

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

JUNE 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.

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,
June 13 at 12 Noon
All Welcome!!



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.

YARD SALE NEWS

Saturday, April 27 was a great day. Having rained buckets during the night, many woke with fear of a rainy Saturday sale. That was not the case. The rain stopped about 6:30 a.m. and at 7 we were able to move all the large items outside. The day started with more than 60 people waiting for the doors to open at 8:00 a.m. There was a flood of people looking for their best bargains. The day had a constant flow of shoppers and ALL of our volunteers were here to help. The success of this sale comes with a lot of hard work, effort and time. The volunteers are what make this event successful, over \$5700.00 of success. Again this year, a very generous Medfield resident has matched what we made!! A HUGE thank you to EVERYONE who contributed to this sale!

A Special Thank You to the Following People for Their Donations to FOSI
Phyllis Wilmarth and Lawrie Rhoads and Ruth Beswick in memory of her sisters

A little about FOSI. FOSI is the fund raising branch of the Council on Aging. Their mission is to support the needs of seniors and the Center. Below is a donation form that can be used to make your yearly donation to FOSI. Often, people ask is there a “fee” to join the Center, the answer is “NO”. FOSI does encourage a donation of \$15 per year to help support the gallons of coffee consumed, various programs, our huge BINGO board, umbrellas for the patio and so much more, along with helping to support the COA garage project. Please consider making your annual donation. Interested in FOSI, please join the next meeting on Thurs. June 13 at 12:00 p.m.

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



Interested in becoming a newsletter volunteer?

Last month the following people worked together to fold, tape, label and sort the May newsletter. The group meets monthly to help the COA in preparing the newsletter for mailing. We appreciate their help very much and want to say thank you to: Patty Byrne, Louise Mulock, Nancy McCarthy, Ruth McGovern, Gayle Reese, Nancy Gerstel, Linda Beyer, Steve Fosdick, Joel Lamoureux, Carol Nye, Gordon Jackson and Jackie lafolla. If you are interested in meeting a great group of people, making new friends and helping out the COA, please contact Susan and ask to be put on the newsletter folding email notice.

MEET MEDFIELD'S NEW POLICE CHIEF
MONDAY, JUNE 10 AT 2:00 P.M. AT THE CENTER

Join the COA to welcome Chief Michelle Guerette in her new position. The Chief will share her thoughts and ideas for the department and keeping the community safe. All community members are invited to attend. Please call or visit the Center to sign up.

Summer Cookouts

It's that time of year again. Summer is a perfect time to enjoy our outdoor space, listen to music and enjoy a delicious meal. As in past years, our social hour begins at 4pm, dinner is served at 5pm and our entertainment ends at 7pm, all for \$6/person. It's a fun evening, be sure to bring a friend with you and let's enjoy this wonderful time of year. Our cookouts are scheduled for: June 26, July 10, July 31, August 14 and August. 28!



PLEASE SIGN UP FOR PROGRAMS SO WE DO NOT CANCEL FOR LACK OF INTEREST!

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508-393-8338

209 w. Central St., Suite 210
Natick MA 01760
508-647-3773

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Medfield MA 02052
508-359-4409

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service.

EXERCISE CLASSES

Monday:
9:30 a.m. Exercise for Life 1- Moderate- Silver Sneakers
10:30 a.m. Exercise for Life 2- Beginner- Silver Sneakers
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 - Silver Sneakers
10:30 a.m. Exercise for Life 2- Beginner - Silver Sneakers
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
9:00 a.m. Chair Yoga- \$3/class
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, June 4** 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 for an appointment on the last Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, June 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, June 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. 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, June 18**.

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 is a Silver Sneakers Program

Exercise for Life classes are now part of the Silver Sneakers family. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Silver Sneakers offers exercise classes at no cost to the consumer. Join us for classes with instructor Kim Vareika for classes on Mon. & Wed. 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. And Friday at 9 am. 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.

We need your help! If you are thinking about taking a day trip...Sign up!!!
We are at risk of canceling many trips at this point!

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!

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. Stop in for pricing and a flyer! Sign up today for an early fall vacation.

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.



SPECIAL EVENTS THIS MONTH

Saturday, June 1- Begin the month with a cookout at 12 noon before a SUPER BINGO Game! Cost is \$5 and pre-registration is required!

Thursday, June 6 at 1pm-Enjoy a boxed lunch from Bridges by Epoch and learn how to manage family dynamics with dementia. Sign up at the Center and gather information that you need to make life easier!

Tuesday, June 11 at 10 am-Leave the center at 10 am and visit the MFA in Boston. Transportation is \$5, ticket \$23 and lunch is on your own. Payment is the day of the trip.

Wednesday, June 12 at 6:30 pm- Arm chair travel to the National Parks of the Colorado Plateau presented by Steve Farrar.

Thursday, June 13- Scenic Newport Rail Excursion and Delicious Lunch! The bus leaves the Center at 9:00 a.m. Tour cost is \$89/person. Seats still available so sign up today!

Friday, June 14-Happy Flag Day with a ROMEO outing. Enjoy a lunch planning meeting with Peter Burke at Town Spa in Stoughton. Enjoy their world famous pizza or anything off the menu. Transportation is \$3 and lunch is on your own!

Monday, June 17- At 2 p.m. Dr. Gary Hylander returns with a presentation on The Great Molasses Flood. On January 15, 1919, a *molasses* tank at 529 Commercial Street exploded under pressure, killing 21 people. A 40-foot wave of *molasses* buckled the elevated railroad tracks, crushed buildings and inundated the North End neighborhood. Sign up to enjoy the interesting presentation.

Tuesday, June 18- Enjoy a day trip to Nantasket Beach. Stroll the shoreline, collect sea glass or shells, enjoy at a waterfront venue. A day of relaxation, shopping and more. Limited to 14 people, cost is \$5. The bus will leave the Center at 10 a.m.

Wednesday, June 19- Sign up for our CHICO's Fashion Show at 4:00 p.m. Steve DeQuattro, Manager of the Canton Chicos, will be with us again, sharing the latest styles and trends of women's clothing. Sign up for this afternoon of style, cost is \$5 with light refreshments and adult beverages.

Thursday, June 20- Enjoy our "Afternoon of Music" with DJ Bob Vartanian. Bob will play all your requests; music that you can listen to and if so inclined, maybe a dance or two!

Monday, June 24- Sign up for your complimentary, individual and confidential 15 minute assessment of your strength and balance beginning at 12:30. Limited to 8 appointments.

Wednesday, June 26- Sign up for our first cookout! Social hour begins at 4pm, dinner served at 5 and entertainment until 7pm. \$6/person, limited to 100 people!

Friday, June 28- Juliet Luncheon Outing to Cibo Matto Caffe in Mansfield. Bus leaves at 11:00 a.m. \$3 transportation and lunch is on your own. Limited to 11 people.

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for 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 Low Vision Group and learn about tips to improve your quality of life. Call Lisa for information.

Caregiver Support Group

Share your experience, advice and support to others on **June 27 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. **Summer schedule begins June 17 (Only Fridays for Senior Swim)** Available to Medfield COA members 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 afternoons at the Center.

FOOD CUPBOARD NEEDS: Jams/Jelly, Salty snacks, 6 pack applesauce, cookies, crackers and kid friendly cereal.

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.
 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.
 Coffee/Conversation- Check Calendar

Movies at the COA

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

Sat. June 1 - Gaslight (1944) Years after her aunt was murdered in her home, a young woman moves back into the house with her new husband. However, he has a secret that he will do anything to protect, even if it means driving his wife insane.

Sat. June 8 - The Mule A 90-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel.

Wed. June 12 - The Upside A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.

Sat., June 15 - The Upside

Sat., June 22 - *Rust* An overachieving college student gets lost on her way to a job interview. A wrong turn leaves her stranded deep in the Kentucky forest.

Sat. June 29 - Apollo 11 Documentary A look at the Apollo 11 mission to land on the moon led by commander Neil Armstrong.

Look for our Chickie Flynn's schedule in the fall.



Monthly Birthday Celebration
 Our monthly birthday celebrations will resume in September!
 Happy Birthday to all the summer birthdays!!

Ways to Enjoy the Center this Summer

Recognizing that the weather is getting warmer, June serves as **Great Outdoors month** and also is the national month for camping, [gardening](#), roses, and rivers. There are so many wonderful ways to enjoy the outdoors right here at the CENTER! Gather a few friends and take advantage of our awesome Bocce court! Bocce provides a congenial blend of pool, shuffleboard, and social engagement. What's not to love about that?! If Bocce is not your cup of tea, why not try your hand at pickle ball or croquet!

Sports are not for everybody. We totally understand that here at the CENTER and that is why we have such a beautiful and scenic patio. The patio is the absolute perfect spot to meet with a friend or two at one of our many umbrella tables and enjoy the fabulous gardens that our accomplished garden club has installed and maintains. Nature abounds in our very own backyard and it is waiting for YOU to witness it! Birdwatchers will delight at the variety of beautiful birds that frequent our backyard, maybe start a bird watching club. Finally we are bringing our coffee and conversations back to the patio. Please be sure to check the calendar for the days and times as they are changing to accommodate more folks!

By Lisa Donovan

Technology 101

Do you still struggle with your I pad or smart phone? Join Brett Porier from Medfield TV on the first Thursday of the month (June 6) at 2pm for a Tech-Class for anyone interested in learning more about their cell phones, tablets, apps, email, social media and finally understand what a "hash tag" is! Come ask questions and learn more about the technology you can use everyday to better connect with friends and family.

Lesson 1

Goal: Introduce the technology to help your everyday use

- What is an Apple TV
- Demonstrate an Apple TV
- Review Common Terms
- Demonstrate to use a mac product, laptops, iPads, phone
- Questions

Thursday,
 June 6
 at
 2:00 p.m.

RULES 16 THROUGH 18 (OUT OF 22) FOR REACHING A GOOD OLD AGE

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing the desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by others, forgive them. If you've offended someone - apologize. Don't drag resentment around with you. It will make you sad and bitter. It doesn't matter who was right. Someone once said, "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive and move on with your life.

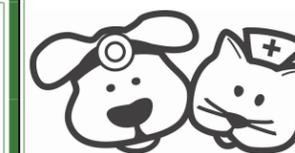
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 Mary.Cusano@CommonMoves.com
 www.thecusanoteam.com

ROMEOS, ROMEOS, WHERE HAVE YOU GONE?
 Join Peter Burke on Friday, June 14 at 11:00am and travel to Town Spa in Stoughton for their world famous pizza. This will be a great opportunity to identify outings that can be scheduled over the next several months! Be sure to sign up and bring your outing ideas!

JULIETS
 Join Roberta for a lunch outing on Friday, June 28. The bus will leave at 11:00 a.m. We will dine at Cibo Matto Caffe in Mansfield. A 4+ star rating Italian cuisine with outdoor seating if weather permits.



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, June 11**
 Call now to schedule your beauty treatments. Lisa is now available from 9:30 -11:30 a.m.



The CENTER Hair Salon with Ginny Viles
 Mon., Wed. and Fri. 9 a.m.-2 p.m.
 Appointments are required by calling the Center.
Men's cut- \$10
Women's wash & blow dry- \$12

MONDAY TUESDAY WEDNESDAY JUNE 2019 THURSDAY FRIDAY

3. LS HOT DOG
 9:00 SALON SERVICES
 9:30 QUILTING FUN
 9:30 EXERCISE FL 1
 10:00 KINGSBURY CLUB SWIM
 10:15 PAGE TURNERS
 10:00 HAND 'N FOOT CARD GAME
 10:30 EXERCISE FL 2
 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

4. SOUP & CHICKEN
 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

5. SOUP & SANDWICH
 9:00 SALON SERVICES
 9:00 SHAWS
 9:30 LEGAL CLINIC
 9:30 DROP IN ART
 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
 3:00 LINE DANCING

6. TURKEY DIVAN
 8:45 STRETCH STRENGTH BALANCE
 9:00 THE CLUB PROGRAM
 9:00 WOODCARVING
 10:00 COFFEE AND CONVERSATION
 10:00 FIX-IT SHOP
 10:00 ZUMBA
 11:30 LUNCH
 11:30 CANASTA
 12:15 CLUB ACTIVITY IN LARGE HALL
 1:00 ALZHEIMER'S AND THE FAMILY
 1:00 GREAT BOOKS DISCUSSION GROUP
 2:00 POKER CLUB
 2:00 TECHNOLOGY CLASS W/ BRET POURIER

7. FIESTA OMELET
 9:00 ROCHE BROS
 9:00 SALON SERVICES
 9:00 CHAIR YOGA
 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 9-3
 9:00 ZUMBA
 10:15 MOVIE
 12 NOON LUNCH
 12:30 MAH JONGG
 1:00 BINGO

10. CHEESEBURGER
 9:00 SALON SERVICES
 9:30 QUILTING FUN
 9:30 EXERCISE FL 1
 10:00 KINGSBURY CLUB SWIM
 10:00 COFFEE AND CONVERSATION
 10:00 HAND 'N FOOT CARD GAME
 10:30 EXERCISE FL 2
 12:00 3-13 CARD GAME
 12:15 DOLLAR STORE AND MORE
 12:30 CORE BALANCE CLASS
 1:00 MAH JONGG
 1:30-3 RMV NEAR ME

2 PM MEET POLICE CHIEF MICHELLE GUERETTE

11. CHIX CHOW MEIN
 9:00 THE CLUB PROGRAM
 9:30 MAT YOGA
 9:30 ESTHETICIAN
 10:00 VISIT THE MFA \$5
 10:00 TILDEN VILLAGE OUTREACH
 10:00 VNA HEALTH CLINIC
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE

12. SOUP & SANDWICH
 9:00 SALON SERVICES
 9:00 SHAWS
 9:30 DROP IN ART
 9:30 EXERCISE FL 1
 10:30 COA BOARD MEETING
 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
 3:00 LINE DANCING

6:30 ARMCHAIR TRAVEL
COLORADO PLATEAU PARKS

13. TURKEY DINNER
 8:45 STRETCH STRENGTH BALANCE
 9:00 THE CLUB PROGRAM (FIELD TRIP)
 9:00 NEWPORT RAIL TRAIL DAY TRIP
 9:00 WOODCARVING
 10:00 FIX-IT SHOP
 10:00 ZUMBA
 11:30 LUNCH
 11:30 CANASTA
 12:00 FOSI MEETING

14. POLLOCK FILLET
 9:00 ROCHE BROS
 9:00 SALON SERVICES
 9:00 CHAIR YOGA
 10:00 KINGSBURY CLUB SENIOR SWIM
 10:00 HAND 'N FOOT
 10:00 TAI CHI
 11:15 CORE BALANCE
 11:30 ROMEO LUNCH OUTING
 11:30 LUNCH
 1:00 COA CLOSES
OPEN SATURDAY 9-3
 9:00 ZUMBA
 10:15 MOVIE
 12 NOON LUNCH
 12:30 MAH JONGG
 1:00 BINGO

17. LASAGNA ROLL UPS
 9:00 SALON SERVICES
 9:30 QUILTING FUN
 9:30 EXERCISE FL 1
 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
DR. GARY HYLANDER PRESENTS

18. BEEF STROGANOFF
 9:00 THE CLUB PROGRAM
 9:00 VETERANS SERVICE HOUR
 10:00 VISIT NANTASKET BEACH \$5
 9:30 MAT YOGA
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE

19. SOUP & SANDWICH
 9:00 SALON SERVICES
 9:00 SHAWS
 9:30 EXERCISE FL 1
 9:30 DROP IN ART
 10:30 EXERCISE FL 2
 11:00 CRIBBAGE
 11:30 LUNCH
 11:30 SCAT
 12:30 WHIST
 2:00 MAH JONGG
 2:00 FIT TO KNIT
 3:00 LINE DANCING

4:00 CHICOS FASHION SHOW

20. CHIX DIVAN
 8:45 STRENGTH/STRETCH/BALANCE
 9:00 WOODCARVING
 10:00 COFFEE AND CONVERSATION
 10:00 ZUMBA
 10:00 FIX IT SHOP
 11:30 LUNCH
 11:30 CANASTA
 1:00 POKER CLUB
 12:30 AFTERNOON OF MUSIC
 1:00 POKER CLUB

21. BEEF CHILI 1ST DAY OF SUMMER*
 9:00 ROCHE BROS
 9:00 SALON SERVICES
 9:00 CHAIR YOGA
 10:00 KINGSBURY CLUB SENIOR SWIM
 10:00 HAND 'N FOOT
 10:00 TAI CHI
 11:15 CORE BALANCE
 11:30 ICE CREAM SOCIAL*
 1:00 COA CLOSES
OPEN SATURDAY 9-3
 9:00 ZUMBA
 10:15 MOVIE
 12 NOON LUNCH
 12:30 MAH JONGG
 1:00 BINGO

24. BBQ PULLED PORK
 9:00 SALON SERVICES
 9:30 QUILTING FUN
 9:30 EXERCISE FL 1
 10:00 COFFEE AND CONVERSATION
 10:00 HAND 'N FOOT CARD GAME
 10:30 EXERCISE FL 2
 11:30 LUNCH
 12:00 SHINE APPOINTMENTS
 12:00 3-13 CARD GAME
 12:30 CORE BALANCE
 1:00 MAH JONGG
 1:30-3 RMV NEAR ME

12:30 BALANCE & STRENGTH ASSESSMENTS

25. CHOWDER & FISH
 9:00 THE CLUB PROGRAM
 9:30 MAT YOGA
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE

26. SOUP & SANDWICH
 9:00 SALON SERVICES
 9:00 SHAWS
 9:30 DROP IN ART
 9:30 EXERCISE FL 1
 10:30 EXERCISE FL 2
 11:00 CRIBBAGE
 11:30 LUNCH
 11:30 SCAT
 12:30 WHIST
 1:00 MAH JONGG
 2:00 FIT TO KNIT
 3:00 LINE DANCING

4:00PM SOCIAL
5:00 COOKOUT

27. CHIX TERIYAKI
 8:45 STRENGTH/STRETCH/BALANCE
 9:00 THE CLUB PROGRAM
 9:00 WOODCARVING
 9:30 CAREGIVER'S SUPPORT GROUP
 10:00 ZUMBA
 10:00 FIX IT SHOP
 11:30 LUNCH
 11:30 CANASTA
 12:15 CLUB ACTIVITY IN LARGE HALL
 1:00 POKER CLUB

28. TURKEY STEW
 9:00 ROCHE BROS
 9:00 SALON SERVICES
 9:00 CHAIR YOGA
 10:00 KINGSBURY CLUB SENIOR SWIM
 10:00 HAND 'N FOOT
 10:00 TAI CHI
 11:15 CORE BALANCE
 11:00 JULIET LUNCHEON
 11:30 LUNCH
 1:00 COA CLOSES
OPEN SATURDAY 9-3
 9:00 ZUMBA
 10:15 MOVIE
 12 NOON LUNCH
 12:30 MAH JONGG
 1:00 BINGO

Sign up to enjoy an outing to the Museum of Fine Arts on Tuesday, June 11 at 10:00 a.m.
 Sign up to enjoy a day trip to Nantasket Beach on Tuesday, June 18 at 10:00 a.m. (WEATHER PERMITTING)

Start the summer off right and join us for an Ice Cream Social lunch on Friday, June 21, the first day of summer at 11:30 a.m.

Grab your girlfriend and join us for an afternoon of fashion. Steven DeQuattro from the Canton CHICOS will bring us the latest and greatest of summer styles on Wed. 6/19. Light refreshments and beverages will be served. \$5/pp

GREAT BOOKS DISCUSSION GROUP
 Enjoy a lively discussion on the first Thursday of the month at 1:00 p.m. The *The Heart is a Lonely Hunter* by Carson McCuller on June 6
 All Welcome

Page Turners—June 3
 Join us for a light-hearted review of the absurdity of politics. We will be discussing "Thanks Obama: my hopey, changey White House Years" by David Litt at 10:15 am on the first Monday of June!

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DROP IN ART SESSION
 On Wednesdays at 9:30, bring your art supplies and join others as you create something beautiful under the supervision of local artist Tom Sweeney. Painting and creating something artistic can be comforting, relaxing and a hobby that can be done all year long. Learn about colors, different types of strokes, different mediums and so much more. This class is ongoing and welcomes all artistic levels. A \$3 drop-in donation is suggested. This is a great way to learn something new and make new friends!

Strength and Balance Assessments
 "Have you fallen recently? Are you worried about your balance? Is it not quite what it used to be? Sign up for your individual and confidential 15 minute assessment of your strength and balance on Monday, June 24 beginning at 12:30. Dawn Miller of ATI Physical Therapy at the Kingsbury Club will provide this clinic. Find out what you can do to live a strong and healthy life. Limited to 8 appointments. Stop in to sign up!

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