

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.

September 2016



From the Director's Corner:

As long as we have memories, yesterday remains,

As long as we have hope, tomorrow awaits,

As long as we have Friendship.

Each day is never a waste.

(Author unknown)

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.

You will receive \$25 per person and people need to reside in the town they are requesting coupons from.

Breakfasts—8:30 a.m.—\$1.00

Breakfasts for September are Tuesday the 13th, 20th, and 27th.

No breakfast September 6th .

Whist Party

Friday, September 16th 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

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 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.

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.

Activities for September

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 - New tournament is starting this month. 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, September 15th 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, September 8th. 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, September 20th.** 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, September 12th** 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, September 21st: 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, September 13th** 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 **September 19th** at 9:30 a.m. Council does not meet in August.

Gerry's Place

Tri-County School in Franklin

Tuesday, September 20th at 10:45 a.m. The menu for September is Baked Haddock or Stuffed Chicken Breast. The price is \$7.50 for salad, dinner, dessert and coffee or tea.

**Chickie Flynn's on Rote 1 in Foxboro
September 13th —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.

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

Date: Thursday, September 15th
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, September 20th 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, Sept. 7th —Lunch—Therapy Dog**

**Wednesday, September 14th —Lunch**

**Wednesday, September 21st —Lunch—Trivia**

**Wednesday, September 28th — Lunch**



*Is your birthday in September?* Celebrating all birthdays for September on Wednesday, September 21st.

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

**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.

**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                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
|  <h1 style="margin-top: 20px;">September 2016</h1> |                                                                                                                                                                                                   |                                                                                                                                                           | <b>1</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><br>10—Scrabble<br><br>1—Bridge                                          | <b>2</b><br>9—Strength Training<br>10—Knitting Club                              |
| <b>5</b><br>9—Strength Training<br>10—Reiki<br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4-Poker                  | <b>6</b><br>8:30—No Breakfast<br>9 - Strength Training<br><b>9:30—Bridge</b><br>9:30—Shaw’s Market<br><br>1 - Craft Group                                                                         | <b>7</b><br>9— Strength Training<br>10—Instructional cribbage<br><br><b>10—Zumba Gold</b><br>12—Lunch– Therapy Dog<br><br>1—Games                         | <b>8</b><br>9—Strength Training<br><b>9:30—Yoga</b><br><br>10- Scrabble<br>10—Manicure<br><br>1 - Bridge                        | <b>9</b><br>9 - Strength Training<br>10 - Knitting Club                          |
| <b>12</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15— Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker                        | <b>13</b><br>8:30—Breakfast<br>9—Strength Training<br><b>9:30—Bridge</b><br>9:30- Market Basket<br><br><b>10—SHINE</b><br><b>10:30—Chickie Flynn’s</b><br>1—Craft Group                           | <b>14</b><br>TRIP<br>9—Strength Training<br><b>10—Zumba Gold</b><br>10—Instructional cribbage<br><b>12—Lunch –</b><br><br>1—Games                         | <b>15</b><br>9—Strength Training<br><b>9—Hair Cut</b><br><b>9:30—Yoga</b><br>10—Scrabble<br><b>10:30—Low Vision</b><br>1—Bridge | <b>16</b><br>9—Strength Training<br>10—Knitting Club<br><b>12:30—Whist Party</b> |
| <b>19</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>20</b><br>8:30—Breakfast<br>9—Strength Training<br><b>9:30—Bridge</b><br><b>9:30—Friends Meeting</b><br>9:30—Shaw’s Market<br><b>10—Massage</b><br><b>10:45—Gerry’s Place</b><br>1—Craft Group | <b>21</b><br>9—Strength Training<br><br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br><b>12-Lunch-Trivia</b><br><b>12:30—VNA Clinic</b><br>1—Games | <b>22</b><br>9—Strength Training<br><br><b>9:30—Yoga</b><br>10—Scrabble<br><br>1—Bridge                                         | <b>23</b><br>9—Strength Training<br>10—Knitting Club                             |
| <b>26</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><b>11:15—Tai-Chi</b><br><br>1—Bingo<br>1-4—Poker                         | <b>27</b><br>8:30—Breakfast<br>9—Strength Training<br><b>9:30—Bridge</b><br>9:30—Shaw’s Market<br><br>1—Craft Group                                                                               | <b>28</b><br>9—Strength Training<br>10—Instructional cribbage<br><b>10—Zumba Gold</b><br><b>12—Lunch</b><br><br>1—Games                                   | <b>29</b><br>9—Strength Training<br><br>9:30—Yoga<br>10—Scrabble<br><br>1—Bridge                                                | <b>30</b><br>9—Strength Training<br>10—Knitting Club                             |

**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><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>                                                                                          |                                                                                                                           |

**TRIPS**



**September 14th**—John Adams Courthouse. Depart at 9:30. **No Charge.** A stop at Sullivan’s for lunch.



**Wednesday, October 12th—Concord River Cruise.** Depart at noon. \$32.00—Lunch included.

*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 at the Senior Center.

**Volunteer Needed**

The Council on Aging is in need of a representative to the HESSCO Board of Directors. The role of a representative is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board and to formulate policy for the corporation.

If you are interested call the Council on Aging for a full list of board member responsibilities. You must be a resident of the town of Norfolk.

**GO 4 Life**

If you’ve stopped your exercise routine, here are some tips to help you start again:

- Don’t be too hard on yourself. Just try to get back to your activities as soon as possible.
- Think about the reasons you started exercising and how much you’ve already accomplished.
- Start again at a comfortable level and gradually build back up.
- Try an activity you’ve never done before.
- Believe in yourself!