

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.

August 2016



From the Director's Corner:

It is with heavy heart that I write this last message from the Director's Corner as I will be retiring at the end of August. I would like to give a THANK YOU to everyone who has helped me during my 28 years of being your Director. So many wonderful people have passed through my life that I will never forget.

Good-bye for now and God Bless

Norma

Farmers Market Senior Coupon Program 2016

Farmers Market coupons are available at the Senior Center the week of August 1st. To be eligible you must be 60 years of age or older and eligible for SSI, section 8 Housing, Energy Assistance, Medicaid or Commodity Food Assistance.

You will receive \$25 per person and people need to reside in the town they are requesting coupons from.

Transportation will be provided to the Franklin market on Friday, August 26th. We have a list of all the other farmers markets that accept these coupons.

Whist Party

Friday, August 19th 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.

Senior Charlie Card Registration event at the Norfolk Senior Center Friday, **August 12th from 1-8 p.m.**

Anyone with a Senior Charlie Card can get senior fares on the entire MBTA system—usually 1/2 price; this includes commuter rail, buses, and subways. Our regional transit authority (GATRA) is authorized to issue Senior Charlie Cards to any resident of a town served by GATRA who is age 60 or older. The Norfolk Council on Aging will be holding a registration event for these cards at the Norfolk Senior Center. We will also register you at the same time for the GATRA ID card which enables you to pre-register for and take advantage of the GATRA Dial-A-Ride service, the GATRA long distance medical transportation services, and get reduced fares on the GATRA buses.

You must bring proof of age—a valid (unexpired) RMV photo ID or passport. At the event, you will fill out a registration form; we will verify your proof of age; and we will take your picture for a Senior Charlie Card and GATRA photo ID that will be issued by GATRA and mailed directly to you. There is only one card issued—one side is the Senior Charlie Card and the other side is the GATRA ID. This is the same Charlie card as issued by the MBTA and can be loaded with fares and used exactly like the Charlie Cards obtained directly from the MBTA.

This is a special opportunity for Norfolk residents because the normal MBTA eligibility age for a Senior Charlie card is 65 years of age and they normally require you to go to the MBTA office at Downtown station Boston to get one issued.

Activities for August

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 in Franklin.

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 - There will be no tournaments until September. If you would like to learn the game come every Wednesday at 10 a.m. for beginner/brush up class.

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, August 18th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. The ladies are working on a baby project. The knitters have a great pattern for a seat belt blanket. In the fall it will be a project for wounded warriors. 9" squares and chemo hats are on going projects. Come join us on Fridays.

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

Manicure—Thursday, August 11th. 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, August 16th.** 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, August 1st** 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, August 3rd: 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, August 17th: 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, August 9th** 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 **September 19th** at 9:30 a.m. Council does not meet in August.

Gerry's Place

Tri-County School in Franklin

Next lunch at Gerry's Place is in September

See you then

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.

**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.

Chickie Flynn's luncheon program will not take place in the months of July and August.

Where can I find a support group to cope with my vision loss?

This support group will not meet during July and August.

See you September 15th-10:30-noon

Call if you need transportation

Friends of the Council on Aging Meeting

The next meeting of the Friends will be:

Tuesday, August 16th 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, August 3rd —Lunch—Therapy Dog**

**Wednesday, August 10th —Lunch**

**Wednesday, August 17th—Lunch—Trivia**

**Wednesday, August 24th — Lunch—Cookout**

**Wednesday, August 31st—Lunch**

*Is your birthday in August?* Celebrating all birthdays for August on Wednesday, July 17th.

A complete list of luncheon menus will be posted at the Senior Center.

**Summer Concert Series on Town Hill  
Thursdays 6:30 p.m.**

**Thursday August 4th—Ridgefield Crossing**

**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.

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

| MONDAY                                                                                                            | TUESDAY                                                                                                                                              | WEDNESDAY                                                                                                                                                                     | THURSDAY                                                                                                                                | FRIDAY                                                                                              |
|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>1</b><br>9—Strength Training<br>10—Reiki<br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4-Poker | <b>2</b><br>9—Strength Training<br><br>9:30—Shaw’s Market<br><b>10—Bridge</b><br><br>1—Craft Group                                                   | <b>3</b><br>9—Strength Training<br>10-Instructional Cribbage<br><br><b>10—Zumba Gold</b><br>12—Lunch<br><b>12:45—Therapy Dog</b><br><b>1—Dr. Cooper</b><br>1—Games            | <b>4</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><br>10—Scrabble<br><br>1—Bridge                                                  | <b>5</b><br>9—Strength Training<br>10—Knitting Club                                                 |
| <b>8</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4-Poker         | <b>9</b><br>9 - Strength Training<br>9—SHINE<br>9:30—Market Basket<br><b>10—Bridge</b><br>1 - Craft Group                                            | <b>10</b><br>TRIP<br>9— Strength Training<br>10—Instructional cribbage<br><b>10—Woodworkers</b><br><b>10—Zumba Gold</b><br>12—Lunch-<br><br>1—Games                           | <b>11</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><br>10- Scrabble<br>10—Manicure<br><br>1 - Bridge                               | <b>12</b><br>9 - Strength Training<br>10 - Knitting Club<br><br><b>1-8-Charlie Card Registering</b> |
| <b>15</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15— Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker       | <b>16</b><br>9—Strength Training<br><b>9:30—Friends Meeting</b><br>9:30- Shaw’s Market<br><b>10—Bridge</b><br><b>10—Massage</b><br><br>1—Craft Group | <b>17</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>10—Instructional cribbage<br><b>12—Lunch – Trivia</b><br>12:30—VNA Clinic<br>1—Games                              | <b>18</b><br>9—Strength Training<br><b>9—Hair Cut</b><br><br><b>9:30—Yoga</b><br>10—Scrabble<br>1—Bridge<br><br><b>eBay instruction</b> | <b>19</b><br>9—Strength Training<br>10—Knitting Club<br><b>12:30—Whist Party</b>                    |
| <b>22</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4 Poker        | <b>23</b><br>9—Strength Training<br><br>9:30—Shaw’s Market<br><br><b>10—Bridge</b><br><br>1—Craft Group                                              | <b>24</b><br>TRIP<br>9—Strength Training<br><br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br><b>12-Lunch-</b><br><br>1—Games                                          | <b>25</b><br>9—Strength Training<br><br><b>9:30—Yoga</b><br>10—Scrabble<br><br>1—Bridge                                                 | <b>26</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>12- Farmers Market</b>               |
| <b>29</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker        | <b>30</b><br>9—Strength Training<br><br>9:30—Shaw’s Market<br><br><b>10—Bridge</b><br><br>1—Craft Group                                              | <b>31</b><br>9—Strength Training<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br><b>12—Lunch</b><br><br>1—Games<br><br><b>My Last Day. I will miss you all. Norma</b> | <h1>August 2016</h1>                                                                                                                    |                                                                                                     |

Reserved  
For  
Ads

| <b>C.O.A. Board</b>                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chairman<br>Jason Talerman<br>Vice Chairman<br>Beth Vallee<br>Secretary<br>Charlotte Pfischner<br>Members<br>Janice Axberg<br>Richard Connors<br>Charlotte Howard<br>Thomas Mirabile<br>Barbara Phillips<br>Peter Soltz |
| <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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|---------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| Town of Norfolk<br>Council on Aging<br>PO Box 161<br>Norfolk, MA<br>02056 | PRESORTED STANDARD<br>U.S. POSTAGE PAID<br>PERMIT NO. 12<br>NORFOLK, MA 02056 |
| RETURN SERVICE REQUESTED                                                  |                                                                               |

**TRIPS**

**August 10th**-Charles River Cruise & Lunch at the Cheesecake Factory. Depart at 9:00 for 11:15 cruise. **\$37.50 for cruise & Lunch**

**August 24th**-Hammon Castle, Gloucester  
 Depart 9:15. **\$9.00 per person**

**September 14th**—John Adams Courthouse. Depart at 9:30. **No Charge.** A stop at Sullivan’s for lunch

*Beu Ross*, Trip Coordinator

Sign up early as our bus has seats for 20 people.  
 Please pay when signing up for trips

Anyone riding our bus or traveling with our trip coordinator will be required to carry the “File of Life” with them. Pick one up at the reception desk at the Senior Center.

**Volunteer Needed**

The Council on Aging is in need of a representative to the HESSCO Board of Directors. The role of a representative is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board and to formulate policy for the corporation.

If you are interested call the Council on Aging for a full list of board member responsibilities. You must be a resident of the town of Norfolk.

**eBay?????**

On Thursday, **August 18th** Bill Olson has volunteered to teach anyone interested in learning how to sell goods online. It is a great way to help you sell all sorts of items you no longer use and in the comfort of your home. Anyone with very basic computer skills can learn. All you need is an email address.  
 Call the Senior Center for times and other dates.