

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.

April 2018



The Director's Corner:

Dear Friends,
April is National Volunteer Appreciation Month! The Council on Aging would like to recognize and thank the many volunteers who make the center the wonderful place it is today; we couldn't do it without you.

Please join us on April 24th at 12:00 p.m. for a luncheon at the Lafayette House. Please call or stop by the Senior Center to sign up by April 17th.

Warmly,

Christine Quinn



**Senior Center is closed April 16th
in honor of Patriot's Day**



Coming in May: "Nutrition Power Hour Program" with Tricia Silverman, Nutritional Educator

Learn about the keys to good nutrition in these power-packed hours:

Nutrition Power Hour: (May 10th 4:00pm) Discover an easy way to use the food label for smart shopping, see why calories count, and learn simple techniques for portioning food. Hear about the sneaky ways sugar can affect your health, gain some helpful tips on dining out, and experience how mindful eating can change your relationship with food.

Food for Thought: Superfoods to Boost Memory, Mood, and Mental Functioning: (May 17th 4:00pm)

Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood.

Global Longevity Factors: (May 24th 4:00pm)

What to Eat, and What to Do for Optimal Health: Learn which dietary and lifestyle practices lead to health, vitality, and longevity across the world. Through her interactive props and colorful display, along with her engaging speaking style, Registered Dietitian and Wellness consultant, Tricia Silverman will share simple tips to optimize your health.

Please "Like"



us on Facebook:

www.facebook.com/NorfolkSeniorCenter

Upcoming Talks:

April 4th at 1:30pm "Downsizing for Seniors" (re-scheduled from previous month, if you signed up for previous month you are still on list)

April 11th at 6:00pm: "Rivals: Michelangelo vs. Leonardo" presented by The "Folklorist" John Horrigan, New England Emmy Award winning speaker. Leonardo da Vinci and Michelangelo were the greatest artists of the Renaissance. Join historian John Horrigan as he explores their lives and their works of art.



April 12th - Davis Museum at Wellesley College 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.**

Friday, April 26th at 4:00pm: "Short of Glory: A Brief History of Presidential Scandals" presented by Artifactual Scholar, historian Paulo Di Gregorio (Con't Pg 3)

April 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**



Chess for Seniors (new) All levels welcome. Call for info

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 - Bus leaves 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). See inside for upcoming trips.

Grocery Shopping - Tuesdays at 9:30 (except 4/17 switched to 4/19) 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**

Line Dancing with Audrey (New) Enjoy a fabulous mind-body workout while dancing your way to better health. Friday, April 20th 3:15-4:00pm



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.**



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 -30 minutes \$20.

Meditation with Gail Grivois - Mondays intermediate 10:30 \$2. (Except April 23rd will be 11:15am)

Movie: 2nd Friday (call for details). **Free, includes popcorn & drinks**

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 those 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.

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 - Tuesday at 10:30 with Jim and Wed. at 9:00am with Geri (**New**). The benefits of yoga are many as we age, including increased strength, improved flexibility, better balance, stronger bones and greater mental acuity. All classes can be adapted and done in a chair. \$2

Zumba Gold classes -Wednesday mornings at 10:15 Mi Ran Shin (Mimi) is a certified Zumba and Zumba Gold instructor \$2.

April Lunch Excursions:



Chickie Flynn's - Tuesday, April 10th 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, April 9th. Choices: seafood & broccoli scampi or pot roast (pre-pay \$8.95) - bus leaves from the center at 10:45

Patriot Place and Lunch at Nicky's - Tuesday, April 17th - Bus leaves center at 9:30am. Meal at your cost.

(April Programs con't from Page 1)



"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. Presented by Anne McElwee

Minds in Motion Returns 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.

April 25th at 1:30: "Top 10 Estate Planning Mistakes & How to Avoid Them" presented by Estate Planning & Elder Law Attorney Brian Mahoney.

April 26th at 4pm: "Short of Glory: A Brief History of Presidential Scandals" with Artifactual Scholar, Paulo Di Gregorio - The office of President is a position of great power and dignity. Sometimes, Presidents misbehave. When they do, it becomes a field day for the press and the public. This talk will examine some of the more colorful episodes of our presidential history.

May 15th 3-7pm Senior Charlie Card/GATRA Registration



Anyone with a Senior Charlie Card can get senior fares on the entire MBTA system, usually at half-price, and this includes commuter rail, buses, and subways. The regional transit authority (GATRA) is authorized to issue Senior Charlie Cards to any resident of a town served by GATRA (www.gatra.org) **who is age 60 or older.** The Norfolk Council on Aging will be holding a registration event for these cards at the **Norfolk Senior Center on May 15th, 3 to 7pm.** Applicants will be processed at that time for the GATRA ID Card which will enable them to take advantage of the GATRA Dial-A-Ride service, the GATRA long distance medical transportation services, and get reduced fares on the GATRA buses. Applicants must bring proof of age - a valid (unexpired) RMV photo ID or passport. Fill out a registration form and a photograph will be taken for the Senior Charlie Card/GATRA photo ID that will be mailed directly to registrants. A single, two-sided card will be issued with one side serving as the Senior Charlie Card and the other side serving as the GATRA ID. **This is the same Charlie Card that is issued by the MBTA and can be loaded with fares and used exactly like the Charlie Cards obtained directly from the MBTA.** This is a special opportunity for Norfolk residents (as well as residents of any town served by GATRA) because the normal MBTA eligibility age for a Senior Charlie Card is 65 years of age and it is usually required that applicants travel to the MBTA office in Boston to get one issued. Norfolk residents are encouraged to contact eligible friends, neighbors, and loved ones about this opportunity. For further information (transportation can also be arranged for Norfolk residents) and a schedule of all Norfolk Senior Center events, programs, and activities can be obtained by calling 508-528-4430.



Line Dancing with Audrey (New)! Dance your way to better health! Friday, April 20th 3:15pm

UPCOMING TRIPS:



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.



Thursday, May 31st: Tower Hill Botanic Garden, Boylston - the headquarters of the Worcester County Horticultural Society with 17 gardens (walking for 1 hr+) \$9pp plus lunch at Twigs Cafe at your expense - **Bus leaves center at 9:30am**

Have the acid? Trying to keep the acid down? **On Wed. April 18th at 10:30am come and get up to date information on GERD - Gastro-Esophageal Reflux Disease.** Come and get timely information that might help make your life easier! Presented by Leandra McLean, RN, BSN, CEN, CCRN, Public Health Nurse, Walpole Visiting Nurse Assoc.



Followed at 11:00am by: Blood Pressure Clinic / 11 :45 Blood Sugar Clinic

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 Meditation 11:15 Tai Chi for Health 1 Bingo	3 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	4 9 Strength Training 9:00am Hatha Yoga (new time) 10 Cribbage 10:15 Zumba Gold 1:30 "Downsizing for Seniors" seminar	5 9 Strength Training 10-12 Watercolor /Carlie 1 Bridge	6 9 Strength Training 10 Knitting Club 12:30 Whist
9 9 Strength Training 10 Yoga 10:30 Meditation 10:45 Bus to Gerry's Place 11:15 Tai Chi for Health 1 Bingo	10 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	11 9 Strength Training 9:00am Hatha Yoga 10 Cribbage 10:15 Zumba Gold 1:00 Podiatrist 6pm "Michelangelo vs. Leonardo" Talk	12 9 Strength Training 10-12 Watercolor /Carlie 10:15am bus to Davis Museum/Capt. Marden's 1 Bridge	13 9 Strength Training 10 Knitting Club 1:00 Movie: TBD free popcorn and drinks
16  Senior Center Closed	17 9 Strength Training 9:30 Bridge 9:30 Bus to Patriot Place/Nicky's 10-11 Absentee Ballot voting session at Sr. Ctr. 10:30 Yoga 11:30 Chickie Flynn's 12:30-3:30 MAH-JONGG	18 9 Strength Training 9:00am Hatha Yoga 10 Cribbage 10:15 Zumba Gold 10:30 GERD Presentation—then at 11:00 (new time) Blood Sugar clinic 11:45 (new time) Blood pressure clinic	19 9 Strength Training 9:30 Grocery shopping (note new day this week) 10-12 Watercolor / Carlie 1 Bridge 1:00 Minds in Motion	20 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist 3:15 Line Dancing (new)
23 9 Strength Training 9:30 COA meeting 11:15 Meditation 11:15 Tai Chi for Health 1 Bingo	24 9 Strength Training 9:30 Bridge 9:30 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	25 9 Strength Training 9 HathaYoga 10 Cribbage 10:15 Zumba Gold 1:30 "Estate Planning: Top 10 Mistakes & How to Avoid Them" seminar	26 9 Strength Training 10-12 Watercolor /Carlie 10:00 Massage appts. Start 1 Bridge 1:00 Minds in Motion 4 "Short of Glory: A Brief History of Presidential Scandals"	27 9 Strength Training 9:30 Bus to Blithewold 10 Knitting Club 10 Mani/Pedi Appts
30 9 Strength Training 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	Upcoming May Talks: May 9th @1:30: "King Philip War" May 11th @2:00pm: Dolly Madison Historical Portrayal May 16th @3:30pm: "Investigative Reporting" T May 23rd @5pm: "The Great Game: Russia & the West in the 19th Century"	Upcoming June Talks: June 6th @1:30: "D-Day June 20th @5pm: "The Year with No Summer" June 27th at 6pm: "Gothic Romance Tales by Candlelight"	Upcoming June Trips: June 7th: Fancy That Tea Room June 14th: Castle Island June 22nd: Newport Flower Show June Concerts: June 8th @2:00: Jumpin' Juba June 13th @6:30pm Howie Newman, Songs of Yesteryear	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

Council on Aging Board:

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Vice Chairman:
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Secretary:
Kathy Burkle
Members:
Janice Axberg
Gerald Calhoun
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Deborah Grover

Council on Aging Staff:

Director: Christine Quinn
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Kathleen Sebring
Secretary: Stephanie
Cooley
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**The Greater Attleboro Taunton
Regional Transit Authority
(GATRA) provides quality trans-**



portation services to Norfolk and surrounding towns.

Their services include fixed local bus route service to the Norfolk Senior Center, Franklin MBTA and more, plus The Dial-A-Ride. **For details see their website at www.gatra.org or call 800-698-7676.**

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.

FRIENDS OF THE NORFOLK PUBLIC LIBRARY

BOOK & BAKE SALE

Norfolk DPW Garage
33 Medway Branch Rd. Norfolk, MA

SATURDAY, APRIL 21 9 AM – 3 PM

PREVIEW SALE FRIDAY, APRIL 20 6 PM - 9 PM

Friends Membership Required for Admittance to Preview Sale
Memberships starting at \$20 are available at the door beginning at 5 PM

NorfolkMaLibraryFriends.org

OVER 30,000 FICTION AND NON-FICTION BOOKS
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NORFOLK, the Small Town with the very BIG Book Sale !



In an effort to make voting easier for senior residents and residents with mobility issues, the Town Clerk's Office will be holding an absentee ballot voting session **at the Senior Center on April 17th from 10AM until 11AM.** Anyone that wishes to vote ahead of time for the town's Annual Town Election, will be able to do so during this time. All ballots will be sealed and counted on Election Day.