

# THE CENTER AT *Medfield*

**PLEASE PRE-REGISTER FOR ALL  
SPECIAL EVENTS STARTING  
MONDAY, JUNE 2 AT 9 A.M.**

- 6/2 Podiatry Clinic starts at 9AM **AND** Hearing Clinic starting at 10:30AM By appointment only for both.
- 6/4 Social Security Workshop at 5:30PM
- 6/5 SHINE appointments starting at 9AM
- 6/9 Veterans Coffee 10AM
- 6/10 Medfield Housing Authority Presentation at 11:30AM
- 6/11 Cards with Bri at 10:45AM **AND** Paint Night with Casey & Mary from 5-7PM.
- 6/12 Presentation with Gail Hamel at 1:45PM
- 6/13 Fathers Day Pizza Lunch AT 11:30AM
- 6/17 Legal Clinic at 2PM
- 6/18 Movie at 12PM **AND** Welcome to Summer Cookout 5-7PM
- 6/19 COA CLOSED
- 6/24 Caregiver Support Group at 2PM
- 6/25 Trip to McAuliffe Center—time TBD **AND** Movie at 12:30PM
- 6/26 SHINE appointments starting at 12PM **AND** Live Music with Paul French at 1:45PM and Book Club at 2PM

**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 June! I'm so happy the warmer weather is finally here. What are some of your favorite things about June? Is it father's Day, trips to the beach, longer days, or just being able to wear a t-shirt outside? I personally love having my windows open at night and listening to the peepers, our summer cookouts at the COA, going fishing on the pond with my son and spending time at my in-laws' pool—you can usually find me there after work and on weekends!

I also wanted to share some exciting news from last month. The Annual FOSI Yard Sale was a huge success and broke all previous records! We raised \$9,600! A big thank you to all the incredible volunteers who worked tirelessly, the volunteer bakers, and the entire community for your generous donations. We also appreciate the Medfield DPW for the dumpster and tent set up, the facilities department for power washing and moving tables, and Park & Recreation for lending us tables. Finally, a thank you to Medfield TV, The Patch, The Insider, and Hometown Weekly for helping us promote the event. It truly is a community wide effort, and I'm grateful to be a part of it!

June kicks off our Summer Cookouts! Join us on June 18 from 5-7 p.m. to kick off the season! \$7 per person which includes, Hot Dog Topping Station, Pasta Salad, Watermelon, and Live Entertainment by The Elderly Brothers! We will have a cash bar for beverages including beer and wine! Be sure to sign up before it sells out! Also, please note the new 9AM start time for the Thursday morning Walking Group and the change to the Kingsbury Swim schedule!! 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.

### 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.

**Be sure to check in at the desk and swipe in.**

### THURSDAY WALKING GROUP

**THURSDAYS / 9 A.M.**

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

### 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

**SUMMER SCHEDULE AS OF FRIDAY, JUNE 16**

**9:30 A.M. / COST: \$5.00 TO KINGSBURY CLUB**

Enjoy **AQUA CLASS** at The Kingsbury Club on Fridays from 9:30-10:30 A.M. Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center. **Aqua Class only, Sorry no lap swim.**

## 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, JUNE 9 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 11:45 A.M.
- \* POKENO AT 1:15 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, JUNE 26 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., June 11 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
<b>2. BEEF BURGANDY</b> 9-12 <b>PODIATRY CLINIC BY APPT</b> 9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN/KINGSBURY SWIM</b> 10:30 <b>HEARING CLINIC BY APPT</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING</b> 1:15 POKENO 1:30 <b>CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>3. GREEK MEATBALLS</b> 9:30 <b>CHAIR YOGA</b> 10:00 <b>KINGSBURY SWIM</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING	<b>4. CHICKEN BREAST</b> 9:00 <b>VIDEO CHAIR EXERCISE</b> 9:30 <b>COA BOARD MEETING</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 11:00 SCAT / 11:30 <b>GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ <b>PINGPONG</b> /KNITTING 3:00 <b>BINGO</b> 5:30 <b>SOCIAL SECURITY WORKSHOP WITH JON BICKNELL</b>
<b>9. CHICKEN JAMBALAYA</b> 9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN/KINGSBURY SWIM</b> 10:00 <b>VETERANS COFFEE</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING</b> 1:15 POKENO 1:30 <b>CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>10. MEATLOAF W/ ONION GRAVY</b> 9:30 <b>CHAIR YOGA</b> 10:00 <b>KINGSBURY SWIM</b> 10:00 <b>TILDEN OUTREACH WITH SUSAN</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 11:30 <b>PUBLIC HOUSING DISCUSSION</b> 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING	<b>11. ROAST TURKEY &amp; ROSEM. GRAVY</b> 9:00 <b>VIDEO CHAIR EXERCISE</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 10:45 <b>CARDS WITH BRI</b> 11:00 SCAT / 11:30 <b>GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ <b>PINGPONG</b> /KNITTING 3:00 <b>BINGO</b> 5:00 <b>PAINT NIGHT WITH CASEY \$10</b>
<b>16. BEEF HOT DOG</b> 9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING</b> 1:15 POKENO 1:30 <b>CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>17. CHICKEN CORN STEW</b> 9:30 <b>CHAIR YOGA</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES / 2:00 <b>LEGAL CLINIC</b> 2:15 CREATIVE WRITING	<b>18. PORK ROAST</b> 9:00 <b>VIDEO CHAIR EXERCISE</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 11:00 SCAT / 11:30 <b>GRAB N GO</b> 12:00 WHIST / 12:00 <b>MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG</b> /KNITTING 3:00 <b>BINGO</b> 5-7 <b>WELCOME TO SUMMER COOK OUT</b>
<b>23. STUFFED SHELLS</b> 9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING</b> 1:15 POKENO 1:30 <b>CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>24. MEXICALI CHICKEN</b> 9:30 <b>CHAIR YOGA</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 <b>CAREGIVER SUPPORT GROUP</b> 2:15 CREATIVE WRITING	<b>25. BEEF STROGANOFF</b> <b>CHRISTA MCAULIFFE CENTER TRIP</b> 9:00 <b>VIDEO CHAIR EXERCISE</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 11:00 SCAT / 11:30 <b>GRAB N GO</b> 12:00 WHIST / 12:30 <b>MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG</b> /KNITTING 3:00 <b>BINGO</b>
<b>30. SALISBURY STEAK</b> 9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / <b>LINE DANCING</b> 1:30 <b>CORE BALANCE</b> 1:15 POKENO 7:00 HANNAH ADAMS BRIDGE	 <p><b>The CENTER Hair Salon</b></p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	

THURSDAY	FRIDAY
<b>5. CHICKEN STIR FRY</b> <b>9-12 SHINE APPOINTMENTS</b> <b>9:00 WALKING GROUP</b> <b>10:00 ZUMBA</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>6. MAC &amp; CHEESE</b> <b>9:00 EXERCISE WITH JOELLYN</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>12. BAKED POLLACK</b> <b>9:00 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 APRIL 19 PRESENTATION</b>	<b>13. CHICKEN BREAST</b> <b>9:00 EXERCISE WITH JOELLYN</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>11:30 FATHERS DAY EVENT</b> <b>1:00 CENTER CLOSES</b> 
<b>19. NO MEAL SERVED</b>  <div style="text-align: center;"> <b>CLOSED</b>   <b>JUNETEENTH</b> </div>	<b>20. TUNA NOODLE CASSEROLE</b> <b>9:00 EXERCISE WITH JOELLYN</b> <b>9:30 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>26. CHICKEN CORDON BLUE</b> <b>9:00 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 MUSIC WITH PAUL FRENCH</b> <b>2:00 BOOK CLUB</b> 	<b>27. PORK RIB PATTY</b> <b>9:00 EXERCISE WITH JOELLYN</b> <b>9:30 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>

## 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**

June 4 - Chicken Salad  
June 11 - Turkey and Cheese  
June 18 - Seafood Sandwich  
June 25 - Ham & Cheese

## 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**

## MAH JONGG PLAYERS WE HAVE SPACE ON SATURDAYS!

**WE HAVE ENOUGH FOR 4  
GROUPS OF 4 TO PLAY.  
CALL TO BOOK THE SPACE.  
WE ARE OPEN 9AM—3 PM**

## COLOR KEY FOR CALENDAR

- **SHOPPING TRIPS**
- **EXERCISE**
- **SPECIAL EVENTS**
- **REGULAR PROGRAMS**

### Word Twist

## Father's Day

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. Hint: Each puzzle has a common theme!

aeecrubb _____	uegsrbr _____
gilrignl _____	drac _____
eit _____	ftsgi _____
ttrihs _____	othosp _____
hifisgn _____	lyaimf _____

## 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, June 24 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, June 2 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.

### ELDER ABUSE AND NEGLECT

If you have any concerns regarding elder abuse, neglect, self-neglect or financial exploitation, you may call the State Wide Elder Abuse Hotline at 1-800-922-2275. This hotline operates 24/7. You may also reach out to Susan Longmoore at the COA at 508-359-3665 Ext 203 for more information about the process.

### FARMERS MARKET COUPONS

Each Summer we distribute a limited number of farmers market coupons to be used at participating local farmers markets. These coupons (valued at \$25.00) are used to purchase fresh fruits and vegetables. The coupons will likely become available in July. To be eligible, you must be at least 60 years old and have an income of no more than \$28,953 for a single household and \$39,128 for two member households.



**Are you seeking support in navigating grief and loss?**

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

**We will be starting a new group session soon, so please get in touch if you'd like to be included in the details as they become available.**

*Did you know Medfield Outreach holds clinical consultations at The Center twice a month? Call Sarah Hanifan, COA Director at 508-359-3665 for more information or to schedule an appointment.*



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

## CHRISTA MCAULIFFE CENTER

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

**Join us for something new!** Join us for a space mission simulation and planetarium program with our neighbors in Norfolk. The trip includes transportation via COA bus and museum entry. Please note that lunch is not included. **Sign up and pay by June 6** at the Reception Desk. Space is limited to 14 people. **\*Please bring a your lunch.**

## FOSTER'S DOWNEAST CLAMBAKE & ISLES OF SHOALS CRUISE

**TUESDAY, JULY 29, 2025, \$150 PP**

Join us for a day trip to Maine, including lunch at Foster's Downeast Clambake in York with lobster or BBQ chicken and other New England favorites, accompanied by live entertainment. Following lunch, we will take a 3-hour narrated Isles of Shoals tour departing from Portsmouth, NH on the Victorian Steamship.

## GLOUCESTER BEAUPORT PRINCESS

**THURSDAY, AUGUST 14, 2025, \$155 PP**

Join us for a cruise of historic Gloucester harbor, featuring views of downtown, Rocky Neck, Eastern Point, Ten Pound Island, Stage Fort Park, and Hammond Castle. A lobster luncheon buffet will be provided onboard. We will also have free time to visit Rockport.

## 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.

## TURKEY DINNER TRAIN **-FAN FAVORITE!**

**THURSDAY, OCTOBER 9, 2025, \$140 PP**

This one always sells out! Call to book your reservation today. 508-359-3665.

## WANG THEATRE

**MONDAY, NOVEMBER 10, 2025, \$120 PP**

Enjoy a trip to the Wang Theatre for a one-hour tour of this historic venue. Following the tour, we will have lunch at The Cheesecake Factory in Cambridge and then take a guided bus tour of Boston.

## TRIP POLICY

### FOR OUR LARGE DAY TRIPS

Payment for trips must be made at least 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 Vegetable 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 Vegetable Lasagna

Your ticket includes lunch, the 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.**

## THE BEST EXOTIC MARIGOLD HOTEL

**WED. JUNE 18 AT 12:00 P.M., PG13, 2H 4 M**

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

## KNIVES OUT—FILMED IN MEDFIELD

**WED. JUNE 25 AT 12:30 P.M. PG13, 2H 10M**

The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure - everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift to uncover the truth.



## THIS MONTH'S SPECIAL EVENTS

### PODIATRY CLINIC

**MON. JUNE 2 FROM 9:00 A.M.—12:00 P.M.**

Call The Center to sign up.

### HEARING CLINIC

**MON. JUNE 2 FROM 10:30 A.M.—12:30 P.M.**

More information on page 6.

### SOCIAL SECURITY EDUCATIONAL WORKSHOP

**WED. JUNE 4 AT 5:30 P.M.**

An educational workshop titled "Savvy Social Security Planning: What You Need to Know to Maximize Retirement Income" has been scheduled for June 4, 2025 at 5:30 p.m. at The Center at Medfield.

Social Security is far more complicated than most people realize. Questions that seniors are asking include: Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? How can I maximize my benefits? Will Social Security be enough to live on in retirement? Sign up for this program presented by Medfield resident, Jon T. Bicknell, CRPC, CFP®

### VETERANS COFFEE

**MON. JUNE 9 AT 10:00 A.M.**

Dear Veterans of Medfield, We'd like to invite you to join Ian Rogers, Director of Medfield Veterans' Services, for a cup of coffee at our monthly gathering. This is a casual opportunity for all veterans, both men and women, to connect with each other. We hope to see you!

### PUBLIC HOUSING Q&A WITH CANDACE AVERY, MHA EXEC. DIRECTOR

**TUESDAY. JUNE 10 AT 11:30 A.M.**

You're invited to a discussion at The Center at Medfield led by Candace Avery, the Executive Director of the Medfield Housing Authority. She will be providing information about the Common Housing Application for Massachusetts Programs (CHAMP application) followed by a question and answer session. Please be sure to pre-register for seating purposes.

### PAINT NIGHT WITH CASEY

**WEDNESDAY, JUNE 11 FROM 5-7 P.M.**

Limited spots! \$10 per person. Sign up today!



### WELCOME TO SUMMER COOKOUT

**WED. JUNE 18 FROM 5-7 P.M.**

Come celebrate the start of summer with our annual cookout! Sign-ups open, Monday, June 2, just stop by the reception desk at the Center with your check payable to "The Town of Medfield-COA" for \$7.00 per person to secure your spot.

We'll have live entertainment from The Elderly Brothers, and a delicious menu featuring hot dogs with a variety of toppings, pasta salad, and refreshing watermelon, all for just \$7.00 per person. A cash bar will also be available with a selection of beer and wine.

Spaces are limited, so make sure to sign up soon.

### FATHERS DAY PIZZA LUNCH

**FRIDAY, JUNE 13 AT 11:30 AM —12:30 PM.**

Let's make this Father's Day unforgettable, one slice at a time! Please RSVP by Wednesday, June 11 if you'd like to attend this free event for men only. Registration closes at 12:00 p.m. on Wednesday, June 11. Don't miss out, call or stop in before then to sign up! Cheese and pepperoni pizza from Royal Pizza will be served, as well as beer, A&W root beer that is! Enjoy a free lunch and be surrounded by other incredible dads!

### ABIGAIL WHITNEY AND FAMILY - EYEWITNESS TO THE EVENTS OF APRIL 19, 1775. PRESENTED BY GAIL HAMEL

**THURSDAY, JUNE 12 AT 1:45 P.M.**

Join us on Thursday, June 12 at 1:45 PM to hear about Abigail Whitney and her family witnessing British soldiers march by their home on the Bay Road in Concord, Massachusetts, early in the morning on April 19, 1775, the beginning of the American Revolution. Later, as the soldiers retreated, they fulfilled specific orders to search the Whitney house, looking for ammunition and supplies. Abigail remained strong, but anxiously worried about her husband Samuel, who was with fellow patriots at Concord's North Bridge. Additionally, she was frightened and concerned as her teenage son went missing, she endured a dangerous trip with her youngest children to escape the British soldiers, and she provided relevant information about the situation to fellow farmers throughout the countryside. Learn about these first-hand experiences, why the soldiers searched her home, and the outcome for the family, the town of Concord, and the nation.



## 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 Fridays starting June 20th from 9:30-10:30 A.M. **Aqua Class only, No Lap Swim.** Scan in at the COA and pay the \$5 class fee at Kingsbury.

### 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.



## Nursing & Rest Home Ombudsman

- 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:

Joanne O'Halloran, Evelyn and Richard Clarke, Mary Ellen Sullivan, William and Cheryl Dunlea, Jeanine Duhamel,

Patty Byrne **In Memory of Francis Crowley**  
Rose and Dan Garza **In Honor of Robert Kelly**  
William Reynolds **In Memory Of Barbara Reynolds**

*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

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Denise Good, Activities

#### HESSCO Site Manager X211

Arlene DiDonato  
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### COUNCIL ON AGING BOARD

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