

**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

**HESSCO Site Manager X211**

Arlene DiDonato

**HESSCO**

781-784-4944

**COUNCIL ON AGING BOARD**

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

**FOSI MISSION STATEMENT**

The purpose of the Friends of Medfield Seniors, Inc (FOSI) is to raise funds for programs, activities and equipment to be used to promote and perpetuate the dignity and well-being of the Seniors Citizens of the Town of Medfield, Massachusetts.

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

Virginia McCoubrey, Rusty Reiber, Norman Katz, John Kennedy, American Legion Beckwith Post 110, E. Kenneth & Joanne Jenkins, Rachel Abramson, Suzanne and Michael Pitoniak, Gustave and Jean Murby

Barbara and Jim Walsh in Memory of Kay and Jim Walsh and George and Eleanor Schmitt

Francisco and Pauline Medeiros in Memory of Jacqueline Iafolla, Mary Calo, Rev. Wood and Al Whyte

Cynthia and Michael Leary in Memory of May "Tess" Monahan Warner and Gabriele Harrison in Honor of C.B. Doub

Jerry and Nancy Placido in Honor of Roberta Lynch

**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.

**COUNCIL ON AGING STAFF**

**Director:**

Sarah Hanifan 508-359-3665 X202

FAX 508-359-4810

Shanifan@medfield.net

**Volunteer Coordinator:** X203

**Transportation:** X200

Peter Burke

pburke@medfield.net

**Outreach Coordinator**

Susan Longmoore X201

slongmoore@medfield.net

**The Club Staff:** X200

Dianne Croteau, Program Coordinator

dcroteau@medfield.net

Ann Hunter, Activities

Ahunter@medfield.net

**HESSCO Site Manager X211**

Arlene DiDonato

**HESSCO**

781-784-4944

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**

**JANUARY 2023**

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:**

Happy New Year, Welcome 2023! With the new year comes changes and I'm excited to be the new Director of the Council on Aging in Medfield. When I interviewed with Roberta almost two years ago I knew instantly that the Center is where I was meant to be. I look forward to continuing to make the Center a welcoming and friendly place for all to enjoy. As I start this new role, my focus will be getting situated and continuing the much loved breakfasts and supper clubs in the upcoming months. In the meantime, should you have any suggestions on what you'd love to see at the Center I'm always open to new ideas. I look forward to serving the Medfield Senior Community.

*Sarah Hanifan*

**Looks what's being planned for 2023! Happy New Year!**

- February 14 - Valentines Day Chocolate Tasting
- March - Encore Casino Trip in Boston
- March 15th - Annual St. Patrick's Day Dinner
- April - Wine and Fine Art Day Trip
- April 29th - Annual FOSI Yard Sale (we will begin to accept donations Friday, April 21)
- May - Friesians of Majesty
- June - Martha's Vineyard Day Trip
- July - Lobster Bake Cruise
- August - Boston Lunch Cruise
- September - Hampton Beach
- October - Day Trip to Salem, MA
- November - Newport Playhouse
- December – Something Wonderful, to be decided!

**WINTER WEATHER POLICY**

With winter upon us it is import to remind you that when the Medfield Schools are closed due to inclement weather, the Center at Medfield is closed and all programs are cancelled. If the schools have a 2-hour delay the Center will also have a 2-hour delay (opening at 11 a.m. instead of 9 a.m.) If there is a snow storm on Saturday, the Saturday program will be cancelled. Also, all scheduled programs are weather permitting. If we determine that it is unsafe for trips, activities and/or transportation, the Center can cancel any program at any time. It is important to **clearly print** your name and phone number on the sign up sheets so we have easy access to inform you of any changes in our schedule. Thank you!

**Thomas Upham House**



519 Main Street, Medfield, MA

508-359-6050

Medfield, Westwood and Dover's  
Top Choices for Skilled Nursing  
& Rehabilitative Services  
Quality Care in a Home-Like Setting



508-359-2000

www.robertsmitchellcaruso.com



**RANDY'S AUTOMOTIVE**

TRUSTED SERVICE SINCE 1977

**Automotive Service, Inc.**

26 Spring Street

Medfield MA 02052

**508-359-4409**

Inspections, Auto repairs,  
Complimentary shuttle  
service.

<p>Call Mondays to order your HESSCO <u>Grab-N-Go Wednesday Lunch!</u></p> <p>Jan. 4 – Chicken Salad Jan. 11 – Turkey and Cheese Jan. 18 – Seafood Salad Jan. 25 – Ham and Cheese</p> <p>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.</p>	<p><b>EXERCISE PROGRAMS AT THE CENTER</b></p> <p><b>Monday Fitness Fun</b></p> <p>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.</p> <p><b>Monday Line Dancing</b></p> <p>Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon. Class is \$3.</p> <p><b>Monday Core-Balance Class</b></p> <p>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.</p>	<p><b>INTRO TO IPAD WITH JUDY LORANTOS</b></p> <p><b>Mondays from 10:00 a.m.–11:00 a.m.</b> <b>January 9, 23, 30, February 6, 13, 20.</b></p> <p>Judy Lorantos returns as our Technology Instructor and will provide 6 lessons on how to send emails, use google, shop and so much more! Sign up for these lessons and have the ability to take the IPAD home with you to practice for the entire 6 weeks. This class is free. Be sure to sign up. Class size is limited to 9 people.</p> <p>*Home WIFI required for maximum usefulness.</p>	<p><b>DID YOU KNOW,</b> that in Massachusetts, Council on Aging (COAs) are centers that serve seniors age 60 and older. However, the Center at Medfield expands that age to those over 50. Each COA is different, offering free or low-cost programs and activities such as educational classes, support groups, exercise programs and so much more. The goal is to keep people active and engaged as they journey through the aging process. Did you know that we offer 12 exercise classes each week for a drop in rate of \$3-\$5? For some people, supplementing a gym membership with one of our classes is one way to vary and enhance an exercise routine. All the literature and studies detail the benefits of regular exercise. Strength training and core development increases flexibility and improves balance and may reduce the chance of and effects of a fall. The Center provides people with options for exercise, support, information, tax assistance, socialization and so much more. The Center provides services that can make a big difference in your life. This monthly newsletter provides the information you need to know about what is happening at the Center. Start the New Year off right. Stop in and join us for an activity or class. You will not be disappointed. <i>Now you know.</i> </p>
<p><b>Bagel and Bread Availability</b></p> <p>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!</p>	<p>Donation amounts vary from few to many depending on the day!</p>	<p>Judy has also offered to have open hours the first Friday of each month from 11 a.m. until 12:30 p.m. for technology questions and trouble shooting. Thank you Judy!</p>	<p><b>LADIES PAINT NIGHT</b></p> <p><b>Back by popular demand.</b> Join us for another Ladies Paint Night with Casey Worth on <b>Wednesday, January 18th at 5:30 p.m.</b></p> <p>Light appetizers and beverages will be available before we begin at 6:00 p.m. This event has sold out each time, so don't delay in stopping into the Center to register. This event is limited to 20 women and the cost is only \$10.</p>
<p><b>AVAILABLE RESOURCES</b></p> <p><b>Health Insurance Counseling – S.H.I.N.E.</b> Appointments are available on the first and third Thursday of the month by calling the Center.</p> <p><b>Selectman Office Hours</b> – Meet with Selectman Peterson on <b>Friday, January 6 from 9 -10 am.</b> for any community concerns/ideas you have.</p> <p><b>Social Security/Financial Consultation</b> - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.</p> <p><b>RMV Near Me</b> - 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.</p> <p><b>Veteran's Office Hours</b> – Call the Center to set up an appointment for Veteran related services.</p> <p><b>Fuel Assistance</b> – If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665.</p> <p><b>Legal Clinic</b> – Attorney Julie Ladimer, will be available for legal consultations on Tuesday, January 10, starting at 2:30 p.m. Call the Center to make an appointment.</p> <p><b>Caregiver Support</b> – Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group on <b>Tuesday, January 31 at 2:00 p.m.</b></p> <p><b>Public Health Nurse</b>– 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.</p>	<p><b>Thursday Self-Guided Walking Group</b></p> <p>Join our Walking Group on Thursday, at 10:00 a.m. weather permitting. Join the group for exercise, conversation and a few good laughs!</p> <p><b>Thursday ZUMBA Gold</b></p> <p>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.</p> <p><b>Friday Tai Chi</b></p> <p>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.</p> <p><b>Friday Core-Balance Class</b></p> <p>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.</p> <p><b>Saturday ZUMBA</b></p> <p>Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold. Class is \$5.</p> <p><b>Saturday Line Dancing</b></p> <p>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!</p>	<p><b>Winter Fall Prevention</b></p> <p>Due to icy and snowy conditions, in the winter, the incidence of injuries due to slips and falls increases. Here are a few tips to help keep you safe and keep you from becoming a fall statistic. Approximately 36 million falls occur each year in the senior population.</p> <ul style="list-style-type: none"> <li>Concentrate on the path ahead, take your time and proceed slowly.</li> <li>Avoid slippery surfaces; take a route around wet leaves, icy areas or snow banks.</li> <li>Wear appropriate footwear with waffled, ridged or heavily textured soles.</li> <li>Use handrails when they are available.</li> <li>Make sure entrance paths and stairs are clear of snow and ice.</li> <li>Be aware of changes in the walking surfaces you use.</li> <li>Clean your shoes when you go inside; caked snow and ice on shoes can be treacherous.</li> </ul>	<p><b>WINTER SLIP AND FALL PREVENTION</b></p> <p>The Massachusetts Registry of Motor Vehicles (RMV) has extended the REAL ID enforcement date from May 3, 2023 to May 7, 2025. Beginning May 7, 2025, every air traveler age 18 years and older will need a REAL ID compliant driver's license or identification card, or another TSA- acceptable form of identification, for domestic air travel and/or to enter certain federal facilities. To learn more visit <a href="https://www.mass.gov/ID">https://www.mass.gov/ID</a></p> <p></p>

## 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.

### FUEL ASSISTANCE

Do not be cold this winter! You may qualify for Fuel Assistance. Call Susan Longmoore for a confidential phone appointment. This will determine if you are eligible to apply and what options are available

### CRAFTERS CORNER

Wednesday, January 11 at 10:45 a.m. Join us at the Center to make a needle felted wool project with Bri from the Medfield Public Library. Be sure to sign up, spots are limited.

Wednesday, January 25 at 10:45 a.m. Join Annette Wells to decorate wine glasses with a new technique. Please be sure to sign up.

## 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 the borrowed items when no longer needed.

### Low Vision Information

As we age, things change including our vision. Join us on **January 19 at 2:00 p.m.** for available 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. Our January Support Group meeting is **January 31, 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 volunteer options.

### Large-Print Newsletter

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

### Kingsbury Club

**Senior Swim Monday, Tuesday & 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](mailto: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. Contact 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 the Center to set up an appointment. 508-359-3665.

### 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 the Center to schedule a Safety Inspection.

### From the Desk of Susan Longmoore, Outreach Coordinator

The Friendly Visitor Program provides regularly scheduled social time for you or a loved one. Isolation is a major issue for many people in the community and a few hours of talk can go a long way towards curbing that. Are you looking for a friendly person to talk with, play a game of cards or discuss current events? The Friendly Visitor Program provides this opportunity for older adults to connect in an informal way on a weekly basis. If you would like a visit, know someone who might like a visit, or want to participate, please contact me.

*Susan Longmoore*

## 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.  
**SCAT** - Wednesday at 10:00 a.m.  
Crafter's Corner - Wednesday at 10:45 a.m.  
**Whist** - Wednesday at 11:00 a.m.  
**Cribbage** - Wednesday at 12:00 p.m.  
Ping Pong - Wednesday at 1:00 p.m.  
Fit to Knit - Wednesday at 1:00 p.m.  
BINGO - Wednesday at 1:30 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 - Mon, Tues, Fri, at 10:00 a.m.  
Coffee & Conversation - Friday at 10:00 a.m.  
Tai Chi - Friday at 10:00 a.m.  
Core Balance - Friday at 11:00 a.m.  
Zumba - Saturday at 9:00 a.m.  
Ping Pong - Saturday 9:00 a.m.  
Line Dancing - Saturday at 10:30 a.m.  
BINGO - Saturday at 12:30 p.m.

### BOWLING LEAGUE IS LOOKING FOR ADDITIONAL PLAYERS!

Did you know that the Center has a bowling league? John Ledwith organizes this group on Thursdays at 1:00 p.m. Meet the group at Millis Bowling Alley (Ryan's Family Amusements) on Rte. 109 or meet at the Center at 12:45 and car pool over. Three strings of bowling and shoes for only \$11. Call the Center to sign up so we know how many people will be attending.



## Celebrate the New Year With Us

Join us on **Wednesday, January 4, 2023** for an "After the New Year Chinese Lunch Party". The time has been adjusted to 12:00 p.m. We will celebrate 2023 with good food, people and music! \$6 per person. Following lunch stay and play Bingo at 1:30 p.m. Please be sure to sign up.

**2023**

### January is Glaucoma Awareness Month

Join us on **Thursday, January 19 at 2:00** with Jerry Feliz, Director of Assistive Technology Training from the Massachusetts Association for the Blind. Jerry is well versed in low vision technology resources and the many available services for people experiencing vision difficulties.

### Achieve your New Years Resolution

The number one New Year's resolution is to lose weight and eat better. Join registered Dietitian Kelsey McEntee from HESSCO on **January 20 at 10:00 a.m.** Kelsey will be sharing tips about healthy eating. Keep your new year's resolution going strong! Be sure to sign up.

**HESSCO**  
Care. Support. Solutions.

### Discover the Happiness that is in Front of You What it Looks Like and How to Achieve it Presented by Henry Quinlan

There have been several studies that have addressed the issue of happiness as we age. There are certain attitudes and strategies that we can use to enhance our happiness.

This presentation by Mr. Quinlan, will recount conversations with a professor who teaches a popular course at Harvard. The name of the course is "Happiness". Identifying the blocks to happiness will be discussed and how to deal with removing those "blocks to happiness" will be revealed.

There are a number of ways for us to enhance our happiness and Mr. Quinlan will provide a wide variety of examples. Happiness is not a new car or a piece of jewelry, happiness is much more enduring. One of the core results of the studies surrounding happiness is that it is never too late to increase your happiness in life. Join us for this unique presentation on happiness and how to achieve that in our lives on **Tuesday, January 24 at 2:00 p.m.** Please remember to sign up!

### Home Modifications for Safe Living

Are you interested in staying in your home but are considering making minor changes? Join us on **Thursday, January 26 at 2:00 p.m.** and hear from Oakley Home Access. The Oakley Home safety team provides home modification services to assist mobility and accessibility throughout your home. Home safety services range from installation of grab bars, stair lifts, wheelchair ramps, tub cuts, stairway handrails, custom entrance railings and more.

**OAKLEY**  
HOME ACCESS  
Maximizing Mobility



BERKSHIRE HATHAWAY HomeServices Commonwealth Real Estate  
Mary G. Cusano, Realtor  
4 West Mill Street  
Medfield MA 02052  
Mary.Cusano@CommonMoves.com



The CENTER  
Hair Salon

Call the Center for your appointment with Ginny.

ROCKLAND Where Each Relationship Matters  
TRUST

Cheryl O'Donnell  
Branch Manager  
76 North Street  
Medfield MA 02052 508-359-7366



ENTERTAIN • INFORM • CONNECT  
[WWW.MEDFIELD.TV](http://WWW.MEDFIELD.TV)  
[INFO@MEDFIELD.TV](mailto:INFO@MEDFIELD.TV) 508-359-8888

**Speech-Language & Hearing**  
Associates of Greater Boston  
Specialists in Speech, Language, Learning & Audiology  
Licensed & Certified Audiologists and Speech-Language Pathologists

Hearing Tests  
Hearing Aids  
Adult Speech & Language Therapy  
Parkinson (LSVT)  
Aphasia  
Medfield 5 N. Meadows Rd.  
508-359-4532  
Plainville 30 Man-Mar Dr.  
508-695-6848



Inspiration  
lives here.

MONDAY

TUESDAY

JANUARY 2023

WEDNESDAY

THURSDAY

FRIDAY

2.  
The Center is Closed  
Happy New Years!



3. CHICKEN STEW  
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

4. HOT DOG  
9:30 COA MEETING  
9:30 MARKET BASKET  
10:00 BREAD DISTRIBUTION  
10:00 MEDITATION CLASS  
10:00 SCAT  
11:00 WHIST  
11:30 GRAB N GO LUNCH  
12:00 CHINESE LUNCHEON  
12:00 CRIBBAGE / PING PONG  
1:00 FIT TO KNIT  
1:30 BINGO

5. SHEPHERD'S PIE  
9:00 WOODCARVING  
9:00 SHINE APPOINTMENTS  
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

6. CATCH OF THE DAY  
TODAY THE CENTER CELEBRATES 15 YEARS!  
9:00 ROCHE BROS SHOPPING  
9:00 SELECTMAN'S HOUR  
10:00 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:12:30 TECH TIME  
11:00 CORE BALANCE

SATURDAY  
9:00 ZUMBA  
9:00 PING PONG  
10:30 LINE DANCING  
11:30 LUNCH  
12:30 BINGO

9. CHIX TERIYAKI  
9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 IPAD BASICS WITH JUDY  
10:00 FITNESS FUN / KINGSBURY SWIM  
12:00 TRADER JOES/ PATRIOTS PLACE  
12:00 3-THIRTEEN  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE  
\*\*NO 12:00 LINE DANCING TODAY!

10. POT ROAST  
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

11. AM. CHOP SUEY  
9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
10:45 NEEDLE FELTED WOOL PROJECT  
10:00 SCAT  
11:00 WHIST  
11:30 GRAB N GO LUNCH  
12:00 CRIBBAGE / PING PONG  
1:00 FIT TO KNIT  
1:30 BINGO

12. ROAST TURKEY  
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 PATRICK DURKIN ON THE PIANO

13. VEGETARIAN CHILI  
9:00 ROCHE BROS SHOPPING  
10:00 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE

SATURDAY  
9:00 ZUMBA  
9:00 PING PONG  
10:30 LINE DANCING  
11:30 LUNCH  
12:30 BINGO

16.  
The Center is Closed in observance of Martin Luther King Day

17. MAC 'N CHEESE  
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

18. CHICKEN PARM  
9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
10:00 SCAT  
11:30 GRAB N GO LUNCH  
11:00 WHIST  
12:00 CRIBBAGE / PING PONG  
1:00 FIT TO KNIT  
1:30 BINGO  
5:30 LADIES PAINT NIGHT WITH CASEY

19. MEATLOAF  
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 LOW VISION WITH JERRY FELIZ

20. FISH SANDWICH  
9:00 ROCHE BROS SHOPPING  
10:00 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION WITH KELSEY  
10:00 TAI CHI  
11:00 CORE BALANCE  
11:30 ROMEO OUTING

SATURDAY  
9:00 ZUMBA  
9:00 PING PONG  
10:30 LINE DANCING  
11:30 LUNCH  
12:30 BINGO

23. CHEESEBURGER  
9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 FITNESS FUN / KINGSBURY SWIM  
10:00 IPAD BASICS WITH JUDY  
12:00 3-THIRTEEN  
1:30 LINE DANCING  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

24. SALMON  
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 DISCOVING HAPPINESS

25. SPAGHETTI  
9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
10:45 SCAT  
11:00 CRAFTERS CORNER  
11:00 WHIST / ANTHOLOGY TOUR & LUNCH  
11:30 GRAB N GO LUNCH  
12:00 CRIBBAGE / PING PONG  
1:00 FIT TO KNIT  
1:30 BINGO

26. ROAST PORK  
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 OAKLEY HOME ACCESS

27. BROCCOLI BAKE  
9:00 ROCHE BROS SHOPPING  
10:00 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE

SATURDAY  
9:00 ZUMBA  
9:00 PING PONG  
10:30 LINE DANCING  
11:30 LUNCH  
12:30 BINGO

30. TURKEY TETRAZZINI  
9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 FITNESS FUN / KINGSBURY SWIM  
10:00 IPAD B ASICS WITH JUDY  
12:00 LINE DANCING  
12:00 BIG Y/ DOLLAR STORE TRIP  
12:00 3-THIRTEEN  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

31. CHICKEN AND RICE PAELLA  
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

Last month we had a soup presentation here at The Center. We sampled the most delicious Butternut Squash and Ginger Soup. I thought I'd share the recipe.  

- 1 butternut squash peeled and cubed
- 4-6 cups of chicken or vegetable stock
- 1 each onion, celery stalk and a carrot
- 1 tsp. minced garlic
- 1 pinch of turmeric
- 1 pinch of cayenne pepper

Combine all ingredients and simmer until fork tender, about 25 minutes. Puree until smooth and season to taste. Enjoy!



KINGSBURY \$WIM UPDATE!

Starting January 1st, the Kingsbury Club will be tracking your participation in their swim program for year end insurance reimbursements. The Center will track your participation in all our exercise programs only. Any questions, please reach out to Sarah.

#### JANUARY SHOPPING TRIPS

In addition to our weekly food shopping trips to Shaw's, Market Basket and Roche Brothers we will also be going to Trader Joe's & Patriots Place on Monday, Jan. 9 at 12:00 p.m. and Big Y Norwood & Dollar Store on Monday, Jan. 30. Please call the Center by 9am for a ride.

The Center has space available on Saturdays for Card Games, Mah Jong, Ping Pong, Arts & Crafts, etc. Come join us!

#### Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street  
South Natick MA  
508-653-8330

  
"Quality care  
in a homelike setting"

Gilmore, Rees & Carlson, P.C.

Tax and Estate Planning, Wills, Trusts, Guardianships, Probate  
Office in Wellesley

781-431-9788 [www.grcpc.com](http://www.grcpc.com)

**Pat Maloney**

Independent  
Elder Advocate

Phone: 508-341-8684

[psmaloney@verizon.net](mailto:psmaloney@verizon.net)  
Help is a phone call away!

Medfield Orthopedic & Sports Therapy  
Medfield Professional Building  
5 North Meadows Road  
Medfield MA 02052  
508-359-9119

[Food for Thought](#)

Change  
brings  
Opportunity.

-unknown  
  
One small  
POSITIVE THOUGHT  
in the morning  
can change your  
whole day.  
QUOTED BY -ME