

**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

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**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

**February 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,  
February 8 at  
12:00 P.M.



**YARD SALE NEWS**

It is never too early to start cleaning, packing and planning for the annual FOSI Yard Sale! This year the big event will be on Saturday, April 28 from 8:00 - 2:00 p.m. This is the largest fundraising event that the Friends group holds, helping to support the goals and programs of the Council on Aging. With your help this can be the best Yard Sale ever. Start your spring cleaning early, box up your gently used unwanted items and deliver them to the Center beginning Friday, April 20. Our planning meeting will be Thursday, March 1 at 12 noon. Please join us; when you support FOSI, you support the COA!

**Thank You For Your Donations to FOSI!**

Jim and Barbara O'Malley, Robert Vollmuth, Fred Schultz, Kay Regan, Jean Sniffen, Linda McKenzie, Jane Murphy, Peter and Marge Vasaturo, Ruth Beswick, Suzanne Munroe, Janet McQuillen, Joanne and Dave McAvoy, American Legion Post 110, Medfield Lions Club, Renee Chin in honor of Robert and Mona, Valerie Mariani in memory of Maureen, Shirley Booth in memory of Estelle Flinkman, Joyce Foley in memory of family and friends, Joan Larkin in memory of Allen, Jeanne Harding, Bethany School, Karen Fruci, Michelle Mellea, and Ellen & Keith Baker in memory of Carl Mellea.

**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.

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

**Director's Note:** Thank you to all who visited the Center on Sunday, January 7 for our Ten Year Celebration. It was a magical day! We enjoyed speeches from staff and Board members, delicious treats and punch. Our afternoon was highlighted with Mr. Fellini reminiscing about the construction of the building and Senator Feeney presented the board with an official citation. Also, Medfield TV provided a video showcasing what is offered at the Center. It was a wonderful afternoon with over 150 people in attendance. A special thank you to the celebration committee; Bob Heald, Nancy Gerstel, Norma Barr, Ruth McGovern, Kathy Brennan, Rich Ryder and Judy McGue.

**CHOCOLATE TASTING**  
Tickets are available for our 2nd annual Chocolate Tasting to be held on Wednesday, February 14 from 2-4 p.m.  
  
Enjoy chocolate desserts from some of our local businesses, along with our delicious home made treats!  
Tickets are \$3/person and limited to only 50 people!

**Saturday Hours at the Center**  
Begin March 3, 2018

The Center at Medfield has grown tremendously over the last ten years. As home to the Medfield Council on Aging, the Center's presence has evolved into an active and vibrant community, offering over 900 seniors an extensive and broad range of activities, resources and events. A grant was submitted to MetroWest Health Foundation in October 2017 for funding to open our doors on Saturdays. And it was approved! This program will be evolving over the next 6 weeks. Plan to visit the Center for programming beginning Saturday, March 3 from 10:00 a.m.— 3:00 p.m.

**AARP TAX AID PROGRAM BEGINS**

Appointments are being accepted for the tax program. This service is provided by AARP trained tax preparers and is intended for simple tax returns. It is available free to taxpayers with low and moderate income, with special attention to those 60 and older. Please call the Center at 508-359-3665 and schedule your appointment. The program runs on Wednesdays, February 7<sup>th</sup>- April 11<sup>th</sup>, 9:00 a.m.-1 p.m. Once the appointment is made we will confirm the date and time by sending you a letter detailing what you need to bring to your appointment and the intake/interview form that you will need to fill out prior to your appointment. For more information call Susan Bernstein at 508-359-3665.

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## 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 Szewczynski (Fitness Camp)

## AVAILABLE RESOURCES

**Natick VNA Health Promotion Clinic** - Jean Sniffen RN will be available on **Tuesday, February 6** 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, February 7** from 9:30 -10:30 a.m. for one-on-one consultations.

**Selectman Office Hours**- Osler Peterson holds monthly open office hours at the Center. Join him for conversation on Friday, **February 2** 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.

**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.

**Personal Finance and Medicare Consulting** - CPA, Elaine Ficcardi will be available on the 3rd Wednesday **February 21** from 10 - 11:00am for consultations.

**These services do require an appointment.  
Please call the Center at 508-359-3665**

## 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.



## One of the Most Stimulating Hours You'll Spend All Week

Introduce yourself to fresh ideas and different ways of thinking - all in a setting that's comfortable and where there's no right or wrong answer. Enroll in Minds in Motion, which begins February 28.

Each of the four sessions lasts an hour and each session covers a new topic. It could be moral dilemmas, folk art, human emotions, expressing yourself in writing, women inventors, pop psychology, irresistible classical music, reading faces, or something in the news such as an upcoming Supreme Court case.

Minds in Motion runs on Wednesdays from 1:00 p.m. to 2:00 p.m. and meets Feb. 28, March 7, 14, and 21. The due date for registering is February 23. Since participation is limited to 15, register early to reserve your spot. Call (508) 359-3665. The fee for the program is \$10.

## DON'T BE A VICTIM OF MEDICARE SCAMS



In an effort to protect seniors against identity theft and Medicare fraud, in 2018 Medicare will stop using Social Security numbers for identification and will send new Medicare numbers to patients. The Centers for Medicare and Medicaid Services will begin mailing new cards with Medicare Beneficiary Identifiers (MBIs) in April 2018.

### Medicare Card Changes Open Doors to New Scams

The change in Medicare numbers is an important one to help prevent fraud and identity theft, but, as with just about everything in this day and age, these changes invite new scams... scammers are always looking for new ways to rip people off of their hard-earned money and life savings.

Medicare beneficiaries are getting calls claiming to be from Medicare asking that they verify their Medicare number before a new number is issued. Some are receiving calls requesting payment in order to receive their new Medicare card. Please remember that Medicare will NEVER call you on the phone to verify your number because they ALREADY have it. Also, the new card is free.

If you do receive a call claiming to be from Medicare, HANG UP immediately and report it to the Massachusetts Senior Medicare Patrol Program (MA SMP) at 800-892-0890 or at www.MASMP.org. Share this with your friends and family so that we can thwart this type of scam quickly.

## Building Resiliency and Managing the Stress of Life

Stress is a normal part of life. Stress affects us all in different ways, not all of which are negative. Eustress is a positive form of stress that can be beneficial and enhance your quality of life. However, chronic stress can be detrimental. Because the vast majority of health problems are caused or influenced by stress, it's important to understand how stress affects your body and learn effective stress management techniques to make stress work *for* you rather than *against* you to improve your resiliency to the inevitable stress of life.

This series, beginning February 5 from 2:00 - 3:00 p.m. will help increase your awareness of stress and learn effective strategies to manage the impact to your health and wellbeing. Participants can benefit from participation in individual modules, but will most benefit from the series in total. Sign up for this free stress management workshop presented by Nancy Brais.

### February 5 -Module 1 What is stress?

Overview of the biological response to stress, causes of stress, age related changes that impact stress in our lives and effective stress management strategies to improve your resilience to life.

### February 12 -Module 2 Breathing and Relaxation Techniques

Learn how to elicit the relaxation response to counteract the stress response (bring a mat; a pillow is also recommended)

### February 26 -Module 3 Cognitive skills to reduce stress

Learn how thoughts, beliefs and attitude impact your perception and response to stress and how to make your mind work for your benefit.

### March 5 -Module 4 Developing healthy skills and habits to build resiliency

Learn how diet, exercise, hobbies and communication can lower the risks of stress on your life and improve your resiliency.

### March 12 -Module 5 Ergonomics - Stress management for your body

Ergonomics is fitting the task to the person. A good fit improves comfort, productivity and performance. Learn ergonomic principles to reduce the stress and strain on your joints and improve your performance for everyday activities.

## Chocolate Tasting

*Tickets will be available beginning  
February 1 \$3/ticket  
Only 50 tickets will be sold!*

## 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, February 13 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.

## Book Club News

### Great Books-

Join the Great Books discussion of *East of Eden* on Thursday, February 1 at 1:00 p.m. Here are some thought provoking questions; *East of Eden* is a combination novel/memoir; Steinbeck writes himself in as a minor character in the book, a member of the Hamilton family. What do you think he gained by morphing genres in this fashion? What distinguishes this from a typical autobiography? What do you think Steinbeck's extremely personal relationship to the material contributes to the novel?

### Page Turners-

All those who enjoyed watching Fannie Flagg's "Fried Green Tomatoes" will enjoy her book chosen for the **Page Turners meeting on February 5th.** "The All-Girl Filling Station's Last Reunion" is a hilarious account of a bossy mother, her very worried daughter, and an organization called WASP of whom few of us have heard. (No, not *that* WASP!) What begins with a disturbing visit from the mail man turns into a feminist story of an actual historical group of American women. Everyone is invited to join us as we talk about this book.

Enjoy Chickie Flynn's luncheon on Thursday, February 22. 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.

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

**Wednesday, February 7 - *Still Mine*** - An elderly couple fight against local authorities in rural New Brunswick to build their final home.

**Wednesday, February 28 - *Marshall*** - About a young Thurgood Marshall, the first African-American Supreme Court Justice, as he battles through one of his career-defining cases.

**Be sure to sign up so we have enough chairs ready for you!!**  
**A special thank you to Joan Lee for selecting and hosting our movies each month! (for years)!**

### LOW HEARING GROUP MEETING

Have you ever felt that your hearing is not as good as it used to be? The Low Hearing group will be meeting on Thursday, February 22 at 10am. Susan has arranged for a representative from Massachusetts Relay, Claire Comeau, who will discuss what they can do to help you.

Massachusetts Relay provides free, 24 hour service to the entire state of Massachusetts allowing individuals who are Deaf, Hard of Hearing, Deaf-Blind or have Difficulty Speaking to communicate freely with friends, family, and businesses that use a standard telephone. She will have time for questions after her presentation.

We will also have time to discuss other issues you may be experiencing as you cope with your need to hear and communicate. It's always nice to get together to share ideas and help one another with information that has worked for individuals in the group. We hope to see you for this opportunity to learn about a great resource. Please let us know if you will be able to attend so I can have enough chairs available. Any questions please contact Susan Bernstein at [508-359-3665](tel:508-359-3665).

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

### ROMEO OUTING

Friday, February 9 at 11:30 am the bus will leave for our American Legion Hall for some pool, darts, conversation, a beer and lunch. Let's get together and support our local legion!

### JULIET OUTING

JULIET (Jovial Unique Ladies Independently Eating Together) a request has been made to return to Fancy That in Walpole. Enjoy a delightful Tea in the beautiful Victorian Tea House on Friday, February 16. This outing is limited to 9 women, the cost is \$28 and the bus leaves at 11:30 a.m.

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

Join us on **Tuesday, February 27** at 11:30 for our Birthday celebration.

Entertainment by Jeff Jarvis will follow lunch!

### 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.

Start your spring cleaning for the annual FOSI YARD SALE on Saturday, April 28 from 8am-2pm!

### 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, February 22 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.

### Riverbend of South Natick

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



**MEDFIELD** veterinary clinic

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Medfield Orthopedic & Sports Therapy



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 5 North Meadows Road  
 Medfield, MA 02052

**508-359-9119**

**St. Patty's Dinner**

Wednesday, March 14  
at 5 p.m.  
Entertainment by  
Medfield High School  
Ukulele Club  
Cost \$15/person



The CENTER  
Hair Salon  
with Ginny Viles  
Mon. & Wed.  
9 a.m.-2 p.m.  
and Fri. 9 a.m.-12:30 p.m.  
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Independent Elder Advocate  
Medfield, MA  
Phone: 508-341-8684  
psmaloney@verizon.net

**Market Basket**

**Monday, February 12**  
Bus leaves at 12:15 p.m.

**Play Mah Jongg every Monday**  
at 2 p.m. and on  
**Wednesday, February 14 & 21**  
at 2 p.m.



**Brian R. Thomas, D.D.S.**  
**Richard K. Thomas, D.D.S.**

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**Medfield MA 02052**  
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all three for \$20.

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**FEBRUARY BREAKFAST**

STOP IN FOR A DELICIOUS  
OMELETTE, BACON, JUICE  
AND COFFEE  
ON  
FEBRUARY 8 AT 8:30 A.M.



\$3/PERSON



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**MONDAY**

**Boston Flower Show**  
Thursday, March 15  
Ticket \$20/Lunch on your own  
Transportation \$5  
Limited to 14  
Bus leaves at 9:30 am

**5. ROAST 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 DOLLAR STORE & MORE  
12:30 CORE BALANCE CLASS  
1:30-3PM RMV NEAR ME BY APPOINTMENT  
2:00 MAH JONGG / 313 CARD GAME

2:00 STRESS  
MANAGEMENT  
MODULE 1

**12. 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  
12:15 MARKET BASKET  
12:30 CORE BALANCE CLASS  
1:30-3PM RMV NEAR ME BY APPOINTMENT  
2:00 MAH JONGG / 313 CARD GAME

2:00 STRESS  
MANAGEMENT  
MODULE 2

**19. PRESIDENT'S DAY  
HOLIDAY**

COA CLOSED

**26. CURRIED 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  
10:30 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

2:00 STRESS  
MANAGEMENT  
MODULE 3

**TUESDAY**

Join the Center for an  
exciting **DUCK** Tour  
and lunch at the  
No Name Restaurant  
on Thursday, May 24.  
Cost is \$94

**6. BEEF STEW**

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

**13. SOUP & CHICKEN**

9:00 THE CLUB PROGRAM  
9:30 MAT YOGA  
10:00 FIX-IT SHOP  
10:00 LOW VISION GROUP  
10:40 CHAIR YOGA  
11:30 LUNCH  
11:30 GARDEN CLUB IN SMALL CLASSROOM  
12:00 DUPLICATE BRIDGE  
12:30 ELAINE FICCARDI'S PRESENTATION  
\*PERSONAL FINANCE & MEDICARE CONSULTING  
1:30 FITNESS CAMP

**20. BAKED CHICKEN**

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

**27. BIRTHDAY LUNCH**

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 JEFF JARVIS

**WEDNESDAY**

**Wildwood Crest & Cape May**  
Pack your suitcase for a  
3 night/4 day trip to the  
Jersey Shore June 4-7. A  
totally relaxing trip and  
short get away!  
Pick up a flyer at the  
Center for details!

**7. ROAST TURKEY**

9:00 SALON SERVICES  
9:00 SHAW'S  
9:00 AARP TAX AIDE PROGRAM  
9:30 ART CLASS/WATER COLORS #4  
9:30 LEGAL CLINIC  
9:30 EXERCISE FL 1  
10:30 EXERCISE FL 2  
10:30 COA MONTHLY MEETING  
11:30 LUNCH  
12:00 CRIBBAGE  
1:00 WHIST  
2:00 FIT TO KNIT 2:00 COA MOVIE - STILL MINE  
3:00 LINE DANCING  
3:15 BINGO

**14. STUFFED SHELLS**

9:00 SALON SERVICES  
9:00 SHAW'S  
9:00 AARP TAX AIDE PROGRAM  
9:30 ART CLASS/WATER COLORS #5  
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  
2:00 CHOCOLATE TASTING  
3:00 LINE DANCING

**21. SWEDISH MEATBALLS**

9:00 SALON SERVICES  
9:00 SHAW'S  
9:00 AARP TAX AIDE PROGRAM  
9:30 ART CLASS/WATER COLORS #6  
9:30 EXERCISE FL 1  
10:00 FINANCE & MEDICARE CLINIC  
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  
5:00 SUPPER CLUB

**28. TUNA SALAD**

9:00 SALON SERVICES  
9:00 SHAW'S  
9:00 AARP TAX AIDE PROGRAM  
9:30 EXERCISE FL 1  
10:30 EXERCISE FL 2  
11:30 LUNCH  
12:00 CRIBBAGE  
MINDS IN MOTION #1  
1:00 WHIST  
2:00 FIT TO KNIT  
2:00 COA MOVIE - MARSHALL  
3:00 LINE DANCING

**THURSDAY**

**1. 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  
1:00 GREAT BOOKS  
1:00 POKER CLUB  
1:30 FITNESS CAMP

**8. MAC & CHEESES**

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  
12:00 FOSI MEETING  
12:30 CORE BALANCE  
1:00 POKER CLUB

**15. CHEESE BURGER**

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

**22. HOT DOG**

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



Wed. Feb. 7 at 3:15 pm

Wed. Feb. 28 at 3:15 pm

**FRIDAY**

**2. BREADED POLLOCK**  
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 CLOSSES

**9. CHIX POT PIE**

9:00 ROCHE BROS  
9:00 SALON SERVICES  
10:00 KINGSBURY CLUB SENIOR SWIM  
10:00 FLOWER ARRANGING CLASS  
10:00 HAND 'N FOOT CARD GAME  
10:00 TAI CHI  
11:00 CANASTA  
11:30 ROMEO OUTING  
LUNCH 1:00 COA CLOSSES

**16. 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 JULIET OUTING  
LUNCH  
1:00 COA CLOSSES

**23. SPANISH OMELETTE**

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 CLOSSES



**Flower Arranging**

Claudette O'Brien will hold a  
flower arranging class on Friday,  
Feb. 9 at 10 a.m. Sign up and  
bring home a beautiful  
arrangement for Valentine's Day!  
Cost is \$5/arrangement

**Meet Elaine Ficcardi**

You may know Elaine as our SHINE Counselor, however Elaine has left SHINE, now opening up her own business Simply Wise Solutions, LLC. Elaine will be at the Center on Tuesday, February 13 at 12:30 p.m. Elaine's focus is on personal finance, budgeting, bill paying, reconciling bank accounts, debt consolidation, Medicare education and consulting.

**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

