

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, Patty Byrne, Richard Ryder, Rose Thibault and Annette Wells

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

PRSR STD U.S.
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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



JULY/AUGUST 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 July & August Programs and Events begin on Monday, July 3 at 9 a.m.

Happy Summer! ☀️ As we head into the warmer weather, **please** keep in mind how important it is to stay hydrated. Drinking plenty of water is a simple yet vital part of maintaining good health, especially as we get older. The health benefits of staying hydrated are numerous, ranging from improved cognition to decreased joint pain. While conventional wisdom tells us to drink 8 glasses of water a day, you should talk to your doctor about an appropriate fluid intake for you.

Our Annual Bocce Tournament will be held in mid September so be sure to come use the bocce court to practice during our normal business hours. Will our two time champions continue with their winning streak or will someone bounce them from the championship?! Sign up—limited to 8 Teams of 2! You can pick your teammate, or we can find one for you!

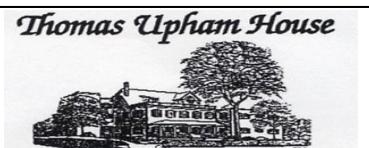
Say Cheese—We are asking for your help so we can do a better job getting to know you. When you're at the kiosk the next time you check-in, you will be prompted for the machine to take your photo, please accept and SAY CHEESE. This will help staff and our volunteer receptionists a lot! A prize will be given to one lucky participant.

Beginning July 1, 2023 the Center will no longer be able to accept cash payments. In order to be in line with the Town of Medfield's No Cash Policy. We have been using our new exercise punch cards; simply make a check payable to the Town of Medfield—COA for \$30 for 6 exercise classes. Transportation cards are \$20 for 11 rides. We are working on getting a credit card reader as well. Thank you for cooperating. I really do appreciate it.

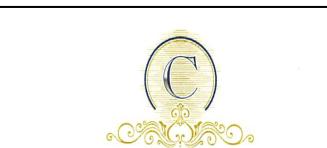
~ Sarah Hanifan, Director

SPECIAL EVENTS FOR JULY

Saturday, July 1—COA CLOSED Tuesday, July 4—COA CLOSED Thursday, July 6—No Club Program.
Monday, July 10—Shopping Trip with Peter—Dollar Store and Job Lot. Transportation punch card required.
Tuesday, July 11—Legal Clinic with Attorney Ladimier, by appointment only. Call the Center to book your 15 min appt.
Wednesday, July 12—ENCORE Mini Day Trip—limited to 10. Bus leaves at COA at Noon. Leave ENCORE at 4:00 p.m.
Thursday, July 13—Luau Luncheon - congregate meal—limited to 10. Be sure to sign up! Food served at noon. \$3 pp
Monday, July 17—Video Class Resumes! Join the group for a lecture on Early American History, starting at 11am
Monday, July 17—Mini Day trip to Castle Island with Peter. Bus leaves COA at 11 a.m. Limited to 10
Wednesday, July 19—Summer Cookout 5-7 p.m. Burgers are on the menu! Limited to 60—registration required. \$6 pp
Thursday, July 20—Visit Gloucester with us! \$110 per person We need 10 more to make this trip go! Call to sign up!
Thursday, July 20—BBQ Luncheon - limited to 10. Be sure to sign up! Food served at noon. \$3 per person
Thursday, July 20—Music with Patrick Durkin at 2p.m. The Book Club is also meeting at 2pm.
Wednesday, July 26—Game Sense—a gambling resource. More information inside.
Thursday, July 27—JULIET Luncheon Returns! Limited to 10! Plus Caregiver Support Group at 2 p.m.
Thursday, July 27—Southern Charm Luncheon - limited to 10. Be sure to sign up! Food served at noon. \$3 per person



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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.



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

July 5 & Aug. 2 - Chicken Salad
July 12 & Aug. 9 - Turkey and Cheese
July 19 & Aug. 16 - Seafood Salad
July 26 & Aug. 23 - Ham and Cheese
Aug. 30 - Tuna

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. \$3 per lunch. 508-359-3665

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, July 7 and Aug. 4 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 Melissa Bingham at 508-906-3025 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 free 15-minute phone consultations on Tues., July 11 and Tue., Aug 8, starting at 12:30 p.m. Sign up required.

Caregiver Support — Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group Thursday, July 27 and Tuesday, Aug 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 9:00 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!

JULY SUMMER COOK OUT

July 19, 2023 from 5 p.m. - 7p.m.

Our July cookout will begin at 5:00 p.m. for cocktail hour. Supper will be served around 6:00 p.m. Burgers will be served. Entertainment will be provided by Mike Dardis. The price is \$6 per person and **we ask that you make checks payable to the Town of Medfield - COA**. If you are unable to pay by check, please see Sarah. Seats are limited to 60. Sign up begins Monday, July 3 at 9 a.m. Payment is due at time of sign up.

WALKING GROUP UPDATE:

Our Walking Group will be meeting beginning at 9 a.m. instead of 10 a.m. each Thursday during July and August. We meet at the Center and walk the rail trail. It's a beautiful path and much of it is in the shade. We walk at all different paces. Join us; it's a great way to socialize AND get some exercise in.

BOOK CLUB

Thursday, June 20 at 2:00 p.m. and Thursday, Aug 31 at 2 p.m.



Our next book club meeting with Moira will be held at the Center at Medfield on Thursday, June 20 at 2:00 p.m. Please register in advance. We look forward to seeing you! *Please notice we are meeting a week early in July!

AUGUST SPECIAL EVENTS

During the Month of August we have some exciting mini bus trips as well as a large bus day trip. Registration begins on Monday, July 3 at 9 a.m. for ALL July and August events

- Thursday, Aug 3, Picnic Luncheon, registration required, limited to 10 AND Laughter Yoga at 2 pm
- Monday, Aug 7—Castle Island Mini Bus Trip, sign up required. Limited to 10-\$5pp
- Tuesday, Aug 8—Legal Clinic by appointment only
- Thursday, Aug 10—Charles River Cruise Day Trip. \$115 pp. And Luau Luncheon. Be sure to sign up!
- Monday, Aug 14—Noon Shopping with Peter to Trader Joes and Christmas Tree Shops \$3 pp
- Wednesday, Aug 16—Summer Cook Out—limited to 60! Registration Required
- Thursday, Aug 17 BBQ Luncheon, registration required. Limited to 10
- Thursday, Aug 17 2pm Music with Patrick Hoye—back by popular demand!
- Thursday, Aug 24—Southern Charm Luncheon; registration required. Limited to 10
- Monday, Aug 28—Shopping Trip to Walpole Walmart and Kohl's with Peter. \$3 per person
- Tuesday, Aug 29—Caregiver Support Group at 2 pm
- Wednesday, Aug 30—Mystery Lunch Trip with Peter on the Mini Bus—registration required, limit 10
- Thursday, Aug 31—Podiatry Clinic—by appointment Only
- Thursday, Aug 31—Pizza Party—registration required. Limited to 10 and Book Club at 2pm

All regular weekly scheduled classes/exercise programs are happening. Please call the COA should you have any questions. Thank you and enjoy your summer!

AUGUST SUMMER COOK OUT

August 16 from 5:00-7:00 p.m.

Our August cookout will begin at 5:00 p.m. for cocktail hour. Supper will be served around 6:00 p.m. Sausage and Peppers Entertainment will be provided. The price is \$6 per person and **we ask that you make checks payable to the Town of Medfield - COA**. If you are unable to pay by check, please see Sarah. Limited to 60.

WELCOME ALEX



Alex joined the team on June 3, 2023! She will be working Saturday as part of the Programming Team twice a month! I'm thrilled to have Alex as part of the COA team, as soon as I met her I knew she would be a great fit. Please be sure to stop in and say hello.

Did you know that we have Zumba, Ping Pong, Line Dancing, Lunch + Bingo all happening each Saturday? Everything is drop in, no need to register in advance. Zumba is \$5, Line Dancing is \$3 and Lunch is \$5. JOIN US!!

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 looking for volunteers to add to our lists of wonderful volunteers. We offer many skill levels and ways you can volunteer your time. It can be as simple as getting involved picking up donuts 1 day a week, delivering for meals on wheels, or coming to help fold newsletters and sticking on labels 1 day a month. Please come see what I can match your talents and free time to. I have another new entertainer coming to play at the July BBQ; his name is Mike Dardis. He will play from 5:30 – 7, although the BBQ starts at 5:00 PM. Sign up for the BBQ. All July AND August events will start Monday, July 3 at 9 AM. Payments will be due by check for sign-ups payable to "Town of Medfield – COA". I have met so many of you; thanks for making the transition and learning all your names so easy.

From the Desk of Susan Longmoore, Outreach Coordinator

If you were approved for fuel assistance last year, you will be receiving a pre-printed application form in August from SMOC (South Middlesex Opportunity Council) for the 2023/2024 heating season. If you don't receive your form by August 31st, contact Susan. Please note the process for new applicants begins on November 1, 2023.

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 July Support Group meeting is Thursday, July 27 at 2 p.m. and our August meeting will be held, Tuesday, Aug. 29 at 2pm

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

SUMMER SCHEDULE: Senior Swim Friday at 9:30 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 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 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 1:00 p.m.

BINGO - Wednesday at 3:00 p.m.

Woodcarving - Thursday at 9:00 a.m.

Walking Group – Thursday at 9:00 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 at Fri., at 9:30 a.m.

Coffee & Conversation - Friday at 10:00 a.m.

Tai Chi – Friday at 10:00 a.m.

Core Balance – Friday at 11:00 a.m.

Zumba — Saturday at 9:00 a.m.

Ping Pong — Saturday 9:00 a.m.

Line Dancing—Saturday at 10:30 a.m.

BINGO — Saturday at 12:30 p.m.

Movies - Saturday by Request

GREEN = CARD GAMES! JOIN US!!

SHINE

Serving Health Insurance Needs of Everyone

Initial Enrollment Period: Generally, when you turn 65 years old, this is called your Initial Enrollment Period. It lasts for 7 months, starting 3 months before you turn 65, and ending 3 months after the month you turn 65. Are you over 65 and need to enroll soon? Are you having trouble paying for medical expenses and prescription drugs? If any of these apply to you, contact the SHINE counselor (*Serving Health Insurance Needs of Everyone*). A trained SHINE volunteer offers free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Center at 508-359-3665.

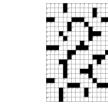
What's NEW for the Summer? DVD Exercise, Trivia and Games!



This summer we've decided to start a new drop-in, free video exercise program each Wednesday. This class will be beginners and will last 30-45 minutes. All exercises will be done in a chair. Come start your day off with 30-45 minutes of light exercise on the right side of the Fellini Hall at 9 a.m. beginning Wednesday, July 5.

TRIVIA / CROSSWORD PUZZLES AND MORE!

Trivia and Games will be added to the Summer schedule (look for sign up for days and times) Come play checkers, crossword puzzles, scrabble, bocce or engage in trivia once a week with us. Be sure to sign up!



TRANSPORTATION HELP NEEDED

We are in need of volunteer drivers to help make sure our Medfield Seniors get to their **important** medical appointments! It's a rewarding volunteer opportunity and can be as little or as big as you'd like it to be. VERY flexible with scheduling, only pick up the rides you're available for! Rides are typically within the surrounding towns. Please call Lois Abramo for more information. 508-359-3665 x201

HESSCO Summer-Special Congregate Meals

Join us in July and August as we offer some different summer options for lunch. Beginning Thursday, July 13 we will be offering a Thursday Weekly Luncheon. Sign up is required and it's limited to 10 people each week. Each meal is \$3 and Lunch starts at 11:45 a.m.

July 13—LUAU MENU - Sweet n Sour Chicken, Pineapple Rice, Green Beans, Pineapple Cake and Lemonade! We will also offer this again on **Thur. Aug 10**.

July 20—BBQ Menu, Hot Dog/Cheeseburger, Baked Beans, Carrot and Raisin Salad, Cantaloupe and Lemonade. We will offer this again on **Aug. 17**

July 27—Southern Charm—BBQ Pulled Pork, Rice, Cole Slaw, Corn Bread, Watermelon and Lemonade. We will also offer this again on **Aug. 24**

Aug 3 - Picnic Menu—Chicken Salad, Pasta Salad, 3 Bean Salad, Roll, Fruit Salad and Lemonade.

August 31—Pizza Party—French Bread Pizza with Tossed Salad, Dessert and Lemonade.

Sign up soon, these are limited to 10 people per date. Thank you!

JULY 2023



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. CHEESEBURGER 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	4. COA IS CLOSED  <i>Happy 4th of July</i>	5. STUFFED CHICKEN 9:00 VIDEO EXERCISE CLASS 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 3:00 BINGO	NO PUBLIC HEALTH NURSE 6. PORK LOIN 9:00 WOODCARVING 9:00 SHINE APPOINTMENTS 9:00 WALKING GROUP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MEETING 12:30 POKER	7. HONEY GINGER SALMON 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
10. AMERICAN CHOP SUEY 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 12:00 DOLLAR STORE/JOB LOT 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	11. CAJUN CHICKEN 9:30 CHAIR YOGA 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	12. SHEPARDS PIE 9:00 VIDEO EXERCISE CLASS 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 12:00 ENCORE DAY TRIP 1:00 CRIBBAGE / PING PONG 1:00 FIT TO KNIT 3:00 BINGO	13. ROAST TURKEY 9:00 WOODCARVING 9:00 WALKING GROUP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 LUAU LUNCH AT COA 12:30 POKER	14. CATCH OF THE DAY 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
17. BEEF LO-MEIN 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 11:00 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	18. MAC & CHEESE 9:30 CHAIR YOGA 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG	19. ROAST PORK 9:00 VIDEO EXERCISE CLASS 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 3:00 BINGO 5:00-7 SUMMER COOKOUT	20. CHICKEN CORDON BLUE 9:00 WOODCARVING 9:00 WALKING GROUP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 BBQ LUNCH AT COA 12:30 POKER 2:00 BOOK CLUB & PATRICK DURKIN *** DAY TRIP TO GLOUCESTER ***	21. SPINACH & FETA 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
24. VEGETARIAN CHILI 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 12:00 SUNNYSIDE FARM ICE CREAM TRIP 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	25. BEEF & BROCCOLI 9:30 CHAIR YOGA 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG	26. TURKEY A LA KING 9:00 VIDEO EXERCISE CLASS 9:30 MARKET BASKET 10:00 MEDITATION CLASS & BREAD DISTRIBUTION 10:45 CRAFTERS CORNER WITH ANNETTE 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 12:00 GAMESENSE HEALTHY GAMING 1:00 CRIBBAGE / PING PONG 1:00 FIT TO KNIT 3:00 BINGO	27. APRICOT CHICKEN 9:00 WOODCARVING 9:00 WALKING GROUP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 JULIET LUNCHEON LIMITED TO 10 12:00 SOUTHERN CHARM LUNCH AT COA 12:30 POKER 2:00 CAREGIVER SUPPORT	28. TUNA 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
31. CHICKEN MARSALA 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	Summer Concerts at the Medfield Public Library Gazebo Thursdays from 6-8 p.m. 7/6, 7/13, 7/20, 7/27, 8/3, 8/10 and 8/17 IN THE EVENT OF RAIN, SHOWS ARE CANCELLED	<p>A GUIDE TO GAMBLING IN THE GOLDEN YEARS</p> <p>Wednesday, July 26 from 12:00 p.m.–1:00 p.m.</p> <p>This interactive, hour-long presentation delves into why older adults gamble and what they play. We discuss strategies on how to keep your gaming healthy and fun and test your knowledge about gambling myths. We will talk through what gambling for entertainment looks like versus gambling that may not be fun anymore and touch on some of both the positive and negative effects that gambling can have on older adults. Come join us for this lively and hands-on presentation and stick around to play a free game and receive some swag!</p>		

Food Cupboard Needs: We are accepting donations for the food cupboard. The high priority needs right now are Creamy Peanut Butter, 12 & 18 oz. Grape Jelly, Beef Stew and Chocolate and Vanilla Ensure. We have a donation collection box in between the entry doors. Thank you!

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CASTLE ISLAND
MONDAY, JULY 17 AND AUG 7

Join us for another trip to Castle Island on Monday, July 17 and August 7 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
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5 North Meadows Road
Medfield MA 02052
508-359-9119

CRAFTERS CORNER

Cards with Bri
Wed., July 12 at 10:45

No Card Class in August.

Crafting with Annette
Wed., July 26 at 10:45

Paint a vase
\$5 per person

Limited to 10

Crafting with Annette
Wed., Aug 30 at 10:45

FREE Mystery Craft—
Trust me, you don't want to miss it!

SIGN UP REQUIRED!

COLOR KEY FOR CALENDAR

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