

THE CENTER AT Medfield

JANUARY HAPPENINGS Registration begins Thur. Jan 2

- **1/1 COA CLOSED**
- 1/3 Time Capsule at 10 AM
- 1/6 10:30-12:30 Hearing Clinic
- 1/7 at 10:15 Intergenerational Program with Medfield HS
- 1/8 Movie at 12:30 PM
- 1/13 Noon Shopping W/ Steven
- 1/14 Veterans Coffee, 9 AM
AND Legal Clinic at 2 PM
- 1/15 Greeting Cards, 10:45 AM
- 1/15 Movie at 12:30 PM **AND** Gardner Museum Theft Program 1:00 PM
- 1/16 SHINE Appts 12-4 **AND** Music w/ Alexandria at 1:45 PM
- **1/20 COA CLOSED**
- 1/22 Medfield Outreach 10-12
AND Movie at 12:30 PM
- 1/23 Music with Patrick Durkin at 1:45 PM
- 1/24 Coffee and Conversation with Norfolk County Sheriffs Office at 10:30 AM
- 1/28 Caregiver Support Group at 2 PM
- 1/29 Movie at 12:30 PM
- 1/30 Home Safety Modifications at 11:45 AM



LETTER FROM THE DIRECTOR

Happy New Year, Welcome to 2025! The COA Staff and I have been busy making sure everyone has a number of opportunities to participate in physical activity, socialization and activities/events. The Center has been busy with over 244 new participants joining the Center in 2024! Last year, we held 990 events, provided 1,623 services to 932 people, we served 1,532 people over 26,139 times in the year. Our daily average attendance was 80 people per day. The Medfield 60+ population is 3,221. These numbers are only accurate when people remember to sign in. Please sign in as soon as you walk through the door to help us get as accurate numbers as we can. (*Stats as of 12/16/24)

A reminder about a fantastic program that's available through the Norfolk County Sheriffs office:

The "Are You Ok?" program is a daily telephone reassurance program offered by the Sheriff's Office. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents and has saved the lives of a number of seniors.

The program is provided Monday through Friday, excluding holidays, for seniors and or people with disabilities. Calls are placed from 6am-10am daily with the time of the call being chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff Deputy Sheriff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. The monitoring of these calls is a great tool in determining the needs of an individual while at the same time allowing elderly residents living alone to have a sense of security knowing that a public safety professional is checking on their well-being.

Seniors interested in signing up for this no cost, potentially lifesaving, program are encouraged to contact 1-866-900-7865.

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

WED & FRIDAYS / 9:00 A.M. / COST: FREE

FREE exercise class with Joellyn. Come check out this NEW Class now on Wednesdays and Fridays.

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 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!

Beginners Class, 1/6, 1/13, 1/27, 2/3, at 1-3 (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

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, JANUARY 14 AT 9 A.M.

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



BINGO

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

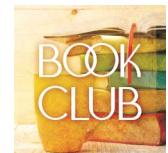
CANASTA AT 11:30 A.M.

POKER AT 12:30 P.M.

BOOK CLUB AT THE CENTER

THURSDAY, JANUARY 30 AT 2PM

Join Moira for our Monthly Book Club here at The Center. Thank you to Moira and the Medfield Public Library.



CRAFTERS CORNER

FREE GREETING CARD MAKING

Wed. January 15 at 10:45 A.M.

Join Sarah as she teaches us how to create a

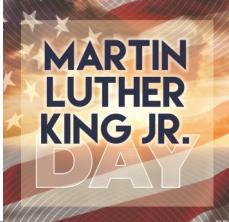
Valentines Day card.

This is a free class.

Sign up is required.



JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p>The Montrose High School Technology Club 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!</p> <p>WE ❤️ OUR VOLUNTEERS</p>	<p>1. COA IS CLOSED</p> 
<p>6. MAC & CHEESE</p> <p>9:15 SHAWS 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 LINE DANCING 1-3 MAH JONGG LESSONS—FULL 1:30 CORE BALANCE 1:30 POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p>7. SHEPHARDS PIE</p> <p>9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:15 INTERGENERATIONAL PROGRAM 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</p>	<p>8. CRISPY FISH SANDWICH</p> <p>9:00 EXERCISE WITH JOELLYN 9:30 COA BOARD MEETING 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 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING BINGO / 3:30 TECH TIME</p>
<p>13. CHEESEBURGER</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 SHOPPING TRIP WITH STEVEN 12:00 LINE DANCING 1-3 MAH JONGG LESSONS—FULL 1:30 CORE BALANCE 1:30 POKENO / 7PM H.A. BRIDGE</p>	<p>14. CHICKEN STIR FRY</p> <p>9:00 VETERANS COFFEE 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</p>	<p>15. LAZY MAN STUFFED CABBAGE</p> <p>9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10:45 GREETING CARD WITH SARAH 11:00 SCAT /11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 GARDNER MUSEUM THEFT PROGRAM 1:00 CRIBBAGE/ PINGPONG/KNITTING BINGO / 3:30 TECH TIME</p>
<p>20. COA IS CLOSED</p> 	<p>21. OMELET</p> <p>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</p>	<p>22. POT ROAST</p> <p>9:00 EXERCISE WITH JOELLYN 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 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING BINGO / 3:30 TECH TIME</p>
<p>27. VEGETARIAN CHILI</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN /KINGBURY SWIM 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN 12:00 LINE DANCING 1:00 COA STAFF MEETING 1-3 MAH JONGG LESSONS—FULL 1:30 CORE BALANCE/ POKENO 7:00 HANNAH ADAMS BRIDGE</p>	<p>28. SPAGHETTI & MEATBALLS</p> <p>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 CAREGIVER SUPPORT GROUP 2:15 CREATIVE WRITING</p>	<p>29. BBQ PORK RIB</p> <p>9:00 EXCUSE WITH JOELLYN 9:30 MARKET BASKET 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT /11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING BINGO / 3:30 TECH TIME</p>

THURSDAY	FRIDAY
2. HOT DOG 9:00 WOODCARVING 9-12 SHINE APPOINTMENTS 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING	3. CATCH OF THE DAY 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 9:00 SELECTBOARD PETERSON HOUR 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY SWIM 10:00 TAI CHI 10:00 TIME CAPSULE 11:00 CORE BALANCE 1:00 CENTER CLOSES
9. MEATLOAF 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	10. CHICKEN PARMESAN 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
16. ROAST PORK 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12-4 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING 1:45 MUSIC WITH ALEXANDRIA	17. TURKEY TETRAZZINI 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
23. ROAST TURKEY 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 WITH PATRICK	24 CHICKEN SCALLOPINI 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 10:30 COFFEE & CONVERSATION W/ NORFOLK COUNTY SHERIFF'S OFFICE 11:00 CORE BALANCE 1:00 CENTER CLOSES
30. BEEF STEW 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 11:45 HOME SAFETY MODIFICATIONS 12:30 POKER 1:00 BOWLING 2:00 BOOK CLUB MEETING	31. CHICKEN SALAD 9:00 ROCHE BROTHERS 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES

SENIOR SANDWICHES:
GRAB-N-GO LUNCH
WEDNESDAYS

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**

Jan 8 - Chicken Salad
Jan 15 - Turkey and Cheese
Jan 22 - Seafood Salad
Jan 29 -Tuna Sandwich

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. 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 — 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. **Tuesday, January 28 at 2:00 p.m.**

Blood Pressure Clinic - A blood pressure clinic available for consultation each Wednesday from 10 a.m.-12:00 p.m.

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, 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

DO YOU NEED ASSISTANCE PAYING FOR HEATING COSTS?



If you are struggling to pay your heating expenses, you may qualify for assistance through South Middlesex Opportunity Council (SMOC). **SMOC** Fuel Assistance Program helps eligible households pay a portion of your heating costs. This benefit is available to those who meet income guidelines including seniors, families, and adults who own or rent. Fiscal year 2025 income guidelines: Household Size of 1 maximum income level 1 \$49,196 Household of 2 \$64,333 If you need assistance with the application call Susan.

Reminder: Beginning Wednesday, May 7, 2025, a **REAL ID** will be necessary for anyone using a license to board a flight traveling within the country. We are less than six months away from the REAL ID federal requirement going into effect. Even if you no longer drive, you may want to consider getting a REAL ID for purposes of travelling by plane with ease.

Are you unemployed, underemployed, retired or considering returning to the workplace?

The 50+ Job Seekers program is supported by the Mass Council on Aging and has free workshops and guidance to help older adult job seekers have successful job search campaigns. Some of the upcoming presentations include: Sharpen your interviewing skills, enhance your linkedin profile, networking and more. A complete list of programs and information is available at

<https://50plusjobseekers.org>

SUPPORT FOR SENIORS: SPEAK WITH OUR COUNSELORS—WED., JAN 8 & 22, 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. Call Sarah Hanifan, COA Director, for a confidential sign-up sheet. 508-359-3665



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

I'm in the process of planning large day trips for 2025. I hope to have these listed in the February newsletter.

ENCORE CASINO TRIP

SAVE THE DATE! TUESDAY, FEB 11, 2024

Join us as we head to the Encore Casino with our friends over at the Norfolk Senior Center. We will be renting a coach bus for this trip. The price is \$39 which includes transportation and a \$20 slot play credit. Bus Driver gratuities not included. Call The Center at 508-359-3665 to sign up!



Sudoku

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

6	9					1		
					5			
3		7			6			
9	5		6					3
	4	5			7		8	
1	8		4					
	5	9			8	4		
			3					

MOVIE MATINEES



EVERY WED. IN JAN AT 12:30 PM

HOT COCOA AND POPCORN WILL BE SERVED.
FREE BUT SPACE IS LIMITED, REGISTRATION
IS REQUIRED FOR SEATING AND FOOD
COUNTS.

JAN 8—THE HOLIDAY, PG 13

The Holiday is a romantic comedy about two women who swap homes at Christmastime after bad breakups with their boyfriends. Each woman finds romance with a local man, but realizes that returning home may end the relationship.

JAN 15—HARRIET, PG 13

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

JAN 22—HEAVENLY DEPOSIT, PG 13

A faithless man finds himself carrying the weight of the world until a divine experience changes his life and he cannot deny the power of God.

JAN 29—SHALL WE DANCE, PG 13

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons. (Richard Gere, Susan Sarandon)



THIS MONTHS SPECIAL EVENTS

CENTER TIME CAPSULE

FRIDAY, JANUARY 3 AT 10:00 A.M.

Join us to make our very own time capsule. This is your chance to view in the future using short goals and how times have changed in a short time. What new toys, movies came out this year? What prices were groceries? Who was elected to office? Bring in something you would like to add to our shoe box, you will NOT get it back and we will open it maybe next year to see what memories the items invoke.

HEARING CLINIC

MON. JAN 6 FROM 10:30 A.M.—12:00 P.M.

Sign up for a free 20-minute consult with At-Home Hearing Healthcare by appointment only. More information on page 6.

INTERGENERATIONAL PROGRAM

TUESDAY, JAN 7 AT 10:15 AM

Join the Medfield High School Students for conversation starting at 10:15 A.M.

SHOPPING WITH STEVEN

MONDAY, JANUARY 13 AT 12:00 P.M. / \$4

Join Steven on a bus ride to University Station. Plan to have lunch with a friend, or browse the many stores available. Wegmans, Target, Homesense, Homegoods, Marshalls and more! Bus will leave The Center at noon and you will have 90 minutes to shop before we head back.

VETERAN'S COFFEE

TUESDAY, JANUARY 14 AT 9:00 A.M.

Join Ian Rogers, Medfield's Veterans Service Officer for a coffee and conversation. Coffee and pastry will be available.

LEGAL CLINIC

TUESDAY, JAN 14 AT 2:00 P.M.

Do you have a legal question? Attorney Julie Ladimer will be available for free, in person, 15-minute consults by appointment only. Call the Center to get on the list.

COFFEE AND CONVERSATION WITH NORFOLK COUNTY SHERIFF'S OFFICE

FRIDAY, JAN 24 AT 10:30 A.M. / FREE

Join us to hear from The Norfolk County's Sheriff's Office regarding programs they have to offer. Don't miss this! Coffee and pastries will be served!

HAS ANYONE SEEN \$500 MILLION IN ART LYING AROUND BOSTON?

WED. JANUARY 15 AT 1:00 P.M.

An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art.

None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested. Many are now dead.

Bob Ainsworth, the author of DUPED, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime. Come hear this exciting presentation with Bob Ainsworth. He will have his books available for purchase.

<http://www.rainsworthjr.com/>

About the Author: Bob Ainsworth was raised in New Jersey, earned a BS in Accounting from Boston College, an MBA in Finance from Northeastern University, and had his CPA. He worked in corporate accounting as a CFO and Controller and taught accounting. He uncovered two fraud cases during his career.

The idea for the Harry Bartlett stories sprang from his Accounting students' positive reactions to fraud anecdotes. He started to write his first story while commuting and then continued after retiring. He has self-published 4 novels—DUPED, CONNED and SCAMMED, and PONZI'd.

OAKLEY HOME ACCESS PRESENTS HOME SAFETY MODIFICATIONS

THUR. JAN 30 AT 11:45 A.M. / FREE

Are you planning on staying in your home but are considering making minor changes to make things easier? Join us on Thursday, January 30 th at 11:45 AM and hear from Oakley Home Access. The Oakley Home safety team provides home modification services to assist mobility and accessibility throughout your home. Home safety services range from installation of grab bars, stair lifts, wheelchair ramps, tub cuts, stairway handrails, custom entrance railings and more. You don't want to miss this!

FREE LIVE MUSIC EVENTS

MUSIC W/ ALEXANDRIA CONNELLY

- THUR. JAN. 16 AT 1:45 P. M.

MUSIC W/ PATRICK DURKIN

- THUR. JAN. 23 AT 1:45 P. M.

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.

THE CENTER AT Medfield

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:

Laura and Don Cannon, Rose Thibault, Thersita Valdez, Gayle Reese, Mona and John Tomera, Michelle Mellea and The Thomas Inglin Family Fund, Medfield Lions Club, Mary Chouinard, Ellen Afienko, Richard Scullary, Mistica and Henry Scalfarotto, Janet Tracey

Mona Chin **In Memory of Robert K. Chin**
Mona Chin **In Memory of Yolanda Ferzoco**
Janet Tracey **In Memory of Maggie Joseph**
Carol Rossi **In Memory of Francis Rossi**

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 seniors in Medfield.

FRIENDS OF SENIORS, Inc. (FOSI) 2025 Yearly suggested donation is \$15.00/pp

Date: _____ (MAKE CHECKS PAYABLE TO FOSI)

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