

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 identify and address the diverse needs of residents age 60 and older. The Senior Center provides a warm, welcoming place for people to stay connected and age well. We strive to offer a wide variety of programs and services that enhance the quality of life, promote healthy aging and foster independence in our senior population. We also serve as an advocate on issues that impact seniors and provide information and referrals to community resources.

The Norfolk Senior Center is open Monday through Friday 9:00am - 4:00pm

SEPTEMBER 2019

Tuesday, September 10th 5:30pm:

“Books and Bites” at the Norfolk Senior Center:

The Norfolk Public Library and the Council on Aging are teaming up on an exciting program called Books and Bites! Join us at the Senior Center on Sep. 10th at 5:30pm for a book discussion on The Namesake by Jhumpa Lahiri.

September 10th at 6:30pm:

Join us at 6:30pm for a cooking demo at the **Norfolk Senior Center** with Chef Sandhya Jain where you will learn how to recreate authentic Indian flavors. Sandhya will cook three Indian dishes using simple spices that are easily available in your grocery store. In this demo lesson you will learn how to cook Saag Paneer (spinach and cheese curry), Aloo Gobhi (potatoes and cauliflower in a light tomato curry) and a quick Caramelized Rice Pilaf. Hear about the health benefits of these spices as you sample these creations.



Chef Sandhya Jain

Feel free to attend both portions of this program, or just one.

**Pre-registration is required for the cooking class as
Space is limited. RSVP to 508-528-4430 by 9/4/19**

Register online at Norfolk Library: <https://norfolkpl.org/events/>

Wednesday, September 18th: “Learn and Lunch”:

11:00am: Topic: Food Labeling

Stephanie Caljouw, RD, LDN, HESSCO Dietician will talk about the FDA Nutrition Facts labeling for packaged foods to reflect new scientific information, including the link between diet and health. Hear how the new label makes it easier to make better food choices.

12:00pm: HESSCO Lunch

Menu: Vegetable Quiche, Garden Salad, Roll, Dessert, Milk, Coffee, & Tea
\$3 Suggested Donation



Thanks for voting in our contest to “Re-name the Norfolk Senior Center Monthly Newsletter”:

We had some great entries for a new name - but the overwhelming response was to keep

The Silver Set Gazette

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September Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>9 Strength Training 9 Grocery shopping 9 Chess 9:30 Bridge 11 Flower Power Hour 10:30 Yoga with Tayne 12:30-3:30 Mahjongg 1 Craft Group</p>	<p>4</p> <p>9 Strength Training 10 Cribbage 10:15 Zumba Gold *12:30 NIA New *2 Chair Yoga * New Classes</p>	<p>5</p> <p>9 Strength Training 10 Yoga with Ginny 10 COA bus to World War II Museum & Lunch at C&L Frosty 1 Bridge</p>	<p>6</p> <p>9 Strength Training 9 Yoga 10 SHINE 10 Knitting Club 1 Movie: "The Namesake"</p> 
<p>9</p> <p>9 Strength Training 10:00 Yoga with Ginny 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p>10</p> <p>9 Strength Training 9 Grocery shopping 9:30 Bridge 10:30 Yoga with Tayne 11:30 Chickie Flynn's 12:30-3:30 Mahjongg 1 Craft Group 5:30 "Books & Bites" 6:30 Indian Cooking Demo</p>	<p>11</p> <p>9 Strength Training 9 SHINE 10 Cribbage 10:15 Zumba Gold 12:30 NIA 2 Chair Yoga</p>	<p>12</p> <p>9 Strength Training 10 Yoga with Ginny 10 Watercolor Class New 11 COA Bus to Tangerini's Farm 1 Bridge</p>	<p>13</p> <p>9 Strength Training 9 Yoga 10 Knitting Club 12:30 Whist</p>
<p>16</p> <p>8:30 Fox Tours bus to Newport Rail Tour 9 Strength Training 10:00 Yoga with Ginny 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p>17</p> <p>9 Strength Training 9 Grocery shopping 9 Chess 9:30 Bridge 11 Flower Power Hour 10:30 Yoga with Tayne 12:30-3:30 Mahjongg 1 Craft Group</p>	<p>18</p> <p>8:45 Blood Pressure / Blood Sugar clinic 9 Meet the Nutritionist 9 Strength Training 10:00 Cribbage 10:15 Zumba gold 11 "Learn & Lunch" 12 Lunch 12:30 NIA 2 Chair Yoga</p>	<p>19</p> <p>9 Strength Training 10 Yoga with Ginny 10 Watercolor Class 10:30 COA Bus to Cape Cod Canal 1 Bridge</p>	<p>20</p> <p>9 Strength Training 10 SHINE 10 Knitting Club</p>
<p>23</p> <p>9 Strength Training 10 Yoga with Ginny 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p> 	<p>24</p> <p>9 Strength Training 9 Grocery shopping 9 Chess 9:30 Bridge 11 Flower Power Hour 10:30 Yoga with Tayne 12:30-3:30 Mahjongg 1 Craft Necklace</p>	<p>25</p> <p>9 Strength Training 9 SHINE 10 Cribbage 10:15 Zumba Gold 12:30 NIA 2 Chair Yoga</p>	<p>26</p> <p>9 Strength Training 10 Yoga with Ginny 10 Watercolor Class 10 Massage appointments start 1 Bridge</p>	<p>27</p> <p>9 Strength Training 9 Yoga 10 Knitting Club 10:30 Mani/Pedi appointments start 12:30 Whist</p>
<p>30</p> <p>9 Strength Training 10 Yoga with Ginny 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo</p>	<p>Coming in October: Oct. 18th 10am - 1:00pm: Norfolk District Attorney Michael W. Morrissey's Shredding Event</p> 	<p>October Trips: October 10th: Museum of Russian Icons October 24th: Lunch at Wahlburgers & Shops at Hingham</p> 	<p>October 18th: 10:15am</p>  <p>Coffee at the Senior Center with Christopher Wider, Norfolk Select Board</p>	<p>NEW Please register and pay for all programs and events at the senior center front desk. Paid events are non-refundable unless otherwise stated.</p>

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September Activities

NEW **Aqua FIT classes at the Foxboro Y:** The Hockomock Area YMCA is offering Norfolk seniors a \$5.00 pass to attend any of their Aqua FIT classes. Show your Norfolk Senior Center keycard at the Foxboro YMCA front desk to register. Call the Foxboro YMCA at 508-543-2523 for information on their Aqua FIT classes.

BINGO Mondays at 1:00 60 cents per card.

BLOOD PRESSURE/BLOOD SUGAR CLINICS: 3rd Wednesday of each month starting at **8:45am**

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 - Tuesdays at 9:00am. All levels welcome. Call 508-528-4430 for info.

CLEVER CRAFTERS - Tues. at 1:00 Join us! Free

COMPUTER/TECHNOLOGY HELP - Norfolk Community Television can help you with your computer or cell phone. They can meet with you at a mutually agreeable time. Call NCTV at 508-520-2780.

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

FLOWER POWER HOUR - We are looking for a few flower arrangers to brighten the center. Tuesdays at 11am.

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.

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.



Our hard-working volunteers preparing the August newsletter for mailing

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.

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 -12:00 call 508-528-4430 \$2

NIA - Wednesdays at 12:30pm - Nia is a low-impact mind/body physical conditioning program done barefoot to music. Nia routines combine easy to learn movements and patterns from dance, martial arts and yoga. Great for whole body conditioning: cardio, strength, flexibility and alignment. \$2

NUTRITION COUNSELING -3rd Wednesday at 9:00am

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 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. SHINE Counselors are available for Norfolk residents on the 1st & 3rd Friday and 2nd & 4th Wednesday. Call 508-528-4430 to make an appointment.

STRENGTH VIDEO - Mornings 9:00 -10:00 -"Easy Does It": Exercise along with this fun easy to follow DVD. A total body, no impact workout that helps prevent injury and gain strength. Also available on lower level when a program is not in session.

SWIMMING - Tuesdays 10:00-11:00 & Wednesdays 2:00-3:00 and Fridays 10:00-11:00 at the Wrentham Developmental Center. Call them for details at 508-384-3114.

TAI-CHI-FOR HEALTH-YANG STYLE - Mondays at 11:15: Paula Reggio is a certified Tai-Chi instructor. \$2

TRIPS: Bus leaves Senior Center at 9:30 unless otherwise noted. See inside for upcoming trips.

WATERCOLOR CLASS with Diane Bell - Thursdays for 6 weeks, starting 9/12: 10am to 12:00pm (see back page for details)

WHIST PARTY - Usually every other Friday. Games consist of four hands, each player deals a hand. \$2 (used for prizes).

YOGA - Mondays at 10am with Ginny; Tues. at 10:30am with Tayne; Thurs. at 10:00am with Ginny; Friday at 9:00am with Noreen (no class on 9/20) \$2

NEW **CHAIR YOGA - New Class! Wed. at 2pm with Geri (replaces Wed. 9:00am class) \$2**

ZUMBA GOLD CLASSES -Wednesday mornings at 10:15 Mi Ran Suh (Mimi) is a certified Zumba and Zumba Gold instructor \$2.

HEALTH CORNER:



**Wednesday, September 18th at 8:45am:
Blood Pressure /Blood Sugar Clinic**

Alyssa Kaiser, RN, Public Health Nurse with the Natick/Walpole Area Visiting Nurse Association will be at the senior center for our monthly Blood Pressure / Blood Sugar Clinic. Call 508-528-4430



September 18th - Meet the Nutritionist:

Meet with Stephanie Caljouw, RD, LDN, HESSCO Dietician, for a free Medical Nutrition Therapy session to help with weight loss concerns or diet related questions. RSVP to 508-528-4430



WALK-IN
FLU SHOT
CLINIC

Mark Your Calendars!

**Wednesday, October 16th from
9:00am to 11:30am**

Flu Clinic at the Norfolk Senior Center

The Norfolk Senior Center, The Norfolk Board of Health & Natick Walpole Visiting Nurse Association, in partnership with Walgreens, will be offering a free Flu Clinic for Norfolk Residents.

The clinic is open to children ages 9 and older and is free for children 18 and under. No RSVP required. All adults aged 19 and older must bring their medical insurance cards to the clinic.



**Two new classes Starting September 4th:
NIA Technique - Wednesdays at 12:30pm:**

Nia is a holistic, low-impact mind/body physical conditioning program done barefoot to music. Nia routines combine easy to learn movements and patterns from dance, martial arts and yoga. Great for whole body conditioning: cardio, strength, flexibility and alignment. \$2 per class



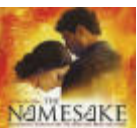
Chair Yoga : Wednesdays at 2:00pm:

Please bring a yoga mat (replaces Wednesday 9:00am class) \$2



Tuesday, September 24th at 1:00pm

Create a Fiber Necklace: Join our Clever Crafters to create a Fiber Necklace (fancy yarn). This is an easy project that can be finished in less than an hour. All materials are included - *Free*



**September 6th at 1:00pm: Free Friday
Feature Film: "The Namesake"**

After moving from Calcutta to New York, members of the Ganguli family maintain a delicate balancing act between honoring the traditions of their native India and blending into American culture. (122 minutes)
Fresh Popcorn Served!

September 10th: Chickie Flynn's Restaurant in Foxboro has generously invited 12 Norfolk seniors for a full-course lunch every other month. The \$2.50 fee is for the wait staff. Register & pay at the senior center. Meet at 11:30am at Chickie Flynn's.

Upcoming Norfolk COA Van Trips:

Thursday, September 5th: The International World War II: You will see the largest repository of World War II artifacts in the world. Pre-pay at the senior center and fill out a waiver to bring with you, along with an id. We will stop at C & L Frosty on the way home (food at your cost). Norfolk COA bus leaves Senior Center at 10:00am \$20 pp

Thursday, September 19th: Sightseeing trip to the Cape Cod Canal where you'll stop for lunch, then sit at a scenic picnic area alongside the canal and watch the boats go by (lunch at your cost, or bring your own). COA bus leaves at 10:30am. RSVP to 508-528-4430. Norfolk residents priority, then Wait List.

Tuesday, September 12th : Trip to Tangerini's Farm with lunch at The Farmer's Porch. **Details on Back page**



Upcoming Fox Tours Day Trips:

Monday, Sept. 16th:

Newport Rail Tour & Lunch

8:30am depart from Norfolk Senior Center
\$89 pp non-refundable payment due by Sept. 4th
Wednesday, Oct. 2nd-Indian Princess Cruise & Lunch

8:15am depart from Norfolk Senior Center
\$79 pp non-refundable payment due by Sept. 6th

Monday, Nov. 4th MGM Springfield

8:30am depart from Norfolk Senior Center
Bonus includes \$20 Casino Slot Play & \$20 Food Credit
\$35 non-refundable payment due by Oct. 11th

**Trip Flyers Available at Senior Center
Checks payable to Fox Tours**

**Questions? Please call Barbara Philips, our
Trip Coordinator at 508-932-5754**

Outreach Coordinator's Corner:

Home Re-modification and Equipment: Sometimes a few minor changes could be the difference from living at home safely or having to move. Here are some resources:

Homehealthsmith - offers a free home evaluation to make your living situation more functional for you. They do home modifications and repairs as well as selling and installing equipment. They have a model warehouse where you can try out the equipment before buying - www.homehealthsmith.com

Free Equipment: Equipment is a resource center where people donate used durable medical equipment, free of charge to people who need it. Call 508-713-9690 - www.dmereuse.org

Home Modification Loan Program: State funded program that offers loans to property owners that have one person with a disability living in the home. You must secure by a promissory note and a mortgage lien. No monthly payments or interest. Loans range from \$1000 to \$50,000. For information; Call 1-866-500-5599 - www.cedac.org/hmlp

Call Lisa at the senior center for more info: 508-528-4430

This newsletter is distributed with support from the Executive Office of Elder Affairs.

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The Council on Aging Board meets monthly at the Senior Center

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Program Coordinator:

Kathleen Sebring

COA Assistant:

Stephanie Cooley

Outreach Coordinator:

Lisa Yorra

Driver: Ray Davis



Norfolk Senior Center

Classes Thursdays, 10:00am to 12:00pm. Six-week program starts Thursday, September 12th

Call the Norfolk Senior Center at 508-528-4430

Do you have some experience with watercolors or would you like to learn?

Sign up for a six-week class (\$100) with Diane Bell
dianebellwatercolors.com

Come and have fun while learning the intricacies of this exciting medium

Thursday, September 12th: Trip to Tangerini's Spring Street Farm in Millis

Norfolk COA bus leaves at 11:00am

Of the 75 vegetable and small fruit crops found at the farm, all but two are grown using natural methods. Crops are tended using manual and mechanical methods. Their labor is comprised of local high school and college students as well as people interested in local agriculture.

After shopping, we will stop in their new restaurant, The Farmer's Porch for lunch, a snack, or their To-Go items.



Do you have an hour (or more) to spare each week?

The Norfolk Senior Center is seeking volunteers for the following positions:

Afternoon front-desk receptionist
Kitchen assistants and Drivers for home-delivered meal program

To apply, or for more information, see Sherry.

Medicare Open Enrollment is October 15th – December 7th

Save the Date: October 17th at 11:00am:

"Medicare in 2020: What's Changing and What's Not"
Presented by Sherry Norman, COA Director and SHINE Counselor