

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
- Bridge-Whist
- 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:

508-359-3665

Volunteer Coordinator:

Susan Bernstein

508-359-3665 X203

sbernstein@medfield.net

Transportation: X200

Bill Pardi

wpardi@medfield.net

The Club Staff:

Kathy Powers, Coordinator X206

kpowers@medfield.net

Trish Pembroke, Activities

HESSCO Mealsite: X211

Betsy Donoian and Judy Mohan

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.
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

NOVEMBER 2017



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 Tax Work-off Program Begins New Season January 2018

Are you interested in lowering your real estate taxes by almost \$1000? Keep on reading....

The ongoing Tax Work-off Program administered by the Council on Aging has an exciting new change. At last spring's town meeting the town voted to increase the benefit for Tax Work-off volunteers. The program allows persons 60 and over, who have lived in Medfield for a minimum of 3 years, who own a home with the deed in your name, or if your home is in a trust and you are the beneficiary of the trust, to receive a reduction in your real estate tax obligation. The amount was increased to \$1000.00 in exchange for volunteering 91 hours in various town departments. Some specifics to the program:

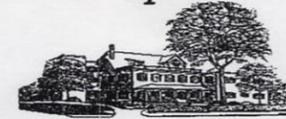
- Hours will need to be completed by October 19, 2018 (subject to change)
- Reimbursement will be the same as last year.
- The senior will NOT receive a paycheck but WILL receive a W-2.
- The so called paycheck will be made payable to the town.
- The senior's real estate tax account will be credited for the \$1000 less the OBRA (7.5% of gross wages) and the Medicare (1.45% of gross wages) tax.
- The W-2 will show the \$1000 in income and the OBRA and Medicare tax. You will need the W-2 to submit with your tax forms. The (OBRA) deduction is in lieu of a social security deduction and is mandatory. You can file to get this money returned to you only if you do not intend to participate again.
- The town Treasurer cannot establish and terminate OBRA accounts multiple times.
- If you filled out the tax forms last year, you will not need to fill out the paperwork again.
- New applicants will be required to fill out the forms in order to participate in the program.

We are grateful the Town will continue with the program as they see the benefit for our seniors. The Senior Tax Work-off program has been successful in many ways, making it a win-win situation for the senior, the department and the town by:

- Offering seniors the chance to reduce their tax obligation in a time when taxes continue to go up.
- Workloads within many Town departments are reduced because they are staffed with skilled, dependable senior volunteers.
- Allows seniors the chance to put their skills to good use.
- Assists some seniors with opportunities for socialization and a sense of purpose.

Applications will be available beginning Wednesday, November 1, 2017 and should be returned to the COA by Thursday, November 30th. If applications exceed the 65 person limit, a lottery will be held during the December 6, 2017 monthly COA meeting, 11:00 am, at The CENTER. This is an open meeting and all applicants are invited to attend. Any questions regarding this program can be directed to Susan Bernstein at 508-359-3665.

Thomas Upham House



519 Main Street, Medfield, MA
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Medfield, Westwood and Dover's
Top Choices for Skilled Nursing
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Quality Care in a Home-Like Setting



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508-393-8338
209 w. Central St., Suite 210
Natick MA 01760
508-647-3773

RANDY'S Automotive Service, Inc.

26 Spring Street
Medfield MA 02052
508-359-4409
Inspections, Auto repairs,
Complimentary shuttle
service.

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Mike Clancy, Gwynneth Centore,
Perry Constas and Richard Ryder

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

NEXT FOSI MEETING
Thursday,
November 2 at
12:00 P.M.



Buy a Brick
Participating in the brick program is one way that you can support FOSI; the organization that supports many of the programs and wish list items for the COA. Order forms are available at the Center.

Do You Really Know What FOSI Is???

FOSI began in 1979 with a suggested annual donation of \$2.00 from each Medfield senior to help defray the costs of a taxi service for medical appointments. Today, FOSI works with the Medfield Council on Aging (COA) to help provide a wide assortment of programs to the town's older adults and support the needs of the Center. Support to the COA is provided through the generous support of individuals, businesses and other charitable organizations. FOSI contributes to the Center and has provided many enhancements to the building over the past 9 years. Some examples are the storage shed, the snow blower, bocce court, additional cabinets, unlimited coffee, tables, display case, sound system and wireless microphones, exercise programs, summer cookouts, patio umbrellas and so much more. When you support FOSI, you support the COA!

Thank You For Your Donations to FOSI!

Lawrie and Irene Rhoads, Charlotte Reinemann, William Capen,
Jean Sniffen, Thomas Reis,
Louis and Joan Fellini and Bob and Anna Norton

FRIENDS OF SENIORS, Inc. (FOSI)
Yearly suggested donation is \$15.00/person

DATE : _____
NAME: _____ PHONE: _____
ADDRESS: _____ EMAIL: _____
ENCLOSED IS MY DONATION OF \$ _____
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

EXERCISE CLASSES

Monday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
10:30 a.m. Exercise for Life 2- Beginner \$5/ class
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
1:30 p.m. Fitness Camp-\$5/ class

Wednesday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
10:30 a.m. Exercise for Life 2- Beginner \$5/ class
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
12:30 p.m. Core Balance-moderate \$5/ class
1:30 p.m. Fitness Camp- \$5/ class

Friday

10:00 a.m. Tai Chi-\$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)
Brian Szewczynski (Fitness Camp)

AVAILABLE RESOURCES

Natick VNA Health Promotion Clinic - Jean Sniffen RN will be available on **Tues. November 7** at 11:15 a.m. at the Center for health consultations.

Health Insurance Counseling - Please call HESSCO 1-781-784-4944 to schedule an appointment

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, November 1** from 9:30 -10:30 a.m. for one-on-one consultations. Please call for your appointment.

Selectman Office Hours- Osler Peterson holds monthly office hours at the Center. Join him for conversation on Friday, **November 3** at 9:00 a.m.

Social Security/Financial Consultation-

Call the Center to schedule an individual and confidential appointment with Jon Bicknell, CFP.

Life Coaching- Confidential appointments with David Mobley, L.I.C.S.W. Are available on the 3rd Monday of the month, **November 20** from 9:30-11:00 a.m.

RMV Near Me- The COA is offering RMV on-line services on Mondays from 1-3:30 p.m. Renew your license or registration or any other on line service. Call for an appointment.

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

Total body workout utilizing weights, aerobics and stretching exercises is offered every Monday and Wednesday. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Perfect for someone new to exercise or transferring out from a rehab program. Each class is \$5. EFL 1 at 9:30 a.m. and EFL 2 at 10:30 a.m.

Core Balance Class

Join the Core Strengthening Class on Mondays and Thursdays at 12:30 p.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.

Fitness Camp

Individual instruction with a Certified Personal Trainer, with a focus on proper exercise and stretching techniques. Total physical well being is the goal of Fitness Camp on Tuesdays and Thursdays at 1:30 p.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, increase 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. Class is \$3.

ZUMBA Gold

Enjoy a Latin dance exercise on Thursdays at 10:00 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 on Wednesdays at 3 p.m. Class is \$3.

Medfield Food Pantry

In a recent article in the Reader's Digest, author Lisa Marie Conklin, provides insight into a phenomenon called "food Insecurity". Did you know that one in seven people in the United States do not know when they'll get their next meal? That is "food insecurity". That's a scary thought especially for families with young children. The upcoming holidays provide another layer of stress when you are already struggling with providing for your family. Often times, a layoff, an accident, a long term illness or other unexpected event can have a huge impact on a person/family to make ends meet. When money gets tight, the food budget gets slashed, caring about nutrition drops down on the priority scale. Statistics show that almost 79 percent of people buy cheaper food even if it isn't the healthiest, just to make sure to fill the bellies of their family, according to feedingamerica.org. For several months at the COA we have asked participants to bring in one non-perishable food item per month for our Medfield Food Pantry. We should be able to collect over 350 items monthly if everyone brings in one item! The holidays are here and this is one way that you can give back to the community and to the Center for all that it offers. This month's request are for Canned Vegetables (Corn, Green Beans), Canned Fruit, Spaghetti, Jam/Jelly (non-grape please), Juice (large and boxes), Cereal, Hot Cereal (10 packs), Beef Stew, Chili, Cookies/Crackers. Your generosity is greatly appreciated!

Medfield Animal Shelter

The Medfield Animal Shelter is a non-Profit organization committed to the health and well-being of all animals. We are fortunate to live in a generous community and almost all the food we feed the pets is donated to us. We often have more than we can use or store, and in those instances, we are able to help other organizations and individuals in need. We are reaching out to the seniors of Medfield who have a pet and find themselves having a temporary hardship, to let them know we can help by providing them with food for their dog or cat. If you need help feeding your pet, please call the Medfield Animal Shelter at 508-359-8989.



Buddy was adopted from the Medfield Animal Shelter on March 10, 2016

Emergency Preparedness Presentation on Monday, November 6 at 1:30 p.m.

Disaster can strike at any time, so it's important to have a planned response when you're at work, on vacation or on the road. When you face a natural or man-made emergency, try to stay informed through radio, TV or the Internet. In some cases, however, cable, electric and cell phone service will be disabled, making communication nearly impossible. The National Safety Council recommends the following general precautions that apply to many disaster situations, for example:

- Make sure to have a family communication plan in place
- Have an emergency kit in your car with at least 3 days of food and water
- Be sure to store all important documents - birth certificates, insurance policies, etc. - in a fire-proof safe or safety deposit box.

The ability to recover from an emergency often depends on being prepared. Sue Elliot from the Medfield Board of Health will discuss commonsense guidelines that will help you start preparing for emergencies before they happen. Everyone's needs are unique and making a plan that fits those needs can help you better prepare.



Thanksgiving Thoughts

Thanksgiving is the time to feel gratitude for all the good things in life. It is a time to acknowledge the good deeds of fellowmen and be thankful. Thanksgiving is a time to celebrate family and friends and to find the wonders around our home, neighborhood, our Center, town, etc.

Life can be very trying as we age. When your body is wracked with pain, or you have trouble with your vision or walking, or your family lives far away, it's hard to find something for which you can be thankful. So, for just a few minutes on, Thanksgiving Day, step outside your situation and just "be". Find something, no matter how small, to be thankful for because in giving thanks, you will be lightening your load, even if for only a moment.

From all of us at the Medfield Council on Aging we wish you a wonderful Thanksgiving, surrounded by family, friends and a lot of delicious food!

Our Roast Turkey luncheon is scheduled for Thursday, October 16 at 11:30 a.m. Sign up today!

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to the (60+) population of Medfield. 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, care giver and low vision support groups are available through our Outreach Department. Appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health and the Natick VNA, a monthly wellness clinic with Jean Sniffen, R.N. is available on the first Tuesday of the month from 11:15 a.m.-12:15 p.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

Betsy Donoian and Judy Mohan, co-meal site managers from HESSCO, provide 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 the Center with your request.

SHINE

Our SHINE volunteer is available by appointment for Medfield residents 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 program and give yourself a break!

Low Vision Group

As we age things change, including our vision. Join the ongoing Low Vision Group on the second Tuesday of the month at 10:00 a.m. and learn about tips to improve your quality of life. **NO MEETING THIS MONTH**

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.

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.

Large Print Newsletter

Pick up a large print copy of the newsletter at the Center if needed.

Kingsbury Club

Senior Swim on Monday and Friday from 10-11 a.m. Your COA scan card and a \$5 swim fee is required at each visit. Available to Medfield COA member only.

LOW HEARING SUPPORT

Call Susan Bernstein at 508-359-3665 X203 for information on the Low Hearing Group on November 30 at 10 a.m.

PAGE TURNERS

The Page Turners Book Club will meet on November 6 at 10:15 a.m. in the library! Enjoy an enthusiastic discussion of the book Silent Night!

10th Anniversary Planning

Join us on Monday, November 21 at 9:30 as we continue to plan the 10 year celebration of this beautiful Center!

PLAY CANASTA

Play on Fridays at 11:00 a.m. with program leader Phyllis Fitzpatrick! All welcome!

PLAY BINGO

Play BINGO at the Center on our **new day and new time!** We have schedule BINGO games with our new equipment on **Thursday, November 16 and 30th at 1:30 p.m.**



PLAY 3-13 CARD GAME

Another **new** game is starting on Mondays at 2:00 p.m. The object of the game is to form all the cards in your hand into combinations. It's an easy to learn and fast paced game. Get in on the fun beginning November 6.

PLAY WHIST

Join the Whist group on Wednesdays at 1:00 p.m. It is a fun game of strategy and communication between four players.

PLAY CRIBBAGE

Learn to play cribbage on Mondays at 12 noon. It's one of the best two-hand games - and one of the most enduring, for the game was entertaining card players as far back as the seventeenth century.

Enjoy Chickie Flynn's luncheon on Thursday, November 30. The bus leaves at 11:10 and cost is \$5 (lunch & transportation). Tips are in addition.

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 1:00 p.m.
 Woodcarving - Thursday 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 - Thursday at 10:00 a.m.
 Core Balance - Mon./Thurs. at 12:30.
 Hand N Foot Game - Mon./Fri. 10a.m.
 Fitness Camp - Tues./Thurs. 1:30 p.m.
 Cribbage - Wednesday at 12:30 p.m.
 Beginners Cribbage- Mon. 12 p.m.
 S,S & B - Thursday at 8:45 a.m.
 Great Books- 1st Monday 1:00 p.m.
 Line Dancing- Wednesday at 3:00 p.m.

Wednesday 2 P.M. Afternoon Movies at the COA, with your host Joan Lee!

Wednesday, November 1 - Maudie 2017

MAUDIE, based on a true story, is an unlikely romance in which the reclusive Everett Lewis (Ethan Hawke) hires a fragile yet determined woman named Maudie (Sally Hawkins) to be his housekeeper.

Wednesday, November 15 - Pieces of April

A wayward daughter invites her dying mother and the rest of her estranged family to her apartment for Thanksgiving dinner.

Be sure to sign up so we have enough chairs ready for you!!



Monday, November 6 from 12:00 p.m. to 1:30 p.m.

CHICO'S FASHION SHOW

Chico's was founded in 1983 as a small boutique selling Mexican folk art and cotton sweaters on Sanibel Island in Florida. Our friendly environment and unique styles connected with customers in a special way that quickly evolved into over 700 Chico's boutiques nationwide, a monthly catalog, and round-the-clock shopping at chicos.com.

Join the Center on Thursday, November 2 at 4:00 p.m. for our annual fashion show with Steven DeQuattro, Manager, of the Canton boutique. Steve will bring us the latest fashions at his store along with a delightful description of each. Tickets on sale at the Center for \$5/ person.

LION'S CLUB CHOWDER FEST

The annual Chowder Fest is scheduled for Saturday, November 4 from 11:00a.m. to 2:00 p.m.

Come early as past events have sold out quickly!!!

VIDEO CLASS

The Wisdom of History video lecture series presented by Professor J. Rufus Fears continues on Tuesdays at 1:30 p.m. All Welcome!

HAPPY BIRTHDAY

We wish you much pleasure and joy; We hope all of your wishes come true. May each hour and minute of your special day in **November** be shared with the staff of the COA!

Join us on **Tuesday, November 28** at 11:30 for our Birthday celebration.

Entertainment is provided by Patrick Durkin!

SHREDDING SERVICE

The Shredding Service is a courtesy to help people with their excess papers. Your donations are necessary to keep this service in place. We have emptied 12 containers since this program started in September 2015. Please consider increasing what you plan to donate so that this service can continue.

Low Hearing Clinic

Join us on Thursday, November 30 at 10am for our support group. Learn about techniques for managing your hearing loss in many situations. According to WebMD hearing loss is the third most common health problem in the U.S. It's also on the rise with nearly 36 million Americans now reporting lost hearing. All welcome to attend!!

Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
 South Natick MA
 508-653-8330



"Quality care in a homelike setting"

The next meeting of the Great Books Group is on **November 2** at **1:00 p.m.**



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

Medfield Orthopedic & Sports Therapy

Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052

508-359-9119



PLAY **BINGO**
NEW DAY, NEW TIME
 THURSDAYS
 NOVEMBER 16 & 30

Pat Maloney
 Independent Elder Advocate
 Medfield, MA
 Phone: 508-341-8684
 psmaloney@verizon.net

Market Basket
 Monday, November 20
 Bus leaves at 12:15 p.m.

Play Mah Jongg every Monday
 at 2 p.m. and on Wednesday,
 Nov. 8 at 2 p.m.

Thomas family dental associates
 Senior Discounts Available
Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.
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 508-359-6600

THE CENTER SALON
 Make your appointment for hair
 removal services with
 Lisa Mario on
 TUESDAY, NOVEMBER 14

Call now to schedule your beauty
 treatments. Each service (brow,
 lip or chin) is \$10 or 2 for \$15 and
 all three for \$20.


 The CENTER
 Hair Salon
 with Ginny Viles
 Mon. & Wed.
 9 a.m.-2 p.m.
 and Fri. 9 a.m.-12:30 p.m.
 Appointments are required.
 Men's cut- \$10
 Women's wash & blow dry- \$12

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LION'S CLUB ANNUAL CHOWDER FEST</p>  SATURDAY, NOVEMBER 4 11:00 - 2:00 P.M.	<p>35TH ANNUAL TRI-CLUB PLUS SENIOR CITIZENS CHRISTMAS PARTY</p> <p>SUNDAY, DECEMBER 10</p> <p>AT 12 NOON</p> 	<p>1. MEATLOAF</p> <p>9:00 SALON SERVICES 9:00 SHAWES 9:30 WATER COLOR CLASS #1 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:30 LUNCH 12:00 CRIBBAGE 1:00 WHIST 1:30 MINDS IN MOTION LAST CLASS! 2:00 FIT TO KNIT 2:00 COA MOVIE -MAUDIE 2017 3:00 LINE DANCING</p>	<p>2. ROAST CHICKEN</p> <p>8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 12:00 FOSI MEETING 1:00 GREAT BOOKS GROUP 1:00 POKER CLUB 1:30 FITNESS CAMP 4:00 CHICOS FASHION SHOW</p>	<p>3. CATCH OF THE DAY</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 9:00 SELECTMAN'S OFFICE HOUR 9:30 MANAGING FALLS CLASS 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:00 TAI CHI 11:00 CANASTA 11:30 LUNCH 1:00 COA CLOSSES</p>
<p>6. ROAST CHICKEN</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:15 PAGE TURNERS 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 FLU CLINIC 12:00 BEGINNERS CRIBBAGE 12:30 CORE BALANCE CLASS 1:30-3PM RMV NEAR ME BY APPOINTMENT 2:00 MAH JONGG / 313 CARD GAME STARTS</p> <p>EMERGENCY PREPAREDNESS PRESENTATION 1:30 PM</p> 	<p>7. S & S PORK</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>8. MINI RAVIOLI</p> <p>9:00 SALON SERVICES 9:00 SHAWES 9:00 WATERCOLOR CLASS #2 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 CRIBBAGE 1:00 WHIST 2:00 FIT TO KNIT 2:00 MAH JONGG 3:00 LINE DANCING</p>	<p>9. TURKEY TETRAZZINI</p> <p>8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP</p>	<p>10. VETERAN'S DAY HOLIDAY</p> <p>COA CLOSED</p>
<p>13. CHICKEN CHILI</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 BEGINNERS CRIBBAGE 12:30 CORE BALANCE CLASS 1:30-3PM RMV NEAR ME BY APPOINTMENT 2:00 MAH JONGG / 313 CARD GAME</p>	<p>14. AM. CHOP SUEY</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 ESTHETICIAN SERVICES 1:30 FITNESS CAMP 1:30 VIDEO CLASS NO LOW VISION GROUP THIS MONTH</p>	<p>15. SOUP & CHICKEN</p> <p>9:00 SALON SERVICES 9:00 SHAWES 9:00 ART CLASS/WATER COLORS #3 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 CRIBBAGE 1:00 WHIST 1:30 MINDS IN MOTION 2:00 FIT TO KNIT 2:00 COA MOVIE 3:00 LINE DANCING</p>	<p>16. ROAST TURKEY</p> <p>8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP 1:30 BINGO IN DINING HALL</p>	<p>17. POTATO POLLACK</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 9:30 MANAGING FALLS CLASS (LAST CLASS) 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:00 TAI CHI 11:00 CANASTA 11:30 LUNCH COA CLOSSES AT 1 P.M.</p>
<p>20. MAC & CHEESE</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 9:30 10TH ANNIVERSARY PLANNING MEETING 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 BEGINNERS CRIBBAGE 12:15 MARKET BASKET 12:30 CORE BALANCE CLASS 1:30-3PM RMV NEAR ME BY APPOINTMENT 2:00 MAH JONGG / 313 CARD GAME</p>	<p>21. SOUP & CHICKEN</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p>	<p>22. NO LUNCH SERVED</p> <p>9:00 SALON SERVICES 9:00 SHAWES</p> <p>COA CLOSSES AT 12:00 P.M.</p>	<p>23. THANKSGIVING</p> <p><i>FROM ALL OF US TO ALL OF YOU, WE WISH YOU A WONDERFUL AND HAPPY THANKSGIVING!</i></p> <p><i>Roberta, Susan, Bill, Kathy and Trish</i></p> 	<p>24. COA IS CLOSED FOR THE THANKSGIVING WEEKEND</p>
<p>27. SHEPHERD'S PIE</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 BEGINNERS CRIBBAGE 12:30 CORE BALANCE CLASS 1:30-3PM RMV NEAR ME BY APPOINTMENT 2:00 MAH JONGG / 313 CARD GAME</p>	<p>28. BIRTHDAY LUNCH</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 BIRTHDAY LUNCH 12:00 DUPLICATE BRIDGE 12:15 MUSIC WITH PATRICK DURKIN 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p> 	<p>29. ROAST CHICKEN</p> <p>9:00 SALON SERVICES 9:00 SHAWES 9:30 ART CLASS/WATER COLORS #4 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 CRIBBAGE 1:00 WHIST 2:00 FIT TO KNIT 2:00 COA MOVIE 3:00 LINE DANCING</p>	<p>30. OMELETTE</p> <p>8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 CAREGIVER'S SUPPORT GROUP 10:00 ZUMBA 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 CORE BALANCE 1:00 POKER CLUB 1:30 FITNESS CAMP</p> <p>BINGO AT 1:30 PM IN DINING HALL</p>	<p>CHICO'S</p> <p>CHICO'S FASHION SHOW</p> <p>GET YOUR TICKETS FOR OUR ANNUAL FASHION SHOW ON THURSDAY, NOVEMBER 2 AT 4:00 P.M. TICKETS ARE \$5/PERSON</p>

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This newsletter would never get to your mailbox if it were not for our Newsletter Volunteers. A special thank you to so many people that help fold, tape and label the Center newsletter. Many people pop in and spend a few minutes folding in between activities (which we are so grateful for) but the following people are a core group of volunteers that work together to get the newsletter ready for mailing: Linda Beyer, Joel Lamoureux, Pat Wolfe, Jill Paquette, Rich Ryder, Caroline Bradbury, Patty Bryne, Terry Menard, Jackie lafolla, Bob Heald and Nancy Gerstel.

Do you have any plans for New Year's Eve? If not, think about signing up for our New Years at Noon celebration on the Odyssey in Boston!!! A beautiful way to ring in 2018. The bus leaves the Center at 9:30 a.m. on Sunday, December 31! A delicious luncheon cruise and more for \$89/

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