

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

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

COUNCIL ON AGING BOARD

Bob Heald-Chairman, Richard Ryder, Katie Robinson and Heidi Groff

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

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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

APRIL 2022

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 throughout their life journey.

Director's Note: Most people know that I am not a fan of cold weather and to be writing the April newsletter makes me happy! Soon we will see all those beautiful yellow daffodils blooming in front of the building; a sure sign that better/warmer weather is on its way. April 2 is FOSI's Annual Yard Sale. It has been three years since the last yard sale. Our planning meetings have been well received and many people are excited to help out and support FOSI. FOSI is continuing to fundraise for our future garage. This yard sale will help with that. Our vehicles provide transportation to doctor's appointments, regular shopping trips and our various outings. We have 3 vehicles; an 8 passenger (2008), 14 passenger (2010) and 11 passenger (2013). They are older and need to be cared for. The anticipated garage will help extend their life and that of future COA vehicles. See you at the Yard Sale!!!

Roberta Lynch

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

Mark and Loretta Carrigan, Angelo and Rita Allegretto, Lawrence and Jean Todesca, Pamela Wilkey, William and Rosalyn Horan, Fred Schultz and Gretchen Schultz Ellison and My Tribute Gift Foundation

Paul and Patricia Foscaldo in memory of Earle and Virginia Kerr

Pat Zimmer and Robert Heald in memory of Anne Johnson

John and Christine Ciolfi in memory of Lenora "Cotton" O'Donnell

Dover Fire Fighter's Association in memory of William McVicar

Catherine and Brian Laakso in memory of Roger Laakso

FOSI YARD SALE

The last day to drop off items for the April 2 Yard Sale is Friday, April 1 between 9 am and 12 noon!

If you know someone who has never been to the Center and you think they might like it, please invite them to join you for an activity or an event. Some people are hesitant to come in, not sure what they will find. Ask a friend and invite them along!

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) 2022 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 "Town of Medfield-COA" covers the newsletter mailing.



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Picture by Mike Lennon
Garden by Jill Vollmuth 2009

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

April 6 – Chicken Salad
April 13 – Turkey and Cheese
April 20 – Seafood Salad
April 27 – Ham and Cheese

Call 508-359-3665 on each Monday before 8:30 a.m. to order a Wednesday lunch. Cost is \$3.

Wednesdays are a busy day at the Center. Call on Monday morning (by 9:30) to order your Grab N Go meal for Wednesday and enjoy lunch in between your scheduled activities or with friends.

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!

Donation amounts vary from few to many depending on the day!

AVAILABLE RESOURCES

Nursing Services - Tuesday from 1-2 p.m. with Gaby Harrison, N.P. BP checks and more.

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, April 8 from 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.

Grief Support – Loss of a loved one can be challenging, contact Lisa Donovan for questions, concerns and support.

Caregiver Support Group – Do you need assistance navigating the care-giving journey? This group meets on the last Thursday of the month at 2:00 p.m.

Public Health Nurse – Brenda Healy R.N. is available for consultation each Wednesday.

EXERCISE PROGRAMS AT THE CENTER

Fitness Fun

Lourdes Fournier starts your week off right with a 10:00 a.m. class every Monday that will wake you up and get your week headed in the right direction. Enjoy a combo-class of aerobics, strength training and core fitness. Class is \$5.

Line Dancing

Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is \$3.

Core Balance Class

Join 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. **Bring a friend it's 2 for \$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.

Saturday ZUMBA

Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold. Class is \$5.

Walking Group

Call the Center to sign up for our Walking Group beginning on Wednesday, April 13 at 10:30 a.m. Join the group for conversations and exercise.

COA TRANSPORTATION

Transportation is available to the Center, for shopping trips, programs or simply a visit by calling the evening before to place your request on the transportation line. When you call, press option 1 and leave your name, phone number and ride request. It's that simple.

Rides for medical appointments are handled through Sarah Hanifan and require a **5 business day notice** and may be provided through our bus or a volunteer driver. For questions about transportation, call Sarah at **508-359-3665 X 201**.

Spring is Here and the Walking Club is Back!!!

Walking in groups as opposed to walking alone offers several great advantages. First, it gets you off the couch and out of the house! This fact alone can allude to what a positive move you would be making in the *improving your health category*. Just a half hour every day can increase cardiovascular fitness, strengthen bones, reduce body fat, boost muscle power, endurance and be beneficial to one's mental health! Secondly, walking in groups provides you with motivation and support from other group members giving you the wonderful opportunity to meet new friends. One of the BEST parts of being part of a walking club at the Center is the fun you will undoubtedly have socializing with your group as you embark on a new destination each week! Join Lisa on Wednesday at 10:30 a.m. beginning April 13th. All welcome to walk!

"Looking Back, I Regret That"

Wednesdays, April 13, 20, 27

1:00 p.m. to 2:00 p.m.

Regrets. We all have them. We didn't pursue the vocation we wanted. A dream romance was cut short. Carelessness cost us a close friendship. The list is long. Even years later some regrets continue to nag. In this three-session program led by Jerry Cianciolo, creator of Minds in Motion, we'll explore the most common sources of regret, why some sting more than others, and how to make peace with those that linger. We'll also disclose the latest findings on the subject. But a warning: bring your courage, as you will be asked to share some of your own regrets. Pre-registration required. No walk-ins. Limited to 15 participants. \$10.



Volunteer Appreciation

April is Volunteer Appreciation Month. At this Center and with this Council on Aging, we are thankful each and every day for our volunteers. Without you, we would never be able to maintain our level of activity. To have a Center as vibrant as ours, it takes more than dedicated staff, it takes all of you. Our volunteers give their time and energy to help this center be successful. Because of you; drivers, program leaders, gardening crew, event helpers, newsletter folders, receptionists, Board and FOSI members, Club Support, Donut & Bagel pick up and sorting and yard sale helpers, the Center is a very special place. Thank you!

Please join us on Wednesday, April 27 from 5-7 p.m. for a hot dog cookout and celebration of you and what you contribute to the Center. Individual invitations will follow with an RSVP date of April 20.



Climate Action Plan Presentation

Hilli Passas and Megan Sullivan, members of the Medfield Energy Committee, will be presenting information on the Net Zero 2050 Goal on Thursday, April 7 at 2:00 p.m. at the Center. Information on the plan and strategies on how the town is planning to reach its net zero goal will be presented. You will learn how you can reduce your energy bills and increase the comfort of your home with a MassSave audit. The Town's plan is to educate and provide resources so that residents can make informed choices next time they need to buy a new car or a new heating system. Some topics covered are:

- Increasing home efficiency
- Reducing heating and cooling costs
- Benefiting from renewable energy
- Accessing rebates and incentives
- Where to look for information in Medfield

Sign up for this informational presentation!



We hear it often on the news about how unknowingly a senior has been bamboozled into sending money or gift cards to a scammer. Everyone thinks, "Oh I would never fall for such a thing!" or "That would NEVER happen to me." Unfortunately it often will and does. The incidence of scammers successfully swindling people of all ages is startling. How does this happen you may ask? Scammers are good at what they do. This is their livelihood! Making their money depends on their power of persuasion. They have practiced and refined their techniques. They learn from the calls they do not hook and vowing to do better on the next one.

If you think you have been scammed, DO TELL someone! Yes, it is embarrassing to admit but knowledge is power and the more people that are aware of a particular scam the more people that will have the knowledge and power not to succumb to one in the future. If you have any questions or would like more information on scams please contact Lisa AT 508-359-3665 X203.

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

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.

Services Available at The Center

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. Stop in for the monthly support group on April 28 at 2:00 p.m.

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 Tuesday at 10:30 a.m. and Friday at 10:00 a.m. \$5/session

S.N.A.P. Benefits

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance program (SNAP), also known as Food Stamps. Call Lisa Donovan for assistance with applying.

Medfield Food Cupboard

The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday & Saturday for in-person shopping. The Food Cupboard is now located at 93 West St. Unit 10. Contact the Food Cupboard: 508-359-4958. email: info@medfieldfoodcupboard.com All inquiries are confidential.

Bread Distribution

Every Wednesday beginning at 10:30 a.m. there are bread products available 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 for yourself, consider our program. Call Kathy Powers for more information.

Housing

Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.

Veterans Services

Veterans and their dependents may be eligible for a variety of Chapter 115 Safety Net benefits and assistance programs. Call Mark Bryson at Town Hall at 508-906-3025.

Medfield Fire Department

Life Safety Home Inspections look for potential dangers in seniors residences, including hazards, smoke detector and carbon monoxide detector checks and battery replacement and many other areas that you might not even recognize. Call the Center to schedule a Safety Inspection.

News About the Club Program

In 2011, Metrowest Health Foundation awarded a grant to the Medfield Council on Aging to establish a program to support families caring for a loved one with early dementia. On March 20, 2012 the Center's Adult Respite Care Program (aka "The Club") began. Kathy Powers has worked at this program since the very beginning. In 2013 Patricia Pembroke joined the ARCP staff and together this program has served 81 families. The dynamic duo, Kathy and Trish, have created a program that is much sought after with families from Medfield and surrounding communities participating even as far as Wayland and Roslindale. Providing a safe and stimulating program for loved ones has always been and will continue to be the goal. Kathy and Trish will be leaving their positions at the end of this month and for those families who have experienced their wonderful program or have seen it in action at the Center, we invite you for a celebration of their success and appreciation of their commitment and service to The Club Program. Please join us on **Wednesday, April 20 from 2-4 p.m.** to say thank you and to wish them the best in whatever their future holds!

REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.
Fitness Fun - Monday at 10:00 a.m.
Thirteen - Monday at 12:00 p.m.
Line Dancing - Monday 12:00 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.
Meditation Class - 2nd Tuesday at 11:00 a.m.
Duplicate Bridge - Tuesday at 12 p.m.
Crafter's Corner - Wednesday at 10:45 a.m.
SCAT - Wednesday at 11:00 a.m.
Whist - Wednesday at 12:00 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.
Zumba - Thursday at 10:30 a.m.
Canasta - Thursday at 11:30 a.m.
Poker - Thursday at 12:30 p.m.
Coffee & Conversation - Friday at 10:00 a.m.
Tai Chi - Friday at 10:00 a.m.
Core Balance - Friday at 11:00 a.m.
Zumba - Saturday at 9:00 a.m.
Ping Pong - Saturday 9:00 a.m.
BINGO - Saturday at 12:30 p.m.
Movies - Saturday by Request

CRAFTER'S CORNER ON WEDNESDAYS

April 13 - Let's make Napkin Rings with Annette (no charge) - A well set table makes the meal even better. Create your own unique napkin rings.

April 20 - Learn to make ceramic coasters with Marie Bosak (COST \$3) This craft is amazing and easy to do. Join in and learn to make beautiful coasters. Perfect for a housewarming gift or special occasion.

April 27 - Pottery Painting at the Center (COST \$6). Teresa from Park Street Books guides us through the process of painting a pottery piece (square planter or ring dish) and all that it entails. Sign up today!

With gas prices through the roof, the idea of a road trip might be put on hold. Armchair travel at the Center on Thursday, April 14 at 1pm we will be driving from **Maine to Key West**. Cruise down the most scenic routes of the Eastern seaboard, driving along Maine's rocky coast, stopping at the edge of the mighty Niagara Falls, taking the back roads of Autumn kisses Vermont, following the misty Blue Ridge Parkway as it winds into the Great Smoky Mountains National Park, riding the Overseas Highway to the charming Florida Keys and much more!

The following week on April 21 at 1pm, we will take off from Texas and travel to Yellowstone.

MEDITATION CLASS

Jim Suojanen returns for his monthly Meditation Session. Join Jim on **Tuesday, April 12 at 11:00 a.m.** and begin your meditative practice. Please be sure to sign up for this class. ALL WELCOME !

BCBS MEDICARE COUNTDOWN TO 65

If you or someone you know is getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money?

We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

What will Planning for Medicare – Countdown to 65 cover? This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Join us at the Center on **Wednesday, April 6 at 6:00 p.m.** as BCBS Rep., Sue Flanagan will present this information. Call to sign up!



DRIPPED WAX RESIST WITH WATER-COLOR WORKSHOP

Join Nan Rumpf on **Wednesday, April 13 from 1pm-5pm** for a unique art workshop using melted beeswax. Explore the exciting possibilities of combining melted beeswax with watercolor. We will drip and draw gestural lines with liquified beeswax. Then we will develop our artwork with water color glazes. The wax dries quickly to offer a graceful resist for your watercolors, combining an important textural and line element with a fluid medium. The beeswax, wax-melters and the specialized application tools will be provided by the instructor. This is an enjoyable experimental way to spice up your water colors. Demos and handouts will be provided. A materials list will be provided at the time of sign up. Class costs \$15.00/pp.

PINE HILL PHARMACY INFORMATION

Please join Sandra Eagan R.N. for information on the Pine Hill Pharmacy in Sherborn that might benefit you. Some services available include hassle free transfer of prescriptions and **free** delivery within a 10 mile radius. They also offer nursing consultations, vaccination clinics with free in home administration and convenient prescription packaging. Join us on April 19 at 2:00 p.m. This information may be helpful for you or someone you know.

ARM CHAIR TRAVEL AT THE CENTER

April 2022



BERKSHIRE HATHAWAY
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Medfield MA 02052
508-561-5411

Mary.Cusano@CommonMoves.com



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Medfield Fire Department
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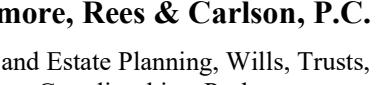
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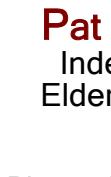
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WATERCOLOR WORKSHOP WITH NAN RUMPF WATERCOLOR & BEESWAX WEDNESDAY, APRIL 13 1:00-5:00 P.M. \$15	Enjoy a trip to Castle Island on Monday, April 11. The bus will leave at ~11:00 a.m. Cost of the trip is \$5. RAIN DATE IS MONDAY, APRIL 25	DO YOU HAVE A HEALTH QUESTION? STOP IN ON TUESDAY AND MEET WITH GABBY HARRISON RN FROM 1-2PM OR ON WEDNESDAY WITH BRENDA HEALY RN FROM 9:30 A.M.-3:00 P.M.	FOSI YARD SALE SAT. APRIL 2 8:30 AM-2:00 PM BOOKS, BAKE SALE, JEWELRY, GADGETS, HOUSEWARES AND MORE	1. YARD SALE SET UP DONATIONS ACCEPTED 9-12NOON Remember to drop off your baked goods! <div style="float: right; border: 1px solid black; padding: 2px;">SAT., APRIL 2 YARD SALE 8:30 - 2:00 P</div>
4. SLOPPT JOE 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	5. STUFFED CHICKEN 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 10:45 PING PONG 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 11:00 WALGREENS - DISCOUNT DAY 1:00 HEALTH CLINIC	6. PORK LO MEIN 9:15 MARKET BASKET 9:30 COA BOARD MEETING 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO	PUBLIC HEALTH NURSE 6PM COUNT-DOWN TO 65: MEDICARE INFORMATION	7. TURKEY POT PIE 9:00 WOODCARVING 9:00 SHINE APPTS. 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MEETING 12:00 SHOPPING - CHRISTMAS TREE 12:30 POKER <div style="float: right; border: 1px solid black; padding: 2px;">8:30 BREAKFAST 2PM CLIMATE ACTION PLAN 6:00 LADIES PAINT NIGHT</div>
11. CHIX A LA KING 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 11:00 CASTLE ISLAND \$5 2:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	12. BEEF BORDELAISE 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB 10:45 PING PONG 11:00 MEDITATION CLASS 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC	13. SWEDISH MEATBALLS 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:30 WALKING GROUP 10:45 CRAFTER'S CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / WATERCOLOR WORKSHOP 1:00 LOOKING BACK WITH JERRY 2:00 FIT TO KNIT <div style="float: right; border: 1px solid black; padding: 2px;">3:00 BINGO</div>	PUBLIC HEALTH NURSE	14. SLICED HAM 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHOPPING - TARGET STOP n SHOP 12:30 POKER 1:00 ARM CHAIR TRAVEL
18. PATRIOT'S DAY HOLIDAY COA CLOSED	19. CHIX JAMABLYA 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 10:45 PING PONG 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC 2:00 PINE HILL PHARMACY PRESENTATION	20. MEATLOAF 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:30 WALKING GROUP 10:45 CRAFTER'S CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 1:00 LOOKING BACK WITH JERRY 2:00 FIT TO KNIT <div style="float: right; border: 1px solid black; padding: 2px;">3:00 BINGO</div>	PUBLIC HEALTH NURSE DAY 2-4PM COFFEE FOR KATHY AND TRICIA	21. TURKEY DIVAN 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 11:30 JULIET OUTING 12:00 SHINE APPOINTMENTS 12:00 SHOPPING - JOB LOT 12:30 POKER
25. BUTTERMILK CHIX 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 11:00 CASTLE ISLAND RAIN DATE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	26. PORK & LENTIL STEW 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 10:45 PING PONG 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC	27. VEG. CHILI 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:30 WALKING GROUP 10:45 CRAFTER'S CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 1:00 LOOKING BACK WITH JERRY 2:00 FIT TO KNIT <div style="float: right; border: 1px solid black; padding: 2px;">3:00 BINGO</div>	PUBLIC HEALTH NURSE DAY 5-7 PM VOLUNTEER APPRECIATION	28. BEEF STIR FRY 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 POKER 1:00 ARM CHAIR TRAVEL 1:00 CAREGIVER SUPPORT GROUP
THURSDAY AFTERNOON SHOPPING PICK-UPS BEGIN AT 12:00 PM	Meet with Selectman Pete Peterson on Friday, April 8 from 9-10 a.m.	A special thank you to all of you who support the FOSI Yard Sale. The Volunteers and Shoppers always make it a huge success!		
April 7 - Christmas Tree/Trader Joes April 14 - Target/Stop N Shop April 21 - Job Lot Do you have suggestions where you may want to shop?	 BrightStar Care [®] HOME CARE MEDICAL STAFFING A Higher Standard RN-led HomeCare for Safe Living or Recovery at Home Nursing Care • Personal Care • Companion Care RN oversight • MA certifc staff • Drive to Appts Medication Mgmt./Insulin • Light Cleaning &Meals Call Brian Silven at 781 269 7997 for more information today!	COLOR KEY FOR CALENDAR SPECIAL EVENTS EXERCISE SHOPPING TRIPS REGULAR PROGRAMS	 Riverbend of South Natick Skilled Nursing & Rehabilitation Facility 34 Lincoln Street South Natick MA 508-653-8330	 Gilmore, Rees & Carlson, P.C. Tax and Estate Planning, Wills, Trusts, Guardianships, Probate Bob Morrill, Managing Partner Offices in Wellesley 781-431-9788 www.grepc.com



Pat Maloney
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Help is a phone call



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Food for Thought

1. Stop getting distracted by things that have nothing to do with accomplishing your goals. -unknown
2. Never let the things you want make you forget the things you have. -unknown

3. Whatever you are, be a good one -Abraham Lincoln

4. If the plan doesn't work, change the plan. But never the goal. #inspiration

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