

THE CENTER AT Medfield

Registration opens
Tuesday, September 2 at 9AM.

9/1 CLOSED—HAPPY LABOR DAY!

9/2 Walgreens Shopping 1PM

9/3 Movie 12:30 PM

9/4 SHINE 9-12 AND Bowling Kick Off at
Ryans Family Amusement in Millis at 1PM

9/8 Veterans Coffee at 10AM **AND** Castle
Island 11AM

9/10 Cards with Bri at 10:45 AM **AND** Michele
LaRue Performance at 5:45 PM

9/11 Podiatry Clinic by appt. only 12-4 PM

AND Morningside Music at 1:45 PM

9/15 Cooking Class 11AM

9/16 Legal Clinic 2 PM

9/17 Movie 12:30 PM **AND** Supper Club 5 PM

9/18 Shine 12-4PM **AND** Music with
Alexandria 1:45 PM

9/23 Offsite Pottery Painting at 11 AM

9/24 Commonwealth Museum Trip 10 AM

9/25 Music with Jerry Kay at 1:45 PM **AND**

Book Club at 2 PM **AND** Paint Night with
Casey AT 5-7PM

9/30 **Emergency Folder Seminar** at 12:00 PM

AND Caregiver Support Group at 2 PM

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, I'm excited to share the lineup of exciting activities and programs we have planned for September. Get ready for our final trip to Castle Island, the return of Thursday Bowling, Monday Fitness Fun and Zumba on Thursdays and Saturdays. We've also scheduled a Supper Club, Emergency Folder Seminar with lunch, Paint Night, Pottery Painting at Park Street Books and a small bus trip to The Commonwealth Museum in Boston. I'm especially thrilled to announce **two new programs** for September; a brand new cooking program with Powisset Farm, and a six-week introduction to health from the ground up with instructor Robin Lamperti, who led our popular foot fitness class a few months back. This new program will be called **Feet First**. Afternoon transportation to Walgreens will be available on the first Tuesday of each month, starting September 2nd, which is Senior Discount Day. Additionally, Kingsbury Club Senior Swim is returning to their fall schedule starting September 8. Please look inside for more details.

In celebration of "National Good Neighbor Day" from September 26-28, I invite you to join us in supporting the Medfield Food Cupboard. Your donation of an item or two can make a significant difference in reducing local food insecurity. **The Food Cupboard is currently most in need of: canned tuna (solid white in water) canned beef stew and other hearty soups (beef and chicken varieties) peanut butter, grape jelly and individually portioned snacks.** Items can be dropped off at The Center during normal business hours. As you walk through the first set of doors, you'll find our marked bin on the left side. While the bin is available year-round, let's make this September's collection our largest one yet and truly embody the spirit of good neighbors! Stay well friends,

Sarah Hanifan, Director

TO SCHEDULE AN APPOINTMENT FOR THE PODIATRY CLINIC ON SEPTEMBER 11, 2025 FROM 12-4 PLEASE CALL OR STOP BY THE RECEPTION DESK. 508-359-3665.

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

WED. / 10 A.M. / COST: FREE

Join Jim Suojanen each Wednesday at 10:00 a.m. for his popular Meditation Class. Take the time to find your inner peace and relax your mind. 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

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 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

10:00 A.M. / COST: \$5.00 TO KINGSBURY CLUB

Enjoy **AQUA CLASS** at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00 - 11:00 A.M. Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center.

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—KICK OFF EVENT 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, SEPTEMBER 8 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, SEPTEMBER 25 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

Wednesday, September 10 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.



SEPTEMBER 2025

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|---|
| 1. HAPPY LABOR DAY COA IS CLOSED | 2. CHICKEN FAJITAS 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:00 WALGREENS SHOPPING 1:30 BRAIN GAMES 2:15 CREATIVE WRITING | 3. PORK ROAST W/ GRAVY 9:00 COA BOARD MEETING 9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO |
| 8. STUFFED SHELLS W/ MARINARA 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 VETERANS COFFEE 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 11:00 CASTLE ISLAND—FINAL TRIP 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE | 9. BEEF & BROCCOLI 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:00 TILDEN OUTREACH WITH SUSAN 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING | 10. HOT DOG & BAKED MAC N CHEESE 9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10:45 CARDS WITH BRI 11:00 FEET FIRST / SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 5:45 MICHELE LARUE, REVOLT OF MOTHER |
| 15. CHEESE RAVIOLI 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 11:00 COOKING CLASS—NEW! 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE | 16. CHICKEN PARMESAN 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 ICE CREAM SANDWICHES ON THE PATIO WITH ROBERTA & BUDDY 1:45 BRAIN GAMES *SLIGHTLY LATER 2:00 LEGAL CLINIC 2:15 CREATIVE WRITING LAKE PEARL EVENT—ROCKY MOUNTAIN HIGH JOHN DENVER TRIBUTE | 17. BEEF CHILI 9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 FEET FIRST / SCAT 11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE 5-7PM SUPPER CLUB |
| 22. POTATO CRUSTED POLLOCK 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN / KINGSBURY SWIM 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 | 23. FLORENTINE OMELETTE 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:00 POTTERY PAINTING TRIP 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING | 24. BAKED STUFFED CHICKEN 10:00 COMMONWEALTH MUSEUM DAY TRIP 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 FEET FIRST / SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE |
| 29. SAUSAGE W/ ONIONS/PEPPERS 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE | 30. PORK LO MEIN 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 EMERGENCY FOLDER SEMINAR 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 CAREGIVER SUPPORT GROUP 2:15 CREATIVE WRITING | <div> FREE COUPON TO TRY MONDAY LINE DANCING WITH PAUL AT NOON. ONE PER PERSON PLEASE. </div> |
| PAGE 4 | THE CENTER AT MEDFIELD | |

| THURSDAY | FRIDAY |
|--|---|
| 4. LENTIL BOLOGNESE 9-12 SHINE APPOINTMENTS 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 KICK OFF EVENT BOWLING AT RYANS IN MILLIS | 5. FISH CAKES 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 9:00 SELECTBOARD PETERSON 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES *NO KINGSBURY SWIM |
| 11. PHILLY BEEF W/ PEPPERS, ONIONS 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12-4 PODIATRY CLINIC BY APPT ONLY 12:30 POKER 1:00 BOWLING AT RYANS 1:45 MORNINGSIDE MUSIC | 12. CHICKEN W/ TERIYAKI SAUCE 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 10:30 COFFEE CHAT WITH WILLOWS 11:00 CORE BALANCE 1:00 CENTER CLOSES |
| 18. TURKEY DIVAN 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12-4 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING AT RYANS 1:45 MUSIC WITH ALEXANDRIA | 19. CATCH OF THE DAY 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES |
| 25. MEATLOAF 9:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING AT RYANS 1:45 MUSIC WITH JERRY KAY 2:00 BOOK CLUB | 26. CHICKEN MEATBALLS 9:00 EXERCISE WITH JOELLYN 9:00 ROCHE BROTHERS SHOPPING 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES |
| BOOK CLUB WITH MOIRA MAD HONEY BY JODI PICOULT & JENNIFER FINNEY BOYLAND. BOOKS AND DISCUSSION QUESTIONS ARE AVAILABLE AT THE CENTER. |  <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p> |

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** **The COA BUS will also deliver to the Tilden Community Room at Noon.**

Sept 3 - Chicken Salad
Sept 10 - Turkey and Cheese
Sept 17 - Seafood Sandwich
Sept 24 - 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. - Ping Pong
9:00 a.m. Zumba
10:30 a.m. - Line Dancing
12:00 p.m. - BINGO

WE HAVE AVAILABLE CLASSROOM SPACE ON SATURDAYS!

COME IN TO USE OUR SPACE TO CRAFT, PLAY BOARD GAMES OR CARDS! WE ARE OPEN 9AM—3 PM

COLOR KEY FOR CALENDAR

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

OUTREACH & SUPPORT PROGRAMS

Outreach Programs

AVAILABLE RESOURCES

Health Insurance Counseling – S.H.I.N.E.

Appointments are available on the first and third Thursday of the month by calling the Center.

Select Board Member Office Hours - Meet with Select Board Member Peterson on the first Friday of each month from 9:00—10:00 a.m. for any community concerns/ideas you have.

Social Security/Financial Consultation - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.

RMV Near Me - The COA is offering RMV online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.

Veteran Services - Call the Center to set up an appointment for Veteran-related services. 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.

Blood Pressure Clinic - A blood pressure clinic available for consultation each Wednesday from 10 a.m.-12:00 p.m. with Emily Dellaglio, Medfield Public Health Nurse.

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, October 6 from 10:30 a.m.—12:30 p.m. by appointment only.** No September Clinic. Please call 508-359-3665 or stop into the Center to schedule an appointment. Limited appointments available.

HEALTH & WELLNESS FAIR

WEDNESDAY, OCTOBER 15, 2025

The Center at Medfield is excited to announce our 3rd Annual Health and Wellness Fair. The event will be taking place on Wednesday, October 15, from 10:00 a.m. to 12:00 p.m. This year's fair will feature representatives from various local agencies, offering valuable information on a wide range of topics including home health care, senior living options, home modification, home-delivered meal services, community resources and more. Flu vaccines and vision screenings will be offered on-site. Mark your calendars for this important event.

FUEL ASSISTANCE through Southern Middlesex Opportunity Council (SMOC) is an income based program that helps subsidize household heating bills. The program runs from November 1 to April 30. If you were approved last season for fuel assistance you will receive a letter in the mail in the next few weeks. You are required to fill out new/ renewal applications and be approved by SMOC in order to receive this assistance. Applicants are encouraged to apply online. For more information, contact Susan.



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.

9/3 WITH A SONG IN MY HEART

1952, 117 MINUTES

9/17 OVERBOARD

1987, 1H 53 M



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

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 Winnepesaukee "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.

BOSTON HOLIDAY POPS ORCHESTRA

THURSDAY, DECEMBER 18, 2025, \$220 PP

Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus! Seats are located 1st balcony. Before the show, we will go to the Cheesecake Factory for a delicious lunch. A perfect holiday celebration.

Sign up NOW, trip will be cancelled on November 18 if we don't have the required minimum of 25 sign ups.

CASTLE ISLAND TRIP—LAST TRIP!

MONDAY, SEPTEMBER 8 AT 11:00 A.M.

Join Steven for a trip to Castle Island in Boston. Transportation is \$5.00. Pack a lunch or enjoy lunch on your own at Sullivan's! Limited to 14.

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.

***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!



COMMONWEALTH MUSEUM DAY TRIP WITH LOIS

WED. SEPT. 24, 2025

Bus leaving COA at 10:00 A.M.
Transportation cost is \$5 PP. Lunch will be on your own at Sullivan's.

The museum is showcasing its Revolution 250 exhibition to commemorate the anniversary of the American Revolution. "This museum has within its walls everything you could ever want to know about the history of Massachusetts". The main permanent exhibit "The Massachusetts Experiment in Democracy: 1620–Today" traces the Massachusetts experience through the Colonial, Revolutionary, Federal, and 19th century reform periods.

This is limited to 13 participants.

THIS MONTHS SPECIAL EVENTS

AFTERNOON OF MUSIC

THURSDAY, SEPT. 11 FROM 1:45–2:45 P.M.

Morningside Music

THURSDAY, SEPT 18 FROM 1:45–2:45 P.M.

Music with Alexandria Connelly.

THURSDAY, SEPT 25 FROM 1:45–2:45 P.M.

Music Jerry Kay, Hootenannies Show.

POTTERY PAINTING –OFFSITE

TUESDAY, SEPTEMBER 23 AT 11 A.M. / COST DEPENDS ON ITEM YOU SELECT

Come pick your item to paint, price will depend on the item you select. You will pay at The Pottery Place at Park Street Books. Cash, Check and debit/credit card accepted. Items range from \$12—\$30 with no studio fee. Max 14 participants. Meet at the COA at 10:15 and we will drive over together, or you can meet us at Park Street Books. This activity should take approx. 1.5 hours.

EMERGENCY FOLDER SEMINAR

TUESDAY, SEPTEMBER 30 AT 12:00 P.M.

Join Attorney Amy Azza from Azza Law at The Center for a lunch and learn seminar on **Emergency Folders**. You will learn from start to finish how to create these folders, what to include in them, and how to draft all documents included (Health Care Proxy, HIPAA Authorization, Durable Power of Attorney, Emergency Contacts and Medical info, summary of insurance and key accounts, a short notice on their wishes incase something unexpected happens) Sandwiches will be provided. **Registration required.**

PAINT NIGHT WITH CASEY

THURSDAY, SEPTEMBER 25 FROM 5–7 P.M.

Join Casey and Mary as they teach us how to paint, step by step a beautiful sunflower picture. No experience necessary. Open to all. \$10 pp

SUPPER CLUB—PASTA!

WED. SEPTMEBER 17, 5–7 P.M / \$7 PP

Join us for Pasta Supper Club! We will be entertained by Sean Fullerton. 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. Please be sure to pre-register before the day of the event! 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.

THE REVOLT OF MOTHER

WED. SEPTMEBER 10 AT 5:45 P.M.

Michele LaRue is returning to The Center to present another one of her one-woman shows that bring vintage American Literature to life. The Revolt of "Mother" is a Mary E. Wilkins Freeman classic. This event is co-sponsored by The Medfield Public Library and The Center at Medfield. Be sure to pre-register for seating.

POWISSET FARM COOKING CLASS

MONDAY, SEPT. 15, 11 A.M. / \$25 PER PERSON

We meet at Powisset Farm at 11AM with Chef Thi. \$25 per person, limited to 10 people. Take a trip to Greece and leave your passport at home! With a cuisine based on the "Mediterranean Triad" of wheat, olive oil, and wine, and dating back thousands of years, Greek food is beloved around the world. It's also known for it's focus on locality, seasonality, and freshness—perfect for the Powisset Farm Kitchen. In this hands-on class, Chef Thi will focus on three Greek classics. You'll learn to make Beef Pastitio, Horiatiki Salad, and a Nutty Baklava for dessert. You'll be transported to Greece in no time! **Included in this class:**

- Cooking demonstrations and hands-on experience.
- Instruction from an experienced, top-notch instructor.
- Recipes to take home.
- At the end of each class, the opportunity to enjoy the food you created.

Please note: We cannot accommodate food allergies. No take home food will be allowed.

Unable to get to the farm? Call Sarah. 508-359-3665

FEET FIRST PROGRAM—NEW

6 WEEK SERIES, WEDNESDAYS 11 A.M /\$54 PP

We're thrilled to welcome back Robin Lamperti, who wowed us the last time she was here. Don't miss the chance to take 6 classes with her! **9/10, 9/17, 9/24, 10/8, 10/22 and 10/29.** Limited to 16 people. \$54 pp. Join us for this fun, progressive 6-week series designed to help you build resilient, pain-free feet-and discover how foot health impacts every joint up your kinetic chain. If you've ever experienced knee or hip pain, you'll learn why your feet may be the missing link to lasting relief. What to expect? Classes are interactive; shoes and socks should be easily removed, and you should feel comfortable walking without assistance. If you have physical limitations, you're still welcome—just let us know ahead of time so we can best meet your needs. Please plan to attend all classes.

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.

MEDFIELD OUTREACH

Did you know Medfield Outreach holds clinical consultations at The Center twice a month? Call 508-359-3665 to schedule a consult.

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. \$3 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

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

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 Thursdays 10:30-11:30 AM, 4:30-6:30 PM and Saturdays 9-11am for in-person client shopping. The Food Cupboard is 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 at 10:00 A.M. Scan in at the COA and pay the \$5 class fee at Kingsbury Club. Happy Swimming!

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.



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:

Teresita Valdez, Rich Ryder

Ellen and Robert Dugan **In Memory of Mary Harney**
Barbara Foulsham, David and Jennifer **In Memory of David Foulsham**
Carolyn McMillan **In Memory of Brad McMillan**

Donation **In Honor of Steven Harris,**

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