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

Jan. 4 – Chicken Salad
Jan. 11 – Turkey and Cheese
Jan. 18 – Seafood Salad
Jan. 25 – Ham and Cheese

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

Wednesdays are a busy day at the Center. Call on Monday morning (by 9:00) to order your Grab-N-Go meal for Wednesday and enjoy lunch in between your scheduled activities or with friends.

Bagel and Bread Availability

Monday after 9:30 a.m. (Shaw’s products)

Wednesday after 10:30 a.m. Shaw’s, Donut Express, Brother’s and Blue Moon.

Friday after 11:00 a.m. (Roche Bros-Millis)

Stop in to shop what is donated!

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

AVAILABLE RESOURCES

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

Selectman Office Hours - Meet with Selectman Peterson on **Friday, January 6 from 9 -10 am.** 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’s Office Hours – Call the Center to set up an appointment for Veteran related services.

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

Legal Clinic– Attorney Julie Ladimer, will be available for legal consultations on Tuesday, January 10, starting at 2:30 p.m. Call the Center to make an appointment.

Caregiver Support – Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group on **Tuesday, January 31 at 2:00 p.m.**

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

EXERCISE PROGRAMS AT THE CENTER

Monday Fitness Fun

Lourdes Fournier starts your week off right with a 10:00 a.m. class every Monday that will wake you up and get your week headed in the right direction. Enjoy a combo-class of aerobics, strength-training and core-fitness. Class is \$5.

Monday Line Dancing

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

Monday Core-Balance Class

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

Tuesday Chair Yoga

Tracy Buckley’s Chair Yoga class is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include: improved flexibility, better concentration and increased strength. Join us on Tuesday at 9:30 a.m. Class is \$5.

Tuesday Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley’s class on Tuesday mornings at 10:30 a.m. Class is \$5.

Wednesday Meditation Class

Jim Suojanen returns with a new day and time for his popular Meditation Class. Join Jim on Wednesday at 10:00 a.m. and take the time to find your inner peace and relax your mind.

Thursday Self-Guided Walking Group

Join our Walking Group on Thursday, at 10:00 a.m. weather permitting. Join the group 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!

INTRO TO IPAD WITH JUDY LORANTOS

Mondays from 10:00 a.m.–11:00 a.m.
January 9, 23, 30, February 6, 13, 20.

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.

*Home WIFI required for maximum usefulness.



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!

LADIES PAINT NIGHT

Back by popular demand. Join us for another Ladies Paint Night with Casey Worth on **Wednesday, January 18th at 5:30 p.m.**

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.

Winter Fall Prevention

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.

- Concentrate on the path ahead, take your time and proceed slowly.
- Avoid slippery surfaces; take a route around wet leaves, icy areas or snow banks.
- Wear appropriate footwear with waffled, ridged or heavily textured soles.
- Use handrails when they are available.
- Make sure entrance paths and stairs are clear of snow and ice.
- Be aware of changes in the walking surfaces you use.
- Clean your shoes when you go inside; caked snow and ice on shoes can be treacherous.




DID YOU KNOW, 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. *Now you know.* 😊

Mah Jong - Tuesdays at 1 p.m.

Join the Center for Mah Jong. Mah Jong is similar to the Western card game rummy. It is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols. Although some regional variations may omit some tiles and/or add unique tiles. Mah Jong is always played with four players seated around a table. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. The first person to match a hand of 14 tiles and “call Mah Jong” ends the game whereupon tiles are scored and a winner is declared. Be sure to sign up for this class as there is a limit on the number of people. Minimum of 4 and a maximum of 12. We welcome beginners and experienced players. Please sign up so we plan accordingly.

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 <https://www.mass.gov/ID>



<p><u>Information and Referral</u></p> <p>The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.</p> <p><u>Outreach Services</u></p> <p>Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, fuel assistance, caregiver and low-vision information and support are available through our Outreach Department. Call for an appointment.</p> <p><u>Health and Wellness</u></p> <p>In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment. Good hand washing is always a must!</p> <p><u>Meals on Wheels</u></p> <p>A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.</p> <p><u>Grab N Go Wednesday Lunch</u></p> <p>Order your lunch on Monday and pick up between 11:30-12 noon on Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.</p> <p><u>S.H.I.N.E.</u></p> <p>Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health insurance maze. Appointments are available on the 1st and 3rd Thursday of the month by calling the Center.</p>	<p><u>Services Available at The Center</u></p> <p><u>Medical Equipment</u></p> <p>The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first-come, first-serve basis for Medfield residents. Please return the borrowed items when no longer needed.</p> <p><u>Low Vision Information</u></p> <p>As we age, things change including our vision. Join us on January 19 at 2:00 p.m. for available information.</p> <p><u>Caregiver Support</u></p> <p>If you have questions about care giving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available. Our January Support Group meeting is January 31, at 2:00 p.m.</p> <p><u>Volunteering</u></p> <p>If you have interest in volunteering for the COA, we have a place for you. Call the Center to discuss volunteer options.</p> <p><u>Large-Print Newsletter</u></p> <p>Pick up a large-print copy of the newsletter at the Center (by request).</p> <p><u>Kingsbury Club</u></p> <p>Senior Swim Monday, Tuesday & Friday at 10:00 a.m. \$5/session</p> <p><u>S.N.A.P. Benefits</u></p> <p>Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance program (SNAP), also know as Food Stamps. Call the Center for assistance.</p>	<p><u>Medfield Food Cupboard</u></p> <p>The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday & Saturday for in-person shopping. The Food Cupboard is now located at 93 West St. Unit 10. Contact the Food Cupboard:508-359-4958. email: info@medfieldfoodcupboard.com All inquiries are confidential.</p> <p><u>Bread Distribution</u></p> <p>Every Wednesday beginning at 10:30 a.m. there are bread products available from Brothers, Blue Moon and Donut Express. All welcome!</p> <p><u>The CLUB</u></p> <p>A supervised and structured day program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time for yourself, consider our program. Contact Dianne Croteau for more information.</p> <p><u>Housing</u></p> <p>Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.</p> <p><u>Veterans Services</u></p> <p>Veterans and their dependents may be eligible for a variety of Chapter 115 Safety Net benefits and assistance programs. Call the Center to set up an appointment. 508-359-3665.</p> <p><u>Medfield Fire Department</u></p> <p>Life Safety Home Inspections look for potential dangers in seniors residences, including hazards, smoke detector and carbon monoxide detector checks and battery replacement and many other areas that you might not even recognize. Call the Center to schedule a Safety Inspection.</p>	<p><u>Celebrate the New Year With Us</u></p> <p>Join us on Wednesday, January 4, 2023 for an “After the New Year Chinese Lunch Party”. <u>The time has been adjusted to 12:00 p.m.</u> We will celebrate 2023 with good food, people and music! \$6 per person. Following lunch stay and play Bingo at 1:30 p.m. </p> <p><u>January is Glaucoma Awareness Month</u></p> <p>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.</p> <p><u>Achieve your New Years Resolution</u></p> <p>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. </p> <p>Discover the Happiness that is in Front of You What it Looks Like and How to Achieve it Presented by Henry Quinlan</p> <p>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.</p> <p>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.</p> <p>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!</p>
<p><u>FUEL ASSISTANCE</u></p> <p>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</p> <p><u>CRAFTERS CORNER</u></p> <p>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.</p> <p>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.</p>	<p><u>From the Desk of Susan Longmoore, Outreach Coordinator</u></p> <p>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.</p> <p><i>Susan Longmoore</i></p>	<p><u>BOWLING LEAGUE IS LOOKING FOR ADDITIONAL PLAYERS!</u></p> <p>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.</p> 	<p><u>Home Modifications for Safe Living</u></p> <p>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.</p> 



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JANUARY 2023					
MONDAY	TUESDAY	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 PUBLIC HEALTH NURSE DAY	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 <div>SATURDAY 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>	Pat Maloney Independent Elder Advocate Phone: 508-341-8684 psmaloney@verizon.net Help is a phone call away!
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 PUBLIC HEALTH NURSE DAY	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 <div>SATURDAY 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>	Medfield Orthopedic & Sports Therapy Medfield Professional Building 5 North Meadows Road Medfield MA 02052 508-359-9119
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 PUBLIC HEALTH NURSE DAY	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 FROM HESSCO 10:00 TAI CHI 11:00 CORE BALANCE 11:30 ROMEO OUTING <div>SATURDAY 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>	Change brings Opportunity. -unknown
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 12:00 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 DISCOVERING HAPPINESS	25. SPAGHETTI 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 10:00 SCAT 10:45 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 PUBLIC HEALTH NURSE DAY	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 <div>SATURDAY 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO</div>	One small POSITIVE THOUGHT in the morning can change your whole day. <small>QUEST DIARY - ME</small>
30. TURKEY TETRAZZINI 9:15 SHAW'S SHOPPING 9:30 QUILTING GROUP 10:00 IPAD BASICS WITH JUDY 10:00 FITNESS FUN/ KINGSBURY SWIM 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. <ul style="list-style-type: none">1 butternut squash peeled and cubed4-6 cups of chicken or vegetable stock1 each onion, celery stalk and a carrot1 tsp. minced garlic1 pinch of turmeric1 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.
TODAY IS A GOOD DAY TO TRY SOMETHING NEW.					

Pat Maloney

Independent
Elder Advocate

Phone: 508-341-8684

psmaloney@verizon.net

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brings
Opportunity.

-unknown

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JANUARY SHOPPING TRIPS

In additional 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!

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