

"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

COUNCIL ON AGING STAFF

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

PRSR STD U.S.
Postage Paid
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



SEPTEMBER 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: Happy September! I'm excited to share we have a lot of new programs being offered in September that I hope you will try out. We will be kicking off our **Monthly Birthday Parties** beginning in September. All are welcome to attend, but we do ask that you register in advance. The Center will be offering another new program **Brain Exercises** which will be a two-part series. Tuesdays we will provide the new materials for you to work on; and Friday, we will regroup to review the answers together. Brain Exercises will begin on Tuesday, September 5 at 2 p.m. We are also offering **Beginning Bridge** for those wanting to learn how to play bridge, or those who could use a refresher. This will be a 4-part series. More information inside with dates/times. **Mah Jongg** classes will be taught once again this month beginning on Tuesday, Sept. 12 at 1 p.m. Please be sure to register to make sure we have enough people to run the classes. Our Salem Large Day Trip has been cancelled but we are offering 3 small bus trips in September. We will be traveling to the Cape, the JFK Museum and Castle Island. I'm sorry to announce that due to staffing challenges, our lunch program for Saturdays has been discontinued effective September 9. You are welcome to bring your own lunch to enjoy before Bingo but we will no longer be offering lunch on Saturdays. See you at the Center! *Sarah Hanifan, Director*

SPECIAL EVENTS FOR SEPTEMBER

Friday, September 1 at 9:00 a.m. Registration opens for all September activities.

Saturday, Sept. 2 COA CLOSED and Monday, Sept. 4 COA CLOSED for Labor Day.

Tuesday, Sept. 5, 2 p.m., NEW Brain Exercises. Part 1 - Materials provided. *Check calendar for additional days!

Wednesday, Sept. 6 at 4 p.m. Beginning Bridge. Limited to 20, sign up required. Free!

Thursday, Sept. 7 - Special Bus Trip to Cape Cod and lunch at Seafood Sam's, \$5 for transportation. Sign up required!

Friday, Sept. 8 - 10:30 a.m. Meet Eddie, the Norfolk County Sheriff's Therapy Dog.

Friday, Sept. 8 - 12:00 p.m. Part 2 Brain Exercise Review *Check calendar for additional days!

Monday, Sept. 11 - 10 a.m. Trip to JFK Museum \$5 bus & \$10 admission. + Cultural History of Japan lecture at 11 a.m.

Tuesday, Sept 12- Veteran's Coffee Hour with Veterans Service Office Melissa Bingham 9 a.m. + Legal Clinic at 2pm

Wednesday, Sept. 13 - Special Amelia Earhart Presentation at 6 p.m.

Thursday, Sept. 14 - Shine Appointments by appointment only + September Birthday Party at 2pm with Mike Dardis

Monday, Sept. 18 Castle Island Bus Trip \$5 per person for transportation only—Registration required

Wednesday, Sept. 20 - Supper Club with live entertainment. \$6 per person, open to all. 5-7 p.m.

Thur. Sept. 21 - Juliet Outing at 11:45 a.m. + Henry Quinlan, 50 years in Publishing—come hear his stories! 2:00 p.m.

Tuesday, Sept. 26 - Caregiver Support Meeting with Susan at 2:00 p.m.

Thur. Sept. 28 - Book Club at 2:00 p.m.

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Our Next FOSI Meeting is Thursday, September 7 at 12:00 p.m. at the Center.

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

DATE : _____

NAME: _____ PHONE: _____

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!**

**September 6 - Chicken Salad
September 13 - Turkey and Cheese
September 20 - Seafood Salad
September 27 - Ham and Cheese**

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, September 1 from 9-10:00 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 - Melissa Bingham will be at the Center **Tuesday, Sept. 12 from 9-10 a.m.** Melissa can also be reached at 508-906-3025

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., September 12 beginning at 2 p.m.** Sign up required.

Caregiver Support — Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group **Tuesday, September 26 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!



Meet Eddie the Norfolk County Sheriff's Comfort Dog!

We are pleased to announce that the Norfolk County Sheriffs will be visiting with Eddie the comfort dog on **Friday, September 8 at 10:30 a.m.** They will discuss the roles of comfort dogs and provide lots of interaction!

CALLING ALL VETERANS

We are pleased to announce that once a month, Melissa Bingham, Medfield's Veterans Service Officer, will be at the Center for coffee and chat. Join us on Tuesday, September 12 from 9-10 a.m.

RSVP by calling 508-359-3665



September Birthday Party with Cake and Live Entertainment

Join us on **Thursday, September 14 at 2 p.m.** to celebrate our September Birthdays!

We will serve cake while being entertained by Mike Dardis.

If your birthday is in September, please come be our guest of honor! Open to all, registration required!

AMELIA EARHART: PIONEER IN AVIATION

Wednesday, September 13 from 6-7p.m.

Amelia Earhart's fearless, adventuresome spirit leads to hair-raising rides down her homemade roller coaster, and she is enthralled with the wonders of the new "flying machines" during a family vacation to the Iowa State Fair. As she matures, she is fulfilled by her work as a nurse's aide and begins to consider a career in medicine. This idea "flies out the window," however, when she pays a pilot \$1.00 to take her up for a short "hop" in his plane. From then on, the science of aviation becomes her passion as flying becomes her career. Since 2003, Sheryl Faye has masterfully brought to life important historical women to both children and adults across the U.S. In her one-woman shows, she immerses the audience in a multimedia learning experience that captivates viewers and sparks their interest to explore more. Sheryl is a full-time actress; a goal she has worked her whole life to achieve. Besides performing a variety of historical women for schools, libraries, historical societies, senior centers, and others, she also writes and performs with StageCoach Improv. She has been the voice of several characters for Sony Play Station games and for a variety of medical CD ROMS. She recently shot a national print ad for Vicks cold/flu and continues to keep busy working on films, television and theater throughout Boston and New York. Be sure to join us on Wednesday, September 13 from 6-7 p.m. for this special event! Registration is required. Open to all!

SUPPER CLUB

Wednesday, September 20 from 5-7 p.m.

Join us for a Pasta Supper on Wednesday, September 20 from 5-7 p.m. Pasta, meatballs and Sauce, bread, and dessert. \$6 per person limited to 60 and open to all Center members! Payment is due by check (payable to the Town of Medfield—COA) at the time of sign up. Entertainment this evening will be provided by Paul French. He will be singing and playing guitar. He's been singing and playing for years. He features familiar hits from the 50's, 60's and 70's; from Buddy Holly to Jimmy Buffet and everything in between. Join us for a great evening with food, friends and music.



HENRY QUINLAN
50 Years in Publishing – Humorous Stories
Thursday, September 21 at 2:00 p.m.



Spend an entertaining and fun hour with Henry Quinlan as he relates the funniest anecdotes from his 50 Years in Publishing from authors, some well-known, others not so much. Some of them were in the books he published; others were stricken, all are true. Some of the better known names are President GWH Bush, Movie Star Mitzi Gaynor, Athletes KC Jones and Danny Ainge, Ted Kennedy, Vitaly Churkin, Anderson Cooper, Astronaut Wally Schirra, John Cullinane and 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.

BEGINNING BRIDGE CLASS - NEW!

Beginning Bridge with Ken Jenkins. Wednesday, September 6, 20, 27 and Oct 4 at 4pm.



This Bridge is not only for beginners but also those who haven't played in some time and need a refresher course. We are meeting to review, have fun, and make friends. Hopefully this group will continue to play after the basic skills are acquired. Limited to 20. Free, but be sure to sign up to reserve your spot.



BEGINNING MAH JONGG

Come learn how to play Mah Jongg. On Tuesdays beginning September 12 at 1:00 p.m. Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players. FREE!

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 September Support Group meeting is Tuesday, September 26 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

FALL SCHEDULE to begin Sept. 11
Senior Swim Monday, Tuesday and Friday at 10 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.

Brain Games - Tuesday at 2:00 p.m. ****NEW!**

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.

Kingsbury Club Swim Mon, Tue, Fri at 10 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.

Brain Games REVIEW - Friday at 12:00 p.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!!

OUTREACH CORNER WITH SUSAN LONGMOORE

FARMER'S MARKET COUPONS: Did you know that less than one-third of seniors eat the recommended daily amount of fruits and vegetables? The Farmer's Market Nutrition Program aims to increase access to nutritious local foods. Farmer's market coupons can be used to purchase fruits, vegetables and fresh herbs. Qualifying individuals are given \$50 in coupons. Coupons for this year will expire on October 31. According to the Farmer's Market Coalition, older adults benefit from Farmer's Markets. While locally-fresh sourced produce is beneficial to everyone, the communal aspect of a Farmer's Market adds an element of socialization and community. To be eligible you must be 60 years or older and meet income guidelines.

HIGH PRESCRIPTION DRUG COSTS: Prescription Advantage is a state-assistance program which may lower the amount you pay for prescription drugs. Members are allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on income only and there is no asset limit. For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are 65 or older with specific income qualifications. Talk with a SHINE counselor to help you apply for this program and provide free, confidential counseling on all aspects of Medicare and **related health and drug insurance programs.** **Call the Center to schedule an appointment.**

KNITTING VOLUNTEERS WANTED

The Center at Medfield is pleased to be partnering with Norfolk County RSVP to support their mission of working with volunteers to help meet community needs. Norfolk County RSVP (Retired & Senior Volunteer Program) is comprised of volunteers who are 55+ years of age who build stronger communities together through service. RSVP Programs in Norfolk County include: Elementary School Reading, Meals on Wheels driving, Telefriend, Veterans' transportation, Friendly visiting, and support for Veterans' programs. Do you enjoy knitting? We are looking for volunteers to knit lap robes and/or afghans for veterans. Any size and color of afghans or lap robes is greatly appreciated and will be collected at the Center in Medfield to be donated and delivered to ill or disabled veterans in nearby healthcare facilities. This effort will directly support Norfolk County RSVP and local veterans. **We are also asking for yarn donations. Yarn donations should be from a smoke-free home.** If interested, please contact Susan to discuss details. Thank you!

From the Desk of Lois Abramo, Volunteer/Program Coordinator

I have heard so many wonderful stories, listened to many requests, and shared many laughs with so many of you! I look forward to continuing to build on the calendar with new and reviving some former programs from pre-COVID. They may look different but give them a try. I am in need of a few volunteers to add to my list for driving to medical appointments, and overall assistance in running some programs so send me an email or give me a call if this interests you. More new things will be coming, but it takes a village to pull it all together. I am grateful for any suggestions and assistance.

Lois Abramo



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OUR SALEM DAY TRIP HAS BEEN CANCELLED.

SEPTEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAVE THE DATE:

LOW VISION SUPPORT GROUP MEETING
Thursday, October 26 at 2:00 p.m.
Learn about the latest resources and specialized
telephones from Massachusetts Equipment Distribution
Program for people with low vision.

SAVE THE DATE

NAN RUMPF will be returning to teach
Beginning Watercolor. This will be six
sessions beginning in October.
Classes will be held on Fridays from 10:45
- 12:45. Oct 13, 20, 27 and November 3,
10, 17. You will be required to bring your
own watercolor supplies. *List provided
when you sign up.

SAVE THE DATE

MEDFIELD DAY IS
SATURDAY, SEPTEMBER 23
10:00 A.M. TO 4:00 P.M.

1.

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
1:00 CENTER CLOSES

SEPTEMBER 2.
COA CLOSED



COA CLOSED

5. **** NO TRANSPORTATION ****
9:30 CHAIR YOGA
10:30 MAT YOGA
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISE

6. **PUBLIC HEALTH NURSE DAY**
9:00 VIDEO EXERCISE CLASS
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 / FIT TO KNIT
3:00 BINGO
4:00 BEGINNING BRIDGE - NEW!

7. **WOODCARVING**
9:00 WALKING GROUP
9:00 SHINE APPOINTMENTS
10:00 CAPE LUNCH AT SEAFOOD SAMS
10:30 ZUMBA
11:30 CANASTA
11:30-3 THE CLUB
12:00 FOSI MTG
12:30 POKER

8. **** NO TRANSPORTATION ****
9:30 KINGSBURY CLUB SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
10:30 MEET EDDIE
THE THERAPY DOG
11:00 CORE BALANCE
12:00 BRAIN EXERCISE REVIEW
1:00 CENTER CLOSES

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

11. **ROCHE BROS SHOPPING**
9:30 QUILTING GROUP
10:00 JFK MUSEUM TRIP
10:00 FITNESS FUN / KINGSBURY SWIM
11:00 CULTURAL HISTORY OF JAPAN
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

12. **VETERANS COFFEE HOUR**
9:00 SHAWS SHOPPING
9:15 CHAIR YOGA
9:30 KINGSBURY SWIM
10:00 MAT YOGA
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 LEGAL CLINIC BY APPT. ONLY

13. **PUBLIC HEALTH NURSE DAY**
9:00 VIDEO EXERCISE CLASS
9:30 MARKET BASKET
10:00 MEDITATION CLASS / Bread Distribution
10:45 CRAFTERS CORNER WITH BRI
11:00 SCAT / SINGING WITH MAGGIE
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE / PING PONG
1:00 FIT TO KNIT
3:00 BINGO
6:00 AMELIA EARHART SPECIAL EVENT

14. **WOODCARVING**
9:00 WALKING GROUP
10:30 ZUMBA
1:30 CANASTA
11:30-3 THE CLUB
12:30 POKER
2:00 SEPTEMBER BIRTHDAY PARTY

15. **ROCHE BROS SHOPPING**
9:00 KINGSBURY SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
12:00 BRAIN EXERCISE REVIEW
1:00 CENTER CLOSES

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

18. **ROCHE BROS SHOPPING**
9:30 QUILTING GROUP
10:00 FITNESS FUN / KINGSBURY SWIM
10:00 CASTLE ISLAND
11:00 CULTURAL HISTORY OF JAPAN
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

19. **SHAWS SHOPPING**
9:15 CHAIR YOGA
9:30 KINGSBURY SWIM
10:00 MAT YOGA
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISE

20. **PUBLIC HEALTH NURSE DAY**
9:00 VIDEO EXERCISE CLASS
9:30 MARKET BASKET
10:00 MEDITATION CLASS / BREAD DISTRIBUTION
11:00 SCAT / SINGING WITH MAGGIE
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE / PING PONG / FIT TO KNIT
3:00 BINGO
4:00 BEGINNING BRIDGE
5:00-7 SUPPER CLUB-MUSIC BY PAUL FRENCH

21. **WOODCARVING**
9:00 WALKING GROUP
10:30 ZUMBA
11:30 CANASTA
11:45 JULIET OUTING
11:30-3 THE CLUB
12:00 SHINE APPOINTMENTS
12:30 POKER
2:00 50 YEARS IN PUBLISHING

22. **ROCHE BROS SHOPPING**
9:00 KINGSBURY SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
12:00 BRAIN EXERCISE REVIEW
1:00 CENTER CLOSES

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

25. **ROCHE BROS SHOPPING**
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN / KINGSBURY SWIM
11:00 CULTURAL HISTORY OF JAPAN
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

26. **SHAWS SHOPPING**
9:15 CHAIR YOGA
9:30 KINGSBURY SWIM
10:00 MAT YOGA
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISE
2:00 CAREGIVER SUPPORT GROUP

27. **VIDEO EXERCISE CLASS**
9:00 MARKET BASKET
10:00 MEDITATION CLASS
10:45 CRAFTERS CORNER WITH ANNETTE
11:00 SCAT / SINGING WITH MAGGIE
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE / PING PONG
1:00 FIT TO KNIT
3:00 BINGO
4:00 BEGINNING BRIDGE

28. **WOODCARVING**
9:00 ROMEO OUTING
9:00 WALKING GROUP
10:30 ZUMBA
11:30 CANASTA
11:30-3 THE CLUB
12:30 POKER
2:00 BOOK CLUB

29. **ROCHE BROS SHOPPING**
9:00 KINGSBURY SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
12:00 BRAIN EXERCISE REVIEW
1:00 CENTER CLOSES

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

Castle Island final trip of the season—Monday, September 18 at 10:00 a.m. \$5 for transportation. Limited to 14 spots, be sure to register!

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JULIET LUNCHEON –Thur. Sept. 21

Take a guess where the bus is headed..
Here's a hint: Route 1 and Clam Strips!

ROMEO LUNCHEON—Thur. Sept. 28

The guys are off for some history and some
lunch in Hudson, MA. This will be a day trip!

Pat Maloney

Independent
Elder Advocate

Phone: 508-341-8684

psmaloney@verizon.net

Help is a phone call
away!

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Medfield MA 02052
508-359-9119

CRAFTERS CORNER

Card Making with Bri
Wed., September 13 at
10:45 a.m.

Come make a fun greeting
card with Bri! No charge,
we just require registration
for materials.

Crafting with Annette
Wed., 27 at 10:45

Sign up with Annette
for a fun craft for
September. What is she
making?! Check the
sign up sheet for more
information.

BOOK CLUB MEETING

Join us for our next Book
Club Meeting on Thursday,
September 28 at 2:00 p.m.

COLOR KEY FOR CALENDAR

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