

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 Meal site: X211
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



Picture by Mike Lennon September 2009
Garden by Jill Vollmuth

SEPTEMBER 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 Tax Work-Off Program Begins New Season November 2018

The ongoing Tax Work-off program administered by the Council on Aging has an exciting new change. In order to give participants more time to complete the hours, we will have applications available on October 1, 2018 with the deadline for submission by October 31, 2018. If a lottery is necessary, names will be drawn at the COA board meeting on Wednesday, November 7th. Participants will be able to start their hours immediately.

The town voted in 2017 to increase the benefit for Tax Work-off volunteers to allow persons over 60 to receive a reduction in the real estate tax obligation in the amount of \$1000.00 in a tax year in exchange for volunteering 91 hours in various town departments. Hours will need to be completed by October 18, 2019 subject to change.

Reimbursement will be the same as last year. The senior will NOT receive a paycheck but WILL receive a W-2. The so called paycheck will be made payable to the town and the senior’s real estate tax account will be credited for the \$1000 less the OBRA (7.5% of gross wages) and the Medicare (1.45% of gross wages) tax.

The W-2 will show the \$1000 in income and the OBRA and Medicare tax. You will need the W-2 to submit with your tax forms. The (OBRA) deduction is in lieu of a social security deduction and is mandatory. However, you can file to get this money returned to you only if you do not intend to participate again. This has created much more work for the town Treasurer who cannot establish and terminate OBRA accounts multiple times. If you previously filled out the tax forms, you will not need to fill out the paperwork again. New applicants will be required to fill out the forms in order to participate in the program.

As a reminder, applications will be available beginning Monday, October 1, 2018 and should be returned to the COA by Wednesday, October 31st. If applications exceed the 65 person limit, a lottery will be held during the November 7th, 2018 monthly COA meeting at 10:30 a.m., at The CENTER. This is an open meeting and all applicants are invited to attend. Contact Susan Bernstein at 508-359-3665 for information and/or questions.

Remember to vote on Tuesday, September 4. The polls are open 6 a.m. to 8 p.m.

All exercise classes are cancelled on this day!

<p><i>Thomas Upham House</i></p>  <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover’s Top Choices for Skilled Nursing & Rehabilitative Services Quality Care in a Home-Like Setting</p>	 <p>Roberta Mitchell Caruso FUNERAL HOME</p> <p>508-359-2000 www.robertsmitchellcaruso.com</p>	<p>Home Instead SENIOR CARE®</p> <p><i>to us, it's personalsm</i></p> <p>386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338</p> <p>209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	<p>RANDY'S Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 508-359-4409</p> <p>Inspections, Auto repairs, Complimentary shuttle service.</p>
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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,
September 6
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.

September is SELF-CARE AWARENESS MONTH
Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others needs before our own and it is crucial to remember, that we cannot fill another’s cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that. Self-care knows no boundaries. It is something that everyone, without any exclusion, can benefit from practicing on a daily basis. True self-care is neither self-centered nor selfish; it is simply keeping yourself the focus of your own life. It’s about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself and saying yes or no...guilt free. New programs are on the calendar for this month. Be sure to look at all that is offered and see how the Center can help you take good care of yourself. Exercise, meditation, poetry, and our monthly support groups; low hearing, low vision and care giving are available to all.

Thank You For Your Donations To FOSI

Helen LaCroix in memory of Edward & Thomas LaCroix. Barbara Dillon in memory of Dick & Rusty Reiber, June and Phil Burr in memory of Daniel & June Hinkley, Suzanne Munroe in memory of Barbara Stephens, Lucia Chandra, Mr. and Mrs. Frank Santacroce for a Brick, Lou and Joan Fellini and William Capen.

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



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- Debbie Bernabei R.N. from the Walpole VNA is available on the 1st Tuesday, **Sept. 4** at 10:00 a.m. for your health concerns.

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, Oct. 3** 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, **Sept. 7** at 9:00 a.m.

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

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.

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

 **2018 Holiday Boston POPS**
December 13 - Bus leaves at 11 am for lunch at the No Name then on to Symphony Hall for a 4pm concert. Cost \$139/person. 

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.

Minds in Motion

ALL NEW TOPICS

If you're curious by nature, register for Minds in Motion beginning September 5 at the Center. Though topics will vary, here's a sampling of what you might find: Eight Flavors that Changed the World, The Dark Mysteries of Sleep, Bioethics and the Future of Our Bodies, 'Scratch Your Head' Moral Dilemmas, Your Life in Six Words, Sizing Yourself Up with Pop Psychology, Advice Columnists Through the Years, and The Startling Wisdom of Ancient Proverbs. Each 1-hour session is filled with hands-on challenges and lively discussion. Limited to 15 participants, Minds in Motion runs Wednesdays from 1:00 p.m. to 2:00 p.m. on September 5, 12, 19 and 26. Preregistration is required and the cost for the four-week program is \$15. Call (508) 359-3665.

NEW PROGRAM**Poetry Work Shop**NEW PROGRAM

Join us at the Center for a *Two Session Poetry Work Shop* with Lynne Spigelmire Viti, JD, PhD, Faculty Emerita, Wellesley College on Monday, September 10 and 24 from 2-3:15 p.m. Participants will read and discuss selected works by contemporary poets such as Billy Collins, Frank Bidart, David Ferry, Robin Coste-Lewis, Alice Notley, Mary Oliver, Traci Smith, Martin Espada in a supportive class environment. All are welcome, and no previous experience reading or analyzing poetry is needed. Only \$5/person!

Dr. Hylander Presents... The 1968 Election

The United States presidential election of 1968 was the 46th quadrennial United States presidential election. It was a wrenching national experience, conducted against a backdrop that included the assassination of civil rights leader Martin Luther King, Jr. and subsequent race riots across the nation, the assassination of presidential candidate Robert F. Kennedy, widespread demonstrations against the Vietnam War across American university and college campuses, and violent confrontations between police and anti-war protesters at the 1968 Democratic National Convention. Learn more about this time in history when Dr. Hylander presents on Tuesday, September 25 at 2:30 p.m. This program is sponsored by Rehabilitation Associates and pre-registration is required.

Medfield/Walpole Veterans Expo

On Thursday, September 20 from 3-6 p.m. in the Walpole Library community Room, Veteran Service Officer, Jon Cogan will be hosting a Veterans Expo focusing on both new Veterans (recently discharged) to our senior Veterans that might need some assistance. Information of both Federal and State Benefits will be available. This is free and open to all veterans and/or their families.

SHINE Program Presenting "Medicare: What You Should Know"

Melinda Morlè, SHINE Program Director for HESSCO, will be presenting "Medicare: What You Should Know" on Wednesday, **September 19th at 6:30 p.m.** at the Center. Learn more about how to supplement Medicare coverage, saving money on prescriptions, changes for 2019, new Medicare cards and more.

SHINE (Serving the Health Insurance Needs of Everyone) is a federally funded program administered through the Executive Office of Elder Affairs in partnership with elder service agencies. It is a free and unbiased service that provides Medicare counseling to any Medicare beneficiary in Massachusetts either over the phone or in person at local Councils on Aging Centers. Call (800) 243-4636 Option 3 to reach the SHINE Program.

Meditation Classes Begin Monday, September 10 at 2:15

Join Kat Cammarata for an 8 week meditation class beginning Monday, Sept. 10 at 2:15 p.m. After your day of errands and catch up from the weekends, join Kat as she will guide you through the process of gently focusing on attention to within ourselves. Meditation is a form of self care, a daily dose of self-love we can give to ourselves, when we learn to establish a dedicated practice. By gently shifting our attention inwardly, we are able to learn to live more presently, in the moment, with a deeper sense of compassion and acceptance. Sign up for this new program, 8 week program is \$30

PLAY INDOOR PICKLE BALL ON WEDNESDAY, SEPTEMBER 5 FROM 5-6:30 P.M.

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 Club 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, Sept. 18

Caregiver Support Group

Share your experience, advice and support to others on **Sept. 27 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

Enjoy Senior Swim on Mondays and 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. Next meeting Thurs. Sept. 27 at 10 a.m.

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.

Meet and chat with Senator Paul Feeny on Monday, September 10 from 10:30-11:30 a.m.

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!

Thursday, September 20 - Granite State Chocolate and Wine Tour. Leave the Center at 8:30 am for wonderful day in N.H. with great cuisine at Warren's Lobster House, a visit to The Flag Hill Winery and a sweet visit to Sanborn Fine Candies. Coach Bus leaves at 8:30 a.m. The cost is \$79/pp.

Thursday, October 11 - The Old Mill and Tower Hill Gardens Foliage Special. This is the week where foliage is at its peak. Enjoy the colors of red, orange and yellow as you travel to north central Massachusetts for lunch at The Old Mill followed by the beautiful gardens of Tower Hill Botanical Gardens. Bus leaves at 9am. Cost is \$79/pp.

Monday, December 31 - Ring in the New Year at Noon on Boston Harbor with an Odyssey Cruise and a delicious buffet lunch. Coach bus leaves at 9:30 a.m. Cost is \$89/pp.

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. Sept. 8- The Candidate -
 Bill McKay is a candidate for the U.S. Senate from California. He has no hope of winning, so he is willing to tweak the establishment.

Wed. Sept. 12 - Spotlight -The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese.

Sat. Sept. 15 - Spotlight

Sat. Sept. 22 - Runaway Jury -
 A juror on the inside and a woman on the outside manipulate a court trial involving a major gun manufacturer.

Wed. Sept. 26 - Fracture-An attorney, intent on climbing the career ladder finds an unlikely opponent in a manipulative criminal he is trying to prosecute.

Sat. Sept. 29 - Fracture

Chickie Flynn's luncheon is scheduled for Thurs., Sept. 27. at 11:10 am. Cost is \$5.

It's That Time of Year Again!!!

The flu season occurs in the fall and winter, but the virus can stay active year-round. "Flu" is short for influenza, a contagious respiratory illness that infects the nose, throat and lungs. It can make you feel awful and it is very contagious. You can have the flu for 1 to 4 days before you start feeling sick. This means that you may be able to infect someone else before you even know you have the flu, not just while you are feeling symptoms. Severe cases can even lead to death. Best way to protect yourself from getting the flu? Get an annual flu shot. The vaccine provides protection about 2 weeks after you receive it.

The Center has 2 Flu Clinics scheduled for your convenience. Mark your calendar for Monday, September 17 from 12-2 p.m. and also Monday, October 29 from 12-2 p.m. These clinics are provided by the Medfield CVS and are open to all adults 18 years and older. They are held on a first come first serve basis and you must bring your insurance/Medicare card.

Get the protection you need to stay healthy this fall and winter!

Low Hearing Support Group

Join us on Thursday, September 27th at 10am to discuss issues pertaining to problems you or a loved one might be having with a hearing loss. We will have Tina Roberts, M.S., CCC-A from Speech-Language and Hearing Associates of Greater Boston to facilitate the discussion and answer your questions. Possible topics for discussion might include hearing aid options, what to look for when buying a hearing aid and how to get used to wearing a hearing aid. Come with your questions and discover useful information and support. Please let Susan know if you will be able to join us by calling 508-359-3665 or signing up at our clip-board station!

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. Enjoy the upbeat music of the Banjo Ragtimers with audience participation using washboards and shakers!

Staying Independent

Most of the seniors that come to my exercise classes tell me they come because being independent is the most important thing to them (after their grandchildren of course).

Often they tell me they don't even like to exercise, but are willing to do what it takes to keep that independence. Once they come to the classes however, most find they in fact really do like exercise. It makes them feel better, increases their strength and stamina, improves their balance, and decreases their risk of falls. All things that help them keep their independence.

They also really enjoy the socialization component. Building and renewing friendships that extend beyond the classes. The Center at Medfield offers a variety of exercise classes to accommodate all of the seniors that want to take responsibility for their health and maintain their independence. We always enjoy having new members come to our classes. Check out the menu of exercise options and give it a try. You have nothing to lose! Please join us!

Jeanne Donnelly

REMINDER THERE IS NO EXERCISE ON TUESDAY, SEPT. 4 DUE TO THE ELECTION!



Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
 South Natick MA
 508-653-8330



"Quality care
 in a homelike setting"



MEDFIELD
 veterinary clinic

Medfield
 Orthopedic
 & Sports



Therapy

Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052

508-3599-9119

51 Parker Street, Medfield, MA 02052



Century 21
Mary G. Cusano, Realtor
 266 Main Street
 Medfield MA 02052
 508-561-5411

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



The CENTER Hair Salon with Ginny Viles
 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

ROCKLAND TRUST Where Each Relationship Matters

Cheryl O'Donnell
 Branch Manager
 76 North Street
 Medfield MA 02052 508-359-7366



Thank you Chickie Flynn's for hosting the Medfield COA each month for the past 8 years!

YOUR CARE. YOUR CHOICE.
 Ask for us by name.
 100+ years of serving MetroWest & beyond
 Contact our Care Coordinators today!
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NATICK VNA
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CALL 508.469.0812
 180 Main Street | Walpole, MA

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

Monday Shopping Trips
 Market Basket- Sept. 10
 Patriot's Place - Sept. 13
 Dollar Store- Sept. 17

Play Mah Jongg every Monday at 1:00 p.m. and on Wednesday, Sept. 5 & 19 at 1:00 p.m. and Saturdays at 1:00 p.m.

Thomas family dent
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 **TUESDAY, Sept. 11**
 Call now to schedule your beauty treatments. Lisa is now available from 9:30 -11:30 a.m.

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. LABOR DAY HOLIDAY THE CENTER IS CLOSED	4. NO LUNCH SERVED VOTING ALL DAY 6AM-8PM 9:00 THE CLUB PROGRAM 10:00 WALPOLE VNA CLINIC 10:00 FIX-IT SHOP 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS	5. SEAFOOD NEWBURG 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MINDS IN MOTION 1:00 MAH JONGG 2:00 FIT TO KNIT 3:15 INDOOR PICKLE BALL	6. CHIX PICCATA 8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:00 FOSI MEETING 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 GREAT BOOKS DISCUSSION 1:00 POLKA CLUB 1:30 FITNESS CAMP 2:30 ICE CREAM SOCIAL	7. CATCH OF THE DAY 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 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSES OPEN SATURDAY 10-3 BOCCO COURT OPEN 10:15 MOVIE 10:30 YOGA 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO
10. ROTINI W/SAUCE 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY CLUB SWIM 10:00 PAGE TURNERS 10:00 HAND 'N FOOT CARD GAME 10:30 OFFICE HOUR- SEN. FEENEY 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 10:30 Chat with Senator Feeney 2-3:15 PM POETRY WORKSHOP 2:15 MEDITATION CLASS	11. CHIX TERIYAKI 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 ESTHETICIAN *NEW TIME* 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS	12. THREE C SOUP/OMELET 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MINDS IN MOTION 2:00 FIT TO KNIT / MOVIE 3:15	13. ROAST TURKEY 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 12:15 PATRIOT PLACE AND MORE (PLAINRIDGE) 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB 1:30 FITNESS CAMP	14. CHICKEN SAUSAGE 9:00 ROCHE BROS 9:00 SALON SERVICES 9:30 ROMEO 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 BOCCO 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSES OPEN SATURDAY 10-3 BOCCO COURT OPEN 10:15 MOVIE 10:30 YOGA 12 NOON LUNCH 12:30 MAH JONGG
17. BBQ PORK RIB 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY CLUB SWIM 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 1:30 DOLLAR STORE AND MORE 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2-2:15 CVS FLU CLINIC 2:15 MEDITATION CLASS	18. CAJUN CHICKEN 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LOW VISION GROUP BIRTHDAY PARTY 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS	19. AM. CHOP SUEY 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MINDS IN MOTION 1:00 MAH JONGG 2:00 FIT TO KNIT 3:15	20. BAKED SALMON 8:30 N.H. CHOCOLATE & WINE TOUR 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL 1:30 FITNESS CAMP	21. CHEESEBURGER 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 JULIET OUTING 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSES OPEN SATURDAY 10-3 BOCCO COURT OPEN 10:15 MOVIE 10:30 YOGA 12:30 MAH JONGG 1:00 BINGO
24. TURKEY A LA KING 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2-2:15 PM POETRY WORKSHOP 2:15 MEDITATION CLASS	25. SOUP & CHICKEN 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 1:30 FITNESS CAMP 1:30 VIDEO CLASS 2:30 DR. HYLANDER PRESENTS	26. ROAST PORK 9:00 SALON SERVICES 9:00 SHAWS 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 / COA MOVIE 3:00 LINE DANCING 3:15	27. MEATLOAF 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER SUPPORT GROUP 10:00 LOW HEARING CLINIC 10:00 ZUMBA 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB 1:30 FITNESS CAMP	28. HOT DOG 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SWIM 10:00 BOCCO 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSES OPEN SATURDAY 10-3 BOCCO COURT OPEN 10:15 MOVIE 10:30 YOGA 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO

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SATURDAY HOURS
 If you attend on Saturdays, please stop at the desk and fill out a "I like having the Center open on Saturdays because" form. It will be helpful for me in preparing the final report!
 Thank you, Roberta

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PAGE TURNERS Monday, Sept. 10 at 10:15 a.m.
 This time around, Maggie Joseph has chosen a very different type of book for the Page Turners. It is "The Shunning" and is the first of the "Heritage of Lancaster County" series by Beverly Lewis, who focuses on the Amish community in Pennsylvania. Not only is the book an easy read, but it depicts in vivid detail the rules and lifestyle of the Amish community. The heroine never feels she belongs with them and the plot is woven around her attempt to fall in line with their principles. Join the group for a relaxed but informative discussion.

Summer Cookouts.....Pot Luck Supper Wed. Sept. 12 at 5pm
 A special thank you to all of you who participated in our Summer Cookout program. The COA staff looks forward each year to hosting these events. Our sincere appreciation to this years sponsors; Roche Bros., Home Instead, Mary Ann Morse Health Center, Rehabilitation Associates, M.E.M.O. and all the volunteers that helped us with these events. The cookouts bring people together and as we say, it is not about the food, it is about being together, socializing, laughing, dancing and having a great time. Please mark your calendar for Wed. September 12 where you will have an opportunity to share your favorite dish with the COA. Please contribute a family size entrée (in a disposable pan) that will add a variety of delicious goodness to our buffet table! Please sign up with your entrée so we have a variety!

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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. and the cost is \$79 pp.

Mark Your Calendar
Annual Lions Club Chowder Fest
 is on **Saturday, November 3**
11a.m. to 2p.m.

Romeo Outing- Visit the Boston Public Library on Sept. 7 at 9:30 a.m.
 Juliet Outing- On Fri., Sept. 21 meet at 11 a.m. for a delicious lunch in Needham at Blue on Highland!