"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

PRSRT STD U.S.
Postage Paid
Medfield
Permit No. 1

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

FOSI MEETING
ON THURS., FEB. 4
AT 12 NOON
BY ZOOM

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

Gustave Murby, Ralph and Gail Powers, Margaret and Peter Vasaturo, Edwin Kinnen, James and Gerda Yannes, Nic and Misty Scalforotto, Ruth Beswick, Linda Sandella,
Michelle Mellea and Tom Inglin in memory of Carl and Frances Mellea
Barbara, Jen and Dave in memory of Dave Foulsham
Gaby Harrison "Thank you to the staff of the Center"

The following are all who donated in memory of David Oppenheim:

Donna McClellan, Linda Bittarelli, Paul and Nancy Brusil, John and Luanne Monahan, Sonja Pollard, Roxanne Etmekjian and Nerses Joubanian, John Cristo, Pauline Medeiros, Kellene Kiel, Christopher and Nancy Brais, Greg and Helen Beedy and Edward Pelavin

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

FRIENDS OF SENIORS, Inc. (FOSI) **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

FEBRUARY 2021

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.

Director's Note: Without a doubt the past 11 months have been challenging times for everyone. Living alone has added an additional stressor for many people, including myself. That is why when the building closed on March 20, 2019, I continued to make my commute to Medfield and work every day from the Center. Keeping a routine is most important. The next couple of months may continue to be a challenge. Here are a few ideas to help keep us healthy and stay connected while we wait for news of the vaccine in our area and a return to life as we once had.

Get adequate sleep! Getting a good nights sleep is essential for your health. Older adults become sleepless for different reasons. Now is the time follow a sleep routine and make sure you get at least 7 hours of shut-eye per **night.**

Eat healthy meals! Specific foods can do wonders for overall health and wellness. Fruits and vegetables with lean protein is great. Try to limit the amount of "junk" food is best. I think for most people this has been hard!!

Stay active! A regular exercise routine is always a good idea, especially as you age. Our Friday Zumba and Tuesday and Thursday Yoga classes may be a perfect way for you to add some movement to your day.

Avoid Dehydration! We lose water content in our bodies during the aging process and that can aggravate existing chronic conditions or create more serious health problems.

Keep up to date with medications! It's important for you to strictly follow medication instructions from your doctor or pharmacist.

Connect with family and friends virtually! During isolation or social distancing, you can still see and talk with your family members, even if they live a long distance away. Routine calls or video chats are a way to stay connected.

Try something new! Think outside the box. Try a new hobby. Painting, learn to knit, writing a short story, journaling, cooking new recipes, sign up to be a Pen Pal, walk with a friend or begin your spring cleaning.

Enjoy what the Center offers! Check out what is going on. Every COA staff member (Susan, Kathy, Tricia, Lisa and Peter) is available to chat with you and assist with whatever you might need. Wednesdays are my favorite day because people visit for our Bagel Bonanza. It is so nice to see people and have a conversation. Stop by for drive-thru coffee on Tuesdays and Thursdays. The truth be told…..WE ALL MISS YOU! Roberta Lynch

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

Roberts Mitchell Caruso
FUNERAL HOME
508-359-2000
www.robertsmitchellcaruso.com

Home Instead SENIOR CARE®
to us, it's personal℠
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.

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

Feb. 3 – Chicken Salad,
Feb. 10 – Turkey and Cheese,
Feb. 17 – Seafood Salad,
Feb. 24 – Ham and Cheese

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

Bagel and Bread Bonanza

Every Wednesday between 12-1 p.m. visit the Center and pick up your favorite bread products from Blue moon, Donut Express and Brother's Market. Masks and social distancing are required.

The Center Library

Do you need a new book or puzzle? The Center library has quite a selection available to share. Simply call the Center to schedule a time to pick up or schedule a delivery.

Pen Pal Program

If interested in participating in the Pen Pal program, call the Center. There's a lot that can be gained by letter writing to a young community member. Lot's to learn and share.

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. Feb. 5 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.

The Center's Coffee Drive-Thru

Every Tuesday and Thursday
10-10:30 a.m. drive by the Center for a cup of to-go coffee!

COFFEE HOUR WITH REP. DENISE GARLICK

Enjoy a Zoom coffee hour with State Rep. Garlick on Wednesday, February 10 at 10:00 a.m. Last month was a great opportunity to receive updated information on state happenings, discussion on the vaccine and more. Call to register for this Zoom event.

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, call the Department of Revenue at 617-887-6367 or visit www.mass.gov/dor/seniors

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, conservator ship benefits, nursing home issues, domestic relations, bankruptcies and more. Call 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. If you think you would benefit from this program, or have questions 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. 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.

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.

The Center at Medfield Offering Two Great Virtual Presentations

The Super Bowl

As we prepare for this year's Super Bowl, plan on Joining the Center at Medfield on Wednesday, February 3 at 4:00 p.m. for a Super Bowl Zoom presentation by Evan Weiner. Evan is a speaker, author, with a radio and TV background. He has about 25 topics and has spoken globally. In 2007, the Department of State sent him to talk to foreign nationals at the George Bush Presidential Library in College Station, Texas to speak about the politics of sports business in America. Evan Weiner started his journalism career at the age of 15 by hosting a Spring Valley High School talk show on WRKL Radio, Mount Ivy, N.Y. He was covering news for WGRC Radio and won two Associated Press Awards in 1978 and 1979. He has written nine books about the business and politics of sports and does a daily video podcast called "The Politics of Sports Business." His presentation on February 3 will demonstrate that the Super Bowl is much more than a football game. As you might know, it is the only sports event that impacts every community in the United States. But, did you know that the Super Bowl rose out of the civil rights movement, specifically the African American boycott of the AFL All Star Game in New Orleans? Evan Weiner, a veteran sports broadcaster will take us on a journey from the birth of the Super Bowl to talk about the halftime shows and everything in between, including how the famed football game got its name. If you love football or if you're a diehard sports fan or need a little diversion, call the Center at 508-359-3665 to register with your name and email for this unique and interesting presentation.

Baseball in American Culture

In the past, baseball preseason conversations began in February. On Wednesday, February 24 at 2:00 p.m. Evan Weiner will present Baseball in America. This year despite speculation that **spring training 2021** and the regular season might be delayed because of COVID-19 concerns, MLB has instructed teams to begin preparing for the mid-February launch of **spring training** as planned. We will see the Red Sox truck leave for Fort Meyers to begin the 2021 spring season. Baseball has been embedded in the American culture since the end of the Civil War. There have been poems, songs, comedy routines, movies, TV shows, and books with baseball themes. Baseball cards have been and continue to be a big part of the culture. Casey At the Bat was required reading for elementary school students at one point. Abbott and Costello's Who's On First routine debuted on radio and led them to the Hall of Fame. The name Cooperstown means something special. And even Broadway got into the act with a play. Nobody ever wanted to be "Wally Pipped". Even today business analytics may have evolved from the movie Money Ball. Baseball was once the king of American sports. That may have ended but baseball in the culture has never gone away.
Join the Center at Medfield for these two fascinating presentations. Simply call the Center at 508-359-3665 and register with your name and email.

Dr. Gary Hylander Returns by Zoom on Monday, February 8 at 2:30 P.M.

Join historian, Dr. Gary Hylander, on Zoom as he presents a program about the Drafting of the United States Constitution. America's Constitution is the oldest surviving written constitution in the world. We will explore the work of the delegates at the Constitutional Convention and the reasons why a document written over two centuries ago by representatives from thirteen struggling seaboard states continues to give strength and liberty to a vast continental nation of almost 330 million people. Call the Center to register your email for this presentation.

Love Letters Series

Some of us may remember Pat Boone's 1950's rendering of Love Letters in the Sand; but many more of us will remember that time when people actually wrote love letters. That feels like a millennium before private telephones (not party lines), emails, texting and social media took the place of the REAL LOVE LETTER. Reading old love letters shows us what a great loss this is to those who admire emotional sentences filled with passion, admiration, reminiscence and sincerity.
Dr Margaret Joseph will talk about samples of such letters that have been preserved over time: for example, the letter by the wife of a samurai warrior before he was beheaded (1615); a famous Civil War leader (1861); Steinbeck's letter to his second wife; Richard Burton's letter to Elizabeth Taylor, and many more. Discussions will be held over Zoom on Tuesdays, beginning February 2 at 2:00 p.m. To register for call the Center at 508-359-3665. Your name, phone and email are required.

WEEKEND IN REVIEW

Join Peter Burke on Mondays at 12:30 p.m. for a conference call discussion on the latest sports, news and local happenings.
Grab a sandwich and enjoy lunch and conversation!

Call1-978-990-5000

Access Code is 859729#.

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.

Services Available at The Center

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.

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 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.

JOIN THE COA STAFF FOR A VARIETY OF CONFERENCE CALL / ZOOM ACTIVITIES!

MONDAY AT 12:30 PM- WEEKEND IN REVIEW (CONF. CALL)

MONDAY AT 1:30 PM - CROSSWORD PUZZLE MANIA (ZOOM & CONF. CALL)

TUESDAY AND FRIDAY AT 11:30 AM - CONFERENCE CALL BINGO (CONF. CALL)

WEDNESDAY AT 1:00 PM- BRAIN TEASERS (CONF. CALL)

THURSDAY AT 10:30 AM- HOW WOULD YOU HANDLE IT? (ZOOM)

THURSDAY AT 2:00 PM- Join our AUDIO BOOK CLUB (CONF. CALL)

Join these programs with ZOOM or phone by registering with your email and phone number. Call the Center for more information.
Conf. Call 978-990-5000 Code 859729#

New England Coyote-Wolf Presentation

Join local naturalist and photographer, Bob Michelson on Tuesday, February 23 at 6:30 p.m. for an image-based presentation on the New England Coyote-Wolf hybrid animals. These animals are often seen roaming our neighborhoods and are of concern. Bob will show us his stunning photos and share his extensive knowledge of the historic migration and hybridization of the Coy wolfs. He will share safety tips in case we encounter one of these beautiful hunters while out and about! All ages welcome. Email Bri at bozanne@minlib.net to register.

Kindness Club for Adults

Join the Medfield Public Library's Kindness Club for Adults. This is part discussion and part action group! On the second Thursday of the month at 7:00 p.m. we meet on Zoom to discuss a book or do an activity. We set specific kindness goals for ourselves to strive for during the coming month. This month, we are discussing *The Art of Showing Up: How to Be There for Yourself and Your People* by Rachel Wilkerson Miller. The book is available from the library and on HooplaDigital.Com. Do not worry if you haven't read it, you will still get a lot out of joining the discussion on Thursday, February 11 at 7 p.m. Email Bri at bozanne@minlib.net to register.

Healthy Habits Can Help Prevent Alzheimer's

At the Alzheimer's Association programs such as Maintain Your Brain®, a workshop featuring scientifically-rooted nutritional and lifestyle advice, educate people on keeping a healthy brain. Interactive exercises and activities are important for keeping a healthy brain and reducing the risks of developing Alzheimer's. However, it is not just mentally stimulating activity that keeps a brain healthy, but physical activity can also help prevent Alzheimer's.

New findings contained in two studies clarify how much exercise might be beneficial, and are good news for older people who want to avoid mental decline. Something as simple as regular walks, according to the studies, may be good for the brain as well as the heart.

The common saying "you are what you eat" is also being researched in relation to Alzheimer's. Healthy eating may reduce the chance of Alzheimer's, according to a Dutch study published in the Journal of the American Medical Association. In that study, Europeans aged 70-90 who ate a Mediterranean-style diet rich in fruits, vegetables, fish and olive oil had a 23 % lower risk of death during a 10-year follow-up than those with less healthy eating habits.

To maintain the brain and reduce the risks of developing Alzheimer's, mentally stimulating activity, exercise and diet all play an important role. Just how much of a role they play in reducing the risks of developing the disease is still being researched.

The Alzheimer's Association is the world leader in Alzheimer research and support. The Alzheimer's Association, MA Chapter has a variety of programs, such as the 24-hour Helpline, that offer support and education for people with Alzheimer's, their families and caregivers. For more information call 617.868.6718 or go to **www.alzmass.org**.

The Club ~ Looking Ahead in 2021

The Club last met in person as a group on March 10, 2020. Since that time, we have worked hard to support our Club members and their families in a variety of ways: phone calls, emails, correspondence through the mail, meetings via Zoom, in person outdoor meetings both at The Center and at family's homes.

We are hopeful that 2021 will bring The Club back to The Center again. Until such time, we will continue to provide support as best we can. If you have been caring for a loved one at home and need suggestions on activities, or questions about care giving, the Center staff might be a good resource for you and your loved one. Please call Kathy Powers for more information at 508-359-3665.

How Would You Handle It?

Exercise your mind and join our Thursday morning "How Would You Handle It" program. Everybody handles things differently. Join us on ZOOM for a fun and interactive exploration of interesting scenarios that are presented to you to ignite your problem solving skills. 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!

MINDFULNESS

Research on **the** brain and health has linked **mindfulness** with increased immune functioning, improvement in well-being and reductions in psychological distress. With life being very different over the past 11 months, mindfulness is a way to take a pause. It is all too easy to get wrapped up and carried away with the aspects of life that appear to loom over us like a dark shadow. Don't let that shadow squeeze out all the light! When life begins to carry you away to a dark place take a minute to just breathe. Focus on your breath and consider what is going well, what are you thankful for in this moment, maybe its health, family, your furry friend, whatever that is, stay there in that moment and just breathe. This is one easy way to add mindfulness to your life! Want to know more? Join Lisa the **first Monday of the Month (February 1) at 3:00 p.m.** by Zoom. Call the Center to register for this new program.

FEBRUARY 2021

BERKSHIRE HATHAWAY HomeServices Commonwealth

Mary G. Cusano, Realtor
266 Main Street
Medfield MA 02052
508-561-5411

Mary.Cusano@CommonMoves.com
www.homesbymaryg.com

The CENTER Hair Salon with Ginny

Call the Center if you need a hair appt.

ROCKLAND TRUST Where Each Relationship Matters

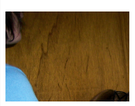
Cheryl O'Donnell
Branch Manager
76 North Street
Medfield MA 02052 508-359-7366

ZUMBA ON FRIDAYS AT 10:00 AM

CALL FOR INFO!

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

Licensed & Certified Audiologists and Speech-Language Pathologists



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

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

Live Connected

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

CALL FOR DETAILS: 508.718.2053

NEW POND VILLAGE
A Benchmark Signature Living Community

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. AM. CHOP SUEY 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CONF. CALL WEEKEND IN REVIEW 1:30 CROSSWORD PUZZLE 3:00 MINDFULNESS	2. CAJUN CHICKEN 9:15 CHAIR YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 10:30 WALGREENS 11:30 CONFERENCE CALL BINGO 2:00 LOVE LETTERS	3. LS HOT DOG 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 1:00 CONF. CALL BRAIN TEASERS 4:00 THE SUPER BOWL PRESENTATION	4. STUFFED SHELLS 9:00 -1PM SHINE APPTS 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 12:00 FOSI MEETING 2:00 AUDIO BOOK CLUB	5. POTATO POLLOCK 9:00 SELECTMAN PHONE-IN HOUR 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO
8. OMELET 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CONF. CALL WEEKEND IN REVIEW 1:30 CROSSWORD PUZZLE 2:30 DR. GARY HYLANDER PRESENTS *DRAFTING OF THE CONSTITUTION* ON ZOOM	9. CHICKEN BRUSCHETTA NATIONAL PIZZA DAY 9:15 CHAIR YOGA BY ZOOM 10:00 COFFEE HOUSE DRIVE-THRU 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO 1:00 PIZZA SLICE PICK UP 2:00 LOVE LETTERS	10. MEATLOAF 9:00 MARKET BASKET SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE WITH REP. GARLICK 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION	11. ROAST PORK 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 10:30 TJMAX / STOP N SHOP 2:00 AUDIO BOOK CLUB 7:00 ADULT KINDNESS CLUB	12. SHEPARD'S PIE 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO 12:00 CHOCOLATE TASTING
15. THE CENTER IS CLOSED 	16. CHIX CORDON ROYALE 9:15 CHAIR YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 11:30 CONFERENCE CALL BINGO 2:00 LOVE LETTERS	17. SEAFOOD CASSEROLE 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 1:00 CONF. CALL BRAIN TEASERS	18. LEMON CHICKEN 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 4:00 GRAB N GO DINNER	19. LASAGNA ROLL UP 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
22. MEXICALI CHICKEN 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CONF. CALL WEEKEND IN REVIEW 1:30 CROSSWORD PUZZLE	23. BBQ RIB NATIONAL BANANA BREAD DAY 9:15 CHAIR YOGA BY ZOOM 10:00 COFFEE HOUSE DRIVE-THRU 10:30 JOB LOT N DOLLAR STORE 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO 2:00 LOVE LETTERS 6:30 COYWOLF PRESENTATION	24. ROAST TURKEY 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 1:00 CONF. CALL BRAIN TEASERS 2:00 BASEBALL IN AMERICA ZOOM	25. 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 2:00 AUDIO BOOK CLUB	26. MAC & CHEESE 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO

HAPPY VALENTINE'S DAY

What would the month of February be without our annual Chocolate Tasting? Although it may be different this year, we will be hosting our 5th annual event in a **grab n go** fashion on Friday, February 12 from 12 -12:30 p.m. During this time you can drive up, open your car window and we will provide you with a sampling of chocolate goodies that will make your Valentine's Day complete. Be sure to call the Center and **sign up** for this event. Call the Center at 508-359-3665.

Selectmen Peterson holds office hours each month. Simply call 508-359-9190 on Friday, Feb. 5, between 9–10 a.m. and Selectman Peterson will meet with you by phone!

Special Days in February-Call to sign up!

Tues. Feb. 9- National Pizza Day! Stop by at 1pm for a Grab N Go slice!

Fri. Feb .12- Chocolate Tasting Stop by at 12:30 pm for a Grab N Go sampling!

Thurs. Feb. 18- Grab N Go dinner (chicken sausages, brown rice and veggie). Pick up at 4pm.

Tues. Feb. 23- National Banana Bread Day! Enjoy Banana Bread with your drive-thru coffee (10-10:30 a.m.)

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

Food for Thought

1. Either you run the day or the day runs you!
2. Sometimes bad things happen to make the good things even sweeter!
3. The first step to getting what you want is having the courage to get rid of what you don't!

MEDFIELD TV COMMUNITY SHOWS.

www.medfield.tv

508-359-8888

LOVELL'S FLORIST & NURS

160 MAIN STREET
MEDFIELD MA 02052
508-359-4191

Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.

Thomas fami dent

Five North Meadows Road
508-359-6660

Senior Discounts Available

Brian Silven
PRESIDENT & OWNER
BrightStar Care® of Norwood
One Walpole Street, Suite 5
Norwood, MA 02062

BrightStar Ca HOME CARE | MEDICAL STA

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

CHAIR YOGA ON TUES. @ 9:15AM

MAT YOGA ON THURS. @ 9:15

CALL FOR INFO!

Riverbend of South Natick
Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
South Natick MA
508-653-8330

"Quality care in a homelike setting"

Gilmore, Rees & Carlson, P.C.
Tax and Estate Planning, Wills, Trusts, Guardianships, Probate
Bob Morrill, Managing Partner
Offices in Wellesley and Franklin
508-520-2200 www.grcpc.com