

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.

October 2017



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

Master of Thieves

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. He was a founding member of The Globe's investigative Spotlight Team, and its editor from 1979-1986. In addition, he reported on the Supreme Court, the Justice Department and the Bush White House during the first war in Iraq. Returning to Boston in the early 1990s, Mr. Kurkjian completed numerous investigative projects from The Globe newsroom including the clergy abuse scandal inside the Boston Archdiocese; the devastating fire at a Rhode Island nightclub that took the lives of 100 people and the recovery of a Cezanne still life that was stolen from a Berkshires home in 1978 and later auctioned for \$29 million. 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. In his retirement, he completed his book "Master of Thieves; The Boston Gangsters Who Pulled Off the World's Greatest Art Heist"

Mr. Kurkjian will be speaking about his book at the Senior Center on Wednesday, October 25th

The Director's Corner:

Dear Friends,

Our October calendar is filled with many events including lectures, trips, collaborative programs with the Norfolk Police Department, a Flu Clinic, one last cookout, homemade lunches every Wednesday for only \$1.00 (for Friends of the Council on Aging, yearly membership is \$3.00 for one person and \$5.00 for a couple) and much, much more. We hope to see you often and that you take full advantage of all that *your* Senior Center has to offer.

Of special note, The Council on Aging Board of Directors, together with the Friends of the Norfolk Council on Aging, is hosting a special "Italian Supper" on Friday, October 20th at 6:00 PM at the Senior Center. Seating is limited to sixty Norfolk residence over the age of sixty, the cost is \$3.00 per person.

You may have noticed that we are offering some evening programs, we would like to expand this offering and will do so if we see that it is something you want.

We look forward to seeing you soon!

Warmly, *Christine Quinn*

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There **will not** be a SHINE counselor on site at the Norfolk Senior Center. To speak to a SHINE counselor call HESSCO Elder Services at 781-784-4944, a counselor will help you over the phone or, if necessary, schedule a one-to-one appointment. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To receive a **pre-enrollment form** call 1-800-AGE-INFO (1-800-243-4636) ... then press or say **3**. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Save the date!

You will need to have your Medicare and insurance cards and complete list of your medications when you talk with the SHINE counselor.

October Activities

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

Book Club-Meets second Thursday of the month . 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- with Nick by appointment, call the Senior Center to schedule a one-on-one session. *Free*

Cribbage Wednesday at 10:00 *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 10:00 Join us as we knit a variety of items for charity. New members are always welcome. *Free*

MAH-JONGG-Tuesdays 12:30-3:30
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 10:00 call for an appointment. \$11. for a basic manicure.

Meditation with Gail Grivois -Mondays intermediate (except for the 3rd Monday of the month) 10:30-11:30 , Wednesdays at 10:00 beginners (every week)\$2.

Massage-Anne McElwee, Massage Therapist, will be at the Senior Center the last Thursday of the month, the first appointment is at 10:00. 15 minute 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.

Strength Video mornings 9:00-10:00. "Easy Does It" video is exactly as it describes itself and is the perfect starting point for the senior or who are recovering from illness, injury, or surgery. *Free*

Swimming-Tuesdays 10:00-11:00 & Wednesdays 2:00-3:00 and Fridays 10:00-11:00 at the Wrentham Developmental Center. Call for details 508-384-3114.

Tai-Chi-Yang Style - Mondays at 11:15
Paula Reggie instructs beginners 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 10:00-12:00. This is a drop in class. All levels are welcome. \$5.

Whist Party - First & Third Friday of the month at 12:30 Games consist of four hands, each player deals a hand. \$2. (used for prizes).

YOGA - Mondays at 10:00 and Tuesday at 10:30. 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.



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.

October 18th The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 (before lunch).

October 18th The Walpole Area Visiting Nurse Association will hold their **Blood Pressure Clinic** at 12:30 . 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

Upcoming Trips (all trips leave at 9:30 unless otherwise noted)

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

October 26th Briggs Garden Center

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. T

he next Meeting is October 16th

Protect Yourself From Medicare Fraud

The Mass. Senior Patrol Program will be here on Monday, October 23 at 10:00 a.m. to discuss ways to prevent Medicare fraud. Don't miss this important seminar.

Do you have diabetes or are you watching your sugar intake? Do Halloween and the approaching holidays scare you? You are not alone!

Come and join us on Wednesday October 4 at 1pm for an after lunch program. We will discuss the ins and outs of diabetes, blood sugar testing, diet and meal planning, as well as recent advances in treatment and care. Bring your questions and let's get them answered!

Remember that you can have your blood sugar checked at any of the blood pressure clinics offered on the third Wednesday of each month at the Senior Center- starting at 11:30 am.

Hope to see you then.

Leandra



Minds in Motion is back!

Oct. 26, Nov. 2, Nov.9 and Nov. 16 , 1-2 p.m. \$10.00

Don't miss this popular, mentally stimulating program.

Chickie Flynn's October 10th at 11:30

Gerry's Place October 16th at 10:45 Seafood Casserole or Chicken Parmesan

Upcoming Talks

Author Stephen Kurkjian will discuss his book "Master of Thieves" on Wednesday Oct. 11 at 1:00 (

The theft at the Elizabeth Stewart Gardner Museum (this will be followed by a trip to the museum on the 12th)

Historian John Horrigan

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

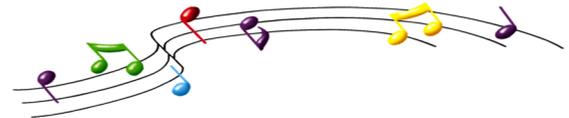
October 25th Baystate Chronology, unexplained events in Massachusetts from 1630-present **1:00**

November 8th The Hurricane of 1938 **1:00**

November 15th The Early Beatles **6:00 p.m.**

December 20th The "Rat Pack" Christmas **1:00**

Coming in November Inflammation has become the subject of much research recently especially as it effects people as they age. Inflammation has been found to be the underlying cause of numerous diseases and conditions such as arthritis, diabetes, heart disease, and cancer. Dr. Theolinda Barry, a doctor of Naturopathic Medicine , will explore the possible causes of inflammation, the various conditions it is now linked to, and what can be done, naturally, to help minimize its effects and possibly prevent it. Dr. Barry will be speaking about inflammation and aging at the Norfolk Senior Center to on Monday November 6th at 6:00 p.m.



Evening Musical Entertainment

Wednesday, November 11th

Charlie Piper and the Monday Night Blues Band will be here to entertain you from 7:00-8:30 p.m.. Don't miss this **Norfolk talent!** Limited to 60.

A representative from Norfolk County Sheriff Michael Bellotti's Office will speak about the Sheriff's TRIAD Program. This program is a partnership between Senior Citizens, Law Enforcement/ Public Safety and Senior support Services.

The following programs which are offered through TRIAD and available to all Norfolk County senior citizens will also be discussed: Are You OK? The File of Life Yellow Dot Program Safety Net Search & Rescue Program Speakers Bureau. Senior ID

Presentation/ talk usually last 20-25 minutes followed by Q& A.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 Strength Training 10 Yoga 10:30 Intermediate Meditation 11:30-1:00 Reiki 11:15 Tai Chi	3 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	4 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold 12 Lunch 12:45 -Therapy Dog 1- Let's talk about Diabetes with Leandra	5 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge	6 9 Strength Training 10 Knitting Club 1 2:30 Whist <i>Second Friday added, we will continue if there is an interest.</i>
9 HOLIDAY SENIOR CENTEER CLOSED	10 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	11 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold 12 Cook Out 1:00 Master of Thieves (the heist at the Isabella Stewart Gardner Museum)	12 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge 2 Book Club 9:30 Trip to Isabella Stewart Gardner Museum	13 9 Strength Training 10 Knitting Club
16 9:30 COA Board Meeting 9 Strength Training 10 Yoga 11:15 Tai Chi 1 Bingo	17 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group Evening Program 6:30-7:30 Historian John Horrigan UFO	18 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold 11:30 Blood Sugar 12 Lunch 12:30 Blood pressure 1 Trivia/Bill Crane	19 9 Strength Training 10-12 Watercolor / Carlie 1 Bridge 2 Book Club Brooklyn, A novel by Colm Toibin	20 9 Strength Training 10 Knitting Club 12:30 Whist 6:00 PM Italian Feast \$3.00 per person (open to Norfolk residents over 60)
23 9 Strength Training 10 .Yoga 10 Senior Medicare Patrol Program 10:30 Intermediate Meditation 11:30-1:00 Reiki 11:15 Tai Chi 1 Bingo	24 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	25 9 Trip to the North End 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold 12 Lunch 1 Historian John Horrigan Unsolved mysteries in	26 9 Strength Training 10 Massage 10:15 Hairdresser 10:30 TRIAD 10-12 Watercolor with Carlie 1 Minds in Motion 1 Bridge	27 9 Strength Training 10 Knitting Club 10 Manicure
30 9 Strength Training 10 Yoga 10:30 Intermediate Meditation 11:15 Tai Chi 1 Bingo	31 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group 			

Town of Norfolk
Council on Aging
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