

## 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

#### **Director:**

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#### ***The Club* Staff:** X200

Kathy Powers, Coordinator  
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**HESSCO Meal Site Manager**  
**Arlene DiDonato**  
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**HESSCO**  
781-784-4944

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

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Medfield  
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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

## OCTOBER 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 the 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 throughout their life journey.



### COUNCIL ON AGING BOARD

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

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

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

Paul and Barbara Finerty, Kathy Stevens, Will and Marilyn Davis, Bob and Stacy Graebner  
in memory of Bob Zabe

Frederick and Dorothy Schultz in memory of Bob Vollmuth

Barbara Foulsham, David Foulsham and Jennifer Manganiello in memory of David Foulsham

Kenneth and Laura Koenigs in memory of Albertine Marinelli

Cynthia Larensen in memory of Richard Allen

Mary Ford, Sylvia Bready, Pearce and Maureen Murphy, Joanne McAvoy

FOSI is a registered 501c3 non-profit organization. They are the fund raising arm for the Council on Aging; similar to the Friends of the Library or the Community School Association for the schools. FOSI is planning for the construction of a 3-bay garage in 2022. Join FOSI and help them to be successful with this project! FOSI meets the first Thursday of the month at 12 noon. All are welcome! The next meeting is October 7.

#### **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.**



### Tax Work Off Information

The Tax Work-Off Program administered by the Council on Aging will have applications available at the Center on October 1. The deadline for submission is by October, 27, 2021. If we receive more than 65 applications, a lottery will be necessary, and names will be drawn at the COA board meeting on Wednesday, November 3. This is an open meeting and all applicants are invited to attend. Participants will be able to start their hours as soon a position in a town department is secured.

Tax Work-Off Program is open to those 60 and over, who own a home in town, whose name is on the deed to their home and if in a trust, they are the beneficiary of the trust. Tax Work-Off volunteers with completion of their hours will receive a reduction in their real estate tax obligation in the amount of **\$1000.00 per** fiscal year in exchange for volunteering **74 hours** in their designated town department. These hours will need to be completed by October 18, 2022.

If the applicant previously filled out the payroll tax forms, they will not need to fill out the paperwork again. New applicants will be required to fill out the forms in order to participate in the program. Any questions regarding the program can be directed to Sarah Hanifan, Volunteer Coordinator by calling the Center at 508-359-3665.

### Making Sense of Numbers:

#### *What Statistics Can and Can Not Tell Us*

Join Dr. Jim Suojanen of Medfield for this unique and informative presentation on statistics and how they affect our lives. Join us on Wednesday, October 6 at 4:00 p.m. Call to register for this event.

### Men's Night at the Center

#### *Men and Retirement*

Join us at the Center for a Men's Night on Wednesday, October 20 beginning with **pizza and drinks at 5:30** followed by a unique presentation by Henry Quinlan on issues around men and retirement. Mr. Quinlan states that statistics show that men have more difficulty than women responding to loss and change in the retirement years. There are also more challenges for men in creating a meaningful and enjoyable retirement life. In this presentation, Mr. Quinlan offers strategies to combat these men-specific issues, and offers ideas that challenge both men and women in creating a meaningful and enjoyable retirement. It might seem like retirement is a time to take it easy and devote yourself to gardening, golfing, and napping. But don't take it too easy, for optimal well-being, you need to stay engaged – with your own interests as well as with other people. Pre-registration is required for this event by calling the Center at 508-359-3665.

#### *Thomas Upham House*



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service.



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

Oct. 6 –	Chicken Salad	Call 508-359-3665 on each Monday before 8:30 a.m. to order a Wednesday lunch.
Oct. 13 –	Turkey and Cheese	
Oct. 20 –	Seafood Salad	
Oct. 27 –	Ham and Cheese	

Wednesdays are a busy day at the Center. Order your Grab N Go meal and enjoy lunch in between the scheduled activities or make plans with a friend to enjoy the beautiful October weather with lunch on the back patio.

**Bagel and Bread Availability**

Monday after 9:30 a.m. (Shaw’s products)

Wednesday after 10:30 a.m. Shaw’s, Donut Express, Brother’s and Blue Moon.

Friday after 11:00 a.m. (Roche Bros-Millis)

Stop in to shop what is donated!

**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.


**Selectman Office Hours** - Meet with Selectman Peterson on **Friday, October 1 between 9-10 am.** for any community concerns/ideas you might have.

**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 online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.

**Veteran Service – Office Hours** - Veteran’s Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025

**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.



**Drop-in General Grief Support Group**

The Center at Medfield recognizes that navigating the loss of a loved one can be challenging. The group will meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 10:00 a.m. Please call Lisa at the Center if you want more information 508-359-3665. X 203 or email Lisa at [ldonovan@medfield.net](mailto:ldonovan@medfield.net).

**EXERCISE PROGRAMS AT THE CENTER**

☆

**Line Dancing**

☆

Line Dancing with Paul Hughes! It’s good exercise and good for your brain. Monday at 12 noon. Class is \$3.

**Core Balance Class**

Join the Jeanne Donnelly’s Core Balance Class on Monday at 1:30 and Friday at 11:00 a.m. Balance training repairs damaged pathways to the brain, strengthens and stabilizes weak muscles (core/abdominal muscles), and teaches the body new strategies for keeping itself upright. Class is \$5.

**Chair Yoga\***

Tracy Buckley’s Chair Yoga class is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include: improved flexibility, better concentration and increased strength. Join us on Tuesday at 9:30 a.m. Class is \$5.

**Mat Yoga**

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley’s class on Thursday mornings at 9:30 a.m. Class is \$5.

**ZUMBA Gold\***

Lourdes Fournier keeps you moving every Thursday at 10:30 a.m. with the Latin dance exercise you know as Zumba! This workout will use every muscle and you will have fun doing it. Our instructor will keep your hips moving as you exercise to the upbeat, energizing music. Class is \$5.

**Tai Chi**

Join our Tai Chi class Friday mornings at 10:00 a.m. Instructor, Jeanne Donnelly will take you through the slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. Class is \$5.

**ZUMBA**

Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold. Class is \$5.

\* Available on Zoom

**About Our Exercise Classes**

Our in-person and zoom classes are a “pay as you go” option. This way if you miss a class, you are not paying for a class. Sometimes an unexpected situation occurs that will prevent you from attending. “Pay as you go” is a great feature when this happens! We offer a 6-class punch-card if anyone is interested!

**Caregiver Support Group**


Do you sometimes feel stressed or overwhelmed as you try to manage your loved one’s care? The Center offers a Caregiver Support Group on the last Thursday of the month at 2:00 p.m. Please call the Center at 508-359-3665 to join us as we work together to navigate the caregiver journey. Contact Lisa at 508-359-3665 for information.

**Making Sense of Numbers:**  
*What Statistics Can and Can Not Tell Us*

Dr. Jim Suojanen presents this topic on Wednesday, October 6 at 4:00 p.m.  
Call the Center at 508-359-3665 to register for this program

**School Presentation at the Center**

Attend a special information session with the School Building Committee (SBC) on October 18 at 3 p.m. Chair of the SBC, Mike Quinlan, will share some important highlights and key details, such as tax impact, of the proposed new elementary school with our members. The Town of Medfield is participating in the Massachusetts School Building Authority (MSBA) process for a new elementary school to replace the existing Dale Street School (grades 4 and 5) originally built in 1941. Participating in the MSBA program allows our town to receive approximately \$18 million in reimbursement towards the project. The new proposed school would be built behind the Wheelock School, creating an elementary school campus. There will be ample time to answer any of your questions.



**OCTOBER BREAKFAST– OCTOBER 26 AT 8:30 A.M.**

Research has found even more reasons for making room for the "most important meal of the day." The most appealing benefit is that breakfast jumpstarts your metabolism and, thus, helps you burn more calories throughout the day. When you eat breakfast you’re telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories. Research also shows breakfast-eaters get more of certain nutrients—calcium, iron, vitamins A and C, and fiber—than those who skip. These nutrients are a critical part of a healthy diet and living your best life. Following breakfast we will have a presentation by Amy Schram and Robin Putnam from the MA Office of Consumer Affairs and Business Regulation. Together they will cover the most common scams currently circulating the community, major “red flags” to watch out for, and the precautionary steps we can take to protect ourselves from falling victim. Call the Center to sign up for breakfast!

**Atlantic City & NYC Christmas Special**

Sunday, December 5 -Tuesday, December 7

Gather your friends and enjoy a 2-night holiday trip. Board the bus at 7:00 a.m. on December 5 and travel to the beautiful Resorts, located on Atlantic City’s famous Boardwalk. On arrival, you’ll receive a \$20 slot play, (2) \$25 meal credits and tickets to the Resorts Casino Show! On Day 2, enjoy the Boardwalk and everything that is offered, pamper yourself with a spa treatment or a dip in the pool. On day 3, we will pack up and head to NYC for the Radio City Christmas Spectacular Show with Orchestra Seating. Enjoy a holiday get-a-way for some fun and relaxation. Tour costs are \$369.00 per person double occupancy, \$339.00 per person triple occupancy and \$479.00 single occupancy. Flyers are available at the Center.

**Fall is here, Winter is Coming–Fuel Assistance is Available!**

Fuel assistance helps thousands of local families with home heating bills each year. Did you know, Fuel assistance is not just for oil, gas, or electricity, if you heat your home with a pellet or wood stove you may receive assistance with that too!

The application process may seem daunting and I am happy to assist you in this task! If you previously received fuel assistance you should have received a renewal application in the mail. If you have not, you may call SMOC 508-620-2342 and they will re-issue another one for you. New to fuel assistance? No problem, I have applications available for new applicants! Please contact the Center at 508-359-3665 and ask for Lisa Marie Donovan Outreach Coordinator for a confidential appointment.



### 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, **fuel assistance**, caregiver and low-vision information and support are available through our Outreach Department with Lisa Donovan. Call for an appointment.

### Health and Wellness

In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment. Good handwashing is always 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.

### Grab N Go Wednesday Lunch

Order your lunch on Monday and pick up between 11:30-12 noon on Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.

### Services Available at The Center

#### S.H.I.N.E.

Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health insurance maze. Appointments are available on the 1st and 3rd Thursday of the month by calling the Center.

#### 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 caregiving, call the Center and we can help you navigate the challenges you may be facing. Stop in for the monthly support group on Sept. 30 at 2:00 p.m.

### Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call the Center to discuss the volunteer options with Sarah Hanifan.

#### Large-Print Newsletter

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

#### Kingsbury Club

Senior Swim Tuesday at 10:30 a.m. and Friday at 10:00 a.m. \$5/session

#### Medfield Food Cupboard

The Medfield Food Cupboard is open twice per month on Thursday evenings for curbside pick-up and by appointment for urgent needs. Contact the Food Cupboard at 508-359-4958 or email: [info@MedfieldFoodCupboard.com](mailto:info@MedfieldFoodCupboard.com) Please note all inquiries are confidential.

#### Bread Distribution

Every Wednesday from 10:30 a.m.–11:30 a.m. there are bread products from Brothers, Blue Moon and Donut Express. All welcome!

#### The CLUB

A supervised and structured day program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time for yourself, consider our program. Call Kathy Powers for more information.

### REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.  
3-Thirteen - Monday at 12:00 p.m.  
Line Dancing Monday - 12:00 p.m.  
Mah Jongg - Monday at 1:00 p.m.  
Pokeno - Monday at 1:30 p.m.  
Core Balance - Monday at 1:30 p.m.  
Hanna Adams Bridge - Monday at 7:00 p.m.  
Chair Yoga - Tuesday at 9:30 a.m.  
Ping Pong -Tuesday at 11:00 a.m.  
Duplicate Bridge - Tuesday 12:00 p.m.  
Calling All Crafters– Wed. at 10:45 a.m.  
SCAT - Wednesday at 11:30 a.m.  
Whist - Wednesday at 12:30 p.m.  
Cribbage - Wednesday at 1:00 p.m.  
Fit to Knit - Wednesday at 2:00 p.m.  
BINGO - Wednesday at 3:00 p.m.  
Woodcarving - Thursday 9:00 a.m.  
Mat Yoga - Thursday at 9:30 a.m.  
Walking Group - Thursday at 10:00 a.m.  
Zumba - Thursday at 10:30 a.m.  
Canasta- Thursday at 11:30 a.m.  
Poker - Thursday at 1:00 p.m.  
Coffee & Conversation - Friday at 10:00 a.m.  
Tai Chi - Friday at 10:00 a.m.  
Core Balance - Friday at 11:00 a.m.  
Movies–Wednesday & Saturday (see below)

### MOVIES

Holidays have special music, movies, decorations and other unique features. Halloween would not be Halloween without the movies that go along with it. This month, we will enjoy some of greatest chainsaw-wielding, spell-binding, hair-raising flicks to get you in the spooky season spirit. **Wednesday movies are at 2:00 p.m. and Saturday at 12:30 p.m.**

Sat., Oct. 2- The Omen (1976)

Sat., Oct. 9- Hocus Pocus (1993)

Wed., Oct 13 - Psycho (1960)

Sat., Oct. 16 - The Cabin in the Woods (2012)

Sat., Oct. 23 - The Shining (1980)

Wed., Oct. 27 - The Adams Family (1991)

Sat., Oct 30 - The Witches of Eastwick (1987)

### HOW TO LOSE THE COVID-15

Feeling like COVID did not help with your nutrition and health? Join us for a nutrition discussion and healthy tips on how to lose the COVID-15! My name is Kelsey, I have been a Registered Dietitian for about 6 years and have experience in both inpatient dietetics and nutrition counseling. I have a passion for helping people to lead healthier lives and am excited to be available to discuss nutrition topics with you all! Join me on **Thursday, October 7 at 2:30 p.m.** for a discussion on healthy living, eating and ways to lose those nagging pounds. Maintaining a healthy weight and exercising regularly is so important. Call the Center to be part of this discussion with HESSCO Dietician, Kelsey McEntee.

### Shred-it Event

Have you ever been the victim of identity theft? If so, you know what a huge hassle it is - not to mention how unsettling it is to have your privacy invaded. That's why it's important to shred documents that have any of your personal information on them. This event is sponsored by the Middlesex Savings Bank, Needham Bank, COA and Medfield Public Library on Saturday, October 9 from 9 a.m.–12 noon in the Center's parking lot. Bring your bag of papers and let the truck take care of them!

### Oktoberfest Supper Club–Wednesday, October 13 @ 5:00 p.m.

Fall has arrived and so have our monthly Supper Clubs. However, this month we will be celebrating our own Oktoberfest. If you recall, last year we had an Oktoberfest parking lot party. This year we will feature an indoor event catered by Basil. German music and delicious apple strudel will make the evening perfect. Initially, seating will be limited to Medfield residents and reservations must be made by October 6 with payment of \$6.

### MEN IN RETIREMENT

Wednesday, October 20 at 5:30 p.m. Join us for a pizza and beverage and a unique discussion at 6pm about “Men in Retirement” by Henry Quinlan

### SHINE- Serving the Health Insurance Needs of Everyone Presents Information on Medicare

As people approach the age of 65 they are faced with a number of life decisions to consider as they prepare for retirement or senior living. One issue that can be a challenge to understand is Medicare as a health care choice. Mike Keweshan, from SHINE, will present *free and unbiased health insurance information* that is valuable to those entering this phase of life. This information is crucial whether you are planning to retire or continuing to work. As we get older, many questions arise regarding health care coverage, especially in 2021, with new Medicare changes that will affect you. This is an opportunity for SHINE to educate you about this and other changes to Medicare. It is important to be informed as we think about selecting health care plans and even negotiating favorable premium rates.

Please join us at the Center at Medfield on Wed. October 27 at 6:00 pm for this valuable information. Call the Center at 508-359-3665 to register in advance.

### From the Desk of Sarah Hanifan, Volunteer Coordinator

#### Snow Shoveling Program

Can you believe it's already **OCTOBER?** With October comes November and that possibly means SNOW! We will have the Snow Shoveling program again this year; forms are available at the front desk. For those who have never used this service before, we have a list of teenage volunteers who will shovel your stairs, walkway and around your mailbox, NOT your driveway. You do not pay for this service as it's a wonderful way to teach the value of volunteering. If interested, stop into the Center or contact Sarah.

In addition, the Center is always looking for teen volunteers to help our seniors in their neighborhoods. If you or someone you know who would like to help with this program, call Sarah at 508-359-3665 or email at: [shanifan@medfield.net](mailto:shanifan@medfield.net)

*I'm so glad to live in a world where there are Octobers -  
Anne of Green Gables*

### Calling All Crafters!

Join us our Wednesday, October 13 at 10:45 a.m. in our Crafting Corner as we learn how to make decorative seashells. This is a fun and relatively easy craft to learn. Be part of our crafting group on a weekly basis using the Center's space to work on your individual projects and enjoy learning new crafts from those around you. Craft ideas are always welcome for our monthly group projects. Call the Center to sign up for this activity.



Learn to decorate seashells!



# OCTOBER 2021



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>COLOR KEY FOR CALENDAR</b> <ul style="list-style-type: none"> <li><b>SPECIAL EVENTS</b></li> <li><b>EXERCISE</b></li> <li><b>SHOPPING TRIPS</b></li> <li><b>REGULAR PROGRAMS</b></li> </ul>	<b>COMMUNITY SHRED-IT !!!</b> A SHRED-IT TRUCK WILL BE AT THE CENTER ON SATURDAY, OCT. 9 FROM 9:00A.M. TO 12 NOON. <i>THANK YOU MIDDLESEX SAVINGS BANK AND NEEDHAM BANK</i>	<b>DR. SUOJANEN PRESENTS STATISTICS AND YOUR HEALTH</b> <b>WED., OCT. 6 AT 4PM</b>	<b>MEN IN RETIREMENT WEDNESDAY</b> <b>OCTOBER 20</b> <b>5:30 P.M.</b> <b>CALL TO REGISTER</b>	<b>1. BBQ PORK RIBS</b> 9:00 <b>SELECTMANS' OFFICE HOUR</b> 9:00 <b>ROCHES BROS SHOPPING</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>KINGSBURY CLUB SWIM</b> 10:00 <b>COFFEE &amp; CONVERSATION</b> 10:00 <b>TAI CHI</b> 11:00 <b>CORE BALANCE</b>
<b>4. BEFF &amp; PEPPER CASSEROLE</b> 9:15 <b>SHAW'S SHOPPING</b> 9:30 <b>QUILTING GROUP</b> 10:00 <b>CABLE TV EXERCISE</b> 12:00 <b>3-THIRTEEN</b> 12:00 <b>LINE DANCING</b> 1:00 <b>MAH JONGG</b> 1:30 <b>POKENO</b> 1:30 <b>CORE BALANCE</b> 7:00 <b>HANNAH ADAMS BRIDGE</b>	<b>5. LASAGNA</b> 9:30 <b>CHAIR YOGA</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:30 <b>KINGSBURY CLUB SWIM</b> 11:00 <b>CLUB PICKUPS</b> 11:00 <b>PING PONG</b> 11:30-3 <b>THE CLUB</b> 12:00 <b>DUPLICATE BRIDGE</b> 1:00 <b>WALGREENS</b>	<b>6. MEATLOAF</b> 9:15 <b>MARKET BASKET</b> 10:00 <b>CABLE TV EXERCISE /COA BOARD MTG</b> 10:30 <b>BREAD DISTRIBUTION</b> 10:45 <b>CRAFTER'S CORNER</b> 11:30 <b>GRAB N GO LUNCH</b> 11:30 <b>SCAT</b> 12:30 <b>WHIST</b> 1:00 <b>CRIBBAGE</b> 2:00 <b>FIT TO KNIT</b> 3:00 <b>BINGO</b>	<b>7. ROAST TURKEY</b> 9:00 <b>WOODCARVING</b> 9-12 <b>NOON SHINE APPOINTMENTS</b> 9:30 <b>MAT YOGA</b> 10:00 <b>WALKING GROUP</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>WALKING CLUB</b> 10:30 <b>ZUMBA</b> 11:00 <b>CLUB PICKUPS</b> 11:30 <b>CANASTA</b> 11:30-3 <b>THE CLUB</b> 12 NOON <b>FOSI MTG</b> 1:00 <b>POKER</b>	<b>8. BREADED FISH</b> 9:00 <b>ROCHES BROS SHOPPING</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>KINGSBURY CLUB SWIM</b> 10:00 <b>COFFEE &amp; CONVERSATION</b> 10:00 <b>TAI CHI</b> 11:00 <b>CORE BALANCE</b>
<b>11. COLUMBUS DAY HOLIDAY</b>  7:00 P.M. <b>HANNAH ADAMS BRIDGE</b>	<b>12. MAC &amp; CHEESE</b> 8:45 <b>ARRIVAL FOR TURKEY TRAIN</b> 9:30 <b>CHAIR YOGA</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>DROP IN BERIEVEMENT</b> 10:30 <b>KINGSBURY CLUB SWIM</b> 11:00 <b>CLUB PICKUPS</b> 11:00 <b>PING PONG</b> 11:30-3 <b>THE CLUB</b> 12:00 <b>DUPLICATE BRIDGE</b>	<b>13. HONEY MUSTARD CHIX</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:45 <b>CRAFTER'S CORNER -SEA SHELL CRAFT</b> 10:30 <b>BREAD DISTRIBUTION</b> 11:30 <b>GRAB N GO LUNCH</b> 11:30 <b>SCAT</b> 12:30 <b>WHIST</b> 1:00 <b>CRIBBAGE</b> 2:00 <b>FIT TO KNIT</b> 2:00 <b>MOVIE - PSYCHO</b> 3:00 <b>BINGO</b>	<b>14. LS HOT DOG</b> 9:00 <b>WOODCARVING</b> 9:30 <b>MAT YOGA</b> 10:00 <b>WALKING GRP.</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>WALKING CLUB</b> 10:30 <b>ZUMBA</b> 11:00 <b>CLUB PICKUPS</b> 11:15 <b>JULIET OUTING -LOWELL'S IN MENDON</b> 11:30 <b>CANASTA</b> 11:30-3 <b>THE CLUB</b> 1:00 <b>POKER</b>	<b>15. SALMON</b> 9:00 <b>ROCHES BROS SHOPPING</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>KINGSBURY CLUB SWIM</b> 10:00 <b>COFFEE &amp; CONVERSATION</b> 10:00 <b>TAI CHI</b> 11:00 <b>CORE BALANCE</b>
<b>18. CHIX PICCATA</b> 9:15 <b>SHAW'S SHOPPING</b> 9:30 <b>QUILTING GROUP</b> 10:00 <b>CABLE TV EXERCISE</b> 12:00 <b>3-THIRTEEN</b> 12:00 <b>LINE DANCING</b> 1:00 <b>MAH JONGG</b> 1:30 <b>POKENO</b> 1:30 <b>CORE BALANCE</b> 3:00 <b>SCHOOL PRESENTATION</b> 7:00 <b>HANNAH ADAMS BRIDGE</b>	<b>19. SEAFOOD SALAD</b> 9:30 <b>CHAIR YOGA</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>FLU CLINIC</b> 10:30 <b>KINGSBURY CLUB SWIM</b> 11:00 <b>CLUB PICKUPS</b> 11:00 <b>PING PONG</b> 11:30-3 <b>THE CLUB</b> 12:00 <b>DUPLICATE BRIDGE</b> 2:00 <b>TILDEN TOGETHER WITH LISA</b>	<b>20. ROAST PORK</b> 9:15 <b>MARKET BASKET</b> 10:00 <b>CABLE TV EXERCISE</b> 10:30 <b>BREAD DISTRIBUTION</b> 10:45 <b>CRAFTER'S CORNER</b> 11:30 <b>GRAB N GO LUNCH</b> 11:30 <b>SCAT</b> 12:30 <b>WHIST</b> 1:00 <b>CRIBBAGE</b> 2:00 <b>FIT TO KNIT</b> 3:00 <b>BINGO</b>	<b>21. CHIIX MEATBALLS</b> 9:00 <b>WOODCARVING</b> 9:30 <b>MAT YOGA</b> 10:00 <b>WALKING GROUP</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:30 <b>ZUMBA</b> 11:00 <b>CLUB PICKUPS</b> 11:30 <b>CANASTA</b> 11:30-3 <b>THE CLUB</b> 12:00-4PM <b>SHINE APPOINTMENTS</b> 1:00 <b>POKER</b>	<b>22. TURKEY POT PIE</b> 9:00 <b>ROCHES BROS SHOPPING</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>COFFEE &amp; CVONVERSATION</b> 10:00 <b>TAI CHI</b> 10:00 <b>KINGSBURY CLUB SWIM</b> 11:00 <b>CORE BALANCE</b> 11:15 <b>ROMEO OUTING- PLEASANT CAFE</b>
<b>25. SKILLET FRITATA</b> 9:15 <b>SHAW'S SHOPPING</b> 9:30 <b>QUILTING GROUP</b> 10:00 <b>CABLE TV EXERCISE</b> 12:00 <b>3-THIRTEEN</b> 12:00 <b>LINE DANCING</b> 1:00 <b>MAH JONGG</b> 1:30 <b>POKENO</b> 1:30 <b>CORE BALANCE</b> 7:00 <b>HANNAH ADAMS BRIDGE</b>	<b>26. BEEF &amp; BROCCOLI</b> 8:30 <b>BREAKFAST W/ GUEST SPEAKER</b> 9:30 <b>CHAIR YOGA</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>DROP IN BERIEVEMENT</b> 10:30 <b>KINGSBURY CLUB SWIM</b> 11:00 <b>PING PONG</b> 11:00 <b>CLUB PICKUPS</b> 11:30-3 <b>THE CLUB</b> 12:00 <b>DUPLICATE BRIDGE</b>	<b>27. SLOPPY JOE</b> 9:15 <b>MARKET BASKET</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:30 <b>BREAD DISTRIBUTION</b> 10:45 <b>CRAFTER'S CORNER</b> 11:30 <b>GRAB N GO LUNCH</b> 11:30 <b>SCAT</b> 12:30 <b>WHIST</b> 1:00 <b>CRIBBAGE</b> 2:00 <b>FIT TO KNIT</b> 2:00 <b>MOVIE-ADAMS FAMILY</b> 3:00 <b>BINGO</b>	<b>28. CHIX CORDON BLUE</b> 9:00 <b>WOODCARVING</b> 9:30 <b>MAT YOGA</b> 10:00 <b>WALKING GRP.</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:30 <b>ZUMBA</b> 11:00 <b>CLUB PICKUPS</b> 11:30 <b>CANASTA</b> 11:30-3 <b>THE CLUB</b> 1:00 <b>POKER</b> 2:00 <b>CAREGIVER SUPPORT GROUP</b>	<b>29. TUNA NOODLE CASSEROLE</b> 9:00 <b>ROCHES BROS SHOPPING</b> 10:00 <b>CABLE TV EXERCISE CLASS</b> 10:00 <b>COFFEE &amp; CONVERSATION</b> 10:00 <b>TAI CHI</b> 10:00 <b>KINGSBURY CLUB SWIM</b> 11:00 <b>CORE BALANCE</b>

Meet with Selectmen Peterson the first Friday of the month, October 1 at 9:00 a.m.

Call the Center for information on our Saturday Program!

In no time, winter will be upon us with that beautiful white snow. The Center's Snow Shoveling Program has been active for many years. For information about this program that helps with shoveling out your mailbox, front steps and walkway, call Sarah at 508-359-3665.

**JULIET OUTING- JOVIAL UNIQUE LADIES**  
**INDEPENDENTLY EATING TOGETHER !** Sign up for lunch at Lowell's in Mendon on Thursday, October 14. The bus leaves at 11:15 a.m.

**ROMEO OUTING- RETIRED OLD MEN**  
**EATING OUT!** Sign up to enjoy lunch at Pleasant Café in Roslindale on Friday, October 22. The bus leaves at 11:15 a.m.

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**Lisa Donovan, Outreach Coordinator, will be available for individual appointments at Tilden Village on Tuesday, October 19 at 2:00 p.m.**

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**Food for Thought**

1. May your October be filled with good thoughts, kind people and happy moments.

2. Change your thoughts and you change your world.

3. May everyday in October fill your days with Hope, Love, Sunshine and Energy.

4. Autumn is a second spring when every leaf is a flower. -Albert Camus

**Medfield Council on Aging Exercise Coupon**

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