

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.

December 2015



From the Director's Corner:



Just a reminder if school is cancelled because of a snowstorm, programs at the Senior Center are also cancelled. Prediction: No snow this year

Merry Christmas and Happy Holidays to everyone from the Council on Aging, Friends of the Council on Aging and the Staff at the Senior Center.

Norma

Whist Party

Friday, December 18th 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.

Breakfasts

Breakfasts for December are Tuesday, December 1st, 8th, 15th, 22nd, and 29th.

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

Notice

The town is in need of people to work the polls in 2016. If you are interested contact Carol Greene at the Town Clerks office at 508 528-1400. This is a paying job.

Friends of the Norfolk Council on Aging

It's time again to renew your dues of \$3.00 per person or \$5.00 a couple. Becoming a Friends member makes you eligible for subsidized programs and trips that the Friends sponsor.

Amount enclosed \$ _____

Membership **2016** Dues _____

Contribution in Memory/Honor of _____

Donor's Name & Address _____

Mail to: Friends of NCOA, P.O. Box 626, Norfolk, MA 02056 or Drop this off at the Senior Center

Activities for December

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 will meet you for training if you prefer.

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 has started in September and we are in need of players. Call the Center if you can help us.

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, December 17th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. We are thinking Fall! We are busy with our food pantry project. At the end of the year we will be doing a wounded warrior project. We are always working on chemo hats and 9" squares. Come join us. Donations of 4-ply washable yarn 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, December 3rd . 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, December 15th** . 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.

Reiki - Gail Grivois will be at the Senior Center **Monday, December 7th** 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.

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. Participants must have their own supplies. Those items would include: a block of watercolor paper, paints, and brushes. Bring something for the food pantry as a fee for the class.

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 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, December 2nd: 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, December 16th: 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, December 8th** 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 **December 21st** at 9:30 a.m.

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

Monday, December 7th at 10:45 a.m. The menu for December is Seafood Casserole or London Broil. 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
December 8th —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, December 15th 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, December 2nd**—Mac & Cheese  
Compassionate Care-Tinsel and Tears

**Wednesday, December 9th** —Sloppy Joes  
TRIAD program on Preventing Falls

**Wednesday, December 16th**—Calzone  
TRIVIA

**Wednesday, December 23rd** —Ravioli  
**Merry Christmas**

**Wednesday, December 30th** —Chinese  
**Happy New Year**

**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 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>1</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30—Shaw’s Market<br><br>10—Bridge<br><br><b>12:30—Tai-Chi</b><br>1—Craft Group                                             | <b>2</b><br>9—Strength Training<br><br>12—Lunch<br>12:30—Therapy Dog<br>1—Dr. Cooper<br>1—Games<br>2:30—Zumba Gold          | <b>3</b><br>9—Strength Training<br>9:30—Cribbage<br><b>10—Manicure</b><br><b>10—Watercolor</b><br>10—Scrabble<br><b>9:30—Yoga</b><br>1—Bridge     | <b>4</b><br>9—Strength Training<br>10—Knitting Club<br><b>10:30—Senior Center Party</b><br><br>                                                          |
| <b>7</b><br>9—Strength Training<br><b>10—Yoga</b><br><b>10—Reiki</b><br>10:45—Gerry’s Place<br>1—Bingo<br>1-4-Poker                                                                                                     | <b>8</b><br>8:30—Breakfast<br>9—SHINE<br>9 - Strength Training<br>9:30—Market Basket<br>10 - Bridge<br>11:30—Chickie Flynn’s<br><b>12:30 - Tai-Chi</b><br>1 - Craft Group         | <b>9</b><br>9— Strength Training<br>10—Woodworking<br>12—Lunch<br>12:30—Trip<br><br>1—Games<br>2:30—Zumba Gold              | <b>10</b><br>9—Strength Training<br>9:30 - Cribbage<br>10—Watercolor<br>10 - Scrabble<br><br><b>9:30—Yoga</b><br>1 - Bridge                       | <b>11</b> 9 - Strength Training<br>10 - Knitting Club<br><b>12—Girl Scout Troop 76742 party</b><br><br><br><b>Saturday December 12th Firemen’s Party</b> |
| <b>14</b><br>9—Strength Training<br>10—Yoga<br><b>10—Breakfast</b><br><br><b>Sen Ross &amp; Rep Dooley</b><br><br>1—Bingo<br>1-4 Poker | <b>15</b><br>8:30—Breakfast<br>9:30—Friends Meeting<br>9—Strength Training<br>9:30-Shaw’s Market<br>10—Massage<br>10—Bridge<br>1—Massage<br><b>12:30—Tai-Chi</b><br>1—Craft Group | <b>16</b><br>9—Strength Training<br><br><b>12-Lunch</b><br><br><b>12:30—VNA Clinic</b><br>1—Games<br><b>2:30—Zumba Gold</b> | <b>17</b><br>9—Strength Training<br><b>9—Hair Cut</b><br>9:30—Cribbage<br><b>10—Watercolor</b><br><br>10—Scrabble<br><b>9:30—Yoga</b><br>1—Bridge | <b>18</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>12:30—Whist Party</b>                                                                                                                                                        |
| <b>21</b><br>9—Strength Training<br><b>9:30—COA Meeting</b><br><b>10—Yoga</b><br>1 Bingo<br>1-4 Poker                                                                                                                   | <b>22</b><br>8:30—Breakfast<br>9—Strength Training<br><br>9:30—Shaw’s Market<br>10—Bridge<br><br><b>12:30—Tai-Chi</b><br>1—Craft Group                                            | <b>23</b><br>9—Strength Training<br><br><b>12-Lunch</b><br><br>1—Games<br><b>2:30—Zumba Gold</b>                            | <b>24</b><br>9—Strength Training<br><b>9:30—Yoga</b><br>10—Scrabble<br><br><b>Closing at 12 noon</b>                                              | <b>25</b><br><br><b>Merry Christmas</b><br><br><b>Office Closed</b>                                                                                                                                                                         |
| <b>28</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><br>1—Bingo<br>1-4 Poker                                                                                                                                      | <b>29</b><br>8:30—Breakfast<br>9—Strength Training<br><br>9:30—Shaw’s Market<br>10 Bridge<br><br><b>12:30—NO Tai-Chi</b><br>1—Craft Group                                         | <b>30</b><br>9—Strength Training<br><br><b>12—Lunch</b><br><br>1—Games<br><b>2:30—Zumba Gold</b>                            | <b>31</b><br>9—Strength Training<br>9:30—Yoga<br>10—Scrabble<br><br><b>Closing at 12 noon</b><br><br><i>Happy New Year</i>                        | <b>December 2015</b>                                                                                                                                                                                                                        |

**Reserved  
For  
Ads**

| <b>C.O.A. Board</b>                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------|
| Chairman<br>Jason Talerman                                                                                            |
| Vice Chairman<br>Beth Vallee                                                                                          |
| Secretary<br>Charlotte Pfischner                                                                                      |
| 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                                                                                             |
| Secretary<br>Gini Homer                                                                                               |
| Outreach Worker<br>Maggie Gundersen                                                                                   |
| Driver<br>Ray Davis                                                                                                   |

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| <p>Town of Norfolk<br/>Council on Aging<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> |
| <p>RETURN SERVICE REQUESTED</p>                                                      |                                                                                                |



**Trips**

**Wednesday, December 9th**

The Festival of Trees and Christmas Village  
In Wellesley

We will leave at 12:15 p.m.  the Senior Center

Note to new travelers: We will not be stopping for lunch.

*Please pay for all trips when you sign up*  
*Bev Ross, Trip Coordinator*

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.



***Holiday Parties***

**Friday, December 4th**—Senior center Party—**10:30**  
*Note the time* Special entertainment before lunch-lots of laughs.

**Friday, December 11th**—Girl Scout Troop 76742 will be at the senior center at noon for a light lunch and the troops special treat.

**Saturday, December 12th** -Firemen's Party with Santa At the Federated Church with cheese & Crackers at 1 dinner at 2.

**Monday, December 14th**—Senator Ross and Rep. Dooley will bring breakfast to the senior center at 10 a.m.

If you plan on attending please sign up early as we do not want anyone left out.

