

“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

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

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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.



COUNCIL ON AGING BOARD

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

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

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

- Kathy Simon, Robert Dugan, Barbara Houshman, Hong Le-Bruno,
Nancy Roberts, Linda Sandler, Louise Flatley and Elizabeth Mills
Anna Norton and Family in memory of Robert Norton
Leo Holderried in memory of Gay Holderried
Lou and Sarah Tiberi in memory of John Goddard
Maureen Murphy in memory of Pat Murphy
Irene O’Toole in memory of Jack O’Toole
Patricia Grugnale in memory of Ann Johnson
June Burr in memory of Gay Holderried
Ralph and Gail Powers for Fantastic Center Staff
Thomas Bohn in memory of Linda Bohn
Judith Schmitt in honor of Eve Potts
Jim and Janice Cannon in memory of Jackie lafolla

Volunteer Opportunity

The Council on Aging continues to have **one opening on the board**. If you are a Medfield resident and interested in having a positive impact on people as they age, stop in and find out what the Center/Council on Aging offers to residents as they journey through their older years. We are a 50+ welcoming community and realize everyone gets older and needs change. Make a difference and be part of the Center. Your energy and ideas are welcomed to support and grow this department. Be a part of something wonderful!

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
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.



<p>Thomas Upham House</p> <p>519 Main Street, Medfield, MA</p> <p>508-359-6050</p> <p>Medfield, Westwood and Dover's Top Choices for Skilled Nursing & Rehabilitative Services</p> <p>Quality Care in a Home-Like Setting</p>	<p><p>Roberts Mitchell Caruso FUNERAL HOME</p><p>508-359-2000</p><p>www.robertsmitchellcaruso.com</p></p>	<p><i>Make it a</i> DECEMBER <i>to remember</i></p>	<p>RANDY'S AUTOMOTIVE</p> <p>TRUSTED SERVICE SINCE 1977</p> <p>Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052</p> <p>508-359-4409</p> <p>Inspections, Auto repairs, Complimentary shuttle service.</p>
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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.

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

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, 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.

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



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

From the Desk of Susan Longmoore



The holidays can be difficult to manage when your loved ones are aging, if you are a caregiver, or if you are aging yourself. Everything from changes in routine, to meal planning for a crowd and holiday travel can be overwhelming. Holiday stress shouldn't detract from the joy of the season; the holidays should be a special time. Consider simplifying your activities, plan ahead and manage expectations to ease anxiety. If you are feeling overwhelmed, please reach out to me (508-359-3665) to meet and discuss available resources.

Susan



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Mary.Cusano@CommonMoves.com



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DECEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>JULIET OUTING</div> <div>Join Roberta for a JULIET Luncheon to One Bistro in Norwood on Thursday, December 15 at 11:15 a.m. Limited to 10 ladies!</div>	<div>The COA Staff wishes all of you a happy and wonderful holiday season with your family and friends.</div>	<div>ROMEO OUTING</div> <div>Join Peter on December 16 at 11:30 a.m. for a holiday lunch at the Redwing in Walpole Limited to 12 men!</div>	<div>1. ROAST PORK</div> <div>9:00 SHINE 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 TOE TAPPING MUSIC WITH BRIAN JOHNSON!</div>	<div>2. CATCH OF THE DAY</div> <div>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> <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>
<div>5. CHIX PICCATA</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 STROGONOFF</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> <div>9:30 MARKET BASKET 9:30 COA MEETING 10:30 BREAD DISTRIBUTION 10:00 MEDITATION CLASS 10:45 EVERGREEN ARRANGMENTS 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>PUBLIC HEALTH NURSE</div>	<div>8. HAM W/ RAISIN SAUCE</div> <div>8:30 HOLIDAY BREAKFAST 9:00 WOODCARVING 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> <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>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>
<div>12. CHIX FAJITAS</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> <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> <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>PUBLIC HEALTH NURSE</div>	<div>15. MEATLOAF</div> <div>9:00 WOODCARVING 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> <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>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>
<div>19. LS HOT DOG</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>HAPPY HUNKKAH</div>	<div>20. PORTUGUESE CHIX</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> <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>PUBLIC HEALTH NURSE DAY</div>	<div>22. AM. CHOP SUEY</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> <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>SATURDAY DEC. 24 THE CENTER IS CLOSED</div>
<div>26. MERRY CHRISTMAS</div> <div></div>	<div>27. EGG SALAD</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> <div>930 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> <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> <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>SATURDAY DEC. 31 THE CENTER IS CLOSED</div>

Pat Maloney

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Elder Advocate

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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 ever falls in the wrong place.
-Zen Proverb

REMINDER: When Medfield schools are closed due to weather, the center is closed. If schools have a delay, the Center has a delay!



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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.

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