

# 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.*

July 2018



The Director's Corner:

Dear Friends,

The summer is finally here! We hope to see you often and we want to remind you that we are fully air conditioned so you can always escape to your Senior Center to cool off. And don't forget we have two beautiful porches, one on the lower level and one off our large multi-purpose room. Come and play cards or just catch-up with old friends. We're happy to provide you with a glass of lemonaid or ice tea to help you cool off!

We look forward to seeing you soon.

Warmly,

Christine Quinn



## UPCOMING TALKS:

Wednesday, July 18th at 4:00 pm:

**“The Fall of the Republic: Civil War, Caesar, and the Birth of the Roman Empire”** Presented by Artifactual Scholar, Paolo DiGregorio (Re-scheduled from March) - With the end of the Punic Wars in the second century BCE, Rome dominated the Western Mediterranean, and



was poised to expand eastward. This lecture will look at the forces that caused the transformation from Roman Republic to Roman Empire.

**August 8th at 2:00PM: “American “Cathedrals: Baseball, Ball Parks, and the Changing Shape of America’s Cities”** Presented by Artifactual Scholar, Paolo Di Gregorio: Baseball has always been associated with summer, sunshine, and America. The parks and stadiums in which the game has been played have changed dramatically over the past 120 years. This lecture will explore the relationship between society, stadiums, and baseball.

*“Thank you for arranging to have Paolo Di Gregorio speak to the group about Russia; the history is very interesting -- and complex. Paolo is a great speaker with an amazing brain for facts and details. I enjoyed the lecture and speaker. Sincerely, Jen S.”*



**COMING IN SEPTEMBER to the Norfolk Senior Center: YMCA's Diabetes Prevention Program— Begins Friday, September 14th at 1:00pm - then 16 weekly 1 hour sessions, 3 bi-weekly sessions and then 6 monthly sessions.** 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, 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!** 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. Program includes a free 12-week YMCA family membership.

**RSVP BY SEPTEMBER 5TH—Call 508-528-4430 or register at the Senior Center**

## July 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. 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**

 **Line Dancing with Kathy Ryan July 18th** at 1:30 \$2

**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 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.

**Podiatrist** - Dr. Cooper is here every other month; his schedule for the rest of the year: **Aug. 1st/Oct. 3/Dec. 5th.** Appointments start at 1:00pm. Call 508-528-4430 for details

**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. \*Note: **No class on July 2nd**

**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.

**Please Note: Chickie Flynn’s in Foxboro and Gerry’s Place Restaurant at Tri-County Regional Vocational Technical High School will not be hosting their monthly lunches for seniors in July and August.**



**Kindness Rock Painting  
August 15th at  
2:30pm:**

Ever walk down a beach and collect interesting rocks? You can turn those rocks into inspirational pieces of art to leave for others to find! The Kindness Rock Project started in MA and encourages people to spread positivity by leaving a rock with an inspirational saying in public for someone to find. Bring your own rock if you have one, but we will have some on hand. We supply paint and markers. Create your own unique message or use one from our list of “inspirations”.

**“One kind message at just the right moment can change someone’s entire day, outlook, life”**



Line Dancing with Kathy Ryan back by popular demand on July 18th 1:30pm \$2

**Medicare New Medicare Cards are in the Mail**

Be sure your address is up to date. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.

**Watch out for scams**

Medicare will never call you uninvited and ask you to give personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

**If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).**



**Chess for Seniors—The “Game of Kings”** is looking for new players. Call us at 508-528-4430 for info or lessons.

The Sharon Adult Center and Council on Aging is hosting a workshop at the Sharon Community Center Ballroom, located at 113 Massapoag Ave, Sharon on Thursday, September 13 from 9:00 – 1:00. The topic is “Aging in Place – The Latest Information.” It will be a housing workshop relating to education and maximizing options to remain in your home. Speakers will address legal advice and home modifications among other topics.



**For Your Health:**

**July 18th: 11:00am: The Walpole Area Visiting Nurse Association** will be here for our monthly **Blood Pressure Clinic. Followed at 11:30 by the Blood Sugar Clinic. Walk-ins welcome.**

**Trips:**

Limited seating is still available for the Spirit of Boston Lunch Cruise on July 19th. Bus leaves senior center at 9:00am for 11:00am departure from World Trade Center for two hour cruise with delicious buffet. \$57 per person (non-refundable)



**August Trip: Tuesday, August 21st**—Free trip to Plymouth with lunch at Sandy’s Restaurant. Sandy’s is a seafood shack offering fried fish, shrimp & hamburgers, plus a covered patio with ocean views. **Lunch at your expense. Bus leaves center at 9:30am.** Norfolk residents priority, wait list for others.

**Are you interested in travel?**

Several seniors have expressed an interest in forming a TRAVEL CLUB. If you enjoy travel (day trips, overnight trips and possibly overseas trips) call the Senior Center at 508-528-4430 and let us know. We will arrange for a meeting with interested seniors in late August or early September.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9 Strength Training 10 Yoga 10:30 Meditation 1 Bingo	<b>3</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>4 Center Closed</b> 	<b>5</b> 9 Strength Training 10-12 Watercolor /Carlie <b>10:30 Yoga</b> 1 Bridge	<b>6</b> 9 Strength Training 10 Knitting Club 12:30 Whist
<b>9</b> 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>10</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>11</b> 9 Strength Training 9 Gentle Yoga 10 Cribbage <b>10:15 Zumba Gold</b>	<b>12</b> 9 Strength Training 10-12 Watercolor /Carlie <b>10:30 Yoga</b> 1 Bridge	<b>13</b> 9 Strength Training 10 Knitting Club
<b>16</b> 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>17</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>18</b> 9 Strength Training 9 Gentle Yoga 10 Cribbage <b>10:15 Zumba Gold</b> <b>11:00 Blood Sugar clinic</b> <b>11:45 Blood pressure clinic</b> <b>1:30 Line Dancing</b> <b>4 Speaker: "The Fall of the Republic"</b>	<b>19</b> 9 Strength Training <b>9 Bus leaves center for Spirit of Boston Lunch Cruise</b> 10-12 Watercolor / Carlie <b>10:30 Yoga</b> 1 Bridge	<b>20</b> 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist
<b>23</b> 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>24</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>25</b> 9 Strength Training 9 Gentle Yoga 10 Cribbage <b>10:15 Zumba Gold</b> <b>Noon Cookout \$2</b> <b>1:15 Humorist David Shike</b>	<b>26</b> 9 Strength Training <b>10:00 Massage appts. Start</b> 10-12 Watercolor /Carlie <b>10:30 Yoga</b> 1 Bridge	<b>27</b> 9 Strength Training 10 Knitting Club
<b>30</b> 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>31</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>Coming in August:</b>  <b>August 10th:</b> <b>Noon Cookout</b> <b>August 15th 2:30pm:</b> <b>Kindness Rock Painting</b> <b>August 22nd @2pm:</b> <b>Ice Cream Social</b>	<b>Upcoming Trip / Talk:</b> <b>Tuesday, August 21st</b> <b>Trip to Plymouth with lunch at Sandy's at Plymouth Beach</b> ***** <b>Note: We have rescheduled our June seminar "How to Protect Yourself from Scams" to August 7th at 3:00pm</b>	<b>Please Note:</b> <b>We are growing! Room availability is subject to change. Please be patient as we try to find space for all programs.</b>

Town of Norfolk  
Council on Aging  
PO Box 161  
Norfolk, MA 02056  
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Gerald Calhoun

Thomas Mirabile

Barbara Phillips

**The Council on Aging meets at  
the senior center at 9:30am on  
the third Monday of every  
month except July**

**\*\*We are seeking new COA  
Board members**

**Council on Aging Staff:**

Director: Christine Quinn

Outreach Worker: Lisa Yorra

Program Coordinator:

Kathleen Sebring

Secretary: Stephanie Cooley

Driver: Ray Davis

♪ *Summertime and the Livin' is Easy* ♪

**Please join us for our Summer Cookouts. We'll be  
serving hamburgers, hotdogs, all the fixin's, and  
fun! \$2**



- **Wed. July 25th at Noon, followed by Humorist, David Shikes at 1:15**
- **Fri. August 10th at Noon with Natalie at the piano**



**Wed. August 22nd at 2:00pm: Ice Cream Social \$1/  
followed at 3:00pm: Howie Newman, music, come-  
dy 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 4:0pm with 48 hours notice. Suggested  
Fare each way is \$1.25 within Town / \$2.50 Inter Town**