

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
 Bill Pardi
 wpardi@medfield.net
The Club Staff:
 Kathy Powers, Coordinator X206
 kpowers@medfield.net
 Trish Pembroke, Activities
HESSCO Mealsite: X211
 Betsy Donoian and Judy Mohan
 508-359-3665 X 211
HESSCO
 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

January 2018



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.

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Mike Clancy, Gwynneth Centore,
 Perry Constas and Richard Ryder

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

NEXT FOSI MEETING
 Thursday,
 January 4 at
 12:00 P.M.



Buy a Brick
 Participating in the brick program is one way that you can support FOSI; the organization that supports many of the programs and wish list items for the COA. Order forms are available at the Center.

CELEBRATING TEN YEARS

The formation of the Medfield Council on Aging was approved at a special town meeting in November 1970. Originally situated at the Pfaff Center, the COA moved to its current Ice House Road location on January 6, 2008 and is a vibrant, active community, welcoming seniors of all ages. The CENTER at Medfield is celebrating 10 years in our beautiful building! We invite the public to join the celebration at The Center, Sunday, January 7, 2018 from 2:00 pm - 4:00 pm. The event will include light refreshments, entertainment, testimonials, and is free to the public.

Thank You For Your Donations to FOSI!

Patrick and Judith Harris , Bill and Anne Johnson, John Kennedy, Bob and Joan Wood, Randolph Catlin, Ed Kinnen, Robert Heald in memory of Beth Weaver, Mary O'Brien in memory of Eileen Shackley, Robert and Mary Brady in memory of Matthew, Carol Rossi in memory of Francis Rossi and Barbara Reynolds, Bill Reynolds in memory of Barbara Reynolds and Middlesex Savings Charitable Foundation

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

DATE : _____
 NAME: _____ PHONE: _____
 ADDRESS: _____ EMAIL: _____
 ENCLOSED IS MY DONATION OF \$ _____
 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

CELEBRATING
 10
 Years

Please join us for a
 celebration of our Center
 Sunday, January 7, 2018
 2:00 p.m.—4:00 p.m.
 Testimonials, Achievements,
 Refreshments and more!

Join TRIAD for a Tour of the Norfolk County Jail

Please join us for a tour of the Norfolk County Correctional Center in Dedham on January 16. The bus will pick us up at the Center at 8:30. Those attending will have to complete Security Clearance Forms which we will receive prior to the trip. Participants will get a first-hand look at the inner workings of one of the state's most modern correctional facilities. The tour is roughly 2-3 hours long and requires some walking. This event is being sponsored by Norfolk County Sheriff Michael Bellotti's TRIAD Program. "Space is limited to 15 people with initial sign ups limited to Medfield residents only. A wait list for out of town guests will be made for any open seats.

With All New Topics, Minds in Motion Begins January 10



It's like a college seminar without the homework, without the pressure, and a great deal more fun. That's how people who have attended Minds in Motion describe this unique offering that begins with ALL NEW TOPICS on Wednesday, January 10 from 1:00 p.m. to 2:00 p.m. Each of the four sessions features a different subject. It could be moral dilemmas, folk art, human emotions, expressing yourself in writing, women inventors, pop psychology, classical music composers, or something in the news such as an upcoming Supreme Court case. What distinguishes Minds in Motion is its interactive approach. "There is ZERO lecturing," says course leader Jerry Cianciolo. "This is all about sharing your thoughts on various hands-on challenges I present." What is asked of attendees is a spirit of adventure, an open mind, and a willingness to sometimes leave their comfort zone.

Limited to 15 participants, Minds in Motion runs on Wednesdays from 1:00 to 2:00 on January 10, 17, 24, and 31. The cost is \$15 and pre-registration is required. The deadline for registering is Friday, January 5. But act fast as the course usually fills up in days.

Thomas Upham House



519 Main Street, Medfield, MA
 508-359-6050
 Medfield, Westwood and Dover's
 Top Choices for Skilled Nursing
 & Rehabilitative Services
 Quality Care in a Home-Like Setting



508-359-2000
 www.robertsmitchell.com

Home Instead
 SENIOR CARE

To us, it's personalsm
 386 W. Main St. Suite 14
 Northborough MA 01532
 508-393-8338
 209 w. Central St., Suite 210
 Natick MA 01760
 508-647-3773

RANDY'S
 Automotive Service, Inc.

26 Spring Street
 Medfield MA 02052
508-359-4409
 Inspections, Auto repairs,
 Complimentary shuttle
 service.

EXERCISE CLASSES

Monday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
 10:30 a.m. Exercise for Life 2- Beginner \$5/ class
 12:30 p.m. Core Balance- Moderate \$5/ class

Tuesday:

9:30 a.m. Mat Yoga- \$3/ class
 10:40 a.m. Chair Yoga- \$3/ class
 1:30 p.m. Fitness Camp-\$5/ class

Wednesday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
 10:30 a.m. Exercise for Life 2- Beginner \$5/ class
 3 :00 p.m. Line Dancing-\$3/class

Thursday:

8:45 a.m. Strength, Stretch and Balance \$5/class
 10:00 a.m. Zumba- \$5/ class
 12:30 p.m. Core Balance-moderate \$5/ class
 1:30 p.m. Fitness Camp- \$5/ class

Friday

10:00 a.m. Tai Chi-\$5/ class

INSTRUCTORS:

Kim Vareika (EFL) Susan Dahl (Yoga)
 Jeanne Donnelly (Tai Chi, Core Balance)
 Tracy Buckley (Strength, Strength & Balance)
 Lourdes Fournier (Zumba) Nancy Diduca (Line Dancing)
 Brian Szwczynski (Fitness Camp)

AVAILABLE RESOURCES

Natick VNA Health Promotion Clinic - Jean Sniffen RN will be available on **Tuesday, January 2** at 11:15 a.m. at the Center for health consultations.

Health Insurance Counseling - Please call HESSCO 1-781-784-4944 to schedule an appointment

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, January 3** from 9:30 -10:30 a.m. for one-on-one consultations. Please call for your appointment.

Selectman Office Hours- Osler Peterson holds monthly office hours at the Center. Join him for conversation on Friday, **January 5** at 9:00 a.m.

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

Life Coaching- Confidential appointments with David Mobley, L.I.C.S.W. are available. Please call the Center for an appointment.

RMV Near Me- The COA is offering RMV on-line services on Mondays from 1-3:30 p.m. Renew your license or registration or any other on line service. Call for an appointment.

Benefits of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

EXERCISE PROGRAMS AT THE CENTER

Exercise for Life 1 and 2

Total body workout utilizing weights, aerobics and stretching exercises is offered every Monday and Wednesday. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Perfect for someone new to exercise or transferring out from a rehab program. Each class is \$5. EFL 1 at 9:30 a.m. and EFL 2 at 10:30 a.m.

Core Balance Class

Join the Core Strengthening Class on Mondays and Thursdays at 12:30 p.m. Balance training repairs damaged pathways to the brain, strengthens and stabilizes weak muscles (core/abdominal muscles) and teaches the body new strategies for keeping itself upright. Class is \$5.

Strength, Stretch, and Balance

Yoga with a twist will focus on breath awareness, fluid movements and gentle, yet challenging postures. All levels are welcome as are those more comfortable in chairs. Thursdays at 8:45 a.m. Class is \$5.

Fitness Camp

Individual instruction with a Certified Personal Trainer, with a focus on proper exercise and stretching techniques. Total physical well being is the goal of Fitness Camp on Tuesdays and Thursdays at 1:30 p.m. Class is \$5.

Tai Chi

Join our Tai Chi class Friday mornings at 10:00 a.m. Tai Chi is a slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. No experience necessary. Class is \$5.

Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join this class on Tuesday mornings at 9:30 a.m. Class is \$3.

Chair Yoga

Enjoy the benefits of gentle chair yoga which provides instruction for beginners and those individuals who can not get down on the floor. Tuesdays at 10:40 a.m. Class is \$3.

ZUMBA Gold

Enjoy a Latin dance exercise on Thursdays at 10:00 a.m. This workout will use every muscle and you'll have fun doing it. Our instructor will keep your hips moving to the music. Class is \$5.

Line Dancing

Do not underestimate the benefits of line dancing on Wednesdays at 3 p.m. Class is \$3.

Protect Yourself From Medicare Fraud!

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet Judy Gertler, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on Monday, January 22, 2018, at 1:30 p.m. at Medfield's The Center at Medfield, 1 Ice House Rd., Medfield, MA 02052, and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This *free* information workshop will provide you with the tools to become a more informed and engaged health care consumer. For more information and to reserve your seat please contact The Center at Medfield, at 508-359-3665 or stop in to sign up for this presentation.

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

This event is jointly sponsored by the Medfield Council on Aging and the Massachusetts Senior Medicare Patrol Program. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP 0226-03-01 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

Breakfast Returns With BINGO to Follow

Join the Center for Breakfast on Thursday, January 11 at 8:30 a.m. We will be serving delicious pancakes and sausage, coffee and juice, for only \$3/person. This first breakfast will be followed by a "semi-high stakes" game of Bingo. The more people who play, the larger the stakes! Sign up with a friend for this breakfast experience and try your luck at BINGO (only \$1/bingo card)!

Laugh for the Health of it: Creating Healthy Lifestyles through Laughter"

Sign up to enjoy a community based health and wellness activity on **Wednesday, January 24 at 4:15 p.m.** Create and learn strategies that will help you to be happy, healthy and productive. In this workshop, participants will learn a systematic method of chuckles, chortles, giggling and guffawing that promises to help reduce stress, prevent hardening of the attitudes and contribute to world peace. The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter. Current research states that when people laugh and lighten up, there is a significant increase in positive attitudes and behaviors. Stress is a serious issue in our society where stress related illnesses are frequent terms of discussion. Anxiety and stress are two of the leading mental health challenges facing people today. This Program addresses these issues by teaching self-care strategies for healthy behaviors during our daily lives. As a Certified Laughter Leader, (CLL) and Laughter Wellness Facilitator, Trevor Smith facilitates the program in a fun supportive and non-judgmental environment. Sign up and experience this program. It is free, it is fun and may pull you out of those January Blues!! Sign up today!

Winter Weather Reminder
 When the schools are closed, the Center is closed!
 We may cancel programs at any time if driving is unsafe.

January Supper Club

Join the COA on Wed. January 17 at 5:00 for a pasta and meatball dinner. Why cook, when for \$6 you can join us here for a social hour, a delicious supper and an interesting talk by Dr. Gary Hylander. On Monday, January 15, 2018, we celebrate *Martin Luther King* Day and the Center is closed. It is a federal *holiday* held on the third Monday of January. It celebrates the life and achievements of *Martin Luther King Jr.*, an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transport and for racial equality in the United States. Join us for supper and a presentation by Dr. Hylander on the history and achievements and more of Dr. King. Please make reservations for dinner on/or before Friday, January 12. Cost of this evening is \$6/person.

Our Library

Please donate the following "current and gently" used books: fiction, nonfiction hardcover and paperback. Our library does not have shelf or storage space for other books. Please keep our Center library in mind if you decide to donate your holiday-gift books. We need new books to freshen up our library.

Thanks, Janice

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to the (60+) population of Medfield. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for an appointment.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, tax refunds, fuel assistance, care giver and low vision support groups are available through our Outreach Department with Lisa Donovan. Appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health and the Natick VNA, a monthly wellness clinic with Jean Sniffen, R.N. is available on the first Tuesday of the month from 11:15 a.m.-12:15 p.m. Stop in for information about your health concerns.

Meals on Wheels

A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.

On-Site Meals

Betsy Donoian and Judy Mohan, co-meal site managers from HESSCO, provide a delightful lunchtime atmosphere every day beginning at 11:30 a.m. Reservations must be made 48 hours in advance. A \$3.00 donation is suggested.

Transportation

Transportation is available Monday through Friday for lunch and programs at the Center. Trips for personal shopping and medical appointments are also available. Call the Center with your request.

SHINE

Our SHINE volunteer is available by appointment for Medfield residents to assist with figuring out the health insurance maze.

Medical Equipment

The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first come, first serve basis

for Medfield residents and are returned to the COA when no longer needed.

Supervised Companionship

On Tuesday and Thursday we offer a program for your loved one who cannot be left alone. Inquire at the desk about the program and give yourself a break!

Low Vision Group

As we age things change, including our vision. Join the ongoing Low Vision Group on the second Tuesday of the month at 10:00 a.m. and learn about tips to improve your quality of life. **Next meeting Tuesday, January 9 at 10:00 a.m.**

Volunteering

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

Recycling

The Center has containers to recycle your button cell batteries (watches, hearing aids, cameras, calculators, digital organizers). Simply bring them in and deposit into the container. We also have a box for eyewear through the Lions Club. Drop off your unwanted prescription glasses for recycling.

Large Print Newsletter

Pick up a large print copy of the newsletter at the Center if needed.

Kingsbury Club

Senior Swim on Monday and Friday from 10-11 a.m. Your COA scan card and a \$5 swim fee is required at each visit. Available to Medfield COA member only.

LOW HEARING SUPPORT

Call Susan Bernstein at 508-359-3665 X203 for information on the Low Hearing Group schedule.

Great Books Discussion Group

There is no better way to stimulate your mind than reading some of the best written novels. The Great Books group have a classic lined up for discussion on January 4 at 1:00 p.m., "The Sun Also Rises" by Ernest Hemingway, a quintessential novel of the Lost Generation. *The Sun Also Rises* is one of Ernest Hemingway's masterpieces and a classic example of his spare but powerful writing style. A poignant look at the disillusionment and angst of the post-World War I generation, the novel introduces two of Hemingway's most unforgettable characters: Jake Barnes and Lady Brett Ashley. The story follows the flamboyant Brett and the hapless Jake as they journey from the wild nightlife of 1920s Paris to the brutal bullfighting rings of Spain with a motley group of expatriates. It is an age of moral bankruptcy, spiritual dissolution, unrealized love, and vanishing illusions. All are welcome to participate and contribute to the discussion. February's read and discussion is on Thursday, February 1 at 1pm on "East of Eden" by John Steinbeck.

Enjoy Chickie Flynn's luncheon on Thursday, January 25. The bus leaves at 11:10 and cost is \$5 (lunch & transportation). Tips are in addition.

REGULAR ACTIVITIES

Fit to Knit - Wednesday at 2:00 p.m.
 Quilting Fun - Monday at 9:30 a.m.
 Duplicate Bridge - Tuesday 12:00 p.m.
 EFL 1 - Mon. Wed. 9:30 a.m.
 EFL 2 - Mon. Wed. 10:30 a.m.
 Mat Yoga - Tuesday at 9:30 a.m.
 Chair Yoga - Tuesday at 10:40 a.m.
 Whist - Wednesday at 1:00 p.m.
 Woodcarving - Thursday 9:00 a.m.
 Tai Chi - Friday at 10:00 a.m.
 Bingo - Check calendar
 Movies - See calendar
 Poker Club - Thursday at 1:00 p.m.
 Computer Support - By appointment
 Zumba - Thursday at 10:00 a.m.
 Core Balance - Mon./Thurs. at 12:30.
 Hand N Foot Game - Mon./Fri. 10a.m.
 Fitness Camp - Tues./Thurs. 1:30 p.m.
 Cribbage - Wednesday at 12:30 p.m.
 Beginners Cribbage- Mon. 12 p.m.
 S,S & B - Thursday at 8:45 a.m.
 Great Books- 1st Monday 1:00 p.m.
 Line Dancing- Wednesday at 3:00 p.m.
 Mah Jongg- Monday at 2:00 p.m.
 Canasta- Fridays at 11:00 a.m.
 3-Thirteen- Monday at 2:00 p.m.

LOW VISION SUPPORT GROUP

January 9th, 2018

You are not alone in your vision challenges! Come share your successes and struggles and together we shall navigate the journey of life with low vision. Join us for our next support group meeting on Tuesday, January 9th at The Center at Medfield from 10:00-11:00 a.m. Contact Lisa Marie Donovan, Outreach Coordinator at (508)359-3665 for information.

Winter Weather Reminder- If the Medfield Schools are closed the COA is closed.

Wednesday 2 P.M. Afternoon Movies at the COA, with your host Joan Lee!

Wednesday, January 10 - *Dunkirk* - Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II.

Wednesday, January 31 - *Viceroy's House* - The final Viceroy of India, Lord Mountbatten, is tasked with overseeing the transition of British India to independence, but meets with conflict as different sides clash in the face of monumental change. **Be sure to sign up so we have enough chairs ready for you!!**

ROMEO OUTING

Join Bill (welcome back) for a unique outing to the Scottish Rite Masonic Museum and Library in Lexington. The special exhibit is on many World War I posters. The bus will leave at 10:30 a.m. and lunch will be at a local restaurant. Seats are limited so sign up today! Cost is \$5 for transportation and lunch is on your own.

JULIET OUTING

Pending confirmation, we will be visiting AstraLuna, a distillery, located in *Medfield, MA*. We will tour the facility and learn how the spirits are made from fermentation to bottling. This facility provides an environment that creates premium hand crafted spirits. All of the equipment is "purpose-built" for spirits. Their still, "The Duchess," is custom engineered by Vendome Copper and Brass. Learn more on the tour on Friday, January 12 at 11:00 a.m. Following the tour we will enjoy a delicious luncheon at one of our local restaurants (TBD, please make suggestions).

HAPPY BIRTHDAY

We wish you much pleasure and joy; We hope all of your wishes come true. May each hour and minute of your special day in **January** be shared with the staff of the COA!

Join us on Tuesday, **January 23** at 11:30 for our Birthday celebration.

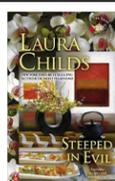
Entertainment is provided by Patrick Durkin!

SHREDDING SERVICE

The Shredding Service is a courtesy to help people with their excess papers. Your donations are necessary to keep this service in place. We have emptied 18 containers since this program started in September 2015. Please consider increasing what you plan to donate so that this service can continue.

Caregiver Support Group

Come share your experience, advice, and support to other caregivers. The group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one. Our group meets **Thursday, January 25th at 10:00 a.m.** in our Library. Please feel free to contact Lisa Marie Donovan, Outreach Coordinator at (508) 359-3665 with any questions or concerns.



PAGE TURNERS BOOK CLUB

Monday, January 8 at 10:15 a.m.

Are you interested in elegant tea-parties, Art Crawls through wonderful galleries, wine-tasting in vineyards and fashion shows with beautiful models wearing sophisticated gowns? Then go no further than the Page Turners current reading of Laura Childs' mystery, "Steeped in Evil." Murder and mayhem, a trendy tea shop, and elegant Southern living all contribute to the enjoyment! And as if that is not enough, Charlestown, South Carolina comes to life through the evocative language the novelist uses to paint an unforgettable picture of the town." Join the Page Turners for a thought provoking book discussion.

Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
 South Natick MA
 508-653-8330



"Quality care
 in a homelike setting"

The next meeting
 of the Great
 Books Group
 is on
 January 4
 at 1:00 p.m.



51 Peter Kristof Way, Medfield, MA, 02052
 (508) 359-1920 www.medfieldvet.com

Medfield
 Orthopedic
 & Sports
 Therapy



Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052

508-359-9119

Happy New Year
Ice Cream Social
Wednesday
January 3
from 3:00-3:30 p.m.
Be sure to sign up!

Pat Maloney
Independent Elder Advocate
Medfield, MA
Phone: 508-341-8684
psmaloney@verizon.net

Market Basket
Monday, January 29
Bus leaves at 12:15 p.m.

Play Mah Jongg every Monday
at 2 p.m. and on
Wednesday, January 3, 17 and 24
at 2 p.m.

Thomas family dental associates
Senior Discounts Available
Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.
Five North Meadow's Road
Medfield MA 02052
508-359-6600

THE CENTER SALON
Make your appointment for hair removal services with Lisa Mario on TUESDAY, JANUARY 9

JANUARY 2018

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

The CENTER Hair Salon with Ginny Viles
Mon. & Wed. 9 a.m.-2 p.m.
and Fri. 9 a.m.-12:30 p.m.
Appointments are required.
Men's cut- \$10
Women's wash & blow dry- \$12

1. NEW YEAR'S DAY
HAPPY 2018!

2. STUFFED SHELLS
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:15 NATICK VNA HEALTH CLINIC
1:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP
1:30 VIDEO CLASS

3. BEEF PICADILLO
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
10:30 COA MEETING
11:30 LUNCH
12:00 CRIBBAGE
1:00 WHIST
2:00 FIT TO KNIT
2:00 MAH JONGG
3:00 LINE DANCING
3:00-3:30 ICE CREAM SOCIAL
3:15 BINGO

4. HONEY CHICKEN
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
11:30 LUNCH
11:30 LADIES' BRIDGE
12:00 FOSI MEETING
12:30 CORE BALANCE
1:00 GREAT BOOKS
1:00 POKER CLUB
1:30 FITNESS CAMP

5. LOW SALT HOT DOG
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 SELECTMAN'S OFFICE HOUR
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:00 TAI CHI
11:00 CANASTA
11:30 LUNCH
1:00 COA CLOSES

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

8. SOUP & CHICKEN
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:15 PAGE TURNERS
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 BEGINNERS CRIBBAGE
12:15 TJ MAX, TARGET, HOME GOODS
12:30 CORE BALANCE CLASS
1:30-3PM RMV NEAR ME BY APPOINTMENT

9. MAC & CHEESE
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 LOW VISION GROUP
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
1:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP
1:30 ESTHETICIAN SERVICES
1:30 VIDEO CLASS

10. SOUP & CHICKEN
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 CRIBBAGE
1:00 WHIST
2:00 FIT TO KNIT
2:00 COA MOVIE - DUNKIRK
3:00 LINE DANCING

11. POTATO POLLOCK
8:30 BREAKFAST
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
11:30 LUNCH
11:30 LADIES' BRIDGE
12:30 CORE BALANCE
1:00 POKER CLUB
1:30 FITNESS CAMP

12. CHIX CHOW MEIN
9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 JULIET OUTING
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:00 TAI CHI
11:00 CANASTA
11:30 LUNCH
1:00 COA CLOSES

Thank you Chickie Flynn's for hosting the Medfield COA each month for the past 7 years!

15. MARTIN LUTHER KING DAY
COA CLOSED

16. CHEESE BURGER
8:30 TOUR OF NORFOLK COUNTY JAIL
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP
1:30 VIDEO CLASS

17. ROAST PORK
9:00 SALON SERVICES
9:00 SHAW'S
9:30 LEGAL CLINIC
9:30 ART CLASS/WATER COLORS #1
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 CRIBBAGE
1:00 WHIST
2:00 FIT TO KNIT / MAH JONGG
3:00 LINE DANCING
4:30 SUPPER CLUB
6:00 DR. HYLANDER PRESENTATION

18. GREEK MEATBALLS
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
11:30 LUNCH
11:30 LADIES' BRIDGE
12:30 CORE BALANCE
1:00 POKER CLUB
1:30 FITNESS CAMP

19. TURKEY TETRAZZINI
9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 ROMEO OUTING
10:00 TAI CHI
11:00 CANASTA
11:30 LUNCH
1:00 COA CLOSES

YOUR CARE. YOUR CHOICE.
Ask for us by name.
100+ years of serving MetroWest & beyond
Contact our Care Coordinators today!
508-653-3081
WWW.NATICKVNA.ORG
NATICK VNA
Rated a 5-star agency by Centers for Medicare and Medicaid

22. AM. CHOP SUEY
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 BEGINNERS CRIBBAGE
12:30 CORE BALANCE CLASS
11:30-3PM RMV NEAR ME BY APPOINTMENT
1:30 SENIOR MEDICARE PATROL PRESENTATION
2:00 MAH JONGG
2:00 313 CARD GAME

23. BIRTHDAY PARTY
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 BIRTHDAY LUNCH *
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP
*MUSIC WITH PATRICK DURKIN

24. SOUP & CHICKEN
9:00 SALON SERVICES
9:00 SHAW'S
9:30 ART CLASS/WATER COLORS #2
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 CRIBBAGE
1:00 WHIST
2:00 FIT TO KNIT / MAH JONGG
3:00 LINE DANCING
4:15 LAUGHING FOR THE HEALTH OF IT!!!

25. SHEPERD'S PIE
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 CAREGIVER SUPPORT GROUP
10:00 ZUMBA
11:15 CHICKIE FLYNN'S
11:30 LUNCH
11:30 LADIES' BRIDGE
12:30 CORE BALANCE
1:00 POKER CLUB
1:30 FITNESS CAMP

26. CATCH OF THE DAY
9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:00 TAI CHI
11:00 CANASTA
11:30 LUNCH
1:00 COA CLOSES

NEW POND VILLAGE
A Benchmark Signature Living Community

29. CHICKEN SAUSAGE
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 BEGINNERS CRIBBAGE
12:15 MARKET BASKET
12:30 CORE BALANCE CLASS
11:30-3PM RMV NEAR ME BY APPOINTMENT
2:00 MAH JONGG / 3-13 CARD GAME

30. CHICKEN (PORTUGUESE STYLE)
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP

31. EGG SALAD SANDWICH
9:00 SALON SERVICES
9:00 SHAW'S
9:30 ART CLASS/WATER COLORS #3
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 CRIBBAGE
1:00 WHIST
2:00 FIT TO KNIT
2:00 COA MOVIE - VICEROYS HOUSE
3:00 LINE DANCING
3:13 BINGO

BINGO
Wed. Jan 3 at 3:15 pm
Thurs. Jan. 11 after breakfast
Wed. Jan. 31 at 3:15 pm

GAME DAY
Join Girl Scouts Naomi and Sarah for an afternoon of board games! They are working on their Bronze Award. Support their efforts on Monday Jan. 8 and 22 at 3:00 p.m.

FUEL ASSISTANCE
Winter is here and with that comes the cost of keeping warm. There are programs available to help with the cost of heating your home. To find out if you are eligible contact Lisa Donovan, Outreach Coordinator, at 508-359-3665. Your confidential appointment will determine if you are eligible to apply and review all options.

Winter Weather Reminder
If the Medfield Schools are cancelled due to inclement weather, the Center will also close. If the schools have delay, the Center will open at 11 a.m. The COA has the discretion to cancel any program if safety is a concern.

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

Call now to schedule your beauty treatments. Each service (brow, lip or chin) is \$10 or 2 for \$15 and all three for \$20.

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
• Tinnitus Evaluations & Management
• Ototoxicity Monitoring
• Speech and Language Evaluation & Therapy for All Ages
MEDFIELD 5 N. Meadows Rd. 508-359-4532
PLAINVILLE 30 Man-Mar Dr. 508-695-6848

DONUT EXPRESS
CUSTOM CAKES
FOR ANY AND ALL OCCASIONS!
COFFEE-DONUTS-MUFFINS-CROISSANTS-SPECIALIZED PASTERIES- AND MORE
258 Main Street
Medfield MA 02052 508-359-5686

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

WATERCOLOR ART CLASS
ENJOY INSTRUCTION FROM TOM SWEENEY ON WEDNESDAYS AT 9:30 A.M. BEGINS ON JANUARY 17.
\$20/6 WEEKS
ALL WELCOME

MEDFIELD TV
COMMUNITY SHOWS.
508-359-8888

Gilmore, Rees & Carlson, P.C.
Tax and Estate Planning, Wills, Trusts, Guardianships, Probate
Bob Morrill, Managing Partner
Offices in Wellesley and Franklin
508-520-2200 www.grpc.com

Better Days Ahead.
newpondvillage.com/betterdays
508-469-0277