

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

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HESSCO Mealsite: X211
Betsy Donoian and Judy Mohan
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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

MARCH 2018



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, Mike Clancy, Gwynneth Centore, Perry Constas and Richard Ryder

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

NEXT FOSI MEETING
Thursday,
March 1 at
12:00 P.M.

Healthy Eating For Successful Living in Older Adults

Sign Up Today For a *Free* Six Week Workshop!

Healthy Eating is a program for older adults who want to learn more about nutrition and how lifestyle changes can promote better health. Based on the USDA MyPlate, the main components of the program include: goal setting, problem solving, group support, nutrition education, self-assessment and management of dietary patterns. The program will run Mondays from 12:30 p.m. to 3:00 p.m. on April 2, 9, 23, 30 and May 7 and 14. For more information or to register contact the Center at Medfield at (508) 359-3665.

Thank You For Your Donations to FOSI!

Bethany School in memory Frances Mallea,
Judy McGue in memory of Carol Ryan,
Karl and Linda Schwartz in memory of Mike Cronin,
Janet Tracey in memory of Dan O'Halloran and Eileen Shackley,
Bob Dugan, Barbara Allan, Helga Urban, Rita McGee, Patrick and Judith Harris,
Lisa Thompson, Mary and Anthony Calo, Virginia Calo and Norma Barr



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.

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

**SATURDAY HOURS
“SOFT” OPENING**

We welcome you to join us on Saturdays from 10 a.m. to 3 p.m. beginning March 3. A variety of activities are being planned and we look forward to making our Saturday program a success! Transportation is available to the Center, simply by calling the transportation line (508-359-3665 option 1) and giving us your Saturday request before 9 a.m. March 3

- 10:30 Yoga class \$3
- 10:30 COA Movie- *Going in Style*
- 12:00 Lunch available
- 1:00 Mah Jongg
- 1:00 Recreational BINGO

March 10

- 10:00 Circuit Training \$5
- 10:30 COA Movie- *Fracture*
- 11:00 Core Yoga \$5
- 11:00 Technology Class - Into. to the I Pad
- 12:00 Lunch
- 1:00 Cards, Board games and more (reserve your room)
- 1:00 Recreational BINGO

Director’s Note: Our “Saturday Hours” are funded by MetroWest Health Foundation and will be under the direction of co-leaders, Christina Larose and Elaine DiClemente. Please join me on Saturday, March 3 and welcome Christina and Elaine to the Medfield Council on Aging staff. Roberta Lynch



YARD SALE NEWS

It is never too early to start cleaning, packing and planning for the annual FOSI Yard Sale! This year the big event will be on Saturday, April 28 from 8:00-2:00 p.m. This is the largest fundraising event that the Friends group holds helping to support the goals and programs of the Council on Aging. With your help this can be the best Yard Sale ever. Start your spring cleaning early, box up your gently used unwanted items and deliver them to the Center beginning Friday, April 20. Our planning meeting will be Thursday, March 1 at 12 noon. Please join us; when you support FOSI, you support the COA!

SOCIAL SECURITY PRESENTATION

Thinking of retiring? Do you need to maximize your retirement income? John Bicknell returns with his “Savvy Social Security Planning” presentation on Wednesday, March 21 at 6:30 p.m. All welcome.

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508-647-3773



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Inspections, Auto repairs,
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service.



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 **Tuesday, March 6** at 11:15 a.m. at the Center for health consultations.

Health Insurance Counseling - Call the Center for appointments on the 4th Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, March 7** 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 2** 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.

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.

Personal Finance and Medicare Consulting - CPA, Elaine Ficcardi will be available on the 3rd Wednesday **March 21** from 10 - 11:00am for consultations.

**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

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.

Senior Circuit Breaker Tax Credit Update

State Representative Shawn Dooley has arranged for Department of Revenue's Brian Lynch to discuss the Senior Circuit Breaker Tax Credit. For tax year 2017, the credit is worth as much as \$1080 for eligible Massachusetts residents 65 and older who either own or rent their home. The credit is refundable. Brian will discuss eligibility requirements as well as how to apply for this tax credit on Friday, March 2 at 11:00 a.m. Everyone is welcome!

March Breakfast March 8 at 8:30 a.m.

Please join us for a French Toast breakfast with sausage, coffee and juice followed by an introduction to Medfield's new Veteran's Service Officer. Meet Jon Cogan and learn about how he can help veteran's in our community.

TRIAD DISCUSSION

Join TRIAD's Joe Canavan for coffee and conversation on Monday, March 12 at 10 a.m. Joe will review the programs that are offered through Sheriff Bellotti's office and that of District Attorney Michael Morrissey. Joe will be available for any questions or concerns you might have. TRIAD is a program started in 1988 by three organizations; American Assoc. of Retired Persons (AARP), International Assoc. of Chiefs of Police (IACP) and National Sheriffs' Association (NSA). The purpose of TRIAD is to develop, expand and implement effective crime prevention programs for older community members. Join Joe and find out what is available.

Coffee and Conversation: Personal Finances

Join Jamie Turner, a Medfield resident with 34 years experience with personal/corporate financial planning for a weekly discussion on money matters and current events in the financial world. Meet in our library each Tuesday at 9:30 beginning March 13 for a lively discussion and exchange of information. All welcome!

ST. PATTY'S DINNER

Join the Center for a delicious corned beef and cabbage dinner (thank you Basil Restaurant) on Wednesday, March 14 at 5:00 p.m. As always, we have a social hour at 4:00pm. Wear your green and let's all be Irish for the evening! Following dinner, we will be entertained by the Medfield High School Ukulele Club, as they have been learning Irish songs for this event. Cost is \$15 per person

BOSTON FLOWER SHOW

Enjoy the beauty of the annual Flower Show on Thursday, March 15. This trip is in our large bus and seats remain for this day trip. Cost is \$20/ticket and \$5/transportation. Lunch is own your own as a group in a nearby restaurant. The bus leaves at 9:30 a.m. Sign up now as seats are available but limited!

Preparing Your House for Sale (from a legal perspective) and For a Quick Sale and Top Dollar

On Monday, March 19 at 1:30 p.m. learn what is required from a legal perspective when selling your home and also, the fundamentals of preparing your home for sale and simple staging techniques. Bring your questions!

Dina Browne is a Real Estate Attorney with the law offices of Bletzer and Bletzer P.C. with offices in Brookline and Walpole and Mary G. Cusano is a Realtor with Century 21 Commonwealth and Medfield Resident.

Girl Scouts Bronze Award Project

Mark your calendar for a first day of Spring Tea with Girl Scout Troop # 88192. During this afternoon tea on Tuesday, March 20 at 1:00 p.m. you will enjoy the company of these young ladies whose project is to help protect bees. After a presentation on bee life and why certain items help support bee colonies and why bees are important to our community, you will participate in a take-home project that will support our bees. Please sign up and support these girls and their very worthwhile project.

TWIN RIVERS

On Monday, March 26 after voting in the Town Election, hop on the bus at 10:00 a.m. for a trip to Twin Rivers. Transportation is \$5

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 with Lisa Donovan. 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 with your request.

SHINE

Our SHINE volunteer is available the fourth Monday of the month 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. **Next meeting Tuesday, March 13 at 10:00 a.m.**

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 newsletter at the Center by request.

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 schedule.

RMV NEAR ME

Need assistance renewing a license or registration. Make an appointment with the Center and we can help! Available on Monday afternoon by appointment.

Enjoy Chickie Flynn's luncheon on Thursday, April 26. 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.
 Mah Jongg- Monday at 2:00 p.m.
 Canasta- Fridays at 11:00 a.m.
 3-Thirteen- Monday at 2:00 p.m.

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

Wednesday, March 7 - Viceroy's House - In 1947, British statesman Lord Mountbatten serves as India's last Viceroy and is charged with handing India back to its people.
Wednesday, March 21 - Lady Bird - An outspoken teen must navigate a loving but turbulent relationship with her strong-willed mother over the course of an eventful and poignant senior year of high school.

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

A special thank you to Joan Lee for selecting and hosting our movies each month! (for years)!

Video Class- What Can You Learn from History's Greatest Trials?

What makes a trial one of the great ones in world history? According to award-winning law professor Dr. Douglas O. Linder of the University of Missouri-Kansas City School of Law, there are two main benchmarks.

First, the trial must have grabbed the attention of society in its own time and place, whether in the courts of ancient Greece or 20th-century Los Angeles.

Second, the trial must matter. Perhaps it matters because of how it shaped history; perhaps because it allows us in the 21st century to draw lessons that bring us closer to our highest ideals of justice; or perhaps because the trial provides an especially clear way of understanding a particular place or time.

No understanding of the past is complete without an understanding of the legal battles and struggles that have done so much to shape it. Inside a survey of world history's greatest trials are the key insights to critical issues we still talk about today. Join us on Tuesdays at 1:30pm beginning March 13.

ROMEO OUTING

Friday, March 9 at 10:00 am the bus will leave for the Boston Athenaeum Library. This is one of the oldest independent *libraries* in the United States. It is also one of a number of membership *libraries*, meaning that patrons pay a yearly subscription fee to use the *Athenæum's* services. The institution was founded in 1807 by the Anthology Club of *Boston*.

JULIET OUTING

OH, JULIETS, JULIETS WHERE SHALL WE GO?

DeCordova Sculpture Park and Museum is a 30-acre sculpture park and contemporary art *museum* on the shore of Flint's Pond in Lincoln, Massachusetts. Established in 1950, it is the largest park of its kind in New England. Sign up for this delightful visit on Friday, March 23. The bus will leave at 10:00 a.m. Museum ticket and transportation is \$15 (bring \$ day of trip), lunch to follow.

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 **March** be shared with the staff of the COA!

Join us on **Tuesday, March 27** at 11:30 for our Birthday celebration.



Happy Birthday

Former Medfield resident Howard Kane celebrated his 101 Birthday at the DooLittle Home in Foxboro!

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.

Caregiver Support Group

Come share your experience, advice, and support to other caregivers. Our group meets **Thursday, March 29 at 10:00 a.m.** in our Library. Please contact Lisa Marie Donovan, Outreach Coordinator at (508) 359-3665 with any questions or concerns.

The YMCA will be at the Center this month to enroll people in their Diabetes Prevention Program. Look for them in the lobby!

2018 Day and Over Night Trips

Thursday, May 17- Boston Duck Tour and lunch at the "No Name" Restaurant. Coach bus leaves at 9am. \$94/pp

Monday, June 11-14—Jersey Shore Getaway with reservations at the Pan American Hotel. Coach bus leaves at 7am on the 11th. Flyers and pricing available at the Center.

Wednesday, July 11- Spirit of Boston Harbor Cruise and Lunch Coach bus leaves at 9am \$84/pp

Thursday, August 16- Bull and Claw Lobster Bake in Maine. Coach bus leaves at 8:30 am. \$84/pp

Thursday, September 20- Granite State Chocolate and Wine Tour. Coach Bus leaves at 8:30 am \$79/pp

Thursday, October 11- The Old Mill and Tower Hill Gardens Foliage Special. Coach bus leaves at 9am \$79/pp

Monday, December 31- New Year's at Noon Boston Odyssey Harbor Cruise. Coach bus leaves at 9:30am cost is \$89/pp

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 of the Great
 Books Group
 is on
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508-359-9119



St. Patty's Dinner

Wednesday, March 14 at 5 p.m.
Entertainment by Medfield High School Ukulele Club
Cost \$15/person

Pat Maloney

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

Shopping Trips
Dollar Store—Mon., March 12
Market Basket—Mon., March 19
Bus leaves at 12:15 p.m.

Play Mah Jongg every Monday at 2 p.m. and on Wednesday, March 14 & 28 at 2 p.m.

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THE CENTER SALON

Make your appointment for hair removal services with Lisa Mario on **TUESDAY, March 13**

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

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MEET OUR

VETERAN'S SERVICE OFFICER
ON

THURSDAY, MARCH 8
AFTER A DELICIOUS FRENCH TOAST BREAKFAST!



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March 2018

MONDAY

Boston Flower Show
Thursday, March 15
Ticket \$20/Lunch on your own
Transportation \$5
Limited to 14
Bus leaves at 9:30 am

5. CHIX TERIYAKI

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 BEGINNERS CRIBBAGE
12:30 CORE BALANCE CLASS
1:30-3PM RMV NEAR ME BY APPOINTMENT
2:00 MAH JONGG / 313 CARD GAME

2:00 STRESS MANAGEMENT MODULE 4

12. MEATLOAF

9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 LEARN ABOUT TRIAD
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 BEGINNERS CRIBBAGE
12:15 DOLLAR STORE
12:30 CORE BALANCE CLASS
1:30-3PM RMV NEAR ME BY APPOINTMENT
2:00 MAH JONGG / 313 CARD GAME

2:00 STRESS MANAGEMENT MODULE 5

19. CHICKEN STEW

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
12:15 MARKET BASKET
12:30 CORE BALANCE CLASS
1:30-3PM RMV NEAR ME BY APPOINTMENT
1:30 REAL ESTATE SEMINAR
2:00 MAH JONGG / 3-13 CARD GAME

26. NO LUNCH SERVED TOWN ELECTION

9:00 SALON SERVICES
9:30 QUILTING FUN
10:00 TWIN RIVERS TRIP
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
12:00 BEGINNERS CRIBBAGE
11:30-3PM RMV NEAR ME BY APPOINTMENT
SHINE APPOINTMENTS
2:00 MAH JONGG / 3-13 CARD GAME
NO EXERCISE CLASSES TODAY

TUESDAY

Help Stock the Food Pantry Shelves with Kid Friendly Cereal, Juice-Large and Boxes, Peanut Butter, Jelly/Jam, Canned Fruit Bags of Rice, Tuna (in water is preferred), Cookies/Crackers, and Pasta Sauces!!

6. GREEK MEATBALLS

9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:15 VNA HEALTH CLINIC LUNCH
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP

13. SOUP & CHICKEN

9:00 THE CLUB PROGRAM
9:30 MAT YOGA
9:30 FINANCIAL ROUND TABLE DISCUSSION
10:00 LOW VISION GROUP
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
1:30 FITNESS CAMP
1:30 ESTHETICIAN
1:30 VIDEO CLASS

20. SALISBRY STEAK

9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:00 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 FITNESS CAMP
1:00 GIRL SCOUT SPRING TEA
1:30 VIDEO CLASS

27. BIRTHDAY LUNCH

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
1:30 FITNESS CAMP
1:30 VIDEO CLASS

WEDNESDAY

Wildwood Crest & Cape May
Pack your suitcase for a 3 night/4 day trip to the Jersey Shore June 11-14. A totally relaxing trip and short get away!
Pick up a flyer at the Center for details!

7. BEEF STIR FRY

9:00 SALON SERVICES
9:00 SHAW'S
9:00 AARP TAX AIDE PROGRAM
9:30 LEGAL CLINIC - 9:30 YMCA VISITING
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
10:30 COA MONTHLY MEETING LUNCH
12:00 CRIBBAGE
1:00 MINDS IN MOTION #2
1:00 WHIST
2:00 FIT TO KNIT
2:00 COA MOVIE - VICEROY'S HOUSE
3:00 LINE DANCING 3:15 BINGO

14. TURKEY DIVAN

9:00 SALON SERVICES
9:00 SHAW'S
9:00 AARP TAX AIDE PROGRAM
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 CRIBBAGE
1:00 MINDS IN MOTION #3
1:00 WHIST
2:00 FIT TO KNIT / MAH JONGG
3:00 LINE DANCING
3:15 BINGO
5:00 SUPPER CLUB

21. CHIX BRUSCHETTA

9:00 SALON SERVICES
9:00 SHAW'S
9:00 AARP TAX AIDE PROGRAM
9:30 EXERCISE FL 1
10:00 FINANCE & MEDICARE CLINIC
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 CRIBBAGE
1:00 WHIST
1:00 MINDS IN MOTION #4
2:00 FIT TO KNIT / MAH JONGG
2:00 COA MOVIE - LADY BIRD
3:00 LINE DANCING 3:15 BINGO
6:30 SOCIAL SECURITY PRESENTATION

28. ROAST TURKEY

9:00 SALON SERVICES
9:00 SHAW'S
9:00 AARP TAX AIDE PROGRAM
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 CRIBBAGE
1:00 WHIST
2:00 FIT TO KNIT
3:00 LINE DANCING
3:15 BINGO

THURSDAY

1. ROAST PORK
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
11:30 LUNCH
11:30 LADIES' BRIDGE
12:00 FOSI MEETING
12:30 CORE BALANCE
1:00 GREAT BOOKS
1:00 POKER CLUB
1:30 FITNESS CAMP

8. HOT DOG BREAKFAST

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

15. CORNED BEEF HASH

8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
9:30 FLOWER SHOW
10:00 ZUMBA
11:30 LUNCH
11:30 LADIES' BRIDGE
12:30 CORE BALANCE
1:00 POKER CLUB
1:30 FITNESS CAMP

22. AM. CHOP SUEY

8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
11:30 LUNCH
11:30 LADIES' BRIDGE
12:00 YMCA VISITING
12:30 CORE BALANCE
1:00 POKER CLUB
1:30 FITNESS CAMP

29. CHIX L'ORANGE

8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 LOW HEARING SUPPORT GROUP
10:00 CAREGIVER 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

FRIDAY

2. BROCCOLI BAKE
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 SELECTMAN'S OFFICE HOUR
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
11:00 CIRCUIT BREAKER PRESENTATION
10:00 TAI CHI
11:00 CANASTA
11:30 LUNCH
1:00 COA CLOSSES

9. CATCH OF THE DAY

9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 ROMEO OUTING
10:00 HAND 'N FOOT CARD GAME
10:00 TAI CHI
11:00 CANASTA
11:30 LUNCH
1:00 COA CLOSSES

16. MAC & CHEESE

9:00 ROCHE BROS
9:00 SALON SERVICES
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

23. BREADED FISH

9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT CARD GAME
10:00 TAI CHI
11:30 JULIET OUTING
11:00 CANASTA
11:30 LUNCH
1:00 COA CLOSSES

30. CHEESE OMELET

9:00 ROCHE BROS
9:00 SALON SERVICES
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

Norfolk County RSVP Afghan Program

Calling all knitters! There is a wonderful opportunity to give back to our veterans by participating in the Norfolk County RSVP Wounded Warriors Afghans and Lap Robes for Veterans program. The COA can collect the finished product and arrange for it to be picked up by the RSVP program. Just fill out one of their volunteer forms available at the Center. They will send you a bi-monthly newsletter and invitation to their annual volunteer luncheon. Let's show the veterans how caring our community can be by supporting this worthy cause.



EVERY WEDNESDAY
IN MARCH
AT 3:15 P.M

Lovell's Flower Shop

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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

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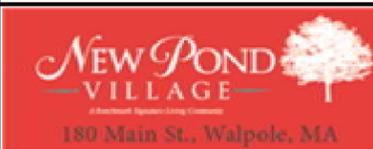
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