

**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 STAFF

COUNCIL ON AGING STAFF

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HESSCO

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

PRSR STD U.S.
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Medfield
Permit No. 1

THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD

MEDFIELD, MA 02052

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

508-359-3665

DECEMBER 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: Many people have heard me say something like "ugh" every time they find a mistake in the newsletter after several people have proof-read it! I want to share with you the front page of the first newsletter I wrote in October 2001, as I write my last newsletter. I am a paper person and have saved a copy of every newsletter since then! Take a look as I forgot the "T" in SPOTLIGHT! I remember one conversation with Lou Fellini and I said, "Lou, I only have 66 more newsletters to write."

About a year ago, I purposely gave Kristine Trierweiler, our Town Administrator, my notice because I needed to wrap my head around my decision to retire. I had a few weeks in the early fall where I was experiencing second thoughts. I worked through that with the help of all of you and now I am comfortable and very excited to start the next phase of my life. This job, this Center, and all of you have been a **HUGE** part of my life for 21 years and 4 months. You got me through dark times and we celebrated good times. You are my COA family that I love. Thank you for letting me be part of your lives and providing me the chance to offer support, advice, programs, parties, breakfasts, supper clubs, trips, Juliet outings, cruises, events and services. You made my world brighter, happier, very busy and made going to work an absolute joy. For this, I thank you and appreciate all that you have given and done for me.

Roberta Lynch

December Special Events

Thursday, December 8 - Holiday Breakfast at 8:30 a.m. Join us for a French Toast and Sausage morning treat. Although, no Steve Sweeney this breakfast, simply our chef, Mike LaFrancesca is cooking up his world-famous French Toast. Sign up as space is limited!!

Sunday, December 11 - Annual Lion's Club Christmas Party at 12 noon at the Center. Join us for the 39th Annual Tri-Club Plus Senior Citizens Christmas Party. Be sure to sign up so we have an accurate count for the caterer and for planning purposes.

Wednesday, January 4 - Join us for an "After the New Year Chinese Lunch Party" 1-3 p.m. We will celebrate 2023 and have a great time doing it. Good food, Good people and Good music! \$6pp. Following lunch, stay and play BINGO and enjoy the added prizes for the New Year!

FRIENDS OF SENIORS, Inc. (FOSI) 2023 Yearly suggested donation is \$15.00/person

DATE: _____

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ _____

Additional Donations:

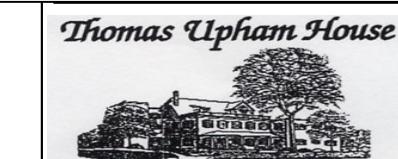
IN MEMORY OF: NAME _____

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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Picture by Mike Lennon
Garden by Jill Vollmuth 2009

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

Dec. 7 – Chicken Salad
Dec. 14 – Turkey and Cheese
Dec. 21 – No meals available
Dec. 28 – 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 by 9 a.m. to order a Wednesday lunch. Cost is \$3.

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, December 2 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 the second Tuesday of each month (12/13) starting at 2:30 p.m.

Caregiver Support – Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group on Thursday, Dec. 20 at 2 p.m.

Public Health Nurse – Brenda Healy R.N. is available for consultation each Wednesday. Brenda will check blood pressures, answer health questions you

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 self-directed Walking Group on Thursday, at 10:00 a.m. Join the group at the Rail Trail on Icehouse Road, weather permitting for exercise, conversation and a few good laughs!

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!



Toe Tapping Thursdays

Spend every Thursday from 2:00–3:00 p.m. at the Center and enjoy music from a variety of artists. The holidays will be a theme throughout the month and so will the music.

December 1- Enjoy the music of Brian Johnson.

December 8 - Experience the many voices of Joey Nune.

December 15 - Dance to the music of the Elderly Brothers.

December 22 - A Christmas show by Tommy Rull

Enjoy the music with your friends and celebrate the month with the Center!



Evergreen Arrangements

On **Wednesday, December 7** join us at 10:45 a.m. for a morning of creativity. Bring in your container and clipped greens to share and like years past we will create a beautiful evergreen arrangement that will last the month on your table, by your front door or give as a gift. The more people attend the bigger the variety of greens will be available if everyone clips a shopping bag full! Sign up to join in!



December Breakfast

Let's start the first full week of December, "the most wonderful time of the year" with a hearty French Toast breakfast on **Thursday, December 8 at 8:30 a.m.** Mike LaFrancesca returns to delight our pallet and start our day in the right direction! Sign up today!



How to Make Festive Holiday Soups

The holiday season is approaching and it's time to start thinking soup. Whether it's for a holiday meal, a get-together with friends, or a quiet night at home, we've got you covered. Learn how to make *Butternut Squash and Ginger Soup*, *Roasted Red and Yellow Bell Pepper Soup*, *Pumpkin Soup with Lentils*, and *Beet and Apple Soup with Horseradish Cream*. Great for vegetarians!

Join us on **Monday, December 12** at 3:00 p.m. for samples, recipes, and lots of laughs. This is a presentation provided by Therapy Gardens with some demonstration included. Please be certain to sign up for planning purposes.

Crafters Corner

Medfield Public Library Adult Program Coordinator, Bri, will be hosting our Crafters Corner at the Center on **Wednesday, December 14 at 10:45 a.m.** The project you will be working on is Needle Felted Ornaments. Sign up to shine with this craft as you create an original ornament to gift or add to your collection. Be sure to sign up!

Wishing everyone a very Merry Christmas and Happy New Year! Roberta Lynch and Staff



CAREGIVER SUPPORT GROUP

Join us on **Tuesday, December 20 at 2:00 p.m.** as Home Instead

Senior Care will present "Tips for Preventing & Managing Dementia-Related Behaviors." Guest speaker, Ann Mazzola, RN is the Clinical Nurse Educator & Care Manager at Home Instead. This presentation provides practical tips and strategies for family caregivers dealing with difficult behavioral problems and communication difficulties often encountered when caring for a person with Alzheimer's or other dementias. The holidays are right around the corner and you may learn some useful tips to help reduce some stress during this time of year. Please sign up to participate in this very special caregiver meeting.

GINGERBREAD HOUSE DECORATING CONTEST

On **Wednesday, December 21** (the first day of winter) grab a partner and sign up for our second annual Gingerbread House Decorating Contest! Our contest will start at **10:45 a.m.** and members of the COA Board will be the judges in determining what team will be the 1st place winners. Last year was a lot of fun and it was great to see how each team created a very different house and landscape. **Please bring a bag of decorations (candy) to share.** Enjoy the laughs and spirit of the season with this fun activity!

After the New Year Celebration

What would the New Year be without Chinese food and good friends? The New Year is a time to remember the past year and look forward to the new year ahead. Let's come together for an celebration and enjoy each others company on **Wednesday, January 4 at 1 p.m.** followed by our regular BINGO game with extra prizes for the winners! Lunch is \$6 and as usual Bingo is \$3 for 3 cards and \$5 for 6 cards. Let's have fun!

Just a Reminder

The Center is closed on:

Sat. Dec. 24 and Mon. Dec. 26

AND

Sat. Dec. 31 and Mon. Jan. 2, 2023

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.

From the Desk of Sarah Hanifan

Attention Current Volunteers

Do you volunteer at the Center? Are you a Medical Driver, participate in the Tax Work-Off Program or any other program where you come in contact with people? If so, you will need to renew your CORI. This is very easy to do, you will need a valid photo ID, and fill out a simple form that will be provided to you by the Center. Please stop in and see me to do this before the end of December. Thank you! (It only takes a minute!)

Sarah

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 meeting.

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. \$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 Dianne Croteau 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.

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.
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.

THANK YOU FOR THE MEMORIES



2007/08/07 Watching the building go up!

Grand Opening 1/7/2008



2010 thank you DPW for our BOCCE Court



Newsletter folding December 2012



32 people went on the 2014 Bermuda Cruise



Art Show 2014



2016 Knitters



2016 Tour of Channel 5



BUDDY ARRIVED 3/9/16



Red, White & Blue Party 2014



6/30/2018 Saturdays at the Center



QUEBEC 2019



Yard Sale April 2, 2022



Chocolate tasting 2020



BERKSHIRE HATHAWAY
 HomeServices


 Mary G. Cusano, Realtor
 4 West Mill Street
 Medfield MA 02052
 508-561-5411

 Mary.Cusano@CommonMoves.com



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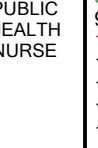
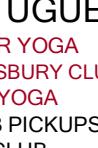
 Licensed & Certified Audiologists and Speech-Language Pathologists

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 Parkinson (LSVT)
 Aphasia

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

Inspiration
 lives here.

DECEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULIET OUTING Join Roberta for a JULIET Luncheon to One Bistro in Norwood on Thursday, December 15 at 11:15 a.m. Limited to 10 ladies!	<i>The COA Staff wishes all of you a happy and wonderful holiday season with your family and friends.</i>	ROMEO OUTING Join Peter on December 16 at 11:30 a.m. for a holiday lunch at the Redwing in Walpole Limited to 12 men!	1. ROAST PORK 9:00 SHINE 9:00 WOODCARVING 10:00 WALKING GRP 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 TOE TAPPING MUSIC WITH BRIAN JOHNSON!	2. CATCH OF THE DAY 9:00 ROCHE BROS SHOPPING 9:00 SELECTMAN'S HOUR 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE <div style="border: 1px solid #006400; padding: 5px; margin-top: 10px;"> SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO </div>
5. CHIX PICCATA <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 12:00 KOHL'S AND JOB LOT 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE </div> </div>	6. BEEF STROGANOFF <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:30 CHAIR YOGA 10:00 NEWPORT DAY TRIP 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 </div> </div>	7. TURKEY A LA KING <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:30 MARKET BASKET 9:30 COA MEETING 10:30 BREAD DISTRIBUTION 10:45 MEDITATION CLASS 11:00 EVERGREEN ARRANGEMENTS 11:30 SCAT 12:00 GRAB N GO LUNCH 1:00 WHIST 2:00 CRIBBAGE / PING PONG 3:00 FIT TO KNIT 3:00 BINGO </div> </div>	8. HAM W/ RAISIN SAUCE <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 8:30 HOLIDAY BREAKFAST 9:00 WOODCARVING 10:00 WALKING GRP 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 WITH JOEY NUNE-A MAN WITH MANY VOICES </div> </div>	9. FISH NUGGETS <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE </div> <div style="border: 1px solid #006400; padding: 5px; margin-top: 10px;"> SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO </div> </div>
12. CHIX FAJITAS <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 12:00 NATICK MALL 1:30 POKENO 1:30 CORE BALANCE 3:00 HOLIDAY SOUPS PRESENTATION 7:00 HANNAH ADAMS BRIDGE </div> </div>	13. BEEF BURGANDY <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 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 </div> </div>	14. BROCCOLI CHEESE BAKE <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:30 MARKET BASKET 10:30 BREAD DISTRIBUTION 10:00 MEDITATION CLASS 10:45 CRAFTER'S CORNER-ORNAMENTS 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 </div> </div>	15. MEATLOAF <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:00 WOODCARVING 10:00 WALKING GRP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:15 JULIET OUTING 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE 12:30 POKER 1:00 BOWLING 2:00 TOE TAPPING MUSIC-ELDERLY BROS. </div> </div>	16. MAC 'N CHEESE <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 11:30 ROMEO OUTING </div> <div style="border: 1px solid #006400; padding: 5px; margin-top: 10px;"> SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO </div> </div>
19. LS HOT DOG <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN 12:00 3-THIRTEEN 12:00 LINE DANCING 12:00 TJ MAXX AND TARGET 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE </div> </div>	20. PORTUGUESE CHIX <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 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 GROUP </div> </div>	21. S & S MEATBALLS <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:30 BREAD DISTRIBUTION 10:45 GINGERBREAD HOUSE DECORATING 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 </div> </div>	22. AM. CHOP SUEY <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:00 WOODCARVING 10:00 WALKING GRP 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 2:00 TOPPING TAPPING MUSIC WITH TOMMY RULL CHRISTMAS SHOW </div> </div>	23. SALMON <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:00 ROCHE BROS SHOPPING 9:30 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE CLOSING AT NOON </div> <div style="border: 1px solid #006400; padding: 5px; margin-top: 10px;"> SATURDAY DEC. 24 THE CENTER IS CLOSED </div> </div>
26. MERRY CHRISTMAS <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 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 </div> </div>	27. EGG SALAD <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 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 </div> </div>	28. CHICKEN <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 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 </div> </div>	29. ROAST TURKEY <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:00 WOODCARVING 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING </div> </div>	30. SEAFOOD STEW <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY CLUB SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE CLOSING AT NOON </div> <div style="border: 1px solid #006400; padding: 5px; margin-top: 10px;"> SATURDAY DEC. 31 THE CENTER IS CLOSED </div> </div>
BrightStar Care® HOME CARE MEDICAL STAFFING <i>A Higher Standard</i> <i>Nursing Care • Personal Care • Companion Services • Safety Nurse-Managed Home Care You Can Trust</i> Personalized Services • Light Housekeeping • Transportation Medication Mgmt • Insulin • Dementia-Trained • Vaccinated Staff Call 781 269 7997 for a Complimentary Nurse Consultation		HOLIDAY SHOPPING ON MONDAYS AT 12 NOON DEC. 5- KOHL'S AND JOB LOT DEC. 12- NATICK MALL DEC. 19- TJ MAXX AND TARGET		
Try Something New This Month Make some new traditions Offer to help someone Send a note to a friend Smile often Take a minute vacation-with pictures, music, memories or a look out the window.		Riverbend of South Natick Skilled Nursing & Rehabilitation Facility 34 Lincoln Street South Natick MA 508-653-8330  <i>"Quality care in a homelike setting"</i>		
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 508-359-9119

Food for Thought

1. Just remember the true spirit of Christmas lies in your heart.
-The Polar Express

2. It's the most wonderful time of the year.
-Edward Pola and George Wyle

3. "There are two ways of spreading light: To be the candle or the mirror that reflects it".
-Edith Wharton

4. One kind word can warm three winter months.
-Japanese Proverb

5. No snowflake