

# THE CENTER AT Medfield

## Registration begins Monday, Dec 1. at 9 a.m.

12/1 Hearing Clinic, 10:30 a.m. **AND** Shopping at 12 p.m.  
12/2 Walgreens. 1 p.m.  
12/3 Movie 12:30 **AND** Special Presentation with Anthony Sammarco on Christmas Traditions in Boston at 5:30 p.m.  
12/5 Evergreen Arranging at 10 a.m.  
12/6 Craft Fair at the COA 10 a.m.—2 p.m. all other COA programs will take place. Stop in!  
12/8 Veterans coffee at 10 a.m. **AND** shopping at 12 p.m.  
12/10 Cards with Bri at 10:45 a.m. **AND** Movie at 12:30 **AND** Hanna Smith Presen. at 5:45 p.m.  
12/11 Special Presentation with "The Machine" Jesse Green as seen on TV at 1:45 p.m.  
12/12 InstED Presentation at 10:30 a.m.  
12/15 Cooking Class offsite at 11 a.m. **AND** Shopping at 12 p.m. **AND** Holiday cards at 2:30 p.m.  
12/17 Crafts at 10:45 a.m. **AND** Movie at 12:30 p.m. **AND** Lunch outing at 1:30 **AND** Paint Night at 5 p.m.  
12/18 Holiday Breakfast at 8:30 a.m. **AND** Music at 1:45 p.m. with Patrick Hoyer  
12/19 December Birthday Social at 10:30 a.m.  
12/22 Shopping Trip at 12 p.m.  
**12/24 Closing at 12 p.m.**  
**12/25—12/26 Closed, Merry Christmas**  
12/30 Time Capsule 11:30 a.m.  
**12/31 Closing at 2 p.m. AND Closed 1/1/26**

## 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

Happy Holidays, Friends! Registration for all upcoming programs and events begins on Monday, December 1 at 9 a.m. Please remember to register for all programs and events you'd like to attend.

A note on registration:

- You do not need to register for exercise classes.
- For all other programs and events, we require registration to accurately determine counts for seating and food service (if applicable).

**Important:** Please ensure you **neatly** print your name and phone number on the sign-up sheets. All scheduled programs are weather permitting, and we rely on the sign-up sheets for easy access if we need to inform you of any schedule changes or cancellations due to unsafe weather conditions.

**Winter weather reminder:** If the Medfield Public Schools are closed, the Center will also be closed. If the school has a delay, the COA will also have a delayed opening. If it snows on a Saturday, the Saturday program will be cancelled. Please call us before you head out if you are unsure. 508-359-3665.

**Great Holiday Gift Suggestion:** The Center's exercise punch card! If people are asking about your holiday wishes, please let them know that the card is available for \$55 and includes 12 punches for various exercise classes. Contact the COA directly for more information or to purchase a card.

**The FOSI Christmas/Holiday Bazaar** in the lobby is in full swing. FOSI will be accepting holiday decorations for the sale through December 15. The sale will end on Dec 23.

Wishing you a very Merry Christmas and a Happy New Year!

- 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

**WEDNESDAY / 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.

## VIDEO CHAIR EXERCISE

**FRIDAY / 9:00 A.M. / COST: FREE**

FREE exercise video class using weights and aerobics.

## 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 the **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. Crafting in general 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, DECEMBER 8 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!**

## WINTER CRAFTING

**MON, DEC. 15 AT 2:30 P.M. / FREE—CARD MAKING, STAMPING AND MORE!**

**WED, DEC. 17 AT 10:45 A.M. / FREE—ORNAMENT**

## CARDS WITH BRI

**WED, DECEMBER 10 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.





# DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY
<b>1. BIG MAC BURGER</b> <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN <b>10:30 HEARING CLINIC</b> <b>10:00 FITNESS FUN / KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING / SHOPPING TRIP</b> 1:15 POKENO 1:30 <b>CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>2. CHICKEN CORN STEW</b> 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 <b>1:00 WALGREENS SHOPPING</b> 1:30 BRAIN GAMES 2:15 CREATIVE WRITING  <b>LAKE PEARL SHOW</b>	<b>3. KOREAN MEATBALLS</b> <b>9:00 MARKET BASKET/WALMART</b> <b>9:00 VIDEO CHAIR EXERCISE</b> <b>9:30 COA BOARD MEETING</b> <b>10:00 MEDITATION / BREAD DIST.</b> 10:00 BEREVEMENT GROUP <b>10-12 ASK A NURSE / BP CLINIC</b> 11:00 SCAT <b>11:30 GRAB N GO</b> 12-4 SHINE APPOINTMENTS 12:00 WHIST / <b>12:30 MOVIE</b> 1:00 CRIBBAGE/ <b>PINGPONG / KNITTING</b> <b>3:00 BINGO</b> <b>3:30 TECHNOLOGY HELP WITH MONTROSE</b> <b>5:30 CHRISTMAS TRADITIONS IN BOSTON</b>
<b>8. CHICKEN BREAST</b> <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN <b>10:00 VETERANS COFFEE</b> <b>10:00 FITNESS FUN / KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING / SHOPPING TRIP</b> 1:15 POKENO 1:30 <b>CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>9. BEEF LO MEIN</b> 9:30 <b>CHAIR YOGA</b> <b>10:00 TILDEN OUTREACH</b> <b>10:00 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	<b>10. CHEESE LASAGNA ROLL</b> <b>9:00 MARKET BASKET/WALMART</b> <b>9:00 VIDEO CHAIR EXERCISE</b> <b>10:00 MEDITATION / BREAD DIST.</b> 10:00 BEREVEMENT GROUP <b>10-12 ASK A NURSE / BP CLINIC</b> <b>10:45 CARDS WITH BRI</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> <b>3:00 BINGO</b> <b>3:30 TECHNOLOGY HELP WITH MONTROSE</b> <b>5:45 HANNAH SMITH PRESENTATION</b>
<b>15. MEATLOAF</b> <b>9:15 MARKET BASKET/WALMART</b> 9:30 QUILTING FUN <b>10:00 FITNESS FUN / KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS <b>11:00 COOKING CLASS OFFSITE</b> 11:45 3-THIRTEEN 12:00 <b>LINE DANCING / SHOPPING TRIP</b> 1:15 POKENO <b>2:30 HOLIDAY CARD CRAFTING</b> <b>1:30 CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>16. CHICKEN POT PIE</b> 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	<b>17. HEBED POLLOCK</b> <b>9:00 SHAWS SHOPPING</b> <b>9:00 VIDEO CHAIR EXERCISE</b> <b>10:00 MEDITATION / BREAD DIST.</b> 10:00 BEREVEMENT GROUP <b>10-12 ASK A NURSE / BP CLINIC</b> <b>10:45 CRAFTS WITH ANNETTE</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> <b>3:30 TECHNOLOGY HELP WITH MONTROSE</b> <b>5-7 PAINT NIGHT WITH CASEY</b>
<b>22. PORK RIB PATTY</b> <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN <b>10:00 FITNESS FUN / KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING / SHOPPING TRIP</b> 1:15 POKENO <b>1:30 CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>23. ALL BEEF HOT DOG</b> 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	<b>24. EGG SALAD</b> <b>9:00 MARKET BASKET/WALMART</b> <b>9:00 VIDEO CHAIR EXERCISE</b> <b>10:00 MEDITATION / BREAD DIST.</b> <b>10-11:30 ASK A NURSE / BP CLINIC</b>  <b>CLOSING AT 12:00 p.m.</b> <b>CHRISTMAS EVE</b>
<b>29. CANNELLINI BEAN CACCIATORE</b> <b>9:15 SHAWS SHOPPING</b> 9:30 QUILTING FUN <b>10:00 FITNESS FUN / KINGSBURY SWIM</b> 11:00 GREAT COURSES DVD CLASS 11:45 3-THIRTEEN 12:00 <b>LINE DANCING /</b> 1:15 POKENO <b>1:30 CORE BALANCE</b> 7:00 HANNAH ADAMS BRIDGE	<b>30. CRUNCHY FISH FILET</b> 9:30 <b>CHAIR YOGA</b> 10:00 <b>KINGSBURY SWIM</b> 10:30 <b>MAT YOGA</b> 11:30-3 THE CLUB <b>11:30 TIME CAPSULE /GRATITUDE</b> 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING	<b>31. ORANGE CHICKEN</b> <b>9:00 MARKET BASKET/WALMART</b> <b>9:00 VIDEO CHAIR EXERCISE</b> <b>10:00 BREAD DIST.</b> <b>10-12 ASK A NURSE / BP CLINIC</b> 11:00 SCAT / <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ KNITTING  <b>CLOSING AT 2:00 p.m.</b> <b>NEW YEARS EVE</b>

THURSDAY	FRIDAY
<b>4. PORK ROAST</b> 9-12:30 NO ACCESS TO DINING HALL 9-12 SHINE APPOINTMENTS 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MEETING 12:30 POKER 1:00 BOWLING AT RYANS	<b>5. MACARONI &amp; CHEESE</b> 9:00 ROCHE BROS SHOPPING 9:00 VIDEO CHAIR EXERCISE 9:00 SELECTBOARD PETERSON 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:00 EVERGREEN ARRANGING 11:00 CORE BALANCE 1:00 CENTER CLOSES  <b>CRAFT FAIR AT THE COA SATURDAY 10-2</b>
<b>11. SHEPHERDS PIE</b> 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1-4 LIBRARY UNAVAILABLE 1:00 BOWLING AT RYANS 1:45 THE MACHINE JESSE GREEN	<b>12. LENTIL BOLOGNESE</b> 9:00 ROCHE BROS SHOPPING 9:00 VIDEO CHAIR EXERCISE 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 INSTED PROGRAM 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>18. HOLIDAY HAM</b> 8:30 HOLIDAY BREAKFAST 10:00 WALKING GROUP 10:00 ZUMBA 11:00 BOSTON POPS TRIP DEPARTS 11:30 CANASTA 11:30-3 THE CLUB 12-4 SHINE (LIBRARY) 12:30 POKER 1:00 BOWLING AT RYANS 1:45 MUSIC WITH PATRICK HOYE	<b>19. VEGGIE FRIED RICE</b> 9:00 ROCHE BROS SHOPPING 9:00 VIDEO CHAIR EXERCISE 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 10:30 DECEMBER BIRTHDAY PARTY 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>25. NO MEALS SERVED</b>  <div>MERRY CHRISTMAS</div>	<b>26. TERIYAKI CHICKEN</b>  <div>CLOSED FRIDAY 12/26 AND SATURDAY 12/27</div>
<div>The CENTER Hair Salon</div>  <p>Call the Center for your appointment with Ginny. 508-359-3665</p>	<b>TECHNOLOGY HELP</b>  <p>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.</p>

## 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

Dec 3 - Chicken Salad  
 Dec10 - Turkey and Cheese  
 Dec 17 - Seafood Sandwich  
**NO Grab N Go 12/24 and 12/31**

## BREAD DISTRIBUTION

**Mondays** after 9:30 a.m. Shaw's products

**Wednesdays** after 10:00 a.m. Shaw's, Donut Express, Brother's Market and Blue Moon.

**Fridays** after 11:00 a.m. Roche Bros-Millis

Stop in to shop what is donated!

## SATURDAYS

The Center is open most Saturdays. All programs are drop-in. (508) 359-3665.

### Regular Saturday Schedule

9:00 a.m. - 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**

### COLOR KEY FOR CALENDAR

- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS

### 12:00 SHOPPING W/ STEVE Call to sign up.

- 12/1, Frugal Fannies
- 12/8, University Ave
- 12/15, Patriots Place
- 12/22, Ocean State

## 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, December 1 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.

### OUTREACH INFORMATION WITH SUSAN LONGMOORE

**\*\*Reminder, Medicare Open Enrollment ends, Sunday, December 7\*\***

**The Center at Medfield is once again partnering with Norfolk County RSVP for the annual holiday drive** for active-duty military members. We will be collecting personal care items

between Thanksgiving and New Year's. Items can be donated in the bin in the lobby. A complete list of recommended items is available at the center. Some of the wish list items include: Deodorant, toothbrushes, toothpaste, mouthwash, candy, sunscreen, power bars, trail mix, new decks of cards, new socks, new shirts, microwave popcorn, paper and pens. **Thank you for supporting our active military!**



**Do you need assistance paying for heating costs?** If you are struggling to pay your heating expenses, you may qualify for assistance through South Middlesex Opportunity Council (SMOC). The SMOC Fuel Assistance Program helps eligible households pay a portion of their heating costs. This benefit is available to those who meet income guidelines including seniors, families, and adults who rent or own. If you need assistance with the application please call Susan.

### 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 the 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 at The Center. 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.**



## HOLIDAY MOVIE MARATHON

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



**DEC 3— HOW THE GRINCH STOLE  
CHRISTMAS — 12:30 P.M.**



**DEC 10 - IT'S A WONDERFUL LIFE  
- 12:30 P.M.**



**DEC 17 - LITTLE WOMEN  
- 12:30 P.M.**

EVENING MOVIES ON THE BIG SCREEN  
WILL RETURN IN JANUARY. I'D LOVE  
YOUR RECOMMENDATIONS ON WHAT YOU'D  
WANT TO SEE. PLEASE LEAVE A NOTE IN THE  
SUGGESTION BOX OUTSIDE OF THE OFFICES.  
THANK YOU!!



## BUS TRIPS

### WAYSIDE INN LUNCH TRIP WEDNESDAY, DEC 17

LIMITED TO 11 / \$5 PP / BUS DEPARTING AT  
1:30 P.M. FOR A 2:15 P.M. RESERVATION

Enjoy a delicious New England cuisine in a warm, historic setting radiating with charm. Serving hearty and award-winning meals in America's oldest continually operating inn. \$5 for bus, PLUS the cost of your meal; menu posted with sign up. Also available online at <https://www.wayside.org/lunch-menu>

## THIS MONTHS SPECIAL EVENTS

### HOLIDAY CRAFT FAIR

**SATURDAY, DEC. 6 FROM 10 AM—2 PM**

Why attend? Find unique gifts, experience the Art and interact with artists and learn about their craft. Enjoy the atmosphere. Free entry. We have 20+ crafters attending. Something for everyone. Come out and support this event.

### CHRISTMAS TRADITIONS IN BOSTON

**WED., DEC 3 5:30 P.M. / FREE**

**Be sure to pre-register for seating purposes.**

Historian Anthony Sammarco takes us through Boston's evolving holiday traditions. More information on the sign up sheet.

### EVERGREEN ARRANGING

**FRIDAY, DEC. 5, 10 AM / FREE**

**Be sure to pre-register for seating purposes.**

Join Sarah as we create beautiful evergreen arrangements. Bring your own pot, or basket as well as clippers or any embellishments you'd like. Greens will be provided.



### HOLIDAY FRENCH TOAST BREAKFAST

**THURSDAY, DEC. 18 AT 8:30 A.M. / FREE**

Mike LaFrancesca returns to delight our pallet and start our day in the right direction! Sign up is required, register by Tuesday 12/16.

### MUSIC CONCERT

**REGISTRATION REQUIRED, BUT FREE!**

- Thurs., Dec 18 at 1:45 p.m. with Patrick Hoyer
- Saturday, Dec 20, 1 p.m. -1:15 p.m. during BINGO break, Holiday Music Concert with Medfield Youth.



### DECEMBER BIRTHDAY SOCIAL – FRIDAY, DEC 19 AT 10:30 A.M. / FREE

Join us for a fun time as we celebrate all of our friends who celebrate their birthday in December.

### POWISSET FARM COOKING CLASS

**MON, DEC 15 AT 11 A.M. / \$25 PER PERSON**

We meet at Powisset Farm at 11AM with Chef Thi. \$25 per person, limited to 11 people! Join us for a festive celebration of the party appetizers during the holiday season! Across every culture and country when a holiday is celebrated, you can be sure it will include good company, and good food! This hands-on class with Chef Thi will provide you with time-saving appetizer ideas to share with family and friends. You'll make three delicious appetizers. On the menu: Winter Squash Toast with Goat Cheese, Beef Empanadas with Chive Crema, and a Holiday Cheese Ball Platter.

**Included in the class:** Cooking demonstrations and hands-on experience. Instruction from an experienced, top-notch instructor. Delicious samples to enjoy on-site.

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

### "THE MACHINE" JESSE GREEN

**THURSDAY, DEC 11 AT 1:45 / FREE**

As seen on National Geographic Channel, American Chainsaw, Come hear from Jesse himself! **Be sure to pre-register for seating purposes.**

### GRATITUDE CIRCLE & TIME CAPSULE

**TUESDAY, DEC 30 AT 11:30**

Join Lois as we close out 2025 and plan for 2026. What were you grateful for in 2025, what made you happy, what positivity do you want to bring to 2026? For the time capsule, please bring any pictures, or papers, magazines or items you want to place in the capsule. Please note, these things will not be returned. **Be sure to pre-register for seating purposes.**

### IN-HOME MEDICARE CARE FROM INSTED

**FRIDAY, DEC 12 AT 10:30**

When you don't feel well, the last thing you want to do is leave home. With instED, you don't have to – we bring the care to you. Join us for a presentation about this service. instED is a mobile, in-home care medical service that offers you an alternative to the Emergency Department when you don't feel well. instED treats and diagnoses many issues treated in the Emergency Department such as dehydration, minor infections, UTIs and chronic condition flare ups. **Please pre-register for seating purposes.**



## 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. Call for more info.

### 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 and show your card 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.



# Rehabilitation Associates



Professionally staffed  
and equipped,  
Providing Exceptional  
Short-Term Rehabilitation  
& Skilled Nursing Care.

## Locations

**Thomas Upham House**  
519 Main St. Medfield, MA  
(508) 359-6050

**Timothy Daniels House**  
84 Elm St. Holliston, MA  
(508) 429-4566

**Riverbend of South Natick**  
34 S. Lincoln St. S. Natick, MA  
(508) 653-8330

Medicaid/ Medicare

[www.rehabassociates.com](http://www.rehabassociates.com)



## Dignity & Independence Wherever You Live



COMPREHENSIVE HOMECARE SINCE 1997

Live ins • Certified Nurse assistants

Alzheimer Care Specialists

Hands On Care • Companionship • Cueing & Reminders of Daily Living  
Homemaking Services • Safety Monitoring & Supervision • Errands & Transportation  
Specializing in Quality Care in Eastern Massachusetts

**Resolutions, Inc**

Helping Hands, Happy Hearts

Call Us! **508-359-4675** • [careresolutions.com](http://careresolutions.com)

Family Owned & Operated



**Complimentary Hearing Clinic at the Medfield COA!**

Please Call for Clinic Dates and Times



Call Today to Schedule a

**Complimentary Hearing Test:**

**Medfield COA – 508-359-3665**

**Lauren Warburton – 508-250-9324**

Board Certified Hearing Instrument Specialist, Lic. #275

[www.athomehearinghealthcare.com](http://www.athomehearinghealthcare.com)

Most Insurances Accepted

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized  
Provider

SafeStreets

**833-287-3502**



**Warmth lives here.**

New Pond Village is a vibrant continuing care retirement community where new connections bloom and enduring friendships flourish. Enjoy a maintenance-free lifestyle with a variety of amenities and services. From cultural events to social gatherings, there is always something exciting happening at New Pond Village.

Schedule a tour today.  
Call 508-906-5759



**A Lifecare Community**  
Independent Living  
Assisted Living  
Memory Care

180 Main Street, Walpole, MA

## Thinking of Selling?

The RIGHT representation  
makes all the DIFFERENCE

**Kathy Murray**

**508-498-1288**

- No. 1 Coldwell Banker  
Medfield Agent
- Over 25 Years of Experience
- Lifetime Medfield Resident



**COLDWELL BANKER  
REALTY**

**MedfieldRealtor.com**



LET'S GET A **MOVE** ON!

**MARY G CUSANO,**

REALTOR® SALES ASSOCIATE • LIC# 9019010

**BERKSHIRE  
HATHAWAY  
HOMESERVICES  
COMMONWEALTH-  
REAL ESTATE**

Email: [mary.cusano@commonmoves.com](mailto:mary.cusano@commonmoves.com)

**Direct: (508) 561-5411 - Medfield, MA**

Seniors Real Estate Specialist® (SRES), CRS, ABR, SRS, RENE

Anthology of Millis is now

**THE  
RESIDENCE**  
at Charles Meadow

Independent, Assisted & Memory Care Living

774-993-4700 | [residencecharlesmeadow.com](http://residencecharlesmeadow.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Medfield Council on Aging - Medfield, MA 06-5410



**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Karen Fontaine**

kfontaine@lpicommunities.com

(800) 477-4574 x6350



**Warren & Fontana**  
**ATTORNEYS AT LAW**

**Erin T. Fontana**

WILLS • TRUSTS  
PROBATE ADMINISTRATION

508-242-3110

The Allen Building, 713 East Street, Walpole, MA  
www.warren-fontana.com

**TRAIN with SHAIN**


IN HOME PERSONAL TRAINING  
FOR SENIORS

Gait, Balance/Fall Prevention  
& Strength Training

**(508) 231-6378**

www.trainwithshain.net

**FULLY INSURED**



**ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?**

To advertise here  
visit [lpicommunities.com  
/adcreator](http://lpicommunities.com/adcreator)

**RLE**  
**RESORT LIFESTYLE  
COMMUNITIES®**  
...  
*Pleasant Hill*

**All-Inclusive Independent  
Retirement Living**

Call Today to Schedule a Private Tour!

**774-374-8151**



**WINGATE WAY EAST**

INDEPENDENT LIVING



**INTRODUCING BOUTIQUE-STYLE  
LUXURY LIVING IN NEEDHAM.**



Call **781-328-6699** or visit **OneWingateWayEast.com**  
589 Highland Avenue, Needham, MA



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Medfield Council on Aging - Medfield, MA 06-5410





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:

American Legion Post Beckwith Post 110

Christopher and Lisa Carlin **In Memory of Roger O'Donnell**  
Walter and Linda Peckham **In Memory of Roger O'Donnell**  
Patricia Byrne **In Memory of Charles Glew**

*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.*

**FRIENDS OF SENIORS, Inc. (FOSI) 2026 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