

The Silver Set Gazette

SENIOR CENTER – 28 MEDWAY BRANCH ROAD – NORFOLK – MA 02056- (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.

February 2017



The Director's Corner:

Dear Friends,
Thank you for becoming a "Friend" of the Norfolk Council on Aging or for renewing your membership. While your membership helps to support some of the programming at the Senior Center you are not required to join the Friends to come to the senior center or to participate in programs we offer. The Council on Aging is a Town department for residents aged 60 and over and caregivers, and seniors from other towns whenever pace permits.

Warm Regards,

Christine Quinn

Mark the date, Valentine's Day Party-dinner and entertainment at the Senior Center February 15th at noon. **Free**

Tax Preparation

The AARP Tax-Aid- Counselor will not be coming to the senior center this year. Seniors are advised to contact AARP either by phone (888-227-7669) or aarp.org/findtaxhelp to set up an appointment. AARP will not be scheduling appointments until February. It is advised that you call asap as appointments are expected to fill up quickly.

Minds in Motion-Don't miss this fun and stimulating program!

Whether the subject is food, music, ethical dilemmas, design, meteorology, sleep, modern art, or imaginative writing, enrollees find themselves engaged and challenged. Be forewarned, however: this is NOT a lecture course. Just the opposite. The aim is to spark a spirited discussion, with everyone sharing their thoughts, judgments, and opinions. To achieve that end, a generous use and wide range of handouts, research findings, and resources such as YouTube are used. There's a lot of laughter, which makes it all fun, but participants are also pressed to think in ways that maybe they haven't for a while.

Minds in Motion is limited to 15 participants. The deadline for enrolling is March 3.

Cost is \$20 for 8 weeks with a total refund if you attend all 8 sessions! Thursdays from 1:00-2:00 p.m. Starting on March 9th.

Register only if you're able to commit to attending at least six of the eight sessions.

To register, call (508) 528-4430

The SHINE (Serving the Health Insurance Needs of Everyone on Medicare) Program provides assistance to individuals on Medicare or individuals approaching retirement who have questions about Medicare benefits and options. SHINE counselors can assist beneficiaries with understanding the complex maze of original Medicare, Medicare Advantage, Medicare Supplement and the options for prescription coverage. Counselors also review eligibility for benefit programs that can help with some of the coverage costs. We have two SHINE counselors here at the Norfolk COA who are available for appointments on February 15 from 9-12. They will be available thereafter on the third Wednesday of the month.

If you're retiring soon, you will find this service invaluable. If you are already on Medicare but have questions about your coverage or costs, SHINE can help. Call the COA at 508-528-4430 to make an appointment.

February Activities

Bingo - Mondays at 1 p.m. Donation is 60 cents per card.

Bridge - Tuesdays at 10 a.m. and Thursdays at 1 p.m. Call the center if you would like us to set up one-on-one instruction. *Free*

Chair Volleyball* Monday February 13th at the Bel-lingham COA bus leaves at 9:00 a.m.-

Join us for a fun-filled afternoon playing an old favorite with a different twist; volleyball played in a chair! This new program will bring out the child in you, while exercising your body. Plenty of laughs are guaranteed! *Free*

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. *Free*

Cribbage - Come to the senior center to play cribbage every **Wednesday at 10:00** If you would like to learn the game, call the center and we will set up a one--one-lesson for you. Remember, the cribbage tournament is ongoing! *Free*

Cyber 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. *Free*

Hairdresser - Thursday, February 16th at 9 a.m. Call for an appointment. Price: \$10.

Knitting Club (Knitwits) - Fridays at 10 a.m. The ladies made all kinds of items for the local food pantry for Christmas. We are now working on lap robes for the wounded warriors. We are always making chemo hats and 9"squares. Join us! *Free*

Low Vision Group-Thursday, February 16th at 1:00 p.m. at the Assistive Technology Center in Franklin.

Massage - Anne McElwee, Massage Therapist, will be at the senior center on **Monday, February 27th. at 10:00 a.m.** A 15--minute massage is \$10 and 30 minutes is \$20.

*** Please note date change.**

Reiki Gail Grivois, Monday, February 6th from 10-12. 15 minutes is \$12. Register at the desk or call for 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. *Free*

Swimming-- At the Wrentham Developmental Center. For an up-to-date schedule call 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.

The Zen of Adult Coloring--Adult coloring is all the rage but did you know that coloring is actually good for you? When you color you are still and focused on just one thing. This is called "mindfulness." Studies have shown that paying attention, on purpose, remaining in the present moment, has many benefits for your health including stress reduction, improved immune system and increased sense of well-being. Come to the senior center and pick up a coloring book and pencils. **Mondays 10:00-- 12 :00 a.m.** *Free*

Thursday Trips-- Join us as we continue to take local free or no cost trips (excluding lunch). The bus will leave the senior center at 9:30 unless otherwise noted. Return times vary,-depending on destination.

Technology 101-- There will be no Technology 101 during the month of February. Instructional classes will resume in March.

Walking Group meets at the center **Mondays at 9:00 a.m.** *Free*

YOGA - Mondays at 10 a.m., Thursdays at 9:30 a.m. and Wednesdays at 8:45 a.m. The benefits of yoga are many as we age and include increased strength, improved flexibility, better balance, stronger bones and greater mental acuity. Come join us! 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.

Wednesday February 1st: Dr. Cooper (podiatrist)

at 1:00. Sign up at the desk or call the center to make an appointment. The fee is \$30 at the Senior Center or \$50 for a home visit.

February 8th: The Walpole Area Visiting Nurse Association will hold their **Blood Pressure Clinic** at 12:30 p.m. at the Senior Center.

Shopping

Every Tuesday at 9:30 a.m.; Shaw's in Franklin 2/7, 2/21, 2/28 & Market Basket in Bellingham 2/14

Council on Aging Meeting

The Executive Board of the Council on Aging meets on the 3rd Monday of the month in the Library at the Senior Center Library. **Next meeting is on Monday February 27th** at 9:30 a.m.

Do you know your numbers? The **Walpole VNA cares**. Get your blood sugar tested. Wednesday, February 8 @ 11:30 am (before lunch) and continuing the 3rd Wednesday of the month starting March 15th. Almost 10 % of the population of the United States has diabetes- that is over 29 million people! Unfortunately, only about 21 million people have been actually diagnosed- THAT MEANS THAT ALMOST 10 MILLION PEOPLE ARE WALKING AROUND, UNAWARE, THAT THEY ARE DIABETIC!!!!!!!!!!!! Why does it matter? Diabetes can cause heart failure, kidney disease and lower limb amputations and is the 7th leading cause of death in the United States. Come and get your numbers checked and know if you are at risk!

Friends of the Council on Aging

Bill Crane, President **Thelma Ravinski**, VP

& Correspondence Secretary

Monica Weiss, Treasurer **Dianne Boucher**, Secretary

The next meeting of the Friends will be:

Tuesday, February 21st at 9:30 a.m.

Thursday Trips

Trips depart at 9:30 and return before 3:00 depending on the destination.



February 3rd Lunch Dave's Diner (Menu at the desk or online) **bus will leave at 10:30**

February 10th Target Department Store,, Plainville

February 17th Movie **TBA bus leaves at 10:30**

February 24th Lunch at Conrad's **bus will leave at 11:30**. Menu available at the center or online.

The Friends of the Norfolk Council on Aging serve a homemade breakfast every Tuesday at 8:30, they also serve a homemade lunch every Wednesday at noon. Meals are served at the Senior Center. The cost for both breakfast and lunch is \$1.00 for members. Breakfast is \$3.00 for non-members and \$5.00 for lunch. The Friends yearly membership dues are \$3.00 for individuals and \$5.00 for couples.

This is the BEST deal in town!

Join us to meet friends old and new!

Celebrating all birthdays for February on Wednesday, February 15th

S.H.I.N.E. (Serving the Health Insurance Needs of Everyone on Medicare) Program. Program Director **Peggy McDonough** from HESSCO Elder Services will be here on Wednesday, February 8th @ 12:45, immediately following lunch to present an overview of this import program and to answer your questions.



Low Vision Group
Thursday, February 16th at the
Assistive Technology Center at
the Franklin COA

The Walpole VNA is available to vaccinate home-bound elders with the flu vaccine. Call the VNA to make an appointment. Call the VNA@ 508.668.1066

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February		1 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold 12-Lunch/Trivia 1--Therapy Dog 1-Dr. Cooper	2 9—Strength Training 9:30—Yoga 1—Bridge	3 -9—Strength Training 10—Knitting Club
6 9-Walking Club 9—Strength Training 10-Reiki 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	7 8:30— Breakfast 9 - Strength Training 10—Bridge 9— SHINE 1-Craft Group-	8 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold 12-Lunch 12:30-VNA Clinic 12:45-S.H.I.N.E presentation	9 9—Strength Training 9:30—Yoga 10-Manicure 1 - Bridge	10 9—Strength Training 10—Knitting Club
13 9-Chair Volley Ball at Bellingham- 9-Walking Club 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 11:30 Gerry's Place	14 8:30 Breakfast 9—Strength Training 9:30 Friends Meeting 10—Bridge 11:30 Chickie Flynn's 1—Craft Group	15 8:45-Yoga 9-12 S.H.I.N.E 9—Strength Training 10—Zumba Gold 10—Cribbage 12—Valentines Day Party Lunch & Entertainment	16 9—Strength Training 9 Hairdresser 9:30—Yoga 1—Bridge 1-Low Vision Group in the Assistive Tech- nology Center at the Franklin COA	17 9—Strength Training 10—Knitting Club 12:30—Whist Party
20 HOLIDAY SENIOR CENTER CLOSED	21 No Breakfast 9—Strength Training 9:30 Friends Meeting 10—Bridge 1—Craft Group	22 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold 12-Lunch	23 9—Strength Training 9-Hair Cut 9:30—Yoga 1—Bridge	24 9—Strength Training 10—Knitting Club
27 9-Walking Club 9—Strength Training 9:30 COA Board 10-Massage 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 1—Bing 1-Bunco with Heidi o	28 8:30—Breakfast 9—Strength Training 10—Bridge 1—Craft Group			

C.O.A. Board	
Chairman	Jason Talerman
Vice Chairman	Beth Vallee
Secretary	Charlotte Pfischner
Members	Janice Axberg Kathy Burkle Richard Connors Charlotte Howard Thomas Mirabile

C.O.A. Staff	
Director	Christine Quinn
Secretary	Gini Homer
Outreach Worker	Maggie Gundersen
Driver	Ray Davis

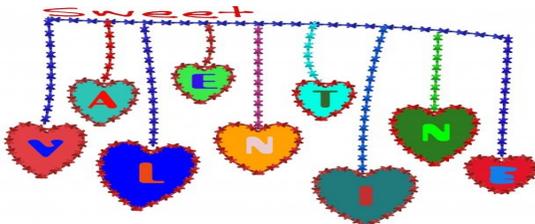
Town of Norfolk
Council on Aging
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Norfolk, MA
02056

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RETURN SERVICE REQUESTED



Whist Party
Friday, February 17th at 12:30 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.



Cribbage Tournament
The Norfolk Council on Aging will be hosting the Cribbage Tournament at the Norfolk Senior Center starting Thursday January 26th for six consecutive Thursdays. The games start at 9:30 ; set up is between 9:00-9:15.

Trips with Bev
Wednesday
Bev Ross, Trip Coordinator
Sign up early as our bus has seats for only 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.
Isabelle Stewart Gardner Museum February 22nd \$12.00
The Boston Flower Show March 22nd \$17.00
These are self-guided tours
Departs from the Senior Center @ 9:30 a.m.

Gerry's Place Tri-County School in Franklin
Monday, February 13th at 10:45 a.m.
The menu is Pot Roast or Shrimp and Scallop Scampi . The price is \$7.50 for salad, dinner, dessert and coffee or tea.
Chickie Flynn's Route 1 in Foxboro
has invited 12 Norfolk Seniors to join them the 2nd Tuesday of every month for a meal **February 14th**