

COUNCIL ON AGING STAFF

“Successful Aging Through Senior Wellness”

SERVICES

- Information
- Outreach
- Nutrition
- Transportation
- Advocacy
- Health Clinics
- Monthly Newsletter**
- Daily Activities
- Computers
- Exercise Classes
- Yoga
- Tai Chi
- Card Games
- Craft classes
- Tax Work-Off Program
- Equipment Loans
- Supper Club
- Book Clubs
- Lending Library
- Supportive Day Trips
- Social Events
- Book Groups

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HESSCO Mealsite: X211

Betsy Donoian and Judy Mohan
508-359-3665 X 211

HESSCO

781-784-4944

The CENTER at Medfield
Council on Aging
One Ice House Road
Medfield, MA 02052

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THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD

MEDFIELD, MA 02052

MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-*7:00 P.M.

FRIDAY 9:00-1:00 P.M.

*WEDNESDAY SCHEDULE VARIES

508-359-3665

MAY 2018



On April 24, 2006 the Town of Medfield voted to authorize transfer of care, custody, management and control of a parcel of Town owned land to the Council on Aging to construct and operate an Adult Community Center. The Center opened January 6, 2008 and continues to support the Council on Aging mission to foster an atmosphere of wellness by addressing the emotional, social, physical and often, 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 through their life journey.

→ Last Call to Sign up for the Jersey Shore, Wildwood Crest & Cape May Trip ←

Start your summer off right with a delightful trip to the Jersey Shore. Simply park your car at the Center and leave on a beautiful coach bus for this 4 day, 3 night trip. Sign up and pack your suitcase for a little escape. The bus will leave the Center parking lot on Mon., June 11 at 7:00 a.m. and return on Thurs., June 14 in the late afternoon. Your package includes hotel, 3 breakfasts, 3 dinners, guided tour in Cape May, 3 exciting shows, visit to Egg Harbor, the Renault Winery and a visit to Atlantic City with \$25 slot play. Pricing for this trip is: \$549/pp double occupancy, \$529/pp triple occupancy and \$689/single. Sign up today for a delightfully relaxing trip!!

Director's Note: There are three things you can add to your life that will improve your health, make you feel happier, help your memory and increase your life expectancy. According to Dr. Andrew Budson, Medical Director of Boston Center for Memory in Newton; they are exercise, diet and socialization. His book, Seven Steps to Managing Your Memory, has been donated to our library. Be sure to look for it. We offer everything that research has determined to be important for healthy aging. I encourage those of you who have not visited the Center except of course to vote, stop in and see what we offer. We have 14 scheduled exercise classes each week with 6 different instructors, along with a senior swim 2 days a week at the Kingsbury Club. We offer classes on diet and nutrition and we are working with the YMCA to offer a year long Diabetes Prevention Program. We are currently hosting an evidenced based program, "Healthy Eating for Successful Living". Socialization is something that we do well! A grant from MetroWest Health Foundation provides 10 months of funding to open the Center on Saturdays. Our cookouts begin on June 6, the ROMEO and JULIET groups offer unique trips and events. Our monthly Supper Club evenings get people together. There is so much offered here, all you have to do is stop in and inquire or check out our website thecenteratmedfield.com or follow us on Face Book !
Roberta Lynch

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Mike Clancy, Gwynneth Centore, Perry Constas and Richard Ryder

If your label has a highlighted date on it- PLEASE RENEW

NEXT FOSI MEETING

Thursday,
May 3 at
12:00 P.M.

FOSI PRESENTS TUNE TIMERS SWING BAND

Enjoy an afternoon of music and dancing on Wednesday, May 23 from 1:00 p.m. to 3:30 P.M. Hear the sounds of the past with the music from a group of talented musicians. Big band music is still around and FOSI will be hosting this great event for all. A suggested donation of \$3 is greatly appreciated! Spread the word so we can fill up our hall!

Details on the Yard Sale will be available in the June Newsletter!

Thank You For Your Donations to FOSI!

Janice Swan,
Ruth Beswick in memory of Doris Droste and Phyllis Willmarth,
Marilyn Fontecchio in memory of Esther Symms
Anne Lynch in memory of Grant Lynch



Buy a Brick

Participating in the brick program is one way that you can support FOSI; the organization that supports many of the programs and wish list items for the COA. Order forms are available at the Center.

FRIENDS OF SENIORS, Inc. (FOSI)
Yearly suggested donation is \$15.00/person

DATE : _____
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

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EXERCISE CLASSES

Monday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
 10:30 a.m. Exercise for Life 2- Beginner \$5/ class
 12:30 p.m. Core Balance- Moderate \$5/ class

Tuesday:

9:30 a.m. Mat Yoga- \$3/ class
 10:40 a.m. Chair Yoga- \$3/ class
 1:30 p.m. Fitness Camp-\$5/ class

Wednesday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
 10:30 a.m. Exercise for Life 2- Beginner \$5/ class
 3 :00 p.m. Line Dancing-\$3/class

Thursday:

8:45 a.m. Strength, Stretch and Balance \$5/class
 10:00 a.m. Zumba- \$5/ class
 12:30 p.m. Core Balance-moderate \$5/ class
 1:30 p.m. Fitness Camp \$5/class

Friday

10:00 a.m. Tai Chi-\$5/ class

INSTRUCTORS:

Kim Vareika (EFL) **Susan Dahl** (Yoga)
Jeanne Donnelly (Tai Chi, Core Balance)
Tracy Buckley (Strength, Strength & Balance)
Lourdes Fournier (Zumba) **Nancy Diduca** (Line Dancing)

AVAILABLE RESOURCES

Nursing Services- Leandra McLean R.N. from the Walpole VNA is available on the 1st Tuesday, **May 1** at 10:00 a.m.

Health Insurance Counseling - Call the Center for appointments on the 4th Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, May 2** from 9:30 -10:30 a.m. for one-on-one consultations.

Selectman Office Hours- Osler Peterson holds monthly open office hours at the Center. Join him for conversation on Friday, **May 4** at 9:00 a.m.

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

Life Coaching- Confidential appointments with David Mobley, L.I.C.S.W. are available.

RMV Near Me- The COA is offering RMV on-line services on Mondays from 1-3:30 p.m. Renew your license or registration or any other on line service.

Personal Finance and Medicare Consulting - CPA, Elaine Ficcardi will be available on the 3rd Wednesday **May 16** from 10 - 11:00am for consultations.

**Some services may require an appointment.
 Please call the Center at 508-359-3665**

Benefits of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

EXERCISE PROGRAMS AT THE CENTER

Exercise for Life 1 and 2

Total body workout utilizing weights, aerobics and stretching exercises is offered every Monday and Wednesday. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Perfect for someone new to exercise or transferring out from a rehab program. Each class is \$5. EFL 1 at 9:30 a.m. and EFL 2 at 10:30 a.m.

Core Balance Class

Join the Core Strengthening Class on Mondays and Thursdays at 12:30 p.m. 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. Class is \$5.

Strength, Stretch, and Balance

Yoga with a twist will focus on breath awareness, fluid movements and gentle, yet challenging postures. All levels are welcome as are those more comfortable in chairs. Thursdays at 8:45 a.m. Class is \$5.

Fitness Camp

Individual instruction with a Certified Personal Trainer, with a focus on proper exercise and stretching techniques. Total physical well being is the goal of Fitness Camp on Tuesdays and Thursdays at 1:30 p.m. Class is \$5.

Tai Chi

Join our Tai Chi class Friday mornings at 10:00 a.m. Tai Chi is a slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. No experience necessary. Class is \$5.

Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join this class on Tuesday mornings at 9:30 a.m. Class is \$3.

Chair Yoga

Enjoy the benefits of gentle chair yoga which provides instruction for beginners and those individuals who can not get down on the floor. Tuesdays at 10:40 a.m. Class is \$3.

ZUMBA Gold

Enjoy a Latin dance exercise on Thursdays at 10:00 a.m. This workout will use every muscle and you'll have fun doing it. Our instructor will keep your hips moving to the music. Class is \$5.

Line Dancing

Do not underestimate the benefits of line dancing on Wednesdays at 3 p.m. Class is \$3.

Retirement Planning Seminar

The Center at Medfield is hosting a Retirement Planning Seminar on Wednesday, May 2 at 6:30 p.m. with Jamie Turner. Mr. Turner has 34 years of experience with personal and corporate financial planning and counseling and has volunteered his time to pass on this information to the Medfield community. Early planning is key to building a successful retirement plan. Questions that Mr. Turner will address are:

- What does financially independent mean? You will find out by comparing your expense buckets with your income buckets during your retirement years.
- Are assets allocated appropriately? You will learn different options for financial growth.
- How to protect your assets during retirement? Learning how to build a fence around your personal fortune will help to protect your future.

Please join us at the Center on May 2 at 6:30 p.m. and again on Saturday May 5 at 10:30 a.m. to discuss these **Retirement Planning Strategies**. All welcome and please register for these programs by signing up at the Center or Calling 508-359-3665.

Great Books

The classic *Catch 22* will be discussed at the next meeting on Thursday, May 3 at 1 pm.



COA CALLING

The Center at Medfield is excited to announce an innovative program designed to bring companionship and break up an otherwise mundane day.

COA Calling, matches volunteers with seniors for weekly home visits for a minimum of a year. Our Outreach Coordinator, Lisa Donovan will introduce you to a volunteer with mutual interests for a weekly visit in your home. *COA Calling* has the potential to create

long-lasting friendships by bringing the generations together to share ideas, opinions, and experiences.

To become involved in our new COA Calling program, call us at 508-359-3665.



Acrylic Art Class

Allyson Brown will provide a 5 week course in Acrylic painting beginning Saturday, May 5 from 10:30 – 12:30 p.m. at the Center. As difficult as this medium can be it is quite simple with instruction. You will learn various techniques to create the landscapes, portraits or abstracts you desire. This class is for beginners **and** for those looking to explore beyond oils and water colors. Cost of this unique opportunity is \$25/ 5 classes and supplies must be purchased prior to the first class. A supply list is available at the Center.



SENIOR ARCHERY

On the Mark Archery, a mobile archery company that serves individuals, recreation departments, schools and non-profit groups across Massachusetts will be at the Center on Monday, June 18 from 2-3:30 p.m. to offer a special free trial archery introduction event. The unique experience of shooting a traditional recurve bow combines physical health benefits like muscle memory, posture and flexibility with mental focus and concentration. Please sign up for this new and exciting program trial.

Girls Who Care

Be sure to sign up for the *Girls Who Care* Ice Cream Social on Saturday, May 12 from 12:30–2:30p.m. This group of young ladies provide a variety of service projects and events in our community. We look forward to having the *Girls Who Care* at the Center!

CLIMATE CHANGE

On Thursday, May 3 at 1:30 p.m., Dover resident, Bob Loebelenz will provide an overview and slide presentation of Nobel Prize winner Al Gore's presentation on Climate Change. Some believe the sneaky and/or obvious change from our climate is now in our midst. It is difficult to get a real picture of the entirety of weather events in our planet currently and into the future for our children. The slide show will present Mr. Gore's pictures of these changes and what they might mean to us.

MEDFIELD FOOD PANTRY NEEDS DROP OFF AT THE CENTER!

Pasta Sauce, Juice- large/boxes, PB & Jelly, Canned Fruit, Rice (especially white bags), Kid Friendly Cereal (e.g. Fruit Loops, Cinnamon Toast Crunch), Cookies/ Crackers and Boxes of Oatmeal packets

\$ Finance Weekly Discussion Group \$

Do you have money questions, concerns about minimum distributions, or any other financial concerns or ideas? Bring all to the Financial Discussion Group that meets weekly on Tuesdays at 9:30. All are welcome. No special knowledge of money matters is required. Jamie Turner, an experienced financial advisor and planner, moderates the group.

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to the (60+) population of Medfield. 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 an appointment.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, tax refunds, fuel assistance, care giver and low vision support groups are available through our Outreach Department with Lisa Donovan. Appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health and the Walpole VNA, a monthly wellness clinic with Leandra McLean, R.N. is available on the first Tuesday of the month from 10:00 a.m.-11:00 a.m. Stop in for information about your health concerns.

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.

On-Site Meals

Betsy Donoian and Judy Mohan, co-meal site managers from HESSCO, provide a delightful lunchtime atmosphere every day beginning at 11:30 a.m. Reservations must be made 48 hours in advance. A \$3.00 donation is suggested.

Transportation

Transportation is available Monday through Friday for lunch and programs at the Center. Trips for personal shopping and medical appointments are also available. Call with your request.

SHINE

Our SHINE volunteer is available the fourth Monday of the month by appointment, for Medfield residents to assist with figuring out the health insurance maze.

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 serve basis for Medfield residents and are returned to the COA when no longer needed.

Supervised Companionship

On Tuesday and Thursday we offer a program for your loved one who cannot be left alone. Inquire at the desk about the program and give yourself a break!

Low Vision Group

As we age things change, including our vision. Join the ongoing Low Vision Group on the second Tuesday* of the month at 10:00 a.m. and learn about tips to improve your quality of life. *Next meeting: Tuesday, May 22.

Caregiver Support Group

Share your experience, advice and support to others. May 31 at 9:30 a.m.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Susan Bernstein and set up an appointment to discuss the options at the Center.

Recycling

The Center has containers to recycle your button cell batteries (watches, hearing aids, cameras, calculators, digital organizers). Simply bring them in and deposit into the container. We also have a box for eyewear through the Lions Club. Drop off your unwanted prescription glasses for recycling.

Large Print Newsletter

Pick up a large print copy of newsletter at the Center by request.

Kingsbury Club

Senior Swim on Monday and Friday from 10 -11 a.m. **Your COA scan card and a \$5 swim fee is required at each visit.** Available to Medfield COA member only.

LOW HEARING SUPPORT

Call Susan Bernstein at 508-359-3665 X203 for information on the Low Hearing Group schedule.

RMV NEAR ME

Need assistance renewing a license or registration. Make an appointment with the Center and we can help! Available on Monday afternoon by appointment.

We are always striving to be better. Your suggestions and comments help us to improve what we do!

REGULAR ACTIVITIES

Fit to Knit - Wednesday at 2:00 p.m.
 Quilting Fun - Monday at 9:30 a.m.
 Duplicate Bridge - Tuesday 12:00 p.m.
 EFL 1 - Mon. Wed. 9:30 a.m.
 EFL 2 - Mon. Wed. 10:30 a.m.
 Mat Yoga -Tuesday at 9:30 a.m.
 Chair Yoga - Tuesday at 10:40 a.m.
 Whist - Wednesday at 12:30 p.m.
 Woodcarving - Thursday 9:00 a.m.
 Tai Chi - Friday at 10:00 a.m.
 Bingo - Check calendar
 Movies - See calendar
 Poker Club - Thursday at 1:00 p.m.
 Computer Support - By appointment
 Zumba - Thursday at 10:00 a.m.
 Core Balance - Mon./Thurs. at 12:30.
 Hand N Foot Game - Mon./Fri. 10a.m.
 Fitness Camp - Tues./Thurs 1:30 p.m.
 Cribbage - Wednesday at 12:00 p.m.
 Beginners Cribbage- Mon. 12 p.m.
 S,S & B - Thursday at 8:45 a.m.
 Great Books- 1st Monday 1:00 p.m.
 Line Dancing- Wednesday at 3:00 p.m.
 Mah Jongg- Monday at 1:30 p.m.
 Canasta- Fridays at 11:00 a.m.
 3-Thirteen- Monday at 2:00 p.m.
 SCAT- Wednesday at 11:30 a.m.

Movies at the COA
 Wednesdays at 2 p.m. and
 Saturdays at 10:30 a.m.
 with your host Joan Lee!

Wed., May 2 & Sat. May 5

The Commuter—A businessman is caught up in a criminal conspiracy during his daily commute home.

Wed., May 16 & Sat. May 19

The Post— A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.

Saturday, May 12-

All The Money in the World-

The story of the kidnapping of 16-year-old [John Paul Getty III](#) and the desperate attempt by his devoted mother to convince his billionaire grandfather [Jean Paul Getty](#) to pay the ransom.

Chickie Flynn's luncheon is scheduled for Thursday, May 31. Cost of transportation and lunch is \$5 and the bus leaves at 11:10 a.m.

MEDICARE PRESENTATION- COUNTDOWN TO 65

On Wednesday, May 9 at 6:30 p.m. Susan Flanagan, a representative with Blue Cross and Blue Shield, will be presenting valuable information. The "Planning for Medicare - Countdown to 65" seminar allows attendees to gain confidence in making informed decisions about individual health coverage options.

- Topics covered in the seminar will include: An explanation of Medicare Parts A, B and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to retirees, such as COBRA

Please join us at the Center at Medfield on Wed., May 9 at 6:30 p.m. Call the Center at 508-359-3665 to register in advance.

JULIET OUTING

OH, JULIETS, JULIETS WHERE SHALL WE GO?

On May 18, let's gather and enjoy a delightful lunch together. Please submit your suggestions on or before May 14 and we will decide! Limited to 11 women and the bus will leave at 11:30 a.m.

Page Turners

The Page Turners enjoyed an animated discussion on *Rebecca*, that ever-popular novel by Daphne du Maurier. Everyone had something to say about the characters, the heroine, the "ghost" and the symbolism that foretold the plot of the novel. The new novel for the month of May is totally different. It is Jennifer Chiaverini's *The Quilter's Apprentice*. Gone, the Gothic symbolism of *Rebecca*—instead the Page Turners will read the first of a cozy, domestic series called *The Elm Street Quilts*. It is the story of a group women who, through their work, weave a sense of community and forgiveness in the little town, very like the way they sew together the different patterns of the quilts they all make. Come join us for a fun morning, guided by Maggie Joseph, Ph.D.

ROMEO'S outing is scheduled for early June!

HAPPY BIRTHDAY

We wish you much pleasure and joy; We hope all of your wishes come true. May each hour and minute of your special day in **May** be shared with the staff of the COA!

Join us on **Tuesday, May 29** at 11:30 for our Birthday celebration.

SHREDDING SERVICE

The Shredding Service is a courtesy to help people with their excess papers. Your donations are helpful to keep this service in place. (17)

Caregiver Support Group

Come share your experience, advice, and support to other caregivers. Our group meets **Thursday, May 31 at 9:30 a.m.** in our Library. Please contact Lisa Marie Donovan, Outreach Coordinator at (508) 359-3665 with any questions or concerns.

2018 Day and Over Night Trips

LAST CALL FOR THIS TRIP!!!!→ More people are needed → [Thursday, May 17- Boston Duck Tour and lunch at the "No Name" Restaurant. Coach bus leaves at 9am. \\$94/pp](#)

LAST CALL FOR THIS TRIP!! → [Monday, June 11-14—Jersey Shore Getaway with reservations at the Pan American Hotel. Coach bus leaves at 7am on the 11th. Flyers and pricing available at the Center.](#)

[Wednesday, July 11- Spirit of Boston Harbor Cruise and Lunch. Coach bus leaves at 9am \\$84/pp](#)

[Thursday, August 16- Bull and Claw Lobster Bake in Maine. Coach bus leaves at 8:30 am. \\$84/pp](#)

[Thursday, September 20- Granite State Chocolate and Wine Tour. Coach Bus leaves at 8:30 am \\$79/pp](#)

[Thursday, October 11- The Old Mill and Tower Hill Gardens Foliage Special. Coach bus leaves at 9am \\$79/pp](#)



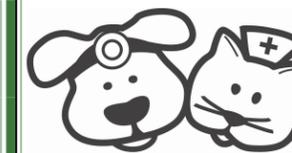
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LOW VISION SUPPORT GROUP

Enjoy a trip to the Franklin COA for a tour of their Low Vision Technology Center on Tuesday, May 22 at 10:00 a.m. Seats are limited to 10, so please RSVP to Lisa Donovan as soon as possible.



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Pat Maloney
 Independent Elder Advocate
 Medfield, MA
 Phone: 508-341-8684
 psmaloney@verizon.net

Monday Shopping Trips
Market Basket- May 7
Dollar Store- May 14
Target, TJ Max, Xmas Shops- May 21

Play Mah Jongg every
Monday at 1:30 p.m. and on
Wednesday, May 9 & 23 at 1:30
p.m. and Saturdays at 1:00 p.m.

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Richard K. Thomas, D.D.S.
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 Senior Discounts Available

THE CENTER SALON
 Make your appointment for hair removal services with Lisa Mario on **TUESDAY, May 8**

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>There will be NO Saturday programming at the Center on Saturday, May 26! The Center will be closed for Memorial Day weekend.</p>	<p>1. HOT DOG 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 FINANCIAL DISCUSSION 10:00 FIX-IT SHOP 10:00 VNA HEALTH CLINIC 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP</p>	<p>2. MAC & CHEESE 9:00 SALON SERVICES 9:00 SHAW'S 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 9:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:30 LUNCH 11:30 SCAT 12:00 CRIBBAGE 12:30 WHIST 1:00 MINDS IN MOTION 3:15 2:00 FIT TO KNIT 2:00 COA MOVIE <i>THE COMMUTER</i> 2:00 LINE DANCING 3:15</p>	<p>3. CHICKEN BRUSCHETTA 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING NO ZUMBA TODAY 11:30 LUNCH 11:30 LADIES' BRIDGE 12:00 FOSI MEETING 12:30 CORE BALANCE 1:00 GREAT BOOKS 1:00 POKER CLUB 1:30 FITNESS CAMP 1:30 CLIMATE CHANGE PRESENTATION</p>	<p>4. FISH 9:00 ROCHE BROS 9:00 SALON SERVICES 9:00 SELECTMAN'S OFFICE HOUR 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:00 TAI CHI 11:00 CANASTA 11:30 LUNCH 1:00 COA CLOSURES OPEN SATURDAY 10AM-3PM</p>
<p>7. TURKEY STEW 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:15 PAGE TURNERS 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 BEGINNERS CRIBBAGE 12:15 MARKET BASKET 12:30 CORE BALANCE CLASS 12:30-3 NEW YEAR NEW YOU -SUCCESSFUL LIVING 1:30-3PM RMV NEAR ME BY APPOINTMENT 1:30 MAH JONGG 2:00 3:13 CARD GAME</p>	<p>8. BEEF STIR FRY 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 FINANCIAL DISCUSSION 10:00 TILDEN VILLAGE OUTREACH 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 ESTHETICIAN</p>	<p>9. SOUP & CHICKEN 9:00 SALON SERVICES 9:00 SHAW'S 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 9:30 EXERCISE FL 2 10:30 LUNCH 11:30 SCAT 12:00 CRIBBAGE 12:30 WHIST 1:00 MINDS IN MOTION 1:30 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING 6:30 MEDICARE PRESENTATION</p>	<p>10. BEEF STROGANOFF 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>11. CHEESEBURGER 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:00 TAI CHI 11:00 CANASTA 11:30 LUNCH 1:00 COA CLOSURES OPEN SATURDAY 10AM-3PM</p>
<p>14. BROCCOLI BAKE 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 BEGINNERS CRIBBAGE 11:30-3 RMV NEAR ME BY APPOINTMENT 12:15 DOLLAR STORE AND MORE 12:30-3 NEW YEAR NEW YOU -SUCCESSFUL LIVING 1:00 SHINE APPOINTMENTS 1:30 MAH JONGG 2:00 3-13 CARD GAME</p>	<p>15. CURRIED CHICKEN 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 FINANCIAL DISCUSSION 10:00 CASTLE ISLAND TRIP \$5 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>16. S & S MEATBALLS 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 9:30 EXERCISE FL 2 10:30 LUNCH / SCAT 11:30 CRIBBAGE 12:00 WHIST 12:30 WHIST 2:00 FIT TO KNIT 2:00 COA MOVIE <i>THE POST</i> 3:00 LINE DANCING 3:15 4:00 SUPPER CLUB -DINNER SERVED AT 5PM W/ ENTERTAINMENT</p>	<p>17. ROAST TURKEY 8:45 STRENGTH/STRETCH/BALANCE 9:00 BOSTON DUCK TOUR TRIP 9:00 THE CLUB PROGRAM 9:30 WOODCARVING 10:00 ZUMBA 11:30 BIRTHDAY LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>18. SAUSAGE W/ ONION & PEPPERS 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:00 TAI CHI 11:00 JULIET EVENT 11:00 CANASTA 11:30 LUNCH 1:00 COA CLOSURES OPEN SATURDAY 10AM-3PM</p>
<p>21. AM. CHOP SUEY 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 BEGINNERS CRIBBAGE 11:30-3 RMV NEAR ME BY APPOINTMENT 12:15 TJ MAX, TARGET, XMAS TREE SHOPS 12:30-3 NEW YEAR NEW YOU -SUCCESSFUL LIVING 1:00 SHINE APPOINTMENTS 1:30 MAH JONGG 2:00 3-13 CARD GAME</p>	<p>22. TORTELLINI PRIMAVERA 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 FINANCIAL DISCUSSION 10:00 FIX-IT SHOP 10:00 LOW VISION FIELD TRIP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>23. APRICOT CHICKEN 9:00 SALON SERVICES 9:00 SHAW'S 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 9:30 EXERCISE FL 2 10:30 LUNCH 11:30 SCAT 12:00 CRIBBAGE 12:30 WHIST 1:30 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING</p>	<p>24. SOUP & SANDWICH 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>25. BAKED SALMON 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:00 TAI CHI 11:00 JULIET EVENT 11:00 CANASTA 11:30 LUNCH 1:00 COA CLOSURES CLOSED SATURDAY FOR HOLIDAY WEEKEND</p>
<p>28. COA CLOSED MEMORIAL DAY HOLIDAY</p>	<p>29. BIRTHDAY LUNCH 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 FINANCIAL DISCUSSION 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 BIRTHDAY LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>30. MEATLOAF 9:00 SALON SERVICES 9:00 SHAW'S 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 9:30 EXERCISE FL 2 10:30 LUNCH 11:30 SCAT 12:00 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT 3:00 LINE DANCING</p>	<p>31. ROAST PORK 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER SUPPORT GROUP 10:00 ZUMBA 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>Enjoy the first of several Summer trips to Castle Island on Tuesday, May 15. Bus leaves at 10:00 a.m., limited to 14 people and cost is \$5/person.</p>

Call now to schedule your beauty treatments. Each service (brow, lip or chin) is \$10 or 2 for \$15 and all three for \$20.

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ZUMBA
 A four-week session of the Latin dance exercise, ZUMBA, begins on Saturday, June 2 at 9:30 a.m.
 Instructor, Lourdes Fournier will lead this 4 week class and as always our classes are \$5 and open to all !!!

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May Supper Club
 Join us on Wednesday, May 16 at 4pm for a social hour followed by a delicious dinner prepared by our guest chefs Bill and Hong Bruno. Following dinner enjoy the sounds of **The Larger Circle**, a folk band based at Medfield's First Parish, plays songs and dance tunes from around the world A group of enthusiastic amateur musicians who enjoy delving into the moods and traditions of different countries and cultures, the band currently includes violin, flute, mandolin, accordion, guitar, piano, and percussion. When they play at the Center on May 16, they will include some traditional couple dances like the waltz - so feel free to rise and take a turn with a partner!

QUESTION?
 How many shredding containers have we emptied since Oct. 2015?
 Answer is somewhere in this newsletter!

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