

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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 rlynch@medfield.net
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 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

MARCH 2020



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

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Perry Constas, Richard Ryder
 Katie Robinson and Heidi Groff

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

NEXT FOSI MEETING
 Thursday,
March 5 at 12 noon
 All Welcome!!

FOSI YARD SALE – SATURDAY, MAY 2, 2020
The Center at Medfield

Help to make the 2020 YARD SALE one of the finest sales in our history! There **is** a place for your gently-used, unwanted items!!! Drop them off at the Center at Medfield beginning Friday, April 24 from 8 a.m.-1:00 p.m. Yard Sale items will be accepted the following week during regular business hours 8:30 a.m. to 4:00 p.m. Monday through Thursday and 8:30 a.m. to 12:00 p.m. on Friday. All baked goods can be delivered on Friday before the sale. We accept and appreciate all gently-used items except for computers, printers and clothing. Unique items are always appreciated!

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

Robert Fedor, Polly Leland-Mayer, Ruth Beswick, Janet McQuillan, Adele Mariani, Bob Dugan, Donald Coen, Joyce Romano, Debra Guagliardo, Eve Potts, Helga Urban, Andrew & Vicki Karnakis, Robert & Joan Wood, Jean Sniffin in honor of the Medfield Board of Health, Robert Heald in memory of Alma Hart, Karl & Linda Schwartz in honor of Dr. & Mrs. Robert Wood, Robert Vollmuth in memory of Blandine Brais, Sonja Pollard in memory of Blandine Brais, Florence Brock in memory of Ann Morgan, Ralph Poli in memory of Richard and Harry Evans in memory of Dorothy Ruzzo.

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.

Federal Census-What You Need to Know

The 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories. The Constitution in Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 census will mark the 24th time that the country has counted its population since 1790. The census is conducted by the U.S. Census Bureau, a nonpartisan government agency. Each home will receive an invitation to respond to a short questionnaire online, by phone or by mail. On March 12 there will be a mass mailing by the Census Bureau.

The census provides critical data that lawmakers, business owners, teachers, and many others need to know in order to provide daily services, products, and support, including your Council on Aging. Funding that is provided to the Medfield Council on Aging from the state of Massachusetts is dependent on the census. The Formula Grant that the Medfield COA receives yearly from the State is based on the Federal Census. This year the COA received \$12.00 per 60+ person based on the 2010 census, for which Medfield was noted to have 2010 60+ plus residents. According to our town census in 2019, there has been a significant increase to 2733 in Medfield’s 60+ population. It is imperative that you respond to the U.S. census, as State funding to the Medfield COA is based on that total number for the next 10 years.

Participating in the census is required by law, even if you recently completed a survey from the Census Bureau. A complete and accurate count is necessary for you and our community, because the results of the 2020 Census will affect funding, congressional representation, and more. If you need help completing your questionnaire, please stop into the Center and we will be glad to help you.

Saint Patrick’s Day Dinner at the Center
Wednesday, March 18 from 4-7 p.m. \$12/person

 <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover’s Top Choices for Skilled Nursing & Rehabilitative Services Quality Care in a Home-Like Setting</p>	 <p>508-359-2000 www.robertsmitchellcaruso.com</p>	 <p>to us, it's personalsm 386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338 209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	 <p>26 Spring Street Medfield MA 02052 508-359-4409 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 **MONDAY, March 2** at 10:00 a.m. for your health concerns. Roberta is available for BP checks as needed!

Health Insurance Counseling - S.H.I.N.E. appointments are available by calling the Center.

Elder Resource Center - Attorney Mary Roque will be available on **Monday, April 6** from 9:30 -10:30 a.m. for one-on-one consultations.

Selectman Office Hours - Osler Peterson holds monthly open office hours at the Center. Join him for conversation on **Friday, March 6** 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 for an appointment 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 Tivity Program

Exercise for Life classes are supported by Tivity. EFL1 is an intense and active program while EFL 2 provides a full-body, seated workout. Tivity 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. There is no cost for these classes.

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 Thurs. March 12 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!

PAGE TURNERS

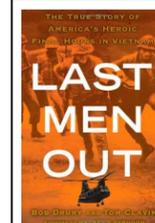
On Monday, March 2 at 10:15 a.m. the Page Turners will be discussing "Kitchen Privileges: A Memoir" by Mary Higgins Clark. "America's Queen of Suspense" describes what it was like growing up in the Bronx during the Depression. All Welcome to attend!

SOCIAL SECURITY PRESENTATION

Medfield resident, Jon Bicknell joins us on Wednesday, March 25 at 6:30 p.m. for an evening of Social Security information. Thinking of retirement and Social Security is far more complicated than people realize. The decisions we make now can have a tremendous impact on the total amount of benefits we could receive over time. Common questions are; will SS be there for me, when should I apply, how do I maximize my benefits, is SS enough for retirement? These questions and others will be answered. For more information, call the Center at 508-359-3665. Pre-registration is required.

ART IN BLOOM

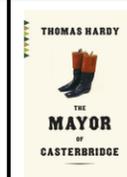
Come join us at our Bloom Party on **March 9th from 2-4 p.m.** in the CENTER at Medfield! We will be heralding the arrival of Spring with a delightful Art in Bloom event. Art in Bloom seeks to "interpret" art with a flower arrangement and the art to be interpreted is Kira Seamon's beautiful photography. She is honored to receive a grant from the Medfield Cultural Council for this free, hands-on, floral-arranging workshop! On the day of our event, Kira will bring dozens of flowers and you will be able to try your hand at flower arranging. The flowers will then be on display for about a week afterwards to allow many more seniors and others in the community to enjoy this fun exhibit. After the period of display, the participants will be able to take home their arrangements. Put your petal to the metal and join us for the sweetest smelling event of the month. Step into an oasis of flowers on March 9th, with the arrival of Spring only a few days away! Space is limited. Kira's Art in Bloom workshops consistently fill up to the max, so reserve your spot today! *"This program is supported in part by a grant from the Medfield Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."*



Men's Book Club

March 12 at 1 p.m.

Enjoy a compelling discussion about the moment-by-moment narrative based on a wealth of recently declassified documents and in-depth interviews of the last day in Vietnam. Bob Drury and Tom Clavin focus on the story of the eleven young Marines who were the last men to leave Vietnam, rescued from the Embassy roof just moments before capture, having voted to make an Alamo-like last stand.



Great Books Discussion Group

On Thursday, March 5 at 1 p.m.

enjoy a lively discussion on the novel by Thomas Hardy, *The Mayor of Casterbridge*. The novel begins with a shocking first scene when in a fit of drunken rage, Michael Henchard, an out-of-work laborer, sells his wife and baby daughter to a passing sailor. After realizing what he has done, he is determined to set his life on a different path.

The Marvelous Mrs. Maisel

Enjoy an award winning television series on Mondays, beginning March 2 at 1:00 p.m. The Marvelous Mrs. Maisel, winner of 8 Emmy Awards, is based in 1958 in NYC. Midge Maisel's life is on track—husbands, kids and elegant Yom-Kippur dinner in their Upper West Side apartment. However, her life takes a surprising turn; she has to quickly decide what else she's good at - and going from housewife to stand-up comic is a wild choice to everyone but her. It is a fun, fast-paced show. The costumes will bring back memories and the music is inspiring. Some episodes have mature content with occasional salty language. Drop in on Mondays at 1:00 p.m. for The Marvelous Mrs. Maisel!

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 **March 26 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. March 7 - *Knives Out*
A detective investigates the death of a patriarch of an eccentric, combative family.

Sat. March 14 - *Rear Window*
A wheel-chair bound photographer spies on his neighbors from his apartment window and becomes convinced that a murder has been committed.

Wed. March 18 (AT 12:30 P.M.)
IN THE LIBRARY - *The Irishman*
Frank "The Irishman" Sheeran, former labor union high official and hitman, looks back on his life.

Sat. March 21 - *The Good Liar*
Con man, Roy Courtney has set his sights on the recently-widowed Betty McLeish.

Sat. March 28- *Judy*
Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.

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.

Improve Your Watercolor Skills with 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, and so much more. Join us and expand your watercolor painting possibilities. The 6-week class is \$25.00/person. A class materials list will be provided.

MA CIRCUIT BREAKER TAX CREDIT

The Massachusetts Circuit Breaker tax credit is a refundable credit for senior citizens based on the real estate taxes paid on Massachusetts property owned/rented and used as the primary residence. Maximum credit allowed for the tax year is \$1,130. The following are eligible for the tax credit:

- MA residents age 65 or older by December 31 of the taxable year
- MA return must be filed with the Senior Circuit Breaker Credit attached
- MA property must be owned/rented and occupied as primary home

Massachusetts income not more than:

- \$60,000 for Single
- \$75,000 for Head of Household
- \$90,000 for Married filing Joint (married filing separate does not qualify for the credit)

Learn more about this unique tax credit by attending the meeting hosted by Representative Shawn Dooley on Monday, March 2 at 11:30 a.m.

FRAUD PRESENTATION by Needham Bank

Every year, tax season brings a fresh crop of scammers with yet another way to con you out of your money. Between emails, internet scams, robo-calls and actual phone calls, it is becoming harder and harder to protect oneself. On **Monday, March 16 at 2 p.m.** Needham Bank will be presenting an informational session on preventing fraud. You will learn:

- About the three most common types of fraud
- Ways to better protect yourself
- What to do if you fall victim to fraud
- About tools and resources banks may have to help assist with fraud protection.

Cooking Demonstration

Join Roberta Powlis on **Monday March 23 at 1:00 p.m.** for another delightful afternoon of new recipes. This cooking demonstration will focus on soups. A no-fuss version of a classic soup is everything you need to serve as an appetizer or as a main meal. Soup is perfect on those the cold, raw days of March. So sign up to have an enjoyable class learning about different soups and the ease at which to do it. So sit back, listen, learn and enjoy the delicious samples.

Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
South Natick MA
508-653-8330



"Quality care
in a homelike setting"



MEDFIELD
veterinary clinic

Medfield
Orthopedic
& Sports
Therapy



Medfield Professional Building
5 North Meadows Road
Medfield, MA 02052

508-359-9119

Pat Maloney
Independent
Elder Advocate

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



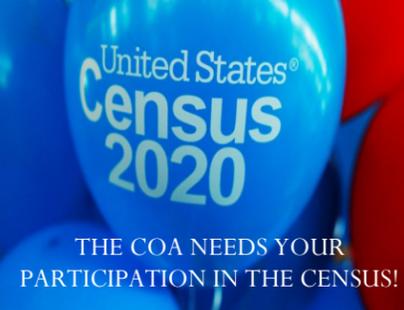
BERKSHIRE HATHAWAY
HomeServices
Commonwealth
Mary G. Cusano, Realtor
266 Main Street
Medfield MA 02052
508-561-5411
Mary.Cusano@CommonMoves.com
www.homesbymaryg.com

ROMEO OUTING- Retired Old Men Eating Out on Friday, March 27 at 11a.m.
JULIET OUTING- Jovial Unique Ladies Independently Eating Together on Tuesday, March 10 at 11:00 a.m.

St. Patty's Dinner and Entertainment
On Wed. March 18, start the evening with a social hour at 4 p.m., then a delicious corned beef & cabbage dinner catered by Basil at 5 p.m., followed by a presentation on Bing Crosby by Bruce Hambro at 6 p.m. All for \$12/person



Thomas family dent
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



United States
Census 2020
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. ORANGE CHICKEN 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY SENIOR SWIM / VNA CLINIC 10:00 HAND 'N FOOT 10:15 PAGE TURNERS 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 1:30-3 RMV NEAR ME 2:00 SINGING GROUP 11:30 CIRCUIT BREAKER TAX CREDIT INFO.	3. PRESIDENTIAL PRIMARY ELECTION VOTING 6 A.M.- 8 P.M. 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS-RUSSIA	4. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAW'S 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 3:00 LINE DANCING 3:15 BINGO	5. CHEESEBURGER 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 / ART CLASS	6. BROCCOLI BAKE 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

ROCKLAND TRUST Where Each Relationship Matters
Cheryl O'Donnell
Branch Manager
76 North Street
Medfield MA 02052 508-359-7366

9. AM. CHOP SUEY 9:00 SALON SERVICES / 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 TRADER JONES & XMAS TREE SHOPS 12:30 CORE BALANCE CLASS 1:00 MAH JONGG / POKENO 1:30-3 RMV NEAR ME 2:00 SINGING GROUP / ART IN BLOOM	10. SOUP & CHICKEN 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	11. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAW'S 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 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 3:00 LINE DANCING	12. TURKEY A LA KING 8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 FLOWER SHOW-BOSTON 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 2:00 ART CLASS 1:00 MEN'S BOOK CLUB	13. 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 CLOSES OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO
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16. MEXICAN CHICKEN 9:00 SALON SERVICES 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 12:30 CORE BALANCE CLASS 1:00 MAH JONGG / POKENO 1:30-3 RMV NEAR ME 2:00 SINGING GROUP 2:00 NEEDHAM BANK FRAUD PROTECTION	17. CORNED BEEF HASH 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	18. MEATLOAF 9:00 SALON SERVICES 9:00 SHAW'S 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 / COA MOVIE 1:00 MINDS IN MOTION 3:00 LINE DANCING	19. TURKEY DIVAN 8:45 STRENGTH/STRETCH/BALANCE 9:00 WOODCARVING 9:00 THE CLUB PROGRAM 9:00 ZUMBA 10:00 FIX IT SHOP 11:30 LUNCH 11:30 CANASTA 12:45 BOWLING 1:00 POKER CLUB 2:00 ART CLASS	20. VEG. LASAGNA ROLLUP 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 FIRST DAY OF SPRING! OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO
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Thank you Chickie Flynn's for hosting the Medfield COA.

23. CHIX CACCIATORE 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 / COOKING DEMONSTRATION 1:30-3 RMV NEAR ME 2:00 SINGING GROUP	24. SHEPHERD'S PIE 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 COFFEE WITH SARGENT MAXFIELD 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 12:15 CLUB ACTIVITY LARGE HALL 1:30 VIDEO CLASS-RUSSIA	25. SOUP & SANDWICH 9:00 SALON SERVICES 9:00 SHAW'S 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 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 BINGO	26. ROAST PORK 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 2:00 ART CLASS	27. TUN SALAD 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
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30. TOWN ELECTION VOTING 6 A.M.- 8 P.M. 9:00 SALON SERVICES 9:30 QUILTING FUN 10:00 HAND 'N FOOT CARD GAME 10:00 KINGSBURY SENIOR SWIM 12:00 3-13 CARD GAME 12:15 MARKET BASKET 1:00 MAH JONGG 1:30-3 RMV NEAR ME	31. SOUP & CHICKEN 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	Meet Sargent Maxfield On Tuesday, March 24 at 10 a.m. meet with Sgt. Maxfield for coffee and conversation. Learn about the Medfield Police Department and tips on keeping yourself safe.	MARCH SHOPPING TRIPS Mon. March 2 – Market Basket Mon. March 9 – Trader Joe's Mon. March 23 – Job Lot 'N More Mon. March 30 – Market Basket The bus leaves at 12:15 p.m.
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VNA HEALTH CLINIC
WILL BE HELD ON MONDAY, MARCH 2 AT 10 A.M.



Boston to Bermuda COA Cruise
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