"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

COUNCIL ON AGING STAFF

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Trish Pembroke, Activities
HESSCO Meal Site Manager
Arlene DiDonato
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HESSCO
781-784-4944

COUNCIL ON AGING BOARD

Bob Heald–Chairman, Richard Ryder, Katie Robinson and Heidi Groff

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

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If your label is highlighted, please consider making your $5 yearly newsletter donation to the Center.

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

Lawrence Stone and Linda Kipper in memory of David Stone

In memory of Cotton O'Donnell: Kathryn Dunway, Bob Heald, Maura Joan O'Donnell, David Roman Ubeda, John and Joanne O'Donnell and Robert and Joan Wood

Ralph and Gail Powers in appreciation of the Center Staff

David and Linda Mescall for all the Senior Center does

Bill and Pat Pardi in memory of Lou Fellini

John and Luanne Monahan, Geoffrey and Brenda Healy, Andrew and Victoria Karnakis, William Haijar, Francis and Janet McGowan, Hannah Adams Women's Club and My Tribute Gift Foundation

FOSI YARD SALE

Your gently used, unwanted items will be accepted beginning 9 a.m., Monday, March 28 at the **side door by the flagpole only.** (We need to keep the front doors available for the voters).

Buy a Brick Program

There are many bricks on our "Celebration of Life" patio available. Applications to honor someone or to remember a someone are available at the Center. It's always heartwarming to read the names of so many people remembered and those who enjoyed or contributed to 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.

FRIENDS OF SENIORS, Inc. (FOSI) 2022 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.
This is **not** for the COA newsletter.
A separate yearly $5 donation to "Town of Medfield-COA" covers the newsletter mailing.

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

Picture by Mike Lennon
Garden by Jill Vollmuth 2009

MARCH 2022

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 the 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 throughout their life journey.

Message from Medfield's Town Clerk:

Our Annual Town Election will be held on Monday, March 28, 2022. After more than 20+ years of using the Optech III-P Eagle voting machines, the Town Clerk's office is excited to announce that on March 28, 2022, the Town of Medfield will be using the new Image Cast 2 Precinct Tabulator voting machines.

Medfield was one of the last 4 towns in the State to use the Optech III-P Eagle and we are happy to join the majority of the state on the new voting systems. The Town Clerk's office and election workers are currently receiving training on the new systems to ensure a smooth election in March. The Town of Medfield is very thankful to the local legislative delegation of Senator Paul Feeney, State Representative Denise Garlick and State Representative Shawn Dooley for securing the funding for the new voting equipment.

The process of voting will be the same, and we will have election workers to assist you. The only difference in the process is that instead of connecting an arrow on the ballot for the candidate you wish to vote for; now you will be asked to fill in an oval next to the candidates name.

There is only one contested race on the ballot for the Annual Town Election. The School Committee has 2 seats up for election and has four candidates: Timothy Knight (candidate for re-election), Flavia Da-Silva-Benson, Lauren Liljegren and Robert Worth III.

The polls will be open on Monday, March 28, 2022 at the Center from 6:00 AM until 8:00 PM. *Marion Bonoldi*

PANCAKE BREAKFAST

On Thursday, March 10 at 8:30 a.m. join us at the Center for a pancake breakfast and meet Norfolk County Sheriff Patrick McDermott who was elected in 2020. Sheriff McDermott has a long history of public service in both government and non-profit work. Before being elected as Sheriff, he served for 18 years as the Norfolk County Register of Probate where he focused his attention on access to justice for Norfolk County residents with an emphasis on improving the lives of people impacted by opioid abuse, domestic violence, family strife and mental health issues within families and helping people navigate adoption processes.

The Norfolk County Sheriff's Office serves the citizens of Norfolk County and the Commonwealth of Massachusetts by enhancing public safety through the operation of a safe, secure, and humane correctional facility that establishes structure and accountability for offenders and focuses on re-entry programs and community-based programs that promote crime prevention, citizen awareness, education, youth development, elderly assistance and law-enforcement support.
Be sure to sign up for breakfast and this informative presentation.

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

March 2 – Chicken Salad
March 9 – Turkey and Cheese
March 16 – Seafood Salad
March 23 – Ham and Cheese
March 30– Tuna Fish

Call 508-359-3665 on each Monday before 8:30 a.m. to order a Wednesday lunch. Cost is $3.

Wednesdays are a busy day at the Center. Order your Grab N Go meal and enjoy lunch in between the scheduled activities or make plans with a friend to enjoy lunch at the Center!

Bagel and Bread Availability

Monday after 9:30 a.m. (Shaw's products)

Wednesday after 10:30 a.m. Shaw's, Donut Express, Brother's and Blue Moon.

Friday after 11:00 a.m. (Roche Bros-Millis)

Stop in to shop what is donated!

Donation amounts vary from few to many depending on the day!

AVAILABLE RESOURCES

Nursing Services - Tuesday from 1-2 p.m. with Gaby Harrison, N.P. BP checks and more.

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

Selectman Office Hours - Meet with Selectman Peterson on Friday, March 4 from 9-10 am. for any community concerns/ideas you might have.

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 online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.

Veteran Service – Office Hours - Veteran's Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025

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.

Grief Support – Loss of a loved one can be challenging, contact Lisa Donovan for questions, concerns and support.

Caregiver Support Group– Do you need assistance navigating the care-giving journey? This group meets on the last Thursday of the month at 2:00 p.m.

Public Health Nurse- Brenda Healy R.N. is available for consultation each Wednesday.

EXERCISE PROGRAMS AT THE CENTER

Fitness Fun

Lourdes Fournier starts your week off right with a 10:00 a.m. class every Monday that will wake you up and get your week headed in the right direction. Enjoy a combo-class of aerobics, strength training and core fitness. Class is $5.

Line Dancing

Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is $3.

Core Balance Class

Join Jeanne Donnelly's Core Balance Class on Monday at 1:30 and Friday at 11:00 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.

Chair Yoga*

Tracy Buckley's Chair Yoga class is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include: improved flexibility, better concentration and increased strength. Join us on Tuesday at 9:30 a.m. Class is $5.

Mat Yoga*

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley's class on Thursday mornings at 9:30 a.m. Class is $5.

ZUMBA Gold*

Lourdes Fournier keeps you moving every Thursday at 10:30 a.m. with the Latin dance exercise you know as Zumba! This workout will use every muscle and you will have fun doing it. Our instructor will keep your hips moving as you exercise to the upbeat, energizing music. Class is $5.

Tai Chi

Join our Tai Chi class Friday mornings at 10:00 a.m. Instructor, Jeanne Donnelly will take you through the slow, gentle-healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. Class is $5.

SATURDAY ZUMBA

Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold. Class is $5. **Bring a friend and your friend is free!**

* These classes available on Zoom

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 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.

COA TRANSPORTATION

Transportation is available to the Center for shopping trips, programs or simply a visit by calling the evening before to place your request on the transportation line. Rides for medical appointments require a 5 business day notice and may be provided through our bus or a volunteer driver. For questions about transportation, call Sarah at **508-359-3665 X 201.**

What Makes You, You ?

Jerry is back with an all new program! We're all interesting creatures, unique as fingerprints, each with our own blend of impulses, worries, and motivations. Many of us stay bottled up, not wanting to burden others, or reluctant to share what's on our mind. Here's an opportunity to uncork yourself. In this program led by Jerry Cianciolo, creator of Minds in Motion, you'll be introduced to the insights of a range of psychologists and asked to share how their insights reflect your own personal experience. In the process, you'll enjoy some laughs and maybe come to know yourself a little better. But a warning: bring your courage, as you'll be asked to reveal a lot about yourself. Pre-registration is required. No walk-ins. March 9,16, 23 from 1:00 p.m. to 2:00 p.m., Fee: $10.

Table Tennis Begins Saturday, March 5, 9-2:30 p.m.

Seymour Levy, who ran the ping pong league at the Pfaff Center several years ago, will be heading up this new program. Grab your paddle, a friend and join Seymour on Saturday, March 5 and enjoy this new program. Ping Pong is great exercise and very social. All welcome!

Official Rules of Table Tennis

Here are the first 5 essential ping pong rules from USA Table Tennis, to help get our NEW league started! Whether you call it ping pong, table tennis, or whiff whaff, these first 10 official table tennis rules should help you keep things straight.

1. GAMES ARE PLAYED TO 11 POINTS

A Game is played to 11 points. A Game must be won by two points. A Match is generally the best three of five Games.

2. ALTERNATE SERVES EVERY TWO POINTS

Each side of the table alternates serving two points at a time. EXCEPTION: After tied 10-10 ("deuce"), service alternates at every point. Can you lose on a serve in ping pong? Yes! There is no separate rule for serving on Game Point.

3. TOSS THE BALL STRAIGHT UP WHEN SERVING

How do you serve the ball in ping pong? Hold the ball in your open palm, behind your end of the table. Toss at least 6" straight up, and strike it on the way down. It must hit your side of the table and then the other side. NOTE: Once the ball leaves the server's hand it is in play, and so counts as the receiver's point if the ball is missed or mis-hit.

4. THE SERVE CAN LAND ANYWHERE IN SINGLES

There is no restriction on where the ball lands on your side or your opponent's side of the table. It can bounce two or more times on your opponent's side (if so, that's your point), bounce over the side, or even hit the edge.

Fill your Saturday with time at the Center. Enjoy what is offered and new programs are always being added!

ART WORKSHOP WITH NAN RUMPF

Painting Folds and Form with Watercolors

Saturday, March 19 from 12 noon- 3:00 p.m.

Together we will explore how to create hard and soft edges with watercolors. Then we will paint a watercolor interpretation of drapery showing light and shadow areas and using hard and soft edges. Bring your own watercolor supplies. Photo references and handouts will be supplied by the instructor. Material list will be handed out when you sign up. Cost is $10/person. Be sure to sign up as space is limited!

Next Art Workshop is Wed., April 13 from 1-5 p.m. using dripped beeswax and watercolors!

Enjoy our "DAYCATIONS" THIS SUMMER

I have included in this newsletter a separate sheet of all our upcoming trips! From experience, I can tell you that escaping for a day and doing something different; a boat ride, a nice lunch or seeing beautiful scenery can add so much to our lives. Sign up and join us for one or more of our day trips! Roberta

Medfield Community Needs Survey

Be on the lookout for a survey coming soon to Medfield!! Do you want to make your voice heard? We want to hear from you on Wed., March 9 from 10 a.m.–12 p.m., as members of the committee will be here to collect survey information. This project has been made possible by the generosity of the Medfield Foundation Legacy Fund.

Podiatry Clinic with Dr. Emily Curly

The Center will once again be offering a podiatry clinic with Dr Emily Curley on **Wednesday, April 6** FROM 9-11A.M. The clinic will charge $65 for self-pay, but otherwise will bill through an individual's insurance. For this reason, it is advised that you bring your insurance card along to the appointment. Dr. Curley's office accepts nearly all insurances. Check with your insurance to see what your particular co-pay would be. If you would like to contact her office directly you may.

Dr. Emily Curley 730 Main Street 1D Millis, MA 508- 533-3500

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, **fuel assistance**, caregiver and low-vision information and support are available through our Outreach Department with Lisa Donovan.
Call for an appointment.

Health and Wellness

In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment. Good hand washing is always 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.

Grab N Go Wednesday Lunch

Order your lunch on Monday and pick up between 11:30-12 noon on Wednesday. It is a delicious sandwich lunch, with all the fixings! All for $3.

S.H.I.N.E.

Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health insurance maze. Appointments are available on the 1st and 3rd Thursday of the month by calling the Center.

RMV NEAR ME

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

Services Available at The Center

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. Please return when no longer needed.

Low Vision Information

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

Caregiver Support

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Stop in for the monthly support group on March 17 at 2:00 p.m.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call the Center to discuss the volunteer options with Sarah Hanifan.

Large-Print Newsletter

Pick up a large-print copy of the newsletter at the Center (by request).

Kingsbury Club

Senior Swim Tuesday at 10:30 a.m. and Friday at 10:00 a.m. $5/session

S.N.A.P. Benefits

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance program (SNAP), also know as Food Stamps. Call Lisa Donovan for assistance with applying.

Medfield Food Cupboard

The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday & Saturday for in-person shopping. The Food Cupboard is now located at 93 West St. Unit 10. Contact the Food Cupboard: 508-359-4958.
email: info@medfieldfoodcupboard.com
All inquiries are confidential.

Bread Distribution

Every Wednesday beginning at 10:30 a.m. there are bread products available from Brothers, Blue Moon and Donut Express. All welcome!

The CLUB

A supervised and structured day program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time for yourself, consider our program. Call Kathy Powers for more information.

Housing

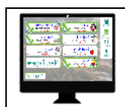
Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.

Veterans Services

Veterans and their dependents may be eligible for a variety of Chapter 115 Safety Net benefits and assistance programs. Call Mark Bryson at Town Hall at 508-906-3025.

Medfield Fire Department

Life Safety Home Inspections look for potential dangers in seniors residences, including hazards, smoke detector and carbon monoxide detector checks and battery replacement and many other areas that you might not even recognize. Call the Center to schedule a Safety Inspection.



Please remember to sign in on the kiosk when you enter the building. If there is a line, then please do not forget to sign in when you leave!

CRAFTER'S CORNER ON WEDNESDAY AT 10:45 A.M.

March 16 - Let's get ready for Spring with Clay Pot Painting - We will supply the paint, please bring your own clay pot, something you can carry in. A limited amount of clay pots will be available for purchase the day of. There is no cost for this craft class!

March 23 – Get your front door ready for spring as we make an Umbrella Door Decoration. Stop in to see the sample. ALL supplies are provided . Cost of this craft is $6 required at the time you sign up!

IT IS IMPORTANT TO SIGN UP FOR ALL CRAFT CLASSES!

REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.
Fitness Fun– Monday at 10:00 a.m.
-Thirteen - Monday at 12:00 p.m.
Line Dancing - Monday 12:00 p.m.
Pokeno - Monday at 1:30 p.m.
Core Balance - Monday at 1:30 p.m.
Hanna Adams Bridge - Monday at 7:00 p.m.
Chair Yoga - Tuesday at 9:30 a.m.
Ping Pong -Tuesday at 11:00 a.m.
Meditation Class - 2nd Tuesday at 11:00 a.m.
Duplicate Bridge - Tuesday at 12 p.m.
Crafter's Corner- Wednesday at 10:45 a.m.
SCAT - Wednesday at 11:00 a.m.
Whist - Wednesday at 12:00 p.m.
Cribbage - Wednesday at 1:00 p.m.
Fit to Knit - Wednesday at 2:00 p.m.
BINGO - Wednesday at 3:00 p.m.
Woodcarving - Thursday 9:00 a.m.
Mat Yoga - Thursday at 9:30 a.m.
Zumba - Thursday at 10:30 a.m.
Canasta- Thursday at 11:30 a.m.
Poker - Thursday at 12:30 p.m.
Coffee & Conversation - Friday at 10:00 a.m.
Tai Chi - Friday at 10:00 a.m.
Core Balance - Friday at 11:00 a.m.
Zumba – Saturday at 9:00 a.m.
Ping Pong – Saturday 9:00 a.m.
BINGO – Saturday at 12:30 p.m.
Movies- Saturday by Request

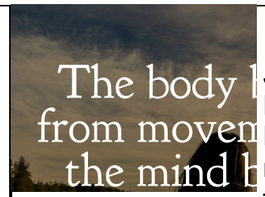
From the Desk of Sarah Hanifan, Volunteer Coordinator

I am thrilled to say HAPPY MARCH! To me, March means leaf buds will begin to appear on trees and the weather will begin to get warmer. I personally love the new *beginning* that this month brings.

Crafters Corner is going back to WEDNESDAYS at 10:45 AM - be sure to sign up for the two morning crafts we have planned for all of you! We are also very excited to announce A Ladies Paint Night on International Woman's Day on Tuesday, March 8th from 6:30-8pm. More details can be found in the newsletter.

As always, I look forward to seeing you in the Center.

Sarah



MEDITATION CLASS

Jim Suojanen returns for his monthly Meditation Session. Join Jim on Tuesday, March 8 at 11:00 a.m. and begin your meditative practice. Please be sure to sign up for this class. ALL WELCOME!

March is National Craft Month and Women's History Month

Medfield COA is bringing these two special observances together on **Tuesday, March 8 (International Women's Day) at 6:30 p.m.** We will be hosting a Women's Paint Night. This event will offer light appetizers and beverages as Instructor, Casey Worth, shows us how to paint step by step, to create a beautiful masterpiece. Sign up with a friend and enjoy an evening to celebrate and paint. All Welcome! Cost of this event is $10.00/person. Limited to 25

Representative Dooley to Present Information on the Senior Circuit Breaker on Tuesday, March 8 at 10:00 a.m.

State Representative Shawn Dooley (R-Norfolk) is pleased to announce that he will be hosting an informational seminar on the Senior Circuit Breaker Tax Credit. The seminar is free and open to all. "This is one of my favorite things to do every year. I encourage all residents who think they may be eligible for this tax credit to come on by. I fight every day on Beacon Hill to offer our hardworking citizens some much needed tax relief, and this program is an excellent way to do that for our seniors" said Representative Dooley. For tax year 2021, seniors may claim up to $1,170 in credits. Additionally, if the taxpayer has not claimed the tax credit in the past, they may claim it for the previous three years. All welcome to attend and learn more about this tax credit!

ST. PATTY'S DAY SUPPER

Another St. Patty's Dinner is right around the corner. Sign up to enjoy a delicious and traditional corn beef dinner catered by Basil Restaurant on Wednesday, March 16, 2022 from 5–7 p.m. This year we will feature live music by members of the Tune Timers Swing Band. You will enjoy Irish music with a special sing-a-long. To add to this evening, we will have special guests delighting us with their Irish Step Dancing. This is sponsored in part by Rehab Associates and an event you won't want to miss. Space is limited and cost of this event is $10.00 when you sign up.

SOCIAL SECURITY WORKSHOP

An educational workshop titled "Savvy Social Security Planning: What You Need to Know to Maximize Retirement Income" has been scheduled for **March 23, 2022 at 6:00 p.m.** at The Center at Medfield.
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?
Call the Center at 508-359-3665 to sign up for this program presented by Medfield resident, Jon T. Bicknell, CRPC , CFP ®

MARCH 2022

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Medfield MA 02052
508-561-5411

Mary.Cusano@CommonMoves.com

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Branch Manager
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Medfield MA 02052 508-359-7366

Medfield Fire Department has provided the COA with bathroom grab bars. See Roberta for more information!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WATERCOLOR WORKSHOP WITH NAN RUMPF PAINTING FOLDS & FORMS SATURDAY, MARCH 19 12:00–3:00 P.M. $10	1. GRILLED CHICKEN 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 CLUB PICKUPS 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC 1:00 WALGREENS	2. CHEESE LASAGNA 9:00 AARP TAX AIDE 9:15 MARKET BASKET 10:00 COA BOARD MTG 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO PUBLIC HEALTH NURSE	3. SALISBURY STEAK 9:00 WOODCARVING 9 -1 SHINE APPOINTMENTS 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MTG / SHOPPING – UNIVERSITY AVE 12:30 POKER 1	4. POTATO POLLOCK 9:00 SELECTMANS' OFFICE HOUR 9:00 ROCHES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE OPEN SATURDAY 9 AM- ZUMBA 9 AM PING PONG 11:30-LUNCH 12:30 BINGO
7. CALIFORNIA CHICKEN 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	8. LS HOT DOG 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 10:00 CIRCUIT BREAKER PRESENTION 11:00 CLUB PICKUPS 11:00 MEDITATION CLASS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC 6:00 WOMEN'S PAINT NIGHT $10	9. BEEF BURGUNDY 9:00 AARP TAX AIDE 9:15 MARKET BASKET 10:00–NOON COMMUNITY NEEDS SUVEY 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 1:00 WHAT MAKES YOU, YOU 2:00 FIT TO KNIT 3:00 BINGO PUBLIC HEALTH NURSE	10. ROAST CHICKEN 8:30 PANCAKE BREAKFAST 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHOPPING – CHRISTMAS TREE 12:30 POKER	11. MINI RAVIOLI 9:00 ROCHES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE OPEN SATURDAY 9 AM- ZUMBA 9 AM PING PONG 11:30-LUNCH 12:30 BINGO
14. MEATBALLS 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	15. TERIYAKI CHICKEN 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 CLUB PICKUPS 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC	16. CHICKEN CACCIATORI 9:00 AARP TAX AIDE 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:45 CRAFTER'S CORNER - CLAY POTS 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / WHAT MAKES YOU, YOU 2:00 FIT TO KNIT 3:00 BINGO 5:00 ST. PATTY'S DAY DINNER $10	17. CORNED BEEF HASH 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 2:00 CAREGIVER SUPPORT GROUP	18. VEGGIE CHILI 9:00 ROCHES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:30 ROMEO OUTING OPEN SATURDAY 9 AM- ZUMBA 9 AM PING PONG 11:30-LUNCH 12:30 BINGO
21. SHEPHERD'S PIE 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	22. MAC 'N CHEESE 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 PING PONG 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC	23. TURKEY W/ GRAVY 9:00 AARP TAX AIDE 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:45 CRAFTER'S CORNER - UMBRELLA CRAFT 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO 6:00 SOCIAL SECURITY WORKSHOP PUBLIC HEALTH NURSE DAY	24. POLISH BEEF & CABBAGE 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 11:30 JULIET OUTING 12:00 SHOPPING - BIG Y, BIG LOTS, $ STORE 12:30 POKER	25. CATCH OF THE DAY 9:00 ROCHES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM NO EXERCISE CLASSES / PROGRAMS TODAY DUE TO VOTING ON MONDAY CLOSED ON SATURDAY MARCH 26 DUE TO VOTING ON MONDAY
28. CHICKEN MARSALA TOWN ELECTION 6 AM–8 PM	29. PASTA BOLOGNESE	30. PORK W/ APPLE GRAVY 9:00 AARP TAX AID PROGRAM	31. BEEF STIR FRY	FRIDAY, APRIL 1 SATURDAY, APRIL 2 YARD SALE 8:30 A.M. TO 2:00 P.M.

<<<<<<<<<ALL PROGRAMS ARE CANCELLED THIS WEEK BECAUSE OF THE FOSI YARD SALE >>>>>>>>>>

THURSDAY AFTERNOON SHOPPING PICK-UPS BEGIN AT 12:00 PM

March 3- University Ave Shopping

March 10- Christmas Tree Shop

March 24- Big Y, Big Lots, Dollar Store

Do you have suggestions where you may want to shop?

Meet with Selectman Pete Peterson on Friday, March 4 from 9–10 a.m.

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FOSI YARD SALE IS APRIL 2!
START CLEANING OUT YOUR CLOSETS!

COLOR KEY FOR CALENDAR

SPECIAL EVENTS

EXERCISE

SHOPPING TRIPS

REGULAR PROGRAMS

Riverbend of South Natick
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Food for Thought

1. Do what is right, not what is easy and not what is popular.
-Roy T. Bennett

2. Do you want to be happy? Let go of what is gone, be grateful for what remains and look forward to what is coming.
-Unknown

3. It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade.
- Charles Dickens

4. The secret of change is to focus all of your energy not on fighting the old, but on building the new.
-Socrates

5. The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.
- Henry Van Dyke

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