

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, Rose Thibault and Annette Wells

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

Paul and Patricia Foscaldo, Ralph Poli, Jeanne Harding, Janet and Dennis Tracey, Nancy and Jerry Placido, Lauren Vellali, Joan Wood

Ralph Poli in Memory of Richard Poli

Jeanne Harding in Memory of Robert Geiger

Janet and Dennis Tracey in Memory of Robert Wood

FOSI began in 1979 with a suggested annual donation of \$2.00 from each Medfield senior to help defray the cost of a taxi service for medical appointments. Today, FOSI works with the Medfield Council on Aging (COA) to help provide a wide assortment of programs to the town's older adults and support the needs of the Center. Support to the COA is provided through the generous support of individuals, businesses, and other charitable organizations. FOSI contributes to the Center and has provided many enhancements to the building over the past 15 years. A few examples are the storage shed, snow blower, bocce court, unlimited coffee, tables, display case, sound system, wireless microphones, summer cookouts, patio umbrellas, piano and so much more! When you support FOSI, you support the COA.

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

DATE: _____

PHONE: _____

NAME: _____ ADDRESS: _____ EMAIL: _____

ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ _____

Additional Donations: _____

IN MEMORY OF: NAME: _____

IN HONOR OF: NAME: _____
Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center.

This is not for the COA newsletter.

A separate yearly \$5 donation to "Town of Medfield-COA" covers the newsletter mailing.

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

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Medfield
Permit No. 1

THE CENTER AT MEDFIELD

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

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

*WEDNESDAY SCHEDULE VARIES



JUNE 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: Sign-ups for all programs and events begin on Thursday, June 1 at 9:30 a.m.

I have to start this newsletter off recognizing the most fantastic gardening volunteers I've ever had the privilege to work with and get to know. This small and mighty group of Garden Volunteers, lead by Eve Potts, have been working hard, planting, weeding, water and mulching the grounds. The Center looks incredible thanks to all their hard work and dedication. Thank you to everyone who has made this possible. I appreciate you all! ❤

New this month we are moving to only use transportation cards for the bus. No more cash please. If you are using the bus for a one-time trip, you can pay by check; but we highly recommend purchasing a transportation punch-card if you use the bus regularly for our weekly shopping trips. The cards are \$20 and are available at the Center or through Peter on the bus. Please see myself or Peter if you have any questions.

We are also asking for your assistance to purchase exercise cards for exercise programs. They are \$30 for 6 classes, but as a bonus during the month of June, we are giving you a FREE class when you sign up for a card and pay by check. Checks should be made payable to the Town of Medfield - COA. I'm working on adding a new feature to our check-in, and I hope to have it in place by July to test during our off season. Change can be difficult, but together we can achieve great things. I appreciate all your support as we navigate these changes together. Happy June! - Sarah Hanifan, Director

SPECIAL EVENTS THIS MONTH

Thursday, June 1, 9 a.m. - 12 p.m. SHINE appointments, by appointment only

Tuesday, June 6, Music with Patrick Hoye at 2:00 p.m. **New Entertainer for the Center, Please join us!

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

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

Monday, June 12, Day Trip To Martha's Vineyard, \$95 per person; registration required; more details inside.

Tuesday, June 13, Legal Clinic by Appointment Only, 12:30 p.m.

Thursday, June 15, Frugal Fannies Shopping! 12:30 p.m. bus leaves. You have 1 hour to shop. Sign up required.

Friday, June 16, Father's Day Celebration—join us for pizza and conversation. Limited spots. Registration required.

Monday, June 19, COA Closed for Juneteenth

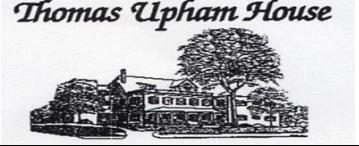
Wednesday, June 21, Welcome to Summer Cook Out - Limited spots available, sign up required. 5:00 p.m. - 7 p.m.

Monday, June 26, Castle Island. Bus to leave COA by 10 a.m. Limited spots available; Sign up begins June 1 at 9am.

Tuesday, June 27, Leaping Lizards at 2 p.m. Joy returns with lizards! You don't want to miss this. Sign up required.

Thursday, June 29, Podiatry Clinic by appointment only from 9 a.m.- 12:00 p.m.

Thursday, June 29, Caregiver Support Group and Book Club at 2 p.m.



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

June 7 - Chicken Salad
June 14 - Turkey and Cheese
June 21 - Seafood Salad
June 28 - Ham and Cheese

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

Wednesdays are a busy day at the Center. Call on Monday morning by 9 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, June 2 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, June 13 starting at 12:30 p.m.

Caregiver Support — Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group Thursday, June 29, 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. 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

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.

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!

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!

FATHER'S DAY GATHERING **Friday, June 16 from 11 a.m. -12 p.m.**

We will be celebrating Father's Day a little early here on Friday, June 16 from 11 a.m. until 12:00 p.m. Join us for some pizza, beverages and great conversation. Sign up required. Limited to 15.

"Dads hold our hands for a little while and hold our hearts forever" - unknown

"WELCOME TO SUMMER" COOK OUT **Wednesday, June 21 5:00-7:00 p.m.**

Are you ready to bring back our Summer Cookouts? We are! "Welcome to Summer" cookout will take place on **Wednesday, June 21** starting at 5:00 p.m. for cocktail hour. Grilled hot dogs along with coleslaw and chips will be served at 6:00 p.m. Entertainment will be provided by The Elderly Brothers. The price is \$6 per person and we ask that you make checks payable to the Town of Medfield - COA. Seats are limited to 60. Sign up begins Thursday, June 1 at 9:30 a.m. for all events.

Mosquito and Tick-borne Diseases Education Program

June 22 at 2 p.m.



Please join Kaitlyn O'Donnell, entomologist at Norfolk County Mosquito Control District for a presentation on mosquito and tick-borne diseases. Kaitlyn will discuss mosquito and tick biology, the diseases they carry, and how best to protect you and your loved ones. Lyme disease is the most commonly reported vector-borne disease in our area. Kaitlyn will also discuss the work that Norfolk County Mosquito District does to abate mosquitos in the area. Come learn right from the expert! Be sure to sign up.



LEAPING LIZARDS WITH JOY MARZOLF

Tuesday, June 27 from 2-3 p.m.

You don't want to miss this one!

Join us on Tuesday, June 27 from 2-3 p.m. for a live presentation with lizards! From a tiny anole and a huge Komodo dragon to the venomous Gila monster, lizards can look very different. How are they similar? How do their differences actually help lizards survive around the world and even here? Find out about some of the amazing abilities of different lizards and *don't miss our special lizard guests*. Free program, but registration is required.

BOOK CLUB

Thursday, June 29 at 2:00 p.m.



Our next book club meeting with Moira will be held at the Center at Medfield on Thursday, June 29 at 2:00 p.m. Please register in advance. We look forward to seeing you!

From the Desk of Susan Longmoore, Outreach Coordinator

The Friendly-Visitor Program provides regularly-scheduled social time for you or a loved one. Isolation is a major issue for many older people in the community and a few hours of talk can go a long way towards curbing that. Are you looking for a friendly person to talk with, play a game of cards or discuss current events? If you could benefit from socialization and conversation and want to participate, please call the Center and ask to speak with Susan.

Outreach Tip:

If you are experiencing hardship, Eversource Payment Plans & Assistance offers flexible payment arrangements, payment-assistance programs and protections. You may qualify for one or more of these programs if you're struggling to pay your utility bills and meet specific income requirements.

Please call Eversource directly at 866-861-6225 to learn more.

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.

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 Hoye, who plays an acoustic guitar. Patrick will be joining us on June 6th from 2 – 3 PM. As a Certified Dementia Practitioner (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.*

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 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

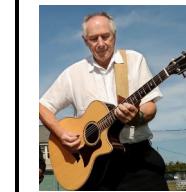
Veterans and their dependents may be eligible for a variety of Chapter 115 Safety-Net benefits and assistance programs. Call the Center for an appointment.

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 a.m.
Coffee & Conversation - Friday at 10:00 a.m.
Tai Chi – Friday at 10:00 a.m.
Core Balance – Friday at 11:00 a.m.
Zumba — Saturday at 9:00 a.m.
Ping Pong — Saturday 9:00 a.m.
Line Dancing—Saturday at 10:30 a.m.
BINGO — Saturday at 12:30 p.m.
Movies - Saturday by Request



NEW ENTERTAINER

Patrick Hoye 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 a 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**.



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BOCCE COURTS ARE READY FOR USE! STOP IN!

JUNE 2023

SIGN-UPS FOR ALL PROGRAMS AND EVENTS BEGIN ON THURSDAY, JUNE 1 AT 9:30 A.M.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

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!

COLOR KEY FOR CALENDAR

- **SHOPPING TRIPS**
- **EXERCISE**
- **SPECIAL EVENTS**
- **REGULAR PROGRAMS**

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 & number so we can follow up should we need more info.

1. BRAISED BEEF

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

2. BAKED COD

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
11-12:30 TECH TIME
1:00 THE CENTER CLOSES

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

Pat Maloney

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



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.

5. HOT DOG

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

6. CHICKEN TERIYAKI

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

7. LASAGNA

9:30 COA BOARD MEETING
9:30 MARKET BASKET
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
11:00 COFFEE WITH THE CAPTAIN
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

8. ROAST 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
1:45 TOMS BIRTHDAY BAND

9. MAC & CHEESE

9:00 ROCHE BROS SHOPPING
9:30 KINGSBURY CLUB SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
1:00 CENTER CLOSES

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

12. CHICKEN CACCIATORI

8:15 DAY TRIP DEPARTS TO MV
9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
10:00 EARLY AMERICAN HISTORY LECTURE
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

13. BROCCOLI QUICHE

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

14. CHEESEBURGER

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

15. ROAST PORK

9:00 WOODCARVING
10:00 WALKING GROUP
10:30 ZUMBA
11:00 CLUB PICKUPS
11:30 CANASTA
11:30-3 THE CLUB
12:00 SHINE APPOINTMENTS
12:30 POKER
60 + GET 10% OFF WITH ID!

16. SALMON W/ HERB SAUCE

9:00 ROCHE BROS SHOPPING
9:30 KINGSBURY CLUB SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
11-12 FATHERS DAY CELEBRATION
1:00 CENTER CLOSES

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

19.

JUNETEENTH
COA
CLOSED

20. MEATLOAF

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

21. CHICKEN FAJITAS

9:30 MARKET BASKET
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
10:45 CRAFTERS CORNER – SCAT
11:00 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

22. AMERICAN CHOP SUEY

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

23. STUFFED CHICKEN

9:00 ROCHE BROS SHOPPING
9:30 KINGSBURY SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
1:00 CENTER CLOSES

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

26. BEEF CHILI

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

27. CHICKEN W/ SUPREME SAUCE

9:15 SHAWS 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

28. SWEDISH MEATBALLS

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

29. BEEF BORDELAISE

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

30. SEAFOOD CASSEROLE

9:00 ROCHE BROS SHOPPING
9:30 KINGSBURY CLUB SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
1:00 THE CENTER CLOSES



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

Inspiration
lives here.



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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.