

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.

June 2018



The Director's Corner:

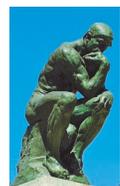
Dear Friends,
The warm weather is here. We hope you will come to the Senior Center to enjoy our cookouts and ice cream social. And remember on those hot summer days we are fully air conditioned!

Warmly,
Christine Quinn



Hello: I am the new Outreach Worker for the Norfolk Council on Aging. I have been here for the last three weeks and I have met so many of you, from the bus trips to meeting in the senior center main room. Everyone has been so welcoming. I have been pleasantly surprised to find such an active and spunky group of seniors. My primary responsibility is to help seniors that may have difficulty getting out, or getting services such as Dial-A-Ride. Since Norfolk, as I learned, is a very close knit community, I am asking your help to reach some of your friends or neighbors that may need help. PS. See you at the Senior Center.

Lisa Yorra



You Don't Have to be a Connoisseur to Enjoy the Arts!

Four-week program: Tuesdays, June 5, 12, 19, 26. Limited to 15 ~ \$10 fee covers 4 weeks

You'll find yourself engaged in 60 minutes of spirited back and forth, reacting candidly to the works of various painters, composers, sculptors, and even poets. You'll love some of their works, or turn your nose up at others. That's all part of the fun in this lively and entertaining program.

UPCOMING TALKS:

Wednesday, June 6th at 2:00pm "Mightier than the Sword": A Brief History of American Political Cartoons - presented by Artifactual Scholar, Paolo Di Gregorio: Politics and society provide endless fodder for the pens of satirists and pundits. Often times, the most biting and poignant ideas are put forth in the simplest of ways - through the use of an image. Since the 18th century, American political cartoons have enlightened, entertained, divided, and united us.

June 12th at 3:00pm: "How to Protect Yourself From Scams and Identity Theft" - Robin Putnam, Research and Special Projects Manager from the Mass Office of Consumer Affairs & Business Regulation, will tell us how to spot and avoid scams, and how to prevent identity theft. We will hear from a Norfolk couple who were victims of a scam and lost tens of thousands of dollars. Keep yourself safe—sign up for this very important presentation!



June 20th at 5:00pm: Award-winning Folklorist John Horrigan presents "The Year Without A Summer." It snowed in Boston in early June! After a series of moderate volcanic eruptions, a major volcanic eruption occurred at Mount Tambora. Enormous amounts of volcanic ash were belched into the atmosphere, veiling the sun for a time. The result was a cooling of the earth throughout the year 1816.



Liberty Mutual Insurance's annual enterprise-wide day of community service program "Serve with Liberty" is held during the first two weeks of May. They came to

the Senior Center in May and cleaned for two days - thank you Liberty Mutual for your wonderful Service!

June Activities

Bingo Mondays at 1:00 60 cents per card.

Blood Pressure/Blood Sugar Clinics: 3rd Wed.
Blood Sugar at 11:00am/Blood Pressure at 11:45am

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 508-528-4430 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. See inside for upcoming trips.



Grocery Shopping - Tuesdays, bus leaves Center at 9:00 (new time). 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 instruction.

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 on **June 21st** (usually the last Thursday of the month) the first appointment is at 10:00. Call for appointment—15 minute massage is \$10 / 30 minutes is \$20.

Meditation with Gail Grivois - Mondays intermediate 10:30am to 12:00 \$2.

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 - Mondays at 10am with Anne, Tues. at 10:30am with Jim, Wed. at 9:00am with Geri, and Thurs. 10:30am with Ginny. 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.

Chickie Flynn’s has invited 12 Norfolk Seniors to join them the 2nd Tuesday of every month for a meal for \$2.50.



Tuesday, June 12th 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, June 4th. Choices: Fish & Chips or Chicken & Broccoli Alfredo (**pre-pay \$8.95**) - bus leaves from the center at 10:45am

For Your Health:



June 11th at 11:00am: Lisa Yorra, our Outreach Worker will do a presentation on all aspects of Medicare and MA Health.

June 20th at 10:30am: “A Summer Refresher”: The Walpole Area Visiting Nurse Association will be here to talk about summer and provide the latest information about hydration - especially with high blood pressure and diuretic medications, sun safety, mosquito and tick diseases and how to protect yourself and your pets.



 **Stay afterward and have your blood pressure and blood sugar checked!**

UPCOMING TRIPS:



June 7th: 11:30 bus to Fancy That Tea Room and Gift Shoppe, Walpole \$27

+tax pp: The menu consists of a heart shaped scone with English clotted cream and strawberry jam, a slice of tea bread, four rectangular tea sandwiches (three miniature sweets, and a pot of tea made with spring water (over forty selections)

June 14th Castle Island is sold out!

June 22nd Newport Flower Show is sold out!



***Jumpin’ Juba Concert June 8th**

2:00 to 3:30pm: Jumpin’ Juba mixes blues from Chicago, Memphis and New Orleans with roots-y rock & roll, jazz, classic pop & Latin flavors. Steve Hurl’s guitar playing draws from great acoustic blues finger-pickers, & from string benders of the 1950s. plus classic rhythm & blues and boogie-woogie. ***This program is supported in part by a grant from the Norfolk Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.**



When you pre-register for our events, the Norfolk Senior Center sends a reminder call prior to special events such as speakers or trips.



COMING IN SEPTEMBER:

The YMCA’s Diabetes Prevention Program is designed to support adults with prediabetes in reducing their risk for developing type 2 diabetes. This one year program, consisting of 25 sessions, provides a welcoming environment where participants work in a small group to learn about healthier eating and increasing their physical activity. **This classroom based program will be offered at the Norfolk Senior Center this Fall**, and is facilitated by a Y-USA trained Lifestyle Coach. The program includes a 12-week YMCA family membership to the YMCA. **This program is covered as a benefit to Medicare recipients – so there is no out of pocket costs to participate!**

Research by the National Institutes of Health has shown that programs like the YMCA’s Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over age 60. Program Goals: Reduce body weight by 7% and increase physical activity to 150 minutes per week. Who can participate? Participants who qualify for the program must be overweight (BMI > 25) and at high risk for developing type 2 diabetes indicated by a confirmatory blood value or a clinical diagnosis of Gestational Diabetes (GDM) during pregnancy.

Participants will receive a notebook which contains worksheets and handouts for them to use in each of the sessions. Participants will also receive a weekly journal and be asked to track their food and physical activity during the program. The YMCA’s Diabetes Prevention Program uses a Centers for Disease Control and Prevention (CDC)-approved curriculum in the CDC’s Diabetes Prevention Recognition Program.



Looking for something fun and challenging? **Chess for Seniors—The “Game of Kings”** helps:

- ◆ Impede effects of Alzheimers
- ◆ Improve memory
- ◆ Improve concentration
- ◆ Increase creating thinking
- ◆ Develop planning ability

Get involved in an intriguing, historic game full of personalities now undergoing a modern day renaissance! Call us at 508-528-4430 for info or lessons.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Note: We are growing! Room availability is subject to change. Please be patient as we try to find space for all programs.</p>	<p>We're Having a COOKOUT!</p>  <p>June 13th @Noon</p>	<p>Coming in July: Spirit of Boston Skyline Lunch Cruise: \$57 Prepaid Bus leaves center at 9:00am</p>	<p>Coming in August: Kindness Rock Painting August 15th at 2:30pm</p> 	<p>1</p> <p>9 Strength Training 10 Knitting Club 12:30 Whist</p>
<p>4</p> <p>9 Strength Training 10 Yoga 10:30 Meditation 10:45 Bus to Gerry's Place 11:15 Tai Chi for Health 1 Bingo</p>	<p>5</p> <p>9 Strength Training 9:30 Bridge 9:00 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group 1 Enjoy the Arts Program</p>	<p>6</p> <p>9 Strength Training 9 Gentle Yoga 10 Cribbage 10:15 Zumba Gold 11 Medicare Seminar 1 Podiatrist 2 Speaker: "History of American Political Cartoons"</p>	<p>7</p> <p>9 Strength Training 10-12 Watercolor /Carlie 10:30 Yoga 11:30 bus to Fancy That Tea Room 1 Bridge</p>	<p>8</p> <p>9 Strength Training 10 Knitting Club 2-3:30 Jumpin' Juba Concert</p>
<p>11</p> <p>9 Strength Training 10 Yoga 11 Medicare/MA Health Benefits 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p>12</p> <p>9 Strength Training 9:30 Bridge 9:00 Grocery shopping 10:30 Yoga 11:30 Chickie Flynn's 12:30-3:30 MAH-JONGG 1 Craft Group 1 Enjoy the Arts Program 3 "SCAMS" Seminar</p>	<p>13</p> <p>9 Strength Training 9 Gentle Yoga 10 Cribbage 10:15 Zumba Gold Noon Cookout \$2</p>	<p>14</p> <p>9 Strength Training 9:30 bus to Castle Island 10-12 Watercolor / Carlie 10:30 Yoga 1 Bridge</p>	<p>15</p> <p>9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist</p>
<p>18</p> <p>9 Strength Training 9:30 COA meeting 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p>19</p> <p>9 Strength Training 9:30 Bridge 9:00 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group 1 Enjoy the Arts Program</p>	<p>20</p> <p>9 Strength Training 9 Gentle Yoga 10 Cribbage 10:15 Zumba Gold 10:30 Summer Health Safety/Lyme Seminar 11:00 Blood Sugar clinic 11:45 Blood pressure clinic 5 Speaker: "Year Without Summer"</p>	<p>21</p> <p>9 Strength Training 10:00 *Massage appts. Start (new date June only) 10-12 Watercolor /Carlie 10:30 Yoga 1 Bridge</p> 	<p>22</p> <p>9 Strength Training 9:30 bus to Newport Flower Show 10 Knitting Club</p>
<p>25</p> <p>9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p>26</p> <p>9 Strength Training 9:30 Bridge 9:00 Grocery shopping 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group 1 Enjoy the Arts Program</p>	<p>27</p> <p>9 Strength Training 9 Gentle Yoga 10 Cribbage 10:15 Zumba Gold</p>	<p>28</p> <p>9 Strength Training 10-12 Watercolor / Carlie 10:30 Yoga 1 Bridge</p>	<p>29</p> <p>9 Strength Training 10 Knitting Club 10 Mani/Pedi Appts.</p>

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

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Program Coordinator:

Kathleen Sebring

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Driver: Ray Davis

🎵 *Summertime and the Livin' is Easy* 🎵



Please join us for our first cookout on June 13th at Noon. We'll be serving hamburgers, hotdogs, all the fixin's, and fun! \$2

July 25th: Cookout at Noon \$2/David Shikes, Humorist at 1:15



August 22nd 2:00pm: Ice Cream Social \$1/followed at 2:00pm: Howie Newman, music, comedy and more

GATRA Dial-A-Ride: Need a ride to the Senior Center or to go shopping?



Dial-A-Ride is curb to curb transportation for passengers who meet ADA requirements and/or are age 60 and above.

- ♦ **Call 800-698-7676 and Press 1 for Dial-A-Ride.**
- ♦ To make a reservation call 800-698-7676 Mon. through Fri. from 8:00am until 4:00pm with 48 hours notice. Suggested Fare each way is \$1.25 within Town / \$2.50 Inter Town