"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 STAFF

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HESSCO
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COUNCIL ON AGING BOARD

Bob Heald—Chairman, Patty Byrne, Richard Ryder, Rose Thibault and Annette Wells

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

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

In Memory of **Nancy Gerstel:**

Gail Powers, Elaine Fiorio, Needham Park and Recreation Commission, The Village Club, Constance and Jeffery Straus, Mary Chouinard, Patricia Byrne, Roberta Lynch, Andrew and Vicky Karnakis, Carol Rossi, Jayne Blend, Janet Tracey, Annette Wells, Robert and Ellen Dugan, Deborah Fromen, Robert Heald, Linda and David Tredeau, Gerard and Jane Corbin, Judy and John Casey, Joanne and Suzanne O'Halloran, Joan Wood and Elizabeth Manz, John and Gloria Eggert

Jayne Blend, Joan Wood in Memory of **Joel Lamoureux**
Ralph and Gail Powers in Memory of **Fran Foley**
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Wayne Musseau in Memory of **Claire and David Cook**
Kathy Simon in Memory of **Katherine Russo**
Linda and Joseph Poisson in Memory of **Gerald Poisson**

Other donations from:
Ruth McGovern, My Tribute Gift Foundation, Pledging Foundation, Matthew Corbin, Kathy Simon, Marianne Hunter, Andrew and Debra Feldman

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

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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.

THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD, MEDFIELD, MA 02052 PHONE: 508-359-3665
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. SATURDAY 9:00 A.M.-3:00 P.M.
*WEDNESDAY SCHEDULE VARIES

OCTOBER 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.

TAX WORK OFF PROGRAM INFORMATION

The Senior Tax Work-Off Program is open to senior citizens (60 years or older) who own property and pay real estate taxes in the Town of Medfield. Participants will be expected to complete 67 hours of service in the program year, which runs from November 1, 2023 to October 18, 2024. A $1,000 property tax credit minus any required withholdings will be applied to the participant's actual real estate tax bill, due Feb 1, 2025 and May 1, 2025. Program Requirements: Participants MUST work the required 67 hours of service in order to receive the total tax credit. Partial credit WILL NOT BE allowed for any reason for hours worked less than the required 67 hours. The Town of Medfield, based on need, may place the participant in more than one job in order to fulfill the total number of hours. An informational session will be offered for all new participants. Eligibility Criteria: Age: Applicants must be 60 years of age as of the annual eligibility date of October 1, 2023. No PAID town or school employee is eligible to participate in the program. Ownership and Residency: Applicants must be a resident of the Town of Medfield and must own (as the assessed owner of record) and occupy (as their domicile) the property. If the property is owned by a trust, the applicants must have legal title, i.e., must be one of the trustees listed on the deed. Applicants who are a holder of a valid Life Estate will meet the ownership requirements as defined by senior exemption and trust laws. Life Estate designation must be listed on the deed. Any outstanding property taxes must be paid in full by November 1, 2023 in order to participate in the program. **Applications available at the Center on Tuesday, October 2. Completed application are due back to the COA by Wednesday, October 26, 2023.**

OCTOBER HAPPENINGS

- **You can register for all October events on Monday, October 2 at 9:00 a.m.**
- Reminders—Brain Exercise Class will be held once a week now. We will meet on Tuesdays at 2 p.m.
- Thursdays—Zumba + Walking Group now begin at 10 a.m.
- Tue. Oct 4—HESSCO Age Well Conference (offsite) 9 a.m.—2:30 p.m.
- Fri. Oct 6 at 9 a.m. Select Board Member Pete Peterson Office Hour
- **Monday, Oct. 9—COA Closed—Columbus Day**
- Tue. Oct 10—Veterans Coffee at 9 a.m.
- Tue. Oct, 10—Legal Clinic by appointment only, 2 p.m.
- Wed. Oct 11—Medfield Garden Club Meeting 10 a.m.
- Wed. Oct 11—COA Board Meeting 9:30 a.m.
- Wed. Oct 11—Comedy with Alan Ames at 1:00 p.m.
- Wed. Oct 11—Open Enrollment Presentation 6 p.m.
- Thur. Oct. 12—Large Day Trip to New Hampshire
- **NO COA TRANSPORTATION Thur. Oct 12 + Fri, Oct 13.**
- Fri. Oct 13—Water Color Class with Nan Rumpf begins
- **Wed. Oct 18—COA Health Fair 10 a.m. — 12 p.m.**
- Wed. Oct 18—5:30 p.m. Halloween Hauntings
- Thur. Oct 19—Music with Patrick Durkin at 2 p.m.
- Tue. Oct 24 - 2 p.m. Music with Ed Marando (Octoberfest)
- Wed. Oct 25—9 a.m. Bereavement Group
  Wed. Oct 25—Shredding Truck 10 a.m. - 1 p.m.
- Thur. Oct 26—Low Vision Support at 2 p.m.
- Thur. Oct 26—Book Club at 2 p.m.
- Fri. Oct 27-10:30 a.m. Tri-County presents scam warnings
- Tue. Oct 31—Halloween Pizza Party/Trivia at noon
- Tue. Oct 31—Caregiver Support Group at 2 p.m.
- Wed. Nov. 8—Jekyll & Hyde Show + lunch $50/pp, 10 spots

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

October 4 - Chicken Salad
October 11 - Turkey and Cheese
October 18 - Seafood Salad
October 25 - Ham and Cheese

Call on Monday morning by 9 a.m. to order your Grab-N-Go meal for Wednesday and enjoy lunch in between your scheduled activities or with friends. $3 per lunch. **508-359-3665**

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, October 6 from 9-10:00 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 - Melissa Bingham will be at the Center **Tuesday, October 10 from 9-10 a.m**. Melissa can also be reached at 508-906-3025

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 free 15-minute phone consultations on **Tues., October 10 beginning at 2 p.m.** Sign up required.

Caregiver Support — Do you need assistance navigating the care-giving journey? Be part of the Caregiver Support Group **Tuesday, October 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. 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 Video Exercise Class

Join our FREE exercise video class each Wednesday at 9:00 a.m.

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! **Please Note new time!**

Thursday ZUMBA Gold—Please notice NEW time!

Lourdes Fournier keeps you moving every Thursday at 10:00 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. $3/class. All welcome!

VETERANS MONTHLY MEETING AT THE CENTER
Tuesday, October 10 from 9 – 10 a.m. with Melissa Bingham

Medfield Garden Club - "Fallscaping"

Wednesday, October 11 at 10 a.m.
15 spots available for Non Garden Club Members. $5 pp for non members to be paid at the meeting.

Alan Ames Thinks He's Funny
Wednesday, October 11 at 1:00 p.m.

"Alan Ames Thinks He's Funny!" is coming to Medfield. Foxborough resident Alan Ames will perform his comedy show here on Wednesday, October 11 at 1:00 pm. Mr. Ames will tell jokes and stories, and he will talk about his experiences doing Standup Comedy which he started earlier this year. He says his show lasts about an hour, or until he has to pee, whichever comes first.

MEDICARE OPEN ENROLLMENT

If you are 65 years old and on Medicare, Open Enrollment is the time between October 15 and December 7, that you can evaluate your plan and make a change to be certain you have the best drug and health insurance coverage. Mike Keweshan, from SHINE, will present free and unbiased health insurance information that is valuable for those in this phase of life. This is an opportunity for SHINE to educate you about this and other changes to Medicare. Please join us at the Center at Medfield on **Wednesday, October 11 at 6:00 p.m**. for this valuable information. Call the Center at 508-359-3665 to register in advance.

HALLOWEEN HAUNTINGS

Gilded Age Tales of Suspense

Performance by Michele LaRue

Wednesday, October 18 at 5:30

FALL IN LOVE WITH MUSIC

Thursday, October 19 at 2 p.m. Patrick Durkin will be back on the piano for an hour!

Tuesday, October 24 at 2 p.m. Ed Marando (New entertainer for Medfield) will be here for Oktoberfest Fun!

Be sure to RSVP. All are welcome!

PAINT NIGHT WITH CASEY—Wednesday, October 25 at 5:00 p.m.

Casey is back to teach us how to paint a gorgeous fall painting. Limited to 20 participants. Open to all. Only $10 per person! All supplies are provided. Bring an apron to protect your clothing if you'd like, as it is acrylic paint.

SHREDDING EVENT

Sponsored by District Attorney Michael W. Morrissey
Wednesday, Oct. 25 from 10 a.m. - 1 p.m.

Bring your sensitive documents to the Center parking lot on this date to safely shred paperwork in an effort to heighten awareness about identity theft. Bring your boxes, bags or bundles of sensitive documents including credit cards and identification cards and computer hard drives to the Center and pull your car up to the shred truck. You don't need to get out. More info available at the Center. Open to all.

HALLOWEEN PIZZA PARTY/TRIVIA EVENT

Tuesday, October 31 at Noon

Join us on Halloween Tuesday, 10/31 at 12:00 p.m. for a pizza lunch followed by a Trivia Game. Those who wear a legitimate costume will enjoy lunch on the house! Those who choose not to dress up can make a $3 donation for pizza.

VOLUNTEER DRIVERS NEEDED

If you're able to donate a few hours each month, have a vehicle, a valid driver's license and car insurance, we are in need of volunteer drivers to drive seniors from our community who are no longer able to drive themselves to important medical appointments. These rides are primarily in the surrounding towns. When I get a ride request, I send an email out to all of my drivers with the ride details; and if you have the availability you would simply reply back. You can choose which rides you're able to help with. This is a great opportunity to help others in the community and keep this wonderful program going. Please consider helping. You can call Lois at 508-359-3665 x201 to set up an appointment to learn more about this volunteer opportunity.

Services Available at The Center

Information and Referral

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

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, fuel assistance, caregiver and low-vision information and support are available through our Outreach Department. 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.

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. Low Vision Group will meet on Thur. Oct. 26 at 2 p.m. Please call to register.

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 October support group will be on Tuesday, October 31 at 2 p.m.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Lois Abramo at 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 will be at 10:00 a.m. on Monday, Tuesday and Friday $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 know 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. 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 Melissa Bingham at 508-906-3025 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.

Come support the students!
They've worked so hard on this presentation!

TRI-COUNTY PRESENTATION
Friday, Oct. 27 at 10:30

Please register for space purposes!

Class of 2025 students from the Legal and Protective Services career program at Tri-County RVTHS will bring important public safety presentations to several local area senior citizen centers this fall. Their presentation is focused on how to prevent elderly community members from falling victim to scams that could drain their savings, endanger, or frighten them. According to the local law enforcement agencies who trained the juniors before they developed this presentation, scams like this are prevalent, and residents of the immediate communities have been scammed out of tens of thousands of dollars. Through their research and critical thinking, the students recognized that scammers rely on strong emotions to catch their victims off guard. They will emotionally manipulate their victims through fear, intimidation, excitement, exhaustion, sympathy, guilt, grief, embarrassment, and even a false sense of love. This manipulation keeps intelligent, rational people from making sound financial decisions. Victims of financial scams rarely recover the money they lose and it can take years for victims of identity theft to undo the damage.

REGULAR ACTIVITIES

Quilting Fun - Monday at 9:30 a.m.
Fitness Fun— Monday at 10:00 a.m.
Kingsbury Swim—Mon., Tue + Fri at 10
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.
Brain Games– Tuesday at 2:00 p.m.
Video Exercise—Wednesdays at 9:00 a.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 1:00 p.m.
BINGO - Wednesday at 3:00 p.m.
Woodcarving - Thursday at 9:00 a.m.
Walking Group–Thursday at 10 a.m. *NEW TIME
Zumba – Thursday at 10:00 a.m. * NEW TIME
Canasta – Thursday at 11:30 a.m.
Poker - Thursday at 12:30 p.m.
Bowling– Thursday at 1:00 p.m.
Coffee & Conversation - Friday at 10:00 a.m.
Tai Chi – Friday at 10:00 a.m.
Core Balance – Friday at 11:00 a.m.
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.
Movies - Saturday by Request

GREEN = CARD GAMES! JOIN US!!

OUTREACH INFORMATION
WITH SUSAN LONGMOORE

MEDFIELD FOUNDATION-COMMUNITY ASSISTANCE FUND
Friday, October 13 at 10:30 a.m.

Medfield Foundation will be here on Friday, Oct 13 at 10:30 a.m. to educate what the Community Assistance Fund is, what resources are available and how to apply. Come learn about what this foundation does in our community. Registration required.

HEALTH AND WELLNESS FAIR
Wednesday, October 18 from 10:00 a.m.—12:00 p.m.

You are invited to The Center at Medfield's Health and Wellness Fair on Wednesday, October 18, 2023 from 10:00 a.m.-12:00 p.m. Admission is free and all are welcome to attend. You will be able to connect with 20 exhibitors who will provide a broad range of options impacting seniors. Senior living facilities, home improvements to enhance living in place, home-care services, technology advances, Veterans resources, aging resources and more! Free drawing and giveaways from vendors! We hope to see you!

BEREAVEMENT GROUP
Wednesday, October 25 at 9 a.m.

CAREGIVER SUPPORT GROUP
Tuesday, October 31 at 2 p.m.

LOW VISION SUPPORT GROUP MEETING
Thursday, October 26 at 2:00 p.m.

Join us to learn about the latest resources and specialized telephones from Massachusetts Equipment Distribution Program for people with low vision. Please register in advance.

IMPORTANT REMINDER

Make sure your house number is clearly visible from the street! Seconds count in an Emergency. To protect yourself, your family and your property, have large visible house numbers on your home. Numbers need to be at least 4-inches in height and facing the street. Place the numbers under lighting, and use numbers with a contrasting background. If your driveway is long, post your house number on both sides of your mailbox. First responders will find you faster when your home is properly marked.

SHOWER GRAB BARS

The Medfield Fire Department has once again provided the Center with a 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 and have a spot to grip in case of a slip or fall. These are 18 inches long and white in color.

"I obtained a shower grab bar from the supply that the COA had earlier this year. I didn't think I needed it yet, but wanted to be prepared for when the time came that I did need it. I'm surprised that I use it every day when I take showers, I hold on when getting in and out of the shower and also when I'm washing my legs and feet. They offer me such peace of mind that I won't lose my balance. They are a wonderful addition to my shower!" – Annette Wells

The Center is offering these grab bars at no charge. However, quantities are very limited and installation must be done by a professional. If you require someone to install these, Oakley Home Access will install these grab bars 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 would like more information, please contact Susan.

JOIN US FOR SUPER BINGO ON WEDNESDAY, OCTOBER 25 AT 3 P.M. WHAT SUPER BINGO? BINGO, BUT BIGGER!!

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REGISTER NOW FOR NEWPORT PLAYHOUSE TRIP, NOV. 9

OCTOBER 2023

NEWPORT PLAYHOUSE DAY TRIP $115 PER PERSON, DON'T MISS IT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 9:15 SHAWS SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 CULTURAL HISTORY OF JAPAN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	3 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISES	4. 9–2:30 HESSCO AGE WELL CONFERENCE OFFSITE 9:00 VIDEO EXERCISE CLASS 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 10:45 CARD MAKING WITH BRI 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG / FIT TO KNIT 3:00 BINGO PUBLIC HEALTH NURSE DAY	5. 9:00 WOODCARVING 9:00 SHINE APPOINTMENTS 10:00 WALKING GROUP **NEW TIME 10:00 ZUMBA ****NEW TIME 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING	6. 9:00 ROCHE BROS SHOPPING 9:00 SELECTMAN'S HOUR 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES SATURDAY 9 ZUMBA 9 PING PONG 10 SKETCHING 10:30 LINE DANCING 12:00 BINGO
9. COLUMBUS DAY HOLIDAY	10. 9:00 VETERANS COFFEE HOUR 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 LEGAL CLINIC BY APPT. ONLY 2:00 BRAIN EXERCISES	11. 8:30 COA BOARD MEETING 9:00 VIDEO EXERCISE CLASS 9:30 MARKET BASKET 10:00 MEDFIELD GARDEN CLUB MEETING 10:00 MEDITATION CLASS /BREAD DISTR. 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 COMEDY WITH ALAN 1:00 CRIBBAGE / PING PONG / FIT TO KNIT 3:00 BINGO 6:00 MEDICARE OPEN ENROLLMENT PRESENTATION PUBLIC HEALTH NURSE DAY	12. NO TRANSPORTATION LARGE DAY TRIP–TURKEY TRAIN! 9:00 WOODCARVING 9:00 SHINE APPOINTMENTS 10:00 WALKING GROUP **NEW TIME 10:00 ZUMBA ****NEW TIME 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING	13. NO TRANSPORTATION 9:00 FOSI MEETING 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 WATERCOLOR CLASS 10:30 MEDFIELD FOUNDATION 11:00 CORE BALANCE 1:00 CENTER CLOSES SATURDAY 9 ZUMBA 9 PING PONG 10 SKETCHING 10:30 LINE DANCING 12:00 BINGO
16. 9:15 SHAWS SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 CULTURAL HISTORY OF JAPAN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	17. 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISES	18. 10-12 COA HEALTH FAIR 9:30 MARKET BASKET 10:00 MEDITATION CLASS /BREAD DISTR 10-12 HEALTH FAIR 11:00 SCAT / SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG 1:00 FIT TO KNIT 3:00 BINGO 5:30 HALLOWEEN HAUNTINGS BY MICHELE LARUE PUBLIC HEALTH NURSE DAY	19. 9:00 WOODCARVING 10:00 WALKING GROUP **NEW TIME 10:00 ZUMBA ****NEW TIME 1:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 2:00 MUSIC WITH PATRICK DURKIN	20. 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 WATERCOLOR CLASS 11:00 CORE BALANCE 1:00 CENTER CLOSES SATURDAY 9 ZUMBA 9 PING PONG 10 SKETCHING 10:30 LINE DANCING 12:00 BINGO
23. 9:15 SHAWS SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 CULTURAL HISTORY OF JAPAN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	24. 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 1:00 BRAIN EXERCISE *ADJUSTED TIME 2:00 OCTOBER FEST W/ ED MARANDO	25. 9:00 BEREAVEMENT GROUP 9:00 VIDEO EXERCISE CLASS 9:30 MARKET BASKET 10 -1 SHREDDING TRUCK 10:00 MEDITATION CLASS / BREAD DISTRIBUTION 10:45 FALL CRAFTS WITH ANNETTE 11:00 SCAT / SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / PING PONG / FIT TO KNIT 3:00 SUPER BINGO - BIGGER AND BETTER! 5– 7 PAINT NIGHT WITH CASEY PUBLIC HEALTH NURSE DAY	26. 9:00 WOODCARVING 10:00 WALKING GROUP **NEW TIME 10:00 ZUMBA ****NEW TIME 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING 2:00 LOW VISION SUPPORT GROUP 2:00 BOOK CLUB	27. 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:30 WATERCOLOR CLASS 10:30 TRICOUNTY PRESENT SCAM WARNINGS 11:00 CORE BALANCE 1:00 CENTER CLOSES SATURDAY 9 ZUMBA 9 PING PONG 10 SKETCHING 10:30 LINE DANCING 12:00 BINGO
30. 9:15 SHAWS SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 CULTURAL HISTORY OF JAPAN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	31. 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 HALLOWEEN PIZZA PARTY 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISE 2:00 CAREGIVER SUPPORT GROUP			

PAINTING CLASSES

NAN RUMPF will be returning to teach Beginning Watercolor. This will be six sessions. Classes will be held on Fridays from 10:45 -12:45. Classes will be held October 13, 20, 27 and November 3, 10, 17. You will be required to bring your own watercolor supplies. *List provided when you sign up. $60 pp for 6 sessions.

SATURDAY PAINTING WITH TOM SWEENEY. Join Tom for sketching and watercolor classes each Saturday in October from 10:00 a.m. - 11:45 a.m. Please bring your own supplies. A suggested list is available at the reception desk. Be sure to ask for the Saturday painting list. $12/4 sessions or $3 each class.

Halloween Pizza Party and Trivia on Tuesday. Oct 31. @ 12 p.m.

THURSDAY BOWLING IS BACK, STOP IN FOR INFORMATION!

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TRANSPORTATION SERVICES

COA Transportation Service is available through our vehicles for local appointments and programs at the Center during our regular hours. It is important to call the Center and leave a message with your request before 8:30 a.m. the day of the request.

Pat Maloney
Independent Elder Advocate
Phone: 508-341-8684
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

CRAFTERS CORNER

Card Making with Bri
Wed., Oct. 4 at 10:45
****note date, this is a week earlier then usual.**

Come make a fun greeting card with Bri! No charge, we just require registration for materials.

Crafting with Annette
Wed., Oct 25 at 10:45

Sign up with Annette for a fun craft for October. What is she making?! Check the sign up sheet for more information.

BOOK CLUB MEETING

Join us for our next Book Club Meeting on Thursday, October 26 at 2:00 p.m. *Our Book Club will take a break for November & December and regroup in January.*

COLOR KEY FOR CALENDAR
- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS

Bereavement Group

Last Wednesday of the month at 9:00 a.m. at the Center.