

THE CENTER AT Medfield

Registration begins Monday, Nov 3. at 9 a.m.

- 11/3, 10am-1pm Shredding Truck **AND** 10am Veterans Coffee **AND** 10:30am Hearing Clinic
- 11/4, 1pm Walgreens Shopping Trip
- 11/5, 9:30am COA Board Meeting **AND** 10am -12pm Blood Pressure Clinic **AND** 12:30pm Movie
- 11/6, 9am-12pm, SHINE appts. **AND** 12:00 FOSI meeting for all potential volunteers
- 11/7, 10:30 am, Scam Prevention
- 11/11, COA is CLOSED for Veteran's Day
- 11/12, 10:45 Cards with Bri **AND** 12pm, Veterans Lunch, **RSVP by 11/6, AND** Tech Help with Montrose **AND** 5pm Movie & Pizza
- 11/13, 9am-12pm Podiatry Clinic by appt only **AND** 1:45pm Music with Patrick Hoyer
- 11/14 November Birthday Celebration
- 11/15, No Saturday Programs, Lions Chowder Festival starts at 11:30 am **AND** FOSI Christmas Sale begins!
- 11/17, 11 a.m., Cooking Class at Powisset Farm
- 11/19, 12 pm Lunch Bunch **AND** 5:45 p.m. Corn, Chowder, and Cranberrys Program
- 11/21 10:30 Breakfast with Briarwood **registration required for food.**
- 11/24, 11am "The Power of Neuroplasticity"
- 11/25, 2pm Caregiver Support Group
- 11/26, COA is closing at 11:45 a.m.

11/27-11/29 COA IS CLOSED

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



DIRECTORS NOTE

Hello Friends, November is one of my favorite months. I love seeing family gatherings, fireplaces lit, and snuggling on the couch with my dog, Sadie, and a hot cup of tea. It's a wonderful reminder to pause and reflect on all the things we are grateful for. I am particularly grateful for all the members here at The Center, our fabulous volunteers (thank you for always showing up and choosing to share your time with us—I truly appreciate you!), as well as our talented instructors: Tracy, Lourdes, Nancy, Paul, Jim, Jeanne, and Joellyn, and our dedicated staff. I have so much to be thankful for, and I know you do as well. I encourage you to take a moment to think about a few things or people that you are thankful for this month.

This month, we are hosting students from **Tri-County Regional Vocational High School's Legal and Protective Services career program on Friday, November 7 at 10:30 a.m.** They will be giving a 30-minute presentation on common scams, designed to educate potential victims. This presentation is an excellent learning experience for the students to practice public speaking and community service. Please mark your calendars and come out to learn and support these students who are passionate about sharing ways to protect yourself from scams! We will be honoring our Veterans with a lunch. Also we have a Shredding Truck coming to shred all your personal documents, a podiatry clinic, a Nov. birthday celebration for anyone celebrating a birthday in November, another fun cooking class at Powisset Farm, multiple special event presentations, a free music performance, and a hot breakfast while learning about Briarwood. *The Lions Annual Chowder festival and our Annual FOSI Christmas Sale will both begin at 11:30 AM on November 15. If you have Christmas items you'd like to donate to the sale, please bring them in during normal business hours starting in November. Stay Well,

- Sarah Hanifan, Director

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.

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.

ONGOING PROGRAMS AT 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, NOVEMBER 20 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, NOVEMBER 20 AT 2PM

Join Medfield Outreach for our Monthly Book Club here at The Center. **This month they will be reading *The Let Them Theory* by Mel Robbins.**

CARDS WITH BRI

WED, NOVEMBER 12 AT 10:45 A.M. / FREE

Join Bri as she teaches us how to make a pop-up greeting card. This is a lovely group. If you like arts and crafts, please give this card class a try. Registration required for materials.



NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY
 <p>The CENTER Hair Salon</p> <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<p>SNOW SHOVELING UPDATE</p> <p>Applications will be available at the desk, please fill them out and return them by Nov 14, so we can match you up with a student volunteer. This program was created to help Medfield Seniors who are no longer physically able to get outside and shovel a path for safety.</p>	<p>We want your Christmas Stuff</p> <p>Donate your Christmas stuff to us for the Annual FOSI Christmas Sale. The sale starts November 15 at 11 A.M. and continues through mid December. Drop off starts now. Thank you!</p>
<p>3. HERB POLLOCK</p> <p>9:15 SHAWS SHOPPING</p> <p>9:30 QUILTING FUN</p> <p>10-1 SHREDDING TRUCK OUTSIDE</p> <p>10:00 VETERANS COFFEE</p> <p>10:30 HEARING CLINIC</p> <p>10:00 KINGSBURY SWIM (No Fitness Fun)</p> <p>11:00 GREAT COURSES DVD CLASS</p> <p>11:45 3-THIRTEEN</p> <p>12:00 LINE DANCING / SHOPPING TRIP</p> <p>1:15 POKENO</p> <p>1:30 CORE BALANCE</p>	<p>4. PORK ROAST</p> <p>9:30 CHAIR YOGA</p> <p>10:00 KINGSBURY SWIM</p> <p>10:30 MAT YOGA</p> <p>11:30-3 THE CLUB</p> <p>12:00 DUPLICATE BRIDGE</p> <p>1:00 MAH JONGG</p> <p>1:00 WALGREENS SHOPPING</p> <p>1:30 BRAIN GAMES</p> <p>2:15 CREATIVE WRITING</p>	<p>5. TOFU FRIED RICE</p> <p>9:00 MARKET BASKET/WALMART</p> <p>9:00 VIDEO CHAIR EXERCISE</p> <p>9:30 COA BOARD MEETING</p> <p>10:00 MEDITATION / BREAD DIST.</p> <p>10:00 BEREVEMENT GROUP</p> <p>10-12 ASK A NURSE / BP CLINIC</p> <p>11:00 SCAT</p> <p>11:30 GRAB N GO</p> <p>12:00 WHIST / 12:30 MOVIE</p> <p>1:00 CRIBBAGE/ PINGPONG / KNITTING</p> <p>3:00 BINGO</p> <p>3:30 TECHNOLOGY HELP WITH MONTROSE</p>
<p>10. CHICKEN SALAD</p> <p>9:15 SHAWS SHOPPING</p> <p>9:30 QUILTING FUN</p> <p>10:00 FITNESS FUN / KINGSBURY SWIM</p> <p>11:00 GREAT COURSES DVD CLASS</p> <p>11:45 3-THIRTEEN</p> <p>12:00 LINE DANCING / SHOPPING TRIP</p> <p>1:15 POKENO</p> <p>1:30 CORE BALANCE</p> <p>7:00 HANNAH ADAMS BRIDGE</p>	<p>11.NO MEALS SERVED</p> <p>The Center is Closed for Veterans' Day.</p> <p>With Respect, Honor and Gratitude. Thank you Veterans!</p>	<p>12. BEEF STROGANOFF</p> <p>9:00 MARKET BASKET/WALMART</p> <p>9:00 VIDEO CHAIR EXERCISE</p> <p>10:00 MEDITATION / BREAD DIST.</p> <p>10-12 ASK A NURSE / BP CLINIC</p> <p>10:45 CARDS WITH BRI</p> <p>11:00 SCAT / 11:30 GRAB N GO</p> <p>12:00 VETERANS LUNCHEON</p> <p>12:00 WHIST</p> <p>1:00 CRIBBAGE/ PINGPONG/ KNITTING</p> <p>3:00 BINGO</p> <p>3:30 TECHNOLOGY HELP WITH MONTROSE</p> <p>5:00 MOVIE AND PIZZA NIGHT - STARTS AFTER BINGO</p>
<p>17. MEATLOAF W/ ONION GRAVY</p> <p>9:15 SHAWS SHOPPING</p> <p>9:30 QUILTING FUN</p> <p>10:00 KINGSBURY SWIM (No Fitness Fun)</p> <p>11:00 COOKING CLASS OFFSITE</p> <p>11:00 GREAT COURSES DVD CLASS</p> <p>11:45 3-THIRTEEN</p> <p>12:00 LINE DANCING / SHOPPING TRIP</p> <p>1:15 POKENO</p> <p>1:30 CORE BALANCE</p> <p>7:00 HANNAH ADAMS BRIDGE</p>	<p>18. BRUSCHETTA CHICKEN</p> <p>9:30 CHAIR YOGA</p> <p>10:00 TILDEN OUTREACH WITH SUSAN</p> <p>10:00 KINGSBURY SWIM</p> <p>10:30 MAT YOGA</p> <p>11:30-3 THE CLUB</p> <p>12:00 DUPLICATE BRIDGE</p> <p>1:00 MAH JONGG</p> <p>1:30 BRAIN GAMES</p> <p>2:15 CREATIVE WRITING</p>	<p>19. SPANISH OMELET</p> <p>9:00 MARKET BASKET/WALMART</p> <p>9:00 VIDEO CHAIR EXERCISE</p> <p>10:00 MEDITATION / BREAD DIST.</p> <p>10:00 BEREVEMENT GROUP</p> <p>10-12 ASK A NURSE / BP CLINIC</p> <p>11:00 SCAT</p> <p>11:30 GRAB N GO</p> <p>12:00 WHIST / LUNCH BUNCH DEPARTS</p> <p>1:00 CRIBBAGE/ PINGPONG/ KNITTING</p> <p>3:00 BINGO</p> <p>3:30 TECHNOLOGY HELP WITH MONTROSE</p> <p>5:45 CORN, CHOWDER & CRANBERRY HISTORY</p>
<p>24. CHICKEN POT PIE</p> <p>9:15 SHAWS SHOPPING</p> <p>9:30 QUILTING FUN</p> <p>10:00 FITNESS FUN / KINGSBURY SWIM</p> <p>11:00 THE POWER OF NEUROPLASTICITY</p> <p>11:45 3-THIRTEEN</p> <p>12:00 LINE DANCING / SHOPPING TRIP</p> <p>1:15 POKENO</p> <p>1:30 CORE BALANCE</p> <p>7:00 HANNAH ADAMS BRIDGE</p>	<p>25. FRESH CATCH OF THE DAY</p> <p>9:30 CHAIR YOGA</p> <p>10:00 KINGSBURY SWIM</p> <p>10:30 MAT YOGA</p> <p>11:30-3 THE CLUB</p> <p>12:00 DUPLICATE BRIDGE</p> <p>1:00 MAH JONGG</p> <p>1:30 BRAIN GAMES</p> <p>2:00 CAREGIVER SUPPORT GROUP</p> <p>2:15 CREATIVE WRITING</p>	<p>26. AMERICAN CHOP SUEY</p> <p>9:00 NO FOOD SHOPPING TODAY</p> <p>9:00 VIDEO CHAIR EXERCISE</p> <p>10:00 MEDITATION ???</p> <p>10:00 BREAD DISTRIBUTION</p> <p>10-11:30? ASK A NURSE/ BP CLINIC</p> <p>THE COA IS CLOSING AT 11:45 A.M. TODAY. PLEASE PLAN ACCORDINGLY. THANK YOU!</p>

THURSDAY	FRIDAY	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. November 5 - Chicken Salad November 12 - Turkey and Cheese November 19- Seafood Sandwich November 26 -Ham & Cheese	
TECHNOLOGY HELP The Montrose High School Technology Club assists each Wednesday from 3:30-5:00. Sign up at the desk/clipboards for an appointment for help with your laptop, smart watches, phones or IPADS. Thank you Montrose!	Monday Shopping with Steven Shopping trip pickups begin at Noon. You must call by 8:30 AM the morning of to get on the list. 508-359-3665, and select 200. 11/3—Patriots Place 11/10- Walmart/Kohl's -Walpole 11/17-Milford (\$ store, TJ Maxx, Homegoods, Kohls) 11/24—Ocean State Job Lot	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!	
6. BBQ BEEF RIB PATTY 9-12 SHINE APPOINTMENTS 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI INTEREST MEETING 12:30 POKER 1:00 BOWLING AT RYANS JOIN US AT NOON FOR A FOSI VOLUNTEER MEETING!	7. ALL BEEF HOT DOGS 9:00 ROCHE BROS SHOPPING 9:00 EXERCISE WITH JOELLYN 9:00 SELECTBOARD PETERSON 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 SCAM PREVENTION 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	
13. CANNELLINI BEAN CACCIATORE 9-12 PODIATRY CLINIC  10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER  1:00 BOWLING AT RYANS 1:00-4 LIBRARY UNAVAILABLE (GRP) 1:45 MUSIC WITH PATRICK HOYE	14. BREADED POLLOCK SQUARE 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 11:30 NOVEMBER BIRTHDAY PARTY 1:00 CENTER CLOSES COA CLOSED SAT. NOV 15 FOR LIONS ANNUAL CHOWDER FESTIVAL	COLOR KEY FOR CALENDAR <ul style="list-style-type: none"> • SHOPPING TRIPS • EXERCISE • SPECIAL EVENTS • REGULAR PROGRAMS 	
20. TURKEY BREAST W/ ROSEMARY GRAVY 10:00 WALKING GROUP / (no zumba) 11:30 CANASTA 11:30-3 THE CLUB 12-4 SHINE APPOINTMENTS 12:30 POKER 1:00 BOWLING AT RYANS 2.:00 BOOK CLUB	21. GLAZED SALMON 9:00 ROCHE BROS SHOPPING 9:00 EXERCISE WITH JOELLYN 10:00 KINGSBURY SWIM 10:00 TAI CHI 10:30 BREAKFAST WITH BRIARWOOD 11:00 COFFEE & CONVERSATION 11:00 CORE BALANCE 1:00 CENTER CLOSES	COA CLOSED SATURDAY	
27. CLOSED From all of us to all of you; we wish you a wonderful and safe Happy Thanksgiving! <i>Sarah, Susan, Lois, Steven, Mary, Denise, Priscilla, Vicky, Arlene, Alex and Michelle</i>	28. No Meals Served COA CLOSED FRIDAY AND SATURDAY		

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. Information on requirements for the Real I.D. 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.

“Ask a Nurse” and Blood Pressure Clinic - We offer a private blood pressure clinic and an opportunity to “Ask a Nurse” 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, November 3 from 10:30 a.m.—1:30 p.m. by appointment only.** Please call 508-359-3665 or stop into the Center to schedule an appointment. Limited appointments available.

SAND FOR SENIORS

The Medfield Fire Department, in collaboration with the Medfield DPW and Council on Aging, is offering to deliver free buckets of sand to seniors' homes to prevent falling injuries this season. Sand for Seniors program provides a free five-gallon bucket of sand to seniors to sprinkle on their walkways and driveways in hopes of preventing falls. If you participated in this program last year, you may still have the bucket, we suggest you put them out to get ahead of winter weather. Contact Susan at 508-359-3665 x203, to let us know if you need new sand or have any questions. Quantities are limited.

ASSURANCE WIRELESS

If you participate in a qualifying program (Mass Health, Chapter 115, SNAP), or have limited income, you may qualify for a free cell phone. Learn more by calling 1-888-321-5880, or apply online at assurancewireless.com.

IT'S GETTING COLD

With the weather getting colder, Medfield Outreach is now offering gently used, professionally cleaned coats to Medfield residents. If you or someone you know is in need of a coat, please contact Medfield Outreach by calling 508-359-7121 or emailing medfieldoutreach@medfield.net.

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. The next group will begin in January 2026.



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

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.

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

DECEMBER 2, 2025

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

Your ticket includes lunch, the show, meal tax and gratuities. The price is \$94 per person which is due when you sign up.

Lunch options; Baked Stuffed Chicken or Vegetable Lasagna.

Arrival 11:30 a.m., lunch, then show.
Show starts approx. 12:15-12:30 p.m.
**Transportation is not provided
for this show.**



MOVIE MATINEES

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

NOVEMBER 5— GOING IN STYLE / 12:30

P.M. Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

NOVEMBER 12 * PIZZA AND A MOVIE AT 5:00 P.M. SOMETHINGS GOTTA GIVE

(2003) When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin (Amanda Peet), arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor (Keanu Reeves) prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.



BUS TRIPS

LUNCH BUNCH OUTING LIMITED TO 13 / FREE TRANSPORTATION

**WEDNESDAY, NOV 19, 2025
BUS DEPARTING COA AT NOON.**

Join us as we head to Wrentham for lunch! We will be heading to La Familia Restaurant. You can view the menu online. You will be responsible for your own lunch. I've heard incredible feedback on this restaurant! This is open to both men and woman.

THIS MONTHS SPECIAL EVENTS

VETERANS LUNCH

WEDNESDAY, NOVEMBER 12 at 12 P.M.

We would be honored to have all Medfield resident veterans, their spouses, and surviving spouses of veterans as our special guests.

Kindly RSVP by 12:00 p.m. on Friday, Nov 7. Lasagna and Salad will be served.

Thank you, veterans, for your service. We are incredibly grateful and honored to recognize your contributions.

LIONS CHOWDERFEST

Saturday, Nov 15, 2025, 11:30 A.M.—2 P.M.

The Annual Chowderfest, Sponsored by the Medfield Lions Club is scheduled for Saturday, November 15 from 11:30 a.m.—2 p.m. at The Center at Medfield. The Mystery Chowder Tasting has always been a highly-anticipated, well-attended and greatly-enjoyed event. It's a \$10 donation per person. All proceeds go to FOSI. Hope to see you all enjoying Chowder while supporting the Lions and FOSI.

CORN, CHOWDER, AND CRANBERRY HISTORY WITH CLARA SILVERSTEIN, FORMER FOOD EDITOR AT THE BOSTON HERALD

WEDNESDAY, NOV. 19TH AT 5:45 P.M. / FREE

Any New Englander can point to corn, chowder, and cranberries as essential parts of local cuisine. But how did they become part of our diet? This talk takes you back to the 17th century and explores Native American and English foodways. Learn the origins of favorites including Indian pudding and clam chowder, and hear how modern chefs reinterpret traditions. This talk is cosponsored by The Center at Medfield, The Medfield Historical Society and The Medfield Public Library. This will be held at The Center at Medfield and is open to adults of all ages! **Be sure to pre-register for seating purposes.**

NOVEMBER BIRTHDAY SOCIAL

FRIDAY, NOVEMBER 14 AT 11:45 A.M. / FREE

Join us for a fun time as we celebrate all of our friends who celebrate their birthday in November! Cake and ice cream will be served!

SHREDDING EVENT

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

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.

POWISSET FARM COOKING CLASS

MON, NOV 17 AT 11 A.M. / \$25 PER PERSON

We meet at Powisset Farm at 11AM with Chef Thi. \$25 per person, limited to 11 people! This month we will be working on Savory and Sweet Pies!

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.

"THE POWER OF NEUROPLASTICITY: HOW OLDER ADULTS CAN FORGE NEW NEURAL CIRCUITS" WITH KYMBERLEE O'BRIEN

MONDAY, NOVEMBER 24 AT 11 A.M. / FREE

Explore the fascinating concept of neuroplasticity and its profound impact on cognitive health in older adults. Despite common misconceptions, the brain retains this ability well into older age, allowing for continued learning, adaptation, and recovery. Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections throughout life. **Be sure to pre-register for seating purposes.**

FALL IN LOVE WITH MUSIC

REGISTRATION REQUIRED, BUT FREE!

- Thurs., Nov. 13 at 1:45 with Patrick Hoyer

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

Do you need a little extra support? 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.



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:

Jack and Chris Faherty **In Memory of Roger O'Donnell**
Nancy Pacella **In Memory of Roger O'Donnell**
Norma Barr **In Memory of Roger O'Donnell**
Mary Chouinard **In Memory of Roger O'Donnell**
Athena Constas **In Memory of Perry Constas**
Claudette O'Brien **In Memory of Jeanne Harding**
Mary Chouinard **In Memory of Barbara Armstrong**

Friends of Medfield Seniors, Inc. (FOSI) is a registered 501c3 non-profit organization. They are the fundraising arm for the Council on Aging. 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. When you support FOSI, you support the COA.

FOSI is looking for volunteers. Please consider joining FOSI. To learn more, please join us at our next meeting on Thursday, Nov 7 at 12:00 p.m.

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