

# DEDHAM COUNCIL ON AGING NEWSLETTER

450 Washington Street  
Dedham, MA 02026  
781-751-9495  
Fax: 781-320-8922

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### Director

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### Assistant Director

Courtney Daly

### Outreach Coordinator

Tami Allen Acevich

### Program /Volunteer

Coordinator  
Therese Joyce

### Social Worker

Danielle Gilson

### Transportation

John Butler

Paul Grant

Sean Quinn

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Marie Louise Kehoe

Geraldine Pacheco

Marcia Perna

Gerri Roberts

Jackie Sullivan

Chief Michael D'Entremont,

Dedham Police Department

Jonathan Briggs, Park and

Recreation Rep

Leanne Jasset, Board of Health Rep

## COA Board Meeting:

Thursday, May 18th, 2023

5:15 pm

Location: Ames Senior Center

MAY 2023

## Director's Message:



Dear Friends,

I hope you all remain happy and are enjoying good health.

As many of you already are aware, my retirement is coming up soon! I will miss you all and the fun hub-bub of our busy Center. I wanted you all to know you are invited to a tea on May 18, 2023 at 2:00 pm here at the Ames Senior Center to celebrate with me.

Inside the newsletter you will find the invitation and details, so I hope you will join us.

The search is on for a new Director of the Council on Aging, and the hope is to have a new Director on board soon after my last official day in July.

April has been warm and brighter than we sometimes experience here in New England, and I hope that will be carried on through the spring. It's so much more uplifting when it's sunny and pleasant.

We continue to offer all kinds of activities here, and I hope you will get outdoors (our walking group has started again), enjoy our patio and come by for a class or lecture.

Also, remember our transportation is available if you need a ride to the Center or for an essential trip.

***We will be closed  
on Monday, May  
29th in honor of  
Memorial Day!***

I look forward to seeing you here and wish you a happy spring!

Stay well.

Warmly,

*Sheila*

# Outreach

## Medical Equipment Reuse Options in Massachusetts

Reused equipment loan programs provide donated equipment to children and adults so they can live more independently and safer in their homes and communities. Listed below are Reuse Programs and items they loan.

**1) H.E.L.P. - Freemason's Hospital Equipment Loan Program Reuse:** Durable medical equipment is available to borrow free of charge for home use only. Includes items such as canes, commodes, tub seats, walkers, wheelchairs, transfer benches, hospital beds, a Hoyer lift, and wheelchair ramps. Contacts: Woburn: Geoff Bemiss, 781-322-1052, GABemiss@aol.com. HELP offers free equipment on Saturdays from their Woburn location in Cummings Park, 500 West Cumming Park, Suite 1150. Pick up hours: 9:00am-12:00pm.

**2) Scituate Etrusco Associates Reuse:** Provides at no charge a wide range of medical and nursing equipment to loan for home use for residents of Scituate, Cohasset, Hanover, Hingham, Hull, Marshfield, Norwell, Duxbury, Pembroke, and Kingston, but will also provide assistance for other towns if they have availability. Contact: 781-545-4411, Monday-Friday 10:00am-2:00pm, Saturday 10:00am-12:00pm, 1 Common Street, Scituate MA, or Visit website: <http://www.scituateetrusco.com>

**3) REquipment** is a durable medical equipment (DME) re-use program offering free refurbished wheelchairs, scooters, shower chairs and more to adults and children living in Massachusetts. Call 800-261-9841 or Visit website: <https://dmerequipment.org>.

*The Dedham Council on Aging does occasionally have a small number of walkers, canes and wheelchairs available, so certainly call us to check if you need that type of equipment.*

In Service,

Tami Allen-Acevich  
Outreach Coordinator  
781-751-9495, X 2



# Dedham Council on Aging Transportation

The Council on Aging has 3 handicap-accessible vehicles.

We offer curbside transportation to local medical appointments, local errands, and local grocery shopping. Transportation service is available to seniors aged 55 and older and disabled residents. Please be ready 30-45 minutes prior to your appointment time.

**Monday:** Transportation for medical appointments and errands is available. The earliest appointment time being 9:30am and the latest appointment time being 2:00pm.

**Tuesday:** Stop and Shop, medical appointments

**Wednesday:** Transportation for medical appointments and errands is available. The earliest appointment time being 9:30am and the latest appointment time being 2:00pm.

**Thursday:** Star Market

**Friday:** Transportation for medical appointments and errands is available. The earliest appointment time being 9:30am and the latest appointment time being 2:00pm.

**\*\*To request a pick up or drop off, you must call the Senior Center 781-751-9495.  
Please remember, we request a \$2.00 donation per trip. \*\***



Wednesday, May 17th, 2023  
RSVP 781-751-9495

## Grocery Store Trips

Tuesdays: Stop and Shop

Thursdays: Star Market

Call to reserve your spot!

781-751-9495



# April Fitness Classes

## Monday

9:30am

Strength and Stretch with Nora

11:00am

Zumba with Alba

## Tuesday

9:30am

Nora's Movement with Seniors

11:00am

Tai Chi Class with Wanda

1:00pm

Mat Yoga with Cathy

## Wednesday

10:15am

Grace's Yoga for  
Posture/Balance

5:30pm

Yoga and Meditation with Grace

## Thursday

10:30am

Tai Chi Class with Wanda

10:00am

Weekly Walking Group

11:45am

Zumba with Alba

1:00pm

Mat Yoga with Cathy

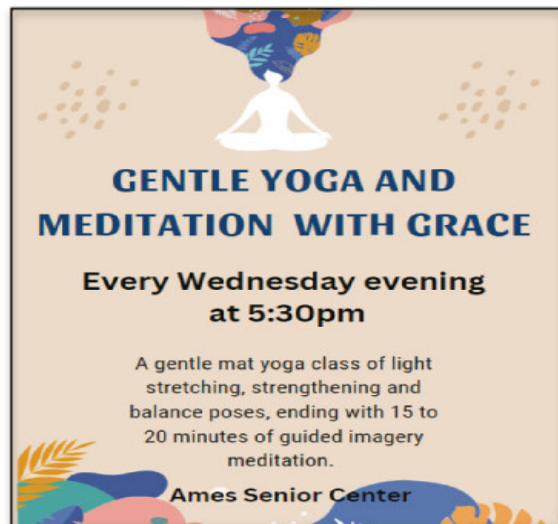
## Friday

10:15am

Strength and Stretch with Nora

11:15am

Strength and Stretch with Nora



All Fitness Classes are \$2.00 each or 10 tickets for \$15.00.

Tickets can be purchased at the front desk.

*We want all our seniors to feel comfortable attending classes.*

*For a waiver of the fees, see Director Sheila Pransky.*

# Weekly Activities Schedule

## Monday

1:00pm—2:00pm  
**Coffee and Conversation**  
Drop-in group

## Tuesday

9:00am-12:00pm  
Bridge

## Wednesday

9:30am-11:30am  
VNA Drop-in Health Clinic  
(1st and 3rd Wednesday each  
month)

10:00am  
Knitting & Crocheting

12:30pm  
Needle and Thread  
(quilting, embroidery, etc.)

1:00pm  
Mahjong

1:00pm  
Chess Club

Have questions or need  
additional information.  
Please call us at 781-751-9495.

## Thursday

9:00am  
Decorative Painters/Open Studio

9:00am-1:00pm  
SHINE  
(call for an appointment)

1:00pm  
RummiKub

3:30 Tech Help with Noble and  
Greenough Students  
(RSVP please!)

## Friday

10:00am  
Computer Club  
(call for appointment)



**COFFEE AND CONVERSATION!**

Are you feeling lonely or disconnected?  
Are you looking for opportunities to build relationships and connect with other people?

**Mondays at 1:00pm**

Please join us for  
Coffee and Conversation!  
Enjoy coffee, pastries and connect with others in a laid-back friendly environment.

There will be some easy conversation starters to get people talking but the atmosphere will be casual and centered around socializing and enjoying each other's company.

Please call the Ames Senior Center at 781-751-9495 with any questions.

# Food Pantry



## The Dedham Food Pantry is open for shopping!

The Dedham Food Pantry will be open from 1:30pm-3:00pm on the Second and Fourth Wednesday of each month for Senior Citizens only. The qualifying criteria will again be observed.

**Wednesdays,  
May 10th and 24th, 2023**

*Call the COA for a ride at 781-751-9495 if you cannot get to the Pantry.*

## May Wednesday Night Events Ames Senior Center

### MAGIC SHOW

WEDNESDAY, MAY 10TH, 2023

5:30PM

\$10

AN EXCITING EVENING OF MAGIC WITH ILLUSIONIST LYN DILLIES

FROM THE GRAND STAGES OF NEW YORK'S LINCOLN CENTER TO THE GLITTER OF HOLLYWOOD'S MAGIC CASTLE, LYN DILLIES WONS HER AUDIENCES WITH HER POWERS OF PRESTIDIGITATION. SHE IS THE HIGHEST AWARDED FEMALE ILLUSIONIST IN THE COUNTRY. LYN'S SHOW IS FILLED WITH EYE-DEFYING ILLUSIONS, AUDIENCE PARTICIPATION, AN MOST MAGICAL OF ALL, THE ENCHANTING PERSONALITY OF LYN DILLIES HER SHOW IS GUARANTEED TO FILL YOUR HEART WITH MAGIC! LIGHT REFRESHMENTS WILL BE SERVED.

### THE BEGINNING OF ROCK AND ROLL!

WEDNESDAY,  
MAY 24TH  
5:00PM

JOIN MUSIC HISTORIAN JOHN CLARK FOR THIS FUN, INFORMATIVE TALK ON THE ROOTS OF ROCK AND ROLL FROM BILL HALEY AND ELVIS PRESLEY TO BUDDY HOLLY, THE EVERLY BROTHERS AND THE QUEEN OF ROCKABILLY HERSELF, WANDA JACKSON!

RSVP TO 781-751-9495.  
LIGHT REFRESHMENTS!

JOHN CLARK APPEARS COURTESY OF A DEDHAM CULTURAL COUNCIL GRANT.



Ames Senior Center

# May Events



**Sheila is Retiring!**  
**PLEASE JOIN US**

**THURSDAY,  
MAY 18TH, 2023  
2:00 PM**

Please join us for coffee and cake on Thursday, May 18, 2023 at 2:00 pm as we say goodbye and help celebrate Sheila Pransky, COA Director, and her next chapter.

**RSVP  
781-751-9495  
Ames Senior Center**




*Mothers Day*  
**BRUNCH**

Let every Mother feel Special

**Monday, May 15th, 2023**

Join us for brunch and create a lovely flower mason jar! Space is limited.  
\$10  
RSVP to 781-751-9495  
AMES SENIOR CENTER



**Dedham War Memorials  
Presentation  
Monday, May 22nd, 2023  
2PM**

War Memorials, what could be less controversial than honoring those who served our country and those who made the ultimate sacrifice? But, somehow it hasn't turned out that way in Dedham. Stuart Christie, a Dedham resident of over 40 years, a Vietnam War veteran, and an amateur historian will provide a look at the town's fascinating history in dealing with designing and implementing war memorials.

Please join us for this Memorial Day special program: a fascinating examination of Dedham's many War Memorials


RSVP to 781-751-9495  
Ames Senior Center

## Dedham Council on Aging



Harriet Rynkiewicz is the SHINE counselor at the Ames Senior Center. She is available for appointments every Thursday (except for the second Thursday of each month) from 9:00 a.m. - 1:00 p.m.

Please call 781-751-9495 to schedule an appointment with her!



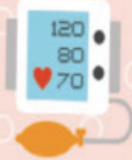

### VNA HEALTH CLINICS

Do you need your blood pressure or blood sugar checked or have a health question you would like to talk to the VNA nurse about?

Come to our free bi-monthly VNA clinics held the first and third Wednesday of each month from 9:30 a.m. - 11:30 a.m. No appointment required - drop ins are welcome!

Services include blood pressure and glucose screenings, heart rate and lung checks, medication review and teaching about your health.

First and Third Wednesdays of each month  
9:30 a.m. - 11:30 a.m.  
Ames Senior Center



Please note this clinic is now being offered only bi-monthly!

## On-Going Tech Support

### Computer Help



Need some help with your iPad or laptop?

Join us every Friday from 10:00 a.m. to noon to get some hands-on assistance!

An appointment is necessary  
Please call 781-751-9495 to reserve a spot!!



### Tech Help Available!!

Do you need some individualized tech help??

Meet with the Noble and Greenough students every Thursday, 3:30 pm - 4:30 pm at the Ames Senior Center.

Get assistance with your phone, iPad, laptop, email, apps, photos and more! Please call 781-751-9495 to reserve a spot and be matched with a student for the session!

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## Chair Massage

Friday,  
May 5th, 2023  
9:30-12:30



\$10 for a relaxing 12 minute chair massage  
with professional licensed massage therapist,  
Kris Sloan

**RESERVE A SPOT!**  
781-751-9495

# Drumming Workshop



**THURSDAY  
MAY 11TH, 2023  
1:30PM-2:30PM**

Join us for this fun interactive  
drumming session!  
\$5 per person  
Sign up to reserve your spot at  
781-751-9495



DEDHAM COUNCIL ON  
AGING

# BOOK CLUB

TUESDAY,  
MAY 19TH, 2023  
12:00 P.M.

Join us for a discussion of our  
latest book and pick up our next  
read!

Ames Senior Center, 450 Washington Street,  
Dedham  
781-751-9495



**Military Mondays!**  
Held the last Monday  
of every month,  
at 10:30 a.m.

**Join us on Monday**  
**May 22nd, 2023**  
**10:30 am**

A Monthly Veterans Social Group  
held in the Community Room  
of the Ames Senior Center  
Led by Joe Hamilton,  
Veteran Services Officer for the  
Town of Dedham.

Drop in for coffee and conversation!!



THANK YOU FOR YOUR SERVICE

Dedham Council on Aging



Know your  
*Legal Rights*

**Monday, May 15th, 2023**  
**2:00pm**

**with Attorney Maria C. Baler  
of Samuel, Sayward and Baler LLC**

*\*Getting Your Legal House in Order*

*\*Documents Everyone Should Have*

*\*Powers of Attorney,*

*\*Health Care Documents*

*\*Wills and Trusts*

RSVP  
781-751-9495



Feeling Your Best  
Presentation

**Tuesday, May 23rd, 2023**  
**1:00pm**

Mental health is one of your greatest assets.  
It helps you focus, overcome obstacles,  
and stay well.

Learn the symptoms to see if you are struggling,  
learn about coping tools and strategies, and how  
to stay grounded - no matter what!

Presented by Dedham  
dietitian/life coach:  
Joanne Keaveney, M.S., R.D., L.D.N.

**RSVP to 781-751-9495**  
**Ames Senior Center**

*Free Monthly  
Watercolor  
Workshop*

**THURSDAY, MAY 25TH, 2023**  
**2 PM TO 4 PM**  
**ALL MATERIALS PROVIDED**

JOIN GIANNA BIRD FROM THE DEDHAM  
PUBLIC LIBRARY FOR THIS FUN FREE CLASS  
ON PAINTING WITH WATERCOLORS.  
LIMITED SPACE - MUST SIGN UP IN ADVANCE  
781-751-9495

AMES SENIOR CENTER

AMES SENIOR CENTER

**Craft Workshop**

**Friday,  
May 26th, 2023**  
**10:00a.m.**

Make a summer-themed  
wreath!  
Reserve your spot at  
781-751-9495

**\$10 fee**

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# Coping With Caregiver Stress

As the population continues to age, more caregiving is being provided by family and other people who are not health care professionals. A caregiver is anyone who provides assistance to another person in need such as a disabled child, an ill spouse, partner, or an aging relative. Caregiving can be very rewarding, as you are there for a loved one when they need you and give them the love and care they might not otherwise receive from anyone else. It also can be exhausting and difficult in many ways. Caregiver stress is very common. Signs of caregiver stress can include feeling overwhelmed, tired, depressed, anxious, irritated, experiencing physical problems and ailments, and abusing drugs or alcohol. Too much stress, especially over a long time, can be harmful to your health. It is important, not only for you but for your loved one that you are caring for, that you take advantage of the resources and tools available to help reduce your stress. Some of these include accepting help from others, asking others for help, setting realistic goals for what you can do to help your loved one, not overextending yourself, seeking social support from friends and family and giving yourself time to take care of yourself physically, mentally, and emotionally. Another helpful tip would be to join a caregiver support group which can provide validation and encouragement and problem-solving strategies for difficult situations. It helps to be with people who can understand what you are going through and provides opportunities to build meaningful relationships.

Here at the Senior Center we will be starting a Caregiver Support group meeting weekly on Wednesdays from 4PM-5:15 PM, starting on May 17th. There is no need to sign up beforehand. You can drop in for this group whenever it meets. Please call the Senior Center with any questions at 781-751-9495.

Warm regards,  
Danielle Gilson, LCSW



## Caregiver Support Group

Wednesday, May 17th, 2023  
4:00pm - 5:15pm

A caregiver support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. It helps to be with people who can understand what you are going through, and it also provides opportunities to build meaningful relationships.

Please join us for this new weekly group starting on Wednesday, May 19th. There is no need to sign up beforehand, you can drop in for this group whenever it meets. Call the Senior Center with any questions at 781-751-9495.

Ames Senior Center  
781-751-9495

Dedham Council on Aging  
New 8 Week  
Bereavement  
Support Group

Starting in June  
4:30pm-5:30pm

If you are struggling with the loss of a loved one and would benefit from this support group, please call Danielle Gilson, the social worker at the Ames Senior Center to set up an intake interview at 781-751-9495.

Deadline for enrollment is Tuesday, May 23rd.

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# Happy Mother's Day!

It's Mom's special day. Here are some hidden words that make us think of her.  
The words can be up, down, forward, backward, or diagonal.

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

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COMFORT  
FLOWERS  
GIFT

GUIDANCE  
HUGS  
JOY  
KISSES  
LAUGHTER  
LOVE


MOM  
MOTHER  
NURTURE  
SHARE  
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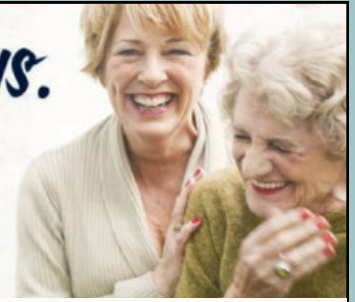
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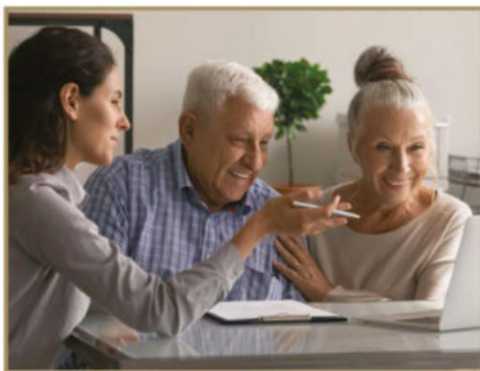
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Dedham Council on Aging and the  
Dedham Art Association

## ART EXHIBITION

Featuring the work of artist Barbara Sawin

April 1 - May 31, 2023



A lifelong desire to create and learn led Barbara to the oil painting studios of Evelina Brozgul Krone and more recently, Thomas R. Dunlay and Christina Mastrangelo who opened the door to generations of master painters before them.

Stop by to see this beautiful exhibit!

Ames Senior Center

NORFOLK COUNTY RSVP

## READY TO VOLUNTEER!

With as little as 1-2 hours per week, deliver hot meals or make friendly visits to homebound elders, tutor an adult immigrant in English literacy, drive veterans to medical appointments, assist elementary school students with reading, become a Red Cross ambassador ... to just name a few ways to get involved.

NORFOLK COUNTY RSVP IS A  
COMMUNITY SERVICE PROGRAM THAT  
MATCHES ADULTS 55+ WITH MUCH  
NEEDED VOLUNTEER SERVICE WITHIN  
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THAN 30 OPPORTUNITIES!

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process and we make every effort to recycle & donate!

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# Newport Playhouse Day Trip!



## Run For Your Wife! Thursday, May 18th, 2023

A taxi driver gets away with having two wives in different areas because of his irregular work schedule. Complication is piled upon complication as the cabby tries to keep his double life from exploding—and that means lots of laughs for us!

“A laugh a minute!”

“Guaranteed to leave you teary eyed with laughter!”

**\$135 pp**

- Includes bus travel
- Newport Playhouse performance
- Cabaret Performance
- Buffet Lunch
- All gratuities

**RSVP YOUR SPOT**  
781-751-9495

Trips are back at the Dedham Council on Aging! Join us as we offer outings to different parts of New England through our new tour company BRS Tours.

Sign up at the Senior Center Front Desk if interested. Checks are made out directly to BRS Tours. Meal choices if offered need to be chosen at time of registration.

Price includes bus, lunch and gratuity!  
Questions? Call 781-751-9495!

# In Memoriam



Remembering Harlan Sherwin, school teacher, budding stand-up comic and summer front desk volunteer here at the Senior Center.



Remembering Claire Pauley, kindergarten teacher, active participant here at the Senior Center and longtime member of the Troubadours.

DEDHAM COUNCIL ON AGING  
Let's Laugh & Play with Friends  
**BINGO**  
FRIDAY  
MAY 19th, 2023  
2:00 pm  
DOORS OPEN AT: 1:30PM  
GAME STARTS AT: 2:00PM  
\$2 per bingo card or  
6 cards for \$10  
Cash prizes!  
RSVP 781-751-9495

Dedham Council on Aging  
FRIENDS OF THE DEDHAM COUNCIL ON AGING  
INFORMATION MEETING  
Thursday, May 25th, 2023  
@ 2:30pm  
Enrich the lives of Dedham residents age 55 and over by becoming a Friend of the Dedham COA. Provide fundraising, advocacy, and support for COA interests!  
Coffee and refreshments will be served at the Ames Senior Center, 450 Washington Street, Dedham  
RSVP to 781-751-9495

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:30 Strength &amp; Stretch 11:00 Zumba <b>1 Coffee and Conversation</b></p>	<p>2 9 Bridge 9:30 Movement w/ Seniors 11:00 Tai-Chi 1 Mat yoga with Cathy <b>2:30 Singing Alive</b></p>	<p>3 <b>9:30-11:30 Keep Well Clinic</b> 10 Knitting &amp; Crocheting 10:15 Yoga for Posture/Balance 12:30 Needle &amp; Thread 1:00 Mahjongg 1 Chess <b>5:30 Yoga &amp; Meditation</b></p>	<p>4 9 Decorative Painters 10 Walking Group 10:30 Tai-Chi 11:45 Zumba 1 Mat yoga with Cathy 1 Rummikub <b>3:30 Tech help with Noble &amp; Greenough</b></p>	<p>5 9:30 Chair Massage 10 Computer help: call for appointment 10:15 &amp; 11:15 Strength/Stretch</p>
<p>8 9:30 Strength &amp; Stretch 11:00 Zumba <b>1 Coffee and Conversation</b></p>	<p>9 9 Bridge 9:30 Movement w/ Seniors 11:00 Tai-Chi 1 Mat yoga with Cathy <b>2:30 Singing Alive</b></p>	<p>10 10 Knitting &amp; Crocheting 10:15 Yoga for Posture/Balance 12:30 Needle &amp; Thread 1:00 Mahjongg 1 Chess <b>5:30 Yoga &amp; Meditation</b> <b>5:30 Magic Show</b></p>	<p>11 9 Decorative Painters 10 Walking Group 10:30 Tai-Chi 11:45 Zumba 1 Mat yoga—Cathy 1 Rummikub <b>1:30 Drumming</b> 3:30 Tech help with Noble &amp; Greenough</p>	<p>12 10:15 &amp; 11:15 Strength &amp; Stretch 10 Computer help: call for appointment</p>
<p>15 9:30 Strength &amp; Stretch 11:00 Zumba <b>1 Coffee and Conversation</b> <b>2 Legal Presentation</b></p>	<p>16 9 Bridge 9:30 Movement w/ Seniors 11:00 Tai-Chi 1 Mat yoga with Cathy</p>	<p>17 <b>9:30-11:30 Keep Well Clinic</b> 10 Knitting &amp; Crocheting 10:15 Yoga for Posture/Balance <b>11:30 Walmart</b> 12:30 Needle &amp; Thread 1:00 Mahjongg 1 Chess <b>4 Caregiver Support Group</b> <b>5:30 Yoga &amp; Meditation</b></p>	<p>18 9 Decorative Painters 10 Walking Group 10:30 Tai-Chi 11:45 Zumba 1 Mat yoga with Cathy 1 Rummikub <b>2 Retirement Tea</b> <b>3:30 Tech Help with Noble &amp; Greenough students</b></p>	<p>19 <b>10:15 &amp; 11:15 Strength &amp; Stretch</b> 10 Computer help: call for appointment <b>12 Book Club</b> <b>2 Bingo</b></p>
<p>22 9:30 Strength &amp; Stretch <b>10:30 Military Monday</b> 11:00 Zumba <b>1 Coffee and Conversation</b> <b>2 Dedham War Memorial Talk</b></p>	<p>23 9 Bridge 9:30 Movement w/ Seniors 11 Tai-Chi 1 Mat yoga with Cathy</p>	<p>24 10 Knitting &amp; Crocheting 10:15 Yoga for Posture/Balance 12:30 Needle &amp; Thread 1:00 Mahjongg 1 Chess <b>5:00 John Clark</b> <b>5:30 Yoga &amp; Meditation</b></p>	<p>25 9:00 Decorative Painters 10 Walking Group 10:30 Tai-Chi 11:45 Zumba 1:00 Mat yoga with Cathy 1:00 Rummikub <b>2 Watercolor Class</b> <b>2:30 COA Friends Mtg.</b> <b>3:30 Tech help with Noble &amp; Greenough</b></p>	<p>26 10:15 &amp; 11:15 Strength &amp; Stretch 10 Computer help: call for appointment <b>10 Craft Workshop</b></p>
<p>29 <b>Closed for Memorial Day</b></p> 	<p>30 9 Bridge 9:30 Movement w/ Seniors 11 Tai-Chi <b>1 Nutritionist Lecture</b> 1 Mat yoga with Cathy</p>	<p>31 10 Knitting &amp; Crocheting 10:15 Yoga for Posture/Balance 12:30 Needle &amp; Thread 1:00 Mahjongg 1 Chess <b>5:30 Yoga &amp; Meditation</b></p>		

**FRIENDS OF THE DCOA  
P.O. BOX 306  
DEDHAM, MA 02027**



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**Have you “liked” our Facebook page yet? We are on FB as Dedham Council on Aging. You will find daily updates on senior center activities, upcoming events, and lots more!**



**A big thank you to Dedham Whole Foods for their daily donations of baked goods and other delicious things to the Ames Senior Center—we appreciate it!**

