

THE CENTER AT Medfield

**Registration begins
Monday, February 2 at 9 a.m.**

- 2/2 Hearing Clinic by appt only. Starting at 10:30am
- 2/3 Walgreens Trip 1pm
- 2/4 Board Meeting 9:30am **AND** Crafts with Annette at 11am
- 2/5 FOSI meeting at 12pm
- 2/6 Fire Dept Chat 10:30am
- 2/9 Veterans Coffee at 10am **AND** National Pizza Day at 12pm
- 2/10 Legal Clinic by appt only 2pm
- 2/11 Drop In Counselor meetings 9:30-11:30am **AND** Cards with Bri at 10:45am **AND** Movie at 12:30pm **AND** The Road to Liberty + Union at 5:30pm.
- 2/12 SHINE by appoint only. 9am-12pm **AND** Chocolate Tasting 1:45pm \$3 pp.
- 2/16 CLOSED, Presidents Day
- 2/17 Lunch and Learn at 11:45am
- 2/18 Movie on the big screen at 5pm
- 2/19 SHINE by appoint only. 12-3pm
- 2/24 Caregiver Support Group at 2pm
- 2/25 Drop In Counselor meetings 9:30-11:30am **AND** Movie at 12:30pm
- 2/26 Book Club at 2pm
- **No Transportation 2/13—2/20**

HELPFUL NUMBERS:

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

Medfield Police Non Emergency:
508-359-2315

Medfield Fire Non Emergency:
508-359-2323

Medfield Food Cupboard:
508-359-4958

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 February! As a reminder, if the Medfield schools are closed the Center is as well. If the school is delayed opening, the Center will also have the same delay. It's always wise to call before you head out if you ever feel unsure. Our hours are posted at the bottom of this newsletter. Remember, we close at 1pm on Fridays.

Please take a minute to update your contact information with us, this includes phone number, email /mailing address and emergency contact information. The reception desk will have these forms available and we ask that you kindly update this important information as soon as possible. We will be doing more phone call reminders for events and will also access this system should we need to cancel events due to bad weather.

I'm excited to share what we have lined up for February and want to remind you to use the KIOSK to sign-in each time you come to the Center. It's also important to register in advance for any program you'd like to attend as we set up and purchase materials based on our sign-ups. **Registration begins, Monday, February 2 at 9:00 a.m.**

Highlights: Annual Chocolate Tasting, Hearing Clinic, Podiatry Clinic, AARP Tax Prep program, a presentation with the Medfield Fire Department on Senior Safety, Live music with Patrick Durkin, "The Road to Liberty & Union" a presentation co-sponsored by The Medfield Historical Society, Medfield Public Library and the COA, a Reverse Mortgage Presentation by Washington Trust as well as all of the other great things that happen here each week at the Center! Stay well, be active and join us here at the Center; it's so important to socialize. I look forward to seeing you here soon!

- 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, FEBRUARY 9 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. FEBRUARY 26 AT 2:00 P.M. / FREE

The Book Club will resume. This group will meet each month, and have a discussion led by Nancy Irwin. Please stop by the reception desk to sign out your book and pick up talking points starting now. **This months book is The Book Thief by Markus Zusak.**

CARDS WITH BRI

WED, FEBRUARY 11 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.**

CRAFTS WITH ANNETTE

WED, FEBRUARY 4 AT 11 A.M. / FREE

Join Annette as she teaches us step by step how to create a cute Valentine's Day craft! **Registration required for materials.**

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY
2. VEGGIE FRIED RICE 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	3. BAKED STUFFED COD 9:30 CHAIR YOGA 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	4. BEEF STEW 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 / CRAFTS WITH ANNETTE 11:30 GRAB N GO 12:00 WHIST 12:4 SHINE APPOINTMENTS 1:00 CRIBBAGE/ PINGPONG / KNITTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE
9. BBQ HAMBURGER 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 11:45 3-THIRTEEN 12:00 NATIONAL PIZZA DAY 12:00 LINE DANCING / 1:15 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	10. HONEY MUSTARD CHICKEN 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 MAH JONGG 1:30 BRAIN GAMES 2:00 LEGAL CLINIC (LIBRARY) by appt. 2:15 CREATIVE WRITING	11. POT ROAST W/ GRAVY 9:12 AARP TAX APPOINTMENTS 9:30-11:30 DROP IN WITH COUNSELOR 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 SCAT / 11:30 GRAB N GO 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG / KNITTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE 5:30 THE ROAD TO LIBERTY & UNION
16. NO MEALS SERVED 	17. GREEK MEATBALLS 9:30 CHAIR YOGA 10:00 KINGSBURY SWIM 10:30 MAT YOGA 11:30-3 THE CLUB 11:45 LUNCH & LEARN 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING NO TRANSPORTATION TODAY	18. BREADED POLLOCK 9:12 AARP TAX APPOINTMENTS 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 NO MONTROSE 5:00 MOVIE ON THE BIG SCREEN NO TRANSPORTATION TODAY
23. STUFFED SHELLS 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	24. 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 2:00 CAREGIVER SUPPORT GROUP 2:15 CREATIVE WRITING	25. CHICKEN STIR FRY 9:12 AARP TAX APPOINTMENTS 9:30-11:30 DROP IN WITH COUNSELOR 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 / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG / KNITTING 3:00 BINGO 3:30 TECHNOLOGY HELP WITH MONTROSE
COLOR KEY FOR CALENDAR <ul style="list-style-type: none"> • SHOPPING TRIPS • EXERCISE • SPECIAL EVENTS • REGULAR PROGRAM 	VOLUNTEERS NEEDED We are looking for volunteers to join the Friends of the Seniors, Inc. (FOSI). Volunteers are responsible for organizing fundraising events for the Center, such as the Annual FOSI Yard Sale and the Chocolate Tasting. The group meets once a month, usually on the first Thursday at 12 PM. We invite you to attend the meeting on 2/5 to learn how you can get involved!	 The CENTER Hair Salon Call the Center for your appointment with Ginny. 508-359-3665

THURSDAY	FRIDAY	
5. HERBED BAKED CHICKEN 9:00 NO SHINE TODAY 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:00 FOSI MEETING 12:30 POKER 1-4 LIBRARY UNAVAILABLE 1:00 BOWLING AT RYANS	6. SLOPPY JOES 9:00 SHAWS SHOPPING 9:00 VIDEO CHAIR EXERCISE 9:00 SELECTBOARD PETERSON 10:00 COFFEE & CONVERSATION 10:30 FIRE DEPARTMENT CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	SENIOR SANDWICHES: GRAB-N-GO LUNCH WEDNESDAYS Please call 508-359-3665 on Monday morning by 9 a.m. to order your Grab-N-Go meal. All meals are served with a side, a bag of chips and water. \$3 suggested donation to HESSCO Feb 4 - Chicken Salad Feb 11 - Turkey and Cheese Feb 18 - Seafood Sandwich Feb 25- Tuna
12. TUNA SALAD 9-12 SHINE (LIBRARY) 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 CHOCOLATE TASTING LIMITED SPOTS. \$3 PP	13. MAC & CHEESE 9:00 VIDEO CHAIR EXERCISE 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES NO TRANSPORTATION TODAY	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!
19. ROAST TURKEY 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12-3 SHINE (LIBRARY) 12:30 POKER 1:00 BOWLING AT RYANS NO TRANSPORTATION TODAY	20. CHICKEN PICCATA 9:00 VIDEO CHAIR EXERCISE 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES NO TRANSPORTATION TODAY	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 9:00 a.m. - Coffee & Conversation 10:00 a.m. - Chinese Mah Jongg 10:00 A.M. Mah Jongg 10:30 a.m. - Line Dancing 12:00 p.m. - BINGO
26. MEATLOAF W/ BROWN GRAVY 10:00 WALKING GROUP 10:00 ZUMBA 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:00 BOWLING AT RYANS 2:00 BOOK CLUB	27. SPANISH OMELET 9:15 SHAWS SHOPPING 9:00 VIDEO CHAIR EXERCISE 10:00 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	TECHNOLOGY HELP WITH MONTROSE HIGH SCHOOL 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.
DID YOU KNOW?! FEBRUARY IS HEART MONTH! DURING THE MONTH OF FEBRUARY SIMPLY CUT THE COUPON OUT (TO THE RIGHT OF THIS) AND BRING IT INTO THE CENTER FOR ONE FREE EXERCISE CLASS OF YOUR CHOOSING. MUST BE USED DURING THE MONTH OF FEBRUARY 2026.	COUPON FOR ONE FREE EXERCISE CLASS AT THE CENTER VALID FEB. 2026 ONLY NAME: _____	

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 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.

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. **February 2 starting at 10:30 a.m.**

This is a reminder regarding your annual **Social Security statements**. We suggest keeping your statement in a secure, easily accessible location, as Social Security benefit letters are frequently required as proof of income when applying for various benefits.

Did you know that **Eversource** offers several **financial assistance programs** to help customers manage their monthly energy bills. If you meet specific income requirements, you may qualify for a payment plan. For more information, please visit <https://www.eversource.com/residential/account-billing/payment-assistance> or contact Eversource directly at 866-861-6225.

Shower Grab Bars- The Medfield Fire Department has once again provided the Center with a supply of Moen grab bars appropriate for showers and tubs. These grab bars are designed to enable you to maintain balance, lessen fatigue while standing and have a spot to grip in case of a slip or fall. The Center is offering these grab bars at no charge. However, quantities are very limited and installation must be done by a professional. If you require someone to install these, Oakley Home Access will install these grab bars for a fee of \$75.00 per bar. If additional hardware is required, such as anchoring hardware, there will be an additional cost of \$40. If you are interested or would like more information, please contact Susan.

"I obtained a shower grab bar from the supply that the COA had earlier this year. I didn't think I needed it yet, but wanted to be prepared for when the time came that I did need it. I'm surprised that I use it every day when I take showers. I hold on when getting in and out of the shower and also when I'm washing my legs and feet. They offer me such peace of mind that I won't lose my balance. They are a wonderful addition to my shower!" – Annette Wells

CivicReady- The town of Medfield utilizes CivicReady to send important emergency alerts, utility alerts, boil water advisories, and other urgent notifications. You can subscribe to receive alerts and notifications via phone call, text message and/or email. You will need to provide contact information. Visit <http://www.town.medfield.net/1841/Alerts> Notifications to register for CivicReady alerts.



DAY TRIPS WITH THE CENTER; COMING SOON!

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.

CELEBRATE AMERICA'S 250TH ANNIVERSARY WITH THE TALL SHIPS - Monday, July 13, 2026

\$179 per person. This fantastic day trip includes a 3 hour cruise, with a buffet lunch, full cash bar available, and a live narration of historic Tall Ships by expert on-board tour guides. Casual Attire. Scenic Boston Harbor Views, while we cruise on the Spirit of Boston. Limited seats available, don't wait to sign up! **Call TODAY!** Payment due when you register for this trip! Check will be deposited in April!



Below are PENDING. Flyers will be posted once confirmed with the travel company. Details may change, please be sure to check flyers for final details.

Green Topiary \$145 pp—May
 Rhode Island Light House Boat Cruise \$156 PP—June
 Kennebunkport—\$140 August
 Sandwich Glass Museum \$132—September
 Casino Trip \$39 —October
 Newport Playhouse—\$156 November
 Christmas in Newport—\$132 December

AFTERNOON MOVIES AT 12:30 p.m.

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

Wed. Feb 11, 2026 — MOONSTRUCK, PG, Starring CHER and Nicolas Cage

No sooner does Italian-American widow Loretta (Cher) accept a marriage proposal from her doltish boyfriend, Johnny (Danny Aiello), than she finds herself falling for his younger brother, Ronny (Nicolas Cage). She tries to resist, but Ronny lost his hand in an accident he blames on his brother, and has no scruples about aggressively pursuing her while Johnny is out of the country. As Loretta falls deeper in love, she comes to learn that she's not the only one in her family with a secret romance.

Wed. Feb 25, 2026 — THE HOLDOVERS, R

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

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, FEBRUARY 18**. Popcorn and a beverage will be provided. Registration required for seating.

Movie:
GROUNDHOG DAY
 To begin after Bingo,
 approx. 5 pm

Phil (Bill Murray), a weatherman, is out to cover the annual emergence of the groundhog from its hole. He gets caught in a blizzard that he didn't predict and finds himself trapped in a time warp. He is doomed to relive the same day over and over again until he gets it right.



THIS MONTHS SPECIAL EVENTS

FIRE SAFETY WITH FIREFIGHTER/ PARAMEDIC MEG MCGINN FROM THE MEDFIELD FIRE DEPARTMENT

FRIDAY, FEBRUARY 6 AT 10:30 A.M.

Join Meg over a cup of coffee as she shares important safety information about fire blankets and extinguishers. Meg will be located in the dining hall.

NATIONAL PIZZA DAY

MONDAY, FEB 9 AT 12:00 P.M. / COST \$3 PP

Sign up and join us for cheese and pepperoni pizza! **\$3 suggested donation per person. This will include 2 slices of pizza and a beverage.**
Please sign up by Friday, Feb 6 so we can order enough food.

ANNUAL CHOCOLATE TASTING

THURSDAY, FEBRUARY 12 AT 1:45 P.M.

Sign up to participate in our Annual Valentine's Day Chocolate Tasting on Thursday, Feb. 12 at 1:45 p.m. - 2:45 p.m. Tickets are on sale at the Center beginning February 2, and the cost is \$3.00 per person, limited to 50 people. New this year we will have live entertainment by Patrick Durkin. Don't miss out on this popular event provided by FOSI.



LUNCH AND LEARN

TUESDAY, FEBRUARY 17 AT 11:45 A.M.

Is a reverse mortgage right for you?

If you're a homeowner age 62 or older, a reverse mortgage allows you to access the equity in your home to supplement your retirement income, finance home renovations, or pay for long-term health-care coverage. Learn from the experts at Washington Trust about common misconceptions about reverse mortgages. Join us on February 17th at 11:45 am. **Pre-registration required.**
Please call to secure your seat.

SPECIAL DAYS IN FEBRUARY

- 2/2 Groundhog Day
- 2/6 National Wear Red Day
- 2/8 Super Bowl LX
- 2/9 National Pizza Day
- 2/14 Valentines Day
- 2/16 Presidents' Day
- 2/17 Mardi Gras

DROP-IN HOURS WITH A COUNSELOR

WED., FEB 11 AND FEB 25 / 9:30-11:30 A.M.

Everyone deserves a space to talk, reflect, and feel supported. Our drop-in hours offer a relaxed, welcoming opportunity to meet one-on-one with a mental health counselor, no appointment needed.

Whether you'd like to chat about life changes, relationships, stress, or simply have a thoughtful conversation, these sessions are here for you. Come as you are, stay as long as you like, and share only what feels comfortable.

This is a friendly, confidential space focused on listening, connection, and well-being.

We look forward to welcoming you.

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 March 2026. Stay tuned for dates.**

THE ROAD TO LIBERTY & UNION

WED. FEB 11 AT 5:30 P.M.

Drawing on the stories of farmers, artisans, merchants, women, free and enslaved African Americans, Indigenous communities, and soldiers in the field, this talk reveals how Massachusetts became a crucible of revolutionary change. Co-sponsored by The Medfield Historical Society, The Center at Medfield and The Medfield Public Library. **Pre-registration required. Please call to secure your seat.**

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

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.



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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.

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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

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mbarrett@medfield.net

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