

THE CENTER AT *Medfield*

HIGHLIGHTS

4/4 - YARD-SALE VOLUNTEER MEETING AT NOON

4/10 - MOVIE AT 12:30 P.M. SIGN UP!

4/11 - LARGE DAY TRIP; BUS DEPARTS AT 9:45 A.M. SHARP

4/11 - MUSIC AT 1:45 P.M. WITH MIKE DARDIS

4/15 - COA CLOSED

4/16 - LOW VISION MEETING, 2 P.M.

4/17 - HEARING CLINIC BY APPT ONLY

4/17 - CRAFTS WITH ANNETTE, 10:45 A.M.

4/17 - CLASSICAL GUITAR CONCERT, 6 P.M.

4/18 MUSIC AT 1:45 P.M. WITH ITALO DEMASI

4/22 - 4/26 CLOSED—YARD SALE PREP

4/25 - BOOK CLUB AT THE MEDFIELD PUBLIC LIBRARY NOT AT THE CENTER

4/27 - FOSI YARD SALE 8 A.M.—2 P.M.

4/30 - CASTLE ISLAND DAY TRIP

4/30 - CAREGIVER SUPPORT GROUP MEETING 2 P.M.



WELCOME!

LETTER FROM THE DIRECTOR

Welcome to April! One of my favorite months and what it represents: New beginnings for the new season ahead! When you look around, you'll notice the new leaf buds forming on the trees, plants and the spring flowers sprouting from the thawing ground, and warmer weather which allows us to enjoy more time outdoors. The tree frogs will begin to start making their "peeping" sounds during the evening. That's truly one of my favorite sounds of spring. April is also one of my favorite months because we get to acknowledge our hard-working volunteers' with a Volunteer Appreciation event. If you know me, you know how much I value our fabulous volunteers and all the things that they do for us here at the Center. I've said it before; if you have the right volunteers, anything is possible! **Thank you to ALL of our wonderful volunteers—you are very much appreciated.** We will be planning a volunteer-appreciation dinner in May. Invitations will follow.

Saturday, April 27 is FOSI's Annual Yard Sale. 8:00 a.m. - 2:00 p.m.

We are in need of volunteer bakers for the bake sale portion of the yard sale. Please call the Center at 508-359-3665 if you can help bake. We are also in need of volunteers to help during the week to set up for the yard sale. Different days and times are available. Sign up sheet posted in lobby.

We would love your stuff. Donation days and times are located inside this newsletter. We accept all items in good sellable condition except **NO clothing or electronics.**

Sarah Hanifan, Director

CENTER HOURS MONDAY—THURSDAY

9:00 a.m. — 4:00 p.m.

WEDNESDAY

9:00 a.m. — 7:00 p.m.*

FRIDAY

9:00 a.m. — 1:00 p.m.

SATURDAY

9:00 A.M. — 3:00 P.M.

**Wednesday Schedule Varies*

WEEKLY EXERCISE PROGRAMS

MONDAY FITNESS FUN

MONDAYS / 10:00 A.M. / COST: \$5.00

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.



MONDAY LINE DANCING

MONDAYS / 12:00 P.M. / COST: \$3.00

Line Dancing with Paul Hughes! It's good exercise and good for your brain.

MONDAY CORE BALANCE

MONDAYS / 1:30 P.M. / COST: \$5.00

Join Jeanne Donnelly's Core-Balance Class. 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.

TUESDAY CHAIR YOGA

TUESDAYS / 9:30 A.M. / COST: \$5.00

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 MAT YOGA

TUESDAYS / 10:30 A.M. / COST: \$5.00

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing.

WEDNESDAY EXERCISE W/ JOELLYN

WEDNESDAYS / 9:00 A.M. / COST: FREE

Joellyns exercise class is upbeat with music, but staying in a chair. This is a FREE class, come try it out.

WEDNESDAY MEDITATION CLASS

WEDNESDAYS / 10:00 A.M. / COST: FREE

Join Jim Suojanen each Wednesday at 10:00 a.m. for his popular Meditation Class. Take the time to find your inner peace and relax your mind.

THURSDAY WALKING GROUP

THURSDAYS / 10:00 A.M. / COST: FREE

Join the group for exercise, conversation and a few good laughs! They walk at all different paces.



THURSDAY ZUMBA GOLD

THURSDAYS / 10:00 A.M. / COST: \$5.00

Lourdes Fournier keeps you moving with the Latin dance exercise you know as Zumba! This workout will use every muscle, and you will have fun doing it. Lourdes will keep your hips moving as you exercise to upbeat, energizing music.

FRIDAY VIDEO CHAIR EXERCISE

FRIDAYS / 9:00 A.M. / COST: FREE

Join Lois on Fridays at 9:00 a.m. for a FREE exercise video class with Anne Pringle-Brunell using weights and aerobics.

FRIDAY CORE BALANCE

THURSDAYS / 11:0 A.M. / COST: \$5.00

Join Jeanne Donnelly's Core-Balance Class. 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.

SATURDAY ZUMBA

SATURDAYS / 9:00 A.M. / COST: \$5.00

Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold.

SATURDAY LINE DANCING

SATURDAYS / 10:30 A.M. / COST: \$3.00

Join Nancy Diduca on Saturdays at 10:30 a.m. If you enjoy Line Dancing, you will enjoy her class! She's a Center favorite! All welcome!

SENIOR SWIM AT KINGSBURY CLUB

MONDAYS, TUESDAYS AND FRIDAYS

10:00-11:00 A.M. / COST: \$5.00

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00-11:00 a.m. with Water Aerobics or lap-lane options. Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center. For info on Senior Swim, contact 508-359-7800.

QUILTING FUN

MONDAYS AT 9:30 A.M. / COST: FREE

Join us in our large craft room for a social quilting/ sewing morning. Quilting is a fantastic way to strengthen personal relationships, make new friends and engage your brain. A quilting project involves choosing patterns, fabrics, and colors you like. And because it's tactile and hands-on, it helps crafters maintain hand-eye coordination, finger strength, and dexterity. Additionally, crafting has been proven to reduce depression and chronic pain, as well as to protect the brain from age-related damage.

GREAT COURSES DVD LECTURES

MONDAYS AT 11:00 A.M. / COST: FREE

Join this group and never stop learning with enriching *courses* by the world's *greatest* professors and experts on history, science, religion, health, travel, and more. Stop in to see what this month's topic is. Be sure to register for seating purposes.

MAH JONGG

TUESDAYS AT 1:00 P.M. / COST: FREE

Mahjong 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. Skills: tactics, observation, memory and adaptive strategies; come learn how to play!

FIT TO KNIT—KNITTING GROUP

WEDNESDAYS AT 1 P.M.

Social knitting group. Drop-in program. We have needles and yard to get you started.

WALKING GROUP

THURSDAYS AT 10 A.M.

Meet in the lobby inside the Center and walk the Rail Trail together. Drop-in program.

WOODCARVING

THURSDAYS AT 9 A.M.

Social woodcarving group. Coffee provided! No instructor, group learns from one another. Drop-in.

BOWLING

THURSDAYS AT 1 P.M.

The Center has a bowling league that gathers every Thursday at Ryan Family Amusement in Millis. Payment will be made at Ryan Family Amusement. \$13.50 includes shoes and bowling.



JOIN US FOR BINGO—ALL WELCOME!

- **WEDNESDAYS AT 3:00 P.M.**
- **SATURDAYS AT 12:00 P.M.**

BRAIN GAMES

TUESDAYS AT 2:00 P.M. / COST: FREE

Join our Brain Exercise class each Tuesday at 2:00 p.m. with Lois. You will have a packet to take home and work on for a week, and the following week you will come back together to go over the answers! Learn about the various parts of the brain and how to exercise each lobe with activities. Can't make the date or time? Stop in to see Lois for a packet!

CARD GAMES AT THE CENTER

MONDAYS

3-13 AT 12:00 P.M.
POKENO AT 1:30 P.M.



WEDNESDAYS

SCAT AT 11:00 A.M.
WHIST AT 12:00 P.M.
CRIBBAGE AT 1:00 P.M.

TUESDAYS

DUPLICATE BRIDGE AT 12:00 P.M.

THURSDAYS

CANASTA AT 11:30 A.M.
POKER AT 12:30 P.M.

BOOK CLUB AT THE CENTER

THURSDAY, APRIL 25 AT 2 P.M.

Join Moira for our Monthly Book Club. **Please note, this month only we will meet at the Medfield Public Library due to the yard sale set up.**

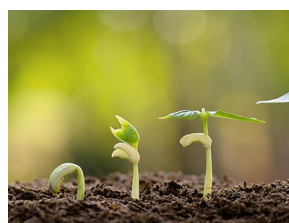


CRAFTERS CORNER

SEED STARTING WITH ANNETTE / COST: \$2.00

Wednesday, April 17 at 10:45 a.m.

Come start seeds with Annette! Price is \$2.00 which includes all materials. Sign up required!



MONDAY	TUESDAY	WEDNESDAY
1. Salisbury Steak 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 10:00 KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	2. Fish Sandwich 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA / CHESS CLUB 1:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 LEGAL CLINIC BY APPT. ONLY	3. Baked Ham 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 9:30 COA BOARD MEETING 10:00 MEDITATION / BREAD DIST. 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 3:00 BINGO <div>Public Health Nurse Day</div>
8. Sloppy Joe Sandwich 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 10:00 KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	9. Seasoned Chicken 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA / CHESS CLUB 1:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES	10. Pork Lo Mein 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDFIELD GARDEN CLUB 10:00 MEDITATION / BREAD DIST. 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 3:00 BINGO / 5:30 PAINT NIGHT <div>Public Health Nurse Day</div>
15. <div>COA CLOSED</div> <div>HAPPY PATRIOTS' DAY</div>	16. Beef Burgundy 9:00 SHAWS SHOPPING 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA / CHESS CLUB 1:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 LOW VISION SUPPORT	17. Meatball Sub 9:00 BEREAVEMENT GROUP 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10:45 CRAFTS WITH ANNETTE 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO / 6:00 CONCERT <div>Public Health Nurse Day</div> <div>HEARING CLINIC 10-12</div>
22. Mac & Cheese <div>YARD SALE SET UP DONATIONS ACCEPTED 8:30 - 3:00 P.M.</div> <div>NO PROGRAMS TODAY</div> <div>SHAWS SHOPPING AT 9:15 A.M.</div>	23. Chicken Jambalaya <div>YARD SALE SET UP DONATIONS ACCEPTED 8:30 - 3:00 P.M.</div> <div>NO PROGRAMS TODAY</div>	24. Meatloaf <div>YARD SALE SET UP DONATIONS ACCEPTED 8:30 - 6:00 P.M.</div> <div>NO PROGRAMS TODAY</div> <div>MARKET BASKET SHOPPING AT 9:30 A.M.</div>
29. Buttermilk Chicken 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 10:00 KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	30. Beef Hot Dog 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA / CHESS CLUB 1:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 12:00 CASTLE ISLAND 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 CAREGIVER SUPPORT GROUP	

THURSDAY

4. Chicken Fajita Bowl

9:00 WOODCARVING
9:00 SHINE APPOINTMENTS
 10:00 WALKING GROUP
 10:00 ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
12:00 FOSI YARD SALE MEETING
 12:30 POKER
 1:00 BOWLING

11. Crustless Turkey Pot Pie

9:00 WOODCARVING
9:00 SHINE APPOINTMENTS
9:45 DAY TRIP DEPARTS
 10:00 WALKING GROUP / ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
 12:30 POKER
 1:00 BOWLING
1:45 MUSIC WITH MIKE DARDIS

18. Chicken

9:00 WOODCARVING
9:00 SHINE APPOINTMENTS
 10:00 WALKING GROUP
 10:00 ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
 12:30 POKER
 1:00 BOWLING
1:45 MUSIC W/ ITALO DEMASI

25. Roast Turkey

**YARD SALE SET UP
 DONATIONS ACCEPTED
 8:30 - 3:00 P.M.**

NO PROGRAMS TODAY

****BOOK CLUB WILL MEET AT THE
 MEDFIELD PUBLIC LIBRARY AT 2PM**



The
 CENTER
 Hair Salon

Call the Center for your
 appointment with Ginny.
 508-359-3665

FRIDAY

5. Seafood Salad

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE/
9:00 SELECTMAN'S HOUR
 10:00 KINGSBURY SWIM
 10:00 TAI CHI
 10:00 COFFEE & CONVERSATION
10:30 WATERCOLOR CLASS
 11:00 CORE BALANCE
 1:00 CENTER CLOSES

12. Baked Cod

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE
 10:00 KINGSBURY SWIM
 10:00 COFFEE & CONVERSATION
 10:00 TAI CHI
10:30 WATERCOLOR CLASS
 11:00 CORE BALANCE
 1:00 CENTER CLOSES

19. Pasta Bolognese

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE
 10:00 KINGSBURY SWIM
 10:00 COFFEE & CONVERSATION
 10:00 TAI CHI
10:30 DIAMOND ART WITH LOIS
 1:00 CORE BALANCE
 1:00 CENTER CLOSES

26. Baked Pollock

**YARD SALE SET UP
 DONATIONS ACCEPTED
 8:30 - 12:00 P.M.**

NO PROGRAMS TODAY

**ROCHE BROTHERS
 SHOPPING AT 9 A.M.**

**SAT., APRIL 27
 YARD SALE DAY
 8:00-2P.M.**

COLOR KEY FOR CALENDAR

- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS

GRAB-N-GO LUNCH

WEDNESDAYS

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

4/3 - Chicken Salad
 4/10 - Turkey and Cheese
 4/17 - Seafood Salad
 4/24 - NO GRAB AND GO

Please 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**

BREAD DISTRIBUTION

Mondays after 9:30 a.m.
 Shaw's products

Wednesdays after 10:00 a.m.
 Shaw's, Donut
 Express, Brother's Market and
 Blue Moon.

Fridays after 11:00 a.m.
 Roche Bros-Millis

Stop in to shop what is
 donated!

SATURDAYS

The Center is open most
 Saturdays. All programs are
 drop-in.

Regular Saturday Schedule

9:00 a.m. - Zumba Class
 9:00 a.m. - Ping Pong
10:30 a.m. - Line Dancing
 12:00 p.m. - **BINGO**

**The Center will be Closed on
 Saturday, April 27 for programs
 due to the Annual FOSI yard sale.
 Please come support FOSI and
 attend our building-wide yard
 sale from 8am-2pm!*

OUTREACH & SUPPORT PROGRAMS

Outreach Programs

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 the first Friday of each month from 9:00—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 Services - 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 Susan Longmoore at 508-359-3665.

Legal Clinic - Attorney Julie Ladimer will be available for free, 15-minute in-person consultations the second Tuesday of each month. Sign up required.

Caregiver Support - Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group. This group meets once a month at 2 p.m. on Tuesday or Thursday, the last week of the month.

Public Health Nurse – Brenda Healy R.N. is available for consultation each Wednesday. Brenda will check blood pressure, answer health questions you might have and provide guidance and information.

Hearing Clinic - At-Home Hearing Healthcare will be at the center once a month for a free 20-minute consult. Limited appointments available. Please call the center to make an appointment.

FRIENDLY VISITOR PROGRAM

The ***Friendly Visitor Program*** provides regularly scheduled social time for you or a loved one. Isolation is a major issue for many older adults 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, a board game, read a book or discuss current events? This program makes a real difference and creates wonderful friendships. If you could benefit from a weekly one-hour visit of socialization and conversation, call the Center and speak with Susan.

FUEL ASSISTANCE APPLICATIONS are still being accepted and ends on April 30. If you need assistance completing the application, call Susan to schedule an appointment and discuss required documentation. To apply online, visit www.toapply.org/MassLIHEAP.

THE 988 SUICIDE AND CRISIS LIFELINE can help prevent suicide in individuals of all ages. This Lifeline provides 24/7, free and confidential support for people in distress, and prevention/crisis resources for you or your loved ones. When people call or text 988, they are connected to trained counselors who will listen, understand how problems are affecting you, provide support, and resources.

CAREGIVER SUPPORT WITH SUSAN LONGMOORE

This monthly group will meet this month on **Tuesday, April 30 at 2 p.m.** For more information please call Susan Longmoore at 508-359-3665 x 203. This group is open to all.

BEREAVEMENT GROUP WITH KATHY MCDONALD, M.ED., MSW, LICSW

Wednesday, April 17 at 9:00 a.m. Loss is universal, yet we all experience it differently. If you have experienced loss and would like the benefit of support from others who have too, please join us for a Bereavement group. RSVP to 508-359-3665.

TRIPS & TOURS

DAY TRIPS WITH THE CENTER

APRIL

- **Parker's Maple Barn & Averill House Winery**
Thursday, April 11— \$120 per person.

MAY

- **Covered Bridges of New Hampshire**
Thursday, May 23—\$110 per person.
- ***Ricky Nelson Remembered, May 23 - Wrentham** (This is a drive yourself event) \$89 per person. Only 10 tickets available.

JUNE

- **Nantucket Island**
Thursday, June 13—\$145 per person.
Trip includes: Roundtrip transportation & High Speed Ferry to Nantucket.

JULY

- **Lobster Roll Cruise—Cape Cod**
Wednesday, July 24—\$129 per person.

AUGUST

- **Newport Lighthouse Cruise—Rhode Island**
Thursday, Aug 22—\$135 per person.

SEPTEMBER

- **The Salem Cross Inn Tour with the Quabbin Reservoir**
Thursday, September 12—\$140 per person.

OCTOBER

- **Foliage Turkey Train Tour**
Wednesday, October 23—\$140 per person.
- ***Rod Stewart—Tribute Show, Oct 23, (Wrentham—This is a drive yourself event)**
\$89 per person. Only 10 tickets available.

NOVEMBER

- **Armed Forces Tribute & Downton 6 Band at Aqua Turf—Connecticut**
Tuesday, November 12—\$139 per person.
- ***The Sicilian Tenors—Downton Abbey (Wrentham—This is a drive yourself event)**
Wednesday, Nov 13, \$89 per person. Only 10 tickets.

DECEMBER

- ***Kenny & Dolly - A Smokey Mountain Christmas**
Wednesday, Dec. 4, \$89 pp, Drive yourself event.
Venue is in Wrentham. Only 10 tickets available.

TRIP POLICY

FOR OUR LARGE DAY TRIPS

Payment for trips must be made within 30 days prior to the trip. Checks should be made payable to "The Town of Medfield - COA".

We book with multiple travel companies and any additional policies/information are posted on the flyers. Please see Sarah if you have any questions.

*LUNCH SHOWS AT LAKE PEARL, WRENTHAM

NEW! We only have ten tickets available for each show. First come, first served. Ticket includes lunch, show, meal tax and gratuities. Arrival 11:30 a.m., lunch then show. Show starts approx. 12:15-12:30 p.m. Transportation is not provided at this time.



CASTLE ISLAND WITH LOIS

APRIL 30 AT 10:45 A.M. / COST: \$5 PP

\$5 per person for transportation. Sign up is required. Enjoy a day at Castle Island watching the boats pass by, enjoying the beautiful views, walking along the paths with a friend or enjoying a hot dog from Sullivan's. Limited to 11.



MOVIE MATINEES

WEDNESDAY, APRIL 10, 12:30 P.M.

THE MIRACLE CLUB—PG13—1 H 30 M

Starring Kathy Bates, Laurie Linney, Agnes O'Casey, Eric Smith and Maggie Smith. Ballygar, Ireland, 1967. A hard-knocks community in outer Dublin marches to its own beat, rooted in traditions of loyalty, faith and togetherness. There's just one tantalizing dream for the women of Ballygar to taste freedom and escape the gauntlet of domestic life: to win a pilgrimage to the sacred French town of Lourdes. And with a little benevolent interference from their cheeky and rebellious priest, close friends Lily, Eileen, Dolly and Sheila are the 'lucky' few to win this ticket of a lifetime at their riotous local raffle night. If you'd like to have lunch while you watch the movie; cheese pizza will be available. The cost is \$4 for pizza. Please decide at sign-up. SPACE LIMITED. SIGN UP REQUIRED.



THIS MONTHS SPECIAL EVENTS

VOLUNTEER HIGHLIGHT JOAN WOOD

Joan has been known as the *Pastor's wife and the school nurse* for many years. Joan came to Medfield 58 years ago with her husband Bob who was the lead Pastor at the United Church of Christ. They purchased their own home not wanting to stay in the parsonage in case something happened to Bob. A home was purchased on Nebo St where they lived until Bob passed away. They had 5 children; 3 daughters and 2 sons. Add to the mix she has 15 grandchildren and 6 great grandchildren. Bob passed away in May of 2021, when Joan downsized to a smaller home. When the children went to school, Joan became a kindergarten aid. She was soon hired as the school nurse at Memorial, then Wheelock Schools. She stayed in this position for 30+ years. Today, Joan can be found at the Center in the gardens, folding newsletters, walking with the walking club or even assisting the Easter bunny stuff eggs. Whenever there is a task Joan's name comes up as a willing volunteer. The town people all know her. Her greatest love, however is for her family. She does enjoy sending cards and letters and still knits! Thank you JOAN for all you continue to do for the community and The Center!



VOLUNTEERS NEEDED—SURVEY

Medfield High School senior Lara is completing her senior project and needs our assistance. Lara is looking to interview 5 – 6 seniors. Her senior project is regarding dating and social activity comparing “the old days and now”. Other students will fill in the today portion how COVID affected them, etc. She would be asking general questions such as where might you have gone on a date? How might you have met? Please see Lois if you can help.

STAY INFORMED

The town of Medfield utilizes CivicReady to send important emergency alerts, utility alerts, boil water advisories, and other urgent notifications. You can subscribe to receive alerts and notifications via phone call, text message and/or email. Visit <http://www.town.medfield.net/1841/Alerts-Notifications> to register for CivicReady alerts.

CALLING YARD SALE VOLUNTEERS

THURSDAY, APRIL 4 AT 12:00 P.M.

We will be meeting on **Thursday, April 4 at 12:00 p.m.** to go over the plans for the 2024 Annual Yard Sale! Volunteers will be needed to help beginning Monday, April 22-Saturday, April 27. Different shifts and opportunities available. Please sign up on the clipboards if you plan on helping.

LOW VISION SUPPORT MEETING

TUESDAY, APRIL 16 AT 2 P.M.

Are you living with vision loss? Join the low-vision support group quarterly meeting on Tuesday, April 16, at 2:00 P.M. Guest speaker, Alan White, deputy director of social services from The Massachusetts Association for the Blind and Visually-Impaired will discuss services and available resources. Sign up; you don't want to miss this!



HEARING CLINIC

WEDNESDAY, APRIL 17

10 a.m.-12 p.m. by appointment only.

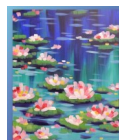
MEDFIELD GARDEN CLUB

WED. APRIL 17 AT 10:00 A.M.

Museum of Fine Art's Creative Tablescapes Program. More information available at the Center. \$5 donation for non-members and free for Medfield Garden Club Members.

PAINT NIGHT WITH CASEY

WEDNESDAY, APRIL 10—5:30 P.M. / COST \$10



Join us for a paint night with Casey! Painting will begin at 5:30 p.m. Sign up required, Limited to 20! \$10 per person for supplies.

FREE MUSIC PROGRAMS—SIGN UP!

- **Thursday, April 11 at 1:45 p.m.** - Guitar and keyboard with Mike Dardis.
- **Wednesday, April 17 at 6:00 p.m.** Join us for an hour of classical guitar music. Presented by the Medfield Public Library and The Center.
- **Thursday, April 18 at 1:45 p.m.** —Italo Demasi

FOSI ANNUAL YARD SALE

The Center will be CLOSED for programs Monday, April 22, - Friday, April 26 for set-up for the Annual FOSI Yard Sale. Donation items will be accepted during regular business hours during the week (see calendar page for hours) **Please, NO clothing or electronics!** The Yard Sale will be held on Saturday, April 27 from 8:00 a.m.—2:00 p.m. **No Early Birds!**

SERVICES AVAILABLE AT THE CENTER

INFORMATION & REFERRALS

The COA provides accurate information for 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 WEDNESDAYS

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 first and third 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-served 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.

VOLUNTEERING

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

SENIOR SWIM

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00-11:00 a.m. with Water Aerobics or lap-lane options. Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center. For info on Senior Swim, contact chriscarpinokcm@gmail.com or call 508-359-7800.

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, Shaw's, 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 508-906-3025 for an appointment.

MEDFIELD FIRE DEPT.

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.



Council on Aging
One Ice House Road
Medfield, MA 02052

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Permit No.1

If your label is highlighted, please consider making
your \$5 yearly newsletter donation to the Center.

A SPECIAL THANK-YOU TO THE FOLLOWING PEOPLE FOR THEIR DONATIONS TO FOSI:

Mary Ford, Mark & Loretta Carrigan, Joan Partridge, Hong Le-Bruno,
Richard Scullary, Patricia Byrne, Norma Barr, Misty & Henry Scalfarotto,
Phyllis MacDonald

John Howard In Memory Of **Blane Corey**
Mary Persyk In Memory of **Kenneth Cook**
Janet Tracey In Memory of **Patty Foscaldo**
Carmella Bergman In Memory of **Mary Beth Kahler**
Athena & Perry Conostas In Honor of **The COA Staff**

Friends of Medfield Seniors, Inc. (FOSI) is a registered 501c3 non-profit organization. They are the fundraising arm for the Council on Aging, similar to the Friends of the Medfield Public Library. The purpose of FOSI is to raise funds for programs, activities and equipment to be used to promote and perpetuate the dignity and well-being of the Senior Citizens of the Town of Medfield, Massachusetts. When you support FOSI, you support the COA.

FRIENDS OF SENIORS, Inc. (FOSI) 2024 Yearly suggested donation is \$15.00/pp

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.
Please don't combine your yearly \$5 donation for the newsletter with your FOSI donation.



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COUNCIL ON AGING BOARD

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Thibault and Annette Wells