

# 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.*

## March 2018



### The Director's Corner:

Dear Friends,

The first day of spring is around the corner, March 20<sup>th</sup>, and I for one am looking forward to how 'new' everything always feels. We have many new things going on at the Senior Center for you to enjoy this spring, we hope you come in and see us! I promise you will feel welcome and wonder why it took so long to come to *your* Senior Center, we truly have something here for everyone and if there's something you'd like to suggest we're always ready to listen. We hope to see you soon, everyone is welcome!

Speaking of new, we have a new Secretary/Receptionist. The Council on Aging would like to extend a warm welcome to Stephanie Cooley, our



newest staff member. Stephanie (photo left) will be the friendly voice answering the phone and she will be greeting you when you come into the center. A Norfolk resident, Stephanie has worked for the Norfolk Public Schools for the past twelve years. Please be sure to introduce yourself and welcome Stephanie the next time you are in!



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

### Upcoming Talks/Seminars:

#### **Downsizing for Seniors ~ March 7th 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.

#### **TRIAD Program ~ March 14, 2018 at 1:30pm**

Representatives from Norfolk County Sheriff Michael Bellotti's Office and Norfolk Police will speak about the Sheriff's **TRIAD** Program. The program discusses valuable services available to seniors, such as the "Are You OK" Program, "Yellow Dot Program" and more.

**"Wreck of the St. John" ~ March 20, 2018 at 5pm:** In 1849, a "famine ship" (a ship full of Irish immigrants) left Galway, Ireland. One month later it was smashed up against a rocky ledge (known as Grampus Rock) off the coast of Cohasset in a raging October gale. 100 people lost their lives. Join New England folklorist John Horrigan as he provides an overview of the Irish famine and details the tragic voyage and the course of the Great October Gale of 1849.



**"The Fall of the Republic: Civil War, Caesar, and the Birth of the Roman Empire" March 28th at 2pm**

## Thursday, March 15, 2018 - Boston Flower & Garden Show - **Savor Spring!**

**Bus leaves Senior Center at 9:30am - \$16.00 pp - Limited to 20**

This March, the Boston Flower & Garden Show's designers, exhibitors and marketplace vendors will whet your appetite for the season ahead. Colorful life-sized gardens, intricate floral arrangements, informative lectures and demonstrations and exciting special events will incorporate elements of the popular food gardening trend. Learn about organics, small-space gardens, homesteading hobbies, edibles as ornamentals and family-friendly spaces for outdoor dining and entertaining. Enjoy the first taste of Spring while gathering the recipes and ingredients you'll need for this year's successful garden.



## March Activities

**Bingo Mondays** at 1:00 60 cents per card.

**Blood Pressure/Blood Sugar Screenings:** 3rd Wed

**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** - 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.** Shaw's in Franklin except Market Basket on the second Tuesday. Call the senior center if you need a ride. **Free**

**Knitting/Crocheting 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.

**Mani/Pedi**- At the senior center the last Friday of the month starting at 10:00 call for an appointment. \$11 for a basic manicure, \$18 for basic pedicure. **Linda from Nails to Go will also go to your house, call her at 774-571-7669.**

**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. Call for appointment. 15 minute massage is \$12. 30 minutes \$20.

**Movie:** Usually 2nd Friday. **Free, includes popcorn & drinks**

**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.

**Talks:** We have outstanding talks/seminars every month, please check inside for topics/dates. **Free**

**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** - Usually 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. 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.

**March Lunch Excursions:**



**Chickie Flynn's** - Tuesday, March 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, March 5th. Choices: Baked Stuffed Sole or Chicken Cacciatore. Sign up at the center (pre-pay \$8.95) - bus leaves from the center at 10:45

**Café Assisi** - Thursday, March 22nd Bus leaves center at 11:00am. Meal at your cost.

check with your insurance for co-pay amount. Call for info.

**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 M-F 8am to 4pm. 48 hours advanced notice is required.** Tell them you are calling the Miles for Health program. \$10 suggested donation.



**March 21st: The Walpole Area Visiting Nurse Association's monthly Blood Sugar Clinic at 11:30am and Blood Pressure Clinic at 12:30pm at the Norfolk Senior Center.**

**Podiatrist Appointments**

**Wed. March 7th - Dr. Cooper (podiatrist)** 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.

**Wed. April 4th - Transcare Podiatrist. Insurance forms available at senior center.** Medicare Part B usually covers,

**UPCOMING TRIPS:**



**Davis Museum at Wellesley College, Thursday, April 12th** - The Davis is one of America's oldest academic museums. We will have a one-hour guided tour of the highlights of the museum's collection. Followed by lunch at **Captain Marden's** (museum is free, meal cost at your expense). Bus leaves senior center at 10:15am.



**Blithewold, Bristol, RI - Friday, April 27th "Daffodil Days"** - Bus leaves at 9:30am. We begin with scrumptious Tea at 11:00am, followed by a tour of the seaside mansion and estate with over 50,000 daffodils. \$35pp includes all.



**Friday, June 22nd: Newport Flower Show \$15pp** Bus leaves at 9:00am. \*Norfolk residents priority then waitlist

**Thank you Norfolk Senior Center Volunteers**



A special note of thanks to all our wonderful volunteers who help to prepare our monthly newsletter for mailing. They're always ready to lend a helping hand. Pictured at last month's assembly line of volunteers: *Claire Pitt, Jean Groff, Lois Wierzbicki, Mary Shivers, and Lorraine Boulter*

**UPCOMING APRIL TALKS:**



**April 11th "Michelangelo vs Leonardo"** presented by The "Folklorist" John Horrigan, New England Emmy Award winning speaker. Time tbd.

**April 25th at 1:30pm: "The top 10 Estate Planning Mistakes and How to Avoid Them"** will be presented by Estate Planning & Elder Law Attorney Brian Mahoney who has been practicing in those areas for 35 years.

**"Health Benefits of Essential Oils" April 18th at 3pm**

What's The Big Deal About Essential Oils Anyway?



They're everywhere. Is there a difference and what do I need to know about them? Learn how they can help support your health and well being.. You can diffuse them, use

them topically, use them to bake, cook and ingest them. Come sample them and test them out for yourself.

**Minds in Motion Begins April 19th** 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. Register by April 13th.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Please Note: We are growing! Room availability is subject to change. Please be patient as we try to find space for all programs.</b>		<b>1</b> 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge <b>5:30pm</b> Hatha Yoga with Geri	<b>2</b> 9 Strength Training 10 Knitting Club 12:30 Whist
<b>5</b> 9 Strength Training 10 Yoga <b>10:30 Meditation</b> 10:45 Bus to Gerry's Place 11:15 Tai Chi for Health 1 Bingo	<b>6</b> 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>7</b> 9 Strength Training 10 Cribbage <b>10:00 Zumba Gold</b> 1:00 Podiatrist 1:30 <b>"Downsizing for Seniors" seminar</b>	<b>8</b> 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge <b>5:30pm</b> Hatha Yoga with Geri	<b>9</b> 9 Strength Training 10 Knitting Club 1:00 Movie: <b>"Going in Style"</b> free popcorn and drinks
<b>12</b> 9 Strength Training 10 Yoga <b>10:30 Meditation</b> 11:15 Tai Chi for Health 1 Bingo	<b>13</b> 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	<b>14</b> 9 Strength Training 10 Cribbage <b>10:00 Zumba Gold</b> <b>1:30 TRIAD Program</b>	<b>15</b> 9 Strength Training <b>9:30 bus to Boston Flower Show</b> 10-12 Watercolor / Carlie 1 Bridge <b>5:30pm</b> Hatha Yoga with Geri	<b>16</b> 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist
<b>19</b> 9 Strength Training 9:30 COA meeting 10 Yoga <b>10:30 Meditation</b> 11:15 Tai Chi for Health 1 Bingo	<b>20</b>  9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group <b>5:00pm "Wreck of the St. John" talk</b>	<b>21</b> 9 Strength Training 10 Cribbage <b>10:00 Zumba Gold</b> <b>11:30 Blood Sugar</b> <b>12:30 Blood pressure</b>	<b>22</b> 9 Strength Training 10-12 Watercolor /Carlie 10:00 Massage appts. Start <b>11:00 bus to Café Assisi</b> 1 Bridge <b>5:30pm</b> Hatha Yoga with Geri	<b>23</b> 9 Strength Training 10 Knitting Club 10 Mani/Pedi Appts
<b>26</b> 9 Strength Training 10 Yoga <b>10:30 Meditation</b> 11:15 Tai Chi for Health 1 Bingo	<b>27</b> 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>28</b> 9 Strength Training 10 Cribbage <b>10:00 Zumba Gold</b> <b>2 "The Fall of the Roman Republic" talk</b>	 <b>*Note: If the Norfolk schools are closed, the Senior Center is closed*</b>	

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

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**Norfolk County Registry of Deeds**  
**William P. O'Donnell, Register**  
**Norfolk Office Hours**  
**Thursday, March 22, 2018**  
**10:00 AM – 12:00 Noon**  
**No appointment is needed.**  
**Norfolk Town Hall**  
**ROOM 124**  
**1 Liberty Lane Drive**