

COUNCIL ON AGING STAFF

“Successful Aging Through Senior Wellness”

SERVICES

Information
Outreach
Nutrition
Transportation
Advocacy
Health Clinics

Monthly Newsletter

Daily Activities
Computers
Exercise Classes

Yoga

Tai Chi

Card Games

Craft classes

Tax Work-Off Program

Equipment Loans
Supper Club
Book Clubs

Lending Library
Supportive Day Trips

Social Events
Book Groups

Kathy Powers, Coordinator
kpowers@medfield.net

Trish Pembroke, Activities

HESSCO Meal Site Manager

Arlene DiDonato
508-359-3665 X 211

HESSCO

781-784-4944

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Richard Ryder, Katie Robinson and Heidi Groff

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

PRSR STD U.S.
Postage Paid
Medfield
Permit No. 1

THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD
MEDFIELD, MA 02052

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

508-359-3665

NOVEMBER 2021

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.



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

Bill Pardi, Beverly Veglas, Catherine Friend White and Richard White

Barbara Koukounaris and Charles Lelon in memory of Richard Allan (Loving father of Karen Allan)

Claire Shaw in memory of Ralph and Jim

Thelma Reid in memory of Richard Allan

Carol Rossi in memory of Fran Rossi

Ruth Beswick and Laurie Dauphinee in memory of Phil Sr. and Arleen Sanford

Adele Mariani and Virginia in memory of Ralph and Lenie

FOSI is a registered 501c3 non-profit organization. They are the fund raising arm for the Council on Aging; similar to the Friends of the Library or the Community School Association for the schools. FOSI is planning for the construction of a 3-bay garage in 2022 and our annual yard sale in the spring. Join FOSI! The meetings are held on the first Thursday of the month at 12 noon. All are welcome! The next meeting is November 4.

**FOSI continues to offer
the
BUY-A-BRICK
PROGRAM.**

It is a great way to
remember a loved one or
to honor someone special
in your life.

Order forms are
available at the Center.

FRIENDS OF SENIORS, Inc. (FOSI) 2021 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 the COA covers the newsletter mailing.



Director's Note: Did you know that the Council on Aging has a board of 5 members that are appointed by the Selectmen? Are you aware of the board members responsibility; to understand, support and carry out the COA's mission on behalf of Medfield's senior (50+) population? The COA helps individuals remain independent and engaged by providing information, choices, support, programming and linking identified needs with resources. Over the past 20 years all our board members have always been understanding and committed to the COA mission. In August, Perry Constas submitted his resignation from the board after serving 5 years. Perry was a dedicated and involved board member; always supporting the Center. He provided insight that placed our participants and center first and provided the guidance necessary to insure a positive outcome in a variety of situations. I appreciate and am thankful for his many years of service as a COA board member. The open position on the COA board has been posted on the town website. If you have an interest in participating in the Center on a board level, please stop in and I can provide you with a copy of the MA Executive Office of Elder Affairs *Guide for Board Members* and answer any questions you might have.

Roberta Lynch

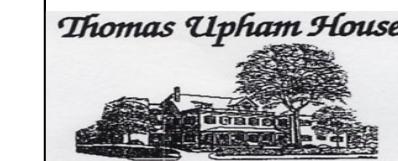
VETERAN'S DAY BREAKFAST



On Veterans Day, November 11 the Center at Medfield and our Veteran's Service Officer, Mark Bryson invite Medfield veterans and their spouses and all surviving spouses of veterans to be our honored guests at a pancake breakfast beginning at 8:30 a.m. at the Center. Please sign up by visiting the Center or calling 508-359-3665 on or before November 5.

Coming Soon: American Greats

This series, led by Minds in Motion creator Jerry Cianciolo, focuses on three incomparable American artists. First is songwriter Irving Berlin, who wrote Cheek to Cheek, Blue Skies, God Bless America, White Christmas, and scores of other classic songs. Second is Andrew Wyeth, whose landscape paintings of Maine are beloved by many. And third is poet Emily Dickinson, who lived her 55 years in Amherst, Massachusetts and wrote more than 1500 poems about love, nature, friendship, and death. Open only to those who have NOT attended Minds in Motion in recent years. 1:00 p.m. to 2:00 p.m. on Wednesdays, Dec. 1, 8, and 15. Limited to 15 participants. Pre-registration is required. No fee.



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

Nov. 3 – Chicken Salad
Nov. 10 – Turkey and Cheese
Nov. 17 – Seafood Salad
Nov. 24 – Ham and Cheese

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

Wednesdays are a busy day at the Center. Order your Grab N Go meal and enjoy lunch in between the scheduled activities or make plans with a friend to enjoy lunch at the Center!

Bagel and Bread Availability

Monday after 9:30 a.m. (Shaw's products)
Wednesday after 10:30 a.m. Shaw's, Donut Express, Brother's and Blue Moon.
Friday after 11:00 a.m. (Roche Bros-Millis)
Stop in to shop what is donated!

AVAILABLE RESOURCES

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

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

Selectman Office Hours - Meet with Selectman Peterson on **Friday, November 5 between 9-10 am.** for any community concerns/ideas you might have.

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

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

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

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

Drop-in General Grief Support Group

The Center at Medfield recognizes that navigating the loss of a loved one can be challenging. The group will meet twice a month on the 2nd and 4th Tuesday at 10:00 a.m. Please call Lisa at the Center if you want more information 508-359-3665. X 203 or email Lisa at ldonovan@medfield.net.

EXERCISE PROGRAMS AT THE CENTER

Line Dancing

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

Core Balance Class

Join the Jeanne Donnelly's Core Balance Class on Monday at 1:30 and Friday at 11:00 a.m. Balance training repairs damaged pathways to the brain, strengthens and stabilizes weak muscles (core/abdominal muscles), and teaches the body new strategies for keeping itself upright. Class is \$5.

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.

Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley's class on Thursday mornings at 9:30 a.m. Class is \$5.

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.

Tai Chi

Join our Tai Chi class Friday mornings at 10:00 a.m. Instructor, Jeanne Donnelly will take you through the slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. Class is \$5.

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.

* Available on Zoom

About Our Exercise Classes

Our in-person and zoom classes are a "pay as you go" option. This way if you miss a class, you are not paying for a class. Sometimes an unexpected situation occurs that will prevent you from attending. "Pay as you go" is a great feature when this happens! We offer a 6-class punch-card if anyone is interested!

Caregiver Support Group

Do you sometimes feel stressed or overwhelmed as you try to manage your loved one's care? The Center offers a Caregiver Support Group on the last Thursday of the month at 2:00 p.m. Please call the Center at 508-359-3665 to join us as we work together to navigate the caregiver journey. Contact Lisa at 508-359-3665 for information.

Atlantic City & NYC Christmas Special (Let's Make This Happen)

Sunday, December 5 -Tuesday, December 7

Gather your friends and enjoy a 2-night holiday trip. Board the bus at 7:00 a.m. on December 5 and travel to the beautiful Resorts, located on Atlantic City's famous Boardwalk. Enjoy a holiday get-a-way for some fun and relaxation and visit NYC for the Radio City Christmas Spectacular Show with Orchestra Seating. Tour costs are \$369.00 per person double occupancy, \$339.00 per person triple occupancy and \$479.00 single occupancy. Flyers are available at the Center.

The Art of Quilting Continues.....at the Center

Are you a quilter? If you are, we want you to join our Quilting Group each Monday at 9:30 a.m. Quilting is a creative and practical hobby; it can actually impact your health in many positive ways, from helping you relax to boosting self-confidence. Researchers have identified 5 benefits to quilting. Be sure to check our display case in the lobby!

- When quilting, the mind concentrates on completing the task at hand, so pesky daily stressors are booted to the back burner and you can unwind.
- Quilting requires threading fine string through a small needle hole as well as intricate sewing motions, your hand-eye coordination can actually improve during your projects
- One study found individuals who take part in arts, crafts and puzzles can help reduce their risk of dementia. Activities like quilting require you to not only use your hands, but to also mentally solve problems, like how much fabric is needed or the measurements of a square, which keeps your mind sharp.
- You can become so relaxed while sewing that the effects on your body can be measured. Research shows sewing can help lower your blood pressure and reduce your heart and respiration rate.
- Completing a quilting project can be a huge self-confidence boost. When you go through the steps of a new project, from conceptualization to planning to completion, you develop a sense of pride to see the final product made with your own hands.

November 3 is
National Sandwich Day

Let's have a sandwich party at the Center. Call and order your Grab n Go and enjoy lunch together in our dining hall. For dessert we will have an old fashioned ice cream sundae!

Calling All Crafters!

Join us Wednesday, November 10 at 10:45 a.m. in our Crafting Corner. We will be making decorative mason jars. This craft provides a beautiful presentation for gift giving, a base for a holiday centerpiece, or a holiday illumination jar. There are so many options once your mason jar is decorated. Your craft ideas and suggestions are always encouraged. Call the Center to sign up for this activity. Supply cost is \$5/pp. If you have a favorite mason jar or vase you want to use, please bring it along! Future crafts:

Nov. 17-Ornaments

Nov. 24-Wreath

Dec. 1- Evergreen arrangement



*****New Program Weekly Health Clinic New Program*****

The Center will be offering a weekly health clinic on Tuesday 1:00 to 2:00 p.m. beginning November 2. Medfield resident and COA volunteer Gaby Harrison who is an RN licensed in MA, NH and ME and a Nurse Practitioner licensed in MA will be providing this weekly clinic. Her background includes experience in all major Boston hospitals and a past member of the Medfield Board of Health. Gaby will be available for individual blood pressure checks and address any questions or concerns you might have. A signup sheet will be available for scheduling. Thank you Gaby for offering your expertise to the Center!

Thanksgiving Schedule: The Center will close on Wednesday, November 24 following our Thanksgiving BINGO which will start at 1:00 p.m. The Center will be closed for the entire weekend and will reopen on Monday, November 29. From all of us at the Center, we wish you a holiday filled with family, friends, good food and many wonderful memories. Happy Thanksgiving to all! From all of us at the Center!

Information and Referral

The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, **fuel assistance**, caregiver and low-vision information and support are available through our Outreach Department with Lisa Donovan. Call for an appointment.

Health and Wellness

In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment. Good handwashing 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.

November is National Alzheimer's Awareness Month-Important Statistics

- More than 6 million Americans are living with Alzheimer's. By 2050, this number is projected to rise to nearly 13 million.
- In the United States, Alzheimer's and dementia deaths have increased 16% during the Covid-19 pandemic.
- 1 in 3 seniors die with Alzheimer's or another dementia. It kills more than breast cancer and prostate cancer combined.
- In 2021, Alzheimer's and other dementia's will cost the nation \$355 Billion. By 2050, the costs could rise as high as \$1.1 trillion.
- More than 11 million Americans provide unpaid care for people with Alzheimer's or other dementias. In 2020, these caregivers provided an estimated 15.3 billion hours of care valued at nearly \$257 billion.
- Between 2000 and 2019, deaths from heart disease have decreased 7.3% while deaths from Alzheimer's have increased 145%.

If you are a caregiver of someone with Alzheimer's or another dementia, call the Center for information about our caregiver support group and our Adult Respite Care Program (The Club) which offers supervised socialization and programming so that you, the caregiver, can have a break and some time to yourself. Call Kathy Powers at 508-359-3665 for information on our Club program.

Services Available at The Center

S.H.I.N.E.

Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health insurance maze. Appointments are available on the 1st and 3rd Thursday of the month by calling the Center.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.

Medical Equipment

The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first-come, first-serve basis for Medfield residents. Please return when no longer needed.

Low Vision Information

As we age, things change including our vision. Resources are available. Call Lisa Donovan for information.

Caregiver Support

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Stop in for the monthly support group on Nov. 18 at 2:00 p.m.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call the Center to discuss the volunteer options with Sarah Hanifan.

Large-Print Newsletter

Pick up a large-print copy of the newsletter at the Center (by request).

Kingsbury Club

Senior Swim Tuesday at 10:30 a.m. and Friday at 10:00 a.m. \$5/session

Medfield Food Cupboard

The Medfield Food Cupboard is open twice per month on Thursday evenings for curbside pick-up and by appointment for urgent needs. Contact the Food Cupboard at 508-359-4958 or email: info@MedfieldFoodCupboard.com Please note all inquiries are confidential.

Bread Distribution

Every Wednesday from 10:30 a.m.-11:30 a.m. there are bread products from Brothers, Blue Moon and Donut Express. All welcome!

The CLUB

A supervised and structured day program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time for yourself, consider our program. Call Kathy Powers for more information.

REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.
3-Thirteen - Monday at 12:00 p.m.
Line Dancing Monday - 12:00 p.m.
Mah Jongg - Monday at 1:00 p.m.
Pokeno - Monday at 1:30 p.m.
Core Balance - Monday at 1:30 p.m.
Hanna Adams Bridge - Monday at 7:00 p.m.
Chair Yoga - Tuesday at 9:30 a.m.
Ping Pong -Tuesday at 11:00 a.m.
Duplicate Bridge - Tuesday 12:00 p.m.
Calling All Crafters- Wed. 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.
Fit to Knit - Wednesday at 2:00 p.m.
BINGO - Wednesday at 3:00 p.m.
Woodcarving - Thursday 9:00 a.m.
Mat Yoga - Thursday at 9:30 a.m.
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 1:00 p.m.
Coffee & Conversation - Friday at 10:00 a.m.
Tai Chi - Friday at 10:00 a.m.
Core Balance - Friday at 11:00 a.m.
Movies-Wednesday & Saturday (see below)

MOVIES

Wednesday movies are at 1:00 p.m. and Saturday at 12:30 p.m.

Sat., Nov. 6- Tower Heist (2011) When a group of hard-working guys find out they've fallen victim to their wealthy employer's Ponzi scheme, they conspire to rob his high-rise residence.

Wed., Nov. 10- Sweet November (2001) Keanu Reeves stars as a high-powered executive whose life is changed by a new relationship with a free-spirited pet groomer.

Sat., Nov. 13 - Mall Cop (2009) When a shopping mall is taken over by a gang of organized crooks, it's up to a mild-mannered security guard to save the day.

Wed., Nov. 17 - House of Yes (1997) A mentally unbalanced young woman - who is convinced she is Jackie Kennedy - flies into a murderous rage when her brother returns home to reveal he is engaged.

Sat., Nov. 20 - What's Cooking (2000) Four families in LA of different ethnicity gather together for Thanksgiving dinner.

SCHOOL PROJECT PRESENTATION

If you've been seeing the "Dale@Dale" signs around Medfield and wondered what it's all about, a presentation on the alternate view of the proposed elementary school project will be held at the Center on **Wednesday, Nov. 3 at 1:30 p.m.** Jerry Potts, known as an engaging speaker among his Boston College students and colleagues, is an officer with the Keep Dale at Dale Coalition and resident of the town for nearly 30 years. He will provide perspectives on the \$82-million project, and how plans for a new school would impact Medfield financially, educationally, and permanently in such areas as town character, open space, water resources and downtown vitality. There will be ample time for discussion and questions. Stop in or call the Center to sign up.

One on One with Dietician, Kelsey McKentee

Kelsey McKentee will be available on Thursday, November 4 from 2-4pm for individual nutrition counseling. Kelsey visited last month and presented information on healthy eating and weight loss. Sign up to work individually with her for personal tips and suggestions to maintaining a healthy diet, weight and lifestyle. Kelsey is a Registered Dietitian and has experience in both inpatient dietetics and nutrition counseling. Sign up for this individual nutrition assessment and work together for a healthy plan. Call the Center at 508-359-3665 to schedule your appointment.

MEDFIELD SPECIAL TOWN MEETING

Be part of the discussion about what happens in your town. The special Town Meeting will focus on the proposed school project. The form of government in Medfield allows all registered voters the opportunity to have a say in what happens in town. Attendance is optional, however you can not vote if you do not attend! Be part of Town Meeting on Sunday, November 7 at 12 noon. This meeting will be held at the high school. As usual, transportation for this meeting is available by calling the Center at 508-359-3665.

Veterans Day Breakfast

November 11, 2021 at 8:30 a.m.

Resident veterans and their spouse or surviving spouse of veterans are invited to be our honored guests.

SPECIAL ELECTION ON NOVEMBER 15

On Monday, November 15, a special election will be held regarding the school project at the Center. The polls will be open from 6 a.m. to 8 p.m. As usual, transportation will be available to the polls by simply calling the Center at 508-359-3665 and scheduling your time.

MEDITATION WITH DR. SUOJANEN

Join Jim Suojanen on Thursday, November 18 at 1:00 p.m. for a meditation session that is easy to do. Learn to practice mindful breathing that provides a calming response. Wear comfortable clothes and sign up at the Center.



NOVEMBER 2021



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

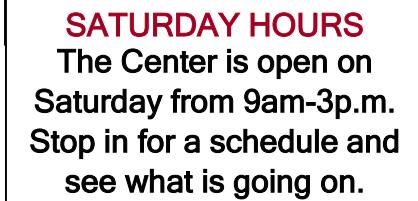
Mary.Cusano@CommonMoves.com



The
CENTER
Hair Salon
Call the
Center for your appointment
with Ginny. Masks must be
worn for any service.



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TRUST
Cheryl O'Donnell
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SATURDAY HOURS
The Center is open on
Saturday from 9am-3p.m.
Stop in for a schedule and
see what is going on.



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508-695-6848



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Independent Living
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774.224.8129 Schedule a Tour

MONDAY

1. VEGETABLE CHILI
9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
10:00 CABLE TV EXERCISE
12:00 3-THIRTEEN
12:00 LINE DANCING / SHOPPING
1:00 MAH JONGG
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

8. CHICKEN W/ PESTO
9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
10:00 CABLE TV EXERCISE
12:00 3-THIRTEEN
12:00 LINE DANCING / SHOPPING
1:00 MAH JONGG
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

15. CHIX & BEAN CHILI
TOWN OF MEDFIELD
SPECIAL ELECTION
6AM-8PM

9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
12:00 SHOPPING
1:00 MAH JONGG

22. MAC & CHEESE
9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
10:00 CABLE TV EXERCISE
12:00 3-THIRTEEN
12:00 LINE DANCING / SHOPPING
1:00 MAH JONGG
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

29. CHIX A LA ORANGE
9:15 SHAW'S SHOPPING
9:30 QUILTING GROUP
10:00 CABLE TV EXERCISE
12:00 3-THIRTEEN
12:00 LINE DANCING / SHOPPING
1:00 MAH JONGG
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

MONDAY AFTERNOON SHOPPING
PICK-UPS BEGIN AT 12:00 PM

Nov. 1- Christmas Tree Shops
Nov. 8- Dollar Store & Big Lots
Nov. 15- Stop N Shop & Job Lot
Nov. 22- Walpole Mall and Walmart
Nov. 29- Natick Mall

TUESDAY

2. WESTERN OMELET
9:30 CHAIR YOGA
10:00 CABLE TV EXERCISE CLASS
10:30 KINGSBURY CLUB SWIM
11:00 PING PONG
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 WALGREENS
1:00 HEALTH CLINIC

9. SWEET N SOUR PORK
9:30 CHAIR YOGA
10:00 CABLE TV EXERCISE CLASS
10:30 KINGSBURY CLUB SWIM
10:00 DROP IN BERIEFEMENT
11:00 PING PONG
11:30-3 THE CLUB
10:00 DUPLICATE BRIDGE

16. AM CHOP SUEY
9:30 CHAIR YOGA
10:00 CABLE TV EXERCISE CLASS
10:30 KINGSBURY CLUB SWIM
11:00 CLUB PICKUPS
11:00 PING PONG
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 HEALTH CLINIC
2:00 TILDEN TOGETHER WITH LISA

23. CHICKEN BRUSCHETTA
9:30 CHAIR YOGA
10:00 CABLE TV EXERCISE CLASS
10:00 DROP IN BERIEFEMENT
10:30 KINGSBURY CLUB SWIM
11:00 PING PONG
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 HEALTH CLINIC

30. SHEPHERD'S PIE
9:30 CHAIR YOGA
10:00 CABLE TV EXERCISE CLASS
10:00 DROP IN BERIEFEMENT
10:30 KINGSBURY CLUB SWIM
11:00 PING PONG
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 HEALTH CLINIC

Meet with Selectman Pete Peterson on
Friday, November 5 from 9-10 a.m.

WEDNESDAY

3. POT ROAST & GRAVY
9:15 MARKET BASKET
10:00 CABLE TV EXERCISE / COA BOARD MTG
10:30 BREAD DISTRIBUTION
10:45 CRAFTER'S CORNER
11:30 SCAT
11:30 GRAB N GO LUNCH NATIONAL SANDWICH DAY
12:00 WHIST
1:00 CRIBBAGE / SCHOOL PRESENTATION
2:00 FIT TO KNIT 3:00 BINGO

10. MINI RAVIOLIS
9:15 MARKET BASKET
10:00 CABLE TV EXERCISE / COA BOARD MTG
10:30 BREAD DISTRIBUTION
10:45 CRAFTER'S CORNER
11:00 SCAT
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE 1:00 PM MOVIE
2:00 FIT TO KNIT 3:00 SWEET NOVEMBER
11:30 AM JULIET'S LOWELLS

17. PORTUGUESE CHICKEN
9:15 MARKET BASKET
10:00 CABLE TV EXERCISE CLASS
10:45 CRAFTER'S CORNER
10:30 BREAD DISTRIBUTION
11:00 SCAT
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE MOVIE - HOUSE OF YES
2:00 FIT TO KNIT 3:00 BINGO

24. SWEDISH MEATBALLS
9:15 MARKET BASKET
10:00 CABLE TV EXERCISE
10:30 BREAD DISTRIBUTION
10:45 CRAFTER'S CORNER
11:00 SCAT
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE
1:00 THANKSGIVING BINGO
2:00 FIT TO KNIT CLOSING AFTER BINGO

***PODIATRY CLINIC ***
Dr. Emily Curley from Millis will
provide a podiatry clinic on Nov.
19 from 10 - 12 NOON
Pre-registration is required. Please
bring your health insurance cards
to the appointment.

JULIET Outing- Nov. 12
at 11:30 to Lowell's
ROMEO Outing-Nov. 19
at 11:30 to Boston Tavern

THURSDAY

4. HONEY MUSTARD CHIX
9:00 WOODCARVING
9-12 NOON SHINE APPOINTMENTS
9:30 MAT YOGA 10:00 WALKING GROUP
10:00 CABLE TV EXERCISE CLASS
10:00 WALKING CLUB
10:30 ZUMBA
11:00 CLUB PICKUPS
11:30 CANASTA
11:30-3 THE CLUB 12 NOON FOSI MTG
1:00 POKER 2 PM NUTRITION COUNSELING

11. THE CENTER IS CLOSED
FOR OUR
VETERANS BREAKFAST
AT 8:30 A.M.



18. TURKEY & GRAVY
9:00 WOODCARVING
9:30 MAT YOGA 10:00 WALKING GRP.
10:00 CABLE TV EXERCISE CLASS
10:00 WALKING CLUB
10:30 ZUMBA
11:00 CLUB PICKUPS
11:30 CANASTA
11:30-3 THE CLUB
1:00 POKER / MEDITATION CLASS
2:00 CAREGIVER SUPPORT GROUP

19. FISH SANDWICH
9:00 ROCHE'S BROS SHOPPING
10:00 CABLE TV EXERCISE CLASS
10:00 KINGSBURY CLUB SWIM
10:00 PODIATRY CLINIC
10:00 TAI CHI
11:00 CORE BALANCE

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Food for Thought

1. What if today, we were just thankful for everything.
2. There is always something to be thankful for.
3. Life is full of give and take. Give thanks and take nothing for granted.
4. Smile often, think positive, give thanks, laugh loudly, love others and dream big.

Enjoy our BINGO
games on
Wednesday at 3 p.m.
and Saturday
at 12:30 p.m.
All Welcome!

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