

**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

**Director:**  
 Roberta Lynch 359-3665 X202  
 FAX 508-359-4810  
 rlynch@medfield.net  
**Outreach Worker:**  
 Lisa Donovan  
 508-359-3665 X201  
 ldonovan@medfield.net  
**Volunteer Coordinator:**  
 Susan Bernstein  
 508-359-3665 X203  
 sbernstein@medfield.net  
**Transportation:** X200  
 Peter Burke  
 pburke@medfield.net  
**The Club Staff:**  
 Kathy Powers, Coordinator  
 kpowers@medfield.net  
 Trish Pembroke, Activities  
**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**

**JULY 2020**



Picture by Mike Lennon September 2009  
 Garden by Jill Vollmuth

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.

**Director’s Note:** One question, where did March, April, May and June go? One would think with the social distancing, not able to participate at the Center, restricted shopping, no school, no activities, everyday somewhat the same; how did four months go by so fast? It boggles my mind where this time went. So now, in July, we need to make the most of our time. We need to return safely to the Center when we can. We may have limited hours and activities, along with limiting the number of people. We will definitely let everyone know when these doors will open! In some ways I think that this will be good, because it will encourage people to sit on our patio and enjoy the beauty that is back there. Keep in mind we have the Horseshoe pit, the Bocce Court, Croquet and Pickle Ball equipment, all social distancing activities and good for 2 people at a time. Let’s enjoy what we have as soon as we can!

**The Center’s Re-Opening Plan**

There’s a lot to consider with re-opening. We know it is going to be different. But even with restrictions or limits, we will be able to address the social isolation that has occurred since March 20th. In general, as we age we are more likely to experience social isolation; adult children move away, health issues can impact abilities and we may experience loss. If these situations occur, they may lead to changes in social activities. However, the pandemic hit all of us fast and furious, taking all our social activities away and leaving many with boredom, apathy, loss of appetite, etc. Re-opening the Center to small outside gatherings will begin this month. Each day, weather permitting, we will welcome small groups (no more than 6 in a group) for outdoor meetings/conversations.

- Requirements: Sign ups for a group is required. All participants must answer a screening questionnaire.
- Scan cards are required so we can track attendance. Be sure to bring yours!
- The time limit will be for no more than 1 hour.
- Access inside the building will be for emergencies only.
- Masks must be worn until you get settled in your seat .
- Hand sanitizer will be available for use.
- Seats will be sanitized when group disbands.
- Participants can bring their own drinks/snacks/lunch.

**COUNCIL ON AGING BOARD**

Bob Heald—Chairman, Perry Constas, Richard Ryder  
 Katie Robinson and Heidi Groff

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

JOIN FOSI FOR A  
 (WEATHER PERMITTING)  
 OUTSIDE MEETING  
 ON THURS., JULY 2  
 AT 12 NOON

**The Center Library**  
 Would you like to borrow a library book from the Center Library? Our Librarian, Millie Downing will contact you to find out what type of reading and authors you would enjoy. She will select books based on your interests and deliver them to your homes. If this would be helpful, please call the Center at 508-359-3665 to be put on the list.

*A Special Thank You to the Following People for Their Donation to FOSI*

- Gayle Reese, Eileen St. Pierre, Virginia and Francis Cusack,  
 Dick and Rose Thibault in memory of Evelyn Thibeau Brown,
- Ruth Beswick in memory of Gloria and Frank McEnroy
- Elaine Timm in memory of Ellen Kinnen,
- Cathy Laakso in memory of Rose Marie Farrell and  
 American Legion Post 110 in memory of Ellen Kinnen

FRIENDS OF SENIORS, Inc. (FOSI) 2020 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.

<p><b>Thomas Upham House</b></p> <p>519 Main Street, Medfield, MA          508-359-6050          Medfield, Westwood and Dover’s          Top Choices for Skilled Nursing          &amp; Rehabilitative Services          Quality Care in a Home-Like Setting</p>	<p><b>Roberts Mitchell Caruso</b></p> <p>FUNERAL HOME          508-359-2000          www.robertsmitchellcaruso.com</p>	<p><b>Home Instead</b></p> <p>SENIOR CARE          to us, it's personal<sup>sm</sup>          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><b>RANDY’S</b></p> <p>Automotive Service, Inc.          26 Spring Street          Medfield MA 02052  <b>508-359-4409</b>          Inspections, Auto repairs,          Complimentary shuttle          service.</p>
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### Benefits of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including all of us. 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.

- Take a walk every day, not a stroll, but a stand- tall walk!
- Watch local cable stations, Comcast 8 or Verizon 47 at 10 am for COA exercise classes.
- View The Center at Medfield Face Book page and look for Tracy Buckley's weekly Yoga Video.
- When you are watching TV this month: With a chair behind you, do a squat as you come up, do your bicep curl. Do 5, rest and 5 more! Repeat 3 times every day!

*“Reading is to the mind what exercise is to the body”* Joseph Addison

### AVAILABLE RESOURCES

**Nursing Services** - Available through our Public Health Nurse, Alyssa Kaiser. Call the Center for information.

Health Insurance Counseling - **S.H.I.N.E.** phone appointments are available by calling the Center.

**Elder Resource Center** - Attorney Mary Roque is available for phone consultations. Arrangements are made by calling the COA.

**Selectman Office Hours** - Osler Peterson holds office hours at the Center, please call the Center to receive a call back from Selectman Peterson.

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

**RMV Near Me** - The COA is offering RMV on-line services by phone. Information on the Real I.D. can be mailed out if requested.

**Veteran Service – Office Hours** - Please call the Center for a telephone appointment if you would like to talk with the Veteran's Service Officer, Jon Cogan.

Services may require an appointment.  
Please call the Center at  
508-359-3665

### For All You CARD PLAYERS Try This Word Search!

W T E M T Q E W Y Q N O K A  
S M K K U C A T I U S I G Y  
H S T R A T E G Y E L A W T  
U T P L C T E L R E I O S L  
F H P H S C E U L N M P W A  
F R E D N U T L S O W A G N  
L O R A R P N T F F C W G E  
E W H T A E N O C S S A P P  
G C S C N I V O B P D D P D  
Y A L P O E U O T A E R E D  
F E T P P N V R L D E A A E  
V A S H T A I E U E L E L C  
Y M D U E C C C C S L U H W  
V U I D K R T K K X R J T G

- |            |                     |              |
|------------|---------------------|--------------|
| 1. ADD     | 15. LEAD            | 28. STRATEGY |
| 2. AGAINST | 16. LOW             | 29. SUIT     |
| 3. BONUS   | 17. LUCK            | 30. TAKE     |
| 4. CAPTURE | 18. OVER            | 31. THROW    |
| 5. CARDS   | 19. PACK            | 32. TRICK    |
| 6. CHANCE  | 20. PASS            | 33. UNDER    |
| 7. COLLECT | 21. PENALTY         | 34. USE      |
| 8. COUNT   | 22. PLACE           | 35. WATCH    |
| 9. DEALS   | 23. PLAY            | 36. WIN      |
| 10. DEDUCT | 24. POINTS          |              |
| 11. EVEN   | 25. QUEEN OF SPADES |              |
| 12. FAST   | 26. RULE            |              |
| 13. GAME   | 27. SHUFFLE         |              |
| 14. GATHER |                     |              |

### Undeniably, Spring 2020 Has Tried the Patience of Investors.

An 11-year bull market ended. Key economic indicators went haywire. Household confidence was shaken. The Standard & Poor's 500, the benchmark for the broad stock market, settled at 2,237.40 on March 23, down 33.9% from a record close on February 19.<sup>1</sup>

On April 17, the S&P 500 closed at 2,874.56. In less than a month, the index rallied 28.5% from its March 23 settlement.<sup>1</sup> And while past performance does not guarantee future results, there is a lesson in numbers like these.

In the stock market, confidence can quickly erode - but it can also quickly emerge. That is a market lesson that should not be forgotten.

There have been many times when economic and business conditions looked bleak for investors. The Dow Jones Industrial Average dropped 30% or more in 1929, 1938, 1974, 2002, and 2009. Some of the subsequent recoveries were swift; others, less so. But after each of these downturns, the index manages to recover.<sup>2</sup>

The stock market is inherently dynamic. In tough times, it can be important to step back from the “weather” of the moment and realize that despite the short-term volatility, stocks may continue to play a role in your long-term investment portfolio.

The key is to know your timeframe - in retirement, that means knowing how much of your investment portfolio you will need for every timeframe. After all, you don't plan to spend all of your money in the first year - right ?

One idea is to segment your assets into 5 year income “buckets”, this can help investors stay on track. Think about it - if you know you have money you need for the next 5 or even 10 years and you invest those assets in safer investments, it will help you endure times like these. Without a plan or knowing the timing of your needs, you may end up making an emotional decision to sell.

Also - in case you missed it - the CARES Act passed by congress recently allows individuals to skip the RMD (Required Minimum Distribution), that is due from their IRA or other qualified plan for 2020.

If you would like to connect with Jon to chat about any retirement topics - he can be reached at [jon@jonbicknell.com](mailto:jon@jonbicknell.com) or 781-262-3030 or via his website [www.jonbicknell.com](http://www.jonbicknell.com).

Securities and advisory services are offered through Cetera Advisors LLC, member FINRA/SIPC, a broker-dealer and Registered Investment Adviser.

1. The Wall Street Journal, April 17, 2020, June 5, 2020

2. USA Today.com, March 21, 2020

### CONGRATULATIONS MEDFIELD HIGH SCHOOL SENIORS CLASS OF 2020

Friends of Medfield Seniors (FOSI) had a strong presence Ice House Road and West Mill Street!  
The corner was full of FOSI and COA support!



Services Available at The Center in June

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 information

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. Phone call appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health, masks must be worn when out in public, social distancing is recommended and frequent hand washing is a must!

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.

SHINE

Our SHINE volunteer is available for telephone appointments by calling the Center for assist with figuring out the health-insurance maze.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.

The Club's Virtual Companionship Program

Are you a caregiver at home needing a break? Our Club Program has gone virtual! Have your loved one join Kathy and Tricia on Tuesday and Thursday from 10am-12noon. We will be offering a virtual respite program for your loved one. Kathy and Tricia incorporate exercise, music, gardening, dog therapy and many of the same programs previously offered. If you are interested in more information call the Center at 508-359-3665 and Kathy will be able to review the program with you.

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.

Low Vision Information

As we age, things change including our vision. Resources are available. Call Lisa Donovan for information.

Caregiver Zoom Support Group

Share your experience, advice and support on **Wed. 7/15 at 10 am.** Call the Center for your zoom invite.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Susan Bernstein and set up a phone call appointment to discuss the options at the Center.

Large-Print Newsletter

Pick up a large-print copy of the newsletter at the Center, by request.

Kingsbury Club

Closed until further notice.

Low Hearing Support

Hearing loss happens as we age. Contact Susan Bernstein for information on ways to manage your hearing loss. Learn strategies to maintain your quality of life and relationships.

Tilden Together



Join Lisa on the Tilden Village patio on July 1st & 22nd at 12 noon for: *Conversation Information on Healthy Aging Updates on the Center* All Welcome

Weather Permitting

**TRANSPORTATION**

The Center is providing transportation for shopping and local medical appointments Our transportation will require that every one will answer screening questions, wears a mask, hands are sanitized before boarding the bus and depending on the bus size, the number of riders will be limited. Seating behind the driver is not allowed. Seats, handrails and seatbelts will be sanitized after each use. To schedule a ride please call the center and leave message on option 1. Our grocery shopping days will be Mon. (Shaws), Wed. (Market Basket) & Fri. (Roche Bros.). Other important errands on Tues. and Thurs.

**Are You or Someone You Know Turning 65 Soon? SHINE Counseling is Available**

For those of you who are approaching the age of 65, you are faced with a number of life decisions. One of these is the challenge to understand Medicare as a health care choice. Even though we are closed for in person appointments with our SHINE counselor, you can still have telephone appointments that will take the stress out of turning 65! Email Roberta at [rlynch@medfield.net](mailto:rlynch@medfield.net) with your name, birthday, phone and any particular issues. I then forward that to our SHINE counselor and he will be in touch with you! It is that easy. The feedback I have received over the past 3+ months is the telephone help is wonderful!

RESOURCE ROUND-UP!



Below I have listed some of the most sought out services or resources. Although the Center is closed I am available to assist you with accessing any of the resources listed below. Please do not hesitate to reach out. I am available via email [ldonovan@medfield.net](mailto:ldonovan@medfield.net) or for phone consultations as well as Zoom meetings.

Food Insecurity Assistance

A Place to Turn - Framingham <https://www.aplacetoturn-natick.org/>

Medfield Food Cupboard Email [info@medfieldfoodcupboard.com](mailto:info@medfieldfoodcupboard.com)

Voice Mail:(508) 359-4958 website <https://www.medfieldfoodcupboard.com/>

Fresh Produce and Blue Moon items available every Tuesday from 10:30 a.m. -12:30 p.m. at Medfield High School

To apply for SNAP (Supplemental Nutrition Assistance Program) Call Project Bread's Food Source

Hotline at 1-800-645-8333 (M-F from 8am-7pm & Saturday from 10am-2pm.)

HESSCO Elder Services 1-781-784-4944 website <https://hessco.org/services/>

SMOC - <https://www.smoc.org/> Framingham - rental and utility assistance

Housing <https://publichousingapplication.ocd.state.ma.us/>

Manages any Crisis Situation

Riverside Emergency Crisis Team - 800-529-5077

Samaritans - 877-870-4673 (text or call 24/7) - suicide hotline

Call 2Talk - 508-532-2255 or Text C2T to 741741

911 local emergency services fire, police and Emergency Medical Technician (EMT)

Domestic Violence - Jane Doe [https://janedoe.org/find\\_help/](https://janedoe.org/find_help/)

The HESSCO Protective Services report abuse and neglect for older adults. Please direct any new reports of abuse or neglect to the Massachusetts Central Intake Unit at (800) 922-2275.

More information is available here: <https://www.mass.gov/how-to/report-elder-abuse>.

**Video Classes Available for Viewing in Your HOME!**

We have many Great Courses available to loan you during your time at home. Learn something new from history to art and many topics in-between.

Here are a few of the possibilities: The History of Ancient Egypt, Churchill, Great Masters: Beethoven, The Metropolitan Museum of Art, The American Civil War, The Everyday Gourmet: Making Healthy Food Taste Great, Medical School for Everyone: Grand Rounds Class and so much more.

**Call us to borrow a course on a first come, first served basis.**

Check out our Face Book page—The Center at Medfield

**Conference Call BINGO**

**Wed. & Sat. at 11:30 a.m.**

**1-978-990-5000**

**access code 859729#**

**Cards still available!**

**Speech-Language & Hearing**

*Associates of Greater Boston*

*Specialists in Speech, Language, Learning & Audiology*

Licensed & Certified Audiologists and Speech-Language Pathologists



- Complete Audiological Evaluations
- Hearing Aid Evaluations & Fittings
- Speech and Language Evaluation & Therapy for All Ages

Medfield 5 N. Meadows Rd. 508-359-4532  
Plainville 30 Man-Mar Dr. 508-695-6848

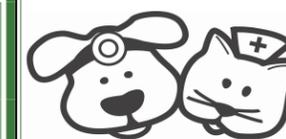
**Riverbend of South Natick**

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street  
South Natick MA  
508-653-8330



"Quality care  
in a homelike setting"



**MEDFIELD**  
veterinary clinic

51 Peter Kristof Way, Medfield, MA, 02052  
(508) 359-1920 [www.medfieldvet.com](http://www.medfieldvet.com)

Medfield  
Orthopedic  
& Sports  
Therapy



**Pat Maloney**  
Independent  
Elder Advocate

Medfield Professional Building  
5 North Meadows Road  
Medfield, MA 02052

**508-359-9119**

Phone: 508-341-8684  
[psmaloney@verizon.net](mailto:psmaloney@verizon.net)

Help is a phone call away!

**JULY SCHEDULE**



**BERKSHIRE HATHAWAY**  
HomeServices  
Commonwealth Real Estate  
Mary G. Cusano, Realtor  
266 Main Street  
Medfield MA 02052  
508-561-5411  
Mary.Cusano@CommonMoves.com  
www.homesbymarjg.com



**The CENTER Hair Salon**  
with Ginny  
Call the Center if you need a hair appt.

**ROCKLAND TRUST** Where Each Relationship Matters  
Cheryl O'Donnell  
Branch Manager  
76 North Street  
Medfield MA 02052 508-359-7366

**THURS., JULY 2**  
Stop by the Center from 10 am - 2 pm for our sidewalk JigSaw Puzzle Give-a-Way!!  
Grab your puzzle for the weekend!



**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

**Mondays-** Call for **SHAW'S** Shopping Bus leave ~9:15 a.m.  
All day—check out Museum Mondays on Facebook  
10 a.m.- Cable (Comcast 8/Verizon 47) exercise class w/ Kim or Tracy  
Schedule a "Group of Six" at the Center  
2 p.m. Take a walk or try yoga on our Face Book page

**Tuesdays—** Call for **local errands** Bus leave ~ 9:15 a.m.  
All day- Ted talks Tuesday on Facebook  
10 a.m.- Cable (Comcast 8/Verizon 47) exercise class w/ Kim or Tracy  
10:30–12:30 Distribution of **bread and produce** at the High School  
Schedule a "Group of Six" at the Center  
2 p.m. Take a walk or try yoga on our Face Book page  
Beginning July 14 at 2:30 p.m. My Life, My Health Phone session

**Wednesdays-** Call for **MARKET BASKET** shopping Bus leaves ~9:15  
10 a.m.- Cable (Comcast 8/Verizon 47) exercise class w/ Kim or Tracy  
10 a.m. Wed. July 15 Caregiver Support Group by Zoom  
11:30 a.m.— Conference Call Bingo 1-978-990-5000 Code: 859729#  
Schedule a "Group of Six" at the Center  
2 p.m. Take a walk or try yoga on our Face Book page

**Thursdays—** Call for **local errands** Bus leave ~ 9:15 a.m.  
10 a.m.- Cable (Comcast 8/Verizon 47) exercise class w/ Kim or Tracy  
All day- Theatre Thursdays on Facebook  
Schedule a "Group of Six" at the Center  
2 p.m. Take a walk or try yoga on our Face Book page  
Beginning July 16 at 1 p.m. My Life, My Health Zoom session

**Fridays -** Call for **ROCHE BROS** shopping Bus leaves ~9:15 a.m.  
10 a.m.- Cable (Comcast 8/Verizon 47) exercise class w/ Kim or Tracy  
Schedule a "Group of Six" at the Center  
\*Ladies remember how you would sit and chat on Fridays?  
Bring your own drinks/snacks or lunch when you visit the Center.

**Saturdays—** Encourage a friend to play Conference Call Bingo at 11:30 a.m.!!! **NO BINGO ON SATURDAY, JULY 4th**  
Schedule a "Group of Six" and enjoy our patio at the Center!  
2 Player Bocce, Horseshoes or Croquet available!

**Brian R. Thomas, D.D.S.**  
**Richard K. Thomas, D.D.S.**  
**Thomas family dental**  
Five North Meadows Road  
508-359-6660  
Senior Discounts Available

**BrightStar Care**  
HOME CARE | MEDICAL STAFFING  
A Higher Standard  
**Brian Silven**  
PRESIDENT & OWNER  
BrightStar Care® of Norwood  
One Walpole Street, Suite 5  
Norwood, MA 02062  
P 781-269-7997 F 781-349-5414 M 508-846-2455  
brian.silven@brightstarcare.com  
www.brightstarcare.com/norwood

**It's Not To Late To Sign Up For This Program...**  
**MY LIFE, MY HEALTH -CHRONIC DISEASE SELF-MANAGEMENT**

Are you living with a physical or mental health condition such as diabetes, heart disease, asthma, COPD, cancer, arthritis, depression, anxiety, chronic pain, or other ongoing health condition?

Learn how to manage your health and improve your well-being. This FREE six-week workshop helps you devise a personalized approach to managing chronic illness symptoms on a daily basis. Topics include:  
•Exercise and nutrition, •Managing pain, fatigue, difficult emotions, and depression, •Medications and making treatment decisions, and more!

You will learn skills to help you have increased energy and physical activity, decreased pain, fatigue, depression and fewer social limitations.

Participate from the comfort of your home, either by virtual on-line Zoom session, or by phone session. The program encompasses 6 weekly sessions and consistent attendance is required.

You may choose to register for either format:

The **virtual on-line-Zoom session** has 8-12 participants who will meet for a full class session of 2-2.5 hours each week. We will go over subjects in depth and you will have more time for group discussion and brainstorming.  
Starting July 16 through August 20, Thursdays from 1:00-3:30.

The **phone session** has 4-6 participants who will meet for an abbreviated class session of one hour each week. This format relies on your ability to do individual self-study. There will be a brief discussion of subject material and sharing of action plans to help keep you on track.  
Starting July 14 through August 18, Tuesdays from 2:30-3:30.

For more information and to sign-up today, please call The Center at Medfield at 508-359-3665 and leave a message with your name, phone number and email.

**The Metropolitan Museum of Art**  
The Metropolitan Museum (The Met) in New York City presents over 5000 years of art from around the world. It is the largest museum in the United States. In 2019 almost 6,500,000 people visited the three iconic locations; The Met Fifth Ave, The Met Breuer and The Met Cloisters all in NYC. Since our trips keep getting cancelled, you may enjoy this 50 minute virtual tour of this magnificent museum!  
Go to: <https://www.youtube.com/watch?v=PHrmoS1fLD0>  
and  
<https://www.metmuseum.org/art/art-at-home>



**Statue of Liberty**  
We have tried 2 years in a row to visit the Statue of Liberty. It's just not in the cards for Medfield COA. However, you can take 2 interesting virtual tours of this magnificent monument by simply visiting these links:  
<https://www.youtube.com/watch?v=Y3utCntXrPo>  
<https://www.youtube.com/watch?v=myeRAWrkn1M>



**MEDFIELD TV**  
COMMUNITY SHOWS.  
www.medfield.tv  
508-359-8888

**Lovell's Flower Shop**  
160 MAIN STREET  
MEDFIELD, MA 02052  
(508) 359-4191



**Gilmore, Rees & Carlson, P.C.**  
Tax and Estate Planning, Wills, Trusts, Guardianships, Probate  
*Bob Morrill, Managing Partner*  
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