

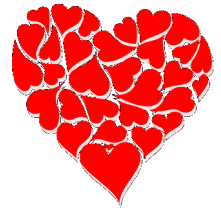
# THE CENTER AT MEDFIELD

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](http://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><b>The CENTER Hair Salon</b></p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p><b><u>The Center Library</u></b> 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><b><u>BREAD AND BAGEL BONANZA</u></b> 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><b><u>AARP</u></b> This program is aimed at low income taxpayers who are having a professional tax preparer would represent a significant increase in their incomes, or more complex professional tax preparation year, so we can serve those with lower incomes.</p>
 <p><b>HOW TO GET BACK ON YOUR FEET PRESENTATION</b></p> <p><b>TUESDAY, FEBRUARY 6 AT 11:30 AM</b></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! <b>GREAT TIPS!</b></p> <p>SIGN UP</p>	<p><b>5. VEGGIE CHILI</b> 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</p>	<p><b>6. SPAGHETTI &amp; MEATBALLS</b> 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><b>7. BBQ PORK</b> 9:00 AARP TAX-AID 9:00 EXERCISE WORKSHOP 9:30 MARKET BASKET MEETING 10:00 MEDITATION 11:00 SCAT /SINGING 11:30 GRAB N GO LUNCH 12:00 WHIST 1:00 CRIBBAGE / POKER 3:00 BINGO</p>
<p><b><u>WINTER WEATHER REMINDER:</u></b></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><b>12. HOT DOG</b> 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</p>	<p><b>13. SALISBURY STEAK</b> 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><b>14. TURKEY DINNER</b> 9:00 AARP TAX-AID 9:00 EXERCISE WORKSHOP 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 / POKER 2:00 CHOCOLATE 3:00 BINGO</p>
<p><b>Historical Society to Present a New Documentary Film—"An Uncommon Education"</b></p> <p>On <b>Monday, February 5 at 7:30 PM at the First Parish Unitarian Universalist Church</b>, 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. <u>This presentation is free and open to the public.</u></p>			

**19. CENTER IS CLOSED**




**20. HONEY MUSTARD CHICKEN**  
9:00 SHAW'S SHOPPING  
10:00 KINGSBURY SWIM  
10:00 \*VALENTINES 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!



**21. STUFFED SHISH KEBAB**  
9:00 AARP TAX-AID  
9:00 EXERCISE WORKSHOP  
9:30 MARKET BASKET MEETING  
10:00 HEARING CLINIC  
10:00 BREAD DISTRIBUTION  
11:00 SCAT/SINGING  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
12:30 MOVIE  
1:00 CRIBBAGE / POKER  
3:00 BINGO

**26. LASAGNA**  
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

**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



**28. CHICKEN BREAST**  
9:00 BEREAVEMENT  
9:00 AARP TAX-AID  
9:00 EXERCISE WORKSHOP  
9:30 MARKET BASKET MEETING  
10:00 MEDITATION  
10:45 OASIS SENIORS  
10:45 CRAFTS WITH  
1:00 SCAT /SINGING  
11:30 GRAB N GO LUNCH  
12:00 WHIST  
1:00 CRIBBAGE / POKER  
3:00 BINGO

WEDNESDAY	THURSDAY	FRIDAY	
<b>TAX-AIDE</b> at low and moderate no would find the cost of I prepare their taxes significant burden. We those with higher complicated returns, use a aration service this e more taxpayers with	<b>1. ROAST TURKEY</b> 9:00 WOODCARVING <b>9:00 SHINE APPOINTMENTS</b> 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING	<b>2. MAC &amp; CHEESE</b> 9:00 VIDEO EXERCISE CLASS 9:00 ROCHE BROS SHOPPING <b>9:00 SELECTMAN'S HOUR</b> 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSSES	<b>SPECIAL DAYS IN FEBRUARY:</b>  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
<b>K RIB</b> PUBLIC HEALTH NURSE DAY <b>DE WITH JOELLYN</b> <b>SKET /COA BOARD</b>  <b>CLASS / BREAD DIST.</b> <b>NG WITH MAGGIE</b> <b>LUNCH</b>  PING PONG / FIT TO KNIT	<b>8. BRAISED BEEF</b> 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	<b>9. STUFFED CHICKEN</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 1:00 CENTER CLOSSES	<b>SATURDAY</b> 9 ZUMBA 9 PING PONG 10:30 LINE DANCING <b>12:00 BINGO</b>
<b>IVAN</b> DE WITH JOELLYN <b>SKET</b> / BREAD DIST. <b>NG WITH BRI</b> <b>NG WITH MAGGIE</b> <b>LUNCH</b>  PING PONG / FIT TO KNIT <b>E TASTING *TICKET REQ.</b>	<b>15. AMERICAN CHOP SUEY</b> 9:00 WOODCARVING 10:00 WALKING GROUP / ZUMBA 11:30 CANASTA 11:30-3 THE CLUB <b>12:00 SHINE APPOINTMENTS</b> 12:30 POKER 1:00 BOWLING <b>1:45 MUSIC WITH JEFF THOMAS</b> <b>**Jeff is a new entertainer for the Center!</b>	<b>16. SALMON WITH CHILI</b> 9:00 VIDEO EXERCISE CLASS 9:00 ROCHE BROS SHOPPING <b>10:00 DIAMOND ART WITH LOIS</b> 10:00 KINGSBURY SWIM 10:00 COFFEE 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSSES	<b>THE CENTER IS CLOSED</b>  <b>SAT., FEB 17</b>
<b>HELLS</b> DE / <b>PODIATRY CLINIC</b> WITH JOELLYN <b>SKET</b> <b>NIC/ MEDITATION</b> IBUTION <b>NG WITH MAGGIE</b> <b>LUNCH</b> <b>NO PUBLIC HEALTH NURSE</b>  NG PONG / FIT TO KNIT	<b>22. PORK LOIN WITH GRAVY</b> <b>8:30 PANCAKE BREAKFAST</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>SIGN UP FOR THE BREAKFAST!</b>	<b>23. CHEESE 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 1:00 CENTER CLOSSES	<b>SATURDAY</b> 9 ZUMBA 9 PING PONG 10:30 LINE DANCING <b>12:00 BINGO</b>
<b>RUSCHETTA</b> <b>NT GROUP</b> DE WITH JOELLYN <b>SKET</b> / BREAD DISTRIBUTION <b>OR ADVISORS</b> <b>TH ANNETTE</b> <b>ING WITH MAGGIE</b> <b>LUNCH</b>  PING PONG/ KNITTING	<b>29. CHEESEBURGER</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>1:45 *** PILGRIMS &amp; PLYMOUTH ***</b> <b>2:00 BOOK CLUB</b> <b>***SPECIAL EVENT-BE SURE TO SIGN-UP!</b>		<b>COLOR KEY FOR CALENDAR</b>  <ul style="list-style-type: none"> <li>SHOPPING TRIPS</li> <li>EXERCISE</li> <li>SPECIAL EVENTS</li> <li>REGULAR PROGRAMS</li> </ul>

## 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 [chrisccarpinokcm@gmail.com](mailto:chrisccarpinokcm@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](mailto: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**

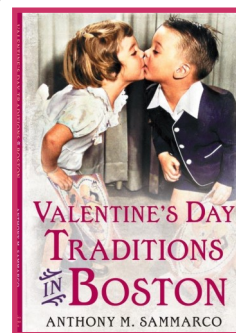
For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan. While we won't delve into BCBS plan details, 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.

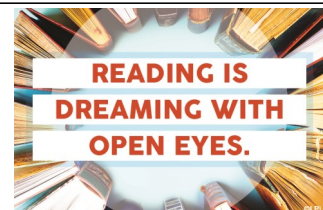


### **MOVIE AT THE CENTER - A Beautiful Day in the Neighborhood**

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!



“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

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

## **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:**

Phyllis Fitzpatrick, Mary Chouinard, Leo Holderried Jr & Susan Fraser

Leo Holderried Jr & Susan Fraser in Memory of **Gay Holderried**

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

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

Barry & Candice Plason In Memory of **Russell Palumbo**

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

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.

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



**OUR NEXT FOSI  
MEETING IS THURSDAY,  
FEBRUARY 8 AT NOON.**

