

# THE CENTER AT Medfield

## JUNE HIGHLIGHTS

Please remember registration is required for **ALL** events/programs besides our drop-in exercise classes.

- Thurs., June 6, SHINE Appointments, by appointment only. 9 a.m. - Noon.
- June 11, Veteran's Coffee, 9 a.m.
- Tue. June 11, Medications and the Sun Presentation 11 a.m.
- Tue., June 11, Legal Clinic by Appointment only. 2:00 p.m.
- Wed., June 12, American's National Parks at 12:30 p.m. **AND** Special Evening Presentation "Her Majesty" by Sheryl Faye at 5:30 p.m.
- Thurs., June 13, Nantucket Trip
- Thurs., June 13, Music Concert with James Michael at 1:45 p.m.
- Mon., June 17, Hearing Clinic by appointment only. 10:30-12:30
- **Wed., June 19—COA CLOSED**
- Thurs., June 20 Until Help Arrives Presentation, 1:45 p.m.
- Mon., June 24, Castle Island
- Tue., June 25, Caregiver Support 2 p.m.
- Wed., June 26, Summer Cookout, 5-7 p.m. Limited \$8 pp
- Thurs., June 27, Book Club, 2PM

## CENTER HOURS

### MONDAY—THURSDAY

9:00 a.m. — 4:00p.m.

### WEDNESDAY

9:00 a.m. — 7:00 p.m.\* varies

### FRIDAY

9:00 a.m. — 1:00 p.m.

### SATURDAY

9:00 A.M. — 3:00 P.M.



## WELCOME!

### LETTER FROM THE DIRECTOR

Happy June! We will be kicking off our Summer Cookouts beginning Wednesday, June 26 from 5 p.m.—7 p.m. limited to 60 people! The price is \$8.00 per person. We ask that you be sure to pay when you sign up. Payment should be in the form of a check and made payable to "Town of Medfield - COA". This month we will have appetizers, hamburgers/cheeseburgers, macaroni salad, coleslaw and ice cream novelties for dessert. Music will be performed by Mike Dardis. I look forward to seeing you at the Cook Out!

Senior Swim at Kingsbury Club will be changing to their Summer Hours and will effect weekly Senior Swim. The last week of regular schedule will be June 10, 11 and 14th. Beginning the week of the 17th Senior Swim will only be held on Fridays from 9:30 a.m.—10:30 a.m. This will be in the small pool for instructional class, not lap swim. This summer schedule remains Fridays only until early September.

Introducing HESSCO Summer Lunches! Thursday lunches are coming back for Thursdays during the Summer beginning Thursday June 20. We will be offering a Luau style lunch to kick this off. This is a HESSCO lunch, and has a \$3. suggested donation per meal. Sign up is required as we only have ten lunches available each week. Sign up for as many as you'd like. This is first come first serve. The following week we will have a different menu available. You can sign up for the month starting June 3 at 9:00 a.m.

Do you know about The Club at the Center? It's an Adult Respite Care Program here at The Center on Tuesdays and Thursdays from 11:30 a.m. – 3:00 p.m. The Club offers supervised companionship for your loved one. The Center is a vibrant "adult center" offering programs activities, exercise classes and so much more. The Club at The Center offers individuals needing supervision the same opportunities. We currently have a few spots available. Open to those in and outside of Medfield. Transportation available to Medfield Residents only. Please call 508-359-3665 for more info. *Sarah Hanifan, Director*

# 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 VIDEO CHAIR EXERCISE

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

FREE exercise video class with Anne Pringle -Brunell using weights and aerobics.

## 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 / 9 A.M.**

**COST: FREE**

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



## 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**

FREE exercise video class with Anne Pringle -Brunell using weights and aerobics.

## FRIDAY TAI CHI

**FRIDAYS / 10:00 A.M. / COST: \$5.00**

Join our Tai Chi class with Jeanne Donnelly. Jeanne will take you through the slow, gentle-healing exercise that is ideal for seniors in reducing stress and stiffness, increasing 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

**SUMMER SCHEDULE AS OF FRIDAY, JUNE 14.**

**9:30-10:30 A.M. / COST: \$5.00**

Enjoy swimming at The Kingsbury Club on Fridays from 9:30 -10:30 a.m. Please note new date and time. 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.

**NEW DAY AND TIME!!**

## 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**

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. 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 yarn to get you started.

## WOODCARVING

**THURSDAYS AT 9 A.M.**

Social woodcarving group. Coffee provided! No instructor, group learns from one another. Drop-in and see what this great hobby is all about.

## 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.

## MONTHLY VETERANS COFFEE

**TUESDAY, JUNE 11 AT 9 A.M.**

Come enjoy coffee and updates with Medfield's Veterans Service Officer, Ian Rogers. Coffee will be available.



## 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, JUNE 27 AT 2 P.M.**

Join Moira for our Monthly Book Club. This month's book is *Little Fires Everywhere* by Celeste Ng. We have a few books available at the Center.



## CRAFTERS CORNER

### CARDS WITH BRI

**Wednesday, June 12 at 10:45 A.M.**

Join Bri as she teaches us how to create a 4th of July pop-up greeting card. This is a free class. Sign up required!

No Crafting with Annette for the Month of June. **Thank you to Annette** for teaching us many wonderful projects. We appreciate you!



MONDAY	TUESDAY	WEDNESDAY
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p><b>COLOR KEY FOR CALENDAR</b></p> <ul style="list-style-type: none"> <li>• SHOPPING TRIPS</li> <li>• EXERCISE</li> <li>• SPECIAL EVENTS</li> <li>• REGULAR PROGRAMS</li> </ul>	 <p><b>HEARING CLINIC</b></p> <p><b>Monday, June 17</b> <b>10:30 a.m. -12 p.m.</b> <b>by appointment only</b></p>
<p><b>3. STUFFED SHELLS</b></p> <p><b>9:15 SHAW'S SHOPPING</b> 9:30 QUILTING FUN <b>10:00 FITNESS FUN /KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN <b>12:00 LINE DANCING</b> 1:30 <b>CORE BALANCE/</b> POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>4. CAJUN CHICKEN</b></p> <p>9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES</p>	<p><b>5. HOT DOG</b></p> <p>9:00 VIDEO EXERCISE 9:30 COA BOARD MEETING 9-12 BLOOD PRESSURE CLINIC 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT</p>
<p><b>10. WESTERN CHEESE OMELET</b></p> <p><b>9:15 SHAW'S SHOPPING</b> 9:30 QUILTING FUN <b>10:00 FITNESS FUN/ KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN <b>12:00 LINE DANCING</b> 1:30 <b>CORE BALANCE/</b> POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>11. BAKED COD</b></p> <p>9:00 VETERANS COFFEE HOUR 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:00 MEDICATIONS &amp; THE SUN 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 LEGAL CLINIC BY APPT</p>	<p><b>12. MEATLOAF W/ GRAVY</b></p> <p>9:00 VIDEO EXERCISE 9-12 BLOOD PRESSURE CLINIC 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10:45 CARDS WITH BRI 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 5:30 "HER MAJESTY" PRESENTATION</p>
<p><b>17. SWEAT &amp; SOUR MEATBALLS</b></p> <p><b>9:15 SHAW'S SHOPPING</b> 9:30 QUILTING FUN <b>10:30 HEARING CLINIC BY APPT</b> <b>10:00 FITNESS FUN</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN <b>12:00 LINE DANCING</b> 1:30 <b>CORE BALANCE/</b> POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>18. BBQ PORKPATTY</b></p> <p>9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES</p>	<p><b>19.</b></p> 
<p><b>24. MEXICALI CHICKEN</b></p> <p><b>9:15 SHAW'S SHOPPING</b> 9:30 QUILTING FUN <b>10:00 FITNESS FUN</b> <b>10:45 CASTLE ISLAND</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN <b>12:00 LINE DANCING</b> 1:30 <b>CORE BALANCE/</b> POKENO <b>1:45 MUSIC W/ JOHN &amp; LINDA</b> 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>25. CHEESEBURGER</b></p> <p>9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 CAREGIVER SUPPORT GROUP</p>	<p><b>26. SEAFOOD CASSEROLE</b></p> <p>9-12 BLOOD PRESSURE CLINIC 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 5:00 SUMMER COOKOUT</p>

## THURSDAY

Thank you to The Medfield DPW for setting up our large tent. Our patio is officially open for visitors. Come read a book, enjoy a cup of coffee or knit outside!

### 6. LAZY MAN STUFFED PEPPER

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

### 13. BEEF TERIYAKI

**8:15 NANTUCKET DAY TRIP**  
 9:00 WOODCARVING  
 9:00 WALKING GROUP  
 10:00 ZUMBA  
 11:30 CANASTA  
 11:30-3 THE CLUB  
 12:30 POKER  
 1:00 BOWLING  
**1:45 MUSIC W/ JAMES MICHAEL**

### 20. CHICKEN BRUSCHETTA

9:00 WOODCARVING  
 9:00 WALKING GROUP  
 10:00 ZUMBA  
 11:30 CANASTA  
 11:30-3 THE CLUB  
**12:00 SHINE APPOINTMENTS**  
**12:00 LUAU LUNCH**  
 12:30 POKER  
 1:00 BOWLING  
**1:45 UNTIL HELP ARRIVES PRESENTATION**

### 27. ROAST PORK W/ GRAVY

9:00 WOODCARVING  
 9:00 WALKING GROUP  
 10:00 ZUMBA  
 11:30 CANASTA  
 11:30-3 THE CLUB  
**12:00 SOUTHERN CHARM LUNCH**  
 12:30 POKER  
 1:00 BOWLING  
**2:00 BOOK CLUB MEETING**

## FRIDAY

**BLOOD PRESSURE CLINIC WILL BE FROM 9:00 A.M. UNTIL NOON ON WEDNESDAYS!**

### 7. POTATO POLLOCK

**9:00 ROCHE BROTHERS SHOPPING**  
 9:00 VIDEO EXERCISE  
 10:00 KINGSBURY SWIM  
 10:00 COFFEE & CONVERSATION  
 10:00 TAI CHI  
 11:00 CORE BALANCE  
 1:00 CENTER CLOSSES

### 14. HONEY MUSTARD CHICKEN

**9:00 ROCHE BROTHERS SHOPPING**  
 9:00 VIDEO EXERCISE  
 10:00 KINGSBURY SWIM  
 10:00 COFFEE & CONVERSATION  
 10:00 TAI CHI  
 11:00 CORE BALANCE  
 1:00 CENTER CLOSSES

### 21. CHEESE LASAGANA

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

### 28. STIR FRY CHICK & BROCCOLI

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



## GRAB-N-GO LUNCH

### WEDNESDAYS

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

June 5 - Chicken Salad  
 June 12 - Turkey and Cheese  
 June 19 - Seafood Salad  
 June 26 - Ham and Cheese

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. **We might be closed Saturday, June 29—please call.**

### 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**

## 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.

**Select Board Member Office Hours** - Meet with Select Board Member 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 monthly Caregiver Support Group. This group will meet on **Tuesday, June 25 at 2:00 p.m.**

**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 by appointment only. This clinic will be held on **Monday, June 17 from 10:30 a.m.—12:30 p.m. by appointment only.** Please call 508-359-3665 or stop into the Center to schedule an appointment. Limited appointments available.

### UNTIL HELP ARRIVES

**THURSDAY, JUNE 20 AT 1:45 P.M.**

Norfolk District Attorney Michael W. Morrissey is pleased to partner with paramedic trainers to provide *Until Help Arrives* training. Join us for this one hour training on Thursday, June 20<sup>th</sup> at 1:45 at the Center. When an emergency occurs, seconds count. Actions taken by bystanders with little or no medical training can save lives while waiting for emergency service.

### FARMERS MARKET COUPONS

Farmers Market Season has begun. The Farmers 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 starting in mid-Summer. The Center will distribute a limited number of Farmers market coupons this July, which can be used at some local Farmers Markets. To be eligible, you must be 60 years old or over and meet income guidelines. Please see Susan for more information.

The Medfield Community Market was created to support local farmers and makers as well as to bring high quality locally grown agricultural items and locally made specialty products to the community. Visit them from 9 AM – 1 PM on Sundays at the Montrose School rear parking lot at 29 North Street. Some of the vendors will accept these farmers market coupons.

### BEREAVEMENT GROUP

**WITH KATHY MCDONALD, M.ED., MSW, LICSW**

Loss is universal, yet we all experience it differently. If you have experienced a loss and would like to participate in a bereavement group please join us! Grief groups can be helpful for participants to grow and heal by sharing their experiences, learning ways to cope, lending support and connecting with others. Join us for an 8 week program this fall! Group will require 6-12 participants to run.





## DAY TRIPS WITH THE CENTER SIGN UP NOW FOR ALL TRIPS

### JUNE

- **Nantucket Island - June 13—almost sold out!** \$145 per person. Set sail to Nantucket with Medfield COA and Bloom Tours. We will travel with the steamship Authority aboard their fast ferry to beautiful Nantucket. Spend the day on your own to enjoy lunch or to visit some of the island shops and landmarks. What better way to spend the day! Trip includes: Roundtrip transportation & High Speed Ferry to Nantucket.

### JULY

- **Lobster Roll Cruise—Cape Cod, July 24** \$129 per person. Our day begins in Dennis as we enjoy a 90 minute cruise offering the most spectacular views from the decks of the "Lobster Roll", a custom built dinner cruise boat. We will glide through the calm waters of Sesuit Harbor and into the serene beauty of Cape Cod Bay. While onboard, you will enjoy a choice of Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up. Before heading home we will enjoy some free time in downtown Hyannis. Must sign up prior to June 24.

### AUGUST

- **Newport Lighthouse Cruise—Aug 22, \$135pp**

### SEPTEMBER

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

### OCTOBER

- **Foliage Turkey Train Tour, Wed. Oct. 23 \$140pp**
- **\*Rod Stewart—Tribute Show, Oct 23, This is a drive yourself event)** \$89 pp.

### NOVEMBER

- **\*The Sicilian Tenors—Downton Abbey (Wrentham at Lake Pearl —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. Only 10 tickets available.

**Keep checking back,  
new trips to be announced soon.**

## 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 for these trips.



## CASTLE ISLAND

**MON., JUNE 24 AT 10:45 A.M. / COST: \$5 PP**

Back again is another opportunity to travel with us to Castle Island in South Boston. \$5 per person for transportation. Sign up is 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 hot dog from Sullivan's. Limited to 11. We love our trips to Castle Island!

Lois is planning on heading to Plymouth in July! Keep an eye out for the July/August newsletter for more details. Sign ups for Plymouth won't begin until July!



## MOVIE MATINEES

**WEDNESDAY, JUNE 12, 12:30 P.M.**

**AMERICAN'S NATIONAL PARKS / 120 MINS.**

Join us as we visit 28 National Parks and see why each is treasured as an irreplaceable part of our national legacy. American Samoa, Biscayne, Bryce Canyon, Canyonlands, Carlsbad Caverns, Crater Lake, Everglades, Glacier Bay, Grant Tetons, Grand Basin, Great Smoky Mountains, Haleakala, Hawaii Volcanos, Lake Clark, Mount Rainer, Redwood, Rocky Mountains, Yellowstone, Yosemite, and more!

**Sign up required. Popcorn will be served!**

## THIS MONTHS SPECIAL EVENTS

### VOLUNTEER HIGHLIGHT ROGER O'DONNELL

After high school Roger started work and in speaking to his coworkers they were saying they had been doing the same thing for 25-30 years at the same place. Roger thought "NOT ME, I'll go crazy!" Roger enlisted and rose to a Captains rank. During his service he spent time in Germany doing NATO stuff. After fulfilling his 4 years active duty, Roger served 28 years in the Air Force National Guard. He continued in communications and was activated only once being called to Virginia for 5 months to notify people they were being activated to serve their country. He missed many family events as training was once a month no matter the circumstances of war. Roger moved to Medfield with his wife in 1991. She is a teacher and continues to work as Roger fills his time volunteering. They have 3 daughters, all in different parts of the country, either working or continuing their education.

When Roger is not travelling, or fixing things, he volunteers many, many hours here at the Center driving, cooking for BBQ's, and volunteering at the SWAP. Roger is knowledgeable about fixing many things, he has kind words and always a smile for anyone. The word "NO" is not in his vocabulary. We thank you Roger for all you do.

### SUMMER HESSCO LUNCHES

**\$3 PER LUNCH— SIGN UP AT DESK.**

#### **JUNE 20, LUAU LUNCH AT NOON**

Sweet n Sour Chicken, Pineapple Rice, Green Beans, Pineapple Cake and Lemonade.

#### **JUNE 27, SOUTHERN CHARM LUNCH AT NOON**

BBQ Pulled Pork, Rice, Cole Slaw, Corn Bread, Watermelon and Lemonade

### SUMMER COOKOUT

**WEDNESDAY, JUNE 26 FROM 5-7 P.M.**

Join us for our First Summer Cookout of the Season! We will be serving Hamburgers! Be sure to sign up in advance as these events fill up quick! Limited to 60 people. Open to all. \$8 per person. Payment is due when signing up. Checks should be made out to the "Town of Medfield - COA" We can't wait to BBQ with you!

### MEDICATIONS AND THE SUN

**TUESDAY, JUNE 11 AT 11:00 A.M.**

Stay informed, Medications, you and the Sun. Spring and Summer is for spending time with your loved ones outdoors! It is important to take care of your skin and do your best to prevent sunburns, but did you know that some of your medications can make you more sensitive to the sun? Many antibiotics, antifungals and antihistamines are well-known to increase risk for sunburn, but oral contraceptives, NSAIDs, diuretics, statin cholesterol medications, and some diabetic medications can also leave you feeling the burn. Join Big Y Pharmacist Eddie Martucci, Rph on Tuesday, June 11 at 11:00 am to learn if your medications can cause you to burn more easily in the sun.

### QUEEN ELIZABETH II—"HER MAJESTY"

**WEDNESDAY, JUNE 12 AT 5:30 P.M.**

She was a true icon, inspiring people around the world with her strength, courage, resilience, and dedication to a life of service. For 70 years, she remained a constant presence as sovereign, shepherding the people of the UK through both joyful times and darker periods of challenge and uncertainty. An enduring admiration for Queen Elizabeth II united people across the Commonwealth.



She was Queen of the United Kingdom and other Commonwealth realms from February 6, 1952 until her death in September 8, 2022. Her reign of 70 years and 214 days was the longest of any British monarch and the longest verified reign of any female head of state in history. In a world of constant change, she was a steadying presence and a source of comfort and pride for generations of Britons, including many who have never known their country without her.

Co-sponsored by The Center at Medfield and The Medfield Public Library.

### FREE AFTERNOON MUSIC EVENTS

**REGISTRATION REQUIRED**

- Thur. June 13 at 1:45 p.m. James Michael.
- Thur. June 27 at 1:45 p.m. Musical Memories with John & Linda.



## 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 appt.

### HEALTH AND WELLNESS

In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment.

### 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.

### LOW-VISION INFORMATION

As we age, things change including our vision. Resources are available.

### 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. **Starting Friday, June 21, Senior Swim will be Fridays ONLY from 10:00-11:00 a.m. for the Summer.** Bring your COA key tag to scan and a \$5 class fee. For more info call Kingsbury Aquatics at 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. 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.

### 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 Susan 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 Ian Rogers at 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

PRESORTED STANDARD  
U.S. POSTAGE PAID  
PERMIT NO. 1001  
MEDFIELD, MA 02052

OR CURRENT RESIDENT

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:

Constance Thomas Barnes, Kevin and Wendy Burr

Florence Brock In Memory of **Clay & Angie Balcom**

Joanne O'Halloran In Memory of **Joseph Ruzzo and Dorothy Ruzzo**

Robert & Phyllis Dennehey In Memory of **Patty Foscaldo**

Barbara Armstrong In Memory of **Kay Regan**

Janet & Bob Martini In Memory of **Herbert L. Burr**

John & Maura McNicholas in Memory of **Herbert Burr**

Kevin & Patricia Blake In Memory of **Patricia Marie Zimmer**

Barbara Kavanaugh In Memory of **Patricia Zimmer**

**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.**

### COUNCIL ON AGING STAFF

#### Director: X202

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shanifan@medfield.net

#### Outreach Coordinator X203

Susan Longmoore  
slongmoore@medfield.net

#### Volunteer Coordinator: X201

Lois Abramo  
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#### Transportation: X200

Steven Harris  
sharris@medfield.net

#### The Club Staff: X200

Mary Barrett, Coordinator  
mbarrett@medfield.net

Denise Good, Activities

#### HESSCO Site Manager X211

Arlene DiDonato  
HESSCO  
781-784-4944

### COUNCIL ON AGING BOARD

Bob Heald—President, Patty  
Byrne, Richard Ryder, Rose  
Thibault and Annette Wells