

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

January 2024

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 New Year! The Center is a welcoming place you'll enjoy and want to visit frequently. Be sure to join us in 2024 to make a new friend or reconnect with an old one. **SAVE THE DATE:** The Annual FOSI Yard Sale date has been set, mark your calendars for Saturday, April 27. We will be posting more information as the date gets closer. Reminder, it's important to clearly print your name and phone number on the sign-up sheets so we have easy access to inform you of any changes in the schedule especially with the winter weather coming. If schools are closed or delayed, so is the Center. It's also important to register for events so we can plan accordingly for materials and space. Let's have a great 2024 together! Wishing you lots of happiness, good health and enjoyable moments here at the Center. *Sarah Hanifan*

6 Tips to Start the New Year Off Right

The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many, living a healthier life is a popular New Year's resolution. If it's one of yours, we have some suggestions to help you live better in 2024.

- 1. Improve your diet** - Cooking for one or two can seem like more work than it is worth. Unfortunately, many of us often turn instead to convenience foods or fast food. Most are loaded with sodium, carbs, and calories. If you just aren't interested in preparing foods on your own, consider a meal delivery service.
- 2. Get moving** - A sedentary lifestyle is now believed to be as bad for your health as smoking! It contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting, and get up and move around throughout the day. It may help to invest in a fitness device that sends you an alert if it's been too long since you've moved.
- 3. Connect with an exercise program** - Another resolution to make in the new year is to exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. If you're just getting started, set a goal that feels achievable, like walking on a treadmill for 15 minutes in the morning and practicing yoga for 15 minutes in the evening.
- 4. Learn to manage stress** - Living with chronic stress is bad for physical and emotional well-being. Try to learn a few stress-management techniques you can turn to in the new year. Journaling, music, art projects, and meditation are a few to explore.
- 5. Laugh more** - If you've been feeling lonely and isolated, resolve to laugh more. Laughter is not only fun, it's also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it is talking with a funny friend on FaceTime, watching a comedy series on television, or streaming a new romantic comedy.
- 6. Have a physical** - If you've been putting off seeing your primary-care physician, commit to scheduling an appointment in January. They can evaluate your health status and help schedule routine screenings that might be due. The good news is that most insurances pay for an annual wellness visit, so you won't incur any out-of-pocket expenses unless your physician orders additional testing. Here's to a happy, healthy 2024!

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

January 3 - Chicken Salad

January 10 - Turkey and Cheese

January 17 - Seafood Salad

January 24 - Ham and Cheese

January 31 - 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, January 5 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, January 9 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 **Tuesday, January 9 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, January 30 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 - \$5

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.

Monday Line Dancing - \$3

Line Dancing with Paul Hughes! It's good exercise and good for your brain. Monday at 12 noon.

Monday Core-Balance Class - \$5

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.

Tuesday Chair Yoga - \$5

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.

Tuesday Mat Yoga - \$5

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.

Wednesday Exercise with Joellyn - FREE

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

Wednesday Meditation Class - FREE

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 -FREE

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

Thursday ZUMBA Gold \$5

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 Chair Exercise Class - FREE

Join Lois on Fridays at 9:00 a.m. for a FREE exercise video class.

Friday Tai Chi - \$5

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.

Friday Core-Balance Class - \$5

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.

Saturday ZUMBA - \$5

Join Lourdes Fournier on Saturdays at 9:00 a.m. for an energizing and robust workout; more intense than Zumba Gold.

Saturday Line Dancing - \$3

Join Nancy Diduca on Saturdays at 10:30 a.m. All welcome!

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 Joellyn–Wed. 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.
Zumba – Thursday at 10:00 a.m.
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 12:00 p.m.
Movies - Saturday by Request

OUTREACH INFORMATION WITH SUSAN LONGMOORE

Fuel Assistance

Don't be cold this winter! You may qualify for Fuel Assistance. Call Susan Longmoore for a confidential phone appointment, Income qualifications for a single household is \$45,392. This will determine if you are eligible to apply and what options are available.

Friendly-Visitor Program

The Friendly-Visitor Program provides regularly-scheduled social time for you or a loved one. Isolation is a major issue for many people in the community and a few hours of talk can go a long way towards curbing that. Are you looking for a friendly person to talk with, play a game of cards or discuss current events? The Friendly-Visitor Program provides this opportunity for older adults to connect in an informal way on a weekly basis. If you would like a visit, know someone who might like a visit, or want to participate, please contact Susan at 508-359-3665 x 203.

Audiology Care - NEW!

Age-related hearing loss affects approximately 1 in 3 adults over age 65 and nearly half of adults over age 75. While hearing loss is normal as you get older, you don't have to live with the symptoms. Treatment options like hearing aids can help you live a high quality of life with hearing loss. We are pleased to host a new audiology clinic here at the Center. **At Home Hearing Healthcare** will be at the Center for hearing screenings on the third Wednesday of each month. Receive personalized audiology care, advice from experts and cleaning of your hearing aids in a private setting! At Home Hearing will be at the Center on January 17 starting at 10:00 a.m. for a 20-minute consult. Be sure to sign up for an appointment!

DROP-IN BEREAVEMENT GROUP WITH KATHY MCDONALD FROM MEDFIELD OUTREACH

Wednesday, January 24 from 9:00 - 10:00 a.m.

Loss is universal, yet we experience it differently. 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.

CAREGIVER SUPPORT GROUP

This monthly group meets the last Tuesday of each month. This month we will hear from Laurie Rhodes from Faith & Family Hospice on Compassion Fatigue. Join us on Tuesday, January 30 at 2 p.m. For more information please call Susan Longmoore at 508-359-3665 x 203

Are You OK?

The "Are You Ok?" program is a daily telephone-reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. Each morning, 365 days a year, enrolled seniors or individuals with disabilities, receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents. Calls are placed from 6am-10am daily with the time of the call being chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff Deputy Sherriff or Fall Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. Seniors interested in signing up for this no cost, potentially lifesaving, program are encourages to contact 1-866-900-7865.



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MONDAY

1. NEW YEARS DAY

**THE CENTER IS
CLOSED**

8

9:15 SHAW'S 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

**15. THE CENTER IS
CLOSED**



22

9:30 QUILTING GROUP
10:00 TWIN RIVERS TRIP - LIMITED
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

29

9:15 SHAW'S 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

TUESDAY

2

9:30 CHAIR YOGA
10:00 KINGSBURY SWIM
10:30 MAT YOGA
10:30 CHESS CLUB
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISES

9.

9:00 VETERANS COFFEE HOUR
9:30 CHAIR YOGA
10:00 KINGSBURY SWIM
10:30 MAT YOGA / CHESS CLUB
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISES
2:00 LEGAL CLINIC BY APPT. ONLY

16

9:30 CHAIR YOGA
10:00 KINGSBURY SWIM
10:30 MAT YOGA / CHESS CLUB
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISES

23

9:00 SHAW'S SHOPPING
9:30 CHAIR YOGA
10:00 KINGSBURY SWIM
10:30 MAT YOGA / CHESS CLUB
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISE

30

9:30 CHAIR YOGA
10:00 KINGSBURY SWIM
10:30 MAT YOGA / CHESS CLUB
11:30-3 THE CLUB
12:00 DUPLICATE BRIDGE
1:00 MAHJONG
2:00 BRAIN EXERCISE
2:00 CAREGIVER SUPPORT GROUP

3

9:00 EXERCISE WITH MUSIC
9:30 COA BOARD MEETING
9:30 MARKET BASKET
10:00 MEDITATION
10:00 BREAD DISTRIBUTION
11:00 SCAT / SINGING
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE / POKER
3:00 BINGO

10.

9:00 EXERCISE WITH MUSIC
9:30 MARKET BASKET
10:00 MEDITATION
10:00 BREAD DISTRIBUTION
10:45 CARD MAKING
11:00 SCAT / SINGING
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE / POKER
3:00 BINGO

17 HEARING

9:00 EXERCISE WITH MUSIC
9:30 MARKET BASKET
10:00 MEDITATION
10:00 HEARING CLINIC
11:00 SCAT / SINGING
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE / POKER
3:00 BINGO
5:30 PAINT NIGHT

24

9:00 EXERCISE WITH MUSIC
9:00 BEREAVEMENT
9:30 MARKET BASKET
10:00 MEDITATION
10:45 CRAFTS WITH
11:00 SCAT / SINGING
11:30 GRAB N GO LUNCH
12:00 WHIST
12:30 MOVIE
1:00 CRIBBAGE / POKER

31.

9:00 EXERCISE WITH MUSIC
9:30 MARKET BASKET
10:00 MEDITATION
11:00 SCAT / SINGING
11:30 GRAB N GO LUNCH
12:00 WHIST
1:00 CRIBBAGE / POKER
3:00 BINGO

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2024

WEDNESDAY

WITH JOELLYN
 MEETING
 SKET
 CLASS
 IBUTION
 NG WITH MAGGIE
 LUNCH
 PING PONG / FIT TO KNIT

PUBLIC
 HEALTH
 NURSE
 DAY

WITH JOELLYN
 SKET
 CLASS
 IBUTION
 G WITH BRI
 NG WITH MAGGIE
 LUNCH
 PING PONG / FIT TO KNIT

PUBLIC
 HEALTH
 NURSE
 DAY

CLINIC 10-12?
 WITH JOELLYN
 SKET
 I / BREAD DIST.
 LUNCH
 NG WITH MAGGIE
 LUNCH
 PING PONG / FIT TO KNIT
 T WITH CASEY

PUBLIC
 HEALTH
 NURSE
 DAY

WITH JOELLYN
 NT GROUP
 SKET
 I / BREAD DIST.
 H ANNETTE
 NG WITH MAGGIE
 LUNCH
 PING PONG / FIT TO KNIT

PUBLIC
 HEALTH
 NURSE
 DAY

WITH JOELLYN
 SKET
 I / BREAD DISTRIBUTION
 NG WITH MAGGIE
 LUNCH
 PING PONG/ KNITTING

PUBLIC
 HEALTH
 NURSE
 DAY

THURSDAY

4
 9:00
 9:00
 10:00
 10:00
 10:00
 11:30
 11:30-3
 11:30-3
 12:00
 12:30
 1:00
 WOODCARVING
 SHINE APPOINTMENTS
 WALKING GROUP
 ZUMBA
 CANASTA
 THE CLUB
 FOSI MEETING
 POKER
 BOWLING

11.
 9:00
 10:00
 10:00
 11:30
 11:30-3
 11:30-3
 12:30
 1:00
 1:45
 WOODCARVING
 WALKING GROUP
 ZUMBA
 CANASTA
 THE CLUB
 POKER
 BOWLING
 MUSIC WITH PATRICK DURKIN



18
 9:00
 10:00
 11:30
 11:30-3
 11:30-3
 12:00
 12:30
 1:00
 WOODCARVING
 WALKING GROUP / ZUMBA
 CANASTA
 THE CLUB
 SHINE APPOINTMENTS
 POKER
 BOWLING

25
 9:00
 10:00
 10:00
 11:30
 11:30
 11:30-3
 12:30
 1:00
 1:45
 2:00
 WOODCARVING
 WALKING GROUP
 ZUMBA
 CANASTA
 THE CLUB
 POKER
 BOWLING
 MUSIC WITH PAUL FRENCH
 BOOK CLUB



CHESS CLUB

Organized chess arose in the 19th century as an abstract strategy game that involves no hidden information and no elements of chance. It is played on a chessboard with 2 players, 64 squares, each player controls 16 moving pieces. White moves first, followed by Black. The game is won by checkmating the opponent's king. There are 7 basic rules. Come join the group and find out why the game has been around for so long and learn your strategy. We will be playing Tuesday at 10:30 weekly starting January 2nd.

FRIDAY

5
 9:00
 9:00
 9:00
 10:00
 10:00
 10:00
 10:00
 10:00
 11:00
 1:00
 VIDEO EXERCISE CLASS
 ROCHE BROS SHOPPING
 SELECTMAN'S HOUR
 KINGSBURY SWIM
 COFFEE &
 CONVERSATION
 TAI CHI
 CORE BALANCE
 CENTER CLOSSES

SATURDAY

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

12.
 9:00
 9:00
 10:00
 10:00
 10:00
 10:00
 10:00
 10:00
 11:00
 1:00
 VIDEO EXERCISE CLASS
 ROCHE BROS SHOPPING
 DIAMOND ART WITH LOIS
 KINGSBURY SWIM
 COFFEE
 TAI CHI
 CORE BALANCE
 CENTER CLOSSES

SATURDAY

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

19
 9:00
 9:00
 10:00
 10:00
 10:00
 10:00
 10:00
 11:00
 1:00
 VIDEO EXERCISE CLASS
 ROCHE BROS SHOPPING
 KINGSBURY SWIM
 COFFEE
 TAI CHI
 CORE BALANCE
 CENTER CLOSSES

SATURDAY

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

26
 9:00
 9:00
 10:00
 10:00
 10:00
 10:00
 10:00
 11:00
 1:00
 VIDEO EXERCISE CLASS
 ROCHE BROS SHOPPING
 KINGSBURY SWIM
 COFFEE
 TAI CHI
 CORE BALANCE
 CENTER CLOSSES

SATURDAY

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

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Learn from yesterday,
 live for today, hope for
 tomorrow.

~ Albert Einstein

You are never too old
 to reinvent yourself.

~ Steve Harvey

Every moment is a
 fresh beginning.

~ T.S. Eliot

Life isn't about finding
 yourself. Life is about
 creating yourself.

~ George Bernard
 Shaw

Write it on your heart
 that every day is the
 best day in the year.

~ Ralph Waldo
 Emerson

We are in the process of planning the calendar for next month!



ANTHOLOGY
 SENIOR LIVING

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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.

COLOR KEY FOR CALENDAR

- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS

Services Available at The Center

Information and Referral

The COA provides accurate information for 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.

Caregiver Support

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available. Our January support group will be on Tuesday, Jan. 30 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 at Kingsbury

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 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, Shaw's, 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.

PODIATRIST

Our next Podiatry visit will be in February. Date is still being confirmed at the time of printing. Please call or stop by the reception desk to sign up. Thank you!



VETERANS COFFEE



Calling all Veterans! We will be having our monthly coffee on **Tuesday, January 9 at 9:00 a.m.** This is a drop-in event. Join us for coffee, conversation and updates from our Veterans Service Officer, Melissa Bingham.

FREE MUSIC THURSDAYS



Music with Patrick Durkin on **Thursday, January 11 at 1:45 p.m.** Patrick sings and plays the piano.

Music with Paul French on **Thursday, January 25 at 1:45 p.m.** Good-Time Music with familiar tunes from the 50's, 60's and 70's. From Buddy Holly to Jimmy Buffet and everything in between.

CRAFTERS CORNER

Card making with Bri - **Wednesday, January 10 at 10:45 a.m.** This is a free event, but we do ask that you register in advance for materials.

Diamond Art with Lois - **Friday, January 12 at 10 a.m.** Join Lois to make a bookmark or a card. Sample available at the desk. \$4 per person.

Crafts with Annette - **Wednesday, January 24 at 10:45 a.m.** Join Annette for another fantastic winter craft! Sample will be posted on the sign-up sheet.

PAINT NIGHT WITH CASEY

Back by popular demand. Join us for another ladies paint night with Casey Worth on **Wednesday, January 17 at 5:30 p.m.** \$10 per person for supplies. Light appetizers and beverages will be provided. Limited to 20 participants. We will be using acrylic paint so we recommend that you bring your own apron to wear.



\$ CASINO TRIP \$

Join us on January 22 for a day trip to Twin Rivers! \$5 per person for transportation. Limited to 10 people! We will leave the Center at 10am and leave the Casino at 2:30 pm.

MOVIE AT THE CENTER

Join us for a movie, popcorn and good company on **January 24 at 12:30 p.m.** The sign up will have the two options you can vote on.

MONTHLY BOOK CLUB MEETING WITH MOIRA

This monthly group meets on the last Thursday of the month at 2pm at the Center. The book pick for this month is *Anxious People* by Fredrik Backman. Books will be available at the Medfield Public Library beginning December 18. We hope to see you here at the Center on **Thur. Jan. 25 at 2 p.m.**

Winter Fall Prevention Tips

Due to icy and snowy conditions in the winter, the incidence of injuries due to slips and falls increases. Here are a few tips to help keep you safe and keep you from becoming a fall statistic. Approx. 36 million falls occur each year in the senior population.

- Concentrate on the path ahead; take your time and proceed slowly.
- Avoid slippery surfaces; take a route around wet leaves, icy areas or snow banks.
- Wear appropriate footwear with waffled, ridged or heavily textures soles.
- Use handrails when they are available.
- Make sure entrance paths and stairs are clear of snow and ice.



Stay Safe!

“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

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

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COUNCIL ON AGING BOARD

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

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:

Medfield Lions Club, John and Mona Tomera, Andrew and Victoria Karnakis,
Michelle Mellea and Thomas Inglin Family Fund

Norma Barr in Memory of Nancy Gerstel

SAVE THE DATE: ANNUAL FOSI YARD SALE, SATURDAY, APRIL 27, 2025

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.

FRIENDS OF SENIORS, Inc. (FOSI) 2024 Yearly suggested donation is \$15.00/pp

DATE : _____

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ _____

Additional Donations: _____

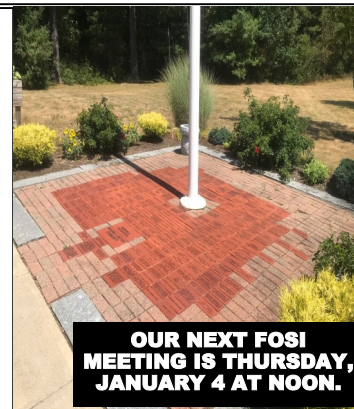
IN MEMORY OF: NAME _____

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.



**OUR NEXT FOSI
MEETING IS THURSDAY,
JANUARY 4 AT NOON.**

