

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

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COUNCIL ON AGING BOARD

Bob Heald—Chairman, Richard Ryder, Laurel Scotti and Annette Wells

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

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

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AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. Amazon Smile is available at smile.amazon.com on your web browser and can be activated in the Amazon Shopping app for iOS and android phones. When you shop at AmazonSmile, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice. On your first visit to smile.amazon.com, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make through AmazonSmile will result in a donation. Support The Center by choosing Friends of Medfield Seniors, Inc. as your charitable organization when you shop Amazon!



Just a Thought

We are entering the holiday season and often times finding the right gift for someone who has every-thing can be challenging. FOSI has a suggestion; consider purchasing a brick in honor of someone special! Bricks are placed in our *Celebration of Life* patio around the Center’s flagpole. Your brick will be a lasting tribute to your special friend or family member. Brick 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.



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

NOVEMBER 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.



Picture by Mike Lennon
Garden by Jill Vollmuth 2009

Director’s Note:

Celebrating Veterans Day

In honor of Veterans Day and our Medfield Veterans, The Center will hold its first Veterans Day Luncheon beginning at 12:30 p.m. on Thursday, November 10. Invited guests include widow or widowers of Medfield Veterans, Medfield Veterans and members of American Legion Post 110. Each invited guest may bring one companion. There is a sign-up sheet at the Center. Registration is important to assist in food-planning and seating. We look forward to our guest speaker, Medfield’s own Mr. Richard DeSorgher, and our invited guests!

Roberta Lynch

IMPORTANT NOVEMBER DATES

- Saturday, November 5 – LION’s Club Chowder Fest—starting at 11 a.m. \$8/person. All Saturday programs are cancelled. The FOSI Christmas sale begins at 11:00 a.m. on this day – If you have any Christmas items you would like to donate to the sale, please call the Center.
- Tuesday, November 8 – Election! Exercise your right to vote. Polls are open 6:00 a.m.–8:00 p.m. Call the Center for transportation. No activities or Club Program scheduled.
- Thursday, November 10 – Celebrating our Veterans with Lunch at 12:30 p.m. Veterans please call to sign up!
- Friday, November 11 – The Center is closed in observance of Veteran’s Day!
- Tuesday, November 15 – Bob Hope’s Style Show day trip to Connecticut. Sign up required! \$99 per person.
- Friday, November 18 – The Center is **closed** as the large hall floor will be refinished.
- Saturday, Nov 19 – The Center is **closed** No Saturday Programming.
- Monday, November 21 – No dining hall access, and all programs/classes will be in the classrooms.
- Tuesday, November 22 – Ice Cream Social at 2:00 p.m.
- Thur., Fri., and Sat., November 24, 25 and 26 – The Center will be **closed** for the Thanksgiving Holiday.

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

Nov. 2 – Chicken Salad
Nov. 9 – Turkey and Cheese
Nov. 16 – Seafood Salad
Nov. 23 – Ham and Cheese
Nov. 30 –Tuna

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

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!

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

AVAILABLE RESOURCES

Health Insurance Counseling - S.H.I.N.E.
Appointments are available on the first and third Thursday of the month by calling the Center.

Selectman Office Hours - Meet with Selectman Peterson on **Friday, November 4 at 9am.** for any community concerns/ideas you 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.

Legal Clinic– Attorney Julie Ladimer, will be available for legal consultations on Tuesday, November 15, starting at 2:30 p.m. for this month only.

Caregiver Support – Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group Tue. Nov. 29 at 2:00 p.m.

Public Health Nurse- Brenda Healy R.N. is available for consultation each Wednesday. Brenda will check blood pressures, answer health questions you might have and provide guidance and information.

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!

The Life of Lee Iacocca
Presented by Orphan Car Garage
Monday, November 14 at 3:00 p.m.

An American legend who invented the Mustang, Lee Iacocca rose spectacularly through the ranks of Ford Motor Company to become its president, only to be toppled eight years later in a power play that should have shattered him. But Lee Iacocca didn’t get mad, he got even.


He led a battle for Chrysler’s survival that made his name a symbol of integrity, know-how, and guts for millions of Americans. Come enjoy a cup of coffee and an old-fashioned moon pie and learn about the man who forever changed the automobile industry. Please sign up at the Center for this presentation.

The CENTER partners with Norfolk County RSVP Volunteer Program for its annual holiday drive for active duty military members.

The organization is collecting personal-care items between Thanksgiving and New Year’s Day. Items can be donated in the bin located at the Medfield Senior Center. All items will be delivered to and distributed by ‘Cape Cod Cares for Our Troops’. What a special way to say thank you to our troops! Here are a few items they accept. *Hand sanitizer, hand wipes, face tissues, hand and body lotions, foot powder, deodorant, gum, toothbrushes, toothpaste, shaving items, candy, hot chocolate, microwave popcorn, protein bars, new socks, toys for children.* A full list is available at the Center.

TOE-TAPPING THURSDAYS

Patrick Durkin–November 3, 2-3 p.m. Enjoy Patrick's energetic piano playing and vocals that will have you singing and tapping your toes for the hour.



Steve Rudolph Trio–November 17, 2-3pm Get your toes tapping as the Steve Rudolph Trio presents a joyous sampling of some of the best of American popular music from ‘40s, ‘50s and ‘60s - from Big Band tunes to Frank Sinatra to Elvis.

From the Desk of Sarah Hanifan, Volunteer Coordinator

It’s a new month, and the start of another Tax Work-Off program. If you have any questions regarding the Tax Work-Off program or any other volunteer opportunities, please don’t hesitate to contact me. As always, thank you to all the wonderful volunteers we have here at the Center. We appreciate you and all that you do!

Sarah

SOCIAL SECURITY WORKSHOP
Wednesday, November 16 at 6:00 p.m.

An educational workshop titled “Savvy Social Security Planning: What You Need to Know to Maximize Retirement Income” has been scheduled for **November 16 , 2022 at 6:00 p.m.** at The Center at Medfield, One Ice House Road.

Social Security is far more complicated than most people realize. The decisions made now can have a tremendous impact on the total amount of benefits one will receive over their lifetime.

Questions to be addressed include:

- Will Social Security be there for me?
- How much can I expect to receive?
- When should I apply for Social Security?
- How can I maximize my benefits?
- Will Social Security be enough to live on in retirement?


To help you better understand the Social Security system, this workshop will cover:

- 5 factors to consider when deciding when to apply for benefits
- When it makes sense to delay benefits and when it does not
- Why you should always check your earnings record for accuracy
- How to estimate your benefits
- How to coordinate benefits with your spouse
- How to minimize taxes on Social Security benefits
- How to coordinate Social Security with your other sources of retirement income

Seating is limited and reservations are recommended. Individuals may reserve space by calling The Center at 508-359-3665.

Sustainable Medfield Presentation

Join us on Monday, November 21 at 2:30 p.m. to learn about Sustainable Medfield and how the group helps the Medfield community learn about actions they can take for the environment. Sustainable Medfield, a Medfield Foundation, Inc. Initiative, is a group of friends, neighbors and local groups who are helping our town reach its environmental goals. We provide a one-stop library of Medfield-specific actions resources on topics including: MassSave energy audits, solar panels, electric vehicles, native gardens and many more. Bring your phone or laptop and we can help you get started.

<p><u>Information and Referral</u></p> <p>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.</p> <p><u>Outreach Services</u></p> <p>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.</p> <p><u>Health and Wellness</u></p> <p>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!</p> <p><u>Meals on Wheels</u></p> <p>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.</p> <p><u>Grab N Go Wednesday Lunch</u></p> <p>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.</p> <p><u>S.H.I.N.E.</u></p> <p>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.</p>	<p><u>Services Available at The Center</u></p> <p><u>Medical Equipment</u></p> <p>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.</p> <p><u>Low Vision Information</u></p> <p>As we age, things change including our vision. Resources are available. Call the Center for information.</p> <p><u>Caregiver Support</u></p> <p>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.</p> <p><u>Volunteering</u></p> <p>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.</p> <p><u>Large-Print Newsletter</u></p> <p>Pick up a large-print copy of the newsletter at the Center (by request).</p> <p><u>Kingsbury Club</u></p> <p>Senior Swim Tuesday & Friday at 10:00 a.m. \$5/session</p> <p><u>S.N.A.P. Benefits</u></p> <p>Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance program (SNAP), also know as Food Stamps. Call the Center for assistance.</p>	<p><u>Medfield Food Cupboard</u></p> <p>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.</p> <p><u>Bread Distribution</u></p> <p>Every Wednesday beginning at 10:30 a.m. there are bread products available from Brothers, Blue Moon and Donut Express. All welcome!</p> <p><u>The CLUB</u></p> <p>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.</p> <p><u>Housing</u></p> <p>Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.</p> <p><u>Veterans Services</u></p> <p>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.</p> <p><u>Medfield Fire Department</u></p> <p>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.</p>
<p>PROTECT YOURSELF FROM FINANCIAL FRAUD PRESENTED BY NEEDHAM BANK</p> <p>Join us on Monday, November 28 at 2:30 with Needham Bank representatives for a presentation on Protecting Yourself from Financial Fraud with a specific focus on common elder fraud schemes. The presentation will educate you on current fraud trends, how to spot a scam and, and what to do to protect yourself and your loved ones from falling victim to fraud.</p> 	<p><i>From the Desk of Susan Longmoore Outreach Coordinator</i></p> <p>November marks the beginning of the holiday season. Holidays are a time to share special moments and create warm memories, but they can be very stressful. For caregivers who already have the responsibilities of caring for a loved one, the holidays can be overwhelming. Here are a few tips to cope with the holiday season and make it more enjoyable:</p> <ul style="list-style-type: none">• Be flexible – Be open to change and creating new memories.• Be inclusive – Make sure your loved one is involved and part of the celebration.• Be realistic – Set reasonable limits on how much you can do. <p>Ask for assistance. Take advantage of time with friends and family to share this responsibility. Seek a local caregiver support group for additional resources. The Center’s Caregiver Support Group will meet on November 29th from 2:00-3:00, all are welcome.</p> <p><i>Susan</i></p>	

<p><u>REGULAR ACTIVITIES</u></p> <p>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. 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 9:30 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.</p>

Each day we deliver nutritious hot meals to homebound seniors. We need substitute drivers to help us deliver. Please call 508-359-3665 and ask to speak to Arlene to learn more.





CRAFTERS CORNER


Wed., Nov. 9 at 10:45. Create a Thanksgiving Pop-Up card with Bri from the public library. No supplies needed.

Wed., Nov. 16 at 10:45. Annette will teach us how to make a festive door hanging with an ice skates. \$5 per person.

<p>RUSSIA AND UKRAINE EXPLAINED</p> <p>November 2, 2022 at 4:00 p.m.</p> <p>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 Meditation: Negotiation by Other Moves.</p>
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<p>Warning Signs of Alzheimer's Presentation</p> <p>Wednesday, November 9, 2022 at 2:00 p.m.</p> <p>More than 130,000 people in Massachusetts have Alzheimer's disease or another form of dementia. The Alzheimer’s Association leads the effort on global research, education, early detection, support and resources. Join us for a one-hour presentation from the Alzheimer’s Association about the 10 Warning Signs of Alzheimer’s disease: What to watch for in yourself & others. Learn from speaker Beth Welch about:</p> <ul style="list-style-type: none"> • The difference between normal aging and Alzheimer’s • Common warning signs • The importance of early detection and benefits of diagnosis • Next steps and expectations for the diagnostic process and resources <p>Please be sure to register for this informative presentation. Open to all.</p> 

	<p><u>THE NORWOOD THEATRE</u></p> <p><u>COMBO PACKAGE</u></p> <p>The Center has reserved 12 tickets for Disney’s Beauty and the Beast Broadway Musical matinee event on Wednesday, November 9, 2022. Lunch will be from 12pm-1pm and the performance will begin at 1:30 p.m. The show runs approximately 2 hours including intermission. Cost is \$48 per person which includes lunch, gratuity and show. Sign up today to join us!</p>
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	<p>Caregiver Support with Trish Collins, LSW</p> <p><i>Celebrating National Caregiver Month</i></p> <p>Join us on Tuesday, November 29th from 2:00-3:00 and learn how programs can support you during your caregiving journey. Hear from Trish Collins, LSW with HESSCO Options Counseling program and Judy Wood, HESSCO Caregiver Specialist. The options counselor will discuss program options that are available through HESSCO such as homemaking, which covers cleaning, shopping and laundry; home health aides to assist with personal care, meals on wheels, Personal Emergency Response Systems, medical management appliances and more.</p>
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NOVEMBER 2022



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOIN JOHN LEDWITH ON THURSDAYS AT 1PM FOR BOWLING AT RYANS FAMILY AMUSEMENT IN MILLIS. COST IS \$11 AND A GREAT ACTIVITY FOR THE WINTER MONTHS! CALL FOR INFORMATION.	1. BEEF STIR FRY 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 MAHJONG	2. HOT DOG 9:30 MARKET BASKET 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	3. BUTTERMILK CHICKEN 9:00 WOODCARVING 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MEETING 12:30 POKER 1:00 BOWLING 2:00 PATRICK DURKIN	4. SEAFOOD CASSEROLE 9:00 ROCHE BROS SHOPPING 9:00 SELECTMAN'S HOUR 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:00 WATERCOLOR CLASS
7. BBQ PORK ALL CLASSES HELD IN THE CLASSROOMS 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 7:00 HANNAH ADAMS BRIDGE	8. CHICKEN MARSALA ELECTION DAY—VOTE THERE WILL BE NO ACTIVITIES OR CLUB PROGRAM TODAY.	9. OMELET PUBLIC HEALTH NURSE DAY 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:30 BREAD DISTRIBUTION 10:45 POP-UP THANKSGIVING CARDS W/ BRI 11:00 SCAT 11:30 GRAB N GO LUNCH 12:00 WHIST / NORWOOD THEATRE & LUNCH 1:00 CRIBBAGE / PING PONG 2:00 FIT TO KNIT 2:00 WARNING SIGNS OF ALZHEIMERS 3:00 BINGO	10. ROAST TURKEY 9:00 WOODCARVING 9:45 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 VETERANS DAY LUNCHEON 12:30 POKER 1:00 BOWLING	11. THE CENTER IS CLOSED FOR VETERANS DAY With Respect Honor and Gratitude Thank you Veterans!
14. S & S MEATBALLS 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 LIFE OF LEE IACCOCA 7:00 HANNAH ADAMS BRIDGE	15. CHICKEN CHILI 8:30 BOB HOPE SHOW DAY TRIP 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 2:30 LEGAL CLINIC	16. MEATLOAF PUBLIC HEALTH NURSE DAY 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 6:00 SOCIAL SECURITY PRESENTATION	17. CHICKEN PICCATA 9:00 WOODCARVING 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 STEVE RUDOLPH TRIO	18. SALMON HALL FLOOR REFINISHING THRU MONDAY 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 11:00 WATERCOLOR CLASS NO TAI CHI OR CORE BALANCE
21. CHICKEN CORDON BLUE ALL CLASSES HELD IN THE CLASSROOMS 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 2:30 SUSTAINABLE MEDFIELD 7:00 HANNAH ADAMS BRIDGE	22. STUFFED CABBAGE 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 2:00 ICE CREAM SOCIAL	23. MAC N' CHEESE PUBLIC HEALTH NURSE DAY 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	24. HAPPY THANKSGIVING FROM ALL OF US TO ALL OF YOU, WE WISH YOU A WONDERFUL AND HAPPY THANKSGIVING. Roberta, Sarah, Susan, Peter, Dianne Ann, Jenn, Annemarie, and Arlene	25. COA CLOSED FRIDAY AND SATURDAY
28. LASAGNA 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 SHOPPING 12:00 LINE DANCING 1:30 3-THIRTEEN 1:30 POKENO 1:30 CORE BALANCE 2:30 FRAUD PREVENTION 7:00 HANNAH ADAMS BRIDGE	29. BEEF & BROCCOLI 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 2:00 CAREGIVER SUPPORT	30. HONEY MUSTARD CHIX 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	WINTER WEATHER REMINDER: If the Medfield Public Schools are closed, the Center will also be closed. If the school has a delay, the COA will also have a delayed opening.	Final Day Trip of 2022 Join us on December 6 for lunch in Newport Rhode Island and tour a beautifully decorated mansion. After lunch and the tour we will head back to MA to visit the magnificent light display at LaSalette Shrine. Sign up as spots are limited. Open to all, call a family member or a friend and ask them to join you. Only \$99 per person.

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Help is a phone call away!



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508-359-9119

Food for Thought

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."
- Lauren DeStefano

"November is the best month of Autumn, which includes Thanksgiving and spending time with your family and friends to celebrate and give thanks."
- Unknown

"Welcome sweet November, the season of senses and my favorite month of all."
- Gregory F. Lenz

DID YOU KNOW?
You can purchase a punch card for exercise or transportation at the reception desk? Each coupon will provide you multiple classes or rides on the bus. Save on checks and just write out one for multiple classes!

COA TRANSPORTATION
For information on our transportation services, please call the Center for details as we provide medical rides, shopping trips, social excursions and so much more.
Call 508-359-3665 for more information!

MONDAY AFTERNOON SHOPPING BEGINS AT NOON.



Nov 7—Christmas Tree Shops
Nov 14—Dollar Store & Big Lots
Nov 21— Stop N Shop & Job Lot
Nov 28—Walpole Mall & Walmart

JOIN US FOR TOE TAPPING THURSDAYS.
NOVEMBER 3 & 17 FROM 2-3 P.M.

Riverbend of South Natick
Skilled Nursing & Rehabilitation Facility

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South Natick MA
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