

**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

COUNCIL ON AGING STAFF

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HESSCO

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COUNCIL ON AGING BOARD

Bob Heald—Chairman

Richard Ryder, Laurel Scotti and Annette Wells

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

FEBRUARY 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.

Director's Note:

Hello and Happy February! It's been a busy and exciting first month here at the Center. I'm excited to share a new program with you all. The Tri-County Culinary Students will be serving a warm lunch here once a month through the end of the school year. The students will be here on Tuesday, February 7 to offer us a delicious homemade lunch and dessert for only \$6 per person. This is limited to 12 people each month and we will rotate so everyone has a chance to enjoy. The lunch choice and sign-up sheet will be available beginning Feb 1. If you've been missing the Juliet's monthly luncheon, this may be a nice option to get together over lunch and chat with friends. Don't forget to sign up!

Sarah Hanifan

Happy Valentine's Day

February Highlights:

Tech Time—Friday, Feb. 3 from 11 a.m. -12:30 p.m.

Tri-County Culinary Students serving delicious HOT lunch *NEW* Tuesday, Feb. 7, 11:30-12:30 Sign up required.

Legal Clinic with Attorney Ladimer. Tuesday, Feb. 7, starting at 1:30 p.m. By appointment only.

AARP Appointments. Each Wednesday morning starting Feb 8 from 9 a.m-12:00 p.m. By appointment only.

Valentines Day Pop-Up Cards Craft. Wednesday, Feb 8 at 10:45 a.m.

Emergency Preparedness sponsored by DA Morrissey. Thursday, Feb. 9 from 10a.m.-11:30 a.m. Please sign up.

National Pizza Day, Wednesday, Feb. 9 at 12:00 pm. Stay for Bingo after! \$5 per person. Registration required.

Annual Chocolate Tasting, Tuesday, Feb. 14 at 2 p.m. Registration required. Tickets are \$3 /person and limited!

Laughter Yoga, Thursday, Feb. 16 at 2 p.m.

COA IS CLOSED, Monday, February 20. Happy Presidents' Day.

Scrapbooking with Annette. Wednesday, Feb. 22 at 10:45 a.m.

Podiatry Clinic, Thursday, Feb. 23. By appointment only.

Clash of the Titans Presented by Stanley Forman, Thursday, February 23 at 2:00 p.m.

Caregiver Support, Tuesday, Feb. 21 at 2 p.m. AARP Care giving Essentials.

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

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Additional Donations: _____

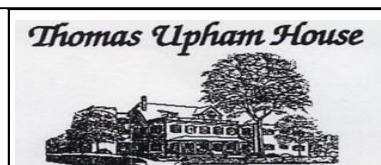
IN MEMORY OF: NAME _____

IN HONOR OF: NAME _____

Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center.

This is not for the COA newsletter.

A separate yearly \$5 donation to "Town of Medfield-COA" covers the newsletter mailing.



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Picture by Mike Lennon
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Call Mondays to order your HESSCO
Grab-N-Go Wednesday Lunch!

Feb. 1 – Chicken Salad
Feb. 8 – Turkey and Cheese
Feb. 15 – Seafood Salad
Feb. 22 – Ham and Cheese

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

Bagel and Bread Availability

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

Wednesday after 10:00 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, February 3, from 9 -10 a.m.** 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, February 14, starting at 2:00 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, February 21 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 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!

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 the Center. Be a part of something wonderful! The volunteer committee meets monthly on the first Wednesday of the month at 9:30 a.m.

NATIONAL PIZZA DAY

Wednesday, February 8 at 12:00 p.m.



We are celebrating National Pizza Day a day early! Come enjoy a pizza lunch on Wednesday, February 8 at 12:00. After lunch at 1:30 p.m. we will be playing BINGO. It's a lot of fun and we encourage you to stay and play after lunch. Pizza lunch is \$5 per person. Sign up is required.

EMERGENCY PREPAREDNESS

Thursday, February 9 at 10:00 a.m.

District Attorney Michael Morrissey is proud to sponsor with the Commonwealth: Emergency Preparedness to help older adults be prepared for natural hazards and emergencies. Join us here at the Center on Thursday, February 9 at 10:00 a.m. and learn safety and coping skills and how to be personally prepared to survive. Each participant will receive a free backpack with essential survival supplies (valued over \$75). Limit one bag per household.

Clash of the Titans, Presented by Stanley Forman.

Thursday, February 23 at 2 p.m.

Edison, Tesla, Westinghouse and the personal clash over their ideas leading to the dawn of universal electricity! How did we actually end up with the electric system of today? Who were the winners and losers in that Struggle! Don't miss this interesting presentation. Please be sure to sign up.



PODIATRY CLINIC

Mark your calendar, the next Podiatry Clinic is Thursday, February 23! Call to book an appointment.

Medfield Assessor's Office

Senior (low-income), Blind or disabled Veteran property owners may qualify for local property exemptions (must file by April 1). Qualifications are determined by MA General law. Contact Yvonne Remillard, Town Assessor at 508-906-3016 for more information and how to file.

BUNCO -*NEW*

Players Needed!

We are looking to start a BUNCO group here at the Center. 12 players are needed. We are looking to play once a week once we have enough interest. What is BUNCO? It's a social, fun group dice game that requires no skill, just rolling dice and keeping score! *Sign up is required in order to be sure we have enough players. This group will be instructed by Cheri Autry.



BOOK CLUB

Do you enjoy reading? Join us for a new book club and discussion. This program is in collaboration with the Medfield Public Library and will be held at the Center. It will be great to get the book club together again, meet new people and enjoy stimulating conversation. Stay tuned for more details coming soon.



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.

CRAFTERS CORNER

Wednesday, February 8 at 10:45 a.m. Join us at the Center to make Valentine's Day Pop-Up cards with Bri from the Medfield Public Library. Be sure to sign up so we can plan for materials.

***This is just a sample card borrowed from the internet. Bri's project will be just as amazing! Be sure to sign up!*

Wednesday, February 22 at 10:45 a.m. Join Annette Wells in the craft room with your own pictures and supplies, and spend the hour scrapbooking, or working on an unfinished craft project. Open Craft time is always the best time!

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. Resources are available. Call the Center 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. Individual appointments are available. Our January Support Group meeting is **February 21, 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 All inquiries are confidential.

Bread Distribution

Every Wednesday beginning at 10:00 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.

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.

AARP TAX PROGRAM

Appointments are being accepted for the tax program by calling 508-359-3665. This service is provided by AARP trained tax preparers and is intended for simple tax returns. It is available free to taxpayers with low and moderate income. The program runs each Wednesday morning starting February 8, 2023 until March 29, 2023. Once an appointment is made, we will confirm the date and time with a letter detailing what you need to bring to your appointment. These appointments always fill up. Call to book today. 508-359-3665.

ANNUAL CHOCOLATE TASTING

Join us for our Annual Valentine's Day Chocolate Tasting on, **Tuesday, February 14 from 2-3pm**

Tickets are on sale at the Center beginning February 1, and the cost is \$3/per person, limited to 50 people. Don't miss out on this much loved event.

Laughter Yoga

On Thursday, February 16 from 2:00 -3:00 p.m. Certificated Laughter Yoga Master Trainers, Bill and Linda Hamaker of "Let's Laugh Today" (www.letslaughtoday.com) will show you how to bring more laughter into your life. Enjoy this unique exercise of laughter and clapping combined with gentle breathing that brings more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy and a feeling of well-being. Any age and any level of physical ability can participate in this uplifting experience! You can sit or stand. There are no fancy poses. They will show you how you can add more laughter to your life and how you can use laughter to ease your stress. You will see that laughter is the best medicine! Bill and Linda are graduates of the American School of Laughter Yoga, The Dr. Kataria School of Laughter Yoga, and Laughter Yoga International. Sign up required. This class is being offered to you for FREE. Sign up and come attend this unique class and let's laugh together!



FROM THE DESK OF BRENDA HEALY, MSN,
MEDFIELD PUBLIC HEALTH NURSE

February is **American Heart Month**, a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. Monitoring one's blood pressure is something that can be done to help with cardiovascular health. You can reduce your risk by following the ABC's

A: Take Aspirin as directed by your physician

B: Control your Blood Pressure

C: Manage your Cholesterol

S: Don't Smoke



Every Wednesday, Brenda Healy MSN, Medfield's Public Health Nurse is at the Center taking blood pressures in the dining area (Fellini Hall) during coffee and tea times from 10:00 a.m.-11:30 a.m., without an appointment. Join in on the conversations with your friends, enjoying coffee or tea, and get your blood pressure taken and recorded on a take home wallet-sized card. If you would prefer an appointment, these can be made as needed most weeks by calling and scheduling a 15-minute slot with Brenda in the health office at the center. This does not need to be just for blood pressure; health questions are also welcomed.

Tax Expert Tip:

Question: Will the IRS or other tax authorities call or text you?

IRS employees may call taxpayers to set up an appointment or discuss audits but not without first attempting to notify taxpayers by mail. IRS employees conducting criminal investigations are federal law-enforcement agents and will never demand money. The IRS will not text you.

Sheila May, EA MST,

[Www.maytaxservices.com](http://www.maytaxservices.com) phone: 781-708-0405



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lives here.



MONDAY

TUESDAY

FEBRUARY 2023

WEDNESDAY

THURSDAY

FRIDAY

TECH TIME

If you need help with a cell phone, smart watch, laptop, tablet or Ipad, Judy L. has offered her assistance between 11:00 – 12:30 on Friday, February 3.

PODIATRY CLINIC

THURSDAY, FEBRUARY 23
9:00 a.m.–12:00 p.m.

By appointment only. Please sign up.

1. MEATLOAF

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 CRIBBAGE / PING PONG
1:00 FIT TO KNIT
1:30 BINGO

2. ROAST PORK & GRAVY

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

3. STUFFED CHIX BREAST

9:00 ROCHE BROS SHOPPING
9:00 SELECTMAN'S HOUR
10:00 KINGSBURY CLUB SWIM
10:00 COFFEE CHAT
10:00 TAI CHI
11:12:30 TECH TIME
11:00 CORE BALANCE
80 FOR BRADY IS IN THEATERS TODAY!

SATURDAY

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

6. CHICKEN FAJITAS

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

7. GERMAN BEEF STEW

9:30 CHAIR YOGA
10:00 KINGSBURY CLUB SWIM
10:30 MAT YOGA
11:00 CLUB PICKUPS
11:30-3 THE CLUB
11:30 LUNCHEON WITH TRI-COUNTY
2:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 LEGAL CLINIC

8. ROAST TURKEY/GRAVY

9:30 MARKET BASKET
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
10:45 CARDS
10:00 VALENTINE'S DAY POP UP
10:00 SCAT
11:00 WHIST
11:30 GRAB N GO LUNCH
12:00 PIZZA LUNCHEON
12:00 CRIBBAGE / PING PONG
1:00 FIT TO KNIT

9. THREE BEAN CHILI

9:00 WOODCARVING
10:00 EMERGENCY PREPAREDNESS
10:30 ZUMBA
11:00 CLUB PICKUPS
11:30 CANASTA
11:30-3 THE CLUB
12:30 POKER
1:00 BOWLING

10. MAC & CHEESE

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

13. SWED. MEATBALLS

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

14. STUFFED SHELLS

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 ANNUAL CHOCOLATE TASTING

15. ROAST CHIX

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

16. BEEF & CABBAGE

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 LAUGHTER YOGA - FREE!

17. CATCH OF THE DAY

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

20. THE CENTER IS CLOSED



21. BBQ CHICKEN

9:15 SHAW'S SHOPPING
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

22. LASAGNA ROLL UP

9:30 MARKET BASKET
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
10:00 SCAT
10:45 CRAFTERS CORNER
11:00 WHIST
12:00 CRIBBAGE / PING PONG
1:00 FIT TO KNIT
1:30 BINGO

23. LS HOT DOG

9:00 WOODCARVING
9:11 PODIATRY CLINIC
10:30 ZUMBA
11:00 CLUB PICKUPS
11:30 CANASTA
11:30-3 THE CLUB
12:30 POKER
1:00 BOWLING
2:00 CLASH OF THE TITANS

24. SPANISH OMELETTE

9:00 ROCHE BROS SHOPPING
10:00 KINGSBURY CLUB SWIM
10:00 COFFEE & CONVERSATION
10:00 TAI CHI
11:00 CORE BALANCE
11:15 ROMEO OUTING

SATURDAY

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

27. CURRY CHICKEN

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

28. BEEF STIR FRY

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



HELP NEEDED! We have a wonderful group of BINGO players here at the Center. This very popular game is played at the Center twice a week. Wednesdays at 1:30 p.m. and on Saturdays at 12:30 p.m. We are looking to train a few different volunteers to help call Bingo on these days. If you can give a few hours a week (either on Wednesdays or Saturdays), please reach out to Sarah or Susan. We will train you on how to use the bingo machine and call the numbers. It's very simple and rewarding knowing how many people enjoy this activity.



"80 FOR BRADY" IS IN THEATRE ONLY ON FRIDAY, FEB 3.
WEAR YOUR PATRIOTS GEAR AND SHOW YOUR SUPPORT!



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THE CENTER LIBRARY

Need a new book or a puzzle? The Center library has quite a selection available to share. Stop in and look, The library is open most days except when we have SHINE appointments or the monthly legal clinic.

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5 North Meadows Road
Medfield MA 02052
508-359-9119

YARD SALE

Start now to de-clutter your home and box unwanted items for the FOSI yard sale scheduled for April 29, 2023. We love your stuff!

Meet with Selectman Pete Peterson on Friday, February 3 from 9am-10am

HELPFUL TIP:
Did you know the calendar is color coded for easy reading?

Blue = Shopping / Transportation

Red = Exercise

Teal = Special Event