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Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.

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.

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 March Support Group meeting is Thursday, June 29 at 2 p.m.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Lois Abramo at the Center 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 know as Food Stamps. Call the Center for assistance.

Medfield Food Cupboard

The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday & Saturday for in-person shopping. The Food Cupboard is now located at 93 West St., Unit 10. Contact the Food Cupboard: 508-359-4958. email: [info@medfieldfoodcupboard.com](mailto:info@medfieldfoodcupboard.com) All inquiries are confidential.

Bread Distribution

Every Wednesday beginning at 10:00 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 the Center 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 to schedule a Safety Inspection.

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.  
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.  
Kingsbury Club Swim—Mon., Tues., 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.  
BINGO — Saturday at 12:30 p.m.  
Movies - Saturday by Request



\*NEW ENTERTAINER\*  
Patrick Hoyer on the Acoustic Guitar  
Tuesday, June 6 at 2 p.m.

Join Patrick and his acoustic guitar as he sings many popular tunes and old favorites. He has an Irish brogue and is very knowledgeable about the songs he sings. He invites the audience to participate by singing, clapping or even tapping your toes! Lois, our new Volunteer/Program Coordinator, is thrilled to be bringing him to Medfield. Be sure to register and join us for this exciting new entertainer.

Protect Yourself From Medicare Fraud!  
Wednesday, June 7 at 5:30 p.m.

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud each year?

Come meet Judy Gertler, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, on **Wednesday, June 7, 2023, at 5:30 p.m.** at the **Medfield Senior Center**, and participate in a discussion on how to prevent, detect, and report health-care errors, fraud, and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This *free information workshop* will provide you with the tools to become a more informed and engaged health-care consumer, including the importance of protecting your Medicare number.

Although new Medicare cards have random numbers and no longer Social Security numbers, you still need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft.

Please register for this important program!

Coffee with the Captain  
Wednesday, June 7 at 11 a.m.



Join us for **Coffee with Medfield Fire Captain, Bill De King on Wed. June 7 at 11:00 a.m.** In honor of National Home Safety Awareness, Bill will discuss Senior Safety Matters. Stop in for a cup of coffee and great conversation. Thank you to our Outreach Coordinator, Susan Longmoore, for coordinating this special event.

A Day Trip to Martha’s Vineyard, Monday, June 12

The group will travel to the scenic Island of Martha’s Vineyard. You will first arrive in Falmouth to board your ferry, the Island Queen. Your thirty-five minute ride to Martha’s Vineyard will be most invigorating as you make your way across Nantucket Sounds. The day is free today to enjoy as you would like to! There are local guided tours, beaches, restaurants, and much more to choose from! A great way to enjoy the cape! Includes: transportation and ferry. Lunch is on your own. **PLEASE NOTE: If you miss the ferry, there is no other ferry until the next morning. You will be responsible for getting yourself off the island and home.**

8:00 a.m. Arrive at Center for Day Trip, 8:15 a.m. Bus leaves COA, 10:30 A.M. Ferry Departs,  
11:05 a.m. Arrive in Oak Bluff. 3:00 p.m. be at Ferry. Last Ferry!  
Estimated Arrival back to Medfield will be 6:00 p.m.

**\$95.00 per person. Call the Center to register!**  
Please make checks payable to the Town of Medfield - COA.

From the Desk of Lois Abramo, Volunteer/Program Coordinator

I’m the new Program/Volunteer Coordinator here at The Center at Medfield. Programming has been “my thing” for many years as a student, mom, volunteer and professional over the years. I have organized events from several hours to days for as few as 5 people to 1,500 people for college orientation and everything in between. I enjoy many crafts, writing, reading, and listening to your stories, fictitious or true it’s up to you. Entertainers are being added to the calendar; the first entertainer I’m excited to bring in is Patrick Hoyer, who plays an acoustic guitar. Patrick will be joining us on June 6th from 2 – 3 PM. As a Certified Dementia Practioner (CDP) I am able to answer questions about Dementia, and how to connect with more support and assistance. I am working full-time when The Center is open, so please stop in and introduce yourself next time you visit. I look forward to meeting with you and creating friendships with you and the community.  
- Lois





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BOCCE COURTS ARE READY FOR USE! STOP IN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>DID YOU KNOW?</div> <div>You can purchase a punch-card for exercise or transportation at the reception desk? Each coupon will provide you multiple classes or rides on the bus. Buy a coupon-card and get a free exercise class or ride on us during the month of June!</div>	<div>COLOR KEY FOR CALENDAR</div> <div><div>SHOPPING TRIPS</div><div>EXERCISE</div><div>SPECIAL EVENTS</div><div>REGULAR PROGRAMS</div></div>	<div>We would like to start highlighting some of our Center members. A way for us to get to know one another a bit more. Please nominate who we should feature in the July/Aug. issue. Nominations can go in the suggestion box outside the offices. Simply suggest someone, and include a few reasons why they should be featured. Please include your name &amp; number so we can follow up should we need more info.</div>	<div>1. BRAISED BEEF</div> <div>9:00 WOODCARVING 9:00 SHINE APPOINTMENTS 10:00 WALKING GROUP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER</div>	<div>2. BAKED COD</div> <div>9:00 ROCHE BROS SHOPPING 9:00 SELECTMAN'S HOUR 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11-12:30 TECH TIME 1:00 THE CENTER CLOSES</div> <div>SATURDAY 9 ZUMBA 9 PING PONG 10 SKETCHING CLASS 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>
<div>5. HOT DOG</div> <div>9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 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</div>	<div>6. CHICKEN TERIYAKI</div> <div>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 PATRICK HOYE ON GUITAR</div>	<div>7. LASAGNA</div> <div>9:30 COA BOARD MEETING 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 11:00 COFFEE WITH THE CAPTAIN / SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO 5:30 MEDICARE FRAUD – PROTECT YOURSELF</div> <div>PUBLIC HEALTH NURSE DAY</div>	<div>8. ROAST TURKEY</div> <div>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 1:45 TOMS BIRTHDAY BAND</div>	<div>9. MAC &amp; CHEESE</div> <div>9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES</div> <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>
<div>12. CHICKEN CACCIATORI</div> <div>8:15 DAY TRIP DEPARTS TO MV 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 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</div>	<div>13. BROCCOLI QUICHE</div> <div>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 12:30 LEGAL CLINIC BY APPT. ONLY 1:00 MAHJONG</div>	<div>14. CHEESEBURGER</div> <div>9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 10:45 CRAFTERS CORNER WITH BRI 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO</div> <div>PUBLIC HEALTH NURSE DAY</div>	<div>15. ROAST PORK</div> <div>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 12:30 FRUGAL FANNIES SHOPPING 60 + GET 10% OFF WITH ID!</div>	<div>16. SALMON W/ HERB SAUCE</div> <div>9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11-12 FATHERS DAY CELEBRATION 1:00 CENTER CLOSES</div> <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>
<div>19. JUNETEENTH</div> <div>COA CLOSED</div>	<div>20. MEATLOAF</div> <div>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</div>	<div>21. CHICKEN FAJITAS</div> <div>9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 10:45 CRAFTERS CORNER-- SCAT 11:00 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO 5:00-7 WELCOME TO SUMMER COOKOUT</div> <div>PUBLIC HEALTH NURSE DAY</div>	<div>22. AMERICAN CHOP SUEY</div> <div>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</div>	<div>23. STUFFED CHICKEN</div> <div>9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES</div> <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>
<div>26. BEEF CHILI</div> <div>9:30 QUILTING GROUP 10:45 CASTLE ISLAND DAY TRIP 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</div>	<div>27. CHICKEN W/ SUPREME SAUCE</div> <div>9:15 SHAW'S SHOPPING 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 LEAPING LIZARDS</div>	<div>28. SWEDISH MEATBALLS</div> <div>9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 10:45 CRAFTERS CORNER WITH ANNETTE 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO</div>	<div>29. BEEF BORDELAISE</div> <div>9-12 PODIATRY CLINIC 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 2:00 CAREGIVER SUPPORT 2:00 BOOK CLUB</div>	<div>30. SEAFOOD CASSEROLE</div> <div>9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE &amp; CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 THE CENTER CLOSES</div> <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>

**REMINDER:** During the summer months we see a decline in attendance, so it's important that you sign up for things so if a program is being rescheduled or cancelled, we know who to contact. You can register for programs by coming into the Center or by calling and asking the receptionist to sign you up.

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CASTLE ISLAND

MONDAY, JUNE 26 AT 11:15

Join us for another trip to Castle Island on Monday, June 26 at 10:45 a.m. \$5 per person. Limited to 11 people. Sign up required. Enjoy a day at Castle Island. watching the boats pass by, enjoying the views, walking along the paths with a friend or enjoying a mouth-watering hot dog from Sullivan's.

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

CRAFTERS CORNER

POP-UP CARDS

Wednesday, June 14 at 10:45 with Bri. We will be working on another creative pop-up greeting card. Be sure to register so we can be sure to have enough supplies. No charge for this class.



CLAY POT PAINTING

Wednesday, June 28 at 10:45 a.m. with Annette. Bring in your own pot (whatever size you'd prefer) and we will provide the paint. Be sure to sign up!

FRUGAL FANNIES

Join us on Thursday, June 15 for a shopping trip to Frugal Fannies. \$3 per person for transportation. You can use your transportation card, or make a check payable to the Town of Medfield—COA. The bus will leave the Center at 12:30 p.m. Once we arrive at Frugal Fannies, you will have an hour to shop. For those 60+ with an ID you will get 10% off your purchase. On the way home, we will stop at the Bubbling Brook, should you wish to purchase an ice cream. Limited to 10. Sign up required.