

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 2015



From the Director's Corner:

Just a reminder during the summer months, older adults are more susceptible to heat stroke and heat exhaustion. During hot, humid weather, activities that cause physical exertion should be done in the early morning or early evening hours. If you do not have a cool, air conditioned place during the summer months, the Senior Center is always an option.

Norma

Rest and Rejuvenation Program Wednesday, August 5 at 1 p.m.

Points to be covered during this program

- * Manifestations of stress
- * Tips on stress relief
- * Guided relaxation
- * "Cracked Pot" poem
- * Reflection

Sponsored by Compassionate Care Hospice who are Committed to quality of life

No breakfast during the month of August.

If you would like to be in the kitchen and prepare a breakfast starting in September call the Senior Center. It's lots of fun. Friends supply all the food.

Whist Party

Friday, August 21st 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.

Special

Class on modern technology

We are pleased to have Nick Simmons a 10th grader at King Philip Regional High School here at the Senior Center every **Tuesday in August at 11 a.m.**

After seeing his Grandmother struggle with her cell phone he realized that it would help a lot of people if he could inform and help other seniors who are not as familiarized with the modern technology. Whether it is setting up an email or walking them through how to use a cellphone. This will be an open type class where people could just come in with any questions that they have or bring in things that they need help with.

Nick has also been at the Senior Center in July and we want to thank him very much for all his help and patience.

Take advantage of Nick's stay with us

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.

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.

Special Training Session

Katie from Norfolk Community Television will answer any questions you might have or will meet you for training if you prefer. Call the Senior Center to set up an appointment..

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 need players. A new tournament is starting in September and we are in need of players. Call the Center if you can help us.

Cyber 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 20th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. We are working on lap robes for the wounded warrior project. As always we keep making chemo hats for Beth Israel Hospital. Come join the fun. Donations of 4-ply yarns are welcomed.

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

Manicure—Thursday, August 6th . 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 18th.** A 15-minute massage is \$10 and 30 minutes is \$20. These are special rates for ages 65 and over. Sign-up is a must.

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.

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 - Tuesdays at 12:30 p.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.**

Watercolor Class-Thursdays at 10 a.m. Instructor is Tina Addison. Participants must have their own supplies. Classes will not be held during July and August. They will resume again in September.

YOGA - Mondays at 10 a.m. and Thursdays at 10:15 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.



New! Zumba Gold classes—
Wednesday afternoons at 2:30 p.m. Mi Ran Shin (Mini) is a certified Zumba and Zumba Gold instructor. There is a fee of \$2.00.

Health Screening

Wednesday, August 5th -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 19th -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 11th** 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 21st** at 9:30 a.m.

Note: No meeting in August

Gerry's Place

Tri-County School in Franklin

Next lunch at Gerry's Place is in September
See you then

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

Chickie Flynn's has invited 112 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). **Plas pay in advance.**

This is grocery shopping day so the bus is not available. 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, August 18th 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 5th-Squash Ravioli**  
**Rest and Rejuvenation**

**Wednesday, August 12th-Beef Stew**  
**Trivia**

**Friday, August 14th - Cook-out**

**Wednesday, August 19th-BBQ Chicken**  
**David Shikes**

**Wednesday, August 26th-Pizza Burgers**

*Special*



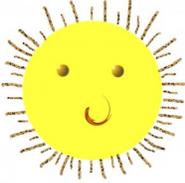
David Shikes will be at the **Wednesday** luncheon on **August 19th** to entertain us. David is a comedian with the gift of gab. It sounds like a fun afternoon.



**TDI Therapy Dogs**  
**Paws Awhile For Love**

Two Therapy Dogs 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.*

| MONDAY                                                                     | TUESDAY                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                           | THURSDAY                                                                                                               | FRIDAY                                                                           |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <b>3</b><br>9—Strength Training<br><b>10—Yoga</b><br>1—Bingo<br>1-4 Poker  | <b>4</b><br>9—Strength Training<br>9:30—Shaw’s Market<br>10—Bridge<br>11—Technology with Nick<br><b>12:30—Tai-Chi</b><br>1—Craft Group                                                      | <b>5</b><br>9—Strength Training<br><b>12—Lunch-Squash Ravioli<br/>           Rest/Rejuvenation</b><br>12:45 Therapy Dog<br><b>1—Dr. Cooper</b><br>1—Games<br><b>2:30—Zumba Gold</b> | <b>6</b><br>9—Strength Training<br>9:30—Cribbage<br><b>10—Manicure</b><br>10—Scrabble<br><b>10:15—Yoga</b><br>1—Bridge | <b>7</b><br>9—Strength Training<br>10—Knitting Club                              |
| <b>10</b><br>9—Strength Training<br><b>10—Yoga</b><br>1—Bingo<br>1-4 Poker | <b>11</b><br>9 - Strength Training<br>9:30—Market Basket<br>10 - Bridge<br>11—Technology with Nick<br><b>11:30—Chickie Flynn’s</b><br><b>12:30 - Tai-Chi</b><br>1 - Craft Group             | <b>12</b><br>9—Strength Training<br><b>10—Woodworking</b><br><b>12—Lunch-Beef Stew<br/>           Trivia</b><br>1—Games<br><b>2:30—Zumba Gold</b>                                   | <b>13</b><br>9—Strength Training<br>9:30 - Cribbage<br>10 - Scrabble<br><b>10:15—Yoga</b><br>1 - Bridge                | <b>14</b><br>9 - Strength Training<br>10 - Knitting Club<br><b>12—Cook-out</b>   |
| <b>17</b><br>9—Strength Training<br><b>10—Yoga</b><br>1—Bingo<br>1-4 Poker | <b>18</b><br>9—Strength Training<br>9:30—Shaw’s Market<br><b>9:30—Friends Meeting</b><br><b>10—Massage</b><br>10—Bridge<br>11—Technology with Nick<br><b>12:30—Tai-Chi</b><br>1—Craft Group | <b>19</b><br>9—Strength Training<br><b>12—Lunch-BBQ Chicken<br/>           David Shikes comedian</b><br><b>12:30—VNA Clinic</b><br>1—Games<br><b>2:30—Zumba Gold</b>                | <b>20</b><br>9—Strength Training<br><b>9—Hair Cut</b><br>9:30—Cribbage<br>10—Scrabble<br><b>10:15—Yoga</b><br>1—Bridge | <b>21</b><br>9—Strength Training<br>10—Knitting Club<br><b>12:30—Whist Party</b> |
| <b>24</b><br>9—Strength Training<br><b>10—Yoga</b><br>1 Bingo<br>1-4 Poker | <b>25</b><br>9—Strength Training<br>9:30—Shaw’s Market<br>10—Bridge<br>11—Technology with Nick<br><b>12:30—Tai-Chi</b><br>1—Craft Group                                                     | <b>26</b><br>9—Strength Training<br><b>12—Lunch-Pizza Burgers</b><br>1—Games<br><b>2:30—Zumba Gold</b>                                                                              | <b>27</b><br>9—Strength Training<br>9:30—Cribbage<br>10—Scrabble<br><b>10:15—Yoga</b><br>1—Bridge                      | <b>28</b><br>9—Strength Training<br>10—Knitting Club                             |
| <b>31</b><br>9—Strength Training<br><b>10—Yoga</b><br>1—Bingo<br>1-4 Poker |  <h1 style="font-family: cursive;">August 2015</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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| <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**

**Conway Tours Day Trip**

Train ride in the Connecticut's countryside and a river boat ride. **Monday, October 5th—\$90.00.** Lunch at the Essex Steam Train Dining Car.

Choice of Menu: Beef Tips & Gravy, Baked Chicken or Baked Tilapia. Choice of menu and payment due when you sign up.

**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..

***Outreach***

Our outreach worker, Maggie Gundersen, will be in the office every Wednesday to answer any questions and to help you. Drop in and visit. She will meet with you another day if that is not convenient.



**N.E. Reptile and Raptor exhibits**



Birds of prey are an intriguing group of predators that few people fully understand. On **Saturday, September 26th at 10 a.m.**, Marla Isaac, Director of the New England Reptile and Raptor Exhibits, a naturalist, artist, falconer, and professional reptile handler, will present a lecture-demonstration and live exhibition of feathered raptors that will include fascinating information about many of our aerial hunters including hawks, vultures, falcons, and owls as well as an up-close look at their distinctive behavior patterns. If appropriate, and weather permitting, the event may also include outside demonstrations. Both an educational and captivating experience is in store for all. Bring the kids or grandkids. They'll love it!

Advance registration is a must. Sign up at the front desk of the Senior Center or call 508 528-4430 and please make sure to indicate the number of guests that will be accompanying you. Due to the popularity of this event early registration is recommended.