

# THE CENTER AT Medfield

### SPECIAL EVENTS FOR MARCH:

- 3/3 - 10:30 a.m. Hearing Clinic
- 3/6 - 9 a.m. SHINE Appointments
- 3/7 - 9:00 a.m. Podiatry Clinic
- 3/10 - 10:00 a.m. Veterans Coffee AND 11:45 a.m. ROMEO Lunch
- 3/11 - 2 p.m. Legal Clinic
- 3/12 - 10:45 a.m. Cards with Bri AND 12:30 p.m. Movie
- 3/13 - 11:45 a.m. JULIET lunch
- 3/17 - 10:15 a.m. Intergenerational Acti
- 3/19 - 5 p.m. St. Patrick's Supper
- 3/20 - 12 p.m. SHINE appointments AND 1:45 p.m. Music w/ Alexandria
- 3/24 - 11 a.m. Yellow Dot Program
- 3/25 - 2 p.m. Caregiver Support Group
- 3/26 - 10:45 Crafts AND 12:30 p.m. Movie AND 5:30 p.m. Intro to Medicare
- 3/27 - 12:30 Dementia Live Training AND 2 p.m. Book Club
- 3/28 + 3/29 No Access to Dining Hall
- **3/31 - ELECTION—COA CLOSED**  
Polls open from 6 a.m.- 8 p.m. at  
1 Ice House Rd, Medfield.

### HELPFUL NUMBERS:

Norfolk County "ARE YOU OK":  
866-900-RUOK (7865)  
Receive a daily wellbeing call.

Medfield Police Non Emergency:  
508-359-2315

Medfield Fire Non Emergency:  
508-359-2323

Medfield Food Cupboard:  
508-359-4958

HESSCO Elder Services:  
781-784-4944

### 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

### HELLO AND HAPPY MARCH!

A few reminders. You are required to check into The Center at the front desk kiosk each time you visit. Once a year you will see the general waiver liability form which is part of our check in process, you'll sign the form annually. **Transportation** is offered to Medfield seniors. All riders **must** carry a "FILE OF LIFE" emergency card on them. If you don't have an emergency card, please stop at the reception desk to get one. Passengers must be able to board and exit the van independently and move in one's environment with ease and without restriction. Pre-registration for all rides on the van/bus is required. Food shopping trips are offered three times each week and space is limited. We also offer transportation to medical appointments, which requires a request at least 5 business days prior to the appointment. These rides are limited to 3x a month. For Medical rides, you will need to contact Lois Abramo at 508-359-3665 x 201.

### ADULT RESPITE CARE PROGRAM

"The Club" at The Center at Medfield offers Respite Care (supervised companionship) for your loved one. The program is open to Medfield residents AND those in surrounding towns. The Club is open on Tuesdays and Thursdays from 11:30 a.m. - 3:00 p.m. and offers a program filled with stimulating activities. It boasts a warm and vibrant atmosphere with a caring and supportive staff. Finally, relief for Caregivers! For more information or to set up a complimentary first visit, please contact: Mary Barrett ARCP Coordinator at 508-359-3665, or email mbarrett@medfield.net.

The Mission of the Council on Aging is to foster an atmosphere of wellness by addressing the emotional, social, physical and often the spiritual needs of older individuals and their families during the aging process. The Council on Aging's goal is to enhance the quality of life and promote independence by providing programs, social events, services and referrals to support community members throughout their life journey.

# 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: \$5 PER MONTH**

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. Please note, starting in March, Meditation will be \$5 per month.

## 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.

## ONGOING PROGRAMS AT THE CENTER

### QUILTING FUN—COME JOIN US!!

**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 Lessons \$10 PP. More info on page 4.**

### 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

**MONDAY, MARCH 10 AT 10:00 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.

**\*WE WELCOME NEW PLAYERS TO JOIN!**

### BOOK CLUB AT THE CENTER

**THURSDAY, MARCH 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 WITH BRI

**Wednesday, March 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.





# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY
 <p><b>The CENTER Hair Salon</b></p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p><b>MAH JONGG LESSONS FOR BEGINNERS ONLY</b></p> <p>If you are interested in learning the game, please sign up at The Center. Recommended donation of \$10 per person. The class will consist of 4 lessons where you will learn the basics of the game, experience in gameplay and strategies. Classes will be at 1:00 p.m. on the first 4 Mondays in March. Limited to 8 participants.</p>	<p>The <u><b>Montrose High School Technology Club</b></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! <b>WE ♥ OUR VOLUNTEERS</b></p>
<p><b>3. Sausage, Pepper &amp; Onions</b></p> <p>9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN/KINGSBURY SWIM</b> 10:30 <b>HEARING CLINIC BY APPT</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / <b>LINE DANCING</b> 1:00 <b>MAH JONGG LESSONS</b> 1:30 <b>CORE BALANCE / POKENO</b> 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>4. Pot Roast w/ Gravy</b></p> <p>9:30 <b>CHAIR YOGA</b> 10:00 <b>KINGSBURY SWIM</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING</p>	<p><b>5. Western Omelet</b></p> <p>9-1 <b>AARP TAX PREP APPTS. BY APPT ONLY</b> 9:00 <b>EXERCISE WITH JOELLYN</b> 9:30 <b>MARKET BASKET</b> 9:30 <b>COA BOARD MEETING</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 10-12 <b>MEDFIELD OUTREACH 1:1'S</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> 3:00 <b>BINGO</b> / 3:30 TECH TIME</p>
<p><b>10. Chicken Bruschetta</b></p> <p>9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN <b>NO FITNESS FUN TODAY</b> 10:00 <b>VETERANS COFFEE</b> 10:00 <b>KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 11:45 <b>ROMEO LUNCHEON</b> 12:00 3-THIRTEEN / <b>LINE DANCING</b> 1:00 <b>MAH JONGG LESSONS</b> 1:30 <b>CORE BALANCE / POKENO</b> 7PM HANNAH ADAMS BRIDGE</p> <p><b>DANVERS TRIP</b></p>	<p><b>11. Korean Meatballs</b></p> <p>9:30 <b>CHAIR YOGA</b> 10:00 <b>KINGSBURY SWIM</b> 10:00 <b>TILDEN OUTREACH WITH SUSAN</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG / 1:30 BRAIN GAMES 2:00 <b>LEGAL CLINIC BY APPT ONLY</b> 2:15 CREATIVE WRITING</p>	<p><b>12. BBQ Pork Rib</b></p> <p>9-1 <b>AARP TAX PREP APPTS. BY APPT ONLY</b> 9:00 <b>EXERCISE WITH JOELLYN</b> 9:30 <b>MARKET BASKET</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 10:45 <b>GREETING CARD WITH BRI</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST 12:30 <b>MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> 3:00 <b>BINGO</b> / 3:30 TECH TIME</p>
<p><b>17. Turkey Divan</b></p> <p>9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN/KINGSBURY SWIM</b> 10:15 <b>INTERGENERATIONAL PROG.</b> 11:00 GREAT COURSES DVD CLASS 12:00 3-THIRTEEN / <b>LINE DANCING</b> 1:00 <b>MAH JONGG LESSONS</b> 1:30 <b>CORE BALANCE / POKENO</b> 7 PM HANNAH ADAMS BRIDGE</p>	<p><b>18. Salisbury Steak</b></p> <p>9:30 <b>CHAIR YOGA</b> 10:00 <b>KINGSBURY SWIM</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING</p>	<p><b>19. Honey Mustard Chicken</b></p> <p>9-1 <b>AARP TAX PREP APPTS. BY APPT ONLY</b> 9:00 <b>EXERCISE WITH JOELLYN</b> 9:30 <b>MARKET BASKET</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 10-12 <b>MEDFIELD OUTREACH 1:1'S</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> / 12 WHIST 12:00 WHIST 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> 3:00 <b>BINGO</b> / 3:30 TECH TIME</p>
<p><b>24. Greek Meatballs</b></p> <p>9:15 <b>SHAWS SHOPPING</b> 9:30 QUILTING FUN 10:00 <b>FITNESS FUN /KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 11:00 <b>YELLOW DOT PRESENTATION</b> 12:00 3-THIRTEEN 12:00 <b>LINE DANCING</b> 1:00 <b>MAH JONGG LESSONS</b> 1:30 <b>CORE BALANCE/ POKENO</b> 7:00 HANNAH ADAMS BRIDGE</p>	<p><b>25. Portuguese Chicken</b></p> <p>9:30 <b>CHAIR YOGA</b> 9:30 STAFF MEETING 10:00 <b>KINGSBURY SWIM</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 <b>CAREGIVER SUPPORT GROUP</b> 2:15 CREATIVE WRITING</p>	<p><b>26. Hot Dog</b></p> <p>9-1 <b>AARP TAX PREP APPTS. BY APPT ONLY</b> 9:00 <b>EXERCISE WITH JOELLYN</b> 9:30 <b>MARKET BASKET</b> 10:00 <b>MEDITATION / BREAD DIST.</b> 10-12 <b>BLOOD PRESSURE CLINIC</b> 10:45 <b>CRAFTS</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST <b>12:30 MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG/KNITTING</b> 3:00 <b>BINGO</b> / 3:30 TECH TIME 5:30 <b>PLANNING FOR MEDICARE</b></p>
<p><b>MARCH 31. Mac &amp; Cheese</b> <b>VOTE AT COA 6 A.M.—8 P.M.</b> <b>COA IS CLOSED FOR THE ELECTION</b></p>		

THURSDAY	FRIDAY
<b>SPECIAL EVENT LUNCH OUTINGS</b> <b>SIGN UP SHEET AT RECEPTION DESK.</b>  <b>ROMEO LUNCHEON</b> MONDAY, MARCH 10. BUS WILL LEAVE AT 11:45 A.M.  <b>JULIET LUNCHEON</b> THUR. MARCH 13. BUS TO LEAVE AT 11:45 A.M.	<b>ST. PATRICKS LUNCH 3/19</b> HESSCO Special Grab N Go lunch on <b>Wednesday, March 19 at noon!</b> Sign up to join us in the dining hall for a corned beef and swiss cheese sandwich on rye bread. Deadline to sign up is Friday, 3/7 at noon. Suggested donation is \$3.00 per person.
<b>6. Roast Turkey w/ Gravy</b> 9:00 WOODCARVING <b>9-12 SHINE APPOINTMENTS</b> 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB / 12:00 FOSI MTG 12:30 POKER 1:00 BOWLING	<b>7. Vegetarian Chili</b> <b>9:00 ROCHE BROTHERS SHOPPING</b> 9:00 EXERCISE WITH JOELLYN 9:00 SELECTBOARD PETERSON HOUR 9-12 PODIATRY CLINIC 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>13. Corn beef Hash</b> 9:00 WOODCARVING 10:00 WALKING GROUP <b>ZUMBA CANCELLED</b> 11:30 CANASTA 11:30-3 THE CLUB <b>11:45 JULIET LUNCHEON</b> 12:00 FOSI MEETING 12:30 POKER 1:00 BOWLING 1:45 AUTHOR VISIT—TOM KEATING	<b>14. Tuna Salad</b> <b>9:00 ROCHE BROTHERS SHOPPING</b> 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE—in classroom 1:00 CENTER CLOSES
<b>20. Taco Beef</b> 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB <b>12-4 SHINE APPOINTMENTS</b> 12:30 POKER 1:00 BOWLING 1:45 MUSIC WITH ALEXANDRIA	<b>21. Stuffed Shells</b> <b>9:00 ROCHE BROTHERS SHOPPING</b> 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>27. Lasagna Roll Up</b> 9:00 WOODCARVING 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB <b>12:30 DEMENTIA LIVE TRAINING</b> 12:30 POKER 1:00 BOWLING <b>2:00 BOOK CLUB MEETING</b> <b>NO ACCESS TO DINING HALL AFTER 3 P.M.</b>	<b>28. Shrimp w/ Lemon Dill</b> <b>NO ACCESS TO DINING HALL FRIDAY OR SATURDAY</b>  <b>9:00 ROCHE BROTHERS</b> 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**

Mar. 5 - Chicken Salad  
 Mar. 12 - Turkey and Cheese  
**Mar. 19 - Corned Beef & Swiss**  
 Mar. 26 - Seafood Salad

## 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.  
**No Zumba Sat. March 8 or Sat. March 15. AND No Access to Dining Hall on 3/29**

### Regular Saturday Schedule

9:00 a.m. - Zumba Class  
 9:00 a.m. - Ping Pong  
 10:00 a.m. 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. **Tuesday, March 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, March 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

#### **SENIOR CIRCUIT BREAKER TAX CREDIT**

Remember to file for the Circuit Breaker Tax Credit by April 15, 2025. You may be eligible for cash or tax credit of up to \$2,730 this tax year, even if you didn't file Massachusetts state income tax forms. You can also file retroactively for any benefits you could have qualified for in the past three years. You must file a Schedule CB with your Massachusetts personal income tax return. Total income limit for one person is \$72,000 or \$109,000 for a married couple. The assessed value of your home cannot exceed \$1,172,000.00 for the 2024 year. Ask your tax accountant for information.

**HESSCO NEWS** Kick off your St. Patrick's Day celebration by walking or running a 5K to benefit HESSCO! Register for the 14th annual Mick Morgan's 5K for HESSCO. This fun race starts and finishes at Mick Morgan's Irish Pub in Sharon on Saturday, March 15 and raises funds for HESSCO programs such as Meals-on-Wheels and home-care services. Sign up at [www.hessco.org](http://www.hessco.org).

**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! 781-784-4944

### SUPPORT FOR SENIORS: SPEAK WITH OUR COUNSELORS—WED., MARCH 12 & 26 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**

## 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.

## CHRISTA MCAULIFFE CENTER

**WEDNESDAY, JUNE 25, 2025, \$25 PP**

Spend the day participating in a space mission simulation and watching a planetarium program. Trip price includes transportation and entry into the museum. Lunch will be on your own. We will be joining our neighbors over in Norfolk for this mission. Transportation will be provided by the COA. **RSVP by June 6** to Sarah or Lois. Payment due at sign up. Limited to 14 people.

## FOSTER'S DOWNEAST CLAMBAKE & ISLES OF SHOALS CRUISE

**TUESDAY, JULY 29, 2025, \$150 PP**

Join us on a fun-filled delicious day trip to Maine! We will begin at Foster's Downeast Clambake in York, Maine. This lunch will include Maine Lobster or BBQ Chicken, Maine Steamers and Mussels, Clam Chowder, Corn on the Cobb, Potatoes, Onions, Rolls and Blueberry Crumb cake. While feasting, you will enjoy live entertainment with a dose of humor. After lunch, we're off to Portsmouth, NH for a 3 hour narrated Isles of Shoals tour aboard the 348 passenger Victorian Steamship.

**MORE TRIPS ARE BEING PLANNED. CHECK BACK SOON!**

## 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 SHOW**

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

\***June 17, Fleetwood Macked Tribute.** Chicken Parmesan 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

**POPCORN WILL BE SERVED FOR FREE. BEVERAGES WILL BE AVAILABLE IN THE FOSI FRIDGE FOR \$1. SIGN UP IS REQUIRED FOR SEATING**

**WED. MARCH 12 AT 12:30 P.M.**

**FLY ME TO THE MOON, PG-13-2H 12M**

Sparks fly between a marketing executive and a NASA official as he makes preparations for the Apollo 11 moon landing.

**WED, MARCH 26 AT 12:30 P.M.**

**TWISTERS, PG-13-2 H 3M**

A retired tornado-chaser and meteorologist is persuaded to return to Oklahoma to work with a new team and new technologies.

## THIS MONTHS SPECIAL EVENTS

### HEARING CLINIC

**MON. MARCH 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.

### 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.

### VETERAN'S COFFEE

**MONDAY, MARCH 10 AT 10:00 A.M. / FREE**

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

### LOCAL AUTHOR TOM KEATING

**THURSDAY, MARCH 13 AT 1:45 P.M. / FREE**

Join us on Thursday, March 13 at 1:45 p.m. to hear from local author Tom Keating. Tom will have books available for purchase. \$19.99 by cash, check or card.

### FREE LIVE MUSIC EVENTS

**MUSIC WITH ALEXANDRIA CONNOLLY**

**THURSDAY, MARCH 20 AT 1:45 P.M. / FREE**

Join us for an hour of live music entertainment with returning entertainer Alexandria Connolly. You don't want to miss this one.

### THE HOMEBOUND PROGRAM AT MEDFIELD PUBLIC LIBRARY

Attention, Medfield Public Library patrons! If you wish to borrow library materials, but are unable to visit the library in person, fear not! The Home-Bound Program is here for you. Every Tuesday, we deliver and/or pick up your materials. All you need is your library card. If you (or someone you know) could use this service, please email [MedfieldHomeBound@minlib.net](mailto:MedfieldHomeBound@minlib.net), or call 508-359-4544 and ask for Corey. She looks forward to hearing from you!

### ST. PATRICKS SUPPER—POPULAR!

**WED., MARCH 19, 5-7 P.M. / \$12 PER PERSON**

Registration for **Medfield Residents begins, March 3 at 9 a.m.** and Registration for **all others outside of Medfield begins on Mon. March 10 at 9 a.m.** \$12 per person and payment must be in the form of a check, made payable to "Town of Medfield - COA" Payment is due when you register. This sign up sheet is behind the desk with the receptionist. Entertainment by Sean Fullerton

### YELLOW DOT PROGRAM

**MONDAY, MARCH 24 / 11 A.M. / FREE**

This Public Safety Program for Seniors is brought to you by The Norfolk County Sheriff's Office. Limited to 12. Be sure to sign up.

The "Yellow Dot" Program helps save lives of senior drivers and other citizens during a car crash by alerting first responders to a yellow decal on the driver's side rear window. The decal signals first responders to check in the glove compartment for the corresponding "Yellow Dot" folder with crucial emergency information to help the victim.

### PLANNING FOR MEDICARE

**WEDNESDAY, MARCH 26 5:30-6:30 P.M. / FREE**

Led by a Blue Cross Blue Shield of Massachusetts representative, this presentation is tailored for individuals approaching Medicare eligibility. Topics include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees. This session is ideal for individuals in your community who may still be working and looking to transition. Evening presentations may also be available. Be sure to preregister for seating purposes.

### DEMENTIA LIVE TRAINING

**THURSDAY, MARCH 27 FROM 12-2PM / FREE**

Dementia Live is a hands-on sensory experience for staff, caregivers or family members who are interested in learning more about what it may be like to live with dementia. 4 people go through the training at a time, it takes about 1/2 hour to complete. The program runs approx. 2 hours and people sign up in 1/2-hour blocks. Limited to 16.



## SERVICES AVAILABLE AT THE CENTER

### INFORMATION & REFERRALS

The COA provides accurate information for elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.

### OUTREACH SERVICES

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, fuel assistance, caregiver and low-vision information and support are available through our Outreach Department. Call for an appt.

### HEALTH AND WELLNESS

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

### MEALS ON WHEELS

A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.

### GRAB-N-GO WEDNESDAYS

Order your lunch on Monday and pick up between 11:30 -12 noon on Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.

### S.H.I.N.E

Our SHINE volunteer is available for in-person appointments by calling the Center. SHINE provides assistance with figuring out the health-insurance maze. Appointments are available on the first and third Thursday of the month by calling the Center.

### MEDICAL EQUIPMENT

The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first-come, first-served basis for Medfield residents.

### LOW-VISION INFORMATION

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

### CAREGIVER SUPPORT

If you have questions about caregiving, call the Center and we can help you navigate the challenges you may be facing. Individual appointments are available.

### VOLUNTEERING

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

### THE CLUB

A supervised and structured day-program for your loved one on Tuesday and Thursday. If you are caring for a loved one and looking for some time for yourself, consider our program. Contact Mary for more information. [mbarrett@medfield.net](mailto:mbarrett@medfield.net)

### S.N.A.P BENEFITS

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance program (SNAP), also known as Food Stamps. Call the Center for assistance.

### MEDFIELD FOOD CUPBOARD

The Medfield Food Cupboard is open the first and third weeks of each month. They are open Thursday & Saturday for in-person shopping. The Food Cupboard is now located at 93 West St., Unit 10. Contact the Food Cupboard: 508-359-4958. All inquiries are confidential.

### BREAD DISTRIBUTION

Every Wednesday beginning at 10:00 a.m. there are bread products available from Brothers, Shaw's, Blue Moon and Donut Express.

### SENIOR SWIM

Enjoy swimming at The Kingsbury Club on Mondays, Tuesdays and Fridays 10-11 A.M. 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.



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:**

Nancy Dearnness, Bonnie Jaffe, Lisa Ryan, Pamela Wilkey, Suzanne and Michael  
Pitoniak

**In Memory of Perry Constas**

Jerry and Nancy Placido , Richard and Evelyn Clarke, Dick Scullary  
Robert and Francis Fedor

Dick Scullary **In Memory of Maureen Heavey**

Robert and Francis Fedor **In Memory of Maggie Joseph**

Patricia Tredway **In Memory of Patty Foscaldo**

Barbara Trudeau **In Honor of John Ledwith**

Duncan and Carol Oliver **In Memory of Nancy McCarthy**

**Brick Donation** — Henry and Mistica Scalfarotto

**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.**

**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