

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.

September 2018



The Director's Corner:

Dear Friends,

We are excited to announce several new programs starting in the fall. We will be bringing lunches back; they will be on the second and fourth Friday of the month with entertainment following lunch on the fourth Friday. Stay tuned for details. We will be offering two new exercise classes; Strength Training level 2 and Age Reversal Workout, both on our new large screen TV. Our travel club will be starting, join us! In October we will be holding a Focus Group, we want to hear your ideas about needs and services for Norfolk seniors. Lastly, our meditation instructor will be offering 1:1 classes so that seniors can join our weekly class and reap the benefits of this life enhancing practice. See the calendar for details.

Warmly,

Christine Quinn



TRIAD Yellow Dot Program **Thursday, September 20th at 1:00pm**

Yellow Dot is a free safety program which provides emergency first responders with quick access to critical medical information about the occupants of an automobile in the event of an accident and/or health emergency. The program will be presented by Joseph Canavan of the Norfolk Sheriff's Office TRIAD Division. He will be joined by Norfolk Police Sargent, Kevin Roake. Please join us!

UPCOMING TALKS:

September 10th at 11:30am
Medicare: What You Should Know:

Medicare

Presented by Melinda Morle, SHINE Program Director for HESSCO. Learn more about how to supplement Medicare coverage, save money on prescriptions, new Medicare cards and much more.

SHINE can help anyone of any age and any income level who is a Medicare beneficiary or expecting to go onto Medicare shortly with insurance questions.

Please Note: Our new SHINE counselor, Amy, will be here on the 2nd & 4th Wednesday of the month, starting at 10:00am. Call us at 508-528-4430 for appointment.

September 26th at 4:00pm: "1968"

Presented by Historian John Horrigan: It was called "the year that changed America." There was global social unrest and political chaos, with a contentious U.S. presidential election, escalating anti-Vietnam War sentiment, riots, assassinations and even athletes protesting racial injustice, as bitter divisions threatened to rip our country's social fabric apart. But the year also had many positive achievements as there were drastic changes in music, fashion, film and civil rights. Please join us for this travel back in time to a very memorable era.

1968



September Activities

Age Reversing Workout Video for Beginners: Posture & Pain-Relief - Wed. 9/12, 19, 26 at 1:45 *NEW*

Bingo Mondays at 1:00 60 cents per card.

Blood Pressure/Blood Sugar Clinics: 3rd Wed.
Blood Sugar at 9:30am—Blood Pressure at 10:00am



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*

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. Call 508-528-4430 for details.

Grocery Shopping - Tuesdays at 9:00am. Shaw's in Franklin except Market Basket on the second Tuesday. Call the senior center for details or 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. Donations of yarn are 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 can help alleviate everyday stress or anxiety. Gail Grivois will guide you through the process in this intermediate level class.

Mondays at 10:30am to 12:00 \$2 Private session for beginners available call us at 508-5280-4430

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

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.

SHINE Counselor 2nd & 4th Wednesday of every month. The SHINE Program (Serving the Health Insurance Needs of Everyone) provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. Call 508-528-4430 to make an appointment. Appointments start at 10:00am.

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. **NEW: Mon. & Wed. at 12:30 Strength training level two**

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 Tayne; Wed. at 9:00am with Geri, and Thurs. 10:00am (new time) 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.

 **Friday, September 28th at 12:30pm** 
 Actor and singer Bill Burke will perform at the Norfolk Senior from 12:30 to 1:30pm. Bill has been performing in the Boston area and on Cape Cod for more than 20 years. Light refreshments will be served

Three year ago Nick Simmons, then a sophomore at King Philip High School, volunteered to help seniors learn how to use "modern technology" at our center. This past June Nick graduated from KP and will be heading off to UMass Amherst. A big Thank You to Nick for helping so many for the past 3 years, and best wishes for success ahead!



Sharon Adult Center Holds a Regional Housing Forum

September 13th from 9:00am to 1:00pm

A regional housing forum will be held at the **Sharon Adult Center, located at 219 Massapoag Avenue**, on Thursday, September 13 (9:00am Registration & light breakfast until 1:00pm) **9:30 Keynote: "Is Your Home Suitable for the Long Term?"** 10:30 Presentations: Tax options for home owners, Reverse mortgages, Trusts, Homesteads, Services of local agencies, home maintenance & repair, modifications & remodeling. **RSVP by Sept. 7th to Sharon Adult Center 781-784-8000**

For Your Health:



On September 19th at 9:30am: NEW TIME Debbie Bernadi, Public Health

Nurse with the Walpole Area Visiting Nurse Association will be at the senior center for our monthly **Blood Pressure Clinic**. Followed at **10:00am** by the **Blood Sugar Clinic**. **Walk-ins welcome.**

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.



At the Franklin Senior Center Tuesday, Oct 16th:

Jonathan O'Dell, from the Mass Commission for the Deaf and Hard of Hearing will be presenting at the **Franklin Senior Center** on Tuesday, October 16th at **10:00am**. **PLACE: Franklin Senior Center, 10 Daniel McCahill Street, Franklin, MA.** **RSVP to Franklin Senior Center at 508-520-4945**



October 17th at 3:00pm "Being Happy!"

Presented by Pam Garramone

If you ask most people what they want for their loved ones, they will say, "I just want them to be happy." In this talk, you will learn about the surprising secrets of the happiest and healthiest people in the world and how you can practice "happiness habits". Pam teaches Positive Psychology to community and corporate employees and is a Positive Psychology Life Coach and Founder of Thrive Now Boston. Please join us!



Luncheon Trips:

September 13th Meet at 11:30am:

Walk at Foxboro Nature Trail and Cranberry Bog behind Bass Pro Shop, followed by lunch at Blue Fin

Restaurant at Bass Pro Shop (lunch at your own expense)

September 17th: Gerry's Place Restaurant at Tri-

County Regional Vocational Technical High School in Franklin offers a delicious 3-course meal prepared by Culinary Arts students.

Their first luncheon of the school year is scheduled for **September 17th** and then will be held on the 1st Monday of the month. **The September menu will be baked stuffed haddock or chicken piccata.** Sign up at the center (pre-pay \$8.95). Meet at senior center at 10:45am.

September 11th: Chickie Flynn's Restaurant in Foxboro has generously invited 12 Norfolk Seniors for lunch on the 2nd Tuesday of each month for a full course meal. Lunch is free (the \$2.50 fee is the tip for the wait staff).

You are offered a choice of two entrees. Please register and pre-pay in advance at the senior center. Meet at 11:30am at 94 Washington Street (Rt.1)



Thursday, October 11th:

Longfellow's Wayside Inn \$79 RSVP by 9/7
Tour Includes: "Mary Had a Little Lamb Schoolhouse", Delicious Full Course Luncheon and Grist Mill Visit



Motor Coach Leaves at 9:00AM: Join your friends for a most entertaining and delightful day in Sudbury, Massachusetts at the historic Wayside Inn. Over 300 years old, the Wayside Inn has proudly hosted travelers far and wide. A very interesting fact is that Wayside's Grist Mill is an actual operating mill which produces flour to this day.

(See back page for More Details)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  	4 9 Strength Training 9:00 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 11 Flower Power Hour 12:30-3:30 MAH JONG 1 Craft Group	5 9 Strength Training 9 Yoga with Geri 10 Cribbage 10:15 Zumba Gold 12:30 Strength Video Level 2	6 9 Strength Training 10-12 Watercolor /Carlie 10:00 Yoga with Ginny 1 Bridge 1 Yellow Dot Program	7 9 Strength Training 10 Knitting Club 12:30 Whist
10 9 Strength Training 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 11:30 Medicare Talk 12:30 Strength video 2 1 Bingo	11 9 Strength Training 9:00 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 11:30 Chickie Flynn's 12:30-3:30 MAH-JONGG 1 Craft Group 4 Speaker: "The Catalpa"	12 9 Strength Training 9 Yoga with Geri 10 Cribbage 10 SHINE appts start 10:15 Zumba Gold 12:30 Strength Video 2 1:45 Age Reversing Workout Video NEW	13 9 Strength Training 10-12 Watercolor /Carlie 10:00 Yoga with Ginny 11:30 Foxboro Nature Trail 1 Bridge 3 Program: "Health Benefits of Essential Oils"	14 9 Strength Training 10 Knitting Club
17 9 Strength Training 9:30 COA Board 10 Yoga with Anne 10:45 Gerry's Place 11:15 Meditation 11:15 Tai Chi for Health 12:30 Strength video 2 1 Bingo	18 9 Strength Training 9:00 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 11 Flower Power Hour 12:30-3:30 MAH-JONGG 1 Craft Group 1:05 Red Sox vs Yankees on our big screen TV	19 9 Strength Training 9 Yoga with Geri 9:30: Blood Sugar clinic 10:00: Blood pressure 10:00 Cribbage 10:15 Zumba gold 12:30 Strength video 2 1:45 Age Reversing Video Workout	20 9 Strength Training 10-12 Watercolor / Carlie 10:00 Yoga with Ginny 1 Bridge 1 TRIAD Yellow Dot Program 4 Travel Club Meets	21 9 Strength Training 9:00 Reiki 10 COA BOD Meeting 10 Knitting Club 12:30 Whist
24 9 Strength Training 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 12:30 Strength Training level 2 1 Bingo	25 8:30 bus to NH Turkey Train 9 Strength Training 9:00 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 11 Flower Power Hour 12:30-3:30 MAH-JONGG 1 Craft Group	26 9 Strength Training 9 Yoga with Geri 10 Cribbage 10 SHINE appts start 10:15 Zumba Gold 12:30 Strength Video Level 2 1:45 Age Reversing Workout Video NEW 4 Speaker: "1968"	27 9 Strength Training 10 Massage appointments start 10-12 Watercolor /Carlie 10:00 Yoga with Ginny 1 Bridge	28 9 Strength Training 10 Knitting Club 10 Mani/Pedi appointments Start 12:30 Bill Burke, Music/Entertainer
October 4th at 9:30am Meet at Norfolk's Stony Brook Wildlife Sanctuary 	Save the Date: October 17th@ 3pm "Being Happy!" What makes us happy? In this talk, you will learn about the surprising secrets of the happiest and healthiest people and how you practice "happiness habits".	Upcoming Trip: November 8th Foxwoods Resort & Casino Tour bus departs at 8:15am returns home at 5:30pm \$28 due at registration RSVP by 10/1	Coming in November: November 14th 11:00am Fall Prevention Seminar Presented by Personal Best Physical Therapy Learn small and easy changes that can make in your daily routine to prevent falls.	Save the Date: December 7th Boston Pops A memorable day with the Boston Pops and Keith Lockhart for a dazzling holiday performance at Symphony Hall!

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:

Chair:

Deborah Grover

Secretary:

Kathy Burkle

Members:

Gerald Calhoun

Barbara Phillips

James Schweitzer

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

(September meeting is Friday, Sept. 21st at 10:00am)

****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

Medicare

Medicare Open Enrollment is from October 15—December 7

Call or stop by the Senior Center to get the **SHINE** Pre-enrollment form. Our SHINE counselor is at the center the 2nd and 4th Wednesday of the month to help you pick the best plan for you in 2019. Please bring your form (filled in) with you to your appointment. Call us at 508-538-4430 to make an appointment.

Thursday, October 11th: Longfellow's Wayside Inn (Con't from Pg 3)

Tour Includes: "Mary Had a Little Lamb Schoolhouse" ~ Delicious Full Course Luncheon Grist Mill Visit.



Motor Coach Leaves at 9:00AM: Join your friends for a most entertaining and delightful day in Sudbury, Massachusetts at the historic Wayside Inn. A special treat will be the Way-

side Inn's "Stagecoach Luncheon": **First Course:** Tossed Green Salad ~ **Second Course:** Yankee Pot Roast w/Jardiniere Sauce/Boston Scrod w/ Lemon Butter ~ **Dessert:** Warm Deep Dish Apple Pie w/Fresh Whipped Cream w/Chef's choice of Potato, Vegetable & Gristmill Bakery Basket.

**RSVP by September 7th: \$79 *Payment Due at Registration*
Call Norfolk Senior Center at 508-528-4430 for more information**

**Upcoming Trip: November 8th Tour bus Trip to Foxwoods
\$28 due by 10/1 includes buffet call us at 508-528-4430**