

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.

June 2017



www.facebook.com/NorfolkSeniorCenter
Presentation June 21st at 1:00 pm at the Senior Center



The Norfolk Senior Center is fortunate to host author, journalist and researcher Dr. Robert Savage for his discussion of his noteworthy book "The BBC's Irish Troubles".

Few of us can avoid being drawn into the current battle to control the hearts and minds of the American public. News organizations, talk radio, the internet, late night television, documentaries, and numerous books flood our daily reality each hoping to shape our political, religious, and personal beliefs. Those who think that the struggle to frame our social reality is time and geographically limited to 21st century America would be wrong. Savage, a research historian, has written a groundbreaking book that underscores how rivalry between British ministers, civil servants, broadcasting authorities and journalists, the military and police over approach to media coverage was in many ways itself part of the conflict, a conflict to control public perception. Robert Savage's book "The BBC's Irish Troubles" is relevant beyond the history of Irish and British conflict easily applicable to American life today.

The Director's Corner:

On Friday, June 9th the Norfolk Senior Center, with the generous support of the Friends of the Norfolk Council on Aging, will be holding a winetasting. Led by wine expert Bob O'Brien, manager of Fifth Avenue Liquors, a popular family-owned liquor store in Millis (and Framingham), will share his knowledge of wine in an entertaining and practical presentation that includes a selection of wines from around the world.

The event, one of the Center's most popular activities, will begin at 6:30 p. m. and will also include a variety of light appetizers to accompany the tastings. Non-alcoholic beverages will be available for spouses, partners, and friends who do not drink alcohol. Participants must register in advance at the Senior Center front desk (or call 508-528-4430) to secure your place on the guest list. Feel free to bring a friend!
Deadline for registration is June 5th.

Warm Regards,

Christine Quinn



Tin Pan Alley's Best - Come Listen, Learn and Enjoy

Many consider Irving Berlin and Cole Porter to be the greatest songwriters of the Tin Pan Alley era, yet they were complete opposites. Berlin was raised in poverty in New York's Lower East Side; Porter's family was Mid-western upper class. Berlin quit school at the age of eight; Porter attended Yale and Harvard. They admired one another's work and produced hundreds of inspired tunes like "Anything Goes" and "Puttin' on the Ritz". In this lively 90-minute session, you'll hear a variety of the composer's' love songs and take part in fun activities that contrast their different styles. No musical training or background is needed just the willingness to listen, to express your opinion, and to have a lot of laughs. **Limited to 20 participants, preregistration required.** Wednesday evening June, 21st 6:30-8:00 PM presented by Jerry Cianciolo

June 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*

Community Meditation with Gail Grivois Call the center for details.

Computer Classes Call the Senior Center to schedule a one-on-one session.

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*

Day Trips with Ray— Join us as we travel to summer destinations. The bus will leave the Senior Center at 9:30 unless otherwise noted. Return times vary depending on destination. See back page for schedule and check posting at the Senior Center and on our Facebook page for updates.

Hairdresser - Last Thursday of the month at 9 a.m. Call for an appointment. Price: \$10.

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

Laughing Yoga June 13th and 27th 1:00-2:00 PM \$2.00

Manicure Last 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 **Monday June 19th at 10 a.m.** A 15--minute massage is \$10 and 30 minutes is \$20.

Manicure Last Friday of the month at 10:00

Reiki with Gail Grivois, **first Monday of the month 9-10:30 am** 15 minutes is \$12, a half hour is \$20. 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**

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

Water Colors with Carlie Thursday 10 am-12pm
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., Tuesdays at 10:30am, Wednesdays at 8:45 a.m., Thursdays at 9:30 am and 5:30pm and Special Yoga Meditation 6:15 pm
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.

June 21st: The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 am (before lunch).

June 21st: 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 6/6 & 6/20 & 6/27 Market Basket in Bellingham 6/14

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 June 19th at 9:30 a.m.

Yoga/Meditation Wednesday 6:15-7:15 p.m. with Elissa starting June 7th
This special class has been designed to leave you feeling completely relaxed and stress free \$2.00

Get Help With Understanding Your Medicare Benefits

ADVANCE REGISTRATION REQUIRED

Please call 508-528-4430

Tuesday June 20th at 6:00 pm

If you are over 60 years old, it is definitely time to start planning for your changing health insurance needs when you become eligible for Medicare at age 65. Come listen to Peggy McDonough, Regional SHINE Program Director who will explain the enrollment timeline for Medicare and your options for health and prescription coverage under Medicare.



Friends of
on Aging

the Council

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.

Dennis J. Sardella

Lecturer and Writer on Byzantine and Russian Icons will speak to us about

"The Hidden Language of Icons"

June 7th at 1:00 pm

Don't miss this unique and informative presentation!

**Summer Cook Out's-
June 14th, Father's
Day**

July 12th with a performance by Chris Carter and August 16th at 12:00 noon

Friday Summer Movies TBA

Volunteers needed. Call the Senior Center if you would like to help with a movie at noon on Friday



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 June on the 21st

*See Summer Newsletter for summer schedule

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

Thank you to Steven Morris and his team from **Liberty Mutual Insurance** for volunteering to spruce-up the Senior Center. Steve and his five member team put in eight hours of hard work cleaning our kitchen, bus and car and helping to organize and sort through items to be used, donated, recycled or discarded and setting up our picnic in the back.

New Yoga Classes



Tuesdays 10:30-11:30 with Jim starting June 6th

11:30 with Jim

Thursdays 5:30-6:30 with Becca Starting June 8th
All classes are \$2.00

Reminder; the Senior Center is **FULLY AIR CONDITIONED!**

We will be having cook-outs, movies, trips and more throughout the summer. Look for our July/August Newsletter and check for updates posted at the Senior Center and on our Facebook page.

www.facebook.com/NorfolkSeniorCenter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9—Strength Training 9:30—Yoga 10-12 p.m. Watercolor with Carlie 1 - Bridge	2 9-Strength Training 10- Knitting
5 9-Walking Club 9—Strength Training 9-Reiki 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	6 9 - Strength Training 9:30—Bridge 10:30-11:30 Yoga 1-Craft Group-	7 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold 12-Lunch 1-Therapy Dog	8 -9—Strength Training 9:30—Yoga 10-12 p.m. Watercolor with Carlie 1 - Bridge	9 9—Strength Training 10—Knitting Club -12:00 p.m. Movie The Kings Speech 
12 9-Walking Club 9—Strength Training 10—Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	13 9 - Strength Training 9:30—Bridge 10:30-11:30 Yoga 1-Craft Group-	14 8:45-Yoga 9—Strength Training 10—Cribbage 10-Zumba Gold 12-Lunch	15 9-Strength Training 9:30 Yoga 10 am-12pm Water coloring with Carlie 1 Bridge	16 9—Strength Training 10—Knitting Club
19 9-Walking Club 9—Strength Training 9:30 COA Board 10-Yoga 10-Adult Coloring 11:15—Tai-Chi 1—Bingo	20 9—Strength Training 9:30 Friends Meeting 9:30—Bridge 10:30-11:30 a.m. Laughing Yoga 10:30-11:30 Yoga 1—Craft Group 6:00 pm Peggie McDonough/SHINE	21 8:45-Yoga 9-12 S.H.I.N.E 9—Strength Training 10—Zumba Gold 12:30-VNA Clinic 12 Lunch/1 pm Speaker Dr. Robert Savage “The BBCs The Troubles”	22 9—Strength Training 9:30—Yoga 10-12 p.m. Watercolor with Carlie 1:00—Bridge	23 9—Strength Training 10—Knitting Club
26 9-Walking Club 10-Massage 9—Strength Training 10—Yoga 10-Adult Coloring 11:15-Tai-Chi 1—Bingo	27 9—Strength Training 9:30—Bridge 10:30-11:30 a.m. Laughing Yoga 10:30-11:00 Yoga 1—Craft Group	28 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold 12-Lunch	29 9-Hairdresser 9—Strength Training 9:30—Yoga 10-12 p.m. Watercolor with Carlie 1—Bridge	30 9—Strength Training 10—Knitting Club 10-Manicure

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

PRESORTED STANDARD
U.S. POSTAGE PAID
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NORFOLK, MA 02056

C.O.A. Board

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Vice Chairman
Beth Vallee
Secretary
Charlotte Pfischner
Members
Janice Axberg
Kathy Burkle
Richard Connors
Charlotte Howard
Thomas Mirabile
Barbara Phillips

C.O.A. Staff

Director Christine Quinn
Secretary Gini Homer
Outreach Worker Jean Cotton
Driver Ray Davis

Upcoming Trips

June 23rd Newport Flower Show \$20.00

July 12th Castle Island and lunch at Sullivan's

July 26th Cape Cod Canal-lunch (not included), location to be decided by the group

Volunteers needed:

Friday Summer Movies
Trip Coordinator
Kitchen Help
Friendly Visitors
Class Facilitators

Ideas? Share your talents!

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 \$8.95 June 12th, Seafood Casserole or Roast beef.