

**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

**Director:**

Roberta Lynch 359-3665 X202  
FAX 508-359-4810  
rlynch@medfield.net

**Outreach Worker:**

Lisa Donovan  
508-359-3665 X201  
ldonovan@medfield.net

**Volunteer Coordinator:**

Susan Bernstein  
508-359-3665 X203  
sbernstein@medfield.net

**Transportation:** X200

Peter Burke  
pburke@medfield.net

**The Club Staff:**

Kathy Powers, Coordinator X206  
kpowers@medfield.net

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

**JANUARY 2020**



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.

**LOOK AT WHAT IS PLANNED FOR 2020! HAPPY NEW YEAR!**

Friday, February 14 - Annual Valentine's Day Chocolate Tasting  
 Thursday, March 12- COA trip to the Boston Flower & Garden Show  
 Wednesday, March 18- Annual St. Patty's Day Dinner at the Center  
 Sunday, March 29 – Mood Swings Orchestra Concert  
 Saturday, April 4 – NYC Statue of Liberty, Ellis Island and 911 Memorial trip  
 Saturday, May 2– Annual FOSI Yard Sale  
 Monday, May 18– Visit Boston for Sail America 400 (Mayflower II and Old Ironsides)  
 Friday, June 12 to Friday, June 19– Cruise on the Norwegian Gem to Bermuda  
 Tuesday, July 28– Visit the beautiful and quaint Block Island with lunch at The National Hotel  
 Thursday, August 13 – Enjoy a majestic Maine cruise and lunch at Cook's Lobster House  
 Thursday, September 17– Enjoy a trip to Vermont for a Friesian Horse Performance and lunch at the New England House Restaurant  
 Thursday, October 15– Colorful foliage trip on the N.H. Turkey Train  
 December – Boston POPS holiday concert (Date & Time pending)  
 Thursday– December 31- Celebrate New Years at Noon on the Boston Harbor

**COUNCIL ON AGING BOARD**

Bob Heald–Chairman, Perry Constas, Richard Ryder and Katie Robinson

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

**NEXT FOSI MEETING**  
Thursday,  
**January 9 at 12 Noon**  
All Welcome!!



**WINTER WEATHER POLICY**

With winter upon us, it is important to remind you that when the 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.) If there is a snow storm on a Saturday, the Saturday program will be cancelled. Also, all scheduled programs are weather-permitting. If we determine that it is unsafe for trips, activities and/or transportation, the Center can cancel any program at any time. It is important to **clearly print** your name and phone number on sign up sheets, so we have easy access to inform you of any changes in our schedule.

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

Don and Kathy Pierce, American Legion -Beckworth Post #110, Gustave and Jean Murby, Robert and Joan Wood, Lou and Sarah Tiberi  
 Bob and Fran Fedor in memory of Dorothy Ruzzo and Ed Schmidt  
 Elaine Fiorio in memory of Janice DeLutis, Donna McClellan in memory of Jim Amnott, The Poker Club  
 "brick" in memory of Jim Amnott, Michelle Mellea and Tom Inglin in memory of Carl and Frances Mellea  
 The following all in memory of Theresa Cos: JoAnn Stadelmann, Patricia Lally, Kathleen Lally, Eleanor Colarossi, Jane Timmerman and Claire Shaw.  
 Ann Johnson in memory of Bill, and Jeanie and Jack Manar in honor of Robert Vollmuth.

**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) **2020 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

<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 &amp; Rehabilitative Services Quality Care in a Home-Like Setting</p>	<p><i>Roberts Mitchell Caruso</i> FUNERAL HOME</p> <p>508-359-2000 www.robertsmitchellcaruso.com</p>	<p><b>Home Instead</b> SENIOR CARE®</p> <p><i>to us, it's personal<sup>sm</sup></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><b>RANDY'S</b> Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 <b>508-359-4409</b></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 Natick/Walpole VNA, is available on **Tuesday, Jan. 7** 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.** appointments are available by calling the Center.

**Elder Resource Center** - Attorney Mary Roque will be available on **Monday, February 3** from 9:30 -10:30 a.m. for one-on-one consultations.

**Selectman Office Hours** - Osler Peterson holds monthly open office hours at the Center. Join him for conversation on **Friday, Jan. 3** 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 – Office Hours** - Please call the Center if you would like to meet with the Veteran's Service Officer, Jon Cogan.

**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 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. 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.



**Give Yourself the Gift of a Cruise**

Join the COA

for a fantastic Cruise to Bermuda on June 12–June 19. Information and reservations can be made by calling our NCL Cruise Consultant, Maria Umpierre at 1-954-514-4314. Several cabins have been reserved, waiting for you to book!

#### CHICKIE FLYNN'S

Sign up for a delicious lunch at Chickie Flynn's in Foxboro! The bus leaves at 11:10 a.m. on Thurs., January 30 and the cost is \$5/pp.

#### Trusts Presentation

Medfield resident, Attorney Tim Borchers, will de-mystify Trusts on Wednesday, January 22 at 6:30 p.m. (snow date Jan.29). What is a trust? What kind of trusts are there? What is the difference between revocable or irrevocable? When is an irrevocable trust needed? How does a trust help my estate plan? There are so many questions about trusts. Join us at the Center and learn more about trusts and how they can help your estate plan. Pre-registration is required.

CHICKIE FLYNN'S RETURNS THURS. JAN. 30 11:10 \$5

#### BOWL with the COA

Beginning Thursday, January 9, the bus will leave the Center at 12:45 p.m. for Ryan Family Amusements for an afternoon of bowling. This is a great winter activity, that will provide socialization, entertainment and exercise. Simply sign up for the bowling and indicate if you need a pick-up at your house or you will meet at the Center or you will drive yourself! This is a great way to get out of the house and have some fun! Cost includes \$3/string and a shoe-rental fee.

#### Great Books Discussion Group

On Thurs. Jan. 9 at 10 a.m., join the discussion on *The Rape of the Lock* by Alexander Pope

#### Page Turners

Mon. Jan. 13 @ 10:15 *Founding Mothers* by Cokie Roberts

Enjoy a discussion on the women who played important roles in America's independence.

## Supper Club Wednesday, January 15

What is better than having dinner with friends on a cold January evening! Join us at 5pm. Sign up at the Center.

### Some New Year's Resolutions For Brain Health

-Doctor's point to the power of simply playing a game to stimulate cognitive function. Crosswords, word searches, brain teasers, board games, memory joggers are great ways to train your brain and have some fun. Try our BINGO games every Saturday at 1p.m.

-Explore your creative side. Activities like painting, knitting, quilting, etc. have an impact on your mental health. All of these can be done right at the Center.

-Engage your brain while promoting social connections-begin journaling. Documenting your family's history and reminiscing engages family members and promotes better health.

-Try laughing more. A good laugh lowers stress, reduces blood pressure and lifts the spirits!

### FOOD CUPBOARD NEEDS

Large bottles of juice, 6 pack applesauce, Hearty soups, Chili, Beef Stew, Jelly/Jam, Individually wrapped snacks

### COOKING DEMONSTRATION Monday, January 6 at 1:00 p.m.

Are you going to a Super Bowl party in early February and need to contribute to the menu? Or are you hosting your own Super Bowl event? This month's cooking demonstration can help you with this. Roberta Powlis plans to show you how to make easy and delicious appetizers using puff pastry. Of course you can make your own puff pastry; however, using the ready-to-bake products are easier and save you time. Join us on Monday, January 6 at 1:00 p.m. and gather ideas and sample these puff-pastry delights! Be sure to sign up. The cost of the demonstration is \$3, to be paid the day of the class.

## 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 for appointments by calling the Center 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 **January 30 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.

### 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 Resident 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.

### 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.

### Recycling Tip:

Alkaline batteries can be put into the trash. Including AAA, AA, C, D, and 9volt.

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

**Sat. Jan. 4 - The Unforgiven**  
Retired Old West gunslinger William Munny reluctantly takes on one last job, with the help of his old partner Ned Logan and a young man, The "Schofield Kid" .

**Wed. Jan. 8 - Plus One**  
Longtime single friends agree to be each other's plus one at every wedding they are invited to.

**Sat. Jan. 11- The Manchurian Candidate** A former prisoner of war is brainwashed as an unwitting assassin for an international Communist conspiracy.

**Sat. Jan. 18 - The Joker**  
In Gotham City, mentally troubled comedian Arthur Fleck is disregarded and mistreated by society. He then embarks on a downward spiral of revolution and bloody crime. This path brings him face-to-face with his alter-ego: the Joker.

**Wed. Jan. 22 – Downton Abbey**  
A chronicle of the lives of the British aristocratic Crawley family and their servants in the early twentieth century.

**Sat. Jan. 25 – Sisters Brothers**  
Based on Patrick DeWitt's novel, The Sisters Brothers revolves around the colorfully named gold prospector Hermann Kermit Warm, who's being pursued across 1000 miles of 1850s Oregon desert to San Francisco by the notorious assassins Eli and Charlie Sisters. Except Eli is having a personal crisis and beginning to doubt the longevity of his chosen career. And Hermann might have a better offer.

### 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 at 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 1 p.m.  
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

### **Adventure for Your Heart and Mind**

**Minds in Motion** is an adventure for your heart and mind, filled with spirited discussions of fascinating topics like food photography, etiquette, Tin Pan Alley, animal rights, limericks, the meaning of life, Picasso, the Supreme Court, emotional intelligence, American protest songs, ethics, and women inventors. Everyone participates in fun challenges, and chimes in with their thoughts and opinions. Best of all, there is no right or wrong answer, and no one is judged. Minds in Motion, open to adults of all ages, runs from 1:00 p.m. to 2:00 p.m. on January 15, 22, 29 and February 5. Limited to 15 and pre-registration is required. Program fee: \$15.

### **GOOD-BYE WINTER BLUES**

With the hustle and bustle of the holiday season now behind us, and the days seeming shorter and sometimes colder, one can start to feel a bit down. With the cold air nipping at one's nose, it's more likely that folks do not want to venture outside! Staying cooped up at home can only add to one's feelings of isolation and sadness, exacerbating what is commonly known as the winter blues. At times it may feel like a vicious cycle that is inescapable! FEAR NOT as you CAN break this cycle! What can one do? You have taken the first step in simply reading this! The Center is here to empower you to shake those winter blues off with ease!

Join your friends here at the Center or meet some new ones for a movie. Tap into your creative energy and join the wood-carvers, knitting or quilting groups. For those who like to move and groove we have many AMAZING exercise classes like Zumba Gold, line dancing, yoga or Tai Chi. Meet your friends or make some new ones at Ryan Family Amusements in Millis for bowling every Thursday. Learn some new culinary skills and short cuts at one of our well attended cooking demonstrations. The key to thwarting the "Winter Blues" is to get out and stay active! The Center is here with a multitude of fun activities with new friends and old; there is something for everyone!

### **The Life and Times of Frank Sinatra by Bruce Hambro**

Bruce Hambro, a music and motion picture historian, will be presenting The Life and Times of Frank Sinatra on **Thursday, January 9 at 2 p.m.** This program is a fast-paced, one-hour PowerPoint lecture that includes a treasure-trove of music and images from the vast catalogue of the career of Ol' Blue Eyes. Beginning with the start of Frank Sinatra's singing career in the 1930's, this presentation follows Mr. Sinatra's meteoric rise to fame in the early 1940s...his fall from grace later in the decade...and his historic comeback in the 1950s. During the program, the audience will hear many classic Sinatra recordings such as *I'll Never Smile Again*, *Young at Heart*, *I've Got You Under My Skin*, *New York, New York* and *My Way*. The audience members are encouraged to sing along while the lyrics are projected on the screen! Pre-registration is required.

### **ART CLASS**

Plan ahead. Interested in a new hobby? Look for sign-up sheets for art classes beginning on Thursday, March 5 at 2 p.m. with Artist Nan Rumpf, a member of the Concord Art Association and the Wellesley Society of Artists. She is an Artist Member of the Rhode Island Watercolor Society, and is a Signature Member of the New England Watercolor Society. Additional information to follow!

### **Riverbend of South Natick**

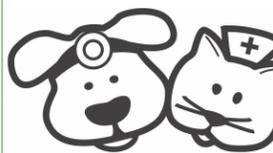
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**Pat Maloney**  
Independent  
Elder Advocate

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psmaloney@verizon.net  
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**BERKSHIRE HATHAWAY HomeServices**  
**Common Moves**  
**Mary G. Cusano, Realtor**  
 266 Main Street  
 Medfield MA 02052  
 508-561-5411  
 Mary.Cusano@CommonMoves.com  
 www.homesbymaryg.com

**JANUARY SHOPPING TRIPS**  
 Mon. Jan. 6 – Market Basket  
 Mon. Jan. 13 – Xmas Tree/Trader Joes  
 Mon. Jan. 27 – Market Basket  
 The bus leaves at 12:15 p.m.



**Men's Book Group**  
 Join the group as they discuss *Deceiving the Sky: Inside Communist China's Drive for Global Supremacy* by Bill Gertz on Thursday, January 9 at 1:00 p.m.

**Thomas family dentistry**  
**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 COA NEEDS YOUR PARTICIPATION IN THE CENSUS!



**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

**Drivers Wanted**  
 Are you interested in giving back to your community? Consider being a Medical Ride Volunteer for the COA. Susan Bernstein is looking to increase the list of volunteers that provide transportation to medical appointments. As our population ages, they are no longer driving which causes difficulty in getting to these much-needed appointments. If you are interested in volunteering a few hours per month, then call Susan at 508-359-3665.

**1. HAPPY NEW YEAR WELCOME 2020**



**2. AM. CHOP SUEY**  
 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  
 1:00 POKER CLUB  
 2:00 TECHNOLOGY CLASS - LEARN ABOUT THE NEW GADGETS IN 2020, DEVELOP MORE SKILLS WITH FACE TIME AND ADVANCED EMAIL.

**3. CATCH OF THE DAY**  
 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 CLOSURES  
 OPEN SATURDAY 9-3  
 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

**6. S & S CHIX MEATBALLS**  
 9:00 SALON SERVICES  
 9:00 SHINE APPOINTMENTS  
 9:30 QUILTING FUN  
 9:30 EXERCISE FL 1  
 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 1:00 COOKING DEMONSTRATION  
 1:30-3 RMV NEAR ME 2:00 SINGING GROUP

**7. PORTUGUESE CHICKEN**  
 9:00 THE CLUB PROGRAM  
 9:30 MAT YOGA  
 10:00 VNA HEALTH CLINIC  
 10:40 CHAIR YOGA  
 11:30 LUNCH  
 12:00 DUPLICATE BRIDGE  
 12:15 CLUB ACTIVITY LARGE HALL

**8. SOUP & SANDWICH**  
 9:00 SALON SERVICES  
 9:00 SHAWS  
 9:30 EXERCISE FL 1  
 9:30 COA BOARD MEETING  
 10:30 EXERCISE FL 2  
 11:00 CRIBBAGE  
 11:00 NUTRITION THERAPY  
 11:30 LUNCH 11:30 SCAT  
 12:30 WHIST  
 2:00 FIT TO KNIT  
 2:00 COA MOVIE 3:00 LINE DANCING  
 4:15 POINTE PREMIERE DANCE RECITAL

**9. ROAST TURKEY**  
 8:45 STRETCH STRENGTH BALANCE  
 9:00 THE CLUB PROGRAM  
 9:00 WOODCARVING  
 10:00 GREAT BOOKS DISCUSSION  
 10:00 FIX-IT SHOP  
 10:00 ZUMBA  
 11:30 LUNCH 12:00 FOSI MEETING  
 11:30 CANASTA 12:45 BOWLING  
 1:00 POKER CLUB 1:00 MEN'S BOOK CLUB  
 2:00 SINATRA PRESENTATION

**10. HOT DOG**  
 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 CLOSURES  
 OPEN SATURDAY 9-3  
 9:00 ZUMBA  
 10:15 MOVIE  
 12 NOON LUNCH  
 12:30 MAH JONGG  
 1:00 BINGO



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

**13. CHEESEBURGER**  
 9:00 SALON SERVICES  
 9:30 QUILTING FUN  
 9:30 EXERCISE FL 1  
 10:00 KINGSBURY SENIOR SWIM 10:15 PAGE TURNERS  
 10:00 HAND 'N FOOT CARD GAME  
 10:30 EXERCISE FL 2  
 12:00 3-13 CARD GAME  
 12:15 XMAS TREE SHOPS/TRADER JOES  
 12:30 CORE BALANCE CLASS  
 1:00 MAH JONGG  
 1:30-3 RMV NEAR ME  
 2:00 SINGING GROUP

**14. MAC & CHEESE**  
 9:00 THE CLUB PROGRAM  
 9:30 MAT YOGA  
 10:00 TWIN RIVERS  
 10:40 CHAIR YOGA  
 11:30 LUNCH  
 12:00 DUPLICATE BRIDGE  
 12:15 CLUB ACTIVITY LARGE HALL

**15. SOUP & SANDWICH**  
 9:00 SALON SERVICES  
 9:00 SHAWS  
 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  
 3:00 LINE DANCING 3:15 BINGO

**16. MEAT LOAF**  
 8:45 STRENGTH/STRETCH/BALANCE  
 9:00 WOODCARVING  
 9:00 THE CLUB PROGRAM  
 10:00 ZUMBA  
 10:00 FIX IT SHOP  
 11:30 LUNCH  
 11:30 CANASTA  
 12:45 BOWLING  
 1:00 POKER CLUB

**17. POTATO POLLACK**  
 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 JULIET LUNCHEON  
 1:00 COA CLOSURES  
 OPEN SATURDAY 9-3  
 9:00 ZUMBA  
 10:15 MOVIE  
 12 NOON LUNCH  
 12:30 MAH JONGG  
 1:00 BINGO

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**20. MARTIN LUTHER KING HOLIDAY**  
 THE CENTER IS CLOSED

**21. BEEF PICCADILLO**  
 9:00 THE CLUB PROGRAM  
 9:30 MAT YOGA  
 10:40 CHAIR YOGA  
 11:30 LUNCH  
 12:00 DUPLICATE BRIDGE  
 12:15 CLUB ACTIVITY LARGE HALL

**22. SOUP & SANDWICH**  
 9:00 SALON SERVICES  
 9:00 SHAWS  
 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

**23. ROAST PORK**  
 8:45 STRETCH, STRENGTH & BALANCE  
 9:00 THE CLUB PROGRAM  
 9:00 WOODCARVING  
 10:00 ZUMBA  
 10:00 FIX IT SHOP  
 11:30 LUNCH  
 11:30 CANASTA  
 12:45 BOWLING  
 1:00 POKER CLUB

**24. BROCCOLI BAKE**  
 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 CLOSURES  
 OPEN SATURDAY 9-3  
 9:00 ZUMBA  
 10:15 MOVIE  
 12 NOON LUNCH  
 12:30 MAH JONGG  
 1:00 BINGO

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**27. SAUSAGE, PEPPER & ONIONS**  
 9:00 SALON SERVICES  
 9:30 QUILTING FUN  
 9:30 EXERCISE FL 1  
 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 12:00 SHINE APPOINTMENTS  
 12:15 MARKET BASKET 12:30 CORE BALANCE  
 1:00 MAH JONGG  
 1:30-3 RMV NEAR ME  
 2:00 SINGING GROUP

**28. POT ROAST & GRAVY**  
 9:00 THE CLUB PROGRAM  
 9:30 MAT YOGA  
 10:40 CHAIR YOGA  
 11:30 LUNCH  
 12:00 DUPLICATE BRIDGE  
 12:15 CLUB ACTIVITY LARGE HALL

**29. SOUP & SANDWICH**  
 9:00 SALON SERVICES  
 9:00 SHAWS  
 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  
 3:00 LINE DANCING  
 3:15 BINGO

**30. CHICKEN MARSALA**  
 8:45 STRETCH, STRENGTH & BALANCE  
 9:00 THE CLUB PROGRAM  
 9:00 WOODCARVING  
 9:30 CAREGIVER SUPPORT GROUP  
 10:00 ZUMBA  
 10:00 FIX IT SHOP  
 11:10 CHICKIE FLYNN'S RETURNS  
 11:30 LUNCH  
 11:30 CANASTA  
 12:45 BOWLING  
 1:00 POKER CLUB

**31. SEAFOOD NEWBURG**  
 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 CLOSURES  
 OPEN SATURDAY 9-3  
 9:00 ZUMBA  
 10:15 MOVIE  
 12 NOON LUNCH  
 12:30 MAH JONGG  
 1:00 BINGO

**NUTRITION THERAPY**  
 Stephanie Caljouw, RD LDN; the nutritionist for HESSCO Elder Services is at the COA once a month and available to discuss any nutrition questions and dietary advice. Set a goal for your health this New Year by signing up on Wed., January 8 to meet and discuss your dietary goals. Taking care of yourself is key to feeling well, having energy and living a long, healthy life.

**DANCE RECITAL**  
 The Pointe Première School of Dance will be performing at the Center on Wednesday, January 8th at 4:15. The girls are very excited to come in their costumes and show you their ballet talent. Please sign up at the Center to enjoy the entertainment. Light refreshments will be served.

**INTERESTED IN BEING PART OF THE COUNCIL ON AGING BOARD**  
 The Center continues to grow. Be a part of the future of the Center. Think about joining our board!

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