

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

COUNCIL ON AGING BOARD

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

**FOSI MEETING
ON THURS.,
MARCH 4
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.

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

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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

MARCH 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.

Here are a Two Frequently Asked Questions About Covid Vaccinations

**What should I do if I experience symptoms after receiving a COVID-19 vaccine,
such as fever and body aches?**

If you have any significant pain or discomfort, talk to your healthcare provider. They may recommend over-the-counter medicine, such as ibuprofen or acetaminophen. To reduce pain and discomfort where you got the shot apply a clean, cool, wet washcloth over the area, and use or exercise your arm. To reduce discomfort from fever, drink plenty of fluids and dress lightly. In most cases, discomfort from fever or pain is normal, but contact your healthcare provider if:

- the redness or tenderness where you got the shot increases after 24 hours
- your side effects are worrying you or do not seem to be going away after a few days

**When can I stop wearing a mask and avoiding close contact with others
after I have been vaccinated?**

There is not enough information currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. So, continue to wear your mask, social distance and wash your hands! We are almost there!

If you or someone you know is having trouble getting a vaccine appointment, **PLEASE** call the Center and let us help! Also, please call the Center if you have an appointment scheduled or if you have received the vaccine.

(source): Frequently Asked Questions about COVID-19 Vaccination | CDC as of 12/21/20)

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

Rita McGee, Pamela Gallo, Rozanne Shorette, Sarah Cammarata, Barbara Houshman, Andrew and Vicki Karnakis, Mary Ford, Jan Geremia and Marcia Allan

Donations in memory of David Oppenheim have been received from:

Joyce Mortensen, Gary and Ellen Batenhorst, Kurt Mozer and Carol Noel Mozer, Ann Lewis, Michael Ziegele and Sarah, Friends of Cheryl Mazzoli at Pierce Elementary, Harlon Elementary, Quarton Elementary and Birmingham Public Schools, Marc and Rhonda Linovitz, Shelia and Larry Levine, Michael and Judy Olinick, Claire Shaw, Elizabeth Kaufman, Alice Keisermann, Bill and Janie Dwyer, Catherine Breen and Mary LaCroix

Donations in memory of Albertine Marinelli have been received from:

Peter and Elizabeth Brzezicki and Berta B. Giovannelli

FRIENDS OF SENIORS, Inc. (FOSI) 2021 Yearly suggested donation is \$15.00/person

DATE : _____

NAME: _____ PHONE: _____

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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.

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Picture by Mike Lennon September 2009
Garden by Jill Vollmuth

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

March. 3 – Chicken Salad,
March. 10 – Turkey and Cheese,
March. 17 – Seafood Salad,
March. 24 – Ham and Cheese
March 31 – Tuna salad
Call 508-359-3665 on Mondays to order!



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!

The Club ~ Looking Ahead in 2021

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.

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. March. 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.

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, conservatorship 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.

DO NOT MISS OUR NEW TRAVEL SERIES WITH JOY MARZOLF

TUESDAY, MARCH 16 AT 2 P.M. ENJOY THE WILDS OF SOUTHERN BELIZE



Located in Eastern Central America, Belize shares borders with Guatemala and Mexico. From the crystal blue ocean waters and inland to the nearby mountains, it is amazingly diverse. Wildlife along the Southern coast, and nearby rivers, includes magnificent tiger herons, fast flyers like the cinnamon hummingbird and the peregrine falcon, and large swimmers like manatees and crocodiles. Traveling inland to the rainforest brings sightings of spectacular butterflies, birds, like the black headed trogon, but also mammals like the elusive jaguar and bands of Coatiundi. Join us for a virtual trip to see some of the stunning wildlife of Southern Belize.

About Our Presenter: Joy Marzolf, has had a love for the outdoors and exploring nature since childhood. She continues her love of nature and exploring to this day by sharing what she knows, has experienced or learned through her nature talks from around the world. Joy has a BA in Biology and a variety of animal-related education programs. Joy has experience with a wide range of animals, including mammals in rehab/rescue programs, captive and non-releasable rescued animals in Oregon, worked with reptiles in the wild and more recently for 13 years Joy was the Naturalist and Educator at the Mass Audubon's Broadmoor Wildlife Sanctuary where she taught numerous programs for all ages on a wide range of topics.

March 3 is Caregiver Appreciation Day

Care giving is hard work. Every time you convince yourself that you can't go on. Remember that you have. If you are a caregiver, please give the Center a call. Often times talking to someone who understands what you are dealing with can be helpful. You may even learn new techniques to help with your day. Stop by the Center on March 3 between 2-3pm and receive a Caregiver Appreciation Gift (available until gone). We are here to support you as you travel this path.

"ONE PERSON CARING FOR ANOTHER REPRESENTS LIFE'S GREATEST VALUE"
JIM ROHN

Center's Activities

Call in on conference call at 12:30 each Monday and find out what is happening at the Center. We will share the weeks activities and answer any questions you might have or any suggestions you might have.

Call 1-978-990-5000 access code 859729#

How Would You Handle It?

Exercise your mind Thursdays at 10:30 a.m. with our "How Would You Handle It" program. Everybody handles things differently. Join us for a fun and interactive exploration of interesting scenarios that are presented to you to ignite your problem solving skills. Please contact the Center to sign up for this program via **Zoom** on **Thursdays at 10:30 a.m.** Sign up with your email!

BINGO

The Center plays Conference Call BINGO every Tuesday and Friday at 11:30 a.m. If you are interested in playing, simply call the Center and we will provide you the BINGO card and call-in instructions. Thanks to FOSI, they provide a jackpot for the monthly first and second place winners. We have a lot of fun and would love to have you join us! Call the Center for more information.

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 12 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. Want to know more? Join Lisa the **first Monday of the Month (March 1)** at 3:00 p.m. by Zoom. Call the Center to register for this new program.

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.

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

MONDAY AT 12:30 PM- LEARN ABOUT THIS WEEKS ACTIVITIES (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#

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.

PLANNING FOR MEDICARE-COUNTDOWN TO 65 SPREAD THE WORD TO YOUR FRIENDS TURNING 65!

As people approach the age of 65 they are faced with a number of life decisions to consider as they may prepare for retirement or senior living. One issue that can be a challenge to understand is the advent of Medicare as a health care choice. The Medfield Council on Aging is pleased to host a seminar titled "Planning for Medicare - Countdown to 65." The seminar will be presented on Zoom on Wed., March 31, at 6:30 pm.

Susan Flanagan, a representative with Blue Cross and Blue Shield, returns to present information that should be valuable to those entering the phase of life where it is important to understand health insurance options outside of employer-sponsored coverage, whether they are planning to retire or continuing to work. As we get older, many questions arise regarding health care coverage. It is important to be informed as we approach the process of selecting health care plans and even negotiating favorable premium rates. The "Planning for Medicare - Countdown to 65" seminar allows attendees to gain confidence in making informed decisions about individual health coverage options. Call the Center to sign up with your name & email.



To help us celebrate the month of March, a group of 8th grade girls from St. Edward's church will be hosting an Irish book read session. It will be held on **Wednesday: March 3, 10 and March 17 at 3pm by Zoom**. Though it may be a small emerald isle in the middle of the sea, Ireland's heritage is very large. It's rich history of literature and lore has inspired imaginations for hundreds of years. From legends of leprechauns and fairies to the classic poetry of Yeats and Joyce, these young ladies will share the wonders of Ireland with you. Sign up for this delightful afternoon activity by calling the Center at 508-359-3665 and register with your phone number and email.

A Pot O' Gold

Women's Suffrage Movement Presented by Dr. Gary Hylander
In recognition of International Women's Day on March 8, Dr. Gary Hylander, PhD will once again entertain and enlighten us with American history. Join us on March 8 at 2:30 p.m. as Dr. Hylander explores the journeys many had to take on their way to the ballot box. It took 72 years for women to win the right to vote, after suffragists first rallied at the 1848 Seneca Falls Convention. The battle was long, heart-felt, and sometimes bitter, but the 19th Amendment was finally ratified on August 18, 1920, in the wake of the Spanish Flu Pandemic. Call the Center to register with your name and email for this Zoom presentation on **March 8 at 2:30 p.m.**



Saint Patrick's Grab N Go Dinner

Hard to believe, it's been one year since this pandemic really hit. Last year we had to cancel our St Patrick's Day event. This year on March 17, sign up for our Corned Beef and Cabbage Grab N Go dinner catered by Basil Restaurant.

Reservations **must be** made by March 12 and the cost will be \$ 6/person.

Depending on the weather, you may want to linger in the parking lot, as our DJ, Bob Vartanian will be playing Irish tunes from 4-5 p.m. that you can hear right through your car radio! Be sure to call and sign up!



New England Underdogs Presented by Ted Reinstein

Author of three books about New England, Ted Reinstein has always had his eye out—and his heart open—to the region's true "underdogs." People who have had to overcome harsh challenges and sometimes (literally) crippling setbacks to survive, and even triumph, in the face of adversity. **Join us on March 24 at 6:30 p.m. by Zoom** and meet underdogs like New Bedford's Lynn Donahue, who seemed destined growing up to go the way of drugs and crime, but instead ended up adding the word, "Dr." to her name. Meet Mabray "Doc" Kountze, who defied the odds—and prejudice—against him to become the first Black sportswriter to receive an official Red Sox press pass. Sometimes an underdog can be an entire city, like Gloucester, which has found a way to forge on from a heyday long gone, and a future that's uncertain. And sometimes an underdog is a small town's beloved but beleaguered landmark, as in Putney, Vermont, where its general store, like the mythical phoenix, rose up after burning down twice in less than two years! Because that, is what true underdogs do. The talk runs 45-50 minutes, and is followed by Q&A. Call the Center to register for this event.

In Memory of Lou Fellini for his heartfelt commitment to Medfield seniors and his vision for "The Center".





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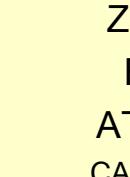
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MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. ORANGE CHICKEN 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CENTER ACTIVITIES 1:30 CROSSWORD PUZZLE 3:00 MINDFULNESS	2. TURKEY STEW 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. POT ROAST 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 2:30-300 CAREGIVER APPRECIATION GIFT 3:00 POT O' GOLD STORIES	4. BEEF & LENTIL CHILI 9:00-1PM SHINE APPTS 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 12:00 FOSI MEETING 2:00 AUDIO BOOK CLUB	5. BROCCOLI BAKE 9:00 SELECTMAN PHONE-IN HOUR 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
8. AM. CHOP SUEY 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CENTER ACTIVITIES 1:30 CROSSWORD PUZZLE 2:30 DR. GARY HYLANDER	9. PORTUGUESE CHICKEN 9:15 CHAIR YOGA BY ZOOM 10:00 COFFEE HOUSE DRIVE-THRU 10:00 CABLE TV EXERCISE CLASS 11:00 STOP N SHOP/TJ MAX/TARGET 11:30 CONFERENCE CALL BINGO	10. BEEF AND BROCCOLI 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 3:00 POT O' GOLD STORIES	11. TURKEY A LA KING 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 1:00 GRAB N GO POPCORN 2:00 AUDIO BOOK CLUB	12. SEAFOOD NEWBURG 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
15. MEXICAN CHICKEN 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CENTER ACTIVITIES 1:30 CROSSWORD PUZZLE	16. MEATLOAF 9:15 CHAIR YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 11:30 CONFERENCE CALL BINGO 2:30 TRAVEL SERIES WITH JOY THE WILDS OF SOUTHERN BELIZE	17. CORNED BEEF HASH 9:00 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 3:00 POT O' GOLD STORIES 4:00-5 ST. PATTY'S GRAB N GO	18. ROAST TURKEY 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 2:00 AUDIO BOOK CLUB	19. VEG. LASAGNA 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
22. CHICKEN CACCIATORE 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CENTER ACTIVITIES 1:30 CROSSWORD PUZZLE	23. SHEPHERD'S PIE 9:15 CHAIR YOGA BY ZOOM 10:00 COFFEE HOUSE DRIVE-THRU 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO	24. STUFFED CHICKEN 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 6:30 THE UNDERDOGS PRESENTATION	25. ROAST PORK 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 2:00 AUDIO BOOK CLUB	26. TUNA SALAD 9:00 ROCHES BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
29. BBQ PORK RIB 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE 12:30 CENTER ACTIVITIES 1:30 CROSSWORD PUZZLE TOWN ELECTION 6 AM-8PM	30. APRICOT CHICKEN 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 ICE CREAM CONE GIVE-A-WAY	31. FIESTA OMELET 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 6:30 COUNTDOWN TO 65 / MEDICARE	Special Days in March-Call to sign up! Wed. March 3- Caregiver Appreciation Day- Stop by the Center between 2-3:00 pm for an appreciation gift. Thurs. March 11- Popcorn Lover's Day- Stop by the Center for a bag of buttery popcorn at 1pm! Wed. March 17- Grab N Go dinner (Corned Beef & Cabbage) \$6/pp. Pick up between 4-4:30 pm. Tues. March 30- Ice Cream Cone give-a-way! Stop by the Center between 1:30-2pm (available until gone).	
Selectmen Peterson holds office hours each month. Simply call 508-359-9190 on Friday, March 5, between 9-10 a.m. and Selectman Peterson will meet with you by phone!				

Brian R. Thomas, D.D.S.
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MAT YOGA ON
THURS. @ 9:15

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508-359-9119

Food for Thought

1. Don't look back, you're not going that way.
2. When it rains look for rainbows, when it's dark look for stars.
3. Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.


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