

# 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 2017



## Cribbage Tournament

The Norfolk Council on Aging will be hosting the Cribbage Tournament at the Norfolk Senior Center starting Thursday January 26th for six consecutive Thursdays. The games start at 9:30; set up is between 9:00-9:15.

## Minds in Motion

*Begins March 9<sup>th</sup>, 2017 at the Norfolk Senior Center*



In a large bowl, blend in the stimulation of a college workshop with the fun of a backyard barbecue; sprinkle in several cups of strongly-held opinions and a pinch of personal revelation. There you have the recipe for Minds in Motion, a lively program that introduces a new topic in each of its eight one-hour sessions. Cost is \$20 for 8 weeks with a total refund if you attend all 8 sessions!

Whether the subject is food, music, ethical dilemmas, design, meteorology, sleep, modern art, or imaginative writing, enrollees find themselves engaged and challenged. Be forewarned, however: this is NOT a lecture course. Just the opposite. The aim is to spark a spirited discussion, with everyone sharing their thoughts, judgments, and opinions. To achieve that end, a generous use and wide range of handouts, research findings, and resources such as YouTube are used. There's a lot of laughter, which makes it all fun, but participants are also pressed to think in ways that maybe they haven't for a while.

Minds in Motion is limited to 15 participants. The deadline for enrolling is March 3. Register only if you're able to commit to attending at least six of the eight sessions.

To register, call (508) 528-4430

## The Director's Corner:

Dear Friends,  
We wish you Health, Happiness and Peace in the New Year,! To those of you who have not yet visited **your** Senior Center, we welcome you!  
Your friends at the Council on Aging, the Friends of the Council on Aging and the staff at the Senior Center.

*Christine Quinn*

Applications are available at the Senior Center for the Senior Tax Relief Program for calendar year 2017. Seniors can work as employees of the Town in a variety of Town Departments. To qualify for the program a senior must be 65 years old, property must be owned and occupied as his or her domicile, and have the capacity to perform the work required in the position. The rate of pay is \$11:00 per hour allowing for a maximum of \$750.00 tax write off. There are no income or asset limitations. However, if the number of participants exceeds the positions, needed preference will be given to those with lower income.

## 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 2017 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

## *January Activities*

**Bingo - Mondays at 1 p.m.** Donation is 60 cents per card.

**Bridge - Tuesdays at 10 a.m. and Thursdays at 1 p.m.** Call the center if you would like us to set up one-on-one instruction. *Free*

**\*NEW Bunco with Heidi!** Monday January 30th 1:00-2:00 (or so). Bunco is a popular game played with nine dice and a whole lot of luck. Join the fun! *Free*

**\*NEW\* Chair Volleyball\* Thursday January 19th 10:30-12:30 (or so)**

Join us for a fun-filled afternoon playing an old favorite with a different twist; volleyball played in a chair! This new program will bring out the child in you, while exercising your body. Plenty of laughs are guaranteed! *Free*

**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. *Free*

**Cribbage -** Come to the senior center to play cribbage at 10:00 every Wednesday. If you would like to learn the game, call the center and we will set up a one-on-one lesson for you. Remember, the cribbage tournament is ongoing! *Free*

**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. *Free*

**Haircuts - Thursday, January 19th at 9 a.m.** Call for an appointment. Price: \$10.

**Knitting Club (Knitwits) - Fridays at 10 a.m.** Join us on Fridays. *Free*

**Low Vision Group-Tuesday, January 24th @ 11:00 A.M.** . We will be visited by both a Seeing Eye Dog and a Therapy Dog. Lunch to follow.

**Massage -** Anne McElwee, Massage Therapist, will be at the senior center on **Tuesday January 17th.** A 15-minute massage is \$10 and 30 minutes is \$20.

**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. *Free*

**Swimming-** At the Wrentham Developmental Center. For an up-to-date schedule call 508-384-6735 Carol Pino, Pool Director.

**Tai-Chi-Yang Style - Every 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.

**The Zen of Adult Coloring-**Adult coloring is all the rage but did you know that coloring is actually good for you? When you color you are still and focused on just one thing. This is called "mindfulness." Studies have shown that paying attention, on purpose, remaining in the present moment, has many benefits for your health including stress reduction, improved immune system and increased sense of well-being. Come to the senior center and pick up a coloring book and pencils. Mondays 10:00- 12 :00 a.m. *Free*

**Thursday Trips-** Join us as we continue to take local free or no cost trips (excluding lunch). The bus will leave the senior center at 9:30 unless otherwise noted. Return times vary,-depending on destination.

**Technology 101-** There will be no Technology 101 during the month of January. Instructional classes will resume in February.

**Walking Group** meets at the center Mondays@ 9:00 a.m. *Free*

**YOGA - Mondays at 10 a.m., Thursdays at 9:30 a.m. and Wednesdays at 8:45 a.m.** The benefits of yoga are many as we age and include increased strength, improved flexibility, better balance, stronger bones and greater mental acuity. Come join us! 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.

**Trivia Party every 3ed Wednesday. Join us!**

**Blood Pressure Clinic**



**Wednesday, January 10th:** The Walpole Area Visiting Nurse Association will hold their clinic at 12:30 p.m. at the Senior Center.

**Shopping**

**Every Tuesday at 9:30 a.m.;** Shaw's in Franklin 1/3, 1/17, 1/24, 1/31 & Market Basket in Bellingham 1/10

**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 on January 23rd at 9:30 a.m.

**HESSCO Elder Services** is the Area Agency on Aging (AAA) for the Town of Norfolk. The Norfolk Council on Aging works in conjunction with HESSCO providing aging programs. HESSCO provides information and services on a range of assistance for older adults and those who care for them. Information includes: available services in your area, mobility assistance programs, meal plans and housing, assistance in gaining access to services, individual counseling, support groups, caregiver training, respite care and supplemental services (on a limited basis). To reach HESSCO call (781) 784-4944

**Low Vision Group**  
**Tuesday, January 24th 11:00-AM**  
**@ the Norfolk Senior Center**  
**A visit with a Seeing Eye Dog and a Therapy Dog'**  
**Lunch to follow.**

**Friends of the Council on Aging**

**Bill Crane, President Thelma Ravinski, VP**  
 & Correspondence Secretary  
**Monica Weiss, Treasurer Dianne Boucher, Secretary**  
 The next meeting of the Friends will be:  
**Tuesday, January 17th at 9:30 a.m.**

**Thursday Trips**



Trips depart at 9:30 and return before 3:00 depending on the destination.  
 January 5th matinee movie -call for details  
 January 12 Larz Anderson Auto Museum -call for details  
 January 19th Fuller Craft Museum \$8.00  
 January 26th Lunch at the Sichuan Gourmet, **bus leaves at 11:30** (menu available at the center or on line)

**The Friends of the Norfolk Council on Aging** serve a homemade breakfast every Tuesday at 8:30, they also serve a homemade lunch every Wednesday at noon. The cost for both breakfast and lunch is \$1.00 for members. Breakfast is \$3:00 for non-members and \$5.00 for lunch. The Friends yearly membership dues are \$3.00 for individuals and \$5.00 for couples.

**This is the BEST deal in town!.**

**Join us to meet friends old and new!**

Celebrating all birthdays for January on Wednesday, January 18th

**Do you like to laugh? If the answer is yes, Chair Volley Ball is for you!**



**Chair Volleyball\* Thursday January 19th 10:30-12:30 Join up!**

Join us for a fun-filled afternoon playing an old favorite with a different twist;-volley ball played in a chair! This new program will bring out the child in you, while exercising your body. Plenty of laughs are guaranteed! **Free**

The Walpole VNA is available to vaccinate home-bound elders with the flu vaccine. Call the VNA to make an appointment. Call the VNA@ 508.668.1066

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>Senior Center Closed</b>	<b>3</b> <b>No Breakfast</b> 9—Strength Training 10—Bridge 1—Craft Group <b>1-Podiatrist</b>	<b>4</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold <b>12-Lunch</b> <b>12-Therapy Dog</b>	<b>5</b> 9—Strength Training 9:30—Yoga 1—Bridge	<b>6</b> -9—Strength Training 10—Knitting Club
<b>9</b> 9-Walking Club 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>10</b> <b>8:30— Breakfast</b> 9 - Strength Training 10—Bridge <b>10—SHINE</b> 1-Craft Group-	<b>11</b> -8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold <b>12-Lunch</b> <b>12:30-VNA Clinic</b>	<b>12</b> 9—Strength Training 9:30—Yoga <b>10-Manicure</b> 1 - Bridge	<b>13</b> 9—Strength Training 10—Knitting Club
<b>16</b>  <b>Holiday Senior Center Closed</b>	<b>17</b> <b>No Breakfast</b> 9—Strength Training <b>9:30 Friends Meeting</b> 10—Bridge 1—Craft Group	<b>18</b> 8:45-Yoga 9—Strength Training <b>10—Zumba Gold</b> 10—Cribbage <b>12—Lunch</b> <b>Trivia with Bill</b> 	<b>19</b> 9—Strength Training 9:30—Yoga <b>10:30-12:30</b> <b>Chair</b> <b>Volley Ball</b> 1—Bridge	<b>20</b> 9—Strength Training 10—Knitting Club <b>12:30—Whist Party</b>
<b>23</b> 9-Walking Club 9Strength Training 10—Yoga <b>9:30 COA Meeting</b> 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>24</b> <b>8:30—Breakfast</b> 9—Strength Training 10—Bridge 10-Massage 1—Craft Group	<b>25</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold <b>12-Lunch</b>	<b>26</b> 9—Strength Training <b>9-Hair Cut</b> 9:30—Yoga 1—Bridge	<b>27</b> 9—Strength Training 10—Knitting Club
<b>30</b> <b>9-Walking Club</b> 9—Strength Training 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 1—Bing <b>1-Bunco with Heidi o</b>	<b>31</b> <b>8:30—Breakfast</b> 9—Strength Training 10—Bridge 1—Craft Group			

<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
<b>C.O.A. Staff</b>
Director Christine Quinn Secretary Gini Homer Outreach Worker Maggie Gundersen Driver Ray Davis

Town of Norfolk  
 Council on Aging  
 PO Box 161  
 Norfolk, MA  
 02056

PRESORTED STANDARD  
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 NORFOLK, MA 02056

RETURN SERVICE REQUESTED

**Whist Party**

**Friday, January 20th at 12:30** 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.



**Trips with Bev**  
*Wednesday*  
*Bev Ross*, Trip Coordinator

Sign up early as our bus has seats for only 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.

**Plainridge Casino Wednesday, January 11th**

**Isabelle Stewart Gardner Museum February 22nd**  
**This is a self-guided tour, tickets are \$12.00**  
 Departs from the Senior Center @ 9:30 a.m.

**Gerry's Place Tri-County School in Franklin**  
**Monday, January 9th at 10:45 a.m.**

The menu is Roast Beef or Baked Haddock . The price is \$7.50 for salad, dinner, dessert and coffee or tea.

**Chickie Flynn's Route 1 in Foxboro**  
**January 10th** has invited 12 Norfolk Seniors to join them the 2nd Tuesday of every month for a meal