

# THE CENTER AT Medfield



## OCTOBER HAPPENINGS

### Registration begins Tue. Oct 1

- Thursday Walking Group 10am
- 10/1 HESSCO Age Well conference (offsite) 9 a.m.- 2:30 p.m. **AND** Let's Write Program at 2:15PM
- 10/2 Dovetail Presentation 10:30 **AND** Tech Time starts at 3:30
- 10/3 SHINE Appts. 9-12
- 10/7 Casino Trip at 11AM
- 10/8 Veterans Coffee at 9AM **AND** Legal Clinic appt only 2PM
- 10/9 New 1:1 Consults with Medfield Outreach 10AM **AND**
- SCAMS presentation at 10:30 **AND** Birders big year at 5:30PM
- 10/10 Music at 1:45PM
- **10/14 COA IS CLOSED**
- 10/16 COA Health Fair 10-12
- 10/16 1:30 Movie
- 10/17 JULIET lunch at 11:45 **AND** SHINE by appt. only 12-3 **AND** Music at 1:45pm
- 10/18 SHREDDING EVENT 9:30-12:30—open to all
- 10/21 Hearing Clinic 10:30-12:30
- **10/22-10/23 NO Transportation**
- 10/29 Caregiver Support 2pm
- 10/30 Ask The Expert -10:30AM **AND** ROMEO lunch at 11:45 **AND** Medicare Plans Present. 5:30pm
- 10/31 Pizza Party 12:30, 1:45 Creepy Crawlers, 2pm Book Club Club

## CENTER HOURS

### MONDAY—THURSDAY

9:00 a.m. — 4:00 p.m.

### WEDNESDAY

9:00 a.m. — 7:00 p.m.\* varies

### FRIDAY

9:00 a.m. — 1:00 p.m.

**SATURDAY— 9:00 A.M. — 3:00 P.M.**



## SENIOR TAX WORK-OFF PROGRAM

The Senior Tax Work-Off Program is open to senior citizens (60 years or older) who own property and pay real estate taxes in the Town of Medfield. Participants will be expected to complete 67 hours of service in the program year, which runs from November 1, 2024 – October 18, 2025. A \$1,000 property tax credit minus any required withholdings will be applied to the participant's actual real estate bill, due Feb 1, 2026 and May 1, 2026. **Program Requirements:** Participants **MUST** work the required 67 hours of service in order to receive the total tax credit. Partial credit **WILL NOT BE** allowed for any reason for hours worked less than the required 67 hours. The Town of Medfield, based on need, may place the participant in more than one job in order to fulfill the number of hours. An information session will be offered for all new participants. **Eligibility Criteria:** Age: Applicants must be 60 years of age as of the annual eligibility date of October 1, 2024. No PAID town or school employee is eligible to participate in the program. Elected officials serving on any town board, committee or commission are ineligible. Ownership and residency: Applicants must be a resident of the Town of Medfield and must own (as the assessed owner of record) and occupy (as their domicile) the property. If the property is owned by a trust, the applicants must have legal title, i.e., must be one of the trustees listed on the deed. Applicants who are a holder of a valid Life Estate will meet the ownership requirements as defined by senior exemption and trust laws. Life Estate designation must be listed on the deed. Any outstanding property taxes must be paid in full by November 1, 2024 in order to participate in the program. **Applications will be available at the Center on Tuesday, October 1, 2024. Completed applications are due back to the COA by Monday, October 28, 2024.**

# WEEKLY EXERCISE PROGRAMS

## MONDAY FITNESS FUN

**MONDAYS / 10:00 A.M. / COST: \$5.00**

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

**MONDAYS / 12:00 P.M. / COST: \$3.00**

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

## MONDAY CORE BALANCE

**MONDAYS / 1:30 P.M. / COST: \$5.00**

Join Jeanne Donnelly's Core-Balance Class. 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

**TUESDAYS / 9:30 A.M. / COST: \$5.00**

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 MAT YOGA

**TUESDAYS / 10:30 A.M. / COST: \$5.00**

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing.

## STRENGTH, BALANCE & MORE

**WEDNESDAY / 9:00 A.M. / COST: FREE**

**FREE exercise class with Joellyn. Come check out this NEW Class beginning on October 23!**

## WEDNESDAY MEDITATION CLASS

**WEDNESDAYS / 10:00 A.M. / COST: 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

**THURSDAYS / 10 A.M.**

Join the group for exercise, conversation and a few good laughs! They walk at all different paces. **\*NEW TIME!**



## THURSDAY ZUMBA GOLD

**THURSDAYS / 10:00 A.M. / COST: \$5.00**

Lourdes Fournier keeps you moving with the Latin dance exercise you know as Zumba! This workout will use every muscle, and you will have fun doing it. Lourdes will keep your hips moving as you exercise to upbeat, energizing music.

## FRIDAY VIDEO CHAIR EXERCISE

**FRIDAYS / 9:00 A.M. / COST: FREE**

FREE exercise video class using weights and aerobics.

## FRIDAY TAI CHI

**FRIDAYS / 10:00 A.M. / COST: \$5.00**

Join our Tai Chi class with Jeanne Donnelly. Jeanne will take you through the slow, gentle-healing exercise that is ideal for seniors in reducing stress and stiffness, increasing and stabilizing weak muscles (core/abdominal muscles), and teaches the body new strategies for keeping itself upright.

## FRIDAY CORE BALANCE

**FRIDAYS / 11:00 A.M. / COST: \$5.00**

Join Jeanne Donnelly's Core-Balance Class. This class is so popular on Mondays we had to add another day!

## SATURDAY ZUMBA

**SATURDAYS / 9:00 A.M. / COST: \$5.00**

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

## SATURDAY LINE DANCING

**SATURDAYS / 10:30 A.M. / COST: \$3.00**

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!

## SENIOR SWIM AT KINGSBURY CLUB

**MONDAYS, TUESDAYS AND FRIDAYS.**

**10:00 A.M. / COST: \$5.00**

Sign in at The Center, then head over to the Kingsbury Club with your scan card with \$5 fee.

## QUILTING FUN

**MONDAYS AT 9:30 A.M. / COST: FREE**

Join us in our large craft room for a social quilting/ sewing morning. Quilting is a fantastic way to strengthen personal relationships, make new friends and engage your brain. A quilting project involves choosing patterns, fabrics, and colors you like. And because it's tactile and hands-on, it helps crafters maintain hand-eye coordination, finger strength, and dexterity. Additionally, crafting has been proven to reduce depression and chronic pain, as well as to protect the brain from age-related damage.

## GREAT COURSES DVD LECTURES

**MONDAYS AT 11:00 A.M. / COST: FREE**

Join this group and never stop learning with enriching *courses* by the world's *greatest* professors and experts on history, science, religion, health, travel, and more. Stop in to see what this month's topic is. Be sure to register for seating purposes.

## MAH JONGG

**TUESDAYS AT 1:00 P.M. / COST: FREE**

Mah Jongg is a tile-based game that was developed in the 19th century in China. It is played by four players. Skills: tactics, observation, memory and adaptive strategies; come learn how to play!

**NEW PLAYERS: LESSONS BEGIN 10/21—FULL**

## FIT TO KNIT—KNITTING GROUP

**WEDNESDAYS AT 1 P.M.**

Social knitting group. Drop-in program. We have needles and yarn to get you started.

## WOODCARVING

**THURSDAYS AT 9 A.M.**

Social woodcarving group. Coffee provided! No instructor, group learns from one another. Drop-in and see what this great hobby is all about.

## BOWLING—PLAYERS NEEDED!

**THURSDAYS AT 1 P.M.**

The Center has a bowling league that gathers every Thursday at Ryan Family Amusement in Millis. Payment will be made at Ryan Family Amusement. \$13.50 includes shoes and bowling.

## MONTHLY VETERANS COFFEE

**TUESDAY, OCTOBER 8 AT 9 A.M.**

Come enjoy coffee and updates with Medfield's Veterans Service Officer, Ian Rogers. Coffee will be available.



## JOIN US FOR BINGO—ALL WELCOME!

- **WEDNESDAYS AT 3:00 P.M.**
- **SATURDAYS AT 12:00 P.M.**

## BRAIN GAMES

**TUESDAYS AT 1:30 P.M. / COST: FREE**

Join our Brain Exercise class 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!

## LET'S WRITE – CREATIVE WRITING

**TUESDAYS AT 2:15 P.M. / COST: FREE**

Join Lois for tips and tricks on writing. It can be your story or a poem. Please bring a notebook and your choice of pen or pencil to write with.

## CARD GAMES AT THE CENTER

**MONDAYS**

3-13 AT 12:00 P.M.

POKENO AT 1:30 P.M.



**WEDNESDAYS**

SCAT AT 11:00 A.M.

WHIST AT 12:00 P.M.

CRIBBAGE AT 1:00 P.M.

**TUESDAYS**

DUPLICATE BRIDGE AT 12:00 P.M.

**THURSDAYS**

CANASTA AT 11:30 A.M.

POKER AT 12:30 P.M.

## BOOK CLUB AT THE CENTER

**THURSDAY, OCTOBER 31 AT 2 P.M.**

Join Moira for our Monthly Book Club here at The Center.



## CRAFTERS CORNER

**CARDS WITH BRI**

**Wednesday, October 9 at 10:45 A.M.**

Join Bri as she teaches us how to create a fall pop-up greeting card. This is a free class. Sign up required!

**CRAFTING FUN—DRAWING WITH ELIZABETH**

**Wednesday, October 30 at 10:45 A.M.**

Join Elizabeth for a NEW Drawing Class! Materials Provided. Cost: \$3



MONDAY	TUESDAY	WEDNESDAY
<b>TECHNOLOGY HELP</b> The <u>Montrose High School Technology Club</u> will be joining us on Wednesdays from 3:30 – 5:30. Sign up for an appointment for help with your Phones, IPADS or laptops. Sign up sheet and more details available at desk. Thank you Montrose! <b>WE ♥ OUR VOLUNTEERS</b>	<b>1. ASIAN MEATBALLS</b> 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 WRITING YOUR STORY  <b>HESSCO CONFERENCE –OFFSITE</b>	<b>2. FISH SANDWICH</b> BP Clinic—10-12 9:00 VIDEO EXERCISE 9:30 COA BOARD MEETING 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10:30 DOVETAIL PRESENTATION 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 3:00 <b>BINGO</b> / 3:30 TECH TIME 6:00 <b>INTRO TO MEDICARE</b>
<b>7. WHITE BEAN CHICKEN CHILI</b> 9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGBURY SWIM 11:00 PLAINVILLE CASINO TRIP 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	<b>8. MEATLOAF</b> 9:00 VETERANS COFFEE HOUR 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 <b>LEGAL CLINIC BY APPT</b> 2:15 WRITING YOUR STORY	<b>9. TERRYAKI CHICK,</b> BP Clinic -10-12 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10-12 MEDFIELD OUTREACH 1:1'S 10:30 TRI-COUNTY PRESENTS SCAMS 10:45 CARDS WITH BRI 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG 1:00 FIT TO KNIT 3:00 <b>BINGO</b> / 3:30 TECH TIME 5:30 <b>BIRDERS BIG YEAR</b>
<b>14. COA IS CLOSED</b> 	<b>15. TURKEY POT PIE</b> 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 WRITING YOUR STORY	<b>16. BAKED COD</b> 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10-12 <b>HEALTH FAIR—COME DOWN!</b> 10:00 MEDITATION / BREAD DIST. 11:00 SCAT 11:30 <b>GRAB N GO</b> 12:00 WHIST <b>1:30 MOVIE *NEW TIME!</b> 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 <b>BINGO</b> / 3:30 TECH TIME
<b>21. BBQ HAMBURGER</b> 9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN / KINGSBURY SWIM 10:30 <b>HEARINIG CLINIC BY APPT</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1-3 MAH JONGG LESSONS –FULL 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	<b>22. CHICKEN &amp; CORN STEW</b> 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 WRITING YOUR STORY  <b>NO TRANSPORTATION</b>	<b>23. HAWAIIAN MEATBALLS</b> 9:00 STRENGTH, BALANCE & MORE 9:30 <b>MARKET BASKET—CANCELLED</b> 10:00 MEDITATION / BREAD DIST. 10-12 MEDFIELD OUTREACH 1:1'S 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 <b>BINGO</b> / 3:30 TECH TIME  <b>NO TRANSPORTATION</b> BP Clinic—10-12
<b>28. CHICKEN &amp; GRAVY</b> 9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN /KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1-3 MAH JONGG LESSONS –FULL 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	<b>29. PORK LO MEIN</b> 8:30 <b>FRENCH TOAST BREAKFAST</b> 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 <b>CAREGIVER SUPPORT GROUP</b> 2:15 WRITING YOUR STORY	<b>30. SALISBURY STEAK</b> BP Clinic—10-12 9:00 STRENGTH, BALANCE & MORE 9:30 <b>MARKET BASKET</b> 10:00 MEDITATION / BREAD DIST. 10:30 <b>ASK THE REAL ESATE EXPERT</b> 10:45 CRAFTING FUN WITH ELIZABETH 11:00 SCAT <b>11:30 GRAB N GO</b> 11:45 <b>ROMEO</b> / 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 <b>BINGO</b> / 3:30 TECH TIME 5:30 <b>BCBS MEDICARE PLANS</b>

**SHOPPING TRIP REMINDER: 3 bag MAXIMUM per person. Our new bus has less storage space. Thank you!**

THURSDAY	FRIDAY
<b>3. CHICKEN CACCIATORE</b> 9:00 WOODCARVING 9:00 SHINE APPOINTMENTS 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MTG 12:30 POKER 1:00 BOWLING	<b>4. BEEF TACO</b> 9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 9:00 SELECTBOARD PETERSON HOUR 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>10. ROAST TURKEY</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 1:45 MUSIC W/ JEFF THOMAS	<b>11. SPINACH OMELET</b> 9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>17. AMERICAN CHOP SUEY</b> 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 11:45 JULIET LUNCHEON 12:00 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING 1:45 MUSIC W/ CHRIS CARTER	<b>18. HONEY MUSTARD CHICKEN</b> 9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 9:30-12:30 SHRED TRUCK AT COA 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>24. ROAST PORK</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>25. MAC &amp; CHEESE</b> 9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>31. SPOOKY SHEPHERDS PIE</b> 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 12:30 HALLOWEEN PIZZA PARTY 1:00 BOWLING 1:45 CREEPY CRAWLERS 2:00 BOOK CLUB MEETING 	 <p><b>The CENTER Hair Salon</b></p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>

## SENIOR SANDWICHES: GRAB-N-GO LUNCH

### WEDNESDAYS

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

Oct 2 - Chicken Salad  
 Oct 9 - Turkey and Cheese  
 Oct 16 - Seafood Salad  
 Oct 23 - Ham and Cheese  
 Oct 30 - Tuna Fish

Please call on Monday morning  
by 9 a.m. to order your  
Grab-N-Go meal. All meals are  
served with a side, a bag of  
chips and water.  
\$3 suggested donation to  
HESSCO **508-359-3665**

## BREAD DISTRIBUTION

**Mondays** after 9:30 a.m.  
Shaw's products

**Wednesdays** after 10:00 a.m.  
Shaw's, Donut Express,  
Brother's Market and Blue  
Moon.

**Fridays** after 11:00 a.m.  
Roche Bros-Millis

Stop in to shop what is  
donated!

## SATURDAYS

The Center is open most  
Saturdays. **We are CLOSED,  
Sat. Oct 12.** Please call ahead  
to confirm. All programs are  
drop-in. (508) 359-3665.

### Regular Saturday Schedule

9:00 a.m. - Zumba Class  
 9:00 a.m. - Ping Pong  
 10:30 a.m. - Line Dancing  
 12:00 p.m. - **BINGO**

### COLOR KEY FOR CALENDAR

- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS

*"Fall is a reminder that change can be beautiful" - Unknown*

## OUTREACH & SUPPORT PROGRAMS

# Outreach Programs

### 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.

**Select Board Member Office Hours** - Meet with Select Board Member Peterson on the first Friday of each month from 9:00—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 Services** - Call the Center to set up an appointment for Veteran-related services.

**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 the second Tuesday of each month. Sign up required. Call or stop at the desk to add your name.

**Caregiver Support** - Do you need assistance navigating the care-giving journey? Be part of the monthly Caregiver Support Group. This group will meet on **Tuesday, October 29 at 2:00 p.m.**

**Public Health Nurse** - Brenda Healy R.N. is available for consultation each Wednesday. Brenda will check blood pressure, answer health questions you might have, provide guidance and information.

**Hearing Clinic** - At-Home Hearing Healthcare will be at the Center once a month for a free 20-minute consult by appointment only. This clinic will be held on **Monday, October 21 from 10:30 a.m.—12:30 p.m. by appointment only.** Please call 508-359-3665 or stop into the Center to schedule an appointment. Limited appointments available.

### FUEL ASSISTANCE

**Fuel Assistance applications are available.** Homeowners and renters (including households whose cost of heat is included in the rent) can apply. Eligibility is based on annual income which must be below 60% of the State's estimated median income. This program provides assistance through a fixed benefit amount for the cost of the primary source of heat. Payments for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from November 1st to April 30th except when the cost of heating is included in the rent. If you need help, we can assist you filling out the application and advise you on the required documents. Completed applications are sent to SMOC (South Middlesex Opportunity Council). Ask Susan Longmoore for more information.

### 2ND ANNUAL HEALTH & WELLNESS FAIR WEDNESDAY, OCT 16 FROM 10 A.M.—12 P.M.

We invite you to attend. Admission is free and all are welcome. Connect with various agencies and organizations that provide a broad range of services for seniors. Learn about senior living facilities, home modification services, home-care services, Veterans resources, aging resources, technology and more. There will be free vision screenings, blood pressure checks and flu shots available (limited quantity). There will be free drawings and giveaways from vendors! We hope to see you!

### INTRODUCTION TO MEDICARE/OPEN ENROLLMENT. WED. OCT 2 AT 6PM

The SHINE Program assists Medicare beneficiaries in understanding their Medicare rights, benefits and educates people about all of their health insurance options. SHINE Counselors also educate consumers with limited resources on how to pay for health care costs. The program is provided at no cost to the consumer and is staffed primarily by trained volunteers.

### SUPPORT FOR SENIORS: SPEAK WITH OUR COUNSELORS—WED., OCT 9 & 23, 10AM–12PM

Our compassionate Medfield Outreach Counselors are here to support you with a variety of needs. Whether you're dealing with grief, anxiety, or just need someone to talk to, we're here to help. **Services Offered:** Emotional Support, Grief Counseling, Stress Management and Resource Referrals. **Contact** Sarah Hanifan, COA Director for a confidential sign-up sheet.



## TRIPS & TOURS

DAY TRIPS WITH THE CENTER;  
SIGN UP NOW FOR ALL TRIPS

### OCTOBER

- **Foliage Turkey Train Tour, Wed. Oct. 23 \$140pp**  
It's Turkey Time!! All aboard... Join us for the perfect Foliage Day Trip to Meredith, New Hampshire. We will board the Winnepesaukee "Turkey Train" at the HOBO Railroad. This 2-hour scenic train ride, through the countryside of NH, is complete with a delicious full turkey dinner complete with all the fixin's! The exceptional turkey meal is provided by Hart's Turkey Farm. Following the train excursion we board the motorcoach and head to Moulton Farm, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand, garden center, or maybe pick up a treat from their bakery! Perfect way to spend a day in October! Includes Transportation, Train Ride and Lunch. Sign up before September 23.

### NOVEMBER

- **Rodgers + Hammerstein's CINDERELLA**  
**Norwood Theatre Lunch and Theatre Combo.**  
**Wednesday, November 13. \$65 per person**

Join us for another Norwood Theatre Lunch and Theatre Combo. Musical is Rodgers + Hammerstein's Cinderella. Lunch is 12-1pm, performance is 1:30pm. \$65 per person which includes transportation, lunch and show. 8 tickets available. Registration is open now. Stop in to sign up with check payable to "Town of Medfield-COA" Payment must be made at sign-up.

### DECEMBER

- **Join the Norfolk COA for a Christmas at Blithewold, Thur. December 12, \$135 pp.**

Christmas time at Blithewold! Join us as we travel to Blithewold Mansion for the perfect December Day Trip! Each year in late December, the VanWickle/McKee family would return to Blithewold to celebrate Christmas and the New Year. Savor the ambience of life during the Country Place Era as you dine on scones, tea, sandwiches and more. After Tea, enjoy a guided tour of the property. Once the tour is done, we will head over to the Festival of Lights at the LaSalette Shrine before heading home. For reservations please call the **Norfolk Senior Center at 508-528-4430 before November 21.**

### TRIP POLICY

#### FOR OUR LARGE DAY TRIPS

Payment for trips must be made within 30 days prior to the trip. **Checks should be made payable to "The Town of Medfield - COA".**

We book with multiple travel companies, and any additional policies/information are posted on the flyers. Please see Sarah if you have any questions.



### PLAINVILLE CASINO TRIP

**MONDAY, OCT. 7 11 A.M. / COST: \$5 PP**

Join us on Monday, October 7 for a trip to Plainridge Park Casino in Plainville, MA. The bus will leave the Center at 11 AM and return at 3 PM. If you want lunch the food court is open. Lunch not included.

Space is limited; call or stop by The Center to sign up.

#### \*LUNCH SHOWS AT LAKE PEARL, WRENTHAM

Ticket includes lunch, show, meal tax and gratuities. Arrival 11:30 a.m., lunch, then show. Show starts approx. 12:15-12:30 p.m. **Transportation is not provided for these trips.** Payment due when you order tickets. Sorry, No Refunds!

### OCTOBER

#### \*Rod Stewart—Tribute Show.

Wednesday, Oct 23, \$89 per person.

### NOVEMBER

#### \*The Sicilian Tenors—Downton Abbey

Wednesday, Nov 13, \$89 per person.

### DECEMBER

#### \*Kenny & Dolly - A Smokey Mountain Christmas

Wednesday, Dec. 4, \$89 per person.



## MOVIE MATINEES

**WED., OCT. 16, 1:30 P.M. / FREE**

#### FORD VS FERRARI, RATED PG-13, 152 MINUTES

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966. **Sign up required.**

## THIS MONTH'S SPECIAL EVENTS

### SHREDDING EVENT

**FRIDAY, OCT. 18 FROM 9:30 A.M.—12:30 P.M.**

Bring your sensitive documents to safely shred in an effort to heighten awareness about identity theft. District Attorney Michael Morrissey invites you to bring your boxes, bags and bundles of sensitive documents, including credit cards and identification cards to the Medfield Senior Center on October 18th and pull your car up to the shredding truck. You can load these into the shredder yourself or we will assist you and you won't have to get out of your car. There is a screen on the truck to watch your papers being shredded. This is a free service.

### FRENCH TOAST BREAKFAST

**TUESDAY, OCT. 29 AT 8:30 A.M. / FREE**

Calling all EARLY BIRDS! **Sign up** to attend our breakfast on **Tuesday, October 29 at 8:30 A.M.**

### ESTATE PLAN —ASK THE EXPERT

**WEDNESDAY, OCT 30 AT 10:30 A.M. / FREE**

Join us on for coffee hour with Attorney Tim Borchers. You can ask the expert your Estate Plan questions. Tim Borchers is an Estate-Planning Law Specialist, an Accredited Estate Planner®, and a Certified Trust and Fiduciary Advisor. He's the founder of the Medfield law firm, Borchers Trust Law.

### BCBS-MEDICARE PLANS

**WEDNESDAY, OCT 30 AT 5:30PM / FREE**

Are you a Blue Cross Member or looking to change your Medicare Health Plan, then this presentation is for you. The representative will be covering Blue Cross Blue Shield Medicare plans and will be presenting 2025 product changes. Attendees will learn about the 2025 benefits and understand the differences between Blue Cross Blue Shield Medicare Advantage Plans and Medicare Supplement Plans. Call to Sign Up!

### HALLOWEEN LUNCH & SHOW

**THURSDAY, OCTOBER 31—PIZZA AT 12:30**

Join us for a Pizza Lunch on Thursday, October 31 at 12:30 p.m. We will enjoy cheese pizza, salad and Halloween Music before our afternoon presentation **"Creatures of The Night" with Joy Marzolf. Joy will have some LIVE creatures with her, so don't miss it! Joy's presentation begins at 1:45 p.m.** Open to all; we just require registration for seating and food. FREE to those who attend in costume/gear. \$3 donation for pizza for those who don't "dress" up.

### SHOULD I STAY? SHOULD I GO?

**WEDNESDAY, OCT 2 AT 10:30 A.M.**

Join us for a special presentation by industry leader Dovetail Companies. Entering a new stage of life can be overwhelming. Weigh the pros and cons of home ownership versus moving to a senior living facility. This workshop will equip you with questions you should consider to create a personal plan tailored to your needs.

### RAFIRIED AIR—ONE PASSIONATE BIRDERS' BIG YEAR QUEST

**WEDNESDAY, OCTOBER 9 AT 5:30 P.M.**

How many different bird species could you dream of seeing, capturing a sound recording of or photographing from January 1 - December 31 of any given year? Come and learn about the mishaps, the successes, the lessons learned along the way, the hilarious birding stories, the new life-time friends met along the way and the joy of reporting 801 bird species during 2023! But be warned... if you attend, you just might get the urge to plan a Big Year yourself! Please come & meet Big-Year-Birder Gino Ellison and see tons of beautiful bird photographs while hearing one birder's tale about a 12-month quest of a life time!

### TRI-COUNTY PRESENTS SCAMS

**WEDNESDAY, OCTOBER 9 AT 10:30 A.M.**

Class of 2025 students from the Legal and Protective Services career program at Tri-County RVTHS will bring important public-safety presentations to several local area, senior-citizen centers this fall. Their presentation is focused on how to prevent elderly community members from falling victim to scams that could drain their savings, endanger, or frighten them. According to the local law-enforcement agencies who trained the juniors before they developed this presentation, scams like this are prevalent, and residents of the immediate communities have been scammed out of tens of thousands of dollars. Through their research & critical thinking, students recognized that scammers rely on strong emotions to catch their victims off-guard. They will emotionally manipulate their victims through fear, intimidation, excitement, exhaustion, sympathy, guilt, grief, embarrassment, and even a false sense of love. This manipulation keeps intelligent, rational people from making sound financial decisions. Victims of financial scams rarely recover the money they lose and it can take years for victims of identity theft to undo the damage.

### FALL IN LOVE WITH MUSIC

**REGISTRATION REQUIRED, BUT FREE EVENTS!**

- Thurs., October 10 at 1:45 with Jeff Thomas
- Thurs., October 17 at 1:45 with Chris Carter



## SERVICES AVAILABLE AT THE CENTER

### INFORMATION & REFERRALS

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 appt.

### HEALTH AND WELLNESS

In cooperation with the Medfield Board of Health, we will continue to follow current guidelines to maintain a safe environment.

### 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 WEDNESDAYS

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 first and third 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-served basis for Medfield residents.

### LOW-VISION INFORMATION

As we age, things change including our vision. Resources are available.

### 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.

### VOLUNTEERING

If you have an interest in volunteering for the COA, we have a place for you. Call Lois Abramo at the Center to discuss the volunteer options.

### 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. Contact Mary for more information. [mbarrett@medfield.net](mailto:mbarrett@medfield.net)

### 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. 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.

### SENIOR SWIM FALL SCHEDULE

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays 10-11 A.M. Bring your COA key tag to scan and a \$5 class fee. For more info call Kingsbury Aquatics at 508-359-7800.

### 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 Ian Rogers at 508-906-3025 for an appointment.

### MEDFIELD FIRE DEPT.

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 us to schedule a Safety Inspection.



Council on Aging  
One Ice House Road  
Medfield, MA 02052

PRESORTED STANDARD  
U.S. POSTAGE PAID  
PERMIT NO. 1001  
MEDFIELD, MA 02052

OR CURRENT RESIDENT

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:

Penelope Black, Carol Simpson

A special acknowledgement to: Donald Johnson for donating his winnings  
from the August Cookout 50/50 drawing.

#### In Memory of Edith O'Toole

Irene O'Toole , Marie White , Anne and John Kraus, Judith and Donald Johnson, Joan Wood,  
Dipoli and Inderjeet Bhullar, Debbie Sherraden, James and Janet Lord, June Doucette-Burr

Margaret and Peter Vasaturo **In Memory of Joan Snow**

#### Brick Donation

Deborah Sherraden In Memory of Edith O'Toole

*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.**

### 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/Program

#### Coordinator: X201

Lois Abramo  
labramo@medfield.net

#### Transportation: X200

Steven Harris  
sharris@medfield.net

#### The Club Staff: X200

Mary Barrett, Coordinator  
mbarrett@medfield.net

Denise Good, Activities

#### HESSCO Site Manager X211

Arlene DiDonato  
HESSCO  
781-784-4944

### COUNCIL ON AGING BOARD

Bob Heald—President,  
Patty Byrne, Rose Thibault  
and Annette Wells