

## 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

**HESSCO Meal site Manager**

**Arlene DiDonato**

508-359-3665 X 211

**HESSCO**

781-784-4944

### COUNCIL ON AGING BOARD

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

The CENTER at Medfield  
Council on Aging  
One Ice House Road  
Medfield, MA 02052

PRSR 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

## **MAY 2021**



Picture by Mike Lennon  
Garden by Jill Vollmuth 2009

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.

### **Celebrating “The Center”**



On January 6, 2008 we opened the doors to the Center. On January 7, 2018 we celebrated 10 years in the building and on March 20, 2020, we closed our doors due to the pandemic. On Wednesday, May 5 from 10:00–11:30 a.m. we will celebrate the reopening of the Center. Please join us for a cup of coffee, music and conversation. Bring along ideas for new programs and activities! Masks and distance remains a constant!

### **Guidelines as We Reopen**

1. All visitors will enter through the front doors and exit through the back patio doors.
2. All participants must sign the Town of Medfield-COA waiver.
3. Program pre-registration is required for all indoor programs. Medfield residents have priority as participation will be limited.
4. Any prolonged socializing will be outside. Please use our patio, under the tent or the picnic tables.
5. Using hand sanitizer before entering will be required.
6. Masks must be worn in the building until further notice.
7. Visitors must have their scan card so we can document their attendance.
8. Some furniture has been rearranged to accommodate social distancing.
9. Self serve beverages and snacks have been eliminated. You are encouraged to bring in your own.
10. The office area is not open to the public unless invited by a staff member.
11. Attendance and schedules have been modified for social distancing.
12. Whenever possible, programs will take place outdoors.
13. Transportation passengers and drivers are required to wear masks.

**FOSI MEETING  
ON WED., MAY 6  
AT 12 NOON  
ON THE PATIO**

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

The following people made donations in memory of Lou Fellini: Maggie Joseph, Tony and Gloria Filippelli, Roberta Lynch, James and Janice Cannon.

The following people made donations in memory of Brenda Levy: Frank and Pauline Medeiros, Robert Heald and Jim and Janice Cannon.

Anne Johnson in memory of Bill Johnson

Harry Evans and Lois Holman in memory of Dorothy Ruzzo

Frederick and Dorothy Schultz for Tax Aid

Brian O'Connor, Gino and Valerie Mariani, James and Linda Mckenzie



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) 2021 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.

This is not for the COA newsletter.

A separate yearly \$5 donation to the COA covers the newsletter mailing.



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## Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!

May 5 – Chicken Salad,  
May 12 – Turkey and Cheese,  
May 19 – Seafood Salad,  
May 26 – Ham and Cheese  
Call 508-359-3665 on Mondays to order!

### The Center's Coffee Cart

Our self-serve coffee station is closed but our Coffee Cart will be available Monday through Friday 9:30 - 12 noon. We will be happy to serve you your coffee or tea in a to-go cup!

### Bagel and Bread Bonanza

Every Wednesday between 12-1 p.m. visit the Center and pick up your favorite bread products from Blue Moon, Donut Express and Brother's Market. Masks and social distancing are required.

## AVAILABLE RESOURCES

**Nursing Services** - Roberta is available for blood pressure checks. Call for an appointment!

**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 and outside consultations. Arrangements are made by calling the COA.

**Selectman Office Hours** - Enjoy an outside meeting with Selectman Peterson on **Fri. May 7 between 9-10 am.**

**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 requirements for the Real I.D. can be mailed out, if requested.

**Veteran Service – Office Hours** - We welcome our new Veteran's Service Officer, Mark Bryson. Call the Center if you need assistance from Mark.

**Fuel Assistance** – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.

## About Our Exercise Classes

Our classes are a "pay as you go" option. This way if you miss a class, you are not paying for a class. Sometimes an unexpected situation occurs that will prevent you from attending. "Pay as you go" is a great feature when this happens! We offer a 6 class punch card if anyone is interested!

## Move It or Lose It!

We've all heard this expression and by now we know it is true. As we age, our bodies become stiffer. Our lives slow down and so do we. As a door hinge rusts and hardens when it is not used, our joints do the same.

Our joints become naturally stiff with age, stiff because of injuries and stiff because of poor diet. When we don't use them, however, they become even stiffer. Our muscles become weak and cannot support our joints. We move even less, and maybe even gain weight. The extra weight puts additional stress on our joints as well as all of our organs.

What can we do? Exercise and eat a healthy diet!

Exercise done regularly, with a healthy diet helps to keep our joints mobile and lubricated, our muscles strong and flexible, and our organs functioning properly. Healthy eating helps our body function more efficiently. When we are active and eating healthy, we feel better about ourselves, decrease our weight, have healthier joints, muscles and bones, and more energy. When we have more energy, we move more easily and want to move more.

The Center at Medfield offers a variety of fun exercise classes specifically beneficial to seniors or all ages and fitness levels. It is impossible to stop ourselves from aging. It is not impossible to keep ourselves healthier as we age. Please come exercise and feel better! It is never too late!

### EXERCISE PROGRAMS AT THE CENTER

#### Core Balance Class

Join the Jeanne Donnelly's Core Balance Class on Monday at 1:30 and Friday at 11:00 a.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.

#### Chair Yoga

Tracy Buckley's Chair Yoga class is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include. improved flexibility. better concentration and increased strength. Join us on Tuesday at 9:30 a.m. Class is \$5.

#### Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley's class on Thursday mornings at 9:30 a.m. Class is \$5.

#### ZUMBA Gold

Lourdes Fournier keeps you moving every Thursday at 10:30 a.m. with the Latin dance exercise, you know as Zumba! This workout will use every muscle and you will have fun doing it. Our instructor will keep your hips moving as you exercise to the upbeat, energizing music. Class is \$5.

#### Tai Chi

Join our Tai Chi class Friday mornings at 10:00 a.m. Instructor, Jeanne Donnelly will take you through the slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. Class is \$5.



## MOTHER'S DAY TEA

Afternoon tea was introduced in England by Anna, the seventh Duchess of Bedford, in the year 1840. The Duchess would become hungry around four o'clock in the afternoon. The evening meal in her household was served fashionably late at eight o'clock, thus leaving a long period of time between lunch and dinner. The Duchess asked that a tray of tea, bread and butter (some time earlier, the Earl of Sandwich had had the idea of putting a filling between two slices of bread) and cake be brought to her room during the late afternoon. This became a habit of hers and she began inviting friends to join her. Weather permitting, we will enjoy a lovely tea on the back patio on Wednesday, May 12 at 2 p.m. White gloves and hats are optional! This event is limited to 25 ladies, so do not wait to R.S.V.P by May 7. Call the Center at 508-359-3665.



## Happy Retirement Susan!

Celebrate Susan Bernstein's retirement on Wednesday, May 26 at our first of many "Parking Lot" cookouts from 4:30-7:00 p.m. Susan started at The Center on October 14, 2009. For the past 11 years and 5 months, Susan has tackled everything I sent her way. She has been my go to person for proof reading, ideas, problems, scheduling, advice and the list could go on. Her ability to manage all 140 volunteers along with the Tax Work-Off Program, the Snow Shoveling Program, the Medical Ride Program, the Low Hearing Group and helping where ever she is needed, is absolutely amazing. Many of you may remember this, after our cookouts, she was always the one with the bucket of water to wipe down every table in the hall! Susan will be missed. Please call to sign up for the cookout, a \$3 dinner donation is suggested. For those who want to express good wishes to Susan, please stop by at any time during the evening. Dinner menu to be decided!

## Relax: Let Go of Anxiety and Stress

No one can deny that the past 14 months have been very stressful. The isolation, the loss, the inactivity after a period of time, this takes a toll on our bodies. As we begin to open up, many might still hold onto some of the anxiety or stress brought on by the pandemic. Tracy Buckley is offering a class to help people let go of that residual stress and anxiety that may or may not have been brought on by this past year. Beginning on Wednesday, May 12 from 10:00am to 10:45am, join Tracy Buckley as she helps you learn to let go of anxiety and stress. Tracy said, "We actually need some stress in our lives to grow, learn, and create. It's only unhealthy if we're stressed out too much, too often". This 4-week series will help us learn to manage our stress using different practices like breathing techniques, muscle relaxation, meditation, and more! Join us for an interactive workshop that will provide you with simple and effective tools to manage stress and relax (again). Cost of this 4 week program is \$25 and pre-registration is required by calling the Center at 508-359-3665.

## Norfolk County RSVP Volunteer Program

Norfolk County RSVP is looking for volunteers for this new program tutoring English to adult immigrants in our county. With just a rudimentary understanding of Zoom you can become part of a great network, tutoring English to adults over the computer. Join the Stoughton Library Literacy Volunteers Program on Monday, May 17<sup>th</sup> @ 6-7:30PM for an online orientation. Receive six 2-hour group trainings before you are matched with an adult learner. No travel necessary and no prior experience needed. For more information, please call Robert Pierson at Norfolk County RSVP @ 781-234-3445.

## 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.

### Grab N Go Wednesday Lunch

Order you lunch on Friday and pick up between 11:30-12 noon the following Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.

**FOX TOURS  
PRESENTS  
New Hampshire  
Turkey Train**  
Tuesday, October 12, 2021

Enjoy a delightful day tour traveling through scenic New Hampshire during the peak of the foliage season. Enjoy a Hart's Turkey Farm Roast Turkey lunch with all the fixings on the scenic railroad car. The bus leaves at 9:00 a.m. and will return approximately 5:30 p.m. Cost is \$99/person.

## Services Available at The Center

### S.H.I.N.E.

Our SHINE volunteer is available for telephone appointments by calling the Center for assistance with figuring out the health-insurance maze. Telephone appointments can be made on the 1st and 3rd Thursday of the month by calling the Center.

### RMV NEAR ME

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

### 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. Please return when no longer needed.

### Low -Vision Information

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

### Caregiver Support

If you have questions about care giving, call the Center and we can help you navigate those challenges that you may be facing.

### Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call the

Center to discuss the volunteer options.

### Large-Print Newsletter

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

### Kingsbury Club

Senior Swim suspended until further notice.

### Low Hearing Support

Hearing loss happens as we age. Contact Susan Bernstein for information on ways to manage your hearing loss.

### Medfield Food Cupboard

The Medfield Food Cupboard is open twice per month on Thursday evenings for curbside pick-up and by appointment for urgent needs. They offer shelf-stable items including pasta, peanut butter, beans, rice and canned soup. They also offer fresh foods including meat, eggs, and produce. Individuals can pre-select their preferences.

Any Medfield resident that finds them self in need of food may contact the Food Cupboard at 508-359-4958 or email: [info@MedfieldFoodCupboard.com](mailto:info@MedfieldFoodCupboard.com) Please note all inquiries are confidential.

### Bread Distribution

Every Wednesday from 12-1 p.m. we offer bread products from Brothers, Blue Moon and Donut Express. All welcome



## Get Moving Towards Better Health!

With the nice weather finally here and the frigid cold weather behind us, getting outside can be very beneficial to all of us. Get outside you ask, and do what?! A Great question!

Here is the answer. Join a walking club at the Center. Spring is a great time to *spring* into healthy habits! One half hour every day can increase cardiovascular fitness, strengthen bones, reduce body fat, boost muscle power, increase endurance and equally important improve one's mental health! If those fun facts alone don't make you want to jump into some walking shoes, then consider this; unlike other forms of exercise, walking is free and doesn't require any special equipment or training! If this idea sounds interesting to you, please contact the Center. As soon as we establish participation we can choose a day and time that is convenient for all. Let's walk and talk together.

## 2021 Tax Work Off Program

The COA will be offering a half year program. It will follow the same rules except that you will be required to complete 37 hours of service between June 1 through October 15 for a \$500.00 reduction in your real estate tax obligation and the program will be limited to 30 participants (due to Covid). Applications will be available beginning May 3 and are due back by May 18 A lottery will be held on May 19 selecting the 30 participants. Individuals will work with Susan Bernstein for assignments in the various Town Departments. For questions or more information about the program, please call Susan at 508-359-3665. Applications can be emailed (call the Center) or can be picked up beginning May 3.

## Help is available for Caregivers

### ~The Club is Reopening its Doors~

The Center at Medfield is pleased to announce that it will once again be able to offer respite to caregivers! Beginning Tuesday, May 18<sup>th</sup> The Adult Respite Care Program, often referred to as The Club, will be reopening its doors. The Club is a supervised and structured day program offering adults socialization through a variety of activities. The Club is available to families who are caring for loved ones and looking for dependable support. It will meet at The Center on Tuesday and Thursday from 11:30am to 3pm. The cost of the program is \$40 for Medfield residents, \$55 for those living outside of Medfield. We will be following CDC guidelines regarding indoor programming. Space is limited and in order to participate in the program, participants must be vaccinated. For more information, contact Kathy Powers at [kpowers@medfield.net](mailto:kpowers@medfield.net) or call The Center at 508-359-3665.

## Metrowest Legal Services

Metrowest Legal Services provides certain free services including advocacy to elders and lower income non-elders. Elder law issues include housing, durable power of attorney, guardianship, conservatorship benefits, nursing home issues, domestic relations, bankruptcies and more. Call 800-696-1501 and leave a message. If you have an urgent situation, leave a message and the need for an urgent response in your voice-mail message.

## Money Management Program

Offered through Bay Path, this free program assists low-income people 60 and over as well as people with disabilities who have difficulty paying bills on time or managing money and who have no family or friends to help them. Certain income and asset guidelines may apply. If you think you would benefit from this program, or have questions call BayPath at 508-573-7241

## SHINE (Serving Health Insurance Needs of Everyone)

Our SHINE counselor is trained and certified to provide information, counseling and assistance regarding health insurance and benefits to seniors. To schedule a phone appointment with our SHINE counselor, call the Center at 508-359-3665 and we will confirm a telephone appointment for you.

## Home Loan Modification Program

This program provides loans to make modifications to primary, permanent residences of elders, adults with disabilities and families with children with disabilities. Various loans are available based on income. For more information, contact the South Middlesex Opportunity Council at 508-202-5919, or [www.mass.gov](http://www.mass.gov) and search Home Modification Loan Program.

## Circuit Breaker Information

Massachusetts homeowners and renters age 65 and older may qualify for up to \$4,380.00 in a cash refund or credit from the State department of Revenue for the past three years if your property taxes or 25% of your rent) exceeds 10% of your annual income and you meet other qualifying criteria. Call the Center for a detailed information sheet on the guidelines, call the Department of Revenue at 617-887-6367 or visit [www.mass.gov/dor/seniors](http://www.mass.gov/dor/seniors)

## National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline provides 24/7, free and confidential support via phone Resources can be found by calling 1-800-273-TALK (8255) or through the website <http://suicidepreventionlifeline.org>

# MAY 2021



**BERKSHIRE HATHAWAY**  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. BBQ PATTY 9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE 1:30 CORE BALANCE OUTSIDE	4. MEATLOAF 9:30 CHAIR YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO	5. MEXACALI CHICKEN 10:00 CABLE TV EXERCISE CLASS 10:00 REOPENING CELEBRATION 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 FIT TO KNIT 2:00 COA MONTHLY MEETING	6. ROASTED TURKEY 9:00 -1PM SHINE APPTS 9:30 MAT YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA OUTSIDE 12:00 FOSI MEETING	7. WHITE FISH 9:00 SELECTMAN OFFICE HOUR 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 TAI CHI OUTSIDE 11:00 CORE BALANCE OUTSIDE 11:30 BINGO
10. SHEPHERD'S PIE 9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE 1:30 CORE BALANCE OUTSIDE	11. CAJUN CHICKEN 9:30 CHAIR YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 11:30 BINGO	12. SPAGHETTI 10:00 CABLE TV EXERCISE CLASS 10:00 LET GO (STRESS & MORE) 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 MOTHER'S DAY TEA	13. VEAL ROULADE 9:30 MAT YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA OUTSIDE	14. HUNGARIAN TURKEY 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 TAI CHI OUTSIDE 11:00 CORE BALANCE OUTSIDE 11:30 BINGO
17. HOT DOG 9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE 1:30 CORE BALANCE outside 5:00 TOWN MEETING CALL FOR A RIDE!	18. BEEF & BROCCOLI 9:30 CHAIR YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:00 PAGE TURNERS MEETING 11:30-3 THE CLUB 11:30 BINGO	19. MAC 'N CHEESE 10:00 CABLE TV EXERCISE CLASS 10:00 LET GO (STRESS & MORE) 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 FIT TO KNIT	20. CHICKEN DIVAN 9:30 MAT YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA OUTSIDE 11:30-3 THE CLUB 12-4PM SHINE APPTS	21. AM. CHOP SUEY 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 TAI CHI OUTSIDE 11:00 CORE BALANCE OUTSIDE 11:30 BINGO
24. TURKEY STEW 9:00 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 CABLE TV EXERCISE 1:30 CORE BALANCE OUTSIDE	25. SWEDISH MEATBALLS 9:30 CHAIR YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 11:30-3 THE CLUB 11:30 BINGO	26. POT ROAST 10:00 CABLE TV EXERCISE CLASS 10:00 LET GO (STRESS & MORE) 11:00 VIRTUAL "CLUB" 11:30-12 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 FIT TO KNIT 4:30 1st COOKOUT (FOR SUSAN)	27. TURKEY SAUSAGE 9:30 MAT YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:30 ZUMBA OUTSIDE 11:30-3 THE CLUB	28. STUFFED CHICKEN 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 TAI CHI OUTSIDE 11:00 CORE BALANCE OUTSIDE 11:30 BINGO
31. Happy Memorial Day The Center is closed 	 <p>To our faithful BINGO players beginning Tuesday May 11, we will plan on holding BINGO at the Center. If weather is good we will play parking lot BINGO (I have wanted to try this for the past year). Transportation will be provided. Slowly we will transition into the building for our games. Keep in mind when we do start playing indoors, pre-registration is required as the number of people will be limited, the faithful players and Medfield residents get priority. We will continue to use the cards that you have been playing on for the time being! (The paper cards will blow away when we are playing outside!)</p>			<b>CORE BALANCE</b> <b>MONDAY AT 1:30 PM</b> <b>FRIDAY AT 11:00 AM</b> <b>TAI CHI</b> <b>FRIDAY AT 10:00 AM</b> <b>CALL FOR INFO!</b>
<p>Selectmen Peterson holds office hours each month. Join him at the Center for a conversation on Friday, May 7 between 9-10 a.m.</p>			<p>The Annual Town Meeting is Monday, May 17 at 5 p.m. Transportation is available!</p>	

**Brian R. Thomas, D.D.S.**  
**Richard K. Thomas, D.D.S.**  
  
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**MAT YOGA THURS.**  
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**Pat Maloney**  
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Elder Advocate

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[psmaloney@verizon.net](mailto:psmaloney@verizon.net)  
Help is a phone call

  
**Medfield Orthopedic & Sports Therapy**  
Medfield Professional Building  
5 North Meadows Road  
Medfield MA 02052  
508-359-9119

**Food for Thought**

1. Nothing is impossible, the word itself says I'm possible.  
Audrey Hepburn
2. The day is what you make it! So why not make it a great one?  
Steve Schulte

3. Don't let yesterday take up too much of today.  
Will Rogers

  
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