

**Successful Aging  
Through Senior  
Wellness**

**SERVICES**

Information  
Outreach  
Nutrition  
Transportation  
Advocacy  
Health Clinics

**Monthly Newsletter**

Daily Activities  
Computers  
Exercise Classes  
Yoga  
Tai Chi  
Card Games  
Craft classes

**Tax Work-Off Program**

Equipment Loans  
Supper Club  
Book Clubs  
Lending Library  
Supportive Day  
Trips  
Social Events  
Book Groups

**COUNCIL ON AGING BOARD**

Bob Heald-Chairman, Richard Ryder, Laurel Scotti,  
Rose Thibault 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**

**MARCH 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:** I can't believe it's already March. I'm looking forward to the warmer weather and seeing people enjoying our outside space. I'm pleased to share the exciting things (some new) we have planned for this month. We are holding our St. Patrick's Day Supper on Wednesday, March 15 from 5 - 7 p.m. (Details inside). People have requested for us to start a BUNCO group here at the Center. Cheri Autry has offered to lead this group. BUNCO will begin Thursday, March 2 from 1:30-3 p.m. and will be offered each Thursday after that. Beginners and experienced Bunco players are encouraged to sign up. We are also excited to bring back our DVD Lecture series, starting Monday, March 6 at 11 a.m. Our first lecture will be on Early American History. Thank you to Anthony Centore for offering to help with this program. As always, each time you come to the Center, you should be checking in at the kiosk located by reception desk. If you don't have a card, or need a refresher on how to sign in, please ask. I look forward to seeing you soon! Happy St. Patrick's Day!

*Sarah Hanifan, Director*

**IMPORTANT MARCH DATES**

\*\*Wednesday Bingo and Card games resume to regular schedule. Please see calendar.

Thursday, March 2 - BUNCO from 1:30-3 p.m. \*\*NEW PROGRAM! Be sure to register as we need to have a certain number of people to play.

Thursday, March 2 at Noon. FOSI Volunteer Meeting for the Annual Yard Sale.

Monday, March 6, 11 a.m. - 12 p.m. - DVD Lecture Series \*\*Returning Program!! Please register and join us for an hour each Monday this month to learn about Early American History. \*No class on March 27.

Monday, March 6 - Deadline to call and order special St. Patrick's Grab-N-Go Corned Beef sandwich for Wednesday, March 15. Details inside.

Tuesday, March 7 - NO YOGA

Thursday, March 9 and Saturday, March 11, NO ZUMBA,

Monday, March 13, NO FITNESS FUN

Tuesday, March 14 - 11:30 a.m. Rescheduled Tri-County Luncheon. This event is FULL; we will have a new sign up available April 3.

Tuesday, March 14 - Legal Clinic with Attorney Ladimer. Beginning at 2 p.m. By appointment only.

Wednesday, March 15 - St. Patrick's Day Supper - \$12 per person. Registration opens to Medfield Residents on March 1. at 9 a.m. Registration opens to all Tuesday, March 7, at 9 a.m.

Friday, March 24 - No access to the dining hall, All Programs will be held in the classrooms.

**Monday, March 27 - NO PROGRAMS. ELECTION DAY. If you need transportation to vote, please call the Center.**

Wednesday, March 29 at 5:45 p.m. - Turning 65? Special Presentation on Medicare, - open to all!

Thursday, March 30 at 1:00 p.m. - Caregiver Support Group

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

DATE : \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

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**ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ \_\_\_\_\_**

Additional Donations: \_\_\_\_\_

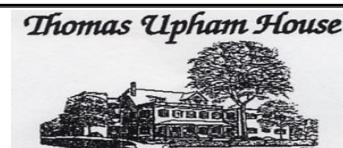
IN MEMORY OF: NAME \_\_\_\_\_

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.



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

March 1 - Chicken Salad  
March 8 - Turkey and Cheese  
**March 15 - Corned Beef/Swiss**  
March 22 - Ham and Cheese  
March 29 - Tuna

**\*\*If you'd like to order the St. Patrick's Day Grab-N-Go, please call the Center to order no later than Monday, March 6, by 9am. A donation of \$3 per meal is suggested.**

#### 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 Market 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, March 3 at 9 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 Service – 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, March 14 starting at 2:00 p.m.

**Caregiver Support** – Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group Thursday, March 30, at 1:00 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 Walking Group**

Join our Walking Group on Thursday, at 10:00 a.m. Join the group for exercise, conversation and a few good laughs! Call the Center for location.

#### **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!

### **Ice Cream Social with music by Patrick Durkin**

**Thursday, March 23 at 2 p.m.**



Enjoy Patrick's energetic piano playing and vocals that will have you singing and tapping your toes for the hour. Ice cream will be provided. Registration is required.

### **BCBS MEDICARE COUNTDOWN TO 65**

**Wednesday, March 29 from 5:45–6:45 p.m.**

If you or someone you know is getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money?

We know that Medicare can be confusing, so we designed this seminar to help you be confident that you're making the right health coverage decisions.

What will Planning for Medicare - Countdown to 65 cover? This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- o Explanation of Medicare Parts A, B, and C
- o Medicare enrollment timeline
- o Medigap plans that help supplement Medicare coverage
- o Medicare Advantage plans, such as HMOs and PPOs
- o Medicare Part D prescription drug plans
- o Plans and programs available to early retirees, such as COBRA

Join us at the Center on Wednesday, March 29 at 5:45 p.m. as BCBS Rep., Sue Flanagan, will present this information. Call to sign up! Open to all!

### **Beginning Watercolor with Nan Rumpf**

Fridays, beginning March 31 through May 5 from 10:45 a.m. to 12:45 p.m.

Cost is \$60 per person

Demos, handouts, and critique will be provided by the instructor.

Please bring your watercolor supplies to class. Ask for a supply list at the front desk.

### **NEW SATURDAY PROGRAM STAFF**

Priscilla will be joining the team and working as needed on Saturdays. Many of you will recognize her friendly familiar face, as she has filled in for Arlene in the kitchen for Meals-on-Wheels. Please be sure to introduce yourself to Priscilla when you see her. Welcome Priscilla! v

### **Early American History, DVD Lecture Series**

**Mondays beginning March 6, from 11:00 a.m. - 12:00 p.m.**

Join us as we restart our DVD Lecture Series. This month we are starting with Early American History: Native Americans through the Forty-Niners. This series has 3 parts, which has 10 lessons/30 minutes per lesson. Some of the lessons will focus on Pilgrims and Puritans, Life in Colonial America, The Great Awakening and Enlightenment, Men of the Revolution, The Trails West, West to California, The Constitution and so much more!

\*\*No class on Monday, March 27. Please be sure to register so we can plan for seating.

## 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.

### From the desk of Brenda Healy, MSN Medfield Public Health Nurse

American Diabetes Alert Day is a one-day "wake-up" call to inform the American public about the seriousness of diabetes. The American Diabetes Association encourages people to take the diabetes risk test and find out if they are at risk for developing diabetes. The risk test requires users to answer seven simple questions about weight, age, lifestyle, and family history -- all potential risk factors for diabetes. People scoring 10 points or more are at a high risk for type 2 diabetes and are encouraged to see a health-care professional for further evaluation. I will have copies of the risk-factor questions throughout March; JUST ASK. Diabetes is a fast-growing public health problem. For many, the diagnosis for diabetes may come seven to ten years after the onset of the disease. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death. Blood-sugar screening can be arranged on an individual basis by contacting me directly.

## Services Available at The Center

### Medical Equipment

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

### Low-Vision Information

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

### Caregiver Support

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available. Our March Support Group meeting is **Thursday, March 30 at 1 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.

### 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 10:00 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. Call Dianne Croteau for more information.

### Housing

Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.

### Veterans Services

Veterans and their dependents may be eligible for a variety of Chapter 115 Safety-Net benefits and assistance programs. Call the Center for an appointment.

### Medfield Fire Department

**Life Safety Home Inspections** look for potential dangers in seniors' residences, including hazards, smoke detector and carbon-monoxide detector checks, battery replacement and many other areas that you might not even recognize. Call to schedule a Safety Inspection.

### CRAFTER'S CORNER

#### Wednesday, March 8 at 10:45

Join us at the Center to learn how to make a St. Patrick's Day Pop-Up Card with Bri from the Medfield Public Library. This event is free, but sign-up is required for supplies.

#### Wednesday, March 22 at 10:45 a.m.

Come try Diamond Painting with us. You will receive a beginners kit which includes all the materials and tools needed to make a bookmark. \$4 per person. This will be a fun craft; don't miss out! Limited to 10 people.

## REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.

Fitness Fun - Monday at 10:00 a.m.

DVD Lectures - Monday at 11:00 a.m.

**3-Thirteen** - Monday at 12:00 p.m.

Line Dancing - Monday at 12:00 p.m.

**Pokeno** - Monday at 1:30 p.m.

Core Balance - Monday at 1:30 p.m.

Hannah Adams Bridge - Monday at 7:00 p.m.

Chair Yoga - Tuesday at 9:30 a.m.

Mat Yoga - Tuesday at 10:30 a.m.

**Duplicate Bridge** - Tuesday at 12:00 p.m.

Meditation Class - Wednesday at 10:00 a.m.

Crafter's Corner - Wednesday at 10:45 a.m.

**SCAT** - Wednesday at 11:00 a.m.

**Whist** - Wednesday at 12:00 p.m.

**Cribbage** - Wednesday at 1:00 p.m.

Ping Pong - Wednesday at 1:00 p.m.

Fit to Knit - Wednesday at 2:00 p.m.

BINGO - Wednesday at 3:00 p.m.

Woodcarving - Thursday at 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.

BUNCO - Thursday at 1:30 p.m.

Kingsbury Club Swim - Mon., Tue., 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.

## St. Patrick's Day Supper

Another St. Patrick's Dinner has been planned! Sign up to enjoy a delicious and traditional corn beef dinner catered by Basil Restaurant on **Wednesday, March 15, 2023** from



**5-7 p.m.** We will feature live music by The Elderly Brothers. This event is sponsored in part by Rehab Associates and an event you won't want to miss. Space is limited and the cost of this event is \$12.00 per person. Payment is due when you sign up. **Registration for Medfield residents begins on Wednesday, March 1 at 9:00 a.m. - Registration for all others outside of Medfield begins on Tuesday, March 7 at 9:00 a.m.**

### BOOK CLUB

Join us as we begin a new Book Club with Maggie Joseph and Moira from the Medfield Public Library. We are excited to be collaborating with the Medfield Public Library. Moira will help with securing the books, providing discussion points and helping us choose topics for all. This group is open to all, come join us for our first meeting on Thursday, March 30 at 2:00 p.m. here at the Center. Please register by Thursday, March 16 so we can be sure to have enough books.



### TRI-COUNTY LUNCHEON UPDATE

Last month's Tri-County Luncheon was rescheduled to March due to the Center being closed. All people who signed up for February's lunch will be offered spots for March. A new sign-up sheet for April's Luncheon will be posted on April 3.

**Stay Informed:** The town of Medfield utilizes CivicReady to send important emergency alerts, utility alerts, boil water advisories, and other urgent notifications. You can subscribe to receive alerts and notifications via phone call, text message and/or email. You will need to provide contact information. Visit <http://www.town.medfield.net/1841/Alerts-Notifications> to register for CivicReady alerts.

**Fuel assistance** applications are in full swing and end on May 1st. If you need assistance completing the application, call Susan to schedule an appointment and discuss the required documents. To qualify, income limits are \$42,411 for a single-member household and \$55,461 for a two-member household.

**Grab Bars:** Thanks to a grant initiated by the Medfield Fire Department, the Center has a limited supply of Moen grab bars appropriate for showers and tubs. These grab bars are designed to enable you to maintain balance, lessen fatigue while standing, hold some of your weight while maneuvering and have a spot to grab onto in case of a slip or fall. These are 18 inches long, white in color and ADA-compliant. We are offering these grab bars at no charge to you. Installation must be done by a professional service. Oakley Home Access can install these grab bars professionally for a fee of \$75.00 per bar. If additional hardware is required, such as anchoring hardware, there will be an additional cost of \$40. If you are interested or want additional information, please contact Susan.

Kick off your St. Patrick's Day celebration by walking or running a 5K to benefit HESSCO! Register for the 12th Annual Mick Morgan's 5k for HESSCO. This fun race starts and finishes at Mick Morgan's Irish Pub in Sharon on Saturday, March 11<sup>th</sup> and raises funds for HESSCO programs such as Meals on Wheels and home-care services. Sign up at [www.hessco.org](http://www.hessco.org)





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# MARCH 2023

## MONDAY

### DID YOU KNOW?

You can purchase a punch card for exercise or transportation at the reception desk? Each coupon will provide you multiple classes or rides on the bus. Save on checks and just write out one for multiple classes!

## TUESDAY

### COA TRANSPORTATION

For information on our transportation services, please call the Center for details as we provide medical rides, shopping trips, social excursions and so much more. Call 508-359-3665 for more information.

## WEDNESDAY

### 1. CALIF. CHIX SALAD

9:30 COA BOARD MEETING  
9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / PING PONG  
2:00 FIT TO KNIT  
3:00 BINGO

### 2. TURKEY DIVAN

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  
1:30 BUNCO

## THURSDAY

### 3. FILET-O-FISH SANDWICH

9:00 ROCHE BROS SHOPPING  
9:00 SELECTMAN'S HOUR  
9:30 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE  
11:30-3 TECH TIME  
1:00 THE CENTER CLOSES

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

## FRIDAY

### 10. MINI RAVIOLI

9:00 ROCHE BROS SHOPPING  
9:30 KINGSBURY SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE  
1:00 THE CENTER CLOSES

SATURDAY  
\*\*\*\*NO ZUMBA  
9 PING PONG  
10:30 LINE DANCING  
11:30 LUNCH  
12:30 BINGO

### 6. BEEF BURGUNDY

9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 FITNESS FUN  
11:00 EARLY AMERICAN HISTORY LECTURE  
12:00 3-THIRTEEN  
12:00 LINE DANCING  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

### 7. BBQ PULLED PORK

10:00 KINGSBURY CLUB SWIM  
11:00 CLUB PICKUPS  
11:30-3 THE CLUB  
12:00 DUPLICATE BRIDGE  
1:00 MAHJONG

### 8. ROAST CHICKEN

9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
10:45 POP UP CARDS WITH BRI  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / PING PONG  
2:00 FIT TO KNIT  
3:00 BINGO

### 9. BEEF TACO

9:00 WOODCARVING  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER  
1:00 BOWLING  
1:30 BUNCO

### 10. MINI RAVIOLI

9:00 ROCHE BROS SHOPPING  
9:30 KINGSBURY SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE  
1:00 THE CENTER CLOSES

### 13. MEATBALL SUB

9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
11:00 EARLY AMERICAN HISTORY LECTURE  
12:00 3-THIRTEEN  
12:00 LINE DANCING  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE  
\*\*\*NO FITNESS FUN

### 14. EGG SALAD

9:30 CHAIR YOGA  
10:00 KINGSBURY CLUB SWIM  
10:30 MAT YOGA  
11:00 CLUB PICKUPS  
11:30-3 TRI-COUNTY LUNCHEON HERE  
12:00 THE CLUB  
12:00 DUPLICATE BRIDGE  
1:00 MAHJONG  
2:00 LEGAL CLINIC

### 15. TERIYAKI CHICKEN

9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / PING PONG  
2:00 FIT TO KNIT  
3:00 BINGO  
5:00-7 ST. PATRICK'S DAY SUPPER

### 16. CORNED BEEF HASH

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  
1:30 BUNCO

### 17. LENTIL CHILI

9:00 ROCHE BROS SHOPPING  
9:30 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE  
1:00 CENTER CLOSES

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

### 20. PASTA BOLOGNESE

9:15 SHAW'S SHOPPING  
9:30 QUILTING GROUP  
10:00 FITNESS FUN  
11:00 EARLY AMERICAN HISTORY LECTURE  
12:00 3-THIRTEEN  
12:00 LINE DANCING  
1:30 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

### 21. PORTUGUESE CHICKEN

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. TURKEY CHICKEN

9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
10:45 CRAFTERS CORNER-DIAMOND PAINTING  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / PING PONG  
2:00 FIT TO KNIT  
3:00 BINGO

### 23. HOT DOG

9:00 WOODCARVING  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER  
1:00 BOWLING  
1:30 BUNCO  
2:00 PATRICK DURKIN

### 24. CATCH OF THE DAY

NO ACCESS TO THE DINING HALL  
ALL PROGRAMS WILL BE IN CLASSROOMS  
9:00 ROCHE BROS SHOPPING  
9:30 KINGSBURY SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
11:00 CORE BALANCE  
11:30 ROMEO OUTING  
1:00 CENTER CLOSES

NO SATURDAY

### 27. CHICKEN CACCIATORE

NO PROGRAMS TODAY  
ANNUAL TOWN ELECTION  
POLLS ARE OPEN FROM  
6 A.M. TO 8 P.M.

### 28. SHEPERD'S PIE

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

### 29. PORK W/ APPLE GRAVY

9:30 MARKET BASKET  
10:00 MEDITATION CLASS  
10:00 BREAD DISTRIBUTION  
11:00 SCAT  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / PING PONG  
2:00 FIT TO KNIT  
3:00 BINGO  
5:45 PLANNING FOR MEDICARE

### 30. BROCCOLI CHICKEN

9:00 WOODCARVING  
10:30 ZUMBA  
11:00 CLUB PICKUPS  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER  
1:00 BOWLING  
1:30 BUNCO  
2:00 CAREGIVER SUPPORT  
BOOK CLUB

### 31. FLORENTINE OMELET

9:00 ROCHE BROS SHOPPING  
9:30 KINGSBURY CLUB SWIM  
10:00 COFFEE & CONVERSATION  
10:00 TAI CHI  
10:45 WATERCOLOR CLASS  
11:00 CORE BALANCE  
1:00 THE CENTER CLOSES

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

**CARD GAMES AND BINGO HAVE GONE BACK TO THE REGULAR SCHEDULE!**

**IF YOU NEED TRANSPORTATION TO THE CENTER, PLEASE CALL 508-359-3665**

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FOSI ANNUAL YARD SALE IS SET FOR  
SATURDAY, APRIL 29.

SAVE THE DATE! WE WOULD LOVE YOUR  
DONATED ITEMS. ITEMS CAN BE DROPPED  
OFF AT THE CENTER APRIL 24 – APRIL 28,  
CALL THE CENTER FOR MORE DETAILS.

## Pat Maloney

Independent  
Elder Advocate

Phone: 508-341-8684

[psmaloney@verizon.net](mailto:psmaloney@verizon.net)

Help is a phone call  
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## MARCH FACTS

The first month of SPRING is MARCH!

March's birthstones are aquamarine and bloodstone. These stones symbolize courage.

The March birth flower is the Daffodil

March is Women's History Month!

The Center is looking for a donation of a full size piano keyboard. Must be in excellent working condition.

