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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. MAC & CHEESE 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 12:00 BIG Y AND DOLLAR STORE 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	4. PORTUGUESE CHIX 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 12:00 WALGREENS 20% OFF 1:00 MAH JONG CLASS	5. GREEK MEATBALLS 9:15 MARKET BASKET 9:30 COA BOARD MEETING 10:30 BREAD DISTRIBUTION 10:00 MEDITATION CLASS 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO 6:30 COUNTDOWN TO 65 MEDICARE PRESENTATION	6. ROAST TURKEY 9:00 SHINE 9:00 WOODCARVING 10:00 WALKING GROUP-METACOMET PARK 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MEETING 12:30 POKER 2:00 TOE TAPPING MUSIC	7. FIESTA OMELET 9:00 ROCHE BROS SHOPPING 9:00 SELECTMAN'S HOUR 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:15 JULIET OUTING 11:00 CORE BALANCE 11:00 WATERCOLOR CLASS
10. COLUMBUS DAY HOLIDAY	11. HOTDOG 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONG CLASS 2:00 ANTHOLOGY PRESENTATION 2:30 LEGAL CLINIC	12. S & S CHICKEN 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:00 MEDITATION CLASS 10:45 CRAFTS- POP UP CARDS 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG / CAMINO DE SANTIAGO 2:00 FIT TO KNIT 3:00 BINGO 6:00 SHINE-MEDICARE OPEN ENROLLMENT	13. BBQ PORK RIB 9:00 INDIAN PRINCESS CRUISE/LUNCH 9:00 WOODCARVING 10:00 WALKING GROUP-CEMETARY DALE ST 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 2:00 TOE TAPPING MUSIC	14. POTATO POLLOCK 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 WATERCOLOR CLASS 11:30 LUNCH 12:30 BINGO
17. BRAISED BEEF 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 3:00 VINTAGE CAR PRESENTATION 7:00 HANNAH ADAMS BRIDGE	18. LASAGNA ROLL UPS 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG CLASS	19. CRUSTLESS CHIX 9:15 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:00 MEDITATION CLASS 10:45 CRAFTER'S CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO	20. MEATLOAF 8:30 PANCAKE BREAKFAST 9:00 WOODCARVING 10:00 WALKING GROUP- COA 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING 2:00 TOE TAPPING MUSIC 2:00 CAREGIVER SUPPORT GROUP	21. CATCH OF THE DAY 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 WATERCOLOR CLASS 11:30 ROMEO OUTING
24. TURKEY STEW 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 12:00 STOP AND SHOP AND TARGET 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	25. ROAST PORK 9:30 CHAIR YOGA 10:00 KINGSBURY CLUB SWIM 10:30 MAT YOGA 11:00 CLUB PICKUPS 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG CLASS	26. CHIX A LA ORANGE 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:30 BREAD DISTRIBUTION 10:45 CRAFTER'S CORNER 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 3:00 BINGO 5:30 LADIES PAINT NIGHT	27. AM. CHOP SUEY 9:00 WOODCARVING 10:00 WALKING GROUP- HINKLEY POND 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 2:00 TOE TAPPING MUSIC	28. VEG. CHILI 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 WATERCOLOR CLASS MEDFIELD DAY SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
31. CAJUN CHICKEN 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 LINE DANCING 12:00 HALLOWEEN PIZZA PARTY & TRIVIA 12:00 3-THIRTEEN 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE HAPPY HALLOWEEN	MEDITATION		Walking the Camino de Santiago	
<p>Meditation is a practice in which an individual uses a technique such as mindfulness, or focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. If you have never practiced meditation before or meditate every day, you are invited to join Jim Suojanen on Wednesdays at 10:00a.m.</p> <p><i>"Quiet the mind and the soul shall speak"</i></p>		<p>Have you ever heard of the Camino de Santiago and wondered what it would be like to walk 500 miles through Spain? What do you wear on your feet? What are the sleeping arrangements? Where and what do you eat? Join us on <u>Wednesday, October 12th at 1 p.m.</u> when Kathy Powers recaps her walk from St Jean Pied de Port, France to Santiago de Compostela, Spain. She'll share stories, amazing photos, let you try on her 16lb-backpack and answer your questions about this once in a lifetime adventure. You do not want to miss this event! Sign up today.</p>		

Transportation Services

COA Transportation Service is available through the our vehicles for local appointments and programs at the Center during our regular hours. It is important to call the Center and leave a message with your request before 8:30 am the day of the request. Medical rides can be provided by the COA vehicles within Medfield or through our Volunteer Ride Program. For more information please call the Center.

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Food for Thought

- One small positive thought can change your whole day. -unknown
- Autumn colors remind us we are all one dancing in the wind. -Lauren Morgan-Richards
- Be the reason someone smiles today. -unknown
- Autumn carries more gold in its pockets than any other season -Jim Bishop

LOVELL'S FLORIST & NURSERY

160 MAIN STREET
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508-359-4191

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. 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.

Coming November 2 at 4:00 p.m.

Russia and Ukraine Explained

You don't have to look past the news to see what's going on with the Russia-Ukraine war. But what are the prospects for international order in the wake of this conflict? What will not only Russia and Ukraine look like; what about the rest of the world? Come to an informative and engaging deep dive into President Joe Biden's handling of the Russia-Ukraine crisis, along with possible future outcomes.

*Presented by Eugene B. Kogan, Ph.D., a negotiation strategist and Harvard Business School executive coach who has conferred with America's top diplomats, from Henry Kissinger to Rex Tillerson. Dr. Kogan is also the co-author of the book *Mediation: Negotiation by Other Moves*.*

Don't miss this timely and important presentation! Sign up TODAY!

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 the Center for information.

Caregiver Support

If you have questions about care giving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available, along with our group meetings.

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 Tues. & Friday at 10:00 a.m. beginning week of 9/12 \$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 the Center for assistance.

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 Roberta Lynch 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 508-906-3025.

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 to schedule a Safety Inspection.

NEWToe Tapping**NEW** Thursdays

If you love music, please join us every Thursday from 2-3 pm for a performance by a new artist each week. Be ready to sing along, dance and enjoy!

Oct. 6- Country Music w/ L.A.F.F.

Oct. 13- Doug Robinson

Oct. 20- The Elderly Brothers

Oct. 27- Banjo Ragtimers

REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.
Fitness Fun - Monday at 10:00 a.m.
3-Thirteen - Monday at 12:00 p.m.
Line Dancing - Monday 12:00 p.m.
Pokeno - Monday at 1:30 p.m.
Core Balance - Monday at 1:30 p.m.
Hannah Adams Bridge - Monday at 7:00 p.m.
Chair Yoga - Tuesday at 9:30 a.m.
Kingsbury Club Swim - Tuesday at 10:00 a.m.
Mat Yoga - Tuesday at 10:30 a.m.
Duplicate Bridge - Tuesday at 12:00 p.m.
Meditation Class - Wednesday at 10:00 a.m.
Crafter's Corner - Wednesday 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.
Ping Pong - 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.
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.
Bowling - Thursday at 1:00 p.m.
Kingsbury Club Swim - Friday at 10:00 a.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.
Line Dancing - Saturday at 10:30 a.m.
BINGO - Saturday at 12:30 p.m.

WALKING CLUB AT 10:00 A.M. THURSDAY MEETING POINTS



10/6 - MEET AT METACOMET PARK

10/13 - MEET AT THE CEMETARY
DALE STREET ENTRANCE

10/20 - MEET AT COA

10/27 - MEET AT HINKLEY SWIM POND
ALL WELCOME TO JOIN! IT'S A GREAT
WAY TO MEET PEOPLE!

RAIL TRAIL RIBBON CUTTING CEREMONY SAT., OCTOBER 1st 2-4 PM

TAX WORK OFF PROGRAM INFORMATION

The ongoing Tax Work-Off Program administered by the Council on Aging will have applications available starting on October 1, 2022 with the deadline for submission by October 26, 2022. If we receive more than 65 applications, a lottery will be held at the COA board meeting on Wednesday, November 2, 2022. Participants will be able to start their hours as soon as their position is confirmed. The exemption is taxable as Federal wages. The applicant will receive a W-2 for income earned less OBRA, Medicare and applicable taxes. However, they will not receive a paycheck; the net amount earned will be credited to the applicant's third and fourth quarter real-estate tax bills, as a reduction in taxes.

We are grateful that the Town continues to support the program as it has been successful in many ways, making it a win-win situation for the seniors, the department and the town!

Any questions regarding this program can be directed to Sarah Hanifan at 508-359-3665.

Applications will be available starting October 1, 2022 at the Center!

From the Desk of Sarah Hanifan, Volunteer Coordinator

Hello and Happy October! October is one of my absolute favorite times of the year! My favorite costume as a child was a princess; I swear I was a princess for 4 years in a row. My son still hasn't decided what he will dress up as; he usually has two different costumes, one for school, and one for Halloween night. Speaking of Halloween, what is your favorite candy? Mine is Kit Kat, or Twix Bars.

I'm excited to finally announce, I booked a delightful day trip on December 6 for you to enjoy! We will be heading to Newport Rhode Island for lunch and to tour the beautifully decorated mansions and the magnificent lighting display at LaSalette Shrine. Flyers with more information are available at the Center. Only \$99 per person. Please call or stop in to sign up! I look forward to sharing this festive experience with all of you.

Sarah

From the Desk of Susan Longmoore, Outreach Coordinator

It's that time of year again for Fuel Assistance! I am happy to assist you with any fuel assistance questions you may have, documentation requirements and the fuel assistance application. If you are a first-time fuel assistance applicant, or to see if you are eligible, please contact me to set up an appointment. If you were approved for fuel assistance last season, you should have received a letter in the mail along with a renewal form. I am available to meet with you and assist as needed.

Coming soon....information on our Dementia Friendly Initiative or stop in and I would be glad to talk to you about this.

Susan

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

Oct. 5 – Chicken Salad
Oct. 12 – Turkey and Cheese
Oct. 19 – Seafood Salad
Oct. 26 – Ham and Cheese

Wednesdays are a busy day at the Center. Call on Monday morning (by 9:00) to order your Grab-N-Go meal for Wednesday and enjoy lunch in between your scheduled activities or with friends.

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!

Call 508-359-3665 on each Monday at 9 a.m. to order a Wednesday lunch. Cost is \$3.

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

EXERCISE PROGRAMS AT THE CENTER

Monday 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 \$5.

Monday Line Dancing

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

Monday Core Balance Class

Join Jeanne Donnelly's Core Balance Class on Monday at 1:30. 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.

Tuesday 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.

Tuesday Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley's class on Tuesday mornings at 10:30 a.m. Class is \$5.

Wednesday Meditation Class

Jim Suojanen returns with a new day and time for his popular Meditation Class. Join Jim on Wednesday at 10:00 a.m. and take the time to find your inner peace and relax your mind.

Thursday Walking Group

Join our Walking Group on Thursday, at 10:00 a.m. Join the group for exercise, conversation and a few good laughs! See Calendar.

Thursday 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.

Friday 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, increasing balance, joint mobility, strength, flexibility and bone density. Class is \$5.

Friday Core Balance Class

Join Jeanne Donnelly's Core Balance Class 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.

Saturday 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.

Saturday Line Dancing

Join Nancy Diduca on Saturdays at 10:30 a.m. Enjoy a great hour of Line Dancing and, more importantly, a fun form of exercise. As always our line dancing is \$3/class. All welcome!

Medfield Council on Aging Hosts

"Planning for Medicare - Countdown To 65"

Wed., October 5 at 6:30 p.m. at the Center at Medfield

As people approach the age of 65 they are faced with a number of life decisions to consider as they prepare for retirement or senior living. One issue that can be a challenge to understand is Medicare as a health care choice. The Medfield Council on Aging is pleased to host a seminar titled "Planning for Medicare - Countdown to 65", provided by BCBS representative Susan Flanagan on Wednesday, October 5 at 6:30 p.m. Topics covered in the seminar will include:

An explanation of Medicare Parts A, B and C
Medicare enrollment timeline
Medigap plans that help supplement Medicare coverage
Medicare Advantage plans, such as HMOs and PPOs
Medicare Part D prescription drug plans
Plans and programs available to early retirees, such as COBRA
Spread the word to people you know who may be approaching the magic age of 65! Call the Center at 508-359-3665 to register in advance.



Vintage Car Slideshow
Social Presented by
Orphan Car Garage
Do you know who invented the automobile?
(Hint - it's not Henry Ford)

Take a ride down memory lane on Monday, October 17 at 3 p.m. with John from Orphan Car Garage. John will highlight some automotive milestones and some of our most notorious vehicles of the past. From Rambler to Studebaker, Corvair to Vega, come enjoy the slideshow and stories while sipping a root beer float! Don't miss this fantastic presentation. Bring your questions, and see if

PANCAKE BREAKFAST

It's been a while since we had one of our famous breakfasts! Join us on Thursday, October 20 at 8:30 a.m. for hot coffee, pancakes, sausage and fruit! In the past, following breakfast I have scheduled a speaker to provide information on a variety of topics, BUT, following this breakfast enjoy a morning with Comedian Steve Sweeney. Start your Thursday with good food and a lot of laughs!

SIGNING UP IS REQUIRED FOR THIS EVENT

Beginning Watercolor/Part 2 with Nan Rumpf

Fridays beginning Oct. 7 through Nov. 11 from 11:00 a.m. to 1:00 p.m. Cost is \$50

We will be studying the following:

- Color temperature and playing with shadow shapes
- Choosing a format for your landscape painting
- Value
- Saving whites and mingling colors
- Mixing greys
- Painting from your imagination

Please bring your watercolor supplies to class. Ask for a supply list at the Center's front desk.



HALLOWEEN PIZZA PARTY

Join us on Halloween Monday 10/31 at 12:00 p.m. for a pizza party lunch followed by a Trivia

Game with Bill Crane! Those who wear a legitimate costume will enjoy lunch on the house! Those who choose not to be in the spirit can make a \$3 donation! Halloween is not just for kids; it is for "big kids" too!

JULIET OUTING

Leave the Center at 10:15(ish) on Oct. 7 for a tour of the Dwight Derby House by COA Board member Laurel Scotti. Then travel to Norwood for a lunch at the Boston Tavern. Limited to 10!

BOB HOPE'S USO STYLE SHOW

Leave the center at 8:30 a.m. on Tuesday, November 15. Enjoy a welcome reception followed by a delicious family-style lunch. Entertainment by Bill Johnson. Cost \$99, sign up today!

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

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Richard Ryder, Laurel Scotti, Annette Wells and one open position.

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

If you are interested in supporting the COA, please consider being part of the board. It is a 5 member board, however we only have 4 members. If you have some time, ideas and interest please think about volunteering. See Roberta for any questions you may have!

A Special Thank You to the Following People for their Donation to FOSI:

David and Joanne McAvoy, James and Linda McKenzie

June Burr, Norma Barr and Dick Scullary in memory of Jackie Iafolla

Ruth Beswick in memory of the EcEnroy Family

Adele and Virginia Mariani in memory of Ralph and Lennie

Alice Goodsell in memory of COA staff and Volunteers

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.

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

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THE CENTER AT MEDFIELD

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MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-*7:00 P.M.
FRIDAY 9:00-1:00 P.M. *WEDNESDAY SCHEDULE VARIES

508-359-3665

OCTOBER 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: I need to talk about the dedicated members of our Garden Group. These volunteers go

above and beyond from early spring until the last leaf drops. They are dedicated to making sure that our gardens are manicured and beautiful. I want to thank all of the members, but a special thank you to Eve Potts who keeps everyone informed on what needs to be done and to Bob Costello who spread 10 yards of mulch this year! Our gardens looked amazing this season and it is all because of this group of people who take pride in making their senior center beautiful. I appreciate everyone's dedication and hard work that you provide. Pictured from left to right is Rose Thibault, Bob Costello, Eve Potts, Gayle Reese, Terry Ballantyne, Lois Hazen, Nancy Brais and missing is Steve Fosdick.
Roberta Lynch



LADIES PAINT NIGHT

Join us at the Center for our 2nd Paint Night with instructor, Casey Worth on Wednesday, October 26 beginning at 5:30. The evening will start with a meet and greet offering light appetizers and beverages providing a chance to socialize and meet new people. Our painting will commence around 6pm as Casey will begin to show us step by step how to create a beautiful masterpiece. No experience necessary and all are welcome to attend. Limited to 20 women and cost of this amazing evening event is only \$10. Sign up today!

Medicare Annual Election Period



Changes take effect January 1st

Medicare Open Enrollment happens from October 15 through December 7 every year, giving you a dedicated time period to change your health insurance coverage and update your plans to better meet your health needs and budget. Call the Center at 508-359-3665 to make an appointment with our SHINE Counselor to review your options!



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