

# 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 2015



### *From the Director's Corner:*

This year Fathers Day is celebrated on Sunday, June 21st .

*Happy Fathers Day*

### TRIAD

Come meet a representative of the Mass Senior Medicare Patrol program on **Wednesday, June 3rd at 1 p.m.** A free information workshop on protecting yourself from Medicare Fraud.

**Wednesday, June 10th—1 p.m.**



Presenting Brenda Zolli performance of a Victorian maid, Maggie Braithwaite, delighting us with a talk and demonstration of afternoon tea. The entertainment starts after the Friends luncheon.

**Ladies, wear your dress-up hats!**

### Red Sox Season

**Thursday, June 25th —1:35 p.m.**



Hot dogs served during the game

### Breakfasts- 8:30 a.m.

**June 2nd, 9th, 16th, 23rd** breakfast at the Senior Center. No breakfast June 30th .

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, June 12th** 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.

### Chickie Flynn's on Route 1 in Foxboro

**June 9th —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.**

This is grocery shopping day so the bus is not available. Call if you need a ride and we will set something up.

## *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.

**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** - Norfolk is playing in the Medway Tournament. Good luck and bring home the trophy. We are in need of more Cribbage players. Call the Center if you are interested.

**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 18th 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, June 4th** . 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 16th** 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. Those items would include: a block of watercolor paper, paints, and brushes. Bring something for the food pantry as a fee for the class.

**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, June 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, June 17th** -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 9th** 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 15th** at 9:30 a.m.

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

**Monday, June 8th.** The menu for June is Broiled Salmon or Baked Ham.. Call the Senior Center for more information. The price is \$7.50 for salad, dinner, coffee or tea and dessert.

**Norfolk Lions Community Day  
June 6th from 11 a.m. until 4 p.m.**

This year's event resurrects the original "Old Tyme Day" theme from years past when times were a little slower and more affordable. The Holmes Family has graciously agreed to host the event at their property at 22 Myrtle Street.



**CALLING ALL YOU CHESS PLAYERS**

If you are interested in Chess call the Senior Center as we have a few people who play. They do not have a schedule but a contact person will get back to you on day and times.  
508 528-4430

**Friends of the Council on Aging Meeting**

The next meeting of the Friends will be:

**Tuesday, June 16th 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, June 3rd**—Lunch  
TRIAD—Medicare

**Wednesday, June 10** —Lunch  
Victorian Tea Performance

**Wednesday, June 17th** —Lunch  
Trivia with Bill

**Friday, June 19th**—Cookout  
Celebrating Father's Day all men are free  
Happy Day

**Wednesday, June 24th** —Lunch  
Movie



**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	
<b>1</b> 9—Strength Training <b>10—Yoga</b> 1—Bingo 1-4 Poker	<b>2</b> 8:30—Breakfast 9—Strength Training 9:30—Shaw’s Market 10—Bridge <b>12:30—Tai-Chi</b> 1—Craft Group	<b>3</b> 9—Strength Training <b>12—Lunch</b> <b>TRIAD</b> 2:15 Therapy Dog <b>1—Dr. Cooper</b> 1—Games <b>2:30—Zumba Gold</b>	<b>4</b> 9—Strength Training 9:30—Cribbage <b>10—Manicure</b> 10—Scrabble 10—Watercolor <b>10:15—Yoga</b> 1—Bridge	<b>5</b> 9—Strength Training <b>9:45— Trip</b> 10—Knitting Club	
<b>8</b> 9—Strength Training <b>10—Yoga</b> <b>10:45—Gerry’s Place</b> 1—Bingo 1-4 Poker	<b>9</b> 8:30—Breakfast 9 - Strength Training 9:30—Market Basket 10 - Bridge <b>10—SHINE</b> <b>11:30—Chickie Flynn</b> <b>12:30 - Tai-Chi</b> 1 - Craft Group	<b>10</b> 9—Strength Training <b>10—Woodworking</b> <b>12—Lunch</b> <b>Brenda Zolli</b> 1—Games <b>2:30—Zumba Gold</b>	<b>11</b> 9—Strength Training 9:30 - Cribbage 10 - Scrabble <b>10—Watercolor</b> <b>10:15—Yoga</b> 1 - Bridge	<b>12</b> 9 - Strength Training 10 - Knitting Club <b>12:30—Whist</b>	
<b>15</b> 9—Strength Training <b>9:30—COA Meeting</b> <b>10—Yoga</b> 1—Bingo 1-4 Poker	<b>16</b> 8:30—Breakfast 9—Strength Training 9:30—Friends Meeting 9:30-Shaw’s Market 10—Bridge <b>10—Massage</b> <b>12:30—Tai-Chi</b> 1—Craft Group	<b>17</b> 9—Strength Training <b>12—Lunch</b> <b>Trivia</b> <b>12:30—VNA Clinic</b> 1—Games <b>2:30—Zumba Gold</b>	<b>18</b> 9—Strength Training <b>9—Hair Cut</b> 9:30—Cribbage <b>10—Watercolor</b> 10—Scrabble <b>10:15—Yoga</b> 1—Bridge	<b>19</b> 9—Strength Training 10—Knitting Club <b>12—Father’s Day Cookout</b>	
<b>22</b> 9—Strength Training <b>10—Yoga</b> 1 Bingo 1-4 Poker	<b>23</b> 8:30— Breakfast 9—Strength Training 9:30—Shaw’s Market 10—Bridge <b>12:30—Tai-Chi</b> 1—Craft Group	<b>24</b> 9—Strength Training <b>12—Lunch</b> 1—Games <b>2:30—Zumba Gold</b>	<b>25</b> 9—Strength Training 9:30—Cribbage <b>10—Watercolor</b> 10—Scrabble <b>10:15—Yoga</b> <b>1:35—Red Sox Game</b> 1—Bridge 6:30 Concert Town Hill	<b>26</b> 9—Strength Training 10—Knitting Club	
<b>29</b> 9—Strength Training <b>10—Yoga</b> 1—Bingo 1-4 Poker	<b>30</b> 8:30—No Breakfast 9—Strength Training 9:30—Shaw’s Market 10—Bridge <b>12:30—Tai-Chi</b> 1—Craft Group				<h1>June 2015</h1>

Reserved  
For  
Ads

<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 Peter Soltz
<b>C.O.A. Staff</b>
Director Norma Shruhan Secretary Gini Homer Outreach Worker Maggie Gundersen Driver Ray Davis

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**Trip**

**Fuller Craft Museum**  
**Friday, June 5th—\$5.00**  
**Depart at 9:45 a.m.**  
 Art in Bloom/Craft in Bloom

Note to new travelers: Lunch is always part of each trip but is a separate cost to each individual.

*Please pay for all trips when you sign up*

**Beu Ross**, Trip Coordinator

Anyone riding our buses 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.

**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.

**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..


**SUMMER CONCERT SERIES**


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

June 25th—Bill McGoldrick Acoustic Duo with Danielle Jean

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