

# 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.*

May 2017



## *The Director's Corner:*

Dear Friends,  
I want to remind you that the Council on Aging, together with the Friends of the Council on Aging, invite new friends to participate in our "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. 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/)

## **Women and Heart Disease**

Heart disease kills more women every year than breast cancer and lung cancer combined!!! Men and women do NOT experience heart disease in the same ways. Heart disease is largely preventable-come and educate yourself how to take the steps to prevent being a statistic. Presented by Leandra McLean RN, BSN, CEN, CCRN from the Walpole Visiting Nurses. On Wednesday May 10th at 12:30 p.m.

## **Know the 10 Signs: Early Detection Matters**

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn 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. This interactive workshop features video clips of people with Alzheimer's disease. Presented by Julie McMurray from the Alzheimer's Association on Wednesday, May 3rd, 12:45-2:00 p.m.



**Stephen Kurkjian, author of Master of Thieves, will be at the Senior Center on Wednesday, May 17th, 6:30 p.m.**

A Boston native, Stephen Kurkjian spent nearly 40 years as an editor and reporter for The Boston Globe before retiring in 2007. During his career, he shared in three Pulitzer Prizes and won more than 20 regional and national reporting awards. Educated in the Boston public schools, Kurkjian graduated from Boston Latin School in 1962. He majored in English Literature at Boston University and earned his law degree from Suffolk University Law School in 1970. Mr. Kurkjian has worked as a Senior Investigative Fellow for the Initiative for Investigative Reporting at Northeastern University, and as an adjunct professor at Boston College for Advancing Studies. His 2005 article of the theft of 13 pieces of artwork from the Isabella Stewart Gardner Museum is regarded as the most complete account of the still-unsolved crime. **Free and open to the public.**

## *May 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 p.m.**

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 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.** Call for an appointment. \$11.00 for a basic manicure.

**Massage**—Anne McElwee, Massage Therapist, will be at the Senior Center the **fourth Monday of the month at 10 a.m.** A 15--minute massage is \$10 and 30 minutes is \$20.

**Meditation** with Gail Grivois Wednesdays from 10-11 a.m. through May 24th.

**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 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., 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. 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.

**June 7th 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.

**May 17th:** The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 am (before lunch).

**May 17th:** 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 5/ 2, 5/16, 5/23 & 5/30 & Market Basket in Bellingham 5/9

**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 May 15th at 9:30 a.m.**

All seniors are invited to lunch at Emmanuel Baptist Church on Tuesday, May 23, at 12:00 noon. Enjoy a free lunch and listen to a word of encouragement from Valerie Scott of Foxboro. Please reserve your place by calling Bobbie Strauss at 508-384-1565

**Laughing Yoga**

Enjoy this unique exercise of laughing and clapping combined with gentle breathing that any age and level of physical ability can do. There are no fancy poses and you can sit or stand. Experience all the health benefits of a good belly laugh! No comedy or jokes involved! You will feel GREAT afterwards! Please bring your water bottle because laughing can be dehydrating. Led by Certified Laughter Yoga Teacher Linda Hamaker of Let's Laugh Today.

**Coming in June "Jerry Atric-The Older I Get" June 21st immediately following lunch.**

**Monday May 22nd**



**Dietitian Nora Saul will be at the Senior Center to speak about small changes you can make to your diet to improve your health. Ora will answer your questions about your food choices.**

**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 Tuesday of the month at 9:30 a.m. **All are welcome to attend.**

**Thursday Trips**

Trips depart at 9:30 a.m. and return before 3 p.m. unless otherwise noted.

**May 4th** Trader Joe's & the Christmas Tree Shop

**May 11th** Briggs Nursery Attelboro

**May 18th** The Tea House-**bus leaves at 11:00 a.m.**

**May 25th** Movie TBA

**The bus leaves at 11:30 when we go to lunch. The menu available at the Senior Center or on line. the center or online.**

**The Friends of the Norfolk Council on Aging** serve a homemade lunch every Wednesday at noon. Meals are served at the Senior Center. The cost is \$1.00 for members, \$3.00 for nonmembers. The Friends yearly membership dues are \$3.00 for individuals and \$5.00 for couples. Celebrating all birthdays for May on the 17th **All are welcome! Sign up early as seating is limited.**

**Community Meditation**

April 19th from 10-11 a.m. and continuing for six consecutive starting on 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.

**New Yoga Class Starting in June**

Wednesday evenings at 6:15-7:15 p.m.

With Becca Hedtler

Appropriate for Beginners to Intermediate.

On the floor or on a chair-**Join us!** \$2.00 fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9-Walking Club 9—Strength Training 10-Reiki 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>2</b> 9 - Strength Training 9:30—Bridge 1-Craft Group-	<b>3</b> 8:45-Yoga 9—Strength Training 10—Cribbage <b>10 Meditation</b> 10-Zumba Gold <b>12-Lunch</b> <b>1--Therapy Dog</b>	<b>4</b> -9—Strength Training 9:30—Yoga <b>10-Manicure</b> 10-12 p.m. Computer classes with Lou 1 - Bridge	<b>5</b> 9—Strength Training 10—Knitting Club <b>12:00 p.m. Mother's Day Tea</b> with music by <b>Chris Carter</b> (back by popular demand)
<b>8</b> 9-Walking Club 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	<b>9</b> 9 - Strength Training 9:30—Bridge 1-Craft Group- <b>Town Meeting</b> <b>7:30 p.m.</b> <b>King Philip Jr. High School</b>	<b>10</b> 8:45-Yoga 9—Strength Training 10—Cribbage <b>10 Meditation</b> 10-Zumba Gold <b>12-Lunch</b>	<b>11</b> 9Strength Training 9:30—Yoga 10-12 p.m. Computer classes with Lou 1 - Bridge	<b>12</b> 9—Strength Training 10—Knitting Club <b>-12:00 p.m. Movie</b> <b>La La Land</b> 
<b>15</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>16</b> 9—Strength Training <b>9:30 Friends Meeting</b> 9:30—Bridge <b>10:30-11:30 a.m.</b> <b>Laughing Yoga</b> 1—Craft Group	<b>17</b> 8:45-Yoga <b>9-12 S.H.I.N.E</b> 9—Strength Training 10—Zumba Gold 10—Cribbage <b>10 Meditation</b> <b>:30-VNA Clinic</b> <b>12-Lunch/Trivia</b> <b>6:30 P.M. Author</b>	<b>18</b> 9—Strength Training 9:30—Yoga 10-12 p.m. Computer class with Lou <b>10-Manicure</b> 1—Bridge	<b>19</b> 9—Strength Training 10—Knitting Club <b>12:30—Whist Party</b>
<b>22</b> 9-Walking Club <b>10-Massage</b> 9—Strength Training 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 1—Bingo 6:30 Nutrition Talk	<b>23</b> 9—Strength Training <b>9:30 Friends Meeting</b> 9:30—Bridge <b>10:30-11:30 a.m.</b> <b>Laughing Yoga</b> 1—Craft Group	<b>24</b> 8:45-Yoga 9—Strength Training 10—Cribbage <b>10 Meditation</b> 10—Zumba Gold <b>12-Lunch</b>	<b>25</b> <b>9-Hairdresser</b> 9—Strength Training 9:30—Yoga 10-12 p.m. Computer class with Lou 1—Bridge	<b>26</b> 9—Strength Training 10—Knitting Club
<b>29</b> <b>Holiday Senior Center Closed</b> 	<b>30</b> 9—Strength Training <b>9:30 Friends Meeting</b> 9:30—Bridge <b>10:30-11:30 a.m.</b> <b>Laughing Yoga</b> 1—Craft Group	<b>31</b> 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold <b>12-Lunch</b> <b>TRIAD Meeting</b>		

<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

PRESORTED STANDARD  
 U.S. POSTAGE PAID  
 PERMIT NO. 12  
 NORFOLK, MA 02056

RETURN SERVICE REQUESTED

<b>C.O.A. Staff</b>	
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 **May 15th**-Backed Haddock, Stuffed Chicken Breast. **\$8.95**

*Wednesday Trips Beu 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.

**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

Thank you Bev for your years of volunteering to run trips for the seniors of Norfolk. Your trips have always been first class, we appreciate all you have done for us!

