

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.

February 2018



The Director's Corner:

Dear Friends,

It's been a winter! Last week we experienced sub-zero temperatures and a snow storm dubbed the "Bomb Cyclone" causing our pipes to freeze and our center to close for two days. Today, one week later, it's 60 degrees! We have to wonder what the remainder of the winter weather holds. The good news is, spring is only 47 days away.

During these winter days please remember to check in on your housebound neighbors. A visit or a call will brighten their day!

Wishing you a Happy Valentines Day, a Happy Presidents Day and a safe February.

Warmly, *Christine Quinn*



Please note we are closed on Monday, February 19th in honor of Presidents Day



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

Upcoming Talks/Seminars:

February 14th at 1:00pm

Presented by Historian, Paulo DiGregorio

John and Abigail: A Love Story - In celebration of Valentine's Day, here is the tale of a great American love story. John and Abigail Adams were, in many ways, America's first power couple. Their relationship lasted through turmoil, revolution, long separations, and political dilemmas. Their marriage was a marriage of equals, and each found their strength and identity in the other. 

February 28th at 1:00pm

Presented by Historian, John Horrigan
"The Baltimore Plot"

The conspiracy to assassinate Abraham Lincoln in 1861

Downsizing for Seniors

March 7, 2018 at 1:30pm

 Presented by Susanne McInerney, Certified Senior Housing Professional and Senior Real Estate Specialist. If you or someone you love is considering a move now or in the near future, learn how to be better prepared.



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



Senior Circuit Breaker Credit Seminar

Tuesday, February 20, 2018 12:45pm – 1:45pm @ Senior Center
Presented by Senator Richard J. Ross

The Senior Circuit Breaker is a tax credit for senior citizens whose property payments account for more than 10% of their annual income. Eligible seniors will receive a dollar credit on their Massachusetts tax return for every dollar that their total property tax, water, and sewer bills exceed 10% of their income.

February Activities



Bingo - Mondays at 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. 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**

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 or Pedicure- Last Friday of the month starting at 10:00 call for an appointment. \$11 for a basic manicure, \$18 for basic pedicure.

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.

Ping Pong - *New Fridays at 12:30pm Please call to reserve*

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.

Therapy Dog - 1st Wednesday at 12:45

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 5:30 pm (new time). 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.



Miles for Health

What is Miles for Health? Miles for Health is shared long distance medical transportation serving seniors and people with disabilities in the towns of Franklin, Foxboro, Norfolk, and Wrentham. Who is eligible? Persons 60 years of age or older. **Call 800-698-7676.** Reservations are taken Monday through Friday from 8:00 AM to 4:00 PM. 48 hours advanced notice is required. **Tell them you are calling the Miles for Health program.**

Grocery Shopping

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

Luncheons/Trips:

Chickie Flynn's - Tuesday February 13th at 11:30 Sign up at the center (pre-pay \$2.50); meet at Chickie Flynn's on Rte. 1 in Foxborough.



Gerry's Place - Monday February 5th. Choices: Lasagna or fish & chips. Sign up at the center (pre-pay \$8.95) - bus leaves from the center at 10:45

Christmas Tree Shop followed by lunch at Nicky's: Thursday, February 15th - Bus leaves center at 9:30am



Podiatrist Appointments

February 7th Podiatrist - We have a new Podiatrist from Transcare that will be coming the months that Dr. Cooper is not here. They will accept insurance, so paperwork has to be filled out at least one week prior to the first visit. Please pick up the insurance forms at the desk. The Transcare schedule is as follows: Feb. 7th, April 4th, June 6th, Sept 5th, and Nov 7th. Appointments start at 1:00pm. **You will need to check with your insurer to see what your co-pay will be.** Your co-pay will be billed to you by Transcare. Please call us at 508-528-4430 if you have any questions.

Dr. Cooper (podiatrist) is scheduled to be at the Senior Center on March 7th, May 2nd, Aug. 1st, Oct. 3rd and Dec. 5th. Appointments start at 1:00pm. Please call the Senior Center for an appointment. The fee is \$30 for the Senior Center and \$50 for a home visit



Norfolk Senior Center Volunteer Profile: Mary Mlinarcik

We are so fortunate to count Mary as one of our outstanding volunteers. Mary grew up in PA, and after moving to MA worked for 30 years at Corning, where she retired in 2003. Being active is an understatement with Mary! On top of volunteering at the senior center organizing whist games, calling Bingo, tending our gardens, and serving lunch - for the past 15 years - Mary works out at a local gym 5 days a week, averaging 15 classes a week. Mary says: "It's great to be associated with Norfolk seniors, they're a great bunch of people".

Mary's favorite food: desserts

Favorite tv: game shows

Mary's passion: making friends and keeping busy

Thanks, Mary for all that you do!!



Back by Popular Demand!

Minds in Motion

With All New Topics, Minds in Motion Returns April 19 for 4 weeks (\$10 fee covers 4 weeks: 4/19, 4/26, 5/3, 5/10) from 1:00 to 2:00pm. "Fun and stimulating" is how those who have attended Minds in Motion describe this spirited program. Each 1-hour session features a different topic.

VISION IMPAIRED?
Stella Jeon Vision Assistive Technology Center
The Franklin Senior Center is Now Offering One-On-One Training and Assistance to Low Vision or Legally Blind Seniors using our New State-Of-The-Art Technology Center to assist with:
• Tablets/Phones • Text-To-Speech
• Web Browsing • Newspapers
• Email & Postal • Banking / Shopping
Call Maggie to set up an appointment today: 508-520-4945
Many Thanks to the Massachusetts Association of Councils on Aging for a generous grant to fund this program.

The Franklin Senior Center 10 Daniel McCahill St. Franklin MA 02038

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>Friends' Luncheon Wednesdays at Noon \$1 Members \$5 Non-members</i>	1 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge 5:30pm (new time) Hatha Yoga with Geri	2 9 Strength Training 10 Knitting Club 12:30 Whist
5 9 Strength Training 10 Yoga 10:30 Meditation 10:45 Bus to Gerry's Place 11:15 Tai Chi for Health 1 Bingo	6 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	7 9 Strength Training 10 Cribbage 10:15 Zumba Gold 12 Lunch 12:45 Therapy Dog 1:00 Podiatrist pre-appts.	8 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge 5:30pm Hatha Yoga with Geri	9 9 Strength Training 10 Knitting Club 1:00 Movie: La La Land free popcorn and drinks
12 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	13 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 11:30 Chickie Flynn's 12:30-3:30 MAH-JONGG 1 Craft Group	14 9 Strength Training 10 Cribbage 10:15 Zumba Gold 12 Lunch 1:00 John and Abigail: A Love Story 	15 9 Strength Training 9:30 bus to Christmas Tree Shop/Nicky's 10-12 Watercolor / Carlie 1 Bridge 5:30pm Hatha Yoga with Geri	16 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist
19 CENTER CLOSED 	20 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 12:45 Circuit Breaker Semi- nar wSenator Ross	21 9 Strength Training 10 Cribbage 10:15 Zumba Gold 11:30 Blood Sugar 12 Lunch 12:30 Blood pressure 1 Trivia/Bill Crane	22 9 Strength Training 10-12 Watercolor /Carlie 10:00 Massage appts. start 1 Bridge 5:30pm Hatha Yoga with Geri	23 9 Strength Training 10 Knitting Club 10 Manicure
26 9 Strength Training 9:30 COA meeting 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	27 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	28 9 Strength Training 10 Cribbage 10:15 Zumba Gold 12 Lunch 1 "The Baltimore Plot"	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
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Return Service Requested

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