

THE CENTER AT *Medfield*

REMEMBER TO PRE-REGISTER FOR ALL SPECIAL EVENTS!

SPECIAL EVENTS FOR APRIL:

4/2—6PM, Boston Massacre Presenta.
4/7— 10:30AM, Hearing Clinic
4/9—10:45, Card with BRI **AND**
12:30PM, Movie Matinee
4/10—9AM Breakfast sponsored by
Wingate Senior Living, Limited to 30
4/11—10AM, IPHONE Tech class
4/14—10AM, Veterans Coffee
4/16—3PM, Super Bingo
4/17—1:45PM, Music w/ Patrick
4/21—CLOSED, PATRIOTS DAY
4/23—10:30AM Reverse Mortgages
AND 12:30PM Movie Matinee **AND**
5-7PM, Volunteer Dinner, invite only
4/24— 1:45PM, Black Bears
Presentation **AND** 2PM, Book Club
*****NO PROGRAMS 4/28, 4/29, 4/30,
5/1,5/2, DUE TO YARD SALE SET UP.
SEE PAGE 4 & 5 FOR DONATION
TIMES. *****

HELPFUL NUMBERS:

Norfolk County "ARE YOU OK":
866-900-RUOK (7865)
Receive a daily wellbeing call.
Medfield Police Non Emergency:
508-359-2315
Medfield Fire Non Emergency:
508-359-2323
Medfield Food Cupboard:
508-359-4958
HESSCO Elder Services:
781-784-4944

CENTER HOURS

MONDAY, TUESDAY, THURSDAY

9:00 a.m. — 4:00 p.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.

*Wednesday Schedule Varies



LETTER FROM THE DIRECTOR

HELLO FRIENDS! Recently I learned that 256 subscribers needed to renew their newsletters. I kindly request that you take a minute to check your label, and if it has been highlighted in yellow, please renew your newsletter subscription for the year, which is five dollars. This helps offset our postage costs. Please make checks payable to "The Town of Medfield - COA".

Saturday, May 3 is FOSI's Annual Yard Sale from 8 a.m. – 2 p.m.

Volunteers are needed to contribute to the event's success. Various opportunities are available, including **setup** during the week, different hours and days available, we also need **volunteer bakers** to help bake items for the bake sale portion of the yard sale. **Clean up volunteers (especially high school aged volunteers)** are needed to help from 2-4 p.m. to help clean up the event. Those interested in volunteering can call The Center to speak to Sarah at 508-359-3665 x202, or register using the sign-up sheet in the lobby.

I want to extend my heartfelt gratitude to all of our incredible volunteers. Your dedication is invaluable to both our staff and the participants of The Center. Your tireless efforts allow us to achieve our goals, and for that, I am truly thankful. A volunteer appreciation event will take place on April 23, with invitations to follow. Thank you for all you do. We appreciate you!

Transportation update: Effective April 14, kindly be aware transportation will be temporarily limited and grocery shopping trips will take place only on Mondays starting at 9:15 a.m. to Shaw's. We will also maintain transportation services to and from our Respite Program on Tuesdays and Thursdays. At this time, all other transportation trips are put on hold.

I'll see you at The Center! Stay well!

Sarah Hanifan, Director

The Mission of the Council on Aging is to foster an atmosphere of wellness by addressing the emotional, social, physical and often the spiritual needs of older individuals and their families during the aging process. The Council on Aging's goal is to enhance the quality of life and promote independence by providing programs, social events, services and referrals to support community members throughout their life journey.

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.

STRENGTH, BALANCE & MORE

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

FREE exercise class with Joellyn. Come check out this NEW Class now on Wednesdays and Fridays.

WEDNESDAY MEDITATION CLASS

WEDNESDAYS / 10:00 A.M. / COST: \$5 PER MONTH

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. Please note, starting in March, Meditation will be \$5 per month.

THURSDAY WALKING GROUP

THURSDAYS / 10 A.M.

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



THURSDAY ZUMBA GOLD

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

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

FRIDAY 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 reducing stress and stiffness, strengthening and stabilizing weak muscles (core/abdominal muscles), and teaching 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. See Monday for a full description. 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.

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

Sign in at The Center, then head over to the Kingsbury Club with your scan card and \$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!

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. Knitting offers numerous benefits for seniors, including improved hand-eye coordination, dexterity, and cognitive function, along with stress reduction and social interaction opportunities.

WOODCARVING — CANCELLED UNTIL FURTHER NOTICE.

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

MONDAY, APRIL 14 AT 10:00 A.M.

Come enjoy free coffee and conversation with Medfield's Veterans Service Officer, Ian Rogers. Decaf and regular coffee 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!

LET'S WRITE — CREATIVE WRITING

TUESDAYS AT 2:15 P.M. / COST: FREE

Join Lois for tips and tricks on writing. It can be your story or a poem. Please bring a notebook and your choice of pen or pencil to write with.

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.

***WE WELCOME NEW PLAYERS TO JOIN!**

BOOK CLUB AT THE CENTER

THURSDAY, APRIL 24 AT 2PM

Join Moira for our Monthly Book Club here at The Center. Thank you to Moira and the Medfield Public Library.

Book being discussed: The Island of Sea Women by Lisa See



CRAFTERS CORNER

FREE GREETING CARD MAKING WITH BRI

Wednesday, APRIL 9

at 10:45 A.M.

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



MONDAY	TUESDAY	WEDNESDAY
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p>1. SALISBURY STEAK</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 1:30 BRAIN GAMES 2:15 CREATIVE WRITING</p>	<p>2. AMERICAN CHOP SUEY</p> <p>9-1 AARP TAX PREP APPTS. BY APPT ONLY 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 9:30 COA BOARD MEETING 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO / 3:30 TECH TIME 6:00 BOSTON MASSACRE PRESENTATION</p>
<p>7. GRILLED CHICKEN STRIPS</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGSBURY SWIM 10:30 HEARING CLINIC BY APPT 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / LINE DANCING 1:30 CORE BALANCE / POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p>8. SLOPPY JOE</p> <p>9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:00 TILDEN OUTREACH WITH SUSAN 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING</p>	<p>9. CHICKEN BREAST WITH BOURBON SAUCE</p> <p>9-1 AARP TAX PREP APPTS. BY APPT ONLY 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10:45 GREETING CARDS WITH BRI 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO / 3:30 TECH TIME</p>
<p>14. TURKEY POT PIE</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 VETERANS COFFEE 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / LINE DANCING 1:30 CORE BALANCE / POKENO 7PM HANNAH ADAMS BRIDGE</p>	<p>15. CHICKEN BREAST WITH JARDINIÈRE SAUCE</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 / 1:30 BRAIN GAMES 2:00 LEGAL CLINIC BY APPT ONLY 2:15 CREATIVE WRITING</p>	<p>16. BEEF BURGANDY</p> <p>9:00 EXERCISE WITH JOELLYN 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 SUPER BINGO / 3:30 TECH TIME</p> <p>NO MARKET BASKET TRIP TODAY!</p>
<p>21. NO MEALS SERVED</p> <p>CLOSED PATRIOTS DAY</p>	<p>22. BEEF BOLOGNESE</p> <p>9:30 SHAWS SHOPPING / CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 CAREGIVER SUPPORT GROUP 2:15 CREATIVE WRITING</p>	<p>23. MACARONI & CHEESE</p> <p>9:00 EXERCISE WITH JOELLYN 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10:30 REVERSE MORTGAGES FOR SENIORS 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 5:00 VOLUNTEER APPRECIATION DINNER NO MARKET BASKET OR TECH TIME TODAY!</p>
<p>28. TURKEY BREAST W/ GRAVY</p> <p>YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.—3 P.M.</p> <p>NO PROGRAMS TODAY</p> <p>SHAWS SHOPPING AT 9:15 A.M.</p>	<p>29. SALMON W/ NEWBURG SAUCE</p> <p>YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.—3 P.M.</p> <p>NO PROGRAMS TODAY</p>	<p>30. CHICKEN BREAST W/ PORTUG. SAUCE</p> <p>YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.—6 P.M.</p> <p>NO PROGRAMS TODAY</p>

THURSDAY	FRIDAY
3. MEATBALLS WITH BBQ SAUCE 9-12 SHINE APPOINTMENTS 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB / 12:00 FOSI MTG 12:30 POKER 1:00 BOWLING 1:00 CLUB EVENT IN DINING HALL	4. KRAB SALAD 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 9:00 SELECTBOARD PETERSON HOUR 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
10. PORK LO MEIN 9:00 BREAKFAST WITH WINGATE 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING	11. POLLOCK 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 IPHONE TECH. CLASS 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
17. GLAZED HAM PINEAPPLE 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 1:45 MUSIC W/ PATRICK DURKIN	18. FISH SANDWICH 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
24. CHICKEN JAMBALAYA 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 1:45 BLACK BEAR PRESENTATION 2:00 BOOK CLUB	25. MEATLOAF 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 10:00 COFFEE & CONVERSATION 11:00 CORE BALANCE 1:00 CENTER CLOSES
May 1 MEAL NOT POSTED AT TIME OF PRINTING YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.—3 P.M. NO PROGRAMS TODAY	May 2 MEAL NOT POSTED AT TIME OF PRINTING YARD SALE SET UP DONATIONS ACCEPTED 8:30 A.M.—11 A.M. NO PROGRAMS TODAY <div> SATURDAY, MAY 3 YARD SALE DAY! 8 A.M. - 2 P.M. </div>

SENIOR SANDWICHES: GRAB-N-GO LUNCH WEDNESDAYS

Please call on Monday morning by 9 a.m. to order your Grab-N-Go meal. All meals are served with a side, a bag of chips and water. \$3 suggested donation to HESSCO **508-359-3665**

April 2 - Chicken Salad
 April 9 - Turkey and Cheese
 April 16 - Seafood Sandwich
 April 23 - Ham & Cheese
 April 30 - No Grab and Go

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. (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

The **Montrose High School Technology Club** will be joining us on Wednesdays from 3:30 - 5:00. Sign up for an appointment for help with your Phones, IPADS or laptops. Sign up sheet and more details available at the desk. Thank you Montrose!

WE ♥ OUR VOLUNTEERS

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. Ian Rogers will be at The Center the second Monday of every month at 10:00 a.m.

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 **THIRD** Tuesday of each month. Sign up required. Call or stop at the desk to add your name.

Caregiver Support - Do you need assistance navigating the care-giving journey? Be part of the monthly Caregiver Support Group. **Tuesday, April 22 at 2:00 p.m.**

Blood Pressure Clinic - A blood pressure clinic available for consultation each Wednesday from 10 a.m.-12:00 p.m.

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, APRIL 7 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.

OUTREACH INFORMATION WITH SUSAN LONGMOORE

Would you enjoy a conversation with a friendly visitor? The Friendly Visitor Program provides regularly scheduled social time for you or a loved one. Loneliness is a major issue for many people in the community and a few hours of talk can go a long way towards curbing that. Volunteers are matched with home-bound seniors for weekly social visits. Call Susan for more information.

Reminder, LIHEAP (Low Income Home Energy Assistance Program) applications are being accepted through April 30, 2025 This program through SMOC, helps Massachusetts residents pay a portion of their winter heating bills. Eligibility is based on gross annual income of all household members. To apply online visit www.smoc.org or call The Center for assistance.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP): Did you know that SNAP can help you buy healthy food? Older adults making less than \$2,608 per month (before taxes) or \$3,525 for couples may be eligible. The EBT card works like a debit card at the grocery store and online. For more information, contact Susan.



**Are you looking for support
with grief and loss?**

**Sign up to find out which support is right
for you, individual or group.**

For more information, or if you are interested, please sign up by calling Sarah Hanifan, COA Director, or by stopping at the reception desk.

Did you know Medfield Outreach holds clinical consultations at The Center? Call 508-359-3665 for more information or to schedule an appointment.



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

MUSEUM OF FINE ARTS

WEDNESDAY, MAY 21, 2025, \$132 PP

Join us for the perfect day at Boston's Museum of Fine Arts. Our first stop of the day is to enjoy a delicious lunch at Venezia. Please choose from pasta primavera, chicken parmesan, or baked haddock. After lunch, you will enjoy a self guided tour of the Museum of Fine Arts. The Museum of Fine Arts in Boston, MA, is the fifth largest museum in the United States. It contains more than 450,000 works of art, making it one of the most comprehensive collections in the Americas.

CHRISTA MCAULIFFE CENTER

WEDNESDAY, JUNE 25, 2025, \$25 PP

Spend the day participating in a space mission simulation and watching a planetarium program. Trip price includes transportation and entry into the museum. Lunch will be on your own. We will be joining our neighbors over in Norfolk for this mission. Transportation will be provided by the COA. **RSVP by June 6** to Sarah or Lois. Payment due at sign up. Limited to 14 people.

FOSTER'S DOWNEAST CLAMBAKE & ISLES OF SHOALS CRUISE

TUESDAY, JULY 29, 2025, \$150 PP

Join us on a fun-filled delicious day trip to Maine! We will begin at Foster's Downeast Clambake in York, Maine. This lunch will include Maine Lobster or BBQ Chicken, Maine Steamers and Mussels, Clam Chowder, Corn on the Cobb, Potatoes, Onions, Rolls and Blueberry Crumb cake. While feasting, you will enjoy live entertainment with a dose of humor. After lunch, we're off to Portsmouth, NH for a 3 hour narrated Isles of Shoals tour aboard the 348 passenger Victorian Steamship.

GLOUCESTER BEAUPORT PRINCESS

THURSDAY, AUGUST 14, 2025, \$155 PP

This cruise will cover historic Gloucester harbor with extraordinary views of the city's downtown, Rocky Neck, Eastern Point, Ten Pound Island, Stage Fort Park, and Hammond Castle. Lobster luncheon buffet included onboard! We will also visit Rockport to enjoy some free time. Come enjoy the open seas and a lovely summer lunch.

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.

* DRIVE YOURSELF LUNCH SHOWS *

AT LAKE PEARL, WRENTHAM, MA

\$94 WHICH INCLUDES LUNCH AND SHOW

* **May 21, Doobie Brothers Ultimate Tribute Show.** Baked Stuffed Chicken or Veg. Lasagna

* **June 17, Fleetwood Macked Tribute.** Chicken Parmesan or Wild Mushroom Risotto

* **Aug 20, Tom Jones Tribute.** Chicken Piccata or Veg. Lasagna

* **Sept 16, Rocky Mountain High, John Denver Tribute.** Baked Stuffed Chicken or Veg. Lasagna

* **Dec 2, Christmas with Tony Bennett & Barbara Streisand Special Holiday Tribute.** Baked Stuffed Chicken or Veg. Lasagna

* 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!



MOVIE MATINEES

POPCORN WILL BE SERVED FOR FREE. SIGN UP IS REQUIRED FOR SEATING

**WED. APRIL 9 AT 12:30 P.M.
REAGAN (2024) PG-13,**

Told through the voice of former KGB agent Viktor Petrovich, whose life becomes inextricably linked with Ronald Reagan's when Reagan first caught the Soviets' attention as an actor in Hollywood, Reagan overcomes the odds to become the 40th president of the United States.

**WED, APRIL 23 AT 12:30 P.M.
THE LAKE HOUSE (2006)**

Fantasy romance about a relationship that forms between an architect and the doctor who lived in his new lakeside house two years previously. Only able to communicate by passing letters into the house's mailbox, the pair begin to fall for each other, but will they ever be together?

THIS MONTH'S SPECIAL EVENTS

BOSTON MASSACRE

WEDNESDAY, APRIL 2, 6–7 P.M. AT COA
PRE-REGISTRATION REQUIRED.

The Boston Massacre Trials: Blood in the Snow. Denounced as an act of unprovoked violence and villainy, this event is one of the most familiar incidents in American history, yet one of the least understood. We will revisit this dramatic episode and the resulting trials, the competing narratives that molded public perceptions, and the unheralded courage of one lawyer and a future President - John Adams - tasked with the defense of the captain of British troops charged with murder.

This year marks the continuation of the Boston 250 Project, a series that celebrates the American war for independence.

This program is cosponsored by The Center, The Medfield Historical Society, and The Medfield Public Library. Be sure to register for a seat!

Justice Dennis J. Curran served as a Massachusetts Superior Court judge for 15 years. During his judicial tenure, he presided over 450 civil and criminal trials. He is a graduate of Boston Latin School, and received his bachelor's and master's degrees in an accelerated joint-degree program from the University of Pennsylvania and his law degree from the University of Virginia. Justice Curran has received four statewide awards for judicial excellence. During his judgeship, he mentored over 100 judicial student interns, many of whom still keep in touch with him. Justice Curran has served as a Professor of the Practice at Tufts University, and teaches at Brown University's summer program.

HEARING CLINIC

MON. APRIL 7 FROM 10:30 A.M.—12:30 P.M.

Sign up for a free 20-minute consult with At-Home Hearing Healthcare by appointment only. More information on page 6.

VETERAN'S COFFEE

MONDAY, APRIL 14 AT 10:00 A.M. / FREE

Join Ian Rogers, Medfield's Veterans Service Officer for coffee and conversation.

MUSIC WITH PATRICK DURKIN

THURSDAY, APRIL 17 AT 1:45 P.M. / FREE

Join us for an hour of live music entertainment with returning Pianist Patrick Durkin.

BREAKFAST SPONSORED BY WINGATE SENIOR LIVING

THURSDAY, APRIL 10 AT 9:00 A.M. / FREE

Join us on April 10th for a special breakfast sponsored by Wingate Senior Living. One Wingate Way East has been thoughtfully designed to promote a fulfilling lifestyle. Offering a diverse array of customized services. Learn more about boutique style luxury independent living.

Pre-registration required. Limited spots.

IPHONE TECHNOLOGY CLASS

FRIDAY, APRIL 11 AT 10 A.M. / FREE

You must have an iPhone for this workshop. We will explore the camera app on the iPhone, exploring features of settings, editing, and adjustments. Also discussion on organizing photos into favorites, albums and making videos.

REVERSE MORTGAGES

WEDNESDAY, APRIL 23 AT 10:30 A.M. / FREE

Are you interested in making plans to stay in your own home? What are the options, challenges and costs? Should you consider a reverse Mortgage? Reverse Mortgages were created specifically for seniors to give them another option to help improve their finances in retirement. And over the years, more protections have been put in place to make today's reverse mortgages safer than ever. This presentation by Fairway Mortgage Corporation will separate fact from myth regarding reverse mortgages.

AMERICAN BLACK BEAR EXPANSION

THURSDAY, APRIL 24 AT 1:45 P.M. / FREE

Follow biologists as they study the complete biology of the American Black Bear in the wild by visiting a bear den after cubs are born in early March in Northern New Hampshire. Then watch as bears are processed for release back into the wild after being rehabilitated after being orphaned as young cubs. Finally, see the juvenile black bears being released back into the wild in Northern New Hampshire near the Canadian border.

VOLUNTEER APPRECIATION

Volunteers will be receiving an invitation to enjoy an evening of celebration, conversation, appetizers and dinner as a thank you. THANK YOU to all of our incredible volunteers, we appreciate each and every one of you!

Sarah, Susan, Lois, Steven

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.

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. Contact Mary for more information. mbarrett@medfield.net

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.

SENIOR SWIM

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays 10-11 A.M. Scan in at the COA and pay the \$5 class fee at Kingsbury. For more information call Kingsbury Aquatics at 508-359-7800.

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 COA to schedule.

South Shore Nursing & Rest Home Ombudsman

Elder Services

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- Create your own volunteering schedule.
- Protect and educate about residents' rights.
- Help residents resolve their concerns or issues.

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For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910, or (781) 930-0200, or visit us online at www.sselder.org/volunteer/

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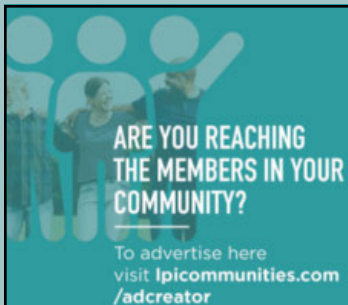
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**A SPECIAL THANK YOU TO THE FOLLOWING PEOPLE FOR THEIR
DONATIONS TO FOSI:**

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Ken Jenkins, Soma Diaz, Jill Van Brocklin, Nic and Misty Scalfarotto

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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 do not combine your yearly \$5 donation for the newsletter with your FOSI donation.

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Director: X202

Sarah Hanifan 508-359-3665
FAX 508-359-4810
shanifan@medfield.net

Outreach Coordinator X203

Susan Longmoore
slongmoore@medfield.net

**Volunteer/Program
Coordinator: X201**

Lois Abramo
labramo@medfield.net

Transportation: X200

Steven Harris
sharris@medfield.net

The Club Staff: X200

Mary Barrett, Coordinator
mbarrett@medfield.net

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HESSCO
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