

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
508-359-3665 X 211
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



Picture by Mike Lennon September 2009
Garden by Jill Vollmuth

JANUARY 2019

On April 24, 2006 the Town of Medfield voted to authorize transfer of care, custody, management and control of a parcel of Town owned land to the Council on Aging to construct and operate an Adult Community Center. The Center opened January 6, 2008 and continues to support the Council on Aging mission to foster an atmosphere of wellness by addressing the emotional, social, physical and often, spiritual needs of older individuals and their families during the aging process. The Council on Aging's goal is to enhance the quality of life and promote independence by providing programs, social events, services and referrals to support community members through their life journey.

COUNCIL ON AGING BOARD

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

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

NEXT FOSI MEETING
Thursday,
January 10
at 12:00 P.M.

Minds in Motion with All New Topics!



Have Some Fun



Stretch Your Mind



Enjoy Good Company

***** January 16, 23, 30 and February 6 - 1 p.m. to 2 p.m. - \$15 *****

A Special Thank You to the Following People for Their Donations to FOSI

American Legion Beckwith Post #110 in memory of William Mann,
Jeanne Thompson in memory of Robert Jr., Beverly Bennotti in memory of Peter,
Charlotte Reinemann in memory of Richard, Ray and Sarah Mariani in memory of Joseph,
Buck O'Connor in memory of Renee, Geraldine Ferreira in memory of Helen Bowser,
Robert and Joan Wood, Dorothy McCarthy, Norma Barr, Mary Pamela Gallo, David and Joanne McAvoy.

The following people made donations in memory of Bill Johnson: Robert Heald, Mary O'Brien,
Louis and Joan Fellini, Mary Mahoney, Jane Timmerman, Blandine Brais, John and Arleen Carter,
Sandra Eaton, Jeanne Johnston, Mary Chouinard and Carol Simpson.

FOSI continues to offer the BUY-A-BRICK PROGRAM.

It is a great way to remember a loved one or to honor someone special in your life. Order forms are available at the Center.

FRIENDS OF SENIORS, Inc. (FOSI)
2019 **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

Director's Note: I am thrilled to introduce you to our new Public Health Nurse, Alyssa Kaiser, RN from the Natick Walpole VNA. I have met with Alyssa and she is a wealth of information and is available to you at the Center on the first Tuesday of the month at 10:00 a.m. *This month* the first Tuesday is New Year's Day, so Alyssa will be with us on Wed. Jan. 2 at 10:00 am. Stop in and say hello and feel free to chat about any health concerns you may have. Alyssa will be providing articles of healthy options in upcoming newsletters!

NEW* Public Health Nurses Corner *NEW

I wanted to take a moment and introduce you to our Health Department here in Medfield that works very closely with the Medfield Council on Aging. In conjunction with the Natick Walpole Area Visiting Nurses Association, we hold blood pressure clinics the first Tuesday of the month at 10:00 until 12:00 at The Center. However, this month because of the holiday, I will be at the Center on Wednesday, January 2 at 10:00 a.m. In addition, we provide blood pressure clinics at the Medfield Public Library the second Tuesday of the month at 10:00 until 12:00 and at Tilden Village the third Tuesday of the month at 11:30 until 1:00. During this time, you are free to visit one on one with me and have your blood pressure, heart rate and oxygen level checked. Also, if needed, a blood sugar screening and a consultation for medical questions about your health or medications.

We offer educational programs throughout the year in conjunction with the Council on Aging. Please stay tuned for the exciting educational offerings for 2019. You will also find articles in the Council on Aging newsletter with current, monthly topics. We hope you find everything that you are looking for in Medfield and we are here for any questions or concerns you may have.

Sincerely,
Alyssa Kaiser, RN, BSN

Thomas Upham House



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508-393-8338
209 w. Central St., Suite 210
Natick MA 01760
508-647-3773



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

EXERCISE CLASSES

Monday:

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

Tuesday:

9:30 a.m. Mat Yoga- \$3/ class
10:40 a.m. Chair Yoga- \$3/ class

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)

AVAILABLE RESOURCES

Nursing Services- Due to the holiday on Jan. 1

Alyssa Kaiser R.N. from the Walpole VNA is available on Wednesday, [January 2](#) 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 for an appointment on the last Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on [Wednesday, January 2](#) 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, [January 4](#) 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. Information on the Real I.D. is available at the Center.

Veteran Service Officer Hour- Jon Cogan will be joining the Center on the third Tuesday of the month at 9:00 a.m. for any Veteran's concerns or questions. He will be here on [Tuesday, January 15](#).

**Some services may 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 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.

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. Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Visit us on Wednesdays at 3 p.m. Class is \$3.

Here's What is Planned for 2019!

Tuesday, Jan 29 – Foxwoods Trip \$28

Thursday, February 14 - Chocolate Tasting 2-4pm \$3

Wednesday, March 13 - St. Patrick's Day Dinner 5pm \$15

Thursday, April 18–Newport Playhouse and Cabaret Restaurant \$89

Saturday, April 27– The Center Yard Sale 8am-2pm

May 29-31–Down East Bar Harbor Maine Trip (see flyer)

Thursday, June 13 - Newport Rail Tour \$89

Tuesday, July 16– Nantucket Fast Ferry Day trip \$99

Wednesday, August 7 - North Shore Music Hall “Jersey Boys” \$110

Tuesday, August 20 – Essex Valley Steam train & Riverboat Cruise Tour \$99

September (dates to be decided) - Quebec City Spectacular (see flyer)

Saturday, October 5 – Statue of Liberty, Ellis Island and 9/11 Memorial \$99

Tuesday, November 12–” Crooning the Classics” at Aqua Turf Showtime \$89

*****More information on these trips to follow-some dates may change*****

The Center serves lunch Monday through Friday at 11:30. Below are the specials offered. (\$3)

Every Wednesday enjoy Soup and a Sandwich

Thurs. Jan. 17- Enjoy a roast turkey lunch (Thanksgiving in January)

Thurs. Jan. 24- Birthday lunch-always delicious and entrée varies.

Fri. Jan. 25- The best HOT DOG around.

Sign up with Kim!!! Let's grow our lunch program. Look for in house food preparation in 2019.

Great Books Discussion Group

On January 3 at 1:00 p.m., the book *Night* by Elie Wiesel will be up for discussion. Published in English in 1960, the book is about Wiesel's experience with his father in the Nazi German concentration camps at Auschwitz and Buchenwald in 1944-1945. A deeply poignant autobiographical account of his survival as a teenager in the Nazi death camps at the height of the Holocaust toward the end of the Second World War.

With a Data Breach

If your information was exposed, there are steps you can take to protect yourself.

Companies usually set up an informational website, and a call center, to answer questions. If your information was exposed, take advantage of the free monitoring service, and consider taking these additional steps:

- **Check your credit reports** from Equifax, Experian, and TransUnion – for free – by visiting [annualcreditreport.com](#). Accounts or activity that you don't recognize could signal identity theft. Visit [IdentityTheft.gov](#) to find out what to do.
- **Review your payment card statements carefully.** Look for credit or debit card charges you don't recognize. If you find fraudulent charges, contact your credit card company or bank right away, report the fraud, and request a new payment card number.
- **Place a [fraud alert](#) on your credit files.** A fraud alert warns creditors that you may be an identity theft victim and that they should verify that anyone seeking credit in your name really is you. A fraud alert is free and lasts a year.
- **Consider placing a free [credit freeze](#) on your credit reports.** A credit freeze makes it harder for someone to open a new account in your name. Keep in mind that it won't stop a thief from making charges to your existing accounts.

Be smart and protect your personal information.

Dr. Jim Suojanen Presents *Optimal Aging*

Join us on Wednesday, January 30 at 6:30 p.m. for the most recent research and data on Optimal Aging. Dr. Suojanen will discuss what it takes to age well, what you need to consider and what you can do. All supported by documented research. Sign up today!

We have not been there for quite some time. Take a day and travel to [FOXWOODS Resort and Casino](#) on Tuesday, January 29 (weather permitting, of course). Enjoy free slot play, a buffet lunch and a great opportunity to people watch!

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 **January 31 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, Jan. 8 at 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.

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.



**Winter is Here,
Crank up the Heat!
Fuel Assistance
is Available!**

If you are new to fuel assistance and are wondering if you might qualify, please contact the Center at 508-359-3665 and ask for Lisa Marie Donovan, Outreach Coordinator, for a confidential appointment

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.
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., Jan. 2 - Marshall
Young Thurgood Marshall faces one of his greatest challenges while working as a lawyer for the NAACP. Marshall travels to conservative Connecticut when wealthy socialite Eleanor Strubing accuses black chauffeur Joseph Spell of sexual assault and attempted murder.

Sat., Jan. 5 - Marshall

Sat., Jan. 12 - Mission: Fallout
Ethan and team take on their most impossible mission yet, eradicating the Syndicate - an International rogue organization.

Sat., Jan. 19 - Colette Colette is pushed by her husband to write novels under his name. Upon their success, she fights to make her talents known, challenging gender norms.

Wed., Jan. 23 - Old Man and the Gun
At the age of 70, Forrest Tucker makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public.

Sat., Jan. 26 - Old Man and the Gun

The next Chickie Flynn's luncheon is scheduled Thurs. January 31 at 11:10 a.m.



Monthly Birthday Celebration
Every month we celebrate birthdays. Join us on Thursday, January 24 for lunch (free with your coupon or a \$3 donation) and enjoy music by country-western performer Jorene Lange. Sign up today!

January Supper Club

January Supper Club is scheduled for Wednesday, January 16. If you recall a couple of years ago we had a jigsaw puzzle tournament. We are going to repeat this event after supper club. We are looking for 6 teams of two to compete for the "Mirror Ball Puzzle Trophy". Sign up with your partner and let's have a great competition and see who really is the champion of jigsaw puzzles.

As always, we will have Bingo at 3:15pm (thank you Ginny), social hour at 4pm, supper served at 5:00pm and our puzzle competition at 6pm. Cost is \$6/person

Winning the "Mirror Ball Puzzle Trophy" is an honor that you can hold for one year until our next competition!

SIGN UP TODAY

ICE CREAM SOCIAL

Start your New Year resolutions not on the 1st or the 2nd, but on January 3. Join us on Wednesday, January 2 at 1:00pm for an Ice Cream Sundae Social followed by a movie at 2:15 p.m. Start your New Year's Resolution to diet, get healthy and exercise after you indulge yourself with ice cream, hot fudge and whipped cream. Please sign up for our New Year's Ice Cream Sundae Social and movie!



IMPORTANT*WINTER WEATHER REMINDER*IMPORTANT

With the winter upon us it is important to remind you that when Medfield schools are closed due to inclement weather, the Center at Medfield is closed and all programs are cancelled. If the schools have a 2 hour delay, the Center will also have a 2 hour delay (opening at 11 a.m. instead of 9 a.m.). Also, all scheduled programs are weather permitting. If we determine that it is unsafe for trips, activities and/or transportation, the COA can cancel any program at any time. It is important to be sure to write your phone number down on any sign up sheet, so we have easy access to informing you of any changes in our schedule.

FYI: What are your rights and responsibilities when you lose your credit or debit card or your card info gets stolen and, in either case, used for fraudulent purposes? The Federal Deposit Insurance Corporation (FDIC) has produced a short, easy to print and [easy to read guide](#). There are copies of this guide available for you at the Center.

Saturday, January 26 - 1 p.m. to 2 p.m.

Writing ... Just for FUN!



If you were called upon to write a want-ad, offering a poisonous snake as a family pet, what would be your sales pitch?

If you were asked to sum up your life in **6** WORDS, what words would you choose?



If you needed a sign to scare daredevils from shark-infested waters, what ominous words would you use?



What would be the title of a novel about your own childhood?

These are the kind of challenges you'll face in this laughter-filled hour where everyone, regardless of talent, picks up a pen and takes a crack at writing.

FREE - Preregistration Required - Limited to 16 - By Jerry Cianciolo of Minds in Motion

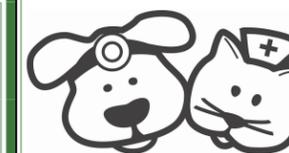
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508-359-9119



Help Us Plan

January 7 is our 11th year in this building!!! We had a great 10 year celebration last year. Join us for lunch on Monday, January 7 as we come together to gather suggestions for the Center's future!



BERKSHIRE HATHAWAY HomeServices
Common Moves
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 1pm- Jan. 7
 Dollar Store 10am- Jan. 14
 Kohl's & Furgal Fannies 12:15- Jan. 28

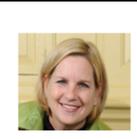
Play Mah Jongg
 Mondays at 1:00 p.m. and on
 Wednesday, Jan. 9, 16 and 30 at
 1:00 p.m. and Saturdays at 12:30



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Richard K. Thomas, D.D.S.
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THE CENTER SALON
 Make your appointment for hair removal services with Lisa Mario on **TUESDAY, JANUARY 8**
 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 YEAR'S AND GOING STRONG! Join us for lunch on Monday, January 7 to plan for the future needs and activities of the Center.	1. Happy New Year!	2. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAWS 9:30 EXERCISE FL 1 10:00 VNA HEALTH CLINIC 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 ICE CREAM SOCIAL 2:00 FIT TO KNIT 2:00 COA MOVIE 3:00 LINE DANCING	3. CHEESEBURGER 8:45 STRETCH STRENGTH 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 1:00 GREAT BOOKS DISCUSSION GROUP 1:30 **REGAIN YOUR BALANCE ** ALL NEW YEARS RESOLUTIONS START TODAY!	4. TURKEY DIVAN 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 OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO

ROCKLAND TRUST Where Each Relationship Matters

Cheryl O'Donnell
 Branch Manager
 76 North Street
 Medfield MA 02052 508-359-7366

7. CHIX PARMESEAN 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION W/ SENATOR FEENEY 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 CENTER'S PLANNING LUNCH 12:00 3-13 CARD GAME 1:00 MARKET BASKET 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME	8. SHEPARD'S PIE 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 LOW VISION GROUP 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS	9. 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 12:00 FIT TO KNIT 3:00 LINE DANCING	10. LASAGNA ROLL UP 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 12:00 FOSI MEETING 1:00 POKER CLUB	11. CATCH OF THE DAY 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 OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO
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14. SAUSAGE W/PEPPERS & ONIONS 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 10:00 DOLLAR STORE AND MORE 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 3-13 CARD GAME 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME 1:30 TRIAD PRESENTATION ON AVOIDING SCAMS	15. CHICKEN TERIYAKI 9:00 THE CLUB PROGRAM 9:30 ESTHETICIAN 9:30 MAT YOGA 10:00 TILDEN OUTREACH WITH LISA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS	16. 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 / MINDS IN MOTION 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 BINGO 4:00 SOCIAL HOUR 5:00 SUPPER CLUB 6:00 JIG SAW PUZZLE TOURNAMENT	17. ROAST TURKEY 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	18. BEEF CHILI 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 OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12:30 MAH JONGG 1:00 BINGO
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21. MARTIN LUTHER KING DAY COA IS CLOSED FOR THE HOLIDAY	22. BEEF & BROCCOLI 9:00 THE CLUB PROGRAM 9:00 VETERANS SERVICE HOUR 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS	23. 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 / MINDS IN MOTION 2:00 FIT TO KNIT 2:00 COA MOVIE 3:00 LINE DANCING	24. BIRTHDAY LUNCH 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 BIRTHDAY LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL	25. LS HOT DOG 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 LUNCH 11:30 COA CLOSSES OPEN SATURDAY 10-3 9:00 ZUMBA 10:15 MOVIE 12:30 MAH JONGG 1:00 BINGO 1:00 WRITING JUST FOR FUN
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28. AM. CHOP SUEY 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION W/ SENATOR FEENEY 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 SHOPPING AT KOHL'S AND FRUGAL FANNIES 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME	29. FIESTA OMELET 8:30 DAY TRIP TO FOXWOODS 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 VIDEO CLASS	30. 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 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 3:00 LINE DANCING	31. PULLED PORK 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER'S SUPPORT GROUP 10:00 ZUMBA 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL	AARP TAX AIDE PROGRAM The Center will host this valuable free program again. Scheduling of appointments will begin mid-January for those with a low to moderate income.
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COFFEE AND CONVERSATION
 Make a New Year's resolution to try something fun! Start your New Year off with an enjoyable, casual and informative group at the Center. Join us on Monday mornings at 10am for Coffee and Conversation. This group is designed to promote conversation, camaraderie and a time to pose questions to like-minded individuals about life - where you've been, challenges you may now face, obstacle that you have overcome and where you would like to be! Come have a cup of coffee and share your wisdom!

A special thank you to all the organizations that contributed to a wonderful 36th annual Christmas party at the American Legion Hall. It was a great day; perfect weather, delicious food and great entertainment!

TRIAD MEETING
 Join Joe Canavan on Monday, January 14 at 1:30 pm for a presentation on *Protecting Yourself From Scams*. It happens all the time and right here in Medfield. Information is power, be informed!

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