

COUNCIL ON AGING STAFF

"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, Patty Byrne, Richard Ryder, Rose Thibault and Annette Wells

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

PRSR STD U.S.
Postage Paid
Medfield
Permit No. 1

THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD, MEDFIELD, MA 02052 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



NOVEMBER 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.

Directors Note:

As we head into the holidays, I want to take a moment to thank you, and everyone who makes The Center at Medfield a friendly, supportive, and wonderful place to be. THANK YOU to our Volunteers, they make such a huge difference each and every day! Staff wouldn't be able to do half of what we do without all their help and support! Thank you to our talented and caring instructors, thank you to Mike our fabulous volunteer SHINE councilor, to our Tax Prep volunteers, youth snow shoveling volunteers, the COA Board members, FOSI volunteers, Meals on Wheels volunteers, reception desk volunteers, garden volunteers, food donation pick up volunteers and to all of YOU for your participation. Last but not least, I'm so grateful to be able to work with such a wonderful team of staff; Susan, Lois, Dianne, Ann, Arlene, Vicky, Alex, AnneMarie, Priscilla, Ginny and Dennis who will be joining the team on November 1. THANK YOU. You are what makes the Center what it is. I'm so thankful for *all* of you!

Sarah Hanifan, Director

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

In Memory of Nancy Gerstel:

Rose Thibault, Needham Soccer Club, Robert & Nancy Strickland, Joyce & William Banister, Michael & Elizabeth Miskin, Matthew Corbin, Joan & Bruce Windlow, George Mandel, Debbie Katsiroubas, Peter & Cindy Brightman, Emma Bagnell and Jacqueline Carroll.

Rose Thibault in Memory of Richard Thibault

Irene O'Toole in Memory of Jack O'Toole
Barbara Foulsham in Memory of Dave Foulsham
Patricia Byrne in Memory of Francis Foley
Carmela Bergman in Memory of Mary Beth Kahler

Other donations from:

Irene O'Toole, Jacqueline Carroll, Nancy Dearness

Brick Purchase:

Rose Thibault
Alice Powers

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

DATE: _____

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ _____

Additional Donations: _____

IN MEMORY OF: NAME _____

IN HONOR OF: NAME _____

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

This is not for the COA newsletter.

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

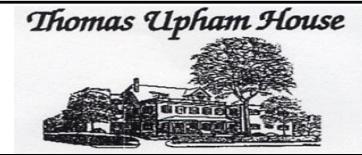


NOVEMBER HIGHLIGHTS - REMEMBER TO REGISTER!

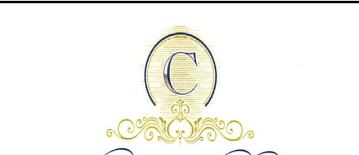
You can register for all November events on Wednesday, November 1 at 9:00 a.m.

- No Book Club this month - we will resume in January.
- Wed. Nov 1- Planning for Medicare at 5:45 p.m.
- Sat. Nov 4- Mystery Chowder Tasting Challenge - starting at 11 a.m. \$8/person. All Saturday programs are cancelled. **The FOSI Christmas sale begins at 11:00 a.m. on this day. If you have any Christmas items you would like to donate to the sale, please call the Center. Thank you!**
- Wed. Nov. 8- Jekyll & Hyde Show + lunch \$55/pp
- Thur. November 9 - 12:30p.m. Veteran's Lunch - RSVP
- **Fri. Nov 10 - Closed and Sat. Nov 11 - Closed**
- Tue. Nov 14 - Veterans Coffee Hour at 9 a.m.
- Thur. Nov. 16 - Podiatry Clinic by appointment only
- Thur. Nov 16 - Music with Patrick Durkin at 2 p.m.
- Tue. Nov 21 - Music with Sean Fullerton at 2 p.m.
- **Thur. Nov 23 HAPPY THANKSGIVING—Closed**
- **Fri. Nov 24 + Sat. Nov 25—CLOSED**

- **SIGN UP NOW, SPOTS ARE LIMITED—Only 12 spots left!** Join us on **Tuesday, December 5** for a Holiday Luncheon and Show. Sleigh Bells Swing featuring Award-winning Jazz and Cabaret Vocalist Krisanthi Pappas at the Scenic Danversport Yacht Club. This event is \$109 per person and spots are limited. We will enjoy a delicious luncheon that starts with soft cheese and crackers, tossed garden salad, warm bread, herb roasted angus Beef thin sliced with bordelaise sauce or seafood trio, shrimp, haddock and scallops topped with a buttery crumb topping., mashed potatoes and chefs vegetable, Chocolate mousse, coffee and tea. With audience participation and surprises, this show is an afternoon of true holiday spirit! A trip you don't want to miss! Includes transportation, luncheon, dining room gratuities and live show.
- **SAVE THE DATE:** Sunday, December 10 from 12-2 for the Medfield Lions Senior Christmas Party. **Sorry this event is only for Medfield residents only.**



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

November 1 - Chicken Salad
November 8 - Turkey and Cheese
November 15 - Seafood Salad
November 22 - Ham and Cheese
November 29—Tuna

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.

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, November 3 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, November 14 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., November 14 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, November 28 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 Exercise with Joellyn

Join our FREE exercise 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 Video Class

Join us on Fridays at 9:00 a.m. For a FREE exercise video class.

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!

PLANNING FOR MEDICARE

Wednesday, November 1 at 5:45 p.m.

Join us on Wednesday, November 1 at 5:45 p.m. for a special educational presentation on Planning for Medicare. This presentation and discussion is led by Susan Flanagan of Blue Cross Blue Shield of Massachusetts. It's geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. Please call or stop in to sign up!

**Medfield Historical Society Presents
"Pre-Colonial Medfield: A Walk Through Time" with
John Thompson
Monday, Nov 13 at 7:30 pm
at the First Parish Unitarian Universalist Church, 26
North Street, Medfield**

Did you know indigenous peoples lived in and around Medfield for thousands of years before Columbus came to America?

November is Indigenous Peoples Month. What better time to hear popular speaker John Thompson provide an overview of the post-glacial Medfield environment and consider what we know about its geography and geology. He will discuss clues we have from that time to the lives of the indigenous peoples in the area. He will also describe the potential for an Archaeological Protection District bylaw for the Town.

An unparalleled authority on the area's archaeology, Thompson has served on the Medfield Archaeology Advisory Committee for twenty-five years and is a former member of the Board of Trustees for the Massachusetts Archaeological Society. In recent years, he has overseen the creation of the new "Overlook" park at the former Medfield State Hospital.

 **VETERANS MONTHLY MEETING AT THE CENTER
Tuesday, November 14 from 9 – 10 a.m. with Melissa Bingham**

MUSIC WITH PATRICK DURKIN

Thursday, November 16 from 2:00—3:00 p.m.

Join us for an hour of signing and listening to Patrick play the piano.



MUSIC WITH SEAN FULLERTON

Tuesday, November 21 from 2:00—3:00 p.m.

New entertainer for the Center—be sure to stop in and hear how wonderful he is!

**"Mystery Chowder Tasting Challenge"
Saturday, Nov 4th**

The annual ChowderFest, sponsored by the **Medfield Lions Club**, is **NOW**, the "Mystery Chowder Tasting Challenge" and is scheduled for November 4th from 11am-2pm at The Center at Medfield. The annual ChowderFest has always been a highly anticipated, well attended and greatly enjoyed event, and this NEW "Mystery Chowder Tasting Challenge" is going to be even more fun!! Four or Five local restaurants will be participating in the BEST CHOWDER challenge and the participating restaurants will be posted. A contribution of \$8 per person is requested and both CASH and VENMO will be accepted.

What is NEW, however, is the chowders will be anonymous! Chowders will be labeled by NUMBER, not by the name of the local restaurant that made it! You will be casting your VOTE by TASTE ONLY! ALL proceeds of this event will be given to The Friends of Seniors (FOSI).

In addition to the TASTING, there will be a 50/50 Raffle, in which someone will win 50% of the Total Pot!

 **Veterans Luncheon
Thursday, Nov. 9 at 12:30 p.m.
Resident Veterans and their spouse or surviving spouse of veterans are invited to be our honored guests.
Kindly RSVP by Nov. 6 at 508-359-3665
Thank you Veterans!**

**ARTIFICIAL INTELLIGENCE PRESENTATION
Thursday, November 30 at 11:30 a.m.**

Artificial Intelligence? I Can't Even Work the Self Checkouts at Wal-Mart! Virtual Reality. Chatbots. Deep Fakes. Do you ever feel like the technological world is moving too fast? And do you really know what any of these terms mean to you, never mind all of humanity? Take a breath and enjoy an in-person, real presentation on new and emerging technologies. You might not want to use these things, but you should know what they are. Come find out in a fun and supportive manner! And bring your questions! Please RSVP! **Thank you to FOSI for funding this program.**

**DO YOU LIKE TO SING?
Join us each Wednesday at 11:00 a.m.**

Join Maggie Joseph as she leads the singing group into the Holidays with great songs, lots of laughs and a chance to SING! There are so many benefits from singing. Self confidence, breathing right, great posture, memory training, socialization and most important, just sheer JOY! All this is possible to anyone who wants to sing! So this is your invitation to sign up for a weekly Wednesday late morning sing along with Maggie on Wednesdays at 11:00 a.m.

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.

[SNOW SHOVELING FOR SENIORS](#)

It's November and that means SNOW can fall at anytime! I'm happy to announce we will once again be offering the Snow Shoveling program again this year; forms will be available at the front desk and we ask that you fill them out no later than November 17, so we can find you a volunteer.

For those who have never used this service before, we have a list of teenage volunteers who will shovel your stairs, walkway and/or around your mailbox. NOT your cars, or driveways. This program was created to help Medfield seniors who are no longer able to get outside and shovel a path for safety reasons. We ask that the person requesting this service reach out to Lois at 508-359-3665 x201 or stopping in to fill out the form by November 17, 2023. We ask that you don't sign anyone up without them knowing. Thank you!

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 November support group will be on Tuesday, Nov. 28 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.

Senior Swim / Kingsbury Club

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00-11:00am with Water Aerobics or lap lane options. Bring your COA key tag to scan and a \$5 class fee. Need a key tag? Stop by the Center. For info on

Senior Swim, contact chriscarpinokcm@gmail.com or call 508.359.7800.

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, Shaws, 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.

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.

Exercise with Joellen—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.

Video Exercise - Friday at 9:00 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.

Movies - Saturday by Request

GREEN = CARD GAMES! JOIN US!!

OUTREACH INFORMATION

WITH SUSAN LONGMOORE

FUEL ASSISTANCE

Massachusetts Home Energy Assistance (LIHEAP) 2023-24 winter heating season begins November 1, 2023. For help with winter heating bills, Fuel assistance, also known as Low Income Home Energy Assistance Program, is a government-funded program that can pay a portion of your bill. Eligibility is based on household size and the gross annual income of each household member 18 years of age or older. Gross annual household income cannot exceed \$45,392 for a household of one and \$59,359 for a family of two. The amount of assistance received depends on your income, housing status, and heating costs. If you rent, you may be eligible to receive fuel assistance even if your heat is included in your rent.

Applications are processed throughout the heating season, from November 1, 2023 thru April 30, 2024. Residents may apply directly online at <https://www.toapply.org/MassLIHEAP> or complete the paper form that was mailed to you. If you need assistance, please contact Susan at the Center.

KNITTING UPDATE:

Norfolk County RSVP will be collecting your donations of knitted lap blankets and afghans in mid - November and delivering these to disabled veterans in nearby healthcare facilities. *Thank you* to those who have worked hard on these cozy blankets, they are beautiful! Any questions, please reach out to Susan.

DROP-IN BEREAVEMENT GROUP WITH KATHY MCDONALD FROM MEDFIELD OUTREACH

Wednesday, November 15 and November 29 from 9:00—10:00 a.m.

Individual grief is unique and there is no "right" way to grieve. The goal of this group is to create a community that allows expression, provides hope, support, and education to anyone wishing to understand the complicated experience of life after loss.

A sign up sheet will be posted, but drop-ins are okay for this group as well.

PODIATRY CLINIC - By Appointment Only.

Main Street Podiatry will be at the Center on Thursday, November 16 from 9:00 a.m.-12:00 p.m. Be sure to call or stop in to book an appointment.

Annual Holiday Drive for Active duty Military:

Norfolk County RSVP will once again be collecting personal care items for active duty Military members between Thanksgiving and Christmas. This is their fourth annual holiday drive and the Center in Medfield is pleased to partner again on this endeavor. Items can be donated in a bin located at the Center at Medfield. A complete list of items will be available and posted at the Center in the coming weeks. Some of wish list items include bug repellent lotion, deodorant, eye drops/eyewash, foot powder, hand sanitizer, hand wipes, face tissues, hand and body lotions, mouthwash, cotton swabs, shampoo and conditioner, shaving items, shower gel or soap, sunscreen, toothbrush, toothpaste, candy, coffee singles, packaged cookies, gum, mints, hot chocolate, microwave popcorn, microwave soups, protein bars, snack foods, trail mix, flashlights, new hats & gloves, paper and pens, new socks, new T-shirts, new towels and washcloths, travel games. All donated items must have a shelf life of at least six months. We appreciate your support!

JOIN US FOR SUPER BINGO ON WEDNESDAY, NOVEMBER 22 AT 11 A.M.
WHAT IS SUPER BINGO? BINGO, BUT BIGGER!!

NOVEMBER 2023



BERKSHIRE HATHAWAY HomeServices
Commonwealth Real Estate
Mary G. Cusano, Realtor
4 West Mill Street
Medfield MA 02052
508-561-5411
Mary.Cusano@CommonMoves.com



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508-359-4532
Plainville 30 Man-Mar Dr.
508-695-6848

Inspiration lives here.

MONDAY

CHESS PLAYERS WANTED!
Do you play chess? Or do you want to learn? Tom Wong is interested in putting a group together here to play. An interest sign up sheet will be posted. Please sign up!

6. CHICKEN CACCIATORE
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

13. AMERICAN CHOP SUEY
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

20. SAUS, PEPPERS/ ONIONS
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

27. MAC & CHEESE
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 DOLLAR STORE/JOB LOT
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

TUESDAY

ANNUAL CHRISTMAS PARTY!
MEDFIELD SENIOR MARK YOUR CALENDARS FOR THE ANNUAL LIONS CHRISTMAS PARTY ON SUNDAY, DECEMBER 10, FROM 12:00 P.M.– 2:00 P.M. SORRY THIS IS FOR MEDFIELD SENIORS ONLY.
REGISTRATION REQUIRED!

7. MEATLOAF
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

14. BBQ PORK RIBLET
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

21. COD W/ LEMON DILL SAUCE
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 **MUSIC WITH SEAN FULLERTON**
3:00 BRAIN EXERCISE ****DELAYED TIME**

28. CHEESEBURGER
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 EXERCISE CAREGIVER SUPPORT GROUP**

WEDNESDAY

1. CARIBBEAN CHICKEN
9:00 EXERCISE WITH JOELLYN
9:30 MARKET BASKET
9:30 COA BOARD MEETING
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
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
4:45 PLANNING FOR MEDICARE-BCBS

8. MINI RAVIOLIS
9:00 EXERCISE WITH JOELLYN
9:30 MARKET BASKET
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
10:45 CARDS 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

15. CHERRY GLAZED CHIX
9:00 BEREAVEMENT GROUP
9:00 EXERCISE WITH JOELLYN
9:30 MARKET BASKET
10:00 MEDITATION & BREAD DIST.
10:45 CRAFTS WITH ANNETTE
11:00 SCAT
11:00 SINGING WITH MAGGIE
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE/ PING PONG / FIT TO KNIT
3:00 BINGO

22. CHICKEN STIR FRY
9:00 EXERCISE WITH JOELLYN
9:30 MARKET BASKET
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
11:00 SCAT /SINGING WITH MAGGIE
11:00 SUPER BINGO - EARLIER TIME!
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CLOSING AT 1PM

29. CRUSTLESS CHICKEN POT PIE
9:00 BEREAVEMENT GROUP
9:00 EXERCISE WITH JOELLYN
9:30 MARKET BASKET
10:00 MEDITATION / BREAD DISTRIBUTION
11:00 SCAT /SINGING WITH MAGGIE
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 ROMEO LUNCHEON
3:00 CRIBBAGE / PING PONG/ KNITTING
BINGO

NO BOOK CLUB THIS MONTH

THURSDAY

2. HOT DOG
9:00 WOODCARVING
9:00 SHINE APPOINTMENTS
10:00 WALKING GROUP
10:00 ZUMBA
11:30 CANASTA
11:30-3 THE CLUB
12:00 FOSI MEETING
12:30 POKER
1:00 BOWLING

9. GREEK CHIX MEATBALLS
9:00 WOODCARVING
10:00 WALKING GROUP
10:00 ZUMBA
11:30 CANASTA
11:30-3 THE CLUB
12:00 SHINE APPOINTMENTS
12:30 VETERANS LUNCH RSVP REQ.
12:30 POKER
1:00 BOWLING

16. ROAST TURKEY
9:00 PODIATRY CLINIC BY APPT ONLY
9:00 WOODCARVING
10:00 WALKING GROUP
10:00 ZUMBA
11:30 CANASTA
11:30-3 THE CLUB
12:00 SHINE APPOINTMENTS
12:30 POKER
1:00 BOWLING
2:00 MUSIC WITH PATRICK DURKIN

23. HAPPY THANKSGIVING
FROM ALL OF US TO ALL OF YOU, WE WISH YOU A WONDERFUL AND HAPPY THANKSGIVING!
Sarah, Susan, Lois, Dianne, Ann, Arlene, Alex, Patricia, Annemarie, Vicky and Dennis

30. POT ROAST
9:00 WOODCARVING
10:00 WALKING GROUP
10:00 ZUMBA
11:30 CANASTA
11:30 ARTIFICIAL INTELLIGENCE
A PRESENTATION FOR SENIORS
11:30-3 THE CLUB
12:30 POKER
1:00 BOWLING

3. POTATO POLLOCK
9:00 VIDEO EXERCISE CLASS
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

10. The Center is Closed for Veterans Day
THANK YOU VETERANS!
SATURDAY
THE CENTER IS CLOSED
SAT. NOV 11

17. SPANISH OMLET
9:00 VIDEO EXERCISE CLASS
9:00 ROCHE BROS SHOPPING
10:00 KINGSBURY SWIM
10:00 COFFEE
10:00 TAI CHI
10:30 WATERCOLOR CLASS
11:00 CORE BALANCE
1:00 CENTER CLOSES

24. COA CLOSED FRIDAY & SATURDAY


FOOD CUPBOARD NEEDS:
The Center at Medfield accepts donations for the food cupboard. The high priority needs right now are:
Peanut Butter, Canned Tuna, Bottled Water, and Jelly.
Thank you!

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

Cards with Bri
Wed. Nov. 8 - 10:45 a.m.
Join us for card making with Bri. This is a FREE event, but we do require registration for material count.

Crafts with Annette
Wed. Nov. 15 - 10:45 a.m.
This month Annette will be teaching us how to make ornaments. Come help make them for the FOSI Christmas table. NO CHARGE but please register for materials.

JULIET OUTING
NOV. 28 AT 11:45 a.m.

ROMEO OUTING
NOV. 29 AT 12:00 p.m.

BOOK CLUB
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**

MONDAY

CHESS PLAYERS WANTED!
Do you play chess? Or do you want to learn? Tom Wong is interested in putting a group together here to play. An interest sign up sheet will be posted. Please sign up!

6. CHICKEN CACCIATORE
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

13. AMERICAN CHOP SUEY
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

20. SAUS, PEPPERS/ ONIONS
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

27. MAC & CHEESE
9:15 SHAWS SHOPPING
9:30 QUILTING GROUP
10:00 FITNESS FUN
10:00 KINGSBURY SWIM
11:00 GREAT COURSES DVD CLASS
12:00 3-THIRTEEN
12:00 DOLLAR STORE/JOB LOT
12:00 LINE DANCING
1:30 POKENO
1:30 CORE BALANCE
7:00 HANNAH ADAMS BRIDGE

TUESDAY

ANNUAL CHRISTMAS PARTY!
MEDFIELD SENIOR MARK YOUR CALENDARS FOR THE ANNUAL LIONS CHRISTMAS PARTY ON SUNDAY, DECEMBER 10, FROM 12:00 P.M.– 2:00 P.M. SORRY THIS IS FOR MEDFIELD SENIORS ONLY.
REGISTRATION REQUIRED!

7. MEATLOAF
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

14. BBQ PORK RIBLET
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

21. COD W/ LEMON DILL SAUCE
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 **MUSIC WITH SEAN FULLERTON**
3:00 BRAIN EXERCISE ****DELAYED TIME**

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9:30 CHAIR YOGA
10:00 KINGSBURY SWIM
10:30 MAT YOGA
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
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2:00 **BRAIN EXERCISE CAREGIVER SUPPORT GROUP**

WEDNESDAY

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9:00 EXERCISE WITH JOELLYN
9:30 MARKET BASKET
9:30 COA BOARD MEETING
10:00 MEDITATION CLASS
10:00 BREAD DISTRIBUTION
11:00 SCAT /SINGING WITH MAGGIE
11:30 GRAB N GO LUNCH
12:00 WHIST
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10:0