at the Center and look forward to meeting each and every one of you. Next time you're in the building, please say hello. Come take advantage of the air conditioned building, the wonderful programs, the library, and the breathtaking patio space. Speaking of the patio, a big **THANK YOU** to our wonderful volunteers who keep our gardens gorgeous!

If you are curious about volunteer opportunities at the center, please don't hesitate to call or stop in. I'm in the office Tuesdays, Wednesdays and Thursdays. I can be reached at 508-359-3665 x 201 or by e-mail at shanifan@medfield.net

We currently have a few openings at the reception desk in the afternoons Monday - Thursday from noon to 3:00 p.m. and a few Friday morning spots for July that I am hoping to fill. This would be a great opportunity to know what's happening at the Center and meet new people. I'll leave you with one of my favorite quotes:

We make a living by what we get, but we make a life by what we give.

WINSTON CHURCHILL.

General Lee at Gettysburg

Dr. Gary Hylander returns on Monday, July 12 at 2:30 p.m. to detail how Gettysburg ended Confederate general Robert E. Lee's ambitious second quest to invade the North and bring the Civil War to a swift end. The loss there dashed the hopes of the Confederate States of America to become an independent nation. Join us at the Center and enjoy another lecture by our favorite historian, Dr. Gary Hylander. Call the Center at 508-359-3665 to register for this event.

JULY 2021



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The CENTER Hair Salon
Reopening on July 6. Call the Center for an appointment. Masks must be worn for any service.

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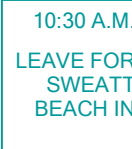
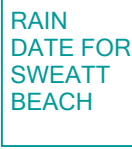
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COLOR KEY FOR CALENDAR <ul style="list-style-type: none"> SPECIAL EVENTS EXERCISE SHOPPING TRIPS REGULAR PROGRAMS 	A warm thank you to Phil Thisse of Rehabilitation Associates, the parent company of Thomas Upham House of Medfield, for sponsoring our June 23 cookout. Thomas Upham House provides wonderful care for short term and long term stays. The fact that this nursing community did not have one case of COVID-19, is something to be proud of! Thank you for supporting the Center.		1. LS HOT DOG 9:00 -1PM SHINE APPTS 9:00 WOODCARVING 9:30 NO YOGA TODAY 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 12:00 FOSI MEETING 1:00 POKER	2. SHEPHERD'S PIE 9:00 SELECTMAN OFFICE HOUR 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 HAND N FOOT 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 FENWAY PATRIOTIC MUSIC/POETRY
5. JULY FOURTH HOLIDAY THE CENTER IS CLOSED 	6. CAJUN CHICKEN 9:30 CHAIR YOGA 10:00 CABLE TV EXERCISE CLASS 11:00 CLUB PICKUPS 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE	7. SPGHETTI BOLOGNESE 9:15 MARKET BASKET 10:00 CABLE TV EXERCISE CLASS 10:00 COA MEETING 11:30 GRAB N GO LUNCH 11:30 SCAT 12:00-1 BREAD DISTRIBUTION 12:00 DUPLICATE BRIDGE 12:30 WHIST 12:30 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO 	8. ROAST TURKEY 9:00 WOODCARVING 9:30 MAT YOGA 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 11:15 JULIET OUTING 1:00 POKER	9. POLLACK FILLET 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 HAND N FOOT 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE
12. ROAST PORK 9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE CLASS 10:00 WALKING GROUP 10:00 HAND N FOOT 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:15 POKENO 1:30 CORE BALANCE 2:30 Gary Hylander 7:00 HANNAH ADAMS BRIDG	13. BEEF N BROCCOLI 9:30 CHAIR YOGA 10:00 CABLE TV EXERCISE CLASS 11:00 CLUB PICKUPS 11:00 DROP IN BERIEVEMENT 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE	14. MAC 'N CHEESE 10:00 CABLE TV EXERCISE CLASS 11:30 GRAB N GO LUNCH 11:30 SCAT 12:00-1 BREAD DISTRIBUTION 12:00 DUPLICATE BRIDGE 12:30 WHIST 12:30 CRIBBAGE 2:00 FIT TO KNIT 2:00 MOVIE SOPHIE'S CHOICE 3:00 BINGO 	15. BBQ CHICKEN 9:00 WOODCARVING 9:30 MAT YOGA 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 1:00 POKER	16. AM. CHOP SUEY 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 HAND N FOOT 10:00 COFFEE & CVONVERSATION 10:00 TAI CHI 11:15 ROMEO OUTING 11:00 CORE BALANCE
19. TURKEY STEW 9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE CLASS 10:00 WALKING GROUP 10:00 HAND N FOOT 12:00 3-THIRTEEN 12:00 LINE DANCING 12:30 TJ MAX AND STOP&SHOP 1:00 MAH JONGG 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	20. SALISBURY STEAK 9:30 CHAIR YOGA 10:00 CABLE TV EXERCISE CLASS 11:00 CLUB PICKUPS 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE  2:00 TILDEN TOGETHER WITH LISA 2:30 SHARK PRESENTATION WITH JOY	21. CHICKEN DIVAN 9:15 MARKET BASKET 10:00 CABLE TV EXERCISE CLASS 11:30 GRAB N GO LUNCH 11:30 SCAT 12:00-1 BREAD DISTRIBUTION 12:00 DUPLICATE BRIDGE 12:30 WHIST 12:30 CRIBBAGE 2:00 FIT TO KNIT 2:00 MOVIE KRAMER VS KRAMER 3:00 BINGO 	22. POT ROAST 9:00 WOODCARVING 9:30 MAT YOGA 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 1:00 POKER	23. APRICOT CHICKEN 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 HAND N FOOT 10:00 COFFEE & CVONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE
26. BBQ PULLED TURKEY 9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE CLASS 10:00 WALKING GROUP 10:00 HAND N FOOT 12:00 3-THIRTEEN 12:00 LINE DANCING 12:15 JOB LOT 1:00 MAH JONGG 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	27. MEATLOAF 9:30 CHAIR YOGA 10:00 CABLE TV EXERCISE CLASS 11:00 PING PONG 11:00 CLUB PICKUPS 11:00 DROP IN BERIEVEMENT 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE	28. SAUSAGE, PEPPERS, ONIONS 9:15 MARKET BASKET 10:00 CABLE TV EXERCISE CLASS 11:30 GRAB N GO LUNCH 11:30 SCAT 12:00-1 BREAD DISTRIBUTION 12:00 DUPLICATE BRIDGE 12:30 WHIST 12:30 CRIBBAGE 2:00 FIT TO KNIT 2:00 MOVIE THE IRON LADY 3:00 BINGO 	29. FLORENTINE OMELET 9:00 WOODCARVING 9:30 MAT YOGA 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 1:00 POKER 2:00 CAREGIVER SUPPORT GROUP	30. STUFFED CHICKEN 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 HAND N FOOT 10:00 COFFEE & CVONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE
Meet with Selectmen Peterson the first Friday of the month (July 2 and August 6), at 9 a.m. at the Center.			WEDNESDAYS ARE OUR MOVIE DAY AT 2:00 P.M.! JOIN US ON JULY 14, 21, 28 AND AUGUST 11, 18, 25	

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

Food for Thought
1. Some of the best memories are made in flip flops. Kellie Elmore
2. Summer is always the best of what might be. Charles Bowden
3. We might think we are nurturing our garden, but of course it's our garden that is nurturing us. Jenny Uglov
4. Don't look back, you're not going that way. unknown



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Call Brian Silver at 781 269 7997 for more information today!

Lisa Donovan, Outreach Coordinator, will be available for individual appointments at Tilden Village on Tuesday, July 20 and August 17 at 2:00 p.m.

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