

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.

June 2016



Whist Party

Friday, June 10th 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.

From the Director's Corner:

 Father's Day celebrates the contribution that fathers and father figures make for their children's lives. The Senior Center will celebrate all fathers, brothers, uncles, and father figures on Friday, June 17th with a free cook-out at noon. Cost for everyone else is \$1.00.

Happy Father's Day

Norma



Recycle Button-Cell Batteries

The Friends of the Norfolk Council on Aging have placed boxes in the town for the recycle of Button-Cell batteries. By recycling your used button-cell batteries you help support "Life Line" for Norfolk Seniors. Button-cell batteries are found in watches, hearing aids, cameras, digital organizers, calculators, small toys etc. You will find containers at the Senior Center, Norfolk Food Mart, Credit Union and the recycle center.

Sponsored by: Wheelabrator Technologies Inc.



Rare Book Event To Be Held at Norfolk's Senior Center

Ken Gloss, book antiquarian and owner of the world-famous Brattle Book Shop in Boston, will be giving a special lecture on rare books that will be followed by book and document appraisals on **Tuesday, June 7th (6:30 p.m.)**. Known for his appearances on PBS's "Antiques Roadshow," his popular presentations are filled with anecdotes as well as examples of books and ephemera that he has acquired over a span of many years.

Observers as well as participants are welcome to attend this free program. Participants are limited to two items per person for a free evaluation and appraisal. In addition to old books, documents (e.g., autographed materials, maps, magazines, calendars, posters, pamphlets, broadsides, and other ephemerae) will also be appraised by Mr. Gloss.

Due to the generous support of the Friends of the Norfolk Council on Aging wine and hors d'oeuvres will be served.



Activities for June

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 - We are now playing in the Medway Tournament. Bring home the trophy! There will be no tournaments after this until September. If you would like to learn the game come every Wednesday at 10 a.m. for beginner/brush up class.

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, June 16th 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. 9" 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, June 9th. 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, June 21st.** 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, June 6th** 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. There is a fee of \$2.00.

Health Screening

Wednesday, June 1st: 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, June 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, June 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 **June 20th** at 9:30 a.m. And is open to all.

Gerry's Place

Tri-County School in Franklin

Monday, June 6th at 10:45 a.m. The menu for June is Salisbury Steak or Chicken Dijon over Egg Noodles. 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

June 14th —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 meal.

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

Date: Thursday, **June 23rd**

Time: 10:30-12 with lunch

Place: Senior Center

Transportation Provided

Friends of the Council on Aging Meeting

The next meeting of the Friends will be:

Tuesday, June 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, June 1st —Lunch—**

**Wednesday, June 8th —Lunch—**

**Wednesday, June 15th —Lunch and TRIVIA**

**Wednesday, June 22nd —Lunch—**

*Is your birthday in June?* Celebrating all birthdays for June on Wednesday, June 15th .

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

**Summer Concert Series on Town Hill**

**Thursdays 6:30 p.m.**

June 23rd—Last Call Country/Western Band

June 30th —Bill McGoldrick Acoustic Duo with Danielle Jean

**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 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.

*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>June 2016</h1>                                                                                                                                     |                                                                                                                                              | <b>1</b><br>9—Strength Training<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br>12—Lunch<br>12:45—Therapy Dog<br><b>1—Dr. Cooper</b><br><b>1—TRIAD</b><br>1—Games | <b>2</b><br>9—Strength Training<br><br>9:30—Yoga<br><br>10—Scrabble<br>1—Bridge                                                                | <b>3</b><br>9—Strength Training<br>10—Knitting Club                                         |
| <b>6</b><br>9—Strength Training<br><b>10—Yoga</b><br><b>10—Reiki</b><br><b>10:45—Gerry's Place</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4-Poker | <b>7</b><br>9 - Strength Training<br><br>9:30—Shaw's Market<br><b>10—Bridge</b><br>1 - Craft Group<br><br><b>6:30—Rare Book program</b>      | <b>8</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>1—Rite Aid</b>                          | <b>9</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><b>10—Manicure</b><br>10- Scrabble<br><br>1 - Bridge                                    | <b>10</b><br>9 - Strength Training<br>10 - Knitting Club<br><br><b>12:30—Whist Party</b>    |
| <b>13</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15—No Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker                                          | <b>14</b><br>9—Strength Training<br><br>9:30- Market Basket<br>10—Bridge<br><b>10—SHINE</b><br><b>11:30—Chickie Flynn's</b><br>1—Craft Group | <b>15</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>10—Instructional cribbage<br><b>12—Lunch -Trivia</b><br>12:30—VNA Clinic<br>1—Games                           | <b>16</b><br>9—Strength Training<br><b>9—Hair cuts</b><br><br><b>9:30—Yoga</b><br><br>10—Scrabble<br>1—Bridge                                  | <b>17</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>12—Father's Day Cook-out</b> |
| <b>20</b><br>9—Strength Training<br><b>9:30—COA Meeting</b><br><b>10—Yoga</b><br><b>11:15—No Tai-Chi</b><br><br>1—Bingo<br>1-4 Poker                   | <b>21</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>22</b><br>9—Strength Training<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br>12-Lunch-<br><br>1—Games                                                         | <b>23</b><br><b>9-Newport Flower Show</b><br>9—Strength Training<br><b>9:30—Yoga</b><br>10—Scrabble<br><b>10:30—Low Vision</b><br><br>1—Bridge | <b>24</b><br>9—Strength Training<br>10—Knitting Club                                        |
| <b>27</b><br>9—Strength Training<br><br>10—Yoga<br><b>11:15—No Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker                                                 | <b>28</b><br>9—Strength Training<br><br>9:30—Shaw's Market<br><br>10—Bridge<br><br>1—Craft Group                                             | <b>29</b><br>9—Strength Training<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br>12—Lunch<br><br>1—Games                                                          | <b>30</b><br>9—Strength Training<br><br>9:30—Yoga<br>10—Scrabble<br><br>1—Bridge                                                               |                                                                                             |

**Reserved  
For  
Ads**

| <b>C.O.A. Board</b>                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------|
| Chairman<br>Jason Talerman                                                                                            |
| Vice Chairman<br>Beth Vallee                                                                                          |
| Secretary<br>Charlotte Pfischner                                                                                      |
| 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                                                                                             |
| Secretary<br>Gini Homer                                                                                               |
| Outreach Worker<br>Maggie Gundersen                                                                                   |
| Driver<br>Ray Davis                                                                                                   |

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| <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> |
| <p>RETURN SERVICE REQUESTED</p>                                                             |                                                                                                |



**The Newport Flower Show**  
June 24th—\$17.00  
Leaving at 9 a.m.

During the Gilded Age, every aspect of life was elevated to an art form. Gardens became stages for nature’s most brilliant performances. Join Newport as they celebrate all that is Gilded!

Sign up and pay by June 3rd as tickets must be purchased.

**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.

**Norfolk Lions Community Day 2016**  
June 4th—11 a.m.—4 p.m.  
Holmes Complex, Myrtle Street

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

**TRIAD**

Assistant District Attorney Greg Connor is the featured speaker on **June 1st at 1 p.m.** here at the Senior Center. He will speak about financial crimes against elders.

Representative Nicole Flower from Rite Aid will be at the Senior center on **Wednesday, June 8th at 12:30** to inform us on Pneumococcal Pneumonia and Shingles shots. “Do I need a Shingles Shot?” “Am I at risk for Pneumococcal Pneumonia?”

*Bring all your questions to this informative program*