

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:

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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

FEBRUARY 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.

TEST YOUR VALENTINE’S DAY MOVIE TRIVIA

February is the month of the heart. We celebrate our love of family, friends, heart-healthy activities and the COA! Try this romantic movie trivia quiz. The following quotes are from some of the best movies. Test your knowledge! Answers are on page 6.

1. “I came here tonight because when you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible” _____
2. “Nobody puts Baby in a corner” _____
3. “I wanted it to be you; I wanted it to be you so badly.” _____
4. “I am who I am because of you” _____
5. “You should be kissed and often, by someone who knows how” _____
6. “You had me at hello” _____
7. “We’ll always have Paris” _____
8. “Put some Windex on it” _____
9. “Love means never having to say you are sorry” _____
10. “If I forget to tell you, I had a really good time tonight” _____

A little bit about chocolate: Chocolate's antioxidant potential may have a range of health benefits. The higher the cocoa content, as in dark chocolate, the more benefits there are. Dark chocolate may also contain less fat and sugar, but it is important to check the label. Eating chocolate may have the following benefits: lowering the cholesterol levels, preventing cognitive decline and reducing the risk of cardiovascular problems. **Join us for our Annual Valentine’s Day Chocolate-Tasting on Friday, February 14, at 11:30-1:30 p.m. Tickets are on sale beginning February 1, and the cost is \$3/per person, limited to 50 people.**

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,
February 6 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

Robert Abernethy, Rita McGee, Virginia Calo, John Kennedy, Caroline Ryder, Mary Chouinard, Pamela Wilkey, Jackie Carroll, Richard and Dorothy Hill, Perry and Athena Constas, Edwin Kinnen and Norma Barr
Catherine Laakso in memory of Roger
Barbara O'Malley in memory of Mike O'Malley and Sue Munroe
Barbara Foulsham in memory of Dave
Mona and John Tomera in memory of our Mothers
Mary Calo in memory of Anthony

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 _____

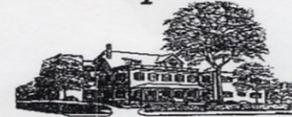
IN HONOR OF: NAME _____

Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center

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.

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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, Feb. 4** at 10:00 a.m. for your health concerns. Roberta is available for BP checks as needed!

Health Insurance Counseling - S.H.I.N.E. 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, Feb. 7** 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 Fridays 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.

YARD SALE

Start now to de-clutter your home and box up unwanted items for the FOSI yard sale scheduled for May 2 from 8 a.m.- 2 p.m.

Music Helps

Did you know that once a month the Center has DJ Bob scheduled to play all your requests! Join us on Thursday, Feb. 13 from 11:30-1:30. It's free, it's fun and it's for you!

FLOWER SHOW

Join the COA for a visit to the **Flower Show** on Thursday, March 12! The bus will leave promptly at 9:30 and this trip is limited to 14 people. Cost for ticket and transportation is \$21/ pp!

NYC TRIP

Visit the Statue of Liberty and Ellis Island on Saturday, April 4 . Flyers are available at the Center. Stop in and inquire! All Welcome!

CHOCOLATE TASTING

Join us on Friday, February 14 from 11:30 -1:30 p.m. for a delicious buffet of chocolate delights! Tickets are \$3

Video Class: Understanding Russia

Understanding Russia: A Cultural History begins on **Tuesday, February 4 at 1:30 p.m.** This unique video series explores Russia's global importance. After a brief period of decline after the Soviet Union dissolved, the Russian state has re-emerged in the 21st century with a geopolitical influence that rivals some of its most significant eras. Yet for as much as Russia demands the attention of Western policy makers, there remains uncertainty about Russian objectives on the world stage and confusion about what motivates the leaders who direct this immense land. Even as Russian art and music captivated the larger outside world, for many in the West, Russia and its people seemed enigmatic, shrouded in mystery. These lectures feature period illustrations, photographs, maps, film clips, and other visuals that add layers of depth to this intellectual adventure. These lectures also go a long way toward making Russian culture a little less enigmatic and a little more relevant to our own distinctly-Western culture. All welcome to attend; merely sign up. Video classes are always interesting and free!

A Call to the Kind-hearted!

This is a call to all of you out there who prefer to be thought of as kind and caring. Wouldn't you like to go to sleep at night secure in the knowledge that you have contributed to the Medfield community at large by helping the Senior community in particular? There are older community members who do not get to doctors' appointments in Boston because they cannot drive there themselves. Please call The Center at Medfield at 508-359-3665 if you are able to donate your time as a medical-ride volunteer. Susan Bernstein, Volunteer Coordinator, would love to hear from you, because there is a dire need for people who can take seniors into Boston for such medical needs. Remember the saying: *"Only by giving are you able to receive more than you already have."*



Men's Book Club will meet on Thursday, February 13 at 1p.m. to discuss "The Everything Store", the definitive story of Jeff Bezos and Amazon.com -- "It's hard to imagine a better retelling of the Amazon origin story" (*New Republic*).

Named a Best Book of the Year by the *Washington Post*, *Forbes*, *New Republic*, *The Economist*, *Bloomberg*, and *Gizmodo*.

Amazon.com's visionary founder, Jeff Bezos, wasn't content with being a bookseller. He wanted Amazon to become the everything store, offering limitless selection and seductive convenience at disruptively-low prices. To do so, he developed a corporate culture of relentless ambition and secrecy that's never been cracked. Until now.

Brad Stone enjoyed unprecedented access to current and former Amazon employees and Bezos family members, and his book is the first in-depth, fly-on-the-wall account of life at Amazon. *The Everything Store* is the book that the business world can't stop talking about, the revealing, definitive biography of the company that placed one of the first and largest bets on the Internet and forever changed the way we shop.

BOWL with the COA

Our bowling program has started on Thursdays at 1p.m. at Ryan Family Amusements in Millis. If you missed this notification in January, it is still open for participation. If interested simply sign up for the bowling and indicate if you need a pick-up at your house, you will meet at the Center, or you will drive yourself to Millis! This is a great way to get out of the house and have some fun! Cost is \$3/string. All welcome!

Great Books Discussion Group

On Thurs. Feb. 6 at 10 a.m., join the discussion on *To The Lighthouse* by Virginia Woolf

Page Turners

On Mon. Feb. 3 at 10:15 a.m. enjoy a stimulating conversation on *A Nantucket Wedding* by Nancy Thayer

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 **February 27 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.

Large-Print Newsletter

Pick up a large-print copy of the 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. Feb. 1 - (2019) Harriet The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves.

Wed. Feb. 5 - Once Upon A Time in Hollywood A faded television actor and his stunt-double strive to achieve fame and success in 1969.

Sat. Feb. 8 - (1974) Chinatown A private detective hired to expose an adulterer finds himself caught up in a web of deceit, corruption and murder.

Sat. Feb. 15- (1942) Casablanca Cynical American expatriate struggles to decide whether or not to help his former lover and fugitive husband.

Wed. Feb. 19- (2019) Ford V Ferrari American car designer Carroll Shelby and driver Ken Miles battle corporate interference.

Sat. Feb 22 - (2019) Jojo Rabbit A young boy in Hitler's army finds out his mother is hiding a Jewish girl in their home.

Sat. Feb 29 - (2019) Just Mercy World-renowned civil rights defense attorney Bryan Stevenson works to free a wrongly-condemned death row prisoner.

Real Estate Part 2 is scheduled for Wed., Feb. 12 at 6:30 p.m. Realtor Mary Cusano and Attorney Dina Browne will discuss the following:

- Gathering your documents
- The Selling process- offer, contingencies, P&S, closing.
- What Seller is doing from time the P&S is signed – repairs, readings, fire dept., clearing title
- Buying and selling on the same day

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.
Mahjong - 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
Pokeno - Monday at 1:15 p.m.
Drop-in Art Club - Wednesday at 10 a.m.

PO-KE-NO

A new game has started at the Center, thanks to Gerry Shapiro. He has brought us a fun, fast-paced card game called PO-KE-NO. Pokeno is a game played with special cards, called Pokeno Game Boards, and chips, called Pokeno Chips. The manufacturer says "Pokeno offers the thrill of Poker and the suspense of Keno," and that's pretty much true. It's a very fun game for a group of players, and some groups have been known for substituting pennies, and sometimes larger coins than that, for the chips. **Stop in on Mondays at 1:15 p.m. and give Pokeno a try; it's new, it's fast and a lot of fun!**

Boston to Bermuda COA 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!

Calling All Artists

Nancy Tella and Kathy Simon are program leaders for a new initiative; the Drop-in Art Club on Wednesdays from 10 a.m.-12 noon. During this time, you will have access to the craft room for your painting pleasures! Simply bring along an easel, art medium and brushes for 2 hours of pure artistic creativity. This is a great way to focus on a hobby, make new friends and enjoy the Center and what it offers. Be sure to register for a scan-card and scan in every time you come into the Center!

Improve Your Watercolor Skills - Nan Rumpf

Join artist Nan Rumpf on Thursday, March 5 at 2 p.m. for the first of 6 weekly lessons. This class is suitable for both experienced and beginning watercolor painters. We will explore with the following watercolor principles and techniques: Washes and glazes, different ways to apply paint, using hard and soft edges, mixing darks and grays, using saturated and unsaturated colors, painting with a limited palette, the prism technique, creating texture in a landscape. Join us and expand your watercolor painting possibilities. The 6-week class is \$30.00/person. A class materials list will be provided upon registration.

MOVIE TRIVIA ANSWERS

1. When Harry Met Sally
2. Dirty Dancing
3. You've Got Mail
4. The Notebook
5. Gone With the Wind
6. Jerry Maguire
7. Casablanca
8. My Big Fat Greek Wedding
9. Love Story
10. Pretty Women

Riverbend of South Natick

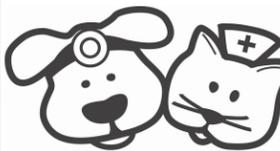
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 Women's wash & blow dry- \$12

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 Branch Manager
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NEW POND VILLAGE
 A Benchmark Signature Living Community

Great Books Discussion Group on Thursday, Feb. 6 at 1:00 p.m.

To the Lighthouse published on May 5, 1927, is one of Virginia Woolf's best known books and is considered by many critics to be one of the most influential English-language novels of the 20th century. The novel is a semi-autobiographical work that explores Virginia's unresolved issues with her deceased parents as well as her obsession with the sea and her usual themes of life, death and loss. As Virginia explained in her diary in May of 1925, two of the main characters in the novel, Mr. Ramsay and Mrs. Ramsay were based on her parents, Sir Leslie Stephen and Julia Jackson. All welcome to attend!

Thomas family dentist

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

United States Census 2020

THE COA NEEDS YOUR PARTICIPATION IN THE CENSUS!

MONDAY TUESDAY FEBRUARY 2020 WEDNESDAY THURSDAY FRIDAY

3. MEATLOAF W/GRAVY

9:00 SALON SERVICES
 9:30 QUILTING FUN /
 9:30 LEGAL CLINIC W/ ATT. ROQUE
 9:30 EXERCISE FL 1
 10:00 KINGSBURY SENIOR SWIM
 10:00 HAND 'N FOOT CARD GAME
 10:30 EXERCISE FL 2 10:15 PAGE TURNERS
 12:00 3-13 CARD GAME
 12:15 TARGET, TJ MAX & STOP & SHOP
 12:30 CORE BALANCE CLASS
 1:00 MAH JONGG / POKENO

4. 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
 1:30 VIDEO CLASS-RUSSIA

5. SOUP & SANDWICH

9:00 SALON SERVICES
 9:00 SHAWS
 9:30 EXERCISE FL 1
 10:00 COA BOARD MEETING
 10:00 DROP IN ART CLUB
 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
 3:00 LINE DANCING

6. 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
 12:00 FOSI MEETING
 12:45 BOWLING
 1:00 POKER CLUB / GREAT BOOKS GRP
 2:00 TECHNOLOGY CLASS

7. SPAGHETTI

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 CLOSES

OPEN SATURDAY 9-3
 9:00 ZUMBA
 10:15 MOVIE
 12 NOON LUNCH
 12:30 MAH JONGG
 1:00 BINGO

10. TURKEY STEW

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 / POKENO
 2:00 SINGING GROUP

11. CHEESEBURGER

9:00 THE CLUB PROGRAM
 9:30 MAT YOGA
 10:40 CHAIR YOGA
 11:00 JULIET OUTING
 11:30 LUNCH
 12:00 DUPLICATE BRIDGE
 12:15 CLUB ACTIVITY LARGE HALL
 1:30 VIDEO CLASS-RUSSIA

12. SOUP & SANDWICH

9:00 SALON SERVICES
 9:00 SHAWS
 9:30 EXERCISE FL 1
 9:30 NUTRITION THERAPY
 10:00 DROP IN ART CLUB
 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

Selling Your Home Part 2 6:30 pm

13. BEEF STEW

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 WITH DJ BOB UNTIL 1:30
 11:30 CANASTA 12:45 BOWLING
 1:00 POKER CLUB
 1:00 MEN'S BOOK CLUB

14. CHOCOLATE TASTING

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 CLOSES

OPEN SATURDAY 9-3
 9:00 ZUMBA
 10:15 MOVIE
 12 NOON LUNCH
 12:30 MAH JONGG
 1:00 BINGO

17. PRESIDENT'S DAY HOLIDAY
 THE CENTER IS CLOSED

18. VEGETARIAN CHILI

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
 1:00 TILDEN TOGETHER
 1:30 VIDEO CLASS-RUSSIA

19. SOUP & SANDWICH

9:00 SALON SERVICES
 9:00 SHAWS
 9:30 EXERCISE FL 1
 10:00 DROP IN ART CLUB
 10:30 EXERCISE FL 2
 11:00 CRIBBAGE
 11:30 LUNCH
 11:30 SCAT
 12:30 WHIST
 2:00 COA MOVIE
 3:00 LINE DANCING

20. TURKEY DIVAN

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

21. 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
 1:00 COA CLOSES

OPEN SATURDAY 9-3
 9:00 ZUMBA
 10:15 MOVIE
 12 NOON LUNCH
 12:30 MAH JONGG
 1:00 BINGO

24. BEEF PICADILLO

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 JOB LOT N MORE 12:30 CORE BALANCE
 1:00 MAH JONGG
 1:30-3 RMV NEAR ME
 2:00 SINGING GROUP

25. ROAST PORK

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
 1:30 VIDEO CLASS-RUSSIA

26. SOUP & SANDWICH

9:00 SALON SERVICES
 9:00 SHAWS
 9:30 EXERCISE FL 1
 10:30 EXERCISE FL 2
 10:00 DROP IN ART CLUB
 11:00 CRIBBAGE
 11:30 LUNCH
 11:30 SCAT
 12:30 WHIST
 2:00 FIT TO KNIT
 3:00 LINE DANCING

27. SWEDISH CHICKEN

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
 11:30 LUNCH
 11:30 CANASTA
 12:45 BOWLING
 1:00 POKER CLUB

28. 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
 11:00 ROMEO OUTING
 10:00 TAI CHI
 11:15 CORE BALANCE
 11:30 LUNCH
 1:00 COA CLOSES

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 will be at the Center on Wed., February 12 at 9:30 a.m. to meet and discuss your dietary goals for a healthy life.

St. Patrick's Day Dinner 2020
 Sign up for our annual Irish dinner with corned beef and all the fixings on Wed., March 18 from 4-7 p.m.
 Cost is \$15/person
 Catered by Basil

2020

You are probably used to abbreviating the year when you write the date, like 1/1/19. Now that we are in the year 2020, abbreviating could be risky, especially on legal documents. If you only format the last two digits (20), it can be easily changed to a year in the past or for a future date. It is particularly important to remember this for documents where contract dates matter and when writing checks.

FEBRUARY SHOPPING TRIPS

Mon. Feb. 3 – Target, TJ MAX & Stop & Shop
 Mon. Feb. 10 – Market Basket
 Mon. Feb. 24 – Job Lot N More
 The bus leaves at 12:15 p.m.

Battery Recycling

Here are some tips on battery recycling:
 Car batteries should be recycled, but when you purchase a new one, the service station takes the old one and recycles it. If you buy one at Walmart (or other department stores), they are obligated to take your old one back. Just bring it in with your receipt.
 Hearing-aid batteries that contain mercury need to be recycled. Those not containing mercury can be disposed of in the trash.
 Watch batteries (and other button batteries) should be recycled. They can be brought to the small building at the Transfer Station, or put in boxes at the library and Shaw's in Medfield. It is safest to put tape on them so that the poles don't come in contact with each other.
 Any battery containing lithium must be recycled at a recycling center such as the transfer station. Home Depot and Lowe's takes rechargeable batteries from power tools, cell phones, laptops, digital cameras, camcorders, and two-way radios. It doesn't matter where you bought the item, they will take the batteries.

Tilden Together with The Center

On the third Tuesday each month at 1 p.m., Lisa Donovan, the COA Outreach Coordinator will be at the community-room for conversation, information on healthy-aging and updates on what's happening at the Center. All are welcome to stop in and meet Lisa on Feb. 18 at 1 p.m.

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