

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 2015



From the Director's Corner:

Now that Labor Day is here and vacations are over we are back in full swing at the Senior Center. All our classes have started again and along with new programs. Sign up early as things fill up fast.

We invite all seniors to come to our program Birds of Prey program on Saturday, September 26th and bring your Grandchildren or Great Grandchildren. Children will love it. See you there.

Norma



Their Back

Join us on **Wednesday, September 16 at 1 p.m.** for an introduction and demo of Irish dancing just for fun with Barry & Pat Callahan. Be part of the fun or just watch and enjoy.

Breakfast

Breakfast for September are Tuesday, September 15th, 22nd and 29th.

If you would like to be in the kitchen and prepare a breakfast starting in September call the Senior Center. It's lots of fun. Friends supply all the food.

Whist Party

Friday, September 18th 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.

Reiki at the Senior Center

Starting **Monday, September 14th** from 10 a.m.—12 Reiki session will be held. The fee for a fifteen minute chair session is \$12.00. Off site private sessions of Reiki is also available at \$60.00 a hour.

Reiki means Universal Life Force, the healing energy of the Universe. Reiki is a hands on healing art that reduces stress, relieves pain and promotes healing and personal growth. Reiki gently releases old emotional patterns and enables us to access our own innate wisdom. It is a 2500 year old technique that was rediscovered by Dr. Usui, a Japanese Christian educator while he was studying ancient Buddhist teachings.



Gail Grivois, instructor, has been initiated in first and second degree Reiki. Please call the Senior Center to set up an appointment.

The Norfolk Garden Club

Our Friends at the Garden Club have invited us to their September meeting with landscape designer Tom Strangfeld. The program is "The Entry Courtyard Garden"

Wednesday, September 9th, 7 p.m., at the Norfolk Public Library, Community Room

Activities for September

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, September 17th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. We are thinking Fall! We are starting to make hats, mittens and scarves for all sizes and ages. Our plan again this year is to support the local food pantry. We are always making chemo hats for the hospital. 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, September 3rd. 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 15th.** 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.

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 10:15 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.



New! 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, October 7th -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 16th-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 8th** 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 21st** at 9:30 a.m.

Gerry's Place

Tri-County School in Franklin

Monday, September 21st at 10:45 a.m. The menu for September is Baked Stuffed Haddock or Roast Pork. The price is \$7.50 for salad, dinner, coffee or tea and dessert.

**Chickie Flynn's on Route 1 in Foxboro
September 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 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.**

This is grocery shopping day so the bus is not available. 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, September 15th 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, September 2nd—Pizza**

**Wednesday, September 9th —Taco Salad**

**Wednesday, September 16th—Veggie Lasagna  
Irish Social Dance**

**Wednesday, September 23rd —Chicken  
TRIVIA**

**Wednesday, September 30th—Cook-out**

**Senior Farmers Market Program 2015**

Farmers' Market coupons are still 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.

**SHINE**

SHINE Counselor is now available in Norfolk on the second Tuesday of every month at 9:30 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>1</b><br>9—Strength Training<br>9:30—Shaw’s Market<br>10—Bridge<br><br><b>12:30—Tai-Chi</b><br>1—Craft Group                                                                        | <b>2</b><br>9—Strength Training<br><br><b>12-Lunch- Pizza</b><br><br>12:45 Therapy Dog<br><br>1—Games<br><b>2:30—Zumba Gold</b>                                            | <b>3</b><br>9—Strength Training<br>9:30—Cribbage<br><b>10—Manicure</b><br>10—Scrabble<br><b>10:15—Yoga</b><br>1—Bridge                      | <b>4</b><br>9—Strength Training<br>10—Knitting Club                                                                                                                                                                         |
| <b>7</b><br><br>Holiday<br><br>Labor Day                                                                                            | <b>8</b><br>9 - Strength Training<br>9:30—Market Basket<br>10 - Bridge<br><br><b>11:30—Chickie Flynn’s</b><br><b>12:30 - Tai-Chi</b><br>1 - Craft Group                                | <b>9</b><br>9—Strength Training<br><b>10—Woodworking</b><br><b>12—Lunch-Taco Salad</b><br><br>1—Games<br><b>2:30—Zumba Gold</b><br><b>7—Garden Club</b><br>Norfolk Library | <b>10</b><br>9—Strength Training<br>9:30 - Cribbage<br>10—Watercolor<br>10 - Scrabble<br><br><b>10:15—Yoga</b><br>1 - Bridge                | <b>11</b><br>9 - Strength Training<br>10 - Knitting Club                                                                                                                                                                    |
| <b>14</b><br>9—Strength Training<br><b>10—Reiki</b><br><b>10—Yoga</b><br><br>1—Bingo<br>1-4 Poker                                   | <b>15</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30-Shaw’s Market<br><b>9:30—Friends Meeting</b><br><b>10—Massage</b><br>10—Bridge<br><br><b>12:30—Tai-Chi</b><br>1—Craft Group | <b>16</b><br>9—Strength Training<br><br><b>12-Lunch-Veggie Laz.</b><br>Irish Social Dance<br><br><b>12:30—VNA Clinic</b><br>1—Games<br><b>2:30—Zumba Gold</b>              | <b>17</b><br>9—Strength Training<br><b>9—Hair Cut</b><br>9:30—Cribbage<br>10—Watercolor<br><br>10—Scrabble<br><b>10:15—Yoga</b><br>1—Bridge | <b>18</b><br><b>TBA— Trip</b><br>9—Strength Training<br>10—Knitting Club<br><br><b>12:30—Whist Party</b>                                                                                                                    |
| <b>21</b><br>9—Strength Training<br><b>9:30—COA Meeting</b><br><b>10—Yoga</b><br><b>10:45—Gerry’s Place</b><br>1 Bingo<br>1-4 Poker | <b>22</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30—Shaw’s Market<br>10—Bridge<br><br><b>12:30—Tai-Chi</b><br>1—Craft Group                                                     | <b>23</b><br>9—Strength Training<br><br><b>12-Lunch –Chicken</b><br>TRIVIA<br><br>1—Games<br><br><b>2:30—Zumba Gold</b>                                                    | <b>24</b><br>9—Strength Training<br>9:30—Cribbage<br><b>10—Watercolor</b><br>10—Scrabble<br><b>10:15—Yoga</b><br><br>1—Bridge               | <b>25</b><br>9—Strength Training<br><br>10—Knitting Club<br><br> <b>Saturday, Sept. 26th</b><br><b>10 a.m.</b><br><b>Birds of Prey</b> |
| <b>28</b><br>9—Strength Training<br><br><b>10—Yoga</b><br><br>1—Bingo<br>1-4 Poker                                                  | <b>29</b><br>8:30—Breakfast<br>9—Strength Training<br>9:30—Shaw’s Market<br>10—Bridge<br><br><b>12:30—Tai-Chi</b><br>1—Craft Group                                                     | <b>30</b><br>9—Strength Training<br><b>11:30—Norwood Theatre</b><br><b>12—Lunch—Cook-out</b><br><br>1— Games<br><br><b>2:30—Zumba Gold</b>                                 | <b>September</b><br><b>2015</b>                                                                                                             |                                                                                                                                                                                                                             |

**Reserved  
For  
Ads**

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| <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                                                                                                      |

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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**

**Falmouth Scallop Fest—Friday, September 18th.**  
 \$7.00 admission only. Dinner of scallops on your own.

**Norwood Theatre—Wednesday, September 30th.**  
 Hal McIntyre orchestra with a tribute to Peggy Lee.  
 Leaving at 11:30 a.m.

**Conway Tours Day Trip**

Train ride in the Connecticut countryside and a riverboat ride. **Monday, October 5th—\$90.00.**  
 Lunch at the Essex Steam Train Dining Car.  
 Choice of Menu: Beef Tips & Gravy, Baked Chicken or Baked Tilapia. Choice of menu and payment due when you sign up.

**Sturbridge Village, Wednesday, October 21st**  
**\$22.00 . Leaving at 9 a.m.**

**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..



**N.E. Reptile and Raptor Exhibits**



Birds of prey are an intriguing group of predators that few people fully understand. On **Saturday, September 26th at 10 a.m.**, Marla Isaac, Director of the New England Reptile and Raptor Exhibits, a naturalist, artist, falconer, and professional reptile handler, will present a lecture-demonstration and live exhibition of feathered raptors that will include fascinating information about many of our aerial hunters including hawks, vultures, falcons, and owls as well as an up-close look at their distinctive behavior patterns. If appropriate, and weather permitting, the event may also include outside demonstrations. Both an educational and captivating experience is in store for all. Bring the kids or grandkids. They'll love it!

Advance registration is a must. Sign up at the front desk of the Senior Center or call 508 528-4430 and please make sure to indicate the number of guests that will be accompanying you. Due to the popularity of this event early registration is recommended. Space is limited to 50.

Subsidized by the Friends of the COA