

THE CENTER AT Medfield

Registration starts Mon. Feb 3.

Call or stop in to sign up.
We depend on people pre-registering for all events to accommodate for setup and/or food. Thank you for your help!

As we enter the New Year, we kindly request that you take a moment to update your contact information with us this month. Please ensure that your phone number, email, mailing address, and emergency contact details are current. Yellow forms will be available at the reception desk. Thank you for your cooperation.

FEBRUARY HIGHLIGHTS

- Encore Casino Trip 2/11
- Chocolate Tasting 2/14. 11 a.m.
- **Closed, Feb 17, Presidents' Day**
- Music 2/20 at 1:45 p.m.
- Foot Fitness 2/24 at 11 a.m.
- No YOGA 2/25
- Pancake Breakfast, 2/27 at 8:30 a.m. **AND** Colonial Life at 1:45 p.m. **AND** Book Club at 2 p.m.
- Tech Class with Kev Tech 2/28 at 10 a.m.

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.

**Wednesday Schedule Varies*



LETTER FROM THE DIRECTOR

Warmest wishes for February! We encourage you to participate in our programs at the Center this month even though the weather is cold, it's so important to socialize. We have the heat on as well as the coffee pot and look forward to seeing all of you! **Winter Weather Reminder:** Your safety is important! If the Medfield Public Schools are closed due to inclement weather, the Center will also be closed, resulting in the cancellation of all programs. In the event of a two-hour delay the Center will have the same delay and will open at 11 a.m. instead of 9 a.m. Additionally, Saturday programs will be canceled in the event of a snowstorm. We reserve the right to cancel or reschedule programs due to weather conditions. To ensure seamless communication, please legibly provide your name and phone number on all sign-up sheets. Our hours of operation are listed on the bottom left-hand corner of this newsletter, and a reminder that we close at 1:00 p.m. on Fridays.

Annual Chocolate Tasting

Join us for our Annual Chocolate Tasting on **Friday, February 14 from 11:00 a.m - 12:00 p.m.** Tickets are on sale at The Center beginning Feb 3 and the cost is \$3 /per person, limited to 50 people. Don't miss out on this popular event provided by FOSI. Thank you, FOSI!

AARP Tax Program

Appointments are being accepted for the tax program by calling Lois at 508-359-3665. This service is provided by AARP trained tax-preparers and is intended for simple tax returns. We only have a limited amount of spaces and this is a free service for simple tax returns for people with low and moderate income. The program runs each Wednesday morning starting February 5 until March 26. Once an appointment is made, we will confirm that date and time with a letter detailing what you need to bring to your appointment. These appointments always fill up. Call to book an appointment today!

Say well, be active and don't forget to use your **free exercise class coupon in February.**

- 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!

WE WELCOME NEW PLAYERS TO JOIN!

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, FEB 11 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

THURSDAY, FEBRUARY 27 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. Feb 12 at 10:45 A.M.

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



MONDAY	TUESDAY	WEDNESDAY
<p>FEBRUARY IS</p>  <p>AMERICAN HEART MONTH</p>	<p>COUPON FOR ONE FREE EXERCISE CLASS AT THE CENTER</p> <p>NAME: _____</p> <p>VALID FEBRUARY 2025 ONLY</p>	<p>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 the desk. Thank you Montrose! WE ♥ OUR VOLUNTEERS</p>
<p>3. TURKEY DIVAN</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGSBURY 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>4. STUFFED SHELLS</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>5. HONEY MUSTARD CHICKEN</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 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 3:30 TECH TIME</p>
<p>10. SWEET & SOUR MEATBALLS</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN/KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 11:45 ROMEO LUNCHEON 12:00 3-THIRTEEN 12:00 LINE DANCING 1-3 MAH JONGG LESSONS—FULL 1:30 CORE BALANCE 1:30 POKENO 7PM HANNAH ADAMS BRIDGE</p>	<p>11. STUFFED CHICKEN</p> <p>9:00 VETERANS COFFEE /ENCORE TRIP 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:00 TILDEN OUTREACH WITH SUSAN 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>12. BEEF HOT DOG</p> <p>9:00 EXERCISE WITH JOELLYN 9:30 MARKET BASKET 9:30 COA BOARD MEETING 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10:45 GREETING CARD 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</p>
<p>17. COA CLOSED/ NO MEALS</p>  <p>PRESIDENTS' DAY</p>	<p>18. MEATLOAF</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>19. FILET FISH SANDWICH</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 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO / 3:30 TECH TIME</p>
<p>24. CHEESEBURGER</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN /KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 11:00 FOOT FITNESS PRESENTATION 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>25. CHICKEN STIR FRY</p> <p>10:00 KINGSBURY SWIM 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>NO YOGA CLASSES WITH TRACY TODAY!</p>	<p>26. LAZY MAN STUFFED PEPPER</p> <p>9:00 EXERCISE 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 3:00 BINGO / 3:30 TECH TIME</p>

THURSDAY	FRIDAY
SPECIAL EVENT LUNCH OUTINGS SIGN UP SHEET AT RECEPTION DESK. ROMEO LUNCHEON MONDAY, FEBRUARY 10. BUS WILL LEAVE AT 11:45 A.M. JULIET LUNCHEON THUR. FEB 13. BUS TO LEAVE AT 11:45 A.M.	 The CENTER Hair Salon Call the Center for your appointment with Ginny. 508-359-3665
6. BEEF TACO 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	7. BEEF STROGONOFF 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 11:00 CORE BALANCE 1:00 CENTER CLOSES
13. AMERICAN CHOP SUEY 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 11:45 JULIET LUNCHEON 12:00 FOSI MEETING 12:30 POKER 1:00 BOWLING	14. BAKED SALMON 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—in classroom 11:00 CHOCOLATE TASTING—limited 1:00 CENTER CLOSES
20. SHEPHERDS PIE 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 EVENT WITH ITALO	21. CHICKEN PARMESAN 9:00 ROCHE BROTHERS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
27. ROAST PORK 8:30 PANCAKE BREAKFAST 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 COLONIAL LIFE—SPECIAL EVENT 2:00 BOOK CLUB MEETING	28. TURKEY TETRAZZINI 9:00 ROCHE BROTHERS 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 KEV TECH PROGRAM 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**

Feb 5 - Chicken Salad
Feb 12 - Turkey and Cheese
Feb 19 - Seafood Salad
Feb 26 - 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 & 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. **Tuesday, February 25 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, February 3 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.

Stay informed with the Medfield School Building Committee. Sign up to get email updates. Form at desk.

OUTREACH INFORMATION WITH SUSAN LONGMOORE

RMV SENIOR HOURS

The RMV is offering senior hours for customers age 65+ to visit the 27 designated Service Centers on Wednesdays from 9:00 am to 10:00 a.m. A reservation is required. The RMV offers three ways to make a reservation: • If you are an AAA member, you may make a reservation now to renew your driver's license/ID or conduct certain other transactions at an AAA location. Visit aaa.com/appointments to schedule your visit. • If you are not an AAA member, visit Mass.Gov/RMV to make a reservation to renew or conduct most other transactions at an RMV Service Center. Visit the Make/Cancel a Reservation transaction tab in the myRMV Service Center and select "Senior Transaction" for all available RMV transactions. Reservations can be booked two weeks in advance. • If you need assistance, email: MassDOTRMVSeniors@dot.state.ma.us or call the RMV Senior line at 857-368-8005.

CIVICREADY

The town of Medfield utilizes CivicReady to send important emergency alerts, utility alerts, boil-water advisories, and other urgent notifications. You can subscribe to receive alerts and notifications via phone call, text message and/or email. You will need to provide contact information. Visit <http://www.town.medfield.net/1841/Alerts-Notifications> to register for CivicReady alerts.

If you need assistance signing up for CIVICREADY or RMV Hours, please set up an appointment with Susan by calling 508-359-3665 x203..

SUPPORT FOR SENIORS: SPEAK WITH OUR COUNSELORS—WED., FEB 5 & 19 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

ENCORE CASINO TRIP

TUESDAY, FEB 11, 2025

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!



CELTIC ANGELS

MONDAY, MARCH 10, 2025, \$136 PP

Don't miss this amazing St. Patrick's Day Celebration show at Danversport, Danvers, MA. Transportation included, as well as an option of a plated Corned Beef and Cabbage Lunch or Baked Scrod. Also includes: Salad, Vegetables, Breads, Dessert, Coffee and Tea. Meal choice and payment due at sign up.

DAFFODILS AT BLITHEWOLD

WEDNESDAY, APRIL 16, 2025, \$125 PP

We are heading to Bristol, Rhode Island's Blithewold Mansion! Celebrate Spring at this beautiful thirty-three acre estate on Narragansett Bay with a spectacular display of more than 50,000 daffodils. First stop will be to have lunch at Johnny's restaurant located in the Wyndham Resort, overlooking the Atlantic Ocean.

MUSEUM OF FINE ARTS

WEDNESDAY, MAY 21, 2025, \$132 PP

Join us for the perfect day at Boston's Museum of Fine Arts. Our first stop of the day is to enjoy a delicious lunch at Venezia. Please choose from pasta primavera, chicken parmesan, or baked haddock. After lunch, you will enjoy a self guided tour of the Museum of Fine Arts. The Museum of Fine Arts in Boston, MA, is the fifth largest museum in the United States. It contains more than 450,000 works of art, making it one of the most comprehensive collections in the Americas.

MORE TRIPS ARE BEING PLANNED, HERE'S A SNEAK PEEK!

June -Planetarium Trip, **July** - Isle of Shoals & Fosters,
August - Gloucester Beauport Princess Cruise, **September**
- Salem Cross Inn, **October** - Foliage Turkey Train,
November— Wang Theater and Venezia Lunch,
December—Boston Pops

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.

*** DRIVE YOURSELF LUNCH SHOWS *
AT LAKE PEARL, WRENTHAM, MA**

\$94 WHICH INCLUDES LUNCH AND A SHOW

***May 21, Doobie Brothers Ultimate Tribute Show.** Baked Stuffed Chicken or Veg. Lasagna

***June 17, Fleetwood Macked Tribute.** Chicken Parm or Wild Mushroom Risotto

***Aug 20, Tom Jones Tribute.** Chicken Piccata or Veg. Lasagna

***Sept 16, Rocky Mountain High, John Denver Tribute.** Baked Stuffed Chicken or Veg. Lasagna

***Dec 2, Christmas with Tony Bennett & Barbara Streisand Special Holiday Tribute.** Baked Stuffed Chicken or Veg. Lasagna

***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!



MOVIE MATINEES

**HOT COCOA & POPCORN WILL BE SERVED. FREE,
SIGN UP IS REQUIRED FOR SEATING**

**WED. FEB 12 AT 12:30 P.M.
MRS. DOUBTFIRE, PG-13—2H 6M**

See the sign up sheet for the description. It's a funny movie starring Robin Williams and Sally Field.

**WED, FEB 26 AT 12:30 P.M.
80 FOR BRADY, PG -13— 1 H 38M**

80 FOR BRADY is inspired by a true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI.

THIS MONTHS SPECIAL EVENTS

HEARING CLINIC

MON. FEB 3 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.

LEGAL CLINIC

TUESDAY, FEBRUARY 11 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.

VETERAN'S COFFEE

TUESDAY, FEBRUARY 11 AT 9:00 A.M.

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

PODIATRY CLINIC

FRIDAY, MARCH 7 FROM 9 A.M. -12 P.M.

The Podiatry visit will be March 7 beginning at 9:00 a.m. Appointments are available by calling The Center 508-359-3665. SIGN UP NOW.

ANNUAL FOSI YARD SALE

SATURDAY, MAY 3, 2025

SAVE THE DATE! More information to come. Collection will be from Monday, April 28 through Friday, May 2, 2025 at the Center.

FREE LIVE MUSIC EVENTS

MUSIC W/ ITALO DEMASI

THURSDAY, FEBRUARY 20 AT 1:45 P.M.

Join us for an hour of live music entertainment with returning entertainer Italo Demasi. Ice Cream Sundaes will be served to those who pre-registered only. Be sure to sign up.

STAY INFORMED: Medfield School Building Committee Newsletter link.

<https://lp.constantcontactpages.com/sl/j1AIBH4/MSBC>

See Sarah or Susan for help signing up!

PANCAKE BREAKFAST

THURSDAY, FEBRUARY 27 AT 8:30 A.M.

Join us for a free pancake breakfast. Preregistration is required for seating and food counts. Sign ups for this event close at 4 p.m. on February 24.

COLONIAL LIFE 18TH CENTURY

THURSDAY, FEBRUARY 27 AT 1:45 P.M.

Gail Hamel will be presenting on Thursday, February 27th at 1:45 her program Colonial Life For the 18th Century Family: The Tools of Survival. In this session Gail portrays Abigail Whitney describing how a colonial family provided the basic needs. Using primary sources, learn which things were important for survival and how they were made. Explore the importance of craftsmanship and imported goods. Audience members are encouraged to explore reproduction artifacts just like those that were part of everyday life. Discover how a family not only survived but thrived.

FOOT FITNESS: THE FOUNDATION OF HEALTHY MOVEMENT

MONDAY, FEBRUARY 24 AT 11:00 A.M.

Join us on Monday, February 24 at 11:00 a.m. for Foot Fitness: The Foundation of Healthy Movement with Robin Lamperti. As we age, maintaining mobility and balance becomes increasingly important for staying active and independent. Foot fitness is often overlooked, but strong, flexible feet are the foundation of optimal human movement.

Did you know?

- Strong flexible feet provide a resilient base that helps keep your knees, hips, and lower back healthy.
- Well-conditioned feet and ankles help to prevent and improve common injuries.
- Regular foot exercise improves circulation and nerve function in the feet and legs, and can help with peripheral neuropathy and reduce the chance of falls.

Whether you're looking to stay active or have mobility challenges, learning simple exercises and foot fitness strategies can make a world of difference in daily life. Learn how your feet are literally the first step to whole body health! **Be sure to attend. Susan highly recommends you add this to your schedule!**

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. Scan in at the COA and pay the \$5 class fee at Kingsbury. For more information 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

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 COA to schedule.

South Shore Nursing & Rest Home Ombudsman

Elder Services

- Become trained and certified as an Ombudsman.
- Create your own volunteering schedule.
- Protect and educate about residents' rights.
- Help residents resolve their concerns or issues.

You can make a difference!



For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910, or (781) 930-0200, or visit us online at www.sselder.org/volunteer/

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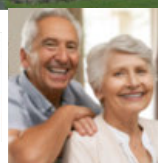
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your \$5 yearly newsletter donation to the Center.

A SPECIAL THANK YOU TO THE FOLLOWING PEOPLE FOR THEIR DONATIONS TO FOSI:

Ellen and Robert Dugan, Misty and Henry Scalfarotto, Mary and James
Barrett, Athena and Perry Conostas, John Howard,
Helga Urban, John Kennedy

Andrew Karnakis **In Memory of Victoria Karnakis**
Brian Flynn and Eileen DeSorgher **In Memory of Edith O'Toole**
Pauline and Frank Medeiros **In Memory of Maggie Joseph**

Anonymous Donor **In Honor of Joan Wood**

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) 2025 Yearly suggested donation is \$15.00/per person
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 do not combine your yearly \$5 donation for the newsletter with your FOSI donation.

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