

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 Meal site: X211
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HESSCO Meal site Manager
Kim Lavange
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



NOVEMBER 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.

Director’s Note/Request: Please attend the Special Town Meeting on Monday, October 29 at 7:30 p.m. The Council on Aging has an article to continue the Saturday Program through the end of this fiscal year and plans to include this in the budget for fiscal year 2020. The Council on Aging is also supporting two articles that relate to developing appropriate housing for seniors. These two articles address zoning changes and disposal of a wedge of land on the Center property. Senior housing is limited in Medfield and this is the first step in addressing the lack of available housing for people as they age or become disabled. Your support is needed, your presence is needed, **your voice** needs to be heard! All of our vehicles will be out on the road that evening to get you to and from the meeting. Simply let us know you want a ride. Be part of the decisions that happen in Medfield and attend Town Meeting on October 29!
Roberta Lynch

IMPORTANT NOVEMBER DATES

Sat., November 3 - LION’s Club Chowder Fest begins at 11:00 a.m. Cost is \$8/person. All Saturday programs are cancelled.
Sat., November 3 - The FOSI Christmas Sale begins at 11:00 a.m.
Tues., November 6 - Election! Exercise your right to vote. Polls open 6:00 a.m.– 8:00 p.m. Transportation is available to vote by calling the Center at 508-359-3665.
Fri., Nov. 9- Visit the Vietnam Memorial “The Moving Wall” at Gillette Stadium. Bus leaves at 10 a.m.
Mon., November 12 - The Center is closed in observance of Veteran’s Day!
Wed., November 14–The Center is hosting a Council on Aging Board Training from 1:00 - 4:00 p.m. for Medfield and neighboring community board members.
Thurs., Fri., and Sat., November 22, 23 and 24–The Center will be closed for the Thanksgiving Holiday.

<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 Quality Care in a Home-Like Setting</p>	 <p>Roberta Mitchell Caruso 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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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,
November 1
at 12:00 P.M.



ANNUAL FALL LUNCHEON

Every year Walpole Co-operative Bank and Norfolk County Councils on Aging celebrate fall with an Annual Fall Luncheon. Attendees enjoy a delightful lunch, entertainment, guest speakers, door prizes, raffles, good company and all at no cost to our guests. The Annual Fall Luncheon will be held at Lake Pearl Ballroom, located at 299 Creek Street, Wrentham, MA. The luncheon will be served promptly at 12:00 p.m. on Wednesday, November 14. Transportation from the Center will be provided with the bus leaving at 10:45 a.m.

A variety of speakers and entertainers have been scheduled. Please sign up at the front desk as this event is limited to 10 Medfield residents. A ticket will be handed out the day of this event. If you sign up and decide you can not attend, please let the Center know immediately so that we can advance up on the waitlist.

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

Bob Vollmuth, Joel Lamoureux, William and Louise Flatley, Richard Hill, Carol Simpson, Carol Rossi in memory of Linda Evans, Barbara Reynolds and Francis Rossi, Helen L. Shaw in memory of Milton and Carol Shaw and Janet Tracey in memory of Eileen Shackley and Denise Newcomb.

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



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

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)
Brian Szewczynski (Fitness Camp)

AVAILABLE RESOURCES

Nursing Services- Debbie Bernabei R.N. from the Walpole VNA is available on the 1st Tuesday, **December 4** at 10:00 a.m. for your health concerns. Roberta is available for BP checks as needed!

Health Insurance Counseling - S.H.I.N.E Call the Center for appointments during Open Enrollment!

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, December 19** 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, **November 2** 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 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.

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call the Center at 508-359-3665 or call **HESSCO/SHINE at 781-784-4944**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

WINTER IS ON ITS WAY...ARE YOU AT RISK FOR FALLING? REVERSE THE AGING PROCESS, **REGAIN YOUR BALANCE**

The possibility of a fall worries most older adults and their families especially nearing the winter months. Falls are often the most common cause of nonfatal injury for older adults, often causing hospitalization and interfering with an independent life style. Beginning Thursday, November 15 at 1:30 p.m., the Center is offering a new class, **REGAIN YOUR BALANCE**. Steve Avellino, Certified Fitness Trainer and Corrective Exercise Specialist, will lead a 6 week program to help you regain your balance. This is a structured, action-based program working on balance (center of mass over base support), sense of balance (joints and muscles communicating with the brain) and proprioception (the body knowing where it is in space). You will improve your posture, strengthen your stabilizer muscles, improve your motor control and regain your balance. This is not a drop-in program and regular attendance is required. Mr. Avellino provides a holistic, step by step approach. The group is limited to 12 people and cost of this 6 week program is \$30.00.



Fall is Here, Winter is Coming—Fuel Assistance is Available! Need help paying for fuel this winter? You are not alone. We can help with fuel assistance!!

Fuel assistance helps thousands of local families with home heating bills each year. Did you know, fuel assistance is not just for oil, gas, or electricity, if you heat your home with a pellet or wood stove you may receive assistance with that too!

The application process may seem daunting and I am happy to assist you in this task! The application period is from November 1, 2018- April 30, 2019. If you previously received fuel assistance you should have received a re-newal application in the mail. If it has not arrived, simply call SMOC at 508-620-2342 and they will re-issue another one for you. If you are new to fuel assistance and are wondering if you might qualify, I am happy to meet with you and go through the application process. Please contact the Center at 508-359-3665 and ask for Lisa Marie Donovan, Outreach Coordinator, for a confidential appointment.

Low Hearing Group Meeting

Are you missing out on conversations or feeling unaware of what is happening around you? Join us on Thursday, November 15th at 10am to discuss issues pertaining to problems you or a loved one might be having with hearing loss. We will have Tina Roberts, M.S.,CCC-A from Speech-Language and Hearing Associates of Greater Boston to facilitate the discussion and answer your questions. Possible topics for discussion might include; how to determine hearing loss, hearing aid options, what to look for when buying a hearing aid and how to get used to wearing a hearing aid. Come with your questions and discover useful information and support. After our discussion, Tina will provide a hearing screening for an hour following the meeting. Please sign up for the meeting and if you would like to have a no cost hearing screening or simply call 508-359-3665 and we can add you to the list.

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 **November 29 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, Nov. 27 10am**

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. **Next meeting Thursday, Nov. 15 at 10 am**

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.

Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Halftime shows take about 12 minutes. This is not coincidence. Erma Bombeck

Happy Thanksgiving from all of us at the Council on Aging!

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. 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.

Wed. Nov. 7— Leave No Trace
 A father and his thirteen year-old daughter are living an ideal existence in a vast urban park in Portland, Oregon, when a small mistake derails their lives forever.

Sat. Nov., 10- Leave No Trace

Sat. Nov., 17 - Blindspotting
 While on probation, a man begins to re-evaluate his relationship with his volatile best friend.

Wed., Nov., 28— BlacKkKlansman
 Ron Stallworth, an African American police officer from Colorado Springs, CO, successfully manages to infiltrate the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader. Based on actual events.

Sat., Dec. 1- BlacKkKlansman

The November Chickie Flynn's luncheon is reserved for The Club.



Monthly Birthday Celebration
 Every month we celebrate birthdays. Join us on **Tuesday, November 27** for lunch (free with your coupon or a \$3 donation) and enjoy music you know by DJ, Bob V. **Sign up today!**

Learn About Essential Oils for Natural Health

On Thursday, November 15 at 10 a.m.

Join Tracy Buckley on Thursday, November 15 at 10:00 a.m. and learn how essential oils can support your health and well-being! This hands-on class teaches how pure essential oils can be a powerful ingredient in a holistic and preventative approach to your health. You'll get a clear understanding of the why, what and how of essential oils and which oils may be good choices for you and your family. You'll leave feeling more empowered, educated and with choices on how to improve your well-being by bringing them into your home. We will be using doTERRA essential oils during this discussion. Here's a list of 10 popular essential oils and the health claims associated with them:

- **Peppermint:** Used to boost energy and help with digestion.
- **Lavender:** Used for stress relief.
- **Sandalwood:** Used to calm nerves and help with focus.
- **Bergamot:** Used to reduce stress and improve skin conditions, like eczema.
- **Rose:** Used to improve mood and reduce anxiety.
- **Chamomile:** Used for improving mood and relaxation.
- **Ylang-Ylang:** Used to treat headaches, nausea and skin conditions.
- **Tea Tree:** Used to fight infections and boost immunity.
- **Jasmine:** Used to help with depression, childbirth and libido.
- **Lemon:** Used to aid digestion, mood, headaches and more.

Healthy Living

The Centers for disease Control and Prevention's Physical Activity Guidelines recommends two types of physical activity each week to improve health-aerobic and muscle-strengthening. Experts recommend that older adults engage in moderate physical activity for at least 30 minutes five days a week and muscle strengthening activities on two or more days a week that work all major muscle groups. But statistics show that less than one-third of Americans aged 65+ meet this level.

Adults should not worry if they have never exercised or stopped exercising. Older adults and people with disabilities can gain significant health benefits with a moderate amount of physical activity. Physical activity doesn't need to be strenuous to bring health benefits. What's important is to include physical activity as part of a regular routine. Visit <https://go4life.nia.nih.gov> to find sample exercises and get healthy tips or try one of our classes. Remember to consult your health care provider before beginning an exercise routine, as they can advise on appropriate exercise based on your health history.

Medfield Food Pantry November Requests : Canned Tuna - packed in water, rice (bags, pilaf) Pasta Sauce, Spaghetti, Chili, Beef Stew, Jelly/Jam, Juice-bottles or boxes, Kid Friendly Cereal and Hot Cereal.

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

Thursday, December 13— We have several seats left for the Boston POPS event. Sign up today and make this an evening to remember. Get in the spirit with holiday music and the sights and sounds of Boston. Bus leaves at 11:00 a.m. Cost is \$139/pp and includes lunch at the No-Name Restaurant with your choice of entrée (Chicken or Haddock) and POPS Concert at 4:00 p.m..



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.



Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
 South Natick MA
 508-653-8330



"Quality care
 in a homelike setting"



MEDFIELD
 veterinary clinic

Medfield
 Orthopedic
 & Sports
 Therapy

Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052

508-359-9119



Gaining Emotional Strength
Coming in December
 Participate in a 3 part workshop to deal with feelings, overcome grief and maintain a positive attitude. **More to follow, workshops held on Dec. 7, 14, and 21 at 10 a.m.**



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
Dollar Store— Nov. 5
Market Basket— Nov. 19
Xmas Tree Shops— Nov. 26

Play Mah Jongg every
Monday at 1:00 p.m. and on
Wednesday, Nov. 14 at 1:00 p.m.
and Saturdays at 12:30 p.m.



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

Senior Discounts Available



THE CENTER SALON
Make your appointment for hair removal services with Lisa Mario on
TUESDAY, NOVEMBER 13
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

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANNUAL FALL LUNCHEON Ten seats are available for Walpole Co-operative Bank's Annual Fall Luncheon at Lake Pearl in Wrentham on November 14. Transportation is available</p>	<p>Enjoy a New Year's Eve outing on the Boston Harbor for a delicious afternoon cruise and lunch. The bus will leave the Center at 9:30 a.m. and return home approximately 4:00 p.m. A delightful day and a festive way to ring in the New Year at noon! Cost is \$89/person</p>	<p><i>Gaining Emotional Strength</i> <u>Coming in December</u> Participate in a 3 part workshop to address Love, Loss and Loneliness. Learn to deal with feelings, overcome grief and maintain a positive attitude.</p>	<p>1. BUTTERMILK CHICKEN 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 POKER CLUB</p>	<p>2. SEAFOOD CASSEROLE 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 CLOSSES</p> <p>LIONS CLUB CHOWDERFEST ON SATURDAY 11 AM-2PM SATURDAY PROGRAM IS CANCELLED</p>
<p>5. BBQ PORK 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</p> <p>2:15 Meditation Class 1:30-3 RMV NEAR ME</p>	<p>6. ELECTION DAY 10:30 COA MONTHLY MEETING 12:00 DUPLICATE BRIDGE</p> <p>NO CLUB PROGRAM TODAY</p>	<p>7. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAWS 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 2:00 COA MOVIE - LEAVE NO TRACE 3:00 LINE DANCING</p>	<p>8. ROAST TURKEY 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</p>	<p>9. SWEDISH MEATBALLS 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 VISIT THE MOVING WALL 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>12. THE CENTER IS CLOSED FOR THE VETERAN'S DAY HOLIDAY</p>	<p>13. CHICKEN CHILI 9:00 THE CLUB PROGRAM 9:30 ESTHETICIAN 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP</p>	<p>14. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:15 ANNUAL FALL LUNCHEON (LIMITED TO 10) 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 COA BOARD TRAINING 1:00 MINDS IN MOTION 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING IN CRAFTROOM</p>	<p>15. CHICKEN PICATTA 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ESSENTIAL OILS CLASS 10:00 TWIN RIVERS TRIP \$5 10:00 ZUMBA 10:00 LOW HEARING GROUP 11:30 LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL 1:30 **REGAIN YOUR BALANCE**</p>	<p>16. PORK SAUSAGE 9:00 ROCHE BROS 9:00 SALON SERVICES 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 CLOSSES</p> <p>OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12:30 MAH JONGG 1:00 BINGO</p>
<p>19. CHICKEN TERIYAKI 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 12:15 MARKET BASKET 12:30 CORE BALANCE 1:00 MAH JONGG 1:30-3 RMV NEAR ME</p>	<p>20. STUFFED PEPPERS 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:00 OUTREACH AT TILDEN 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS -GREEK MYTHS</p>	<p>21. MAC N' CHEESE 9:00 SALON SERVICES 9:00 SHAWS 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</p> <p>THE CENTER CLOSSES AT 2:00 P.M.</p>	<p>22. THE CENTER IS CLOSED FOR THANKSGIVING</p>	<p>23. THE CENTER IS CLOSED FRIDAY AND SATURDAY FOR THE THANKSGIVING WEEKEND.</p>
<p>26. STUFFED SHELLS 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 12:15 CHRISTMAS TREE SHOPS 12:30 CORE BALANCE 1:00 MAH JONGG 1:30-3 RMV NEAR ME</p>	<p>27. BEEF & BROCCOLI 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 BIRTHDAY LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>28. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAWS 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 2:00 FIT TO KNIT 2:00 COA MOVIE - BLACKKLANSMAN 3:00 LINE DANCING</p>	<p>29. HOT DOG 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVING SUPPORT GROUP 10:00 ZUMBA 11:10 CHICKIE FLYNN'S FOR THE CLUB 11:30 LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL 1:30 **REGAIN YOUR BALANCE**</p>	<p>30. FISH FILET 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 BOCCCE 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12:30 MAH JONGG 1:00 BINGO</p>

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We don't have wifi talk to Each other

On my recent vacation in Aruba, I had lunch in a delightful restaurant on the pier in Oranjestad I was thrilled to see this sign posted for all patrons to see. In Franklin, as I walk Buddy each evening, I pass local restaurants and observe people sitting across from each other and both are looking at their phones! :(

NEW VIDEO CLASS

Beginning Tuesday, November 20 at 1:30 p.m. enjoy a new class given by Professor Fears, *Life Lessons from the Greek Myths*. Great myths and grand tales teach people about the hopes and values of their cultures, and they impart invaluable life lessons that can teach, guide, and inspire. The ways in which the human imagination can transform historical events, people, and themes into powerful myths that endure through the ages is nothing short of awe-inspiring. And to examine the core of the world's greatest myths and tales—and the larger-than-life characters who figure in them—is to confront some of history's most basic human truths. It's also an engaging opportunity to better understand them, learn from them, and possibly even apply them to your own everyday life.

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