

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.

July 2017

NOW SHOWING



Silent Movie Afternoon
Featuring : Silent Movie Pianist
Richard Hughes
July 26, 2017 at 1:00 pm



'The Adventurer' - Charlie Chaplin has just escaped from prison and manages to find his way into a garden party. Things go well until the cops show up.

'Big Business' - Stan & Ollie want to cash in by selling Christmas trees door to door. Instead of spreading good cheer they leave the neighborhood in ruins along with irate homeowners!

Step into the past for a unique presentation of comedy silent movies with live piano accompaniment. Pianist Richard Hughes will talk about the Golden Age of Silent Film, play music that were popular back then and present two films. The cost of the performance is 5 cents. Just kidding although that's how much movies cost at the Nickelodeon Theaters back in the teens and twenties.

The Director's Corner:

The Summer is here and it's predicted to be a hot one! We want to remind you again that we are **fully air conditioned**. In addition, we have a lower and a upper deck for you to enjoy be it with a cold drink and chat with friends, a card game or whatever you might enjoy. We hope you will plan to spend many days this summer at your Senior Center. Watch for additional programs and activities posted at the center, in local papers, Globe West and on our Facebook page.

See you soon!

Warm Regards,

Christine Quinn



May 18, 2017 by Andrew Johnson

Consumer Education Specialist, FTC: Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. It will all happen automatically; you won't have to pay anyone or give anyone information, no matter what someone might tell you. Having your Social Security number removed from your Medicare card helps fight medical identity theft and protect your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn't belong to them. Here are some ways to avoid Medicare scams: Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask for your Social Security number or bank information. Is someone asking you to pay for your new card? That's a scam. Your new Medicare card is free. Is someone threatening to cancel your benefits if you don't give up information or money? Also a scam. New Medicare cards will be mailed out to you automatically. There won't be any changes to your benefits.

July 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 1:00 p.m.
New members are always welcome. Join us! *Free*

Community Meditation - with Gail Grivois .-
Call the center for details.

Computer Help -1:00 pm Call the Senior Center to schedule a one-on-one session. **Wednesdays**

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.

Grocery Shopping - with Ray every **Tuesday** at 9:30

Hairdresser -Last Friday of the month at 10:15a.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*

Laughing Yoga - To be announced

Manicure Last Friday of the month starting 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 **Monday July 24 at 10 a.m.**
15 minute massage is \$10 and 30 minutes is \$20.

Reiki with Gail Grivois, - first Monday of the month 11: 30 a.m.--1:00 p.m. 15 minutes is \$12, 30 minutes is \$20.
Register at the desk or call for appointment.

Shine Counselor to help with insurances.
Second Tuesday of the month. 9 a.m. to 12 p.m.

Strength Video mornings **from 9 to 10.** “Easy Does It” video is exactly as it describes itself and is the perfect starting point for the senior or who has post-illness, injury, or surgery. *Free*

Swimming-Tuesdays 10-11 a.m. & Wednesdays 2-3 p.m.
and Fridays 10-11 a.m. at the Wrentham Developmental Center. Call first at 508-384-3114

Tai-Chi-Yang Style - Mondays 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.

Walking Group.-Mondays 9:00-9:30a.m.
meets at the center

Whist Party-Third Friday of the month at 12:30
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 9:30a.m., Wednesdays at 8:45 a.m.
The benefits of yoga are many as we age, including increased strength, improved flexibility, better balance, stronger bones and greater mental acuity.
There is a fee of \$2.
****On July 6th there will be No Evening Yoga Class.**

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.**

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

July 19th The Walpole Area Visiting Nurse Association will hold their **Blood Pressure Clinic** at 12:30 p.m. at the Senior Center.

August 2nd.-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.

Grocery Shopping

Tuesdays at 9:30 a.m. Shaws in Franklin except Market Basket on the second Tuesday

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 July 17th at 9:30 a.m.**

Movie July 14th 12:00 noon

Pretty Woman with Julia Roberts

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

Upcoming Trips

July 12th Castle Island and lunch at Sullivan's

July 26th Cape Cod Canal-sitting by the canal with your picnic lunch watching the boats go by.

Volunteers needed:

Trip Coordinator
Kitchen Help
Friendly Visitors
Class Facilitators

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 am. All are welcome to attend.

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All are welcome to attend.

Chris Carter, who is returning by popular demand, will be playing Patriotic songs on Thursday, July 6 at 1:00.

Certified Professional Pet Groomer, Virginia H. Greaves
Wednesday, July 12th, Appointments starting at 9:00am in

Summer Cook Out's

July 12th and

August 16th

Come and join us!



Attention Low Vision And Blindness Help

Every blind or low vision person is welcome to attend the **new** regional facility at the Franklin Senior Center. Information about aids and services are presented to individual and groups at that location.

Call: 508-920-4945 about the upcoming meeting.

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 July on the 19th

*See Summer Newsletter for summer schedule

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

Yoga Classes at the Senior Center

Monday 10-11 am with Jen

Tuesday 10:30-11:30 with Jim

Wednesday 8:45-9:45 am and 6:15-7:15

Thursday 9:00-10:00 a.m.

Thursday 5:30-6:30 with Becca

All classes are \$2.00

All classes can be adapted to your specific ability Level and can be done either with the support of a chair or on the floor.

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 will be closed for the Summer. Open in September.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9- Strength Training 9:00-10:00 a.m. Yoga 1-Bridge 5:30-6:30 p.m. Yoga	2 9-Strength Training 10-Knitting 12:00 Movie TBA
3 9-Walking Club 9—Strength Training 11:30-a.m..Reiki 10—Yoga 1—Bingo	4 9 - Strength Training 9-12 Shine 9:30—Bridge 10:30-11:30 Yoga 1-Craft Group-	5 8:45-Yoga 9 - Strength Training 10—Cribbage 10-Zumba Gold 12-Lunch/ Therapy Dog 1— Computer Katie 6:15-7:15 yoga	6 9—Strength Training 9:00—Yoga-10:00 a.m. 1 - Bridge 5:30-6:30 p.m. Yoga	7 9—Strength Training 10—Knitting Club 12:00 Movie TBA Pretty Woman 
10 9-Walking Club 9—Strength Training 10-Yoga 11:15—Tai-Chi 1—Bingo	11 9 - Strength Training 9-Shine 9:30—Bridge 10:30-11:30 Yoga 1-Craft Group- Chickie Flynn's 11:30	12 8:45-Yoga 9—Strength Training 9-dog/cat Groomer 10—Cribbage 10-Zumba Gold 12-Cook out 1— Computer Katie 6:15-7:15 yoga	13 9-Strength Training 9:00Yoga 1 Bridge 5:30-6:30 p.m. Yoga	14 9—Strength Training 10-Knitting Club 12:00 Movie TBA 12:30-p.m. Whist
17 9-Walking Club 9—Strength Training 9:30 COA Board 10-11 Yoga 1:00 Bingo	18 9—Strength Training 9:30 Friends Meeting 9:30—Bridge 10:30-11:30 a.m. Yoga 1—Craft Group	19 8:45-Yoga 9—Strength Training 10—Zumba Gold 11:30-VNA Clinic Blood Sugar 12 Lunch 12:30 Blood pressure 1-Computer help with Katie	20 9—Strength Training 9:00—Yoga 1:00—Bridge 5:30-6:30 p.m. Yoga	21 9—Strength Training 10—Knitting Club 12:00 Movie TBA
24 9-Walking Club 10-Massage 9—Strength Training 10—11 Yoga 11:15-Tai-Chi 1—Bingo	25 9—Strength Training 9:30—Bridge 10:30-11:30 a.m. yoga 1—Craft Group	26 8:45-Yoga 9—Strength Training 10—Cribbage 10—Zumba Gold 12-Lunch 1-Computer help with Katie 6:15-7:15 yoga	27 9—Strength Training 9:00—Yoga 1—Bridge 5:30-6:30 p.m... Yoga	28 9—Strength Training 10—Knitting Club 10-Manicure 10:15 Hairdresser 12:00 Movie TBA



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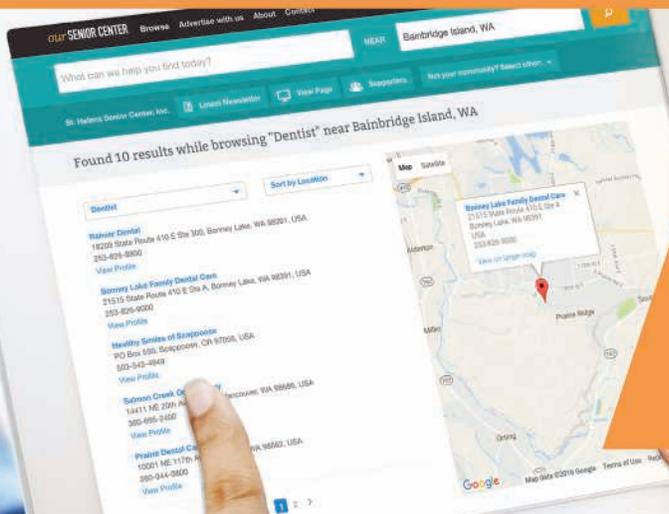
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