

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 2015



From the Director's Corner:

Town meeting is Tuesday, November 17th . If you need a ride call the Senior Center and we will set something up.

*Don't forget to turn your clocks back on November 1st .
Norma*

Veterans Day Salute

Please join us on Wednesday, November 11th at 9 a.m. at the Norfolk Senior Center for our Salute-to-Veterans breakfast. We welcome all veterans, families and friends to celebrate the heroic efforts of our military personnel—past and present.

We are happy to have a local young adults to entertain us.

Call the Senior Center if you plan to attend.

Breakfast

Breakfast for November are Tuesday, November 3rd, 17th and 24th .

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, November 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.

Get Ready Now for Medicare's Open Enrollment October 15-December 7

Fill out the SHINE Pre-Enrollment form available at the Norfolk Council on Aging so you can receive information about the best Medicare drug plan for you in 2016 (or call 1-800-243-4636 and Press 3 to request a form be mailed to you). You can fill out the form and send it in to the SHINE regional office now. (Address is on the back of the form). It will allow the program counselors to enter your information in advance in order to do the search as soon as the information becomes available on October 15th.

It's important that you review your coverage every year. Plan premiums, formularies and co-pay costs change. SHINE counselors look to find coverage that meets your needs at the lowest cost. If you provide income information requested on the form, SHINE will also check to see if there are any benefit programs that might help with some of your health care costs. It's not too early to make sure you have the coverage you want in 2016.

Activities for November

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 will meet you for training if you prefer.

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 need players. A new tournament has started in September and we are in need of players. Call the Center if you can help us.

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

Knitting Club (Knitwits) - Fridays at 10 a.m. We are thinking Fall! We are busy with our food pantry project. At the end of the year we will be doing a wounded warrior project. We are always working on chemo hats and 9" squares. Come join us. Donations of 4-ply washable yarn 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, November 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, November 17th**. 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.

Reiki - Gail Grivois will be at the Senior Center **Monday, November 9th** 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.

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 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 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, December 2nd: 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, November 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, November 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 **November 16th** at 9:30 a.m.

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

Monday, November 2nd at 10:45 a.m. The menu for November is Turkey Croquettes or Baked Stuffed Haddock. 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
November 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 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, November 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

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**Wednesday, November 4th—Chili**

**Wednesday, November 18th —Chicken  
TRIVIA**

**Wednesday, November 25th —Ravioli**



*Walgreens*

Walgreens is sponsoring a Flu Clinic at the Senior Center on Friday, November 13th at 11 o'clock. Bring your Medicare card or insurance card. Call if you plan on getting the flu shot at the center.

**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 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>2</b><br>9—Strength Training<br><b>10—Yoga</b><br>10:45—Gerry’s Place<br>1—Bingo<br>1-4 Poker | <b>3</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30—Shaw’s Market<br><br>10—Bridge<br><br><b>12:30—Tai-Chi</b><br>1—Craft Group                                                      | <b>4</b><br>9—Strength Training<br>9—TRIP<br>12—Lunch—Chili<br>12:30—Therapy Dog<br><br>1—Games<br>2:30—Zumba Gold                                      | <b>5</b><br>9—Strength Training<br>9:30—Cribbage<br><br><b>10—Watercolor</b><br>10—Scrabble<br><b>9:30—Yoga</b><br>1—Bridge                          | <b>6</b><br>9—Strength Training<br>10—Knitting Club                                               |
| <b>9</b><br>9—Strength Training<br><b>10—Yoga</b><br><b>10—Reiki</b><br>1—Bingo<br>1-4-Poker     | <b>10</b><br>8:30—No Breakfast<br>9—SHINE<br>9 - Strength Training<br>9:30—Market Basket<br>10 - Bridge<br>11:30—Chickie Flynn’s<br><b>12:30 - Tai-Chi</b><br>1 - Craft Group              | <b>11</b><br><br><b>Veterans Breakfast</b><br><br><b>Office Closed</b> | <b>12</b><br>9—Strength Training<br>9:30 - Cribbage<br><b>10—Watercolor</b><br>10 - Scrabble<br><b>10—Manicure</b><br><b>9:30—Yoga</b><br>1 - Bridge | <b>13</b><br>9 - Strength Training<br>10 - Knitting Club<br><br><b>11:00—Walgreens Flu Clinic</b> |
| <b>16</b><br>9—Strength Training<br>9:30—COA Meeting<br>10—Yoga<br><br>1—Bingo<br>1-4 Poker      | <b>17</b><br>8:30—Breakfast<br>9:30—Friends Meeting<br>9—Strength Training<br>9:30-Shaw’s Market<br>10—Bridge<br>1—Massage<br><b>12:30—Tai-Chi</b><br>1—Craft Group<br><b>Town Meeting</b> | <b>18</b><br>9—Strength Training<br><b>9—TRIP</b><br><b>12-Lunch— Chicken TRIVIA</b><br><b>12:30—VNA Clinic</b><br>1—Games<br><b>2:30—Zumba Gold</b>    | <b>19</b><br>9—Strength Training<br><b>9—Hair Cut</b><br>9:30—Cribbage<br><b>10—Watercolor</b><br><br>10—Scrabble<br><b>9:30—Yoga</b><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><br><b>10—Yoga</b><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>10—Bridge<br><br><b>12:30—No Tai-Chi</b><br>1—Craft Group                                                  | <b>25</b><br>9—Strength Training<br><br><b>12-Lunch— Ravioli</b><br><br>1—Games<br><b>2:30—Zumba Gold</b>                                               | <b>26</b><br>Happy Thanksgiving<br><br>Office Closed                                                                                                 | <b>27</b><br>Office Closed                                                                        |
| <b>30</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><br>1—Bingo<br>1-4 Poker               |  <h1>November 2015</h1>                                                                                 |                                                                                                                                                         |                                                                                                                                                      |                                                                                                   |

**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>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>                                                      |                                                                                                |

**Trips**

John Adams Mansion  
Wednesday, November 4th—\$10.00  
Leaving at 9 a.m.

WWII Museum—Natick  
Wednesday, November 18th—\$25.00  
Leaving at 9 a.m.

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*

*Bev Ross, Trip Coordinator*

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 at the Senior Center.

Fuel Assistance

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

Call the Senior Center for more information or to make an appointment with our outreach worker Maggie Gundersen.

Maggie 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.

**Richard Balest Honored**

On Wednesday, October 21st Richard Balest received a proclamation from Norfolk Selectmen proclaiming him the oldest Norfolk resident. A light luncheon was served and a presentation of the Norfolk Cane was made.

***Congratulations***