

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 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

NOVEMBER 2019



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.

Happy Thanksgiving

Director's Note: November is a time of THANKS. At the Center we have much to be thankful for, especially our Volunteers. The COA staff could never, ever, do all that our volunteers do for this department.

I would like to showcase our garden volunteers who work tirelessly to make the Center's gardens beautiful, lush and manicured every year. They have faithfully watered our newly planted trees, saved our Rose of Sharon bush (below, right), created magnificent seasonal displays in containers by the front and rear doors, groomed the perennial garden behind the Bocce court, created a new garden on the flagpole side of the building, kept the garden surrounding our Celebration of Life brick area perfect, kept our raised herb and flower bed filled with beauty, maintained the garden around the Center's sign as you enter the parking lot and when the weeds start popping up they are out there pulling them one by one. I cannot thank Eve Potts enough for her detail to all that is done to keep the gardens looking so wonderful. She has a dedicated group of people that work during the week AND weekends. Although the out door faucets and hoses caused them trouble, they never missed a watering! The COA would like to thank (as pictured: Norm Hazen, Vicki Costello, Nancy Brais, Steve Fosdick, Eve Potts and Gayle Reese - missing are Lois Hazen and Carle Brenton) for all that they do to make this Center so beautiful.



COUNCIL ON AGING BOARD

Bob Heald—Chairman, Perry Constas, Richard Ryder and Katie Robinson

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

NEXT FOSI MEETING
Thursday,
November 7
at 12 Noon

SPECIAL TOWN MEETING NOVEMBER 18 AT 7:00 P.M.

A Special Town Meeting is scheduled for Monday, November 18th starting at 7 PM in the High School Gymnasium. The primary purpose of this Special Town Meeting is to request taxpayer approval of proposed zoning changes required to enable the town to move forward in the process of redeveloping the State Hospital property along the lines of what is described in the Medfield State Hospital Master Plan. The proposed zoning changes must be passed by a 2/3 majority. If the proposed zoning changes pass at the Special Town Meeting, the town will then move ahead and request proposals from prospective developers for the redevelopment of the property. Before any contract is signed with a developer, however, taxpayers will have another chance to approve the specific redevelopment proposal that has been selected for the property through a land disposition vote at a future town meeting.

A Special Thank You to the Following People for Their Donation to FOSI
Frederick Schultz in Memory of Mike Cronin, Joseph Grzyb in memory of Walter Shackley, Edwin Kinnen, Frances Feloni, Phyllis & Bob Dennehy, Jean Coulombre, Joanne & Suzanne O'Halloran (brick in memory of Dorothy Ruzzo)

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

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.

Thomas Upham House

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Quality Care in a Home-Like Setting

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508-393-8338

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

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Automotive Service, Inc.

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Medfield MA 02052
508-359-4409

Inspections, Auto repairs,
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EXERCISE CLASSES

Monday:
 9:30 a.m. Exercise for Life 1- Moderate- Silver Sneakers
 10:30 a.m. Exercise for Life 2- Beginner- Silver Sneakers
 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 - Silver Sneakers
 10:30 a.m. Exercise for Life 2- Beginner - Silver Sneakers
 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
 9:00 a.m. Chair Yoga- \$3/class
 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, Nov. 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 appointments are available by calling the Center.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, Nov. 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, Nov. 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 – Office Hours - 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, Nov. 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 is a Silver Sneakers Program

Exercise for Life classes are now part of the Silver Sneakers family. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Silver Sneakers offers exercise classes at no cost to the consumer. Join us for classes with instructor Kim Vareika on Mon. & Wed. 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. And Friday at 9 am. 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.

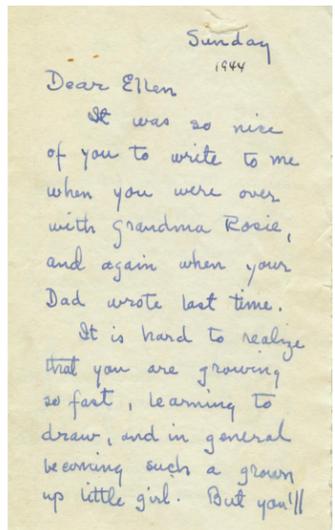
Romeo Outing- Join Peter on Friday, November 15 at 9 a.m. for breakfast at Brookside in Norwood.

Juliet Luncheon- Join Roberta on Friday, November 8 at 11:15 a.m. at Yama Fuji in Medway.

Celebrating Veteran's Day

In honor of Veteran's Day, the COA is bringing a unique program, *Reconstructing History & Genealogy: Mom's WWII Letters*, to the Center on Thursday, November 14 at 1:30 p.m.

Corinne H. Smith will share her story of finding her mother's stash of more than 100 letters from 16 service men that she had corresponded with in 1944-1945. Most of the men were from her mother's home town of Allentown, Pennsylvania or from her college roommates hometown of Trenton, New Jersey. Nearly all the writers were now gone and could no longer offer information or explanations for what they had written. Corrine began to trace the soldiers' family trees with one goal in mind to return the letters in person to their children. Learn about her on-going project, and hear some of the stories of the men, their experiences and what their relatives have to say today. This presentation links history and genealogy to present-day research and diligence. It revisits a time that we may not want to forget. And it may prompt audience members to wonder for themselves what treasures may be lurking in their own old family boxes. Join us for this interesting presentation on Thursday, November 14 at 1:30 p.m. All welcome!



**Fall is Here, Winter is Coming
 Fuel Assistance is Available!**



Fuel assistance helps thousands of local families with home heating bills each year. Did you know, Fuel assistance is not just for oil, gas, or electricity. If you heat your home with a pellet or wood stove you may receive assistance with that too!

The application process may seem daunting and I am happy to assist you in this task! If you previously received fuel assistance you should have received a renewal application in the mail. If you have not, you may call SMOC 508-620-2342 and they will re-issue another one for you. New to fuel assistance? No problem, I have applications available for new applicants! Please contact the Center at 508-359-3665 and ask for Lisa Marie Donovan, Outreach Coordinator for a confidential appointment.

CHOWDER FEST

The annual Lions Club Chowder Fest is scheduled for Saturday, November 2 from 11 a.m.– 2 p.m. Again, the Lions Club will be looking for your vote on the best Chowder in town.

Great Books Discussions

Thurs. Nov. 7 at 1 p.m.
Oliver Twist
 by Charles Dickens

What message do you think Charles Dickens intended to come from Oliver Twist?

COOKING DEMONSTRATION Monday, November 4 at 1:00 p.m.



Sign up for a class on Flatbread. Roberta Powlis will demonstrate how to make the dough from scratch, how to cook and ways to serve. Did you know that Flatbreads baked on a fire-heated rock have been a staple for much of humanity for the past 5,000 years. In Mexico it's the tortilla; for the Scots it is oatcake; in India, chapatti; in China they call it po bin; the Amerindians made johnnycake; the Norwegians, flattbrod; in Ethiopia, injera; in Israel, matzoh, in India, naan. Enjoy this unique class and learn how to make and use Flatbread in a variety of ways. Register for this class by signing up at the Center and cost of the class is \$3 to be collected upon class day.

Page Turners

Mon. Nov. 4 @ 10:15 am
Persuasion
 by Jane Austen

How would you describe Lady Russell? Does her—or did her—influence over Anne work toward Anne's betterment or detriment?

QUEBEC CITY TRIP GROUP PHOTO



Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for 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 Natick/Walpole VNA, a monthly wellness clinic with Alyssa Kaiser, 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.

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 Information

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

Caregiver Support Group

Share your experience, advice and support to others on **November 21 at 9:30 a.m.** Call Lisa Donovan for more information.

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. Available to Medfield Resident COA members only.

LOW HEARING SUPPORT

Hearing loss happens as we age. **Contact Susan Bernstein for information** on ways to manage your hearing loss. Learn strategies to maintain your quality of life and relationships.

RMV NEAR ME

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

FOOD CUPBOARD NEEDS
Tuna in water, jelly, peanut butter, canned chili, canned stew, canned corn, baked beans and pasta

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 - Thurs. at 10:00 a.m. & Sat. at 9 a.m.
Core Balance - Mon.12:30, Fri. 11:15.
Hand N Foot Game - Mon./Fri. 10 a.m.
Cribbage - Wednesday at 11:00 a.m.
S,S & B - Thursday at 8:45 a.m.
Great Books Group- First Thursday at 1pm
Page Turners-First Monday at 10:15 a.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.
Coffee/Conversation- Check Calendar

MEDICARE OPEN ENROLLMENT RUNS FROM OCTOBER 15 THROUGH DECEMBER 7. NOW IS THE TIME TO LOOK AT OTHER OPTIONS FOR HEALTH INSURANCE AND MEDICATIONS!

Food Waste Drop Off Program Info Session & Know Your Transfer Station

On Tuesday, November 5 at 1:30 p.m. enjoy a presentation by Megan Sullivan and other members of the recycling committee and learn how diverting your food waste from the trash can save the town money and create rich soil. Megan will review the collections available at the Transfer Station, including textiles, rigid plastics and metals and introduce you to a resource for determining whether something can be recycled. Join members of the Transfer Station and Recycling Committee Tuesday November 5th at 1:30 p.m. at the Center at Medfield. All community members are welcome to attend.

Medfield State Hospital Master Planning Committee (MSHMPC) Presents!

For many years you have heard about Medfield State Hospital. The town is at a point where the proposal from the MSHMPC can begin to move forward. At the Special Town Meeting, you will be asked to vote on a zoning change that will allow the town to begin the process of turning this beautiful piece of land into something special. This is the first step. **Please join Randy Karg and Lucille Fisher at the Center on Wednesday, November 6 at 1:00 p.m.** for information on the zoning change and answer any questions or concerns you might have. **Be informed and attend the Special Town Meeting on November 18.** Transportation is available by calling the Center.

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

Sat. Nov. 9 - *Nobody's Fool*

A stubborn man past his prime reflects on his life of strict independence and seeks more from himself.

Wed. Nov. 13 - *What They Had*

Bridget returns home at her brother's urging to deal with her ailing mother and her father's reluctance to let go of their life together.

Sat. Nov. 16 - *Black Robe*

In the 17th century, a Jesuit missionary nicknamed Black Robe by the natives and his small party of companions try reaching the Huron tribe in Canada all while facing mistrust, Iroquois warring parties and harsh winter conditions.

Sat. Nov. 23 - *The Farewell*

A disillusioned relationship brings two lovers together once more to pick up the pieces and move on from their shattered home and life together.

 **Men's Book Club**
Are you a history buff? On Thursday, Nov. 14 at 1:00 p.m. join the Men's Book Club (more members are needed)! Enjoy a discussion on Nathaniel Philbrick's *In The Hurricane's Eye* which details the final days of the Revolutionary War with victory at Yorktown and the events leading to the defeat of the British at Yorktown with the aid of the French.



Thinking of Spring...Thinking of Selling Your Home



So many factors go into deciding if you're ready to sell your home. Will local market trends make the sale worthwhile? Are you ready to part with your home and all the memories you've made there? Where do I start and what do I do? The Center at Medfield welcomes you to this retirement presentation on Wednesday, November 13 at 6:30 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. Join Mary Cusano, a realtor with Berkshire Hathaway Commonwealth and Attorney Dina Browne with the law offices of Bletzer and Bletzer P.C. as they help you navigate the path of preparing your home for sale. Please call the Center at 508-359-3665 to register for this program on Wednesday, November 13 at 6:30 p.m.

Do You Like To Sing? Good Voice or NO Voice?

Join Maggie Joseph as she leads the singing group into the **holidays** with great songs, lots of laughs and a chance to SING! There are so many benefits you get from singing: Self-confidence! Breathing right! Great posture! Memory training! Socialization! Bye to the Blues! And most important, just sheer JOY! All this is possible to anyone who wants to sing! So this is an invitation to sign up for a weekly **Monday afternoon at 2:00 p.m.** Sing-Along. Come join us, let's resurrect the golden oldies and holiday favorites and do ourselves a great favor.

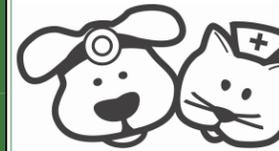
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Mary.Cusano@CommonMoves.com
www.thecusanoteam.com

MONDAY SHOPPING TRIPS AT 12:15 PM

Mon. Nov. 4—Market Basket
Mon. Nov. 18—Dollar Store N More
Mon. Nov. 25—Market Basket



Annual Christmas Party
Medfield Seniors mark your calendars for the Annual Tri-Club Plus Christmas Party Saturday, Dec. 14 from 11 a.m. – 2 p.m. at St. Edward's Church Hall
Be sure to sign up!




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



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**

November 12 at 12:15, stop into the Center and enjoy an Ice Cream Social with all the fixings!

SPECIAL TOWN MEETING NOVEMBER 18 AT 7:00 P.M. AT THE HIGH SCHOOL

ROMEO OUTING JOIN PETER FOR BREAKFAST ON FRIDAY, NOVEMBER 15 AT 9:00 A.M.

PLAY BINGO Wednesdays Nov. 6 and Nov. 20 at 3:15 p.m. AND Every Saturday at 1 p.m.

1. SEAFOOD NEWBURG
9:00 ROCHE BROS
9:00 SELECTMAN'S HOUR
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES
SATURDAY 11/2 CHOWDER FEST 11 a.m.—2p.m.
NO SATURDAY PROGRAMS

ROCKLAND TRUST Where Each Relationship Matters
Cheryl O'Donnell
Branch Manager
76 North Street
Medfield MA 02052 508-359-7366

4. TARRAGON CHICKEN
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:15 PAGE TURNER'S BOOK GROUP
10:00 KINGSBURY SENIOR SWIM
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 CLASS
1:00 COOKING DEMONSTRATION
1:00 MAH JONGG
1:30-3 RMV NEAR ME 2:00 SINGING GROUP

5. CHEESEBURGER
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 COMPOSTING PRESENTATION

6. SOUP & CHIX SALAD
9:00 SALON SERVICES
9:00 SHAW'S
9:30 NUTRITION THERAPY
9:30 EXERCISE FL 1 / LEGAL CLINIC
10:00 COA MONTHLY MEETING
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH 11:30 SCAT
12:30 WHIST
1:00 MINDS IN MOTION
2:00 FIT TO KNIT
3:00 LINE DANCING 3:15 BINGO
1PM PRESENTATION ON STATE HOSPITAL

7. PIZZA
8:45 STRETCH STRENGTH BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 FIX IT SHOP
10:00 ZUMBA
11:30 CANASTA
12:00 FOSI MEETING
12:15 CLUB ACTIVITY IN LARGE HALL
1:00 GREAT BOOKS DISCUSSION
1:00 POKER CLUB
2:00 TECHNOLOGY CLASS

8. CHICKEN A LA KING
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:15 JULIET OUTING
11:30 LUNCH
1:00 COA CLOSSES
OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO

11. VETERAN'S DAY HOLIDAY
THE CENTER IS CLOSED

12. QUICHE WITH SALAD
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
9:30 ESTHETICIAN
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE
12:15 ICE CREAM SOCIAL

13. SOUP & TURKEY/CHEESE
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
12:30 WHIST
1:00 MINDS IN MOTION
2:00 FIT TO KNIT
2:00 COA MOVIE
3:00 LINE DANCING
6:30 SELLING YOUR HOME
Movie

14. MEATLOAF
8:45 STRENGTH/STRETCH/BALANCE
9:00 WOODCARVING
10:00 ZUMBA
10:00 FIX IT SHOP
11:30 LUNCH
11:30 CANASTA
12:15 CLUB ACTIVITY LARGE HALL
1:00 POKER CLUB / MEN'S BOOK CLUB
1:30 WWII LETTERS PRESENTATION
2:00 TAX WORK OFF MEETING

15. CATCH OF THE DAY
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
9:00 ROMEO OUTING
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES
OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO



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

18. BBQ PORK PATTY
9:00 SALON SERVICES
9:00 SHINE APPOINTMENTS
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:00 KINGSBURY SENIOR SWIM
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:15 DOLLAR STORE AND JOB LOT
12:30 CORE BALANCE
1:00 MAH JONGG
1:30-3 RMV NEAR ME 2:00 SINGING GROUP
SPECIAL TOWN MEETING 7PM

19. HOT DOG & BEANS
9:00 THE CLUB PROGRAM
9:00 VETERANS OFFICE HOUR
9:30 MAT YOGA
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE

20. SOUP & HAM/CHEESE
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
12:30 WHIST
1:00 MINDS IN MOTION
2:00 FIT TO KNIT
3:00 LINE DANCING
3:15 BINGO
4-7 PM SUPPER CLUB

21. ROAST TURKEY
8:45 STRENGTH/STRETCH/BALANCE
9:00 THE CLUB PROGRAM
9:00 WOODCARVING
10:00 ZUMBA
10:00 FIX IT SHOP
11:30 LUNCH
11:30 AFTERNOON OF MUSIC AND DANCING
11:30 CANASTA
1:00 POKER CLUB

22. BEEF CHILI
9:00 ROCHE BROS
9:00 SALON SERVICES
9:00 CHAIR YOGA
10:00 KINGSBURY SENIOR SWIM
10:00 HAND 'N FOOT
10:00 TAI CHI
11:15 CORE BALANCE
11:30 LUNCH
1:00 COA CLOSSES
OPEN SATURDAY 9-3 9:00 ZUMBA 10:15 MOVIE 12 NOON LUNCH 12:30 MAH JONGG 1:00 BINGO

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25. TUNA NOODLE CASSEROLE
9:00 SALON SERVICES
9:30 QUILTING FUN
9:30 EXERCISE FL 1
10:00 COFFEE AND CONVERSATION
10:00 HAND 'N FOOT CARD GAME
10:00 KINGSBURY SENIOR SWIM
10:30 EXERCISE FL 2
11:30 LUNCH
12:00 3-13 CARD GAME
12:15 MARKET BASKET
12:30 CORE BALANCE
1:00 MAH JONGG / SHINE APPOINTMENTS
1:30-3 RMV NEAR ME 2:00 SINGING GROUP

26. CHICKEN SALAD
9:00 THE CLUB PROGRAM
9:30 MAT YOGA
10:40 CHAIR YOGA
11:30 LUNCH
12:00 DUPLICATE BRIDGE

27. SOUP & SEAFOOD SALAD
9:00 SALON SERVICES
9:00 SHAW'S
9:30 EXERCISE FL 1
10:30 EXERCISE FL 2
11:00 CRIBBAGE
11:30 LUNCH
11:30 SCAT
12:30 WHIST
2:00 FIT TO KNIT
NO LINE DANCING TODAY

28. HAPPY THANKSGIVING
We wish you a holiday filled with family, great food and lots of memories!
Roberta, Susan, Kathy, Tricia, Lisa, Elaine, Christina and Peter!

29. COA CLOSED FOR THE THANKSGIVING WEEKEND
CLOSED ON SATURDAY NOVEMBER 30

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FYI: The date on your label is the **last time** you made a newsletter donation. A yearly \$5 contribution helps with the mailing!

Medicare Open Enrollment October 15 through December 7
It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you may have received important information from your plan. This information may explain changes in your upcoming plan for 2020. During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call the Center to get a SHINE appointment during Open Enrollment!

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