

“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

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Richard Ryder, Laurel Scotti,
Rose Thibault and Annette Wells

COUNCIL ON AGING STAFF

Director:

Sarah Hanifan 508-359-3665 X202
FAX 508-359-4810
shanifan@medfield.net

Volunteer Coordinator: X203

Transportation: X200

Peter Burke

pburke@medfield.net

Outreach Coordinator X201

Susan Longmoore

slongmoore@medfield.net

The Club Staff: X200

Dianne Croteau, Program Coordinator

dcroteau@medfield.net

Ann Hunter, Activities

Ahunter@medfield.net

HESSCO Site Manager X211

Arlene DiDonato

HESSCO

781-784-4944

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

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THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD, MEDFIELD, MA 02052 PHONE: 508-359-3665

MONDAY -THURSDAY 9:00 A.M.- 4:00 P.M. WEDNESDAY 9:00 A.M.-*7:00 P.M.

FRIDAY 9:00-1:00 P.M. SATURDAY 9 A.M. - 3:00 P.M.

*WEDNESDAY SCHEDULE VARIES

APRIL 2023



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: There's something special about April and what it represents: New beginnings for the new season ahead! When you look around, you'll notice the new leaf buds forming on the trees, plants and spring flowers sprouting from the thawing ground, and warmer weather which allows us to enjoy more time outdoors. The tree frogs will begin to start making their "peeping" sounds during the evening. That's one of my favorite sounds of spring. April is also one of my favorite months because we get to acknowledge and celebrate our hard working volunteers' with Volunteer Appreciation Month. If you know me, you know how much I value our tremendous volunteers and all the things that they do for us. I've always believed that if you have the right volunteers, anything is possible! Thank you to ALL of our wonderful volunteers - you are very much appreciated. We will have coffee, tea and pastries in honor of our volunteers in April. Invites to follow.

Saturday, April 29 is FOSI's Annual Yard Sale. 8:00 a.m. - 2:00 p.m. We have a lot of volunteers who are excited to help. We are in need of volunteer bakers for the bake-sale portion of the yard sale. Please call the Center if you can help bake. We would love your stuff. Donations, days, and times are located inside this newsletter. We accept all items in good sellable condition except NO clothing, NO Electronics. Thank you!

Sign ups for ALL April events begin on Monday, April 3 at 9:00 a.m.

SIGN UP FOR OUR DAY TRIPS!

Thursday, May 18, Viva Las Vegas and Wrights Chicken Luncheon \$109 pp

Monday, June 12, Martha's Vineyard; explore the vineyard on your own \$95 pp (transportation & ferry ticket only)

Thursday, July 20, Essex Luncheon with tour of Gloucester and Rockport \$110 pp

Thursday, August 10, Charles River Boat Cruise in Boston with Lunch at the Venezia \$115 pp

Thursday, September 21, A day in Salem MA, with lunch and a tour \$114 pp

Thursday, October 12, Winnepesaukee Train Ride with Harts Turkey Farm luncheon on the train \$115 pp

Thursday, November 9, Newport Play House Cabaret Restaurant "Miracle on South Division" \$115

Tuesday, December 5, Holiday Luncheon and Show - "Sleigh Bells Swing" at the Danversport Yacht Club \$109



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A Special Thank You to the Following People for Their Donations to FOSI:

Frederick Schultz, Barbara Armstrong, Ruth Beswick, Joanne & Suzanne O'Halloran

Carol Abernethy in Memory of Robert Abernethy M.D.

Connie Sweeney in Memory of Ginnie Cusack

Carol Abernethy in Honor of Peter Burke

Mark and Loretta Carrigan In Honor of The Center at Medfield

What is FOSI? (Friends of Medfield Seniors, Inc.)

FOSI is a 501 (C)(3) charitable organization formed to raise funds for the Medfield Senior Center (COA) for activities and programs outside of the normal budget provided by the Town.

How does FOSI raise funds? FOSI raises funds from its Yard Sale, donations and membership fees.

What has FOSI provided for the COA with these funds? Funding for buses, equipment for The Center (BBQ grill, Bingo Board and supplies), subsidizing programs and events ((food, entertainment).

Your yearly membership fee of only \$15 will help us continue to provide these extra services.
Please consider becoming a member today!

FRIENDS OF SENIORS, Inc. (FOSI) 2023 Yearly suggested donation is \$15.00/person

DATE: YOUR NAME:

PHONE: ADDRESS:

ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$

Additional Donations:

IN MEMORY OF: NAME

IN HONOR OF: NAME

Please mail this 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.

NEXT FOSI MEETING:
APRIL 6 AT 12 P.M.



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

April 1 - Chicken Salad
April 8 - Turkey and Cheese
April 15 - Corned Beef/Swiss
April 22 - Ham and Cheese

Call 508-359-3665 on each Monday by 9 a.m. to order a Wednesday lunch.

Wednesdays are a busy day at the Center. Call on Monday morning (by 9:00 a.m.) 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 10:00 a.m. Shaw’s, Donut Express, Brother’s Market 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, April 7 at 9 a.m.** 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 - Call the Center to set up an appointment for Veteran-related services.

Fuel Assistance – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665.

Legal Clinic– Attorney Julie Ladimer will be available for legal consultations on **Tuesday, April 11 starting at 2:00 p.m.** Please call the Center for an appointment.

Caregiver Support – Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group **Tuesday, April 18 at 2:00 p.m.**

Public Health Nurse- Brenda Healy R.N. is available for consultation each Wednesday. Brenda will check blood pressures, answer health questions you might have and provide guidance and information.

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

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 Meditation Class

Dr. Jim Suojanen returns with a new day and time for his popular Meditation Class. Join Dr. Suojanen on Wednesday at 10:00 a.m. and take the time to find your inner peace and relax your mind.

Thursday Walking Group

Join our Walking Group on Thursday, at 10:00 a.m. Join the group for exercise, conversation and a few good laughs! Meet at the Center.

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.

Saturday Line Dancing

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 WALKING GROUP – THURSDAYS AT 10:00 A.M. *WEATHER PERMITTING

With the better weather arriving, we will be resuming our walking group right here each week on Medfield’s new and beautiful **Rail Trail**. We walk at all different paces, some faster than others, but we stay together. This group will resume on **Thursday, April 6 at 10 a.m.** Come into the Center to sign in, and then we will leave promptly at 10am. We will walk 15 - 20 minutes down the path and 15 - 20 minutes back. Did you know that we’ve had some pretty impressive people walking all along, in rain, and snow, and on cold days? Let’s join those people, and have their dedication rub off on us.


INTERFACE REFERRAL SERVICES

Did you know that you can connect to a therapist utilizing the INTERFACE Referral Service? The William James College INTERFACE Referral Service is free for Medfield residents. They connect you with therapists who conduct sessions either in-person, over the phone or online to address anxiety, depression, grief or other mental-health concerns. When you call, a representative will ask about your specific needs, your insurance, and conduct a safety assessment. In a few weeks you will receive a follow up call with information of an INTERFACE mental-health professional that meets your needs and is available to meet with you either virtually or in-person. The INTERFACE Referral Service can be reached at 1-888-244-6843 between 9:00 a.m.– 5:00 p.m., Monday, Wednesday & Friday, and 8:00am-6:00pm Tuesday & Thursday. For more information, visit: <https://interface.williamjames.edu/>

CLASH OF THE TITANS PRESENTATION

PRESENTED BY STANLEY FORMAN

WEDNESDAY, APRIL 12 AT 5:30 P.M.



Edison, Tesla, Westinghouse and the personal clash over their ideas leading to the dawn of universal electricity! How did we actually end up with the electric system of today? Who were the winners and losers in that struggle! Don’t miss this interesting presentation. All are welcome! Be sure to sign up! **This event has no fee unless you’d like to have pizza.**

PIZZA OPTION: If you’d like to have pizza before the presentation begins, we will serve pizza at 5:00 P.M. for just \$5.00 which includes two slices of pizza (pepperoni or cheese) a beverage and a dessert. Sign up sheet for this event and dinner option will be posted on April 3.

From the desk of Brenda Healy, MSN

Medfield Public Health Nurse



Learning to cope with our stress and finding healthy ways to deal with stress can help you live a healthy and positive life. American Institute of Stress states the most common explanation is a “physical, mental, or emotional strain or tension.” Long-term stress can cause headaches to stomach disorders to depression - even very serious issues like stroke and heart disease can occur because of stress. Stress can affect your ability to get a good night’s sleep. Your sleep plays a key role in your health, both physical and mental, as well as your mood. Eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed. Discuss your problems with a parent, friend, or another trusted source. Avoid drugs and alcohol. Recognize when you need more help. If you need to talk about your stress or would like help with other recourses please set up an appointment to see me at the Center on Wednesdays.

From the desk of Susan Longmoore

Outreach Coordinator

The Registry of Motor Vehicles has a dedicated phone number (857) 368-8005 to serve anyone 65 years of age or older. Massachusetts law requires drivers who are 75 years of age or older to renew in person. The RMV has dedicated hours on Wednesday mornings at certain RMV service centers, appointments are required. Some RMV services are offered at AAA locations for AAA members. If you need assistance or forms for renewing driver’s li-censes, REAL ID or an application for disabled parking placards or plates reach out to me, I am happy to assist.

<p><u>Information and Referral</u></p> <p>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.</p> <p><u>Outreach Services</u></p> <p>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.</p> <p><u>Health and Wellness</u></p> <p>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!</p> <p><u>Meals on Wheels</u></p> <p>A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 781-784-4944 to begin service. A \$3.00 donation per meal is suggested.</p> <p><u>Grab-N-Go Wednesday Lunch</u></p> <p>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.</p> <p><u>S.H.I.N.E.</u></p> <p>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.</p>	<p><u>Services Available at The Center</u></p> <p><u>Medical Equipment</u></p> <p>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.</p> <p><u>Low-Vision Information</u></p> <p>As we age, things change including our vision. Resources are available. Call the Center for information.</p> <p><u>Caregiver Support</u></p> <p>If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available. Our April Support Group meeting is <u>Tuesday, April 18 at 2 p.m.</u></p> <p><u>Volunteering</u></p> <p>If you have an interest in volunteering for the COA, we have a place for you. Call the Center to discuss the volunteer options.</p> <p><u>Large-Print Newsletter</u></p> <p>Pick up a large-print copy of the newsletter at the Center (by request).</p> <p><u>Kingsbury Club</u></p> <p>Senior Swim Monday, Tuesday & Friday at 10:00 a.m. \$5/session</p> <p><u>S.N.A.P. Benefits</u></p> <p>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.</p>	<p><u>Medfield Food Cupboard</u></p> <p>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.</p> <p><u>Bread Distribution</u></p> <p>Every Wednesday beginning at 10:00 a.m. there are bread products available from Brothers, Blue Moon and Donut Express. All welcome!</p> <p><u>The CLUB</u></p> <p>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 Dianne Croteau for more information.</p> <p><u>Housing</u></p> <p>Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.</p> <p><u>Veterans Services</u></p> <p>Veterans and their dependents may be eligible for a variety of Chapter 115 Safety-Net benefits and assistance programs. Call Melissa Bingham, Veterans Agent at 508-906-3025 for an appointment.</p> <p><u>Medfield Fire Department</u></p> <p>Life-Safety Home Inspections look for potential dangers in seniors' residences, including hazards, smoke detector and carbon-monoxide detector checks, battery replacement and many other areas that you might not even recognize. Call the Center to schedule a Safety Inspection.</p>
<p>Downsizing Your Stuff</p> <p>PRESENTATION BY THE DOVETAIL GROUP</p> <p>THURSDAY, APRIL 6 AT 2:00 P.M.</p> <p>You don't want to miss this! Dovetail Companies will be at the Center on Thursday, April 6 at 2:00. Joe Scott, Director of Move Management, will discuss how to right-size your life by downsizing your stuff.</p> <p>Whether a transition is next week, years away, or if you're simply choosing to enjoy a right-sized home, it is never too early to start. Learn from an expert on how to down-size in a manageable way.</p> <p>PEACEFUL PAWS PET THERAPY, Tuesday, April 11 at 2:00 P.M.</p> <p>Join us for this fun and educational presentation with Peaceful Paws Pet Therapy to learn how they train therapy dogs and what therapy dogs provide. Please be sure to sign up so we can have accurate seating.</p>		

<p><u>REGULAR ACTIVITIES</u></p> <p>Quilting Fun - Monday at 9:30 a.m. Fitness Fun— Monday at 10:00 a.m. DVD Lectures—Monday at 11:00 a.m. 3-Thirteen - Monday at 12:00 p.m. Line Dancing - Monday at 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. MAHJONG - Tuesday at 1:00 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 at 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. BUNCO—Thursday at 1:30 p.m. *NEW* Kingsbury Club Swim—Mon., Tue., Fri., at 10:00. 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.</p>	<p>DID YOU KNOW</p> <p>April is healthcare decisions month. Honoring Choices focuses on the rights of every adult to direct your health-care choices and make a plan to receive the best possible care that honors your values & personal choices.</p> <p>There are the 5 care-planning documents that are used in Massachusetts:</p> <ul style="list-style-type: none"> • Massachusetts Health Care Proxy is a legal document in which you choose your Health-Care Agent to make health-care decisions on your behalf, if you are unable to make health-care decisions yourself. • Personal Directive or Living Will is a personal document, not legally binding, to give your Health-Care Agent instructions and information about the kind of care you want. • Massachusetts Durable Power of Attorney is a legal document in which you choose a trusted person to make financial decisions on your behalf, if you are unable to make financial decisions yourself. • Medical Orders for Life-Sustaining Treatment (MOLST) is a medical order and form for adults with serious advancing illness to document their choices about life-sustaining treatments. <p>Comfort Care/Do Not Resuscitate Order (CC/DNR) is a medical order and form to document your choice to receive comfort-care measures, but not to have medical personnel attempt to restart your heart beat and breathing if they cease.</p> <p>For more information and to get started visit:  https://www.honoringchoicesmass.com/</p>
<p> <u>HESSCO MEALS ON WHEELS</u></p> <p>HESSCO Meals on Wheels delivers hot meals to homebound seniors Monday - Friday. Call HESSCO for more information. 781-784-4944. <i>In fiscal year 2022, HESSCO delivered 7,564 meals to Medfield residents.</i></p>	
<p>MEDITATION WITH DR. JIM SUOJANEN</p> <p>WEDNESDAYS 10:00 A.M. *no class on April 5 - Class to begin at 10:30 on April 19</p> <p>Meditation is a practice in which an individual uses a technique to train their attention with the goal of achieving a mentally clear and emotionally-calm state. Many techniques have been used for thousands of years by most religious and faith traditions with many claimed benefits. Recent Western medicine research suggests that the regular practice of meditation can, in fact, help in the treatment of many disorders including hypertension, anxiety, insomnia, and pain and possibly reduce the probability of developing dementia. The group facilitator, Dr. Jim Suojanen, uses various meditative techniques to promote mindfulness, though the primary method involves focused attention on the breath.*</p> <p><i>*Meditation is not meant to replace standard medical treatments, but simply to act in a complementary fashion. Reports of adverse reactions to meditative practices are very, very rare and have not been rigorously studied. If you have any concerns, consult your health-care provider.</i></p>	
<p>LOW-COST OR FREE RABIES CLINIC AT MEDFIELD ANIMAL SHELTER</p> <p>SATURDAY, APRIL 1</p> <p>The Medfield Animal Shelter is holding a low-cost rabies clinic on Saturday, April 1. Cats will be vaccinated from 9:30-10:30 a.m. Dogs will be vaccinated from 10:30-11:30. You do not need to make an appointment. The cost is \$10 per pet, and pets from all towns are welcome. Dogs must be on leashes, and cats must be in carriers. Seniors aged 65 or older can receive FREE rabies vaccines for their pets. Medfield dog licenses will also be available. Three-year rabies vaccines will be given if you can show proof of a previous rabies vaccine.</p>	



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APRIL 2023					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
ATTENTION: WOODCARVERS – WE NEED YOU! THURSDAYS AT 9:00 A.M. We are looking for people to join our Thursday morning woodcarving group. Please stop in and learn about this fascinating hobby! This group doesn't have an instructor; instead, it's a social group that meets each week to work on individual projects. You will learn from each other. All are welcome!			FOSI YARD SALE SAT. APRIL 29 8:00 A.M. - 2:00 P.M. BOOKS, BAKE SALE, JEWELRY, GADGETS, HOUSEWARES AND MORE! NO EARLY BIRDS please.	Ever wonder what the different meals listed on this calendar represents? Those are the HESSCO Meals on Wheels that will be delivered to home-bound seniors in Medfield. <div>SATURDAY, APRIL 1 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>	
3. Breaded Chicken 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 EARLY AMERICAN HISTORY LECTURE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	4. Lasagna Roll-Up 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	5. Honey Mustard Chicken 9:30 COA BOARD MEETING 9:30 MARKET BASKET 10:00 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 12:00 CRIBBAGE / PING PONG 1:00 FIT TO KNIT 2:00 BINGO 3:00 **NO MEDITATION TODAY PUBLIC HEALTH NURSE DAY 9 am - 12 pm AARP TAX PREP	6. Sliced Ham 9:00 WOODCARVING 10:00 WALKING GROUP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 1:30 BUNCO 2:00 DOVETAIL PRESENTATION 9 A.M. SHINE APPOINTMENTS 12 PM FOSI MEETING	7. Salmon 9:00 SELECTMAN HOUR 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:45 WATERCOLOR CLASS 11:00 CORE BALANCE 1:00 CENTER CLOSSES SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO	
10. Beef Stew 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 EARLY AMERICAN HISTORY LECTURE 11:15 CASTLE ISLAND TRIP 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE	11. Chicken Coq au Vin 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:00 VETERAN MEET & GREET 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 PEACEFUL PAWS 2 P.M. LEGAL CLINIC	12. Hot Dog 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 12:00 CRIBBAGE / PING PONG 1:00 FIT TO KNIT 2:00 BINGO 3:00 CLASH OF THE TITANS – PIZZA OPTION PUBLIC HEALTH NURSE DAY 9 am - 12 pm AARP TAX PREP	13. Meatloaf 9:00 WOODCARVING 10:00 WALKING GROUP 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 1:30 BUNCO 11:30 A.M. TRI-COUNTY LUNCHEON HERE	14. Mac & Cheese 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:45 WATERCOLOR CLASS 11:00 CORE BALANCE 1:00 CENTER CLOSSES SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO	
17. COA CLOSED	18. Chicken & Rice Paella 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 2:00 CAREGIVER SUPPORT GROUP	19. Roast Pork 9:30 MARKET BASKET 10:00 BREAD DISTRIBUTION 10:30 MEDITATION CLASS *NOTICE TIME CHANGE 11:00 SCAT 11:30 GRAB N GO LUNCH 11:30 ROMEO OUTING 12:00 WHIST 12:00 CRIBBAGE / PING PONG 1:00 FIT TO KNIT 2:00 BINGO 3:00 PUBLIC HEALTH NURSE DAY	20. Vegetable Chili 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 VOLUNTEER APPRECIATION EVENT 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 1:30 BUNCO	21. Catch of the Day 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:45 WATERCOLOR CLASS 11:00 CORE BALANCE 1:00 CENTER CLOSSES SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO	
24. Chicken Lo Mein YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M. - 3 P.M. NO PROGRAMS TODAY	25. Braised Beef & Gravy YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.– 3 P.M. NO PROGRAMS TODAY	26. Roast Turkey & Gravy YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.- 6 P.M. NO PROGRAMS TODAY	27. Chicken Cordon Blue YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.– 3 P.M. NO PROGRAMS TODAY	28. Spinach Feta Egg Bake YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M. – 12 P.M. NO PROGRAMS SATURDAY, APRIL 29 YARD SALE DAY!! 8:00 AM -2:00 PM	

Pat Maloney
Independent
Elder Advocate
Phone: 508-341-8684
psmaloney@verizon.net
Help is a phone call
away!



Medfield
Orthopedic
& Sports
Therapy
Medfield Professional Building
5 North Meadows Road
Medfield MA 02052
508-359-9119

Spring Thoughts:
*Spring won't let me stay
in this house any longer! I
must get out and breathe
the air deeply again.*
- Gustav Mahler

**"Sweet April showers
do spring May flowers."**
– Thomas Tusser

**CASTLE ISLAND
TRIPS ARE BACK!**
JOIN US FOR OUR FIRST
TRIP OF THE SEASON ON
**MONDAY, APRIL 10 AT
11:15 A.M.**
\$5 per person. Limited to 14
people. Sign up required.
Enjoy a day at Castle Island.
watching the boats pass by;
enjoying the views, walk
along the walking paths with
a friend or enjoying a
mouth-watering hot dog from
Sullivans!
