

## 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 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

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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

## SEPTEMBER 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 Vollmuth 2009

### Welcome September!

**Director's Note:** I hope everyone had a wonderful summer, enjoying the warmer weather (and rain) and family gatherings. September is the beginning of our year of activities. In order to keep everyone safe and healthy, we will continue to follow CDC, state and our Board of Health guidelines as we move forward. I will adjust our schedule and programs as needed and required. Please be sure to sign in so that I can reach you if necessary.

I am happy to say that we will start the month off with a **Pancake Breakfast** on Thursday, Sept. 2 at 8:30 a.m. with an update by our Town Administrator, Kristine Trierweiler. She will highlight some of the past happening's and what's in store for Medfield's future. We anticipate opening up on Saturdays beginning September 18 from 9:00 a.m. to 3:00 p.m. offering Zumba at 9:00 a.m., a morning movie at 9:30 a.m., a light lunch will be served at 11:30, BINGO at 12:30 p.m. and Mah Jongg at 1 p.m. There are two other classrooms available. I will be happy to take suggestions for activities in those rooms! I look forward to having everyone safely enjoy what is offered at The Center at Medfield!

Roberta Lynch

### Calling All Woodcarvers

Every Thursday morning at 9 a.m. the woodcarvers meet at the Center to do some carving. Not only does this group exchange ideas about carving projects, they also exchange ideas on anything and everything. It's carving and it's social! This group has been meeting since the Pfaff Center days and the group is looking for more members. If you currently carve or have in the past, stop by and get acquainted with the group. If you have never carved, stop in and see what they do. The display case in the lobby this month will feature completed projects by the group. See what a hand carved Santa Claus, golfer, fish, duck and even a clock, looks like. They are beautiful masterpieces that make treasured gifts. The group meets Thursday at 9 a.m.

### SEPTEMBER COOKOUT

Join us for the last cookout of 2021 on Wednesday, September 15 from 4:30-7:00 p.m. The Tune Timers Swing Band will be performing at this event and they are a remarkable group of talented musicians who play for their own enjoyment and to put a smile on your face. Call the Center to sign up. The cost is \$6/ per person.

### A Little History on FOSI

FOSI began in 1979 to help defray the cost of a taxi service for medical appointments. Today, FOSI works with the Medfield Council on Aging to help provide a wide assortment of programs and support the needs of the Center. Support to the COA is provided through the generous donations of individuals, businesses and other charitable organizations. FOSI continues to contribute to the Center and has provided many enhancements to the building and has plans for a 3-bay garage. Please consider becoming a member of FOSI by making a yearly donation of \$15. Our next meeting is September 2 at 12 noon. Your donations are greatly appreciated!

### 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.**



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Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!

Sept. 1 –	Chicken Salad	Call
Sept. 8 –	Turkey and Cheese	508-359-3665
Sept. 15 –	Seafood Salad	on each Monday
Sept. 22 –	Ham and Cheese	before 9:30 a.m.
Sept. 29 –	Tuna Fish	

Wednesdays are a busy day at the Center. Order your Grab N Go meal and enjoy lunch in between the scheduled activities or make plans with a friend to enjoy the beautiful September weather with lunch on the back patio.

Bagel and Bread Availability

Monday after 9:30 a.m. (Shaw’s products)

Wednesday after 10:30 a.m. Shaw’s, Donut Express, Brother’s and Blue Moon.

Friday after 11:00 a.m. (Roche Bros-Millis)

Stop in to shop what is donated!

AVAILABLE RESOURCES

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

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

**Selectman Office Hours** - Meet with Selectman Peterson on **Friday, September 3 between 9-10 am.** for any community concerns/ideas you might have.

**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 online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.

**Veteran Service – Office Hours** - Veteran’s Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025

**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.

**Drop-in General Grief Support Group**

The Center at Medfield recognizes that navigating the loss of a loved one can be challenging. The group will meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 10:00 a.m. Please call Lisa at the Center if you want more information 508-359-3665.

EXERCISE PROGRAMS AT THE CENTER

☆ Line Dancing ☆

Line Dancing with Nancy Diduca is 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 at 12 noon. Class is \$3.

Core Balance Class

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.

Chair Yoga\*

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.

Mat Yoga

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.

ZUMBA Gold\*

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.

Tai Chi

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.

\* Available on Zoom

**About Our Exercise Classes**

Our in-person and zoom 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!

**Caregiver Support Group**

Do you sometimes feel stressed or overwhelmed as you try to manage your loved one’s care? The Center offers a Caregiver Support Group on the last Thursday of the month at 2:00 p.m. Please call the Center at 508-359-3665 to join us as we work together to navigate the caregiver journey. Contact Lisa at 508-359-3665 for information.

Games we Play at the Center

**Mah Jongg**- American Mah Jongg is usually played with 3 or 4 players. The goal is to be the first to use your tiles, by picking and discarding, to exactly match a predetermined hand from the annual National Mah Jongg League Card. Players of every level are welcome to play at 1 pm on Mondays.

**Pokeno**- This game is a combination of the two games known as Poker and Keno (or Lotto), with features that make it more interesting and exciting than either. Stop in on Monday at 1:30 and see how it is played. Easy to learn and easy to play so join in on Mondays at 1:30 p.m.

**Cribbage**- Cribbage is played with an ordinary pack of 52 cards without jokers. Scoring is normally recorded on a traditionally crafted board with four parallel lines of 30 holes each plus 2 game holes. Other cribbage board types exist. Two pegs record the score for each player, the rear peg showing the previous tally, the foremost peg recording the current score. The pegs move up the outside of one side of the board and then back down the inside. Be first to win with a 121 score on Wednesday at 1:00 p.m.

**SCAT**- This is turn-based, draw-and-discard game, the object of Scat is to combine same-suit card values to achieve a hand total nearest to 31; the highest possible scoring hand. You’ll need an Ace and a pair of 10-point cards, all of the same suit, to do it. Be prepared to have some fun with this card game on Wednesday at 11:30 a.m.

JOIN OUR WALKING CLUB-DAY CHANGED TO THURSDAY!

Participating in a walking club rewards both body and soul. Our walking club started off with a bang. It seemed as if every Monday it rained or was 90+ degrees, so, we have moved the walk to Thursdays at 10 a.m. Walking is inexpensive and easy to do and good for you. Walking boosts energy levels, improves blood circulation, lowers blood pressure, combats depression and reduces stress. Most important, walking club members build strong friendships and have a lot of fun!!! Join the Center’s Walking Club on Thursday at 10 a.m. Call to sign up by providing your contact information so we can share the meeting location.

September is National Falls Prevention Month

Falls have become epidemic in America and are now the leading cause of death due to injury for those over 65, and account for 40% of all nursing home admissions. Falls are also the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries. Nearly half of all seniors sustaining a fall DO NOT resume independent living.

As with so many things in our lives, prevention is worth a pound of cure-thanks to Benjamin Franklin. Here are seven simple exercises that we can do to improve balance and strength to reduce the risk of falls.

*Joining one of our exercise classes is a great way to meet people and makes exercising more fun!*

**The exercises are:**

1. Heel lifts- stand with both feet flat on the ground. Raise your heels and stand on your tiptoes. Hold for a second and lower back down.
2. Toe lifts-stand with both feet flat on the ground. Raise your toes in the air until your weight is on your heels. Hold for a second and lower your toes.
3. Leg lifts-stand straight and lift one leg off the ground. (Hold onto a chair or other support, if you need). After 10 seconds, lower your leg. Switch sides and repeat.
4. Heel to toe walk-Slowly walk forward placing the heel of one foot directly in front of the other. Look ahead a bit if it helps keep your balance. Repeat for 20 steps.
5. Backward leg lifts-stand straight with feet shoulder width apart. Hold on again if you need to do so and lift one leg behind you and lower it back down. Switch sides .
6. Sit to stand- sit in a sturdy chair and place both feet on the floor. Stand using only your legs and slowly sit down again. You can hold your arms out in front of you or cross them.
7. Wall push-ups- place your hands on the wall at chest height with your fingers pointed up. Keep your back straight and slowly bend your elbows to bring your body toward the wall.

<div><div>Information and Referral</div><div>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.</div><div>Outreach Services</div><div>Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, <b>fuel assistance</b>, caregiver and low-vision information and support are available through our Outreach Department with Lisa Donovan. Call for an appointment.</div><div>Health and Wellness</div><div>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!</div><div>Meals on Wheels</div><div>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.</div><div>Grab N Go Wednesday Lunch</div><div>Order your lunch on Monday and pick up between 11:30-12 noon on Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.</div></div>	
<div><div>Services Available at The Center</div><div>S.H.I.N.E.</div><div>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.</div><div>RMV NEAR ME</div><div>Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.</div><div>Medical Equipment</div><div>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.</div><div>Low Vision Information</div><div>As we age, things change including our vision. Resources are available. Call Lisa Donovan for information.</div><div>Caregiver Support</div><div>If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Stop in for the monthly support group on Sept. 30 at 2:00 p.m.</div></div>	
<div><div>Volunteering</div><div>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.</div><div>Large-Print Newsletter</div><div>Pick up a large-print copy of the newsletter at the Center (by request).</div><div>Kingsbury Club</div><div>There is no news on the Senior Swim Program as of yet.</div><div>Medfield Food Cupboard</div><div>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: <a href="mailto:info@MedfieldFoodCupboard.com">info@MedfieldFoodCupboard.com</a> Please note all inquiries are confidential.</div><div>Bread Distribution</div><div>Every Wednesday from 10:30 a.m.–11:30 a.m. there are bread products from Brothers, Blue Moon and Donut Express. All welcome!</div><div>The CLUB</div><div>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 for yourself, consider our program. Call Kathy Powers for more information.</div></div>	
<div><div>From the Desk of Sarah Hanifan, Volunteer Coordinator</div><div><b><u>VOLUNTEERS NEEDED</u></b> - Here at the Center we are looking for a few more volunteer drivers to provide rides for people who are no longer able to drive themselves or are going to an eye appointment where they are unable to drive home. These rides are primarily in the immediate area. Typically Millis, Norwood, Foxboro, Natick, Needham, Framingham. Occasionally, we have a request for Boston but if you do not feel comfortable with those rides, it's not a problem to opt out. Please conatct me at 508-359-3665 x201 or by e-mail at <a href="mailto:shanifan@medfield.net">shanifan@medfield.net</a> to learn more.</div><div>Did you know that each week Blue Moon, Shaws-Medfield and Donut Express make a generous donation of food to the center? Next time you visit one of these establishments please feel free to let them know we appreciate their donations!</div><div>“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” - <b>Leo Buscaglia</b></div></div>	<div><div>Calling All Crafters!</div><div>We know you are out there and we want you here. On Wednesday, September 8 at 10:45 a.m. we will meet in our craft room for a Fall Wreath making class with instructor Annette Wells. The cost of this class is \$10.00. Most supplies will be provided, your glue gun will be helpful. Each Wednesday from 10:45 a.m. -1:00 p.m. we will offer an open craft session where you can gather and work on your projects in a social group setting! Every 6 weeks we will offer a unique craft for all to participate in. Research has shown that crafting, regardless of the medium you use, can <b>bolster mood, improve self-confidence, and reduce stress overall</b>. In addition, crafting has also shown to improve mental agility, improves both gross and fine motor movements, and also decrease cognitive decline. Sign up to become a COA Crafter!</div></div>

<div><div>REGULAR ACTIVITIES</div><div>Quilting Fun - Monday at 9:30 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 1:30 p.m. 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. Calling All Crafters– Wed. at 10:45 a.m. SCAT - Wednesday at 11:30 a.m. Whist - Wednesday at 12:30 p.m. Cribbage - Wednesday at 1:00 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. Walking Group - Thursday at 10:00 a.m. Zumba - Thursday at 10:30 a.m. Canasta- Thursday at 11:30 a.m. Poker - Thursday at 1:00 p.m. Coffee &amp; Conversation - Friday at 10:00 a.m. Tai Chi - Friday at 10:00 a.m. Core Balance - Friday at 11:00 a.m.</div></div>	<div><div>SEPTEMBER BREAKFAST</div><div>Join us as we kick off the September schedule with a pancake breakfast on Thursday, September 2 at 8:30 a.m. Enjoy hot buttered pancakes, sausages, fruit salad, juice and coffee. Following breakfast Kristine Trierweiler, Town Administrator will give us an update on Medfield; the recent past, present and future. It's important to know what is going on in our town and to be connected. This is a great opportunity to find out what's happening and ask any questions you might have. Be sure to sign up, so we know how many pancakes to flip!</div><div>Minds in Motion Returns September 8</div><div>Last year, Minds in Motion won a prestigious award from the National Council on Aging. It was cited as the BEST program of its kind in the nation. Ask those who have participated and they'll tell you Minds in Motion is popular for three reasons. One, it's fun, with lots of laughter throughout the hour. Two, it's stimulating. You'll be exposed to a host of topics that will spark your imagination. And, three, Minds in Motion is all discussion - no lecturing whatsoever. Instead, you're the center of attention, challenged to think, to feel, to imagine, and to share your thoughts and life experience. Wednesdays from 1 p.m. to 2 p.m. Pre-registration required. \$15 fee. Limited to 15 participants.</div><div>Dr. Hylander Presents STRIKES and UNIONS</div><div>“Workers of the world unite,” urged Karl Marx, “you have nothing to lose but your chains.” Join us as we discuss the origins of the American labor movement. Basically, our discussions will focus of the nineteenth century. We will cover the Homestead Strike, the Pullman Strike and others, along with the tactics used by management to curb workers' organizations. Join us on Monday, September 13 at 2:30 p.m. Please call the Center to sign up.</div><div>NATIONAL FIRST AID DAY</div><div>Join Medfield's Fire Chief, William Carrico on Tuesday, September 14 at 2:30 p.m. for a first aid presentation, along with information on fall prevention. First aid applies to a broad range of medical situations. First aid is not just a set of skills. It also involves the ability to determine the appropriate response to a specific illness or injury. In some cases, the appropriate first aid measure is enough in and of itself -- for example, putting a Band-Aid on a cut or ice on a superficial burn. This type of first aid can be described as self-sufficient. In other cases, appropriate first aid means that all one can do is to get expert medical aid for the patient as quickly as possible. This type of first aid is the invaluable act of summoning urgent medical assistance. There is also a broad category in which first aid literally means providing the "first" aid -- which will then taken over by medical professionals as soon as they become available. Learn more and join us on Sept. 14 at 2:30 p.m.</div><div>Normal Aging vs. Memory Loss Wednesday, Sept. 29 at 6:00 p.m.</div><div>What's the difference between normal, age-related forgetfulness and a serious memory problem? It's normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home. Learn more about what is normal and what is not. This seminar is presented by Peter Bruce and Catherine Kent from Bridges by Epoch at Westwood. This is open to all community members and pre-registration is encouraged by calling the Center at 508-359-3665.</div></div>
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SEPTEMBER 2021



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>COLOR KEY FOR CALENDAR<ul style="list-style-type: none"><li>SPECIAL EVENTS</li><li>EXERCISE</li><li>SHOPPING TRIPS</li><li>REGULAR PROGRAMS</li></ul></div>	<div>PLAN AHEAD</div> <div>A SHRED-IT TRUCK WILL BE AT THE CENTER ON SATURDAY, OCT. 9 FROM 9:00A.M. TO 12 NOON.</div>	<div>SEAFOOD NEWBURG</div> <div>9:15 MARKET BASKET 10:00 CABLE TV EXERCISE 10:00 COA MEETING 10:30 BREAD DISTRIBUTION 11:30 GRAB N GO LUNCH 11:30 SCAT 12:30 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO</div>	<div>2. TURKEY TETRAZZINI</div> <div>8:30 PANCAKE BREAKFAST 9:00 -1PM SHINE APPTS 9:00 WOODCARVING 9:30 MAT YOGA 10:00 WALKING GROUP 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 12:00 FOSI MEETING 1:00 POKER</div>	<div>3. SALISBURY STEAK</div> <div>9:00 SELECTMANS' OFFICE HOUR 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE The start of Labor Day weekend!</div>
<div>6. LABOR DAY HOLIDAY</div> <div>THE CENTER IS CLOSED</div>	<div>7. CHICKEN TERIYAKI</div> <div>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 1:00 WALGREENS</div>	<div>8. FISH NUGGETS</div> <div>9:15 MARKET BASKET 10:00 CABLE TV EXERCISE 10:30 BREAD DISTRIBUTION 10:45 CRAFTER'S CORNER 11:30 GRAB N GO LUNCH 11:30 SCAT 12:30 WHIST 1:00 CRIBBAGE 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 3:00 BINGO</div> <div>FALL DOOR WREATH</div> <div></div>	<div>9. ROAST TURKEY</div> <div>9:00 WOODCARVING 9:30 MAT YOGA 10:00 WALKING GROUP 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 1:00 POKER</div>	<div>10. SAUSAGE W/PEPPER &amp; ONIONS</div> <div>9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</div>
<div>13. BBQ PORK RIBS</div> <div>9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:30 POKENO 1:30 CORE BALANCE 2:30 DR. GARY HYLANDER 7:00 HANNAH ADAMS BRIDGE</div>	<div>14. CAJUN CHICKEN</div> <div>9:30 CHAIR YOGA 10:00 CABLE TV EXERCISE CLASS 10:00 DROP IN BERIEVEMENT 11:00 CLUB PICKUPS 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 2:30 FIRST AID PRESENTATION</div>	<div>15. AM. CHOP SUEY</div> <div>10:00 CABLE TV EXERCISE CLASS 10:45 CRAFTER'S CORNER 10:30 BREAD DISTRIBUTION 11:30 GRAB N GO LUNCH 11:30 SCAT 12:30 WHIST 1:00 CRIBBAGE 1:00 LINE DANCING 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 2:00 MOVIE 3:00 BINGO</div> <div>4:30-7PM COOKOUT WITH TUNE TIMERS SWING BAND</div>	<div>16. BREADED FISH</div> <div>9:00 WOODCARVING 9:30 MAT YOGA 10:00 WALKING GRP. 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12-4:00 SHINE APPOINTMENTS 1:00 POKER</div>	<div>17. CHEESEBURGER</div> <div>9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:15 ROMEO OUTING-BOSTON TAVERN 11:00 CORE BALANCE</div>
<div>20. TURKEY A LA KING</div> <div>9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE 11:00 CASTLE ISLAND TRIP \$5 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</div>	<div>21. CHICKEN MARSALA</div> <div>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 1:00 WALPOLE-NATICK VNA CLINIC 2:00 TILDEN TOGETHER WITH LISA</div>	<div>22. ROAST PORK</div> <div>9:15 MARKET BASKET 10:00 CABLE TV EXERCISE 10:30 BREAD DISTRIBUTION 10:45 CRAFTER'S CORNER 11:30 GRAB N GO LUNCH 11:30 SCAT 12:30 WHIST 1:00 CRIBBAGE 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 2:00 MOVIE 3:00 BINGO</div> <div>6:00 p.m. NORMAL AGING &amp; MEMORY LOSS</div>	<div>23. MEATLOAF</div> <div>9:00 WOODCARVING 9:30 MAT YOGA 10:00 WALKING GROUP 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA 11:00 CLUB PICKUPS 11:15 JULIET OUTING-GEORGE'S 11:30 CANASTA 11:30-3 THE CLUB 1:00 POKER</div>	<div>24. HOT DOG</div> <div>9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE &amp; CVONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</div>
<div>27. STUFFED SHELLS</div> <div>9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</div>	<div>28. SWEDISH MEATBALLS</div> <div>9:30 CHAIR YOGA 10:00 CABLE TV EXERCISE CLASS 10:00 DROP IN BERIEVEMENT 11:00 PING PONG 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE</div>	<div>29. CHICKEN PICCATA</div> <div>9:15 MARKET BASKET 10:00 CABLE TV EXERCISE CLASS 10:30 BREAD DISTRIBUTION 10:45 CRAFTER'S CORNER 11:30 GRAB N GO LUNCH 11:30 SCAT 12:30 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 2:00 MOVIE 3:00 BINGO</div> <div>6:00 p.m. NORMAL AGING &amp; MEMORY LOSS</div>	<div>30. BEEF STEW</div> <div>9:00 WOODCARVING 9:30 MAT YOGA 10:00 WALKING GRP. 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</div>	<div>Saturday Programming will start on September 18. The Center will be open from 9:00 a.m. to 3:00 p.m. Stop in for a Saturday schedule.</div>
<div>Meet with Selectmen Peterson the first Friday of the month September 3 at 9 a.m. at the Center.</div>			<div>Natick-Walpole VNA will be holding a health clinic on Tuesday, Sept. 21 from 1-2:30 p.m. Meet one on one with Alyssa Kaiser, R.N. for BP checks and any concerns. A sign up sheet will be available in the morning. Call 508-359-3665 to sign up.</div>	

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. Make it a September to remember  
2. Happiness is not having what you want. It is appreciating what you have.  
3. You can't go back and change the beginning but you can start where you are and change the ending.  
4. Anyone who thinks fallen leaves are dead have never watched them on a windy day.

Sign up for another Castle Island trip on Monday, September 20. Bus leaves at 11:00 a.m. Transportation is \$5/pp

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Lisa Donovan, Outreach Coordinator, will be available for individual appointments at Tilden Village on Tuesday, September 21 at 2:00 p.m.

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