

**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 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 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.

*IT'S THE MOST WONDERFUL TIME OF THE YEAR!*

Medfield seniors sign up at the Center to attend the 37th Annual Tri-Club Plus “Senior Citizens’ Christmas Party”. This annual event will be held on Saturday, December 14 at 12 noon at a new location, St. Edwards Function Hall. Every year, many organizations come together to support this event. These include; Medfield Lions Club, Medfield Sportsman’s Club, MEMO, Council on Aging, FOSI, Sons of the Legion and Medfield Legion Auxiliary. As in years past, Tom McGue, owner of Basil Restaurant, will be providing the delicious plated meal for all to enjoy. Following lunch, Friends of Medfield Seniors have scheduled the entertainment with impressionist Mike Petit. Mike is a 30-year entertainment professional, whose unbridled energy is infectious and hilarious. Born and raised in Massachusetts, his career started in the Boston radio market and he has blossomed as a national headlining comedian, an on-camera personality and public guest speaker. After moving to Hollywood and performing as a regular at the legendary Comedy Store, as well as performances in Las Vegas and numerous TV appearances on Comedy Central, ESPN and NESN, Mike and his family have returned to Massachusetts, and we are thrilled to have him perform at our annual holiday event.

*Holiday Pancake Breakfast*

We have not scheduled a breakfast for quite some time; however, on Wednesday, Dec. 11 at 8:30, please join us for a “Holiday Breakfast” with pancakes, sausages, fruit salad, coffee and juice. Following breakfast, Kristine Trierweiler, Medfield’s Town Administrator, will say hello and give us her vision for the town. It’s important to sign up at the Center, as this breakfast is on the house and we need to know how many pancakes to flip!

**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,**  
**December 5**  
**at 12 Noon**

**WINTER WEATHER POLICY**

With winter upon us it is important to remind you that when the 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.) If there is a snow storm on a Saturday, the Saturday program will be cancelled. Also, all scheduled programs are weather permitting. If we determine that it is unsafe for trips, activities and/or transportation, the Center can cancel any program at any time. It is important to **clearly print** your name and phone number on sign up sheets, so we have easy access to inform you of any changes in our schedule.

**A Special Thank You to the Following People for Their Donation to FOSI**

Melanie Vagnini, Peg Palmieri and William Capen  
 Tom Vollmuth in honor of Uncle Bob’s 95 Birthday  
 Patty and Rich Troum in honor of Uncle Bob Vollmuth  
 George and Margaret Gray in honor of Bob Vollmuth  
 Eileen McColgan for a brick in memory of Robert

FRIENDS OF SENIORS, Inc. (FOSI) **2020 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*  
  
 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

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 508-359-2000  
 www.robertsmitchellcaruso.com

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*to us, it's personal<sup>sm</sup>*  
 386 W. Main St. Suite 14  
 Northborough MA 01532  
 508-393-8338  
 209 w. Central St., Suite 210  
 Natick MA 01760  
 508-647-3773

**RANDY'S**  
 Automotive Service, Inc.  
 26 Spring Street  
 Medfield MA 02052  
**508-359-4409**  
 Inspections, Auto repairs,  
 Complimentary shuttle  
 service.



## 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 Natick/Walpole VNA, is available on **Tuesday, Dec. 3** 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 **Monday, Dec. 2** 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, Dec. 6** 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** - Please call the Center if you would like to meet with the Veteran's Service Office, Jon Cogan.

**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 a.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 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. 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.

Juliet Luncheon

Join Roberta and Lisa on Friday, December 20 at 11:30 a.m. For lunch and holiday cheer!

### Give Yourself the Gift of a Cruise

Join the COA for a fantastic Cruise to Bermuda on June 12–June 19. Information and reservations can be made by calling our NCL Cruise Consultant, Maria Umpierre at 1-954-514-4314. Several cabins have been reserved, waiting for you to book! **June** is a summer month in **Bermuda**. This is the month when the weather warms up and the temperature stays between an average high of 81 degree Fahrenheit to a low of 73 degree. The water temperature also rises to about 77 degree. So the time is now to book for a great summer vacation for swimming, relaxing, sightseeing and other beach activities.

### MUTINY ON THE BOUNTY

In the late 1700's England's Royal Navy was the most powerful in the world. Her navy roamed the entire world in search of territory, commerce, and knowledge. The success of the Royal Navy was based upon two basic tenants: DISCIPLINE and DUTY. These principles insured that any and all orders would be carried out at once and with no hesitation. Any challenges to authority would be met with immediate punishment. In 1787, William Bligh, a dedicated but non-descript officer was charged with bringing his ship, the Bounty, to the island of Tahiti to gather samples of the breadfruit plant. On the return voyage, the crew mutinied and cast Bligh and 18 of his loyal men adrift in a 23' open boat. Find out what was the reaction of the RN upon hearing that one of its ships was taken by mutineers? What happened to Bligh and his men? Join us on **Monday, Dec. 16 at 2 p.m.** for this presentation by Bob Began.

#### E Book & Audio Book Class

Join us on Monday, December 9 at 2 p.m. for a presentation by Medfield Public Librarian Anna Ring and learn how to read library books for free (or to listen to them!) on your smartphone, tablet, laptop or Amazon Kindle. We'll cover how to choose and check out library books online, as well as how to access them on the device of your choice. If you want hands-on help, please bring your device, it's cords, and your library card. If you have a Kindle brand e-reader, bring your Amazon password, as well.

#### Great Books Discussion Group

On Thurs. Dec. 5 at 1 p.m., join the discussion on *A Pilgrims Progress* by John Bunyan

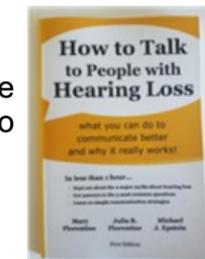
#### Page Turners

Mon. Jan. 13 @ 10:15 *Founding Mothers* by Cokie Roberts

Enjoy a discussion on the women who played important roles in America's independence.

### Know Someone With Hearing Loss?

The holidays are almost here, and with them comes problems of talking to family and friends with hearing loss. Join us on Tues., December 17 at 2 p.m.



We are often frustrated when our best efforts to communicate fail. We are sure that we know how to talk to people with hearing loss and that a hearing aid would solve all their problems. We are annoyed when they do not want to purchase or wear their hearing aids. It is common to try to change other peoples' minds, but it rarely works and creates bad feelings. Arguments can start ... So, what can you do to help ensure that they understand you the first time you speak? You can attend a one-time seminar on **Tuesday, December 17 at 2:00 p.m.** with Mary Florentine, co-author of *How to Talk to People with Hearing Loss*.

### Shake up the Winter With a Trip to Atlantic City

A quick escape is planned for Sunday, Feb. 23 - 25 at the Resorts Casino Hotel. No need to gamble when you have tickets to two shows, \$50 in food credits and if you like to gamble, \$50 in slot play! Pick up a flyer at the Center and sign up today.

### COOKING DEMONSTRATION

Monday, December 2 at 1:00 p.m.

Planning for the holidays can be stressful especially if you host a gathering or are visiting and need to bring something like an appetizer. This month's cooking demonstration can help you with this. Roberta Powlis plans to show you how to make easy and delicious appetizers using puff pastry. Of course you can make your own puff pastry; however, using the ready-to-bake products are easier and save you time. Join us on Monday, Dec. 2 at 1:00 p.m. and gather ideas and sample these puff pastry delights!

Be sure to sign up. The cost of the demonstration is \$3, to be paid the day of the class.

## 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 for appointments by calling the Center 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 **December 26 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, large bottles of juice, 6 pack applesauce, Hearty soups, hot cereal packets and rice pilaf!

## Bowl with the Center

Thanks to Medfield resident John Ledwith, the Center will be offering Thursday afternoon bowling. This new activity will begin on Thursday, January 9. You can drive yourself to Ryan Family amusements in Millis or hop on the bus at 12:45 p.m. for bowling from 1-2 p.m. Cost is \$3/string and usually 3 strings per hour are played. If you do not bowl, join the bowling party! You can keep score or cheer your neighbors on. Bowling is a great indoor activity during anytime of the year, but especially in the winter.

It may surprise most to realize that bowling is also great exercise. The best part is: there are almost no limits on who can bowl. It's a low impact, easy-to-learn sport, making it great for all ages especially senior citizens! What is really good to know are the benefits of bowling. Bowling burns anywhere from 175-300 calories an hour. With the repeated grasping and swinging of the ball you strengthen your muscles in your hands and shoulders. The movements associated with bowling improves your flexibility, along with hand-eye coordination. Bowling is a social sport. Having fun and being with people helps to prevent depression, so why not sign up for some indoor fun, meet new people, have a few laughs and bowl! If interested, please sign up at the Center.

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

**Wed. Dec. 4 - *After the Wedding***  
Seeking funds for her orphanage in India, Isabelle travels to New York to meet Theresa, a wealthy benefactor. An invitation to attend a wedding ignites a series of events in which the past collides with the present as mysteries unravel.

**Sat. Dec. 7 - *Pavarotti*** The story of Luciano Pavarotti Cavaliere di Gran Croce OMRI was an Italian operatic tenor who also crossed over into popular music.

**Dec. 21 - *Mutiny on the Bounty***  
The mutiny on the Royal Navy vessel HMS Bounty occurred in the south Pacific on 28 April 1789.

**Sat. Dec. 28 - *Once Upon a Time in Hollywood***  
Actor Rick Dalton gained fame and fortune by starring in a 1950s television Western, but is now struggling to find meaningful work.

### Men's Book Club

The group will be reading *The Spy and the Traitor* by Ben Macintyre and discussing the novel on Thursday, Dec. 19 at 1 p.m. The Spy and the Traitor is touted in its subhead as "the greatest espionage story ever told." That isn't just publisher hype. The real events and the story of Oleg Gordievsky, KGB officer and diplomat reads like something from a John LeCarre or Robert Ludlum story...except it's true and marvelously documented.

### 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  
ENDS DECEMBER 7**

### ENCORE BOSTON HARBOR CASINO

If you are interested in seeing the much talked-about casino over the last few years, then this trip is for you! Our 14 passenger bus will be leaving the Center on Tuesday, December 10 at 9:30 a.m. for a visit to Encore. Even if you are not one who dabbles at the tables or slots, it might be worth the trip to see the holiday decorations and see what has been talked about for so long. This trip is limited to 14 people; we will take a waitlist and if we can fill another bus, we will schedule a second trip on Thursday, December 19. The bus will leave the Center at 9:30 and will leave the casino at 2:00 p.m. Cost of transportation is \$5/pp.

### HOLIDAY BINGO

Join us for "SUPER" Bingo on Wednesday, December 18. Following Bingo we will be hosting our \$6 Supper Club, featuring an Italian entrée with salad and dessert.

Enjoy an evening with friends and the COA and leave the cooking to us!

Supper is served at 5 pm and will follow with a festive Sing-A-Long.



### Riverbend of South Natick

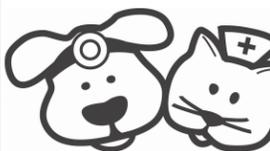
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veterinary clinic



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Medfield  
Orthopedic  
& Sports  
Therapy



Medfield Professional Building  
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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.homesbymaryg.com

**DECEMBER SHOPPING TRIPS**  
 Mon. Dec. 2—Kohl's & Job Lot 12:15 p.m.  
 Thurs. Dec. 5—Natick Mall 10 a.m.  
 Mon. Dec. 9—Xmas Tree/Trader Joes 12:15 p.m.  
 Mon. Dec. 16—Market Basket 12:15 p.m.  
 Mon. Dec. 30—Franklin Big Y/Shaw's 12:15 p.m.

**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, December 10** 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

**MONDAY TUESDAY DECEMBER WEDNESDAY THURSDAY FRIDAY**

**2. BEEF & CABBAGE**

9:00 SALON SERVICES  
 9:30 QUILTING FUN  
 9:30 SHINE APPOINTMENTS  
 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  
 11:30 3-13 CARD GAME  
 12:15 KOHL'S AND JOB LOT SHOPPING  
 12:30 CORE BALANCE CLASS  
 1:00 COOKING DEMONSTRATION  
 1:00 MAH JONGG  
 1:30-3 RMV NEAR ME 2:00 SINGING GROUP

**3. MINI RAVIOLIS**

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

**4. SOUP & SANDWICH**

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

SIGN UP FOR LUNCH AND HELP TRIM OUR

**5. HOT DOG**

8:45 STRETCH STRENGTH BALANCE  
 9:00 THE CLUB PROGRAM  
 9:00 WOODCARVING  
 10:00 FIX-IT SHOP  
 10:00 NATICK MALL HOLIDAY 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  
 2:00 TECHNOLOGY CLASS

**6. POTATO POLLOCK**

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 CLOSES

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

**9. CHIX CACCIATORE**

9:00 SALON SERVICES  
 9:30 QUILTING FUN  
 9:30 EXERCISE FL 1  
 10:00 KINGSBURY SENIOR SWIM  
 10:00 HAND 'N FOOT CARD GAME  
 10:30 EXERCISE FL 2  
 12:00 SHINE APPOINTMENTS  
 12:00 3-13 CARD GAME  
 12:15 TRADER JOES & XMAS TREE SHOPS  
 12:30 CORE BALANCE CLASS  
 1:00 MAH JONGG  
 1:30-3 RMV NEAR ME 2:00 SINGING GROUP

E BOOK & AUDIO BOOK CLASS 2PM

**10. BEEF PICADILLO**

9:00 THE CLUB PROGRAM  
 9:30 VISIT ENCORE \$5  
 9:30 ESTHETICIAN  
 9:30 MAT YOGA  
 10:40 CHAIR YOGA  
 11:30 LUNCH  
 12:00 DUPLICATE BRIDGE

**11. SOUP & SANDWICH**

8:30 HOLIDAY BREAKFAST

9:00 SALON SERVICES  
 9:00 SHAW'S  
 9:30 NUTRITION THERAPY  
 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  
 3:00 LINE DANCING

**12. GREEK CHICKEN**

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  
 1:00 POKER CLUB

**13. CRUSTLESS CHICKEN**

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 CLOSES

NO SATURDAY PROGRAMS AT THE CENTER ON DEC. 14

**ROCKLAND TRUST** Where Each Relationship Matters

**Cheryl O'Donnell**  
 Branch Manager  
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 Medfield MA 02052 508-359-7366

**16. AM. CHOP SUEY**

9:00 SALON SERVICES  
 9:30 QUILTING FUN  
 9:30 EXERCISE FL 1  
 10:00 KINGSBURY SENIOR SWIM  
 10:00 HAND 'N FOOT CARD GAME  
 10:30 EXERCISE FL 2  
 12:00 SHINE APPOINTMENTS  
 12:00 3-13 CARD GAME  
 12:15 MARKET BASKET  
 12:30 CORE BALANCE CLASS  
 1:00 MAH JONGG  
 1:30-3 RMV NEAR ME 2:00 SINGING GROUP

2PM MUTINY ON THE BOUNTY PRESENTATION

**17. POT ROAST & GRAVY**

9:00 THE CLUB PROGRAM  
 9:30 MAT YOGA  
 10:40 CHAIR YOGA  
 11:30 LUNCH  
 12:00 DUPLICATE BRIDGE  
 2:00 HEARING PRESENTATION

"HOW TO TALK TO PEOPLE WITH HEARING LOSS"

**18. SOUP & SANDWICH**

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  
 3:00 LINE DANCING  
 3:15 HOLIDAY BINGO

4-7 PM SUPPER CLUB WITH A SING-A-LONG

**19. FRENCH MEAT PIE**

8:45 STRENGTH/STRETCH/BALANCE  
 9:00 WOODCARVING  
 9:00 THE CLUB PROGRAM  
 9:30 2ND ENCORE VISIT (IF NEEDED)  
 10:00 ZUMBA  
 10:00 FIX IT SHOP  
 11:30 LUNCH  
 11:30 AFTERNOON OF MUSIC  
 11:30 CANASTA  
 12:15 CLUB ACTIVITY LARGE HALL  
 1:00 POKER CLUB / MEN'S BOOK CLUB

**20. CATCH OF THE DAY**

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 JULIET LUNCHEON WITH A \$10 YANKEE SWAP  
 1:00 COA CLOSES

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.

**23. SAUSAGE, PEPPERS & ONIONS**

9:00 SALON SERVICES  
 9:30 QUILTING FUN  
 9:30 EXERCISE FL 1  
 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  
 12:30 CORE BALANCE  
 1:00 MAH JONGG  
 1:30-3 RMV NEAR ME 2:00 SINGING GROUP

HAPPY HANUKKAH



**24. NO LUNCH SERVED**

NO CLUB TODAY

9:30 MAT YOGA  
 10:40 CHAIR YOGA

THE CENTER WILL CLOSE AT NOON

**25. MERRY CHRISTMAS**



**26. MAC & CHEESE**

NO YOGA CLASS THIS MORNING

9:00 THE CLUB PROGRAM  
 9:00 WOODCARVING  
 10:00 ZUMBA  
 10:00 FIX IT SHOP  
 11:30 LUNCH  
 11:30 CANASTA  
 1:00 POKER CLUB

**27. CHEESEBURGER**

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 CLOSES

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

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**30. BBQ PORK RIB**

9:00 SALON SERVICES  
 9:30 QUILTING FUN  
 9:30 EXERCISE FL 1  
 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 FRANKLIN BIG Y AND SHAW'S SHOPPING  
 12:30 CORE BALANCE  
 1:00 MAH JONGG  
 1:30-3 RMV NEAR ME 2:00 SINGING GROUP

**31. ICE CREAM LUNCH!**

9:00-12:15 THE CLUB PROGRAM  
 9:30 MAT YOGA  
 10:40 CHAIR YOGA  
 12:00 NEW YEAR'S EVE ICE CREAM SOCIAL

THE CENTER WILL CLOSE AT 1:00 P.M.



**Merry Christmas, Happy New Year and Happy Holidays!**

We wish you a holiday filled with family, great food and lots of memories!  
 COA Staff

**WELCOME 2020**

THIS IS THE YEAR OF THE FEDERAL CENSUS. FILLING OUT THE CENSUS IS IMPORTANT TO THE COA!

**Let's ring in the New Year at Noon with an Ice Cream Social!**

Be Sure to Sign Up!

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Visit Walpole's only Lifecare retirement community. And find out what living connected means at New Pond Village.

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A Benchmark Signature Living Community

**JULIET GATHERING**

Enjoy a delicious lunch on Dec. 20 at 11:30 a.m. at the Center followed by a Yankee Swap. If you haven't enjoyed the fun of a swap, sign up to enjoy this Juliet event! Your Swap gift valued at approximately \$10 should be enticingly wrapped!  
 Be sure to sign up and enjoy this fun & friendly afternoon!

**INTERESTED IN BEING PART OF THE COUNCIL ON AGING BOARD**

Gwen Centore recently submitted her resignation from the COA Board after 6 dedicated years of service. We are most grateful and appreciative of all her support and efforts during this time. Gwen provided a balance to the board with common sense and thoughtful guidance and advice. The COA is looking to fill the vacant seat and for anyone interested in considering this position, please see Roberta for a "Guide for Board Members" from the Executive Office of Elder Affairs.

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