

THE CENTER AT Medfield

HIGHLIGHTS

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

- **Sept 2, COA IS CLOSED.**
- **Sept 3, Election, COA IS CLOSED.**
- Sept, 4, Special Event with Michelle LaRue "Women Breaking Loose" at 5:30 p.m.
- Sept 10, Veterans Coffee, 9am **AND** Legal Clinic at 2pm
- Sept. 11 from 5-7 PM Paint Night with Casey. Open to ALL. \$10 PP
- Sept 12, 9-12 Podiatrist **AND** Music at 1:45 PM w/ Paul French
- Sept 16, Castle Island 10:15
- Sept. 16, Hearing Clinic, 10:30 a.m.
- Sept 18, Movie Matinee, 12:30 p.m.
- Sept 18, Supper Club, 5-7PM \$8 pp.
- Sept 19 Presentation on Hearing Aids at 1:45 p.m. **Don't miss this!*
- Sept 24, Moving and Downsizing at 11:30 AM **AND** Caregiver Support Group at 2pm
- Sept 25, 10:45 Crafting Fun **AND** Ted Reinstein Travels Through The Heart & Soul of New England at 5:30 PM
- Sept 26, Book Club at 2pm
- **Save the Date: HEALTH FAIR, Oct 16 from 10-12 at The Center!**

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 September! We have a lot of exciting things planned and look forward to the cooler weather. If anyone is interested in playing Bocce, we have a beautiful outside court that just needs players! Anyone can learn how to play; it's easy! I'll pack some sneakers and leave them in my office should anyone challenge me to a round! We have a few exciting Special Presentations this month; **Michelle LaRue** will be performing "Women Breaking Loose" and **Ted Reinstein** will be discussing "Travels Through the Heart and Soul of New England" a professional presentation on "**Moving & Downsizing**" and "**Over-The-Counter vs Prescription Hearing Aids**". As always, we ask that you Pre-Register for **ALL** of our events and programs. The only programs that are drop-in are Saturday programs and our weekly exercise classes and card games/BINGO. **Changes in Schedule:** *Kingsbury Swim* will be going back to their Fall Schedule, dates and times TBD. *Thursday Morning Walking Group* will start meeting at 10AM starting September 1.

NEW: I'm excited to announce we have a new punch card available. This card will have 12 punches for \$55 with one free class! Many asked for more punches so they didn't have to write so many checks. If this doesn't work for you, we can provide the \$30 cards without a free class. Please remember checks need to be written out to "**The Town of Medfield - COA**". I'm looking forward to seeing you at The Center soon! Stay Well!

Sarah Hanifan, Director

REGISTRATION for SEPTEMBER events begins on Mon. AUGUST 26 at 9 a.m.

LEARN MAH JONGG - NEW PLAYERS ONLY!

We are happy to announce that we will be offering a **beginners only** Mahjong class in September. If you are interested in learning this game, please PRE-REGISTER at The Center. The class will consist of 6 sessions where you will learn the basics of the game as well as get experience in game play and strategies. We need a minimum of 4 people to start the program.

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 / 10 A.M.

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.

STRENGTH, BALANCE & MORE

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

FREE exercise class with Joellyn. Come check out this NEW Class!

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

THURSDAYS / 11:00 A.M. / COST: \$5.00

Join Jeanne Donnelly's Core-Balance Class. This class is so popular on Mondays we had to add another day!

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.

TIME TBD / COST: \$5.00

Sign in at The Center, then head over to the Kingsbury Club with your scan card with \$5 fee.

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. It is played by four players. Skills: tactics, observation, memory and adaptive strategies; come learn how to play!

NEW PLAYERS: LESSONS STARTING. CALL TODAY!

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—PLAYERS NEEDED!

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, SEPTEMBER 10 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 1:30 P.M. / COST: FREE

Join our Brain Exercise class 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 AT 2:15 P.M. / COST: FREE

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, SEPTEMBER 26 AT 2 P.M.

Join Moira for our Monthly Book Club. This month's book is **Remarkably Bright Creatures by Shelby Van Pelt**. We have a few books available at the Center.



CRAFTERS CORNER

CARDS WITH BRI

Wednesday, September 11 at 10:45 A.M.

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

CRAFTING FUN—DRAWING WITH ELIZABETH

Wednesday, September 25 at 10:45 A.M.

Join Elizabeth for a NEW Drawing Class! Materials Provided. Cost: \$3

MONDAY	TUESDAY	WEDNESDAY
2 THE CENTER IS CLOSED 	3. BBQ CHICKEN PRIMARY ELECTION WILL BE HELD AT THE CENTER (1 ICE HOUSE ROAD) FROM 6 A.M. UNTIL 8 P.M. THE CENTER IS CLOSED	4. LENTIL BOLOGNESE 9:00 VIDEO EXERCISE 9:30 COA BOARD MEETING 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 BP Clinic 3:00 BINGO 10-3 5:30 WOMEN BREAKING LOOSE
9. CHICKEN A LA ORANGE 9:15 SHAWS SHOPPING 9:30 QUILTING FUN TBD KINGSBURY SWIM 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	10. CRANBERRY CHICKEN SALAD 9:00 VETERANS COFFEE HOUR 9:30 CHAIR YOGA TBD KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 LEGAL CLINIC BY APPT	11. CRAB CAKES 9:00 VIDEO EXERCISE 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 1:00 CRIBBAGE/ PINGPONG BP Clinic 1:00 FIT TO KNIT 10-3 3:00 BINGO 5-7PM PAINT NIGHT
16. CHOURICO LINKS 9:15 SHAWS SHOPPING 9:30 QUILTING FUN TBD KINGSBURY SWIM 10:00 FITNESS FUN 10:15 CASTLE ISLAND 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	17. MEXICAN CHICKEN 9:30 CHAIR YOGA TBD KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES	18. BROCC. & CHEESE OMELETTE 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO BP Clinic 5:00 SUPPER CLUB 10-3
23. CHICKEN PARMESAN 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	24. SWEDISH MEATBALLS 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 11:30 MOVING & DOWNSIZING 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 CAREGIVER SUPPORT GROUP	25. AMERICAN CHOP SUEY 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10:45 CRAFTING FUN 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO BP Clinic 5:30 TED REINSTEIN 10-3
30. HONEY MUSTARD CHICKEN 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	<div> PODIATRY CLINIC BY APPT. ONLY THUR., SEPT. 12 9 A.M.—12 P.M. CALL FOR AN APPOINTMENT. </div>	EARLY VOTING SCHEDULE FOR PRIMARY ELECTION (9/3/2024) LOCATION: MEDFIELD TOWN HOUSE – SECOND FLOOR PLEASE USE REAR ELEVATOR ENTRANCE Sat. Aug 24, 11:00 am – 5:00 pm Mon. Aug 26, 9:00 am – 4:00 pm Tue. Aug 27, 9:00 am – 7:00 pm Wed. Aug 28, 9:00 am – 4:00 pm Thur. Aug 29, 9:00 am – 4:00 pm Fri. Aug 30, 9:00 am – 12:30 pm

THURSDAY	FRIDAY
5. ROAST TURKEY 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	6. HOT DOG 9:00 ROCHE BROTHERS SHOPPING 9:00 STRENGTH, BALANCE & MORE 9:00 SELECTBOARD PETERSON HOUR 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
12. MINI RAVIOLI DAY TRIP TO SALEM CROSS INN 9-12 PODIATRIST APPTS. 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/ PAUL FRENCH	13. CATCH OF THE DAY 9:00 ROCHE BROTHERS SHOPPING 9:00 STRENGTH, BALANCE & MORE TBD KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
19. PULLED PORK 9:00 WOODCARVING 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING 1:45 HEARING PRESENTATION	20. POTATO POLLOCK 9:00 ROCHE BROTHERS SHOPPING 9:00 STRENGTH, BALANCE & MORE TBD KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
26. TERIAKI CHICKEN 9:00 WOODCARVING 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 2:00 BOOK CLUB MEETING	27. COD 9:00 ROCHE BROTHERS SHOPPING 9:00 STRENGTH, BALANCE & MORE TBD KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
The Medfield Food Cupboard Most Needed Items: <ul style="list-style-type: none"> • Solid White Tuna in water • Juice Boxes -100% Juice • Individual Snacks such as granola bars, animal crackers, pretzels, cookies, etc • Creamy peanut butter • Pasta sauce in jar A Collection Bin is located at The Center. Thank you!	 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>

GRAB-N-GO LUNCH

WEDNESDAYS

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

Sept. 4 - Chicken Salad
 Sept. 11 - Turkey and Cheese
 Sept. 18 - Seafood Salad
 Sept. 25 - 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. Call ahead to confirm. All programs are drop-in. (508) 359-3665.

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

COLOR KEY FOR CALENDAR

- SHOPPING TRIPS
- 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, September 24 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, September 16 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.

OVER-THE-COUNTER VS PRESCRIPTION HEARING AIDS

THURSDAY, SEPTEMBER 19 AT 1:45 P.M.

Join us for a presentation on Over-the-Counter (OTC) vs. Prescription Hearing Aids with Mark A Parker PhD, Parker Hearing Services. Over-the-Counter (OTC) hearing aids are readily available online, at pharmacies, and some healthcare providers' offices. Which OTC hearing aids are best? Which are worth a chance and which are worthless? Dr. Parker has evaluated all of the readily available OTC hearing aids on the market and concludes that some are worthless, some are cheap yet effective, and some are very good and relatively inexpensive for the hearing-impaired. This discussion will describe the current OTC market and compare them to traditional hearing aids that require a prescription. You don't want to miss this!

MOVING AND DOWNSIZING MADE EASY

TUESDAY, SEPTEMBER 24 AT 11:30 A.M.

Join us for a special presentation: Moving and Downsizing Made Easy. Considering making a move, but not sure where to begin, or feeling overwhelmed by the process? Join us for this presentation which will take you step-by-step through the home-selling process. We will cover everything from how to get rid of unwanted items/furniture, determining what home improvements should be completed, helping you find the perfect new place to live, to signing the final closing documents. Lunch will be provided by the following presenters. **Sign up is required.**

Julie Hand, Realtor—BHHS Commonwealth
Meredith Patey, Real Estate Attorney—DC Law
Steve Cobb and John Hand, Owners, Cobb Brothers Painting and Carpentry
Tim Lacyk, Mortgage Consultant—Prosperity Home Mortgage.

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! Call 508-359-3665.



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

SEPTEMBER

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

Join us for an amazing trip! Enjoy the beautiful landscapes as we travel to The Salem Cross Inn in W. Brookfield, MA. Upon arrival we will depart for a one-hour guided tour of the Quabbin Reservoir! Delve into the intriguing history of how and why this reservoir was built during the Depression Era. We will return to the Inn for lunch where we will be served, by the fireplace, in this beautiful restored 1700s Colonial home. See your Prime Rib roasting to perfection in the open hearth. After our lunch and tour we will take a drive to Brookfield Orchards. You will have time to shop the gift shop and purchase goodies. Prime Rib/Chicken Pot Pie. **Sign up before Aug 12.** We need 25 signed up to go.

OCTOBER

- **Foliage Turkey Train Tour, Wed. Oct. 23 \$140pp**

It's Turkey Time!! All aboard... Join us for the perfect Foliage Day Trip to Meredith, New Hampshire. We will board the Winnepesaukee "Turkey Train" at the HOBO Railroad. This 2-hour scenic train ride, through the countryside of NH, is complete with a delicious full turkey dinner complete with all the fixin's! The exceptional turkey meal is provided by Hart's Turkey Farm. Following the train excursion we board the motorcoach and head to Moulton Farm, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand, garden center, or maybe pick up a treat from their bakery! Perfect way to spend a day in October! Includes Transportation, Train Ride and Lunch. **Sign up before September 23.**

DECEMBER

- **Join the Norfolk COA for a Christmas at Blithewold. Thur. December 12 \$135 per person.**

Christmas time at Blithewold! Join us as we travel to Blithewold Mansion for the perfect December Day Trip! Each year in late December, the VanWickle/McKee family would return to Blithewold to celebrate Christmas and the New Year. Savor the ambience of life during the Country Place Era as you dine on scones, tea, sandwiches and more. After Tea, enjoy a guided tour of the property. Once tour is done, we will head over to the Festival of Lights at the LaSalette Shrine before heading home. For reservations please call the **Norfolk Senior Center at 508-528-4430 before November 21.**

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.



CASTLE ISLAND

MON., SEPT 16 AT 10:15 A.M. / COST: \$5 PP

Last trip of the season, 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!

*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.** Payment due when you order tickets. Sorry, No Refunds!

OCTOBER

*Rod Stewart—Tribute Show.

Wednesday, Oct 23, \$89 per person.

NOVEMBER

*The Sicilian Tenors—Downton Abbey

Wednesday, Nov 13, \$89 per person.

DECEMBER

*Kenny & Dolly - A Smokey Mountain Christmas

Wednesday, Dec. 4, \$89 per person.



MOVIE MATINEES

WEDNESDAY, SEPT. 11, 12:30 P.M.

ORDINARY ANGELS, 1H 58 M, 2024

Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter. **Popcorn will be served!**

THIS MONTHS SPECIAL EVENTS

WE OUR VOLUNTEERS

VOLUNTEER HIGHLIGHT JIM SOUJANEN

Jim has been a volunteer of The Center for many years. Jim volunteers each week teaching a **Free Meditation class** on Wednesdays at 10:00 a.m. here at The Center. Jim is looking forward to starting a new Mindfulness Course here on Mondays in the Spring. This new class will have a fee for materials. More information will be shared as it gets closer. We are very lucky to have Jim as a volunteer and appreciate his time. Thank you Jim!



FREE AFTERNOON LIVE MUSIC WITH PAUL FRENCH

THUR. SEPT. 12 AT 1:45 P.M.

Root Beer Floats will be served to those who register for this free event! Only those who register will receive a float as we purchase based on registration numbers.

SHOULD I STAY? SHOULD I GO? WED. OCT 2 AT 10:30 A.M.

Entering a new stage of life can be overwhelming at best. Weighing the pros and cons of homeownership versus senior-living is personal and emotional. Starting with an in-depth review of the various options available to successfully stay at home or transition to a community allows you to make your own informed decision. Although there are many pieces to this puzzle, the result is a master plan, created by you. Join the industry-leading experts as they share how to take this process in manageable bites. This workshop will equip you with the tools and questions you need to consider creating a personalized plan tailored to your unique needs. Sign Up! **Presentation by DoveTail Companies.**

WOMEN BREAKING LOOSE

WEDNESDAY, SEPT. 4 AT 5:30 P.M.

A century ago, two stories tackled dilemmas women still face daily:
Who comes first—my family or me?
Where do I belong—at home or at work?"

See Kate Chopin's poignant "A Pair of Silk Stockings" and Edna Ferber's comic "Representing T. A. Buck" performed by the talented Michèle LaRue, who is returning to Medfield for the fourth time. We just can't get enough of her shows! Pre-Registration is required. This performance is co-sponsored by The Center and The Medfield Public Library. The performance will take place at The Center at 1 Ice House Road.

PAINT NIGHT—OPEN TO ALL

WED., SEPT. 11 FROM 5-7 P.M. / \$10 PP

Join Casey as she teaches us how to paint step by step. No experience necessary. Bring an apron if you have one. This will sell out, sign up soon!

SUPPER CLUB

WEDNESDAY, SEPT 18 FROM 5-7 P.M. \$8 PP

Join us for our September Supper Club. We will have pasta, meatballs, salad and garlic bread. 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"

TRAVELS THROUGH THE HEART & SOUL OF NEW ENGLAND BY TED REINSTEIN

WEDNESDAY, SEPT. 25 AT 5:30 P.M.

Journalist and author Ted Reinstein has reported all around New England for 25 years, telling the colorful stories of this historic yet ever-changing corner of America. Now, he condenses his countless travels into a single, unique labor of love: a journey through the heart and soul of New England, meeting the most memorable people—and their unlikely stories—all along the way. People whose struggles, toughness, triumphs, and humor not only define the very essence of New England, but represent the timeless best of America as well. More information on the sign up sheet. Don't miss it.

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

***The Pool will be closed the first week in September.**

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays starting Monday, September 9, time TBD. 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:

Janice Cannon, William Pardi, Phyllis Cavan, E. Phyllis Fitzpatrick, Bonnie Jaffe

Janet and Dennis Tracey **In Memory of Anne McCabe**
Frances and Bob Fedor **In Memory of Anne McCabe**
Lionel A and Cynthia B Menard **In Memory of Terry Menard**
William Reynolds **In Memory of Barbara Reynolds**
Carol Rossi **In Memory of Herbert Burr**
Carmela Bergman **In Memory of Beverly and Bob Smith**
Ellen and Bob Dugan **In Memory of Joan Snow**

Brick Donation

Phyllis McDonald **In Memory of Pat Zimmer**

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.

COUNCIL ON AGING STAFF

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Mary Barrett, Coordinator
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Denise Good, Activities

HESSCO Site Manager X211

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COUNCIL ON AGING BOARD

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