

THE CENTER AT Medfield

MAY HIGHLIGHTS

5/1 Community Electricity Program Presentation at 10:30 a.m.

5/3 Bailey; Comfort Dog at 11 A.M.

5/5 Medfield Environment Action presents Climate Week 2024.

COA parking lot 1-3pm.

5/6 - *Annual Town Meeting will be held on Monday, May 6 at 7 p.m. at the Medfield High School.*

5/8 at 9 a.m. Bereavement Group,
—10:45 a.m. Card Making with Bri
—12:30 p.m. Movie

5/10 Safety Tips with Medfield Fire Captain Bill DeKing at 10:30 a.m.

5/10 Mother's Day Tea at 11 a.m.

5/14 Veterans Coffee Hour at 9 a.m.

5/15 Mini Trip with Steven

5/15 Volunteer Appreciation Dinner

5/16 Free Music Event at 1:45 pm,

5/19 *Medfield Community Market*
Montrose School back lot. 9 -1 p.m.

5/20 Hearing Clinic by Appt. only

5/21 Special Event at 1:45 Abigail Brings the Trail of Freedom to You

5/22 Bereavement Group at 9 AM

5/23 Day Trip to NH

5/25 No Saturday Program

5/27 Closed for Memorial Day

5/28 Caregiver Support Group at 2

5/29 Crafts with Annette at 10:45

5/30 Concert at 1:45

5/30 Book Club AT 2 P.M.



WELCOME!

LETTER FROM THE DIRECTOR

Welcome to May! I hope this newsletter finds you well and that you're enjoying the new format.

I've been sending out reminder emails each Friday afternoon called "Looking at the week ahead". These updates are highlighting special events and any changes in programs/events for the following week. If you haven't been receiving these emails it's probably due to us not having an active email address on file for you. You can fix this by coming into the Center and asking for a yellow contact form to fill out. This is also a great time to update emergency contact information.

I'm happy to announce that we've hired a new transportation coordinator, Steven Harris. Steven comes to us with experience in transportation and driver-safety. Steven fits in nicely with the team and we are thrilled to have him onboard. You will enjoy his smiling face, and his helpful and friendly personality. During Steven's free time he enjoys watching baseball, TV, movies, being outside and going to the gym. Please be sure to introduce yourself when you see him.



Friendly Reminders: Please be sure to REGISTER for ALL events and programs besides Exercise programs as those are currently drop-in programs. Stay well!

Sarah Hanifan, Director

Sign ups for ALL May events begin on Wednesday, May 1 at 9:00 a.m.

CENTER HOURS

MONDAY—THURSDAY

9:00 a.m. — 4:00p.m.

WEDNESDAY

9:00 a.m. — 7:00 p.m.* varies

FRIDAY

9:00 a.m. — 1:00 p.m.

SATURDAY

9:00 A.M. — 3:00 P.M.

WEEKLY EXERCISE PROGRAMS

MONDAY FITNESS FUN

MONDAYS / 10:00 A.M. / COST: \$5.00

Lourdes Fournier starts your week off right with a 10:00 a.m. class every Monday that will wake you up and get your week headed in the right direction. Enjoy a combo-class of aerobics, strength-training and core-fitness.

MONDAY LINE DANCING

MONDAYS / 12:00 P.M. / COST: \$3.00

Line Dancing with Paul Hughes! It's good exercise and good for your brain.

MONDAY CORE BALANCE

MONDAYS / 1:30 P.M. / COST: \$5.00

Join Jeanne Donnelly's Core-Balance Class. 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.

TUESDAY CHAIR YOGA

TUESDAYS / 9:30 A.M. / COST: \$5.00

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.



TUESDAY MAT YOGA

TUESDAYS / 10:30 A.M. / COST: \$5.00

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing.

WEDNESDAY EXERCISE W/ JOELLYN

WEDNESDAYS / 9:00 A.M. / COST: FREE

Joellyn's exercise class is upbeat with music, but staying in a chair. This is a FREE class, come try it out.

WEDNESDAY MEDITATION CLASS

WEDNESDAYS / 10:00 A.M. / COST: FREE

Join Jim Suojanen each Wednesday at 10:00 a.m. for his popular Meditation Class. Take the time to find your inner peace and relax your mind.

THURSDAY WALKING GROUP

THURSDAYS / 10:00

A.M. / COST: FREE

Join the group for exercise, conversation and a few good laughs! They walk at all different paces.



THURSDAY ZUMBA GOLD

THURSDAYS / 10:00 A.M. / COST: \$5.00

Lourdes Fournier keeps you moving with the Latin dance exercise you know as Zumba! This workout will use every muscle, and you will have fun doing it. Lourdes will keep your hips moving as you exercise to upbeat, energizing music.

FRIDAY VIDEO CHAIR EXERCISE

FRIDAYS / 9:00 A.M. / COST: FREE

FREE exercise video class with Anne Pringle -Brunell using weights and aerobics.

FRIDAY TAI CHI

FRIDAYS / 10:00 A.M. / COST: \$5.00

Join our Tai Chi class with Jeanne Donnelly. Jeanne will take you through the slow, gentle-healing exercise that is ideal for seniors in reducing stress and stiffness, increasing and stabilizes weak muscles (core/abdominal muscles), and teaches the body new strategies for keeping itself upright.

SATURDAY ZUMBA

SATURDAYS / 9:00 A.M. / COST: \$5.00

Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold.

SATURDAY LINE DANCING

SATURDAYS / 10:30 A.M. / COST: \$3.00

Join Nancy Diduca on Saturdays at 10:30 a.m. If you enjoy Line Dancing, you will enjoy her class! She's a Center favorite! All welcome!

SENIOR SWIM AT KINGSBURY CLUB

MONDAYS, TUESDAYS AND FRIDAYS

10:00-11:00 A.M. / COST: \$5.00

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00-11:00 a.m. with Water Aerobics or lap-lane options. Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center. For info on Senior Swim, contact 508-359-7800.

QUILTING FUN

MONDAYS AT 9:30 A.M. / COST: FREE

Join us in our large craft room for a social quilting/ sewing morning. Quilting is a fantastic way to strengthen personal relationships, make new friends and engage your brain. A quilting project involves choosing patterns, fabrics, and colors you like. And because it's tactile and hands-on, it helps crafters maintain hand-eye coordination, finger strength, and dexterity. Additionally, crafting has been proven to reduce depression and chronic pain, as well as to protect the brain from age-related damage.

GREAT COURSES DVD LECTURES

MONDAYS AT 11:00 A.M. / COST: FREE

Join this group and never stop learning with enriching *courses* by the world's *greatest* professors and experts on history, science, religion, health, travel, and more. Stop in to see what this month's topic is. Be sure to register for seating purposes.

MAH JONGG

TUESDAYS AT 1:00 P.M. / COST: FREE

Mah Jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players. Skills: tactics, observation, memory and adaptive strategies; come learn how to play!

FIT TO KNIT—KNITTING GROUP

WEDNESDAYS AT 1 P.M.

Social knitting group. Drop-in program. We have needles and yarn to get you started.

WOODCARVING

THURSDAYS AT 9 A.M.

Social woodcarving group. Coffee provided! No instructor, group learns from one another. Drop-in and see what this great hobby is all about.

BOWLING

THURSDAYS AT 1 P.M.

The Center has a bowling league that gathers every Thursday at Ryan Family Amusement in Millis. Payment will be made at Ryan Family Amusement. \$13.50 includes shoes and bowling.

MONTHLY VETERANS COFFEE

TUESDAY, MAY 14 AT 9 A.M.

Come enjoy coffee and updates with Medfield's Veterans Service Officer, Ian Rogers. Coffee will be available.



JOIN US FOR BINGO—ALL WELCOME!

- **WEDNESDAYS AT 3:00 P.M.**
- **SATURDAYS AT 12:00 P.M.**

BRAIN GAMES

TUESDAYS AT 2:00 P.M. / COST: FREE

Join our Brain Exercise class each Tuesday at 2:00 p.m. with Lois. You will have a packet to take home and work on for a week, and the following week you will come back together to go over the answers! Learn about the various parts of the brain and how to exercise each lobe with activities. Can't make the date or time? Stop in to see Lois for a packet!

CARD GAMES AT THE CENTER

MONDAYS

3-13 AT 12:00 P.M.
POKENO AT 1:30 P.M.



WEDNESDAYS

SCAT AT 11:00 A.M.
WHIST AT 12:00 P.M.
CRIBBAGE AT 1:00 P.M.

TUESDAYS

DUPLICATE BRIDGE AT 12:00 P.M.

THURSDAYS

CANASTA AT 11:30 A.M.
POKER AT 12:30 P.M.

BOOK CLUB AT THE CENTER

THURSDAY, MAY 30 AT 2 P.M.

Join Moira for our Monthly Book Club. This month's book is *The Personal Librarian* by Marie Benedict. We have a few books available at the Center.



CRAFTERS CORNER

CARDS WITH BRI

Wednesday, May 8 at 10:45 A.M.

Join Bri as she teaches us how to create a pop-up greeting card. This is a free class. Sign up required!

CRAFTS WITH ANNETTE / COST: \$2.00

Wednesday, May 29 at 10:45 A.M.

Come craft with Annette! This month she will teach us how to make a planter out of a large can. Sign up required!



MONDAY	TUESDAY	WEDNESDAY
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p>COLOR KEY FOR CALENDAR</p> <ul style="list-style-type: none"> SHOPPING TRIPS EXERCISE SPECIAL EVENTS REGULAR PROGRAMS 	<p>1. BURBON CHICKEN</p> <p>9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 9:30 COA BOARD MEETING 10:00 MEDITATION / BREAD DIST. 10:30 MEDFIELD ELECTRICITY Q&A 11:00 SCAT / SINGING W/MAGGIE 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 3:00 BINGO</p> <p>Public Health Nurse Day</p>
<p>6. MAC & CHEESE</p> <p>9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN /KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE 7:00 ANNUAL TOWN MEETING **</p>	<p>7. MEXICAN CHICKEN</p> <p>9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES</p>	<p>8. BEEF STROGONOFF</p> <p>9:00 BEREAVEMENT GROUP 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10:45 CARDS WITH BRI 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 3:00 BINGO</p> <p>Public Health Nurse Day</p>
<p>13. AMERICAN CHOP SUEY</p> <p>9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/ KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p>14. CHEESE FLORENTINE OMELET</p> <p>9:00 VETERANS COFFEE HOUR 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 LEGAL CLINIC BY APPT ONLY</p>	<p>15. CHICKEN MARSALA</p> <p>9:00 EXERCISE WITH JOELLYN 9:30 BUS TRIP WITH STEVEN 9:30 MARKET BASKET 10:00 NO MEDITATION 10:00 BREAD DISTRIBUTION 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 5:00 VOLUNTEER APPRECIATION</p> <p>Public Health Nurse Day</p>
<p>20. GREEK MEATBALLS</p> <p>9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:30 HEARINIG CLINIC BY APPT 10:00 FITNESS FUN / KINGS. SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p>21. SHEPARD'S PIE</p> <p>9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:45 TRAIL OF FREEDOM SPEAKER 2:00 BRAIN GAMES</p>	<p>22. WHITE CHICKEN & BEAN CHILI</p> <p>9:00 EXERCISE WITH JOELLYN 9:00 BEREAVEMENT GROUP 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO</p> <p>Public Health Nurse Day</p>
<p>27. CLOSED FOR MEMORIAL DAY</p> 	<p>28. CHEESE BURGER</p> <p>9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 2:00 BRAIN GAMES 2:00 CAREGIVER SUPPORT GROUP</p>	<p>29. CHICKEN PICATTA NO MEDITATION</p> <p>9:00 BEREAVEMENT GROUP 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 BREAD DISTRIBUTION 10:45 CRAFTS WITH ANNETTE 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO</p> <p>Public Health Nurse Day</p>

THURSDAY

2. ROAST PORK

9:00 WOODCARVING
 9:00 SHINE APPOINTMENTS
 10:00 WALKING GROUP
 10:00 ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
 12:00 FOSI MEETING
 12:30 POKER
 1:00 BOWLING

9. CORDON BLUE

9:00 WOODCARVING
 10:00 WALKING GROUP
 10:00 ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
 12:30 POKER
 1:00 BOWLING

16. HOT DOG

9:00 WOODCARVING
 10:00 WALKING GROUP
 10:00 ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
 12:00 SHINE APPOINTMENTS
 12:30 POKER
 1:00 BOWLING
 1:45 PATRICK DURKIN

23. ROAST TURKEY

COVERED BRIDGES DAY TRIP

9:00 WOODCARVING
 10:00 WALKING GROUP
 10:00 ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
 12:30 POKER
 1:00 BOWLING

30. MEATLOAF

9:00 WOODCARVING
 10:00 WALKING GROUP
 10:00 ZUMBA
 11:30 CANASTA
 11:30-3 THE CLUB
 12:30 POKER
 1:00 BOWLING
 1:45 JOHNNY CASH TRIBUTE
 2:00 BOOK CLUB MEETING

FRIDAY

3. TUNA CASSEROLE

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE
 9:00 SELECTMAN'S HOUR
 10:00 KINGSBURY SWIM / TAI CHI
 10:00 COFFEE & CONVERSATION
 10:30 WATERCOLOR CLASS
 11:00 CORE BALANCE
 11:00 BAILEY THE COMFORT DOG
 1:00 CENTER CLOSES

10. PORK LO MEIN

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE
 10:00 KINGSBURY SWIM
 10:00 COFFEE & CONVERSATION
 10:00 TAI CHI
 10:30 WATERCOLOR CLASS
 10:30 SAFETY TIPS W/ CAPT. DEKING
 11:00 CORE BALANCE
 11:00 MOTHER'S DAY TEA
 1:00 CENTER CLOSES

17. "COTD" SALMON

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE
 10:00 KINGSBURY SWIM
 10:00 COFFEE & CONVERSATION
 10:00 TAI CHI
 11:00 CORE BALANCE
 1:00 CENTER CLOSES

24. BBQ PORK RIB SANDWICH

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE
 10:00 KINGSBURY SWIM
 10:00 COFFEE & CONVERSATION
 10:00 TAI CHI
 11:00 CORE BALANCE
 1:00 CENTER CLOSES

WE ARE CLOSED ON SATURDAY

31. PENNE PRIMAVERA

9:00 ROCHE BROTHERS SHOPPING
 9:00 VIDEO EXERCISE
 10:00 KINGSBURY SWIM
 10:00 COFFEE & CONVERSATION
 10:00 TAI CHI
 11:00 CORE BALANCE
 1:00 CENTER CLOSES

GRAB-N-GO LUNCH

WEDNESDAYS

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

May 1 - Chicken Salad
 May 8 - Turkey and Cheese
 May 15 - Seafood Salad
 May 22 - Ham and Cheese
 May 29 - Tuna Sandwich

Please call on Monday morning
 by 9 a.m. to order your
 Grab-N-Go meal for
 Wednesday and enjoy lunch in
 between your scheduled
 activities or with friends.
 \$3 per lunch. **508-359-3665**

BREAD DISTRIBUTION

Mondays after 9:30 a.m.
 Shaw's products

Wednesdays after 10:00 a.m.
 Shaw's, Donut
 Express, Brother's Market and
 Blue Moon.

Fridays after 11:00 a.m.
 Roche Bros-Milliss

Stop in to shop what is
 donated!

SATURDAYS

The Center is open most
 Saturdays. All programs are
 drop-in. The Center is closed,
Saturday, May 25.

Regular Saturday Schedule

9:00 a.m. - Zumba Class
 9:00 a.m. - Ping Pong
 10:30 a.m. - Line Dancing
 12:00 p.m. - **BINGO**

Mothers Day is
 Sunday, May 12

**** ANNUAL TOWN MEETING IS
 HELD AT THE MEDFIELD HIGH
 SCHOOL ON MAY 6 AT 7 P.M.**

OUTREACH & SUPPORT PROGRAMS

Outreach Programs

AVAILABLE RESOURCES

Health Insurance Counseling – S.H.I.N.E.

Appointments are available on the first and third Thursday of the month by calling the Center.

Select Board Member Office Hours - Meet with Select Board Member Peterson on the first Friday of each month from 9:00—10:00 a.m. for any community concerns/ideas you have.

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 online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.

Veteran Services - Call the Center to set up an appointment for Veteran-related services.

Fuel Assistance - If you need assistance or have questions regarding Fuel Assistance, please call Susan Longmoore at 508-359-3665.

Legal Clinic - Attorney Julie Ladimer will be available for free, 15-minute in-person consultations the second Tuesday of each month. Sign up required.

Caregiver Support - Do you need assistance navigating the care-giving journey? Be part of the monthly Caregiver Support Group. This group will meet on **Tuesday, May 28 at 2:00 p.m.**

Public Health Nurse - Brenda Healy R.N. is available for consultation each Wednesday. Brenda will check blood pressure, answer health questions you might have and provide guidance and information.

Hearing Clinic - At-Home Hearing Healthcare will be at the Center once a month for a free 20-minute consult by appointment only. This clinic will be held on **Monday, May 20 from 10:30 a.m.—12:30 p.m. by appointment only.** Please call 508-359-3665 or stop into the Center to schedule an appointment. Limited appointments available.

LOCKBOXES

The Medfield Fire Department aims to keep seniors safe at home. Lockboxes for Seniors provides the Fire Department access to your residence in the event of an emergency when you are unable to open the door. A key to your residence will be stored in a secure metal storage device, like a realtor's lockbox, at your residence. The key to the lockbox will only be available to the Fire Department and used only in an emergency. The program is targeted towards community members who live alone and are age 65+, or those who are disabled and/or suffer from major medical issues. Individuals living in apartment complexes or facilities with maintenance staff are not eligible for this program. A member of the Fire Department will install and demonstrate how the lockbox operates and answer any questions you may have. There is no charge to participate in the program if you meet the established criteria. This program is designed for those who are at most significant risk for falls or have limited mobility. All participants will be required to provide a spare house key to be used in the lock box. The Fire Department recommends a home inspection at the same time if you are interested. Call Susan Longmoore for more information. 508-359-3665

MENTAL HEALTH AWARENESS

Medfield Outreach provides confidential clinical counseling for Medfield residents. Our Master's level clinicians have strong backgrounds in issues related to children and families. We provide individual, family, and group therapy and clinical consultation. When needed, we provide referrals to alternate organizations with appropriate resources. All Medfield Outreach clinical services are confidential and are provided by licensed mental health professionals and advanced graduate-level students under the direct supervision of our licensed staff. 508-359-7121

BEREAVEMENT GROUP

WITH KATHY MCDONALD, M.ED., MSW, LICSW

Wednesday, May 1 and May 22 at 9:00 a.m. Loss is universal, yet we all experience it differently. If you have experienced loss and would like the benefit of support from others who have too, please



DAY TRIPS WITH THE CENTER SIGN UP NOW FOR ALL TRIPS

MAY

- **Covered Bridges of New Hampshire**
Thursday, May 23—\$110 per person.
- ***Ricky Nelson Remembered, May 22 - Wrentham at Lake Pearl** (This is a drive yourself event) \$89 per person. Only 10 tickets available.

JUNE

- **Nantucket Island**
Thursday, June 13—\$145 per person.
Trip includes: Roundtrip transportation & High Speed Ferry to Nantucket.

JULY

- **Lobster Roll Cruise—Cape Cod**
Wednesday, July 24—\$129 per person.

AUGUST

- **Newport Lighthouse Cruise—Rhode Island**
Thursday, Aug 22—\$135 per person.

SEPTEMBER

- **The Salem Cross Inn Tour with the Quabbin Reservoir**
Thursday, September 12—\$140 per person.

OCTOBER

- **Foliage Turkey Train Tour**
Wednesday, October 23—\$140 per person.
- ***Rod Stewart—Tribute Show, Oct 23, (Wrentham at Lake Pearl —This is a drive yourself event)**
\$89 per person. Only 10 tickets available.

NOVEMBER

- **Armed Forces Tribute & Downton 6 Band at Aqua Turf—Connecticut**
Tuesday, November 12—\$139 per person.
- ***The Sicilian Tenors—Downton Abbey (Wrentham at Lake Pearl —This is a drive yourself event)**
Wednesday, Nov 13, \$89 per person. Only 10 tickets.

DECEMBER

- ***Kenny & Dolly - A Smokey Mountain Christmas**
Wednesday, Dec. 4, \$89 pp, Drive yourself event.
Venue is in Wrentham at Lake Pearl. Only 10 tickets

TRIP POLICY

FOR OUR LARGE DAY TRIPS

Payment for trips must be made within 30 days prior to the trip. **Checks should be made payable to "The Town of Medfield - COA"**.

We book with multiple travel companies and any additional policies/information are posted on the flyers. Please see Sarah if you have any questions.

*LUNCH SHOWS AT LAKE PEARL, WRENTHAM

NEW! We only have ten tickets available for each show. First come, first served. Ticket includes lunch, show, meal tax and gratuities. Arrival 11:30 a.m., lunch then show. Show starts approx. 12:15-12:30 p.m. Transportation is not provided for these trips.



BASEBALL TRIP WITH STEVEN WED. MAY 15 AT 9:30 A.M. / COST: \$30 PP

Board our bus to Worcester on May 15th to Polar Park for a Woo Sox Game with Steven. We will depart the Center at 9:30 a.m. for an 11:15 a.m. Woo Sox vs. Scranton/Wilkes Barr game. The Woo Sox are a Triple A Red Sox affiliate of the Boston Red Sox and have been in Worcester since 2021 (succeeding the Pawtucket Red Sox). There are concession stands with a wide variety of foods and beverages available. No outside food and beverages are allowed. The game ticket and bus is \$30, due at sign up. This is non-refundable, if you are unable to go, you can sell your ticket to a friend! We go rain or shine.



MOVIE MATINEES

WEDNESDAY, MAY 8, 12:30 P.M.

THE LOVE PUNCH—RATED PG-13 1H 34 M

Starring: Pierce Brosnan & Emma Thompson.

A divorced couple schemes to recover the retirement money that was stolen from them.

Popcorn will be provided!

SPACE LIMITED. SIGN UP!



THIS MONTHS SPECIAL EVENTS

VOLUNTEER HIGHLIGHT EVE POTTS

To look at Eve Potts you would never know she is turning 95 in June! This is a high school photo, did you recognize her? Eve moved to Medfield in 1965 when her husband Charlie was transferred from Southern California as a mechanical engineer. After 2 years he was transferred again to Germany, but Eve knew in her heart she wasn't leaving Medfield permanently. The house was rented, they returned to the states after a few years in Pennsylvania, then returned to Medfield. The couple had 3 daughters including a set of twins. She has 4 grandchildren and 1 great grandchild in Medfield. Over the years, Eve was very involved with the League of Women Voters, which could be why she is so knowledgeable and passionate about politics. She was very active in Medfield Girl Scouts with her girls as well as the Unitarian Church. In asking her friends to describe her she is often referred to as: easy to talk to, NEVER tired, optimistic, strong willed, and knows everyone. She did teach at the high school in home economics for many years. Eve leads a healthy lifestyle only eating salmon and vegetables. She is frequently found weeding in the gardens even though it may be 90+ degrees out. She plants gardens in our raised beds with The Club, our Respite program, folds newsletters, and comes in for other volunteer activities when asked. Thank you Eve!



VOLUNTEER DINNER

WEDNESDAY, MAY 15 AT 5 P.M.

We will be celebrating our volunteers for all the work that they do for The Center. Invitations have been mailed out—this is an invite only event. Kindly RSVP to Lois no later than Friday, May 3 by calling 508-359-3665 x201.



MEDFIELD ELECTRICITY—NEW!

WEDNESDAY, MAY 1 AT 10:30 A.M.

The Town of Medfield is pleased to announce that it will launch its electricity supply program, Medfield Community Electricity, in June 2024. The program seeks to offer new electricity supply options that provide more renewable energy and stable prices for all Medfield residents and businesses. More information can be found at Electricity.Medfield.net or by calling 508-296-4767.

BAILEY –THE COMFORT DOG

FRIDAY, MAY 3 AT 11:00 A.M.

Thanks to the Office of the District Attorney Michael W. Morrissey, Bailey and his handler, Kristy will be on site. Please stop in and see how adorable Bailey is while giving him a little love.

MOTHER'S DAY TEA

FRIDAY, MAY 10 AT 11:00 A.M.

Join us for a Mother's Day Tea on Friday, May 10 at 11:00 a.m. The event is limited to 20 ladies. Please sign up beginning Wednesday, May 1.

SENIOR SAFETY W/ FIRE CAPTAIN BILL DEKING

FRIDAY, MAY 10 AT 10:30 A.M.

Join Medfield Fire Captain, Bill DeKing for coffee and conversation on safety for spring time yard work and outdoor activities.

FREE MUSIC CONCERTS—SIGN UP!

- **Thursday, May 16 at 1:45 p.m.** - Patrick Durkin returns! Join us for a sing-a-long and tap our toes as Patrick's performs on the keyboard.
- **Thursday, May 30 at 1:45 p.m.** Johnny Cash Tribute performed by Matt York

SPECIAL PRESENTATION

ABIGAIL BRINGS THE TRAIL OF FREEDOM TO YOU

Abigail is pleased to bring colonial Boston to you on **Tuesday, May 21 at 1:45 p.m.** Learn about the historical sites along the Trail of Freedom: Boston Common to Bunker Hill. Gain detailed insight into famous patriots, townspeople, and events that shaped America. By using the real experiences of Abigail and her family, who are personally associated with most sites on the Freedom Trail, individuals will have a very personal, educational, and engaging experience. Enjoy a trip down the Trail of Freedom without leaving home!



KNITTING VOLUNTEERS NEEDED

Are you interested in Norfolk RSVP Veterans' project? If you knit, stitch or crochet, please join us. We are making lap blankets for Veterans, ask Susan for more information.

SERVICES AVAILABLE AT THE CENTER

INFORMATION & REFERRALS

The COA provides accurate information for 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, fuel assistance, caregiver and low-vision information and support are available through our Outreach Department. Call for an appt.

HEALTH AND WELLNESS

In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment.

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 WEDNESDAYS

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

S.H.I.N.E

Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health-insurance maze. Appointments are available on the first and third Thursday of the month by calling the Center.

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-served basis for Medfield residents.

LOW-VISION INFORMATION

As we age, things change including our vision. Resources are available.

CAREGIVER SUPPORT

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available.

VOLUNTEERING

If you have an interest in volunteering for the COA, we have a place for you. Call Lois Abramo at the Center to discuss the volunteer options.

SENIOR SWIM

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00-11:00 a.m. with Water Aerobics or lap-lane options. Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center. For info on Senior Swim, contact chriscarpinokcm@gmail.com or call 508-359-7800.

S.N.A.P BENEFITS

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance program (SNAP), also known as Food Stamps. Call the Center for assistance.

MEDFIELD FOOD CUPBOARD

The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday & Saturday for in-person shopping. The Food Cupboard is now located at 93 West St., Unit 10. Contact the Food Cupboard: 508-359-4958. All inquiries are confidential.

BREAD DISTRIBUTION

Every Wednesday beginning at 10:00 a.m. there are bread products available from Brothers, Shaw's, Blue Moon and Donut Express.

THE CLUB

A supervised and structured day-program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time for yourself, consider our program. Call Susan for more information.

HOUSING

Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.

VETERANS' SERVICES

Veterans and their dependents may be eligible for a variety of Chapter 115 Safety-Net benefits and assistance programs. Call Ian Rogers at 508-906-3025 for an appointment.

MEDFIELD FIRE DEPT.

Life-Safety Home Inspections look for potential dangers in seniors' residences, including hazards, smoke detector and carbon-monoxide detector checks, battery replacement and many other areas that you might not even recognize. Call to schedule a Safety Inspection.



Council on Aging
One Ice House Road
Medfield, MA 02052

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If your label is highlighted, please consider making
your \$5 yearly newsletter donation to the Center.

A SPECIAL THANK-YOU TO THE FOLLOWING PEOPLE FOR THEIR DONATIONS TO FOSI:

Cheryl Dunlea, Mary Zuccarini, Luanne and John Monahan, Kerry Bez,
Donald and Katheryn Pierce, Sally and Steve Koss, Ralph Poli,
Barbara O'Malley, Anonymous

Donna Dragotakes In Honor of Roberta Lynch

Louis and Sarah Tiberi In Memory of **Lois Cardell**

Patricia Tredway In Memory of **Patricia Foscaldo**

June Doucette-Burr In Memory of **Patricia Foscaldo**

Ann Kraus in Memory of **Patricia Foscaldo**

Paul Foscaldo in Memory of **Patty Foscaldo**

FRIENDS OF SENIORS, Inc. (FOSI) *2024 Yearly suggested donation is \$15.00/pp*

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 "Town of Medfield-COA" covers the newsletter mailing.
Please don't combine your yearly \$5 donation for the newsletter with your FOSI donation.



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HESSCO Site Manager X211

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COUNCIL ON AGING BOARD

Bob Heald—Chairman, Patty
Byrne, Richard Ryder, Rose
Thibault and Annette Wells