

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.

October 2016



From the Director's Corner:

Dear Norfolk Residents:
As the new Executive Director of the Norfolk Council on Aging I would like to tell you how very excited I am to have the opportunity to work in this position in your lovely town. I have had the occasion to meet some very nice seniors in the short time I've been here, I hope to meet many more of you soon. Please stop by and introduce yourself, my door is always open and I'd love to hear your ideas and suggestions.
Sincerely,

Christine Quinn

Farmers Market Senior Coupon Program (2016)

Farmers Market coupons are available at the Senior Center. To be eligible you must be 60 years of age or older and eligible for SSI, section 8 Housing, Energy Assistance, Medicaid or Commodity Food Assistance.

Applicants will receive \$25 per person but must reside where the coupons will be applied or utilized.

Breakfasts—8:30 a.m.—\$1.00

Breakfasts for October are Tuesday the 4th, 18th, and 25th.

No breakfast October 11th .

Whist Party

Friday, October 21st 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.

Get Ready Now For Medicare's Open Enrollment period October 15th-December 7th

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 2017 (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. 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 15.

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 2017.

Join us Friday October 28th for a Halloween Pizza Party sponsored by Senator Richard Ross

12:00 noon at the senior center; be sure to wear your costume!

Activities for October

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. 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 - The cribbage tournament is ongoing. If you would like to learn the game come every Wednesday at 10 a.m. for beginner/brush up class.

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, October 20th 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. Come join us on Fridays.

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

Manicure—Thursday, October 13th. 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, October 18th.** 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, October 3rd** 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 - 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.

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.

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, October 5th: 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, October 12th: 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. to Shaw's Market in Franklin and on **Tuesday, October 11th** 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 **October 17th** at 9:30 a.m.

Gerry's Place

Tri-County School in Franklin

Monday, October 17th at 10:45 a.m. The menu for October is Sea Food Casserole or Chicken Marsala. The price is \$7.50 for salad, dinner, dessert and coffee or tea.

**Chickie Flynn's on Route 1 in Foxboro
October 11th —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, October 18th 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, October 5th —Lunch—Therapy Dog**

**Wednesday, October 12th —Lunch**

**Wednesday, October 19th —Lunch—Trivia**

**Wednesday, October 26th — Lunch**



*Is your birthday in October?* Celebrating all birthdays for October on Wednesday, October 19th.

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

**DISASTER PREPAREDNESS**

**For Seniors By Seniors**  
**Booklets are available at the senior center.**

**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, October 13th**  
**Time: 10:30-12 with lunch**  
**Place: Norfolk 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>3</b><br>9—Strength Training<br>10—Reiki<br>10—Yoga<br>1:15 Tai-Chi<br>1—Bingo<br>1-4 Poke                                       | <b>4</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30—Bridge<br>9:30—Shaw's Market<br><br>1—Craft Group                                                                      | <b>5</b><br>9—Strength Training<br>10—Instructional cribbage<br>10—Zumba Gold<br>12—Lunch-Therapy dog<br>1— <b>Dr. Cooper</b><br>1 Games                             | <b>6</b><br>9—Strength Training<br>9:30—Yoga<br>10—Scrabble<br><br>1—Bridge                                  | <b>7</b><br>9—Strength Training<br>10—Knitting Club                                                        |
| <b>10</b><br><br><b>Office Closed</b>                                                                                               | <b>11</b><br>8:30— No Breakfast<br>9 - Strength Training<br><b>9:30—Bridge</b><br>9:30— <b>Market Basket</b><br><b>10—SHINE</b><br>11:30—Chickie Flynn's<br>1 - Craft Group      | <b>12 Trip</b><br>9—Strength Training<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br>12—Lunch<br>12:30-VNA Clinic<br><b>12:45 Essential Oils</b><br>1—Games | <b>13</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><b>10—Manicure</b><br>10- Scrabble<br><br>1 - Bridge | <b>14</b><br>9 - Strength Training<br>10 - Knitting Club<br><br><b>Volunteer Luncheon</b>                  |
| <b>17</b><br><br>9—Strength Training<br>9:30—COA Meeting<br>10—Yoga<br>10:45—Gerry's Place<br>11:15 Tai-Chi<br>1—Bingo<br>1-4-Poker | <b>18</b><br>8:30— Breakfast<br>9—Strength Training<br><b>9:30—Bridge</b><br>9:30— <b>Shaw's Market</b><br><b>9:30—Friends Meeting</b><br><b>10—Massage</b><br><br>1—Craft Group | <b>19</b><br>9—Strength Training<br><b>10—Zumba Gold</b><br>10—Instructional cribbage<br><b>12—Lunch - Trivia</b><br><br>1—Games                                     | <b>20</b><br>9—Strength Training<br><b>9—Hair Cut</b><br><b>9:30—Yoga</b><br>10—Scrabble<br><br>1—Bridge     | <b>21</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>12:30—Whist Party</b>                       |
| <b>24</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>25</b><br>8:30—Breakfast<br>9—Strength Training<br><b>9:30—Bridge</b><br><br>9:30— <b>Shaw's Market</b><br><br>1—Craft Group                                                  | <b>26</b><br>9—Strength Training<br><br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br><b>12-Lunch</b><br><br>1—Games                                          | <b>27</b><br>9—Strength Training<br><br><b>9:30—Yoga</b><br>10—Scrabble<br><br>1—Bridge                      | <b>28</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>Halloween Pizza Party with Senator Ross</b> |
| <b>31</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                              |                                                                                               |                                                                                                                                                                      |                                                                                                              |                                                                                                            |

*October 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 |
| <b>C.O.A. Staff</b>                                                                                                                                                                                      |
| Director<br>Christine Quinn<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> |
| RETURN SERVICE REQUESTED                                                                                                                                 |                                                                                                                                                   |

**Volunteer Luncheon**

**Friday, October 14th at 12 noon.** We will continue with our tradition to honor our volunteers who have given their valuable time at the center. We are so very fortunate to have so many fantastic volunteers! This is the time to let them know how much we appreciate them and how grateful we are to each and every one of them.

**TRIPS**

**Wednesday, October 12th—Concord River Cruise.**  
 Depart at noon. \$32.00—Lunch included.  
**Wednesday, November 9th—Science Museum.**  
 Departs at 9:00 a.m.

*Bev 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.

**\*NEW PROGRAM\***  
**Essential Oil Class**

Wednesday, October 12th at 12:45 p.m.

If you have ever enjoyed the scent of a rose, you’ve experienced the aromatic qualities of essential oils. Essential oils can be used for a wide range of physical wellness and emotional applications. Join us and learn how to use essential oils in your everyday life!

**Free Dental Screening Clinic Scheduled for October 15<sup>th</sup> in Norwood**

Dental Screening Clinic will be held from 8:45 a.m. to 1:00 p.m. at the Norwood Senior Center. At the free screening clinic, 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 and free denture cleaning and labeling will be provided by Masasoit Community College’s Dental Assistant program. Students from Mt. Ida College dental hygiene program will be on hand to offer tips and answer questions about good oral hygiene.