

COUNCIL ON AGING STAFF

Successful Aging Through Senior Wellness

SERVICES

Information Outreach Nutrition Transportation Advocacy Health Clinics

Monthly Newsletter

Daily Activities Computers Exercise Classes Yoga Tai Chi Card Games Craft classes

Tax Work-Off Program Equipment Loans Supper Club Book Clubs Lending Library Supportive Day Trips Social Events Book Groups

COUNCIL ON AGING BOARD

Bob Heald-Chairman, Richard Ryder, Laurel Scotti and Annette Wells

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

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

*Individual donations from Jeanne Perkins and Donna M. Quinn
In memory of Rev. Robert Wood:*

Judy McGue, Margaret and Peter Vasaturo, Ed Kinnen and Susan Wilson, Joseph and Elizabeth Beauregard Jr., Anthony and Gwynneth Centore, Claire Shaw, Florence Brock and Barbara Foulsham

*Judy McGue and Patricia Byrne in memory of Jacqueline Iafolla
Barbara Foulsham in memory of Anne Johnson*

Carol Burke in memory of Al Whyte

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The CENTER at Medfield
Council on Aging
One Ice House Road
Medfield, MA 02052

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

SEPTEMBER 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: Happy September to all of you! I want introduce you to two new members to the COA.

- I want to welcome Annette Wells to the COA Board. She was appointed by the Selectmen during the summer and I am thrilled to have her here to support the Center with new ideas and energy. Annette moved to Medfield in 1984 with both her children who went through the Medfield school system. She retired in 2008 from Fidelity and has worked part time for The Red Sox, Boston College Athletics and The Patriots. Annette currently works part-time at the Patriots Hall of Fame (good connection for a visit). She has been volunteering at the Center for several years, primarily at the front desk as a receptionist and lately as a Craft instructor. Annette is interested in getting more participation in Crafts, as well as starting more activities that people may be interested in.
- New to the COA staff is Susan Longmoore, who accepted the position of Outreach Coordinator. Susan is a Norfolk resident for 26 years and is quite familiar with Medfield. She worked for HESSCO for the past three years in community outreach, planning programs and events. Prior to that she worked for BayPath Elder Services as a Community Liaison, creating dementia-friendly and age-friendly communities. She is excited to be part of The Center and welcomes meeting all of you and hearing your thoughts and/or concerns. Please stop in to welcome Susan to her new position.

National Falls Prevention Awareness Week begins September 18. ALL exercise classes during this week will be on the house! Please remember to sign in at the kiosk.

Roberta Lynch

INDIAN PRINCESS CRUISE AND LUNCH

Join us on October 13, leaving the Center at 9 a.m. for a delightful fall foliage trip to Indian Ranch. We will board the Indian Princess for a narrated cruise. The Princess is a modern day replica of the grand riverboats that plied the Mississippi River in the late 15th century. We will then visit Samuel Slater's Restaurant overlooking Lake Webster for a delicious lunch with your choice of Baked Cod, Tuscan Steak Tips or Chicken Piccata. Stop into the Center for a flyer and to sign up. Cost of this trip is \$99 with a return to Medfield at approximately 5:30 p.m.

BOB HOPE'S USO STYLE SHOW

A first time for the Center to travel to Connecticut's Aqua Turf Club for a delicious luncheon and entertainment. We leave the center at 8:30 a.m. on Tuesday, November 15. Upon arrival we start with a welcome reception followed by a delicious family-style lunch. Then we sit back and enjoy entertainment by Bill Johnson as his performance brings Bob Hope's humor and entertainment alive. He may have a few surprise guest entertainers as well. Cost of this trip is \$99 with a return to Medfield at approximately 5:30 p.m.

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: _____

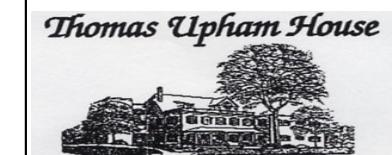
IN MEMORY OF: NAME _____

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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<p>Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!</p> <p>Sept. 7 – Chicken Salad Sept. 14 – Turkey and Cheese Sept. 21 – Seafood Salad Sept. 28 – Ham and Cheese</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 activities or with friends.</p> <p><u>Bagel and Bread Availability</u></p> <p>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</p> <p>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</p> <p>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</p> <p>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>Tuesday Chair Yoga</p> <p>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>Tuesday Mat Yoga</p> <p>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>New Day Wednesday Meditation Class</p> <p>Jim Suojanen returns with a new day and time for his popular Meditation Class. Join Jim on Wednesday at 10:00 a.m. and take the time to find your inner peace and relax your mind.</p> <p>New Day Thursday Walking Group</p> <p>Join our Walking Group on Thursday, at 10:00 a.m. Join the group for exercise, conversation and a few good laughs! See Calendar.</p> <p>Thursday ZUMBA Gold</p> <p>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</p> <p>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>Friday Core Balance Class</p> <p>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</p> <p>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>Saturday Line Dancing</p> <p>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>REAL ID</p> <p>REAL ID compliance begins May 3, 2023, which means that a REAL ID compliant driver's license or identification card, or a valid and unexpired Passport, will be required to fly domestically and to enter secure Federal buildings, such as Federal courthouses and certain Social Security offices.</p> <p>The RMV is pleased to offer a REAL ID workshop to the Medfield Council on Aging on Thursday, September 22 at 1:00 p.m. The RMV's REAL ID workshop helps people understand what a REAL ID is, identifies who will need to have a REAL ID, provides detailed instruction on how to apply for one, and answers pressing questions like, "Does everyone need to have a REAL ID?" (Answer: No, not everyone will need or want a REAL ID). Join us at the Center for a presentation by Michelle Ellicks, RMV Community Outreach Coordinator on Thursday, September 22 at 1pm.</p>	<p>WALKING CLUB AT 10:00 A.M.</p> <p>NOW ON THURSDAYS</p> <p></p> <p>THURSDAY MEETING POINTS</p> <p>9/1 - MEET AT METACOMET PARK 9/8 - MEET AT CEMETARY AT DALE STREET 9/15 - MEET AT COA 9/22 - MEET AT METACOMET PARK 9/29 - MEET AT HINKLEY SWIM POND</p> <p>THE NORWOOD THEATRE COMBO PACKAGE</p> <p>The Center has reserved 12 tickets for this unique matinee event on Thursday, September 22 with lunch from 11:30–12:30 at Limey's Pub, followed by a special performance of Chris MacDonald's "Memories of Elvis" beginning at 1:00 p.m. This is a one time event for the Norwood Theatre and we are thrilled to be participating. Cost is \$45/pp for lunch, gratuity and show. Sign up at the Center.</p>
<p>AVAILABLE RESOURCES</p> <p>Health Insurance Counseling – S.H.I.N.E.</p> <p>Appointments are available on the first and third Thursday of the month by calling the Center.</p> <p>Selectman Office Hours – Meet with Selectman Peterson on Friday, September 9 at 9am. for any community concerns/ideas you 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>Legal Clinic – Attorney Julie Ladimer, will be available for legal consultations the second Tuesday of each month starting at 2:30 p.m.</p> <p>Caregiver Support – Do you need assistance navigating the care-giving journey? Call the Center for an appointment.</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>Office Hour with Stephanie Gray Representative from the office of Congressman Auchincloss</p> <p>Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding Office Hours at the Medfield Senior Center on Friday, September 23 from 11am-1pm. You can bring your concerns and/or casework requests relating to any Federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Walk-ins are welcome; appointments are encouraged.</p> <p>Please call the Center for an appointment and Stephanie will listen to your issue, facilitate the required intake paperwork, and follow up with you later when she has connected with the appropriate agency. As a reminder, her jurisdiction is limited to the Federal government and Federal agencies only.</p> <p>Shredding Event Wednesday, September 28 from 10am–1 pm Sponsored by District Attorney Michael W. Morrissey</p> <p>DA Morrissey invites you to bring your sensitive documents to the Center parking lot to safely shred paperwork in an effort to heighten awareness about identity theft. Bring your boxes, bags and bundles of sensitive documents, including credit cards and identification cards and computer hard drives to The Center and pull your car up to the shredding truck - you don't have to get out of your car!</p> <p>There is a screen on the truck to watch your papers shred if you want to watch. Staples and paper clips are fine to leave on; however, we ask that you please remove thick metal, like 3 ring binders and large binder clips. For those bringing computer hard drives to destroy, if you are unable to remove the hard drive, you can bring the laptop and/or computer tower and they are destroyed off-site. Protect your identity and shred personal documents.</p> <p>BOCCE TOURNAMENT</p> <p>Let's play Bocce! Grab a partner and be part of our 2nd Annual Bocce Tournament on Thursday, September 15 and Friday September 16. The court is open for practice at any time. A grand-prize will be awarded to the winning team!</p> <p>VETERAN'S BOOTH ON MEDFIELD DAY–SEPT. 24</p> <p>The Legion has a booth on Medfield Day! VSO Mark Bryson will be attending. In this local Stand Down, we are reaching out to veterans for available services. Mark and a VA representative will be available to answer questions and explain about VA healthcare and other benefits.</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 Information

Wednesday, September 14 at 10:45 join Bri from the Medfield Public Library for "Potato Stamping" You will be using potatoes to create your own stamp for post-card decorating.

Wednesday, September 28 at 10:45 a.m. join Annette as she teaches you how to create a fall leaf bowl decoration. This unique craft can be used as an accent piece with your fall décor. Sign up for these today!

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 for information.

Caregiver Support

If you have questions about care giving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call the Center to discuss the volunteer options with Sarah Hanifan.

Large-Print Newsletter

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

Kingsbury Club

Senior Swim Tues. & Friday at 10:00 a.m. beginning week of 9/12 \$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 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 Roberta Lynch 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 to schedule a Safety Inspection.

From the desk of Susan Longmoore

I am happy to join The Center at Medfield as the new Outreach Coordinator. I am learning the ropes and meeting new people each day. I am excited to be part of The Center and enjoy seeing the engaging programs and the daily activities that are offered. I hope to provide valuable resources and information to seniors in Medfield. I look forward to meeting each of you and hearing your thoughts. Please stop in to say hello or join me on **Monday, September 12 at 2:30** for an open discussion to identify concerns, needs and suggestions to age well in Medfield. Let's hope that September brings cooler days and beautiful foliage.

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 - Tuesday at 10:30 a.m.
Duplicate Bridge - Tuesday at 12:00 p.m.
Meditation Class - 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.
Walking Group - Thursday at 10:00 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.



From the desk of Sarah Hanifan

Happy September!

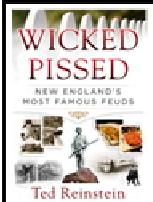
The cooler weather is approaching and the leaves will start to fall. This makes me think that a new season of Tax Work-Off will be right around the corner. This program is very helpful to so many town departments and for the person who is volunteering. When you volunteer for the required number of hours, you will receive close to \$1000.00 off of your real estate tax bill. Information on when the applications for this program will be available will be in the October newsletter!

BEGINNER II UKULELE

The Center will be offering an **8 week Beginner II Ukulele** program. This program will be offered weekly on Thursdays from 2-3 PM. Proposed dates as follows: 9/8, 9/15, 9/22, (OFF 9/29 and 10/6), 10/13, 10/20, 10/27, 11/3.

PROGRAM DESCRIPTION:

Continue your musical journey through this 8 week Intermediate Ukulele Program. This program requires your own SOPRANO, CONCERT-size, or TENOR ukulele (with GCEA tuning). We will review the chords of C, Am, F, G, Dm, G7, Am7, D, and C7 and the basic rhythms, strum patterns, and songs covered during Beginner I, including SINGLE, DOUBLE, ROCK, AND TRAIN strum patterns. This is an opportunity to continue to develop new ukulele skills as well as practice songs of increasing challenge and complexity. Prerequisite of Beginner I Ukulele is highly recommended, but anyone with prior ukulele experience who has some familiarity with the chords and strum patterns listed is welcome to join.



New England's Most Famous Feuds - Wicked Pissed

Join us on **Wednesday, September 7 at 6:30 p.m.** for a unique presentation from Channel 5 Chronicle reporter Ted Reinstein. From sports to politics, food to finance, aviation to engineering, to bitter disputes over simple boundaries themselves, New England's feuds have peppered the region's life for centuries. They've been raw and rowdy, sometimes high-minded and humorous, and in a place renowned for its deep sense of history, often long-running and legendary. There are even some that will undoubtedly outlast the region's ancient low stonewalls. Ted Reinstein, a native New Englander and local writer, will share fascinating stories, some known, others not so much, from the history of New England, bringing to life many of the fights, spats, and arguments that have, in many ways, shaped the area itself. Sign up for this interesting *Wicked Pissed* presentation!

Men's Night



Join Rich Ryder for the next **MEN'S NIGHT** scheduled for **Wednesday, September 14, 4:30 pm - 7:00 pm**. Join us for a casual gathering with indoor and outdoor activities; Bocce, Corn Hole, Horseshoes and indoor Ping Pong.

Join in for conversation, refreshments, and a light BBQ dinner. The cost is \$6.00, and sign-up is required for an accurate headcount.

A REMINDER ABOUT MEDICARE SCAMS

BEWARE of Insurance Agents who seem to be but ARE NOT affiliated with Medicare! These are two actual inquiries regarding health insurance related to Medicare and supplemental coverage:

1. The senior (who had excellent retiree coverage through a previous employer) called the phone number shown on a TV commercial and was convinced to join a Medicare Advantage plan offering additional coverage options and services that were "free". The senior is now stuck with co-pays in excess of \$250 which he cannot afford and cannot get his original insurance back.
2. The senior received a mailing from "MedicareInsurance.com". These are insurance salespeople/agents trying to SELL you a product for which they make a commission. Do not respond to any mailing, call the Center first (508-359-3665).

Be careful when calling insurance agents, responding to postcard mailings or even having someone to your home to review coverage. If you have questions about your Medicare coverage and the options available to you, call the Center at 508-359-3665 and schedule a **SHINE** appointment.



leaf bowl decoration. This unique craft can be used as an accent piece with your fall décor. Sign up for these today!

SHINE = Serving the Health Insurance Needs of Everyone

SEPTEMBER 2022



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



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Call the Center for your appointment with Ginny.

ROCKLAND Where Each Relationship Matters
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Cheryl O'Donnell
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Nan Rumpf returns with a fall Watercolor Class beginning Friday, October 7 from 11:00 a.m. - 1:00 p.m. 6 sessions/\$60

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Request Music Supper Club on Wednesday, September 21 Jeff Jarvis will play your favorites! Sign up today-Only \$6	The Center will be closed on Saturday, Sept. 3 and Monday, Sept. 5 for the Labor Day Holiday Weekend.	All welcome to attend the presentation by Ted Reinstein on "New England's Famous Feuds" on Wed. Sept. 7 at 6:30 p.m.	1. MAC & CHEESE 9:00 WOODCARVING 9:00 SHINE APPOINTMENTS 10:00 WALKING GROUP-METACOMET 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING	2. POLLOCK 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE ALL PROGRAMS WILL BE HELD IN THE CLASSROOMS SAT. SEPT 3 The Center is closed for the holiday
5. HAPPY LABOR DAY THE CENTER IS CLOSED	6. ELECTION DAY – VOTE THERE WILL BE NO CLUB PROGRAM TODAY 9:30 CHAIR YOGA 10:30 MAT YOGA 12:00 DUPLICATE BRIDGE PROGRAMS WILL BE HELD IN THE CLASSROOMS	7. OMELET W/ BROCCOLI CHEESE SAUCE 10:00 MEDITATION CLASS 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 6:30 WICKED PISSED PRESENTATION WITH TED REINSTEIN	8. ROAST TURKEY 9:00 WOODCARVING 10:00 WALKING GROUP-CEMETARY DALE ST 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	9. SAUSAGE W/ PEPPERS & ONION 9:00 ROCHE BROS SHOPPING 9:00 SELECTMAN'S HOUR 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 IPAD CLASS SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
12. BBQ PORK RIBS 9:00 ESSEX VALLEY DAY TRIP 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 2:30 OUTREACH DISCUSSION MEETING 7:00 HANNAH ADAMS BRIDGE	13. CHIX FAJITAS 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG CLASS 2:30 LEGAL CLINIC 7:00 HANNAH ADAMS BRIDGE	14. AM. CHOP SUEY 9:30 COA BOARD MEETING 10:30 BREAD DISTRIBUTION 10:00 MEDITATION CLASS 10:45 CRAFTERS' CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO 5:00 MEN'S NIGHT	15. BAKED SALMON 9:00 WOODCARVING 10:00 WALKING GROUP-COA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:00 BOCCIE TOURNAMENT 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING 2:00 UKULELE LESSONS	16. CHEESEBURGER 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 9:30 BOCCIE TOURNAMENT CONTINUED 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 IPAD CLASS SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
19. TURKEY A LA KING 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 11:15 LAST CASTLE ISLAND TRIP \$5 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	20. STUFFED CHIX BREAST 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG CLASS NATIONAL FALLS PREVENTION WEEK>>>>	21. ROAST PORK 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:30 BREAD DISTRIBUTION 10:45 CRAFTERS' CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO 4:30 WELCOME FALL SUPPER CLUB	22. MEATLOAF 9:00 WOODCARVING 10:00 WALKING GROUP-METACOMET 10:30 ZUMBA 11:00 CLUB PICKUPS 11:00 NORWOOD THEATER OUTING 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 1:00 REAL ID WORKSHOP WITH RMV 2:00 UKULELE LESSONS	23. HOT DOG 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 STEPHANIE GRAY OFFICE HOUR MEDFIELD DAY SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
26. CHEESE LASAGNA 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	27. SEAFOOD NEWBURG 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:00 VETERANS COFFEE WITH VSO 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG CLASS	28. SWEDISH MEATBALLS 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:30 BREAD DISTRIBUTION 10:45 CRAFTERS' CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO 10AM-1PM	29. CHIX & BEAN CHILI 9:00 WOODCARVING 10:00 WALKING GROUP-HINKLEY SWIM POND 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 2:00 NO UKULELE CLASS TODAY	30. SALISBURY STEAK 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30-LUNCH 12:30 BINGO
LEARN TO PLAY MAHJONG INSTRUCTOR, MARY KAY WILL HAVE YOU PLAYING AND WINNING IN NO TIME. SIGN UP TODAY AS SPACE IS LIMITED COST IS THE PRICE OF YOUR MAHJONG CARD!	Meet with Selectman Pete Peterson on Friday, September 9 from 9-10 a.m.	REMINDER Stephanie Gray from the office of Congressman Auchincloss will be at the Center on Sept. 23 from 11-1pm to address any Federal issues you are concerned about. If interested please call the Center and schedule your time.	Jim Suojanen returns this September on Wednesdays at 10 am for his Meditation class.	
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Help is a phone call away!


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Food for Thought

1. May the crisp days ahead fill you with joy. -Unknown
2. Autumn is a second Spring where every leaf is a flower. -Albert Camus
3. Welcome September! Press forward. Do not stop; do not linger in your journey, but strive for the mark set before you. -Unknown
4. Make it a September to remember. -Unknown


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