

**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:

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508-359-3665 X201

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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 Laurel Scotti

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

JUNE 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: We are beginning the halfway mark of 2022. The beginning of summer, thoughts of vacations, July 4th celebrations and most of all, for me, warm weather! This month we have a nice line up of events that will add to your social calendar, remembering of course to sign up for all our events and to scan in every time you come to the Center!

I want to take this opportunity to thank Heidi Groff who has served on the COA Board since March of 2020, Heidi attended every monthly meeting and offered her advice, knowledge and expertise as we navigated our way through the pandemic. Thank you Heidi for your involvement and support of the COA.

The Medfield COA Board is made up of 5 members appointed by the board of Selectmen. With Heidi's departure, this leave a vacancy that needs to be filled with someone who has availability, interest and ideas that benefit the Center and the people it serves. Other responsibilities of a board member include:

1. Understand, support and carry out the COA's mission on behalf of the our community members.
2. Understand the state laws that affect COA board members, i.e. Open Meeting Law, Public Records Law, Conflict of Interest Laws and others.
3. COA boards serve as in advisory (not governance) capacity.
4. Board members may also serve as volunteers offering a dual role as a board member and as a volunteer.

If you are interested in filling this vacancy, please send a letter of interest to me and I can forward that to our Town Administrator, Kristine Trierweiler.

Be a part of something wonderful, become a COA Board member!

Roberta Lynch

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

Joanne O'Halloran, My Tribute Gift Foundation, Giovanna D'Angelo and Bonnie Jaffe

Mary Bailey in memory of Robert Norton

Albert and Marion Cuoco in memory of Mary Calo

Phyllis Fitzpatrick in memory of Francis A Fitzpatrick

Barbara Foulsham in memory of Anne Johnson

Adele Mariani in memory of Tom Moody

Jane Timmerman, Anne Williams, and Robert Heald in memory of Al Whyte

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). Following lunch you will have a magnificent 90-minute cruise of Casco Bay. Arrival home is ~6:30 p.m. All for \$109/pp. Stop in and grab a detailed flyer and sign up!

**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

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.



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& Rehabilitative Services
Quality Care in a Home-Like Setting



Robert Mitchell Caruso
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www.robertsmitchellcaruso.com

**Hello June!
"Let Summer Begin"**



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TRUSTED SERVICE SINCE 1977

Automotive Service, Inc.

26 Spring Street

Medfield MA 02052

508-359-4409

Inspections, Auto repairs,
Complimentary shuttle
service.



Picture by Mike Lernon
Garden by Jill Vollmuth 2009

<p>Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!</p> <p>June 1 – Chicken Salad June 8 – Turkey and Cheese June 15 – Seafood Salad June 22 – Ham and Cheese June 29 – Tuna</p> <p>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.</p> <p><u>Bagel and Bread Availability</u> 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!</p>	<p>EXERCISE PROGRAMS AT THE CENTER</p> <p>Monday 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.</p> <p>Monday Line Dancing Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is \$3.</p> <p>Monday 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.</p> <p>Tuesday 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.</p> <p>Wednesday Walking Group Join our Walking Group on Wednesday, at 10:00 a.m. Join the group for exercise, conversations and a few good laughs!</p> <p>Thursday 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.</p> <p>Thursday 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.</p> <p>Friday 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.</p> <p>Friday Core Balance Class Join Jeanne Donnelly's Core Balance Class Friday at 11:00 a.m. Balance training repairs damaged pathways to the brain, strengthens and stabilizes weak muscles (core/abdominal muscles), and teaches the body new strategies for keeping itself upright. Class is \$5.</p> <p>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.</p> <p>NEW SATURDAY CLASS****Line Dancing****NEW SATURDAY CLASS Join Nancy Diduca on Saturdays at 11:00 a.m. beginning June 11 for a great hour of Line Dancing and more importantly, exercise. As always our line dancing is \$3/class. All welcome to participate.</p> <p>COA TRANSPORTATION For information on our transportation services, please call the Center for details as we provide medical rides, shopping trips, social excursions and so much more. Call 508-359-3665 for more information!</p>	<p>BOCCE IS AVAILABLE EVERYDAY</p> <p>Enjoy our beautiful back yard with friends and play Bocce on any day and here are the reasons why:</p> <p>Social Activity- Bocce teams consist of 1, 2, or 4 players. So whether you are going head to head with a friend or playing with a whole squad, bocce encourages coming together with friends. Social engagement contributes to increased quality of life and longer lifespan.</p> <p>Strategic Planning- You can't just chuck your bocce ball down the court and expect to win. More than just a game of brute strength, bocce requires you to calculate factors like velocity and distance. Engaging your brain while exercising helps stave off dementia and keeps you sharp.</p> <p>Improved Coordination- Bocce requires you to muster up your hand-eye coordination before each throw. Practice releasing the ball at exactly the right moment in your release and try to get it as close to the jack as possible!</p> <p>Relieves Stress- Wiling away a nice afternoon outside with some friends and light physical activity is a great way to relieve your stress levels. According to Dr. Lori Shemek, stress can be extremely toxic to our health and ages our brain. Exercise and social activity lower stress levels, keeping us younger and more alert!</p> <p>Outdoor Time- Bocce courts are outdoors, making this the perfect game anytime the weather is nice. The sun provides vitamin D which aids in cell growth, inflammation reduction, and improved immune function.</p> <p>Increased Confidence- Executing the perfect bocce toss is guaranteed to put a smile on your face. Bocce is an accessible mode of competition for people of any age. As your game improves, you look forward to future matches and can walk away with a sense of satisfaction.</p> <p>Light Cardio- You aren't going to burn as many calories playing bocce as you will in a game of sand volleyball. That being said, this mild form of exercise requires you to stay on your feet and to walk up and down the court after every round.</p> <p>Flexibility- Bocce gets you bending and extending your arms to pick up and throw the ball. Flexing and moving your joints in this kind of light activity helps seniors maintain mobility and independence as they age.</p> <p>Improved Mood- The American Psychological Association contends that there is a strong link between exercise and mood. Couple that with the benefits of being outside and positive impact of social activities, and it's no surprise that you'll leave bocce smiling.</p> <p>We also have Horse Shoes and Croquet, so come on down and give these outside activities a chance!</p>	<p>Men's Pizza Night</p> <p>Join us at the Center for a Men's night Wednesday, June 8 with pizza and beverages at 5:00 p.m. and a presentation at 6pm by Henry Quinlan as he takes a look at the career of Vladimir Putin, as an autocrat who is corrupt, competent and an environmentalist. There are many reasons his popularity stays above 60%. There is an examination of the policies and actions that could lead to a new "Cold War." Who would believe that Russia could be the leading food producer in the world in the future? But that is a real possibility. It is one of the results of Putin's competence. There is a full examination of:</p> <ul style="list-style-type: none"> Why the Jewish Autonomous Jewish Region is growing after years of decline. The opening of the Northern Passage and impact on international trade. The points of conflict within the Arctic Council and the Paris Accords. The role of China in supporting Russia's goals. Ukraine and possible outcomes. A look into the future. - environmental issues, food issues, and energy issues. <p>Be sure to sign up for our June Men's Night in celebration of Father's Day!</p>
<p>AVAILABLE RESOURCES</p> <p>Health Insurance Counseling – S.H.I.N.E. Phone appointments are available by calling the Center.</p> <p>Selectman Office Hours – Meet with Selectman Peterson on Friday, June 3 from 9-10 am. for any community concerns/ideas you might have.</p> <p>Social Security/Financial Consultation – Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.</p> <p>RMV Near Me – The COA is offering RMV online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.</p> <p>Veteran Service – Office Hours – Veteran's Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025</p> <p>Fuel Assistance – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665.</p> <p>Grief Support – Loss of a loved one can be challenging, contact the Center for questions, concerns and support.</p> <p>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.</p> <p>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.</p>	<p>From the desk of Sarah Hanifan, Volunteer Coordinator</p> <p>With the warmer weather approaching, I look forward to seeing many of you taking advantage of the gorgeous outside space we have at The Center. Meet up with a friend for coffee outside, or play bocce.</p> <p>On Wednesday, June 8, I will be outside under the tent with fresh cookies and lemonade from 1pm-2pm. Please come say hello. I'm looking to get feedback on programs you'd like to see at the Center, and share volunteer opportunities. A sign-up sheet will be at the reception area so I can plan accordingly! Happy June!</p> <p>WALKING CLUB WEDNESDAY MEETING POINTS</p> <p>6/1- COA RAIL TRAIL 6/22 HIGH SCHOOL 6/8- METACOMET PARK 6/29 COA RAIL TRAIL 6/15-STATE HOSPITAL MEET AT 10 A.M.!</p>		

Information and Referral

The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, **fuel assistance**, caregiver and low-vision information and support are available through our Outreach Department. 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.

Other Available Resources

SNAP (former Food Stamps)- 1-800-645-8333

HESSCO Elder Services 1-781-784-4944 website <https://hessco.org/services/>

Protective Services-Report abuse and neglect of older adults (800) 922-2275

SMOC- Rental and utility assistance <https://www.smoc.org/>

Public Housing- <https://publichousingapplication.ocd.state.ma.us/>

Manages any Crisis Situation: Riverside Emergency Crisis Team 1-800-529-5077

Samaritans- 877-870-4673 (text or call 24/7) - Suicide Hotline

Call 2talk- 508-532-2255 or text C2T to 741741

911 local emergency services, fire, police and EMT

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 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.

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.

Medfield

Food Cupboard Donation Request

Start the summer off with supporting the Food Cupboard. The following items are in need and can be dropped off at the Center:
Canned Tuna and Chicken, Boost or Ensure, Jelly and Beef Soup.

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.
Hannah 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.
Bowling - Thursday at 1:00 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.
Line Dancing - Saturday at 11:00 a.m.
BINGO - Saturday at 12:30 p.m.
Movies - Saturday by Request

CRAFTER'S CORNER ON WEDNESDAY AT 10:45 A.M.

June 8 - Bird House Painting.



Let's paint birdhouses together. You can purchase an unfinished birdhouse at Michaels craft and we will paint them together. We will provide paintbrushes and paint, but feel free to bring in any special colors you'd like. Please sign-up!

June 22 - Jute Flag Basket



Join Annette Wells on June 22 to create this unique flag basket made out of jute! This will look great with a plant inside, or as a decoration for the 4th of July. Be sure to RSVP as this will be limited to 8 people. Please sign up!

MEDITATION CLASS EVERY TUESDAY IN JUNE

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!**

ADULT BEGINNER UKULELE PROGRAM

Have you always wanted to play an instrument? No prior musical experience necessary! This **6-week** Adult Beginner Ukulele Program beginning **June 9 at 2:00 p.m.** will start your musical journey through learning the fundamentals of the **UKULELE**. You will learn basic chords, rhythms, and strum patterns that will enable you to play songs in no time! Bring your own SOPRANO, CONCERT-size, or TENOR ukulele (with GCEA tuning) An electronic tuning device such as a Snark Tuner is also recommended. During this program, participants will learn the parts of the ukulele, how to tune the ukulele, basic chords, 4 or 5 strum patterns, and 8-10 songs. As the learning continues, songs of increasing challenge and complexity will be covered. If you have any questions about this course, or to obtain a recommendation on a ukulele, contact Lisa Cohen at ljcohen@comcast.net. This 6-week course, beginning June 9 is \$50.00 and as we all know, learning a new skill is one way to keep the brain healthy. Sign up today!

ABOUT THE INSTRUCTOR:

Lisa Cohen has always known that music moves the deepest parts of her soul. A lifelong "casual" vocalist with experience performing with a variety of local musicians. Lisa explored piano and guitar before realizing the ukulele as the best tool to support her ongoing personal musical journey. She is co-founder of The Unlikely Strummers, based in Plainville, MA. She is very excited to share the joy of ukulele with new strummers through this program.

COFFEE WITH REP. GARLICK ON FLAG DAY AT 10 A.M.!

Join Representative Denise Garlick on Tuesday, July 14 at 10 a.m. for coffee and conversation about the issues important to you. Rep. Garlick has represented precincts 1 & 2 in Medfield, as well as Needham and Dover, in the State House since 2011, where she has worked on important legislation affecting the community, healthcare, public health, and older adults. She looks forward to hearing from you!!



BOWLING RETURNS
John Ledwith will head up the return of our Thursday Bowling beginning June 9 from 1-3 p.m. at the Ryans Amusement Center in Millis. With summer upon us this is a great summer activity in an air-conditioned environment that will provide socialization, entertainment and exercise. The cost of Thursday bowling is \$10.00 which includes shoes and 3 strings of bowling. **Simply sign up** for the bowling and meet at the Center at 12:45p.m. and car pool over to the bowling alley or if the bus is available, jump on our bus! See the calendar!

PODIATRY CLINIC

Mark your calendar, the next Podiatry Clinic will be held on August 18!

PLAY BOCCE ANY DAY!!!

JUNE 2022

PLAY BOCCE ANY DAY!!!



BERKSHIRE HATHAWAY
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Medfield MA 02052
508-561-5411

Mary.Cusano@CommonMoves.com



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TRUST

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Branch Manager
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Medfield MA 02052 508-359-7366

CASTLE ISLAND IN JUNE IS AMAZING!
JOIN US ON JUNE 13
FOR A RELAXING AFTERNOON!

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Schedule a Tour

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SIGN UP FOR OUR
"WELCOME SUMMER"
COOKOUT ON
WEDNESDAY, JUNE 22
FEATURING MUSIC BY
THE ELDERLY BROTHERS!**

**The Center will be
closed on
Saturday, July 2
for the
July Fourth Weekend.**

1. LOW SALT HOTDOG
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

2. STUFFED SHELLS
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 - KOHL'S
12:30 POKER 1:00 BOWLING

3. POTATO POLLOCK
9:00 SELECTMAN'S OFFICE HOUR
9:00 ROCHE'S BROS SHOPPING
10:00 KINGSBURY CLUB
SWIM
10:30 WATERCOLOR CLASS
10:00 COFFEE
10:00 TAI CHI
11:00 CORE BALANCE

SATURDAY
9 ZUMBA
9 PING PONG
11:30 LUNCH
12:30 BINGO

6. WESTERN OMELET
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. CHIX BRUSCHETTA
9:30 CHAIR YOGA
10:00 KINGSBURY CLUB SWIM
11:00 MEDITATION CLASS
11:00 CLUB PICKUPS
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 WALGREEN'S 20% OFF DAY

8. MEATLOAF
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
1:00 VOLUNTEER & ACTIVITY
PLANNING SESSION WITH SARAH
2:00 FIT TO KNIT 3:00 BINGO

9. CAJUN SALMON
9:00 WOODCARVING
9:30 MAT YOGA
10:30 ZUMBA
11:00 CLUB PICKUPS
11:30 CANASTA
11:30-3 THE CLUB
12:30 POKER
1:00 BOWLING (BUS WILL TRANSPORT)
2:00 UKULELE LESSONS

10. CHICKEN KEILBASA
9:00 ROCHE'S BROS SHOPPING
10:00 KINGSBURY CLUB SWIM
10:00 COFFEE
10:00 TAI CHI
10:30 WATERCOLOR CLASS
11:00 CORE BALANCE
11:30 ROMEO OUTING

SATURDAY
9 ZUMBA
9 PING PONG
11:00 LINE DANCING
11:30 LUNCH
12:30 BINGO

13. SHEPARD'S PIE
9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
12:00 3-THIRTEEN
11:00 CASTLE ISLAND
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

14. MAC & CHEESE
9:30 CHAIR YOGA
10:00 COFFEE W/ REP. GARLICK
10:30 KINGSBURY CLUB
11:00 MEDITATION CLASS
11:00 CLUB PICKUPS
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
2:00 CELEBRATE FLAG DAY WITH A
PERFORMANCE BY
"THE SINGING TROOPER" DAN CLARK

15. LEMON CHICKEN
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

16. SPAGHETTI
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
12:00 SHOPPING - TARGET
12:30 POKER 1:00 BOWLING
2:00 UKULELE LESSONS

17. CHIX CORDON BLUE
9:00 ROCHE'S BROS SHOPPING
10:00 KINGSBURY CLUB SWIM
10:00 COFFEE
10:00 TAI CHI
10:30 WATERCOLOR CLASS
11:00 CORE BALANCE

SATURDAY
9 ZUMBA
9 PING PONG
11 LINE DANCING
11:30 LUNCH
12:30 BINGO

**20. JUNETEENTH
HOLIDAY**

THE CENTER IS
CLOSED

**21. CHEESEBURGER
FIRST DAY OF SUMMER**

22. GREEK CHICKEN
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

23. ROAST PORK
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 SHOPPING
12:30 POKER
1:00 BOWLING (BUS WILL TRANSPORT)
2:00 UKULELE LESSONS

24. HUNGARIAN TURKEY
9:00 ROCHE'S BROS SHOPPING
10:00 KINGSBURY CLUB SWIM
10:00 COFFEE
10:00 TAI CHI
11:00 CORE BALANCE

SATURDAY
9 ZUMBA
9 PING PONG
11 LINE DANCING
11:30 LUNCH
12:30 BINGO

27. AM. CHOP SUEY
9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
12:00 LINE DANCING
12:00 3-THIRTEEN
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

28. BROCCOLI BAKE
9:30 CHAIR YOGA
11:00 MEDITATION CLASS
11:00 CLUB PICKUPS
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
2:00 LADIES GAME DAY

29. CURRY CHICKEN
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

30. BEEF POT ROAST
9:00 WOODCARVING
9:30 MAT YOGA
10:30 ZUMBA
11:00 CLUB PICKUPS
11:30 CANASTA
11:30-3 THE CLUB
12:30 POKER
1:00 BOWLING (BUS WILL TRANSPORT)
2:00 UKULELE LESSONS

CARDS AND MORE
Ladies, play Left-Right-Center on
Tuesdays at 2 pm beginning June
21. Anyone can play this game!
Join us and give it a try!
Everyone is invited to play
3-Teen followed by POKENO
on Mondays beginning at 12
noon. Stop in and see what it is
all about!

THURSDAY AFTERNOON
SHOPPING PICK-UPS BEGIN
AT 12:00 PM

Meet with Selectman Pete Peterson on
Friday, June 3 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. June is the gateway to summer.

2. Summertime is always the best of what might be.

-Charles Bowden

3. Today is your opportunity to build the tomorrow that you want.

-Ken Poirot

4. Be Happy. Not because everything is perfect but because you choose to focus on the perfect moments.

-Unknown

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