

# 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.*

## February 2016



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

Just a bit of Trivia to remember for Bill's Trivia on February 17th. February 2, 2016 will be Punxsutawney Phil's 130th prognostication! Do you know how often Phil's predictions are correct? 100% of the time of course.



We are having a special Valentine Tea on Friday, February 12th at noon with Timmy Brown to entertain us with his beautiful voice. Join us for an afternoon of fun. Weather permitting.

*Norma*

### *Whist Party*

**Friday, 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.

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

### **Breakfasts**

Breakfasts for February are Tuesday, February, 2th, 9th, and 23rd . **No** breakfast on February 16th .

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

### **TRIAD**

**Wednesday, February 10th at 12:30**

U.S. Postal Inspector Bernadette Lundbohm from the Postal Inspection Service will do a presentation about the latest frauds and scams targeting seniors through the U.S. Mail. Inspector Lunbohm will also provide us with the tools and steps necessary to avoid becoming victim of these scams.

### **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 February*

**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** - Congratulations to our cribbage team as they won the Franklin tournament. We are now half way into the Norfolk Tournament. Bring home our trophy.

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

**Knitting Club (Knitwits) - Fridays at 10 a.m.** We are wrapping up our wounded warrior project. Ladies have made some great patriotic lap robes. We will continue to work on our chemo hats and 9" squares. This winter we will do some projects for local nursing homes.

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

**Manicure—Thursday, February 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, February 16th**. 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, February 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.

**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.** Water color class will be held at the Grange Hall during the Cribbage Tournament due to lack of space. The dates are January 28th thru March 3rd. A big **thank you** to the Watercolor 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9—Strength Training <b>10—Yoga</b> 10—Reiki 1—Bingo 1-4-Poker	<b>2</b> 8:30—Breakfast 9—Strength Training 9:30—Shaw’s Market 10—Bridge  12:30—Tai-Chi 1—Craft Group	<b>3</b> 9—Strength Training  12—Lunch-Spag. Chicken Circuit Breaker 12:45—Therapy Dog 1—Dr. Cooper 1—Games 2:30—Zumba Gold	<b>4</b> 9—Strength Training 9:30—Cribbage <b>9:30—Yoga</b> <b>10—Watercolor</b> <b>Grange Hall</b> 10—Scrabble  1—Bridge	<b>5</b> 9—Strength Training 10—Knitting Club  <b>1—Movie</b>
<b>8</b> 9—Strength Training <b>10—Yoga</b> <b>10:45—Gerry’s Place</b>  1—Bingo 1-4-Poker	<b>9</b> 8:30—Breakfast 9 - Strength Training 9—SHINE 9:30—Market Basket 10 - Bridge 11:30—Chickie Flynn’s <b>12:30 - Tai-Chi</b> 1 - Craft Group	<b>10</b> 9— Strength Training <b>10—Woodworkers</b> 12—Lunch-Grilled cheese and tomato soup <b>TRAIID</b>  1—Games 2:30—Zumba Gold	<b>11</b> 9—Strength Training 9:30 - Cribbage <b>9:30—Yoga</b> <b>10—Manicure</b> <b>10—Watercolor</b> <b>Grange Hall</b> 10 - Scrabble 1 - Bridge	<b>12</b> 9 - Strength Training 10 - Knitting Club    <b>12—Valentine Tea</b> Entertainment to follow
<b>15</b> Office Closed Presidents Day  	<b>16</b> 8:30—No Breakfast 9—Strength Training 9:30-Shaw’s Market 9:30—Friends Meeting 10—Bridge <b>10—Massage</b> <b>12:30—Tai-Chi</b> 1—Craft Group	<b>17</b> 9—Strength Training  12—Lunch-Ham dinner <b>TRIVIA</b>  <b>12:30—VNA Clinic</b> 1—Games <b>2:30—Zumba Gold</b>	<b>18</b> 9—Strength Training 9—Hair cuts 9:30—Cribbage <b>9:30—Yoga</b> <b>10—Watercolor</b> <b>Grange Hall</b> 10—Scrabble  1—Bridge	<b>19</b> 9—Strength Training 10—Knitting Club  <b>12:30—Whist Party</b>
<b>22</b> 9—Strength Training 9:30—COA Meeting  <b>10—Yoga</b>  1—Bingo 1-4 Poker	<b>23</b> 8:30— Breakfast 9—Strength Training  9:30—Shaw’s Market  10—Bridge <b>12:30—Tai-Chi</b> 1—Craft Group	<b>24</b> 9—Strength Training  12-Lunch-Meat Loaf  1—Games <b>2:30—Zumba Gold</b>	<b>25</b> 9—Strength Training 9:30—Cribbage <b>9:30—Yoga</b> 10—Scrabble <b>10—Watercolor</b> <b>Grange Hall</b> 1—Bridge	<b>26</b> 9—Strength Training 10—Knitting Club  <b>1—Movie</b>
<b>29</b> 9—Strength Training  <b>10—Yoga</b>  1—Bingo 1-4 Poker	  <h1 style="text-align: center;">February 2016</h1>			

**Reserved  
For  
Ads**

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

**Boston Flower Show**  
**Wednesday, March 16th—\$16.00-Leaving 9 a.m.**

*Bev Ross, Trip Coordinator*

**Income Tax Assistance**

Income tax assistance again will be available for seniors through the Tax-Aide program of the AARP. Date and times were not available before we went to press. Call the Senior Center for more information and to make an appointment.

**Senator Richard Ross's Office**  
**Wednesday, February 3rd—12:45**

A staff member from Senator Richard Ross office will be at the Senior Center to answer questions about the Circuit Breaker Tax Credit program.

If you are unable to attend, assistance is available at the Massachusetts Department of Revenue at 1 800 392-6089.



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

We will start with a “Mug Rug” made by hand. Beginners and experienced quilters welcome. We would like to see this evolve into a group where you would work on a project of your choice by hand or machine.

Supplies: 2 (or 3) quarter yard (fat quarters will also work) pieces of coordinating 100% cotton fabric. This will be enough to make 2 Mug Rugs, thread to match, pins, sewing needles, sharp scissors and a piece of cardboard (cereal box is great). Some fabric is available at the Senior Center.

Stores in the area that will help with fabric choices are: All About Quilts in Walpole center, Emma’s in Franklin center and the Franklin Mill Store.

What is a Mug Rug? Smaller than a place mat, bigger than a coaster. Large enough for a mug and snack.



**Movies**

**Friday, February 5th and 26th** we will be showing movies at 1 p.m. weather permitting. Spend a winter afternoon with your friends and enjoy a movie. Snacks will be served.