

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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Trish Pembroke, Activities
HESSCO Meal site: X211
508-359-3665 X 211
HESSCO Meal site Manager
Kim Lavange
781-784-4944

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

PRSRST STD U.S.
Postage Paid
Medfield
Permit No. 1

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



Picture by Mike Lennon September 2009
Garden by Jill Vollmuth

DECEMBER 2018

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.

IMPORTANT DECEMBER DATES

- Wed., December 5 - Bingo at 3:15, 4:00 Holiday Social, 5:00 Supper Club followed Mr. DJ's Christmas/Holiday Show!
- Fri., December 7 - Maryann McCarthy's three-part workshop on Gaining Emotional Strength begins at 10:00 am.
- Sat., December 8 - Saturday movie *Crazy Rich Asians*, *Inspiring U*, and the Club Holiday Respite Day.
- Sun., December 9 - Senior Christmas Party at the American Legion Hall. Sign up at the Center! 11:30-2pm
- Thurs. December 13- Holiday POPS trip bus leaves at 11 am.
- Mon., December 17- Claudette O'Brien's Christmas/Holiday Flower arrangement class at 2pm. \$5
- Tues. December 18- VSO, Jon Cogan holds Veterans Service hour at the Center from 9-10 a.m.
- Wed. December 19- Christmas/Holiday Sing-A-Long with Maggie Joseph and 5th grade girl's service group serving hot cocoa and cookies.
- Thurs., December 20- Visit the Eustis Museum at 10:00 a.m. \$15
- Sat., December 22- Holiday performance at 11:00 a.m. with Joe Pagliazzo, Laura Clifford and Dale Street students
- Mon., December 24 and 25 - Closed for the Christmas Holiday
- Thurs.- December 27- December Birthday Party at 11:30 with Banjo Ragtimers
- Fri., December 28- Pancake Breakfast at 8:30 am \$3 and presentation by Dr. Gary Hylander at 9am.
- Mon., December 31- Enjoy New Year's Eve at noon on the Boston Harbor. Sign up today for a great way to ring in the new year. Trip cost is \$89.00 includes transportation, Boston Harbor Cruise, Buffet Lunch and a great time!

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

NEXT FOSI MEETING
Thursday,
DECEMBER 6
at 12:00 P.M.

IMPORTANT*WINTER WEATHER REMINDER*IMPORTANT

With the winter upon us it is important to remind you that when Medfield schools are closed due to inclement weather, the Center at Medfield is closed and all programs are cancelled. If the schools have a 2 hour delay, the Center will also have a 2 hour delay (opening at 11 a.m. instead of 9 a.m.). Also, all scheduled programs are weather permitting. If we determine that it is unsafe for trips, activities and/or transportation, the COA can cancel any program at any time. It is important to be sure to write your phone number down on any sign up sheet, so we have easy access to informing you of any changes in our schedule.

A special thank you to the following people for their donations to FOSI

Mr. E. Lawrie Rhoads Jr., Claire Shaw, Jean Tedesco,
Jack and Maura McNicholas, Bill Reynolds in memory of Barbara,
Larry McGinn in memory of Christina LaConte,
Rachel Abramson in memory of Rose, Ruth Beswick in memory of Sister Gloria,
Veronica Panciocco in memory of Joe Mariani,
Tony and Gwen Centore, Suzanne Munroe and Pat Zimmer
in memory of Bill Johnson



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 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

From all of us at the Council on Aging, we wish you a month of Joy, Family, Friends and Happiness.

<p><i>Thomas Upham House</i></p> <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover's Top Choices for Skilled Nursing & Rehabilitative Services Quality Care in a Home-Like Setting</p>	<p>Roberta Mitchell Caruso FUNERAL HOME</p> <p>508-359-2000 www.robertsmitchellcaruso.com</p>	<p>Home Instead SENIOR CARE</p> <p><i>to us, it's personal</i></p> <p>386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338</p> <p>209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	<p>RANDY'S Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 508-359-4409</p> <p>Inspections, Auto repairs, Complimentary shuttle service.</p>
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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

Friday

10:00 a.m. Tai Chi-\$5/ class
 11:15 p.m. Core Balance-moderate \$5/ class

INSTRUCTORS:

Kim Vareika (EFL) Susan Dahl (Yoga)
 Jeanne Donnelly (Tai Chi, Core Balance)
 Tracy Buckley (Strength, Strength & Balance)
 Lourdes Fournier (Zumba)
 Nancy Diduca (Line Dancing)

AVAILABLE RESOURCES

Nursing Services- Alyssa Kaiser R.N. from the Walpole VNA is available on the 1st Tuesday, **December 4** at 10:00 a.m. for your health concerns. Roberta is available for BP checks as needed!

Health Insurance Counseling - S.H.I.N.E Call the Center for appointments during Open Enrollment!

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, December 19** 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, **December 7** at 9:00 a.m.

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

RMV Near Me- The COA is offering RMV on-line services on Mondays from 1-3:30 p.m. Information on the Real I.D. is available at the Center.

Veteran Service Officer Hour- Jon Cogan will be joining the Center on the third Tuesday of the month at 9:00 a.m. for any Veteran's concerns or questions. He will be here on Tuesday, December 18.

**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 at 12:30 and Fridays at 11:15 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.

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. Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Visit us on Wednesdays at 3 p.m. Class is \$3.

Holiday Stress and Dementia

The holidays can be extremely difficult, however for families and caregivers caring for some one with memory loss, their stress level is often higher. It is important to enjoy the special times without added stress. Here are some communication tips that may be helpful as you plan your holiday activities.

Recognize what you're up against. The holidays can be stressful in general. Do not put pressure on yourself and only do what you feel comfortable doing.

Avoid distractions. Encourage visiting guests to find a quiet place and time to talk to your loved one. This allows your loved one to focus all their mental energy on the conversation.

Refer to people by their names. Avoid pronouns like "he," "she," and "they" during conversation. Names are also important when greeting a loved one with dementia. For example: "Hi, Grandma. It's me, Jeff," is to be preferred over, "Hi. It's me."

Talk about one thing at a time. Someone with dementia may not be able to engage in the mental juggling involved in maintaining a conversation with multiple threads.

Photographs are helpful. Have photo albums or loose pictures available to view. Pictures allow for conversation and helps with remembering times of the past.

Active listening works. If you don't understand something your loved one is telling you, politely let them know.

Don't quibble. Your conversations are not likely to go very far if you try to correct every inaccurate statement your loved one makes. Tell your company it's okay to let delusions and misstatements go.

Have patience and enjoy the holidays. Do only what you feel you can handle. Keep decorating simple, buy the pie instead of baking, refuse invitations without guilt and most of all enjoy the moments you have with your loved one, family and friends.

Winter is Here, Crank up the Heat!

Fuel Assistance is Available!

If you are new to fuel assistance and are wondering if you might qualify, please contact the Center at 508-359-3665 and ask for Lisa Marie Donovan, Outreach Coordinator, for a confidential appointment.

CREATE A BEAUTIFUL CENTERPIECE FOR THE HOLIDAYS

Join Claudette O'Brien of the Medfield Garden Club and create a beautiful holiday arrangement that your can have for your home or give as a gift. Claudette is a master at creating lovely and unique arrangements. Sign up and bring your creativity and \$5 on Monday, December 17 at 2 p.m. This class is limited to

Great Books Discussion Group



One way to keep your mind sharp is by joining this book group. They read the greatest novels of all time. This month they will be discussing *Siddhartha* by Herman Hesse. The novel is classic, it has delighted, inspired and influenced generations of readers, writers and thinkers and was nominated as one of America's best-loved novels by PBS's *The Great American Read*. The group will be meeting on Thursday, December 6 at 1:00 p.m. in the Center library. All welcome to attend, listen, contribute and enjoy!



On January 3 at 1:00 p.m., the book *Night* by Elie Wiesel will be up for discussion. Published in English in 1960, the book is about Wiesel's experience with his father in the Nazi German concentration camps at Auschwitz and Buchenwald in 1944-1945. A deeply poignant autobiographical account of his survival as a teenager in the Nazi death camps at the height of the Holocaust toward the end of the Second World War.



New Life Furniture Bank of MA is a charitable organization, staffed by volunteers, that accepts tax-deductible donations of furniture and household items, warehouses them and then makes them available at no charge to those in need. A perfect solution for people downsizing or moving in general. Social service agencies refer clients to New Life where they pick furniture they want for their home at no cost. New Life is celebrating it's 5 year anniversary and in that time has furnished just over 1700 households. To learn more visit: newlifefb.org.

END OF 2018-PANCAKE BREAKFAST

Join us on the last Friday in December (12/28) for a delicious pancake breakfast at 8:30 a.m. We will serve our fluffy pancakes, sausage, juice and coffee for a suggested donation of \$3. After breakfast, at 9:00 a.m., we welcome Dr. Gary Hylander who has been with us many times over the past years. This presentation will be the first of an every other month schedule. Upcoming dates include; Feb. 4, April 29, June 17, August 19, October 28 and December 2, at 2 pm. We look forward to having you here at our End of 2018 Pancake Breakfast!
 Be sure to sign up!

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, caregiver and low vision support groups are available through our Outreach Department with Lisa Donovan. Appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health and the Walpole VNA, a monthly wellness clinic with Debbie Bernabei, R.N. is available on the first Tuesday of the month from 10:00 a.m.-11:00 a.m. Stop in for information about your health concerns.

Meals on Wheels

A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.

On-Site Meals

HESSCO's Kim Lavange provides a delightful lunchtime atmosphere every day beginning at 11:30 a.m. Reservations must be made 48 hours in advance. A \$3.00 donation is suggested.

Caregiver Support Group

Share your experience, advice and support to others on **December 27 at 9:30 a.m.** All welcome

Medfield Food Pantry December Requests

Canned Tuna - packed in water, rice (bags, pilaf) Pasta Sauce, Spaghetti, Chili, Beef Stew, Jelly/Jam, Juice-bottles or boxes, Kid Friendly Cereal and Hot Cereal.

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 Club 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, Jan. 8 at 10am.**

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.

HOLIDAY SING-A-LONG
WED. DEC. 19 AT 4PM
Maggie Joseph will lead us in songs of the season joined by a group of young ladies serving hot cocoa and cookies as we get into the spirit of the season!
Everyone is welcome!

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

Enjoy Senior Swim on Mondays and Fridays 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.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. RMV Near Me is available on Monday afternoons at the Center.

**Sign up for the
36th Tri-Club Plus
Senior Citizens'
Christmas Party
on
Sunday, December 9
11:30-2:00 p.m.**

Please bring a non-perishable, non-expired food item to donate to the Medfield Food Cupboard.

Enjoy a extraordinary show by David Hall, Boston's premiere magician and mentalist

Call Kim Lavange our HESSCO Mealsite Manager to make a lunch reservation. Enjoying lunch with friends is better than dining alone!
508-359-3665 X211

REGULAR ACTIVITIES

Fit to Knit - Wednesday at 2:00 p.m.
Quilting Fun - Monday at 9:30 a.m.
Duplicate Bridge - Tuesday 12:00 p.m.
EFL 1 - Mon. Wed. 9:30 a.m.
EFL 2 - Mon. Wed. 10:30 a.m.
Mat Yoga - Tuesday at 9:30 a.m.
Chair Yoga - Tuesday at 10:40 a.m.
Whist - Wednesday at 12:30 p.m.
Woodcarving - Thursday 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. 12:30, Fri. 11:15.
Hand N Foot Game - Mon./Fri. 10 a.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 1:00 p.m.
Canasta- Thursdays at 11:30 a.m.
3-Thirteen- Monday at 12:00 p.m.
SCAT- Wednesday at 11:30 a.m.

Movies at the COA

Wednesdays at 2 p.m. and Saturdays at 10:15 a.m. with your host Joan Lee.

Wed. Dec. 5 - Crazy Rich Asians- This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

Sat. Dec. 8 - Crazy Rich Asians

Sat. Dec. 15 - MaMa Mia Here We Go Again Five years after the events of [Mamma Mia!](#) (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Dec. Dec. 22 - Just Friends While visiting his hometown during Christmas, a man comes face-to-face with his old high school crush whom he was best friends with -- a woman whose rejection of him turned him into a ferocious womanizer.

Sat., Dec. 29 - Other Side of Midnight A Greek tycoon's mistress tries to track down and find her ex-World War II lover.

The next Chickie Flynn's luncheon is scheduled Thurs. January 31 at 11:10 a.m.



Monthly Birthday Celebration

Every month we celebrate birthdays. Join us on Thursday, December 27 for lunch (free with your coupon or a \$3 donation) and enjoy music by The Banjo Ragtimers. Sign up today!



First in an Occasional Series of Spirited and Fun Classes

It Started with One Card

Saturday, Dec. 8 - 1:00 p.m. to 2:00 p.m., \$3.

Sending holiday cards is a tradition we take for granted now. But it wasn't always so. Come discover why the world's *first* Christmas card caused an uproar, how Boston was once the nation's hotbed for holiday cards, and how one of America's first female entrepreneurs, born and raised in Worcester, created a million dollar Valentine's Day card business from a room in her house.

Led by Jerry Cianciolo of Minds in Motion Limited to 15 Registrants. Pre-registration Required.

Gaining Emotional Strength

When it comes to dealing with life obstacles, we all cope in different ways, but some of us buckle under the pressure more than others. No one wants to feel weak or out of control, so it's important to find ways to build up our emotional strength. Just like we focus on getting our body's in shape or practicing healthy habits, we can also work on improving our mental wellbeing and how we handle difficult events.

Maryann McCarthy, MSW, MHA will facilitate the 3 part workshop focusing on love, loss and loneliness. The discussions will include how our past can define our present and future, defining emotions, how to deal with feelings and maintaining a positive attitude and so much more. The group will run on Fridays, December 7, 14 and 21 at 10:00 a.m.

LAST DAY TRIP OF 2018

Monday, December 31 - There comes a time when staying up until midnight to ring in the New Year just isn't what it used to be. The COA suggests you ring in the *New Year at Noon* on Boston Harbor with an Odyssey Cruise and a delicious buffet lunch. Grab your friends and celebrate with us. The coach bus leaves at 9:30 a.m. and we return approximately 4:30 p.m. It is a great way to celebrate and have some fun on New Years Eve! Cost is \$89/pp.



Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
South Natick MA
508-653-8330



"Quality care
in a homelike setting"



MEDFIELD
veterinary clinic

Medfield
Orthopedic
& Sports
Therapy

Medfield Professional Building
5 North Meadows Road
Medfield, MA 02052

508-359-9119



Eustis Estate Museum

Visit the beautiful estate at the foot of the Blue Hills, designed by William Ralph Emerson. The bus will leave the Center at 10 a.m. on Thurs. Dec. 20. Ticket and Transportation is \$15. Limited to 14.



Mary G. Cusano, Realtor
266 Main Street
Medfield MA 02052
508-561-5411



Mary.Cusano@CommonMoves.com
www.TheCusanoTeam.com

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

Shopping Trips
Natick Mall 10am– Dec. 3
Day of Shopping 10am- Dec. 6
Jewelry Store 10am– Dec. 10
Market Basket 12:15– Dec. 17

Play Mah Jongg
Mondays at 1:00 p.m. and on
Wednesday, Dec. 12, 19 and 26 at
1:00 p.m. and Saturdays at 12:30



Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.

Five North Meadows Road
Medfield MA 02052
508-359-6600

Senior Discounts Available



THE CENTER SALON

Make your appointment for hair removal services with Lisa Mario on

TUESDAY, DECEMBER 11
Call now to schedule your beauty treatments. Lisa is now available from 9:30 -11:30 a.m.

DECEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3. CHICKEN CACCIATORE

9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE & CONVERSATION
10:00 KINGSBURY CLUB SWIM
10:00 HAND 'N FOOT CARD GAME
10:00 NATICK MALL
10:15 PAGE TURNERS BOOK CLUB
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:30 CORE BALANCE CLASS
1:00 MAH JONGG
1:30-3 RMV NEAR ME

4. EGG SALAD & SOUP

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 VIDEO CLASS

5. SOUP & SANDWICH

9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
10:30 COA MEETING
11:30 LUNCH
11:30 SCAT
12:30 CRIBBAGE
12:30 WHIST
2:00 FIT TO KNIT
2:00 COA MOVIE - CRAZY RICH ASIANS
3:00 LINE DANCING
3:15 BINGO
4:00 SOCIAL HOUR
5:00 SUPPER CLUB 6:00 MR. DJ SHOW

6. MEATLOAF

8:45 STRETCH STRENGTH BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 DAY OF SHOPPING
10:00 ZUMBA
11:30 LUNCH
11:30 CANASTA
12:00 FOSI MEETING
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 GREAT BOOKS DISCUSSION
1:00 POKER CLUB
1:30 **REGAIN YOUR BALANCE **

7. TURKEY TETRAZZINI

9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 SELECTMAN'S OFFICE HOUR
10:00 GAINING EMOTIONAL STRENGTH
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSURES

OPEN SATURDAY 10-3
9:00 ZUMBA
10:00 CLUB RESPITE DAY
10:15 MOVIE
12 NOON LUNCH
12:30 MAH JONGG
1:00 INSPIRING YOU
1:00 BINGO

10. AM. CHOP SUEY

9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE & CONVERSATION W/ SENATOR FEENEY
10:00 KINGSBURY CLUB SWIM
10:00 HAND 'N FOOT CARD GAME
10:00 JEWELRY STORE IN WALTHAM
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:30 CORE BALANCE CLASS
1:00 MAH JONGG 1:30-3 RMV NEAR ME

11. CHICKEN

9:00 THE CLUB PROGRAM
9:30 ESTHETICIAN
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 VIDEO CLASS

12. SOUP & SANDWICH

9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
11:30 SCAT
12:30 CRIBBAGE
12:30 WHIST
12:00 FIT TO KNIT
3:00 LINE DANCING

13. BAKED HAM

8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
11:00 HOLIDAY POPS TRIP
11:30 LUNCH
11:30 CANASTA IN LIBRARY
1:00 POKER CLUB IN SMALL CLASSROOM
1:30 **REGAIN YOUR BALANCE ** IN CARD ROOM

DPW PARTY IN LARGE HALL

14. CATCH OF THE DAY

9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT
10:00 GAINING EMOTIONAL STRENGTH
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSURES

OPEN SATURDAY 10-3
9:00 ZUMBA
10:15 MOVIE
12 NOON LUNCH
12:30 MAH JONGG
1:00 BINGO

17. GREEK MEATBALLS

9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 KINGSBURY CLUB SWIM
10:00 COFFEE & CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:30 EXERCISE FL 2
12:00 3-13 CARD GAME
12:15 MARKET BASKET
12:30 CORE BALANCE
1:00 MAH JONGG 1:30-3 RMV NEAR ME
2:00 HOLIDAY FLOWER ARRANGING CLASS \$5

18. SOUP & CHICKEN

9:00 THE CLUB PROGRAM
9:00 VETERANS SERVICE HOUR
9:30 MAT YOGA
10:00 FIX-IT SHOP
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
1:30 VIDEO CLASS

19. SOUP & SANDWICH

9:00 SALON SERVICES
9:00 SHAW'S
9:30 LEGAL CLINIC WITH ATT. ROQUE
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:30 LUNCH
11:30 SCAT
12:30 CRIBBAGE
12:30 WHIST
1:00 MAH JONGG
2:00 FIT TO KNIT
3:00 LINE DANCING
4:00 HOLIDAY SING-A-LONG/HOT COCOA & COOKIES

20. ROAST TURKEY

8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
10:00 VISIT THE EUSTIS MUSEUM \$15
11:30 LUNCH
11:30 CANASTA
1:00 POKER CLUB
12:15 CLUB ACTIVITY IN LARGE HALL
1:30 **REGAIN YOUR BALANCE **

21. HOT DOG

9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT
10:00 GAINING EMOTIONAL STRENGTH
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSURES

OPEN SATURDAY 10-3
9:00 ZUMBA
10:15 MOVIE
11:00 HOLIDAY CONCERT
12:30 MAH JONGG
1:00 BINGO

24. COA IS CLOSED

THE CENTER IS CLOSED FOR THE CHRISTMAS HOLIDAY

25. MERRY CHRISTMAS

THE CENTER IS CLOSED

26. SOUP & SANDWICH

9:00 SALON SERVICES
9:00 SHAW'S
11:30 LUNCH
11:30 SCAT
12:30 CRIBBAGE
12:30 WHIST
1:00 MAH JONGG
3:30 EXPERIENCE OUR NEW MOVIE THEATRE !!! MOVIE TO BE DECIDED

27. APRICOT CHICKEN

9:00 THE CLUB PROGRAM
9:00 WOODCARVING
9:30 CAREGIVER SUPPORT GROUP
11:30 BIRTHDAY LUNCH
11:30 CANASTA
1:00 POKER CLUB
12:15 CLUB ACTIVITY IN LARGE HALL
1:30 **REGAIN YOUR BALANCE **

28. POLLACK

8:30 PANCAKE BREAKFAST \$3
9:00 DR. HYLANDER PRESENTS
9:00 ROCHE BROS
9:00 SALON SERVICES
10:00 KINGSBURY CLUB SENIOR SWIM
10:00 HAND 'N FOOT
11:30 LUNCH
1:00 COA CLOSURES

OPEN SATURDAY 10-3
9:00 ZUMBA
10:15 MOVIE
12:30 MAH JONGG
1:00 BINGO

ALL CENTER EXERCISE CLASSES CANCELLED THIS WEEK

31. BEEF PICADILLO

9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 NEW YEARS EVE AT NOON TRIP
10:00 COFFEE & CONVERSATION
10:00 HAND 'N FOOT CARD GAME
12:00 3-13 CARD GAME
12:30 CORE BALANCE

THE CENTER CLOSURES AT 1:30 PM

Holiday Eating Tips

You can enjoy the food of the holidays and still be true to your healthy diet by following these tips.

1. Walk and Walk More!

Keep your exercise routine going. Call a friend and take a walk. Use hand weights as you watch TV. Always keep moving!

2. Try New Recipes

Try new recipes that offer a healthier option. Eliminate excess butter and salt. A healthy holiday recipe swap is always a fun way to entertain.

3. Eat breakfast.

Start your morning off with a protein high breakfast. This will keep you satisfied longer and may help eliminate snacking during the day.

In Memory of Bill Johnson

He will always be remembered as "Mr. FOSI". Bill was a big part of the Council on Aging and was instrumental in fundraising for FOSI. He will be missed.

Day of Shopping

Hop on board our van on Thursday, December 6 and enjoy a day of shopping. You will have the chance to visit Christmas Tree Shops, Walmart, Kohls and TJ Max. Get all of your holiday shopping done in one day! The bus will leave at 10 a.m., transportation cost is \$3 and plan for a lunch stop during the day.

Waltham Jewelry Outlet

If you enjoy costume jewelry, then you will enjoy this visit to the Outlet on Second Avenue. The bus will leave at 10:00 a.m. on Dec. 10. Transportation is \$3 This makes for beautiful gifts!

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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