

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.

May 2016



From the Director's Corner:

Join us for a Mother's Day tea party on **Friday, May 6th** at noon followed by "The Proper Patient of 1900" by Lady J. She will be unraveling the mysteries and myths of Victorian medicine during afternoon tea in her parlor. Happy Mother's Day

On **Wednesday, May 11th** at 12:30 the Massachusetts Bar Association will be at the Senior Center for their 2016 Elder Law Education Program. This year's program "Taking Control of Your Future: A Legal Checkup" A Resource guide will be distributed to all participants .

~ ~ ~

This Memorial Day think upon the ultimate sacrifices made by those in service to our country.

God Bless America

Norma

Breakfasts--8:30 a.m.

Breakfasts for May are Tuesday, May 3rd, 10th, 17th, 24th. No breakfast May 31st

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

Whist Party

Friday, May 20th 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.

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, May 25th—Appointment needed

Also hearing aid checkups and battery changes too



Elder Dental Program

Free Dental screening Clinic Scheduled for Saturday, May 7th in Attleboro

A free dental screening clinic for seniors will be held on Saturday, May 7th from 8:45 a.m. to 1:00 p.m. at the Attleboro Council on Aging. Anyone aged 60 or over from any town is welcome to attend the clinic. Appointments must be arranged in advance by calling the Attleboro Council on Aging at 774 203-1906.

Dentists from our area have volunteered to examine patients for problems with their teeth, gums and dentures. Participants will also be screened for oral cancers, as well as receive free denture cleaning and labeling.

Activities for May

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. We are always looking for players. Call us if you are interested in learning the game.

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, May 19th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. Ladies are working on a nursing home project. They are making lap robes, leg warmers and shawls. The next project will be for infants. As always chemo hats and 9" squares are also being made.

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

Manicure—Thursday, May 12th . 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, May 17th** 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, May 2nd** 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.

Note Change of Time



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, May 18th: 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, May 10th** 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 **May 16th** at 9:30 a.m. And is open to all.

Gerry's Place

Tri-County School in Franklin

Monday, May 2nd at 10:45 a.m. The menu for May is Chicken Marsala or Broiled Scallops. 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

May 10th —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.

Friends of the Council on Aging Meeting

The next meeting of the Friends will be:

Tuesday, May 17th 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, May 4th —Lunch—Rite Aid**

**Wednesday, May 11th —Lunch— Mass. Bar Assoc.**

**Wednesday, May 18th —Lunch and TRIVIA**

**Wednesday, May 25th —Lunch— Hearing test**

*Is your birthday in May?* Celebrating all birthdays for May on Wednesday, May 18th .

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



The Secretary of the Commonwealth announces the **20th Annual Senior Art Exhibit**. The theme for 2016 is "Paint Your Favorite Memory" and is open to all citizens age 62 and older. Call the Senior Center for the guidelines.

**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.

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

**Date: Thursday, May 12th**

**Time: 10:30-12 with lunch**

**Place: Senior Center**

**Transportation Provided**

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

| MONDAY                                                                                                                                                 | TUESDAY                                                                                                                                                                               | WEDNESDAY                                                                                                                                 | THURSDAY                                                                                                                                          | FRIDAY                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>2</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>3</b><br>8:30—Breakfast<br>9—Strength Training<br><br>9:30—Shaw's Market<br>10—Bridge<br><br>1—Craft Group                                                                         | <b>4</b><br>9—Strength Training<br><br>10—Zumba Gold<br>12—Lunch<br>12:45—Therapy Dog<br><b>1—Rite Aid</b><br><br>1—Games                 | <b>5</b><br>9—Strength Training<br>9:30—Cribbage<br>9:30—Yoga<br><br>10—Scrabble<br>1—Bridge                                                      | <b>6</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>12—Mothers Day Tea</b> |
| <b>9</b><br>9—Strength Training<br><b>10—Yoga</b><br><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4-Poker                                              | <b>10</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>1 - Craft Group<br><b>7 p.m. Town Meeting</b> | <b>11</b><br>9— Strength Training<br><b>10—Woodworkers</b><br><b>10—Zumba Gold</b><br>12—Lunch-<br><b>Mass. Bar Assoc.</b><br><br>1—Games | <b>12</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><b>10—Manicure</b><br>10- Scrabble<br><b>10:30—Vision Support Group</b><br><br>1 - Bridge | <b>13</b><br>9 - Strength Training<br>10 - Knitting Club                             |
| <b>16</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>17</b><br>8:30— Breakfast<br>9—Strength Training<br><b>9:30—Friends Meeting</b><br>9:30-Shaw's Market<br>10—Bridge<br><b>10—Massage</b><br>1—Craft Group                           | <b>18</b><br>TBA-Trip<br>9—Strength Training<br><b>10—Zumba Gold</b><br><br><b>12—Lunch -Trivia</b><br>12:30—VNA Clinic<br>1—Games        | <b>19</b><br>9—Strength Training<br><b>9—Hair cuts</b><br>9:30—Cribbage<br><b>9:30—Yoga</b><br><br>1—Bridge                                       | <b>20</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>12:30—Whist Party</b> |
| <b>23</b><br>9—Strength Training<br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4 Poker                                                 | <b>24</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>25</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>12-Lunch-<br><b>Hearing testing</b><br><br>1—Games                            | <b>26</b><br>9—Strength Training<br>9:30—Cribbage<br><b>9:30—Yoga</b><br>10—Scrabble<br><br>1—Bridge                                              | <b>27</b><br>9—Strength Training<br>10—Knitting Club                                 |
| <b>30</b><br>Closed<br>Memorial Day<br><br>                          | <b>31</b><br>8:30—No Breakfast<br>9—Strength Training<br><br>9:30—Shaw's Market<br><br>10—Bridge<br><br>1—Craft Group                                                                 |                                                        |                                                                                                                                                   |                                                                                      |

*May 2016*

**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                                                                                                      |

|                                                                           |                                                                                      |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 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                                                  |                                                                                      |

- Memorials**
- In Memory of **Fred Shannon**  
Tess Shannon
- In Memory of **Steve Constantine**  
Marie Constantine
- In Memory of **Charlie Groff**  
Jeanne Groff
- In Memory of **Philip Lockwood**  
Claire Lockwood
- In Memory of **Ed Bettencourt & Albina Grome**  
Martha Bettencourt
- In Memory of **Mary & Ross Connors**  
Nancy & Richard Connors
- In Memory of **Kevin Gleason**  
Christine Gleason
- In Memory of **Joseph Capachin**  
Judy & Tony Lukacewicz
- In Memory of **Helmi & George Murray**  
In Memory of **Ross & Bernice Arnold**  
Jim & Judy Murray

**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.

**Dates to Add on Your Calendar**

Sunday, May 1st—Norfolk Grange #135 and the 7th annual “Clean and Green” town-wide cleanup of litter.

Tuesday, June 7th at 6:30 p.m. at the Senior Center—Mr. Gloss from the Brattle Book Shop will give an entertaining talk and then appraise antiquarian or rare books. More information to follow.

Representative Nicole Flower from Rite Aid will be at the Senior center on **Wednesday, May 4th 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*