

# THE CENTER AT Medfield

## NOVEMBER HAPPENINGS

Registration begins Fri. Nov 1

- 11/4 Noon Shopping—Milford Plaza.
- 11/5 COA IS CLOSED due to the Election.
- 11/6 Veterans' Dinner at 5PM—Registration required. Call by 11/4 to sign up.
- 11/6 Medfield Outreach Support For Seniors 10 AM -12 PM by appt. only **AND** 11:15 AM Peg Doyle presents 5 Pillars of Lifelong Wellness
- 11/9—CLOSED for Lions Chowder Festival. (Saturday) **AND** FOSI Christmas Sale begins at 11AM
- 11/11—CLOSED, Happy Veteran's Day!
- 11/13 Cards with Bri 10:45 AM **AND** Low Vision Support Group 1-2pm
- 11/14 Homeland Security Presentation at 11:45 **AND** Free Music at 1:45 PM
- 11/15 Tri-County Reg. HS Cosmetology Students are painting nails! FREE 10-12 Registration req.
- 11/18 Norfolk Registry of Deed Presentation 10:30 AM
- 11/20 Medfield Outreach Support For Seniors 10 AM -12 PM by appt. only **AND** 10:45 Ornament Craft **AND** 5:30 PM Seen By Sea Program.
- 11/21 Oasis Senior Advisors 11:30 AM
- 11/25 Noon Shopping—Walpole Mall
- 11/27 Plant Exchange at 10AM **AND** COA Closes at 11:45 a.m.
- **11/28, 11/29, 11/30 CLOSED Happy Thanksgiving!**



## LETTER FROM THE DIRECTOR

As we approach the holiday season, I would like to express my sincere gratitude to our exceptional volunteers, participants, instructors, and staff. Your collective efforts continue to foster a warm, welcoming, and positive atmosphere at The Center, and I am deeply appreciative to be a part of such a remarkable community.

### Important Reminders:

- Vote on Tuesday, November 5, at The Center, from 6 AM to 8 PM. Transportation is provided from 9AM to 11AM; call to schedule your ride. 508-359-3665. Closed for regular programs.
- All Veterans are invited to attend a Veteran's Dinner on Wednesday, November 11 from 5-6:30 PM. Kindly register by calling or stopping in by November 4. Lasagna, Vegetable Lasagna and Salad will be served. This is a free event for Veterans and a guest. This event is Co-Sponsored by the Medfield Council on Aging and Medfield's Veterans Service Officer.
- Saturday, Nov. 9 will be the Annual Lions Chowderfest. This event will be \$10 donation per person beginning at 11 a.m. - 2 p.m. or until the chowder runs out. Proceeds go to FOSI (Friends of Seniors, Inc.) All Saturday programs at The Center are cancelled on Sat. Nov 9.
- The FOSI Christmas Sale begins at 11AM on Nov 9. If you have Christmas items you'd like to donate to the sale, please call the Center.
- Winter Weather Reminder: If the Medfield Public Schools are closed, The Center will also be closed. If the school has a delay, we will also have a delay.

*Sarah Hanifan, Director*

## CENTER HOURS

### MONDAY, TUESDAY, 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.**

# 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.**

## 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.



## 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 and \$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!

**BEGINNERS CLASS (FULL) 11/4 AND 11/18, 1-3 PM**

## 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—BOWLERS 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, NOVEMBER 12 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

### WILL RESUME IN JANUARY

Join Moira for our Monthly Book Club here at The Center. This group will resume in January. Thank you to Moira and the Medfield Public Library.



## CRAFTERS CORNER

### CARDS WITH BRI

**Wednesday, November 13 at 10:45 A.M.**


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

### CRAFTING FUN

**Wednesday, November 20 at 10:45 A.M.**

Join Annette for an ornament-making class. FREE sign up required.



| MONDAY   | TUESDAY   | WEDNESDAY   |
|--|---|---|
| <b>TECHNOLOGY HELP</b><br>The <u>Montrose High School Technology Club</u> will be joining us on Wednesdays from 3:30 – 5:00. 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>The CENTER Hair Salon</b><br><br>Call the Center for your appointment with Ginny.<br>508-359-3665  | <b>MONDAY SHOPPING TRIPS</b><br>Shopping trip pickups begin at <b>Noon</b> . You must call by 8:30 AM the morning of to get on the list. 508-359-3665, choose option 1 <ul style="list-style-type: none"> <li>11/4 – Milford Plaza (\$ STORE, TJ Maxx/ HomeGoods)</li> <li>11/25 – Walpole Mall (ALDI, Kohl's, Joann Fabrics, Barnes &amp; Noble)</li> </ul>  |
| <b>4. MEATLOAD WITH GRAVY</b><br>9:15 <b>SHAWS SHOPPING</b><br>9:30 QUILTING FUN<br>10:00 <b>FITNESS FUN/KINGBURY SWIM</b><br>11:00 GREAT COURSES DVD CLASS<br>12:00 3-THIRTEEN<br>12:00 <b>SHOPPING TRIP</b><br>12:00 <b>LINE DANCING - CLASSROOM</b><br>1:30 <b>CORE BALANCE—CLASSROOM</b><br>1:30 POKENO<br>7:00 <b>NO BRIDGE</b>   | <b>5. CRUSTLESS CHICKEN POT PIE</b><br><b>ELECTION DAY—VOTE!</b><br><b>NO COA PROGRAMS OR CLUB TODAY. FOR A RIDE TO VOTE, PLEASE CALL 508-359-3665. RIDES ARE AVAILABLE FROM 9:00 A.M. UNTIL 11 A.M ONLY.</b><br><b>THE ELECTION WILL TAKE PLACE IN OUR BUILDING FROM 6:00 AM—8:00 PM</b> | <b>6. "COTD" POLLOCK</b><br>9:00 VIDEO EXERCISE <b>BP Clinic—10-12:00</b><br>9:30 COA BOARD MEETING<br>9:30 <b>MARKET BASKET</b><br>10-12 MEDFIELD OUTREACH 1:1'S<br>10:00 MEDITATION / BREAD DIST.<br>11:15 5 PILLARS OF LIFELONG WELLNESS<br>11:00 SCAT 11:30 <b>GRAB N GO</b><br>12:00 WHIST<br>1:00 CRIBBAGE/ PINGPONG/KNITTING<br>3:00 <b>BINGO</b> / 3:30 TECH TIME<br>5-6:30 <b>VETERANS DINNER—RSVP REQUIRED</b>  |
| <b>11. NO MEALS SERVED</b><br>The Center is Closed for Veterans' Day<br><br>With Respect, Honor and Gratitude.<br>Thank you Veterans!  | <b>12. MAC N CHEESE</b><br>9:00 <b>SHAWS SHOPPING</b><br>9:30 CHAIR YOGA<br>10:00 <b>KINGSBURY SWIM</b><br>10:30 <b>MAT YOGA</b><br>11:30-3 THE CLUB<br>12:00 DUPLICATE BRIDGE<br>1:00 MAH JONGG<br>1:30 BRAIN GAMES<br>2:15 CREATIVE WRITING   | <b>13. BEEF STROGONOFF</b><br>9:00 VIDEO EXERCISE<br>9:30 <b>MARKET BASKET</b><br>10:00 MEDITATION / BREAD DIST.<br>10-12 BLOOD PRESSURE CLINIC<br>10:45 CARDS WITH BRI<br>11:00 SCAT<br>11:30 <b>GRAB N GO</b><br>12:00 WHIST 12:00 MOVIE<br>1:00 LOW VISION SUPPORT GROUP<br>1:00 CRIBBAGE/ PINGPONG/KNITTING<br>3:00 <b>BINGO</b> / 3:30 TECH TIME   |
| <b>18. CHICKEN SANDWICH</b><br>9:15 <b>SHAWS SHOPPING</b><br>9:30 QUILTING FUN<br>10:00 <b>FITNESS FUN / KINGSBURY SWIM</b><br>10:30 <b>HEARING CLINIC BY APPT</b><br>10:30 <b>REGISTRY OF DEEDS</b><br>11:00 GREAT COURSES DVD CLASS<br>11:00 <b>PLAINRIDGE CASINO TRIP</b><br>12:00 3-THIRTEEN<br>12:00 <b>LINE DANCING</b><br>1-3 MAH JONGG LESSONS –FULL<br>1:30 <b>CORE BALANCE/</b> POKENO<br>7:00 HANNAH ADAMS BRIDGE | <b>19. HOT DOG</b><br>9:30 CHAIR YOGA<br>10:00 <b>KINGSBURY SWIM</b><br>10:30 <b>MAT YOGA</b><br>11:30-3 THE CLUB<br>12:00 DUPLICATE BRIDGE<br>1:00 MAH JONGG<br>1:30 BRAIN GAMES<br>2:15 CREATIVE WRITING  | <b>20. LAZY MAN STUFFED PEPPER</b><br>9:00 <b>STRENGTH, BALANCE &amp; MORE</b><br>9:30 <b>MARKET BASKET</b><br>10:00 MEDITATION / BREAD DIST.<br>10-12 BLOOD PRESSURE CLINIC<br>10-12 MEDFIELD OUTREACH 1:1'S<br>10:45 ORNAMENT MAKING WITH ANNETTE<br>11:00 SCAT 11:30 <b>GRAB N GO</b><br>12:00 WHIST<br>1:00 CRIBBAGE/ PINGPONG/KNITTING<br>3:00 <b>BINGO</b> / 3:30 TECH TIME<br>5:30 <b>SEEN BY SEA PRESENTATION</b> |
| <b>25. SAUSAGE, PEPPERS &amp; ONION</b><br>9:15 <b>SHAWS SHOPPING</b><br>9:30 QUILTING FUN<br>10:00 <b>FITNESS FUN /KINGSBURY SWIM</b><br>11:00 GREAT COURSES DVD CLASS<br>12:00 3-THIRTEEN / <b>SHOPPING TRIP</b><br>12:00 <b>LINE DANCING</b><br>1-3 MAH JONGG LESSONS –FULL<br>1:30 <b>CORE BALANCE/</b> POKENO<br>7:00 HANNAH ADAMS BRIDGE   | <b>26. POTATO POLLOCK</b><br>9:30 CHAIR YOGA<br>10:00 <b>KINGSBURY SWIM</b><br>10:30 <b>MAT YOGA</b><br>11:30-3 THE CLUB<br>12:00 DUPLICATE BRIDGE<br>1:00 MAH JONGG<br>1:30 BRAIN GAMES<br>2:00 <b>CAREGIVER SUPPORT GROUP</b><br>2:15 CREATIVE WRITING                                  | <b>27. CHICKEN CORD BLUE</b><br>9:00 <b>STRENGTH, BALANCE &amp; MORE</b><br>9:30 <b>MARKET BASKET</b><br>10:00 MEDITATION / BREAD DIST.<br>10-12 BLOOD PRESSURE CLINIC<br>10:00 <b>PLANT EXCHANGE</b><br><br><b>THE COA IS CLOSING AT 11:45 AM TODAY. PLEASE PLAN ACCORDINGLY. THANK YOU!</b>   |

| THURSDAY   | FRIDAY   |
|--|--|
| <b>WE WANT YOUR CHRISTMAS STUFF</b><br>Donate your Christmas Stuff to us for the Annual FOSI Christmas Sale. The sale starts Sat. Nov 9 at 11am and continues through mid December. <b>DROP OFF STARTS NOW!</b><br><br><b>Thank you!</b>                                       | <b>1. FISH SANDWICH</b><br><b>9:00 ROCHE BROTHERS SHOPPING</b><br><b>9:00 VIDEO EXERCISE</b><br><b>9:00 SELECTBOARD PETERSON HOUR</b><br>10:00 COFFEE & CONVERSATION<br>10:00 KINGSBURY SWIM<br>10:00 TAI CHI<br>11:00 CORE BALANCE<br>1:00 CENTER CLOSES        |
| <b>7. ROAST PORK</b><br>9:00 WOODCARVING<br><b>9:00 SHINE APPOINTMENTS</b><br>10:00 WALKING GROUP<br>10:00 ZUMBA<br>11:30 CANASTA<br>11:30-3 THE CLUB<br><b>12:00 FOSI MTG</b><br>12:30 POKER<br>1:00 BOWLING  | <b>8. VEGGIE OMELETE</b><br><b>9:00 ROCHE BROTHERS SHOPPING</b><br><b>9:00 VIDEO EXERCISE</b><br>10:00 KINGSBURY SWIM<br>10:00 COFFEE & CONVERSATION<br>10:00 TAI CHI<br>11:00 CORE BALANCE<br>1:00 CENTER CLOSES<br><br><b>REMINDER WE ARE CLOSED SAT. 11/9</b> |
| <b>14. EGG SALAD</b><br>9:00 WOODCARVING<br>10:00 WALKING GROUP<br>10:00 ZUMBA<br>11:30 CANASTA<br>11:30-3 THE CLUB<br><b>11:45 HOMELAND SECURITY</b><br>12:30 POKER<br>1:00 BOWLING<br><b>1:45 MUSIC W/ PATRICK DURKIN</b>  | <b>15. BBQ PORK RIB</b><br><b>9:00 ROCHE BROTHERS SHOPPING</b><br><b>9:00 VIDEO EXERCISE</b><br>10:00 KINGSBURY SWIM<br>10:00 COFFEE & CONVERSATION<br><b>10:00 NAILS BY TC COSMETOLOGY</b><br>10:00 TAI CHI<br>11:00 CORE BALANCE<br>1:00 CENTER CLOSES         |
| <b>21. ROAST TURKEY W/ GRAVY</b><br>9:00 WOODCARVING<br>10:00 WALKING GROUP<br>10:00 ZUMBA<br>11:30 CANASTA<br><b>11:30 OASIS SENIOR ADVISORS</b><br>11:30-3 THE CLUB<br><b>12:00 SHINE APPOINTMENTS</b><br>12:30 POKER<br>1:00 BOWLING<br><b>1:45 MUSIC W/ JAY &amp; ABBY</b> | <b>22. SPAGHETTI &amp; MEATBALLS</b><br><b>9:00 ROCHE BROTHERS SHOPPING</b><br><b>9:00 VIDEO EXERCISE</b><br>10:00 KINGSBURY SWIM<br>10:00 COFFEE & CONVERSATION<br>10:00 TAI CHI<br>11:00 CORE BALANCE<br>1:00 CENTER CLOSES                                    |
| <b>28. CLOSED</b><br><br><b>HAPPY THANKSGIVING</b><br>From all of us to all of you; we wish you a wonderful and safe Happy Thanksgiving!<br><i>Sarah, Susan, Lois, Mary, Denise, Priscila, Vicky, Arlene, AnneMarie, Alex and Paula</i>  | <b>29. NO MEALS SERVED</b><br><br><b>COA CLOSED</b><br><b>FRIDAY AND SATURDAY</b>  |

## SENIOR SANDWICHES: GRAB-N-GO LUNCH

### WEDNESDAYS

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

Nov 6 - Chicken Salad  
 Nov 13 - Turkey and Cheese  
 Nov 20 - Seafood Salad

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. Nov. 9 for the Lions Chowder Festival and Nov. 30.** 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

## 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, November 26 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, Nov. 18 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.

#### **LOW VISION SUPPORT GROUP**

Are you living with vision loss? Join the low-vision support group quarterly meeting on Wednesday, November 13, at 1:00 p.m. Guest speaker Karen Hatcher, Director of Older Independent Blind Program with the Massachusetts Commission for the Blind will discuss the challenges of aging and vision loss. Information, resources and giveaways will be shared with participants. Sign up, you don't want to miss this!

#### **SAND FOR SENIORS PROGRAM**

The Medfield Fire department, in collaboration with the Medfield DPW and Council on Aging, is offering to deliver free buckets of sand to seniors' homes to prevent falling injuries this season. Sand for Seniors program provides a free five-gallon bucket of sand to seniors to sprinkle on their walkways and driveways in hopes of preventing falls. If you participated in this program last year, you may still have the bucket. Contact Susan to let us know if you need new sand or have any questions. Quantities are limited.

#### **GRAB BARS**

Thanks to a grant initiated by the Medfield Fire Department, the Center has a limited supply of grab bars appropriate for showers and tubs. These grab bars are designed to enable you to maintain balance, lessen fatigue while standing, hold some of your weight while maneuvering and have a spot to grab onto in case of a slip or fall. These bars are 18 & 24 inches long. We are offering these grab bars at no charge to you. Installation must be done by a professional service. If you are interested, please contact Susan.

#### **SUPPORT FOR SENIORS: SPEAK WITH OUR COUNSELORS—WED., NOV 13 & 27, 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.





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

## 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.**

## **SNOW SHOVELING UPDATE**

It's November and that means SNOW can fall at anytime! I'm happy to announce we will once again be offering the Snow Shoveling Program. Forms will be at the front desk and we ask that you fill them out no later than **November 15**, so we can match you up with a student volunteer.

For those of you who have never used this service before, we have a list of teenage volunteers who will volunteer to shovel your stairs, walkway and/or around your mailbox. They will **not** shovel your driveway or cars, or parking spots. This program was created to help Medfield Seniors who are no longer physically able to get outside and shovel a path for safety reasons. We ask that the person requesting this service reach out to Lois at 508-359-3665 x201, or stop in to fill out the form by November 15. We ask that you don't sign anyone up without them knowing. Thank you!

## 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.



## BUS TRIPS

### PLAINVILLE CASINO TRIP

**MONDAY, NOVEMBER 18 AT 11 A.M. / \$5 PP**

Join us on Monday, Nov. 18 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.

### \***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!

## 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., NOV. 13 AT 12:00 PM. / FREE  
THELMA**

To bring awareness to scams, DA Morrissey is inviting seniors to watch the critically acclaimed feature film Thelma. In Thelma, 94-year-old Hollywood box office star June Squibb plays the victim of the grandparent scam. Thelma receives a call from a scammer claiming to be her grandson and, after falling victim to it, she takes matters in her own hands. A comedy-action movie based on the real-life experience of director Josh Margolin's own grandmother, the film uses humor to address the global epidemic of scams. Online reviews give this film a near perfect score of 99%. Parker Posey, Clark Gregg, Richard Roundtree and Fred Hechinger round out this all-star cast. Popcorn will be available.

## THIS MONTHS SPECIAL EVENTS

### REGISTRY OF DEEDS

**MONDAY, NOV. 18 AT 10:30 A.M.**

Norfolk County Register of Deeds, William P. O'Donnell will visit the Council on Aging on Monday, November 18, 2024, at 10:30 am. The Register will give an overview of the Registry, which is the principal office for real property records in Norfolk County, cataloging and housing more than 13.1 million land documents. Also, information will be provided on the ability to look up land documents dating back to the first ones recorded in 1793 through the Registry of Deeds' online internet research system. The Homestead Act, mortgage discharges, and the anti-property fraud Consumer Notification Service will be discussed. There will be a brief question and answer session to address any property questions you may have. Registry staff will also be able to provide certified copies of land documents, such as deeds and mortgage discharges. Please sign up.

### OASIS SENIOR ADVISORS

**THURSDAY, NOV 21 AT 11:30**

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 Bill Cleary from Oasis Senior Advisors to learn more on Thursday, November 21 at 11:30 a.m. Sign up.

### LIONS CHOWDERFEST

**SATURDAY, NOV 9 FROM 11AM—2PM**

The Annual Chowderfest, Sponsored by the Medfield Lions Club is scheduled for Saturday, Nov 9 from 11am—2pm at the Center at Medfield. The annual Chowderfest has always been a highly-anticipated, well-attended and greatly-enjoyed event. It's a \$10 donation per person. All proceeds go to FOSI. Hope to see you all enjoying Chowder while supporting the Lions and FOSI.

**MEDFIELD FOOD CUPBOARD** is in need of the following donations: Tuna in water, grape jelly, creamy peanut butter and baked beans. Drop off bin located at The Center. Thank you!

### 5 PILLARS OF LIFELONG WELLNESS

**WED. NOV 6 AT 11:15 / FREE**

Peg Doyle, Medfield resident and owner of Wellness and You will present a program on the Secrets of Longevity through the 5 Pillars of Lifelong Wellness. Be sure to sign up!

### DEPT. HOMELAND SECURITY

**THUR., NOV 14 AT 11:45 A.M.**

Homeland Security Investigation protects the public from crimes targeting older adults. Join us on Thursday, November 14<sup>th</sup> At 11:45 to hear from special agents about common fraud schemes, the warning signs associated with them and steps to take to protect yourself.

### FALL IN LOVE WITH MUSIC

**REGISTRATION REQUIRED, BUT FREE EVENT!**

- Thurs., Nov. 14 at 1:45 with Patrick Durkin
- Thur., Nov 21 at 1:45 with Jay and Abby Michaels

### PLANT EXCHANGE—INDOOR PLANTS

**WED. NOV 27 AT 10:00 / FREE**

Do you need to split some of your indoor plants? Now is the time to do it. Bring your small plants in a small pot with the name of the plant, directions on care (does it need direct sun, lots of water, etc.) attached to plant and we are going to swap. As many as you bring, you can swap that number. It will be a great experience to grow something new in your house for the winter months. This is for indoor plants only.

### SEEN BY SEA, ALISON O'LEARY

**WED., NOV 20 AT 5:30 P.M.**

Enjoy the sights and histories of New England's many scenic ports as seen on Alison's 700-mile journey on the Sailboat Esmerelda, from Providence, RI to Bar Harbor, ME!

Learn about the industries, immigrants, and traditions that shaped our coastal towns; see photos of unique points of interest such as the graves of shipwrecked Spanish soldiers at the Isles of Shoals; hear about getting caught in a mock fire-fight between Navy Seals and invaders off of Portsmouth, NH, and see video of a thrilling shark encounter--all from the comfort of your seat at The Center at Medfield.



## 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

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:

Mary Chouinard **In Memory of Edith O'Toole**

Jeanne Harding **In Memory of Joan Snow**

Carmella Bergman **In Memory of Bob and Beverly Smith**

*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.*

**Thank you to FOSI for the Medical Equipment. The Center was running low on rollator walkers, canes and transport wheelchairs and FOSI kindly purchased some for the use of Medfield Residents.**

**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  
Roger O'Donnell and Annette Wells