

THE CENTER AT *Medfield*

JULY SPECIAL EVENTS:

- **July 4, 5 and 6 —Closed**
- July 9 at 9:00 a.m. Veterans Coffee AND 2 p.m. Legal Clinic by appointment only.
- July 10 National Parks Movie 12:30 p.m.
- July 11 BBQ Lunch at 12
- July 12 Lemonade on the patio at 9:30 a.m.
- July 15, Hearing Clinic by appt. only. 10:30-12:00 p.m
- July 16, Ice Cream Trip with Steven at 12:30 p.m.
- July 17, Cards with Bri at 10:45 a.m. AND Cookout from 5-7 p.m.
- July 18—SHINE appointments by appointment only beginning at 12 p.m. AND Pizza Party lunch. AND Free Music at 1:45 p.m.
- July 25 Luau Lunch at noon, Music at 1:45 and Book club at 2pm.
- July 29, 10:45 -Castle Island
- July 30, Romeo Lunch at Noon Caregiver Support at 2pm
- July 31, Day Trip with Lois to the Heritage Museum

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 Summer Friends!

It's been a year since we've transitioned to punch cards, and I think they've been working beautifully. Some have recommended to purchase multiple cards instead of one at a time to save on checks. I thought that was a helpful tip to share. Thank you for making this transition a smooth one, I know change can be difficult. Remember, when you purchase a punch card, we ask that the check be made payable to "The Town of Medfield—COA"

Let's catch up and enjoy lemonade and conversation on our beautiful covered patio on Friday, July 12 at 9:30 a.m. Please remember to sign up so we have proper seating and plenty of lemonade!

Inside the July and August combined newsletter you'll find a lot of different options from cookouts, presentations, summer lunches, movies, day trips, music and more! I look forward to seeing you here at the Center. Happy Summer, stay hydrated and be well!

Sarah Hanifan, Director

Sign ups for ALL July/August events begin on Monday, July 1 at 9 a.m.



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.

FRIDAY CORE BALANCE

FRIDAYS / 11:00 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

SUMMER SCHEDULE 9:30 A.M. / COST: \$5.00

Enjoy swimming at The Kingsbury Club on **Fridays** from 9:30 -10:30 Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center

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, JULY 9 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 ***ADJUSTED TIME**

TUESDAYS FROM * 1:30 – 2 P.M. / COST: FREE

Join our Brain Exercise class each Tuesday at 1:30 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!

LEFT RIGHT CENTER DICE GAME

TUESDAYS STARTING AT 2:15 P.M.

Come learn about this fun dice game! We will teaching you how to play with playing chips.

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

THURS., JULY 25 & AUG. 29 AT 2 P.M.

Join Moira for our Monthly Book Club. We will meet here at The Center.



CRAFTERS CORNER

CARDS WITH BRI

WED. JULY 10 AT 10:45 A.M.

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

CRAFTING WITH ELIZABETH

WED. JULY 17 AT 10:45—SIGN UP!

Join Elizabeth as she teaches us how to make this cute flag out of paint sticks! \$5 per person. Limited to 10



MONDAY	TUESDAY	WEDNESDAY
1. TURKEY STEW 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 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. AMERICAN CHOP SUEY 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 LRC GAME - NEW!	3. CAJUN CHICKEN 9:00 VIDEO EXERCISE 9-12 BLOOD PRESSURE CLINIC 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 1:00 BINGO
8. POTATP POLLOCK 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 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. BROCCOLI & CHEESE OMELETTE 9:00 VETERANS COFFEE HOUR 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 LEGAL CLINIC BY APPT 2:15 LRC GAME - NEW!	10. CHICKEN BRUSHETTA 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 11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 3:00 BINGO
15. SAUSAGE, PEPPERS & ONIONS 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 10:30 HEARINIG CLINIC BY APPT 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	16. BEEF LO MEIN 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 12:30 ICE CREAM TRIP W/ STEVEN 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 LRC GAME - NEW!	17. MAC & CHEESE 9:00 VIDEO EXERCISE 9-12 BLOOD PRESSURE CLINIC 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10:45 CRAFTING WITH ELIZABETH 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 5:00 COOKOUT
22. BBQ PORK PATTY 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	23. VEGGIE CHILI 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 LRC GAME - NEW!	24. CHEESEBURGER LOBSTER ROLL CRUISE DAY TRIP 9-12 BLOOD PRESSURE CLINIC 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO
29. TUNA NOODLE CASSEROLE 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN 10:45 CASTLE ISLAND 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	30. MEXICALI CHICKEN 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 12:00 ROMEO LUNCHEON 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 CAREGIVER SUPPORT GROUP 2:15 LRC GAME - NEW!	31. MAPLE GLAZED PORK 9-12 BLOOD PRESSURE CLINIC 9:00 DAY TRIP WITH LOIS 9:00 VIDEO EXERCISE ***** NO MARKET BASKET 10:00 MEDITATION / BREAD DIST. 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO

THURSDAY	FRIDAY
<p>4.</p>  <p>HAPPY 4TH OF JULY!</p>	<p>5.</p> <p>THE CENTER IS CLOSED THURSDAY, FRIDAY AND SATURDAY.</p>
<p>11. MEAT LOAF</p> <p>9:00 WOODCARVING 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 BBQ LUNCH 12:00 FOSI MTG 12:30 POKER</p>	<p>12. BBQ MEATBALLS</p> <p>9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 9:30 LEMONADE ON THE PATIO 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES</p>
<p>18. LEMON CHICKEN</p> <p>9:00 WOODCARVING 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:00 PIZZA PARTY LUNCH 12:30 POKER 1:45 FREE MUSIC EVENT</p>	<p>19. SEAFOOD STEW</p> <p>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 CLOSES</p>
<p>25. ROAST TURKEY</p> <p>9:00 WOODCARVING 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 LUAU LUNCH 12:30 POKER 1:45 FREE MUSIC EVENT 2:00 BOOK CLUB MEETING</p>	<p>26. APRICOT CHICKEN</p> <p>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 CLOSES</p>
<p>TRANSPORTATION REMINDER For all Shopping Transportation Requests please be sure to call the Center at 508-359-3665 by 8:30 a.m. the day of and leave your name, address and phone number on the voice mail. Our driver needs these messages to make his route before he leaves at 9 a.m.</p>	<p>*SATURDAY JEOPARDY</p> <p>Join us for Jeopardy on Saturday, July 13, 20, 27 from 9:15 - 10:15 a.m. in the dining hall!</p>

GRAB-N-GO LUNCH

WEDNESDAYS

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

7/3 & 8/7 - Chicken Salad
7/10 & 8/14 - Turkey & Cheese
7/17 & 8/21 - Seafood Salad
7/24 & 8/21 - Ham and Cheese
7/31 & 8/28 - Tuna

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 & 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. Call to confirm. All programs are drop-in. COA IS CLOSED Saturday, July 6, and Saturday, August 31.

Regular Saturday Schedule

9:00 a.m. - Zumba Class
9:00 a.m. - Ping Pong
9:15 a.m. - Jeopardy *
9:15 a.m. - Technology Assist.
10:30 a.m. - Line Dancing
12:00 p.m. - **BINGO**

COLOR KEY FOR CALENDAR

- SHOPPING TRIPS/OUTINGS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS

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, July 30 and Aug 27 at 2:00 p.m.**

Public Health Nurse - Brenda Healy R.N. is available for consultation each Wednesday from 9 a.m. - 12:00 p.m. 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. Please call 508-359-3665 or stop into the Center to schedule an appointment. Limited appointments available.

FARMERS MARKET NUTRITION PROGRAM

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 at local Farmers markets. Qualifying individuals are given \$50 in coupons starting in July. To be eligible you must be 60 years or older and meet income guidelines. Quantities are limited, see Susan for more information.

PRESCRIPTION ADVANTAGE

Prescription Advantage is the state-sponsored prescription drug assistance program administered by the Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. Joining this program can help with your prescription costs. Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less \$75,300 for a single person or \$102,200 for a married couple.
- 65 years of age or older and not eligible for Medicare or
- Under 65 with Medicare, must have a disability and annual income less than \$28,314

**FOR APPLICATIONS SEE SUSAN OR FOR
ADDITIONAL INFORMATION CALL 1-800-243-4636**



MOVIE MATINEES

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

Sign up required. Popcorn will be served!

America's National Parks/ 120 min
Join us as we visit 28 National Parks and see why each is treasured as an irreplaceable part of our national legacy. This was postponed from June.

WEDNESDAY, AUG 21, 12:30 P.M.

SAVE THE DATE! Movie not decided at time of printing, check the sign up sheets for details.



DAY TRIPS WITH THE CENTER SIGN UP NOW FOR ALL TRIPS

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. Register by June 24.

AUGUST

- **Newport Lighthouse Cruise—Aug 22, \$135pp**
Start your day in Newport, our first stop will be for lunch at Johnny's Restaurant at the Wyndham Resort where you will have a choice of Baked Scrod, Pasta Primavera or Chicken Piccata. After lunch you'll go on a narrated lighthouse cruise aboard the Coastal Queen tour boat. You'll have free time in downtown Newport to shop! Tour includes: Deluxe Motorcoach Transportation, Cruise and Lunch. **Register by July 22.**

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

- **Christmas At Blithwold, Thur. Dec 12 - \$135pp**
Departure and arrival will be from the Norfolk COA. RSVP by Nov 21.
- ***Kenny & Dolly - A Smokey Mountain Christmas**
Wednesday, Dec. 4, \$89 pp, Drive yourself event. 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

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.



HERITAGE MUSEUM & GARDENS

WED., JULY 31 AT 9:00 A.M. / COST: \$22 PP

Heritage Museum & Gardens Sandwich, MA

Wednesday July 31st, depart CENTER at 9:00 a.m. return by 4:00 p.m. (10:30 arrival with bathroom break/ 2:30 departure)

Tickets include: Heritage Highlights exhibit and rides on the 1908 Loof carousel. Outdoor art exhibit, the garden of senses that includes water features, and a 200+ year old windmill, Hidden Hollow outdoor discovery area, Special Exhibitions Gallery featuring *Impressionist New England: Four Seasons of Color and Light* exhibit, the automobile gallery featuring *From Carriage to Classic: How Automobiles Transformed America* and *Charging Ahead: Early Electric Cars in America*, experience the Wampanoag wetu (full size dwelling), and mush8n (A Wampanoag 12' boat). The gardens will be available to explore as well as a gift shop and café where beer, wine and cocktails are served as well as soups, salads, sandwiches, and sweets.

The price \$17 admission \$5 bus and lunch is on your own. Bring exact cash the day of. You are welcome to bring a bag lunch there are benches, tables throughout the grounds to enjoy your own meal.

PLYMOUTH DAY TRIP

MONDAY, AUG. 26 AT 9:00 A.M. / COST: TBD

We are heading to Plymouth for the day! Stop in to find out all the details. Limited to 13 people.

THIS MONTHS SPECIAL EVENTS



ICE CREAM TRIP WITH STEVEN

TUESDAY, JULY 16 & AUG 20 AT 12:30 P.M.

\$3 for the bus ride. Cost of ice cream is on your own. Mystery Trip to a local ice cream location. Could it be Bubbling Brook, Tangerinis Farm, Black Cow, Kravings, or somewhere else? Only you will know once we arrive. Sign up, limited spots available. Bus will be back by 2:45 p.m.

MENS LUNCHEON-ROMEO

FRIDAY, AUG 9 / 11:15 A.M. BUS DEPARTS

The guys are heading to lunch at Victory Lane in Millis. Limited seating on the bus. Be sure to sign up in advance so we can call in seating numbers.

LADIES LUNCHEON-JULIETS

TUESDAY, AUG 30 / 11:45 A.M. BUS DEPARTS

Were heading back to Medway Café. Menu online. Limited seating on the bus. Be sure to sign up in advance so we can call in seating numbers.

SUMMER COOKOUT

WED., JULY 17 AND AUG 14 FROM 5-7 P.M.

Be sure to sign up in advance as these events fill up quick! Limited to 60 people per cookout. Open to all not just Medfield residents. \$8 per person per event. 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!

CASTLE ISLAND

MONDAY, JULY 29 AT 10:15 A.M.

We provide the transportation to and from Castle Island and you find activities to do once you arrive. Many people enjoy lunch from Sullivan's, or find a bench to sit and watch the boats and planes go by. They have a nice walking path as well. \$5 per person for transportation. Sign up is required. Limited to 11 people. Be sure to pack a water and snack. Bus will leave Castle Island at 2:00 p.m.

PANCAKE BREAKFAST

TUESDAY, AUGUST 6 AT 8:00 A.M.

Enjoy a pancake breakfast for just \$3 per person. We will have pancakes, syrup and fresh fruit, coffee and juice and great company to start your day off right. Registration required.

SUMMER HESSCO LUNCHESES

\$3 PER LUNCH— SIGN UP AT DESK.

JULY 11 & AUG 8—BBQ LUNCH AT 12 P.M.

Hot Dog/Cheeseburger, Baked Beans, Cantaloupe and Lemonade.

JULY 18, PIZZA LUNCH AT 12 P.M.

French Bread Pizza, tossed salad with dressing, dessert and lemonade.

JULY 25 & AUG 15—LUAU LUNCH AT 12 P.M.

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

AUG. 1 & 29 SOUTHERN CHARM -AT 12 P.M.

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

FREE SUMMER MUSIC EVENTS

REGISTRATION REQUIRED

Thurs., July 18—Patrick Durkin

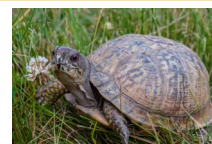
Thur., July 25—Paul French

Thur., August 15—Sean Fullerton



ENDANGERED SPECIES PRESENTATION

THUR., AUG 29 AT 1:45 P.M.



What is an endangered species? Why are many animals and their habitats disappearing? Learn about endangered species in the wild here in New England, and around the world, and what we can all do to help them. *Don't miss meeting some of their animal relatives up close and personal!* We always enjoy when Joy visits!

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 **Fridays from 9:30-10:30 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 or see Susan.

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:

Janice Connor, Misty & Henry Scalfarotto,

Brick Donations

Phyllis McDonald, Nina, Rachel, Phyllis Fitzpatrick, Janey Blend,

Thomas and Mary Burr **In Memory of Herbert Burr**

Denise and Gary Muike **In Memory of Herbert Burr**

Maria and Thomas Perry **In Memory of Herbert Burr**

Andrew Karnakis **In Memory of Vicki Karnakis**

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