

“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

PRSRST STD U.S.  
**Postage Paid**  
**Medfield**  
**Permit No. 1**

**COUNCIL ON AGING BOARD**

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

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

**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.

**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.**



**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*



**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!!

**Thomas Upham House**



519 Main Street, Medfield, MA

508-359-6050  
Medfield, Westwood and Dover's  
Top Choices for Skilled Nursing  
& Rehabilitative Services  
Quality Care in a Home-Like Setting



508-359-2000  
www.robertsmitchellcaruso.com



**RANDY'S AUTOMOTIVE**

TRUSTED SERVICE SINCE 1977

**Automotive Service, Inc.**

26 Spring Street  
Medfield MA 02052

**508-359-4409**

Inspections, Auto repairs,  
Complimentary shuttle  
service.



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

July 6 & Aug. 3 – Chicken Salad  
July 13 & Aug. 10 – Turkey and Cheese  
July 20 & Aug. 17 – Seafood Salad  
July 27 & Aug. 24 – Ham and Cheese  
Aug. 31– Tuna fish

Call 508-359-3665 on each Monday by 9 a.m. to order a Wednesday lunch. Cost is \$3.

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.

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.**  
Appointments are available on the first and third Thursday of the month by calling the Center.

**Selectman Office Hours** - Meet with Selectman Peterson on **Friday, July 1 and August 5 from 9-10 am.** for any community concerns/ideas you 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.

**Grief Support** – Loss of a loved one can be challenging, contact the Center for questions, concerns and referrals for support groups.

**Caregiver Support Group**– Do you need assistance navigating the care-giving journey? In July and August we will meet on the 3rd Thursday at 2 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**

**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.

**Monday Line Dancing**

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

**Monday Core Balance Class**

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.

**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.

**Tuesday Mat Yoga (Summer Schedule)**

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.

**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! See Calendar.

**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.

**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, increasing balance, joint mobility, strength, flexibility and bone density. Class is \$5.

**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.

**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.

**NEW TIME\*\*\*Saturday Line Dancing\*\*\*\*NEW TIME**

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!

**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!

**WORKING WITH DANGEROUS ANIMALS**  
**Wednesday, July 13 at 1 p.m.**

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! *Don’t miss meeting some live animals at the end!*

**NEW PROGRAM \*\* LEGAL CLINIC \*\* NEW PROGRAM**

The Center is thrilled to offer you a monthly legal clinic on the second Tuesday of the month at 2:30 p.m. Medfield resident, Attorney Julie Ladimer, will be available for consultations. She will be offering complimentary 15 minute clinic sessions for legal questions and concerns you might have. To schedule an appointment with Attorney Ladimer, simply call the Center. The first clinic will be held on Tuesday, July 12 and then on August 9 at 2:30 p.m.

Do you have a legal question? Call the Center and sign up!

**The Options Counseling Program**

Join Trish Collins from HESSCO Elder Services on **Monday, August 15 at 2:30 p.m.** 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.

Ragtime Jack Radcliffe Presents

**The Intersection of Broadway and One-Two-Five**


Join us on **Thursday, July 28 at 2:00 p.m.** 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.

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.

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.

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 **Thursday, July 28 at 2 p.m.**

**WALKING CLUB AT 10:00 A.M.**



**WEDNESDAY MEETING POINTS**

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



## **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.

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.

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!

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.

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.

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.

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.

As we age, things change including our vision. Resources are available. Call the Center.

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing.

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.

Pick up a large-print copy of the newsletter at the Center (by request).

Summer Senior Swim Friday at 9:30 a.m.  
for water aerobics only. \$5/session

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.

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.

Every Wednesday beginning at 10:30 a.m. there are bread products available from Brothers, Blue Moon and Donut Express. All welcome!

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.

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

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.

**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.

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

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.



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!

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 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

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!



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!





BH  
HS

BERKSHI  
HATHAWAY  
HomeServices

Commonwealth

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



Instead of the John I call my  
bathroom the Jim!  
That way it sounds better when I  
say I go to the Jim first thing  
every morning!!!

**Speech-Language & Hearing**  
*Associates of Greater Boston*  
*Specialists in Speech, Language,  
Learning & Audiology*

Licensed & Certified Audiologists and  
Speech-Language Pathologists

Hearing Tests  
Hearing Aids  
Adult Speech &Language Therapy  
Parkinson (LSVT)  
Aphasia

Medfield 5 N. Meadows Rd.  
508-359-4532

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




True love  
lives here

NEW POND  
VILLAGE

A Benchmark Lifecare Community

Independent Living  
Assisted Living  
Memory Care

774.224.8129    Schedule a Tour

PLAY BOCCE ANY DAY!!!		JULY 2022		PLAY BOCCE ANY DAY!!!	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div><div>SIGN UP FOR OUR SUMMER COOKOUTS ON WEDNESDAYS, JULY 20 AND AUGUST 17!</div><div>Space is limited, so do not wait to sign up!</div></div>	<div><div>The Center will be closed on Saturday, July 2 for the July Fourth Weekend.</div></div>	<div><div>The Caregiver Support Group will meet on the 3rd Thursday at 2 p.m. during July and August</div></div>	<div><div>PODIATRY CLINIC</div><div>Mark your calendar, the next Podiatry Clinic will be held on August 18! Call the Center to schedule your appointment.</div></div>	<div><div>1. BROCCOLI &amp; CHEESE</div><div>9:00 SELECTMAN'S OFFICE HOUR 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</div><div>SAT. JULY 2 The Center is closed for the July Fourth holiday</div></div>	
<div><div>4. HAPPY JULY FOURTH THE CENTER IS CLOSED</div><div></div></div>	<div><div>5. BEEF &amp; CABBAGE</div><div>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</div><div></div></div>	<div><div>6. CHIX BREAST W/ SAUCE</div><div>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-SCOOPS 2:00 FIT TO KNIT 3:00 BINGO</div><div>PUBLIC HEALTH NURSE</div></div>	<div><div>7. BEEF STEW</div><div>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 2:00 UKULELE LESSONS</div><div>1:00 BOWLING</div></div>	<div><div>8. FISH NUGGETS</div><div>9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</div><div>SATURDAY 9 ZUMBA 9 PING PONG 11:00 LINE DANCING 11:30 LUNCH 12:30 BINGO</div></div>	
<div><div>11. AM CHOP SUEY</div><div>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</div></div>	<div><div>12.CHIX BREAST</div><div>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 *</div><div>SIGN UP FOR A CONSULTATION WITH ATTORNEY JULIE LADIMER</div></div>	<div><div>13. MEATLOAF</div><div>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</div><div>PUBLIC HEALTH NURSE</div></div>	<div><div>14. ROAST TURKEY</div><div>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</div></div>	<div><div>15. CHIX KEILBASA</div><div>9:00 ROCHES BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</div><div>SATURDAY 9 ZUMBA 9 PING PONG 11 LINE DANCING 11:30 LUNCH 12:30 BINGO</div></div>	
<div><div>18.SHEPARD'S PIE</div><div>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</div></div>	<div><div>19. SPANISH OMELET</div><div>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</div></div>	<div><div>20. CHICKEN MARSALA</div><div>9:30 MARKET BASKET 10:00 WALKING GROUP MEET AT WHEELLOCK 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 4:30-7 SUMMER COOKOUT</div><div>PUBLIC HEALTH NURSE DAY</div><div></div></div>	<div><div>21. HOT DOG</div><div>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</div></div>	<div><div>22. CATCH OF THE DAY</div><div>9:00 ROCHES BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</div><div>SATURDAY 9 ZUMBA 9 PING PONG 11 LINE DANCING 11:30-LUNCH 12:30 BINGO</div></div>	
<div><div>25. ITALIAN BRAISED BEEF</div><div>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</div></div>	<div><div>26. PORK LENTIL STEW</div><div>9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 2:00 LADIES GAME DAY</div></div>	<div><div>27. CHICKEN DIVAN</div><div>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</div><div>PUBLIC HEALTH NURSE DAY</div></div>	<div><div>28. MAC n' CHEESE</div><div>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!</div></div>	<div><div>29. HONEY GINGER CHIX</div><div>9:00 ROCHES BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</div><div>SATURDAY 9 ZUMBA 9 PING PONG 11 LINE DANCING 11:30-LUNCH 12:30 BINGO</div></div>	

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. 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!

LOVELL'S  
ELDER CARE

160 MAIN STREET  
MEDFIELD MA 02052  
508-359-4191

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

BrightStar Care

HOME CARE | MEDICAL STAFFING  
A Higher Standard

BrightStar Care of Norwood  
1 Wolpole St  
Norwood, MA 02062  
Serving Medfield and beyond

RN-led HomeCare for Safe Living or Recovery at Home

Nursing Care • Personal Care • Companion Care  
RN oversight • MA certfic staff • Drive to Appts  
Medication Mgmt./Insulin • Light Cleaning &Meals

Call Brian Silven at 781 269 7997 for more information today!

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.

Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street  
South Natick MA  
508-653-8330



"Quality care  
in a homelike setting"

Gilmore, Rees & Carlson, P.C.

Tax and Estate Planning, Wills,  
Trusts, Guardianships, Probate

Office in Wellesley

781-431-9788    www.grcpc.com