"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

## COUNCIL ON AGING STAFF

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Peter Burke
pburke@medfield.net
***The Club* Staff**: X200
Kathy Powers, Coordinator
kpowers@medfield.net
Trish Pembroke, Activities
**HESSCO Meal site Manager**
**Arlene DiDonato**
508-359-3665 X 211
**HESSCO**
781-784-4944

## COUNCIL ON AGING BOARD

Bob Heald–Chairman, Perry Constas, Richard Ryder
Katie Robinson and Heidi Groff

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

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If your label is highlighted, please consider making your $5 yearly newsletter donation to the Center.

JOIN FOSI FOR A
(WEATHER PERMITTING)
OUTSIDE MEETING
ON THURS., NOV. 6 AT
12 NOON

**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.

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

Mr. and Mrs. Vincas Snipas, Janet McQuillan, Nic and Misty Scalfarotto
Frederick Schultz in memory of Andy Thompson
Peggy Scecina in memory of Tom
Ken Jenkins in memory of Beverly Jenkins and George and Betty Govers
Robert Vollmuth in honor Fred Schultz - 100th Birthday
Carol Rossi in memory of Mary Hanna
Sonja Pollard in memory of Ruth DeSorgher
Patricia Shapiro -- Brick in memory of Ruth DeSorgher
Anonymous donation in memory of Ruth DeSorgher

The FOSI Yard Sale has gone virtual!
Check out our page
https://www.facebook.com/fosi.medfield

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.
This is not for the COA newsletter,

# 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 2020

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.

On Tuesday, November 3, the Center becomes the town's polling site. The doors will be open for voting from 6:00 a.m. to 8:00 p.m. Your vote counts. If you need a ride to the polls, please call the Center at 508-359-3665 on Monday, November 2 and ask for Peter. Peter will schedule your ride to vote!

Director's Note: I need to see things as the "glass half full." Our programs have come to almost a screeching halt and Saturdays have been suspended. *The Club* is not able to meet as they did, exercise classes have decreased from 15 per week to 4 (if you count the 10 a.m. class on cable) and all our trips have been cancelled. With that said, I think the glass is half full because we continue to provide services, although different from what we did before the pandemic. We are able to connect with people in small groups or one on one in person, by phone or email. This month represents the start of our 9th month with services provided in a different way. It is challenging for sure, but the staff at the Council on Aging is dedicated to helping you in any way possible. We are all available to assist you with your questions, concerns and need for information. Susan, Kathy, Tricia, Lisa, Peter and I are here for you. Simply call the Center. On behalf of all of us at the COA, we wish you a very wonderful, peaceful and Happy Thanksgiving.

*Roberta Lynch*

## Calling All Seniors Who Want to Learn How to Zoom!

We want to know if you have a computer, I pad, I phone or laptop. Please call the Center and provide your email and device information. The Center will be holding one-on-one instruction on How to Zoom. If you have one of these, we can help you to Zoom so that you can participate in more programming at home. If you have a desk-top computer with a camera, we can help over the phone to get you on the Zoom platform. Simply call the Center at 508-359-3665 to schedule a convenient time. It is easier than you think!


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## About Falls

**Falls are common and costly especially among Americans age 65 and older. But falls are preventable and do not have to be an inevitable part of aging.**

Every second of every day, an older adult (age 65+) suffers a fall in the U.S.–making falls the leading cause of injury and injury death in this age group. One out of four older adults will fall each year in the United States, making falls a public health concern, particularly among the aging population. One key to reducing the risk of serious falls is exercise. According to Jennie Hanson, President of AARP "Several studies show that exercise and activity, specifically those that help in strengthening, flexibility and **balance**, can make a significant difference in minimizing one's chance of falling." During this pandemic you have many options to exercise. YOUTUBE has many free exercise videos and our local cable channels air exercise class at 10:00 a.m. At the Center we are offering Chair Yoga on Tuesdays at 10:00 a.m., Mat Yoga on Thursdays at 10:00 a.m. and Core Balance on Fridays at 10:00 a.m. Call and sign up for one or all of these weather permitting outdoor classes.

## AVAILABLE RESOURCES

Nursing Services – Roberta is available for blood pressure checks. Call for an appointment!

Health Insurance Counseling – S.H.I.N.E. phone appointments are available by calling the Center.

Elder Resource Center - Attorney Mary Roque is available for phone and outside consultations. Arrangements are made by calling the COA.

Selectman Office Hours – Meet and talk with Selectman Peterson on Fri. Nov. 6 at 9 a.m. on our back patio. Mask and social-distancing required.

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

RMV Near Me - The COA is offering RMV on-line services by phone. Information on requirements for the Real I.D. can be mailed out, if requested.

Veteran Service – Office Hours - Please call the Center for a telephone appointment if you would like to talk with the Veteran's Service Officer, Jon Cogan.

Fuel Assistance – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.

## Metrowest Legal Services

Metrowest Legal Services provides certain free services including advocacy to elders and lower income non-elders. Elder law issues include housing, durable power of attorney, guardianship, conservatorship benefits, nursing home issues, domestic relations, bankruptcies and more. Call 1-800-696-1501 and leave a message. If you have an urgent situation, leave a message and the need for an urgent response in your voice-mail message.

## Money Management Program

Offered through BayPath, this free program assists low-income people 60 and over as well as persons with disabilities who have difficulty paying bills on time or managing money and who have no family or friends to help them. Certain income and asset guidelines may apply. Volunteers are background-checked, trained and supervised by BayPath staff. If you think you would benefit from this program, or have questions regarding the program, call BayPath at 508-573-7241

## SHINE (Serving Health Insurance Needs of Everyone)

Our SHINE counselor is trained and certified to provide information, counseling and assistance regarding health insurance and benefits to seniors. This free program is available to elders, their families or caregivers and Medicare beneficiaries of all ages. To schedule a phone appointment with our SHINE counselor, call the Center at 508-359-3665 and we will confirm a telephone appointment for you.

## Circuit Breaker Information

Massachusetts homeowners and renters age 65 and older may qualify for up to $4,380.00 in a cash refund or credit from the State department of Revenue for the past three years if your property taxes (or 25% of your rent) exceeds 10% of your annual income and you meet other qualifying criteria. Call the Center for a detailed information sheet on the guidelines. Also visit www.mass.gov/dor/seniors or call the Department of Revenue, Customer Service at 617-887-6367.

## Home Loan Modification Program

This program provides loans to make modifications to primary, permanent residences of elders, adults with disabilities and families with children with disabilities. Various loans are available based on income. For more information, contact the South Middlesex Opportunity Council at 508-202-5919, or www.mass.gov and search Home Modification Loan Program.

## Opera for Everyone!
## A Tribute to Jessye Norman and More!

A huge thank you to the Sherborn COA who has invited us to join them in this wonderful opera presentation. The regal African-American soprano, Jessye Norman, passed away in September, 2019. Her tribute will be followed by the bel canto opera "Maria Studarda" by Gaetano Donizetti, "A Masked Ball" by Guiseppe Verdi starring Pavarotti, and Beethoven's only opera "Fielio." The last class will be devoted to "Great Moments in Opera," Erika's selection of beautiful opera arias and choruses.

Presenter: Erika Reitshamer continues to entertain, enlighten and inspire Lifetime Learners while passing along her vast knowledge of opera and opera lore. She has spent a lifetime studying opera and was active in the formation of the Boston Lyric Opera Company. She is a board member of the New England Opera Club and a former Vice President of the Boston Wagner Society.
Classes will be held on Tuesday, November 10, 17 and December 1, 8 and 15 from 1:30 - 3:00 pm
All classes take place on Zoom. Call the Sherborn COA at 508-651-7858 to sign up. Cost for five sessions is $50.00. If anyone needs help getting set up on Zoom, we can work with you prior to the start of the class.

We are not sure what options we will have with in house programming during the winter. The chances are great that the next few months are going to be long and maybe lonely as we continue to stay safer at home. BUT, there is one way to add some spice to your life, join us for Conference Call BINGO every Tuesday and Friday at 11:30 a.m. It is easy, simple and a whole lot of fun. Simply call the Center and we will make arrangements to deliver your BINGO cards and we also have large print BINGO cards if needed.

**Our own Grab N Go lunch on Thurs. 11/12. Call to order: sausage n cheese sandwich, chips, water & dessert.**

## USSR- Russia
## Myths, Mysteries and Spying

On November 17 at 2:00 p.m., enjoy a one-hour presentation by Henry Quinlin based on his 30-years involvement with the former Soviet Union and Russia. Mr. Quinlin lived in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation with 62 power-point panels will definitely entertain and educate the participants
The presentation includes: The Hermitage, The Bolshoi Theater, The Kremlin Museum, The Palaces, The Moscow Subway, The Pushkin Museum, The Three Great Mysteries of Russia, The Amber Room, The Czar's Jewels and The Art Taken by Napoleon.
Also featured will be:

- Soviet Union in WW2
- Unusual story of Father Walter Ceszak, S. J. who survived 20 years in Soviet prison camp.
- Tour of Soviet Space facilities with Wally Schirra. Discovered long-held secret of Soviet Space Agency.
- Memorable comments, of Michelle Pfeiffer about making a film with Sean Connery in Moscow.
- Summit 1990 President Gorbachev and President G. H. Bush.
- Overthrow of Communism - Dismantling the USSR. Tanks in the streets.
- Spying for the F.B.I. And so much more!

Join us for this unique presentation by registering with your **phone number and email by calling the Center at 508-359-3665.**

PICK UP YOUR BREAD, DONUTS, BAGELS & MUFFINS… WEDNESDAYS 12-1PM AT THE CENTER

## 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 information.

### 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. Phone - call appointments are encouraged.

### Health and Wellness

In cooperation with the Medfield Board of Health, masks must be worn when out in public, social-distancing is recommended and frequent hand-washing is a must!

### 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.

### SHINE

Our SHINE volunteer is available for telephone appointments by calling the Center for assistance with figuring out the health-insurance maze.

### RMV NEAR ME

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

### Adult Respite Care Program

Are you a caregiver looking for a few minutes to yourself? Our Virtual Club Program is on Wednesday from 11:00 p.m. to 12:00 p.m. Your loved one can join Kathy and Tricia for conversation, music, gardening talk, dog therapy and a variety of virtual activities.

If you are interested in a short break, schedule an in-person CLUB hour for your loved one with Kathy and Tricia. Your loved one will enjoy real conversation, a stimulating environment and more importantly, an hour off for your enjoyment!

Call Kathy Powers at
508-359-3665
for more information.

### 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. Please return when no longer needed.

### Low -Vision Information

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

### Caregiver Zoom Support Group

Share your experience, advice and support on **Wed. 11/18 at 10 a.m.**
**Call the Center for your zoom invite.**

### Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Susan Bernstein and set up a phone call appointment to discuss the options at the Center.

### Large-Print Newsletter

Pick up a large-print copy of the newsletter at the Center by request.

### Kingsbury Club

Senior Swim suspended until further notice.

### Low Hearing Support

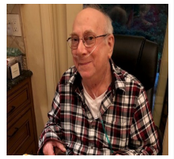
Hearing loss happens as we age. **Contact Susan Bernstein for information** on ways to manage your hearing loss.

This program starts October 26! You need to sign up by the October 23rd.

### Norfolk County RSVP Invites You to Join Western Gunslingers: The Truth Behind the Westerns'

Dan Seligman, an established RSVP volunteer, will present his 10 seminar series, "**Western Gunslingers: The Truth Behind the Westerns,"** on Mondays, @ 11 a.m. - 12 noon. The series will begin on October 26th and end on December 28th. Attendance at all sessions is not required! To participate, please send an email to Dan at drseligman@comcast.net by October 23rd. Dan will email you the Zoom link, for the weekly sessions.
The course consists of ten PowerPoint seminars on the life and times of gunslingers who lived in the American West in the late 19th century. Gunslingers are well known in American popular culture. The American West has been portrayed extensively in westerns and other media. It has been subjected to broad exaggeration, and more recently to uninformed debunking. The intent is to present the unvarnished truth as far as it can be ascertained from historical records.
The seminars are generally broken up into two series: The Good Guys series consists of seminars on the following five figures: Wild Bill Hickok, Wyatt Earp, Bat Masterson, Buffalo Bill Cody and Annie Oakley.
The Bad Guys series consists of the following: Jesse James, Billy the Kid, Belle Starr, Black Bart and Butch Cassidy. Sign up today!

### Dave Oppenheim's Alton Brown Corn Pudding



1/2 onion, diced fine
1-ounce unsalted butter
1/2 teaspoon thyme
1/2 teaspoon rosemary
1 (15-ounce) can creamed style sweet corn
1 cup heavy cream
2 eggs
1 teaspoon baking powder
1/2 cup yellow cornmeal, whole grain, stone ground
1/2 cup shredded Parmesan cheese
1 teaspoon kosher salt
Ground black pepper to taste
2 cups French bread, cubed

Recipe Steps

Heat oven to 350 degrees F.
Sweat onions with butter and herbs in an oven safe skillet until translucent.. Combine corn, cream, eggs, baking powder, cornmeal, Parmesan, salt, and pepper in a large mixing bowl. Add cubed bread and fold to combine. Pour batter into skillet, right on top of the onion mixture. Bake 50 minutes, or until set. Cool slightly before serving.

### The Pen-Pal Program

Chances are that the winter might be long and we may be using the term "safer at home." It's not 100% that we might be encouraged to stay home like before, but through an idea from COA member, Janice Cannon, we have started a Pen-Pal Program. The intent is to brighten someone's day with an old fashion way of communicating, by U.S. mail! We are looking for more people who would be interested in writing to Medfield residents who may be more isolated than others. If interested, contact the Center at 359-3665 to get more information.

### NEW ACTIVITIES FOR NOVEMBER

Mondays at 1:30- Crossword-Puzzle Mania begins Nov. 1. Join us in solving a different puzzle each week. As a group everyone will have an opportunity to contribute on the down and across clues. This is something different, something to stimulate the brain and something fun to do!

Wednesdays at 3:30 p.m.- Enjoy 30 minutes of Brain Teasers beginning Nov. 4! Keep your brain active with teasers that make you think.

Thursdays at 2:00 p.m. - Enjoy an audio book with others through Conference Call. We will feature short stories followed by a discussion at the end of the read. Enjoy this unique way to get together and enjoy each other's company and have a discussion at a distance.

Fridays at 10:00 a.m. - Coffee and Conversation Each week we will decide what the next week's topic will be. Join in on Nov. 6 for our first meeting! Dial in and join the conversation.

To access any of these programs simply dial 1-978-990-5000 and then your Access Code 859729. We look forward to sharing these activities with you in hopes of adding to your day in the safest way possible.

YOUR PHONE — COA PHONE

1-978-990-5000 → A.C. 859729

### Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!

Nov. 4 – Chicken Salad
Nov. 11 – Turkey and Cheese
Nov. 16 – Seafood Salad
Nov. 25 – Ham and Cheese

Call 508-359-3665 to order.

### Holiday Tips for Care-giving

Those involved in care-giving know too well that this time of year may bring stress and angst. As a caregiver, it's important that you take time to nurture and care for yourself. The job you're doing comes with inevitable challenges so it's critical that you possess self-care tools designed to help you manage these stresses. Here are a few things to remember. First, recognize your signs of stress and burn out. Acknowledge your feelings good and bad. Next, put self-care back on your list and find a healthy stress relief outlet. Finally, remember that it's ok to say no. Keep your plans simple and ask for help! Remember you cannot pour from an empty cup!

# NOVEMBER 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2. BEEF N CABBAGE<br>9:00 SHAW'S SHOPPING<br>9:30 QUILTING GROUP<br>10:00 CABLE TV EXERCISE<br>11:30 GUNSLINGERS ON ZOOM<br>1:30 CROSSWORD PUZZLE MANIA | 3.<br> <br>POLLS OPEN 6 AM TO 8 PM<br>11:30 CONFERENCE CALL BINGO | 4. CARIBBEAN CHIX<br>9:00 MARKET BASKET SHOPPING<br>10:00 CABLE TV EXERCISE CLASS<br>10:00 COA BOARD MEETING<br>11:00 VIRTUAL "CLUB"<br>11:30-12 GRAB N GO LUNCH<br>12:00-1 BREAD DISTRIBUTION<br>2:00 OUTDOOR FIT TO KNIT<br>3:30 CONF. CALL BRAIN TEASERS | 5. HOT DOG<br>9:30 MAT YOGA<br>10:00 CABLE TV EXERCISE CLASS<br>10:00 TARGET & STOP N SHOP IN PLAINVILLE<br>12:00 FOSI MEETING<br>2:00 CONF. CALL READ | 6. POTATO POLLOCK<br>9:00 SELECTMAN'S HOUR WITH PETE PETERSON<br>10:00 CORE BALANCE CLASS<br>10:00 COFFEe & CONVERSATION<br>10:00 CABLE TV EXERCISE CLASS<br>11:30 CONFERENCE CALL BINGO |
| 9. CHIX CACCIATORE<br>9:00 SHAW'S SHOPPING<br>9:30 QUILTING GROUP<br>10:00 CABLE TV EXERCISE<br>11:30 GUNSLINGERS ON ZOOM<br>1:30 CROSSWORD PUZZLE MANIA | 10. BEEF PICADILLO<br>9:30 CHAIR YOGA<br>10:00 KOHL'S & MACY'S IN NATICK<br>10:00 CABLE TV EXERCISE CLASS<br>11:30 CONFERENCE CALL BINGO<br>1:30 OPERA FOR EVERYONE | 11. VETERAN'S DAY HOLIDAY<br>THE CENTER IS CLOSED<br> <br> | 12. GREEK CHICKEN<br>9:30 MAT YOGA<br>10:00 CABLE TV EXERCISE CLASS<br>12:00 GRAB N GO: SAUSAGE/ CHEESE SANDWICH<br>2:00 CONF. CALL READ | 13.CRUSTLESS CHIX<br>*World Kindness Day*<br>9:00 ROCHES BROS SHOPPING<br>10:00 CABLE TV EXERCISE CLASS<br>10:00 COFFEE & CONVERSATION<br>10:00 CORE BALANCE CLASS<br>11:30 CONFERENCE CALL BINGO<br>12:30 ICE CREAM SANDWICH GIVE-A-WAY |
| 16. AMERICAN CHOP SUEY<br>9:00 SHAW'S SHOPPING<br>9:30 QUILTING GROUP<br>10:00 CABLE TV EXERCISE<br>11:30 GUNSLINGERS ON ZOOM<br>1:30 CROSSWORD PUZZLE MANIA | 17. BBQ PORK<br>9:30 CHAIR YOGA<br>10:00 CABLE TV EXERCISE CLASS<br>11:30 CONFERENCE CALL BINGO<br>1:30 OPERA FOR EVERYONE<br>2:00 USSR-RUSSIA ZOOM PRESENTATION | 18. GLAZED CHICKEN<br>9:00 MARKET BASKET SHOPPING<br>10:00 CABLE TV EXERCISE CLASS<br>10:00 CAREGIVER SUPPORT GROUP<br>11:30 -12 GRAB N GO LUNCH<br>11:00 VIRTUAL "CLUB"<br>12:00-1 BREAD DISTRIBUTION<br>2:00 OUTDOOR FIT TO KNIT<br>3:30 CONF. CALL BRAIN TEASERS | 19. ROAST TURKEY DINNER<br>9:30 MAT YOGA<br>10:00 CABLE TV EXERCISE CLASS<br>10:00 DOLLAR STORE & JOB LOT<br>2:00 CONF. CALL READ | 20. CHEESE BURGER<br>9:00 ROCHES BROS SHOPPING<br>10:00 CABLE TV EXERCISE CLASS<br>10:00 COFFEE & CONVERSATION<br>10:00 CORE BALANCE CLASS<br>11:30 CONFERENCE CALL BINGO |
| 23. SAUSAGE, PEPPER, ONIONS<br>9:00 SHAW'S SHOPPING<br>9:30 QUILTING GROUP<br>10:00 CABLE TV EXERCISE<br>11:30 GUNSLINGERS ON ZOOM<br>1:30 CROSSWORD PUZZLE MANIA | 24. CURRY CHICKEN<br>9:30 CHAIR YOGA<br>10:00 CABLE TV EXERCISE CLASS<br>10:00 MARKET BASKET/WALMART<br>11:30 CONFERENCE CALL BINGO | 25. CATCH OF THE DAY<br>9:00 MARKET BASKET SHOPPING<br>10:00 CABLE TV EXERCISE CLASS<br>11:00 VIRTUAL "CLUB"<br>11:30-12 GRAB N GO LUNCH<br>12:00-1 BREAD DISTRIBUTION<br>3:30 CONF. CALL BRAIN TEASERS | 26.<br>THANKSGIVING DAY HOLIDAY<br>THE CENTER IS CLOSED | 27.<br>THE CENTER IS CLOSED FOR THE THANKSGIVING WEEKEND |
| 30. POT ROAST<br>9:00 SHAW'S SHOPPING<br>9:30 QUILTING GROUP<br>10:00 CABLE TV EXERCISE<br>11:30 GUNSLINGERS ON ZOOM<br>1:30 CROSSWORD PUZZLE MANIA | All outside programs are weather dependent. Let's keep our fingers crossed for a warm November! | Are You a Caregiver?<br>Do You Ever Feel Alone?<br>Join our Caregiver Support Group on Zoom on Wed. Nov. 18 at 10 a.m. Lisa Donovan can answer your questions and address concerns. Email Lisa at ldonovan@medfield.net for the Zoom link. | HOLIDAY & GROCERY SHOPPING TRIPS<br>Check out the calendar for a variety of shopping options. Please call the Center to sign up and keep in mind that we continue to be limited with the number of people allowed on the bus at one time. | |

Play CONFERENCE CALL BINGO on Tuesday and Friday at 11:30 a.m. November is a great month to pick up a couple of cards and enjoy the fun game of BINGO!

BERKSHIRE HATHAWAY HomeServices Commonwealth
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508-561-5411
Mary.Cusano@CommonMoves.com
www.homesbymaryg.com

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


*World Kindness Day*
Friday, November 13
Be kind today. Give someone a compliment. Bring someone flowers. Do something nice for someone!


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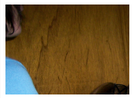
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Plainville 30 Man-Mar Dr. 508-695-6848

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CALL FOR DETAILS: 508.718.2053
NEW POND VILLAGE
A Benchmark Signature Living Community

Pat Maloney
Independent Elder Advocate
Phone: 508-341-8684
psmaloney@verizon.net
Help is a phone call

Medfield Orthopedic & Sports Therapy
Medfield Professional Building
5 North Meadows Road
Medfield MA 02052
508-359-9119

MEDFIELD veterinary clinic
51 Peter Kristof Way, Medfield, MA, 02052
(508) 359-1920 www.medfieldvet.com

MEDFIELD TV COMMUNITY SHOWS
www.medfield.tv
508-359-8888

LOVELL'S FLORIST & NURS
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