

**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:** X200  
 Kathy Powers, Coordinator  
 kpowers@medfield.net  
 Trish Pembroke, Activities  
**HESSCO Meal site Manager**  
**Arlene DiDonato**  
 508-359-3665 X 211  
**HESSCO**  
 781-784-4944

The CENTER at Medfield  
 Council on Aging  
 One Ice House Road  
 Medfield, MA 02052

PRSRST STD U.S.  
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 Medfield  
 Permit No. 1

THE CENTER AT MEDFIELD  
 ONE ICE HOUSE ROAD  
 MEDFIELD, MA 02052  
 MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-\*7:00 P.M.  
 FRIDAY 9:00-1:00 P.M.  
 \*WEDNESDAY SCHEDULE VARIES  
 508-359-3665

**OCTOBER 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.

**COUNCIL ON AGING BOARD**

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

JOIN FOSI FOR A  
 (WEATHER PERMITTING)  
 OUTSIDE MEETING  
 ON THURS., OCT. 9  
 AT 12 NOON

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

- Richard Hill, Nic and Misty Scalfarotto, Edwin Kinnen,  
 Alice Goodsell and Vicki and Andy Karnakis  
 Edward and Laura Russell in honor of Lou & Joan Fellini  
 American Legion Auxiliary in memory of Elizabeth Mann  
 June Doucette Burr in memory of Elizabeth Mann  
 The Powers Family in memory of Elizabeth Mann and Ruth DeSorgher  
 Edie O'Toole in memory of Sue Monroe, Ruth DeSorgher and Nancy Kashalena  
 Michael Marcucci in memory of Ruth DeSorgher and Ralph Parmagian  
 John Howard in honor of Blaine Corey  
 Marie Ruzzo in memory of Ronald Schindler and Ruth DeSorgher  
 The following people all donated in memory of Ruth DeSorgher:  
 Nancy Prior, Sonja Pollard, Peter and Margaret Vasaturo, Team 6 Mixed Nuts  
 and Rose-Marie Stolkner.



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

**Director’s Note:** In September, Eagle Scout Candidate, Chris Page completed his project at the Center. He revitalized our activity room. Not only did Chris plan out the facelift to this room with new paint, a chair rail and base board, but he also had to plan around the restrictions imposed by the Covid-19 pandemic. Much time passed from when he first came into the Center and offered this idea for his project. The pandemic did not stop Chris; and with preparation, planning and organization, the room project is completed and absolutely beautiful! A huge thank you to Chris and all his volunteers that helped to make this undertaking a success! Roberta



**Minds in Motion Returns in October**

Enroll now for October’s Minds in Motion session. The program will be held outside, under the Center’s new tent, with participants spaced six or more feet apart. The opening session is October 7, from 1 p.m. to 2 p.m. Future sessions will depend on the weather.

Minds in Motion, which won a national award from the National Council on Aging this past June, is like a college seminar, backyard barbecue, and therapy session all rolled into one.

Now in its sixth year at the Center, each session of Minds in Motion features a different topic, drawing on subjects ranging from the arts to psychology to creative writing to law to current affairs, and more. Nothing is off limits.

You’ll be challenged, for sure, but you’ll also have a good share of laughs.

**Pre-registration is required by calling The Center at 508-359-3665.**

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 Medfield MA 02052  
**508-359-4409**  
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 service.

## Move It or Lose It!

We've all heard this expression and by now we know it is true. As we age, our bodies become stiffer. Our lives slow down and so do we. As a door hinge rusts and hardens when it is not used, our joints do the same.

Our joints become naturally stiff with age, stiff because of injuries and stiff because of poor diet. They hurt and we don't want to use them. When we don't use them, however, they become even stiffer. Our muscles become weak and cannot support our joints. We move even less, and maybe even gain weight. The extra weight puts additional stress on our joints as well as all of the organs of our bodies. We feel even more sore and lethargic, and we again move less. If we continue to use our joints, muscles and bones less, we eventually lose the ability to use them.

What can we do? Exercise and eat a healthy diet!

Gentle exercise done regularly, with a healthy diet helps to keep our joints mobile and lubricated, our muscles strong and flexible, and our organs functioning properly. Enjoy what the Center is offering with weekly outdoor exercise classes:

**Chair Yoga on Tuesdays at 9:30 a.m., Mat Yoga on Thursdays at 9:30 a.m. and Core Balance on Fridays at 10:00 a.m. or daily in-home exercise at 10 a.m. on our local cable channels.**

## AVAILABLE RESOURCES

**Nursing Services** - Roberta is available for outdoor blood pressure checks. Call for an appointment!

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

**Elder Resource Center** - Attorney Mary Roque is available for phone and outside consultations. Arrangements are made by calling the COA.

**Selectman Office Hours** - Meet and talk with Selectman Peterson on **Fri. Oct. 2 at 9 a.m.** on our back patio. Mask and social-distancing required.

**Social Security/Financial Consultation** - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.

**RMV Near Me** - The COA is offering RMV on-line services by phone. Information on requirements for the Real I.D. can be mailed out, if requested.

**Veteran Service – Office Hours** - Please call the Center for a telephone appointment if you would like to talk with the Veteran's Service Officer, Jon Cogan.

**Fuel Assistance** – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.

## FLU Clinic Sponsored by CVS

CVS will be offering a flu clinic on Tuesday, **October 20 from 10:15 am–1pm.** This will be held by appointments only. If interested in this clinic, please call the Center to pre-register and pick up the paperwork to be completed prior to your appointment. This clinic will be held according to the Covid-19 policies for safety, including the use of face coverings and social-distancing.

You will be assigned a time for your appointment at which time you may enter the building through the front doors and exit from the side door near the flagpole. Please wear a short sleeve shirt and bring your insurance card(s). Having your paperwork completed prior to your scheduled time is required. Failure to do so will keep you from attending this clinic. Call the Center at 508-359-3665 for your appointment.



## Fall is Here, Winter is Coming Fuel Assistance is Available!

Need help paying for fuel this winter? You are not alone. Fuel assistance helps thousands of local families with home heating bills each year. Fuel assistance is not just for oil, gas, or electricity; if you heat your home with a pellet or wood stove you can qualify to receive fuel assistance.

The application process may seem daunting and I am happy to assist you in this task. If you previously received fuel assistance, you should have received a renewal application in the mail. If you have not received your renewal application, you may call SMOC at 508-620-2342 and they will re-issue another one for you. New to fuel assistance? No problem - I have applications available for new applicants. Please contact the Center at 508-359-3665 and ask for Lisa Marie Donovan Outreach Coordinator for a confidential appointment. Lisa

## Oktoberfest at the Center!

The Oktoberfest takes place every year on the largest fairground in Munich, the Theresienwiese. It is adorned, or rather overlooked, by the bronze, 18-metre-high Bavarian statue, on which steps you can perfectly enjoy a break from the hustle of the Oktoberfest. This year the Oktoberfest in Germany is cancelled due to the Covid Pandemic. However, we will hold our own Oktoberfest in the parking lot on **Thursday, October 8 from 1-3 p.m.** We will have German music and celebrate with Wieners, Root beer Floats and Pretzels! Sign up for this afternoon of fun with a rain date of Tuesday, October 13.

## Medicare Open Enrollment

The Medicare Open Enrollment Period is an annual period of time (**October 15 through December 7**) when current Medicare users can choose to re-evaluate part of their Medicare coverage (their Medicare Advantage/Part C and/or Part D plan) and compare it against all the other plans on the market. After re-evaluating, there is a better fit plan, there's an option to *switch, drop or add a Medicare Advantage and/or Part D plan.*

The Open Enrollment Period cannot be used to enroll in Part A and/or Part B for the first time.

During the Open Enrollment Period (OEP) the following can occur:

- Anyone who has ( or signing up for) Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Anyone with Medicare Advantage can drop it and switch back to just Original Medicare (Parts A & B).
- Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.
- Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan.

Each year, insurance companies can make changes to Medicare plans that can impact how out-of-pocket costs— monthly premiums, deductibles, drug costs, and provider or pharmacy, “networks.” A network is a list of doctors, hospitals, or pharmacies that negotiate prices with insurance companies. They can also make changes to plan's “formulary” (list of covered drugs). Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets needs. Below are some additional benefits of re-evaluating coverage during Open Enrollment:

Switching to better prescription drug coverage can reduce out-of-pocket costs and ensure drug plans still cover needed prescriptions.

Save money and keep your doctor in-network by switching Medicare Advantage or Part D plans. Research shows that the average consumer can save \$300 or more annually if they review their Part D coverage

Find a higher quality plan. Plans with a 5-star rating are considered high quality. If you are enrolled in a plan that is less than 3, consider using Open Enrollment to switch.

**During Open Enrollment, Pre-Enrollment Open Enrollment forms are available at the Center. Once completed (sooner than later and before Nov. 1) drop off at the Center, a telephone appointment for you will be made with our SHINE Counselor so he can review your options.**

## What is the SHINE Program?

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare, and their caregivers. People who have Medicare, or who are about to become eligible for Medicare, can meet with a counselor to learn about benefits and options available.

- Certified SHINE Counselors provide Medicare/health insurance assistance year round and during Open Enrollment.
- SHINE Counselors provide helpful information and resources to fit your special circumstances.
- SHINE counseling is a free service.
- Due to COVID-19 and for the well-being of SHINE Volunteers, Staff and community members, The SHINE program will be operating remotely during Open Enrollment; meeting by phone, Zoom, Email or by returning the Pre-Enrollment Open Enrollment Form.
- HESSCO encourages you to explore your options, review prescription drug coverage and consult with a SHINE Counselor.

Contact the Center at 508-359-3665 to schedule an appointment with a SHINE Counselor, and for more information, contact HESSCO at 781-784-4944.

## 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 information.

### 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. Phone - call appointments are encouraged.

### Health and Wellness

In cooperation with the Medfield Board of Health, masks must be worn when out in public, social-distancing is recommended and frequent hand-washing is a must!

### 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.

### SHINE

Our SHINE volunteer is available for telephone appointments by calling the Center for assistance with figuring out the health-insurance maze.

### RMV NEAR ME

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

### Adult Respite Care Program

Are you a caregiver looking for a few minutes to yourself? Our Virtual Club Program is on Wednesday from 11:00 p.m. to 12:00 p.m. Your loved one can join Kathy and Tricia for conversation, music, gardening talk, dog therapy and a variety of virtual activities.

If you are interested in a short break, schedule an in-person CLUB hour for your loved one with Kathy and Tricia. Your loved one will enjoy real conversation, a stimulating environment and more importantly, an hour or more for your enjoyment!

Call Kathy Powers at 508-359-3665 for more information.

### 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.

### Low -Vision Information

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

### Caregiver Zoom Support Group

Share your experience, advice and support on **Wed. 10/28 at 10 a.m.** Call the Center for your zoom invite.

### Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Susan Bernstein and set up a phone call 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

Senior Swim suspended until further notice.

### Low Hearing Support

Hearing loss happens as we age. Contact **Susan Bernstein** for information on ways to manage your hearing loss.

### Yellow Dot Program

**Yellow Dot** is a national program designed to save resident lives by helping first responders efficiently gather medical information in the critical moments following an automobile crash or other medical emergency involving a participant's vehicle, when accident victims may be unable to communicate for themselves. Join us on **Wed. Oct. 21 at 11 :00 a.m. at the Center!**

### Help! My Face Mask is Getting in the Way of My Hearing Aid

For some older adults with hearing loss, wearing a face mask to the grocery store can be a problem if they are using over-the-ear hearing aids. The elastic bands commonly placed over the ears to secure the mask can get in the way of the hearing aid. Beyond the discomfort, there is also a chance of losing a hearing aid when removing the mask. This actually happened to my Mom!

“Just like removing glasses or a hat, always check to make sure that the hearing aids are still there,” says Sheri Gostomelsky, an audiologist based in Deerfield, Illinois. Beyond that, she says there are products available, such as OtoClip, that use an alligator clip to attach hearing aids to clothing. First, consider a mask that is secured with something other than elastic bands. Cloth ties shouldn't interfere with the ears, but if pressure remains on the ears, there are options. Take a headband and sew two buttons a few inches apart. Wear the headband, with the buttons at the back of your head, and attach the strings or elastic loops of the mask to the buttons. You should be able to adjust the headband to take any pressure off your ears. Since wearing a mask is essential when in public, keep yourself and your hearing aids safe. Susan

### Dave Oppenheim's Butternut Squash Soup



#### Ingredients:

1/4 cup unsalted butter  
4 lbs whole butternut squash (about 2 large squash) or 2 1/2 lbs of peeled squash chunks (*Peeling the whole squash is difficult so you may want to buy the peeled squash chunks*)  
1/4 teaspoon coarse salt (sea salt) and fresh pepper to taste  
2 shallots peeled & sliced  
2 cloves garlic peeled & sliced  
2 sprigs fresh thyme  
1 bay leaf  
2 cans chicken stock (29 ounces)

#### Preparation:

If using whole squash, poke them with a fork and microwave for about 5 minutes. This will make them easier to cut, peel and de-seed.

Cut the peeled squash into small chunks.

In a large soup pot melt the butter. Add squash, salt, pepper and cook for 20 minutes or more stirring occasionally until nicely caramelized but still firm.

While the squash is cooking, sauté shallots and garlic in a little butter until translucent and then add them to a second pot along with the broth, thyme and bay leaf. Cook the broth mixture over medium high heat for about 10 minutes.

Add broth mixture to the caramelized squash. Cool slightly. Remove bay leaf and thyme. Puree in blender until smooth. You may need to do this in batches. Sprinkle with nutmeg and ladle into serving bowls.

### Revisit a Conversation on *Protecting Yourself From Scams*

Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Especially now during the Covid Pandemic, scammers are working hard to take your money. Join Sheriff McDermott on **Wednesday, October 14 at 11:00 a.m.** on Zoom and revisit the ways you can protect yourself from imposters, online scans, robo calls, “free” trial offers and more. Call the Center to sign up for this refresher presentation on protecting yourself from scams.

Shop Walgreens on Tues., Oct. 6 with 20% off for seniors. Bus leaves at 10 a.m.

### The Center of Medfield Presents SOCIAL SECURITY WEBINAR WORKSHOP

An educational webinar titled "Savvy Social Security Planning: What You Need to Know to Maximize Retirement Income" has been scheduled for Wednesday, October 21 at 6:30 p.m., by Zoom, presented by Jon Bicknell.

Social Security is far more complicated than most people realize. The decisions baby-boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime.

Questions boomers are asking include:

- Will Social Security be there for me?
- How much can I expect to receive?
- When should I apply for Social Security?
- How can I maximize my benefits?
- Will Social Security be enough to live on in retirement?

To help individuals better understand the Social Security system, this workshop will cover:

- 5 factors to consider when deciding when to apply for benefits
- When it makes sense to delay benefits—and when it does not
- Why you should always check your earnings record for accuracy
- How to estimate your benefits
- How to coordinate benefits with your spouse
- How to minimize taxes on Social Security benefits
- How to coordinate Social Security with your other sources of retirement income

For questions or more information, please call the Center at Medfield at 508-359-3665. To sign up for this program, please provide your email and phone number.



Call Mondays to order your  
HESSCO  
Grab-N-Go Wednesday Lunch!

Oct. 7 – Chicken Salad

Oct. 14 – Turkey and Cheese

Oct. 21– Seafood Salad

Oct. 28 - Ham and Cheese

# OCTOBER 2020

## MONDAY

Medfield TV offers a morning exercise class at 10 a.m. Move your channel to Comcast 8 or Verizon 47 for an in-home option for exercise!

## TUESDAY

**Patio Movies**  
Enjoy the beautiful fresh air of the fall on Mondays at 1:30 for a movie on our patio. Call the Center for the feature presentation!

## WEDNESDAY

**PLAY HALLOWEEN PARKING LOT BINGO ON FRIDAY, OCT. 30 AT 11:30 AM. SPECIAL PRIZES, CANDY AND MORE. CALL THE CENTER TO SIGN UP!**

## THURSDAY

1. CATCH OF THE DAY  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS  
1:00-3:00 PM TUNE TIMERS SWING BAND CONCERT IN THE PARKING LOT (RAIN DATE OCTOBER 22)

## FRIDAY

2. HOT DOG  
9:00 SELECTMAN PETERSON HOUR (OUTSIDE)  
10:00 BEREAVEMENT GROUP  
10:00 CORE BALANCE CLASS  
10:00 CABLE TV EXERCISE CLASS  
11:30 CONFERENCE CALL BINGO



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Join the Yellow Dot Program!  
Wed., Oct. 21 at 11 a.m.

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

5. BEEF N BROCCOLI  
9:00 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE CLASS  
SMALL GROUPS CALL TO SCHEDULE PATIO TIME  
1:30 PATIO MOVIE

12. HAPPY COLUMBUS DAY HOLIDAY  
THE CENTER IS CLOSED

19. CHIX CACCIATORE  
9:00 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE CLASS  
SMALL GROUPS CALL TO SCHEDULE PATIO TIME  
1:30 PATIO MOVIE

26. FIESTA OMELET  
9:00 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE CLASS  
SMALL GROUPS CALL TO SCHEDULE PATIO TIME  
1:30 PATIO MOVIE

6. CHICKEN PARMIGIANE  
9:30 CHAIR YOGA  
10:00 WALGREEN'S SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
11:30 CONFERENCE CALL BINGO

13. CHICKEN DIVAN  
9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS  
11:30 CONFERENCE CALL BINGO  
1:00-2:00 TILDEN TOGETHER  
1:00 RAIN DATE OKTOBER FEST

20. SWEDISH MEATBALLS  
9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS  
10:00-1 PM CVS FLU CLINIC  
11:30 CONFERENCE CALL BINGO

27. BROCCOLI & CHEESE  
9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS  
11:30 CONFERENCE CALL BINGO

7. BEEF CHILI  
9:00 MARKET BASKET SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
10:00 COA BOARD MEETING  
11:00 VIRTUAL "CLUB"  
11:30-12 GRAB N GO LUNCH  
1:00 MINDS IN MOTION  
2:00 OUTDOOR FIT TO KNIT

14. TURKEY STEW  
9:00 MARKET BASKET SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
11:00 SCAMS REFRESHER ON ZOOM  
11:30-12 GRAB N GO LUNCH  
1:00 VIRTUAL "CLUB"  
1:00 MINDS IN MOTION  
2:00 OUTDOOR FIT TO KNIT

21. ROAST PORK  
9:00 MARKET BASKET SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
11:00 VIRTUAL "CLUB"  
11:00 YELLOW DOT PROGRAM  
11:30-12 GRAB N GO LUNCH  
1:00 MINDS IN MOTION  
2:00 OUTDOOR FIT TO KNIT  
6:30 SOCIAL SECURITY WEBINAR

28. POT ROAST & GRAVY  
9:00 MARKET BASKET SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
10:00 CAREGIVER'S MEETING  
11:30-12 GRAB N GO LUNCH  
11:00 VIRTUAL "CLUB"  
1:00 MINDS IN MOTION  
2:00 OUTDOOR FIT TO KNIT

8. ROAST TURKEY  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS  
12:00 FOSI MEETING  
1:00 OKTOBERFEST CELEBRATION  
GERMAN MUSIC, WIENERS, ROOTBEER FLOATS & PRETZELS (RAIN DATE OCTOBER 13)

15. SAUSAGE, PEPPERS & ONIONS  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS  
STAFF CPR CLASS 2-5 PM

22. LASAGNA ROLL UP  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS  
1:00 RAIN DATE FOR TUNE TIMERS SWING BAND!  
ENJOY PARKING LOT PICKLEBALL

29. CHIX BRUSCHETTA  
9:30 MAT YOGA  
10:00 CABLE TV EXERCISE CLASS  
ENJOY PARKING LOT PICKLEBALL OR A GAME OF BOCCE!

9. MACARONI & CHEESE  
9:00 ROCHES BROS SHOPPING  
10:00 BEREAVEMENT GROUP  
10:00 CABLE TV EXERCISE CLASS  
10:00 CORE BALANCE CLASS  
11:30 CONFERENCE CALL BINGO

16. SEAFOOD NEWBURG  
9:00 ROCHES BROS SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
10:00 CORE BALANCE CLASS  
11:30 CONFERENCE CALL BINGO

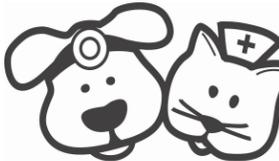
23. CHEESE BURGER  
9:00 ROCHES BROS SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
10:00 CORE BALANCE CLASS  
11:30 CONFERENCE CALL BINGO

30. SHEPHERD'S PIE  
9:00 ROCHES BROS SHOPPING  
10:00 CABLE TV EXERCISE CLASS  
10:00 CORE BALANCE CLASS  
11:30 HALLOWEEN BINGO OUTSIDE

**Pat Maloney**  
Independent Elder Advocate  
Phone: 508-341-8684  
psmaloney@verizon.net  
Help is a phone call



**Medfield Orthopedic & Sports Therapy**  
Medfield Professional Building  
5 North Meadows Road  
Medfield MA 02052  
508-359-9119



**MEDFIELD veterinary clinic**  
51 Peter Kristof Way, Medfield, MA, 02052  
(508) 359-1920 www.medfieldvet.com



**MEDFIELDTV COMMUNITY SHOWS.**  
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