

# THE CENTER AT Medfield

**Registration opens  
Tuesday, July 1 at 9AM.**

7/2 Movie at 12:30 PM **AND** Strawberry Shortcake at 2PM  
7/3 SHINE Appointments 9AM-12PM  
7/9 Cards with Bri at 10:45AM **AND** Ice Cream trip at Noon  
7/10 Hootenannies Show at 1:45PM  
7/14 Veterans Coffee at 10AM **AND** Castle Island at 11AM  
7/15 Legal Clinic 2PM  
7/16 Movie at 12:30PM **AND** Beantown Bites at 5:30PM  
7/17 SHINE Appointments 12-4PM **AND** Music with Alexandria at 1:45PM  
7/21 Hearing Clinic at 9:30AM  
7/23 Cookout 5-7PM  
7/24 Ice Cream Trip at 12pm **AND** Music with Chris Carter at 2PM  
7/30 Day trip with Lois—time TBD  
7/31 Book Club at 2PM  
No Meditation in August  
8/4 Hearing Clinic 2PM  
8/5 Legal Clinic  
8/6 Movie 12:30PM  
8/7 SHINE APPOINTMENTS 9AM-12PM  
8/11 Veterans Coffee at 10AM **AND** Ice Cream Trip at 12PM  
8/13 Cards w/ Bri 10:45AM **AND** Cookout 5PM  
8/14 Music with Paul French at 1:45PM  
8/18 Castle Island at 11AM  
8/20 Movie 12:30PM **AND** Jay Daniels at 6PM  
8/21 SHINE APPOINTMENTS 12-4PM  
8/26 Ice Cream Trip at 12PM  
8/27 Day Trip with Lois—Time TBD  
8/28 Music with Gary Landgren at 1:45PM

### 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.



### LETTER FROM THE DIRECTOR

Hello Friends, To kick off the Summer and the 4th of July, please join us on the patio on **Wednesday, July 2 at 2PM** for a delicious Strawberry Shortcake treat with your COA team! While this is a free event, pre-registration is still required. A sign up sheet will be available at the desk starting Tue. July 1. We have a lot of fun things planned over the summer, I hope you'll join us!

### Important Changes for the Summer Schedule:

- No Bowling League in July or August. We will resume on Sept. 4.**
- No Monday Fitness Fun July 14 through the end of August.**
- No Thursday Zumba Class July 17 though the end of August.**
- No Saturday Zumba Classes all of July and August.**
- Meditation is cancelled for the month of August.**

**\*We will resume our normal schedule in September\***

**SUMMER TRIP** - Gloucester Beauport Princess Cruise, Sign up by July 10th for a chance to win a FREE ticket. Additionally, nine other lucky individuals will receive a reduced ticket price of \$125. Trip details are on page 7.

**Transportation Help Needed**— We are in need of volunteer drivers to transport Medfield seniors to medical appointments. This is a flexible and rewarding opportunity; you can choose the rides that fit your schedule. Rides are generally within Medfield and surrounding towns. Call Lois at 508-359-3665 x201 for more information.



*-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 – NO CLASS

**JULY 14– END OF AUG**

### **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.

## 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

### **NO MEDITATION CLASS IN AUGUST.**

### **WED. / 10 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 many different paces.

**Please note the new time!**

## THURSDAY ZUMBA GOLD – NO CLASS

**JULY 17–END OF AUG**

### **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.

## 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

### **NO CLASS JULY AND AUG.**

### **SATURDAYS / 9:00 A.M. / COST: \$5.00**

Join Lourdes on Saturdays at 9 a.m. for an energizing and robust workout; more intense than Zumba Gold.

## SATURDAY LINE DANCING

### **SATURDAYS / 10:30 A.M. / COST: \$3.00**

Join Nancy Diduca on Saturdays at 10:30 a.m. If you enjoy Line Dancing, you will enjoy her class! She's a Center favorite! All welcome!

## SENIOR SWIM AT KINGSBURY CLUB

### **SUMMER SCHEDULE**

### **9:30 A.M. / COST: \$5.00 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—WILL RESUME 9/4/25

### 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 JULY 14 AND AUGUST 11 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, JULY 31 AND AUGUST 28 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., July 9 and August 13 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.



# JULY 2025

MONDAY	TUESDAY	WEDNESDAY
<p><b>Stay Hydrated!</b></p> <p>As we head into the warmer weather, <b>please</b> keep in mind how important it is to stay hydrated. Drinking plenty of water is a simple yet vital part of maintaining good health, especially as we get older.</p>	<p><b>1. CHEESE OMELET</b></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><b>2. CHICKEN &amp; BRUSCHETTA</b></p> <p>9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. <b>10-12 BLOOD PRESSURE CLINIC</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST / <b>12:30 MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> <b>2:00 STRAWBERRY SHORTCAKE ON PATIO</b> <b>3:00 BINGO</b></p>
<p><b>7. CHICKEN SAUSAGE</b></p> <p>9:00 VIDEO CHAIR EXERCISE <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>8. BEEF LO MEIN</b></p> <p>9:30 CHAIR YOGA 10:00 KINGSBURY SWIM <b>10:00 TILDEN OUTREACH WITH SUSAN</b> 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><b>9. MAC &amp; CHEESE</b></p> <p>9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. <b>10-12 BLOOD PRESSURE CLINIC</b> <b>10:45 CARDS WITH BRI</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST <b>12:00 MYSTERY ICE CREAM TRIP</b> 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> <b>3:00 BINGO</b></p>
<p><b>14. AMERICAN CHOP SUEY</b></p> <p>9:00 VIDEO CHAIR EXERCISE <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 VETERANS COFFEE 11:00 GREAT COURSES DVD CLASS <b>11:00 CASTLE ISLAND TRIP</b> 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>15. VEGETARIAN CHILI</b></p> <p>9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES <b>2:00 LEGAL CLINIC</b> 2:15 CREATIVE WRITING</p>	<p><b>16. CHEESEBURGER</b></p> <p>9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. <b>10-12 BLOOD PRESSURE CLINIC</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST <b>12:30 MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> <b>3:00 BINGO</b> <b>5:30 BEANTOWN BITES PRESENTATION</b></p>
<p><b>21. SALISBURY STEAK</b></p> <p>9:00 VIDEO CHAIR EXERCISE <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN <b>10:30 HEARING CLINIC</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>22. MEXICALI CHICKEN</b></p> <p>9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING</p>	<p><b>23. ROAST PORK</b></p> <p>9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. <b>10-12 BLOOD PRESSURE CLINIC</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST / <b>12:30 MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> <b>3:00 BINGO</b> <b>5-7PM COOKOUT</b></p>
<p><b>28. HOT DOG</b></p> <p>9:00 VIDEO CHAIR EXERCISE <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / LINE DANCING 1:30 CORE BALANCE 1:15 POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>29. BEEF &amp; BROCCOLI</b></p> <p>9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES <b>2:00 CAREGIVER SUPPORT GROUP</b> 2:15 CREATIVE WRITING</p>	<p><b>30. LASAGNA ROLL UPS</b></p> <p>9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. <b>10-12 BLOOD PRESSURE CLINIC</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST / <b>12:30 MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> <b>3:00 SUPER BINGO</b> <b>TBD DAY TRIP WITH LOIS</b></p>

**The Center at Medfield is a Cooling Center during our normal business hours!**  
**Please feel free to come by and cool down with us!**

THURSDAY	FRIDAY	
<b>3. MEATLOAF</b> <b>9-12 SHINE APPOINTMENTS</b> 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER	<b>4. NO MEAL — CLOSED</b>  <b>HAPPY 4TH OF JULY!</b>	<u><b>SENIOR SANDWICHES: GRAB-N-GO LUNCH WEDNESDAYS</b></u> 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 <b>508-359-3665</b>  July 2 - Chicken Salad July 9 - Turkey and Cheese July 16 - Seafood Sandwich July 23 -Ham & Cheese July 30 - Tuna
<b>10. CHICKEN W/ LEMON SAUCE</b> 9:00 WALKING GROUP 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER <b>1:45 HOOTENANNIES SHOW</b> 	<b>11. POLLOCK W/ NEWBURG SAUCE</b> 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	
<b>17. TURKEY W/ ROSEMARY GRAVY</b> 9:00 WALKING GROUP 11:30 CANASTA 11:30-3 THE CLUB <b>12-4 SHINE APPOINTMENTS</b> 12:30 POKER <b>1:45 MUSIC WITH ALEXANDRIA</b> 	<b>18. CHICKEN W/ APRICOT SAUCE</b> 9:00 EXERCISE WITH JOELLYN 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	<b>Mondays</b> after 9:30 a.m. Shaw's products <b>Wednesdays</b> after 10:00 a.m. Shaw's, Donut Express, Brother's Market and Blue Moon. <b>Fridays</b> after 11:00 a.m. Roche Bros-Millis Stop in to shop what is donated!
<b>24. LENTIL BOLOGNESE</b> 9:00 WALKING GROUP 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER <b>12:00 MYSTERY ICE CREAM TRIP</b> <b>2:00 MUSIC WITH CHRIS CARTER</b> 	<b>25. FISH CAKES</b> 9:00 EXERCISE WITH JOELLYN 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	<b>SATURDAYS</b> The Center is open most Saturdays. All programs are drop-in. (508) 359-3665. <u><b>Regular Saturday Schedule</b></u> 9:00 a.m. - Ping Pong 9:00 a.m. <b>No Zumba (July/Aug)</b> 10:30 a.m. - Line Dancing 12:00 p.m. - <b>BINGO</b>
<b>31. PHILLY BEEF</b> 9:00 WALKING GROUP 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER <b>2:00 BOOK CLUB</b>	 <b>The CENTER Hair Salon</b>  Call the Center for your appointment with Ginny. 508-359-3665	<b>WE HAVE AVAILABLE CLASSROOM SPACE ON SATURDAYS!</b> <b>COME IN TO USE OUR SPACE TO CRAFT, PLAY BOARD GAMES OR CARDS!</b> <b>WE ARE OPEN 9AM—3 PM</b>  <b>COLOR KEY FOR CALENDAR</b> <ul style="list-style-type: none"> <li>• <b>SHOPPING TRIPS</b></li> <li>• <b>EXERCISE</b></li> <li>• <b>SPECIAL EVENTS</b></li> <li>• <b>REGULAR PROGRAMS</b></li> </ul>

**The Center will be CLOSED on Saturday, September 1.  
Happy Labor Day!**

# 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, July 29 and Aug 26 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, July 21 and Aug 4 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.

**Homeowner's/Renter's Insurance** - Remember to check your insurance policy to make sure it's up to date for the coverage you need. Year to year, changes can happen at home that impact your insurance, and you may not realize it. Have you made alterations to your home, like upgrading bathrooms or remodeling the kitchen? Have you purchased additional assets that might need coverage, such as expensive jewelry, cameras, collectibles or recreational vehicles? If so, make sure that you have enough coverage to rebuild if needed or replace your possessions.

**Reminder: Farmers Market Coupons** will be available in early July. Call Susan Longmoore for more information. 508-359-3665 x203.



***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.***



## MOVIE MATINEES

**ALL MOVIES WILL BEGIN AT 12:30 P.M.**

**POPCORN WILL BE SERVED FOR FREE. SIGN UP IS REQUIRED FOR SEATING. MOVIE DESCRIPTIONS ARE LISTED ON THE SIGN UP SHEETS AT THE CENTER.**

**7/2 WAKING NED DEVINE**

**7/16 THE HONEST THIEF**

**8/6 THE HELP**

**8/20 LETTERS TO JULIET**

## TRIPS & TOURS

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

#### 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 its 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. This is the perfect Foliage Day Trip! The day begins with a scenic drive up to Meredith, New Hampshire where we will board the Winnipesaukee "Turkey Train" at the Hobo Railroad. This is a 2-hour scenic train ride, while we dine on a delicious full turkey dinner provided by Hart's Turkey Farm, complete with all the fixins! After our train excursion we will board the motor coach and head to Moulton Farm to browse their farm stand, garden center and maybe pick up a treat at their bakery! Perfect ending to our October day!

#### 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.

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



#### MYSTERY ACTIVITY & LUNCH WITH LOIS & STEVEN

SAVE THE DATES!  
WED. JULY 30 AND WED. AUG 27

LOIS IS PLANNING MYSTERY TRIPS FOR JULY AND AUGUST. THESE WILL BE ON OUR COA BUS, AND WILL BE WITHIN A 60 MINUTE DRIVE. PRICE AND DETAILS WILL BE AVAILABLE AT THE CENTER. PLEASE NOTE THESE ARE LIMITED TO 12 PASSENGERS!

## THIS MONTHS SPECIAL EVENTS

### CASTLE ISLAND TRIP

**MONDAY, JULY 14 AND AUGUST 18 AT 11:00 A.M. THE FOLLOWING MONDAYS WILL BE THE RAIN DATES.**

Join Steven for a trip to Castle Island in Boston. Transportation is \$5.00. Pack a lunch or enjoy a hot dog at Sullivan's!

### BEANTOWN BITES

**WED. JULY 16 FROM 5:30-6:30 P.M.**

From baked beans to Boston cream pie, the city's food traditions tell a story of history, culture, and innovation. Join food historian and author Clara Silverstein as she takes us on a delicious journey through Boston's most iconic dishes. Discover how Native American foodways, colonial cooking techniques, and immigrant influences shaped the flavors we know today.

Learn the origins of beloved New England classics, explore fun historical food facts, and leave with inspiration to bring a taste of Boston into your own kitchen.

Clara will have hardcover books available for purchase for \$30. Cash and Venmo will be accepted.

### AFTERNOON OF MUSIC

**THURSDAY, JULY 10 FROM 1:45-2:45 P.M.**

Jerry Kay Hootenannies Show.

**THURSDAY, JULY 17 FROM 1:45-2:45 P.M.**

Music with Alexandria Connelly.

**THURSDAY, JULY 24 FROM 2:00-3:00 P.M.**

Music with Chris Carter.

**THURSDAY, AUG 14 FROM 1:45-2:45 P.M.**

Music with Paul French.

**THURSDAY, AUG 28 FROM 1:45-2:45 P.M.**

Music with Gary Lungrin, Honky Tonk Piano

### STRAWBERRY SHORTCAKE

**WED. JULY 2 AT 2P.M. / FREE**

In celebration of the 4th of July, please join us on Wednesday, July 2 at 2PM for delicious Strawberry Shortcake on the patio.

### MYSTERY ICE CREAM TRIPS

**12 P.M. DEPARTURE / YOU PAY FOR ICE CREAM**

Join us for Steven's Summer Mystery Ice Cream Trips. No charge for transportation, however you will be responsible to pay for your own ice cream.  
Wed. July 9, Thur. July 24, Mon Aug 11, Tue Aug 26

### SUMMER COOKOUTS

**A BIG THANK YOU TO NEEDHAM BANK FOR SPONSORING OUR WELCOME TO SUMMER JUNE COOKOUT. WE APPRECIATE YOUR SUPPORT!**

**WED. JULY 23 AND WED. AUG 13, 5-7 P.M.  
DOORS OPEN AT 4:45 P.M. / \$7 PER PERSON  
PER COOKOUT.**

We're excited to announce that sign-ups for the remaining summer cookouts will begin on Tuesday, July 1st. To secure your spot, please stop by the reception desk and bring a check payable to "The Town of Medfield-COA" for \$7.00 per person per cookout. If you'd like to attend both our July and August cookouts, you can combine your payment into one check.

Join us in July for live entertainment and a delicious menu featuring cheeseburgers, chips, pasta salad, and refreshing watermelon. **Thank you to New Pond Village for sponsoring the July Cookout.**

In August, we look forward to welcoming The Good Tymes Banjo Band for live music. Our menu will feature Italian Chicken Sausages with bell peppers and onions in a hot dog roll, baked beans, coleslaw and ice cream sandwiches. **Thank you to The Residence at Charles Meadow—Millis, for sponsoring the August Cookout.**

Thank you to the Friends of the Seniors, Inc., (FOSI), a cash bar with a selection of beer and wine will be available for a donation at both cookouts.

We hope to see you there for some summer fun!

### JAY DANIELS, PIANIST & VOCALIST

**WEDNESDAY, AUG 20 AT 6:00 P.M.**

Join us for an hour of music entertainment with Jay Daniels, pianist and vocalist from Collingswood, NJ. During the month of August he is performing a mini tour throughout New England and we are lucky to have him join us. This event is co-sponsored by The Medfield Public Library and The Center at Medfield.



# 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.

# THE CENTER AT Medfield

Council on Aging  
One Ice House Road  
Medfield, MA 02052

PRESORTED STANDARD  
U.S. POSTAGE PAID  
PERMIT NO. 1001  
MEDFIELD, MA 02052

OR CURRENT RESIDENT

If your label is highlighted 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:

Frederick and Gretchen Schultz, Donald and Kathryn Pierce

Joan Wood **In Memory of Robert Wood**  
Carol Simpson **In Memory of Frank Crowley**  
Frank Iafolla **In Memory of Cathy Iafolla**

**Brick Donation**  
Andrew Karnakis

We would like to extend a huge thank you to **Nancy Placido** for generously donating her 50/50 winnings back to FOSI!

*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