

“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 STAFF

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HESSCO Site Manager X211

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HESSCO
 781-784-4944

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

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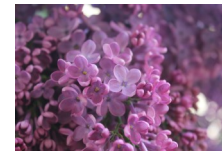
THE CENTER AT MEDFIELD

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**



MAY 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: Can you believe it's already May!? Thank you to all of the hard working volunteers who came out to help make the 2023 FOSI Yard Sale a huge success! From the bottom of my heart, thank you! It's truly incredible to see what we do when we all come together. Staffing Update: I'm thrilled to announce that Lois Abramo will be starting as our new Volunteer/Program Coordinator on May 1, 2023. Lois brings many years of experience working with volunteers and planning programs and events. I'm confident she will be an wonderful addition to the incredible team we have here at the Center. Please join me on Tue. May 16 at 10:00 a.m. for a meet and greet with Lois. ***** Reminder ***** Monday, May 1 at 7 p.m. is the Annual Town Meeting at the High School. We need your support to pass the garage article. Please be sure to attend!

Sign ups for ALL May events begin on Monday, May 1 at 9:00 a.m. Sarah Hanifan, Director

MAY HIGHLIGHTS:

- Monday, May 1 at 7:00 p.m. Annual Town Meeting at the High School. Please attend, as they will be voting on the COA garage!
- Wednesday, May 3 - Singing with Maggie Joseph is back, drop in every Wednesday at 11:00 a.m.
- Wednesday, May 3 - 7 p.m. Question, Persuade, Refer Suicide Prevention Training - Learn how to offer hope to loved ones.
- Thursday, May 4 - 1 p.m., What Do You Do When Hearing Leaves You. Don't miss out on this informative presentation.
- Saturday, May 6 - Sketching and watercolor class with Tom Sweeney - sign up required. (Also, May 13 and 20)
- Monday, May 8 - 2:00 p.m., Fraud Prevention with Needham Bank— come learn how to protect yourself from the newest scams!
- Wednesday, May 10 - 5:30 p.m. - Bluegrass Music at the COA. Open to all ages! Co-sponsored by The Medfield Public Library.
- Friday, May 12 - 11:00 a.m. Mothers Day Tea - Registration required. More information inside.
- Monday, May 15 - Isabella Steward Museum mini day trip. Limited to 10 people! More details inside.
- Tuesday, May 16 - 10 a.m. - Meet and Greet with Lois Abramo, New Volunteer/Program Coordinator! Welcome Lois!
- Thur. May 18 - Low Vision Presentation at 2 p.m. and Ladies Paint night at 5:30, limited to 20. Sign up is required.
- Friday, May 19 - 11:15 - ROMEO Outing (men's lunch group)
- Monday, May 22 - 2:30 - Mosquito and tick control presentation
- Tuesday, May 23 - 2 p.m. Joy Marzolf returns with her fantastic nature discussions. Come learn about Palau! Don't miss it!
- Wednesday, May 24 - 7 p.m. Medfield Garden Club Presentation - \$5 for non members of the Garden Club. Doors open at 6:30
- Thursday, May 25 - 2 p.m. Patrick Durkin returns on the piano! Punch and Cookies will be served. Book Club also at 2:00 p.m.
- Monday, May 29 - Happy Memorial Day, the Center is Closed.**
- Tuesday, May 30 - Our last Tri-County Culinary Student Luncheon at the COA - Registration Required. 20 spots available.
- Wednesday, May 31 - 5:30 p.m., Special Evening Presentation with Borchers Law on Trustees and Executor.

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Richard Ryder, Laurel Scotti,
 Rose Thibault 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 Donations to FOSI:

Warren Bussow, Cheryl and William Dunlea, Norma Barr, Carol Simpson, Patricia Byrne,
 Barbara & Cam John Houshman, Lorraine Egan

Barbara McInerney In Memory of Debbie DiGiacomo

Caroline Abernethy In Memory of Dr. Robert Abernethy

Rose Thibault In Honor of Arlene DiDonato/HESSCO

Francis & Nancy Crowley In Honor of Sarah Hanifan-New COA Director

Buy a Brick Program

There are many bricks on our “Celebration of Life” patio available. Applications to honor someone or to remember someone are available at the Center. It's always heartwarming to read the names of so many people remembered and those who enjoyed or contributed to the Center!

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:



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
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508-359-4409

Inspections, Auto repairs,
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 service.

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

May 3 - Chicken Salad
May 10 - Turkey and Cheese
May 17 - Seafood Salad
May 24 - Ham and Cheese
May 31 - Tuna Fish

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

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!

Donation
amounts
vary from
few to
many
depending
on the day!

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, May 5 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, May 9
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, May 30 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!

Mosquito and Tick-borne diseases Educational Presentation

May 22 at 2:30 p.m.

Join us on May 22nd at 2:30 p.m. for a presentation on mosquito and tick-borne diseases by
Kaitlyn O'Donnell, entomologist at Norfolk County Mosquito Control District. Kaitlyn will discuss
mosquito and tick biology, the diseases they carry, and how best to protect yourself. Lyme
disease is the most commonly reported vector-borne disease in our area. Kaitlyn will also discuss
the work that Norfolk County Mosquito Control District does to abate mosquitoes in the area.



PALAU: THE NATURAL WONDERS OF THE ROCK ISLANDS

WITH JOY MARZOLF

TUESDAY, MAY 23 AT 2:00 P.M.



Located in Micronesia, Palau is a small, but beautiful island nation. While it is difficult to
get there, the wildlife, both above and below, make this a special place. Visitors often
come to snorkel with the famous stingless jellies of Jellyfish lake, but there is so much

more to see. Collared kingfishers, as well as reef and rufous herons, can be seen as they hunt for fish.
Whitetailed tropic birds, noddy terns, and even fruit bats, can be seen soaring overhead around the many
mushroom shaped islands. Further out in the water, dolphins can be seen playing in the waves, but below
the water reveals a huge diversity of life. From giant clams and reef sharks to sea turtles feasting on
sponges, there are many big things to see underwater. But don't forget the small things! In the shallow
waters of the sheltered bay, colorful mandarin fish can be seen hiding among small finger coral while in
deeper water anemonefish dart in and out of their anemone homes among the many other colorful fish
along the coral reef. Join us for images and videos from this tropical island paradise! **Be sure to sign up,**
all of the presentations Joy brings to the Center are highly recommended.

AMERICA'S MUSICAL ROOTS

Songs and Stories with Historian and Musician Craig Harris

Wednesday, May 10 at 5:30 p.m.

*Join music historian, author, radio host, and percussionist Craig Harris for **America's Musical***

Roots: a foot-tapping program tracing from Appalachian ballads, fiddles, and banjos to the imaginative
world of bluegrass, newgrass, and Americana music! All Ages Welcome! Be sure to register! FREE!

Do You have the Right Trustee or Executor?

Wednesday, May 31, 5:30 pm - 6:30 pm

Join us for this informative presentation from a local Medfield Law specialist from Borchers Law. Do You
have the Right Trustee or Executor? 10 Other Things you Want to Know about Trusts and Estates. Is
your trust funded? Do you have a trust? Have you named an executor or trustee from your family? Is it
the right person?

Tim Borchers is an Estate Planning Law Specialist, an Accredited Estate Planner®, and a Certified Trust
and Fiduciary Advisor. He's the founder of the Medfield law firm, Borchers Trust Law, and a trustee
service company, Northeast Private Trustees. His practice focuses on estate planning, trust maintenance,
trust and estate administration, second home planning, and trustee and fiduciary services in MA and NH.

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 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.

*From the desk of Susan Longmoore
Outreach Coordinator*

Join the Low Vision Support Group quarterly meeting on **Thursday, May 18 at 2:00 p.m.** at the Center. Speaker Karen Hatcher, Director of Older Independent Blind Program with the Massachusetts Commission for the Blind will discuss the challenges of aging and vision loss. Information, resources and giveaways will be shared with participants. Sign up at the Center.

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 caregiving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available. Our May Support Group meeting is **Tuesday, May 30 at 2 p.m.**

Volunteering

If you have an interest in volunteering for the COA, we have a place for you. Call Lois Abramo to discuss the volunteer options.

Large-Print Newsletter

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

Kingsbury Club

Senior Swim Monday, Tuesday & Friday at 10:00 a.m. \$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 10:00 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 Dianne Croteau 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 Melissa Bingham, Veterans Agent at 508-906-3025 for an appointment.

Medfield Fire Department

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.

All Mass Health members will be required to renew their health coverage over the next 12 months. Federal protections that were put in place during the Covid emergency assured that no one would lose coverage. Those protections are expiring, and Mass Health must now renew all members. If you are a Mass Health member, Mass Health will contact you to start the renewal process. Make sure Mass Health has accurate contact information: your address, phone number, and email address. Report any household changes like changes to your income or disability status. When your renewal time rolls around, you should receive a blue envelope from Mass Health in the mail. Fill out the renewal form, sign and date it. This needs to be completed and returned within 45 days to Mass Health. You can submit your form by mail, fax, or by scheduling an in-person appointment with a Mass Health representative. For questions, call Mass Health Customer Service at 844-365-1841.

REGULAR ACTIVITIES

- 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.

SIGN UP FOR OUR DAY TRIPS

A DAY-CATION, time with friends, a break from the normal routine. I've spent a lot of time putting together an assortment of fun day trips for you all to enjoy and I hope you sign up and join us!

Our first trip is **Thursday, May 18. Enjoy a "Viva Las Vegas" Day trip** in New England at Wright's Farm Restaurant in Rhode Island featuring Mark Shelton as Elvis. Your fun filled day will include a family style home cooked chicken meal with all the fixin's at Wright's Farm Restaurant in Burrillville, Rhode Island. Lunch will be a hearty, juicy, home cooked chicken, baked in a slow oven until it falls off the bone, pasta with their trademark marinara sauce, fresh baked rolls, signature French fries and salad topped with the families, unique dressing recipe and dessert. They have a gift shop you will have time to visit as well. Trip is only \$109 per person which include transportation, family style chicken luncheon, live entertainment, raffles and prizes, dining room taxes and gratuities. Don't wait, call and sign up today. 508-359-3665

What To Do When Hearing Leaves You

Thursday, May 4 at 1:00 p.m.

Jonathan O'Dell from the Mass. Commission for the Deaf and Hard of Hearing will be discussing resources and aides that are available for people who are hard of hearing or deaf. Hearing loss is especially challenging as it can limit the simplest interactions between us, compromise personal safety, and make day to day functioning very difficult. Join us on Thursday, May 4 at 1:00 at The Center. You don't want to miss this outstanding presentation. Please be sure to sign up!

Book Club

The Book Club will meet on Thursday, May 25 at 2:00 p.m. here at the Center. We look forward to seeing everyone again!

Mothers Day Tea Friday, May 12 at 11:00 a.m.

Join us for a Mother's Day Tea on Friday, May 12 at 11:00 a.m. The event is limited to 20 ladies. Please sign up soon!

Sketching and Watercolor with Local Medfield Artist Tom Sweeney Saturday May 6, 13, and 20 -Limited to 8 people, \$10 for 3/classes. Sign up at the desk. 10 - 11:30 a.m.

Tom will paint and sketch with you during class. Some of Tom's paintings and sketches are displayed at the Center. Tom will provide sketching paper but students must bring the following materials:

- 1 or 2 #2 pencils with erasers and pencil sharpener
- 1 block of 8 1/2 x 11 1/2 watercolor paper
- Artist pen #5 soft pink eraser
- Transparent pan of watercolor paints
- Small pot/container for water

Tri-County Culinary Luncheon at the COA

Tuesday, May 30 at 11:30 p.m.

Don't miss this wonderful intergenerational program, May 30 will be our last luncheon of the school year provided by the Tri-County Culinary Students. Everyone who has attended has mentioned how terrific the lunch has been so don't miss out! Only 20 spots available and sign up is required. All are welcome to sign up beginning Monday, May 1 at 9:00 a.m. This month the luncheon will be a delicious chicken parmesan over spaghetti, and a homemade dessert. \$6 Per Person. Meet a friend and catch up!

MAY 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1. WHITE BEAN CHILI
 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 ANNUAL TOWN MEETING @ HS

2. MEATBALLS & SAUCE
 9:30 CHAIR YOGA
 10:00 KINGSBURY SWIM
 10:30 MAT YOGA
 11:00 CLUB PICKUPS
 11:30-3 THE CLUB
 12:00 DUPLICATE BRIDGE
 1:00 MAHJONG

3. CHICKEN CORDON BLUE
 9:30 COA BOARD MEETING
 9:30 MARKET BASKET
 10:00 MEDITATION CLASS
 10:00 BREAD DISTRIBUTION
 11:00 SCAT / SINGING WITH MAGGIE
 11:30 GRAB N GO LUNCH
 12:00 WHIST
 1:00 CRIBBAGE / PING PONG
 2:00 FIT TO KNIT
 3:00 BINGO
 7:00 QPR TRAINING, 18+ MEDFIELD RESIDENTS

4. ROASTED TURKEY
 9:00 WOODCARVING
 10:00 WALKING GROUP
 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
 1:00 HEARING PRESENTATION
 9 A.M. SHINE APPOINTMENTS

5. SALMON/PEACH SALSA
 9:00 SELECTMAN HOUR
 9:00 ROCHE BROS SHOPPING
 9:30 KINGSBURY SWIM
 10:00 COFFEE CHAT
 10:00 TAI CHI
 10:45 WATERCOLOR CLASS
 11:00 CORE BALANCE
 1:00 CENTER CLOSES
 CINCO DE MAYO

SATURDAY
 9 ZUMBA
 9 PING PONG
 10:30 LINE DANCING
 11:30 LUNCH
 12:30 BINGO

8. HOT DOG NO FITNESS FUN
 9:15 SHAW'S SHOPPING
 9:30 QUILTING GROUP
 10:00 KINGSBURY SWIM
 11:00 EARLY AMERICAN HISTORY LECTURE
 12:00 3-THIRTEEN
 12:00 LINE DANCING
 1:30 POKENO
 1:30 CORE BALANCE
 2:00 FRAUD PREVENTION
 7:00 HANNAH ADAMS BRIDGE

9. MEXICAN CHICKEN BRST
 9:30 CHAIR YOGA
 10:00 KINGSBURY SWIM
 10:30 MAT YOGA
 11:00 CLUB PICKUPS
 11:30-3 THE CLUB
 12:00 DUPLICATE BRIDGE
 1:00 MAHJONG
 2:00 LEGAL CLINIC

10. MAC N' CHEESE
 9:30 MARKET BASKET
 10:00 MEDITATION CLASS / BREAD
 10:45 CARD MAKING WITH BRI
 11:00 SCAT / SINGING WITH MAGGIE
 11:30 GRAB N GO LUNCH
 12:00 WHIST
 1:00 CRIBBAGE / PING PONG
 2:00 FIT TO KNIT
 3:00 BINGO
 5:30 BLUEGRASS MUSIC EVENT AT THE COA

11. BOURBON STEAK TIPS
 9:00 WOODCARVING
 10:00 WALKING GROUP
 10:00 CLUB PICKUPS
 11:30 CANASTA
 11:30-3 THE CLUB
 12:30 POKER
 1:00 BOWLING
 NO ZUMBA

12. BAKED COD
 9:00 ROCHE BROS SHOPPING
 9:30 KINGSBURY SWIM
 10:00 COFFEE CHAT
 10:00 TAI CHI
 10:45 WATERCOLOR CLASS
 11:00 CORE BALANCE
 11:00 MOTHER'S DAY TEA
 1:00 CENTER CLOSES

SATURDAY
 ****NO ZUMBA
 9 PING PONG
 10:30 LINE DANCING
 11:30 LUNCH
 12:30 BINGO

15. CHICKEN STEW
 9:30 QUILTING GROUP
 10:00 ISABELLA STEWART MUSEUM TRIP
 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

16. SHEPHERD'S PIE
 9:15 SHAW'S SHOPPING
 9:30 CHAIR YOGA
 10:00 KINGSBURY SWIM
 10:00 MEET LOIS ABRAMO
 10:30 MAT YOGA
 11:00 CLUB PICKUPS
 11:30-3 THE CLUB
 12:00 DUPLICATE BRIDGE
 1:00 MAHJONG

17. BBQ CHICKEN PUBLIC HEALTH NURSE DAY
 9:30 MARKET BASKET
 10:00 MEDITATION CLASS
 10:00 BREAD DISTRIBUTION
 11:00 SCAT / SINGING WITH MAGGIE
 11:30 GRAB N GO LUNCH
 12:00 WHIST
 1:00 CRIBBAGE / PING PONG
 2:00 FIT TO KNIT
 3:00 BINGO

18. PORK TETRAZZINI
 9:00 WOODCARVING
 10:00 WALKING GROUP
 10:30 ZUMBA / DAY TRIP DEPARTS
 11:00 CLUB PICKUPS
 11:30 CANASTA
 11:30-3 THE CLUB
 12:00 SHINE APPOINTMENTS
 12:30 POKER
 1:00 BOWLING
 2:00 LOW VISION SUPPORT GROUP
 5:30 LADIES PAINT NIGHT

19. FILET O'FISH SANDWICH
 9:00 ROCHE BROS SHOPPING
 9:30 KINGSBURY SWIM
 10:00 COFFEE CHAT
 10:00 TAI CHI
 11:00 CORE BALANCE
 11:30 ROMEO OUTING
 1:00 CENTER CLOSES

SATURDAY
 9 ZUMBA
 9 PING PONG
 10:30 LINE DANCING
 11:30 LUNCH
 12:30 BINGO

22. BROCC/CHEESE OMELET
 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
 2:30 MOSQUITO CONTROL TALK
 7:00 HANNAH ADAMS BRIDGE

23. CHICKEN BITES
 9:30 CHAIR YOGA
 10:00 KINGSBURY SWIM
 10:30 MAT YOGA
 11:00 CLUB PICKUPS
 11:30-3 THE CLUB
 12:00 DUPLICATE BRIDGE
 1:00 MAHJONG
 2:00 JOY MARZOLF-PALAU

24. MEATLOAF PUBLIC HEALTH NURSE DAY
 9:30 MARKET BASKET
 10:00 BREAD DISTRIBUTION
 10:45 CRAFTS WITH ANNETTE
 11:00 SCAT / SINGING WITH MAGGIE
 11:30 GRAB N GO LUNCH
 12:00 WHIST
 1:00 CRIBBAGE / PING PONG
 2:00 FIT TO KNIT
 3:00 BINGO
 6:00 MEDFIELD GARDEN CLUB
 NO MEDITATION CLASS

25. ROAST PORK
 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
 2:00 PATRICK DURKIN ON PIANO
 2:00 BOOK CLUB AT THE COA

26. STUFFED CHIX BREAST
 9:00 ROCHE BROS SHOPPING
 9:30 KINGSBURY SWIM
 10:00 COFFEE CHAT
 10:00 TAI CHI
 11:00 CORE BALANCE
 1:00 CENTER CLOSES

COA CLOSED
 ON SATURDAY,
 MAY 27

29. MEMORIAL DAY
THE CENTER IS CLOSED

30. CHEESEBURGER
 9:30 CHAIR YOGA
 10:00 KINGSBURY SWIM
 10:30 MAT YOGA
 11:00 CLUB PICKUPS
 11:30 TRI-COUNTY LUNCHEON AT COA
 10:30-3 THE CLUB
 12:00 DUPLICATE BRIDGE
 1:00 MAHJONG
 2:00 CAREGIVER SUPPORT MEETING

31. HONEY LIME CHIX FILET
 9:30 MARKET BASKET
 10:00 BREAD DISTRIBUTION
 11:00 SCAT / SINGING W/ MAGGIE
 11:30 GRAB N GO LUNCH
 12:00 WHIST
 1:00 CRIBBAGE / PING PONG
 2:00 FIT TO KNIT
 3:00 BINGO
 5:30 BORCHERS LAW
 NO MEDITATION CLASS

MINI BUS TRIP TO THE ISABELLA STEWART MUSEUM
MONDAY, MAY 15, 2023
 Sit back and enjoy transportation provided by Peter on the small COA bus to and from the ISABELLA STEWART MUSEUM in Boston for only \$5 per person! You will be required to purchase your own tickets for a self-guided tour through the box office. More details about the trip will be provided when you register. The bus will depart the Center at 10:00 a.m. sharp. We will depart from Boston at 1:30 p.m. to return back to the Center. Limited to 10 people. Sign up begins Monday, May 1 at 9 a.m.

LOCAL ARTIST TOM SWEENEY IS TEACHING A SKETCHING/ WATERCOLOR CLASS ON SATURDAYS! CALL TO SIGN UP!



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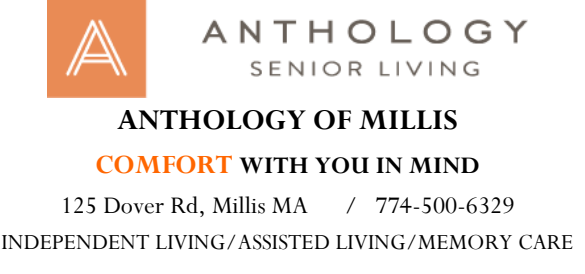


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Beginner Bridge Club Update
 We have an instructor who is willing to teach Beginners Bridge. We are looking at 5 lessons to start. Be on the lookout for more information with a starting date and time in the June newsletter. Be sure to add your name to the list if you'd like to join us. A limited number of spots are available.

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

Annual Town Meeting is scheduled for Monday, May 1 at 7 p.m.

Town Meeting is an opportunity to hear what is going on in Medfield and have a say by voting on various articles that are put before the town. As always, if you need transportation, we will be providing transportation if requested.

CRAFTERS CORNER

Join Bri Wednesday, May 10 at 10:45 a.m. for a fun greeting card craft. All supplies are provided for this free program. Please sign up on the clipboards for supply purposes.

Join Annette on Wednesday, May 24 at 10:45 a.m. for a crafty bird bath or bird feeder project. \$5 per person, limited to 8 people, Be sure to sign up! Sample pictures will be on the sign up sheet!