

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

Kathy Powers, Coordinator
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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

FEBRUARY 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.



Director's Note: We seem to be in a similar situation as last year with the Covid virus, now Omicron! When will this end? I do not think anyone knows. But what we do know is we need to keep ourselves healthy and stay connected. Here are some suggestions:

Get adequate sleep! Getting a good night's sleep is essential. Why as we get older does it become difficult to have a good night's sleep? Keeping a sleep routine can be beneficial.

Eat healthy meals! Specific foods can do wonders for overall health and wellness. We know what we should eat. It is all about choices, so let's make good choices.

Stay active! Our exercise classes are free all month to help people jumpstart their exercise routine.

Avoid Dehydration! Our bodies lose water as we age, so remember to drink water every day!

Enjoy what the Center offers! Join us Monday through Saturday for a variety of daily programs.

Roberta Lynch

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

John and Mona Tomera in honor of the dedicated staff at Medfield COA

William Reynolds in memory of Barbara Reynolds

William and Gail Thompson in memory of Maureen Heavey

Martin Abramson in memory of Rose Abramson and Dinah Aloff

Michelle Mellea and Thomas Inglin Family fund in memory of Carl and Frances Mellea

Helga Urban, Lucia Chandra, Donna Quinn, Richard Scullary, Ruth Beswick,

Peter and Margaret Vasaturo and Christopher and Nancy Brais,

Friends of Medfield Seniors, inc.

FOSI works with the Medfield Council on Aging (COA) to help provide a wide assortment of programs to the town's older adults and support the needs of the Center. FOSI contributes to the Center and has provided many enhancements to the building over the past 14 years. Your donations and support of our upcoming annual Yard Sale on April 2 is greatly appreciated! If you are interested in volunteering at the yard sale please join us at our next meeting on Thursday, February 3 at 12 noon, followed by our special music presentation, "Tribute to Richie Valens, Buddy Holly and Big Bopper" at 1:30 p.m.

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 "Town of Medfield-COA" covers the newsletter mailing.



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

Feb. 2 – Chicken Salad
Feb. 9 – Turkey and Cheese
Feb. 16 – Seafood Salad
Feb. 23 – Ham and Cheese

Call 508-359-3665 on each Monday before 8:30 a.m. to order a Wednesday lunch.

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!

Bagel and Bread Availability

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

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

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

Stop in to shop what is donated!

Donation amounts vary from few to many depending on the day!

AVAILABLE RESOURCES

Nursing Services - Tuesday from 1-2 p.m. with Gaby Harrison, N.P. BP checks and more.

Health Insurance Counseling - S.H.I.N.E. Phone appointments are available by calling the Center.

Selectman Office Hours - Meet with Selectman Peterson on **Friday, February 4 between 9-10 am.** for any community concerns/ideas you might have.

Social Security/Financial Consultation - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.

RMV Near Me - The COA is offering RMV online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.

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

Fuel Assistance – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.

Grief Support – Loss of a loved one can be challenging, contact Lisa Donovan for questions, concerns and support.

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.

Public Health Nurse – Brenda Healy R.N. is available for consultation each Wednesday.

EXERCISE PROGRAMS AT THE CENTER

Fitness Fun

Lourdes Fournier starts your week off right with a 10:00 a.m. class every Monday that will wake you up and get your week headed in the right direction. Enjoy a combo-class of aerobics, strength training and core fitness. Class is free this month.

Line Dancing

Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is free this month.

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 free this month.

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 free this month.

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 free this month.

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 free this month.

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 free this month.

ZUMBA

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

\$\$About Our Exercise Classes in February\$\$

February is the month of the heart. Yes, about love, relationships and chocolate, but also about heart health! During this month all exercise classes will be without charge. Every class (except for Kingsbury Club Swim) will be free! Jump start your heart health and participate in more classes, or try a new class. During the month of February we want to help make you and your heart healthy!

COA TRANSPORTATION

Transportation is available to the Center for shopping trips, programs 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.

Chocolate Trivia

- Let's dispel one myth right up front.... Researchers have found no link between acne and chocolate. What a relief!
- While 75% of chocolate purchases are made by women all year long, during the days before Valentine's Day, on Valentine's Day 75% of the chocolate purchases are made by men.
- Chocolate comes from the Cacao or cocoa bean, grown on a Cacao tree. That's right, it is from a plant, therefore, it's a vegetable.
- The average person will consume 10,000 chocolate bars in a lifetime.
- The Aztecs once used cacao beans for currency.
- Columbus brought Cacao beans back to Spain in 1520. It quickly spread across Europe.
- The first chocolate chip cookie was invented in 1937 by Ruth Wakefield who ran the "Toll House Inn."
- Approximately 40% of almonds produced in the world are made for chocolate products.
- Approximately 70% of the world's cacao is grown in Africa.
- The Mars company invented M&M's for soldiers during World War II.
- Research suggests that dark chocolate boosts memory, attention span, reaction time, and problem-solving skills by increasing blood flow to the brain. This makes chocoholics very smart people.
- In 1942, the first chocolate bar was made by English chocolate company Cadbury.
- The Babe Ruth bar was created in 1920 by the Curtiss Candy Company. It was named after the famous baseball player.
- Cacao originated in Central and South America more than 4,000 years ago.
- The Cacao tree can live for over 200 years. But, it only produces for 25 years.
- It takes approximately 400 cacao beans to make one pound of chocolate.
- 70% of the world's production of cacao beans comes from West Africa.
- In Hershey, Pennsylvania, the street lights on "Chocolate Avenue" are in the shape of Hershey Kisses.
- Hershey's produces over 70 million chocolate Kisses every day.
- A chocolate bar is actually low in cholesterol. A 1.65 oz. bar contains only 12 mg.
- Dark chocolate has been scientifically shown to be beneficial to human health. Milk chocolate, white chocolate, and other varieties are not.
- Women tend to prefer white chocolate, while men generally prefer bittersweet or dark chocolate.
- One chocolate chip can give a person enough energy to walk 150 feet. Need the energy to walk a mile? Consume just 35 chips.
- American and Russian space flights have always included chocolate.
- A 1.5 oz. milk chocolate bar has only 220 calories, less than a 1.75 oz. serving of potato chips at 230 calories.
- Americans consumed over 3.1 billion pounds of chocolate, almost half of the total world's production.
- Chocolate contains phenyl ethylamine (PEA), a natural substance that is believed to stimulate the same reaction in the body as falling in love.
- Hawaii is the only US state that grows cacao beans.

Due to room scheduling and activities, the **Annual Chocolate Tasting** date has been changed to Thursday, February 10 from 1:00 p.m.–3:00 p.m. Be sure to sign up as space will be limited.



The Day the Music Died

On February 3, 1959, American rock and roll musicians Buddy Holly, Ritchie Valens and The Big Bopper, J.P. Richardson were killed in a plane crash near Clear Lake, Iowa, together with pilot Roger Peterson. The event later became known as "The Day the Music Died" after singer-songwriter Don McLean referred to it as such in his 1971 song "American Pie". Join us on **Thursday, February 3 at 1:30 p.m.–3:00 p.m. for an old fashioned ice cream sundae** as entertainer Jeff Jarvis brings the music of those artists into our building. Reminisce with songs like; That'll be the Day, Peggy Sue, Donna, La Bamba, Chantilly Lace and more. Sign up to enjoy this wonderful afternoon of music!

Pizza and Bingo on National Pizza Day

Wednesday, February 9 is National Pizza Day and what better way to celebrate such a special day with a late lunch at 1:30 of pizza (\$3) followed by our Wednesday BINGO game. Phil Thisse from Rehab Associates will be joining us and offering a variety of additional prizes for the winners. Our BINGO game costs \$5 for 6 cards and \$3 for 3 cards and all proceeds are returned to players in BINGO prize\$. If you have never played BINGO before, this is the time to try it. It's fun, it's easy to play, good for the brain and the people are amazing! When you sign up for this event you sign up for pizza and BINGO. We need to know how many pizzas to order!

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.

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.

CRAFTER'S CORNER

Mon., Feb. 7- Wine Cork Crafting

Mon., Feb 14 - Inspirational Rock Painting

Mon. Feb., 28 - Treasure Box

Sign up and let your creativity flow.

Mondays at 11:30 a.m. 

Services Available at The Center

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 Feb. 24 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

S.N.A.P. Benefits

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance program (SNAP), also known as Food Stamps. Call Lisa Donovan for assistance with applying.

Please remember to sign in on the kiosk when you enter the building. If there is a line, then please do not forget to sign in when you leave!

Tax Season is Here and So Are the Scams

Scams pop up often by phone, email and text but especially during tax season. Here are some scam samples that you should be aware of. If they reach out to you, hang up, do not open up an email or text. Do not give out any personal information.

1. "We are calling from the IRS to inform you that your identity has been stolen and you need to buy gift cards to fix it."
2. "You owe tax money. We'll have to arrest you, unless you purchase iTunes gift cards."
3. "If you don't pay your tax bill now, we'll cancel your Social Security number."
4. "This is the Bureau of Tax Enforcement. We're putting a lien or levy on your assets."
5. "This is a pre-recorded message from the IRS. If you don't call us back, you will be arrested."
6. "Click here for more details about your tax refund."
7. "You must make an immediate payment over the phone, using our chosen method."

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 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.

Housing

Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.

Veterans Services

Veterans and their dependents may be eligible for a variety of Chapter 115 Safety Net benefits and assistance programs. Call Mark Bryson at Town Hall at 508-359-3025.

Medfield Fire Department

Life Safety Home Inspections look for potential dangers in seniors residences, including hazards, smoke detector and carbon monoxide detector checks and battery replacement and many other areas that you might not even recognize. Call the Center to schedule a Safety Inspection.

REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.
Crafter's Corner- Monday at 11:30 a.m.
3-Thirteen - Monday at 12:00 p.m.
Line Dancing - Monday 12:00 p.m.
MahJongg - 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 at 12 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.
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.
Zumba – Saturday at 9:00 a.m.
Ping Pong – Saturday 9:00 a.m.
BINGO – Saturday at 12:30 p.m.

From the Desk of Sarah Hanifan, Volunteer Coordinator

Happy February! My fingers AND toes are crossed that Punxsutawney Phil doesn't see his shadow on Feb 2 so we can have an early Spring! I'm missing the warm sunshine, the longer days, our summer cookouts and flip flops. Soon enough we will be enjoying our back patio together, benefiting from all the hard work that our garden volunteers work on all year.

Did you know that each morning our coffee pot is on and the newspaper is available to read and the heats always on! Come join us, bring a book and sign up for an exercise class, craft or a game. We are open and would love to see you.

VOLUNTEERS NEEDED: We urgently need volunteer drivers to help deliver meals to homebound seniors. Our MEALS ON WHEELS program delivers approx. 30 meals each day 5x a week. Please reach out to Sarah or Arlene at 508-359-3665 for more information. You need a valid driver's license, a vehicle and it's helpful to be familiar with Medfield or able to use GPS.

SAVE the DATE

You are invited to join State Representative Denise Garlick for her Annual Report to the Medfield Community on **Tuesday, February 8th at 7:00 p.m.** Anyone wishing to attend via Zoom can use this link to register: <https://repgarlick.com/report22/> and anyone who registered will be sent the Zoom link for the presentation. It will also be shown live on MedfieldTV. Representative Garlick will present about her legislative and community activities during 2021 as well as her priorities in 2022.

AARP TAX AIDE PROGRAM

The AARP Tax-Aide Program provides free tax preparation for seniors. The free tax filing for seniors program is available to low and moderate income seniors with **simple returns** who need help with tax preparation. Senior taxpayers with more complex tax returns are advised to seek paid tax assistance. The Center will be a site again this year for the program. Appointments will be held on Wednesdays from 9:00 a.m. to 12:00 p.m. Begin to gather your information and check in with Sarah Hanifan for available appointments.

SUPPER CLUB AND JIGSAW PUZZLE CONTEST

The past couple of years we have had a Jigsaw Puzzle Contest at our February Supper Club. This year we will hold an "almost" annual event on Wednesday, February 23 from 5:00–7:00 p.m. Sign up with a partner to see who can put together a 100 piece puzzle the fastest. Winning team will win gift cards to Brother's Market. Join us for an evening of socialization, a prepared meal and watch the talented puzzle people beat the clock and win their prize! This month your staff will be serving baked ham, beans, cole slaw and corn bread!

ENCORE CASINO DAY TRIP FEBRUARY 22, 2022

8:30 AM Depart this morning from The Center at Medfield, One Ice House Road, on your luxury Silver Fox Coach. Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino. With world class art and entertainment, Encore raises the bar! You'll receive a Casino Bonus of \$20.00 Slot Play on arrival. You'll depart for home this afternoon, returning at 3:30 PM after a fantastic trip to Encore!

Tour Cost: \$33.00 Per Person

Please Make Checks Payable To: 'Town of Medfield-COA'

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

Medfield Fire Department Outreach

On Wednesday, February 9 at 10 a.m. Join us in the dining hall for a presentation of Preventing Falls. February is cold, snowy and often icy and often during this time homes can collect "stuff". Trip and slip hazards are often right in front of our eyes, but we don't often recognize them. Join Bill Deking and Meghan McGinn for this important information and reminders. While you are here, pick up some bread products that were donated! Please remember to sign up for this and all events that you want to attend.

NEW**MEDITATION**NEW

Jim Suojanen will be offering a monthly Meditation session the second Tuesday of the month at 11:00 a.m. Join Jim on Tuesday, Feb. 8 at 11:00 a.m. in person or on Zoom. These sessions will be 30 minutes to help guide you into a meditative practice. Call to sign up with email.

FEBRUARY 2022



BERKSHIRE HATHAWAY
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Medfield MA 02052
508-561-5411

Mary.Cusano@CommonMoves.com



The CENTER
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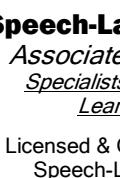
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Branch Manager
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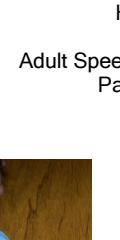


Medfield Fire Department
has provided the COA with bathroom grab bars. See Roberta for more information!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chocolate Tasting Be sure to sign up for the Annual Chocolate Tasting on Thursday, February 10 from 1-3 p.m.</p>	<p>1. CHICKEN MARSALA 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 CLUB PICKUPS 11:00 PING PONG 11:00 BEREAVEMENT GROUP 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC 1:00 WALGREENS</p>	<p>2. MEATLOAF 9:00 AARP TAX AIDE 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 2:00 FIT TO KNIT 3:00 BINGO</p>	<p>3. SALMON W/ LEMON 9:00 WOODCARVING 9:15 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 / SHOPPING-TARGET 12:30 POKER 1:30 THE DAY THE MUSIC DIED</p>	<p>4. MAC 'N CHEESE 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</p>
<p>7. CHICKEN STRIPS 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 11:30 CRAFTER'S CORNER 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAHJONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p>8. LAZY STUFFED PEPPER 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 CLUB PICKUPS 11:00 MEDITATION CLASS *NEW PROGRAM* 11:00 BEREAVEMENT GROUP 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC 7:00 REP. GARLICK REPORT (ZOOM)</p>	<p>9. CHEESE LASAGNA 9:00 AARP TAX AIDE 9:15 MARKET BASKET 10:00 MFD OUTREACH -*FALLS* 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO</p>	<p>10. BRAISED BEEF 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 1-3PM CHOCOLATE TASTING \$3</p>	<p>11. VEGGIE CHILI 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</p>
<p>14. CHIX CORDON BLUE 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 11:30 CRAFTER'S CORNER 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAHJONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p>15. AM. CHOP SUEY 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 CLUB PICKUPS 11:00 PING PONG 11:00 BEREAVEMENT GROUP 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC</p>	<p>16. CHIX & SAUSAGE 9:00 AARP TAX AIDE 9:15 MARKET BASKET 10:00 CABLE TV EXERCISE CLASS 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO</p>	<p>17. ROAST TURKEY 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 12:00 SHOPPING-DOLLAR STORE 'N MORE 12:30 POKER</p>	<p>18. TUNA NOODLE 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 OUTING</p>
<p>21. PRESIDENT'S DAY HOLIDAY COA CLOSED</p>	<p>22. HOT DOG 8:30 ENCORE CASINO BUS TRIP 9:30 CHAIR YOGA 10:30 KINGSBURY CLUB SWIM 11:00 PING PONG 11:00 BEREAVEMENT GROUP 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 HEALTH CLINIC</p>	<p>23. TORTELLINI 9:00 AARP TAX AIDE 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE 2:00 FIT TO KNIT 3:00 BINGO 5:00 SUPPER CLUB (AFTER BINGO)</p>	<p>24. CHIX ALA VODKA 9:00 WOODCARVING 9:30 MAT YOGA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 11:30 JULIET OUTING 12:00 SHOPPING - XMASS TREE SHOPS 12:30 POKER 2:00 CAREGIVER SUPPORT GROUP</p>	<p>25. BROCCOLI & CHEESE OMELET 9:00 ROCES BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE</p>
<p>28. CHIX TERIYAKI 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 11:30 CRAFTER'S CORNER 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 MAHJONGG 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p>Metrowest Legal Services Metrowest Legal Services provides certain free services including advocacy to elders and lower income non-elders. Elder Law issues include housing, durable power of attorney, guardianship, conservatorship benefits, nursing home issues, domestic relations, bankruptcies and more. Call 800-696-1501 and leave a message. If you have an urgent situation, leave a message and the need for an urgent response in your voice-mail message.</p>		<p>Medfield Assessor's Office Senior, Blind and/or Veteran property owners may qualify for local property tax deferrals and/or exemptions (July 1– April 1). Qualifications are determined through MA General Law. Contact Yvonne Remillard, Town Assessor at 508-906-3016 for more information and how to file.</p>	<p>Have a question? Do not hesitate to call the Center. 508-359-3665</p>
<p>THURSDAY AFTERNOON SHOPPING PICK-UPS BEGIN AT 12:00 PM</p> <p>Feb. 3- Stop N Shop & Target</p> <p>Feb. 17- Dollar Store & Big Lots</p> <p>Feb. 24- Christmas Tree Shop</p> <p>Do you have suggestions where you may want to shop?</p>	<p>Meet with Selectman Pete Peterson on Friday, February 4 from 9–10 a.m.</p>	<p>FOSI YARD SALE IS APRIL 2! PLAN AHEAD AND START CLEANING OUT YOUR CLOSETS!</p>		

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Feb. 17- Dollar Store & Big Lots
Feb. 24- Christmas Tree Shop
Do you have suggestions where you may want to shop?



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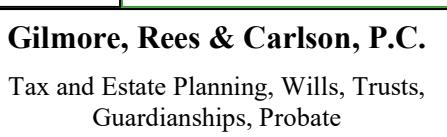
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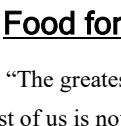
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Food for Thought

1. "The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." — Michelangelo
2. "Our greatest glory is not in never falling, but in rising every time we fall." — Confucius
3. "There is always room to be a better person" - Unknown
4. "Winter a lingering season, is a time to gather golden moments, embark on a sentimental journey and enjoy every idle hour. —John Boswell

Did you know?
Laughing strengthens your immune system and promotes healing!

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