

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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508-359-3665 X 211
HESSCO Meal site Manager
Kim Lavange
781-784-4944

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

PRSRST STD U.S.
Postage Paid
Medfield
Permit No. 1

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



JULY/AUGUST 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.

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,
August 2
at 12:00 P.M.



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.

Spend a Day at the Beach

Enjoy a day at Lake Pearl in Wrentham on Thursday, July 12 from 11 a.m. until 3 p.m. Pack a lunch, a chair, a book and enjoy a relaxing afternoon. Entrance fee to the beach is \$5 (cash only). The bus (\$3) will leave the Center at 10:30 a.m. and is limited to 14

FRIENDS OF THE CENTER - BE PART OF FOSI (FRIENDS OF MEDFIELD SENIORS)

FOSI is looking for members to help plan events and give ideas for future fundraising efforts. Are you looking for a way to become involved at the Center? FOSI is a great first step. We look forward to seeing you on Aug. 2 @ 12 p.m.

Thank You For Your Donations to FOSI!

Ralph Parmigiane in memory of Lorraine & Thomas
Eileen McColgan in memory of Robert P.

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



Twenty-eight people hopped on board the Fox bus on Monday, June 11 and had a wonderful mini-vacation on the Jersey Shore with ocean view accommodations. A visit to Atlantic City and Cape May were high lights of the trip. A great time was had by all and how fortunate we were to have great weather too! Look for our monthly day trips scheduled for this summer.

Meet and Greet Our New Fire Chief



Join us at the Center from 1:30 to 3:00 on Monday July 16 and get to know our Fire Chief, William Carrico. He will join us for an Ice Cream Social and give a presentation about who he is, where he has been and what his plans are for Medfield. Chief Carrico will answer any questions you might have regarding services his department provides.

Welcome Kim Lavange!!



Be sure to stop in to our kitchen and introduce yourself to Kim. Kim is our daily HESSCO meal site manager and we are happy to have her on board. Kim brings with her, a background in food services and has many ideas to increase our lunchtime participation. One of her new menu changes is a soup and sandwich lunch on Wednesdays:
July 11- Ham & Cheese w/ Tomato Soup
July 18- Turkey & Cheese w/ Veg. Soup
July 25- Cranberry Chicken Salad w/ Minestrone Soup.
Please see Kim to make a luncheon reservation. HESSCO suggests a lunch donation of \$3.

Minds in Motion

Starts Wednesday, September 5 at 1:00 p.m. Registration begins in August - class limited to 15 participants.

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Inspections, Auto repairs,
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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
1:30 p.m. Fitness Camp \$5/class

Friday

10:00 a.m. Tai Chi-\$5/ class
11:15 p.m. Core Balance-moderate \$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, [July 3](#) and [Aug. 7](#) 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, Sept. 5](#) 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, [July 6](#) and [Aug. 3](#) 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 - Call the Center to schedule an individual and confidential appointment with Elaine Ficcardi, CPA.

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 at 12:30 and Fridays at 11:15 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.

21 Reasons to Do Yoga

Over a year ago in the April/May 2017 issue of the AARP Magazine, a really great article about the benefits of Yoga was written by Kelly DiNardo. I am going to share the 21 reasons to do Yoga:

1. Improves flexibility-One study found that people increased their flexibility by up to 35% after only 8 weeks of practice.
2. Increases balance- Certain poses enhance balance and in older students, can reduce the fear of falling.
3. Fends off weight gain- According to research on middle aged adults, those who practice yoga regularly gain less weight as they age than do those who do not practice.
4. Supercharges brain- As little as 30 minutes of yoga increases memory and focus and helps you to process information more accurately and quickly.
5. Soothes stress-Practicing yoga can have an immediate psychological effect, cultivating a sense of calm and decreasing anxiety and stress.
6. Reduces depression- Studies show that yoga can lessen symptoms of depression as yoga can boost GABA, a neurotransmitter, that is often low in people who are depressed.
7. Protects your heart- Yoga reduces blood pressure and lowers levels of harmful LDL cholesterol.
8. Promotes restful sleep- Practicing yoga has shown that people fall asleep faster and sleep longer each night.
9. Eases back pain- One study showed that two 90 minute yoga sessions per week for 6 months reduced back pain by 56% those who received standard medical care saw a 16% decrease in pain.
10. Boosts body confidence- Women who practice yoga regularly rated their body satisfaction higher than those who pursued other exercise.
11. Relieves headaches- Studies show headache frequency and intensity are reduced significantly with yoga therapy.
12. Lessens inflammation- Regular yoga tends to lower levels of a cytokine (an immune system protein) associated with chronic inflammation.
13. Helps breathing- One study showed yoga improved 6 out of 7 measures of respiratory function.
14. Slows aging- Yoga based stretching may result in longer telomeres, parts of the chromosomes that affect aging.
15. Encourages exercise- Enrolling inactive people in twice weekly yoga classes, researchers found people were more likely to continue in a physical activity.
16. Increases aerobic capacity- Patients with heart failure who were enrolled in 16 yoga therapy sessions over 8 weeks had a 22% improvement in their aerobic capacity.
17. Eases cancer recovery- Breast cancer patients who practiced yoga for up to 3 hours a week while undergoing radiation had a greater reduction in stress hormones than did patients who simply stretched or did neither.
18. Fights incontinence- After taking part in a 6 week yoga program, women with urinary incontinence had a 70% reduction in the frequency of urine leakage
19. Improves your day- Studies yoga lowers workplace stress and promotes general well-being.
20. Curbs neck pain- Yoga enhances muscle tone and reduces tension and people had a significant drop in neck pain intensity.
21. Controls Diabetes- A study showed men with type 2 diabetes who practiced yoga for 6 months saw a substantial decrease in their blood glucose levels.

These 21 reasons to practice yoga should be enough incentive for you to join one or more of our 4 yoga classes weekly. These classes are held on Tuesday at 9:30 a.m., Tuesday at 10:40 for chair yoga, Thursday at 8:45 am and Saturday at 10:30 a.m. Classes range from \$3.00 - \$5.00 on a drop in basis.

Summer Cookouts

Wednesday, July 18 - Sponsored by Home Instead Senior Care and entertainment by the talented Robert Black.

Wednesday, August 8 - Sponsored by Mary Ann Morse Skilled Nursing Facility and entertainment by Mr. DJ, Tad Travis.

Wednesday, August 29 - Sponsored by M.E.M.O and entertainment by the Tune Timers Swing Band.

Please sign up in advance so we can prepare the correct amount of food!!! Cost is \$6/pp.

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

HESSCO's Kim Lavange provides 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, July 10 & August 14

Caregiver Support Group

Share your experience, advice and support to others on July 26 and August 30 at 9:30 a.m. All welcome

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 this summer is on Fridays 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

Call the Center to see if we can help you with license or registration renewals. RMV Near Me is available on Monday afternoons at the Center.

We are always striving to be better. Your suggestions, ideas 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.12:30, Fri. 11:15.
 Hand N Foot Game - Mon./Fri. 10a.m.
 Fitness Camp - Tues./Thurs 1:30 p.m.
 Cribbage - Wednesday at 12:30 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 1:00 p.m.
 Canasta- Thursdays at 11:30 a.m.
 3-Thirteen- Monday at 12:00 p.m.
 SCAT- Wednesday at 11:30 a.m.

Movies at the COA
 Wednesdays at 2 p.m. and
 Saturdays at 10:15 a.m.
 with your host Joan Lee.

Sat. July 7 - Marshall The story of Thurgood Marshall, the crusading lawyer who would become the first African-American Supreme Court Justice, as he battles through one of his career-defining cases.

Sat. July 14 - Leisure Seeker
 A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker.

Wed. July 18 - Chappaquiddick
 Depicting Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist, Mary Jo Kopechne.

Sat. July 21 - Chappaquiddick

July 28 - Death of Stalin
 Follows the Soviet dictator's last days and depicts the chaos of the regime after his death.

Please note time change

There is no Chickie Flynn's luncheon in July. The next luncheon is on Thursday, Aug. 30 at 11:10 am. Cost is \$5.

The Massachusetts Senior Legal Helpline

(800)-342-5297

Are you 60+ and in need of legal help? The Helpline is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral services to MA residents who are 60 years old or older. The Helpline advocates can help you find out if you are eligible for free service. They can also research your legal issue and provide you with information or referrals on most legal topics. The Helpline is open Monday through Friday 9AM-12PM.

If you are not eligible for a free attorney, and have some ability to pay an attorney, the Helpline can refer you to reduced fee attorney referral programs where the attorneys will charge you on a sliding scale based on your income. They can also refer you to private bar attorney referral programs who will charge for their full services for cases such as Medical Malpractice, Workmen's Compensation, Personal Injury, and Social Security benefits denial. The attorney fees are taken from your award only if you win your case.

The Massachusetts Senior Legal Helpline is there for you by calling (800) 342-5297.

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 **July, August and Sept.** be shared with the staff of the COA

on Tuesday, **Sept. 18** at 11:30 for our Birthday Celebration.

LEFT-RIGHT-CENTER

Enjoy a new fast-paced dice game. Very easy to play and a lot of fun. Beginning Tuesday, July 10 at 12:30, you and a friend are invited to learn this new game. Share conversation, laughs and meet new people at the Center.



Rock N Roll Visits the Center With SPUR Friday, August 17 from 7-10 p.m.



If you grew up with or enjoyed the music of the 60's, 70's and 80's you will surely want to be at the Center on Friday, August 17 from 7-10 p.m. A band formed in the early nineteen seventies by high school friends, SPUR, has now reunited! They have replaced some of their brass instruments with electronics but they still perform with the same vigor and enthusiasm as they did as youngsters. Back in the day, this Boston based band crafted their art with the influence of Chicago, Blood, Sweat & Tears, and Tower of Power as the initial impetus to create SPUR. Under the guidance and management of the Surf Music Company, this band of friends performed at a host of venues throughout New England including the Surf Nantasket Beach, "Summer Thing", many clubs throughout the city of Boston, several college campuses including; MIT, Curry College, Springfield College and countless high school dances and proms. Who knows, Spur may have performed at your high school or college event! Their song list offers a variety of classic songs from the sixties, seventies & eighties and includes a wide range of music enjoyed by generations that embrace the artists that pioneered Rock & Roll. Join the Center on Friday, August 17 for an evening of great classic rock n roll music. Tickets are \$10/person and available at the Center.

The last day to sign up for the July 18 cookout is Friday, July 13!

MEDFIELD FOOD PANTRY

Summer Requests: juice boxes, peanut butter, jelly, kid-friendly cereal, snack bars

2018 Day Trips

Sign up Today - Your Participation is Needed!

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. Bus leaves at 9am \$79/pp

Monday, December 31 - New Year's at Noon Boston Odyssey Harbor Cruise. Coach bus leaves at 9:30am cost is \$89/pp



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CASTLE ISLAND
 is scheduled for Thursday,
 July 19 and August 16. The
 bus leaves at 10:00 a.m. \$5

TWIN RIVERS
 is scheduled for Tuesday,
 July 31 and August 21. The
 bus leaves at 10:00 a.m.
 \$5 pp.



Mary G. Cusano, Realtor
266 Main Street
Medfield MA 02052
508-561-5411



Mary.Cusano@CommonMoves.com
www.TheCusanoTeam.com

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

Monday Shopping Trips
Market Basket— July 9 & Aug. 6
Dollar Store— July 23 & Aug. 13
Patriot's Place - Aug. 20

Play Mah Jongg every
Monday at 1:00 p.m. and on
Wednesday, July 11 & 25 at 1:00
p.m. and Saturdays at 1:00 p.m.



Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.
Five North Meadows Road
Medfield MA 02052
508-359-6600

Senior Discounts Available



THE CENTER SALON
Make your appointment for hair removal services with Lisa Mario on

JULY 2018

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2. TURKEY STEW
9:00 SALON SERVICES
9:30 QUILTING FUN
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 COFFEE & CONVERSATION
10:00 HAND 'N FOOT CARD GAME
11:30 LUNCH
12:00 3-13 CARD GAME
12:30 CORE BALANCE
1:00 MAH JONGG
1:30 RMV NEAR ME BY APPOINTMENT

NO EXERCISE FOR LIFE TODAY

3. CHEESEBURGER
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 WALPOLE VNA HEALTH CLINIC
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP

4. HAPPY JULY 4TH
THE CENTER IS CLOSED FOR THE HOLIDAY



5. STUFFED SHELLS
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 POLKA CLUB
1:30 FITNESS CAMP

NO STRETCH STRENGTH BALANCE TODAY

6. TUNA NOODLE
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 SELECTMAN'S OFFICE HOUR
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 BOCCIE
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSES

OPEN SATURDAY 10-3
BOCCIE COURT OPEN 10:15 MOVIE
10:30 YOGA
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

9. S & S MEATBALLS
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE & CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:15 MARKET BASKET
12:30 CORE BALANCE CLASS
1:00 MAH JONGG
1:30-3 RMV NEAR ME BY APPOINTMENT

10. VEGGIE LASAGNA
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 LOW VISION MEETING
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
12:30 PLAY LIGHT LEFT CENTER
1:30 FITNESS CAMP
1:30 ESTHETICIAN



11. SOUP & SANDWICH
9:00 SPIRIT OF BOSTON
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 SCAT
12:30 CRIBBAGE
12:30 WHIST
2:00 FIT TO KNIT

1:00 MAH JONGG
3:15



12. PIZZA & SALAD
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
10:30 LAKE PEARL BEACH DAY \$8
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 POKER CLUB
1:30 FITNESS CAMP

13. POTATO POLLOCK
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT
10:00 BOCCIE
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSES

OPEN SATURDAY 10-3
BOCCIE COURT OPEN 10:15 MOVIE
10:30 YOGA
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

16. CHIX CEASER SALAD
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE & CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:30 CORE BALANCE CLASS
1:00 MAH JONGG
1:30 MEET & GREET FIRE CHIEF CARRICO
PLUS ICE CREAM SOCIAL
1:30-3 RMV NEAR ME BY APPOINTMENT

17. CHICKEN PICCATA
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 TILDEN VILLAGE OUTREACH
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
12:30 PLAY LEFT RIGHT CENTER
1:30 FITNESS CAMP

18. SOUP & SANDWICH
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
11:30 SCAT
12:30 CRIBBAGE
12:30 WHIST
2:00 FIT TO KNIT

COOKOUT #3
2PM MOVIE
3PM LINE DANCING
3:15 BINGO
4PM SOCIAL HOUR
5PM DINNER

MUSIC BY ROBERT BLACK

19. ROAST TURKEY
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 CASTLE ISLAND \$5
10:00 ZUMBA
11:30 LUNCH
11:30 CANASTA
1:00 POKER CLUB
12:15 CLUB ACTIVITY IN LARGE HALL
1:30 FITNESS CAMP

20. STUFFED SHELLS
9:00 ROCHE BROS
9:00 SALON SERVICES
9:30 JULIET OUTING
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 BOCCIE
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSES

OPEN SATURDAY 10-3
BOCCIE COURT OPEN 10:15 MOVIE
10:30 YOGA
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

23. APRICOT CHICKEN
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE & CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:15 DOLLAR STORE
12:30 CORE BALANCE
1:00 MAH JONGG
1:30-3 RMV NEAR ME BY APPOINTMENT

24. BEEF PICADILLO
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
12:30 PLAY LEFT RIGHT CENTER
1:30 FITNESS CAMP

25. SOUP & SANDWICH
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
11:30 SCAT
12:30 CRIBBAGE
12:30 WHIST
1:00 MAH JONGG
2:00 FIT TO KNIT
3:00 LINE DANCING
3:15



26. MEATLOAF
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
9:30 CAREGIVER SUPPORT GROUP
10:00 ZUMBA
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 POKER CLUB
1:30 FITNESS CAMP

27. BROCCOLI BAKE
9:00 ROCHE BROS
9:00 SALON SERVICES
9:30 ROMEO OUTING
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 BOCCIE
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSES

OPEN SATURDAY 10-3
BOCCIE COURT OPEN 10:15 MOVIE
10:30 YOGA
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

30. L.S. HOT DOG
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE & CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:30 CORE BALANCE
1:00 MAH JONGG
1:30-3 RMV NEAR ME BY APPOINTMENT

31. AM. CHOP SUEY
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 TWIN RIVERS
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
12:30 PLAY LEFT RIGHT CENTER
1:30 FITNESS CAMP

BOCCIE
THE CENTER BOCCIE COURT IS OPEN AND READY FOR YOU! GRAB SOME FRIENDS AND ENJOY THE GAME!

Wednesday, July 11
Spirit of Boston Harbor Cruise and Buffet Lunch
Coach bus leaves at 9am
\$84/pp

Thursday, August 16
Maine's Famous Bull and Claw Lobster Bake
Entrée choices: Lobster, Prime Rib or Chicken
Bus leaves at 8:30 a.m.
\$84/pp

JULIET OUTING
There is something very special about going out to breakfast with a group. Let's gather at the Center on Friday, July 20 at 9:30 and enjoy a delicious breakfast at Nicky's in Wrentham. Then head off to the Wrentham Outlets for a little bit of (window) shopping!!

ROMEO OUTING
Bill is borrowing the JULIET idea minus the shopping and hosting a men's breakfast on Friday, July 27 at Murph's Place in Norwood. The bus will leave the Center at 9:30.

Granite State Chocolate and Wine Tour
Thursday, Sept. 20
A complete day with candy, wine and a delicious lunch. Sign up for a visit to Sanborn Fine Candies, Flag Hill Winery and lunch at Warren's Lobster House. Bus leaves at 8:30 am. \$79 pp

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SATURDAY HOURS IS STARTING ITS 5TH MONTH!
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Mon. & Wed. 9 a.m.-2 p.m.
and Fri. 9 a.m.-12:30 p.m.
Appointments are required.
Men's cut- \$10
Women's wash & blow dry- \$12

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