

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 2015



From the Director's Corner:

Senior Center is air-conditioned so be comfortable. Call if you need a ride to the center and enjoy the company of others. Always something to eat and drink. See you soon.

Norma



**Do you have early signs of hearing loss?
Find out by answering these questions.**

- 1. Do you experience ringing in the ears?**
- 2. Does it seem as if people are mumbling?**
- 3. Are you turning the volume up on your TV?**
- 4. Do you find yourself asking people to repeat themselves?**

**Sign up for the free hearing screening!
Wednesday, July 22nd from 10– 12 p.m.**

The Mass. Audiology personal hearing systems will do hearing aid checkups and battery changes too!

The screening takes about 10 minutes or so and in that time they will check your ear canal for overall health and wax buildup, they screen you for hearing loss with an audiometer.

Breakfast- 8:30 a.m.

The second Tuesday, July 14 will be the only breakfast this month.

The price is \$1.00 for Friends members and \$3 for non-members. We just ask you to let us know if you are joining us.

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.

Whist Party

Friday, July 17th 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.

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.

July 7th is Chocolate Day. If you need an excuse. This is the perfect opportunity to eat your favorite chocolates in ample portions. Celebrate. Eat Chocolate!

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.

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.

Special Training Session

Katie from Norfolk Community Television will answer any questions you might have or will meet you for training if you prefer. Call the Senior Center to set up an appointment..

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 is starting 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, July 16th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. We are working on lap robes for the wounded warrior project. As always we keep making chemo hats for Beth Israel Hospital. Come join the fun. Donations of 4-ply yarns 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, July 2nd . 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 21st.** 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.

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. Instructor is Tina Addison. Participants must have their own supplies. Classes will not be held during July and August. The will resume again in September.

YOGA - Mondays at 10 a.m. and Thursdays at 10:15 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.



New! 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, August 5th -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 15th -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 20th** at 9:30 a.m.

Gerry's Place

Tri-County School in Franklin

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

SHINE

A SHINE Counselor is available in Norfolk on the second Tuesday of every month at 9:30 a.m. If you need to see the Counselor earlier just call the Senior Center to set up another date.

Web Site Recommendations

If the SHINE counselor is unavailable and you have a problem with:

Medications: www.massmedline.com

Medical information: www.medlineplus.gov

Veteran's Benefits: www.vba.va.gov

Food resources: www.projectbread.org

Food stamps: www.gettingsnap.org

Computers are available for your use here at the Senior Center.

Friends of the Council on Aging Meeting

The next meeting of the Friends will be:

Tuesday, July 21st 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 1st**—Lunch is a BLT

**Wednesday, July 8**—Lunch is Pulled Pork  
Trivia with Bill

**Wednesday, July 15** -Lunch is seafood salad  
Helpful Organizer program

**Wednesday, July 22**—Lunch is soup & sandwich  
Hear test from 10 to 12 p.m.

**Wednesday, July 29th** —Cook-out

**Chickie Flynn's Luncheon Program will not take place  
in the Month of July. It will resume in August.**



**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                                                                                                                                            |
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| <br><p style="text-align: center;"><i>July 2015</i></p> |                                                                                                                                                           | <p><b>1</b><br/>9—Strength Training<br/><br/>12—Lunch-BLT<br/><br/>2:15 Therapy Dog<br/><br/>1—Games<br/>2:30—Zumba Gold</p>                                  | <p><b>2</b><br/>9—Strength Training<br/>9:30—Cribbage<br/>10—Manicure<br/>10—Scrabble<br/>10:15—Yoga<br/>1—Bridge</p>      | <p><b>3</b><br/>Office closed<br/>Celebrating 4th of July</p>  |
| <p><b>6</b><br/>9—Strength Training<br/><br/>10—Yoga<br/><br/>1—Bingo<br/>1-4 Poker</p>                                                 | <p><b>7</b><br/>9 - Strength Training<br/>9:30—Shaw’s Market<br/>10 - Bridge<br/><br/>12:30 - Tai-Chi<br/>1 - Craft Group</p>                             | <p><b>8</b><br/>8:30— Trip-Cruise<br/>9—Strength Training<br/>10—Woodworking<br/>12—Lunch-Pulled Pork<br/>Trivia<br/><br/>1—Games<br/>2:30—Zumba Gold</p>     | <p><b>9</b><br/>9—Strength Training<br/>9:30 - Cribbage<br/><br/>10 - Scrabble<br/><br/>10:15—Yoga<br/>1 - Bridge</p>      | <p><b>10</b><br/>9 - Strength Training<br/>10 - Knitting Club</p>                                                                                 |
| <p><b>13</b><br/>9—Strength Training<br/><br/>10—Yoga<br/><br/>1—Bingo<br/>1-4 Poker</p>                                                | <p><b>14</b><br/>8:30—Breakfast<br/>9—Strength Training<br/>9—SHINE<br/>9:30-Market Basket<br/>10—Bridge<br/><br/>12:30—Tai-Chi<br/>1—Craft Group</p>     | <p><b>15</b><br/>9—Strength Training<br/><br/>12-Lunch-Seafood Salad<br/>Helpful Organizer<br/><br/>12:30—VNA Clinic<br/>1—Games<br/><br/>2:30—Zumba Gold</p> | <p><b>16</b><br/>9—Strength Training<br/>9—Hair Cut<br/>9:30—Cribbage<br/><br/>10—Scrabble<br/>10:15—Yoga<br/>1—Bridge</p> | <p><b>17</b><br/>9—Strength Training<br/>10—Knitting Club<br/><br/>12:30—Whist Party</p>                                                          |
| <p><b>20</b><br/>9—Strength Training<br/>9:30—COA Meeting<br/>10—Yoga<br/><br/>1 Bingo<br/>1-4 Poker</p>                                | <p><b>21</b><br/>9—Strength Training<br/>9:30—Shaw’s Market<br/>9:30—Friends Meeting<br/>10—Massage<br/>10—Bridge<br/>12:30—Tai-Chi<br/>1—Craft Group</p> | <p><b>22</b><br/>9—Strength Training<br/>9—Trip—Salem<br/>10—Hearing Test<br/>12-LunchSoup/Sandwich<br/><br/>1—Games<br/><br/>2:30—Zumba Gold</p>             | <p><b>23</b><br/>9—Strength Training<br/>9:30—Cribbage<br/><br/>10—Scrabble<br/>10:15—Yoga<br/><br/>1—Bridge</p>           | <p><b>24</b><br/>9—Strength Training<br/><br/>10—Knitting Club</p>                                                                                |
| <p><b>27</b><br/>9—Strength Training<br/><br/>10—Yoga<br/><br/>1—Bingo<br/>1-4 Poker</p>                                                | <p><b>28</b><br/>9—Strength Training<br/>9:30—Shaw’s Market<br/><br/>10—Bridge<br/>12:30—Tai-Chi<br/>1—Craft Group</p>                                    | <p><b>29</b><br/>9—Strength Training<br/><br/>12—Lunch<br/>Cook-out<br/><br/>1—Games<br/><br/>2:30—Zumba Gold</p>                                             | <p><b>30</b><br/>9—Strength Training<br/>9:30—Cribbage<br/><br/>10—Scrabble<br/>1-:15—Yoga<br/><br/>1—Bridge</p>           | <p><b>31</b><br/>9—Strength Training<br/><br/>10—Knitting Club</p>                                                                                |

**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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|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Town of Norfolk<br>Council on Aging<br>PO Box 161<br>Norfolk, MA<br>02056 | <b>PRESORTED STANDARD</b><br>U.S. POSTAGE PAID<br>PERMIT NO. 12<br>NORFOLK, MA 02056 |
| RETURN SERVICE REQUESTED                                                  |                                                                                      |

**Trips**

**Wednesday, July 8th** -Cape Cod Canal Cruise—  
\$18 departing at 8:30 a.m.

**Wednesday, July 22nd**—House of 7 Gables & Sa-  
lem Willows—\$12.00—departing at 9 a.m.

**Friday, September 18th**—Falmouth Scallop Fest—  
\$7.00 for admission only.

**Conway Tours Day Trip**

Train ride in the Connecticut’s countryside and a  
river boat ride. **Monday, October 5th—\$90.00.**  
Lunch at the Essex Steam Train Dining Car.

Choice of Menu: Beef Tips & Gravy, Baked Chick-  
en or Baked Tilapia. Choice of menu and payment  
due when you sign up.

**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..

*Outreach*

Our outreach worker, Maggie Gundersen, will  
be in the office every Wednesday to answer  
any questions and to help you. Drop in and  
visit. She will meet with you another day if  
that is not convenient.

 **SUMMER CONCERT SERIES** 

On Town Hill—Thursdays 6:30 p.m.  
Rain Dates are Scheduled on Mondays

July 2nd—Southeastern Mass Community Concert  
Band

July 9th—KPHS World Percussion Ensemble &  
The El Caribe Steel Drum Band

July 14th—Jamtones ~ A Tuesday Children’s Concert

July 16th—The Reminisants

July 23rd—Franklin School of Performing Arts  
Electric Youth

July 30th—Ridgefield Crossing