

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



FEBRUARY 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 February! As a reminder, if the Medfield schools are closed the Center is as well. If the school is delayed opening, the Center will also have the same delay. It's always wise to call before you head out if you ever feel unsure. Our hours are posted at the top of this newsletter. Remember, we close at 1pm on Fridays.

Please take a minute to update your contact information with us, this includes phone number, email / mailing address and emergency contact information. The reception desk will have these forms available and we ask that you kindly update this important information as soon as possible. We will be doing more phone call reminders for events and will also access this system should we need to cancel events due to bad weather.

I'm excited to share what we have lined up for February and want to remind you to use the KIOSK to sign-in each time you come to the Center. It's also important to register in advance for any program you'd like to attend as we set up and purchase materials based on our sign-ups. **Registration begins, Thursday, February 1 at 9:00 a.m.**

February Highlights: Pancake Breakfast, Presentation on Preventing Falls, Blue Cross Blue Shield sharing "Medicare Supplement Plans or Advantage Plans - which is Right for Me", Annual Valentines Day Chocolate Tasting, Live Music with Jeff Thomas, Anthony Sammarco will share "Valentine's Day Traditions in Boston", Hearing Clinic, Podiatry Clinic, Oasis Senior Advisors will share tips on senior housing, AARP Tax Prep program , a presentation by Gail Hamel about The Pilgrims and Plymouth, as well as all of the other great things that happen here each week at the Center! Stay well, be active and join us here at the Center, it's so important to socialize. I look forward to seeing you here soon!

- Sarah Hanifan Director

Annual Chocolate Tasting

Join us for our Annual Valentines Day Chocolate Tasting on, **Wednesday, Feb 14 from 2-3 p.m.** Tickets are on sale at the Center beginning Feb 1, and the cost is \$3/per person, limited to 50 people. Don't miss out on this popular event provided by FOSI!



AARP Tax Program

Appointments are being accepted for the tax program by calling Lois at 508-359-3665.

This service is provided by AARP trained tax preparers and is intended for simple tax returns. We only have a limited amount of spaces and this is a free service for simple tax returns for people with low and moderate income. The program runs each Wednesday morning starting Feb 7, 2024 until March 27, 2024. Once an appointment is made, we will confirm that date and time with a letter detailing what you need to bring to your appointment. These appointments always fill up. Call to book an appointment today.

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

February 7 - Chicken Salad
February 14 - Turkey and Cheese
February 21 - Seafood Salad
February 28 - 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, February 2 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, February 13 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 Susan Longmoore at 508-359-3665.

Legal Clinic - Attorney Julie Ladimer will be available for free, 15-minute in person consultations on **Tuesday, February 13 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, February 27 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

Join Jim Suojanen each Wednesday at 10:00 a.m. for his popular Meditation Class. 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 with Anne Pringle –Brunell using weights and aerobics.

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. If you enjoy Line Dancing, you will enjoy her class! She's a Center favorite! 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



CIRCUIT BREAKER TAX PROGRAM

The Massachusetts CIRCUIT BREAKER tax program is for qualifying people age 65+ whose property tax (or 25% of rent) exceeds 10% of their annual gross income. You may be eligible even if you receive a property tax exemption through your city/town. To obtain this benefit, you must file for the 2023 tax year beginning in January 2024. For more information, visit www.mass.gov/guides/personal-income-tax-forresident or call the Mass. Department of Revenue Customer Service at 1-617-887- 6367.

HEARING CLINIC

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 life with hearing loss. We are pleased to host another hearing clinic with **At Home Hearing Healthcare** on Wednesday, February 21 from 10 a.m. - 12 p.m. Sign up for a free 20-minute consult. Limited appointments available.

CAREGIVER SUPPORT GROUP

This monthly group meets the last Tuesday of each month. Join us on Tuesday, February 27 at 2 p.m. For more information please call Susan Longmoore at 508-359-3665 x 203

Assisted Living vs Nursing Home, Costs & Mass Health Applications

When it comes to finding the best senior housing situation for yourself or your loved one, the process can be overwhelming. **Oasis Senior Advisors®** are committed to simplifying the process of selecting senior housing that meets your unique needs. **They offer a free, personalized approach** for referrals for senior housing for older adults. Join us to learn more on February 28 at 10:45 a.m. Please sign up.

BEREAVEMENT GROUP WITH KATHY MCDONALD FROM MEDFIELD OUTREACH

Wednesday, February 28 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 Bereavement Group. The group will meet in the library at The Center. We ask that you please sign up by calling the Center at 508-359-3665 if you'll be attending.

Join our Brain Exercise class each Tuesday at 2:00 p.m. with Lois! You will have a packet to take home and work on for a week, and the following week you will come back together to go over the answers! Learn about the various parts of the brain and how to exercise each lobe with activities. Can't make the date or time? Stop in to see Lois for a packet!



CRAFTERS CORNER

Card making with Bri - **Wednesday, February 14 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, February 16 at 10 a.m.** Join Lois to make a bookmark or a card. \$4 per person.

Crafts with Annette - **Wednesday, February 28 at 10:45 a.m.** Join Annette for another fantastic winter craft! \$4 per person.

(Annette's Craft will be similar to this photo)



MONDAY	TUESDAY	WEDNESDAY
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p>The Center Library Need a new book or a puzzle? The Center library has quite a selection available to share. Stop in and look. The Library is open most days except when we have SHINE appointments or the monthly legal clinic.</p>	<p>BREAD AND BAGEL BONANZA</p> <p>Every Wednesday beginning at 10:00 a.m. visit the Center and pick up your favorite bread products from Blue Moon, Shaw's, Donut Express, and Brother's Market.</p>
 <p>HOW TO GET BACK ON YOUR FEET PRESENTATION</p> <p>TUESDAY, FEBRUARY 6 AT 11:30 AM</p> <p>KELLY SIPE, PRESENTS "GET ON YOUR FEET" WORKSHOP, DEMONSTRATING HOW TO GET UP AND DOWN SAFELY WITHOUT ANYTHING AROUND BUT YOUR OWN BODY.</p> <p>IF YOU HAVE ANY WEAKNESS OR A RESIDUAL INJURY, GETTING UP FROM A FALL MAY BE A DIFFICULT CHALLENGE.</p> <p>PROACTIVELY LEARN WHAT TO DO IF YOU FALL! GREAT TIPS!</p> <p>SIGN UP</p>	<p>5. VEGGIE CHILI 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</p>	<p>6. SPAGHETTI & MEATBALLS 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA / CHESS CLUB 11:30 PREVENTING FALLS—DON'T MISS THIS SPECIAL PRESENTATION! 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISES</p> 
<p>12. HOT DOG</p> <p>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</p>	<p>13. SALISBURY STEAK 9:00 VETERANS COFFEE HOUR 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA / CHESS CLUB 11:30 MEDICARE PRESENTATION 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISES 2:00 LEGAL CLINIC BY APPT. ONLY</p>	<p>14. TURKEY DINNER 9:00 AARP TAX-AID 9:00 EXERCISE WORKOUT 9:30 MARKET BASKET MEETING 10:00 MEDITATION 10:45 CARD MAKING 11:00 SCAT / SINGING 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / BINGO</p>
<p>WINTER WEATHER REMINDER:</p> <p>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.</p>	<p>19. CENTER IS CLOSED</p>  <p>20. HONEY MUSTARD CHICKEN 9:00 SHAWS SHOPPING 10:00 KINGSBURY SWIM 10:00 *VALENTINE'S DAY TRADITIONS IN BOSTON W/ ANTHONY SAMMARCO 10:30 CHESS CLUB 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG 2:00 BRAIN EXERCISE NO YOGA TODAY! ***SPECIAL EVENT—BE SURE TO SIGN-UP!</p> 	<p>21. STUFFED SPINACH 9:00 AARP TAX-AID 9:00 EXERCISE WORKOUT 9:30 MARKET BASKET MEETING 10:00 BREAD DISTRIBUTION 10:00 SCAT / SINGING 11:00 GRAB N GO LUNCH 12:00 WHIST 1:00 MOVIE 1:00 CRIBBAGE / BINGO</p>
<p>26. LASAGNA 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</p>	<p>27. MEATLOAF 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</p> 	<p>28. CHICKEN BAKE 9:00 BEREAVEMENT 9:00 AARP TAX-AID 9:00 EXERCISE WORKOUT 9:30 MARKET BASKET MEETING 10:00 MEDITATION 10:45 OASIS SENIOR CRAFTS WORKSHOP 11:00 SCAT / SINGING 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / BINGO</p>
<p>Historical Society to Present a New Documentary Film—“An Uncommon Education”</p> <p>On Monday, February 5 at 7:30 PM at the First Parish Unitarian Universalist Church, the Medfield Historical Society will sponsor a showing of a new film about The Allen School in Newton. The school was founded in 1854 and led by Nathaniel T. Allen who was born, raised, and is buried in Medfield. His Medfield home, known as the Allen Homestead, at 260 North Street is shown in the documentary. It was a stop on the Underground Railroad and visited often by Frederick Douglass and William Lloyd Garrison. At a time when slavery was still the law of the land and women's suffrage yet a distant goal, the Allen School admitted Black students and women students to a forward-looking program of study, empowering them to develop their talents, while moving society decisively toward gender and racial equality. Joe Hunter, the filmmaker, will be on hand to answer questions. This presentation is free and open to the public.</p>		

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MONDAY

TAX-AIDE

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THURSDAY

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

FRIDAY

2. MAC & CHEESE
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

**SPECIAL DAYS IN
FEBRUARY:**

Groundhog Day 2/2

Chinese New Year 2/10

Superbowl LVIII 2/11

Mardi Gras 2/13

Valentines Day 2/14

Presidents' Day 2/19

Leap Day 2/29



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8. BRAISED BEEF
9:00 WOODCARVING
10:00 WALKING GROUP
10:00 ZUMBA
11:30 CANASTA
11:30-3 THE CLUB
12:00 FOSI
12:30 POKER
1:00 BOWLING

9. STUFFED CHICKEN

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
1:00 CENTER CLOSES

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

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Happy
Valentines Day!

PUBLIC
HEALTH
NURSE
DAY

15. AMERICAN CHOP SUEY
9:00 WOODCARVING
10:00 WALKING GROUP / ZUMBA
11:30 CANASTA
11:30-3 THE CLUB
12:00 SHINE APPOINTMENTS
12:30 POKER
1:00 BOWLING
1:45 MUSIC WITH JEFF THOMAS

16. SALMON WITH CHILI

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

THE CENTER IS
CLOSED
SAT., FEB 17

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22. PORK LOIN WITH GRAVY
8:30 PANCAKE 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



23. CHEESE OMELET

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
1:00 CENTER CLOSES

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

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29. CHEESEBURGER
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 *** PILGRIMS & PLYMOUTH ***
2:00 BOOK CLUB



***SPECIAL EVENT—BE SURE TO SIGN-UP!



**COUPON FOR ONE
FREE EXERCISE
CLASS AT THE
CENTER**
VALID
FEB. 2024 ONLY

NAME: _____

**COLOR KEY
FOR CALENDAR**

- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR
PROGRAMS

FROM THE DESK OF BRENDA HEALY, MSN, MEDFIELD PUBLIC HEALTH NURSE

February is **American Heart Month**, a time when all people can focus on their cardiovascular health. The Division of Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. Monitoring one's blood pressure is something that can be done to help with cardiovascular health. You can reduce your risk by following the ABC's.

A—Take Aspirin as directed by your physician. B—Control your Blood Pressure. C—Manage your Cholesterol. S—Don't Smoke. Each Wednesday (check the calendar), Brenda Healy MSN, Medfield's Public Health Nurse is at the Center taking blood pressures in the dining area during coffee and tea times from 10:00 -11:30 a.m., without an appointment. Join in on the conversations with your friends, enjoying coffee or tea, and get your blood pressure taken and recorded on a take home wallet-sized card. If you would prefer an appointment, these can be made as needed most weeks by calling and scheduling a 15-minute slot with Brenda in the health office at the Center. This does not need to be just for blood pressure; health questions are also welcomed.

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 February support group will be on Tues., February 27 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

The Podiatry visit will be February 21 beginning at 9:00 a.m.
Appointments are available by calling the Center. 508-359-3665.



GET ON YOUR FEET WORKSHOP - You don't want to miss this! "Get on Your Feet" workshop with Kelly Sipe, founder of Beyond Your Limits Fitness on **Tuesday, February 6 at 11:30 a.m.** In her popular "get on your feet" workshop, Kelly demonstrates how to get up and down safely without anything around but your own body. Standing up and down from the floor demands almost every area of fitness and every part of our bodies: balance, core strength, lower body strength, flexibility, and coordination. If you have any issues in those areas, weakness or a residual injury, getting up from a fall may be a difficult challenge. We will go over what to do IF YOU FALL! Please be sure to sign up!



VETERANS COFFEE WITH MELISSA BINGHAM



Calling all Veterans! We will be having our monthly coffee on **Tuesday, February 13 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.

Medicare Supplement Plans or Medicare Advantage Plans - Which Coverage is Best for Me?

Tuesday, Feb 13 at 11:30 a.m. (45 min) with Representatives from Blue Cross Blue Shield

For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan. While we wont delve into BCBS plan details, you will leave with a clear understanding of which type of plan best fits your needs. What this presentation will cover: What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Do I need a Prescription Drug Coverage, Real-life case studies, Resources to help you in the decision process. **This is a great opportunity to learn from the Representatives from Blue Cross Blue Shield!**

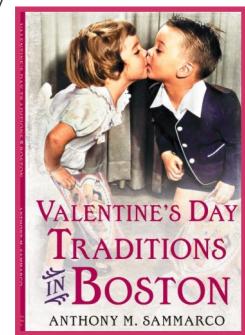
SPECIAL EVENT!

Valentine's Day Traditions in Boston

Tuesday, February 20, 2024 at 10:00 a.m.

Valentine's Day Traditions in Boston is a fun and interesting way to recall the holiday from the exchange of Valentine cards in day school to the cards, candy, and flowers we sent or received as adults to and from our valentine. From Ancient Rome with the pagan festival of Lupercalia to the worldwide celebration of the holiday, we revel in its history and evolution through the centuries as a day of love. Today, Esther Allen Howland is honored with the nickname "Mother of the American Valentine," with many citing her small card factory as the start of a multi-million-dollar industry. Beginning in 2001, the Greeting Card Association has annually given the "Esther Howland Award for a Greeting Card Visionary," and they estimate that 200 million valentines are sent each year in the United States.

Anthony Sammarco discusses the history of St. Valentine's Day from Lupercalia, an ancient Roman festival celebrated on February 15 to ensure fertility for the people, fields, and flocks to the annual exchange of cards, candy, and flowers. Beginning with Esther Howland who produced delicate and fanciful Valentine's Day cards in the nineteenth century through to major card companies such as Hallmark, Norcross, Gibson, and Rust Craft, Americans exchange millions of cards annually. The book also discusses the more outré Sailor's Valentines, Vinegar Valentines, and Krampus Valentines.



MOVIE AT THE CENTER - A Beautiful Day in the Neighborhood

Join us for a movie, popcorn and good company on **Wednesday, February 21 at 12:30 p.m.** Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

MONTHLY BOOK CLUB MEETING

This monthly group will meet at the Center on **Thursday, February 29 at 2:00 p.m.** with Moira from the Medfield Public Library. The book pick for this month is What Alice Forgot by Liane Moriarty. Books will be available at the COA reception desk.



SPECIAL EVENT!

Pilgrims & Plymouth—Abigail by Gail: A Colonial Experience

Thursday, February 29 at 1:45 p.m.

Abigail spends an hour with you in the year of 1620. Discover the religious discipline, emerging leaders, and hardships the Pilgrims endured while living in England and the Netherlands. Learn how Pilgrims managed the dangerous voyage aboard the Mayflower. Acquire insight into how the location of the 1st settlement in New England was determined, how order and democracy were maintained, and why relationships with the Native Americans were essential for survival. Be sure to sign up for this one!



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Joanne & Suzanne O’Halloran In Memory of **Dan O’Halloran**

Barry & Candice Plason In Memory of **Alvin T. Fuller**

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John F. Kennedy In Memory of **Ann Kennedy**

SAVE THE DATE: ANNUAL FOSI YARD SALE, SATURDAY, APRIL 27, 2024

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.

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

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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.
Please don’t combine your yearly \$5 donation for the newsletter with your FOSI donation.**

