

# 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.*

September 2017



Don't forget to "Like" us on Facebook  
[www.facebook.com/NorfolkSeniorCenter](http://www.facebook.com/NorfolkSeniorCenter)

**Historian Paulo Di Gregono (a.k.a. "The Artifactual Scholar") will be at the Senior Center Friday evening September 15<sup>th</sup> to give a talk about the Renaissance**

The Renaissance (French Re-birth) was a period in European history from the 14<sup>th</sup> to the 17<sup>th</sup> century regarded as the cultural bridge between the Middle Ages and modern history. This time in history was a time of Classical learning and wisdom after a long period of cultural decline and stagnation.

Coffee and cookies will be served at 6:00  
Professor Di Gregono will speak from 6:30-7:30

**Coming to the Senior Center in October**

John Horrigan is a five-time Emmy Award-winning folklorist who lectures on hidden history, historical weather, world disasters, unsolved mysteries, music and art history and more. He will speak at the Senior Center on:

**Oct. 17<sup>th</sup>** Unexplained events-UFO-. 6:30-7:30  
Coffee and cookies will be served at 6:00

**Oct. 25<sup>th</sup>** Baystate Chronology, unexplained events in MA from 1630-present 1:00 p.m. Mr. Horrigan will discuss this fascinating topic and share his knowledge with us.

**Free and open to the public**

*The Director's Corner:*

Dear Friends and neighbors,  
The **Norfolk Council on Aging and the Norfolk Police Department are pleased to announce a new joint program to help keep at risk elders in our community safe.** Photos of vulnerable elders, along with pertinent information will be compiled and securely stored at the police station. This registry will allow an improved police response and expedite the process of locating and assisting vulnerable elders as patrol officers will be able to immediately pull up a photo of the missing elder. **Detective Palladini will be at the Senior Center at 28 Medway Branch Road on Tuesday September 26 from 1-3 PM to take pictures.** Please call the Senior Center at 508-528-4430 if you would like to register your loved one with this potentially life-saving registry.

Warm Regards,

*Christine Quinn*

The Norfolk Health Department in partnership with Rite Aid Pharmacy will be offering a Flu Clinic for Norfolk Residents on **Thursday October 12<sup>th</sup> from 3-6 p.m. at the Norfolk Senior Center.** The clinic is open to children ages 4 and older and is free for children for children under 18. No RSVP required. Adults age 19 and over must bring their insurance cards to the clinic. **Influenza is** a contagious respiratory illness that spreads from person to person through coughing, sneezing or close contact. Symptoms include: fever, sore throat, chills, fatigue, cough, headache, runny or stuffy nose and muscle aches. While other illnesses have the same symptoms and are often mistaken for influenza, only the influenza virus can cause influenza. The influenza virus can be mild to severe symptoms. Each year, on average, more than 200,000 people are hospitalized for respiratory and heart-related illness associated with the influenza virus, and thousands die from flu-related complications in the United States. Most of these deaths occur in the elderly, young children and people with certain health conditions. **The best way to prevent the flu is by getting the vaccine each year.**

## September Activities

**Bingo-Monday-1:00** 60 cents per card.

**\*New Book Club**-Meets second Thursday of the month 2:00. All are welcome. 2:00-3:00 **Free**

**Bridge-Tuesdays at 9:30 & Thursdays at 1:00**  
Call the Center if you would like us to set up one-on-one instruction. Join us! **Free**

**Clever Crafters**-Tues. at 1:00 Join us! **Free**

**Computer Help**-Tues. with Nick 9:30-11:00. except 2nd Tues. will be 12:00-2:00 Call the Senior Center to schedule a one-on-one session. **Free**

**Cribbage** Wednesday at 10 **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).. **Free**

**Day Trips**-Join us as we travel to a variety of destinations in beautiful New England. The bus will leave the Senior Center at 9:30 unless otherwise noted. Return times vary depending on destination. See transportation section for schedule. Suggestions for trips are welcome. **Free** (except for restaurant and admission fee when applicable).

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

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

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

**\*New MAH-JONGG-Tuesdays 12:30-3:30**  
MAH-JONGG is a game of skill and luck. Players must have basic knowledge of how to play the game.  
New players are always welcome. **Free**

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

**Meditation** with Gail Grivois -**Mondays** intermediate (except for the 3rd Monday of the month) 10:30-11:30, **Wednesdays** at 10 beginners (every week) \$2.00

**Massage**-Anne McElwee, Massage Therapist, will be at the Senior Center the last Thursday of the month, the first appointment is at 10.  
15 minute is massage is \$12, 30 minutes \$20.

**Reiki** with Gail Grivois first Monday of the month 11:30- 1:00-15 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) 2nd Tues.9-12 **Free**

**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 & Wednesdays 2-3 and Fridays 10-11** at the Wrentham Developmental Center. Call for details 508-384-3114.

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

**Trivia** - Every third Wednesday at 1:00. **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 (used for prizes).

**YOGA - Mondays at 10, Tuesday10:30 Wednesdays at 9:15. Thursdays at 9:00 .,**  
The benefits of yoga are many as we age, including increased strength, improved flexibility, better balance, stronger bones and greater mental acuity \$2.

**Zumba Gold classes -Wednesday mornings at 10:15**  
Mi Ran Shin (Mimi) is a certified Zumba and Zumba Gold instructor \$2.00.

**October 4th Dr. Cooper (podiatrist)** at 1. 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.

**September 20th** The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 (before lunch).

**September 20th** The Walpole Area Visiting Nurse Association will hold their **Blood Pressure Clinic** at 12:30. at the Senior Center.

### Grocery Shopping

**Tuesdays at 9:30 a.m.** Shaw's in Franklin except Market Basket on the second Tuesday

### Medicare Open Enrollment is from October 15– December 7-

Call or stop by the Senior Center to get the SHINE Pre-enrollment form or call 800-243-4636 (#3) to have a form mailed to you. Our SHINE counselor is at the center the second Tuesday of the month to help you pick the best plan for you for 2018. Please bring your form (filled in) with you to your appointment.

### 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.

The next Meeting is September 25th

### Upcoming Trips and Events

**Historian Paulo DeGregorio Sept. 15th The Renaissance Author Stephen Kurkjian**

**Historian John Horrigan**

**Oct. 17th** Unexplained events-UFOs 6:30 p.m.

**October 25th** Baystate Chronology, unexplained events in MA from 1630-present 1:00 p.m.

**October 11th** Master of Thieves ; theft at the Isabella Stewart Gardner Museum 1:00 p.m.

**October 12** Trip to the Isabella Stewart Gardner Museum

**Italian Night Feast Friday October 20th** 6:00 p.m.

**Inspiring U** with Jerry Cianciolo (TBA)

### September Trips

**September 14** Plymouth with lunch at Sandy's

**October 12th** Isabella Stewart Gardner Museum

**October 25** Walking tour of the North End

**We'll take the 9:35 train into South Station**

The bus will drop us off, leaves the Senior Center at 9

**Lunch with Friends**

**Chickie Flynn's September 12th** at 11:30

**Gerry's Place September 18th** at 10:45-

Bake Stuffed Haddock or Roast Beef

The Friends of the Council on Aging will not be meeting at the Senior Center in September. Please see the Newsletter for update regarding when and where the Friends will be meeting. All Norfolk seniors are welcome to attend and participate.

### Age Well with HESSCO, 13th Annual Conference

**Thursday, September 28th, 9:00 -2:00**

**Admission: \$10.00 community members**

Join HESSCO's 13th Annual Fall Conference (formerly HESSCO's Caregiver Day of Resources & Relaxation). This event is open to caregivers, seniors, family members and everyone interested in learning more about *Ageing Well*. Please join us for this fun, relaxing and enjoyable day! To register, please click the link below. For more information, please contact Debbie Fradkin at 781-784-4944 or [DFradkin@HESSCO.org](mailto:DFradkin@HESSCO.org).

**Lunch is included**

### Welcome to ( a healthy ) fall!

We will be offering a monthly series from September to December. On September 6 our topic will cover the mysteries of vaccination. October will be a discussion of diabetes . In November we will discuss depression and dealing with the upcoming holidays. December will teach us helpful tips to get through the holidays.

Please consider joining us after lunch to sit for a spell and learn something new! Be well and stay healthy

Leandra

I am looking forward to this and hoping to engage more folks!

*Leandra McLean RN, BSN, CEN, CCRN,*

*Public Health Nurse*

*Town of Walpole*

### Self Defense with Detective Michelle Palladini

**Be safe and learn what really works.**

October 10th 9:00-10:00 Detective Palladini will teach us self defense for seniors. Be prepared to listen and move as we learn how to be safe.at home and in the community.

### Minds in Motion Returns in September ALL New Topics

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 or register at the desk.

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

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <i>Friends Lunch Wednesdays at 1:00 p.m. \$1 for members \$5 non-for members</i>  | <i>Easy does it Strength Training Video</i><br>Every day 9:00-10:00<br><b>Free</b>   | <i>Friends Lunch</i><br>every Wednesday at 12:00   |  | <b>1</b><br>10 Knitting Club   |
| <b>4</b><br><i>Senior Center Closed</i><br> | <b>5</b><br>9:30 Bridge<br>10:30 Yoga<br>9:30-11 Computer help with Nick<br><b>MAH-JONGG New</b><br><b>12:30-3:30</b><br>1 Craft Group   | <b>6</b><br>9:15 Yoga<br><b>10 Beginner's Meditation *NEW</b><br>10 Cribbage<br>10:15 Zumba Gold<br>12:45 -Therapy Dog<br>1- The mysteries of vaccination with Leandra | <b>7</b><br>9 Yoga<br>10-12 Watercolor /Carlie<br>1 Bridge   | <b>8</b><br>10 Knitting Club   |
| <b>11</b><br>10 Yoga<br>10:30 Intermediate Meditation<br>11:15 Tai Chi<br>1 Bingo   | <b>12</b><br><b>9-12 SHINE</b><br>12-2:00 Computer help with Nick<br>9:30 Bridge<br>10:30 Yoga<br><b>MAH-JONGG</b><br><b>12:30-3:30</b><br>1 Craft Group                                   | <b>13</b><br>9:15 Yoga<br><b>10 Beginner's Meditation</b><br>10 Cribbage<br>10:15 Zumba Gold<br><b>11:30 Blood Sugar</b><br><b>12:30 Blood pressure</b>                | <b>14</b><br>9 Yoga<br>10-12 Watercolor / Carlie<br>1 Bridge<br><b>1 Minds in Motion Book Club New</b><br><b>2:00-3:00</b><br><b>10 Trip to Plymouth with lunch at Sandy's</b> | <b>15</b><br>10 Knitting Club<br><b>12:30 Whist</b><br><i>Evening Program</i><br><b>6:00-6:30</b> Coffee and cookies<br><b>6:30-7:30</b> Historian Paulo DiGregorio will talk about <b>The Renaissance</b> |
| <b>18</b><br>10 .Yoga<br>10:30 Intermediate Meditation<br>11:30-1:00 Reiki<br>11:15 Tai Chi<br>1 Bingo                      | <b>19</b><br>9:30-11:00 Computer help with Nick<br>9:30 Bridge<br>10:30 Yoga<br><b>MAH-JONGG</b><br><b>12:30-3:30</b><br>1 Craft Group   | <b>20</b><br>9:15 Yoga<br><b>10 Beginner's Meditation</b><br>10 Cribbage<br>10:15 Zumba Gold<br><b>1 Trivia/Bill Crane</b>   | <b>21</b><br>9 Yoga<br>10-12 Watercolor with Carlie<br>1 Bridge<br><b>1 Minds in Motion</b><br><b>9:30 Trip to Castle Island</b>   | <b>22</b><br>10 Knitting Club  |
| <b>25</b><br><b>9:30 Board of Directors Meeting</b><br>10 Yoga<br>11:15 Tai Chi<br>1 Bingo                                  | <b>26</b><br>9:30-11:00 Computer help with Nick<br>9:30 Bridge<br>10:30 Yoga<br><b>MAH-JONGG</b><br><b>12:30-3:30</b><br>1 Craft Group<br><b>1-3 Self Defense with Detective Palladini</b> | <b>27</b><br>9:15 Yoga<br><b>10 Beginner's Meditation</b><br>10 Cribbage<br>10:15 Zumba Gold<br><b>1 Bill McCoy's Country Music</b>                                    | <b>28</b><br>9 Yoga<br>10-12 Watercolor/Carlie<br><b>10-1 Massage</b><br><b>10:15 Hairdresser</b><br>1 Bridge<br><b>1 Minds in Motion</b>                                      | <b>29</b><br>10 Knitting Club<br><b>10 Manicure</b>  |

Town of Norfolk  
Council on Aging  
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