

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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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



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,
October 4 at 12:00 P.M.
 All Welcome!!

Director’s Note: I hope that while you participate at the Center, you take time to appreciate all the hard work that our Garden Club does. Eve Potts provides direction on every little detail about the shrubs, the new trees, the flowers, watering, pruning, and so much more. The group is small but they accomplish so much and the Center grounds have never looked so beautiful. With Eve, Nancy Brais (sometimes her husband Chris), Lois and Norm Hazen, Vicki Costello, Steve Fosdick, the group works together to make the gardens flourish. How lucky we are to have these wonderful volunteers. The shade garden behind the Bocce Court was designed and installed by Nancy Brais and Lois Hazen. It is so unique, because many plants were donated by these generous people; Nancy Dearness, Mary Youlden, Martha Emerson, Nancy Brais, Joan Kiesling, Astrid Hendren and the Medfield Garden Club. Thank you for sharing your plants with us. It is so lovely how the roses border the patio, how the raised flower bed had beautiful color and vegetables, how the new trees are thriving and the flagpole garden looks delightful. Thank you to all of you for your hard work and dedication to the Center. Roberta

A special thank you to the following people for their donations to FOSI:

Bob Dugan, Adele Mariani, Joan and Warren Bussow in memory of Lori,
 The Santacroe Family in memory of David Nowers
 and Gino Mariani in memory of Ralph and Joseph Mariani.

Please support FOSI with your annual donation of \$15 per person.



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 YEARLY SUGGESTED DONATION OF \$ _____
 Additional Donations: _____

IN MEMORY OF: NAME _____
 IN HONOR OF: NAME _____
 Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center

OCTOBER 2018

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.

NEW PROGRAMS OFFERED ON SATURDAYS

New Saturday “Arts Reaction” Program Starts October 20

You Don’t Have to be a Connoisseur to Enjoy the Arts



Painting



Dance



Music



Photography



Sculpture



Writing

Open only to those who have never enrolled in our Minds in Motion program

Introduce yourself to the works of famous painters, composers, writers, sculptors, and dancers. You’ll love some of their works; you’ll turn your nose up at others. But that’s all part of the fun in this lively and entertaining five-week, *arts reaction* program. Bring a spirit of adventure, not to mention your opinions and your sense of humor! **REGISTER NOW**, as the program is limited to 15 participants.

October 20, 27, Nov. 1, 8, 15 - Cost: \$20 for the five sessions. 1:00 p.m. to 2:00 p.m.

NEW FOR SATURDAYS: ZUMBA AT 9 A.M. –Perfect For everybody and every body!

Beginning Saturday, October 6 at 9:00 a.m. enjoy exercising to the beats of salsa, flamenco, and meringue. The music feels more like a *dance* party than a workout, which is exactly what makes *Zumba* so popular. The Latin-inspired *dance* workout is one of the most popular group exercise classes in the world. ... You don't need to be a great *dancer* to feel welcome in our *Zumba* class. All welcome to join this early morning workout at the Center. Only \$5/class.

<p><i>Thomas Upham House</i></p> <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover’s Top Choices for Skilled Nursing & Rehabilitative Services <i>Quality Care in a Home-Like Setting</i></p>	<p><i>Roberts Mitchell Caruso</i> FUNERAL HOME</p> <p>508-359-2000 www.robertsmitchellcaruso.com</p>	<p>Home Instead SENIOR CARE®</p> <p><i>to us, it's personalsm</i></p> <p>386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338</p> <p>209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	<p>RANDY'S Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 508-359-4409</p> <p>Inspections, Auto repairs, Complimentary shuttle service.</p>
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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
1:30 p.m. Fitness Camp \$5/class

Friday

10:00 a.m. Tai Chi-\$5/ class
11:15 p.m. Core Balance-moderate \$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)

AVAILABLE RESOURCES

Nursing Services- Debbie Bernabei R.N. from the Walpole VNA is available on the 1st Tuesday, **Oct. 2** at 10:00 a.m. for your health concerns.

Health Insurance Counseling - S.H.I.N.E Call the Center for appointments on the 4th Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, Oct. 3** 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, **Oct. 5** at 9:00 a.m.

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

RMV Near Me- The COA is offering RMV on-line services on Mondays from 1-3:30 p.m.

Some services may require an appointment.
Please call the Center at 508-359-3665

 **2018 Holiday Boston POPS**
December 13 - Bus leaves at 11 am for lunch at the No Name then on to Symphony Hall for a 4pm concert. Cost \$139/person. 

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 at 12:30 and Fridays at 11:15 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.

Council on Aging Tax Work-Off Applications are Available

Applications will be available beginning Monday, October 1, 2018 and should be returned to the COA by Wednesday, October 31st. If applications exceed the 65 person limit, a lottery will be held during the November 7th, 2018 monthly COA meeting at 10:30 a.m., at The CENTER. This is an open meeting and all applicants are invited to attend. Contact Susan Bernstein at 508-359-3665 for more information .

October Flu Clinic

The Center has one Flu Clinic scheduled for your convenience in October. Mark your calendar for Monday, October 29 from 12-2 p.m. This clinic is provided by the Medfield CVS and open to all adults 18 years and older. They are held on a first come first serve basis and you must bring your insurance and/or Medicare card.

Alternative Medication Presentation

Join us on Monday, October 15 at 2:00 p.m. when Home Instead Senior Care provides an interesting and informative presentation on dietary supplements. Just because they are "natural" doesn't mean they are safe. Dietary Supplements such as herbal remedies, vitamins, and minerals are marketed as "natural" products. However, these products can have serious side effects and can cause problems when taken in excessive amounts. Learn more about Dietary supplements and be certain that you are doing what is best for your body.

Meditation Classes Continue in October

Kat Cammarata continues the meditation classes on Mondays at 2:15 p.m. After your day of errands and catch up from the weekend, join Kat as she will guide you through the process of gently focusing on attention to within ourselves. Meditation is a form of self care, a daily dose of self-love we can give to ourselves, when we learn to establish a dedicated practice. By gently shifting our attention inwardly, we are able to learn to live more presently, in the moment, with a deeper sense of compassion and acceptance. All welcome, \$5 per class (unless you signed up for the 8 weeks).

U.S. National Parks Lecture Series

Enjoy an amazing presentation on The Rocky Mountains on Wednesday, October 3 at 6:30 p.m. In the first installment of an arm-chair travelers series showing what visits to our National Parks can look like, parks expert and former Medfield resident, Steve Farrar will take us on a tour of the Rocky Mountains which stretch throughout the middle of our nation and provide a wondrous variety of ecosystems that range from high mountain peaks to subterranean worlds. Steve's pictures and stories of his travels are sure to stoke your personal wanderlust, so come prepared to be inspired!



Discover How Thoughtful You Are

Stay mentally sharp. Register for Minds in Motion, a lively program that explores topics like culture, morality, food, art, psychology, music, and issues in the news.

Limited to 15 Participants

October 31, Nov. 7, 14, 28 ~ 1:00 p.m. to 2:00 p.m. ~ \$15 for All Four Sessions

Our Library

Thank you, everyone, for your generous book donations. Our library has limited space, but you have helped to make the most of it. Come in and look around! Check out our nonfiction section. Don't forget to donate your summer reads tour library. As one reader remarked, "It is the best library in Medfield!" Thanks, Janice



Nancy Irwin shows off her plate of food from September's Pot Luck Supper! And no, she did not clean her plate!



The amount of food at our Pot Luck Supper was amazing. Fifty people attended and everyone had a great time!



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, caregiver 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 Walpole VNA, a monthly wellness clinic with Debbie Bernabei, R.N. is available on the first Tuesday of the month from 10:00 a.m.-11:00 a.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

HESSCO's Kim Lavange provides 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.

Caregiver Support Group

Share your experience, advice and support to others on **October 25 at 9:30 a.m.** All welcome

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 with your request.

SHINE

Our SHINE volunteer is available the fourth Monday of the month 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 Club 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, October 9**

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 newsletter at the Center by request.

Kingsbury Club

Enjoy Senior Swim on Mondays and Fridays 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.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. RMV Near Me is available on Monday afternoons at the Center.

Social Security Presentation

You probably know someone who is thinking about Social Security. If so, tell them on Wednesday, October 24 at 6:30 p.m. Medfield's, Jon Bicknell returns to present information that you **need to know** about Social Security. This presentation is open to all community members. For planning purposes please call 508-359-3665 to sign up.

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 12:30 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. 12:30, Fri. 11:15.
 Hand N Foot Game - Mon./Fri. 10 a.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 1:00 p.m.
 Canasta- Thursdays at 11:30 a.m.
 3-Thirteen- Monday at 12:00 p.m.
 SCAT- Wednesday at 11:30 a.m.

Movies at the COA
 Wednesdays at 2 p.m. and
 Saturdays at 10:15 a.m.
 with your host Joan Lee.

Sat. Oct. 6— Billionaire Boys Club
 Young, Handsome & cunning. Based on the incredible true story of a group of wealthy boys from LA in the 80's, who established a get-rich-quick scam that turns deadly.

Wed. Oct. 10 & Sat. Oct. 13-
The Catcher Was A Spy Major League baseball player Moe Berg lives a double life as a spy for the Office of Strategic Services during World War II.

Sat. Oct. 20 - Hearts Beat Loud
 In the hip Brooklyn neighborhood of Red Hook, single dad and record store owner Frank is preparing to send his hard-working daughter Sam off to college while being forced to close his vintage shop.

Wed. Oct. 24 & Sat. Oct. 27 -
Woman Walks Ahead A headstrong New York painter embarks on a dangerous journey to meet Sitting Bull but must face off with an Army officer intent on war.

Chickie Flynn's luncheon is scheduled for Thurs., Oct. 25. at 11:10 am. Cost is \$5.



Monthly Birthday Celebration
 Every month we celebrate birthdays. Join us on **Thursday, October 25** for lunch (free with your coupon or a \$3 donation) and enjoy the music by Patrick Durkin.
Sign up today!

By **Dennis Thompson**

HealthDay Reporter

MONDAY, Sept. 10, 2018 (HealthDay News) -- The ancient practice of tai chi may beat strength training and aerobics for preventing falls among seniors, a new trial shows. A modified senior-centered tai chi program reduced falls nearly a third better in a head-to-head comparison with an exercise regimen that combined aerobics, strength training and balance drills, the researchers reported. "This tai chi program better addressed the deficits that were contributing to fall risk," said senior researcher Kerri Winters-Stone, a professor with the Oregon Health & Science University School of Nursing.

Tai chi is a centuries-old Chinese tradition that involves a graceful series of movements. People performing tai chi flow between different postures in a slow and focused manner, keeping their body in constant motion and frequently challenge their balance. Researchers have long suspected that tai chi can help reduce risk of falling, said co-researcher Peter Harmer, a professor of exercise and health science with Willamette University in Salem, Ore.

Annually, about 28 percent of U.S. seniors report falling, and 2 out of 5 falls result in injuries leading to an ER visit, hospitalization or death, researchers said in background notes. "Falling in adults age 65 and older is significantly associated with loss of independence, premature mortality and big health care costs," Harmer said.

The movements of tai chi require people to move in all directions, while traditional exercise programs focus more on forward and backward motion, Winters-Stone and Harmer said. "The reality of how falls happen tends to be quite varied and a bit unpredictable. In tai chi, the movements are in these multiple planes," Winters-Stone said. "You're moving your body outside of your center of gravity and then you're pulling it back. "Not falling is a pretty complex physiological behavior," Harmer said, noting that you combine muscle strength with feedback from muscles and joints, eyesight and even hearing to regain your balance. "Tai chi directly challenges the integration of all those things."

Tai Chi has been offered at the Center since November 2008 and continues on Fridays at 10:00 a.m. with Master Instructor, Jeanne Donnelly. Join us for Tai Chi or anyone of our exercise classes for a drop in rate of \$5.

Medfield Food Pantry Fall Requests : Cookies, Crackers, Beef Stew, Hot cereal, Kid-friendly cereal (e.g. Cocoa Krispies, Cinnamon Toast Crunch) Juice-large and boxes, Rice (bags, pilaf), Pasta Sauce

2018 Day Trips Sign up Today - Your Participation is Needed!

Thursday, October 11 - The Old Mill and Tower Hill Gardens Foliage Special. This is the week where foliage is at its peak. Enjoy the colors of red, orange and yellow as you travel to north central Massachusetts for lunch at The Old Mill followed by the beautiful gardens of Tower Hill Botanical Gardens. **Bus leaves at 9am. Cost is \$79/pp.**

Monday, December 31 - There comes a time when staying up until midnight to ring in the New Year just isn't what it used to be. The COA suggests you ring in the *New Year at Noon* on Boston Harbor with an Odyssey Cruise and a delicious buffet lunch. Grab your friends and celebrate with us. The coach bus leaves at 9:30 a.m. and we return approximately 4:30 p.m. It is a great way to celebrate and have some fun on New Years Eve! **Cost is \$89/pp.**



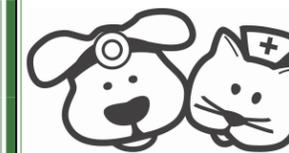
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 & Sports



Therapy
 Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052
508-3599-9119

Baseball Supper Club

Enjoy the baseball documentary Fastball at 3pm, on Wed., Oct. 17, followed by grilled hot dogs, baked beans and cole slaw!

All for \$6/pp



Mary G. Cusano, Realtor
266 Main Street
Medfield MA 02052
508-561-5411



Mary.Cusano@CommonMoves.com
www.TheCusanoTeam.com

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

Shopping Trips
Market Basket— Oct. 1
Dollar Store— Oct. 15

Play Mah Jongg every
Monday at 1:00 p.m. and on
Wednesday, Oct. 3 & 31 at 1:00
p.m. and Saturdays at 1:00 p.m.

Thomas family dent
Senior Discounts Available
Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.
Five North Meadows Road
Medfield MA 02052
508-359-6600

THE CENTER SALON
Make your appointment for hair removal services with Lisa Mario on **Tuesday, October 9**
Call now to schedule your beauty treatments. Lisa is now available from 9:30 -11:30 a.m.

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

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



Thank you Chickie Flynn's for hosting the Medfield COA each month for the past 8 years!

YOUR CARE. YOUR CHOICE.
Ask for us by name.
100+ years of serving MetroWest & beyond
Contact our Care Coordinators today!
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NATICK VNA
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OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. CHICKEN STEW 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 10:15 PAGE TURNERS 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 3-13 CARD GAME 12:15 MARKET BASKET 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME</p> <p>2:15 MEDITATION CLASS</p>	<p>2. GREEK MEATBALLS 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 WALPOLE VNA HEALTH CLINIC 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>3. SEAFOOD SALAD SANDWICH 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 / LEGAL CLINIC 10:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 6:30 THE ROCKY MOUNTAIN PRESENTATION</p>	<p>4. ROAST TURKEY 8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:00 FOSI MEETING 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 GREAT BOOKS DISCUSSION 1:00 POLKA CLUB 1:30 FITNESS CAMP</p>	<p>5. BROCCOLI BAKE 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 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 1:00 MAH JONGG 1:00 BINGO</p>
<p>8. COLUMBUS DAY HOLIDAY COA CLOSED</p>	<p>9. BROCCOLI QUICHE 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 9:30 ESTHETICIAN 10:00 FIX-IT SHOP 10:00 LOW VISION GROUP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>10. HAM & CHEESE 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MINDS IN MOTION 2:00 FIT TO KNIT / COA MOVIE 3:00 LINE DANCING 3:15</p>	<p>11. MEATLOAF 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>12. SAUSAGE W/ ONION & PEPPERS 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 BOCCIE 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 1:00 MAH JONGG 1:00 BINGO</p>
<p>15. BEEF STEW 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 3-13 CARD GAME 12:15 DOLLAR STORE AND MORE 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2:00 ALTERNATIVE MEDICINE PRESENTATION</p> <p>2:15 MEDITATION CLASS</p>	<p>16. PIZZA 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>17. CHIX CEASAR SALAD 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 3:00 MOVIE - FASTBALL 3:00 LINE DANCING 3:15 5 PM BASEBALL SUPPER CLUB</p>	<p>18. HAM W/ RAISIN SAUCE 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL 1:30 FITNESS CAMP</p>	<p>19. CHEESEBURGER 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 ROMEO OUTING 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 10:30 YOGA 1:00 MAH JONGG 1:00 BINGO 1:00 ARTS REACTION</p>
<p>22. CARRIBEAN CHICKEN 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE 1:00 PODIATRY CLINIC 1:00 MAH JONGG 1:30-3 RMV NEAR ME</p> <p>2:15 MEDITATION CLASS</p>	<p>23. CHIX SALAD 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:00 NORTHERN TRIP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>24. TURKEY & CHEESE 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT / COA MOVIE 3:00 LINE DANCING 3:15 6:30 SOCIAL SECURITY PRESENTATION</p>	<p>25. CHEESEBURGER 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER SUPPORT GROUP 10:00 ZUMBA 11:10 CHICKIE FLYNN'S 11:30 BIRTHDAY LUNCH 11:30 CANASTA 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>26. HOT DOG 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SWIM 10:00 BOCCIE 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSURES 7:00 SPUR—LIVE BAND OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 10:30 YOGA 1:00 MAH JONGG 1:00 BINGO 1:00 ARTS REACTION</p>
<p>29. BEEF BURGUNDY 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:30 CORE BALANCE 12:00 FLU CLINIC 1:00 MAH JONGG 1:30-3 RMV NEAR ME</p> <p>2:15 MEDITATION CLASS</p>	<p>30. TUNA SALAD 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</p>	<p>31. CREEPY CHILI 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MAH JONGG AND MINDS IN MOTION 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15</p>	<p>SPUR returns for a Halloween performance on Friday, October 26 from 7-10 p.m. Do not miss this rock 'n roll event with music from the sixties, seventies and eighties!! Costumes are optional, candy available and great music and fun guaranteed! Tickets \$10 at the Center or at the door.</p>	

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SATURDAY HOURS
The COA and FOSI are doing whatever we can to continue the Saturday programming at the Center. Your support is needed and your voice must be heard. Help us to be successful!

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Appointments will be available on Monday, October 22 beginning at 1:00 p.m. for your podiatry concerns. Please sign up and be certain to bring your insurance card.

Join us for a **holiday** spectacular trip on Thursday, December 13 to the No Name Restaurant and then a delightful visit to Symphony Hall for **sounds of the season concert** by the BOSTON POPS! Bus leaves at 11:00 a.m. Cost is \$139.00/pp

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