

## 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

### 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, Richard Ryder, Katie Robinson and Heidi Groff

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

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

## 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

## DECEMBER 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.

Director's Note: I find it hard to believe that December is upon us! I love this time of year, it provides so many opportunities to be with family and friends. As many of us have experienced, the holidays can be over-stimulating and be a source of stress. There are simple ways to help with the celebrations so they are calm and enjoyable for all.

1. Be open to changes in traditions; experience your holiday in a different way.
2. Celebrate in small doses. Simplify your celebration, streamline food selections and enjoy the people you are with.
3. For older family members, bring the celebration to them.
4. Unlock memories by having photos of past celebrations so everyone can enjoy and remember those family members that are no longer with us.
5. Downsize your decorations, there's no need to stress about this. Simple is elegant!
6. Give yourself a gift; treat yourself to something that makes you feel wonderful!

Wishing you a Merry Christmas and A Happy New Year

Roberta Lynch

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

Rachel Abramson, Louis and Sarah Tiberi, American Legion Beckwith Post 110 and Henry Scalforatto

Maria and Themis Parodos, Margaret and Peter Vasaturo in memory of *Richard Allen*

The following in memory of *Linda Bohn*:

Robert Hampie, Dr. Richard Althouse, Ralph and Kathleen Supernavage, Robert Salisbury, Anne M. Beverly, Gloria Worell, Judith and David Inman, Nancy and Gerry Placido and Richard A. Reading from Cutless Systems Engineering LLC

The following in memory of *Harry Evans*:  
June Doucette Burr and Joanne O'Halloran

The following in memory of *Maureen Heavey*:

John and Margaret O'Neil, Charles Glew, Robert Heald and Susan DeSilver

Edwin Kinnen in memory of *Ellen Kinnen*

**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) 2022 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.



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**The Center will be**

**closed on**

**Dec. 24 & 25**

**and**

**Dec. 31 & Jan. 1**

**RANDY'S AUTOMOTIVE**

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**Automotive Service, Inc.**

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Medfield MA 02052

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service.



Picture by Mike Lennon  
Garden by Jill Vollmuth 2009

<p>Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!</p> <p>Dec. 1 – Chicken Salad Dec. 8 – Turkey and Cheese Dec. 15 – Seafood Salad Dec. 22 – Ham and Cheese Dec. 29 – Tuna Fish</p> <p>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 lunch at the Center!</p>	<p><b>EXERCISE PROGRAMS AT THE CENTER</b></p> <p><b>Line Dancing</b></p> <p>Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is \$3.</p> <p><b>Core Balance Class</b></p> <p>Join 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.</p> <p><b>Chair Yoga*</b></p> <p>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.</p> <p><b>Mat Yoga*</b></p> <p>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.</p> <p><b>ZUMBA Gold*</b></p> <p>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.</p> <p><b>Tai Chi</b></p> <p>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.</p> <p><b>ZUMBA</b></p> <p>Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold. Class is \$5.</p> <p>* Available on Zoom</p> <p><b>About Our Exercise Classes</b></p> <p>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!</p> <p><b>COA TRANSPORTATION</b></p> <p>Transportation is available to the Center for shopping trips, programming or simply a visit by calling the evening before to place your request on the transportation line. Rides for medical appointments require a 5 business day notice and may be provided through our bus or a volunteer driver. For questions about transportation, call Sarah at 508-359-3665 X 201.</p>
<p><b>Bagel and Bread Availability</b></p> <p>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!</p> <p><b>AVAILABLE RESOURCES</b></p> <p><b>Nursing Services</b> - Tuesday from 1-2 p.m. with Gaby Harrison, N.P. BP checks and more.</p> <p><b>Health Insurance Counseling – S.H.I.N.E.</b> Phone appointments are available by calling the Center.</p> <p><b>Selectman Office Hours</b> - Meet with Selectman Peterson on <b>Friday, December 3 between 9-10 am.</b> for any community concerns/ideas you might have.</p> <p><b>Social Security/Financial Consultation</b> - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.</p> <p><b>RMV Near Me</b> - 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.</p> <p><b>Veteran Service – Office Hours</b> - Veteran's Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025</p> <p><b>Fuel Assistance</b> – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.</p> <p><b>Drop-In Grief Support</b> – Loss of a loved one can be challenging. The group meetings are held on the 2nd and 4th Tuesday at 10:00 a.m. with Lisa Donovan</p> <p><b>Caregiver Support Group</b> – Do you need assistance navigating the care giving journey? This group meets on the last Thursday of the month at 2:00 p.m.</p> <p><b>Public Health Nurse</b>– Brenda Healy R.N. is available for consultation each Wednesday</p>	<p><b>Line Dancing</b></p> <p>Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is \$3.</p> <p><b>Core Balance Class</b></p> <p>Join 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.</p> <p><b>Chair Yoga*</b></p> <p>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.</p> <p><b>Mat Yoga*</b></p> <p>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.</p> <p><b>ZUMBA Gold*</b></p> <p>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.</p> <p><b>Tai Chi</b></p> <p>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.</p> <p><b>ZUMBA</b></p> <p>Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold. Class is \$5.</p> <p><b>About Our Exercise Classes</b></p> <p>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!</p> <p><b>COA TRANSPORTATION</b></p> <p>Transportation is available to the Center for shopping trips, programming or simply a visit by calling the evening before to place your request on the transportation line. Rides for medical appointments require a 5 business day notice and may be provided through our bus or a volunteer driver. For questions about transportation, call Sarah at 508-359-3665 X 201.</p>

<p><b>December Events in Detail</b></p> <p><b>Evergreen Arrangement</b></p> <p> Enjoy a morning with friends on Wednesday, December 1 at 11:30 a.m. and create an evergreen centerpiece for your table or to give as a gift. All the greenery will be clipped and ready for you and your creativity. Simply bring in a container and clippers (if you have them) and any decorations you might have at home, we will supply scissors, wet foam and a lot of laughs! Start the season off with an arrangement that will bring the smell of the holidays into your home! Pre-registration is required for this event.</p> <p><b>UGLY SWEATER HOLIDAY SOCIAL</b></p> <p> Start the month of December with a social on December 7 from 3:30-5:30 p.m. Wear your favorite "Ugly Holiday Sweater" as you enjoy a variety of appetizers and beverages. The highlight of this afternoon social will be a 4:15 p.m. holiday performance by Dan Clark, otherwise known as the "Singing Trooper". It has been several years since Dan has joined us at the Center and we look forward to having him here. Pre-registration is required,</p> <p><b>BOW-MAKING CLASS</b></p> <p> Join us on Wednesday, December 8 at 10:45 a.m. for a holiday bow making class. Lorraine Egan, extremely talented member of the Center, has enthusiastically agreed to teach this craft. Several years ago Lorraine made a large number of bows for a FOSI fundraiser. Sign up to learn "how to make a bow" as there is no need to spend \$\$ on a fancy bow when you can learn to make it on your own. Simply bring in a 2-3" wide roll of your favorite ribbons and learn this craft. Sign up to learn bow-making!</p> <p><b>38th Annual Medfield Senior Citizens Christmas Party</b></p> <p>Medfield seniors are invited to the annual Christmas party, to be held at the Center on Sunday, December 12 beginning at 12 noon. This is a long standing tradition in Medfield and sponsored by several organizations in town: Lions Club, Medfield Sportman's Club, MEMO, Council on Aging, American Legion and FOSI. Four members of the Tune Timers Swing Band will provide entertainment starring our own Medfield resident, Jerry Kazanjian! Bring your best voice as we will be having a holiday sing-a-long. Definitely sign up for this annual event, as space this year is limited.</p> <p><b>GINGER BREAD HOUSE CONTEST</b></p> <p>Let's try something new and different. Sign up with a partner to create a gingerbread house. We will supply all the fixings and you will be the artist. This morning activity will be held in the dining hall on Wednesday, December 15 at 10:45 a.m. Spectators of this contest will "secretly" vote for the best Ginger Bread House. Creation! Hot Cocoa will be served with holiday cookies. The winning team will receive a wonderful grand-prize!</p> <p><b>CRAFTER'S HOLIDAY TEA WITH HOLIDAY CARD MAKING</b></p> <p>On Wednesday, December 22 join us at 10:30 for a tea (bring your own tea cup if you do not want to use a hot paper cup) as we spread good cheer to others by making our own holiday cards to be sent out to the home bound elders in our community. Sign up to join in this wonderful holiday event.</p> <p><b>Christmas Piano Concert</b></p> <p>As Christmas gets closer and the excitement of visiting with family and friends, join us for a holiday piano concert featuring Patrick Durkin on Tuesday, December 21 from 1:15 to 2:15 p.m. Enjoy the magic of his keyboard as he plays the favorites of the season. This concert is open to all and we look forward to having everyone here!</p> <p><b>SIGN UP FOR OUR NEW YEAR'S CHINESE LUNCH ON THURSDAY, DECEMBER 30 AT 1PM. COST IS \$5</b></p> <p> </p>
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## 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 hand washing 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.

## From the desk of Lisa Donovan: Care Giving and the Holidays

The holidays can be a challenging time when caring for a loved one. It often feels like a whirlwind of activity with not enough time to get everything done. In the role as caregiver it is paramount to take time and be kind to yourself not only during the holidays, but always. Here are three ideas you should consider:

**CHOOSE-** Decide what activities you wish to participate in, who you want to be with and what you want to do. It is important to make the best choices for you and the person you are caring for. Do not get caught up in the people pleasing mode! You cannot do it all nor should you! Try to delegate tasks AND ask for help.

**COMMUNICATE-** It is important that you discuss your choices with others as friends and family may not fully grasp how all-encompassing caregiving can be! Take this opportunity to let them know HOW they can help. Often, friends and family simply do not know what they can do to be helpful. Be specific with what you need.

**COMPROMISE-** Nothing changes the fact that the holidays can be especially difficult while care giving. Remember to choose your actions, communicate your choices and find suitable compromises. You may find if you choose wisely, communicate your needs and compromise if necessary, you may find the holidays are not only bearable but enjoyable!

If you are a caregiver looking for support join us the last Thursday of each month at 2pm for our Caregiver Support Group.

*"There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver."*

## 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 Dec. 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 the first and third weeks of each month. They are open Thursday & Saturday for in-person shopping. The Food Cupboard is now located at 93 West St. Unit 10. Contact the Food Cupboard: 508-359-5370 email: [info@medfieldfoodcupboard.com](mailto:info@medfieldfoodcupboard.com) All inquiries are confidential.

### Bread Distribution

Every Wednesday beginning at 10:30 a.m. there are bread products available 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 11:00 a.m.  
Whist - Wednesday at 12:00 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 12:30 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

Wednesday movies are at 1:00 p.m. and Saturday at 12:30 p.m.

Sat., Dec. 4 - The Polar Express

On Christmas Eve, a young boy embarks on a magical adventure to the North Pole on the Polar Express, while learning about friendship, bravery, and the spirit of Christmas.

Wed., Dec. 8 - A Christmas Carol

An old bitter miser who rationalizes his uncaring nature learns real compassion when three spirits visit him on Christmas Eve.

Sat., Dec. 11 - Love Actually

Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

Sat., Dec. 18 - It's A Wonderful Life

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

Wed., Dec. 22 - A Christmas Story

In the 1940s, a young boy named Ralphie attempts to convince his parents, his teacher and Santa that a Red Ryder BB gun really is the perfect Christmas gift.

## American Greats

This series, led by Minds in Motion creator Jerry Cianciolo, focuses on three incomparable American artists. First is songwriter Irving Berlin, who wrote Cheek to Cheek, Blue Skies, God Bless America, White Christmas, and scores of other classic songs. Second is Andrew Wyeth, whose landscape paintings of Maine are beloved by many. And third is poet Emily Dickinson, who lived her 55 years in Amherst, MA and wrote more than 1500 poems about love, nature, friendship and death. Open only to those who have NOT attended Minds in Motion in recent years. 1:00 p.m. to 2:00 p.m. on Wednesdays, Dec. 1, 8, and 15. Limited to 15 participants. Pre-registration is required. No fee.

## NEW\*\*\*Fire Department Monthly Outreach\*\*\*NEW

Each month Firefighter/EMT Bill Deking and Firefighter/P Meaghan McGinn will be joining us at the Center for a round table conversation on health and fire safety. They will answer any questions you have about emergency treatments and what the Fire Department can do for you. This new monthly program will be able to address the many questions and more that surfaced from the fire departments presentation on National First Aid Day in September. The Fire Department has many programs available and would like to share these with members of the community on Tuesday, December 7 from 9-11 a.m. They will be available to answer your questions and concerns and provide information that will be helpful. Drop in for coffee and meet with Bill and Meaghan.

## Medfield Has a Full Time Public Health Nurse- Meet Brenda Healy

Brenda has been a registered nurse graduating from the Peter Bent Brigham School of Nursing in 1984. She is an active member of the school's alumni board. She has many years of ICU nursing in multiple hospitals in MA including: Norwood Hospital, Brigham and Women's Hospital, Melrose Wakefield Hospital and Mount Auburn Hospital. She is currently a Doctoral Candidate at Walden University and working on her project of improving vaccination rates in the senior population. The past 18 months she has completed an internship with the Walpole Board of Health and fell in love with public health nursing. She looks forward and is excited to work with the community of Medfield and meeting members of the Center. Brenda will be at the Center on Wednesdays to meet with you individually for any concerns you may have. Call the Center for an individual appointment with Brenda.

## From the desk of Sarah Hanifan: Volunteering in 2022

As we are heading into a new year, this is the time you can think about how giving back in your community not only helps others but can help you as well. Volunteering helps keep you active in your community, it's great for mental health, and helps prevent senior isolation and depression. Volunteering doesn't have to take much time; you can do as little or as much as you're able to.

If you're able to donate a few hours each month, and have a vehicle, a valid driver's license and car insurance we are in need of volunteer drivers to drive seniors from our community who are no longer able to drive themselves to important medical appointments. These rides are primarily in the surrounding towns. When I get a ride request I send an e-mail out to all of my drivers with the ride details and if you have the availability you would simply reply back. You can choose which rides you're able to help with. This is a great opportunity to help others in the community and keep this wonderful program going. Please consider helping. You can call Sarah at 508-359-3665 x201 to set up an appointment to learn more about this volunteer opportunity.

**PLAN AHEAD: FOSI'S ANNUAL YARD SALE IS SCHEDULED FOR SATURDAY, APRIL 2, 2022. WE LOVE YOUR STUFF!**



**BERKSHIRE HATHAWAY**  
HomeServices  
Mary G. Cusano, Realtor  
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Medfield MA 02052  
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Mary.Cusano@CommonMoves.com



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Call the  
Center for your appointment  
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worn for any service.



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



**Medfield Fire Department**  
has provided the COA with  
bathroom grab bars. See  
Roberta for more  
information!



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



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774.224.8129 Schedule a Tour

# DECEMBER

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Lowell Mason House Concert-Tickets on Sale at The Center  
Saturday, December 4 at 7:00 p.m.  
St. Edward the Confessor Church  
133 Spring Street (Masks Required)  
Guest speaker: Jerry Kazanjian, retired Holliston Band Director  
Featured performers: Concert pianist David McGroarty, Medfield student  
ensembles and performers  
Tickets are \$15 for seniors  
Payment by cash or check payable to Lowell Mason House

**6. CHICKEN CACCIATORE**  
9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE  
12:00 3-THIRTEEN  
12:00 LINE DANCING / SHOPPING  
1:00 MAH JONGG  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

**13. AM. CHOP SUEY**  
9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE  
12:00 3-THIRTEEN  
12:00 LINE DANCING / SHOPPING  
1:00 MAH JONGG  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

**20. CHIX ALFREDO**  
9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE  
12:00 3-THIRTEEN  
12:00 LINE DANCING / SHOPPING  
1:00 MAH JONGG  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

**27. BBQ PORK RIB**  
9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE  
12:00 3-THIRTEEN  
12:00 LINE DANCING / SHOPPING  
1:00 MAH JONGG  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

MONDAY AFTERNOON SHOPPING  
PICK-UPS BEGIN AT 12:00 PM

Dec. 6- Stop N Shop & Target

Dec. 13- Dollar Store & Big Lots

Dec. 20- Christmas Tree Shop

Do you have suggestions where you  
may want to shop?  
Peter is looking for your ideas!

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### 1. CARIBBEAN CHICKEN

9:15 MARKET BASKET  
10:00 COA BOARD MTG  
10:30 BREAD DISTRIBUTION  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / AMERICAN GREATS  
2:00 FIT TO KNIT  
3:00 BINGO

### 7. BEEF CHILI

9:11AM FIRE DEPT. OUTREACH  
9:30 CHAIR YOGA  
10:30 KINGSBURY CLUB SWIM  
11:00 CLUB PICKUPS  
11:00 PING PONG  
11:30-3 THE CLUB  
12:00 DUPLICATE BRIDGE  
1:00 HEALTH CLINIC  
3:30 UGLY SWEATER SOCIAL

### 8. ROAST PORK

9:15 MARKET BASKET  
10:30 BREAD DISTRIBUTION  
10:45 CRAFTER'S CORNER - BOW MAKING CLASS  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / AMERICAN GREATS  
1:00 MOVIE A CHRISTMAS CAROL  
2:00 FIT TO KNIT 3:00 BINGO

### 15. CHICKEN MARSALA

9:15 MARKET BASKET  
10:00 CABLE TV EXERCISE CLASS  
10:45 CRAFTER'S CORNER GINGER BREAD HOUSE CONTEST  
10:30 BREAD DISTRIBUTION  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / AMERICAN GREATS  
2:00 FIT TO KNIT  
3:00 BINGO

### 20. CHIX ALFREDO

9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS  
10:30 KINGSBURY CLUB SWIM  
11:00 PING PONG  
11:30-3 THE CLUB  
12:00 DUPLICATE BRIDGE  
1:15 CHRISTMAS PIANO CONCERT  
WITH PATRICK DURKIN  
1:00 HEALTH CLINIC

### 27. TURKEY STEW

9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS  
10:00 DROP IN BERIEVEMENT  
10:30 KINGSBURY CLUB SWIM  
11:00 PING PONG  
11:30-3 THE CLUB  
12:00 DUPLICATE BRIDGE  
1:00 HEALTH CLINIC

### 28. BEEF & CABBAGE

9:15 MARKET BASKET  
10:30 BREAD DISTRIBUTION  
11:30 GRAB N GO LUNCH  
11:00 SCAT  
12:00 WHIST  
1:00 CRIBBAGE  
2:00 FIT TO KNIT  
3:00 NEW YEAR'S BINGO

### 1. CARIBBEAN CHICKEN

9:15 MARKET BASKET  
10:00 COA BOARD MTG  
10:30 BREAD DISTRIBUTION  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / AMERICAN GREATS  
2:00 FIT TO KNIT  
3:00 BINGO

### 2. HOT DOG

9:00 WOODCARVING  
9:00 HOME COMMITTEE TO USE DINING HALL  
9-1 SHINE APPOINTMENTS  
9:30 MAT YOGA  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:00 FOSI MTG 12:30 POKER

### 3. FISH NUGGETS

9:00 SELECTMANS' OFFICE HOUR  
9:00 ROCHE'S BROS SHOPPING  
10:00 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE

### 9. SWEDISH CHICKEN

9:00 WOODCARVING  
9:30 MAT YOGA  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER

### 10. CRUSTLESS CHICKEN

9:00 ROCHE'S BROS SHOPPING  
10:00 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE

### 16. BAKED HAM

8:30 ENCORE CASINO TRIP  
9:00 WOODCARVING  
9:30 MAT YOGA  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER

### 17. CATCH OF THE DAY

9:00 ROCHE'S BROS SHOPPING  
10:00 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE

### 23. MAC & CHEESE

9:00 WOODCARVING  
9:30 MAT YOGA  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER

### 24. COA CLOSED

9:00 WOODCARVING  
9:30 MAT YOGA  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER

### 30. MINI RAVIOLI

9:00 WOODCARVING  
9:30 MAT YOGA  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER

### 31. COA CLOSED

9:00 WOODCARVING  
9:30 MAT YOGA  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER

### 21. OMELET

9:30 CHAIR YOGA  
10:00 CABLE TV EXERCISE CLASS  
10:30 KINGSBURY CLUB SWIM  
11:00 PING PONG  
11:30-3 THE CLUB  
12:00 DUPLICATE BRIDGE  
1:15 CHRISTMAS PIANO CONCERT  
WITH PATRICK DURKIN  
1:00 HEALTH CLINIC

### 22. CHEESEBURGER

9:15 MARKET BASKET  
10:30 BREAD DISTRIBUTION  
10:45 CRAFTER'S CORNER TEA & CARDS  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE  
1:00 MOVIE- A CHRISTMAS STORY  
2:00 FIT TO KNIT  
3:00 BINGO

### 29. BEEF & CABBAGE

9:15 MARKET BASKET  
10:30 BREAD DISTRIBUTION  
11:30 GRAB N GO LUNCH  
11:00 SCAT  
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1:00 CRIBBAGE  
2:00 FIT TO KNIT  
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10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE

### 13. AM. CHOP SUEY

9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 CABLE TV EXERCISE  
12:00 3-THIRTEEN  
12:00 LINE DANCING / SHOPPING  
1:00 MAH JONGG  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

### 14. BRAISED BEEF

9:30 CHAIR YOGA  
10:00 DROP IN BERIEVEMENT  
10:30 KINGSBURY CLUB SWIM  
11:00 CLUB PICKUPS  
11:00 PING PONG  
11:30-3 THE CLUB  
12:00 DUPLICATE BRIDGE  
1:00 HEALTH CLINIC  
2:00 TILDEN TOGETHER WITH LISA

### 15. CHICKEN MARSALA

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