

THE CENTER AT Medfield

Reminder:
Registration begins Wed.
Oct 1. at 9 a.m.

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.

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

MON, TUES, THURS

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 A.M. — 3 P.M.

*Wednesday Schedule Varies



SENIOR TAX WORK —OFF PROGRAM

The Senior Tax work off program is open to senior citizens (60 years or older) who own property and pay real estate taxes in the Town of Medfield. Participants will be expected to complete 100 hours of service in the program year, which runs from November 5, 2025—October 16, 2026. A \$1,500 property tax credit minus any required withholdings will be applied to the participant's actual real estate bill, due Feb. 1, 2027 and May 3, 2027. **Program**

Requirements: participants must work the required 100 hours of service in order to receive the total tax credit. Partial credit WILL NOT be allowed for any reason for hours worked less than the required 100 hours. The Town of Medfield, based on need, may place the participants in more than one job in order to fulfill the number of hours. An information session will be offered for all new participants . **Eligibility Criteria:** age: Applicants must be 60 years of age as of the annual eligibility date of October 1, 2025. You are eligible to participate in the program if you work less than 15 hours in a town or school position. Elected officials serving on any town board, committee, or commission are ineligible. Ownership and residency: Applicants must be a resident of the Town of Medfield and must own (as the assessed owner of record) and occupy (as their domicile) the property. If the property is owned by a trust, the applicants must have legal title, i.e., must be one of the trustees listed on the deed. Applicants who are a holder of a valid Life Estate will meet the ownership requirements as defined by senior exemption and trust laws. Life Estate designation must be listed on the deed. Any outstanding property taxes must be paid in full by November 1, 2025 in order to participate in the program.

Applications will be available at The Center on Wed. Oct. 1, 2025. Completed applications are due back to the COA by Monday, October 27, 2025. A lottery will take place on Wed. Nov 5, 2025 to pull names should we receive more than 65 applications.

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.

VIDEO CHAIR EXERCISE

WEDNESDAYS / 9:00 A.M. / COST: FREE

FREE exercise video class using weights and aerobics.

WEDNESDAY MEDITATION CLASS

WED. / 10 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.

WALKING GROUP

THURSDAYS / 10 A.M.

Join the group for exercise, conversation and a few good laughs! They walk at many different paces. **Please note the later start time!**



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.

EXERCISE WITH JOELLYN

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

FREE exercise class with Joellyn. Come check out this class on Fridays.

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.

SATURDAY ZUMBA

SATURDAYS / 9:00 A.M. / COST: \$5.00

Join Lourdes on Saturdays at 9 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

10:00 A.M. / COST: \$5.00 TO KINGSBURY CLUB

Enjoy **AQUA CLASS** at The Kingsbury Club on Mondays, Tuesdays and Fridays from 10:00 - 11:00 A.M. Bring your COA key tag to scan and a \$5 class fee which is paid at The Kingsbury Club. Need a key tag? Stop by the Center.

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 play! At this time, no lessons have been scheduled.

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. Knitting offers numerous benefits for seniors, including improved hand-eye coordination, dexterity, and cognitive function, along with stress reduction and social-interaction opportunities.

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. \$10.00 for 2 strings of bowling and shoes each week or 3 strings for 13.50. No experience necessary! Come join the fun!

MONTHLY VETERANS COFFEE

MONDAY, OCTOBER 6 AT 10:00 A.M.

All Veterans are invited to join us for 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 11:45 A.M.

* POKENO AT 1:15 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, OCTOBER 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

SEE PAGE 8 FOR DETAILS!



OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p>"There is nothing impossible to him who will try." - Alexander The Great</p>	<p>1. FISH SANDWICH</p> <p>9:00 COA BOARD MEETING 9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST / 12:00 MOVIE 1:00 CRIBBAGE/ PINGPONG / KNITTING 3:00 BINGO</p>
<p>6. CHEESE OMELET</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 VETERANS COFFEE 10:30 HEARING CLINIC 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p>7. ROAST TURKEY</p> <p>9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:00 WALGREENS SHOPPING 1:30 BRAIN GAMES 2:15 CREATIVE WRITING</p>	<p>8. HONEY MUSTARD CHICKEN</p> <p>9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10:00 BEREVEMENT GROUP 10-12 BLOOD PRESSURE CLINIC 10:45 CARDS WITH SARAH 11:00 FEET FIRST / SCAT 11:30 GRAB N GO 12:00 WHIST / WARDS BERRY FARM 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO</p>
<p>13. NO MEALS DELIVERED</p> <p>COLUMBUS DAY</p> <p>COA IS CLOSED</p>	<p>14. AMERICAN CHOP SUEY</p> <p>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 2:15 CREATIVE WRITING</p>	<p>15. VEGETARIAN CHILI</p> <p>9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10-12 HEALTH AND WELLNESS FAIR  11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 1:30 FALL DIAMOND ART CRAFTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE</p>
<p>20. CHICKEN MEATBALLS</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 COOKING CLASS OFFSITE 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO / 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p>21. PORK ROAST</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. MACARONI & CHEESE</p> <p>9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10:00 BEREVEMENT GROUP 10-12 BLOOD PRESSURE CLINIC 10:45 CRAFTS 11:00 FEET FIRST / SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE 5:45 MEDICARE PRESENTATION</p>
<p>27. TURKEY DIVAN</p> <p>9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 FITNESS FUN / KINGSBURY SWIM 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 LINE DANCING 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE</p>	<p>28. SHEPHERD'S PIE</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. CHEESE LASAGNA ROLL</p> <p>9:00 MARKET BASKET/WALMART 9:00 VIDEO CHAIR EXERCISE 10:00 MEDITATION / BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 FEET FIRST / SCAT 11:30 GRAB N GO 12:00 LUNCH AND LEARN—SAFE DRIVING 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE 5:30 LINDBERG BABY TRIAL LECTURE</p>

THURSDAY	FRIDAY	
2. MEATLOAF & BROWN GRAVY 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 AT RYANS	3. CHICKEN BREAST 9:00 ROCHE BROS SHOPPING 9:00 EXERCISE WITH JOELLYN 9:00 SELECTBOARD PETERSON 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 508-359-3665 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 The COA BUS will also deliver to the Tilden Community Room at Noon, please inform receptionist you'd like yours dropped off at Tilden when you order. October 1 - Chicken Salad October 8 - Turkey and Cheese October 15 - Seafood Sandwich October 22 -Ham & Cheese October 29 - Tuna Fish Sandwich
9. CHICKEN POT PIE TURKEY TRAIN LARGE DAY TRIP 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING AT RYANS	10. CATCH OF THE DAY 9:00 ROCHE BROS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	
16. BBQ BEEF BURGER 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 AT RYANS 1:45 PATRICK DURKIN MUSIC	17. CHICKEN STEW 9:00 ROCHE BROS 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	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!
23. CHICKEN BREAST W. GRAVY 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING AT RYANS	24. BEEF LO MEIN 9:00 ROCHE BROS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	SATURDAYS The Center is open most Saturdays. All programs are drop-in. (508) 359-3665. Regular Saturday Schedule 9:00 a.m. - Ping Pong 9:00 a.m. - Zumba 10:30 a.m. - Line Dancing 12:00 p.m. - BINGO WE HAVE AVAILABLE CLASSROOM SPACE ON SATURDAYS! COME IN TO USE OUR SPACE TO CRAFT, PLAY BOARD GAMES OR CARDS! WE ARE OPEN 9AM—3 PM
30. CHICKEN FAJITAS 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING AT RYANS 2:00 BOOK CLUB	31. HALLOWEEN HOT DOG 9:00 ROCHE BROS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 11:00 CORE BALANCE 11:45 OCTOBER BIRTHDAY SOCIAL 1:00 CENTER CLOSES	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. Ian Rogers will be at The Center the second Monday of every month at 10:00 a.m.

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 third 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.

Blood Pressure Clinic - A blood pressure clinic available for consultation each Wednesday from 10 a.m.-12:00 p.m. with Emily Dellaglio, Medfield Public Health Nurse.

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, October 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.

MEDICARE OPEN ENROLLMENT runs from

October 15 to December 7. During this time, you can make changes to your Medicare coverage, including switching plans to find one that better meets your needs or fits your budget. If you need assistance navigating your options, call the Center to schedule an appointment to meet with a SHINE Counselor. SHINE (Serving the Health Insurance Needs of Everyone) offers free, unbiased counseling to help you understand and compare Medicare and other health insurance options. Appointments fill up quickly.

LUNCH AND LEARN—SAFE DRIVING

Join us on **Wednesday, October 29 at 12:00** for a lunch & learn presentation: Safe Drive Through the Aging Process by Mary McNiff, Certified Senior Advisor with Senior Care Authority. Developed specifically for senior drivers, this 1 hour presentation offers a practical, engaging, and compassionate approach to the challenges of "senior drivers vs. the aging process." We address the sensitive issue of when it may be time to relinquish driving independence, with the goal of not taking away driving opportunities, but providing strategies to recognize and manage diminishing skills—ensuring seniors can remain safe on the road. **Please be sure to register in advance as food is served.**

BEREAVEMENT SUPPORT GROUP WITH KATHY MCDONALD, M.ED., MSW, LICSW

Are you looking for support with grief or loss? Join Medfield Outreach for a 6-session group where we will share experiences and support each other in a compassionate space.

To register please inform front desk staff at the COA. Registration is required and space is limited. This will be held at the COA, Bi-weekly on Wednesdays from 10-11 a.m. **10/8, 10/22, 11/05, 11/05, 11/19, 12/3, 12/17**

TRIPS & TOURS

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

TURKEY DINNER TRAIN –SOLD OUT!

THURSDAY, OCTOBER 9, 2025, \$140 PP

WANG THEATRE— CANCELLED

BOSTON HOLIDAY POPS ORCHESTRA

THURSDAY, DECEMBER 18, 2025, \$220 PP

Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus! Seats are located 1st balcony. Before the show, we will go to the Cheesecake Factory for a delicious lunch. A perfect holiday celebration.

Sign up NOW, trip will be cancelled on November 18 if we don't have the required minimum of 25 sign ups.

TRIP POLICY

FOR OUR LARGE DAY TRIPS

Payment for trips must be made at least 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.**

***DEC 2, CHRISTMAS WITH TONY BENNETT & BARBARA STREISAND SPECIAL HOLIDAY TRIBUTE.**

Baked Stuffed Chicken or Vegetable Lasagna

Your ticket includes lunch, the 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 is due when you order tickets.



MOVIE MATINEES

ALL MOVIES WILL BEGIN AT 12:30 P.M.

POPCORN WILL BE SERVED FOR FREE. SIGN UP IS REQUIRED FOR SEATING. MOVIE DESCRIPTIONS ARE LISTED ON THE SIGN UP SHEETS AT THE CENTER.

OCTOBER 1 AT 12:00 P.M.

MYSTIC PIZZA at Noon with a FREE Mystic Pizza Lunch. Pre-registration required for pizza.

OCTOBER 15 AT 12:30 P.M.

OCTOBER SKY

OCTOBER 29 AT 12:30 P.M.

HOCUS POCUS



BUS TRIPS

EXPLORE AND ENJOY LUNCH AT WARDS BERRY FARM

LIMITED TO 13 / FREE TRANSPORTATION

WED. OCT 8, 2025, BUS DEPARTS COA AT 12:00 P.M.

Ward's Berry Farm is a family farm located in Sharon, MA. Brothers Jim & Bob Ward have run the farm since 1982, offering the finest quality fresh picked fruits and veggies. Their mother Ann's family favorite recipes are used daily to bake our fresh cookies, muffins, breads and pies sold in the store. Our shelves are stocked with a large selection of gourmet grocery items and prepared foods to go. The store has an awesome sandwich counter and deli, as well as a smoothie bar with soft-serve ice cream. We also specialize in artisan breads, gourmet cheeses, jams, and spreads.

THIS MONTHS SPECIAL EVENTS

HEALTH & WELLNESS FAIR

WED., OCTOBER 15, 2025, 10 A.M.—12 P.M.

The Center at Medfield is excited to announce our 3rd Annual Health and Wellness Fair. The event will be taking place on Wednesday, October 15, from 10:00 a.m. to 12:00 p.m. This year's fair will feature representatives from various local agencies, offering valuable information on a wide range of topics including home health care, senior living options, home modification, home-delivered meal services, community resources and more. Flu vaccines and vision screenings will be offered on-site. Mark your calendars for this important event!

INTRODUCTION TO MEDICARE/ OPEN ENROLLMENT.

WEDNESDAY, OCT. 22 AT 5:45 P.M.

The SHINE program assists Medicare beneficiaries in understanding their Medicare rights, benefits and educates people all about their health insurance options. SHINE counselors also educate consumers with limited resources on how to pay for health care costs. The program is provided at no cost to the consumer and is staffed primarily by trained volunteers.

CRAFTERS CORNER—LIMITED TO 12

- CARDS WITH SARAH (BRI IS AWAY)
WEDNESDAY, OCT 8 AT 10:45 A.M. / FREE
- FALL DIAMOND ART WITH JOANNE,
WEDNESDAY, OCT. 15 AT 1:30 P.M. / FREE
- PUMPKIN DECORATION WITH ANNETTE,
WEDNESDAY, OCT. 22 AT 10:45 A.M.

FALL IN LOVE WITH MUSIC

REGISTRATION REQUIRED, BUT FREE!

- Thurs., Oct 16 at 1:45 with Patrick Durkin

OCTOBER BIRTHDAY SOCIAL

FRIDAY, OCTOBER 31 AT 11:45 A.M. / \$5 PP

You're invited to a Halloween Birthday Bash! Join us for a fun time as we celebrate all of our friends who celebrate their birthday in October!

Costumes highly encouraged. Cheese Pizza and birthday cake will be served. FREE for all those celebrating an October Birthday. \$5 per person for everyone else.

POWISSET FARM COOKING CLASS

MON, OCT 20 AT 11 A.M. / \$25 PER PERSON

We meet at Powisset Farm at 11AM with Chef Thi. \$25 per person, limited to 11 people! Priority to those who didn't attend the previous month. This month we will be working on Fall squash dishes: Squash Risotto, Roasted Squash with Garlic Maple Glaze and Squash Panzanella Salad.

Included in this class:

- Cooking demonstrations and hands-on experience.
- Instruction from an experienced, top-notch instructor.
- Recipes to take home.
- At the end of each class, the opportunity to enjoy the food you created.

Please note: We cannot accommodate food allergies. No take home food will be allowed. .

INSIDE THE MYSTERIOUS CASE OF THE LINDBERGH KIDNAPPING

WEDNESDAY, OCT. 29 AT 5:30 P.M. / FREE

Baby Kidnapping and Murder Trial: The Case That Continues to Haunt. Measured by the public interest it generated, the trial of Bruno Richard Hauptmann, the accused kidnapper of the baby of the aviator Charles Lindbergh, stands with the O. J. Simpson and Scopes Monkey trials as among the most famous trials of the twentieth century. The trial features Americas greatest hero, ransom notes and voices in dark cemeteries, a crime that is every parents worst nightmare, and a German-born defendant who fought against the United States in World War I. The many mysteries surrounding this case surrounding this case continue to haunt. Did Hauptmann really do it? You be the judge.

SAVE THE DATE! SHREDDING EVENT

MONDAY, NOVEMBER 3 FROM 10 A.M.-1 P.M.

Bring your sensitive documents to safely shred in an effort to heighten awareness about identity theft. District Attorney Michael Morrissey invites you to bring your boxes, bags, and bundles of sensitive documents, including credit cards, and identification cards to the Medfield Senior Center on Nov 3 and pull your car up to the shredding truck, You can load these into the shredder yourself or we will assist you and you won't have to get out of your car. This is a free service.

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.

MEDFIELD OUTREACH

Did you know Medfield Outreach holds clinical consultations at The Center twice a month? Call 508-359-3665 to schedule a consult.

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. \$3 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 rollators. 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 Tuesdays and Thursdays. 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 Thursdays 10:30-11:30 AM, 4:30-6:30 PM and Saturdays 9-11am for in-person client shopping. The Food Cupboard is 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 at 10:00 A.M. Scan in at the COA and pay the \$5 class fee at Kingsbury Club. Happy Swimming!

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 COA to schedule.

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 in yellow, please consider making your \$5 yearly newsletter donation to the Center.

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

Annette Wells, Bonnie Jaffe, Nancy Dearness and Sheila Shuell

Brick Donation in Memory of Roger O'Donnell

Annette Wells, Mary Barrett, Donna O'Neill, Sarah Hanifan, Norma Barr, Mary Ford, Dick Scullary, Helen West, Nancy and Gerry Irwin, Carol Rossi, Kerry Bez, Janet Tracey, Rose Thibault, Steven Harris, Carol Nye, Ralph and Gail Powers

Patty Byrne **In Memory of Roger O'Donnell**

Robert Heald **In Memory of Roger O'Donnell**

Kathy Simon and Jim Roberge **In Memory of Roger O'Donnell**

Bernadine and Frank Santacroce **In Memory of Ed Duhamel**

Bernadine and Frank Santacroce **In Memory of Olive Bravo**

Bernadine and Frank Santacroce **In Memory of David Nowers**

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
and Annette Wells