

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

JULY/AUGUST 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,
September 12
at 12 Noon

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

Claire Shaw, Caroline Ryder, Phyllis MacDonald, Jeanne Perkins
Joanne O'Halloran in memory of Doris Carrier
Rose & Richard Thibault in memory of Evelyn Thibault
Bob & Joan Wood in memory of Bill Johnson, Bill Mann, Dave Foulsham and Michael Sullivan
Florence Brock in memory of Peter Hinkley
June & Philip Burr in memory of Peter Hinkley
American Legion Auxiliary Beckwith Post #110 in memory of Peter Hinkley

Donations in memory of Suzanne Monroe have been received from:

Joanne O'Halloran, Thelma Read, Bob Vollmuth, Bob & Millie Kennedy, Teri Seeley, Carol Destefano, John Kennedy, Michael & Suzanne Pitoniak, June & Philip Burr, Lynn Amler, Kashelena & Garvey Families, Bob & Joan Wood, Eileen Desorgher, Deborah Christopher, Ron & Julie Schales, Nick & Diane Pramas, Peter & Margaret Vasaturo, Carol Rossi Family, Diane Horne, Jane Timmerman, John & Laura Noble, Florence Brock, Irene O'Toole, The Walkers, The McCabes, The Bourkes, The Owings, Carol Hisson, Mike & Barbara O'Malley, Mary Zuccarini, Bob Dugan, Mary O'Brien, Robert Heald and Nancy Gerstel

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

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.



PLAY BOCCE

The weekend of June 8 and 9, Eagle Scout candidate, Jani Passas completed his project with the refurbishing of our bocce court and our teak patio furniture.

He also, repainted the Council on Aging sign that hangs from the side of the court and prepared the court surface and power washed the surrounding patio. The picture shows Jani placing the new ball holder that he designed and built. The unique design allows for water to leave the holder preventing any moisture accumulation. Jani spent many months preparing for his Eagle Scout project and the COA is appreciative of all of his efforts.

If you have a minute, take a look at the back yard of the Center, it is something to be proud of and enjoy. The Bocce court is ready for you. Invite a group of friends for a game on our “like-new” Bocce court or play with us on Tuesdays from 10 a.m.-12 noon.

It is open every day, waiting for YOU!

<p>VISIT ALASKA Steve Farrar returns with another informative arm chair travel presentation on Wednesday July 12 at 6:30 p.m. Through his eyes and experience visit the wonders of Alaska.</p>	<p>NANTUCKET Enjoy our day trip to Nantucket. Stop in to the Center and sign up for a delightful visit on Tuesday, July 16. Bus leaves at 7:00 a.m. Cost is \$99/person.</p>	<p>LAKE PEARL ON JULY 25 Pack your lunch, grab a book and a chair and enjoy a day at the beach! The bus will leave at 10 a.m. and is limited 12 people.</p>	<p>QUEEN TRIBUTE NIGHT WED. JULY 31 COOKOUT 4-7 P.M. WITH DJ BOBBY V.</p>
<p><i>Thomas Upham House</i> 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 508-359-2000 www.robertsmitchellcaruso.com</p>	<p> Home Instead SENIOR CARE to us, it's personalsm 386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338 209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	<p> RANDY'S Automotive Service, Inc. 26 Spring Street Medfield MA 02052 508-359-4409 Inspections, Auto repairs, Complimentary shuttle service.</p>

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, July 2 and Aug. 6** 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, Aug. 7** from 9:30 -10:30 a.m. for one-on-one consultations.

Selectman Office Hours - Osler Peterson holds monthly open office hours at the Center. Join him for conversation on **Friday, July 12 and Aug. 2** 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, July 16 and Aug. 20**.

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.

Enjoy a "Daycation" with the COA. Our day trips are easy, enjoyable and always a great time! There's still room on all of our trips. Sign up today!



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

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.

Definition of a Caregiver

A caregiver is someone who provides assistance to another person who cannot live fully independently due to physical, psychological, or mental disability. Often times the role of caregiver begins without even noticing. It may start out by stopping by someone's house every few days to tidy up, check out the house or need for groceries; or the duties may be more involved. Caregivers find their role expanding as their loved one's condition deteriorates, slowly over time. Often times the caregiver makes arrangements for the loved one to move in or they move in to provide constant assistance with a variety of tasks. Caregiving eventually becomes a full time unpaid job which has rewards and pitfalls. Caregivers usually aim to provide as much support as possible, while helping someone retain independence, and in some cases, a caregiver may provide training which is designed to promote independence for their loved one. The added task of being responsible for a loved one can take its toll on the caregiver. It is important for the caregiver to get help, rest, relief and support.

There is help for caregivers in our community as we offer a monthly Caregiver Support Group meeting on the last Thursday of the month at 9:30 a.m. This gives people the opportunity to learn about services and programs that they may find helpful. The group meeting also provides support to its attendees through a sharing of stories and ideas. In addition to the group meetings, we also offers a supportive day program "The Club at the Center" which offers supervised companionship, one or two days per week, for your loved one. This program allows the caregiver some free time to enjoy doing whatever they want. We welcome all caregivers to this monthly offering and if interested in receiving the monthly invitation please call the Center at 508-359-3665 to speak directly with Outreach Coordinator, Lisa Donovan.

Results of Our Peanut Butter Tasting	HESSCO Medical Nutrition Therapy	COOKOUT ENTERTAINMENT
<p>On a Friday in early June, I held a blind taste test of peanut butter. I purchased 3 different creamy brands and three different chunky brands.</p> <p>First each participant had a taste of each creamy the best was Teddy Peanut Butter, then Skippy and last was Signature brand from Shaw's.</p> <p>Then we moved to crunchy and the best was Signature from Shaw's, then Teddy Crunchy and last was Skippy.</p> <p>Who would have thought?</p> <p style="text-align: right;">Roberta</p>	<p>Meet Stephanie Caljouw, RD LDN; on Wednesday, July 10 at 9:30 a.m., the nutritionist for HESSCO Elder Services. Stephanie will be providing one-on-one Medical Nutrition Therapy sessions for anyone concerned about weight loss, nutrition or diet related questions. Sign up for this free service from HESSCO on the second Wednesday. HESSCO is a nonprofit organization with a goal to ensure that choices of programs and services are available and acceptable to meet the diverse needs and changing lifestyles of older adults and adults with disabilities. HESSCO has collaborated with the State Executive Office of Elder Affairs to address these ever-growing health conditions and offer this Free Medical Nutrition Therapy service through a grant provided by the MetroWest Health Foundation. Limited to 3 consultations each month.</p>	<p>Wed. July 10- SPUR TRIO with sounds from the 70's and 80's.</p> <p>Wed., July 31- DJ Bobby V. hosts a Queen Tribute Night</p> <p>Wed., Aug. 14- Mr. DJ with sounds to dance by.</p> <p>Wed., Aug. 28–Tune Timers Swing Band</p>

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 **July 25 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 from 10-11 a.m. 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
Canned vegetables, baked beans, canned pasta, cookies, crackers and kid friendly cereal.

RULES 19 THROUGH 21 (OUT OF 21) FOR REACHING A GOOD OLD AGE

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. **Now is the time to be free, at peace and as happy as you can be!**

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

Sat. July 13 - **The Man Who Knew Too Much** *Dr. Ben McKenna (James Stewart) is on vacation with his wife (Doris Day) and son in Morocco when a chance encounter with a stranger sets their trip, and their lives, on a drastically different course.*

Wed. July 17 - **Late Night (2019)**
A late-night talk show host's world is turned upside down when she hires her first and only female staff writer.

Sat. July 20 - **Late Night**

Sat. July 27- **Secret Life of Mrs Beeton**
In 19th century Victorian England, Mrs. Isabella Beeton produced what became an essential book for housewives of the day.

Sat., Aug. 3 - **The Searchers**
In this revered western, Ethan Edwards (John Wayne) returns home to Texas after the Civil War. He vows to track down his surviving relatives and bring them home.

Sat. Aug. 10 - **Gloria Bell (2019)**
A free spirited divorcee spends her time on the dance floor, joyfully letting loose in clubs around Los Angeles. She soon finds herself thrust into a new romance.

Sat. Aug 17 - **Mrs Brown**
When Queen Victoria's husband dies, she finds solace in her trusted servant, Mr. Brown, but their relationship also brings scandal and turmoil.

Wed. Aug. 21- **An Acceptable Loss**
A former top national security adviser who, while working with a ruthless, steely-willed political veteran, signed off on a military action that was supposed to end the war on terror.

Aug. Aug. 24 - **An Acceptable Loss**

Sat. Aug. 31 - **The Wipers Times**
Just after the First World War, Fred Roberts goes for a job as a newspaper journalist and tells the sub-editor how, in the trenches in 1916, he discovered a printing press in working order.

Check the calendar for our monthly "Afternoon of Music" beginning on Thursday, July 18 at 12:30. Listening, singing and dancing enjoyment are all part of these events!

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 a.m.
S,S & B - Thursday at 8:45 a.m.
Great Books Group- First Thursday at 1pm
Page Turners-First Monday at 10:15 a.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

Ancient Civilizations of North America
Get out of the heat this summer with our new Video Class beginning Tuesday, July 9 at 1:30 p.m.

Professor Edwin Barnhart from the Maya Exploration Center will provide 24 lectures starting with a look at human migration into North America. Next, the course moves toward Paleo-Indian times and how cultures called Clovis and Folsom roamed early North America in search of megafauna-that is, mammoths, mastodon, and giant bison. The course's content is drawn from available written accounts, DNA studies and work from archaeologists and other scholars. Join us on Tuesdays and open your mind to Ancient Civilizations of North America!

"What's App?!" Technology Class

Unlock the mysteries of your phone and learn how to connect with family and friends on **Thursday July 11 at 2 p.m.** Your smart phone can seem complicated and annoying unless you can break down the basic skills needed to use it. Medfield TV's General Manager, Brett Poirier, will give you tips and answer your questions about your phone and how to best utilize it to connect with people.

ROMEO OUTING

Join Peter for a visit to Jack's Abby in Framingham. Founded in 2011 by 3 brothers, Jack, Eric and Sam Hendler, Jack's Abby has become a mainstay of the craft brewing scene in the Northeast and nationwide. Enjoy a visit of their brewery, beer hall and kitchen on Thursday, July 18, bus leaves at 11:00 a.m.

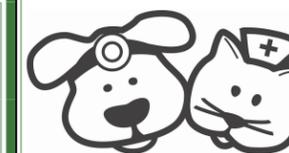
Riverbend of South Natick

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

508-359-9119

Pat Maloney
Independent
Elder Advocate

Phone: 508-341-8684
psmaloney@verizon.net
Help is a phone call away!



BERKSHI HATHAWAY HomeServices
Common Moves
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. 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

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.

YOUR CARE. YOUR CHOICE.
 Ask for us by name.
 100+ years of serving MetroWest & beyond
 Contact our **Care Coordinators** today!
508-653-3081
 WWW.NATICKVNA.ORG

★★★★★
 Rated a 5-star agency by Centers for Medicare and Medicaid

NATICK VNA
 100+ years of serving MetroWest & beyond

Live Connected

Visit Walpole's only Lifecare retirement community. And find out what living connected means at New Pond Village.

CALL FOR DETAILS: 508.718.2053

NEW POND VILLAGE
 A Benchmark Signature Living Community

MONDAY SHOPPING TRIPS AT 12:15 PM
 Monday, July 8 & August 26 - Market Basket
 Monday, July 15 - Xmas Tree Shops/Trader Joe
 Monday, July 22 - Dollar Store/Job Lot
 Monday, August 5- University Ave in Westwood Shopping
 Monday, August 12- KOHL'S in Walpole

Charles River Cruise
 Leave the Center at 10:00 a.m. on July 23 to enjoy a Charles River Cruise, followed by lunch!
 Limited to 14 people, \$25pp plus your lunch.



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

MONDAY TUESDAY WEDNESDAY JULY 2019 THURSDAY FRIDAY

1. AMERICAN CHOP SUEY
 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

2. CAJUN CHICKEN
 9:00 THE CLUB PROGRAM
 9:30 MAT YOGA
 10:00 PLAY BOCCE
 10:00 N-W VNA HEALTH CLINIC
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE

3. LOW SALT HOT DOG
 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
 2:00 FIT TO KNIT
 3:00 LINE DANCING
 COA CLOSES AT 4PM

4. JULY FOURTH HOLIDAY
 COA CLOSED



5. COA CLOSED



CLOSED SATURDAY

8. BROC & CHEESE OMELET
 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
 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

9. CHIX BRUSCHETTA
 9:00 THE CLUB PROGRAM
 9:30 MAT YOGA
 9:30 ESTHETICIAN
 10:00 PLAY BOCCE
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE
 1:30 VIDEO CLASS BEGINS

10. SOUP & SANDWICH
 9:00 SALON SERVICES
 9:00 SHAWS
 9:30 MEDICAL NUTRITION THERAPY
 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

4-7 SUMMER COOKOUT MUSIC BY "SPUR TRIO" \$6/PP

11. ROAST TURKEY
 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
 1:00 POKER CLUB
 2:00 TECHNOLOGY CLASS

12. SAUSAGE W/PEPPERS & ONIONS
 9:00 ROCHE BROS
 9:00 SELECTMAN'S HOUR
 9:00 SALON SERVICES
 9:00 CHAIR YOGA
 10:00 KINGSBURY CLUB 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

15. SHEPARD'S PIE
 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
 12:15 XMASS TREE/TRADER JOES
 12:30 CORE BALANCE CLASS
 1:00 MAH JONGG 1:30-3 RMV NEAR ME

16. LASAGNA ROLL UPS
 7:00 NANTUCKET DAY TRIP
 9:00 THE CLUB PROGRAM
 9:00 VETERANS SERVICE HOUR
 9:30 MAT YOGA
 10:00 PLAY BOCCE
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE
 1:30 VIDEO CLASS

17. 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
 1:00 MAH JONGG
 2:00 FIT TO KNIT AND COA MOVIE
 3:00 LINE DANCING

6:30 ARM CHAIR TRAVEL TO ALASKA

18. PULLED PORK
 8:45 STRENGTH/STRETCH/BALANCE
 9:00 WOODCARVING
 10:00 COFFEE AND CONVERSATION
 10:00 ZUMBA
 10:00 FIX IT SHOP
 11:00 ROMEO OUTING
 11:30 LUNCH
 11:30 CANASTA
 1:00 POKER CLUB
 12:30 AFTERNOON OF MUSIC

19. SEAFOOD CASSAROLE
 9:00 ROCHE BROS
 9:00 SALON SERVICES
 9:00 CHAIR YOGA
 10:00 KINGSBURY CLUB 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

22. GLAZED CHICKEN
 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 3-13 CARD GAME
 12:15 DOLLAR STORE AND JOB LOT
 12:30 CORE BALANCE
 1:00 MAH JONGG
 1:30-3 RMV NEAR ME

23. CHEESEBURGER
 9:00 THE CLUB PROGRAM
 9:30 MAT YOGA
 10:00 CHARLES RIVER CRUISE
 10:00 PLAY BOCCE
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE
 1:30 VIDEO CLASS

24. TRIAD COOKOUT
 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 SHERIFF'S LUNCH
 11:30 SCAT
 12:30 WHIST
 1:00 MAH JONGG
 2:00 FIT TO KNIT
 3:00 LINE DANCING

ENJOY A COOKOUT SPONSORED BY THE SHERIFFS DEPARTMENT

25. GREEK MEATBALLS
 8:45 STRENGTH/STRETCH/BALANCE
 9:00 THE CLUB PROGRAM
 9:00 WOODCARVING
 9:30 CAREGIVER'S SUPPORT GROUP
 10:00 ZUMBA
 10:00 ENJOY AN AFTERNOON AT LAKE PEARL
 10:00 FIX IT SHOP
 11:30 LUNCH
 11:30 CANASTA
 12:15 CLUB ACTIVITY IN LARGE HALL
 1:00 POKER CLUB

26. HUNGARIAN TURKEY
 9:00 ROCHE BROS
 9:00 SALON SERVICES
 9:00 CHAIR YOGA
 10:00 KINGSBURY CLUB 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

29. BROCCOLI BAKE
 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
 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

30. CURRY CHICKEN
 9:00 THE CLUB PROGRAM
 9:30 MAT YOGA
 10:00 PLAY BOCCE
 10:40 CHAIR YOGA
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE
 1:30 VIDEO CLASS

31. 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

4-7 SUMMER COOKOUT
 DJ BOB V.
 QUEEN TRIBUTE

SIGN UP FOR OUR JULY COOKOUTS SCHEDULED FOR WEDNESDAY, JULY 10 AND WEDNESDAY, JULY 31 4-7 P.M.

JULIET OUTING FRIDAY, JULY 26 SHOP AT FRUGAL FANNIES FOLLOWED BY A RELAXING LUNCH! BUS LEAVES AT 10:00

Public Safety Information Cookout
 On Wednesday, July 24 at 11:30 a.m., Sheriff McDermott will discuss the Norfolk County Sheriff's Office public safety programs that are particularly beneficial to the senior citizens of Medfield. Norfolk County Sheriff's Office will supply and staff members will cook and serve Hot Dogs, Hamburgers and cold drinks to Medfield Senior Citizens. Be sure to sign up for this event!

Coffee and Conversation
 If you are new to Medfield or to the Center, please stop in for one of our Coffee and Conversation meetings. It is a great way to get to know people and learn about the Center and what is offered. If you have an idea for programming, a trip suggestion or activity, bring it along and share with the COA staff. Join us on Monday July 8, Thursday, July 18 or Monday July 22, always at 10:00 a.m.

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