

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.

January 2018



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



I'm delighted to start the New Year as the new Program Coordinator at the Norfolk Senior Center. Norfolk

holds a special place in my heart as my great-grandparents moved here in 1910, and I moved here in 1988 to raise my family. I've seen quite a few changes in town, not the least of which is our beautiful Senior Center, a warm and welcoming place. We have programs for everyone: exercise classes for all levels, informative speakers, fun trips, great company, and much more. A special thanks to all the volunteers who help out here!

I've met some incredible people already, and look forward to meeting more of you. If you have a suggestion for a new program or activity you'd like to see here, I'd love to hear from you.



Have a happy and healthy New Year!

Reminder! If the Norfolk Schools are closed the Senior Center is closed.

Friends of the Norfolk Council on Aging

It's time again to renew your dues of \$3.00 per person or \$5.00 a couple. Becoming a Friends member makes you eligible for subsidized programs and trips that the Friends sponsor.

Amount enclosed \$ _____

Membership 2018 Dues _____

Contribution in Memory/Honor of _____

Donor's Name & Address _____

Mail to: Friends of NCOA, P.O. Box 626, Norfolk, MA 02056 or drop this off at the Senior Center

January 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** The next cribbage tournament starts Jan 25 at 9:15am and runs 6 weeks

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**

MAH-JONGG Lessons for beginners-call to make an appointment for one-on-one instructions.

Manicure-Last Friday of the month starting at 10:00

Meditation with Gail Grivois -Mondays intermediate (except for the 3rd Monday of the month) 10:30 \$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.

Pool Table Please call for availability. **Free**

Reiki with Gail Grivois third Friday of the month 9:00-10:00am. 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-for Health-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 pm. 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.



Healthy Eating for the New Year

January 31st @2:00pm

Join Foxboro YCMA's Nutrition Director Lauren Hynes for a fun and interactive nutrition presentation. Lauren will teach you how you can shop healthfully and how to look for healthy convenience foods in the grocery store. She will provide meal and snack ideas and you will be provided with healthy recipes. There

Grocery Shopping

Tuesdays at 9:30 a.m. Shaw's in Franklin except Market Basket on the second Tuesday. Call the Senior Center if you need a ride.



Luncheon Trips:

Chickie Flynn's Tuesday January 9th at 11:30 \$2.50 sign up at the center then meet at Chickie Flynn's

Gerry's Place Monday January 8. \$8.95 . Sign up at the center, bus leaves from the center at 10:45

Cracker Barrel, Thursday, January 11th Bus leaves center at 11:00am

Café Assisi, Thursday, January 25th. Sign up by Jan 22nd; bus leaves from the center at 11:00am

January 3rd Dr. Cooper (podiatrist) 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.

January 17th The Walpole Area Visiting Nurse Association will hold their **Blood Sugar Screening** at 11:30 (before lunch).

January 17th The Walpole Area Visiting Nurse Association will hold their **Blood Pressure Clinic** at 12:30. at the Senior Center.

Note: The Walpole VNA will come to any home-bound residents so they can get a flu vaccine in their homes—please call Walpole Area VNA at 508-668-1066 to request this service.

Low Vision Group meets Tuesday, January 9th

@1pm at the Franklin Senior Center. Demonstration of the OrCam glasses at the Franklin Senior Center Low Vision Center. These eye glasses have a camera on the arm of the glasses that takes pictures of documents and then reads the document into the ear of the person wearing the glasses. **RSVP to 508-520-4945 by Jan. 5th**

January 3rd at 1pm at the Senior Center

TRIAD is a crime prevention program for seniors. It is a three-way partnership between the Norfolk Council on Aging, The Norfolk Police Dept. and the Norfolk County Sheriff



Self Defense for Seniors

Friday January 12th @11:00am

Norfolk Police Officer Michelle Palladini

Be Safe and learn what really works.

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

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.

Council on Aging Meeting

The Executive Board of the Council on Aging meets on the 3rd Monday of the month at 9:30am in the Library at the Senior Center. **Note: Due to the holiday, the next Meeting is January 22nd**

Senior Tax Relief Program

Applications are available at the Senior Center for the Senior Tax Relief Program for calendar year 2018. Seniors can work as employees of the Town in a vari-

January Talks:

January 10th @1:00pm "Like a Mighty Stream:" The Civil Rights Movement, 1954-1968.

Speaker/historian, Paulo Di Gregorio will examine the causes, course, and legacy of the modern civil rights movement.

January 24th @1:00pm "From Catacombs to Cathedrals"

Presented by Dennis Sardella, Docent, Museum of Russian Icons. In this visual presentation we will explore the history of the great cathedrals of Europe

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  SENIOR CENTER	2 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	3 9 Strength Training 10 Cribbage 10:15 Zumba Gold 12 Lunch 1 TRIAD	4 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge 6:00 pm Hatha Yoga with Geri	5 9 Strength Training 10 Knitting Club 12:30 Whist
8 9 Strength Training 10 Yoga 10:45 bus to Gerry's Place 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	9 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group <i>1pm RSVP to Franklin Senior Center Low Vision</i>	10 9 Strength Training 10 Cribbage 10:15 Zumba Gold 12 Lunch 12:45 -Therapy Dog 1:00 "Like a Mighty Stream" American History	11 9 Strength Training 10-12 Watercolor /Carlie 11:00 Bus to Cracker Barrel & Gift Shop 1 Bridge 6:00 pm Hatha Yoga with Geri	12 9 Strength Training 11 Self Defense for Seniors with Officer Palladini 10 Knitting Club 1 Movie: UP free popcorn and drinks
15  SENIOR CENTER CLOSED	16 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	17 9 Strength Training 10 Cribbage 10:15 Zumba Gold 11:30 Blood Sugar 12 Lunch 12:30 Blood pressure 1 Trivia/Bill Crane	18 9 Strength Training 10-12 Watercolor / Carlie 1 Bridge 6:00 pm Hatha Yoga with Geri	19 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist
22 9 Strength Training 9:30 COA BOD Meeting 10 Yoga 11:15 Meditation 11:15 Tai Chi 1 Bingo	23 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	24 9 Strength Training 10 Cribbage 10:15 Zumba Gold 12 Lunch 1 "Catacombs to Cathedrals"	25 9 Strength Training 9:15 Cribbage 10-12 Watercolor /Carlie 10:00 Massage appts. start 11:00 Bus to Café Assisi 1 Bridge 6:00 pm Hatha Yoga with Geri	26 9 Strength Training 10 Knitting Club 10 Manicure \$11
29 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	30 9 Strength Training 9:30 Bridge 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	31 9 Strength Training 10 Cribbage 10:15 Zumba Gold 12 Lunch 2 "Healthy Eating for the New Year" \$2	Please Note: We are growing! Room availability is subject to change. Please be patient as we try to find space for all programs	

Town of Norfolk
Council on Aging
PO Box 161
Norfolk, MA 02056
Return Service Requested

PRESORTED STANDARD
U.S. POSTAGE PAID
PERMIT NO. 12
NORFOLK, MA 02056

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