"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

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
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., JAN. 7
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

Adele Mariani in memory of Ralph and Joe,
Mona and John Tomera in memory of our Mothers
Robert and Joan Wood, Dean Pahud, Beckwith Post #110, Virginia McCoubrey

FOSI Yard Sale

So many events have been cancelled over the past 10 months, including the annual FOSI Yard Sale. The April 2021 sale is uncertain at this time. However, FOSI has been holding a "Virtual" Yard Sale and items have been flying out the door. Donations of items that can be easily be carried in and out are being accepted to support this on-line event. Simply call the Center and schedule a time to drop off your tax-deductible donation. The next few months may be a great time to do early spring-cleaning. Support FOSI by donating those gently used, unwanted items. FOSI supports the Center and the programs.
Check out our page https://www.facebook.com/fosi.medfield

FRIENDS OF SENIORS, Inc. (FOSI) **2021 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, A separate yearly $5 donation to the COA covers the newsletter mailing.

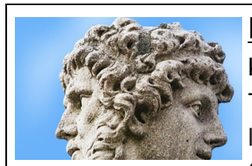
THE **CENTER** AT MEDFIELD

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

☆ JANUARY 2021 ☆

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.



Directors Note: January is named for the Roman god Janus. This Roman god is known as the protector of gates and doorways, which symbolize beginnings and ends. This god literally is two-faced (or two-headed). One face recalls the past and the other looks forward to the future. That is what we are doing this month, looking forward to the future. We are entering our 10th month of the 2020 pandemic and there is light peeking through the tunnel. The Roman god, Janus is encouraging all of us to wait patiently and look forward to the future! However, we still need to be vigilant with wearing masks, social distancing, hand washing and taking care of ourselves. Taking care of ourselves is so important as we age! Part of that is maintaining a regular exercise program. Tracy Buckley is providing us two great yoga classes via Zoom on Tuesdays and Thursdays at 9:15 a.m. Lourdes Fournier is starting a Zumba class via Zoom beginning Fri., Jan.15 at 10 a.m. If you are interested in participating, call the Center and register with your email. You can also exercise daily with COA classes on your local cable station at 10 a.m. (Verizon 47 or Comcast 8)

Winter Weather Reminder: With winter upon us, it is important to remind you that when Medfield schools are closed due to inclement weather, the Center is closed. However, this year when we are closed, all our Call-In and Zoom programs will run as scheduled. If the Center is closed on a regular shopping day due to snow, if possible we will run that trip the next available day. If we determine that it is unsafe for trips and or transportation provided by volunteers, the COA has the option to suspend services at any time.

Do not be cold this winter! You may qualify for Fuel Assistance. Call Lisa Donovan for a confidential phone appointment. This will determine if you are eligible to apply and what options are available.

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Community Director from Medfield Volunteer Position

Are you interested in volunteering for HESSCO as the Medfield Representative for the HESSCO Board of Directors? The role of a Community Director is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board, and to formulate policy for the Corporation. The Community Director does not need to be a member of the Council on Aging, but does need to be a resident of the town.

The board meets on the second Wednesday of the month at 9:30a.m. at the HESSCO office but currently we are meeting through a Zoom meeting. The Executive Director of HESSCO, Mary Jean McDermott is happy to speak with anyone who may be interested. If you have any questions about the duties of a Community Board Member, please feel free to call Mary Jean at 781-784-4944.

HESSCO
Care. Support. Solutions.

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 - Enjoy a telephone meeting with Selectman Peterson on Fri. Jan. 9 between 9-10 am. by phone.

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.

JOIN THE COA STAFF FOR A VARIETY OF ZOOM ACTIVITIES!

MONDAY AT 1:30 PM - CROSSWORD PUZZLE MANIA Sign up to receive the puzzle each week by mail or email and together each Monday on Conference Call we will we will work to complete the puzzle.

TUESDAY AND FRIDAY AT 11:30 AM - CONFERENCE CALL BINGO - 2 cards are provided to all players and end of month winners 1st and 2nd place receive FOSI jackpot prizes!

WEDNESDAY AT 2:00 PM- SPORTS TALK AND TRIVIA by Conference Call with Peter.

WEDNESDAY AT 3:30 PM- BRAIN TEASERS Enjoy a half hour of phrases, questions and thoughts that will stump your brain.

THURSDAY AT 10:30 AM- HOW WOULD YOU HANDLE IT? Join Lisa on Zoom and discuss different situations and how YOU would handle it. No answer is wrong!

THURSDAY AT 2:00 PM- Join our AUDIO BOOK CLUB with host, Susan Bernstein. Enjoy a half hour read followed by a group discussion.

FRIDAY AT 10:00 AM- CURRENT EVENTS AND MORE on Conference Call. Enjoy your morning coffee with COA staff member Trish Pembroke on a variety of topics.

Join any and all of these programs with ZOOM video or phone by registering with your email and phone number. Call the Center for more information.
Zoom links along with the phone in option will be provided.

YOGA CLASSES ON ZOOM

JOIN TRACY BUCKLEY

TUESDAY AT 9:15 AM (CHAIR)
THURSDAY AT 9:15 AM (MAT)

We will need your email to participate in these classes.

WINTER FALL PREVENTION

With icy and snowy conditions, the incidence of injuries due to slips and falls increases during this time of year. Here are a few tips to help keep you safe:
Concentrate on the path ahead and proceed slowly.

Avoid slippery surfaces, take a route around wet leaves, icy areas or snow banks.

Wear appropriate foot wear with waffled, ridged or heavily textured soles.

Use handrails whenever provided.

Clear all entrances, halls, stairs of snow & ice.

Be aware of changes in walking surfaces.

Clean your shoes when you go inside, caked snow or ice on shoes can be treacherous.

VIRTUAL SITES WORTH LOOKING AT

MFA Boston - Here's a peek at what is showing now at the MFA. Join the curator for a 10 minute description of two of their current exhibitions. Go to https://www.mfa.org, click on Exhibitions scroll to description and click on video.

Harvard Art Museum - Learn the story of the illegal use of Goldleaf in 18th century color prints. Go to https://harvardartmuseums.org and scroll down to Art Talks and there is an assortment of talks to choose from, including illegal use of Goldleaf!

POETRY– Enjoy An introduction to the value of poetry. Listen to several poems being read aloud for your pleasure and reflection. Go to www.poetryoutloud.org then click on Competing and click on Listen to Poems (perfect site to find a poem to share on January 19).

POETRY SHARE & READ

Reading poetry is like listening to the song of a bird. We hear the words and interpret them in our own way. Our experiences add to the fullness and meaning of the poem. As a group, lead by Rita Allegretto, let's share poems and decipher the meaning and inspiration of the words. This meeting will be held by **Zoom on Tuesday, Jan. 19 at 2 p.m.** Call the Center for the Zoom invite!

ZUMBA via Zoom

Lourdes Fournier returns on Fridays beginning January 15 at 10 a.m. for an energetic, Zumba Gold class. Call the Center today to register with your email!

New Year 2021

What would I wish for if I had my way,
Family and friends together each day,
A brand new outlook,
As we go on our way.
That's what I'd wish for if I had my way.
Rita Allegretto

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.

Adult Respite Care Program

Are you a caregiver looking for a few minutes to yourself? Our Virtual Club Program is on Wednesdays from 11:00 a.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.

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

RMV NEAR ME

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

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 Support

If you have questions about care giving, call the Center and we can help you navigate those challenges that you may be facing.

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.

TRIVIA CORNER

If you were born in January, you share your birth month with quite a few celebrities. Some of the most prominent are listed below.

Elvis Presley, Martin Luther King Jr., J.D. Salinger, Zora Hurston, Edgar Allan Poe, Morris Chestnut, Mel Gibson, Oprah Winfrey, Bradley Cooper and Jason Bateman.

YOUR HOROSCOPE

Capricorn (December 21st - January 19th) Your personality will be very much in the forefront this month. You will be judged by your peers according to what you decide to project, and deception an illusion could be present. An unexpected pleasant development could surprise you. Adjustments in your line of work could be necessary in order to increase your earnings potential, and you will be putting your best foot forward to do so. Emotional desire to get certain things resolved at home will manifest itself; cooperation and understanding should be of the utmost important to avoid unnecessary friction.

Aquarius (January 19th - February 18th) Your privacy seems to be very important to you at the beginning of the month. An unclear situation seems to be baffling you as things appear to be forever changing. These changes could become very favorable to you. Cooperation while communicating with siblings or close relatives should be taken into consideration and an agreement related to speculation with joint resources could be reached. Around the middle of the January, tension and uncertainty connected to your mate or partner could be a reason to give you worries, but harmonious circumstances will be surrounding you.

For more horoscope information go to: https://www.yearly-horoscope.org/january-2021-monthly/

Presidents Born in January

Millard Fillmore: January 7th, 1800
William McKinley: January 29th, 1843
Franklin Roosevelt: January 30th, 1882
Richard Nixon: January 9th, 1913

Presidents Who Died in January

John Tyler: January 18th, 1862
Rutherford B. Hayes: January 17th, 1893
Theodore Roosevelt: January 6th, 1919
Calvin Coolidge: January 5th, 1933
Lyndon B. Johnson: January 22nd, 1973

What Not to Buy in January

Toys, smart phones, computers and video game consoles. These are rarely on sale in January!

In Memory of Dave Oppenheim
This is the recipe Dave was planning on sharing this month.

Slow-Cooker Hearty Beef Stew

The Complete Cooking For Two Cookbook
From America's Test Kitchen

1 tablespoon vegetable oil
1 tablespoon tomato paste
2 garlic cloves, minced
1 teaspoon minced fresh thyme or ¼ teaspoon dried
2 cups beef broth, plus extra as needed
8 ounces small red potatoes, unpeeled
(If potatoes are larger, cut them into 1-inch pieces to ensure they cook through)
2 carrots, peeled and sliced ½ inch thick
1 tablespoon instant tapioca
1 tablespoon soy sauce
Salt and pepper
1 pound sirloin steak tips, trimmed and cut into 1½ - inch pieces
2/3 cup frozen peas

Lightly spray inside of slow cooker with vegetable oil spray. Microwave oil, tomato paste, garlic, and thyme in bowl, stirring occasionally, until fragrant, about 1 minute; transfer to prepared slow cooker. Stir in broth, potatoes, carrots, tapioca, soy sauce, ½ teaspoon salt, and ½ teaspoon pepper. Season beef with pepper and stir into slow cooker. Cover and cook until beef is tender, 6 to 7 hours on low or 4 to 5 hours on high.

Using large spoon, skim excess fat from surface of stew. Stir in peas and let sit until heated through, about 5 minutes. Adjust stew consistency with extra broth as needed. Season with salt and pepper to taste and serve.

YOGA

Originating in India many thousands of years ago, yoga focuses on harmony between the mind, body and spirit. Yoga is considered to be the oldest physical discipline in existence; it is a great workout for firming and toning the entire body. More than physical exercise, yoga brings about a greater sense of self, which results in greater happiness and a better quality of life.

Yoga is for EVERY-body. People of all ages and physical abilities can do yoga. Flexibility is a bi-product of yoga, not a prerequisite. This is the most common misconception that prevents people from coming to a yoga class. Yoga is not about how flexible you are. It is about improving your health - starting with the body you have right now. If you can only touch your knees, then you try to touch your shins. You move your body into a posture until you feel a stretch, feel your "edge", and then stop there. Wherever your body feels it is where the benefits are occurring.

Here are some of the many benefits from doing Yoga:

Body Strength and Stamina
Greater range of motion, Flexibility
Improves Balance, Concentration, Focus
Reduces Everyday Aches and Pains
Rehabilitate and Heal Injuries
Stress Reduction
Mental and Emotional Benefits
Helps you sleep better

The Pen Pal Program Goes Intergenerational!

We have students waiting to be assigned a pen pal from the Center. Call us today so we can make a match. There is so much to be learned and gained from this unique connection!

How Would You Handle It?

Everybody handles things differently. Someone who wins the lottery may give all the money away and someone else may splurge on him/herself. How would you handle winning a lot of money? Join us on ZOOM for a fun and interactive exploration of interesting scenarios that are presented to you to ignite your problem solving skills and to get you thinking about…"How would you handle it?" Bring your sense of adventure and creative ingenuity for a meeting of the minds! Please contact the Center to sign up for this program via Zoom on Thursdays at 10:30 a.m. Sign up with your email!

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

Jan. 6 – Chicken Salad, Jan. 13 – Turkey and Cheese,
Jan.20 – Seafood Salad Jan. 27 – Ham and Cheese

Call the Center on Monday to order! 508-359-3665

JANUARY 2021

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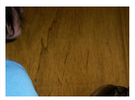

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NEW POND VILLAGE
A Benchmark Signature Living Community

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Did you know that January 4 is National Spaghetti Day? Sign up for our Grab n Go Spaghetti Supper! Pick up 3:00-3:30 pm. $3 / dinner!	**National Popcorn Day is January 19!** **Check in with the Center and leave with a bag of delicious, buttery popcorn. Drive-thru begins at 1:30 p.m.**	The SHINE counselor is available this month for phone appointments on Thursday, Jan. 7 in the morning and Thursday, Jan 21 in the afternoon. Call the Center to book your phone appointment!	The Coffee House Drive-Thru Visit the Center on Tuesdays and Thursdays between 10 -10:30 a.m. for your to-go coffee (decaf or regular).	1. COA CLOSED Happy New Year 2021
4. MACARONI & CHEESE **NATIONAL SPAGHETTI DAY** 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 1:30 CROSSWORD PUZZLE 3-3:30 GRAB N GO SUPPER	5. MEXICALE CHIX 9:15 CHAIR YOGA BY ZOOM 10:00 COFFEE HOUSE DRIVE-THRU 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO	6. SLOPPY JOE 9:00 MARKET BASKET SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COA MONTHLY MEETING 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 SPORTS TALK & TRIVIA 3:30 CONF. CALL BRAIN TEASERS	7. ROAST TURKEY 9:00 -1PM SHINE APPTS 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 DOLLAR STORE, BIG LOTS+ 10:30 HOW WOULD YOU HANDLE IT? 10:00 COFFEE HOUSE DRIVE-THRU 12:00 FOSI MEETING 2:00 AUDIO BOOK CLUB	8. PORK LO MEIN 9:00 SELECTMAN PHONE-IN HOUR 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE & CONVERSATION 11:30 CONFERENCE CALL BINGO
11. AM. CHOP SUEY 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 1:30 CROSSWORD PUZZLE	12. FIESTA OMELET 9:15 CHAIR YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 ZOOM W/ REP. DENISE GARLICK 10:00 TARGET & STOP N SHOP 10:00 COFFEE HOUSE DRIVE-THRU 11:30 CONFERENCE CALL BINGO 1:00 COOKING DEMONSTRATION	13. CHIX MARSALA 9:00 MARKET BASKET SHOPPING 10:00 CABLE TV EXERCISE CLASS 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 SPORTS TALK & TRIVIA 3:30 CONF. CALL BRAIN TEASERS	14. HOT DOG 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:30 HOW WOULD YOU HANDLE IT? 10:00 COFFEE HOUSE DRIVE-THRU 2:00 AUDIO BOOK CLUB	15. BAKED SALMON 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE & CONVERSATION 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
18. COA CLOSED MARTIN LUTHER KING HOLIDAY	19. CHEESEBURGER **NATIONAL POPCORN DAY** 9:15 CHAIR YOGA BY ZOOM 10:00 COFFEE HOUSE DRIVE-THRU 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO 1:30 POPCORN DRIVE-THRU 2:00 POETRY READ BY ZOOM	20. ROAST PORK 9:00 MARKET BASKET SHOPPING 10:00 CABLE TV EXERCISE CLASS 11:00 VIRTUAL "CLUB" 11:30-12 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 SPORTS TALK & TRIVIA 3:30 CONF. CALL BRAIN TEASERS	21. GREEK MEATBALLS 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:30 HOW WOULD YOU HANDLE IT? 10:00 COFFEE HOUSE DRIVE-THRU 1:00–4 SHINE APPOINTMENTS 2:00 AUDIO BOOK CLUB	22. BEEF & LENTIL CHILI 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE & CONVERSATION 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
25. STUFFED CHIX W/ BROCCOLI & CHEESE 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 1:30 CROSSWORD PUZZLE	26. SHEPARD'S PIE 9:15 CHAIR YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 11:30 CONFERENCE CALL BINGO	27. CHIX PICATTA **NATIONAL CHOCOLATE CAKE DAY** 9:00 MARKET BASKET SHOPPING 10:00 CABLE TV EXERCISE CLASS 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 SPORTS TALK & TRIVIA 3:30 CONF. CALL BRAIN TEASERS	28. MEATLOAF 9:15 MAT YOGA BY ZOOM 10:00 TARGET & STOP N SHOP 10:00 CABLE TV EXERCISE CLASS 10:30 HOW WOULD YOU HANDLE IT? 10:00 COFFEE HOUSE DRIVE-THRU 2:00 AUDIO BOOK CLUB	29. FISH SANDWICH 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE & CONVERSATION 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO

Selectmen Peterson holds office hours each month. Simply call 508-359-9190 on Friday, Jan. 8 between 9–10 a.m. and Selectman Peterson will meet with you by phone!

COOKING DEMONSTRATION TUES. JAN. 12 AT 1PM. MENU TO BE DECIDED. REGISTER WITH EMAIL!

Pat Maloney
Independent Elder Advocate

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

Medfield Orthopedic & Sports Therapy
Medfield Professional Building
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