

**“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.



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.

Thank you all.

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.

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.



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Happy May



Picture taken April 11, 2022

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

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)

MAY 2022



BH

HS

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

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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 2PM SUSTAINABLE MEDFIELD PRESENTATION		6. TERIYAKI SALMON 9:00 SELECTMAN'S OFFICE HOUR 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:30 WATERCOLOR CLASS 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE OPEN SATURDAY 9 AM- ZUMBA 9 AM PING PONG 11:30-LUNCH 12:30 BINGO	
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 SELECTMEAN'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 OPEN SATURDAY 9 AM- ZUMBA 9 AM PING PONG 11:30-LUNCH 12:30 BINGO	
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 10:30 WALKING GROUP 10:45 CRAFTER'S CORNER 11:00 SCAT/ MSH/TRINITY PRESENTATION 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 1:00 NATURE OF THE MAYA WORLD 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 OPEN SATURDAY 9 AM- ZUMBA 9 AM PING PONG 11:30-LUNCH 12:30 BINGO	
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 CRAFTER'S 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 1:00 THE NATURE OF THE MAYA WORLD		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 COA CLOSED ON SATURDAY, MAY 28	
30. 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.		CARDS AND MORE Play 3-Thirteen every Monday at 1:00 p.m.! Play Cribbage every Wednesday at 1:00 p.m.! Play Whist every Wednesday at 12 noon! Play BINGO every Wednesday at 3 p.m. and Saturday at 12:30 p.m.	
THURSDAY AFTERNOON SHOPPING PICK-UPS BEGIN AT 12:00 PM		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!					

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. "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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COLOR KEY FOR CALENDAR

SPECIAL EVENTS

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