

# 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.*

*April 2017*



## *The Director's Corner:*

Dear Friends,  
The Council on Aging, together with the Friends of the Council on Aging, are proud to introduce a new "Lunch Buddy Program." We realize that coming to the Senior Center for the first time can be a bit intimidating if you don't know anyone. If you would like to come to the Center for the first time call us and we will arrange for you to have lunch with one of our "regulars" and the Friends will provide you with a complimentary lunch. I have been told again and again that becoming involved at the Center and making new friends has been a "lifesaver" for many seniors. We hope you will take this opportunity to make new friends and come to enjoy **your** Senior Center!

Warm Regards,

*Christine Quinn*

**The Norfolk Council on Aging and Senior Center Facebook page is now live !!!**

Be sure to "Like" and "Follow" us so you can keep up-to-date with all the great things happening at the center!



[www.facebook.com/NorfolkSeniorCenter/](http://www.facebook.com/NorfolkSeniorCenter/)

**THE NORFOLK POLICE DEPARTMENT** is alerting seniors that they are seeing the "grandparent" scam; a "grandchild" or "attorney" calls asking for money to get the grandchild out of jail. In addition, the Police Dept. reports seniors receiving calls saying that their computer has a virus or that they need to purchase fraud protection. They want to remind you that-one should EVER provide an unknown company with their credit card information, bank account information or social security number over the phone (no matter how convincing they sound!). They should NEVER follow up on a request to purchase gift cards and read the numbers on the back of the card over the phone, or wire transfer money to someone they don't know. If you have questions or would like more information please contact Det. Palladini at mpalladini@norfolk.ma.us or call 508-528-3206.

## **Enlightening the World; The Story of the Statue of Liberty**

The Statue of Liberty is an international icon, a symbol recognized around the world. Yet, most people do not know the story behind the statue. This talk will explore how and why the statue was built, what the original symbolism of the statue meant, and what the statue means to millions of people today. Along the way, we will meet some of the colorful characters who were involved in creating this symbol of our nation, and learn some interesting facts about Lady Liberty.

Professors DiGregorio is an associate professor of history at Bridgewater State University, has been spinning out little known gems of American and world history since 2014.

This promises to be an excellent presentation. We hope you can attend.

**April 26th 1-2 p.m.**

## *April 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*

**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 - Last Thursday of the month 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 the **last Monday of the month at 10 a.m.** A 15--minute massage is \$10 and 30 minutes is \$20.

**Meditation** with Gail Grivois Wednesday 1st April 9th – to Wednesday May 24th from 10-11 a.m.

**Reiki** with Gail Grivois, **first Monday of the month 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. Studies have shown that simply paying attention, on purpose, has a multitude of benefits for your health and well-being. **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 Third Friday of the month at 12:30 p.m.** 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 (Mimi) is a certified Zumba and Zumba Gold instructor. There is a fee of \$2.00.

**April 9th :Dr. Cooper (podiatrist)** at 1 p.m.. Call or sign up at the desk to make an appointment. The fee is \$30 at the Senior Center or \$50 for a home visit.

**April 19th:** The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 am (before lunch).

**April 19th:**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 4/ 4, 4/18, 4/25 & Market Basket in Bellingham 4/11.

**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 April 24th at 9:30 a.m.**

April 26th at 1:00-A representative from Norfolk County Sheriff Michael Bellotti's Office will speak about the Sheriff's TRIAD Program. This program is a partnership between Senior Citizens; Law Enforcement/Public Safety and Senior support Services. A number of issues pertinent to seniors will be discussed.

**Elder Dental Program Free Dental screening Clinic Scheduled for Saturday, May 6th at the Community VNA in Attleboro**

Dental Professionals Will. Diagnose dental problems • Check for oral cancer Talk, one-on-one, about taking care of teeth, gums, and dentures. Discuss nutrition choices • Provide specialized denture cleanings • Offer signups for a low-cost dental program (for low-income seniors) The Clinic is open to anyone aged 60 years and older, living in Massachusetts. To Schedule your Free Appointment Please Call: 774.203.1906. The free dental screening clinic is organized by the Elder Dental Program, a project of Community VNA in partnership with the Attleboro Council on Aging. Funding is provided in part by grants from the Rotary Club of Attleboro, Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs, and from the United Way of Greater Attleboro/Taunton.

Seniors can make an appointment in advance by calling the VNA at 800-220-0110.

**Friends of the Council on Aging**  
**Bill Crane**, President **Thelma Ravinski**, VP & Correspondence Secretary, **Monica Weiss**, Treasurer  
**Dianne Boucher**, Secretary  
 The Friends meet the third Tues. of the month at 9:30 a.m.  
**All are welcome to attend.**

**Thursday Trips**

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

**April 6-** Patriot's Place

**April 13-**Assisi Café, Wrentham

**April 20-**Ice Cream Machine, Cumberland R.I.

**April 27-**China Pearl, Quincy (**bus leaves at 10:30**)

**\* 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 April on April 19th.

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

**Community Meditation**

Starting on April 19th from 10-11 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 and time meditating will slowly build. There is no pressure or judgement. 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 is a cost of \$2.00 per class

**Coming in May--"Laughing Yoga**

Tuesday, May 16th and May 23rd, 10:30-11:30 a.m.

**FREE,**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9-Walking Club 9—Strength Training 10-Reiki 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>4</b> <b>8:30— Breakfast</b> 9 - Strength Training 9;30—Bridge 1-Craft Group-	<b>5</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold <b>12-Lunch</b> <b>1--Therapy Dog</b>	<b>6</b> -9—Strength Training 9:30—Yoga <b>10-Manicure</b> 10-12 p.m. Computer classes with Lou 1 - Bridge	<b>7</b> 9—Strength Training 10—Knitting Club
<b>10</b>  9-Walking Club 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>11</b> <b>8:30— Breakfast</b> 9 - Strength Training 9;30—Bridge 1-Craft Group-	<b>12</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold <b>12-Lunch</b> <b>12:30-VNA Clinic</b>	<b>13</b> -9—Strength Training 9:30—Yoga <b>10-Manicure</b> 10-12 p.m. Computer classes with Lou 1 - Bridge	<b>14</b> 9—Strength Training 10—Knitting Club
<b>17</b> 9-Walking Club 9—Strength Training <b>9:30 COA Board</b> 10-Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>18</b> <b>8:30 Breakfast</b> 9—Strength Training <b>9:30 Friends Meeting</b> 9:30—Bridge 1—Craft Group	<b>19</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-Lunch/Trivia</b>	<b>20</b> 9—Strength Training 9:30—Yoga 10-12 p.m. Computer class with Lou 1—Bridge	<b>21</b> 9—Strength Training 10—Knitting Club <b>12:30—Whist Party</b>
<b>24</b> <b>9</b> -Walking Club <b>10-Massage</b> 9—Strength Training 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 1—Bingo	<b>25</b> <b>8:30-Breakfast</b> 9—Strength Training 9:30—Bridge 1—Craft Group	<b>26</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold	<b>27</b> <b>9-Hairdresser</b> 9—Strength Training 9:30—Yoga 10-12 p.m. Computer class with Lou 1—Bridge	<b>28</b> 9—Strength Training 10—Knitting Club

<b>C.O.A. Board</b>
Chairman Jason Talerma
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  
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PRESORTED STANDARD  
U.S. POSTAGE PAID  
PERMIT NO. 12  
NORFOLK, MA 02056

RETURN SERVICE REQUESTED

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

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

**Gerry’s Place Tri-County School in Franklin**  
**April 10th-Roast Beef or Broiled Salmon.**  
**\$8.95**

**The Importance of Advance Directives**

People are living much longer than ever before. Unfortunately, as we grow older, or if we experience health challenges, we may find ourselves in a position in which decisions need to be made as to how we wish to be treated in a variety of medical situations. If we are in a condition when we no longer can express our preferences about treatment, decisions will be made for us by others if we have not planned for our own treatment in advance.

**Compassionate Care Hospice will be at the Senior Center on Tuesday, April 11th at 9:15 to answer your questions about Advanced Directives. Don’t miss this important conversation.**

*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.

**N.E. Aquarium April 4th \$26.00**  
**WGBH Studio May 3rd** with lunch to follow at the Stockyard  
**Newport Flower Show June 23rd \$20.00**

**These are self-guided tours.** Departs from the Senior Center at 9:30 AM

*April is National Volunteer Month*

If you have never volunteered for us please consider doing so.



**VOLUNTEER**

**Thank you Anne F. for organizing our Senior Community Garden and for facilitating the Whole Foods Healthy Eating Programs.**