

# The Silver Set Gazette

SENIOR CENTER – 28 MEDWAY BRANCH ROAD – NORFOLK – MA - (508) 528-4430

*The mission of the Norfolk Council on Aging is to serve as an advocate to ensure that the town's seniors have the opportunity to live with independence, dignity and security.*

## April 2016



### *From the Director's Corner:*

New class is starting. Join us on Tuesday, April 12th At 1 p.m. for a watercolor class. The first project will be spring note cards.

Our TRIAD speaker on April 6th will be Ralph Poland from "SafetyNet by Lojack" who will do a presentation on this reliable search & rescue program for people with Alzheimer's and related conditions such as autism and Down Syndrome. TRIAD is a community partnership between seniors, law enforcement and public safety providers. The primary goal of the TRIAD concept is to reduce criminal activity targeted at seniors and provide important information on public safety services.

Everyone is welcome to all programs. 😊

*Norma*

### **Breakfasts--8:30 a.m.**

Breakfasts for April are Tuesday, April 5th, 12th, and 26th. No breakfast on April 19th.

*If you would like to be in the kitchen and prepare a breakfast call the Senior Center.*

### *Whist Party*

**Friday, April 22nd** at 12:30 p.m. There is a fee of \$2.00 which will be used for prizes. Chances to win an optional door prize are 50 cents each or 3 for \$1.

Every game consists of four hands and each player deals a hand. A set of rules will be available.

Refreshments will be served. Please call if you plan on attending.



### **Red Sox Home Opener Monday, April 11th—2:05 p.m. Boston vs The Baltimore Orioles**

We will remember our friend Betty Ray on this day as she lived for the Red Sox opening day.

The television will be on an hour earlier for the opening ceremony. Hot dogs will be served all during the game along with other goodies.

Please sign up if you plan on attending



### **Elder Dental Program Free Dental screening Clinic Scheduled for Saturday, May 7th in Attleboro**

A free dental screening clinic for seniors will be held on Saturday, May 7th from 8:45 a.m. to 1:00 p.m. at the Attleboro Council on Aging. Anyone aged 60 or over from any town is welcome to attend the clinic. Appointments must be arranged in advance by calling the Attleboro Council on Aging at 774 203-1906.

Dentists from our area have volunteered to examine patients for problems with their teeth, gums and dentures. Participants will also be screened for oral cancers, as well as receive free denture cleaning and labeling.

## *Activities for April*

**Bingo - Mondays at 1 p.m.** Donation is 60 cents per card.

**Bridge - Tuesdays at 10 a.m. and Thursdays at 1 p.m.** Wednesday mornings at 9:30 a.m. John Byrne will give lessons on "Intro to Bridge." Call the Senior Center for more information.

**Chess** - If you are interested call the Senior Center as a group has been formed.

**Computer Tutorial** - Check Norfolk Community Television for a series of introductory programs. We now have Show #1 through Show #8. They can be used here at the Senior Center or loaned out for a week.

Katie from Norfolk Community Television will answer any questions you might have or, if you prefer, will meet you for hands-on training.

**Clever Crafters** - They meet every **Tuesday at 1 p.m.** Bring your project or your project ideas to this fun afternoon. Or just stop by for a cup of tea, coffee and friendly chitchat.

**Cribbage** - We are now playing in the Medway Tournament. Bring home the trophy. There will be no tournaments after this until September. We are always looking for players. Call us if you are interested in learning the game.

**Cybox Exercise Cycles** - These are set up in the Lower Level and can be used anytime. It will take just a minute of your time to be trained on safety and proper use of the cycles and to sign a waiver.

**Game Day - Wednesday afternoons at 1 p.m.** Every day is game day at the Senior Center. If a game you want to play is not out just ask.

**Haircuts - Thursday, April 21st at 9 a.m.** Call for an appointment. Price: \$10.

**Knitting Club (Knitwits) - Fridays at 10 a.m.** Ladies are working on a nursing home project. They are making lap robes, leg warmers and shawls. The next project will be for infants. As always chemo hats and 9" squares are also being made.

**Library** - Read-At-Home program continues with the cooperation of the Norfolk Library and the Council on Aging. Call for details.

**Manicure—Thursday, April 14th** . The price for a basic manicure is \$11.00. A price list is posted at the Senior Center for deluxe manicure, pedicures and more. Call for an appointment.

**Massage** - Anne McElwee, Massage Therapist, will be at the senior center on **Tuesday, April 19th**. A 15-minute massage is \$10 and 30 minutes is \$20. These are special rates for ages 65 and over.

**Reiki** - Gail Grivois will be at the Senior Center **Monday, April 4th** from 10-12. 15 minutes is \$12. Call for an appointment.

**Strength Video - Everyday from 9 to 10 a.m.** "Easy Does It" video is exactly as it describes itself and is the perfect starting point for the person who is older or is post-illness, injury, or surgery. No video during cribbage tournament.

**Swimming - Tuesdays, 10-11 a.m., Wednesday 2-3 and Friday 10-11** at the Wrentham Developmental Center. Please call to set up contract before coming to pool and daily to confirm scheduled program. Updated schedule will be recorded to answering machine. 508 384-6735 Carol Pino, Pool Director.

**Tai-Chi-Yang Style - Monday at 11:15 a.m.** Paula Sullivan instructs beginner or advanced students as well as those who prefer chairs. Paula is a certified Tai-Chi instructor, Yoga instructor, and Reiki Practitioner. The cost of the class is \$2.00.

**Texas Hold'em Poker** - Every **Monday from 1 to 4 p.m.**

**YOGA - Mondays at 10 a.m. and Thursdays at 9:30 a.m.** At every age, YOGA can provide health benefits and some believe it can reverse the aging process. There is a fee of \$2.

**Zumba Gold classes—Wednesday mornings at 10 a.m.** Mi Ran Shin (Mini) is a certified Zumba and Zumba Gold instructor. There is a fee of \$2.00.

**Health Screening**

**Wednesday, April 6th:** Dr. Cooper (podiatrist) is scheduled to be at the Senior Center at 1 p.m. to cut nails and treat corns & calluses. Please call the Senior Center for an appointment. The fee is \$30 for the Senior Center and \$50 for a home visit.

**Wednesday, April 20th:** The Walpole Area Visiting Nurse Association will hold their clinic at 12:30 p.m. at the Senior Center. If you need a ride, please call the Senior Center.

**Shopping**

**Every Tuesday at 9:30 a.m.** to Shaw's Market in Franklin and on **Tuesday, April 12th** to Market Basket in Bellingham.

**Council on Aging Meeting**

The Council on Aging meets on the 3rd Monday of the month (unless otherwise posted) at the Senior Center Library. Next meeting is **April 25th** at 9:30 a.m. And is open to all.

**Gerry's Place  
Tri-County School in Franklin**

**Monday, April 11th at 10:45 a.m.** The menu for April is Broiled Salmon or Baked Ham. The price is \$7.50 for salad, dinner, dessert and coffee or tea.

**Woodworkers**

This is now a monthly event. All interested parties are meeting at the Senior Center on the second Wednesday of every month at 10 a.m.

**Chickie Flynn's on Route 1 in Foxboro  
April 12th —11:30 a.m.—\$2.50**

Chickie Flynn's has invited 12 Norfolk Seniors to join them the 2nd Tuesday of every month for a full course meal. Since only 12 can participate we would like to give everyone the opportunity for this lunch. If you have participated previously call the Friday before to check on space availability. The meal is free (the \$2.50 is the tip for the waitperson). **Please pay in advance.**

Call if you need a ride and we will set something up.

**Friends of the Council on Aging Meeting**

The next meeting of the Friends will be:  
**Tuesday, April 19th at 9:30 a.m.**

**Bill Crane**, President      **Thelma Ravinski**, VP  
**Monica Weiss**, Treasurer

**Dianne Boucher**, Secretary  
**Thelma Ravinski**, Correspondence Secretary

*Friends Luncheons and Programs*

**\$1.00 Friends members—\$5.00 for non-members**

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**Wednesday, April 6th—Lunch and TRIAD**

**Wednesday, April 13th —Lunch**

**Wednesday, April 20th—Lunch and TRIVIA**

**Wednesday, April 27th —Lunch and Spring  
Dance**

*Is your birthday in April?* Celebrating all birthdays for April on Wednesday, April 20th.

A complete list of luncheon menu's will be posted at the Senior Center

**Fuel Assistance**

Fuel assistance is a federally funded program that assists income eligible households with cost of home heating fuel. Call the Senior Center for more information or to make an appointment with our outreach worker Maggie Gundersen.

**SHINE**

SHINE Counselor is now available in Norfolk on the second Tuesday of every month at 9:00 a.m. If you need to see the Counselor earlier, just call the Senior Center to set up another date.

**TDI Therapy Dog  
Paws Awhile For Love**

Buddy will be at the Senior Center at 12:45 p.m. the first Wednesday of every month for you to greet, pet and love.

*The Executive Office of Elder Affairs supports and helps with the necessary funding for mailing this newsletter.*



| <b>C.O.A. Board</b>                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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| <b>C.O.A. Staff</b>                                                                                                                                                                                                     |
| Director<br>Norma Shruhan<br>Secretary<br>Gini Homer<br>Outreach Worker<br>Maggie Gundersen<br>Driver<br>Ray Davis                                                                                                      |

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| <p><b>Town of Norfolk<br/>Council on Aging</b><br/>                 PO Box 161<br/>                 Norfolk, MA<br/>                 02056</p> | <p><b>PRESORTED STANDARD</b><br/>                 U.S. POSTAGE PAID<br/>                 PERMIT NO. 12<br/>                 NORFOLK, MA 02056</p> |
| RETURN SERVICE REQUESTED                                                                                                                       |                                                                                                                                                   |

**Trips**  
 Due to illness our trips have been placed on hold.  
 See you next month  
 Bev Ross

**Learn to Quilt with Sue Crane**  
**Tuesdays at 1 p.m.**

Every Tuesday people with quilting projects meet and show off their quilts. We have a resident quilter on staff to help you or get you started on becoming a quilter. We do have material for beginners.

**Put This Date on Your Calendar!**

The Friends of the Norfolk Public Library Book and Bake Sale is Saturday, April 23rd from 9a.m.-3 p.m. at the Norfolk DPW Garage on 33 Medway Branch Road.

Over 30,000 books in good to excellent condition will be offered with most priced at \$.50 to \$2.00. Friends only sale is Friday, 4/22 from 6-9 p.m. A current 2016 membership is required or may be purchased at the door beginning at 5 p.m. Membership and information is available at the Library or through The Friends link on the Library's website. The Saturday sale is open to all. For more information visit our website at [www.norfolkbooksale.com](http://www.norfolkbooksale.com)

**Dates to Add on Your Calendar**

Sunday, May 1st—Norfolk Grange #135 and the 7th annual "Clean and Green" town-wide cleanup of litter.

Friday, May 6th—Historical portrayals by Lady J

Saturday May 7th —Dental screening in Attleboro

Wednesday, May 25th—Hearing tests. Appointments are required.

Tuesday, June 7th at 6:30 p.m. at the Senior Center—Mr. Gloss from the Brattle Book Shop will give a entertaining talk and then appraise books. More information to follow.