

## 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:**

Roberta Lynch 508-359-3665 X202  
FAX 508-359-4810  
rlynch@medfield.net

#### **Outreach Worker:**

Lisa Donovan  
508-359-3665 X203  
ldonovan@medfield.net

#### **Volunteer Coordinator:**

Sarah Hanifan  
508-359-3665 X201  
shanifan@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

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

PRSRST 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.



Picture by Mike Lannon  
Garden by Jill Vonnuth 2009

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

### December Events at the Center

Wed. Dec. 1- Evergreen Arrangement class at 11:30 a.m.

Tues. Dec. 7- Ugly Sweater Holiday Social 3:30-5:30 p.m. with performance by The Singing Trooper

Wed. Dec. 8- Holiday Bow making class at 10:45 a.m.

Sun. Dec. 12- 38th Annual Medfield Senior Citizens Christmas Party at 12 noon (The Center)

Wed. Dec. 15- Ginger Bread House Decorating contest at 10:45 a.m.

Thurs. Dec. 16- Fox Tours trip to Encore in Boston. \$33/pp with a \$20 slot play credit!

Tues. Dec. 21- Patrick Durkin holiday piano concert (1st day of winter) at 1:15 p.m.

Wed. Dec. 22- Crafter's Corner Tea and Holiday Cards at 10:45 a.m. (bring your own favorite tea cup)

Wed. Dec. 29- New Year's BINGO at 3pm

Thurs. Dec. 30- Chinese Lunch for New Years at 1pm!

### *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.**



*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

The Center will be  
closed on  
**Dec. 24 & 25**  
and  
**Dec. 31 & Jan. 1**

**RANDY'S AUTOMOTIVE**  
TRUSTED SERVICE SINCE 1977  
**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! <div>Dec. 1 – Chicken Salad Dec. 8 – Turkey and Cheese Dec. 15 – Seafood Salad Dec. 22 – Ham and Cheese Dec. 29 - Tuna Fish</div> <div>Call 508-359-3665 on each Monday before 8:30 a.m. to order a Wednesday lunch.</div> 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!	
<div>Bagel and Bread Availability</div> <div>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!</div>	
<div>AVAILABLE RESOURCES</div> <div><div>Nursing Services - Tuesday from 1-2 p.m. with Gaby Harrison, N.P. BP checks and more.</div><div>Health Insurance Counseling - S.H.I.N.E. Phone appointments are available by calling the Center.</div><div>Selectman Office Hours - Meet with Selectman Peterson on Friday, December 3 between 9-10 am. for any community concerns/ideas you might have.</div><div>Social Security/Financial Consultation - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.</div><div>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.</div><div>Veteran Service – Office Hours - Veteran’s Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025</div><div>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.</div><div>Drop-In Grief Support – 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</div><div>Caregiver Support Group– Do you need assistance navigating the care giving journey? This group meets on the last Thursday of the month at 2:00 p.m.</div><div>Public Health Nurse- Brenda Healy R.N. is available for consultation each Wednesday</div></div>	
<div>EXERCISE PROGRAMS AT THE CENTER</div> <div><div>☆Line Dancing☆ Line Dancing with Paul Hughes! It’s good exercise and good for your brain. Monday at 12 noon. Class is \$3.</div><div>Core Balance Class 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.</div><div>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.</div><div>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.</div><div>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.</div><div>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.</div><div>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</div></div>	
<div>About Our Exercise Classes</div> <div>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!</div>	
<div>COA TRANSPORTATION</div> <div>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.</div>	

<div>December Events in Detail</div> <div><div>Evergreen Arrangement</div><div>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.</div></div>	
<div>UGLY SWEATER HOLIDAY SOCIAL</div> <div><div>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,</div></div>	
<div>BOW-MAKING CLASS</div> <div><div>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!</div></div>	
<div>38th Annual Medfield Senior Citizens Christmas Party</div> <div>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.</div>	
<div>GINGER BREAD HOUSE CONTEST</div> <div>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!</div>	
<div>CRAFTER’S HOLIDAY TEA WITH HOLIDAY CARD MAKING</div> <div>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.</div>	
<div>Christmas Piano Concert</div> <div>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!</div>	
<div><div>SIGN UP FOR OUR NEW YEAR’S CHINESE LUNCH ON THURSDAY, DECEMBER 30 AT 1PM. COST IS \$5</div></div>	

<div><div>Information and Referral</div><div>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.</div><div>Outreach Services</div><div>Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, <b>fuel assistance</b>, caregiver and low-vision information and support are available through our Outreach Department with Lisa Donovan. Call for an appointment.</div><div>Health and Wellness</div><div>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!</div><div>Meals on Wheels</div><div>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.</div><div>Grab N Go Wednesday Lunch</div><div>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.</div></div>	<div><div>Services Available at The Center</div><div>S.H.I.N.E.</div><div>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.</div><div>RMV NEAR ME</div><div>Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.</div><div>Medical Equipment</div><div>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.</div><div>Low Vision Information</div><div>As we age, things change including our vision. Resources are available. Call Lisa Donovan for information.</div><div>Caregiver Support</div><div>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.</div></div>	<div><div>Volunteering</div><div>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.</div><div>Large-Print Newsletter</div><div>Pick up a large-print copy of the newsletter at the Center (by request).</div><div>Kingsbury Club</div><div>Senior Swim Tuesday at 10:30 a.m. and Friday at 10:00 a.m. \$5/session</div><div>Medfield Food Cupboard</div><div>The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday &amp; 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: <a href="mailto:info@medfieldfoodcupboard.com">info@medfieldfoodcupboard.com</a> All inquiries are confidential.</div><div>Bread Distribution</div><div>Every Wednesday beginning at 10:30 a.m. there are bread products available from Brothers, Blue Moon and Donut Express. All welcome!</div><div>The CLUB</div><div>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.</div></div>	<div><div>REGULAR ACTIVITIES</div><div>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 &amp; 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 &amp; Saturday (see below)</div><div>MOVIES</div><div>Wednesday movies are at 1:00 p.m. and Saturday at 12:30 p.m.</div><div>Sat., Dec. 4 - The Polar Express</div><div>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.</div><div>Wed., Dec. 8 - A Christmas Carol</div><div>An old bitter miser who rationalizes his uncaring nature learns real compassion when three spirits visit him on Christmas Eve.</div><div>Sat., Dec. 11 - Love Actually</div><div>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.</div><div>Sat., Dec. 18–It’s A Wonderful Life</div><div>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.</div><div>Wed., Dec. 22- A Christmas Story</div><div>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.</div></div>	<div><div>American Greats</div><div>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.</div><div>NEW***Fire Department Monthly Outreach***NEW</div><div>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 <u>Tuesday, December 7 from 9–11 a.m.</u> 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.</div><div>Medfield Has a Full Time Public Health Nurse- Meet Brenda Healy</div><div>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.</div><div>From the desk of Sarah Hanifan: Volunteering in 2022</div><div>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.</div><div>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.</div><div>PLAN AHEAD: FOSI’S ANNUAL YARD SALE IS SCHEDULED FOR SATURDAY, APRIL 2, 2022. WE LOVE YOUR STUFF!</div></div>
<div>From the desk of Lisa Donovan: Care Giving and the Holidays</div> <div>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:</div> <div>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.</div> <div>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.</div> <div>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!</div> <div>If you are a caregiver looking for support join us the last Thursday of each month at 2pm for our Caregiver Support Group.</div> <div><i>“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.”</i></div>				



BH  
HS

BERKSHIRE  
HATHAWAY

HomeServices

CommonMoves

Mary G. Cusano, Realtor

4 West Mill Street

Medfield MA 02052

508-561-5411

Mary.Cusano@CommonMoves.com



The  
CENTER  
Hair Salon

Call the  
Center for your appointment  
with Ginny. Masks must be  
worn for any service.

ROCKLAND

Where Each Relationship Matters

TRUST

Cheryl O'Donnell

Branch Manager

76 North Street

Medfield MA 02052

508-359-7366

Medfield Fire Department

has provided the COA with  
bathroom grab bars. See  
Roberta for more  
information!

Speech-Language & Hearing

Associates of Greater Boston

Specialists in Speech, Language,  
Learning & Audiology

Licensed & Certified Audiologists and  
Speech-Language Pathologists

Hearing Tests  
Hearing Aids  
Adult Speech & Language Therapy  
Parkinson (LSVT)  
Aphasia

Medfield 5 N. Meadows Rd.  
508-359-4532

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



True love  
lives here

NEW POND  
VILLAGE

A Benchmark Lifecare Community

Independent Living  
Assisted Living  
Memory Care

774.224.8129

Schedule a Tour

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 McGrory, Medfield student ensembles and performers Tickets are \$15 for seniors Payment by cash or check payable to Lowell Mason House				1. CARIBBEAN CHICKEN 9:15 MARKET BASKET 10:00 COA BOARD MTG PUBLIC HEALTH NURSE DAY 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 11:30 CRAFTER'S CORNER-EVERGREENS 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 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE OPEN SATURDAY 9 AM- ZUMBA 11:30- LUNCH 12:30 BINGO 12:30 MOVIE	
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		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 PUBLIC HEALTH NURSE DAY 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		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 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE OPEN SATURDAY 9 AM- ZUMBA 11:30- LUNCH 12:30 BINGO 12:30 MOVIE	
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 9:15 MARKET BASKET 10:00 CABLE TV EXERCISE CLASS 10:45 CRAFTER'S CORNER GINGER BREAD HOUSE CONTEST 10:30 BREAD DISTRIBUTION PUBLIC HEALTH NURSE DAY 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		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 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE OPEN SATURDAY 9 AM- ZUMBA 11:30- LUNCH 12:30 BINGO 12:30 MOVIE	
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		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 PUBLIC HEALTH NURSE DAY 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		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 FRIDAY AND SATURDAY MERRY CHRISTMAS	
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		28. 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		29. 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 PUBLIC HEALTH NURSE DAY		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 1:00 CHINESE LUNCH FOR NEW YEARS! 2:00 CAREGIVER SUPPORT GROUP		31. COA CLOSED FRIDAY AND SATURDAY HAPPY NEW YEAR	

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. Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.  
St. Frances of Assisi

2. We are like a snowflake, all different in our own way. Unknown

3. Today is your opportunity to build the tomorrow you want.  
Ken Poirot

4. There's no place like home for the holidays.  
W.T. Ellis

December Exercise  
Coupon

Good for one class!

Name: \_\_\_\_\_

LOVELL'S  
ELDER CARE

160 MAIN STREET  
MEDFIELD MA 02052  
508-359-4191

Meet with Selectman Pete Peterson on  
Friday, December 3 from 9–10 a.m.

\*\*\*FOSI Christmas/Holiday Bazaar\*\*\* in the lobby is in full swing. FOSI will be accepting holiday donations for the sale through December 15 and the sale will close on December 21.

BrightStar Care

HOME CARE | MEDICAL STAFFING  
A Higher Standard

BrightStar Care of Norwood  
1 Walpole St  
Norwood, MA 02062  
Serving Medfield and beyond

RN-led HomeCare for Safe Living or Recovery at Home

Nursing Care - Personal Care - Companion Care  
RN oversight - MA certfic staff - Drive to Appts  
Medication Mgmt/Insulin - Light Cleaning & Meals

Call Brian Silven at 781 269 7997 for more information today!

COLOR KEY FOR CALENDAR

SPECIAL EVENTS

EXERCISE


SHOPPING TRIPS

REGULAR PROGRAMS

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

781-431-9788 www.grcpc.com