

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 Manager

Kim Lavange

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



Picture by Mike Lennon September 2009
Garden by Jill Vollmuth

APRIL 2019

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.

FOSI YARD SALE SATURDAY, APRIL 27



Help to make the 2019 YARD SALE one of the finest sales in our history! There is a place for YOUR gently used, unwanted items!!! Drop them off at the Center at Medfield beginning Friday, April 19 from 8 a.m.-1:00 p.m. and also the following week during regular business hours 8:30 a.m. to 4:00 p.m. Monday through Thursday and 8:30 a.m. to 12:00 p.m. on Friday. All baked goods can be delivered on Friday before the sale. We accept and appreciate all gently used items except for televisions, computers, printers and clothing. Unique items are

always appealing to our shoppers.

Be a part of this great event and help FOSI support the Center at Medfield, on April 27th from 8:00 am to 2:00 pm, rain or shine. When you support FOSI, you support the COA!

Anyone interested in volunteering for the sale please attend the FOSI meeting on Thursday April 4 at 12 noon. Many hands make light work! For further details or answers to any questions, contact the Medfield Council on Aging at 508-359-3665.

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Gwynneth Centore,
Perry Constas, Richard Ryder and Katie Robinson

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

NEXT FOSI MEETING
Thursday,
April 4 at 12 noon
All Welcome!!

A Special Thank You to the Following People for Their Donations to FOSI

Irene O'Toole in memory of Mike Sullivan, June Ducette-Burr & Philip Burr in memory of Mike Sullivan, Karl & Linda Schwartz in memory of William Mann, Betsy & Craig D'Ambrosia in memory of Lorraine Holland, Thomas Reis in memory of Lorraine Holland, Helen Urban in honor of Bill Pardi, Barbara Foulsham in memory of Bill Johnson, Jerry & Nancy Placido, Peg Palmiere, Perry & Athena Constas, Suzanne Munroe, Jane Timmerman, Dennis & Linda Anderson, Jacqueline Carroll, Fred Schultz, Jim Amnott,
The following are all in memory of Dave Foulsham:
Ralph Parmigiane, Sue Munroe, Scotts Ridge Middle School PTA, Bob & Fran Fedor, Barbara, Dave Jr. & Jennifer Foulsham, Nancy & Frank Crowley and David & Jerilyn Brownell



FOSI continues to offer the BUY-A-BRICK PROGRAM.

It is a great way to remember a loved one or to honor someone special in your life. Order forms are available at the Center.

FRIENDS OF SENIORS, Inc. (FOSI)
2019 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

Understanding Dementia—Part 2

Join us at the Center for Part 2 of Understanding Dementia on Wednesday, April 17 at 6:30 p.m. In this session attendees will receive valuable tips for successful communication techniques for each stage of dementia. You will learn that behaviors are a form of communication that a person is expressing. Pre-registration is encouraged by signing up at the Center.

Life of Teddy Roosevelt

Dr. Gary Hylander will be visiting the Center on Monday, April 29 at 2:00 p.m. Enjoy a presentation on an American statesman, sportsman, conservationist and writer who served as the 26th president of the United States from 1901 to 1909. He previously served as the 25th vice president of the United States from March to September 1901 and as the 33rd governor of New York from 1899 to 1900. Join us for this event by signing up when you visit the Center. Pre-registration is required.

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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

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

Friday
10:00 a.m. Tai Chi-\$5/ class
11:15 p.m. Core Balance-moderate \$5/ class

Saturday
9:00 a.m. Zumba- \$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 - Alyssa Kaiser R.N. from the Walpole VNA is available on Tuesday, **April 2** at 10:00 a.m. for your health concerns. Roberta is available for BP checks as needed!

Health Insurance Counseling - S.H.I.N.E Call the for an appointment on the last Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, April 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, April 5** 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. Information on the Real I.D. is available at the Center.

Veteran Service Officer Hour - Jon Cogan will be joining the Center on the third Tuesday of the month at 9:00 a.m. for any Veteran's concerns or questions. He will be here on **Tuesday, April 16**.

**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 is at 9:30 a.m. and EFL 2 is 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.

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, increasing 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 Tuesdays 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. and Saturday at 9:00 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. Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Visit us on Wednesdays at 3 p.m. Class is \$3.

Sign Up With a Friend For Our Summer & Fall Trips!!

Thursday, June 13 - Newport Rail Tour \$89- Enjoy a scenic rail excursion and delicious lunch!

Tuesday, July 16 – Nantucket Fast Ferry Day Trip \$99. Enjoy the beauty of Nantucket for a day!

Wednesday, August 7 - North Shore Music Hall “Jersey Boys” \$119- A great show, with great music! Always enjoyable.

Tuesday, August 20 – Essex Valley Steam train & Riverboat Cruise Tour \$99- It's a triple play with a steam engine train ride, lunch at the Go Fresh Restaurant and a riverboat cruise!

September 16–19 - Quebec City Spectacular at the Plaza Quebec Hotel, 6 meals, Tours of Quebec City, admission to attractions.

Saturday, October 5 – Statue of Liberty, Ellis Island and 9/11 Memorial \$99. A full day of history in NYC.

Tuesday, November 12–” Crooning the Classics” at Aqua Turf Showtime \$89–Enjoy a delicious lunch and delightful music with tributes to Neil Diamond and John Denver.

ALL CHECKS MADE OUT TO: **TOWN OF MEDFIELD-COA**

Medfield Plastic Reduction Initiative

Join us on Thursday April 11th at 12:30 pm to learn more about the work of the Medfield Plastic Reduction Initiative and the warrant article that will be presented at Town Meeting to ban plastic bags at check-out in Medfield. You will learn more about the problems with plastic bags and plastics in general and the steps we can take here in Medfield to address this issue. You will see the many alternatives to plastic bags. There will be time for questions and answers so you will be well informed when you attend Town Meeting. All attendees will receive a free grocery bag!

Exercise is a Critical Component to Aging Well*

People engaged in the science and art of aging well are beginning to look more closely at extending a person's health span in addition to their life span. It's no longer enough to extend one's life - it's about extending the *quality* of life. The famous centenarian George Burns once quipped, “If I knew I was going to live this long, I would have taken better care of myself!” With spring just around the corner, now is the perfect time to start planning on including an exercise routine to your daily activities.

The need for exercise doesn't decrease as we age

The older you get, the more important exercise becomes. Seniors need to exercise more than their younger counterparts because they are at greater risk for the diseases that exercise can prevent, which include heart disease, diabetes, and stroke, among others. Numerous studies have shown that regular exercise protects the body against chronic diseases, improves mood and lowers your chance of injury.

It's never too late to start living well

It's best to start an exercise program as early in life as possible. But research has shown that even when started late in life, exercise provides amazing benefits. British researchers conducted a study of seniors' activity levels over the course of eight years. They discovered that those who were active and the start of the study and remained so throughout the eight years had the lowest incidents of chronic diseases, memory loss and physical disability. Those who were sedentary at the start of the study and who started an exercise program and sustained it throughout the study did nearly as well, achieving a sevenfold decrease in their risk of becoming ill or frail compared to those who remained inactive throughout the length of the study.

It doesn't take a lot of effort to reap the benefits

The good news is that even moderate exercise provides benefits. According to Harvard Health publishing, even as little as one hour of walking or gardening per week can reduce your risk of heart attack, stroke, and death from all causes. One study found that people who did moderate exercise just 15 minutes a day tended to live an average of three years longer than their inactive peers. The American Heart Association recommends that individuals perform at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise.

Exercise also keeps your brain functioning at its peak

Exercise may be able to protect the brain from Alzheimer's and other forms of dementia. According to the Alzheimer's Research & Prevention Foundation, physical exercise reduces your risk of developing the disease by 50 percent.

*Article provided by LifeCare Advocates an independent care management firm located in Newton, MA.

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, caregiver 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 Natick/Walpole VNA, a monthly wellness clinic with Alyssa Kaiser, 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, April 9 at 10 am**

Caregiver Support Group

Share your experience, advice and support to others on **April 18 at 9:30 a.m.** Call **Lisa Donovan** for more information.

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 for information on Low Hearing group meetings.

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

Help the Food Pantry with donations of: kid friendly cereal, individual snacks, jam or jelly, canned beef stew and canned fruit!

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. 10 a.m.
 Cribbage - Wednesday at 11:00 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 1:00 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. April 6 - *The Lady Vanishes* - On a train headed for England a group of travelers is delayed by an avalanche. Holed up in a hotel in a fictional European country, young Iris (Margaret Lockwood) befriends elderly Miss Froy (Dame May Whitty). When the train resumes, Iris suffers a bout of unconsciousness and wakes to find the old woman has disappeared.

Wed., April 10 - *Can You Ever Forgive Me* - When Lee Israel falls out of step with current tastes, she turns her art form to deception.

Sat., April 13 - *Can You Ever Forgive Me*

Sat., April 20 - *Vistoria and Abdul* - Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

The next Chickie Flynn's luncheon is scheduled for Thurs., May 30 at 11:10 a.m.



Monthly Birthday Celebration

Every month we celebrate birthdays. Join us on Thursday, April 18 for lunch (free with your coupon or a \$3 donation) and enjoy DJ music by Music Express. Sign up today!

April is Volunteer Appreciation Month

Without a doubt, the Center would not be so successful if our volunteers decided to do something else. Every volunteer helps to make this Center run smoothly. You save the town so much money with all of your service. You give support to all of the staff. You provide manpower, thinking power and you are a wealth of information and experience that makes our jobs easier. From all of us at the COA, we appreciate you, we support you and we thank you for all that you do.

Volunteers Make a World of Difference

Throughout our lives we often try to help along the way,

Special tasks give meaning to the work we do each day,

Volunteering is a way to accomplish many things,

It's made worthwhile especially for the satisfaction it brings,

There's great appreciation for the work you've done this year,

Volunteers are special people, and ones we hold most dear.

Meet and Greet Grandparents Raising Grandchildren

Please join us for coffee on Tuesday, April 30 at 10:30 a.m. at the Medfield Public Library.

There are many families in this community comprised of grandparents raising or caring for their grandchildren. It can be an isolating experience, so we want to connect those going through similar life paths in the hopes of building a network where we can share stories and resources and support one another. The Council on Aging and Medfield Youth Outreach are collaborating to support this effort. Come to our coffee hour to meet other residents and share your ideas of how we can grow this group and what the next steps should be.

RSVP at medfieldyouthoutreach@medfield.net or (508) 359-7121.

RULES 6 THROUGH 10 (OUT OF 22) FOR REACHING A GOOD OLD AGE

- Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor, your surroundings, your country. We are never old as long as we have intelligence and affection.
- Be proud, both inside and out. Don't stop going to your hair salon or barber. Do your nails, go to the dermatologist and the dentist. Keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong on the inside.
- Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing sillier than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.
- Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised which old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.
- Respect the younger generation and their opinions. They may not have the same viewpoints as ours, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.

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YARD SALE

Start now with your Spring Cleaning and collect and pack your gently used, unwanted items for our annual Yard Sale on Saturday, April 27 for 8 am–2 pm! Interested in volunteering, come to the meeting on April 4 at noon!

Join us for an intergenerational game of BINGO on Wednesday, April 17 at 3:15 p.m. Girl Scout Troop # 69048 (who treated us to an ice cream social in March) will be playing with us during their vacation week.



Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.

**Five North Meadows Road
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 508-359-6600**

Senior Discounts Available



THE CENTER SALON
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 Call now to schedule your beauty treatments. Lisa is now available from 9:30 -11:30 a.m.

MONDAY TUESDAY WEDNESDAY APRIL 2019 THURSDAY FRIDAY

<p>1. SAUSAGE w/ PEPPERS & ONIONS</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:15 PAGE TURNERS 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2:15 MEDITATION CLASS (LAST CLASS)</p>	<p>2. HONEY CHICKEN</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 VNA HEALTH CLINIC 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE</p>	<p>3. ROAST TURKEY</p> <p>9:00 SALON SERVICES 9:00 AARP TAX AIDE PROGRAM 9:00 SHAW'S 9:30 ART CLASS #3 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:00 CRIBBAGE 11:30 LUNCH 11:30 SCAT 12:30 WHIST 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 3:00 LINE DANCING</p>	<p>4. BEEF BOLOGNESE</p> <p>8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 FIX-IT SHOP 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 GROUP 1:00 POKER CLUB</p>	<p>5. CHEESE LASAGNA</p> <p>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 CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	
<p>8. CHIX POT PIE</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION TRAVEL TALK 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME</p>	<p>9. BBQ PULLED PORK</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 ESTHETICIAN 10:00 LOW VISION GROUP 10:00 VNA HEALTH CLINIC 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE</p>	<p>10. SOUP & SANDWICH</p> <p>9:00 SALON SERVICES 9:00 AARP TAX AIDE PROGRAM 9:00 SHAW'S 9:30 ART CLASS #4 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:00 CRIBBAGE 11:30 LUNCH 11:30 SCAT 12:30 WHIST 2:00 FIT TO KNIT 2:00 COA MOVIE 1:00 MINDS IN MOTION 3:00 LINE DANCING</p>	<p>11. BRAISED BEEF</p> <p>8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 FIX-IT SHOP 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 12:30 PLASTIC IREDUCTION PRESENTATION 1:00 POKER CLUB</p>	<p>12. CATCH OF THE DAY</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 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 CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	
<p>15. PATRIOT'S DAY COA CLOSED</p> 					<p>19. FIESTA OMELET</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 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 CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p> <p>YARD SALE COLLECTION BEGINS</p>
<p>22. CHEESEBURGER</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 11:30 LUNCH FOR YARD SALE WORKERS 12:00 3-13 CARD GAME 12:15 MARKET BASKET 1:00 MAH JONGG</p>	<p>23. CHICKEN BRUSHETTA</p> <p>9:00 THE CLUB PROGRAM 11:15 CLUB OUTING 11:30 LUNCH FOR YARD SALE WORKERS 12:00 DUPLICATE BRIDGE</p>	<p>24. SOUP & SANDWICH</p> <p>9:00 SALON SERVICES 9:00 SHAW'S 11:30 LUNCH FOR YARD SALE WORKERS</p>	<p>25. MAC & CHEESE</p> <p>11:30 LUNCH FOR YARD SALE WORKERS 1:00 POKER CLUB</p>	<p>26. POTATO POLLOCK</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 11:30 LUNCH FOR YARD SALE WORKERS 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 4/27 YARD SALE 8 AM-2 PM</p>	
<p>ALL EXERCISE CLASSES ARE CANCELLED THIS WEEK FOR OUR ANNUAL YARD SALE</p>					
<p>29. CARRIBEAN CHIX</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION -BOOKS 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2:00 DR. GARY HYLANDER PRESENTS</p>	<p>30. AM. CHOP SUEY</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:30 GRANDPARENTS SUPPORT GROUP AT THE PUBLIC LIBRARY 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE</p>	<p>Our Library On Saturday, April 27, the Center Library, along with the annual Center yard and bake sales, will be having a "book" sale. Please stop by and check out our bountiful selection of books, DVDs, CDs, etc. Janice</p>	<p>Coffee & Conversation Topics Mon. April 8- Share your favorite vacation with pictures if you can! Mon. April 29- Share your favorite book and why.</p>	<p>The COA welcomes Katie Robinson as a new member on the COA Board!! Her experience will be a great resource for the Center! Say hello to Katie on Tuesday afternoons as she also mans our reception desk!</p>	

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Interested in Joining a Men's Book Club?
 You're a guy and maybe you like books. Maybe you like talking with people about books. So what's stopping you from having your own book club? Share your humble opinion on books about sports, crime, military, making money and contemporary novels you may read-- and if you're lucky, make some of the greatest friends. If you are interested in reading and discussing books please sign up at the Center and for questions email Tony Centore at acentore@verizon.net.

GREAT BOOKS DISCUSSION GROUP
 Enjoy a lively discussion on the first Thursday of the month at 1:00 p.m. The book schedule is:
Waiting for Godot by Samuel Becket on April 5
Tobacco Road by Erskine Caldwell on May 2
The Heart is a Lonely Hunter by Carson McCuller on June 6
 All Welcome

Page Turners
 Discuss *A Journal of Madam Knight*, a first person account of a women who traveled on horseback from Boston to New York in the early 18th century on Monday, April 1 at 10:15 am.