

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:

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Outreach Worker:

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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

December 2017



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.

[The Council on Aging warmly welcomes Lisa Donovan in her new position as Outreach Coordinator.](#)

Annual **Christmas Party** at the American Legion Hall Sunday, December 10 at 12 Noon

Enjoy the 35th Senior Citizens' Christmas Party, all Medfield seniors are invited to attend on Sunday, December 10th! Seating is limited, so please sign up at the Center. This annual event is a great way to gather with neighbors and friends, dress your best as you enjoy a delicious lunch and entertainment to ring in the holiday season! We have a guest entertainer that will surely be a treat. This party is brought to all of you from three great organizations; Medfield American Legion, Medfield Lion's Club and Medfield Sportsman's Club. Other organizations participate to make this a festive and enjoyable afternoon: Medfield Legion Auxiliary, Wives of the Tri-Club, MEMO, FOSI, Council on Aging, Board of Selectmen, Walter Shackley, Lorraine Manganello and Sons of the Legion. **Please remember to bring to the party your non perishable food contribution for the Medfield Food Pantry as a way to say thank you!**

Selectmen's Meeting at the Center on Thursday, December 7 at 4:00 p.m.

The selectmen have scheduled a public hearing to discuss senior housing needs and plans on Thursday, December 7 at 4:00 p.m. The Selectmen want to follow up on a meeting that the Senior Housing Study Committee conducted at the Center recently. This is an opportunity for the selectmen to hear your concerns and for them to address any misperceptions that may have evolved from the October 26th meeting. This is your chance for direct communication about what the needs of Medfield seniors are. The World Health Organizations definition of an "Age-Friendly" community is: "A community that strives to better meet the needs of their older residents by considering the environmental, economic, and social factors that influence the health and well-being of older adults. These programs seek to allow older adults to stay in their communities and "age in place."

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,
December 7 at
12:00 P.M.

FOSI is a registered 501(c)3 non-profit organization and is dependent on contributions from people who believe in their mission and contribution to the Center. At this time of year, we are all swamped with letters, phone calls and emails from charities. It's natural. After all, people are likely to be at their most generous at the holidays. Not to mention that philanthropic gifts need to be clocked in by December 31st to receive a tax deduction. FOSI continues to support activities at the Center and is helping to fundraise for future expansion. Did you know that our SHINE program moved out of the building because there was no space for her to meet with clients? The successful respite program cannot accept new clients because of space constraints. With over 900 active participants (and growing) coming in and out daily, we need to think of our future and plan programs according to needs. If you can make a donation or need to make a donation, think of FOSI as your organization. FOSI is local, supports Medfield seniors and provides great activities.

Thank You For Your Donations to FOSI!

Patricia Posivak, Ruth Beswick, Rich Ryder, Jill Paquette, Patrick & Judith Harris, Norma Barr in memory of Beth Weaver, Michael Sullivan in memory of John (Jack) O'Toole, Robert & Frances Fedor in memory of Maureen Lyons and Judith Daniello and Perry & Athena Constas in memory of John McGowan.

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



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.

Thomas Upham House

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209 w. Central St., Suite 210
Natick MA 01760
508-647-3773

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Inspections, Auto repairs,
Complimentary shuttle
service.

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

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 **Tues. December 5** 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, December 13** 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, **December 1** 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.

HOLIDAY SHOPPING TRIPS



ONCE AGAIN WE FIND OURSELVES ENMESHED IN THE HOLIDAY SEASON, THAT VERY SPECIAL TIME OF YEAR WHEN WE JOIN WITH OUR LOVED ONES IN SHARING CENTURIES-OLD TRADITIONS SUCH AS TRYING TO FIND A PARKING SPACE AT THE MALL. WE TRADITIONALLY DO THIS IN MY FAMILY BY DRIVING AROUND THE PARKING LOT UNTIL WE SEE A SHOPPER EMERGE FROM THE MALL, THEN WE FOLLOW HER, IN VERY MUCH THE SAME SPIRIT AS THE THREE WISE MEN, WHO 2,000 YEARS AGO FOLLOWED A STAR, WEEK AFTER WEEK, UNTIL IT LED THEM TO A PARKING SPACE." - DAVE BARRY, HUMOR COLUMNIST

JOIN THE CENTER FOR YOUR SHOPPING TRIPS:

MONDAY, DECEMBER 4 AT 12:15 P.M. - VISIT TARGET, TJ MAX AND HOME GOODS IN PLAINVILLE

MONDAY, DECEMBER 11 AT 12:15 P.M. - VISIT THE JEWELRY OUTLET IN WALTHAM

TUESDAY, DECEMBER 12 AT 10:30 A.M.-VISIT THE NATICK MALL AND CHRISTMAS TREE SHOPS

MONDAY, DECEMBER 18 AT 12:15 P.M.-VISIT MARKET BASKET AND WALMART IN WALTHAM

EVERGREEN ARRANGEMENTS

Sign up and join the COA as we create beautiful evergreen centerpieces for the holidays. On Friday, December 8 at 10:00 a.m. Plan to bring your container or two along with some evergreen clippings from your yard to share. Choose a variety of greenery, go for contrasts of shiny (such as [holly](#) or [rhododendrons](#)) with flat (like [spruce](#) or [pine](#)). Mix in dark greens (like [yew](#)) with light (such as [golden arborvitae](#)). and we will make beautiful arrangements for the holidays. A simple vase of just evergreens is nice enough, but the greenery really pops if you add some accents that contrast in shape and color; so look around your garden for something that will make the arrangement POP!



All NEW Topics, Minds in Motion Starts January 10



If you want to stimulate your mind, have a great deal of fun, and enjoy some good company, register for Minds in Motion, a FOUR-WEEK program beginning January 10.

From the minute you walk in, course leader Jerry Cianciolo will engage you in topics you'll find engrossing, whether it's moral dilemmas, human emotions, the latest inventions, expressing yourself in writing, folk art, music masters, or something in the news such as an upcoming Supreme Court case.

All that's asked of you in this discussion-based program is a spirit of adventure, an open mind, and a willingness to share your thoughts and opinions.

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 preregistration is required and the deadline for registering is Friday, January 5.

CELEBRATING 10 Years

Join us as we celebrate the Center at Medfield
on
Sunday, January 7, 2018
from
2:00 p.m. to 4:00 p.m.

Let's acknowledge our growth, achievements
and all the people who make
the Center a special place; All of YOU!

CELEBRATE NEW YEARS WITH THE COA

On Sunday, December 31 at 9:30 a.m. leave the Center on a coach bus for Rose Wharf in Boston. Celebrate New Year's Eve with your friends aboard the Odyssey for a two hour cruise, a delicious Sunday brunch buffet, a champagne toast and the countdown to noon! What a wonderful way to celebrate New Year's Eve on the Boston Harbor. All for \$89/person.

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.

PAGE TURNERS

The Page Turners Book Club will meet on December 4 at 10:15 a.m. in the library! Enjoy an enthusiastic book discussion.

**PIZZA PARTY
ON WEDNESDAY,
DEC. 6 AT 4:30 P.M.
FOLLOWED BY A HOLIDAY
SING A LONG
WITH DJ TAD TRAVIS!**

PLAY CANASTA

Play on Fridays at 11:00 a.m. with program leader Phyllis Fitzpatrick! All welcome!

PLAY BINGO

Play BINGO at the Center on Thursday, December 7 at 1:30 p.m. Enjoy our new equipment and our variety of games. Look to the future for a larger jackpot !!

PLAY 3-13 CARD GAME

3-13, a **new** game has started on Mondays at 2:00 p.m. The object of the game is to form all the cards in your hand into combinations. It's an easy to learn and fast paced game. Get in on the fun and bring 13 dimes!

PLAY WHIST

Join the Whist group on Wednesdays at 1:00 p.m. It is a fun game of strategy and communication between four players.

PLAY CRIBBAGE

Play cribbage on Mondays at 12 noon. It's one of the best two-hand games - and one of the most enduring; for the game was entertaining card players as far back as the seventeenth century.



Enjoy Chickie Flynn's luncheon on Thursday, December 28. 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.

Help Decorate Our Center

On Wednesday, December 6 anytime beginning at 9:30 a.m. we will have our decorations on hand for anyone who wants to help decorate our beautiful building. Let's get into the season and celebrate the holidays beginning tonight with a pizza party at 4:30 p.m. followed by a sing-a-long!

Request from Rich Ryder, COA Board

I recently joined the COA board and am excited about working with others to make your Center experience enjoyable and rewarding. I want to get the word out that they too should take advantage of this Medfield gem. Facebook is a key marketing tool and I want to leverage it for promoting The Center; but, I need your help. What can you do? First, if you have a Facebook account, please "Follow" The Center at Medfield to receive periodic articles of interest and upcoming event reminders. Doing so will also help us become known to your Facebook friends. Secondly, "Share" the Center posts with your Facebook friends so they can see what a great resource we are in Metro West. With your help we can better promote the COA to others in our community.

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

Wednesday, December 6 - A Quiet Passion— The story of American poet Emily Dickinson from her early days as a young schoolgirl to her later years as a reclusive, unrecognized artist.

Wednesday, December 20 - The Holiday— Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love.

Be sure to sign up so we have enough chairs ready for you!!

Dr. Gary Hylander returns on Tuesday, December 5 at 2:30 pm.

Enjoy Dr. Hylanders thoughts on "A Christmas Carole"

TESLA VISITS THE CENTER

"Home Instead Senior Care is excited to sponsor an educational seminar on Friday, December 8th from 11:00am to 2:00pm at The Center at Medfield. "Test Drive A Tesla" is an opportunity for those who care about the future of zero emissions cars, to learn about the benefits and safety features that come with owning one. David Gow, Northeast Enterprise Sales Manager for Tesla, will offer a 30 minute seminar on how they are partnering with aging communities to increase awareness about safe, reliable, and affordable automobile options. Following his seminar you will have the opportunity to Test Drive a Tesla! Sign up for a test drive at the Center so we can RSVP to Jennifer Richtsmeier, Home Instead Marketing Director which is required for attendance and test drive.

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 **December** be shared with the staff of the COA !

Join us on **Tuesday, December 21** at 11:30 for our Birthday celebration.

Entertainment is provided by Tommy Rull!

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 16 containers since this program started in September 2015. Please consider increasing what you plan to donate so that this service can continue.

WORDS FROM BILL PARDI

I would like to express my sincere appreciation for all of your thoughts, cards and prayers! They helped me get through this recovery and I'm looking forward to being back to my "old" self very soon!

Thank you!

Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
South Natick MA
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"Quality care
in a homelike setting"

The next meeting
of the Great
Books Group
is on
December 7
at 1:00 p.m.



MEDFIELD
veterinary clinic

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

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Medfield Professional Building
5 North Meadows Road
Medfield, MA 02052

508-359-9119

PLAY **BINGO**
NEW DAY, NEW TIME
 THURSDAY
 DECEMBER 7 AT 1:30 PM

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

Market Basket
 Monday, December 18
 Bus leaves at 12:15 p.m.

Play Mah Jongg every Monday
 at 2 p.m. and on Wednesday,
 December 13 at 2 p.m.

Thomas Family dental associates
Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.
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 all three for \$20.

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 PRESIDENT & OWNER
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 P 781-269-7997 F 781-349-5414 M 508-846-2455
 brian.silven@brightstarcare.com
 www.brightstarcare.com/norwood

Caregiver Support Group
 Are you overly concerned
 about a loved one? Do you feel
 like you are taking on more of
 your loved ones life and
 needs? Attend the Caregiver
 Support Group on 12/21 at
 10am A.M.

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508-359-8888

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 Bob Morrill, Managing Partner
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 and Fri. 9 a.m.-12:30 p.m.
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 Women's wash & blow dry- \$12

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 Branch Manager
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 Chickie
 Flynn's for
 hosting the
 Medfield
 COA each
 month for the
 past 7years!

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

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thank you to ChowderFest organizer and Lion's Club member, Tony Centore for another amazing event. We appreciate all that you have done over the past years!	35TH ANNUAL TRI-CLUB PLUS SENIOR CITIZENS CHRISTMAS PARTY SUNDAY, DECEMBER 10 AT 12 NOON 	ROMEOS As soon as Bill gets the O.K. to drive, you will reunite. We are hoping for a Friday, January 12 outing!	JULIETS LOOK FORWARD TO AN OUTING ON FRIDAY, JANUARY 19 DETAILS TO FOLLOW	1. CATCH OF THE DAY 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 CLOSURES
4. 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 SHOPPING TRIP 12:30 CORE BALANCE CLASS 1:30-3PM RMV NEAR ME BY APPOINTMENT 2:00 MAH JONGG / 313 CARD GAME	5. BEEF STROGANOFF 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 2:30 DR. HYLANDER- A CHRISTMAS CAROLE	6. ROAST PORK 9:00 SALON SERVICES 9:00 SHAWS 9:30 DECORATE THE BUILDING 9:30 WATERCOLOR CLASS #5 10:30 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 COA MOVIE A QUIET PASSION 3:00 LINE DANCING 4:30 PIZZA PARTY \$6/PERSON CHRISTMAS SING-A-LONG TO FOLLOW BINGO 1:30 PM	7. BAKED HAM 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 4:00 SELECTMEN'S MEETING BINGO 1:30 PM	8. CHICKEN MEXICALE 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 EVERGREEN ARRANGEMENTS 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 CLOSURES
11. BROCCOLI CHEESE BAKE 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 JEWELRY OUTLET 12:30 CORE BALANCE CLASS 1:30-3PM RMV NEAR ME BY APPOINTMENT 2:00 MAH JONGG 2:00 313 CARD GAME	12. BEEF BURGUNDY 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 ESTHETICIAN SERVICES 1:30 FITNESS CAMP 1:30 VIDEO CLASS LOW VISION GROUP BEINGS IN JANUARY	13. ROAST CHICKEN 9:00 SALON SERVICES 9:00 SHAWS 9:30 LEGAL CLINIC 9:30 ART CLASS/WATER COLORS #6 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:00 BOSTON POP'S TRIP 11:30 LUNCH 12:00 CRIBBAGE 1:00 WHIST 2:00 FIT TO KNIT / MAH JONGG 3:00 LINE DANCING	14. MEATLOAF 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 IN CRAFT ROOM 1:00 POKER CLUB IN SMALL CLASSROOM 1:30 FITNESS CAMP IN CRAFT ROOM ANNUAL DPW CHRISTMAS PARTY IN HALL	15. MAC AND CHEESE 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 CLOSURES
18. SAUSAGE, PEPRS & ONIONS 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 1:30-3PM RMV NEAR ME BY APPOINTMENT 2:00 MAH JONGG 2:00 313 CARD GAME	19. SOUP & CHICKEN 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	20. S & S MEATBALLS 9:00 SALON SERVICES 9:00 SHAWS 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 - THE HOLIDAY 3:00 LINE DANCING	21. BIRTHDAY LUNCH 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 CAREGIVER SUPPORT GROUP 10:00 ZUMBA 11:30 BIRTHDAY LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP 	22. NO LUNCH SERVED 9:00 ROCHE BROS SHOPPING BUILDING IS CLOSED FOR MAINTENANCE
25. MERRY CHRISTMAS COA CLOSED	26. NO LUNCH SERVED The building will be closed until Monday, January 2 for maintenance. The COA staff will be working off site and will be checking messages daily. Scheduled trips are noted on the calendar. Please meet at the Center on the time listed or leave a message before 8:30 am for a pick up for a particular trip.	27. NO LUNCH SERVED 9:00 SHAWS SHOPPING	28. NO LUNCH SERVED 10:00 TWIN RIVERS TRIP LIMITED TO 14- \$5/PERSON	29. NO LUNCH SERVED 9:00 ROCHE BROS SHOPPING

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.

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