

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.

November 2016



From the Director's Corner:

Dear Friends,

Important dates in November: Daylight Savings Time, Sunday, November 6th; Election Day, Tuesday, November 8th; Veterans Day, Friday, November 11th (the Senior Center will be closed); Special Town Meeting, Tuesday, November 15 at 7:00 p.m. at the King Philip Jr. High school.

Happy Thanksgiving (November 24th) to all!

Christine Quinn

Veterans Day Salute

Please join us on Friday, November 11th at 9:00 a.m. at the Norfolk Senior Center for our Salute-to-Veterans breakfast. Welcome all veterans, families and friends to celebrate the heroic efforts of our military personnel past and present. Please call the Senior Center if you plan to attend. **Bill Burke** will entertain us.

Don't wait Until It's Too Late!

Medicare Open Enrollment ends December 7th

Medicare plans change every year. This is the time to choose your coverage for 2017. Free Medicare Counseling is available from our SHINE Counselor. Call the Senior Center if you need assistance with enrollment or any other health insurance questions.

Whist Party

Friday, November 18th at 12:30 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.

Fuel Assistance

Fuel assistance is a federally funded program that assists income eligible households with the cost of home heating fuel. We will start taking applications on November 1st.

Mingling Tinsel with Tears

Holidays can be a particularly difficult time for those who have recently (or not so recently) lost a loved one. Hospice nurse Cindy Stewart from Compassionate Care Hospice will be at the senior center on Wednesday, November 9th to facilitate a conversation about coping with grief through the Holidays.

Light Refreshments will be served

***New* Senior Community Garden**

A senior community organic vegetable garden will be available at the Norfolk Senior Center this Spring. Each bed will be four feet wide, four feet high and eight feet long. You may choose either a full, half or one third of a garden. Participants will be responsible for their own seeds, plants, weeding and general care. A meeting will be held to discuss the details and have experienced gardeners share their knowledge. A sign-up sheet will be available in February. Please sign up by March 1st as we need to determine the size.

November Activities

Bingo - Mondays at 1 p.m. Donation is 60 cents per card.

Bridge - Tuesdays at 9:30 a.m. and Thursdays at 1 p.m. Wednesday mornings at 9:30 a.m. Call the center if you would like us to set-up one-on-one instruction. *Free*

Chess - If you are interested call the Senior Center as a group has been formed in Franklin. *Free*

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 - Come to the senior center to play cribbage at 10:00 every Wednesday. If you would like to learn the game call the center and we will set up a 1:1 lesson for you. Remember, the cribbage tournament is ongoing! *Free*

Cyber 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. *Free*

Haircuts - Thursday, November 17th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. The ladies are working on a baby project. The knitters have a great pattern for a seat belt blanket. In the Fall it will be a project for wounded warriors. Nine-inch squares and chemo-hats are ongoing projects. Join us on Fridays. *Free*

Low Vision Group-Trip to the Carroll School for the blind November 2nd. The bus leaves at 9:00 a.m., returns at 5:00 p.m. *Free*

R.S.V.P required by October 28th

Massage - Anne McElwee, Massage Therapist, will be at the senior center on **Tuesday November 15th.** A 15-minute massage is \$10 and 30 minutes is \$20.

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. *Free*

Swimming- At the Wrentham Developmental Center. Please for an up-to-date schedule before 508 384-6735 Carol Pino, Pool Director.

Tai-Chi-Yang Style - Every **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.

***New* The Zen of Adult Coloring**-Adult coloring is all the rage but did you know that coloring is actually good for you? When you color you are still and focused on just one thing. This is called "mindfulness." Studies have shown that paying attention, on purpose, remaining in the present moment, has many benefits for your health including stress reduction, improved immune system and increased sense of well-being. Come to the senior center and pick up a coloring book and pencils. In this day and age we are seldom, if at all, simply still. Mondays 10:00- 12 :00 a.m. (drop in) a.m. *Free*

***NEW* Thursday Trips**- Octobers trips were a great success! We will continue to take local free or no cost trips (excluding lunch) as long as there is an interest. The bus will leave the senior center at 9:30. Return times vary-check our calendar for listing.

***New* Technology 101**- The Senior Center is partnering with Norfolk Community Television to teach seniors basics computer skills. If you have never used a computer before, this is the class for you. Tuesday 12:00-1:00. Call the center to sign up.

New Walking group meets at the center Mondays@ 9:00 a.m.

YOGA - Mondays at 10 a.m., Thursdays at 9:30 a.m. and Wednesdays at 8:45 *The benefits of yoga as we age are many;* yoga increased strength and flexibility, improved balance, promotes good bone health, helps to keep your mind sharp, and calms the mind and body. Yoga is a low to no impact exercise, it is gentle on the knees and joints. These are but a few of the benefits of a yoga practice. Notice anything about yoga practice? Yoga is a perfect form of exercise for seniors, it is a form of exercise which will help us "age well". Come join us! 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.

Trivia Party every 3ed Wednesday

Health Screening

Wednesday, November 30th 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 (\$50 for a home visit).

Wednesday, November 9th: 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. **Note Change of date.**

Shopping

Every Tuesday at 9:30 a.m.; Shaw's in Franklin 11/1, 11/8, 11/22 & 11/30, Market Basket in Bellingham 11/15.

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 November 21st at 9:30 a.m.

New Teens Teaching Seniors Technology

Would you like to learn how to get the most out of your iPhones or iPad or how to use social media such as Facebook? The Council on Aging is very lucky to have two teenager girls who have volunteered to teach seniors on a 1:1 basis. Instruction will be afternoons by appointment. Call the Center to make an appointment for this fun inter-generational program.

Volunteer Opportunities

The Senior Center has a variety of opportunities for people young and mature. We are currently looking for someone to facilitate both a reading group and a discussion group. There are many other opportunities. Call us!

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

Date: Thursday, November 3rd
Time: 10:30-12 with lunch
Place: Norfolk Senior Center
Transportation provided

Friends of the Council on Aging Meeting

The next meeting of the Friends will be:
Tuesday, November 15th at 9:30 a.m.

Bill Crane, President **Thelma Ravinski**, VP
Monica Weiss, Treasurer

Dianne Boucher, Secretary
Thelma Ravinski, Correspondence Secretary

Thursday Trips

November 3ed– Ward's Berry farm, Sharon

November 10th– Crescent Ridge, Sharon

November 17th– Christmas Tree, Foxborough

Join us! Lunch -at the snack bar or restaurant or brown bag it.

Bus leaves the center @ 9:30-returns before 3:00 depending on destination.

Friends of the Norfolk C.O.A.

Friend's Breakfast is every Tuesday at 8:30, Friend's Lunch is every Wednesday at noon. The cost for both breakfast and lunch is \$1.00 for members. Breakfast is \$3:00 for non-members and \$5.00 for lunch. The Friend's yearly membership dues is \$3.00 for individuals and \$5.00 for couples.

The "**Knitwits**" have finished the baby project! The ladies made many beautiful outfits! They are now working on local knitwear for the food pantry. Hats, all of sizes, men, women, children, mittens, scarves, slippers and small afghans. Come and join the fun! **Fridays at 10:00 a.m.**

Friends Luncheons and Programs

\$1.00 Friends members—\$5.00 for non-members

Wednesday, November 2nd—Lunch

Wednesday, November 9th —Lunch—Therapy Dog

Wednesday, November 16th —Lunch—Trivia

Wednesday, November, 30th —Lunch

Is your birthday in November??

Celebrating all birthdays for November on Wednesday, November 16th.

The Walpole VNA is available to vaccinate home-bound elders with the flu vaccine. Call the COA to make an appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOTE: SENIOR WALK every Monday at 9-leaves from the Senior Center	1 8:30—Breakfast 9—Strength Training 9:30—Bridge 9:30—Shaw’s Market 12-Technology 101 1—Craft Group	2 8:45-Yoga 9-Strength Training 9- Low Vision Trip 10—Cribbage 10—Zumba Gold 12—Lunch-Therapy dog	3 9—Strength Training 9:30-Trip 9:30—Yoga 1—Bridge	4 9—Strength Training 10—Knitting Club
7 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	8 Vote Today 8:30— Breakfast 9 - Strength Training 9:30—Market Basket 10—Bridge 10—SHINE 11:30-Chickie Flynn’s 12-Technology 101 1-Craft Group 1 - Craft Group	9 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold 12—Lunch 12:30-VNA Clinic 12:30 Tinsel with Tears	10 9—Strength Training 9:30-Trip 9:30—Yoga 10:30Manicure <i>* Note time change*</i> 1 - Bridge	11 Veteran’s Day Center closed
14 9—Strength Training 9:30—COA Meeting 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 10:45—Gerry’s Place 1—Bingo	15 Town Meeting 7PM 8:30— Breakfast 9—Strength Training 9:30—Shaw’s Market 9:30—Friends Meeting 9:30—Bridge 10—Massage 12-Technology 101 1-Craft Group	16 8:45-Yoga 9—Strength Training 10—Zumba Gold 10—Cribbage 12—Lunch- Trivia	17 9—Strength Training 9:30-Trip 9—Hair Cut 9:30—Yoga 1—Bridge	18 9—Strength Training 10—Knitting Club 12:30—Whist Party
21 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	22 8:30—Breakfast 9—Strength Training 9:30—Shaw’s Market 10—Bridge 12- Technology 101 1—Craft Group	23 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold 12-Lunch	 Thanksgiving Center Closed	25 Center Closed
28 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	29 8:30—Breakfast 9—Strength Training 9:30—Shaw’s Market 10—Bridge 12-Technology 101 1—Craft Group	30 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold 11:00-Dr. Cooper 12-Lunch 2:30-1:30 Sing-a-Long With Susan Koh		

C.O.A. Board	
Chairman	Jason Talerman
Vice Chairman	Beth Vallee
Secretary	Charlotte Pfischner
Members	Janice Axberg Richard Connors Charlotte Howard Thomas Mirabile Barbara Phillips
C.O.A. Staff	
Director	Christine Quinn
Secretary	Gini Homer
Outreach Worker	Maggie Gundersen
Driver	Ray Davis

Town of Norfolk
Council on Aging
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RETURN SERVICE REQUESTED



Wednesday Entertainment following the Friend's Lunch

Susan E. Koh, Singer-Songwriter and Singalong Song Leader will be at the Senior Center on Wednesday, November 30th to perform for us and lead a sing-a-long. Susan will bring her guitar and other instruments for folks to play along or clap along and sing the oldies but goodies from This Land is Your Land to Songs from the Great Broadway Musicals of Rodgers and Hammerstein and the Roaring 20's on up to the present. Sue's sweet sounds of guitar, harmonica and keys will keep you singing, laughing, dancing and clapping along. Bring a friend and spread some cheer there's lots to go around, love, peace and harmony will abound with our good ole time foot stomping' sing-a-long!!!
Annual Holiday Party more info. To follow

TRIPS

Wednesday

Beu Ross, Trip Coordinator

Sign up early as our bus has seats for 20 people. Please pay when signing up for trips. Anyone riding our bus or traveling with our trip coordinator will be required to carry the "File of Life" with them. Pick one up at the reception desk.

Blithewodl Mansion-Wednesday, December 14th

Departs from the Senior Center @ 10 a.m. \$30.00 includes admission for self-guided tour of grounds and beautifully decorated mansion and Light Luncheon of tea, scones, finger sandwiches and sweets tray.

Plainridge Casino Departs from the Senior Center @ 9:30 a.

Science Museum Wednesday November 9th

Gerry's Place Tri-County School in Franklin Monday, November 21st at 10:45 a.m.

The menu for November is Sea Food Casserole or Chicken Marsala. The price is \$7.50 for salad, dinner, dessert and coffee or tea.

Chickie Flynn's Route 1 in Foxboro November 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 meal