

# 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.*

March 2017



## *The Director's Corner:*

Dear Friends,

This month we welcome spring and turn the clocks forward!

*Enjoy this most wonderful time of the year!*

Warm Regards,

*Christine Quinn*

## **Know the 10 Signs –Early detection matters!**

Do you know someone who is experiencing memory loss or behavioral changes, it's time for the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Julie McMurray from the Alzheimer's Association will be at the Norfolk Senior Center Wednesday March 22nd from 12:45 p.m.-2:00 p.m..

**Don't miss this informative presentation.**

## **March 15th Annual St. Patrick's Day Party**

Join us for a meal of Corned Beef and Cabbage as we celebrate St. Patrick's Day. Lunch will be followed with entertainment by Chris Carter. Chris will entertain us with traditional Irish music including songs such as Danny Boy and When Irish Eyes are Smiling.

Call or sign up at the Senior Center **Free**

## **Community Meditation**

The Norfolk Council on Aging is proud to present a six week program for beginning meditators. This program will be open to adults of all ages. Starting on April 19th from 10:00-11:00 a.m. and continuing for six consecutive Wednesdays, Gail Grivois will teach us how to quiet our minds. Meditation will be done in comfortable chairs. The class will include an instructional component and time meditating will slowly build. There is no pressure or judgement. Engaging in meditation is for your benefit only. Numerous studies have demonstrated the health benefits of focusing the mind inwardly. Meditation reduces stress, improves cardiovascular and immune health, enhances concentration, stimulates creativity, improves mood and emotional intelligence, slows the aging process, and leads to greater states of happiness and well-being. There will be time at the end for questions and comments. There is a cost of \$2.00 per class.

## **Healthy Eating Options for Older Adults**

Join our Healthy Eating Specialist Dawn Berthelette to celebrate the arrival of spring! On Monday, March 13th at 6:00 PM and Monday March 27th at 6:00 PM Dawn will be providing you with recipes, food samples, and lifestyle adjustments to help with chronic pain and inflammation. Dawn, a Healthy Eating Specialist at Whole Foods Market in Bellingham, is a graduate of The Institute for Integrative Nutrition and a Certified Holistic Health Coach. Dawn has over 10 years of experience working to educate people on how to incorporate healthful habits using plant-based, nutrient dense foods into their everyday diet. Don't miss this opportunity to improve your health with good nutrition. As always, the Norfolk Council on Aging is committed to helping you to remain (or become) healthy in mind, body and soul. We look forward to seeing you at this special free event.

## *March Activities*

**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.** Call the center if you would like us to set up one-on-one instruction. *Free*

**Clever Crafters - Tuesday at 1 p.m.** New members are always welcome. Join us! *Free*

**NEW Computer Classes with Lou-Thursdays from 10 a.m. to 12**

Do you have questions about how to use your devices, such as your iPad or your Smartphone? Do you need help learning how to use your computer? Our volunteer, Lou Mortelli, will be here on Thursday mornings from 10 to 12 p.m. to help answer your questions. When you call to make an appointment please tell us the make and model of your device, and....don't forget to bring your password! *Free*

**Cribbage -** Come to the senior center to play cribbage every **Wednesday at 10 a.m.** If you would like to learn the game, call the center and we will set up a one-on-one- lesson for you. *Free*

**Cyber Exercise Cycles -** These are set up in the Lower Level and can be used anytime (unless there is a program in session, check calendar) . 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, March 30th at 9 a.m.** Call for an appointment. Price: \$10.

**Knitting Club (Knitwits) - Fridays at 10 a.m.** Join us as we knit a variety of items for charity. New members are always welcome. *Free*

**Manicure 2nd Thursday at 10 a.m.** \$11.00 for a basic manicure. Call for an appointment.

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

**Reiki with Gail Grivois, Monday March 6th 10-12. p.m.** 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*

**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

**The Zen of Adult Coloring**—When you color you are still and focused on just one thing. This is called "mindfulness." Studies have shown that paying attention, on purpose, has a multitude of benefits for your health and well-being. Come to the senior center and pick up a coloring book and pencils. **Mondays 10 to 12 :00 p.m.** *Free*

**Thursday Trips**— Join us as we continue to take local free trips (excluding meals, admissions, etc.). The bus will leave the Senior Center at 9:30 unless otherwise noted. Return times vary depending on destination.

**Walking Group** meets at the center **Mondays 9– 9:30 a.m.**

**Whist Party** Games consist of four hands, each player deals a hand. A set of rules will be available. \$2.00 fee will be used for prizes.

**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.

**March 14th** Compassionate Care Hospice will be doing a **Stress Management Workshop** from 9:15-10 a.m.

**March 15th** The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 am (before lunch).

**March 15th:** 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 3/ 7, 3/21, 3/28 & Market Basket in Bellingham 3/14

**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. **Next meeting is on Monday March 20th at 9:30 a.m.**

**CIRCUIT BREAKER SEMINAR** Join us at 1 p.m. on **Tues., March 7th**, to learn how you can save up to \$1,070 on your real estate taxes by applying for the Circuit Breaker Tax Credit. You may be eligible if the amount you pay in taxes, and water & sewer charges exceeds 10% of your total income. Renters may also qualify. Assistance in applying can be provided. Many thanks to Senator Richard Ross for arranging to have Brian Lynch from the Department of Revenue to provide his expertise. Please call to sign up.

**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](http://aarp.org/findtaxhelp) to set up an appointment.

**Senior Community Garden**

Master gardener Betty Sanders will be at the Senior Center on Friday March 3rd at 1 p.m. to help us launch our community garden. Betty will answer your questions and provide us with professional advice to help us create the best conditions possible for a successful garden.

Light Refreshments will be served  
Call to stop by to sign up. **Free**

**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, March 21st at 9:30 a.m.**

**Thursday Trips**

Trips depart at 9:30 and return before 3:00 unless otherwise noted.

**March 2** –Trader Joe's and the Christmas Tree Shop

**March-9** Movie TBA bus leaves at 10:30

**March 16**-Target Department Store, Plainville

**March 23**-Common Café Norwood

**March 30**-Nicky's, Wrentham\* **Lunch's bus leaves 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.

Celebrating all birthdays for March on March 15th

*All are welcome! Sign up early as seating is limited.*

**Minds in Motion**

Consecutive Thursdays from 1 to 2 p.m. March 9<sup>th</sup>-April 26<sup>th</sup>. Pre-registration is required. Food, music, ethical dilemmas, design, meteorology, sleep, modern art, imaginative writing,....? Enrollees will engage in challenging discussions about a wide variety of topics. The aim is to spark a spirited discussion, with everyone sharing their thoughts, judgments, and opinions. 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.

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

*The Executive Office of Elder Affairs supports and helps with the necessary funding for mailing this newsletter.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>March</b>		<b>1</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold <b>12 Lunch</b> <b>1--Therapy Dog</b>	<b>2</b> <b>9—No Strength Training</b> 9:30—Yoga 10-12 p.m. Computer Class with Lou 1—Bridge	<b>3</b> 9—Strength Training 10—Knitting Club	
	<b>6</b> 9-Walking Club 9—Strength Training 10-Reiki 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>7</b> <b>8:30— Breakfast</b> 9 - Strength Training 9:30—Bridge <b>1-Circuit Breaker Seminar</b> 1-Craft Group-	<b>8</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold <b>12-Lunch</b> <b>12:30-VNA Clinic</b>	<b>9</b> <b>-9—No Strength Training</b> 9:30—Yoga <b>10-Manicure</b> 10-12 p.m. Computer classes with Lou 1 - Bridge	<b>10</b> 9—Strength Training 10—Knitting Club
	<b>13</b> 9-Walking Club 9—Strength Training 10-Yoga 10-Adult Coloring 11:15—Tai-Chi\ 1—Bingo <b>6- Healthy Cooking</b>	<b>14</b> <b>8:30 Breakfast</b> 9—Strength Training <b>9:30 Friends Meeting</b> 9:30—Bridge 1—Craft Group	<b>15</b> 8:45-Yoga <b>9-12 S.H.I.N.E</b> 9—Strength Training <b>10—Zumba Gold</b> 10—Cribbage <b>12 St. Patrick's Day Party Lunch &amp; Entertainment</b>	<b>16</b> 9—Strength Training 9:30—Yoga 10-12 p.m. Computer class with Lou 1—Bridge	<b>17</b> 9—Strength Training 10—Knitting Club <b>12:30—Whist Party</b>
	<b>20</b> <b>First Day of Spring!</b> <b>9</b> -Walking Club 9—Strength Training <b>9:30 COA Board</b> 10-Massage 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 1—Bingo	<b>21</b> <b>8:30-Breakfast</b> 9—Strength Training <b>9:30 Friends Meeting</b> 9:30—Bridge 1—Craft Group	<b>22</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold <b>12-Lunch/Trivia</b>	<b>23</b> 9—Strength Training 9:30—Yoga 10-12 p.m. Computer class with Lou 1—Bridge	<b>24</b> 9—Strength Training 10—Knitting Club
	<b>27</b> 9-Walking Club 9—Strength Training 10-Massage 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 1—Bingo <b>6— Healthy Cooking</b>	<b>28</b> <b>8:30—Breakfast</b> 9—Strength Training 9:30—Bridge 1—Craft Group	<b>29</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold <b>12-Lunch</b>	<b>30</b> <b>9-Hairdresser</b> 9—Strength Training 9:30—Yoga 10-12 p.m. Computer class with Lou 1—Bridge	

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

Town of Norfolk  
Council on Aging  
PO Box 161  
Norfolk, MA  
02056

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RETURN SERVICE REQUESTED

<b>C.O.A. Staff</b>
Director Christine Quinn
Secretary Gini Homer
Outreach Worker Jean Cotton
Driver Ray Davis

**The Friends of the Norfolk Public Library Book and Bake Sale**

**Saturday, April 22 from 9am-3pm\_Norfolk DPW Garage**  
**33 Medway Branch Road** Over 30,000 books in good to excellent condition will be offered with most priced at \$.50 to \$2.00. Many CD's and large print books available also Friends Only Sale Friday, 4/21 from 6-9pm. A current 2017 membership is required or may be purchased at the door beginning at 5 pm. Membership and information is available at the Library or through The Friends link on the Library's website. The Saturday sale is open to all. For more information visit our website at [www.norfolkmalibraryfriends.org](http://www.norfolkmalibraryfriends.org)  
***It's worth the trip to Norfolk; the small town with the very BIG book sale!***



*Wednesday Trips 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.

**The Boston Flower Show March 22nd \$17.00**  
**N.E. Aquarium April 4th \$26.00**  
**WGBH Studio May 3rd**  
**These are self-guided tours**

Departs from the Senior Center at 9:30 AM

**Gerry's Place Tri-County School in Franklin**  
**Monday, March 27th at 10:45 a.m.**  
The menu is Stuffed Sole or Roast Pork. The price is **\$8.95** for salad, dinner, dessert and coffee or tea. *Please note price increase.*

**Chickie Flynn's Route 1 in Foxboro**  
has invited 12 Norfolk Seniors to join them the 2nd Tuesday of every month for a meal **March 14th \$2.50**