

THE CENTER AT Medfield

DECEMBER HAPPENINGS

Registration begins Mon. Dec 2

- 12/2 Afternoon Shopping 12 PM
- 12/4 Afternoon Movie 12:30
- 12/6 Podiatry Clinic by appointment only. 9-12
- Sun. 12/8 Medfield Senior Christmas Party. Limited to 80 people. **This event is for Medfield residents only.**
- 12/9 Wayside Inn Lunch 11:15 AM
- 12/11 Card Making with Bri at 10:45 AM **AND** Afternoon Holiday Social at 12:00 PM
- 12/12 Abigail invites You to Tea at 1:45 PM
- 12/13 Evergreen Arranging 10 AM
- 12/14 Afternoon Movie 12:30
- 12/16 Afternoon Shopping 12 PM
- 12/17 Music at 1:45PM
- 12/18 Medfield Outreach Appointments by appt only 10—12 **AND** Cookie Exchange at 12 PM
- 12/19 Magician 1:45 PM
- 12/20 Cookie Decorating 10:30 AM
- 12/21 Afternoon Movie 12:30
- 12/24 Closing at 11:45 PM
- 12/25 Merry Christmas, Closed
- 12/31, Closing at 11:45 PM
- 1/1 Closed, Welcome to 2025!

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.



LETTER FROM THE DIRECTOR

Holiday Greetings, Friends!

With winter upon us it is important to remind you that when the Medfield Schools are closed due to inclement weather, The Center at Medfield is closed and all programs are cancelled. If the schools have a two hour delay, The CENTER will also be opening two hours later. (opening at 11am instead of 9am) If there is a snow storm on Saturday, the Saturday Program will be cancelled. Also, all scheduled programs are weather permitting. If we determine that it is unsafe for trips, activities and/or transportation, The Center can cancel any program at any time. It is important to **clearly print** your name and phone number on the sign up sheets so we have easy access to inform you of any changes in our schedule. Thank you!

The Medfield Fire Department, in partnership with Medfield DPW and Council on Aging, is once again providing free sand buckets to Medfield Seniors. The Sand for Seniors program offers a complimentary 5-gallon bucket of sand to seniors to sprinkle on their walkways and driveways in hopes of preventing falls. Interested seniors should contact the COA and request to speak with Susan, as quantities are limited. We extend gratitude to Wills Hardware for their reduced-cost bucket contribution.

The registration deadline is Friday, December 13.

Are people inquiring about your holiday wishes? Inform them that an exercise card from The Center, priced at \$55 offers 12 punches and one complimentary class. Contact The Center for additional information. This makes a wonderful gift.

The COA staff extends warmest wishes to you and your loved ones for a joyous, healthy, and relaxing holiday season!

Sarah Hanifan, Director

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 reducing stress and stiffness, strengthening and stabilizing weak muscles (core/abdominal muscles), and teaching 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. See Monday for a full description. 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!

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

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, DECEMBER 10 AT 9 A.M.

Come enjoy free coffee and conversation with Medfield's Veterans Service Officer, Ian Rogers. Decaf and regular coffee 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

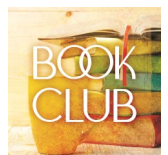
CANASTA AT 11:30 A.M.

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

Wed. Dec. 11 at 10:45 A.M.

Join Bri as she teaches us how to create a New Years pop-up greeting card.

This is a free class.

Sign up is required.



DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY
2. HERB CHICKEN 9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGBURY SWIM 10:15 INTERGENERATIONAL ACTIVITY 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 SHOPPING TRIP 12:00 LINE DANCING 1:30 CORE BALANCE 1:30 POKENO 7:00 HANNAH ADAMS BRIDGE	3. MAC & CHEESE 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 CREATIVE WRITING	4. CHICKEN JAMBBALYA LAKE PEARL EVENT—OFFSITE 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10-12 MEDFIELD OUTREACH 1:1'S 10:45 CARDS WITH BRI 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO / 3:30 TECH TIME
9. BBQ BURGERS 9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGBURY SWIM 11:00 GREAT COURSES DVD CLASS 11:15 LUNCH OUTING -WAYSIDE INN 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 CORE BALANCE 1:30 POKENO 7:00 HANNAH ADAMS BRIDGE	10. RANCH CHICKEN 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 LEGAL CLINIC BY APPT ONLY 2:15 CREATIVE WRITING	11. AMERICAN CHOP SUEY 9:00 VIDEO EXERCISE BP Clinic—10-12:00 9:30 COA BOARD MEETING 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10:45 NEW YEARS POPUP CARDS WITH BRI 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 12:00 HOLIDAY SOCIAL / JIGSAW PUZZLE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO / 3:30 TECH TIME
16. BEEF STEW 9:15 SHAW'S SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGBURY SWIM 10:30 HEARING CLINIC BY APPT 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 SHOPPING TRIP 12:00 LINE DANCING 1:30 CORE BALANCE 1:30 POKENO / 7PM H.A. BRIDGE	17. CHICKEN STIR FRY 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 1:45 MUSIC WITH CHRIS CARTER 2:15 CREATIVE WRITING	18. LASAGNA 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10-12 MEDFIELD OUTREACH 1:1'S 11:00 SCAT 11:30 GRAB N GO 12:00 COOKIE EXCHANGE / WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO / 3:30 TECH TIME
23. CHILI 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 1-2 COA STAFF MEETING 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	24. SWEET & SOUR MEATBALLS 9:00 VIDEO EXERCISE 10:00 KINGSBURY SWIM No Exercise Classes with Tracy today! THE COA IS CLOSING AT 11:45 AM TODAY. PLEASE PLAN ACCORDINGLY. THANK YOU!	Merry Christmas & Happy Hanukkah
30. SALISBURY STEAK 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 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE	31. STUFFED CHICKEN 9:00 VIDEO EXERCISE 10:00 KINGSBURY SWIM No Exercise Classes with Tracy today! THE COA IS CLOSING AT 11:45 AM TODAY. PLEASE PLAN ACCORDINGLY. THANK YOU!	
		TECHNOLOGY HELP 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! WE ♥ OUR VOLUNTEERS

The FOSI Christmas/Holiday Bazaar in the lobby is in full swing. FOSI will be accepting holiday donations for the sale through December 13. The sale will end on December 23. Thank you!

THURSDAY	FRIDAY
5. POT ROAST 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	6. POLLOCK "COTD" 9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 9:00 PODIATRY CLINIC BY APPT. 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
12. ROAST TURKEY 9:00 WOODCARVING 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 1:45 ABIGAIL HAMMEL—TEA	13. TUNA NOODLE CASSEROLE 9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:00 EVERGREEN ARRANGING 11:00 CORE BALANCE 1:00 CENTER CLOSES
19. SLICED HAM 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING 1:45 MAGICIAN GREG DWYER	20. SEAFOOD SALAD 9:00 ROCHE BROTHERS SHOPPING 9:00 VIDEO EXERCISE 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 COOKIE DECORATING 11:00 CORE BALANCE 1:00 CENTER CLOSES
26. HOT DOG 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING	27. SPANISH OMELETE 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 CLOSED on Sat. 12/28
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p>MEAL DELIVERY?</p> <p>Call Arlene, Kitchen Manager 508-359-3665</p> <p>Meals on Wheels Managed by HESSCO Elder Services, hot noon time meals are delivered to homebound seniors Monday—Friday. Call HESSCO for details or to become a driver.</p>

SENIOR SANDWICHES: GRAB-N-GO LUNCH

WEDNESDAYS

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

DEC 4 - Chicken Salad
 DEC 11 - Turkey and Cheese
 DEC 18 - 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. Dec 28 for the Holiday.** All programs are drop-in. (508) 359-3665.

Regular Saturday Schedule

9:00 a.m. - Zumba Class
 9:00 a.m. - Ping Pong
 9:30 a.m. - HOLIDAY MOVIE
 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 resume in January.

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, Dec. 16 and January 6 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.

OUTREACH INFORMATION WITH SUSAN LONGMOORE

****Reminder Medicare Enrollment ends
Saturday, December 7 ****

The Center at Medfield is partnering with Norfolk County RSVP for the annual holiday drive for active-duty military. We will be collecting personal care items between Thanksgiving and New Years. Items can be donated in the bin located in the lobby at the Center. A complete list of recommended items is available at the center. Also, lap blankets continue to be donated to local VA Medical Centers. Thank you for supporting our Military!

Thank you to Homeland Security Investigations for an informative presentation on common fraud schemes targeting older adults: Last month, HSI Special Agent Sean Garvey discussed various romance schemes, relative in need/grandparents scams, construction/handyman scams, technical support scams, posing as a government agency scams and investment/lottery scams. These scams are sophisticated and you need to take steps to take to protect yourself. Be vigilant about unsolicited communication, verify information before sharing personal details, never send money to unknown individuals and report suspicious activity. If you suspect a scam or have been a victim of a scam, please report this to the local police department or to HSI at 877-447-4847

SUPPORT FOR SENIORS: SPEAK WITH OUR COUNSELORS—WED., DEC 4 & 18, 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. 508-359-3665



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

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.

*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!

DECEMBER

- ***Kenny & Dolly - A Smokey Mountain Christmas**
Wednesday, Dec. 4, \$89 per person—SOLD OUT!

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.



WAYSIDE INN LUNCH TRIP MONDAY, DEC. 9 AT 11:15 A.M. / \$5 PP

Enjoy a delicious New England cuisine in a warm, historic setting radiating with charm. Serving hearty and award-winning meals in America's oldest continually operating inn. \$5 for bus PLUS your meal; menu posted with sign-up. Also available online at <https://www.wayside.org> Limited to 12.

Special Days in December

- 1 Cookie Cutter Week, Eat a Red Apple Day, Pie Day
- 1 New Moon, Older Driver Safety Awareness Week
- 2 Cyber Monday, National Mutt Day
- 4 National Dice Day
- 5 Giving Tuesday, National Volunteers Day
- 7 Pearl Harbor Remembrance Day
- 8 1st Quarter Moon Phase, Gingerbread Decorating Day
- 12 Poinsettia Day
- 13 National Cocoa Day
- 15 Full Moon (Cold Moon), National Cupcake Day
- 17 National Maple Syrup Day
- 18 Bake Cookies Day
- 20 National Ugly Christmas Sweater Day
- 21 Crossword Puzzle Day
- 21 First Day of Winter, Wreaths Across America Day
- 22 National Cookie Exchange Day, Third Quarter Moon Phase
- 24 Christmas Eve & National Eggnog Day
- 25 Christmas & Hanukkah
- 26 Kwanzaa (through Jan. 1)
- 28 National Card Playing Day, Pledge of Allegiance Day
- 30 Bacon Day
- 31 National Champagne Day & New Year's Eve



MOVIE MATINEES

WEDNESDAYS AND SATURDAYS IN DECEMBER—HOLIDAY MOVIES!

12/4 & 12/7 — POLAR EXPRESS

12/14 — 12/18 — ELF

12/21— *SURPRISE*

Wednesdays Movie start at 12:30 PM and Saturdays Movie starts at 9:30 AM

**HOT COCOA AND POPCORN WILL BE SERVED.
FREE BUT SPACE IS LIMITED, PLEASE
REMEMBER TO SIGN UP.**

SHOPPING TRIPS WITH STEVEN MONDAY, DEC 2 AND 16. FEE \$5 PP

Join Steven for two different afternoon shopping trips this month. The bus will start pickups at 12 PM.

Monday, Dec 2—Patriots Place (Trader Joes, Hobby Lobby, Bass Pro Shop, CVS) You will have an hour to shop once we arrive.

Monday, Dec 16—Mystery Shopping trip. Make a suggestion. Bus leaves at 12pm for pickups.

THIS MONTHS SPECIAL EVENTS

PODIATRY CLINIC

FRIDAY, DEC 6 FROM 9-12 BY APPT ONLY
Call or stop in to sign up for an appointment.

41ST ANNUAL SENIOR CHRISTMAS PARTY

SUNDAY, DEC 8 FROM 12-2 P.M.
Medfield Seniors are invited to the Annual Christmas party, to be held at The Center on Sunday, December 8 beginning at 12 noon. Limited to 80. This is for Medfield Seniors only.

HOLIDAY SOCIAL & JIGSAW PUZZLE CONTEST

WED. DEC 11 AT NOON.
REGISTRATION REQUIRED, BUT FREE EVENT!
Join us for an hour of socialization, jigsaw contest with an assortment of appetizers and beverages. This is a free event but pre-registration is required.

ABIGAIL WHITNEY INVITES YOU TO TEA

THUR. DEC 12 AT 1:45 P.M. / FREE
Learn when tea was discovered, investigate why tea was important on an economical, political and social level. Using a tea service similar to Abigail's become acquainted with proper Tea Ceremony etiquette in the 18th century New England. This will include tea and sweets.

EVERGREEN ARRANGING

FRIDAY, DEC 13 AT 10 A.M. / FREE
On Friday, December 13 join us at 10AM for a morning of creativity. Bring in your container and clipped greens to share and we will create a beautiful evergreen arrangement for your table, by your front door or give as a gift. The more people attend the bigger the variety of greens will be available if everyone clips a shopping bag full. Sign up to join in on the fun!

MUSIC WITH CHRIS CARTER

TUE. DEC. 17 AT 1:45PM, / FREE

COOKIE EXCHANGE-NEW!

WED. DEC 18 AT NOON.
Let's start a new tradition here at The Center with our own Cookie Exchange. In order to participate YOU bake 3 dozen cookies, bring in the recipe, and a different dish to plate your swapped cookies. After everyone is here, you will select up to 6 cookies of each type brought in. At sign-up you must state which cookie you are making this is so we don't end up with all choc chip. You will go home with 3 dozen cookies different than the ones you brought. FUN!

MAGICIAN GREG DWYER

THUR. DEC 19 AT 1:45 P.M. / FREE
Step into a world where the enchanting spirit of Christmas comes alive through mesmerizing magic and mind-reading feats! "The Magic Behind the Holidays" is an extraordinary show that unveils the mysteries and hidden wonders of the holiday season.

COOKIE DECORATING

FRI. DEC 20 AT 10:30 A.M. / FREE
Join us for a morning of traditional cookie decorating. No experience necessary. Registration is required for this complimentary event, helping us plan accordingly. Limited to 20 people. Cookies will be provided, but we welcome sprinkles or frosting to share!

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	2		5	8		6		9
					9	4		
		4					2	
7	8				2		1	6
5	9							2
					5			
2								
	5	7		6				4
	4					1		

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

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:

**Ralph and Gail Powers, Henry and Mistica Scalfarotto, Rachel and Marty Abramson,
American Legion Beckwith Post 110**

Frank and Pauline Medeiros **In Memory Of Edith O'Toole**

Barbara Armstrong **In Memory Of Edith O'Toole**

Nancy and Gerard Placido **In Memory of Yolanda Ferzolo**

Brick Donation

Alice and Tracey Powers

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

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COUNCIL ON AGING BOARD

Bob Heald—President,
Patty Byrne, Rose Thibault
Roger O'Donnell and Annette
Wells