

February

Medway Council on Aging

NOTE FROM THE COA STAFF

Happy New Year to all! We have had quite a year at the Center and we are happy to see everyone back. Masks are required still on all unvaccinated visitors AND we ask anyone who is not feeling well to please stay home.

We have hosted some wonderful events since reopening. Some of the highlights this year have been:

- Trips to Castle Island
- Veterans breakfast sponsored by the Friends of the Elders
- Holiday luncheons with delicious meals prepared by Chef Barbara, in addition to her Tuesday and Thursday lunches
- Pop-up craft classes
- Concerts in the Park
- Luncheon sponsored by Heart to Home
- Presentations by the Medway Police Department on safety and scam prevention and by Connections Physical Therapy and Compassionate Care on fall prevention
- Wednesday morning breakfast prepared by our amazing volunteers
- Trip to the Clafin Symphony Orchestra for the Christmas show

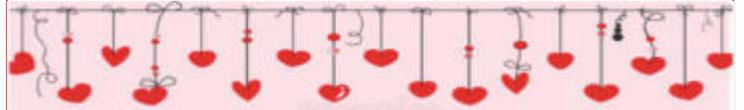
We also want to thank all our generous donors over the past year. Special thanks to Restaurant 45, Tri-Valley Elder Services, Roche Bros., Shaw's, and Kind Kitz.

ATTENTION SENIORS

Thank you for continuing to support the Medway Friends of the Elders by completing the 2022 membership form. Your membership fee ensures you receive our newsletter each month and allows you to be one of the first to sign up for trips. You also are eligible for a discounted BJ's membership with your paid dues!

THANK YOU FOR YOUR SUPPORT!

VALENTINE SPECIAL EVENT



FEBRUARY 10

PLEASE JOIN US for this festive event to celebrate YOU! Delicious "pink" menu featuring Cranberry Roast Pork, Steamed Rice, and Pickled Beets. Followed by a yummy Strawberry Ice Cream Sundae. Sign up soon. Only \$4.00.

MENU

Chef Barbara says...

Fan favorites are back this month so make it a point to join us for lunch on Tuesdays and Thursdays. Also, I am trying my version of one of my favorite fast foods, the McDonald's Filet of Fish. Come on down on Feb 8th to see how it compares. I look forward to seeing you soon!



February

- 1 Chicken cacciatore w/ homemade sauce & pasta
- 3 Thanksgiving sandwich (turkey, dressing, cranberry sauce)
- 8 Filet of fish sandwich (like McD's w/ tartar sauce)
- 10 Valentine Special Lunch (see info above)
- 15 Meatloaf w/ mashed potato & veggies
- 17 Crabmeat roll w/ lettuce & tomato
- 22 Macaroni & cheese (w/ buttered crumbs)
- 24 Corn chowder (homemade & yummy)

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Friends of Elders, Medway, MA

03-1070

TRANSPORTATION

*The Dial-A-Ride is back at full capacity but **riders must still wear a mask.***

We can take you to medical appointments, hair appointments, banks, post office and the library! We are just a call away! We go shopping to Shaw's on Mondays and Market Basket and Walmart on Wednesdays.

Please remember we are a **CURB to CURB** service. Our drivers are unable to assist you from your home to the vans. Also, there is a 2 bag MAXIMUM!

IMPORTANT REMINDER:

If you are taking the Van please be ready 15 minutes before pick up time. Please remember if you miss your pick up time, it is very difficult for the driver to come back and get you.

Please try and make all appointments no later than 12:30 PM. If this is a problem please call us and we will work with you.

LAST CALL!

Best of Times Irish show: "Celtic Angels of Ireland" with Celtic Night Dancers and Trinity Band Ensemble of Dublin

Thursday March 10, 2022 10:00 – 5:00 p.m.

Cost: \$69 (Senior Van) (includes transportation, lunch, & show)

Meal Choices: Corned Beef or Baked Scrod

We will travel to the lovely Danversport Yacht Club to enjoy this wonderful show where everyone is Irish for a day! We are offering a \$5 discount on this trip (reg. price \$74) in celebration of returning to travel. Come join the fun!

Make checks payable to Medway Friends of Elders. Reservations are open now for Medway Seniors, members of the Medway Friends of Elders, and non-members.



BREAKFAST IS BACK!!

Join us every **Wednesday** from 8:00 - 9:45 AM. \$4.00 per meal. Walk-ins wel-



Medway Senior Center Breakfast

From the Farm

2 eggs

any style w/ home fries, & bacon or sausage links



2 or 3 egg omelet

w/ your choice of:



Bacon - sausage - onions - peppers - mushrooms
American cheese - cheddar cheese

w/ home fries, & bacon or sausage links



From the Field

3 Buttermilk pancakes

w/ whipped butter & maple syrup
Blueberries?



3 Sausage Roll ups

(small pancakes whipped butter & maple syrup)



On the Side

Fresh baked muffin

1 Pancake
1 egg, any style
Home fries
3 sausage links
3 bacon strips



OVERNIGHT TRIPS

Wishing everyone a healthy New Year!

Watch for several fun trips in 2022.

Your trip coordinator
Karen

ARE YOU A GAMER?

Come on by with a friend or join one of our groups playing cribbage, mahjong, dominoes, or scrabble. Stop by the puzzle table and help to complete the progressive puzzle.

Visit our library and enjoy a book by the fireplace or take one home to read.

UPCOMING EVENTS

February 23rd

10:00 AM - Have you ever wanted to learn Italian? Now is your chance! Join us for a free Conversational Italian lesson. Enjoy an Italian snack!

March 10th

10:00 AM - [Best of Times Irish show](#)

March 16th

11:00 AM - Cannabis Education Program

March 23rd

1:00 PM - Podiatrist - call the Center for details and to make an appointment



EARLY BIRD DINNER

Van pick up starts at 3:30 PM. Limited to 14 people.

- Feb 15th - Outback Steakhouse

Due to COVID, early bird pricing is not available.

WEEKLY SERVICES

Tuesday 11:00 AM-2:00 PM - Nurse available

Wednesday 9:00 AM-1:00 PM - SHINE representative available for help with health and prescription coverage. Must call to schedule an appt.

Thursday 1:00-3:00 PM - Veterans agent available

HEATING ASSISTANCE

Are you struggling to pay your heating bills? Help may be available to offset the cost of heating your home, whether you own or rent. The income guidelines are \$40,951 for a single household and \$53,551 for a two-person household.

The Outreach department can help you to complete the application process. Call to set up an appointment and to obtain a list of the necessary documentation.

This benefit is available for seniors, families, and any adults in our community who meet the income guidelines. The program ends on April 30th so you still have time to apply!

“ARE YOU OKAY?”

The Norfolk County Sheriff's Office offers residents a **FREE** telephone service that checks on the well being of senior citizens. You pick the time (between 6 and 10 am) and the days you would like to be called.

"Are You Okay?" helps you to age in place and remain independent.

Please call 1-866-900-7865 with any questions OR to sign up for by phone.

MEDICARE ADVANTAGE

January 1 - March 31 is the Medicare Advantage Open Enrollment Period so there is still time to make changes to your Medicare coverage.

If you are in a Medicare Advantage Plan currently (with or without drug coverage), you may switch to another Medicare Advantage Plan (with or without drug coverage).

You can un-enroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you will be able to join a Medicare Prescription Drug Plan and a Supplement Plan.

For more information, call the Senior Center to make an appointment with the SHINE representative.

GROCERY ASSISTANCE

Do you need help paying for the ever increasing cost of groceries? Assistance is available through SNAP, the Supplemental Nutrition Assistance Program.

In partnership with the Department of Transitional Assistance, our Outreach team can assist with the application process. If your income is \$2,147 per month for a single person or \$2,903 for a two-person household, you may qualify.

Contact the Outreach department for more details and to set up an appointment to complete the application, which generally takes less than 30 minutes. Seniors, families, and anyone in the community who meets the criteria can apply.

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nurse Katherine is here every <u>Tuesday</u> from 11:00 AM to 2:00 PM</p>	<p>1 9:00 AM: Cribbage Game 9:00 AM: Crafts Group 10:00 AM: Line Dancing 12:00 PM Oakland Café Lunch 1:30 PM: Mexican Train Domino</p>	<p>2 8-9:45:00 AM: Breakfast 8:00 AM: Market Basket and Walmart 9:30 AM: Yoga 11:30 AM: Sword Tai Chi 1:00 PM: Chair Exercise</p>	<p>3 9:00 AM: Cribbage 9:00 AM: Crafts Group 11:00 AM: Zumba Exercise 12:00 PM: Oakland Café Lunch 1-3:00 PM: Veteran Agent In 1:00 PM: Mahjong Game</p>	<p>4 9:00 AM: Bridge Game 9:00 AM Yoga</p>
<p>7 8:00 AM: Shaw's Food Shopping 10:00 AM: BINGO 9:45 AM: Knitting Group 11:00 AM: Strength Exercise 6:00 PM: Cribbage Game</p>	<p>8 9:00 AM: Cribbage Game 9:00 AM: Crafts Group 10:00 AM: Line Dancing 12:00 PM Oakland Café Lunch 1:30 PM: Mexican Train Domino</p>	<p>9 8-9:45 AM: Breakfast 8:00 AM: Market Basket and Walmart 9:30 AM: Yoga 11:30 AM: Sword Tai Chi 1:00 PM: Chair Exercise</p>	<p>10 9:00 AM: Cribbage 9:00 AM: Crafts Group 11:00 AM: Zumba Exercise 12:00 PM: Oakland Café Valentine's Day Lunch 1-3:00 PM: Veteran Agent In 1:00 PM: Mahjong Game</p>	<p>11 9:00 AM: Bridge Game 9:00 AM Yoga</p>
<p>14 8:00 AM: Shaw's Food Shopping 10:00 AM: BINGO 9:45 AM: Knitting Group 11:00 AM: Strength Exercise 6:00 PM: Cribbage Game</p>	<p>15 9:00 AM: Cribbage Game 9:00 AM: Crafts Group 10:00 AM: Line Dancing 12:00 PM Oakland Café Lunch 1:30 PM: Mexican Train Domino 2:00 PM: COA Board Meeting 3:30 PM: Early Bird Dinner</p>	<p>16 8-9:45 AM: Breakfast 8:00 AM: Market Basket and Walmart 9:30:00 AM: Yoga 11:30 AM: Sword Tai Chi 1:00 PM: Chair Exercise</p>	<p>17 9:00 AM: Cribbage 9:00 AM: Crafts Group 11:00 AM: Zumba Exercise 12:00 PM: Oakland Café Lunch 1-3:00 PM: Veteran Agent In 1:00 PM: Mahjong Game</p>	<p>18 9:00 AM: Bridge Game 9:00 AM Yoga</p>
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<p>28 8:00 AM: Shaw's Food Shopping 10:00 AM: BINGO 9:45 AM: Knitting Group 11:00 AM: Strength Exercise 6:00 PM: Cribbage Game</p>				

Medway Friends of Elders, Inc.

2022

The Medway Friends of Elders, Inc., is a non-profit organization run totally by volunteers. All of the money received by the Friends is used to supplement the Council on Aging budget for items over and above the appropriation from the town. This includes educational, artistic and musical programs, luncheons and seasonal programs, and our many exercise classes. We welcome you to stop in any time the Center is open to see what is going on here. Our building has a fabulous kitchen, large exercise room, exercise equipment for your use, craft room, card room, library, computer room, and a large multi-purpose room.

As you can see from reading the newsletter, the Council on Aging is more than the Senior Center, although the building is a focal point for many activities and programs, which are open to people of all ages. We provide transportation for senior and disabled medical appointments, grocery shopping and local errands. It is also the social service agency for the town, and the place people come when they need fuel assistance or help with daily living. The building is used by many groups in town, including Medway Community Farms, the LIONS and Town boards and sports teams. The Center has two part-time Outreach Workers to help with any aging questions, our Nurse who takes blood pressures each week and conducts health seminars. Other services offered are weekly office hours by the town Veterans Agent and Health Insurance Advisor (S.H.I.N.E.) and income tax preparation by AARP.

Volunteers are the heart of our program. If you have something to offer, please let us know. We welcome new ideas and activities, and are always looking for volunteer drivers to help us out.

All donations to the Medway Friends of Elders are tax deductible, and donations above the membership fee are welcome. With your membership fee you will receive our monthly newsletter. Members are also eligible a discount off a BJ's membership. You may also read the newsletter each month on the Council on Aging section of www.townofmedway.org. Thank you in advance for your support!

✂

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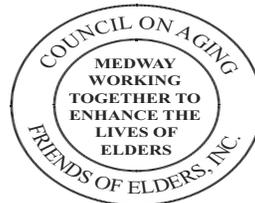
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The Medway Center welcomes ALL adults from diverse populations residing in and around Medway. We promote and honor diversity, equity, and encourage people to share their unique perspectives and passions with one another. We welcome all people regardless of race, color, cultural background, marital status, sexual orientation, gender identity, ability, and national origin. We believe understanding and respect among all our members, staff and volunteers in order to improve the quality of life for all.