

# 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



## MARCH 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:** Welcome to March! I'm excited to share we have planned our Annual St. Patrick's Day Supper for Wednesday, March 13, from 5-7 p.m. This event will be catered by Basil with entertainment by Jeff Jarvis. **Registration for Medfield residents begins Friday, March 1 at 9 a.m. and registration for all others outside of Medfield begins on Wednesday, March 6 at 9 a.m.** \$12 per person and payment must be in the form of a check, made payable to "Town of Medfield—COA", Payment is due when you register. Limited spots.

**UPCOMING TRIPS:** Our first monthly trip will begin on April 11 as we head to **Parker's Maple Barn & Averill House Winery. Be sure to sign up, deadline is March 4!** We will be sharing the bus in April with Norfolk COA!

May 23—Covered Bridges

July 24—Lobster Roll Cruise

Oct 23—Turkey Train

Dec 4—Kenny Rogers /Dolly Parton Christmas at Lake Pearl

May 22—Ricky Nelson Remembered

Aug 22—Newport Lighthouse Cruise

October 23—Rod Stewart Tribute

June 20—Nantucket

Sept 12—Salem Cross Inn

Nov 12—Armed Forces Tribute

### Important March Dates:

Monday, March 4, Deadline to call & order the St. Patrick's Grab-N-Go Corned Beef Special for 3/14. Details inside.

**Monday, March 4, No access to dining hall for activities and programs. Election set up begins.**

**Tuesday, March 5, NO PROGRAMS. ELECTION DAY.** If you need transportation to vote, please call the Center.

Wednesday, March 6, Movie at the Center at 12:30 - \$4 donation per person. Cheese Pizza and water will be served.

Friday, March 8, 10 a.m., Coffee and Conversation with Medfield Police.

**Sunday, March 10, DAY LIGHT SAVINGS BEGINS. Remember to set your clocks ahead 1-hour Saturday night.**

Monday, March 11, Bus trip to Botanical Towers with Lois; details inside-limited spots!

Tuesday, March 12, 9 a.m., Veterans Coffee Hour with Melissa Bingham.

Wednesday, March 13, St. Patrick's Day Supper, \$12 per person. Registration opens to Medfield Residents on Friday, March 1 at 9 a.m. Opens to all others outside of Medfield on Friday, March 8 at 9 a.m.

Wednesday, March 13, Garden Club presentation, opens to public at 10:00 a.m. AND Card Making with Bri at 10:45 a.m. Thursday, March 14 at 1:45 p.m., Music with Patrick Durkin and an ice cream social.

Wednesday, March 20, Hearing Clinic from 10 a.m. - 12:00 p.m. & 3:30 Tech Support with Montrose Students.

Thursday, March 21, Dine and Discover with Wingate, limited to 25.

**Friday, March 22, No Access to the Dining Hall, No Coffee & Conversation.** Exercise Classes held in classrooms.

**Saturday, March 23 —CLOSED**

**Monday, March 25, NO PROGRAMS, TOWN ELECTION—COA IS CLOSED**

Tuesday, March 26, Dovetail Presentation at 2:00 p.m.

Wednesday, March 27, Bereavement group at 9 a.m., Crafts with Annette at 10:45 a.m., Caregiver Support Group at 6 P.M. Thursday, Friday, March 28, Book Club at 2 P.M.

Join Us "Welcoming Native Plants and Insects to Your Garden"  
March 13, 2023 at 10:00 a.m.



Please join the Medfield Garden Club on Wednesday, March 13th at 10 a.m. at The Center for a very informative gardening program about native plants and insects. One of the best reasons to grow native plants is to provide food and habitat for native insects in our gardens. Our featured speaker, Rebecca Warner, will describe choosing beautiful plants to attract beneficial insects and pollinators and will explain how you can strike the right balance of insects in your garden. You will also learn some truths about native plants, the good citizens and thugs, as well as some garden-maintenance tricks to make your yard hospitable to the right insects. Rebecca is a home gardener in Newton with 35-years of experience working to make a sustainable garden that is beautiful and environmentally friendly. She is the author of "The Sustainable-Enough Garden" which is the story of her quest to make a beautiful garden that is environmentally-friendly. Admission at the door for non-members will be a \$5 donation. Members are free.

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

March 6 - Chicken Salad

**March 13 - SPECIAL CORNED BEEF** *\*\*must order by March 4 for this special.*

March 20 - Seafood Salad

March 27 - Ham and Cheese

Call on Monday morning by 9 a.m. to order your Grab-N-Go meal for Wednesday. \$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, March 1 from 9-10:00 a.m.** for any community concerns/ideas you have.

**Social Security/Financial Consultation** - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.

**RMV Near Me** – The COA is offering RMV online services. The COA has information on requirements for the Real I.D. which can be picked up at the Center or mailed out, if requested.

**Veteran Service Office Hours** - Melissa Bingham will be at the Center **Tuesday, March 12 from 9-10 a.m.** Melissa can also be reached at 508-906-3025

**Fuel Assistance** — If you need assistance or have questions regarding Fuel Assistance, please call Susan Longmoore at 508-359-3665.

**Legal Clinic** - Attorney Julie Ladimer will be available for free, 15-minute in-person consultations on **Tuesday, March 12 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 **Wednesday, March 28 at 6:00 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 a.m.  
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.  
**Mah Jong**—**Tuesdays at 1:00 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.

## **OUTREACH WITH SUSAN LONGMOORE**

### SAND FOR SENIORS UPDATE

We hope the buckets of sand were helpful over these winter months. We are thankful to the Medfield Fire department and the Medfield DPW for filling and delivering these buckets of sand. Regarding the actual five-gallon buckets from Will's hardware, once winter is over, we hope to collect these buckets to use them again next year for this program. We can either have these picked up from your house from the fire department or when you come to the senior center you could bring them. Please, if there is still sand inside the bucket, let the fire department collect them as they could be heavy. Please let Susan know your preference, if you would like the Fire department to pick these up, or if you plan on bringing them into the Center.

### 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, March 20 from 10 a.m. - 12 p.m. Sign up for a free 20-minute consult. Limited appointments available.

### CAREGIVER SUPPORT GROUP

This monthly group will be meeting this month on **Wednesday, March 27 at 6:00 p.m.** For more information please call Susan Longmoore at 508-359-3665 x 203. This group is open to all. \*\*PLEASE NOTE THE NEW TIME.

### BEREAVEMENT GROUP WITH KATHY MCDONALD

**Wednesday, March 27 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. We ask that you please sign up by calling the Center at 508-359-3665 if you'll be attending.

### **DOVETAIL COMPANIES PRESENTATION MARCH 26 AT 2:00 P.M.**

**Join us for a special presentation from Dovetail Companies and Veronica Viveiros, Esq. for a workshop on end-of-life planning on March 26 at 2:00 p.m.**

They will assist you to craft a unique end-of-life plan that includes: Your end-of-life wishes, your care options, who you want by your side and how you want to be honored. You will receive an individualized end-of-life (EOL) planning worksheet. There will be a discussion on how to avoid unwanted tax implications after death with proper estate-planning. Please sign up.



### **The HomeBound Program at Medfield Public Library**

Attention, Medfield Public Library patrons! If you wish to borrow library materials, but are unable to visit the library in person, fear not! The HomeBound program is here for you. Every Tuesday, we deliver and/or pick up your materials. All you need is your library card. If you (or someone you know) could use this service, please call 508-359-4544 and ask for Corey. She looks forward to hearing from you!

	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>COLOR KEY FOR CALENDAR</b></p> <ul style="list-style-type: none"> <li>• <b>SHOPPING TRIPS</b></li> <li>• <b>EXERCISE</b></li> <li>• <b>SPECIAL EVENTS</b></li> <li>• <b>REGULAR PROGRAMS</b></li> </ul>	<p><b>ROMEO OUTING THURSDAY, MARCH 7</b></p> <p>Sign up to join Dennis for a guys luncheon at Victory Lane in Millis! We will leave the Center at 11:45. Space is limited to 10. Menu available online.</p>	<p><b>JULIET L THURSDAY</b></p> <p>Join Sarah as we have ladies luncheon at the Medway. Menu available online. Space is limited to 10.</p>
 <p><b>Improve Your Watercolor Skills with Nan Rumpf</b></p> <p>Fridays from 10:30 to 12:30 March 22, 29 April 5, 12, May 3, 10</p> <p>Join us as we explore some of the following watercolor techniques and possibilities: making use of color temperature, mingling colors, exploring a variety of glazes and washes, choosing a format, the importance of value, mixing grays, using sedimentary colors, establishing unity with a mother color. Demos and handouts will be provided by the instructor. Bring your own watercolor materials and ask for a materials list from the reception desk when you sign up. \$60 for the 6 classes.</p> <p><b>LIMITED SPOTS!</b> Payment due when registering.</p>	<p><b>4. AMERICAN CHOP SUEY</b></p> <p>9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING GROUP 10:00 FITNESS FUN - IN CLASSROOM 10:00 KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING-IN CLASSROOM 1:30 POKENO 1:30 CORE BALANCE - CLASSROOM 7:00 HANNAH ADAMS BRIDGE-NO</p> <p><b>11. CHICEKEN FAJITAS</b></p> <p>9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING GROUP <b>10:00 BOTANICAL GARDENS TRIP</b> 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</p> <p><b>18. MEDITERRANEAN CHICKEN</b></p> <p>9:15 <b>SHAWS SHOPPING</b> 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>25. BBQ PORK PATTY</b></p> <p>9:00 <b>SHAWS SHOPPING</b></p> <p><b>TOWN ELECTION</b></p> <p><b>COA IS CLOSED FOR PROGRAMS</b></p>	<p><b>5. PORTUGUESE CHICKEN ELECTION AT THE CENTER</b></p> <p><b>THE CENTER IS CLOSED FOR PROGRAMS TODAY</b></p> <p><b>12. MEATLOAF</b></p> <p>9:00 <b>VETERANS COFFEE HOUR</b> 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 <b>LEGAL CLINIC BY APPT. ONLY</b></p> <p><b>19. SWEDISH MEATBALLS</b></p> <p>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</p> <p><b>26. ORANGE CHICKEN</b></p> <p>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 <b>DOVETAIL COMPANIES</b></p> <p>***SPECIAL EVENT-BE SURE TO SIGN-UP!</p>	<p><b>6. BEEF &amp; BRO</b></p> <p>9:00 <b>AARP TAX-AID</b> 9:00 EXERCISE W/ 9:30 MARKET BAS 10:00 MEDITATION C 11:00 SCAT /SINGIN 11:30 <b>GRAB N GO</b> 12:00 WHIST 12:30 <b>MOVIE</b> 1:00 CRIBBAGE / P 3:00 <b>BINGO</b></p> <p><b>13. BAKED MA</b></p> <p>9:00 <b>AARP TAX-AID</b> 9:30 MARKET BAS 10:00 <b>GARDEN CL</b> 10:45 BREAD DISTR 11:00 <b>CARD MAKIN</b> 11:30 SCAT /SINGIN 12:00 <b>GRAB N GO</b> 1:00 WHIST 1:00 CRIBBAGE/ P 3:00 <b>BINGO</b> 5:00 <b>ST PATRICK</b></p> <p><b>20. BEEF STEW</b></p> <p>9:00 <b>AARP TAX-AID</b> 9:00 EXERCISE W/ 9:30 MARKET BAS 10:00 <b>HEARING CL</b> 10:00 BREAD DISTR 11:00 SCAT/SINGIN 11:30 <b>GRAB N GO</b> 1:00 CRIBBAGE/ P 3:00 <b>BINGO</b> 3:30 <b>TECH SUPPORT</b> 6:00 <b>ANCESTRY</b></p> <p><b>27. SHEPHERD'S</b></p> <p>9:00 <b>BEREAVEMENT</b> 9:00 <b>AARP TAX-AID</b> 9:00 EXERCISE W/ 9:30 MARKET BAS 10:00 <b>CRAFTS WIT</b> 10:45 BREAD DISTR 11:00 SCAT /SINGIN 11:30 <b>GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE / P 3:00 <b>BINGO</b> 6:00 <b>CAREGIVER</b></p>

**FOSI ANNUAL YARD SALE IS SET FOR SATURDAY, APRIL 27, 2024**

Save the date! We would love your donated items.  
Items can be dropped off at the Center beginning Monday, April 22 – Friday, April 26.  
No clothing or electronics.  
Volunteers are needed, please sign up if you plan on helping.  
Thank you!

CH 2024



MONDAY

LUNCHEON  
Y, MARCH 28

we venture out for a  
to Hang Tai Too in  
is available online.  
limited to 10!

OCOLI  
DE  
TH JOELLYN  
KET /BOARD MTG  
CLASS / BREAD DIST.  
NG WITH MAGGIE  
UNCH  
  
PING PONG / FIT TO KNIT

AC & CHEESE  
DE / EXERCISE -JOELLYN  
SKET  
UB / MEDITATION PUBLIC  
HEALTH  
G WITH BRI  
NG WITH MAGGIE  
LUNCH  
  
PING PONG / FIT TO KNIT  
S DAY SUPPER \$12 PP

DE  
TH JOELLYN  
KET  
NIC / MEDITATION  
IBITION  
G WITH MAGGIE  
UNCH / 12:00 WHIST  
NG PONG / FIT TO KNIT  
ORT WITH MONTROSE

S PIE  
NT GROUP  
DE  
TH JOELLYN  
SKET  
RIBUTION  
H ANNETTE  
NG WITH MAGGIE  
LUNCH  
  
PING PONG/ KNITTING  
3:30 TECH SUPPORT  
SUPPORT GROUP

THURSDAY



### ICE CREAM SOCIAL

JOIN US FOR AN ICE CREAM  
SOCIAL AND MUSIC  
ENTERTAINMENT WITH  
PATRICK DURKIN AT 1:45  
THURSDAY, MARCH 14



FRIDAY

### 1. SEAFOOD NEWBURG

9:00 VIDEO EXERCISE  
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

SATURDAY

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

### 7. TURKEY ALA KING

9:00 WOODCARVING  
9:00 SHINE APPOINTMENTS  
10:00 WALKING GROUP  
10:00 ZUMBA  
11:30 CANASTA  
11:30-3 THE CLUB  
11:45 ROMEO LUNCHEON  
12:00 FOSI  
12:30 POKER

### 8. WG STUFFED SHELLS

9:00 VIDEO EXERCISE  
9:00 ROCHE BROS SHOPPING  
10:00 KINGSBURY SWIM  
10:00 COFFEE WITH  
MEDFIELD POLICE  
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

### 14. CORNED BEEF & CABBAGE

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

### 15. SPINACH FETA OMELET

9:00 VIDEO EXERCISE  
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

### 21. BEEF HOT DOG

9:00 WOODCARVING  
10:00 WALKING GROUP  
10:00 ZUMBA  
11:30 CANASTA  
11:30-3 THE CLUB  
12:00 DINE & DISCOVER WITH WINGATE  
12:00 SHINE APPOINTMENTS  
12:30 POKER  
1:00 BOWLING

### 22. TUNA SALAD NO ACCESS TO DINING HALL

9:00 VIDEO EXERCISE - CLASSROOM  
9:00 ROCHE BROS SHOPPING  
10:00 KINGSBURY SWIM  
10:00 COFFEE  
10:00 TAI CHI  
10:30 WATERCOLOR CLASS  
11:00 CORE BALANCE  
1:00 CENTER CLOSES

SATURDAY

CLOSED FOR  
ELECTION  
SET UP

### 28. TURKEY WITH GRAVY

9:00 WOODCARVING  
10:00 WALKING GROUP  
10:00 ZUMBA  
11:30 CANASTA  
11:30-3 THE CLUB  
12:30 POKER  
1:00 BOWLING  
2:00 BOOK CLUB



### 29. SALMON

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

SATURDAY

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

### MONTHLY BOOK CLUB MEETING

This monthly group will meet at the Center on  
**Thursday, March 28 at 2:00 p.m.** with Moira  
from the Medfield Public Library. The book-pick for  
this month is The Rose Code by Kate Quinn. Books  
will be available at the COA reception desk.

### CRAFTERS CORNER

**Join Bri on Wednesday, March 13 at 10:45 a.m.** for card-making. This is a FREE event; however space is limited and sign up is required for materials.

**Join Annette on Wednesday, March 27 at 10:45 a.m.** for a craft. More information about this craft and fee will be posted on the sign-up sheet. Space is limited; sign up early!

### ANCESTRY WED., MARCH 20 AT 6 P.M.

Genealogy is a way to keep family history. This presentation will show you what should be important information for your family to know. What is the connection to history, what were ancestors' occupation, and where relatives are living now. This session is for beginners and intermediate level researchers. There will be hand-outs and questions and answers. The presenter, Seema Kenney is an author and educator and will definitely peak your interest. Be sure to register for this session.

### \* NEW \* TECH SUPPORT WITH MONTROSE STUDENTS

Beginning Wednesday, March 20, 3:30-4:30 p.m.

Please sign up so we can plan accordingly. This is a FREE WEEKLY program! Come in with your phones, and ipads. Great opportunity to be taught something you may not know yet about your phone.

## 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 March support group will meet on Wednesday, March 27 at 6 p.m. Please call the reception desk to register.

### 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](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.

Kick off your St. Patrick's Day celebration by walking or running a 5K to benefit HESSCO! Register for the 13th annual Mick Morgan's 5K for HESSCO. This fun race starts and finishes at Mick Morgan's Irish Pub in Sharon on Saturday, March 16 and raises funds for HESSCO programs such as Meals-on-Wheels and home-care services. Sign up at [www.hessco.org](http://www.hessco.org).

## **MOVIE AT THE CENTER** **Wednesday, March 6 at 12:30 p.m.**

Join us for an afternoon pizza lunch while we watch *QUEEN BEES!* *While her house undergoes repairs, a fiercely independent widow (Ellen Burstyn) stays at the nearby retirement community and realizes it is like high school all over again: full of flirting, mean girls, and maybe another chance at love in this comedy about second chances and staying young at heart.*



Cheese pizza and water will be served. \$4 per person donation. Please register in advance as seating is limited and pizza will be ordered. Mark your calendars today; you don't want to miss this!



## **COFFEE WITH A MEDFIELD POLICE OFFICER** **FRIDAY, MARCH 8**

Stop in for coffee and conversation at the Center on Friday, March 8 at 10:00 a.m. and chat with a Medfield Police officer. This is a drop-in; no need to register in advance! Hope to see you all then!

## **NE Botanical Garden at Tower Hill—ESCAPE TO THE TROPICS** **Meet at the Center at 10 AM—Return by 4 PM Cost \$20 pp**

The Garden's two subtropical conservatories feature a collection of mostly potted plants with numerous blooms and cozy spaces to explore. Visitors are encouraged to enjoy a lunch, read a book, or even bring some supplies to paint or sketch.

At 55 - 65°F, the Limonaia, or Lemon House, maintains a cooler seasonal temperature than its counterpart, the Orangerie. The Limonaia houses the Garden's camellias (*Camellia japonica*), many of which are from the Isabella Stewart Gardner collection, as well as date palms, cycads, lemon trees, and other collection plants that prefer a slightly cooler, less humid atmosphere.

The Orangerie maintains balmy temperatures that make it the perfect home for our collection of citrus trees and shrubs. The glass conservatory is home to seven Versailles boxes, along with two vines—giant Dutchman's pipe (*Aristolochia gigantea*) and Jade vine (*Strongolodon macrobotrys*)—and a number of plants planted directly into the floor of the building such as the lacy tree philodendron (*Thaumatophyllum bipinnatifidum*) and split-leaf philodendron (*Monstera deliciosa variegata*). In the earlier months of the year, visitors may catch the sweet scent of the Garden's coconut orchid (*Maxillaria tenuifolia*) as they explore the plants of this conservatory. At the Garden's annual orchid exhibition, immerse yourself in bright colors, bold designs, and vibrant patterns that celebrate the artistry of orchids. Patterns-in-Bloom showcases thousands of living orchids displayed in artful arrangements as well as the imaginative sculptural work of artist Molly Gambardella. Experience the creative wonder of this breathtaking orchid exhibition during daytime hours or through an exciting lineup of special events, including our Orchids-After-Dark series.

Lunch will be available for you to purchase at the Farmer & Fork Café. Options include soups, salads, sandwiches, beverages and wine. The gift shop includes books, seeds, tools, gifts, lotions, soaps, jewelry, souvenirs, etc.

**Limited to 14! Sign up begins on March 1 at 9:00 a.m.**

## **ST. PATRICK'S DAY SUPPER CLUB**



Another St. Patrick's Day Dinner has been planned! Sign up to enjoy a delicious and traditional corn beef dinner catered by Basil Restaurant on **Wednesday, March 13, from 5-7 P.M.** Entertainment will be provided by Jeff Jarvis. The cost of this event is \$12 per person and payment is due upon registering. Limited spots! Please make checks made payable to "THE TOWN OF MEDFIELD—COA".

**Registration for Medfield residents begins on Friday, March 1 at 9:00 a.m.**

**Registration for all others outside of Medfield begins on Wednesday, March 6 at 9:00 a.m. including waitlist.**

## **DINE & DISCOVER ONE WINGATE WAY EAST AT THE CENTER** **THURSDAY, MARCH 21 - 12:00 P.M.**

Join us for a Dine & Discover about One Wingate Way East, Wingate's newest addition! One Wingate Way East is a luxury, boutique-style Independent Living Community in Needham. Enjoy lunch straight from WINGATE while you learn how you can join our exclusive Premier Club. Be sure to sign up; limited spots available.

“Successful Aging  
Through Senior  
Wellness”

## **SERVICES**

Information  
Outreach  
Nutrition  
Transportation  
Advocacy  
Health Clinics  
Monthly Newsletter  
Daily Activities  
Computers  
Exercise Classes  
Yoga  
Tai Chi  
Card Games  
Craft classes  
Tax Work-Off  
Program  
Equipment Loans  
Supper Club  
Book Clubs  
Lending Library  
Supportive Day  
Trips  
Social Events  
Book Groups

## **COUNCIL ON AGING STAFF**

**Director:** X202

Sarah Hanifan 508-359-3665  
FAX 508-359-4810  
shanifan@medfield.net

**Outreach Coordinator** X203

Susan Longmoore  
slongmoore@medfield.net

**Volunteer Coordinator:** X201

Lois Abramo  
labramo@medfield.net

**Transportation:** X200

Dennis Bates  
dbates@medfield.net

**The Club Staff:** X200

Dianne Croteau,  
Program Coordinator  
dcroteau@medfield.net

Ann Hunter, Activities

Ahunter@medfield.net

**HESSCO Site Manager** X211

Arlene DiDonato

**HESSCO**

781-784-4944

## **COUNCIL ON AGING BOARD**

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

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

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

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:**

Barbara Armstrong, Alison O’Neil, Pamela Wilkey, Yong Suk Jung, Helga Urban, Lucia Chandra, Laura Parker,  
Gail & Ralph Powers, Alice Powers

Linda Morse In Memory of **Kay Regan**

Mr. & Mrs. James Regan In Memory of **Kay Regan**

Thomas Bohn In Memory of **Linda A. Bohn**

Susan A. Oberlander In Memory of **Anna Norton**

Thomas O’Sullivan and Karen Cassetta In Memory of **Micheline O’Sullivan**

## **BRICK DONATION**

Alice Powers for Janis Mercadante

## **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.**

