

“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

**Director:** X202  
Sarah Hanifan 508-359-3665  
FAX 508-359-4810  
shanifan@medfield.net

**Outreach Coordinator** X203  
Susan Longmoore  
slongmoore@medfield.net

**Volunteer Coordinator:** X201  
Lois Abramo  
labramo@medfield.net

**Transportation:** X200  
Dennis Bates  
dbates@medfield.net

**The Club Staff:** X200  
Dianne Croteau,  
Program Coordinator  
dcroteau@medfield.net

Ann Hunter, Activities  
Ahunter@medfield.net

**HESSCO Site Manager** X211  
**Arlene DiDonato**  
**HESSCO**  
781-784-4944

### 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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If your label is highlighted, please consider making your  
\$5 yearly newsletter donation to the Center.

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

Robert and Ellen Dugan, American Legion Beckwith Post 110, Rachel Abramson

My Tribute Gift Foundation in Memory of **Nancy Gerstel**

Kathy Simon In Memory of **Katrine Russo**

Carol E. Simpson in Memory of **Fred Simpson**

Friends of Medfield Seniors, Inc. (FOSI) is a registered 501c3 non-profit organization. They are the fundraising arm for the Council on Aging; similar to the Friends of the Medfield Public Library. The purpose of FOSI is to raise funds for programs, activities and equipment to be used to promote and perpetuate the dignity and well-being of the Senior Citizens of the Town of Medfield, Massachusetts. When you support FOSI, you support the COA.

FOSI continues to offer the BUY-A-BRICK-PROGRAM. It's a great way to remember a loved one or to honor someone special in your life. Order forms are available at the Center. Happy Holidays!

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 \$** \_\_\_\_\_  
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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



## DECEMBER 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:** Happy Holidays! With winter weather closing in, The Medfield Fire Department, in collaboration with the Medfield DPW and Council on Aging, is offering to deliver free buckets of sand to senior's homes to prevent falling injuries this season. The Sand for Seniors Program provides a free five-gallon bucket of sand to seniors to sprinkle on their walkways and driveways in hopes of preventing falls. If you are interested in receiving this, please call the COA. Quantities are limited. Thank you to Wills Hardware for providing the buckets at a reduced cost.

Blood Pressure Clinic for the month of December will be held on Wednesdays from 10-12 with Kathy Thompson. We will resume Brenda's normal schedule in January.

The FOSI Christmas/Holiday Bazaar in the lobby is in full swing. FOSI will be accepting holiday donations for the sale through December 15. The sale will end on December 21. Wishing you a very Merry Christmas and a Happy New Year!  
Sarah Hanifan, Director

### DECEMBER HIGHLIGHTS - REGISTRATION STARTS 9 A.M. ON FRIDAY, DEC. 1 REGISTRATION IS REQUIRED FOR ALL EVENTS BESIDES EXERCISE.

- Tue. Dec 5, Day Trip to Danversport Yacht Club, Holiday Luncheon & show! Open to all. \$109 pp. Registration req. 9:45 a.m. departure.
- Wed. Dec 6 at 11:30 a.m. Evergreen Arranging - If you have some evergreen clippings to share; please bring them.
- Thur. Dec 7 at noon, FOSI Meeting
- Fri. Dec 8 at 11:00 - Sustainable Medfield Cooking Demo
- Fri. Dec 8 bus leaves at 9:00 a.m. Juliet Breakfast
- Sunday, Dec. 10 from 12-2 p.m. MEDFIELD LIONS SENIOR CHRISTMAS PARTY. **Sorry this event is only for Medfield residents only. SOLD OUT**
- Mon. Dec 11, Holiday Spice workshop. Noon. Sign up required, limited to 20 participants! Thank you to FOSI for sponsoring this fun make and take workshop!
- Mon. Dec 11 - Legal Clinic by appointment only. 2 p.m.
- Tue, Dec 12 - 9 a.m. Coffee with Veterans Service Officer
- Wed. Dec 13 Crafts with Bri - Needle Felting, Don't miss it! And at 11:30 Bring your own wired ribbon and make a bow with Loretta from the Medfield Garden Club.
- Thur. Dec 14 French Toast Breakfast with Medfield Fire Department here at the Center at 8:30. Sign up required. A very special thank you to Michael LaFrancesca for cooking!
- Thur. Dec 14 at 1:45 p.m. Music with Patrick Durkin
- Fri. Dec 15 at 10 a.m. join Lois to make a quick diamond art project. A holiday card or a holiday ornament.
- Tue. Dec 19 at 1:00 p.m. Gingerbread House competition. You have one hour to decorate a pre-built gingerbread house. Materials included. Two people to a team. Sign up today!
- Wed. Dec 20 at 10:45 a.m. - Snowman craft with Annette!
- Wed. Dec 20 at 12:30 Movie with hot chocolate and treats!
- Thur. Dec 21, Silvertones Christmas Concert. Enjoy a concert with our COA singing group led by Maggie Joseph.
- Fri. Dec 22, Romeo Breakfast - bus leaves at 9 a.m.
- Monday, Dec 25 - **Merry Christmas**, the Center is closed.
- Tue. Dec 26 - Chair/Mat Yoga Cancelled.**
- Tue. Dec 26 Caregiver Support Group at 2 p.m.
- No Respite Program/The Club on Tue. Dec. 26.**
- Fri. Dec 29 at 11:45 a.m. Ice Cream Social and 2024 Capsule

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

**December 6 - Chicken Salad**  
**December 13 - Turkey and Cheese**  
**December 20 - Seafood Salad**  
**December 27 - 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, December 1 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, December 12 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 **Mon., December 11 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, December 26 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!

# HOLIDAY FUN DURING DECEMBER



**Evergreen Arranging**  
**December 6 at 11:30 a.m.**

Enjoy a morning with friends on Wednesday, December 6 at 11:30 a.m. and create an evergreen centerpiece for your table or to give as a gift. All the greenery will be clipped and ready for you and your creativity. Simply bring in a container and clippers (if you have them) and any decorations you might have at home, we will supply scissors, wet foam and a lot of laughs! Start the season off with an arrangement that will bring the smell of the holidays into your home! Pre-registration is required for this event.



**Holiday Spices Work Shop with Therapy Gardens**  
**Monday, December 11 at 12:00 p.m.**

Spices have a special power to evoke cherished memories. Nothing compares to the scents and flavors of the holiday season. Come learn how to make pumpkin spice, mulling spices for wine or cider, and other holiday spice blends. Participants will leave with their own blend of a holiday spice mixture, along with recipes for other mixtures. Everyone gets 1 custom-spice packet. Additional custom packets available for a small fee. Great for gifts! Limited to 20 participants. Thank you to FOSI for sponsoring this fun make-and-take workshop!

**Lions Annual Senior Christmas Party - SOLD OUT. Wait-list available only.**



40th Annual Medfield Senior Citizens Christmas Party. Medfield seniors are invited to the annual Christmas party, to be held at the Center on Sunday, December 10 beginning at 12 noon. Please call the Center to be added to the wait-list.



**Bow-Making with Loretta**  
**Wednesday. December 13 at 11:30 a.m.**

Join us for a holiday bow-making class. Loretta Carrigan is a wonderfully-talented member of the Center, as well as the Garden Club in Medfield and has agreed to teach this class. Sign up to learn “how to make a bow” as there is no need to spend \$\$ on a fancy bow when you can learn to make it on your own. Simply bring in a 2-3” wide roll of your favorite wired ribbons and learn this craft. Sign up to learn bow-making! Limited space!

**Holiday French Toast Breakfast**  
**Thursday, December 14 at 8:30 a.m.**



Sign up for a French Toast and Sausage morning treat. Mike LaFrancesca returns to delight our pallet and start our day in the right direction! Sign up today! While we have breakfast, Firefighter/EMT Bill Deking and Firefighter/P Meaghan Mcginn will be joining us to on health and fire safety. They will answer any questions you have about emergency treatments and what the Fire Department can do for you. The Fire Department has many programs available and would like to share these with members of the community on Thursday, December 14 at 8:30 a.m. Please be sure to sign up; this is a free breakfast, but we need you to sign up no later then Monday, December 11.



**Gingerbread House Decorating Contest**  
**Tuesday, December 19 at 1 p.m.**

It's back for its third year; sign up with a partner to decorate a gingerbread house. We will supply all the fixings and you will be the artist. This morning activity will be held in the dining hall on Tuesday, December 19 at 1 p.m. Hot Cocoa will be served with holiday cookies.



**Holiday Movie with hot chocolate and treats!**  
**Wednesday, December 20 at 12:30 p.m.**

Join us for a free movie here at the Center. Hot Cocoa and treats will be served. Please sign up for seating.



**SILVERTONES Christmas Concert**  
**Thursday, December 21 at 2 p.m.**  
Christmas Concert with the Center’s very own Silvertones!



<h2>Services Available at The Center</h2>			<h2>REGULAR ACTIVITIES</h2>		<h2>OUTREACH INFORMATION</h2> <h3>WITH SUSAN LONGMOORE</h3>	
<h3>Information and Referral</h3> <p>The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.</p>			<p>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. <b>3-Thirteen</b> – Monday at 12:00 p.m. Line Dancing - Monday at 12:00 p.m. <b>Pokeno</b> – 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. <b>Duplicate Bridge</b> – Tuesday at 12:00 p.m. Brain Games– Tuesday at 2:00 p.m. Exercise with Joellyn—Wednesdays at 9:00 a.m. Meditation Class– Wednesday at 10:00 a.m. Crafter’s Corner– Wednesday at 10:45 a.m. <b>SCAT</b> – Wednesday at 11:00 a.m. <b>Whist</b> – Wednesday at 12:00 p.m. <b>Cribbage</b> – 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–<b>Thursday at 10 a.m. *NEW TIME</b> Zumba – <b>Thursday at 10:00 a.m. * NEW TIME</b> <b>Canasta</b> – Thursday at 11:30 a.m. <b>Poker</b> - Thursday at 12:30 p.m. Bowling– Thursday at 1:00 p.m. Video Exercise - Friday at 9:00 a.m. Coffee &amp; 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</p>		<p><b>** Reminder Medicare Enrollment ends Thursday, December 7. **</b></p> <p>Thank you for attending the Health-and-Wellness Fair here at the Center this Fall. We enjoyed seeing so many people interact with local agencies and vendors to learn about available programs and services. We hope to make this an annual event and expand upon agency participation. We strive to provide a variety of resources to assist you in your daily lives. Wishing you a wonderful holiday season.</p>	
<h3>Medical Equipment</h3> <p>The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first-come, first-serve basis for Medfield residents. Please return when no longer needed.</p>						
<h3>Medfield Food Cupboard</h3> <p>The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday &amp; 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: <a href="mailto:info@medfieldfoodcupboard.com">info@medfieldfoodcupboard.com</a> All inquiries are confidential.</p>			<p>The Center is once again partnering with Norfolk County RSVP Volunteer program for the annual holiday drive for active-duty military members. This is their fourth annual collection of personal-care items. Items can be donated in the bin located in the front hall of the Center between during the month of December. A complete list of items is available at the center. Some of these items include: Deodorant, eye drops, eyewash, hand sanitizer, face tissues, hand and body lotions, mouthwash, Q-tips, shampoo/conditioner, shaving items shower gel or soap, sunscreen, toothbrush toothpaste, candy-packaged cookies, gum or mints, hot chocolate, microwave popcorn, microwave soups, powdered-drink mixes, Kool-Aide, Gatorade. Thank you for supporting our active Military!</p>			
<h3>Outreach Services</h3> <p>Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, fuel assistance, caregiver and low-vision information and support are available through our Outreach Department. Call for an appointment.</p>			<h3>DROP-IN BEREAVEMENT GROUP</h3> <h4>WITH KATHY MCDONALD FROM MEDFIELD OUTREACH</h4> <p><b>Wednesday, December 13 from 9:00 - 10:00 a.m.</b></p> <p>Loss is universal, yet we experience it differently. The holidays can be particularly difficult if you are missing a loved one. If you have experienced loss and would like the benefit of support from others who have too, please join us for a drop-in Bereavement Group. The group will meet in the library at The Center. Our January date will be Wednesday, January 3, 2024 from 9-10 a.m.</p>			
<h3>Health and Wellness</h3> <p>In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment. Good hand-washing is always a must!</p>			<h3>GREEN = CARD GAMES! JOIN US!!</h3>			
<h3>Meals on Wheels</h3> <p>A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal, is suggested.</p>			<h3>From Maria De La Fuente, Land Use and Planning Director</h3>			
<h3>Grab-N-Go Wednesday Lunch</h3> <p>Order your lunch on Monday and pick up between 11:30-12 noon on Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.</p>			<h3>Medfield Economic Development Visioning Project- Monday, December 4th at 6 p.m. in the Public Safety Building, first-floor Training Room-</h3> <p>This is an in-person public workshop to discuss what types of businesses or amenities residents would like to see in Medfield’s Industrial-Extensive (IE) district, and to learn how the district can evolve to support heightened economic activity. Registration: <a href="https://mapc.ma/IEVision">https://mapc.ma/IEVision</a> Questions? Contact <a href="mailto:abliss@mapc.org">abliss@mapc.org</a> or 617-933-0722.</p>			
<h3>S.H.I.N.E.</h3> <p>Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health-insurance maze. Appointments are available on the 1st and 3rd Thursday of the month by calling the Center.</p>			<h3>Medfield MBTA Zoning Initiative- Thursday, December 14th at 6 p.m. in the Public Safety Building, first-floor Training Room—</h3> <p>This is an in-person public workshop to discuss the required zoning changes mandated by M.G.L. ch. 40A §3A (also known as “Multi-Family Zoning Requirement for MBTA Communities” or “MBTA Zoning”). The primary purpose of this meeting is to be an informational meeting for the public. More information at <a href="http://bit.ly/Medfield-MBTA">http://bit.ly/Medfield-MBTA</a>. Questions? Contact <a href="mailto:mdelafuente@medfield.net">mdelafuente@medfield.net</a></p>			
<h3>S.N.A.P. Benefits</h3> <p>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.</p>			<h3>REMINDER: It is important to clearly print your name and phone number on sign up sheets so we have easy access to inform you of any changes in our schedule. Thank you!</h3>			
<h3>A note from Lois Abramo, Volunteer/Program Coordinator:</h3> <p>Update on new Brain Exercises: Focusing on your <u>brain health</u> is one of the best things you can do to improve your concentration, focus, memory, and mental agility, no matter what age you are. In brain exercise we review how to attack different types of puzzles, such as crosswords of various types; number games, various fill-in-the-blanks, word search, matching, finding missing pieces, and crosswords of various types. We start the puzzles together then you take the packet home, finish or stay and work collaboratively. The following week new packets are handed out and any answers you didn’t get from the previous week are reviewed. Join us each Tuesday at 2:00 p.m.</p>						
<p>What will you add to our time capsule? What item stands out that was new this year? Technology, newspaper, magazine, something that will fit in a box. Join us to put these things in a box and forget about it. December 2024 we will open the box and see what was memorable to us. We will repack it and open again in 5 years. Bring the item; you won’t get it returned so nothing valuable; it can be a photo of something, or the “thing”. We will discuss why you selected the item and see what everyone brought and why, then include items in the box. Let’s make it a yearly tradition!</p>						
<h3>Low-Vision Information</h3> <p>As we age, things change including our vision. Resources are available. Call the Center for information.</p>						
<h3>Caregiver Support</h3> <p>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 December support group will be on Tuesday, Dec. 26 at 2 p.m.</p>						
<h3>Bread Distribution</h3> <p>Every Wednesday beginning at 10:00 a.m. there are bread products available from Brothers, Shaws, Blue Moon and Donut Express. All welcome!</p>						
<h3>The CLUB</h3> <p>A supervised and structured day-program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time for yourself, consider our program. Call Dianne Croteau for more information.</p>						
<h3>Housing</h3> <p>Eligible residents can apply for state-aided public housing by contacting the local Housing Authority on Pound Street at 508-359-6454.</p>						
<h3>Veterans Services</h3> <p>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.</p>						
<h3>Medfield Fire Department</h3> <p>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.</p>						
<h3>Senior Swim / Kingsbury Club</h3> <p>Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00-11:00 a.m. 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 <a href="mailto:chriscarpinokcm@gmail.com">chriscarpinokcm@gmail.com</a> or call 508.359.7800.</p>						





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VETERANS MONTHLY MEETING</b>  <b>Tuesday, December 12 9 – 10 a.m. with Melissa Bingham at the Center</b>	<b><u>Drop-In Blood Pressure Clinic Update:</u></b> <b>For the month of December we will hold our blood pressure clinic at the Center on Wednesdays from 10 a.m. - 12 p.m. with Kathy Thompson</b>	<b>MONDAY AFTERNOON SHOPPING</b> <b>PICK-UPS BEGIN AT 12:00 PM</b> Dec. 4– Stop N Shop & Target Dec. 11– Kohls Dec. 18– Dollar Store & Big Lots <b>CALL THE CENTER BY 8:30 A.M. TO SIGN UP. 508-359-3665</b>	<b>Music with Patrick Durkin will be held on Thursday, December 14 from 1:45-2:45</b> <b>All are Welcome!</b> 	<b>1. SALMON WITH LEMON DILL</b> 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 /WATERCOLOR 11:00 CORE BALANCE 1:00 CENTER CLOSSES <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 12:00 BINGO</div>
<b>4. CHICKEN TACO</b> 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 / SHOPPING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	<b>5. SWEDISH MEATBALLS</b> 9:30 CHAIR YOGA 9:45 DAY TRIP DEPARTS 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISES	<b>6. ROAST PORK</b> 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION CLASS 10:00 BREAD DISTRIBUTION 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 11:30 EVERGREEN ARRANGING 12:00 WHIST 1:00 CRIBBAGE / PING PONG / FIT TO KNIT 3:00 BINGO	<b>7. SLOPPY JOE</b> 9-12 HOME COMMITTEE–Dining Hall 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	<b>8. MAC &amp; CHEESE</b> 9:00 VIDEO EXERCISE CLASS 9:00 ROCHE BROS SHOPPING 9:00 JULIET BREAKFAST 10:00 KINGSBURY SWIM 10:00 COFFEE 10:00 TAI CHI 10:30 WATERCOLOR 11:00 CORE BALANCE 1:00 CENTER CLOSSES <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 12:00 BINGO</div>
<b>11. HOT DOG</b> 9:15 SHAWS SHOPPING 9:30 QUILTING GROUP 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING / SHOPPING 12:00 HOLIDAY SPICES LIMITED TO 20 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	<b>12. BRAISED BEEF</b> 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	<b>13. GRILLED CHICKEN PARM</b> 9:00 BEREAVEMENT GROUP 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION & BREAD DIST. 10:45 NEEDLE FELTING WITH BRI 11:00 SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 11:30 BOW MAKING W/ LORETTA 12:00 WHIST 12:00 CRIBBAGE/ PING PONG / FIT TO KNIT 3:00 BINGO	<b>14. ROAST TURKEY</b> 8:30 HOLIDAY BREAKFAST 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING 1:45 MUSIC WITH PATRICK DURKIN	<b>15. CATCH OF THE DAY</b> 9:00 VIDEO EXERCISE CLASS 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY SWIM 10:00 COFFEE 10:00 TAI CHI 10:45 DIAMOND ART 11:00 CORE BALANCE 1:00 CENTER CLOSSES <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 12:00 BINGO</div>
<b>18. VEG CHILI</b> 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 / SHOPPING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	<b>19. HONEY GINGER CHICKEN</b> 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 GINGERBREAD DECORATING 2:00 BRAIN EXERCISE	<b>20. MEAT LOAF</b> 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION & BREAD DIST. 10:45 CRAFTS WITH ANNETTE 11:00 SCAT/SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 12:30 HOT COCOA & CHRISTMAS MOVIE 1:00 CRIBBAGE/ PING PONG / FIT TO KNIT 3:00 BINGO	<b>21. CHRISTMAS HAM</b> 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 CHRISTMAS MUSIC WITH THE CENTERS OWN SILVERTONES	<b>22. CHICKEN SALAD</b> 9:00 VIDEO EXERCISE CLASS 9:00 ROMEO BREAKFAST ***** NO ROCHE BROS SHOPPING 10:00 KINGSBURY SWIM 10:00 COFFEE 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSSES <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 12:00 BINGO</div>
<b>25. CENTER IS CLOSED</b>  <b>MERRY CHRISTMAS!</b>	<b>26. SPAGHETTI &amp; MEATBALL</b> 10:00 KINGSBURY SWIM 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISE 2:00 CAREGIVER SUPPORT GROUP  <b>NO CLUB NO CHAIR OR MAT YOGA</b>	<b>27. BBQ PULLED PORK</b> 9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DISTRIBUTION SCAT /SINGING WITH MAGGIE 11:30 GRAB N GO LUNCH 12:00 WHIST 12:00 CRIBBAGE / PING PONG/ KNITTING 3:00 BINGO	<b>28. TURLEY A LA KING</b> 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING  <b>NO BOOK CLUB THIS MONTH</b>	<b>29. FLORENTINE OMELET</b> 9:00 VIDEO EXERCISE CLASS 9:00 ROCHE BROS SHOPPING 10:00 KINGSBURY SWIM 10:00 COFFEE 10:00 TAI CHI 11:00 CORE BALANCE 11:45 ICE CREAM SOCIAL & 2024 CAPSULE 1:00 CENTER CLOSSES <div>SATURDAY 9 ZUMBA 9 PING PONG 10:30 LINE DANCING 12:00 BINGO</div>

**SIGN UP NOW:** Chinese Luncheon - Wednesday, January 3 - Join us for an “After the New Year Chinese Lunch Party” 1-2:30 p.m. We will celebrate 2024!. Good food, Good people and Good music! \$7/pp Following lunch, stay and play BINGO and enjoy the added prizes for the New Year!



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**WINTER WEATHER REMINDER:**  
If the Medfield Public Schools are closed,  
the Center will also be closed. If the  
school has a delay, the COA will also  
have a delayed opening. If it snows on a  
Saturday, the Saturday program will be  
cancelled.

**Pat Maloney**  
Independent  
Elder Advocate  
Phone: 508-341-8684  
psmaloney@verizon.net  
Help is a phone call  
away!



Medfield  
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**Cards with Bri**  
Wed. Dec 13 - 10:45 a.m.  
Join us for a Needle-Felted  
Craft with Bri. This is a  
FREE event, but we do  
require registration for  
material count.

**Crafts with Annette**  
Wed. Dec. 20 - 10:45 a.m  
Join Annette for another  
fun winter craft. FREE, but  
we do require registration  
for materials. Thank you!



**JULIET BREAKFAST**  
Fri. Dec 8. Bus to leave  
for Breakfast at 9:00 a.m.

**ROMEO BREAKFAST**  
Fri. Dec 22. Bus to leave  
for Breakfast at 9:00 a.m.

**BOOK CLUB**  
Our Book Club will take a  
break for December and  
re-group in January.

**COLOR KEY FOR  
CALENDAR**

- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS