

# THE SILVER SET GAZETTE



**NORFOLK COUNCIL ON AGING/SENIOR CENTER**  
**28 MEDWAY BRANCH ROAD, NORFOLK MA**

**Phone: (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.*

## December 2018

Happy Holidays



**Don't miss the Annual Norfolk Fireman's Senior Christmas Dinner: Saturday, December 8<sup>th</sup> at the Federated Church of Norfolk**

Plan to arrive at 12:30pm: appetizers will be served at 1:00 Dinner to follow at 2:00pm

Entertainment by Bill Burke

Sign up at Senior Center or call 508-528-4430

**December 11th at 3:00pm**  
**"The Etiquette Expert of 1890 - Advice and Admonitions from a Proper Victorian Lady"**



Tea and Pastries will be served  
RSVP to 508-528-4430 by 12/7

**Friday, December 14th at 12:30pm**

*Holiday Music with  
Dennis McHale*

*Light refreshments will be served*



*Sounds  
of the  
Season*

### **INSIDE THIS ISSUE:**

Activities this Month:	2
Health Programs:	3
Photo Gallery:	3
December Calendar:	4
Fuel Assistance:	Back Page

## December Activities

**BINGO** Bingo Mondays at 1:00 60 cents per card.

**Blood Pressure/Blood Sugar Clinics:** 3rd Wed. Blood Sugar/Blood Pressure Clinic at 8:30am on December 19th

**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 (Tournament starts

**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** - 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

**Mahjongg** - 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

**Mahjongg** - 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 10:30 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**- 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 508-528-4430

**Podiatrist** - Dr. Cooper is here every other month on the 1st Wednesday—Dec. 5th Appointments start at 1:00pm. Call 508-528-4430 for Appointment.

**Reiki** with Gail Grivois second Monday 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 in December. 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 9:00am).

**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.



**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 interesting 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.

**Trips:** See inside for details.

**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 Suh (Mimi) is a certified Zumba and Zumba Gold instructor \$2.

## Photo Gallery



Bridge - Tuesdays at 9:30am and Thursdays at 1:00pm



Volunteers preparing our monthly Newsletter for mailing



"Knitwits" Knitting/Crocheting Club on Fridays at 10:00am



Whist Party at 12:30pm on the First and Third Friday



Strength Video "Easy Does It" Mornings 9:00—10:00am



**December 3rd: Gerry's Place Restaurant** at Tri-County Regional Vocational Technical High School in Franklin offers a 3-course meal prepared by Culinary Arts students on the 1st Monday of each month. Sign up at the senior center (pre-pay \$8.95). Bus leaves senior center at 10:45am. (December menu will be available at Sr. Center).

**December 13th: Lunch at Szechuan Garden, Medway:** Buffet lunch at your expense. Bus leaves senior center at 11:00am. Call 508-528-4430 to register.



**December 11th at 3:00pm: "The Etiquette Expert of 1890" - Advice and Admonitions from a Proper Victorian Lady"**

We will be stepping into the Age of Gentility! Mrs. Russell Parsons, a (fictional) proper Victorian lady, will explore the legend of afternoon tea, tea etiquette, calling-card etiquette, courtship scandals, and assorted other topics. Tea and pastries will be served. RSVP to 508-528-4430 by 12/7.

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



**December 19th at 8:30am (New Time): Blood Pressure and Blood Sugar Clinic**

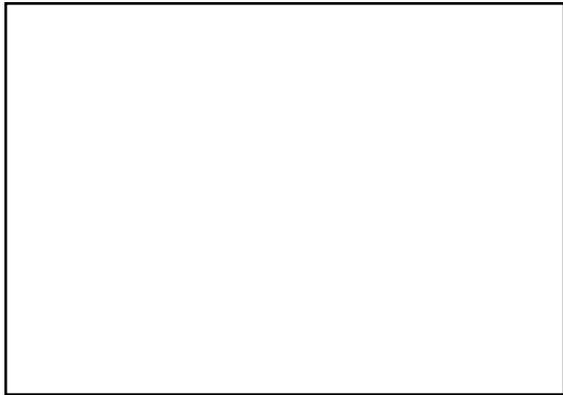
The Walpole Area Visiting Nurse Association will be at the senior center for our monthly Blood Pressure/Blood Sugar Clinic **on Wednesday, December 19th at 8:30am (Please note new time for December).** Walk-ins welcome.

**HAPPY HOLIDAYS!**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation 10:45 bus to Gerry's Place 11:15 Tai Chi for Health 1 Bingo	<b>4</b> 9 Strength Training 9:00 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 12:30-3:30 Mahjongg 1 Craft Group	<b>5</b> 9 Strength Training 9 Yoga with Geri 10 Cribbage 10:15 Zumba Gold <b>1 Podiatrist appts. Start</b>	<b>6</b> 9 Strength Training 10 Knitting Club 10:00 Yoga with Ginny 1 Bridge	<b>7</b> 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist
<b>10</b> 9 Strength Training Reiki (by appointment) 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>11</b> 9 Strength Training 9:00 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 12:30-3:30 Mahjongg 1 Craft Group <b>3 "Etiquette Expert of 1890"</b>	<b>12</b> 9 Strength Training 9 Yoga with Geri <b>10 SHINE appts. start</b> 10:00 Cribbage 10:15 Zumba gold	<b>13</b> 9 Strength Training 10:00 Yoga with Ginny <b>11 bus to Szechuan Garden</b> 1 Bridge	<b>14</b> 9 Strength Training <b>9 COA Board</b> 10 Knitting Club <b>12:30 Dennis McHale Music</b> 
<b>17</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>18</b> 9 Strength Training 9:00 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 12:30-3:30 Mahjongg 1 Craft Group	<b>19</b> 9 Strength Training 9 Yoga with Geri <b>8:30 Blood Sugar / Blood pressure clinic</b> 10 Cribbage 10:15 Zumba Gold	<b>20</b> 9 Strength Training 10:00 Yoga with Ginny 1 Bridge	<b>21</b> 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist
<b>24</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation <b>Senior Center closes at 1:00pm on Christmas Eve</b>	<b>25</b> 	<b>26</b> 9 Strength Training 9 Yoga with Geri <b>10 SHINE appts. start</b> 10:00 Cribbage 10:15 Zumba gold	<b>27</b> 9 Strength Training 10 Knitting Club 10:00 Yoga with Ginny <b>10 Massage appts. start</b> 1 Bridge	<b>28</b> 9 Strength Training 9:00 Reiki 10 Knitting Club <b>10:30 Mani/Pedi appts. start</b>
<b>31</b> 9 Strength Training 10 Yoga with Anne 10:30 Meditation 1 Bingo		<u>Save the Date:</u>  <b>Free Friday Concert:</b> <b>January 11th at 12:30pm:</b> <i>The Music of Rick Walsh</i>	<u>Attention Snow Birds:</u> <i>If you are planning to be away for a while this winter please let the senior center know so we can remove your name from our newsletter mailing temporarily.</i>	

Town of Norfolk  
Council on Aging  
28 Medway Branch Road  
Norfolk, MA 02056  
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**Council on Aging Board:**

**Chair:**

Deborah Grover

**Secretary:**

Kathy Burkle

**Members:**

Gerald Calhoun

James Schweitzer

The Council on Aging meets at the senior center at 9:00am usually on the third Friday of each month

\*We are seeking new COA Board Members. Send a letter of interest to Board of Selectmen: email to sjacobson@norfolk.ma.us

**Council on Aging Staff:**

Program Coordinator:

Kathleen Sebring

Assistant: Stephanie Cooley

Outreach Worker: Lisa Yorra

Driver: Ray Davis

[www.facebook.com/  
NorfolkSeniorCenter](http://www.facebook.com/NorfolkSeniorCenter)



**Christmas Dinner: Do you know anyone who is over 60 year old and will be alone for the holidays?**



HESSCO, Walpole High School food service and Temple Israel are working together to make sure that these elders get a warm meal and smile on Christmas day. Please call Lisa at the Norfolk Senior Center at 508-528-4430 to put someone on the list.

**A Note from Your Outreach Worker:**

**Fuel Assistance and so much more...**

Please call to make an appointment to fill out an application: 508-528-4430  
There are also programs to help with the cost of weatherization and appliances.  
Income Guidelines: \$35,510 for one person \$46,437 for two people



*Lisa Yorra*, Outreach Worker

**Winter 2019 Norfolk Cribbage Tournament**



The Norfolk Council on Aging will be hosting the Cribbage Tournament at the Norfolk Senior Center starting Thursday, January 24th for six consecutive Thursdays. The games start at 9:00am. Any time a tournament day is cancelled, it will be made up at the end of the schedule.

**Friends of the Norfolk Council on Aging:** It's time again to renew your dues of \$3.00 per person or \$5.00 a couple. Becoming a Friends member makes you eligible for subsidized programs and trips that the Friends sponsor.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Birthday(s) \_\_\_\_\_

**Mail to: Friends of NCOA, P.O. Box 626, Norfolk, MA 02056  
or drop this off at the Senior Center**