

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.

January 2016



From the Director's Corner:

If you are taking a long break from Old Man Winter or planning an extended vacation at any time throughout the year, please let us know. We will remove your name temporarily from the Gazette mailing list and return it on or after the date of your return. This will save postage, wasted time and labor, as well as unnecessary postal returns.

Happy New Year to all

Norma

Whist Party

Friday, January 15th 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 January are Tuesday, January 5th, 12th and 26th. **No** breakfast on January 19th

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 Clerk's 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 January

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. The next tournament is in Norfolk starting January 28th. 

Cybex 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, January 21st 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. Come join the fun any Friday at 10 a.m.

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

Manicure—Thursday, January 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, January 19th.** 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, January 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.

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 not be held 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.

Health Screening

Wednesday, February 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, January 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, January 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 **January 25th** at 9:30 a.m.

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

Monday, January 11th at 10:45 a.m. The menu for January is Chicken Pot Pie or Fish and Chips. 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
January 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, January 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

~~~~~

**Wednesday, January 6th—Taco Salad**

**Wednesday, January 13th—Soup & Sandwich**  
Beef Barley & Chicken salad  
TRIVIA with Bill

**Wednesday, January 20th –Pizza**  
**HomeInstead-New Year –New Me**

**Wednesday, January 27th –Soup & Sandwich**  
Tomato soup & Ham /cheese

**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                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|  <h1 style="text-align: center;">January 2016</h1>   |                                                                                                                                                                                       |                                                                                                                                                           |                                                                                                                                                | <b>1</b><br>9—Strength Training<br>10—Knitting Club                                                    |
| <b>4</b><br>9—Strength Training<br><b>10—Yoga</b><br><b>10—Reiki</b><br><br>1—Bingo<br>1-4-Poker                                     | <b>5</b><br>8:30—Breakfast<br>9 - Strength Training<br>9:30—Shaw’s Market<br>10 - Bridge<br><br><b>12:30 - Tai-Chi</b><br>1 - Craft Group                                             | <b>6</b><br>9— Strength Training<br><br><b>12—Lunch-Taco Salad</b><br>12:30—Trip<br><b>12:45—Therapy Dog</b><br>1—Games<br>2:30—Zumba Gold                | <b>7</b><br>9—Strength Training<br>9:30 - Cribbage<br>9:30—Yoga<br><b>10—Watercolor</b><br>10 - Scrabble<br><br>1 - Bridge                     | <b>8</b> 9 - Strength Training<br>10 - Knitting Club<br><br><b>1—Movie-TBA</b><br><b>Snacks served</b> |
| <b>11</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>10:45—Gerry’s Place</b><br><br>1—Bingo<br>1-4 Poker                     | <b>12</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30-Market Basket<br><b>9:30—SHINE</b><br>10—Bridge<br><b>11:30—Chickie Flynn’s</b><br><b>12:30—Tai-Chi</b><br>1—Craft Group   | <b>13</b><br>9—Strength Training<br><b>10—Woodworking</b><br><b>12—Lunch-Soup/Sandwich TRIVIA</b><br><br>1—Games<br><b>2:30—Zumba Gold</b>                | <b>14</b><br>9—Strength Training<br>9—Manicure<br>9:30—Cribbage<br><b>9:30—Yoga</b><br><b>10—Watercolor</b><br><br>10—Scrabble<br><br>1—Bridge | <b>15</b><br><br>9—Strength Training<br>10—Knitting Club<br><br><b>12:30—Whist Party</b>               |
| <b>18</b><br><br>Holiday<br>Office Closed<br><br> | <b>19</b><br>8:30—NO Breakfast<br>9—Strength Training<br><b>9:30—Friends Meeting</b><br>9:30—Shaw’s Market<br><b>10—Massage</b><br>10—Bridge<br><b>12:30—Tai-Chi</b><br>1—Craft Group | <b>20</b><br>9—Strength Training<br><br><b>12-Lunch-Pizza</b><br><b>New Year, New You</b><br><b>12:30—VNA Clinic</b><br>1—Games<br><b>2:30—Zumba Gold</b> | <b>21</b><br>9—Strength Training<br><b>9—Hair Cuts</b><br><b>9:30—Yoga</b><br>10—Scrabble<br><b>10—Watercolor</b>                              | <b>22</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>1—Movie-TBA</b><br><b>Snacks served</b> |
| <b>25</b><br>9—Strength Training<br><b>9:30—COA Meeting</b><br><b>10—Yoga</b><br><br>1—Bingo<br>1-4 Poker                            | <b>26</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>27</b><br>9—Strength Training<br><br><b>12—Lunch-Soup/Sandwich</b><br><br>1—Games<br><b>2:30—Zumba Gold</b>                                            | <b>28</b><br><b>9:30—Cribbage Tournament</b><br>9:30—Yoga<br>10—Scrabble                                                                       | <b>29</b><br>9—Strength Training<br>10—Knitting Club                                                   |

**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                                                                                                      |

|                                                                                                                                                |                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <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                                                                                                                       |                                                                                                                                                   |

**There will be no trips during the months of  
January and February.**

*Bev Ross, Trip Coordinator*



**New Year, New You!**  
**Wednesday, January 20th—12:45**

Just because we are all going to get older, doesn't mean we can't still look FABULOUS!

- How can you stay stylish on a budget? View several "sample" outfits we've created for very little.
- Classic clothing you've had for years and love.
- Enjoy a fun, easy demonstration on how to turn a scarf into a chic accessory.

**Sponsored by: Home Instead Senior Care**



**Movies**

**Friday, January 8th and January 22nd** 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.

**2016 Medicare Part B Premium**

You may have heard your Medicare Part B premium is going up. This is **not** true for everyone!

Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month. Those newly enrolled in Part B this year will likely pay \$121.80 per month.

People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Trained SHINE volunteers can help you through free, confidential counseling on all aspects of health insurance. Call the Senior Center for an appointment. 508 528-4430.