

**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 BOARD**

Bob Heald—Chairman, Richard Ryder, Katie Robinson and Laurel Scotti

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

Ruth Beswick, Bill Pardi and Lisa Ryan  
Brian Flynn and Eileen DeSorgher in memory of  
Al White, Mary Calo and Anne Johnson  
John Howard in memory of Blaine S. Corey  
Robert T. Heald in memory of Robert Wood  
Rose Thibault in memory of Evelyn Thibault Brown  
Daniel and Carol Nye in memory of Mary Calo  
Jackie Carroll and Nancy Gerstel  
in memory of Al Whyte  
Nancy Allison in memory of Harley Allison and  
a Memory Brick  
Frederick Schultz in memory of Medfield Police and  
Fire Departments  
Ann and Joseph Anesta in memory of Anne Johnson  
Barbara Foulsham in memory of Dave Foulsham

**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.

**COUNCIL ON AGING STAFF**

**Director:**

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**HESSCO Meal Site Manager**

Arlene DiDonato

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**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

**JULY/AUGUST 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:** Over the past several months, Medfield High School Senior and Eagle Scout Candidate, Joshua Lozano, worked on a very unique project. Joshua designed, built and painted 6 bird houses which he installed in the back yard of the Center. These colorful bird houses add a special touch to the landscape and also offer homes to the wonderful birds in the area. Hopefully in the future, the birds that utilize a corner of the portico at the pantry door entrance, will find these new homes safer. Twice now the Mother bird has fallen out of the nest and last year a baby was lost from falling out of the nest. From all of us at the COA, we thank you for accepting and completing this project and wish you all the best as you begin your first year of college in the fall.

Roberta Lynch



*"Birds teach a great life lesson. All you have to do is listen to their song" -Unknown*

**Do You Really Know What FOSI Is???**

FOSI began in 1979 with a suggested annual donation of \$2.00 from each Medfield senior to help defray the costs of a taxi service for medical appointments. Today, FOSI works with the Medfield Council on Aging (COA) to help provide a wide assortment of programs to the town's older adults and support the needs of the Center. Support to the COA is provided through the generous support of individuals, businesses and other charitable organizations. FOSI contributes to the Center and has provided many enhancements to the building over the past 14 years. Some examples are the storage shed, the snow blower, bocce court, additional cabinets, unlimited coffee, tables, display case, sound system and wireless microphones, exercise programs, summer cookouts, patio umbrellas and so much more. When you support FOSI, you support the COA.



**PLEASE NOTE:** During the month of July our transportation service will be limited. Please call the Center to inquire if any of our regular trips will be running. We apologize for this but look forward to being up and running in the near future.

**Casablanca By The Sea**

Enjoy a wonderful day trip to Portland, Maine on **Thursday, August 18**. You will depart from the Center at 9 a.m. and head for scenic Maine. Enjoy a delicious full course luncheon at the Bull & Claw Restaurant close by the coastal salt marsh in Wells, Maine (choice of entrée at sign up). Following lunch you will enjoy a 90- minute, narrated Portland harbor cruise on the Bay View Lady. Your arrival home will be approximately 6:30 p.m. Cost of this magnificent day trip is \$109.00 and space is available. Stop in for a flyer and to sign up.

**Essex Valley Steam Train and Connecticut Riverboat**

Board the coach bus at 9 a.m. **Monday, September 12** and head to Connecticut. Your first stop will be the Steak Loft Restaurant where you may choose from Baked Scrod or Chicken Breast (choice made at sign up). Following lunch you will arrive in the Town of Essex for your Steam Train ride through the Connecticut River Valley where you will meet your Riverboat crew and vessel to enjoy a 1 hour narrated Connecticut River cruise. A relaxing ride home will have you at the Center approximately at 6pm. A great day and cost is \$109.00. Stop in to sign up!!

**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**



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Picture by Mike Lerman  
Garden by Jill Vollmuth 2009

<p>Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!</p> <p>July 6 &amp; Aug. 3 – Chicken Salad July 13 &amp; Aug. 10 – Turkey and Cheese July 20 &amp; Aug. 17 – Seafood Salad July 27 &amp; Aug. 24 – Ham and Cheese Aug. 31 – Tuna fish</p> <p>Wednesdays are a busy day at the Center. Call on Monday morning (by 9:00) to order your Grab- N-Go meal for Wednesday and enjoy lunch in between your scheduled activities or with friends.</p> <p><u><b>Bagel and Bread Availability</b></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><b>EXERCISE PROGRAMS AT THE CENTER</b></p> <p><b>Monday Fitness Fun</b> 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><b>Monday Line Dancing</b> Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is \$3.</p> <p><b>Monday Core Balance Class</b> Join Jeanne Donnelly's Core Balance Class on Monday at 1:30. 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><b>Tuesday Chair Yoga</b> 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><b>Tuesday Mat Yoga (Summer Schedule)</b> Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley's class on Tuesday mornings at 10:30 a.m. Class is \$5.</p> <p><b>Wednesday Walking Group</b> Join our Walking Group on Wednesday, at 10:00 a.m. Join the group for exercise, conversations and a few good laughs! See Calendar.</p> <p><b>Thursday ZUMBA Gold</b> 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><b>Friday Tai Chi</b> 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, increasing balance, joint mobility, strength, flexibility and bone density. Class is \$5.</p> <p><b>Friday Core Balance Class</b> 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><b>Saturday ZUMBA</b> 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><b>NEW TIME***Saturday Line Dancing****NEW TIME</b> Join Nancy Diduca on Saturdays at 10:30 a.m. Enjoy a great hour of Line Dancing and more importantly, a fun form of exercise. As always our line dancing is \$3/class. All welcome!</p> <p><b>COA TRANSPORTATION</b> 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>
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 <p><b>WORKING WITH DANGEROUS ANIMALS</b> <b>Wednesday, July 13 at 1 p.m.</b></p> <p>Venomous snakes, massive pythons, alligators and polar bears; what do they all have in common? They are all considered dangerous animals! What is it like to work with animals like cobras or rattlesnakes? Find out what some scientists are learning about venomous snakes by studying them in the wild and captivity. Learn how animal keepers and scientists stay safe when working with captive alligators or wild crocodiles. Why is it important to train captive polar bears, sea lions and even sea otters in zoos? Join us on Wednesday, July 13 at 1:00 p.m. when Joy Marzolf returns to present this amazing topic as we learn the ins and outs of working with dangerous animals. Sign up for this amazing presentation! <i>Don't miss meeting some live animals at the end!</i></p>	<p>Ragtime Jack Radcliffe Presents <b>The Intersection of Broadway and One-Two-Five</b></p> <p>Join us on <b>Thursday, July 28 at 2:00 p.m.</b> for an interesting discussion along with the music of two diverse musical and artistic communities that were burgeoning in Manhattan in the middle decades of the last century, when Jim Crow was very much alive there. Only in 1928 had Benny Goodman defied several impresarios by integrating his orchestra. And while white patrons regularly thronged to the uptown scene in Harlem, the reverse did not occur.</p> <p>Yet, both mid-town Broadway and uptown Harlem had equally lively and creative productions, sometimes with casts numbering in the hundreds. It was the heyday of the massive-scale musical productions, sometimes with a viable plot and script, but mostly as a showcase for the brilliant song writers who worked in both locations, often borrowing ideas from one another, although never sharing the stage.</p> <p>On Broadway it was Jerome Kern, George and Ira Gershwin, Irving Berlin, Cole Porter, Oscar Hammerstein, Richard Rogers, Alan Jay Lerner, Lorenz Hart and Frederick Lowe. In Harlem it was Eubie Blake, James P. Johnson, Fats Waller, Duke Ellington, William Grant Still, Langston Hughes, Andy Razaf, Cab Calloway, Fletcher Henderson, Nora Mott, and Clarence Williams.</p> <p>Enjoy the music of many of those luminaries and explore the connection between the two epicenters of American modern music. Sign up for this interesting presentation and delightful music on <b>Thursday, July 28 at 2 p.m.</b></p>
<p><b>WALKING CLUB AT 10:00 A.M.</b></p>  <p><b>THE OPTIONS COUNSELING PROGRAM</b></p> <p>Join Trish Collins from HESSCO Elder Services on <b>Monday, August 15 at 2:30 p.m.</b> to learn about this free service for people in the Medfield Community. This program can help an older person, an adult of any age with a disability, and their family members or caregivers to make decisions on support services if they do not know where to turn. Trish can provide information on the range of resources available and ensure that the individuals, families and caregivers understand the options, can make an informed choice, and decide the next step to take. If you have a family member or know of someone who is struggling, this is a conversation you need to attend. Planning ahead is important. Sign up to hear about Options Counseling.</p>	<p><b>WEDNESDAY MEETING POINTS</b></p> <p>7/6 - MEET AT HIGH SCHOOL TRACK 7/13 - MEET AT MIDDLE SCHOOL PARKING LOT 7/20 - MEET AT WHEELOCK SCHOOL 7/27 - MEET AT THE CENTER 8/3 - MEET AT CEMETERY AT 12 NOON (DALE ST) 8/10 - MEET AT BULLARDS MARKET (GREEN ST) 8/17 - MEET AT WHEELOCK SCHOOL (STEVENS LANE) 8/24 - MEET AT THE HIGH SCHOOL TRACK 8/31 - MEET AT THE CENTER</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.

### CRAFTER'S CORNER

The Center will be welcoming Bri Ozanne, Adult Services and Programming from the Medfield Public Library on the 2<sup>nd</sup> Wednesday of each month at 10:45 a.m.! Join us on **Wednesday, July 13** and learn how to create a unique greeting card. There is more to it, than simply folding the paper and writing a few words. With the cost of cards at some stores, making your own is personal and saves money!

July 27 - Summer Seashell Craft - Sign up to decorate a seashell which can be used to hold jewelry or trinkets of any kind. It's fun and easy to do. You will be amazed with the finished product!

Aug 10 - Bri Ozanne returns and will teach us how to make colorful postcards using fruit and vegetable stamping. Sending a postcard to family or friend is something of the past, let's go back in time.

Aug 24 - Bicycle Wheel Wreath - Annette Wells will be demonstrating how to "upcycle" a bicycle wheel and turn it into a beautiful craft for your door, porch or wherever you like!

## 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

Summer Senior Swim Friday at 9:30 a.m. **for water aerobics only.** \$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.

## 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.



Let's continue our generosity and giving to the Food Cupboard during July and August!

When you shop, grab an item or two and drop it off in the food bin inside the front door of the Center!  
THANK YOU!

## REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.  
Fitness Fun - Monday at 10:00 a.m.  
**3-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.  
Mat Yoga - Thursday at 10:30 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.  
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.  
Kingsbury Club Swim - Friday at 9:30 a.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 10:30 a.m.  
BINGO - Saturday at 12:30 p.m.  
Movies - Saturday by Request

### Ice Cream Trips

There is nothing better than a dish of ice cream on a warm summer day! Sign up to join us on one of our Ice Cream trips:

- Scoops at Watson's in Walpole on Wednesday, July 6 at 1:00 p.m.
- Crescent Ridge in Sharon on Wednesday, August 10 at 1:00 p.m.
- Rosewood in Bellingham on Wednesday, August 24 at 1:00 p.m.



## Play Games At The Center This Summer

People tend to think that playing cards is just a leisurely activity to have fun with good friends. Card games, specifically strategic ones, have more health benefits than one would think. Here are 4 benefits of card games for better senior health.

1. Card games reduce stress- Playing cards offers a stress-free environment. It gives you the opportunity to get away from your phone, email and television to really enjoy the people around you.
2. Cognitive benefits of playing cards- Playing different card games like Bridge, Gin Rummy, Texas Hold-Em, 3-Thirteen and even Pokeno help sharpen cognitive functions. Keeping your mind sharp is something seniors strive for, so keep exercising your brain. Strategic card games exercise memory and concentration, which helps prevent cognitive decline in seniors.
3. Playing cards benefits the Immune System- A study by Marian Cleeves Diamond of the University of California found that playing games like Bridge may boost immunity.
4. Social benefits of card games- An article by Health Line showed that studies by the Centers for Disease Control and Prevention estimated nearly 7 million American adults 65 years of age and older experience depression each year. Playing cards is the perfect way to stay social, develop friendships and add to your life.

On the left in red are our scheduled card games. Get out of the heat this summer and join in on the games that are offered at the Center!

### Strawberry Shortcake

In Celebration of July Fourth, join us on Tuesday, July 5th at 2pm for



conversation and delicious Strawberry Shortcake. Warm biscuits with whipped cream and strawberries is a perfect afternoon treat. Be sure to sign up to enjoy this afternoon event!

### From the desk of Sarah Hanifan

Happy summer; the warmest season of the year! July and August are the two months that I spend most of my free time at the pool and the beach. What are some of your favorite things to do during the summer?

During these hot months, be sure to stop in to the Center to cool off. The air conditioner is on and you'll always have a friendly face to see while here. We have a lot of programs scheduled for July and August and I challenge you to take advantage of all that's offered and try something new during the summer. Grab a new book from our well-stocked library here at the COA or try a card game, an exercise class, or sign up for a day trip!

Looking forward to seeing you soon,  
Sarah Hanifan



PLAY BOCCE ANY DAY!!!

JULY 2022

PLAY BOCCE ANY DAY!!!



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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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SIGN UP FOR OUR SUMMER COOKOUTS ON WEDNESDAYS, JULY 20 AND AUGUST 17!**

**Space is limited, so do not wait to sign up!**

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

**The Caregiver Support Group will meet on the 3rd Thursday at 2 p.m. during July and August**

**PODIATRY CLINIC**  
Mark your calendar, the next Podiatry Clinic will be held on August 18! Call the Center to schedule your appointment.

**1. BROCCOLI & CHEESE**

9:00 **SELECTMAN'S OFFICE HOUR**  
9:30 **KINGSBURY CLUB SWIM**  
10:00 **COFFEE & CONVERSATION**  
10:00 **TAI CHI**  
11:00 **CORE BALANCE**

SAT. JULY 2

The Center is closed for the July Fourth holiday

**4. HAPPY JULY FOURTH THE CENTER IS CLOSED**



**5. BEEF & CABBAGE**

9:30 **CHAIR YOGA**  
10:30 **MAT YOGA**  
11:00 **CLUB PICKUPS**  
11:30-3 **THE CLUB**  
12:00 **DUPLICATE BRIDGE**  
2:00 **LADIES GAME DAY**  
2:00 **STRAWBERRY SHORTCAKE TUESDAY**



**6. CHIX BREAST W/ SAUCE**

10:00 **WALKING GROUP - HIGH SCHOOL**  
10:30 **BREAD DISTRIBUTION**  
11:00 **SCAT**  
11:30 **GRAB N GO LUNCH**  
12:00 **WHIST**  
1:00 **CRIBBAGE / PING PONG**  
1:00 **ICE CREAM TRIP-SCOOBS**  
2:00 **FIT TO KNIT**  
3:00 **BINGO**

PUBLIC  
HEALTH  
NURSE

**7. BEEF STEW**

9:00 **WOODCARVING**  
9:00 **SHINE APPOINTMENTS**  
10:30 **ZUMBA**  
11:00 **CLUB PICKUPS**  
11:30 **CANASTA**  
11:30-3 **THE CLUB**  
12:00 **FOSI MEETING**  
12:30 **POKER** 1:00 **BOWLING**  
2:00 **UKULELE LESSONS**

**8. FISH NUGGETS**

9:30 **KINGSBURY CLUB SWIM**  
10:00 **COFFEE & CONVERSATION**  
10:00 **TAI CHI**  
11:00 **CORE BALANCE**

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

**11. AM CHOP SUEY**

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**

**12. CHIX BREAST**

9:30 **CHAIR YOGA**  
10:30 **MAT YOGA**  
11:00 **CLUB PICKUPS**  
11:30-3 **THE CLUB**  
12:00 **DUPLICATE BRIDGE**  
2:00 **LADIES GAME DAY**  
2:30 **\*LEGAL CLINIC NEW PROGRAM \***  
SIGN UP FOR A CONSULTATION WITH ATTORNEY JULIE LADIMER

**13. MEATLOAF**

10:30 **BREAD DISTRIBUTION**  
10:00 **WALKING GROUP MIDDLE SCHOOL**  
10:45 **CRAFTER'S CORNER** 11:00 **SCAT**  
11:30 **GRAB N GO LUNCH**  
12:00 **WHIST**  
1:00 **CRIBBAGE / PING PONG**  
1:00 **WORKING W/ DANGEROUS ANIMALS**  
2:00 **FIT TO KNIT** 3:00 **BINGO**

**14. ROAST TURKEY**

9:00 **WOODCARVING**  
10:30 **ZUMBA**  
11:00 **CLUB PICKUPS**  
11:30 **CANASTA**  
11:30-3 **THE CLUB**  
12:30 **POKER**  
1:00 **BOWLING**  
2:00 **UKULELE LESSONS**

**15. CHIX KEILBASA**

9:00 **ROCHES BROS SHOPPING**  
9:30 **KINGSBURY CLUB SWIM**

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

**18. SHEPARD'S PIE**

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**

**19. SPANISH OMELET**

9:30 **CHAIR YOGA**  
10:30 **MAT YOGA**  
11:00 **CLUB PICKUPS**  
11:30-3 **THE CLUB**  
12:00 **DUPLICATE BRIDGE**  
2:00 **LADIES GAME DAY**

**20. CHICKEN MARSALA**

9:30 **MARKET BASKET**  
10:00 **WALKING GROUP MEET AT WHEELOCK**  
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**

**21. HOT DOG**

9:00 **WOODCARVING**  
10:30 **ZUMBA**  
11:00 **CLUB PICKUPS**  
11:30 **CANASTA**  
11:30-3 **THE CLUB**  
12:00 **SHINE APPOINTMENTS**  
12:30 **POKER**  
1:00 **BOWLING**  
2:00 **CAREGIVER SUPPORT GROUP**

**22. CATCH OF THE DAY**

9:00 **ROCHES BROS SHOPPING**  
9:30 **KINGSBURY CLUB SWIM**

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

**25. ITALIAN BRAISED BEEF**

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**

**26. PORK LENTIL STEW**

9:30 **CHAIR YOGA**  
10:30 **MAT YOGA**  
11:30-3 **THE CLUB**  
12:00 **DUPLICATE BRIDGE**  
2:00 **LADIES GAME DAY**

**27. CHICKEN DIVAN**

9:30 **MARKET BASKET**  
10:00 **WALKING GROUP MEET AT COA**  
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**

**28. MAC n' CHEESE**

9:00 **WOODCARVING**  
10:30 **ZUMBA**  
11:00 **CLUB PICKUPS**  
11:30 **CANASTA**  
11:30-3 **THE CLUB**  
12:30 **POKER**  
1:00 **BOWLING**  
2:00 **BROADWAY MUSIC WITH RAGTIME JACK ALL WELCOME!**

**29. HONEY GINGER CHIX**

9:00 **ROCHES BROS SHOPPING**  
9:30 **KINGSBURY CLUB SWIM**

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

**BOCCE TOURNAMENT**  
PLAN FOR A SEPTEMBER BOCCE TOURNAMENT. FIND A PARTNER AND START PRACTICING. WE ARE LOOKING FOR HELP WITH MAINTAINING THE BOCCE COURT. IF INTERESTED IN HELPING WITH THIS PROJECT, PLEASE SEE ROBERTA!

Meet with Selectman Pete Peterson on Friday, July 1 & August 5 from 9-10 a.m.

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**Meditation Class is on pause for July and August and Mat Yoga has moved to Tuesday at 10:30 for the Summer.**

Podiatry Clinic will be held on Thursday, August 18. Appointments are available.

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**Food for Thought**  
1. If you get tired, learn to rest, not quit.

-Bansky

2. Don't feel guilty for doing what's best for you.

Unknown

3. You can if you think you can.

-George Reeves

4. There is no reason not to follow your heart.

-Steve Jobs

5. The starting point of all achievement is desire.

-Napoleon Hill

Happy July and August, Enjoy your days at the Center!

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