

# THE CENTER AT Medfield

Registration begins Friday, January 2, 2026 at 9 a.m.

### 1/1/26 NEW YEARS—CLOSED

1/2, 9 am, Select Board Member Peterson  
1/5, 10:30 am, Hearing Clinic, appt only  
1/7, 9:30 am, COA Board Meeting **AND** 12:30 pm movie  
1/8, 12 pm, FOSI Meeting  
1/12, 10 am Veterans Coffee **AND** 11 am Powisett Farm Cooking offsite  
1/14, 10:45 am Cards with Bri, **AND** 11am Oasis Presentation **AND** 5 pm, Movie on the Big Screen  
**1/19, CLOSED**  
1/20, 2pm, Legal Clinic by appt only  
1/21, 9:30 am, Plainridge Casino Trip **AND** 12:30 pm Movie  
1/22, 1:45 Music with Michael Leidig  
1/27, 2 pm, Caregiver Meeting  
1/29, 9 am, Podiatry Clinic by appt only **AND** Lunch and Learn **AND** 2 pm Book Club. *Books are now available for pick up! Stop into the COA to sign out your book.*

### 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



### DIRECTOR'S NOTE

Happy New Year! The Center had a very busy and productive 2025. For context, Medfield's 60+ population is 3,196 out of approximately 13,000 residents. Here are some highlights from our operations last year (stats as of 12/9/25): We welcomed over 253 new participants to the Center. We held over 937 events, provided 1,373 services to 856 people. We served 1,484 people over 26,349 times throughout the year. Our daily average attendance was 81 people per day. To ensure our statistics are as accurate as possible, please remember to sign into the kiosk immediately upon walking through the door. Thank you for your help!

**Garage Project Status:** We are pleased to announce that the project has been awarded and formally signed by the Select Board. Work will begin once the building permit is approved. We anticipate the work will start before the worst of winter and conclude in the spring. Work is weather-dependent but expected to occur Monday through Friday, approximately 7:00 AM until dark (subject to daily change). A temporary construction fence will be installed to separate the construction area from the building and the remainder of the parking lot. A portion of the lot will be blocked off for construction staging and materials. Access to the left side of the building will be maintained for deliveries and trash/recycling services. We do not anticipate re-routing foot traffic from the main entry unless a specific construction activity requires it for safety reasons on a given day. We are thrilled to finally move forward with this long-awaited project. We especially thank FOSI for contributing the additional funds necessary to make this project happen.

**AARP TAX PROGRAM:** Appointments will be accepted for the tax program by calling Sarah at 508-359-3665. This service is provided by AARP trained tax preparers and is intended for **simple tax returns**. We only have a limited amount of spaces and this is a free service for simple tax returns for people with low and moderate income. The program runs each Wednesday morning starting February 4, 2026 until April 8, 2026. Once an appointment is made, we will confirm that date and time with a letter detailing what you need to bring to your appointment. These appointments always fill up. Call to book an appointment today.

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, JANUARY 12 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. 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 this group 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!**

## MONTHLY BOOK CLUB

### THUR. JANUARY 29 AT 2:00 P.M. / FREE

The Book Club will resume. This group will meet each month, and have a discussion. This group doesn't have an instructor, and the group will take turns asking questions from the talking points we will provide. Please stop by the reception desk to sign out your book and pick up talking points starting now. **This month's book is Woman of Troublesome Creek by Kim Richardson.**

## CARDS WITH BRI

### WED, JANUARY 14 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.



# JANUARY 2026



## PODIATRY CLINIC

THURSDAY, JAN 29, 2026  
9 A.M.—12 P.M.

BY APPOINTMENT ONLY

CALL 508-359-3665 TO SCHEDULE  
YOUR APPOINTMENT.

## The CENTER Hair Salon



Call the Center for your  
appointment with Ginny.  
508-359-3665

## COLOR KEY FOR CALENDAR

- SHOPPING TRIPS
- EXERCISE
- SPECIAL EVENTS
- REGULAR PROGRAMS

## WINTER WEATHER

REMINDER: If the Medfield  
Public Schools are closed the  
COA will be closed.

## 5. VEGETARIAN CHILI

**9:00 ROCHE BROS SHOPPING**  
9:30 QUILTING FUN  
**10:30 HEARING CLINIC by appt only**  
**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

## 6. SWEET & SOUR MEATBALLS

9:30 CHAIR YOGA  
**10:00 TILDEN OUTREACH**  
10:00 KINGSBURY SWIM  
10:30 MAT YOGA  
11:30-3 THE CLUB  
12:00 DUPLICATE BRIDGE  
**1:00 WALGREENS SHOPPING**  
1:00 MAH JONGG  
1:30 BRAIN GAMES  
2:15 CREATIVE WRITING

## 7. CHICKEN MARSALA

**9:00 MARKET BASKET/WALMART**  
9:00 VIDEO CHAIR EXERCISE  
9:30 COA BOARD MEETING  
10:00 MEDITATION / BREAD DIST.  
**10-12 ASK A NURSE / BP CLINIC**  
11:00 SCAT / **11:30 GRAB N GO**  
12:00 WHIST / **12:30 MOVIE**  
12-4 SHINE APPOINTMENTS  
1:00 CRIBBAGE/ PINGPONG / KNITTING  
**3:00 BINGO**  
3:30 NO MONTROSE TODAY

## 12. GRILLED CHICKEN PARM

**9:00 ROCHE BROS SHOPPING**  
9:30 QUILTING FUN  
**10:00 VETERANS COFFEE**  
**10:00 FITNESS FUN / KINGSBURY SWIM**  
11:00 GREAT COURSES DVD CLASS  
**11:00 COOKING CLASS OFFSITE**  
11:45 3-THIRTEEN  
12:00 LINE DANCING / 1:15 POKENO  
1:30 CORE BALANCE  
7:00 HANNAH ADAMS BRIDGE

## 13. HOT DOG

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

## 14. CHICKEN STIR FRY

**9:00 MARKET BASKET/WALMART**  
9:00 VIDEO CHAIR EXERCISE  
10:00 MEDITATION / BREAD DIST.  
**10-12 ASK A NURSE / BP CLINIC**  
**10:45 CARDS WITH BRI**  
11:00 OASIS PRESENTATION / SCAT  
**11:30 GRAB N GO**  
12:00 WHIST  
1:00 CRIBBAGE/ PINGPONG/ KNITTING  
**3:00 BINGO**  
3:30 TECHNOLOGY HELP WITH MONTROSE  
5:00 MOVIE ON THE BIG SCREEN

## 19 THE CENTER IS CLOSED



## 20. CHEESE LASAGNA

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 LEGAL CLINIC (LIBRARY) by appt.**  
2:15 CREATIVE WRITING

## 21. CRUSTLESS CHICKEN POT PIE

**9:00 MARKET BASKET/WALMART**  
9:00 VIDEO CHAIR EXERCISE  
**9:30 PLAINRIDGE CASINO TRIP**  
10:00 MEDITATION / BREAD DIST.  
**10-12 ASK A NURSE / BP CLINIC**  
11:00 SCAT / **11:30 GRAB N GO**  
12:00 WHIST / **12:30 MOVIE**  
1:00 CRIBBAGE/ PINGPONG/ KNITTING  
**3:00 SUPER BINGO**  
3:30 TECHNOLOGY HELP WITH MONTROSE

## 26. PASTA PRIMAVERA

**9:00 ROCHE BROS 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

## 27. CHICKEN & RICE PAELLA

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

## 28. ZITI WITH MEATSauce

**9:00 MARKET BASKET/WALMART**  
9:00 VIDEO CHAIR EXERCISE  
10:00 MEDITATION / BREAD DIST.  
**10-12 ASK A NURSE / BP CLINIC**  
11:00 SCAT / **11:30 GRAB N GO**  
12:00 WHIST  
1:00 CRIBBAGE/ PINGPONG/ KNITTING  
**3:00 BINGO**  
3:30 TECHNOLOGY HELP WITH MONTROSE

THURSDAY	FRIDAY	
<p><b>1.</b>  <b>NEW YEARS DAY</b>  <b>THE CENTER IS CLOSED</b></p>	<p><b>2. MAC &amp; CHEESE</b>  <b>9:00 SHAWS SHOPPING</b>  <b>9:00 VIDEO CHAIR EXERCISE</b>  <b>9:00 SELECTBOARD PETERSON</b>  <b>10:00 COFFEE &amp; CONVERSATION</b>  <b>10:00 TAI CHI</b>  <b>11:00 CORE BALANCE</b>  <b>1:00 CENTER CLOSES</b></p>	<p><b>SENIOR SANDWICHES: GRAB-N-GO LUNCH WEDNESDAYS</b></p> <p>Please call <b>508-359-3665</b> 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</p> <p>Jan 7 - Chicken Salad  Jan 14 - Turkey and Cheese  Jan 21 - Seafood Sandwich  Jan 28 - Tuna</p>
<p><b>8. ROAST TURKEY &amp; GRAVY</b></p> <p><b>9-12 SHINE (LIBRARY)</b>  <b>10:00 WALKING GROUP</b>  <b>10:00 ZUMBA</b>  <b>11:30 CANASTA</b>  <b>11:30-3 THE CLUB</b>  <b>12:00 FOSI MEETING</b>  <b>12:30 POKER</b>  <b>1-4 LIBRARY UNAVAILABLE</b>  <b>1:00 BOWLING AT RYANS</b></p>	<p><b>9. FILET O FISH SANDWICH</b>  <b>9:00 SHAWS SHOPPING</b>  <b>9:00 VIDEO CHAIR EXERCISE</b>  <b>10:00 COFFEE &amp; CONVERSATION</b>  <b>10:00 TAI CHI</b>  <b>11:00 CORE BALANCE</b>  <b>1:00 CENTER CLOSES</b></p>	<p><b>BREAD DISTRIBUTION</b></p> <p><b>Mondays</b> after 9:30 a.m. Shaw's products</p> <p><b>Wednesdays</b> after 10:00 a.m. Shaw's, Donut Express, Brother's Market and Blue Moon.</p> <p><b>Fridays</b> after 11:00 a.m. Roche Bros-Millis</p> <p>Stop in to shop what is donated!</p>
<p><b>15. MEATLOAF</b></p> <p><b>10:00 WALKING GROUP</b>  <b>10:00 ZUMBA</b>  <b>11:30 CANASTA</b>  <b>11:30-3 THE CLUB</b>  <b>12:30 POKER</b>  <b>1:00 BOWLING AT RYANS</b></p>	<p><b>16. BROCCOLI &amp; CHEESE OMELET</b>  <b>9:15 SHAWS SHOPPING</b>  <b>9:00 VIDEO CHAIR EXERCISE</b>  <b>10:00 KINGSBURY SWIM</b>  <b>10:00 COFFEE &amp; CONVERSATION</b>  <b>10:00 TAI CHI</b>  <b>11:00 CORE BALANCE</b>  <b>1:00 CENTER CLOSES</b></p>	<p><b>SATURDAYS</b></p> <p>The Center is open most Saturdays. All programs are drop-in. (508) 359-3665.</p> <p><b>Regular Saturday Schedule</b></p> <p>9:00 a.m. - Ping Pong  9:00 a.m. - Zumba  10:00 a.m. - Chinese Mah Jongg  10:30 a.m. - Line Dancing  12:00 p.m. - <b>BINGO</b></p>
<p><b>22. ROAST PORK W/ GRAVY</b></p> <p><b>10:00 WALKING GROUP</b>  <b>10:00 ZUMBA</b>  <b>11:30 CANASTA</b>  <b>11:30-3 THE CLUB</b>  <b>12-4 SHINE (LIBRARY)</b>  <b>12:30 POKER</b>  <b>1:00 BOWLING AT RYANS</b>  <b>1:30 MUSIC WITH MICHAEL LEIDIG</b></p>	<p><b>23. GLAZED SALMON</b>  <b>9:15 SHAWS SHOPPING</b>  <b>9:00 VIDEO CHAIR EXERCISE</b>  <b>10:00 KINGSBURY SWIM</b>  <b>10:00 COFFEE &amp; CONVERSATION</b>  <b>10:00 TAI CHI</b>  <b>11:00 CORE BALANCE</b>  <b>1:00 CENTER CLOSES</b></p>	<p><b>TECHNOLOGY HELP WITH MONTROSE HIGH SCHOOL</b></p> <p>The Montrose High School Technology Club assists each Wednesday from 3:30-5:00. Sign up at the desk/clipboards for a time for help with your laptop, smart watches, phones or IPADS.</p>
<p><b>29. CHICKEN TERIYAKI</b></p> <p><b>9-12 PODIATRY CLINIC BY APPT ONLY</b>  <b>10:00 WALKING GROUP</b>  <b>10:00 ZUMBA</b>  <b>11:30 CANASTA</b>  <b>11:30-3 THE CLUB</b>  <b>12-1 ENERGY "LUNCH &amp; LEARN"</b>  <b>12:30 POKER</b>  <b>1:00 BOWLING AT RYANS</b>  <b>2:00 BOOK CLUB</b></p>	<p><b>30. CATCH OF THE DAY</b>  <b>9:15 SHAWS SHOPPING</b>  <b>9:00 VIDEO CHAIR EXERCISE</b>  <b>10:00 KINGSBURY SWIM</b>  <b>10:00 COFFEE &amp; CONVERSATION</b>  <b>10:00 TAI CHI</b>  <b>11:00 CORE BALANCE</b>  <b>1:00 CENTER CLOSES</b></p>	<p><b>Please note: we have made changes to our shopping schedule, we will now be shopping at Roche Brothers on Monday morning, and Shaws on Fridays. Please remember to call and leave a message on the voicemail no later than 8:30 a.m. for any day you need to use the COA transportation.</b></p>

# 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.

**The RMV** offers senior hours for customers age 65+ to visit the 27 designated Service Centers on Wednesdays from 9:00 am to 10:00 am. A reservation is required. The RMV offers three ways to make a reservation:

- If you are an AAA member, you can make a reservation to renew your driver's license/ID or conduct certain other transactions at a AAA location. Visit [AAA.com/appointments](http://AAA.com/appointments) to schedule your visit.
- Visit Mass.Gov/RMV to make a reservation to renew or conduct most other transactions.
- Call the senior line for assistance at (857) 368-8005 or email at [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us).

**Veteran Services** - Ian Rogers will be at the Center the second Monday each month at 10:00 a.m. for Veteran-related services.

**Fuel Assistance** - If you need assistance or have questions regarding Fuel Assistance, please call Susan Longmoore at 508-359-3665.

**Legal Clinic** - Attorney Julie Ladimer will be available for free, 15-minute, in-person consultations the 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. **January 5, 2026 from 10:30 a.m.**

**Home Modification Loan Program** assists individuals with disabilities and older adults to finance home accessibility improvements to make it possible to remain in their homes safely. Call South Middlesex Opportunity Council (SMOC) at 508-202-5919.

**The Money Management program** is offered by Springwell. Trained volunteers help low-income people 60+ manage money and pay bills. Call The Center to learn more about this program.

**Medicare Advocacy Project** offers assistance for seniors and people with disabilities in obtaining Medicare. Call Greater Boston Legal Service at 617-371-1234.

**The Division on Addiction** helps vulnerable Massachusetts residents who are addicted to drugs or alcohol locate proper treatment options. If you or someone you know needs assistance, call 855-955-0582.

**Senior Medicare Patrol** assists Medicare beneficiaries and their families to prevent, detect, and report health care fraud, errors, and abuse. Call 800-892-0890 or visit [www.masmp.org](http://www.masmp.org)

**Findhelp.org** is a website with local resources for food pantries, meal programs, housing, financial assistance, health care and more.

### COMMUNITY ASSISTANCE FUND

Did you know that there is financial assistance available for Medfield residents? Medfield Outreach coordinates an emergency fund called the Community Assistance Fund (CAF) in partnership with the Medfield Foundation. This fund, primarily supported by proceeds from the Angel Run, is exclusively available to Medfield residents experiencing unexpected financial hardship with living expenses. Help is only a call away!

Eligible residents in need are encouraged to contact Medfield Outreach to schedule a confidential consultation. Call 508-359-7121 or email [MedfieldOutreach@medfield.net](mailto:MedfieldOutreach@medfield.net)



## DAY TRIPS WITH THE CENTER; COMING SOON!

I am currently planning a series of day trips scheduled to begin in March. Once the trips are confirmed, the flyers will be posted on the trip board outside the office. You can sign up immediately upon posting. Please note that payment is due no later than one month prior to the trip date.

To prevent trip cancellations, please sign up as early as possible. We must confirm minimum participation numbers with the travel company one month in advance, and delays in sign-ups have jeopardized trips in the past. You are welcome to sign up first and submit payment as the trip date approaches.

- Sarah

## ARE YOU OK?

Did you know that the "Are You OK" program is a daily telephone-reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. Each morning, 365 days a year, enrolled seniors or individuals with disabilities, receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services.

This program is offered free of charge to Norfolk County residents. Calls are placed from 6am-10am daily with the time of the call being chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff, Deputy Sheriff or Fallon Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. Seniors interested in signing up for this no-cost, potentially life-saving program are encouraged to contact 1-866-900-7865

## 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. Registration is required and space is limited. To register please sign up on the clipboards and be sure to fill out the registration form and give it back to the receptionist. The meetings will be held at the COA, bi-weekly on Wednesdays from 10-11 a.m. **The next group will begin sometime in January 2026. Stay tuned for dates.**

## AFTERNOON MOVIES AT 12:30 p.m.

POPCORN WILL BE SERVED FOR FREE. SIGN UP IS REQUIRED FOR SEATING.

### Wed. Jan 7, 2026 — The Thursday Murder Club.

Movie runs 1H 58 M, Rated PG-13. This movie is based on Richard Osman's novel. Starring Helen Mirren, Pierce Brosnan, Ben Kingsley and Celia Imrie as four septuagenarian friends who investigate murders in their retirement community.

**Wed. Jan 21, 2026 — Nonna's.** Movie runs 1H 54M. After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs.

## MOVIE NIGHT

Back by popular demand, we are offering a movie night on the big screen. This movie will begin immediately after BINGO on **WEDNESDAY, JANUARY 14**. Popcorn and a beverage will be provided. Registration required for seating.

### Movie: WONKA - To begin after Bingo, approx. 5 pm

Based on the extraordinary character at the center of Charlie and The Chocolate Factory, Roald Dahl's most iconic children's book and one of the best-selling children's books of all time, "Wonka" tells the wondrous story of how the worlds greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today.



## PLAINRIDGE CASINO TRIP

**WED. JAN 21, 2026**

**LIMITED TO 14 / COST \$3.00**

We've heard you want another trip back to the casino! Join Steven on Wed. Jan 21 at 9:30 a.m. when we depart the COA for Plainridge Casino in Plainville, MA. You will have your own time to play the slots until 1PM when we will depart back to the COA. This is limited due to space on the bus. Be sure to sign up starting Friday, Jan 2, 2026!

Please note, we will go to Encore in Boston in March! Sign up early to secure your spot! Flyers are posted outside the offices.

## THIS MONTHS SPECIAL EVENTS

### LOVE & PEACE FOR NEW YEARS

#### THUR. JANUARY 22, 2026 AT 1:45 P.M. / FREE

Michael Leidig is a Boston-based jazz/classical pianist who returned to a full-time music career in 2019 after 20 years in health care. He typically performs 55-65 shows monthly, playing beyond MA borders now in 10 states. Beginning piano lessons at age 6, he continued studying piano performance/theory/composition at Towson University in MD. His solo piano performances have been described as a mellifluous impressionistic blend of well-known jazz, blues, classical, rock, and pop music. Michael is known for eclectic medleys spanning centuries and musical genres weaving interpretations of music from jazz greats like Nat King Cole & Bill Evans, to rock artists such as The Beatles, Elvis & John Denver to classical composers including Chopin, Mozart & Pachelbel. Michael is also an avid nature photographer & poet. Learn more at [thenutritionmusician.com](http://thenutritionmusician.com)

For this program, Michael will include a selection of music from his forthcoming CD *January: Peace Pieces* with music with themes of peace, love & time passage. **Be sure to pre-register for seating purposes.**

### LOCK BOX PROGRAM

The Medfield Fire Department is committed to keeping our seniors safe at home through the Lockboxes for Seniors program. This program allows the Fire Department secure access to your residence in an emergency when you are unable to open the door. A spare key to your home will be stored in a secure metal lockbox installed on your residence, similar to a realtor's lockbox. The key to the lockbox is exclusively held by the Fire Department and will only be used during an emergency. [Eligibility Requirements](#):

**- Must be a Medfield Resident. - Must live alone. - Must be 65 years of age or older, or disabled and/or suffering from major medical issues. - The program is intended for older adults who are at significant risk for falls or have limited mobility. - Individuals living in apartment complexes or facilities with maintenance staff are not eligible.** There is no charge to participate in this program. A member of the Fire Department will install the lockbox, demonstrate its operation, and answer any questions. All participants are required to provide one spare house key to be stored in the lockbox. Please call The Center for more information about this program.

### POWISSET FARM COOKING CLASS

#### CURING THE WINTER BLUES

#### MON, JAN. 12 AT 11 A.M. / \$25 PER PERSON

We meet at Powisset Farm at 11AM with Chef Thi. \$25 per person, limited to 11 people! During the cold months of January, join us in Powisset Kitchen for cuisine that will lift your spirits and warm your soul, with farm-grown ingredients from Powisset Farm! In this hands-on class with Chef Thi, you'll learn to make a specially designed winter's twilight menu of dishes to share with friends and family. On the menu: the perfect Roasted Chicken with Braised Winter Root Vegetables, Winter Chicory Salad with Fried Goat Cheese and Honey Dijon Vinaigrette, and Sweet Potato Biscuits. **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.**

### OASIS PRESENTATION

#### WED. JAN 14 AT 11 A.M. / FREE

Are you considering moving to a senior living community? When it comes to finding the best senior housing situation for yourself or your loved one, the process can be overwhelming. Oasis Senior Advisors are committed to simplifying the process of selecting senior housing that meets your unique needs. They offer a free, personalized approach for referrals for senior housing for older adults. Join us to learn more on January 14 at 11:00 a.m. **Please sign up. Be sure to pre-register for seating purposes.**

### LUNCH & LEARN WITH THE ENERGY COMMITTEE



#### THUR. JAN 29 AT 12:00 P.M. - RSVP BY 1/27

Join the Energy Committee over a "lunch and learn" program. Cheese pizza will be served, **RSVP needed by 1/27 so we can order food.**



WE INVITE YOU TO JOIN OUR KNITTING GROUP. WE MEET EVERY WEDNESDAY AT 1:00 P.M. IT'S ALWAYS A GREAT OPPORTUNITY FOR FRIENDLY CONVERSATION AND COMMUNITY. WE LOOK FORWARD TO SEEING YOU! THERE!

# 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 only. Please call 508-359-3665 to set up an appointment. Due to limited staffing; no walk-ins please.

## 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 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](mailto:mbarrett@medfield.net)

## S.N.A.P. BENEFITS

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

## MEDFIELD FOOD CUPBOARD

The Medfield Food Cupboard is open 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 COA 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.



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



## 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

## 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

## Dignity & Independence Wherever You Live



COMPREHENSIVE HOMECARE SINCE 1997

Live ins • Certified Nurse Assistants

Alzheimer Care Specialists

Hands On Care • Companionship • Cuing & Reminders of Daily Living

Homemaking Services • Safety Monitoring & Supervision • Errands & Transportation

Specializing in Quality Care in Eastern Massachusetts

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

Family Owned & Operated



Resolutions, Inc.

Helping Hands, Happy Hearts

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

SafeStreets

833-287-3502



## 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](http://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](mailto: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](http://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](http://www.trainwithshain.net)

**FULLY INSURED**



ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?

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

**RLC**  
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

# 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:

Michelle Mella and Thomas Inglin Family

Anne Kraus **In Memory of Eileen DuRoss**  
William Conway **In Memory of Eileen DuRoss**  
Ingrid and David Conner **In Memory of Edwin Kinnen**  
Irene O'Toole **In Memory of Edwin Kinnen**  
Carmela Bergman **In Memory of Beverly and Bob Smith**  
Joanne and David MacAvoy **In Memory of Charles Glew**  
John and Mona Tomera **In Memory of Their Mothers**

*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

**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,  
Rich Ryder, Patty Byrne, Rose  
Thibault and Annette Wells