

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.

November 2017



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

Paolo Di Gregorio a.k.a. "The artifactualscholar" will be at the Senior Center on Friday, November 10th at **6:00 p.m.**

The Great Game: Russia and the West in the 19th Century-

As recent events in the Crimea and Eastern Europe have shown, relations between Russia and the West have often times been contentious. The history behind this type of political conflict reaches back to the 18th century. It is in the 19th century, however, when Western powers, such as Britain and France, began to attempt to exert political influence in central Asia, that the seeds of the current tensions were sown. This lecture will look at the history of the relationship between Russia and the West.

Fuel Assistance

Fuel assistance is a federally funded program that assists income eligible households with the cost of home heating fuel. Norfolk residents of any age are welcome to call the Senior Center for help with this program.

The Director's Corner:

Dear Friends,
Saturday November 11th is Veteran's Day, as they have done for many years, Monica and Dwayne Weise will be heading up the Annual Veteran's Breakfast at the Norfolk Senior Center at 9:00 a.m. on Veteran's Day. All Norfolk Veterans, their spouses and their families are welcome to this free breakfast. Sponsored by the Friends of the Norfolk Council on Aging Please call the Senior Center if you plan to attend.

Important dates in November:

Daylight Savings Time Sunday, November 5th
Special Town Meeting Tuesday, November 14th
Thanksgiving Thursday, November 23rd
See the calendar for schedule changes due to holidays in November.

We look forward to seeing you soon!

Warmly, *Christine Quinn*



Medicare News

You're getting a new Medicare card! Cards will be mailed between April 2018-April 2019 Your Social Security number will be removed from Medicare cards and each person will be mailed a new card. This will help keep your information more secure and help to protect your identity. You'll get more information from Medicare when your new card arrives.

What you need to do to get ready.

1' Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/my-account or call 1-800-772-1213. TTY users can call 1-800-325-0778.

2. Be aware of anyone who contacts you about your new Medicare card. Medicare will never ask you to give personal or private information to get your new Medicare card.

3. Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your neighbor's

November Activities

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

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, Tuesday at 10:30 and Thursdays at 6:00 p.m.
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.



December 6th 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.

November 15th The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 (before lunch).

November 15th 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

Chickie Flynn's Tuesday November 14th at 11:30

Gerry's Place Tuesday November 7th

Fish and Chips or Lasagna

TRIPS Patriots Place with lunch at Bar Louie

Braintree Plaza with lunch at the Cheesecake Factory

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 November 20th

Keeping Norfolk Seniors Healthy

New Yoga Class
Thursday 6:00 –7:00 p.m.
Hatha Yoga with Gerry

The Walpole VNA will come to the home of any home-bound residents of Norfolk so they can get a flu vaccine done in their homes- please call Walpole Area VNA at [508-668-1066](tel:508-668-1066) to request this service.

Theolinda Barry, ND will be speaking about inflammation and aging at the Norfolk Senior Center to on Monday November 6th at **6:00 p.m.**

Inflammation and Aging

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.



History

John Horrigan

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

Paolo Di Gregorio

November 17 The Great Game: Russia and the West in the 19th Century **5:00 p.m.**

We are again partnering with Rite Aid to make available additional immunizations and vaccines- brought right to you at the **NORFOLK SENIOR CENTER!! Thursday November 2 from 1-3p**

As with all medical care, please discuss vaccinations with your primary care physician!!

Here are the most up to date recommendations from the Centers for Disease Control and Prevention:

Influenza is recommended ANNUALLY for all adults.
Zoster vaccine (for shingles) is recommended for everyone 60 years or older

Pneumococcal vaccines Their use can prevent some cases of pneumonia, meningitis, and sepsis which if acquired by seniors involves a higher risk of death. **Pneumococcal vaccine, in the form of PCV 13 (Pneumovax 13) or PPSV23 (Pneumovax 23) is recommended for all adults 65 years and older.**

Whooping cough is a highly contagious respiratory tract infection. Protection against pertussis comes from the Tetanus, Diphtheria and Pertussis vaccine (Tdap). Children 6 months and younger at greatest risk of contracting the infection and the greatest risk of dying from the infection. It is now recommended that all pregnant women get vaccinated in the last part of their pregnancy and all grandparents/ child care givers and those caring for infants get immunized- it's the only protection infants have- those around them. For those without Medicare, Rite Aid will work with you to attempt to bill whatever insurance is current for them. They will be able to bill/ quote patients co-pay **before** they decide if they'd like the immunization. If there is a charge, cash, checks and credit card are acceptable to cover the copay balance. **We are hoping for NO surprises for anyone!!**

The Medicare Open Enrollment ends

December 7th.

If you need assistance picking out a plan call HESSCO

Elder Services at 781-784-44 or 1-800-AGE-INFO. During the annual Medicare Open Enrollment period seniors can change their plans for the next year.

Information can also be found at www.800ageinfo.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold 12 Lunch 12:45 -Therapy Dog	2 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge 1-3 Flu Clinic 6:00 p.m. Hatha Yoga with Gerry	3 9 Strength Training 10 Knitting Club 12:30 Whist
6 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi 1 Bingo 6:00 p.m. Dr. Barry's talk about Inflammation and aging	7 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	8 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold 1:00 Historian John Horri-gan Talks about "The Hurricane of 1938"	9 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge No evening yoga class	10 9 Strength Training 10 Knitting Club
13 9:30 COA Board Meeting 9 Strength Training 10 Yoga 11:15 Tai Chi 1 Bingo	14 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group 7:30 Special Town Meeting at the King Philip Jr. High School	15 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 6:00 "The Early Beatles"	16 9 Strength Training 10-12 Watercolor / Carlie 1 Bridge 6:00 Hatha Yoga with Gerry	17 9 Strength Training 10 Knitting Club 12:30 Whist
20 9 Strength Training 9:30 COA BOD Meeting 10 Yoga 10:30 Meditation 11:30-1:00 Reiki 11:15 Tai Chi 1 Bingo	21 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	22 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold No Lunch Senior Center Closes at 1:00	23 Thanksgiving Senior Center Closed	24 Senior Center Closed
27 9 Strength Training 10 Yoga 10:30 Intermediate Meditation 11:15 Tai Chi 1 Bingo	28 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	29 9 Strength Training 10 Beginner's Meditation 10 Cribbage 10:15 Zumba Gold	30 9 Strength Training 10 Massage 10:15 Hairdresser 10-12 Watercolor with Carlie 1 Bridge 6:00 p.m. Hatha Yoga with Gerry	

Town of Norfolk
Council on Aging
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