

COUNCIL ON AGING STAFF

“Successful Aging Through Senior Wellness”

SERVICES

- Information
- Outreach
- Nutrition
- Transportation
- Advocacy
- Health Clinics
- Monthly Newsletter**
- Daily Activities
- Computers
- Exercise Classes
- Yoga
- Tai Chi
- Card Games
- Craft classes
- Tax Work-Off Program
- Equipment Loans
- Supper Club
- Book Clubs
- Lending Library
- Supportive Day Trips
- Social Events
- Book Groups

Director:

Roberta Lynch 359-3665 X202
FAX 508-359-4810
rlynch@medfield.net

Outreach Worker:

Lisa Donovan
508-359-3665 X201
ldonovan@medfield.net

Volunteer Coordinator:

Susan Bernstein
508-359-3665 X203
sbernstein@medfield.net

Transportation: X200

Bill Pardi
bpardi@medfield.net

The Club Staff:

Kathy Powers, Coordinator X206
kpowers@medfield.net

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

MARCH 2019

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.

Mardi Gras Concert at the Center

In celebration of Mardi Gras, enjoy the **History of Jazz**, a program presented by a **Jazz Duo**, with **Paul Speidel** on Guitar and a guest acoustic bassist. They will take the listeners on a musical trip back through the history of Jazz as they perform well-known pieces by the names that made Jazz great. Interweaving stories and musical anecdotes, they will piece together the development of this significant American musical genre, from its origins through its greatest achievements and its stylistic beneficiaries. Join us on **Tuesday, March 5th at 6:30 p.m.**, for a “curated concert presentation”. Please call the Center at 508-359-3665 or stop in to sign up.

Saint Patrick's Day Supper Club

St. Patrick's Day observes the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green. On Wednesday, March 13 from 4-7pm, we will celebrate St. Patrick's Day with our annual corned beef and cabbage dinner, catered by Basil Restaurant. Our entertainment will feature Patrick Durkin on the piano, so wear your green and bring your voices as we are planning an Irish Sing-A-Long. This is always a great event. Gather your friends and let's celebrate in style. Cost is \$15/person and all are welcome!

Become a Council on Aging Board Member

The Center is a vibrant community with over 1043 people participating in a variety of ways during 2018. This year proves to be an equally active, if not more so, year with events and participation. There is an open seat on our board and we invite you to consider being a part of the Council. You can help guide and support the Center and what is offered. Please send your letter of interest to the COA, attention Roberta Lynch; we will forward that to Town Hall. Any questions, please see Roberta or attend our next meeting on Wednesday, March 6 at 10:30 a.m.

COUNCIL ON AGING BOARD

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

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

NEXT FOSI MEETING
Thursday,
March 7 at 12 noon
All Welcome!!



Writing for the Fun of It

No Talent Required, Just a Sense of Humor!

A fun-filled hour with writing challenges to make you laugh. Can you, for instance, write a six-word story about President Trump? Led by Jerry Cianciolo of *Minds in Motion*.

March 4 – 1:00 p.m. to 2:00 p.m. – Limited to 15 - FREE

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

- Frank & Pauline Medeiros in memory of Bill Johnson, Bob Dugan in memory of Lorraine Holland
- Margaret Warren in memory of Vivian Monoco,
- Raf & Bonnie Frankel in memory of Lorraine Holland,
- Paul Foscaldo in memory of Earle & Virginia Kerr,
- Higgins Family Brick in Memory of Mary & Joe Gillis,
- Jane Hutchman in memory of Mary (Tootsie) Gillis, Geraldine & Michael Ferreira in m/o Mary (Tootsie) Gillis and Medfield Lions Club, Debra Guagliardo, and Virginia Calo.
- Betsy & Craig D'Ambrosia in memory of Lorraine Holland



FOSI continues to offer the **BUY-A-BRICK PROGRAM**. It is a great way to remember a loved one or to honor someone special in your life. Order forms are available at the Center.

FRIENDS OF SENIORS, Inc. (FOSI)
2019 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

<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.robertasmitchellcaruso.com</p>	<p>Home Instead SENIOR CARE</p> <p><i>to us, it's personalsm</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>
---	--	---	---

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

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

Saturday
 9:00 a.m. Zumba- \$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 Tuesday, **March 5** 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 for an appointment on the last Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, March 6** 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 1** 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, March 19**.

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 is at 9:30 a.m. and EFL 2 is 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, increasing 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 Tuesdays 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. and Saturday at 9:00 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.

Here's What is Planned for 2019!

Wednesday, March 13 - St. Patrick's Day Dinner 5pm \$15

Thursday, April 18—Newport Playhouse and Cabaret Restaurant \$89

Saturday, April 27— The Center Yard Sale 8am-2pm

Thursday, May 23- Health Fair at the Center

May 29-31—Down East Bar Harbor Maine Trip (see flyer)

Thursday, June 13 - Newport Rail Tour \$89

Tuesday, July 16— Nantucket Fast Ferry Day trip \$99

Wednesday, August 7 - North Shore Music Hall "Jersey Boys" \$110

Tuesday, August 20 – Essex Valley Steam train & Riverboat Cruise Tour \$99

September 16–19 - Quebec City Spectacular

Saturday, October 5 – Statue of Liberty, Ellis Island and 9/11 Memorial \$99

Tuesday, November 12—" Crooning the Classics" at Aqua Turf Showtime \$89

*****Information on these trips are available at the Center*****

ALL CHECKS FOR COA PROGRAMS, EVENTS AND TRIPS ARE TO BE
 MADE OUT TO: **TOWN OF MEDFIELD-COA**

The Center serves lunch Monday through Friday at 11:30. (\$3)

Enjoy Soup and Sandwich most Wednesdays!

These are two of our favorite lunches served!

Thurs. March 7 - Roast Turkey

Wed., March 20 - Hot Dog

Sign up with Kim!!!
 508-359-3665 Ext. 211

Spend time with others at the COA; enjoying lunch and conversation together!

Minds in Motion

Spirited Discussions on Stimulating Topics

Food	Art
Culture	Ethics
Music	Emotions
History	Psychology
Humor	Personality

March 27, April 3, 10, 17
 1 pm to 2 pm - Fee: \$15

UNDERSTANDING DEMENTIA

3 PART SERIES March 27, April 17 and May 8

The Council on Aging is working with New Pond Village in Walpole to offer a 3-part series on Understanding Dementia. On Wednesday, March 27 at 6:30 p.m. at the Center, participants will learn about the differences among varying dementias. The 10 warning signs of Alzheimer's disease, the different stages of Alzheimer's and how they translate to abilities and needs. If you have a family member that you are concerned about or if you know someone who has received a diagnosis of early dementia, definitely begin the learning curve and gather all the information you can. This program is free and open to all. Please register by calling 508-359-3665.

Medfield Council on Aging Hosts Presentation on "Planning for Medicare - Countdown To 65" for Those Approaching Medicare Eligibility - Wed., March 20 at 6:30 pm

Susan Flanagan, a representative with Blue Cross and Blue Shield, will be presenting information that should be valuable to those entering the phase of life where it is important to understand health insurance options outside of employer-sponsored coverage, whether they are planning to retire or continuing to work. As we get older, many questions arise regarding health care coverage. It is important to be informed as we approach the process of selecting health care plans and even negotiating favorable premium rates. The "Planning for Medicare - Countdown to 65" seminar on **Wednesday, March 20 at 6:30 p.m.** allows attendees to gain confidence in making informed decisions about individual health coverage options. Topics covered in the seminar will include:

- An explanation of Medicare Parts A, B and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Call the Center to sign up for this program!

Chief Carrico and Medfield Fire Department hosts a Fall Prevention Seminar on Monday, March 27 at 1:45 p.m. Free and IMPORTANT!

MA Senior Medicare Patrol

Come meet Pat McMillan, a representative of MA Senior Medicare Patrol Program on **Tuesday, March 19 at 12:15 p.m.**

This program will provide you with the tools to become a more informed and engaged health care consumer. Learn how to prevent, detect and report healthcare errors, fraud and abuse. Taking an active role in protecting Medicare for ourselves and future generations is something we all can do.

If you cannot attend this workshop but have questions about healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

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 **March 28 at 9:30 a.m.** All welcome.

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, March 12 at 10 am**

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

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

Join Susan for the Low Hearing Group meeting on **Thurs. March 14 at 10 a.m.**

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.

Remember to support the Medfield Food Cupboard with a donation 1 time per month.

March requests:

Kid Friendly Cereal, Instant Oatmeal, Beef Stew, Chili, Juice-Boxes, Large Salty/Sweet Snacks and Boxes of Individual Snacks !

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.

Sat. March. 2- *Can You Ever Forgive Me*
 Celebrity biographer Lee Israel is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack.

Sat., March. 9 - *Widows*
 A police shootout leaves four thieves dead at a robbery attempt in Chicago. Their widows have nothing in common except a debt left behind by their spouses' criminal activities.

Sat., March. 16 - *Instant Family*
 A couple find themselves in over their heads when they foster three children.

Sat., March. 23 - *The Front Runner*
 Gary Hart, former senator of Colorado, becomes the front-runner for the Democratic presidential nomination in 1987. Hart's intelligence, charisma and idealism makes a seemingly clear path to the White House.

Wed., March 27- *Green Book*
 Dr Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962.

Sat., March 30 - *Green Book*

The next Chickie Flynn's luncheon is scheduled for Thurs. March 28 at 11:10 a.m.



Monthly Birthday Celebration

Every month we celebrate birthdays. Join us on Thursday, March 21 for lunch (free with your coupon or a \$3 donation) and enjoy music by Jeff Jarvis! Sign up today!



Pre-Probiotic "Gut Health"

Join us on **Monday, March 11 at 1:30 p.m.** as HESSCO Dietician, Sonal Patel, presents information on Gut Health! She will be covering the Gut Microbiome and how this intestinal environment impacts many important processes in our body such as immune function. She will identify factors that adversely impact this gut flora as well as those which help it flourish, namely the foods we eat. Sonal will cover prebiotic and probiotics that help improve this function. Knowledge is power; join us!

Tuesday, March 26 Breakfast at 8:30 a.m.

The Town of Medfield and the Town of Walpole share a Veteran Service Officer (VSO) who supports veterans and their families. The VSO provides information on the many State and Federal programs available. The VSO can assist and advocate for veterans and their families in obtaining Veteran benefits. The VSO works to enrich citizen awareness of the history, sacrifice and accomplishments of our nation's veterans. The COA invites you to our March breakfast and meet our VSO, Jon Cogan. He will provide us with information about what he does, how to contact him, and answer any questions you might have. Please share this event with any Veterans you may know and invite them to join you. This breakfast is sponsored by the COA and pre- registration is suggested for planning purposes



First Day of Spring Ice Cream Social

In celebration of the first day of Spring, Girl Scout Troop 69048 invites you to a delicious event on Wednesday, March 20 at 3pm. The girls will be scooping out mounds of delicious ice cream with a variety of toppings. Enjoy youthful and energetic conversation with these young ladies. Sign up today and help them earn another badge!

Low Hearing Group

Join us on Thursday, March 14 at 10 a.m. to discuss strategies to help you or a loved one navigate a hearing loss. Tina Roberts, M.S.,CCC-A from Speech-Language and Hearing Associates of Greater Boston will be joining us again to offer her insights and expertise. Come with your questions and discover useful information and support. For information call Susan Bernstein at 508-359-3665.

THE FIRST 5 RULES (OUT OF 22) FOR REACHING A GOOD OLD AGE

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Enjoy the present moment. The sand in the clock may run out at any moment.
2. Stop worrying about the financial situation of your children and grandchildren. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their way.
3. Keep a healthy life with moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. Keep in touch with your doctor, get tested even when you're feeling well. Stay informed.
4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then. Enjoy it together.
5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down or the future frighten you. (The next 5 rules will come in April!)

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

Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052

508-359-9119



Pat Maloney
 Independent
 Elder Advocate

Phone: 508-341-8684
 psmaloney@verizon.net
 Help is a phone call away!



BERKSHI HATHAWAY HomeServices
Commonwealth
Mary G. Cusano, Realtor
 266 Main Street
 Medfield MA 02052
 508-561-5411
 Mary.Cusano@CommonMoves.com
 www.thecusanoteam.com



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

ROCKLAND TRUST Where Each Relationship Matters

Cheryl O'Donnell
 Branch Manager
 76 North Street
 Medfield MA 02052 508-359-7366



Thank you Chickie Flynn's for hosting the Medfield COA.

YOUR CARE. YOUR CHOICE.
 Ask for us by name.
 100+ years of serving MetroWest & beyond
 Contact our Care Coordinators today!
508-653-3081
 WWW.NATICKVNA.ORG

★★★★★
 Rated a 5-star agency by Centers for Medicare and Medicaid

NATICK VNA
 • 100+ years of caring Medfield & beyond •

Live Rent Free
 FOR 6 MONTHS
 when you move in by March 31, 2019.

NEW POND VILLAGE
 A Benchmark Signature Living Community
 Walpole's Only
 Lifecare Retirement Community.
CALL 508.469.0812
 180 Main Street | Walpole, MA

YARD SALE

Start now with your Spring Cleaning and collect and pack your gently used, unwanted items for our annual Yard Sale on Saturday, April 27 for 8 am–2 pm. As always, we begin collecting your donations the week before, on Friday, April 19. Support FOSI and the COA by donating your unwanted treasures!

MARCH 2019



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, MARCH 12**
 Call now to schedule your beauty treatments. Lisa is now available from 9:30 -11:30 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Shopping Trips</p> <p>Dollar Store & More March 4 at 12:15 p.m.</p> <p>Market Basket March 18 at 12:15 p.m.</p>	<p>Play Mah Jongg Mondays at 1:00 p.m. and on Saturdays at 12:30 p.m.</p>	<p>We have three support groups at the Center: low hearing, care giving and low vision. If you feel that you might benefit, please stop in and find out what they are all about. Every one is welcome!</p>	<p>ART CLASS</p> <p>Any media art class, begins on Wednesday, March 20 at 9:30 a.m. Join Tom Sweeney as he works to help you create the perfect piece. All invited! \$3/class!</p>	<p>1. POLLOCK FILET</p> <p>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 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>4. LAZYMANS PEPPERS</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:15 PAGE TURNERS 10:00 KINGSBURY CLUB SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 3-13 CARD GAME 12:15 DOLLAR STORE 'N MORE 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30-3 2:15 MEDITATION CLASS</p> <p>1 PM WRITING FOR THE FUN OF IT!</p>	<p>5. CHICKEN</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 VNA HEALTH CLINIC 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS 6:30 HISTORY OF JAZZ</p>	<p>6. SOUP & SANDWICH</p> <p>9:00 SALON SERVICES 9:00 AARP TAX AIDE PROGRAM 9:00 SHAW'S 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 10:30 COA MONTHLY MEETING 11:30 LUNCH 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 2:00 PERSPECTIVES MIM#3 2:00 FIT TO KNIT</p>	<p>7. ROAST TURKEY</p> <p>8:45 STRETCH STRENGTH BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 FIX-IT SHOP 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 GROUP 1:00 POKER CLUB</p> <p>2-4 PM BILL'S RETIREMENT PARTY</p>	<p>8. TUNA SALAD</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 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 CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p> <p>BILL'S LAST DAY</p>
<p>11. AMERICAN CHOP SUEY</p> <p>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 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 3-13 CARD GAME 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 1:30 RMV NEAR ME 2:15 MEDITATION CLASS</p> <p>1:30 Pre-Probiotic Gut Health Presentation</p>	<p>12. CHIX CoQ Au Vin</p> <p>9:00 THE CLUB PROGRAM 9:30 ESTHETICIAN 9:30 MAT YOGA 10:00 LOW VISION GROUP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS 1:30 CLUB PROGRAM "DRUMMING CIRCLE"</p>	<p>13. SOUP & SANDWICH</p> <p>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 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 1:00 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING</p> <p>4-7 ST. PATTY'S DINNER W/PATRICK DURKIN</p>	<p>14. CORNED BEEF HASH</p> <p>8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 LOW HEARING GROUP 10:00 ZUMBA 10:00 FIX IT SHOP 1:30 LUNCH 1:30 CANASTA 1:00 POKER CLUB 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p> <p>Do you have trouble hearing? Join us at 10 a.m.</p>	<p>15. BROCCOLI BAKE</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 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 CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>18. CHICKEN</p> <p>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 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 3-13 CARD GAME 12:15 MARKET BASKET 12:30 CORE BALANCE CLASS 1:00 MAH JONGG 2:15 MEDITATION CLASS</p> <p>1:45 Chief Carrico and MFD Fall Prevention Seminar!</p>	<p>19. BEEF PASTA</p> <p>9:00 THE CLUB PROGRAM 9:00 VETERANS SERVICE HOUR 9:30 MAT YOGA 10:00 TILDEN OUTREACH 10:40 CHAIR YOGA 11:30 LUNCH 12:15 MA SENIOR MEDICARE PATROL PRESENTATION 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS</p>	<p>20. HOT DOG</p> <p>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 11:30 SCAT 12:30 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15 GS TROOP 69084 ICE CREAM SOCIAL BINGO</p> <p>6:30 MEDICARE: COUNTDOWN TO 65</p>	<p>21. BIRTHDAY LUNCH</p> <p>8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 10:00 FIX IT SHOP 11:30 BIRTHDAY LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	<p>22. CATCH OF THE DAY</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 TAI CHI 11:15 CORE BALANCE 11:30 HAND 'N FOOT 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>
<p>25. NO LUNCH SERVED</p> <p>TOWN ELECTION POLLS OPEN 6AM-8PM</p> <p>9:00 SALON SERVICES 9:30 QUILTING FUN 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 9:00 SHINE APPOINTMENTS 12:00 3-13 CARD GAME 1:00 MAH JONGG 1:30-3 RMV NEAR ME 2:15 MEDITATION CLASS IN CRAFT ROOM</p> <p>ALL EXERCISE CLASSES CANCELLED</p>	<p>26. S & S MEATBALLS</p> <p>8:30 BREAKFAST W/ JON COGAN</p> <p>9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 VIDEO CLASS</p>	<p>27. SOUP & SANDWICH</p> <p>9:00 SALON SERVICES 9:00 AARP TAX AIDE PROGRAM 9:00 SHAW'S 9:30 ART CLASS #1 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 / MINDS IN MOTION #1 2:00 FIT TO KNIT / COA MOVIE</p> <p>6:30 UNDERSTANDING DEMENTIA PART 1</p>	<p>28. CHEESEBURGER</p> <p>8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER'S SUPPORT GROUP 10:00 ZUMBA 10:00 FIX IT SHOP 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 CANASTA 12:15 CLUB ACTIVITY IN LARGE HALL 1:00 POKER CLUB</p>	<p>29. BREADED FISH</p> <p>9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 TAI CHI 11:15 CORE BALANCE 11:30 HAND 'N FOOT 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO</p>

Speech-Language & Hearing Associates of Greater Boston
Specialists in Speech, Language, Learning & Audiology

Licensed & Certified Audiologists and Speech-Language Pathologists



- Complete Audiological Evaluations
- Hearing Aid Evaluations & Fittings
- Speech and Language Evaluation & Therapy for All Ages

Medfield 5 N. Meadows Rd. 508-359-4532
 Plainville 30 Man-Mar Dr. 508-695-6848

DONUT EXPRESS
CUSTOM CAKES
 FOR ANY AND ALL OCCASIONS!
 COFFEE-DONUTS-MUFFINS-CROISSANTS-SPECIALIZED PASTERIES- AND MORE

258 Main Street
 Medfield MA 02052 508-359-5686

BrightStar Care
 BRIGHTSTAR CARE | MEDICAL STATION
 PRESIDENT & OWNER
BrightStar Care® of Norwood
 One Walpole Street, Suite 5
 Norwood, MA 02062

P 781-269-7997 F 781-349-5414 M 508-846-2455
 brian.silven@brightstarcare.com
 www.brightstarcare.com/norwood

Lovell's Flower Shop

160 MAIN STREET
 MEDFIELD, MA 02052
 (508) 359-4191



MEDFIELD TV
 COMMUNITY SHOWS.

www.medfield.tv
508-359-8888

Gilmore, Rees & Carlson, P.C.
 Tax and Estate Planning, Wills, Trusts, Guardianships, Probate

Bob Morrill, Managing Partner

Offices in Wellesley and Franklin
508-520-2200 www.grcpc.com

WHY TAKE ART CLASSES

As we age, lifestyles and priorities change, and *aging well* is frequently on top of one's mind. According to a [study published in the Journal of Aging Studies](#), participants, aged 60 to 93, identified six features of successful aging: a sense of purpose, interactions with others, personal growth, self- autonomy, and health. Creative activities, such as writing, painting, or knitting, encourage a sense of competence, purpose, and growth—all of which contribute to *aging well*. Join us for Art Classes beginning Wednesday, March 20 at 9:30 a.m. Bring whatever medium (oil, acrylic, water colors, etc.) and begin or advance a hobby that can be done year round and can have a positive impact on your life! \$3/class

GREAT BOOKS DISCUSSION GROUP will meet on Thursday, March 7 at 1 p.m. to discuss **Little Men** by Louisa May Alcott

FIX-IT SHOP
 Mike Clancy's "Fix-It" shop is now scheduled for Thursdays at 10 am. Bring in your broken or worn out items and let Mike take a look. He will attempt to repair it or advise you about what to do with it. Drop in with your item!