

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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 Trish Pembroke, Activities
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

OCTOBER 2019



Picture by Mike Lennon September 2009
 Garden by Jill Vollmuth

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

TAX WORK OFF PROGRAM

The ongoing Tax Work-Off Program administered by the Council on Aging will be accepting applications starting on October 1, 2019. In order to give participants more time to complete the hours, we will have applications available on October 1, 2019 with the deadline for submission by October 31, 2019. If a lottery is necessary, names will be drawn at the COA board meeting on Wednesday, November 6th. This is an open meeting and all applicants are invited to attend. Participants will be able to start their hours immediately. New this year: All participants will be required to attend a thirty minute informational meeting on Thursday 11/14 at 2:00 PM.

The town voted in 2018 to increase the benefit for Tax Work-off volunteers to allow persons over 60 to receive a reduction in their real estate tax obligation in the amount of \$1000.00 per fiscal year in exchange for volunteering 78 hours in various town departments. Hours will need to be completed by October 18, 2020.

The exemption is taxable as Federal wages. The applicant will receive a W-2 for income earned less OBRA, Medicare and applicable taxes. However they will not receive a paycheck; the net amount earned will be credited to the applicant's third and fourth quarter real estate tax bills, as a reduction in taxes.

The senior will need the W-2 to submit with their tax forms. The (OBRA) deduction is in lieu of a social security deduction and is mandatory. However, the applicant can file to get this money returned to them only if they do not intend to participate in the future.

If the applicant previously filled out the payroll tax forms, they will not need to fill out the paperwork again. New applicants will be required to fill out the forms in order to participate in the program.

We are grateful that the Town continues to support the program.

Any questions regarding this program can be directed to Susan Bernstein at 508-359-3665.

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Gwynneth Centore,
 Perry Constas, Richard Ryder and Katie Robinson

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

NEXT FOSI MEETING
Thursday,
October 3 at 12 Noon
 All Welcome!!

A Special Thank You to the Following People for Their FOSI Donation!

- Adele Mariani in memory of Ralph and Adele
- John Kennedy in memory of James O'Malley
- Barbara Armstrong in honor of Bill Pardi
- Frederick Schultz memory of Andy Thompson
- Rachael Abramson in memory of Rose
- Unknown donor in memory of Barbara Leighton & Dorothy Ruzzo
- Robert & Joan Wood in memory of Mike O'Malley & Dorothy Ruzzo
- Kate Opanasets

The following people made donations to FOSI in memory of Dorothy Ruzzo:

- Ronald and Joanne Ober, Sonja Pollard, Robert Heald, Bob and Ellen Dugan
- Jack and Maura McNicholas, Jerry and Nancy Placido and Jim and Joyce Patten



Lion's Club Annual Chowder Fest
Saturday, November 2, 2019



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

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.

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

Monday:
 9:30 a.m. Exercise for Life 1- Moderate- Silver Sneakers
 10:30 a.m. Exercise for Life 2- Beginner- Silver Sneakers
 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 - Silver Sneakers
 10:30 a.m. Exercise for Life 2- Beginner - Silver Sneakers
 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
 9:00 a.m. Chair Yoga- \$3/class
 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, Oct. 1 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 for an appointment for Monday, Oct. 21 at 9 am to noon and Monday, Oct. 28 1 pm to 4 pm.

Elder Resource Center - Attorney Mary Roque will be available on Wednesday, Oct. 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, Oct. 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, Oct. 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 is a Silver Sneakers Program

Exercise for Life classes are now part of the Silver Sneakers family. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Silver Sneakers offers exercise classes at no cost to the consumer. Join us for classes with instructor Kim Vareika on Mon. & Wed. 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 a.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. And Friday at 9 am. 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.

Sign Up With a Friend For A Day Trip in November

Tuesday, November 12– “Crooning the Classics” at Aqua Turf Showtime. The bus will leave the Center at 8:30 a.m. arriving in Connecticut’s Aqua Turf for a welcome reception followed by a delicious family style lunch. Enjoy a delightful show by Dave Colucci performing many fan favorite songs from the 60’s & 70’s. A delightful day with great food, friends and entertainment for only \$89/per person.

Romeo Luncheon- Join Peter on Friday, October 25 at 10 a.m. for a trip to Haddads in Marshfield.

Juliet Luncheon- Join Roberta on Tuesday, October 29 at 11 a.m. for Café Assisi or Red Rooster Bar & Grill.

TRI-COUNTY PRESENTATION

Last year, Brenna Ferrick, a teacher involved in the Legal and Protective Services “shop” at Tri-County Regional Vocational Technical High School initiated a new unit with the junior class that focused on identifying fraudulent practices and financial scams targeting the elderly. In collaboration with local police departments, they learned common deceptive sales practices that affect many elderly people in our immediate communities. Due to overwhelming enthusiasm of the students, Ms. Ferrick decided to bring this presentation, given by students, to local senior centers. Join us on Tuesday, October 22 at 12:15 p.m. for this important sharing of information by students of Tri County. There is a two-fold benefit to this presentation. We gain information and the students gain experience in public speaking and public service.

Support the Students!

With All NEW Topics, Minds in Motion Returns on October 30th

What is it about Minds in Motion that often generates a waiting list to enroll?

Participants will tell you this: it stimulates them to think, it offers a comfortable atmosphere to voice their opinion, it provides friendly camaraderie with others, and it's just a whole lot of fun.

Each of the four spirited sessions features a different topic. It could be some aspect of psychology, morality, art, culture, science, music, or writing. For example, a recent session explored food photography, while another session challenged participants to answer etiquette questions the way Emily Post, Amy Vanderbilt, or Miss Manners would.

Sessions run from 1 p.m. to 2 p.m. on Oct. 30, Nov. 6, Nov. 13, and Nov. 20. The program is limited to 15 registrants and the fee is \$15.

Polcari's Bridgeway Inn

Enjoy lunch at the family owned restaurant and Inn situated on Humarock Beach in Marshfield. The Inn was built before the American Revolution and has changed many times during it's traditional rich history. The Polcari family has run the restaurant since 1972 and continues to serve guests like they serve their own family. Sign up for this delightful day on Thursday, Oct. 17 at 10:15 a.m. \$3 plus lunch.

Annual Christmas Party

Mark your calendars for the Annual Tri-Club Plus Christmas Party Saturday, Dec. 14 11 a.m. – 2 p.m. at St. Edward's Church Hall

Great Books Discussions

Oct. 10 at 1 p.m.
Canary Row
 Nov. 7 at 1 p.m.
Oliver Twist

Page Turners

Join the group on Oct. 7 at 10:15 a.m. to discuss *Necessary Lies* by Diane Chamberlain

“ARE YOU OK?”

The Norfolk Sheriff's Office would like to remind you about the “Are You OK?” program. This is a daily telephone reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance service. Each morning, enrolled seniors will receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff will notify their family, and if necessary contact local police or emergency services. To date this program has resulted in over 150 individuals receiving emergency assistance for falls or other medical issues.

The program is provided 365 days a year for seniors and or people with disabilities. Calls are placed from 6am-10am daily with the time of the call being chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff Deputy Sheriff or Fallon Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. Seniors interested in signing up for this no cost, potentially lifesaving, program are encouraged to contact 1-866-900-7865.

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to Medfield families. 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 Natick/Walpole VNA, a monthly wellness clinic with Alyssa Kaiser, 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.

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 Information

As we age things change, including our vision. Resources are available. Call Lisa Donovan for information.

Caregiver Support Group

Share your experience, advice and support to others on **Oct. 31 at 9:30 a.m.** Call Lisa Donovan for more information.

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. Available to Medfield COA members only.

LOW HEARING SUPPORT

Hearing loss happens as we age. Contact Susan Bernstein for information on ways to manage your hearing loss. Learn strategies to maintain your quality of life and relationships.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.

FOOD CUPBOARD NEEDS

Tuna in water, jelly, peanut butter, spaghetti, low salt soups, rice pilaf and kid friendly cereal.



The Center at Medfield "Planning for Retirement"

Presented by CFA Society, Boston's Financial Literacy Initiative

Retirement planning can be overwhelming. Simplifying the process by understanding various components, focusing on what one can control, and developing a long-term financial retirement plan can help to meet financial and life goals. This discussion on Wednesday, October 16 at 6:30 p.m. can be helpful for a wide audience range, including those

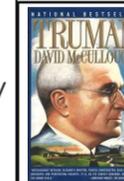
approaching retirement age (0-15 years from expected retirement age), those already in retirement, and even younger workers.

Join us on Wednesday, October 16 at 6:30 p.m. for information that might kick start your journey into retirement. Our speaker, Medfield resident Brian Sokolowski will share his knowledge and answer questions as it relates to the topic. Please call the Center at 508-359-3665 to register for this seminar.

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 - Thurs. at 10:00 a.m. & Sat. at 9 a.m.
 Core Balance - Mon.12:30, Fri. 11:15.
 Hand N Foot Game - Mon./Fri. 10 a.m.
 Cribbage - Wednesday at 11:00 a.m.
 S,S & B - Thursday at 8:45 a.m.
 Great Books Group- First Thursday at 1pm
 Page Turners-First Monday at 10:15 a.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.
 Coffee/Conversation- Check Calendar

Need some conversation and something to do on a Saturday? Join us at the Center from 9 a.m. – 3 p.m. as we offer coffee and pastries, ZUMBA, lunch, movies, cards, BINGO, and so much more!



Men's Book Club

On Thursday, October 17 at 1:00 p.m. join the men's book club (more members are needed)! This month the group is reading and discussing the first half of TRUMAN by David McCullough. This Pulitzer Prize-winning biography of Harry S. Truman, whose presidency included momentous events from the atomic bombing of Japan to the outbreak of the Cold War and the Korean War, told by America's beloved and distinguished historian. David McCullough is a Yale-educated, two-time recipient of both the Pulitzer Prize (Truman; John Adams) and the National Book Award (The Path Between the Seas; Mornings on Horseback). His many other highly-acclaimed works of historical non-fiction include The Greater Journey, 1776, Brave Companions, The Great Bridge, The Wright Brothers, and The Johnstown Flood. All (men) welcome!

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

Wed. Oct. 2- *Acceptable Loss*
 Libby teaches at a university but 4 years ago she was top aide to VP Rachel and was part of a total victory action. Rachel is now US president and worried about Libby keeping quiet.
Sat. Oct. 5 - *The Last Black Man in San Francisco* A young man searches for home in the changing city that seems to have left him behind.
Sat. Oct. 12 - *Yesterday* A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

Wed. Oct. 16 - *The Sun is Also a Star* A hopeless romantic ambivalent about his future in medical school falls for a hard-luck young woman who doesn't believe in love.

Sat. Oct. 19 - *Bohemian Rhapsody* The story of the legendary British rock band Queen and lead singer Freddy Mercury, leading up to their famous performance at LIVE AID (1985).

Sat. Oct. 26 - *Game Night* A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery when the shady brother of one of them is seemingly kidnapped by dangerous gangsters.

Wed. Oct. 30- *Get Out* A young African-American visits his white girlfriend's parents for the weekend, where his simmering uneasiness about their reception reaches a boiling point.

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508-359-9119

New England's General Stores: Exploring an American Classic

**by Ted Reinstein and
 Anne-Marie Dorning**

On Wednesday, October 2 at 6:30 p.m. enjoy a unique presentation on New England's General Stores. It harkens back to a simpler time and a more innocent and rural nation. It conjures a country-like place where kids come in to buy penny candy, and adults to buy everything from swaths of fabric, to fresh vegetables, to four-penny nails. It was a place to pick up mail, the newspaper, and perhaps tarry a bit on a cold, winter morning to chat over a cup of coffee. Call the Center to register for this unique presentation at 508-359-3665.

Pat Maloney
 Independent
 Elder Advocate

Phone: 508-341-8684
 psmaloney@verizon.net
 Help is a phone call away!



BERKSHIRE HATHAWAY HomeServices
Commonwealth Real Estate
Mary G. Cusano, Realtor
266 Main Street
Medfield MA 02052
508-561-5411
Mary.Cusano@CommonMoves.com
www.thecusanoteam.com

MONDAY SHOPPING TRIPS AT 12:15 PM
Monday, Oct. 7 - Market Basket
Monday, Oct 21 - Dollar Store/Job Lot
Monday, Oct. 28 - Market Basket

Join us on Monday, October 28 at 2 p.m. for a interesting and informative lecture by Dr. Gary Hylander

Free Medical Nutrition Therapy- Meet with Stephanie Caljouw, RD LDN, the nutritionist for HESSCO. Stephanie will be at the Center *Wed. Oct. 9* to meet with individuals beginning at 9:30 a.m. who have weight loss concerns, nutrition or diet related questions. A sign up sheet is available for appointments.



Senior Discounts Available

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



THE CENTER SALON
Make your appointment for hair removal services with Lisa Mario on **Tuesday, October 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. 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

MEDICARE OPEN ENROLLMENT BEGINS OCTOBER 15
MAKE YOUR SHINE APPOINTMENTS NOW!

1. MAC & CHEESE
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 N-W VNA HEALTH CLINIC
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 VIDEO CLASS

2. SOUP & TURKEY/CHEESE
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:00 COA BOARD MEETING
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
12:30 WHIST
2:00 FIT TO KNIT
1:00 MINDS IN MOTION
2:00 COA MOVIE

3. HOT DOG
8:45 STRETCH STRENGTH BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 FIX-IT SHOP
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
2:00 TECHNOLOGY CLASS

4. POTATO POLLOCK
9:00 ROCHE BROS
9:00 SELECTMAN'S HOUR
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES

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Plainville 30 Man-Mar Dr. 508-695-6848

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Branch Manager
76 North Street
Medfield MA 02052 508-359-7366

7. CHICKEN DRUMSTICK
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:15 PAGE TURNER'S BOOK GROUP
10:00 KINGSBURY SENIOR SWIM
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 CLASS
1:00 MAH JONGG
1:30-3 RMV NEAR ME

8. SOUP & CHICKEN
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
9:30 ESTHETICIAN
10:00 PLAY BOCCE
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE

9. SOUP & CHIX SALAD
9:00 SALON SERVICES
9:00 SHAW'S
9:30 NUTRITION THERAPY
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
11:30 WHIST
2:00 FIT TO KNIT
3:00 LINE DANCING 3:15 BINGO

10. ROAST TURKEY
8:45 STRETCH STRENGTH BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 FIX-IT SHOP
10:00 ZUMBA
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 POKER CLUB

11. TURKEY A LA KING
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES

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Medfield MA 02052 508-359-5686



Thank you Chickie Flynn's for hosting the Medfield COA.

14. COLUMBUS DAY HOLIDAY
THE CENTER IS CLOSED

15. FIESTA OMELET
MEDICARE OPEN ENROLLMENT BEGINS
9:00 THE CLUB PROGRAM
9:00 VETERANS SERVICE HOUR
9:30 MAT YOGA
10:00 PLAY BOCCE
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE

16. SOUP & HAM / CHEESE
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
12:30 WHIST
2:00 FIT TO KNIT
2:00 COA MOVIE
3:00 LINE DANCING

17. BBQ PULLED PORK
8:45 STRENGTH/STRETCH/BALANCE
9:00 WOODCARVING
10:00 ZUMBA
10:15 BRIDGEWAY INN FOR LUNCH
10:00 FIX IT SHOP
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY LARGE HALL
1:00 POKER CLUB
1:00 MEN'S BOOK CLUB

18. CATCH OF THE DAY
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES

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21. BBQ PILLED PORK
9:00 SALON SERVICES
9:00 SHINE APPOINTMENTS
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:00 KINGSBURY SENIOR SWIM
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:15 DOLLAR STORE AND JOB LOT
12:30 CORE BALANCE
1:00 MAH JONGG
1:30-3 RMV NEAR ME

22. COLD PLATE W/CHIX SALAD
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 PLAY BOCCE
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
12:15 TRI-COUNTY PRESENTATION

23. SOUP & TUNA
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
12:30 WHIST
2:00 FIT TO KNIT
3:00 LINE DANCING
3:15 BINGO

24. ROAST TURKEY
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
10:00 FIX IT SHOP
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 POKER CLUB

25. AMERICAN CHOP SUEY
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
11:00 ROMEO OUTING
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES

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28. SAUSAGE, PEPPERS & ONIONS
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:00 KINGSBURY SENIOR SWIM
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME / SHINE
12:15 MARKET BASKET
12:30 CORE BALANCE
1:00 MAH JONGG
1:30-3 RMV NEAR ME

29. CRUSTLESS CHICKEN
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 PLAY BOCCE
10:40 CHAIR YOGA
11:00 JULIET OUTING
11:30 LUNCH
12:00 DUPLICATE BRIDGE

30. SOUP & SEAFOOD SALAD
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
12:30 WHIST
1:00 MINDS IN MOTION
2:00 FIT TO KNIT
2:00 COA MOVIE
3:00 LINE DANCING

31. PIZZA PARTY
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
9:30 CAREGIVER'S SUPPORT GROUP
10:00 ZUMBA
10:00 FIX IT SHOP
11:30 HALLOWEEN PARTY WITH DJ MUSIC
11:30 CANASTA
1:00 POKER CLUB

PLAY BINGO
Wednesdays
Oct. 9 and Oct. 23
at 3:15 p.m.
AND
Every Saturday at 1 p.m.

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Halloween Luncheon Party
What could be better than candy and costumes! Join us on Thursday, October 31 for a Halloween bash. We will have a delicious lunch (guaranteed), great music by Music-X-Press and show off your creativity by the costume you wear. Let's have some fun. We will also have prizes for the best costume and the runner up. You will be the judge. Join us all for \$3.00.

POT LUCK SUPPER
After a wonderful summer of cookouts, let's gather and enjoy the favorite recipes of many people. Sign up to bring your favorite dish (appetizers, salads and entrees are encouraged). The COA will provide dessert, and no, not ice cream sandwiches!! Join us on Wednesday, October 23 for a BINGO game at 3:15, followed by our evening social and supper from 4 – 7 p.m.

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