

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

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

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

In memory of Maureen Heavey:

June Doucette Burr, Frank and Pauline Medeiros, Susan Desilver, Patricia Byrne, Janet Tracey, Constance Sweeney, Daniel Crowley, Bernadette Kelly, Marlene and Tony Kalinowski,

Paul Finerty, Mary Henry, Patricia Treadway and Carol Rossi

Soma Dias in memory of Louis Fellini

Carol Rossi in memory of Harry Evans

William Flately in memory of Carole V. Dolouto

Frederick Schultz in memory of Michael Cronin

John and Mona Tomera in memory of our Mothers

Other donations from:

John Howard, John and Mona Tomera, Gus and Jean Murby, Robert and Joan Wood, and Mary Chouinard

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.

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

January 2022

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.

2022 IS GOING TO BE A GREAT YEAR! LOOK AT WHAT IS PLANNED.

Friday, February 11—Annual Valentine’s Day Chocolate Tasting

Wednesday, March 16—St. Patty’s Day Dinner with entertainment-Catered by Basil

Saturday, April 2—FOSI Annual Yard Sale 8 a.m.— 2 p.m.

Saturday, April 9—NYC Trip to Statue of Liberty, Ellis Island and 911 Memorial

Thursday, May 12—Norman Rockwell Museum with lunch at the Red Lion Inn

Thursday, June 16—Block Island Day Trip

Tuesday, July 12—Authentic Maine Lobster Bake

Thursday, August 16—Casa Blanca by the Sea- Portland Maine

Tuesday, September 13—Essex Valley Steam Train and Connecticut Riverboat

Thursday, October 13—Indian Princess Foliage Cruise

Tuesday, November 15—Aqua Turf Showtime “Bob Hope’s” USO Style Show

More information and flyers on these day trips will be available soon! Most dates confirmed!!

New Year’s Resolution: Get Your Mind in Motion

Here’s a New Year’s Resolution for you. Brighten your spirits, challenge your outlook, and enjoy a healthy dose of laughter in 2022 by registering for Minds in Motion, the nationally award-winning program that returns to the Center in January. “This is not a lecture hour,” advises Jerry Cianciolo, the program’s founder. “Instead, participants are engaged in thought-provoking challenges from the minute they sit down.” Topics run the gamut, from culture, self-awareness, the arts, truth, the law, and society in general. Join us Wednesdays from 1 p.m. to 2 p.m. on January 12, 19, 26, Feb. 2, 9, 16. Limited to 15. Pre-registration is required. Fee for the program: \$10.

Director’s Note: Please note that any of our activities, classes or trips may be modified, postponed or even cancelled at any time depending on the changing status of the Covid-19 pandemic. We will continue to use our air purifiers and larger spaces for activities. The Center will follow all guidelines provided by our Town Administration, along with local and state Board of Health.



Picture by Mike Lennon
Garden by Jill Vollmuth 2009

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



508-359-2000
www.robertsmitchellcaruso.com



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.

<p>Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!</p> <p>Jan. 3 – Chicken Salad Jan. 10 – Turkey and Cheese Jan. 17 – HOLIDAY Jan. 24 – Ham and Cheese Jan. 31 – 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>EXERCISE PROGRAMS AT THE CENTER</p> <p>New Class*** Fitness FUN ***New Class</p> <p>Join Lourdes Fournier for a new exercise class that combines mild aerobics, strength training and core fitness. Monday at 10:00 a.m. Class this month is complimentary so everyone can give it a try!</p> <p>Line Dancing</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>Core Balance Class</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>Chair Yoga*</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>Mat Yoga*</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>ZUMBA Gold*</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>Tai Chi</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>ZUMBA</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>Start the New Year with a Meditation Class with Dr. Jim Suojanen</p> <p>Meditation is a form of self care; a daily dose of self-love we can give to ourselves, when we learn to establish a dedicated practice. Many studies have been conducted to look at how meditation may be helpful for a variety of conditions, such as high blood pressure, certain psychological disorders, and pain. A number of studies also have helped researchers learn how meditation might work and how it affects the brain. There are many types of meditation, but most have four elements in common: a quiet location with as few distractions as possible; a specific, comfortable posture (sitting, lying down, walking, or in other positions); a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath); and an open attitude (letting distractions come and go naturally without judging them).</p> <p>Join Dr. Jim Suojanen on Thursday, January 6 at 2:00 p.m. for his Meditation class. Find your peace and calm in this new year. All welcome to attend!</p>
<p>Bagel and Bread Availability</p> <p>Monday after 9:30 a.m. (Shaw's products)</p> <p>Wednesday after 10:30 a.m. Shaw's, Donut Express, Brother's and Blue Moon.</p> <p>Friday after 11:00 a.m. (Roche Bros-Millis)</p> <p>Stop in to shop what is donated!</p>	<p>Chair Yoga*</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>Mat Yoga*</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>ZUMBA Gold*</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>Tai Chi</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>ZUMBA</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>January Supper Club</p> <p>Sign up to be part of our first Supper Club in 2022! Join us on Wednesday, January 19 following our BINGO game for pasta and meatballs beginning around 5pm (when BINGO ends). Enjoy the Center's signature pasta sauce along with a delicious tossed salad all for only \$6. Keep in mind for those who do not like to drive when it is dark, the bus can pick you up and bring you home! Be sure to sign up for planning purposes.</p>
<p>AVAILABLE RESOURCES</p> <p>Nursing Services - Tuesday from 1-2 p.m. with Gaby Harrison, N.P. BP checks and more.</p> <p>Health Insurance Counseling - S.H.I.N.E. Phone appointments are available by calling the Center.</p> <p>Selectman Office Hours - Meet with Selectman Peterson on Friday, January 7 between 9-10 am. for any community concerns/ideas you might have.</p> <p>Social Security/Financial Consultation - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.</p> <p>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.</p>	<p>Tai Chi</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>ZUMBA</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>Eliminate Clutter Once and for All</p> <p>If you have lived in your house for many years and sometimes you look around and think, "How did I get so much stuff"! Join us on Thursday, January 20 at 2:00 p.m. for a presentation to learn how to start the de-cluttering process. Barbara Graceffa's presentation will help you determine what to keep, toss or donate; and provide you with strategies for maintaining a clutter-free home. You are invited to bring in photos and/or a list of your biggest challenges and discover solutions that really work! This presentation is perfect if you want to get rid of "stuff", or if you are beginning to think about downsizing or simply to make your home less cluttered. Be sure to sign up for this unique opportunity to learn from a professional how to de-clutter! All welcome!</p> <p>*NEW* Join us on the first and third Tuesday in January for a Soup and Sandwich lunch at Noon. Signing up the Friday before to place your order is required. For \$5.00 you'll get a delicious soup and sandwich lunch!</p> <p>January 4 - Grilled Cheese Sandwich with Tomato Soup January 18 - Chicken Salad Sandwich with Chicken & Rice Soup Chips, Pickle and Beverage included - Cost is \$5!</p>
<p>Veteran Service – Office Hours - Veteran's Service Officer, Mark Bryson is available to assist you by calling 1-508-906-3025</p> <p>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.</p> <p>Bereavement Group – New 7-week group begins on Tuesday, January 18 at 11:00 a.m. Pre-registration is required for attendance.</p> <p>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.</p> <p>Public Health Nurse – Brenda Healy R.N. is available for consultation each Wednesday</p>	<p>About Our Exercise Classes</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>COA TRANSPORTATION</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>JANUARY CRAFTERS CORNER</p> <p>***Moved to Mondays at 11:30 AM***</p> <p>January 3 - Winter Pinecone Door Hanger</p> <p>January 10 - Coffee & Cards with Sarah</p> <p>January 24 - Button Art with Annette</p> <p>January 31 - Valentine's Day Tin Can Centerpiece</p> <p></p> <p>Pictures are an example of crafts!</p> <p>Have You or a Loved One Experienced a Loss?</p> <p>Vickie Harrison is famous for her quote "Grief is like the ocean, it comes in waves ebbing and flowing. Sometimes the water is calm and sometimes it is overwhelming ; all we can do is learn to swim". True as that statement is, you need not "learn to swim alone". Come feel the support of those that can truly identify with how you are feeling. Loss is still one of the hardest challenges we as people endure. Loss comes in all forms none of which are easy. The loss may be a spouse, a friend, a child, even a beloved pet. Each person's loss is as unique as the relationships and bonds you hold with. You are not on this path alone. Please join us for this 6 week group and embark on a journey of healing alongside others who have found themselves on this path. The Center is offering a 6 session support group that starts on Tuesday, Jan.18 at 11:00 a.m. and concludes on Tuesday, February 22. Please call the Center 508-359-3665 or email ldonovan@medfield.net for more information and to reserve your spot!</p>

FOSI'S ANNUAL YARD SALE IS SCHEDULED FOR SAT. APRIL 2, 2022. WE LOVE YOUR STUFF!

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.

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 Jan. 27 at 2:00 p.m.

Happy New Year— Welcome 2022

In Massachusetts, Councils on Aging (COAs) are centers that serve seniors mostly 60 and older. However, the Center at Medfield expands that age to those 50 and over. Welcoming younger seniors is important as they bring in energy and ideas to keep the Center vibrant and current.

Each COA is different, this Center offers free or low-cost programs and activities. The Center at Medfield provides educational classes, support groups, exercise programs, individual and family support, health/flu clinics, tax assistance, transportation, social activities, medical equipment loans, a lending library, health insurance counseling, day and overnight trips, to name a few!

The Center offers two unique programs:

- The Adult Respite Care Program for families dealing with a loved one with early dementia. This program runs Tuesday and Thursday from 11:30 a.m. - 3:00 p.m. Information is available at the Center.
- The Saturday program offers unique programming and addresses weekend social isolation from 9:00 a.m.– 3:00 p.m. Stop in and meet the staff and what goes on. BINGO Saturday at 12:30 p.m. A fun game and perfect on a cold Saturday! Classrooms are available for card games or other group activities.

Early planning for older age is key. The Center's goal is to keep people active and engaged as they journey through the aging process. **Here's a fact, by 2030 1 in 6 people will be 60 years of age or older.** Information and schedules for the Center can be found on the Town Website or through our monthly newsletter.

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: 508-359-4958. email: 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.
Calling All Crafters— Mon. at 11:30 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.
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.

Wed. Jan. 5- *Failure to Launch*—Matthew McConaughey is a Trip, a 35 year old who still lives with his parents. Desperate to get him out, they go to extraordinary measures.

Wed., Jan. 19- *The Ugly Truth*- Katherine Heigl is a morning show producer looking for a lot in a man. The challenge begins when she tangles with an obnoxious TV star.

Saturday movies are at 12:30 p.m.

Saturday's in January we will feature Hollywood Classic Westerns.

Sat., Jan. 8 - *McLintock!* - John Wayne stars as George Washington McLintock who's estranged from his wife.....Katherine (Maureen O'Hara). 1963

Sat., Jan. 15 - *Santa Fe Trail*—Under the shadow of the Civil War, Jeb Stuart battles abolitionist John Brown and befriend George Cluster (Ronald Reagan) -all while romancing Kit Carson. 1940

Sat., Jan. 22- *The Outlaw*—When wounded gunfighter Quirt Evans (John Wayne) wanders onto the Worth property, daughter Penny (Jane Russell) becomes smitten. 1943

Sat., Jan. 29- *One-Eyed Jacks*- Thieves Dad Longworth (Karl Malden) and Rio (Marlon Brando) rob a bank. Dad makes off with the gold and Rio is captured. Now the fun begins. 1961

Medfield Fire Department Outreach

Offering Life Safety Home Inspections

Captain Bill Deking and Firefighter/Paramedic Meghan McGinn will be offering **Life Safety Inspections** of your home. Often times, you may not even realize what might be a serious hazard. An example of areas that will be addressed are Smoke/Carbon Dioxide detectors. Has it expired? Does it need a new battery or be replaced? Can it be heard in every room? Is the bathroom safe? Does the tub need a grab bar or nonslip strips? Do exterior doors have secure locks? Are exterior walkways safe and free of tripping hazards? There are so many areas that can cause potential falls or problems that a fresh pair of eyes can help to identify. Call the Center at 508-359-3665 to sign up for a Home Safety Inspection with our fire department. To sign up, simply provide your name, address and phone number at the Center and Captain Deking will contact you to schedule an inspection of your home.

Fitness Fun on Mondays at 10:00 a.m.

Try our new exercise program beginning Monday, January 10 at 10:00 a.m. Lourdes Fournier has created a new class that will provide a total body workout utilizing weights, aerobics and stretching. This Monday class can be done standing or seated, so do not hesitate to try it out. Any time your body is moving is a very good thing! Monday is a great day to exercise especially after a weekend that may have been higher in calories or more sedentary than your weekdays! All welcome to attend and class is complimentary the month of January.

Let's Laugh in the New Year

On Tuesday, January 11th from 2pm to 3pm Certified Laughter Yoga Master Trainers, Bill and Linda Hamaker of "Let's Laugh Today" (www.letslaughtoday.com) will show you how to bring more laughter into your life without using comedy, jokes or humor! Enjoy this unique exercise of laughter and clapping combined with gentle breathing that brings more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy and a feeling of real well-being. Any age and any level of physical ability can participate in this uplifting experience! You can sit or stand. There are no fancy poses. They will show you how you can add more laughter to your life and how you can use laughter to ease your stress. You will see that laughter is the best medicine! Bill and Linda are graduates of both The American School of Laughter Yoga, The Dr. Kataria School of Laughter Yoga, and Laughter Yoga International. They founded "Let's Laugh Today" over thirteen years ago and have been spreading the joys and health benefits of laughter yoga through free laughter clubs, corporations, schools, medical centers, senior centers, assisted living homes, and private events.

Monthly Medfield Fire Department Outreach

Join Bill Deking and Meaghan McGinn on Thursday, January 13 from 9-11 a.m. Their focus will be on falls and fall prevention. We know that falls can be devastating and prevention is the best medicine. However, if you do fall, there are ways to get up off the floor, when you should call for assistance and so much more. Stop in and speak one on one to Meaghan or Bill and get your questions answered.



BERKSHIRE HATHAWAY
HomeServices
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



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
Independent Living
Assisted Living
Memory Care
A Benchmark Lifecare Community

774.224.8129 Schedule a Tour

JANUARY 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3. CHEESEBURGER 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 11:30 CRAFTERS CORNER 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	4. BEEF STEW w/ VEGETABLES 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 12:00 SOUP & SANDWICH 1:00 GABY'S HEALTH CLINIC	5. GRILLED CHICKEN 9:15 MARKET BASKET 9:30 COA BOARD MTG 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 1:00 MOVIE FAILURE TO LAUNCH 1:00 FIT TO KNIT 3:00 BINGO	6. S & S MEATBALLS 9:00 WOODCARVING 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	7. CHEESE OMELET 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
10. BBQ PORK PATTY 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN W/ LOURDES 11:30 CRAFTERS CORNER 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:30 POKENO 1:30 CORE BALANCE	11. BUTTERMILK CHICKEN 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 GABY'S HEALTH CLINIC 2:00 LAUGHTER YOGA (ALL WELCOME)	12. TUNA SANDWICH 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 PAGE TURNERS BOOK CLUB 12:00 WHIST 1:00 CRIBBAGE 1:00 MINDS IN MOTION 1:00 FIT TO KNIT 3:00 BINGO	13. ROAST TURKEY 9-11:00 MEDFIELD FIRE DEPT. OUTREACH 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	14. ZITI w/MEAT SAUCE 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE
17. COA CLOSED MARTIN LUTHER KING DAY HOLIDAY 7:00 P.M. HANNAH ADAMS BRIDGE	18. CATCH OF THE DAY 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 BEREAVEMENT GROUP 11:00 CLUB PICKUPS 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 12:00 SOUP AND SANDWICH 1:00 GABY'S HEALTH CLINIC	19. CHICKEN CANTONESE 9:15 MARKET BASKET 10:45 CRAFTERS CORNER 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 1:00 MOVIE THE UGLY TRUTH 1:00 MINDS IN MOTION 1:00 FIT TO KNIT 3:00 BINGO	20. MEATLOAF w/ GRAVY 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 2:00 DECLUTTERING YOUR HOME	21. CRUSTLESS CHICKEN 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:30 ROMEO LUNCH
24. MAC N CHEESE 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN W/ LOURDES 11:30 CRAFTERS CORNER 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	25. GRILLED CHICKEN 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 BEREAVEMENT GROUP 11:00 PING PONG 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 GABY'S HEALTH CLINIC	26. AM. CHOP SURY 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 1:00 MINDS IN MOTION 2:00 FIT TO KNIT 3:00 BINGO	27. TURKEY a LA KING 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	28. FISH NUGGETS 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE
31. LS HOT DOG 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN W/ LOURDES 11:30 CRAFTERS CORNER 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAH JONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	IMPORTANT* WINTER WEATHER REMINDER*IMPORTANT With winter upon us, it is important to remind you that when the Medfield Schools are closed due to inclement weather, the Center is closed and all programs are cancelled. If schools have a 2 hour delay, the Center will also have a 2 hour delay (opening at 11 a.m. instead of 9 a.m.) If we determine that it is unsafe for trips, activities and/or transportation, the COA can and will cancel any program at any time. Please write your phone number down on any sign up sheet, so we have easy access to informing you of scheduling changes.		Page Turners Reunites for 2022 Maggie Joseph, who has been running the book club and literature classes since 2003, wants to bring this back to the Center in 2022. All of you who love to read and discuss books are invited to join Maggie for the first planning meeting on Wednesday, January 12 at 11:00 a.m. Please call the Center to sign up. <i>"All I have learned, I learned from books"</i> - Abraham Lincoln	
*** AFTERNOON***SHOPPING PICK-UPS BEGIN AT 11:45 AM THURSDAY IS THE NEW DAY TO SHOP Jan. 6 - University Ave Shopping Jan. 13 - Stop n Shop & Target Jan. 27 - Christmas Tree Shop Do you have suggestions where you may want to shop? Peter is looking for your ideas!		Meet with Selectman Pete Peterson on Friday, January 7 from 9-10 a.m. Thank you to all who donated to the FOSI Holiday Bazaar. It was very successful and everyone was thrilled with their purchases. April 2 is our Annual Yard Sale, start your spring cleaning to support this event!		

BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard

RN-led HomeCare for Safe Living or Recovery at Home

Nursing Care • Personal Care • Companion Care
RN oversight • MA certific staff • Drive to Apps
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.grepc.com

Pat Maloney

Independent
Elder Advocate

Phone: 508-341-8684

psmaloney@verizon.net

Help is a phone call
away!



Medfield
Orthopedic
& Sports
Therapy

Medfield Professional Building
5 North Meadows Road
Medfield MA 02052
508-359-9119

Food for Thought

1."New Year– A new chapter, new verse, or just the same old story?
Ultimately we write it. The choice is ours." - Alex Morritt

2."The new year stands before us, like a chapter in a book, waiting to be written."
- Melody Beattie

3."Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."
- Benjamin Franklin

4."You are never too old to set another goal or to dream a new dream." - C.S. Lewis

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

LOVELL'S FLORIST & NUDS

160 MAIN STREET
MEDFIELD MA 02052
508-359-4191