

## 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

## COUNCIL ON AGING STAFF

### **Director:**

Roberta Lynch 508-359-3665 X202  
FAX 508-359-4810

rlynch@medfield.net

### **Volunteer Coordinator:**

Sarah Hanifan  
508-359-3665 X201  
shanifan@medfield.net

### **Transportation:**

X200  
Peter Burke  
pburke@medfield.net

### **The Club Staff:**

X200  
Elaine Owens, Coordinator  
eowens@medfield.net  
Ann Hunter, Activities  
Ahunter@medfield.net

### **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

PRSR 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

**MAY 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.



Picture by Mike Lennon  
Garden by Jill Vollmuth 2009

**Director's Note:** April 2 was the FOSI Yard Sale. Below is a picture of the volunteers who work tirelessly to make this sale a HUGE success. It's not only the volunteers, but the many people that donated their unwanted items and all the shoppers who found their treasures! The yard sale week is busy, but it is truly a time where people come together, work together and laugh together for a common goal.

Roberta Lynch



## **FOSI MISSION STATEMENT**

The purpose of the Friends of Medfield Seniors, Inc. (FOSI) is to raise funds for programs, activities and equipment to be used to promote and perpetuate the dignity and well-being of the Senior Citizens of the Town of Medfield, Massachusetts.

## COUNCIL ON AGING BOARD

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

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

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

Barbara O'Malley, My Tribute Gift Foundation, Catherine Laakso, DC Folino,  
Joanne O'Halloran, Suzanne O'Halloran and John Byda

Susan Oberlander in memory of Robert Norton, John Howard in memory of Blaine Scott Corey,  
Giovanna D'Angelo in memory of Leorina Shcermeekean, Marie Ruzzo in memory of Harry Evans  
and John Kennedy in memory of Ann Kennedy.

**August Day Trip: Thursday, August 18-** Leave the Center at 9 a.m. for scenic Maine. You will enjoy lunch at the Bull & Claw Restaurant with your choice of entrée, (Fresh Baked Stuffed Haddock, Shrimp & Mussel Scampi, Chicken Parmigiana) with Garden Salad, Potato, Vegetable, Beverage and Chocolate Chambord Cake Dessert! Following lunch you will have a magnificent 90-minute cruise of Casco Bay. Arrival home is ~6:30 p.m. All for \$109/pp.

**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.**



## **Thomas Upham House**



519 Main Street, Medfield, MA

508-359-6050

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& Rehabilitative Services  
Quality Care in a Home-Like Setting

**Robert Mitchell Caruso**  
FUNERAL HOME  
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Our beautiful Daffodils  
in front of the building!  
Happy May



Picture taken April 11, 2022

**RANDY'S AUTOMOTIVE**  
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Automotive Service, Inc.

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Medfield MA 02052  
**508-359-4409**

Inspections, Auto repairs,  
Complimentary shuttle  
service.

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

May 4 – Chicken Salad  
May 11 – Turkey and Cheese  
May 18 – Seafood Salad  
May 25 – 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

**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, May 6 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 the Center 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. Brenda will check blood pressures, answer health questions you might have and provide guidance and information as needed.

#### 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

Join our Walking Group on Wednesday, at 10:00 a.m. Join the group for exercise, conversations and a few good laughs!

##### 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**.

#### CINCO DE MAYO

Cinco de Mayo is an annual celebration held on **May 5**, which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. Join us from **1:00–2:00** for Nachos and Mock Marguerita's and a little bit of Salsa music! Be sure to sign up!

#### COMCAN EDUCATIONAL EVENT- MEDICAL MARIJUANA PRESENTATION

Join us **Monday, May 23, at 2:30 p.m.** for a Medical Marijuana presentation. Together in partnership, Canna-Wise Medicine and Commcan Inc., will educate the community about how to obtain a Medical Marijuana Card. Information on how cannabis can help your daily health and wellness will be discussed, along with how cannabis interacts with prescription medications. Important tips about how to practice safe cannabis storage, proper cannabis dosing and legal transportation will be presented. If you are curious about any aspect of medical marijuana, definitely attend. Bring your questions with you so that you get your answers. Be sure to sign up for this very unique and first time presentation at the Center by stopping in or calling the Center at 508-359-3665.

#### JOY MARZOLF RETURNS! THE NATURE OF THE MAYA WORLD

Join us on **Wednesday, May 25 at 1:00 p.m.** as Joy Marzolf returns with another one of her very interesting programs. If you recall, last year she visited the Center with snakes, a turtle, her beloved alligator and more! During this event, Joy will talk about the Mayan civilization which originated about 2600 BC and was prominent in Mesoamerica in 250AD. The Maya were known for many things including their elaborate stone buildings which often contained carvings relating to their calendar system and hieroglyphic writing. See some of the ancient sites in Belize that can be visited today, from Caracol with its temples, to caves with ancient artifacts. Find out about the origination of an important aspect of Maya culture (hint: chocolate!), and how it came to be incorporated into our modern world. From big cats like jaguars, to birds like the keeled-billed toucan and colorful parrots, learn about the wide variety of animals found in this part of Mesoamerica, and how the Maya incorporated many of them into their stories and intricate carvings. Ancient sites, and protected forests around them, still provide homes for many jungle species such as howler monkeys, that can often be seen and heard while experiencing the wonders of the Maya. Sign up and learn!

#### NORFOLK COUNTY CORRECTIONAL CENTER IN DEDHAM TOUR

Please join us for a tour of the Norfolk County Correctional Center in Dedham on Thursday, May 26 (time to be decided). Those attending will get a first-hand look at the inner-workings of one of the state's most modern correctional facilities. They will also learn about educational and vocational programs available to offenders, the day-to-day operations of the facility, including food service, medical treatment, recreation, and investigations. The tour is roughly 1 ½- 2 hours and requires some walking. This event is being sponsored by Sheriff McDermott's Senior Program. **Pre-registration is required** along with completing paperwork for a CORI check. Having participated in the last tour several years ago, it is extremely interesting and does provide insight into the correctional-facilities operations.

#### AUTHENTIC MAINE LOBSTERBAKE

Enjoy a delightful day trip on **Tuesday, July 12** leaving the Center at 8:00 a.m. for York Village, Maine. Enjoy a stroll along Ocean Drive or shop the many boutiques along the costal walkway. Then be ready to feast on plenty of delicious food at Fosters, including Clam Chowder, Mussels and Maine Clams, Fresh Lobster with Drawn Butter (or BBQ Chicken), Roasted Red Bliss potatoes and Onions and finally a delicious Blueberry Crumb Cake. Arrival home is early evening with a full belly and many memories! (\$99/pp)

## 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. 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.



Dive into the wonderful flowing world of Watercolor. You can paint in your own home without worrying about fumes or thinners. Join this class to guide you through exploring the characteristics of the paints and techniques of watercolor painting. These classes will explore the following: Watercolor washes and glaze, Painting simple landscapes using washes, Learning about color families, Creating interesting shapes, Creating form with watercolors, Testing your colors to discover their characteristics and how to mix your own greys and blacks. Sign up for this beginner class and learn how to paint!

Class Series fee is \$50.00/person. Call the Center for more information and to register.

## 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 the Center.

### 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 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 the Center for assistance.

### Beginning Watercolor Class with Nan Rumpf

Six sessions (two hours each)

Fridays 10:30 a.m. – 12:30 p.m.

May 6, 13 and 20 then June 3, 10 and 17

Dive into the wonderful flowing world of Watercolor. You can paint in your own home without worrying about fumes or thinners. Join this class to guide you through exploring the characteristics of the paints and techniques of watercolor

painting. These classes will explore the following: Watercolor washes and glaze, Painting simple landscapes using washes, Learning about color families, Creating interesting shapes, Creating form with watercolors, Testing your colors to discover their characteristics and how to mix your own greys and blacks. Sign up for this beginner class and learn how to paint!

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## 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](mailto: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 Elaine Owens 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.

## 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.  
Meditation Class - Tuesday at 11:00 a.m.  
Duplicate Bridge - Tuesday at 12 p.m.  
Walking Group- Wednesday at 10:00 a.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.  
Ping Pong -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 WEDNESDAY AT 10:45 A.M.

**May 11** - Sign up to create a beautiful unique piece of jewelry, i.e. necklace, earrings or a bracelet. All materials included.

**May 25** - Revisit "Button Art" with a twist. All materials included, but if you have buttons you want to donate, we will accept them gladly!

Benefits of Crafting:

- It stimulates creativity and the imagination.
- It encourages communication and socialization.
- It increases the capacity for concentration.
- It encourages participation and teamwork.
- It reduces stress and anxiety too! So join us in our Crafter's Corner!

## ANNUAL TOWN MEETING

The Annual Town Meeting is scheduled for Monday, May 2 at 7:00 p.m. Town Meeting is an opportunity to hear what is going on in Medfield and have a say by voting for the various articles that are put before the town. If you need transportation to the meeting, please give the Center a call. As always, we will be providing transportation if requested.

## MEDITATION CLASS EVERY TUESDAY IN MAY

Join Jim Suojanen EVERY Tuesday at 11:00 a.m. for a weekly meditation session. Meditation has been practiced for thousands of years. It originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress- reduction providing a sense of calm, peace and balance. Please be sure to sign up for these classes. ALL WELCOME !

## MOTHER'S DAY TEA

The idea for an official Mother's Day holiday that we now celebrate originated in the US in 1905 when a woman named Anna Jarvis held a memorial for her own mother in St. Andrews Methodist Church. Anna's mother, Anne Reeves Jarvis, was a notable advocate for women and had started 'Mother's Day Work Clubs'. When Ann Reeves Jarvis passed away, her daughter Anna Jarvis wanted a way to celebrate and acknowledge the sacrifices mothers like her own had made for their children. This celebration became one of the driving forces of Mother's Day. Anna fought and campaigned for the celebration to become a regular holiday to celebrate all mothers. After 6 years, it was finally recognized as a holiday on the second Sunday in May of every year. Join us on **Tuesday, May 10 at 1pm** for an afternoon tea in celebration of Mother's Day. White gloves and hats are optional! This event is limited to 25 ladies, so do not wait to R.S.V.P.

## Curious About the Medfield State Hospital Redevelopment Plan?

Please join us for a presentation at the Center by representatives from Trinity Financial on Wednesday, May 18th at 11:00 am to hear the plans to rehabilitate the existing historic buildings into a modern neighborhood. They will detail their plans for building re-use into residential apartments as well as public access to the town and state-owned open space and future Cultural Arts Center. Light refreshments will be provided by the organizers. **Sign up today to be informed!**

## SUSTAINABLE MEDFIELD PRESENTATION

**Join us at 2pm on Thursday, May 19th** to learn about Sustainable Medfield and how the group helps the Medfield community learn about actions they can take for the environment. Sustainable Medfield, a Medfield Foundation, Inc. Initiative, is a group of friends, neighbors and local groups who are helping our town reach its environmental goals. We provide a one-stop library of Medfield-specific actions for residents to learn from and act upon. The Action Library includes actions/resources on topics including: MassSave energy audits, solar panels, electric vehicles, native gardens, the unusual items collection at the library and many more. We will walk through the sign-in process to create a profile so you can track the steps you have already taken and learn about and identify actions you'd like to take in the future. Bring your phone or laptop and we can help you get started. Visit SustainableMedfield.org to learn more.

# MAY 2022



**BERKSHIRE HATHAWAY**  
HomeServices:  
Mary G. Cusano, Realtor  
4 West Mill Street  
Medfield MA 02052  
508-561-5411

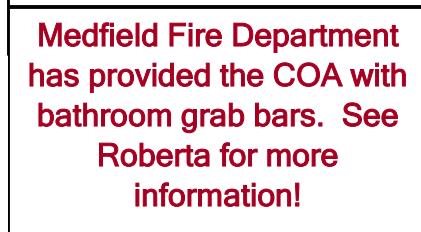
Mary.Cusano@CommonMoves.com



The  
CENTER  
Hair Salon  
Call the  
Center for your appointment  
with Ginny. Masks must be  
worn for any service.



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



Medfield Fire Department  
has provided the COA with  
bathroom grab bars. See  
Roberta for more  
information!



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508-359-4532  
Plainville 30 Man-Mar Dr.  
508-695-6848



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Independent Living  
Assisted Living  
Memory Care

774.224.8129 Schedule a Tour

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. CHEESEBURGER  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 7:00 ANNUAL TOWN MEETING	3. BBQ PORK PATTY  9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 MEDITATION CLASS 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 12:00 WALGREENS - DISCOUNT DAY	4. LASAGNA  9:15 MARKET BASKET 9:30 COA BOARD MEETING 10:00 WALKING GROUP 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO	PUBLIC HEALTH NURSE  5. MEXICAN CHIX FILET  9:00 WOODCARVING 9:00 SHINE APPOINTMENTS 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 -TARGET STOP N SHOP 12:30 POKER 1:00 NACHO'S N MORE	6. TERIYAKI SALMON  9:00 SELECTMAN'S OFFICE HOUR 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:30 WATERCOLOR CLASS  2PM SUSTAINABLE MEDFIELD PRESENTATION  10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE
9. HOT DOG  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	10. BEEF CHILI  9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 MEDITATION CLASS 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MOTHER'S DAY TEA	11. MAC N' CHEESE  9:15 MARKET BASKET 10:00 WALKING GROUP 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO	PUBLIC HEALTH NURSE  12. ROAST TURKEY  8:00 NORMAN ROCKWELL MUSEUM AND LUNCH 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 – CHRISTMAS TREE SHOP	13. MEATBALL SUB  9:00 SELECTMAN'S OFFICE HOUR 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 WATERCOLOR CLASS 11:00 CORE BALANCE 11:30 ROMEO OUTING
16. CHIX ALLA VODKA  9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 2:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	17. SHEPHERD'S PIE  9:30 CHAIR YOGA 10:30 KINGSBURY CLUB 11:00 MEDITATION CLASS 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE	18. PORK TETRAZZINI  9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:45 CRAFTERS CORNER 11:00 SCAT/ MSH/TRINITY PRESENTATION 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO	PUBLIC HEALTH NURSE  19. HONEY MUSTARD CHIX  9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 2:00 SUSTAINABLE MEDFIELD TALK	20. BREADED FISH  9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 WATERCOLOR CLASS 11:00 CORE BALANCE
23. 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 2:30 MEDICAL MARIJUANA TALK 7:00 HANNAH ADAMS BRIDGE	24. LEMON DILL CHIX  9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 MEDITATION CLASS 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE	25. MEATLOAF  9:15 MARKET BASKET 10:00 WALKING GROUP 10:30 BREAD DISTRIBUTION 10:45 CRAFTERS CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO	PUBLIC HEALTH NURSE DAY  26. ROAST PORK  9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA NORFOLK CORRECTIONAL CENTER TOUR - SIGN UP AS SOON AS POSSIBLE! 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 11:30 JULIET OUTING 12:30 POKER	27. CHEESE TORTELLINI  9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE
30. THURSDAY AFTERNOON SHOPPING PICK-UPS BEGIN AT 12:00 PM  May 5 - Target/ Stop N Shop May 12 - Christmas Tree Shop  Do you have suggestions where you may want to shop? Peter is looking for your ideas!	MEMORIAL DAY HOLIDAY COA CLOSED	31. HONEY LIME CHIX  9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 MEDITATION CLASS 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE	CASTLE ISLAND ON MAY 23  Join us for our monthly trip to Castle Island for an afternoon of walking, relaxation, watching the airplanes, and enjoying Sullivan's for lunch! Sign up today as space is limited.	THE ENTREES LISTED ARE FOR OUR DAILY HOME DELIVERED MEALS PROVIDED BY HESSCO.  FOR INFORMATION ON MEALS-ON-WHEELS, CALL HESSCO AT 781-784-4944.
Meet with Selectman Pete Peterson on Friday, May 6 from 9–10 a.m.		Our Ping Pong table is available, please call to schedule a time!		
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### Food for Thought

1. "The only person you are destined to become is the person you decide to be." — Ralph Waldo Emerson

2. "All things seem possible in May." —unknown

3. "To the world you may be one person, but to one person you may be the world." —Dr. Seuss

4. "May your choices reflect your hopes, not your fears." —www.Alleupation.com

  
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