

# THE CENTER AT Medfield

## **REMEMBER TO PRE-REGISTER FOR ALL SPECIAL EVENTS!**

### **SPECIAL EVENTS FOR MAY:**

**5/1 & 5/2, NO PROGRAMS TODAY**

**5/3, Yard Sale 8 A.M.—2:00 P.M.**

5/4, EV Car Show in COA parking lot 1-3 PM

5/5, Hearing Clinic from 10:30-12:30 **AND**

Annual Town Meeting at 7PM at High School  
5/7, Movie at 12:30 P.M. **AND** Never Forget a  
Name Presentation at 5 PM

5/8, SHINE Appts by appt. only 9 A.M.- 12

P.M. **AND** Nutrition appt. 11 A.M. - 12 P.M.

**AND** Birds of Prey presentation 1:45 P.M.

5/9, Mothers Day Manicures at 10 A.M.

5/12, Veterans Coffee at 10 A.M.

5/13, **NO YOGA today**

5/14, Cards with Bri at 10:45 A.M. **AND**

Artificial Intelligence Program at 11:30 A.M.

5/15, SHINE Appts by appt. only 12-4 P.M. **AND**

The Harp & Minstrel Music event at 1:45 P.M.

5/16, Indoor Plant Exchange at 9:30 A.M.

5/20, Luncheon at Sunrise Senior Living

Norwood. Bus to leave at 12 P.M. **AND** Legal

Clinic by appt. only 2 P.M.

5/21, Movie at 12:30 P.M.

5/22, Music with Alexandria at 1:45 P.M.

**5/23 AND 5/24 COA CLOSED floors refinished**

**5/26, Happy Memorial Day, COA CLOSED.**

5/27, Caregiver Support Group at 2:00 P.M.

5/29, Book Club with Moira at 2 P.M.

### **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**

Welcome to April! We have a lot of great activities planned this month at The Center, so please come by and see what's new! A quick reminder, about transportation: we currently offer limited transportation for food shopping on Mondays only. We also provide transportation to and from The Club (Respite Program) on Tuesdays and Thursdays. We expect to resume our full transportation services in June. Thank you for your understanding.

**ANNUAL FOSI YARD SALE—COME SHOP!**

**Saturday, May 3 from 8:30 A.M.- 2:00 P.M.**

**We will have a wide array of items for sale, including books, baked goods, jewelry, gadgets, housewares and much more!**

**Sorry, No Early Birds!**

Reminder, May 5 is the **Annual Town Meeting** at 7:00 P.M. at the Medfield High School. Please be sure to attend - there are a few articles up that pertain to age 60 + adults in Medfield, including to increase the hours and benefit on the Senior Tax Work-Off.

### **Mental Health Awareness Month with Medfield Outreach**

Did you know that May is Mental Health Awareness Month? We celebrate Mental Health Awareness month to raise awareness of mental health, reduce stigmas associated with mental health and promote understanding and access to care, encouraging people to prioritize their overall health. Did you know that we have resources here in Medfield? Medfield Outreach is a town department that provides an array of services to Medfield residents. Our Master's level clinicians provide counseling and referrals to various organizations with appropriate resources. All Medfield Outreach services are confidential and are provided by licensed mental health professionals and advanced graduate-level students under the direct supervision of our licensed staff. Would you like to learn more? Call Medfield Outreach to set up an appointment for a consultation at 508-359-7121, or schedule with Sarah Hanifan, COA Director at 508-359-3665 x202.

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.

### VIDEO CHAIR EXERCISE

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

FREE exercise video class using weights and aerobics.

### 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.

### EXERCISE WITH JOELLYN

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

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

### 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 TO KINGSBURY CLUB**

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 play! At this time, no lessons have been scheduled.

## 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.

## 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, MAY 12 AT 10:00 A.M.**

All Veterans are invited to join us for 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, MAY 29 AT 2PM**

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



## CRAFTERS CORNER

**FREE GREETING CARD MAKING WITH BRI**

**Wed., May 14**

**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><b>The CENTER Hair Salon</b></p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p><b>SUNRISE SENIOR LIVING</b></p> <p>Joins us on May 20, 2025 at 12:00 p.m. for a spring luncheon and tour at Sunrise Senior Living of Norwood.</p> <p>We will be providing transportation by COA van. Sunrise Senior Living has 72 suites and offers a family environment that provides social opportunities and one-on-one care. Pre-registration required.</p>	<p><b>Did you know the entrees listed each day are for our daily home delivered meals provided by HESSCO. For more information on Meals-on-Wheels please call HESSCO at 781-784-4944.</b></p>
<p><b>5. PORK ROAST</b></p> <p>9:15 <b>SHAW'S SHOPPING</b></p> <p>9:30 QUILTING FUN</p> <p>10:00 <b>FITNESS FUN/KINGSBURY SWIM</b></p> <p>10:30 <b>HEARING CLINIC BY APPT</b></p> <p>11:00 GREAT COURSES DVD CLASS</p> <p>12:00 3-THIRTEEN / <b>LINE DANCING</b></p> <p>1:30 <b>CORE BALANCE / POKENO</b></p> <p>7:00 HANNAH ADAMS BRIDGE</p> <p><b>7PM ANNUAL TOWN MEETING AT THE HIGH SCHOOL</b></p>	<p><b>6. MEXICALI CHICKEN</b></p> <p>9:30 <b>CHAIR YOGA</b></p> <p>10:00 <b>KINGSBURY SWIM</b></p> <p>10:30 <b>MAT YOGA</b></p> <p>11:30-3 THE CLUB</p> <p>12:00 DUPLICATE BRIDGE</p> <p>1:00 MAH JONGG</p> <p>1:30 BRAIN GAMES</p> <p>2:15 CREATIVE WRITING</p>	<p><b>7. TUNA NOODLE CASSEROLE</b></p> <p>9:00 <b>VIDEO CHAIR EXERCISE</b></p> <p>9:30 <b>COA BOARD MEETING</b></p> <p>10:00 <b>MEDITATION / BREAD DIST.</b></p> <p>10-12 <b>BLOOD PRESSURE CLINIC</b></p> <p>11:00 SCAT / <b>11:30 GRAB N GO</b></p> <p>12:00 WHIST / <b>12:30 MOVIE</b></p> <p>1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b></p> <p>3:00 <b>BINGO</b></p> <p>3:30 TECH TIME WITH MONTROSE</p> <p>5:00 <b>NEVER FORGET A NAME</b></p>
<p><b>12. BROCCOLI STUFFED CHICKEN</b></p> <p>9:15 <b>SHAW'S SHOPPING</b></p> <p>9:30 QUILTING FUN</p> <p>10:00 <b>VETERANS COFFEE</b></p> <p>10:00 <b>FITNESS FUN / KINGSBURY SWIM</b></p> <p>11:00 GREAT COURSES DVD CLASS</p> <p>12:00 3-THIRTEEN / <b>LINE DANCING</b></p> <p>1:30 <b>CORE BALANCE / POKENO</b></p> <p>7PM HANNAH ADAMS BRIDGE</p>	<p><b>13. PORK RIB PATTY</b></p> <p>10:00 <b>KINGSBURY SWIM</b></p> <p>10:00 <b>TILDEN OUTREACH WITH SUSAN</b></p> <p>11:30-3 THE CLUB</p> <p>12:00 DUPLICATE BRIDGE</p> <p>1:00 MAH JONGG / 1:30 BRAIN GAMES</p> <p>2:15 CREATIVE WRITING</p> <p><b>NO YOGA TODAY</b></p>	<p><b>14. SALISBURY STEAK</b></p> <p>9:00 <b>VIDEO CHAIR EXERCISE</b></p> <p>10:00 <b>MEDITATION / BREAD DIST.</b></p> <p>10-12 <b>BLOOD PRESSURE CLINIC</b></p> <p>10:45 <b>CARDS WITH BRI</b></p> <p>11:00 SCAT / <b>11:30 GRAB N GO</b></p> <p>11:30 <b>ARTIFICIAL INTELLIGENCE PROGRAM</b></p> <p>12:00 WHIST</p> <p>1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b></p> <p>3:00 <b>BINGO</b></p> <p>3:30 TECH TIME WITH MONTROSE</p>
<p><b>19. GRILLED STEAK STRIPS</b></p> <p>9:15 <b>SHAW'S SHOPPING</b></p> <p>9:30 QUILTING FUN</p> <p>10:00 <b>FITNESS FUN/KINGSBURY SWIM</b></p> <p>11:00 GREAT COURSES DVD CLASS</p> <p>12:00 3-THIRTEEN / <b>LINE DANCING</b></p> <p>1:30 <b>CORE BALANCE / POKENO</b></p> <p>7:00 HANNAH ADAMS BRIDGE</p>	<p><b>20. ALL BEEF HOT DOG</b></p> <p>9:30 <b>CHAIR YOGA</b></p> <p>10:00 <b>KINGSBURY SWIM</b></p> <p>10:30 <b>MAT YOGA</b></p> <p>11:30-3 THE CLUB</p> <p>12:00 <b>LUNCHEON AT SUNRISE</b></p> <p>12:00 DUPLICATE BRIDGE</p> <p>1:00 MAH JONGG</p> <p>1:30 BRAIN GAMES</p> <p>2:00 <b>LEGAL CLINIC BY APPT ONLY</b></p> <p>2:15 CREATIVE WRITING</p>	<p><b>21. SLOPPY JOE</b></p> <p>9:00 <b>VIDEO CHAIR EXERCISE</b></p> <p>10:00 <b>MEDITATION / BREAD DIST.</b></p> <p>10-12 <b>BLOOD PRESSURE CLINIC</b></p> <p>11:00 SCAT / <b>11:30 GRAB N GO</b></p> <p>12:00 WHIST / <b>12:30 MOVIE</b></p> <p>1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b></p> <p>3:00 <b>BINGO</b></p> <p><b>Annie's last day! Thank you Annie for all your Technology help! We appreciate you!</b></p>
<p><b>26. NO MEAL SERVED</b></p> <p><b>Happy Memorial Day!</b></p> <p><b>COA IS CLOSED</b></p>	<p><b>27. CHEESEBURGER</b></p> <p>9:30 <b>CHAIR YOGA</b></p> <p>10:00 <b>KINGSBURY SWIM</b></p> <p>10:30 <b>MAT YOGA</b></p> <p>11:30-3 THE CLUB</p> <p>12:00 DUPLICATE BRIDGE</p> <p>1:00 MAH JONGG</p> <p>1:30 BRAIN GAMES</p> <p>2:00 <b>CAREGIVER SUPPORT GROUP</b></p> <p>2:15 CREATIVE WRITING</p>	<p><b>28. CATCH OF THE DAY</b></p> <p>9:00 <b>VIDEO CHAIR EXERCISE</b></p> <p>10:00 <b>MEDITATION / BREAD DIST.</b></p> <p>10-12 <b>BLOOD PRESSURE CLINIC</b></p> <p>11:00 SCAT / <b>11:30 GRAB N GO</b></p> <p>12:00 WHIST /</p> <p>1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b></p> <p>3:00 <b>BINGO</b></p>

**SAVE THE DATE, PODIATRY CLINIC ON MONDAY, JUNE 2, 2024. CALL TO SIGN UP FOR AN APPOINTMENT.**

THURSDAY	FRIDAY
<b>1. CHICKEN SALAD</b> <b>NO PROGRAMS TODAY</b> <b>YARD SALE SET UP</b> <b>DONATION ACCEPTED</b> <b>8:30 A.M.—3:00 P.M.</b>	<b>2. TURKEY CORN STEW</b> <b>NO PROGRAMS TODAY</b> <b>YARD SALE SET UP</b> <b>DONATION ACCEPTED</b> <b>8:30 A.M.—11 A.M.</b> <div style="border: 1px solid green; padding: 5px; text-align: center; color: purple;"> <b>SATURDAY, MAY 3</b>  <b>YARD SALE DAY! 8AM—2PM</b> </div>
<b>8. STUFFED SHELLS</b> <b>9-12 SHINE APPOINTMENTS</b> <b>10:00 WALKING GROUP</b> <b>10:00 ZUMBA</b> <b>11-12 NUTRITION APPOINTMENTS</b> <b>11:30 CANASTA</b> <b>11:30-3 THE CLUB / 12:00 FOSI MTG</b> <b>12:30 POKER</b> <b>1:00 BOWLING</b> <b>1:45 BIRDS OF PREY PRESENTATION</b>	<b>9. BEEF STROGANOFF</b> <b>9:00 EXERCISE WITH JOELLYN</b> <b>9:00 SELECTBOARD PETERSON HOUR</b> <b>10:00 KINGSBURY SWIM</b> <b>10:00 MOTHERS DAY MANICURES</b> <b>10:00 COFFEE &amp; CONVERSATION</b> <b>10:00 TAI CHI</b> <b>11:00 CORE BALANCE</b> <b>1:00 CENTER CLOSES</b>
<b>15. AMERICAN CHOP SUEY</b> <b>10:00 WALKING GROUP</b> <b>10:00 ZUMBA</b> <b>11:30 CANASTA</b> <b>11:30-3 THE CLUB</b> <b>12-4 SHINE APPOINTMENTS</b> <b>12:30 POKER</b> <b>1:00 BOWLING</b> <b>1:45 THE HARP &amp; MINSTREL</b>	<b>16. FISH SANDWICH</b> <b>9:00 EXERCISE WITH JOELLYN</b> <b>9:30 INDOOR PLANT EXCHANGE</b> <b>10:00 KINGSBURY SWIM</b> <b>10:00 COFFEE &amp; CONVERSATION</b> <b>10:00 TAI CHI</b> <b>11:00 CORE BALANCE</b> <b>1:00 CENTER CLOSES</b>
<b>22. CHICKEN BREAST</b> <b>10:00 WALKING GROUP</b> <b>10:00 ZUMBA</b> <b>11:30 CANASTA</b> <b>11:30-3 THE CLUB</b> <b>12:30 POKER</b> <b>1:00 BOWLING</b> <b>1:45 MUSIC WITH ALEXANDRIA</b>	<b>23. PORK LO MEIN</b> <b>COA CLOSED DUE TO FLOORS BEING REFINISHED</b> <b>COA IS ALSO CLOSED ON SATURDAY, MAY 24.</b>
<b>29. TURKEY POT PIE</b> <b>10:00 WALKING GROUP</b> <b>10:00 ZUMBA</b> <b>11:30 CANASTA</b> <b>11:30-3 THE CLUB</b> <b>12:30 POKER</b> <b>1:00 BOWLING</b> <b>2:00 BOOK CLUB</b>	<b>30. LASAGNA ROLL UP</b> <b>9:00 EXERCISE WITH JOELLYN</b> <b>10:00 KINGSBURY SWIM</b> <b>10:00 TAI CHI</b> <b>10:00 COFFEE &amp; CONVERSATION</b> <b>11:00 CORE BALANCE</b> <b>1:00 CENTER CLOSES</b>

## 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**

May 7 - Chicken Salad  
 May 14 - Turkey and Cheese  
 May 21 - Seafood Sandwich  
 May 21 -Ham & Cheese  
 May 28 - Tuna fish Sandwich

## 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-Milllis

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, May 27 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, May 5 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.

### **HEALTH CARE PROXY - EVERYONE NEEDS ONE**

Appointing trusted individuals as your Health Care Proxy ensures that your loved ones are clear about your wishes and can make decisions on your behalf if needed. It allows you to communicate your preferences in advance, providing peace of mind and empowering you to make decisions for yourself.

#### **How to Appoint a Health Care Proxy (HCP) in Massachusetts**

Choose someone you trust to make medical decisions for you if you can't. This could be a family member, friend, or anyone who understands your wishes. Next, get the **Health Care Proxy Form**: You can find the form online, at your doctor's office, or at a local hospital. **Fill Out the Form**: Write down your name, the name of your health care agent, and any medical instructions you want them to follow. You can also name a backup agent if you like. **Sign the Form**: Sign the form in front of two witnesses (they can't be your agent or related to you), or have it notarized. Give **Copies to Important People**: Share a copy with your health care agent, your doctor, and anyone else who might need to know. **Keep a copy in a safe place**. Finally, **Review or Change Anytime**: You can update or change your Health Care Proxy whenever you want, as long as you're still able to make decisions. Forms can be found at <https://www.massmed.org/Patient-Care/Health-Topics/Health-Care-Proxies-and-End-of-Life-Care>.



**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**

## CHRISTA MCAULIFFE CENTER

**WEDNESDAY, JUNE 25, 2025, \$25 PP**

**Join us for something new!** 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. **Sign up by June 6** at the Reception Desk. 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.

## SALEM CROSS INN TOUR

**WEDNESDAY, SEPTEMBER 10, 2025, \$115 PP**

Join us on a scenic trip to The Salem Cross Inn in West Brookfield, MA. We'll take a one-hour guided tour of the Quabbin Reservoir and learn about it's construction during the Depression Era. After the tour, we'll have lunch at the Inn, followed by a visit to Brookfield Orchards to explore the gift shop and purchase treats. Lunch options: Old Fashioned Chicken Pot Pie served on a Buttermilk Biscuit or Boston Broiled Scrod. Don't miss this one!

## 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.**

**\*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

### \*DRIVE YOURSELF 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. MAY 7 AT 12:30 P.M.**

**JUROR #2, (2024) PG 13—1HR 54 MIN**

A juror for a high profile murder trial finds himself struggling with a serious moral dilemma that could influence the verdict and potentially convict, the accused killer. Directed by Clint Eastwood.

**WED, MAY 28 AT 12:30 P.M.**

**MUSIC BY JOHN WILLIAMS, (2024) PG 1H 45 M**

Music by John Williams which offers a fascinating and insightful look at the prolific life and career of composer and Disney Legend John Williams, from his early days as a jazz pianist to his 54 Oscar nominations and five wins, the documentary takes an in-depth look at Williams' countless contributions to film, including many iconic franchises, as well as his music for the concert stage and his impact on popular culture.

## THIS MONTHS SPECIAL EVENTS

### HEARING CLINIC

**MON. MAY 5 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.

### NEVER FORGET A NAME WITH NEIL KUTZEN

**WED. MAY 7 FROM 5:00—7 P.M.**

You're probably thinking this title is hyperbole, an exaggeration for dramatic effect. It's not! Use these two principles and you will never forget a name! Pictures are easier to remember than words. Silly pictures are easier to remember than serious ones. Neil Kutzen has been the most prominent and successful memory trainer in New England, for the last decade.

### NUTRITION APPOINTMENTS – NEW

**THURSDAY, MAY 8 FROM 11 A.M. –12 P.M.**

**Medfield Residents** - Are you interested in meeting with a Registered Dietitian Nutritionist? We have two 30-minute appointments available on May 8th. If you have questions about your diet or struggle with making healthy food choices, sign up for a session with Kelsey, who can provide personalized advice and tips.

Nutrition appointments are available with Kelsey McEntee, MS, RD, LDN from HESSCO by calling or stopping in at the reception desk. 508-359-3665

### BIRDS OF PREY

**THUR. MAY 8 AT 1:45 P.M.**

Follow Wildlife photographer Bob Michelson as he documents the complete life histories of the birds of prey found throughout New England, including the Bald eagle, Osprey, Great horned owl, Barred owl, Barn owl, Northern Saw-whet owl, Red hawk, Broad-shouldered hawk, Peregrine falcon, Turkey vulture, and more. He also looks at each animal's historic, and current ranges of each species, as well as what we can do to coexist with these beautiful avian predators.

### AFTERNOON MUSIC

**THURSDAY, MAY 15 AT 1:45 P.M. / FREE**

The Harp and Minstrel

**THURSDAY, MAY 22 AT 1:45 P.M. / FREE**

Alexandra Connolly

### MOTHERS DAY MANICURES

**FRIDAY, MAY 9 AT 10:00 A.M. / FREE**

Join us for an hour of free pampering! Get your nails painted by the Tri-County Regional Vocational High School Cosmetology students. Not interested in polish? They also give hand massages. You will also be treated to a yogurt parfait and juice bar. Happy Mothers Day! Limited to 20, sign up in advance to secure a seat.

### ARTIFICIAL INTELLIGENCE FOR SENIORS WITH HENRY QUINLAN

**WED. MAY 14 FROM 11:30 A.M.—12:30 P.M.**

This presentation will define artificial intelligence, demonstrate it's benefits for seniors, how to use those AI tools that will help seniors, and some of the most unusual uses of AI. Particular attention will be paid to the dangers that exist in AI. The dangers, and there are many, will be outlined so that Seniors who use AI will be alert to the dangers. The goal of the presentation is to empower seniors with knowledge, dispel fears, and inspire confidence in exploring AI technologies that can significantly improve quality of life, independence, and engagement with the modern digital world. Henry Quinlan, a publisher, has been using AI for two years, both professionally and personally.

### INDOOR PLANT EXCHANGE

**FRIDAY, MAY 16 AT 9:30 A.M.— 10:30 A.M.**

Let's chat about plants, and exchange them too! Bring in a few plants to exchange, and leave with some too! Number of plants depends on how many people sign up. Indoor plants only please.

### SPRING LUNCHEON AT SUNRISE OF NORWOOD ASSISTED LIVING

**TUESDAY, MAY 20 FROM 12:00—2:30 P.M.**

Join us as we take the COA van over to Sunrise of Norwood for a Spring Luncheon. Sunrise Senior Living has 72 suites and offers a family environment that provides social opportunities and one-on-one care. Pre-registration required.

### ANNUAL TOWN MEETING

**MONDAY, MAY 5 AT 7 P.M.**

**MEDFIELD HIGH SCHOOL**

The Annual Town Meeting is scheduled for Monday, May 5 at 7:00 p.m. Town Meeting is an opportunity to hear what is going on in Medfield and have a say by voting for various articles that are put before the town.



## 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 Tuesdays and Thursdays. 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](mailto: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

- Become trained and certified as an Ombudsman.
- Create your own volunteering schedule.
- Protect and educate about residents' rights.
- Help residents resolve their concerns or issues.

## You can make a difference!



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/](http://www.sselder.org/volunteer/)

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OR CURRENT RESIDENT

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

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

Yong Suk Jung, Misty and Nick Scalfarotto, Barbara O'Malley,  
Laura Parker, Ralph Poli and Clement Frazier.

Patty Byrne **In Memory of Mark Carrigan**  
Patty Byrne **In Memory of Perry Constas**  
Ronnie Cosentino **In Memory of Donna Comeau**  
Andrew Karnakis **In Memory of Vicki Karnakis**  
Nick Mastropietro **In Memory of Donna Comeau**  
John McCarthy **In Memory of Nancy McCarthy**

*Friends of Medfield Seniors, Inc. (FOSI) is a registered 501c3 non-profit organization. They are the fundraising arm for the Council on Aging. 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. When you support FOSI, you support the COA.*

**FRIENDS OF SENIORS, Inc. (FOSI) 2025 Yearly suggested donation is \$15.00/per person**  
Date: \_\_\_\_\_ (MAKE CHECKS PAYABLE TO FOSI)

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

### COUNCIL ON AGING STAFF

#### 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

Denise Good, Activities

#### HESSCO Site Manager X211

Arlene DiDonato  
HESSCO  
781-784-4944

### COUNCIL ON AGING BOARD

Bob Heald—President,  
Patty Byrne, Rose Thibault  
Roger O'Donnell and Annette Wells