

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.

August 2017



Don't forget to "Like" us on Facebook
www.facebook.com/NorfolkSeniorCenter

Presentations at the Senior Center

The Indestructible Soul: A Brief History of Poland Wed. August 9th @1:00 p.m.

Over the course of 1000 years of history, the story of Poland has been one of tragedy and triumph. At its peak, Poland was the largest nation in Europe, yet by the end of the 18th century, it had completely disappeared from the map. This lecture will explore the grand and enduring tale of Poland and the Poles. Presented by Paolo Di Gregorio.

Virtual France - Original Photographic Art

Wed. August 30th @1:00 p.m.

Marjorie Sardella has traveled and photographed extensively in the U.S. Italy, Austria, England, Scotland and France, and has received numerous awards for her photographs.

Farmers Market Senior Coupon Program

Farmers Market coupons are available at the Senior Center the week of August 1st. To be eligible you must be 60 years of age or older and eligible for SSI, Section 8 Housing, Energy Assistance, Medicaid or Commodity Food Assistance. You will receive \$25 per person, and must reside in the town.

The Director's Corner:

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21 National Senior Citizens Day. President Reagan noted that throughout our history, older people have achieved a great deal for our families, our communities, and our country. He recognized that seniors offer society a great deal and noted the contributions senior volunteers make that benefit every sector of society. Wherever the need exists, older people are making their presence felt for their own good and that of others. We would like to recognize the seniors in Norfolk and thank you for all that you have done and continue to do.

Happy National Senior Citizens Day!

Warm Regards, *Christine Quinn*

Dear Norfolk Seniors,

I would like to formally introduce myself as the new Senior Outreach Worker at the Norfolk Senior Center. My educational background includes degrees in Business, Sociology and a Master's Degree in Gerontology, (the Management of Aging Services). I am also a certified Long Term Care Ombudsman and Certified Dementia Care Practitioner.

In addition, after extensive networking, outreach and ground work, I established the non-profit Norwood Memory Café, Inc. Café is a welcoming place for individuals, families and friends of those living with memory changes.

The summary, I am a passionate advocate who enjoys collaborating, problem solving and sharing resources to reach a positive result. Please do not hesitate to stop by, call or email, if you need assistance. Email: Jcotton@norfolk.ma.us and phone is:

508-528-4430 Ex. 477

Sincerely,

Jean Cotton

August 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*

Computer Help - Wednesdays 1:00-2:00 pm with Katie, Tuesdays with Nick 9:30-11:00a.m. except 2nd Tuesday will be 12:00-2:00 p.m. Call the Senior Center to schedule a one-on-one session. *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*

Day Trips - 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 transportation section for schedule and check posting at the Senior Center and on our Facebook page for updates. *Free* (except for restaurant and admission fee when applicable).

Friends Lunch-Every Wednesday at 12:00 p.m. \$1:00 for members, \$5:00 for non-members.

Grocery Shopping - every Tuesday at 9:30. See transportation section for details. *Free*

Hairdresser - Last Thursday of the month at 10:15a.m. Call for an appointment. Price: \$10.

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

Manicure Last Friday of the month starting at 10 a.m. call for an appointment. \$11.00 for a basic manicure.

Intermediate Meditation—Mondays (except for the 3rd Monday of the month) with Gail Grivois 10:30-11:30 a.m. \$2.00

Massage –Anne McElwee, Massage Therapist, will be at the Senior Center the last Monday of the month, the first appointment is 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.

S.H.I.N.E. Counselor (serving the health insurance needs of elders) 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 for details 508-384-3114.

Tai-Chi-Yang Style - Mondays at 11:15 a.m. Paula Reggie instructs beginner or advanced students as well as those who prefer chairs. Paula is a certified Tai-Chi instructor. The cost of the class is \$2.

Trivia - Every third Wednesday at 1:00 p.m. *Free*

Water Colors with Carlie Thursday 10-12. This is a drop in class. All levels are welcome.\$5.00

Whist Party - Third Friday of the month at 12:30
Games consist of four hands, each player deals a hand. \$2.00 fee will be used for prizes.

YOGA - Mondays at 10:a.m., Tuesday 8:45a.m. Wednesdays at 8:45 a.m. Thursdays at 9:00 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.

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.

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.

August 16 The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 am (before lunch).

August 16 The Walpole Area Visiting Nurse Association will hold their **Blood Pressure Clinic** at 12:30 p.m. at the Senior Center.

Grocery Shopping

Tuesdays at 9:30 a.m. Shaw's 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. **No Meeting for the month of August.**

Volunteers needed: Trip Coordinator, Drivers to bring elders to doctors appointments, Kitchen Help, Friendly Visitors, Class Afternoon Receptionist(12:30 - 4p.m.). *If you have special talents you'd like to share with other seniors give us a call!*

Upcoming Trips

Aug. 17 at 9:00 a.m. Castle Island and Lunch at Sullivan's (re-scheduled from last month)

Aug. 23 at 10:00 a.m. - Lunch at Bayside Restaurant, Westport, MA. Enjoy a delicious lunch at this seaside restaurant.

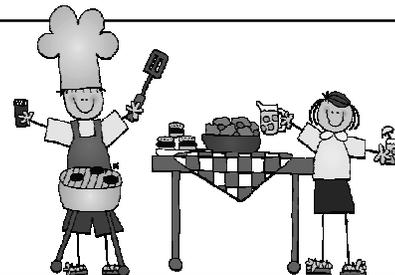
We Welcome our New Yoga Instructor Jim Schweitzer ~ Certified Yoga Teacher

Having enjoyed his yogic journey and the changes that have manifested in his being, he brings to the mat a burning desire to share with others his Iyengar based knowledge, wisdom and asana. He has practiced Yoga for 13 years and has completed the 200 hour level of Yoga Teacher Certification. He is a member of Yoga Alliance and has his Registered Yoga Teacher designation.



Summer Cook Out

**August 16th
Come and join us!**



When people talk about the "iCloud", do you wonder what they are talking about? Do you wonder how Siri gives you driving directions or about how Amazon's virtual assistant Alexa works? Do you know what IA (artificial intelligence) is and how all of this effects the world we live in? The Town's IT specialist, Michael Yang, has generously offered to answer your questions about technology. Please call us with your questions and we'll arrange to have Mike come by the senior center and talk to you about this aspect of the rapidly changing world we live in.

The Friends of the Norfolk Council on Aging

serve a homemade lunch at the every Wednesday at noon. The cost is \$1.00 for members, \$5.00 for non-members.

The Friends yearly membership dues are \$3.00 for individuals and \$5.00 for couples.

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 with Jim
Thursday 9:00-10:00 a.m. with Becca
All classes are \$2.00

Back by popular demand!

ALL New Topics

Minds in Motion Returns in September



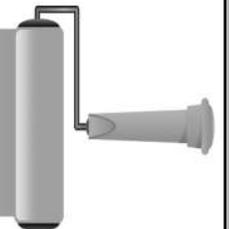
If you're looking to stimulate your mind, have some fun, and enjoy the company of others, register for Minds in Motion

this September. The topics are varied and always intriguing. Led by Jerry Cianciolo, Minds in Motion is entering its second year at the center. Registration is limited to 15, and openings typically fill up in a day or two. This is one of our most popular programs, so please register only if you expect to attend nearly every class. The fee is \$20. The one-hour, **Thursday's from 1:00 p.m. to 2:00 p.m. on September 14, 21, 28, October 5, 12, 19, 26, November 2.** Call 508-528-4430.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9 Strength Training 9:30-11:00 a.m. Computer help with Nick 10:30 – 11:30 Yoga 9:30 Bridge 1 Craft Group	2 8:45 Yoga 9:00 Strength Training 10 Cribbage 10 Zumba Gold 1 Computer help with Katie	3 9 Strength Training 9 Yoga 10-12 Water Color with Carlie 1 Bridge	4 9 Strength Training 10 Knitting Club
7 9 Strength Training 10:00 a.m. Yoga 10:30-11:30 Intermediate Meditation 11-15 Tai Chi 11:30 Reiki 1 Bingo	8 9 Strength Training 9-12 SHINE 9:30 Bridge 10:30-11:30 Yoga 12:00-2:00 p.m. Computer help with Nick 1 Craft Group	9 8:45 Yoga 9 Strength Training 10 Cribbage 10 Zumba Gold 12 Cook Out 1 Computer help with Katie	10 9 Strength Training 9 Yoga 10-12 Watercolor with Carlie 1 Bridge	11 9 Strength Training 10 Knitting Club
14 9 Strength Training 10 Yoga 10:30-11:30 Intermediate Meditation 11:15 Tai Chi 1 Bingo	15 9 - Strength Training 9:30-1:00 a.m. Computer help with Nick 9:30 Bridge 10:30-11:30 Yoga 1 Craft Group	16 8:45-Yoga 9 Strength Training 10 Cribbage 10 Zumba Gold 11:30 Blood Sugar 12:30 Blood pressure 12 Cook out 1 Computer Help 1 Trivia	17 9 Strength Training 9 Yoga 10-12 Water Color with Carlie 1 Bridge 9:00 Trip to Castle Island Pre-registration required	18 9 Strength Training 10 Knitting Club 12:30 Whist
21 9 Strength Training 10 .Yoga 11:15Tai Chi 1 Bingo	2 9 Strength Training 9:30-11:00 Computer help with Nick 9:30 Bridge 10:30-11:30 Yoga 1 Craft Group	23 8:45 Yoga 9 Strength Training 10 Zumba Gold 10 Cribbage 12 Lunch 1 Computer help with Katie	24 9 Strength Training 9 Yoga 10-12 Water Color with Carlie 1 Bridge 10 Trip to Bayside Restaurant in Westport Pre-registration required	25 9 Strength Training 10 Knitting Club 10 Manicure
28 9 Strength Training 10 Massage 10 Yoga 10:30-11:30 Intermediate Meditation 11:15 Tai Chi 1Bingo	29 9. Strength Training 9:30-11:00 a.m. Computer help with Nick 9:30 Bridge 10:30-11:30 yoga 1 Craft Group	30 8:45 Yoga 9 Strength Training 10 Cribbage 10 Zumba Gold 12 Lunch 1 Computer Help with Katie	31 9 Strength Training 9 Yoga 10-12 Water Color with Carlie 10:15 Hairdresser 1 Bridge	

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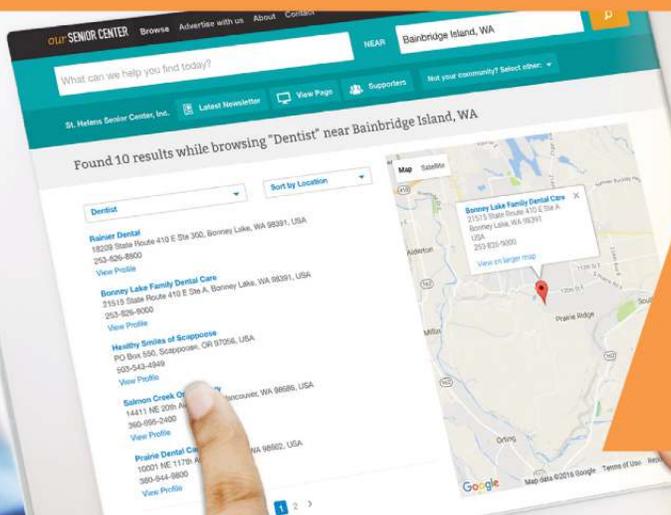
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