

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 2015



From the Director's Corner:

Listen to this newsletter on the Norfolk cable. If you have Comcast it's channel 8 and Verizon is channel 41. The time differs every day. On Sunday the time is 11 a.m., Monday at 7 a.m., Thursday at 8 p.m. and Friday at 6 p.m. Richard Connors and yours truly will be in living color. We also try to solve the problems of the world. Check it out. *Norma*

AARP Volunteer

If you're good with numbers and people, then you're our kind of volunteer. Volunteer for AARP Foundation Tax-Aide, one of the most effective grassroots volunteer programs in the nation. You'll be helping low-to-moderate-income taxpayers-especially those 60 and older in you own community with much needed tax preparation assistance that's free. Contact the Senior Center if you are interested.

Breakfast

Breakfast for October are Tuesday, October 6th, 20th and 27th.

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, October 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 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 October

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, October 15th 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, October 1st. 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 20th.** 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 instructor will be at the Senior Center **Monday, October 26th** 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 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.

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, October 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, October 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 **October 19th** at 9:30 a.m.

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

Monday, October 5th at 10:45 a.m. The menu for October is Fish and Chips or Liver and Onions. 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
October 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 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, October 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, October 7—Tuna Salad Sandwich  
TRIAD**

**Wednesday, October 14—Oktoberfest  
Bratwurst & Sauerkraut**

**Wednesday, October 21—Chicken Salad Wrap**

**Wednesday, October 28—Clam cakes & Chowder**

**Friday, October 30—Halloween Party  
Turkey Meatballs**

**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                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <h1 style="text-align: center;">October 2015</h1>                                                                 |                                                                                                                                                                                    |                                                                                                                                                                       | <b>1</b><br>9—Strength Training<br>9:30—Cribbage<br><b>10—Manicure</b><br><b>10—Watercolor</b><br>10—Scrabble<br><b>10:15—Yoga</b><br>1—Bridge     | <b>2</b><br>9—Strength Training<br>10—Knitting Club                                                      |
| <b>5</b><br>9—Strength Training<br>10—Yoga<br><b>10:45—Gerry's Place</b><br>1—Bingo<br>1-4-Poker<br><br>TBA— Trip | <b>6</b><br>8:30—Breakfast<br>9 - Strength Training<br>9:30—Market Basket<br>10 - Bridge<br><br><b>12:30 - Tai-Chi</b><br>1 - Craft Group                                          | <b>7</b><br>9—Strength Training<br><b>12—Lunch- Tuna Salad Sandwich TRIAD</b><br><b>12:30—Therapy Dog</b><br><b>1—Dr. Cooper</b><br>1—Games<br><b>2:30—Zumba Gold</b> | <b>8</b><br>9—Strength Training<br>9:30 - Cribbage<br><b>10—Watercolor</b><br>10 - Scrabble<br><br><b>10:15—Yoga</b><br>1 - Bridge                 | <b>9</b><br>9 - Strength Training<br>10 - Knitting Club                                                  |
| <b>12</b><br><br>Closed<br>Columbus Day                                                                           | <b>13</b><br>8:30—No Breakfast<br>9:30—SHINE<br>9—Strength Training<br>9:30-Shaw's Market<br>10—Bridge<br>11:30—Chickie Flynn's<br><b>12:30—Tai-Chi</b><br>1—Craft Group           | <b>14</b><br>9—Strength Training<br><b>10—Woodworkers</b><br><b>12-Lunch- Oktoberfest Bratwurst/Sauerkraut</b><br><br>1—Games<br><b>2:30—Zumba Gold</b>               | <b>15</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>10:15—Yoga</b><br>1—Bridge | <b>16</b><br><b>TBA— Trip</b><br>9—Strength Training<br>10—Knitting Club<br><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>1 Bingo<br>1-4 Poker             | <b>20</b><br>8:30—Breakfast<br>9—Strength Training<br><b>9:30—Friends Meeting</b><br>9:30—Shaw's Market<br>10—Bridge<br><b>10—Massage</b><br><b>12:30—Tai-Chi</b><br>1—Craft Group | <b>21</b><br>9—Strength Training<br><b>9—Trip</b><br><b>12-Lunch- Chicken Salad Wrap</b><br><b>12:30—WVNA Clinic</b><br>1—Games<br><b>2:30—Zumba Gold</b>             | <b>22</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>23</b><br>9—Strength Training<br><br>10—Knitting Club<br><b>12—Volunteer Luncheon</b><br><br>         |
| <b>26</b><br>9—Strength Training<br>10—Reiki<br><b>10—Yoga</b><br><br>1—Bingo<br>1-4 Poker                        | <b>27</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>28</b><br>9—Strength Training<br><br><b>12—Lunch-Clam Cakes Chowder</b><br><br>1— Games<br><br><b>2:30—Zumba Gold</b>                                              | <b>29</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>30</b><br>9—Strength Training<br><br>10—Knitting Club<br><b>12—Halloween Party</b><br><br>            |

**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**

**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.**

**Volunteer Luncheon**

**Friday, October 23rd at 12 noon.** We will continue with our tradition to honor all 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.

Luncheon will be Chinese and the entertainment is Dave Mindell a performing vocalist with a love & passion for the Rock-n-Roll musical classics.

*Look for your invitation in the mail*

**TRIAD**

**Wednesday, October 7th—12:30 p.m.**

A DVD titled “Last Will and Embezzlement” will be shown. It provides a powerful overview of the impact of financial elder abuse, and the fact that it truly can happen to anyone. It tells the story of late Hollywood icon, Mickey Rooney, who lost huge sums of money through embezzlement by a relative. It will equip seniors, family members, and professionals to both recognize and guard against financial abuse of vulnerable and older adults.

**Halloween Party**

**Friday, October 30th—Noon**

Bring your appetite as a haunting meal will be served at noon. Come as yourself or dress up in your favorite Halloween character.

Our entertainment will be the famous Bill and his Halloween Trivia. Guaranteed to be a haunting experience.