

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.

July 2016



From the Director's Corner:

After our cookout on Wednesday, July 27th the Boston Red Sox game vs the Tigers will be shown on our big screen TV.

Fourth of July Trivia Question? How many people have cookouts on July 4th?

Answer: Over 74 million people

Happy 4th of July



National Lollipop Day Wednesday, July 20th

Lollipop Day is our chance to celebrate and enjoy the creation of Lollipops. Could you imagine how sheltered our childhood, and perhaps adulthood, would be, if the lollipop had never been invented!?

Join us during Trivia to celebrate Lollipop Day and play a Lollipop game and win a prize. Might be some Trivia questions about Lollipops.

Whist Party

Friday, July 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.



Name that Tune! Wednesday, July 13th

Frank Sinatra, Rosemary Clooney, Tony Bennett, Doris Day, Bing Crosby, Kay Starr.

How familiar are you with the singers of the 1930's, 1940's and 1950's and great songs like *Love and Marriage*, *The Way You Look Tonight*, and *Someone to Watch Over Me*?

Test your recall, and your ear, by attending our special *Name that Tune* hour on Wednesday, **July 13th** at 12:30 p.m.

The theme is love songs and our host will challenge you with song snippets, tricky questions, and maybe even a surprise of two.

Sign up for the Friends Luncheon and then stay for the program.

Activities for July

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 in Franklin.

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 - There will be no tournaments until September. If you would like to learn the game come every Wednesday at 10 a.m. for beginner/brush up class.

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, July 21st at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. The ladies have made some beautiful shrugs and lap robes for a local nursing home. We are wrapping up this project soon. Everyone is excited to start our project for babies. Nine-inch squares are welcome. Come join us on Fridays.

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

Manicure—Thursday, July 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, July 19th**. A 15-minute massage is \$10 and 30 minutes is \$20. These are special rates for ages 65 and over.

Reiki - Gail Grivois will be at the Senior Center **Monday, July 11th** 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. No video during cribbage tournament.

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 - 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.

Texas Hold'em Poker - Every **Monday from 1 to 4 p.m.**

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 mornings at 10 a.m. Mi Ran Shin (Mini) is a certified Zumba and Zumba Gold instructor. No class on July 13th. There is a fee of \$2.00.

Health Screening

Wednesday, September 7th: 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, July 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, July 14th** 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 **July 18th** at 9:30 a.m. And is open to all.

Gerry's Place

Tri-County School in Franklin

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

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.

**TDI Therapy Dog
Paws Awhile For Love**

Buddy will be at the Senior Center at 12:45 p.m. the first Wednesday of every month for you to greet, pet and love.

Chickie Flynn's luncheon program will not take place in the months of July and August.

Where can I find a support group to cope with my vision loss?

This support group will not meet during July and August.

**See you September 15th-10:30-noon
Call if you need transportation**

Friends of the Council on Aging Meeting

The next meeting of the Friends will be:
Tuesday, July 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

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**Wednesday, July 6th —Lunch—Therapy Dog**

**Wednesday, July 13th—Lunch—Name that Tune**

**Wednesday, July 20th—Lunch—Trivia**

**Wednesday, July 27th — Lunch—Cookout**

*Is your birthday in July?* Celebrating all birthdays for July on Wednesday, July 20th

A complete list of luncheon menus will be posted at the Senior Center.

**Summer Concert Series on Town Hill  
Thursdays 6:30 p.m.**

July 7-Southeastern Mass Community Concert Band

July 9-Reminisants

July 19-Alastair Moock (Children's Concert)  
*Inside the Library @ 6 p.m.*

July 21-Franklin School of Performing Arts Electric Youth

July 28- KP Percussion Ensemble & EL Caribe Steel Drum Band

**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.

*The Executive Office of Elder Affairs supports and helps with the necessary funding for mailing this newsletter.*

| MONDAY                                                                                                                                   | TUESDAY                                                                                                                                      | WEDNESDAY                                                                                                                                                                     | THURSDAY                                                                                                          | FRIDAY                                                                           |
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| <h1>July 2016</h1>                                                                                                                       |                                                                                                                                              |                                                                                                                                                                               |                                                                                                                   | <b>1</b><br>9—Strength Training<br>10—Knitting Club                              |
| <b>4</b><br><br>Office Closed<br><br>4th of July<br><br> | <b>5</b><br>9 - Strength Training<br><br>9:30—Shaw’s Market<br><b>10—Bridge</b><br>1 - Craft Group                                           | <b>6</b><br>9— Strength Training<br>10—Instructional cribbage<br><b>10—Woodworkers</b><br><b>10—Zumba Gold</b><br>12—Lunch-<br><b>Therapy Dog</b><br><br>1—Games              | <b>7</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><br>10- Scrabble<br><br>1 - Bridge                         | <b>8</b><br>9 - Strength Training<br>10 - Knitting Club                          |
| <b>11</b><br>9—Strength Training<br><b>10—Reiki</b><br><b>10—Yoga</b><br><b>11:15— Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker               | <b>12</b><br>9—Strength Training<br><br>9:30- Market Basket<br>10—Bridge<br><b>10—SHINE</b><br><br>1—Craft Group                             | <b>13</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>10—Instructional cribbage<br><b>12—Lunch –</b><br><b>Name that Tune</b><br><br>1—Games                            | <b>14</b><br>9—Strength Training<br><b>10—Maincure</b><br><br><b>9:30—Yoga</b><br><br>10—Scrabble<br><br>1—Bridge | <b>15</b><br>9—Strength Training<br>10—Knitting Club<br><b>12:30—Whist Party</b> |
| <b>18</b><br>9—Strength Training<br><b>9:30—COA Meeting</b><br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4 Poker        | <b>19</b><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><br>1—Craft Group | <b>20</b><br>9—Strength Training<br>9:30—Trip<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br><b>12—Lunch-</b><br><b>Trivia</b><br><b>12:30—VNA Clinic</b><br>1—Games | <b>21</b><br>9—Strength Training<br><b>9—Hair Cuts</b><br><b>9:30—Yoga</b><br>10—Scrabble<br><br>1—Bridge         | <b>22</b><br>9—Strength Training<br>10—Knitting Club                             |
| <b>25</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker                               | <b>26</b><br>9—Strength Training<br><br>9:30—Shaw’s Market<br><br>10—Bridge<br><br>1—Craft Group                                             | <b>27</b><br>9—Strength Training<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br><b>12—Lunch</b><br><b>Cook-Out</b><br>Red Sox Game<br>1—Games                        | <b>28</b><br>9—Strength Training<br><br><b>9:30—Yoga</b><br>10—Scrabble<br><br>1—Bridge                           | <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                                                                                                      |

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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>                                                                                                                          |                                                                                                                                                   |



## Free Trip Castle Island

Back by popular demand we will go to Castle Island on **Wednesday, July 20th**. We will leave the Senior Center at 9:30 a.m.

Walk the trails, watch the Sail Boats, wade in the water, or just sit on a bench.

Visitors can bring lunch or buy it there. There are picnic tables as well as restroom facilities. Sign up early as we are limited to 20 people. Norfolk residents first.

*Beu 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.

### Volunteer Needed

The Council on Aging is in need of a representative to the HESSCO Board of Directors. The role of a representative is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board and to formulate policy for the corporation.

If you are interested call the Council on Aging for a full list of board member responsibilities. You must be a resident of the town of Norfolk.

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

Every Tuesday people with quilting projects meet and show off their quilts. We have a resident quilter on staff to help you or get you started on becoming a quilter. We do have material for beginners.

**NOTE:**

**No Breakfast** June, July and August. They will resume again in September.