

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

FEBRUARY 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.

Director's Note: They say nothing stays the same and change is good! I do believe that, but often with mixed emotions. Bill Pardi has been with the COA for 8 years and recently he gave his notice to retire, again! First from the Post Office 8 years ago and now from the COA. He plans to enjoy life with his wife Pat, who is also retiring from the Town of Norwood. Bill is a man of energy and has been instrumental in increasing participation, developing programs, driving everywhere, fixing anything; he has supported the COA and the Center in so many ways. Please join me on Thursday, March 7 from 2-4 for a celebration of Bill, his contributions, his caring and all the support he has given to so many people and to the Center.

Another change happening at the Center, our long time board member, Michael Clancy submitted his resignation from the board. Mr. Clancy began guiding and assisting the COA in November 2009. He has worked for over 10 years understanding, supporting and carrying out the COA's mission. On behalf of the Council on Aging, I would like to thank Mike for his years of service and we appreciate his contributions to the Center.

With an open seat on the COA board, if you have interest in volunteering your time for the COA, please stop in and see me. I can provide you with, "A Guide for Board Members", a booklet that gives information on roles and responsibilities. Letters of interest may be sent to my attention on or before February 18 and I will then forward them to Town Hall and the COA Board.
 Roberta Lynch

CELEBRATE VALENTINE'S DAY AT OUR 3RD ANNUAL CHOCOLATE TASTING !!

On Thursday, February 14 from 2-4 p.m. we will celebrate Valentine's Day with a variety of chocolate confections. Chocolate is rarely considered a health food, but dark chocolate has been shown to have a number of health benefits. Of course, this doesn't mean you should go all out and consume lots of chocolate every day. It is still loaded with calories and easy to overeat however once a year at our Annual Chocolate Tasting is o.k.! Chocolate Tasting tickets are available at the desk for \$3/person!

COUNCIL ON AGING BOARD

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

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

NEXT FOSI MEETING
Thursday,
February 7
at 12:00 P.M.

Tax Time is Here....Get Your Biggest Return Possible!

On February 26th at 11:30 AM, State Representative Shawn Dooley, along with the Massachusetts Department of Revenue, will be hosting a seminar on the Senior Circuit Breaker Tax Credit. The Circuit Breaker is a tax credit for senior citizens whose property payments (property tax + half of water and sewer bills) account for more than 10% of their annual income, which offers a \$1 credit for each dollar their property tax and half of their water and sewer bills exceed this threshold. Come learn if you are eligible and, if so, how to claim these credits for this year and the three prior years.

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

Mary Calo, Pam Wilkey, Richard & Paula Rozkuzka, Brian & Jeanne Ensor, Andrew & Vicki Karnakis, Jim & Barbara O'Malley, Jim & Janice Cannon, Robert Vollmuth, Ruth Beswick, Eve Potts, Al Manganello, Theresa Cos, Alice Goodsell and The Medfield Foundation
 Kathleen Regan in memory of Mr. and Mrs. Jerry Colella
 Michael Sullivan in memory of William Mann
 John Kennedy in memory of Ann
 Peter & Margaret Vasatoro in memory of Bill Johnson and Bill Mann
 The Linnert Family in memory of Beth Weaver



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

Thomas Upham House



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



26 Spring Street
 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

Saturday
9:00 a.m. Zumba- \$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 - Alyssa Kaiser R.N. from the Walpole VNA is available on Tuesday, **February 5** 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, February 6** from 9:30 -10:30 a.m. for one-on-one consultations.

Selectman Office Hours - Osler Peterson holds monthly open office hours at the Center. Join him for conversation on **Friday, February 1** 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, February 19.**

**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 is at 9:30 a.m. and EFL 2 is 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, increasing 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 Tuesdays 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. and Saturday at 9:00 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!

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

Thursday, May 23- Health Fair at the Center

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 16--19 - Quebec City Spectacular

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

Tuesday, November 12--" Crooning the Classics" at Aqua Turf Showtime \$89

*****Information on these trips are available at the Center*****

ALL CHECKS FOR COA PROGRAMS, EVENTS AND TRIPS ARE TO BE MADE OUT TO: TOWN OF MEDFIELD-COA

The Center serves lunch Monday through Friday at 11:30. (\$3)

Every Wednesday enjoy Soup and a Sandwich

These are two of our favorite lunches served!

Tues. Feb. 19 - Low Salt Hot Dog

Thurs. Jan. 21- Birthday Lunch-Roasted Turkey with Gravy

Sign up with Kim!!!
508-359-3665 Ext. 211

Let's grow our lunch program. Coming soon is in house food preparation!

February Birthday Party

Tommy Rull, Singer/Entertainer will perform his show "A Musical Journey Through the Years" at the Center at Medfield, on Thursday, February 21st from noon to 1:00 p.m. If you have a birthday in February or want to celebrate everyone's birthday in February, sign up for our Birthday celebration. Enjoy a delicious lunch for only \$3 and the music of Sinatra, Neil Diamond, Paul Anka, Barry Manilow, Kenny Rogers, Perry Como, Lou Rawls, Engelbert and many more great entertainers. This program is supported in part by the Medfield Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Caregiving Library Coming Soon!

Caring for a parent or loved one can be rewarding and satisfying. Caregiving, although an immensely gratifying activity, can also be extremely stressful and difficult to navigate. The Center will be introducing a lending library offering books specific to the needs of those people that find themselves in the position of caring for a loved one. Our goal is to provide current literature on best practice techniques and strategies. This information will aid in assisting the caregiver while enabling them to be empowered and the best prepared they can be to tackle this experience with confidence and finesse.

Do you have a favorite resource or book that you think would be a great addition to our new Caregiver library? Please send your ideas to Lisa Marie Donovan ldonovan@medfield.net or 508-359-3665

Pied Potter Hamelin Pottery Demonstration and Lecture

Master Potter, Rick Hamelin will present "All About Poets and Potters" on Friday, February 8 at 10:00 a.m. This unique presentation, **is supported in part by a grant from the Medfield Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.** Mr. Hamelin will detail the many writers that have alluded to clay and the potter at work in numerous poems and stories throughout time. Massachusetts poet's Longfellow, Whitman, Thoreau and Gibran celebrated the potter in their writings and reflected on the forming of clay as a metaphor for life in various ways. In this one hour program, Mr. Hamelin will demonstrate "throwing" at the pottery wheel while exploring their verses and the historical connections of Massachusetts potters to these poets.

Hands on, we will be passing from person to person a freshly made pot from the potter's wheel and a chance to feel a dry and a wet pot as it rotates on the wheel. Each person will make a pinch pot (cup made from a ball of clay by pinching the clay with the thumb and finger). The unfired piece goes home with the participant. Sign up for this new opportunity as space is limited.

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 **February 28 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, Feb 12 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.

Sat. Feb. 2- *First Man*

A look at the life of astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the moon on July 20, 1969.

Wed. Feb. 6 - *First Man*

Sat., Feb. 9 - *The Wife*
A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for literature.

Sat., Feb. 16 - *The Big Sick*

Pakistan born comedian Kumail Nanjiani and graduate student Emily fall in love and struggle as their cultures clash.

Wed., Feb. 20 - *Lion*

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. 25 years later, he sets out to find his lost family.

Sat., Feb. 23 - *A Star is Born* (2018)

A musician helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral.

The next Chickie Flynn's luncheon is scheduled for Thurs. March 28 at 11:10 a.m.



Monthly Birthday Celebration

Every month we celebrate birthdays. Join us on Thursday, February 21 for lunch (free with your coupon or a \$3 donation) and enjoy music by Tommy Rull. Sign up today!

“This is the power of gathering: It inspires us, delightfully, to be more hopeful, more joyful, more thoughtful ~ in a word, more alive”. ~ Alice Waters

The Adult Respite Care Program, better known as The Club, first opened its doors in March, 2012. The COA applied for and received a 3 year grant from the MetroWest Health Foundation to initially fund the program. The Club offers supervised companionship for individuals so caregivers can get time away from caring for their loved one.

The Club meets on Tuesdays and Thursdays from 9 - 2:30pm. There are half day and full day options. What started out with 1 client in 2012 has since grown to its full capacity of 16 clients. In the almost 7 years of its existence, it has helped just about 60 families. Many clients have been from Medfield, but they also come from surrounding towns including Westwood, Norwood, Norfolk, Walpole, Millis, Medway, Franklin, Ashland, Natick, Wellesley, Needham and Dover.

The program fills its days with exercise, including yoga and stretch classes, dance sessions, live music ~ including guest guitarists and pianists, art, trivia....and much more. They also go on many excursions. In 2018, the group had lunch at Chickie Flynn's, went to Sunshine Farm in Sherborn for ice cream, took a stroll in Bird Park, Walpole, visited the Unity Farm Sanctuary in Sherborn, the Sacred Infinity Garden in Millis, and the Davis Museum at Wellesley College.

If you have questions about The Club, please contact Kathy Powers at kpowers@medfield.net. Volunteers are a vital part of the program!! If you feel this might be a good volunteer opportunity for you, please contact Susan Bernstein at sbernstein@medfield.net or call the Center 508-359-3665.

Dr. Hylander Presents

Dr. Hylander returns with a presentation, (possibly on Alexander Hamilton on Monday), February 4 at 2:00 p.m. Alexander Hamilton was an American statesman and one of the Founding Fathers of the United States. He was an influential interpreter and promoter of the U.S. Constitution, as well as the founder of the nation's financial system, the Federalist Party, the United States Coast Guard, and the New York Post newspaper. Join us for the inside scoop on Mr. Hamilton as Dr. Hylander always presents some side-bar stories from whatever topic he presents. Be sure to sign up, as seating is limited.

Nurses Corner by Alyssa Kaiser

Happy February and Happy Valentines Day! February is Heart Health month. Heart disease is the leading cause of death in men and women. Studies show that 1 in 4 deaths are caused by cardiovascular disease and 4 out of 5 people who die of heart disease are 65 or older. The good news is that many forms of heart disease can be prevented and treated by diet and lifestyle changes. Make sure to visit your doctor regularly as cardiovascular disease can sometimes be discovered during routine evaluations.

The Aging Heart: As you age so do your blood vessels, becoming less flexible, ultimately making it harder for blood to flow through them. Plaque and fatty deposits, begin to collect on the walls of arteries resulting in a decrease of blood flow from the heart. Plaque is caused by an increase in bad cholesterol, LDL, high blood pressure, smoking and diabetes.

If you have already been diagnosed with high blood pressure, it is important to monitor your blood pressure regularly. We would love to have you attend our blood pressure clinic for a thorough assessment on the First Tuesday of the month at 10:00 a.m.

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in a homelike setting”



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veterinary clinic

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& Sports
Therapy



Medfield Professional Building
5 North Meadows Road
Medfield, MA 02052

508-359-9119

Pottery Class Demo

“All About Poets
and Potters”

Friday, February 8
At 10:00 a.m.



Berkshires Hathaway HomeServices
Commonwealth
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 & More 12:15–Feb. 4
 Market Basket 12:15pm– Feb. 25

Play Mah Jongg
 Mondays at 1:00 p.m. and on
 Wednesday, Feb. 13 and 27 at 1:00
 p.m. and Saturdays at 12:30 pm

Thomas family dent
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, FEBRUARY 12**
 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. and Fri.
 9 a.m.–2 p.m.
 Appointments are required by calling the Center.
 Men's cut- \$10
 Women's wash & blow dry- \$12

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>IMPORTANT - WINTER WEATHER REMINDER 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.</p>	<p>ROMEO OUTING Join Bill for an afternoon of history at the Industrial Museum in Waltham. The bus leaves at 10:30. For more information, see Bill.</p>	<p>GADGET GUY RETURNS Sat., February 2 at 10:30 Sean Richardson returns for another 5 week Saturday technology class. Bring your device and your questions! Receive course outline on day 1.</p>	<p>1. POLLOCK FILET 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 align="right">OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 10:30 GADGET GUY 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	
<p>4. CHEESEBURGER 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 12:00 3-13 CARD GAME 12:15 DOLLAR STORE 'N MORE 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME</p> <p align="center">2PM Dr. Hylander presents....</p>	<p>5. SWEDISH MEATBALLS 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 VNA HEALTH CLINIC 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS</p>	<p>6. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 AARP TAX AIDE PROGRAM 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 2:00 COA MOVIE- FIRST MAN</p>	<p>7. MEATLOAF 8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 10:00 GREAT BOOKS DISCUSSION GROUP 11:30 LUNCH 11:30 CANASTA 12:00 FOSI MEETING 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	
<p>11. CHEESY BEEFARONI 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 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2:00 CONSUMER ASSISTANCE OFFICE</p>	<p>12. SOUP & CHICKEN 9:00 THE CLUB PROGRAM 9:30 ESTHETICIAN 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</p>	<p>13. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAW'S 9:00 AARP TAX AIDE PROGRAM 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 BINGO</p> <p align="center">PLAY BINGO TODAY AT 3:15 PM</p>	<p>14. ROAST PORK 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 2:00 CHOCOLATE TASTING</p>	
<p>18. PRESIDENTS DAY COA IS CLOSED FOR THE HOLIDAY</p>	<p>19. HOT DOG 9:00 THE CLUB PROGRAM 9:00 VETERANS SERVICE HOUR 9:30 MAT YOGA 10:00 TILDEN OUTREACH 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS</p>	<p>20. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAW'S 9:00 AARP TAX AIDE PROGRAM 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT 2:00 COA MOVIE- LION 3:00 LINE DANCING 4:00 SOCIAL HOUR 5:00 SUPPER CLUB</p> <p align="center">4-7 DANCE & DINE WITH FRANKIE</p>	<p>21. ROASTED TURKEY 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 BIRTHDAY LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	
<p>25. TURKEY SKILLET 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 MARKET BASKET 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2:00 MEDITATION CLASS</p>	<p>26. CATCH OF THE DAY 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 11:30 CIRCUIT BREAKER INFO WITH REP. SEAN DOOLEY 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS</p>	<p>27. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 AARP TAX AIDE PROGRAM 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 2:00 FIT TO KNIT 3:00 LINE DANCING</p>	<p>28. BEEF POT ROAST 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER'S SUPPORT GROUP 10:00 ZUMBA 11:30 LUNCH 11:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL</p>	
<p align="center">AARP TAX AIDE PROGRAM The Center is hosting this valuable free program again. Schedule your appointment by calling the Center. 508-359-3665</p>				

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RELAXATION CLASS RETURNS

Meditation is the process of gently focusing our attention inwardly. By practicing meditation, it allows us to live more presently, with a deeper focus and awareness in the present moment. We live in a society where many people live reactively, and are experiencing a great deal of stress. Stress is the root cause of many illnesses. While reacting to some situations is necessary, responding to them could be a better option. With a dedicated meditation practice, one's quality of life will improve. Join Kat Cammarata on Mondays at 2pm beginning Mon. Feb., 25. (\$24/6 weeks)

Great Books Discussion Group
 will meet on Thursday, Feb 7 at 10:00 a.m. to discuss **Pride and Prejudice** by Jane Austin

Our Library
 Our library is always in need of "current" fiction and nonfiction. Please consider donating your "gently-used" books to our library. The books we can not use will be set aside for our Center yard/bake sale on Saturday, April 27. If you are looking for a good movie, check out our selection of DVD's. Please take time to read our posted library guidelines!
 Janice

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