

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.

March 2016



From the Director's Corner:

Thursday, March 17th, 3 p.m., the Harney Academy School of Irish Dance will be at the Senior Center to bring the joy and energy of Irish step dancing. A corned Beef and Cabbage dinner will follow. Sign up early as space is limited.

The Center has containers to recycle your button cell batteries (watches, hearing aids, cameras, calculators, digital organizers). Simply bring them in and deposit into the container.

We made it, the first day of spring is March 20th.
Norma

Breakfasts

Breakfasts for March are Tuesday, March 1st, 8th, March 15, March 22nd and March 29th.

March 15th breakfast will be hosted by Senator Richard Ross.

If you would like to be in the kitchen and prepare a breakfast call the Senior Center.

Whist Party

Friday, March 11th 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.

SHINE

Prescription Drug Costs Too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs...and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at the Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

Activities for March

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.

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 - The Norfolk Cribbage Tournament is in full swing. Good luck to all who are competing in the tournament. **Bring our trophy home.**

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, March 17th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. We are wrapping up our wounded warrior project. Ladies have made some great patriotic lap robes. We will continue to work on our chemo hats and 9" squares. This winter we will do some projects for local nursing homes.

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

Manicure—Thursday, March 10th. 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, March 15th.** 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, March 7th** 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.**

Watercolor Class -Thursdays at 10 a.m. Water color class will be held at the Grange Hall during the Cribbage Tournament due to lack of space. The dates are January 28th thru March 3rd. A big **thank you** to the Watercolor class.

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, April 6th: 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, March 16th: 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, March 8th** 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 **March 21st** at 9:30 a.m. And is open to all.

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

Monday, March 28th at 10:45 a.m. The menu for March is Baked Stuffed Haddock or Liver and Onions. 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
March 8th —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.**

Call if you need a ride and we will set something up.

Friends of the Council on Aging Meeting

The next meeting of the Friends will be:
Tuesday, March 15th 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, March 2nd—Calzone**

**Wednesday, March 9th—Fish**  
**Pre Diabetes program**

**Thursday, March 17th—Irish dance and dinner**

**Wednesday, March 23rd —Ravioli**  
**Trivia with Bill**

**Wednesday, March 30—Chicken**

*Is your birthday in March?*

Celebrating all birthdays for March on Wednesday, March 23rd.

**Fuel Assistance**

Fuel assistance is a federally funded program that assists income eligible households with cost of home heating fuel. Call the Senior Center for more information or to make an appointment with our outreach worker Maggie Gundersen.

**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                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                   | <b>1</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30—Shaw's Market<br>10—Bridge<br><br>1—Craft Group                                                       | <b>2</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>12—Lunch-Ca;zpme<br><br>12:45—Therapy Dog<br><br>1—Games                                 | <b>3</b><br>9:30—Cribbage<br><b>9:30—Yoga</b><br><b>10—Watercolor</b><br><b>Grange Hall</b><br>10—Scrabble<br><br>1—Bridge                                                                             | <b>4</b><br>9—Strength Training<br>10—Knitting Club                                                                  |
| <b>7</b><br>9—Strength Training<br><b>10—Yoga</b><br><b>10—Reiki</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4-Poker          | <b>8</b><br>8:30—Breakfast<br>9 - Strength Training<br>9—SHINE<br>9:30—Market Basket<br>10 - Bridge<br><b>11:30—Chickie Flynn's</b><br><br>1 - Craft Group      | <b>9</b><br>9— Strength Training<br><b>10—Woodworkers</b><br><b>10—Zumba Gold</b><br>12—Lunch-Fish<br><br>1—Games                                   | <b>10</b> <b>Income Tax Assis.</b><br><b>By appointment</b><br>9—Strength Training<br>9:30 - Cribbage<br><b>9:30—Yoga</b><br><b>10—Manicure</b><br><b>10—Watercolor</b><br>10 - Scrabble<br>1 - Bridge | <b>11</b><br>9 - Strength Training<br>10 - Knitting Club<br><br>12:30—Whist Party                                    |
| <b>14</b><br>9—Strength Training<br>10—Yoga<br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker                                   | <b>15</b><br>8:30— Breakfast<br>9—Strength Training<br>9:30-Shaw's Market<br><b>9:30—Friends Meeting</b><br>10—Bridge<br><b>10—Massage</b><br><br>1—Craft Group | <b>16</b><br>TBA-Trip<br>9—Strength Training<br><b>10—Zumba Gold</b><br><b>No Lunch</b><br><br><b>12:30—VNA Clinic</b><br>1—Games                   | <b>17</b><br>9—Strength Training<br>9—Hair cuts<br>9:30—Cribbage<br><b>9:30—Yoga</b><br><b>10—Watercolor</b><br><b>3—Irish Dance</b><br><b>Corn Beef and</b><br><b>Cabbage dinner</b>                  | <b>18</b><br>9—Strength Training<br>10—Knitting Club                                                                 |
| <b>21</b><br>9—Strength Training<br><b>9:30—COA Meeting</b><br><br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br>1—Bingo<br>1-4 Poker | <b>22</b><br>8:30— Breakfast<br>9—Strength Training<br><br>9:30—Shaw's Market<br><br>10—Bridge<br><br>1—Craft Group                                             | <b>23</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>12-Lunch-Ravioli<br><br>1—Games<br><br><b>Celebrating all March</b><br><b>Birthdays</b> | <b>24</b><br>9—Strength Training<br>9:30—Cribbage<br><b>9:30—Yoga</b><br>10—Scrabble<br><b>10—Watercolor</b><br><br>1—Bridge                                                                           | <b>25</b><br>9—Strength Training<br>10—Knitting Club                                                                 |
| <b>28</b><br>9—Strength Training<br><b>10—Yoga</b><br><b>10:45—Gerry's Place</b><br><b>11:15—Tai-Chi</b><br>1—Bingo<br>1-4 Poker  | <b>29</b><br>8:30—Breakfast<br>9—Strength Training<br><br>9:30—Shaw's Market<br><br>10—Bridge<br><br>1—Craft Group                                              | <b>30</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>12—Lunch-Chicken<br><br>1—Games                                                         | <b>31</b><br>9—Strength Training<br>9:30—Cribbage<br>9:30—Yoga<br>10—Scrabble<br>10—Watercolor<br><br>1—Bridge                                                                                         | <br><b>March</b><br><b>2016</b> |

**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>                                                                                                                          |                                                                                                                                                   |

**Boston Flower Show**  
**Wednesday, March 16th—\$16.00-Leaving 9 a.m.**

*Bev Ross, Trip Coordinator*

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

We will start with a “Mug Rug” made by hand. Beginners and experienced quilters welcome. We would like to see this evolve into a group where you would work on a project of your choice by hand or machine.

Supplies: 2 (or 3) quarter yard (fat quarters will also work) pieces of coordinating 100% cotton fabric. This will be enough to make 2 Mug Rugs, thread to match, pins, sewing needles, sharp scissors and a piece of cardboard (cereal box is great). Some fabric is available at the Senior Center.

Stores in the area that will help with fabric choices are: All About Quilts in Walpole center, Emma’s in Franklin center and the Franklin Mill Store.

What is a Mug Rug? Smaller than a place mat, bigger than a coaster. Large enough for a mug and snack.

**Put This Date on Your Calendar!**

The Friends of the Norfolk Public Library Book and Bake Sale is Saturday, April 23rd from 9a.m.-3 p.m. at the Norfolk DPW Garage on 33 Medway Branch Road.

Over 30,000 books in good to excellent condition will be offered with most priced at \$.50 to \$2.00. Friends only sale is Friday, 4/22 from 6-9 p.m. A current 2016 membership is required or may be purchased at the door beginning at 5 p.m. Membership and information is available at the Library or through The Friends link on the Library’s website. The Saturday sale is open to all. For more information visit our website at [www.norfolkbooksale.com](http://www.norfolkbooksale.com)

**Income Tax Assistance**

Income Tax assistance will be available to seniors once again through the Tax-Aide Program of the AARP. Thursday, **March 10th** will be the last time tax assistance will be at the Senior Center. Call the Senior Center for more information and to make an appointment.