

# 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.*

## August 2018



The Director's Corner:

Dear Friends,

The month of July was a scorcher, we hope you've been able to get over to your senior center to cool off!

We invite you to join us for our next summer cookout on Friday, August 10th at Noon, featuring Natalie at the piano with her delicious music! Our Ice Cream Social will be on August 22nd at 2:00pm, followed at 3:00pm with music, comedy and more with Howie Newman playing songs from the early 1900s up through the 1970s, along with trivia and a little G-rated humor. Hope to see you!

Remember, if you need a ride, GATRA Dial-A-Ride can pick you up and take you here (Call 800-698-7676 for info).

Warmly,

Christine Quinn



### UPCOMING TALKS:



**August 7th 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. Norfolk Detective Kanadian, who is familiar with their case, will also be present. Keep yourself safe—sign up for this very important presentation! (re-scheduled from June)

**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. Though there are many constants that run through the long history of the game, baseball has also reflected changes in American society. This lecture will explore the relationship between society, stadiums, and baseball.

**September 11th at 4:00pm: "The Catalpa"** -



Presented by Dr. Robert J. Savage, Professor of the Practice of History at Boston College. Professor Savage will recount the failed 1867 rebellion and the fate of the Irish rebels who sailed to freedom aboard the whaling ship Catalpa in the spring of 1876.



**COMING IN SEPTEMBER to the Norfolk Senior Center: YMCA's Diabetes Prevention Program— Begins Friday, September 14th at 1:00pm, followed by 16 weekly one hour sessions, 3 bi-weekly sessions and then 6 monthly sessions (all sessions are one hour).** 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 provides a welcoming environment where participants work in a small group to learn about healthier eating and increasing their physical activity. **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!** 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 test. **RSVP BY SEPTEMBER 5TH—Call 508-528-4430 or at the Senior Center**

## August Activities



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

**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.

**Flower Power Hour** - Tuesdays (when available) at 11:00am

**Grocery Shopping** - Tues. Aug. 7th, Thurs. Aug. 16th, Thurs. Aug. 23rd, & Tues. Aug. 28th. **Bus leaves Center at 9:00 (new time).** Shaw's in Franklin except **Market Basket on Thurs., August 16th.** Call the senior center for details or if you need a ride. (Regular Schedule returns in Sept.) **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* can 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**

**Technology Class (New!) August 7, 14, & 21 at 1PM**

**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.

 **August 16th at 11:30am. Lunch at Gavel House Restaurant, 36 South Street, Wrentham.** Seating on the outside deck, weather permitting. **Sign up at Senior Center; meet at Gavel House at 11:30am**  
**Please Note:** Chickie Flynn's in Foxboro and Gerry's Place Restaurant will not be hosting their monthly lunches for seniors in July and August.

**Kindness Rock Painting**

**August 15th at 2:30pm:**

The Kindness Rock Project started in MA and encourages people to spread positivity by leaving a rock with an inspirational saying or artwork 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". **RSVP by August 10th.**

**For Your Health:**

 **August 15th: 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.

**Coming in September:**

**September 10th at 11:30am**

**"Medicare: What You Should Know"**

 Melinda Morlè, SHINE Program Director for HESSCO, will be presenting "Medicare: What You Should Know". Learn more about how to supplement Medicare coverage, saving money on prescriptions, legislation that affects Medicare beneficiaries, new Medicare cards and more.

 **SHINE (Serving the Health Insurance Needs of Everyone)** is a federally funded program administered through the Executive Office of Elder Affairs in partnership with elder service agencies.

It is a free and unbiased service that provides Medicare counseling to any Medicare beneficiary in Massachusetts either over the phone or in person at local Councils on Aging Centers.

**Thursday, September 13th at 3:00 pm:**

**"Health Benefits of Essential Oils"**

 Learn how essential oils can help your health and well-being. Presented by Anne McElwee, Massage Therapist.

**In Memoriam:**



We are saddened to report the passing of Richard Connors in June. Richard dedicated himself to his hometown of Norfolk. He was an active member of the Norfolk Council on Aging for many years and was involved in the construction of their building. In addition, Richard served on the Baystate Correction Committee, Community Preservation Committee, Old Fire Station Study Committee, and the Zoning By-Law Study Committee. He also enjoyed giving back to the youth of Norfolk, serving as a manager for a little league team in town for four years, and making personal friends with each of his players. He was a devoted, caring husband to his loving wife, Nancy. He was kind, caring, and always had a great sense of humor. Together, Richard and Nancy spent many happy years together, he will be truly missed.

**Trips:**

**August Trip: Tuesday, August 21st:**



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.**

**September Trip:**

**Tuesday, September 25th\*\***

Take the luxury Silver Fox Motor Coach to New Hampshire's Scenic Foliage Train by beautiful Lake Winnepesaukee. Includes Hart's Farm Roast Turkey Lunch served in the Dining Car & Sightseeing  
**\*\*See Back Page for full Details \*\***

**Friendly Visitor Program:**



Would you or someone you know welcome a "friendly visitor" to your home? For more information: call Norfolk C.O.A. Outreach Worker, Lisa Yorra at 508-528-4430.



**Tuesday Flower Power Hour**

Are you a pro at flower arranging or do you want to learn? Trader Joe's in Foxboro is generously donating flowers to the Norfolk Senior Center, usually on Tuesdays (when available). Lisa Yorra would love some help arranging them into centerpieces. The class starts at 11am

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please Note:</b> We are growing! Room availability is subject to change. Please be patient as we try to find space for all programs.</p>	<p><b>NEW! Technology Class with Dan at 1PM on Aug. 7th, 14th, 21st:</b> Learn how to use that new iPhone, iPad or app.</p> 	<p><b>1</b> 9 Strength Training 9 Yoga with Geri 10 Cribbage <b>10:15 Zumba Gold</b> 1 Podiatrist Appts. start</p>	<p><b>2</b> 9 Strength Training 10-12 Watercolor /Carlie <b>10:30 Yoga with Ginny</b> 1 Bridge</p>	<p><b>3</b> 9 Strength Training 10 Knitting Club 12:30 Whist</p>
<p><b>6</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p><b>7</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga with Jim 11 Flower Power Hour 12:30-3:30 MAH-JONGG 1 Craft Group <b>1 Technology Class</b> <b>3 SCAM Seminar</b></p>	<p><b>8</b> 9 Strength Training 9 Yoga with Geri 10 Cribbage <b>10:15 Zumba Gold</b> <b>2:00 Speaker: "American Cathedrals: Baseball, Ball Parks &amp; Changing Cities"</b></p>	<p><b>9</b> 9 Strength Training 10-12 Watercolor /Carlie <b>10:30 Yoga with Ginny</b> 1 Bridge</p>	<p><b>10</b> 9 Strength Training 10 Knitting Club <b>Noon Cookout \$2</b></p> 
<p><b>13</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p><b>14</b> 9 Strength Training 9:30 Bridge 10:30 Yoga with Jim 11 Flower Power Hour 12:30-3:30 MAH-JONGG 1 Craft Group <b>1 Technology Class</b></p>	<p><b>15</b> 9 Strength Training 9 Yoga with Geri 10 Cribbage <b>10:15 Zumba Gold</b> <b>11:00 Blood Sugar clinic</b> <b>11:45 Blood pressure clinic</b> <b>2:30 Kindness Rock Painting</b></p> 	<p><b>16</b> 9 Strength Training <b>9:00 **Grocery shopping</b> <b>10-12 Watercolor / Carlie</b> <b>10:30 Yoga with Ginny</b> <b>11:30 Gavel House Restaurant, Wrentham (meet there)</b> 1 Bridge <b>**Grocery Shop change day</b></p>	<p><b>17</b> 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist</p>
<p><b>20</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p><b>21</b> 9 Strength Training 9:30 Bridge <b>9:30 bus to Plymouth</b> 10:30 Yoga with Jim 11 Flower Power Hour 12:30-3:30 MAH-JONGG 1 Craft Group <b>1 Technology Class</b></p>	<p><b>22</b> 9 Strength Training 9 Yoga with Geri 10 Cribbage <b>10:15 Zumba Gold</b> <b>2 Ice Cream Social \$1</b> <b>3 Howie Newman, music comedy &amp; More</b></p>	<p><b>23</b> 9 Strength Training <b>9 **Grocery shopping</b> 10-12 Watercolor /Carlie <b>10:30 Yoga with Ginny</b> 1 Bridge  <b>**Grocery Shop change day</b></p>	<p><b>24</b> 9 Strength Training 10 Knitting Club</p>
<p><b>27</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p><b>28</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga with Jim 11 Flower Power Hour 12:30-3:30 MAH-JONGG 1 Craft Group</p>	<p><b>29</b> 9 Strength Training 9 Yoga with Geri 10 Cribbage <b>10:15 Zumba Gold</b></p>	<p><b>30</b> 9 Strength Training <b>10:00 Massage appts. Start</b> 10-12 Watercolor /Carlie <b>10:30 Yoga with Ginny</b> 1 Bridge</p>	<p><b>31</b> 9 Strength Training 10 Knitting Club <b>10 Mani/Pedi Appts. Start</b></p>

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:**

Secretary:

Kathy Burkle

Members:

Gerald Calhoun  
Deborah Grover  
Barbara Phillips  
James Schweitzer

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



**September Trip: All Aboard!!**

Depart on your luxury Silver Fox Motor Coach and join us for an exciting day tour as we travel to scenic New Hampshire. Traveling north, you'll enjoy the changing colors of sugar maples which signal nature's change of seasons. On your arrival at the station, All Aboard! You'll board the Scenic Railroad Dining Car for your train ride, traveling by beautiful Lake Winnepesaukee. You'll also be served a delicious full course Luncheon (included) featuring Hart's Turkey Farm Roast Turkey with whipped potatoes, butternut squash, a beverage and an ice cream sundae for dessert. Yum! After our train returns, you'll board your coach for local sightseeing and foliage viewing. Arrival back home will be at 5:30 PM after a delightful tour to beautiful New Hampshire, 'The Granite State.'

Tour Departs Norfolk Senior Center at 8:30 AM - Tour Returns: 5:30 PM  
**Tour Cost: \$84 per person RSVP by 8/24 Payment Due at Registration**

**GATRA "Miles for Health" Long Distance Medical Transportation** is shared long distance transportation serving customers 60 years of age or older and/or those who meet the requirements of the ADA who live in Norfolk, Franklin, Wrentham or Foxboro. Boston Schedule is Mon, Tues, Thurs. and Fri. All other trips (Framingham, Worcester, Newton, Wellesley scheduled for Wednesdays). Doctor appointments must be made during the hours of 9:00am and 1:00pm. **GATRA reservations must be made Mon. through Fri. from 8:00AM to 4:00PM with 48 hours advanced notice required. Suggested donation is \$10.00. Call 800-698-7676 and ask for Miles for Health Program for more information.**