

THE SILVER SET GAZETTE

NORFOLK COUNCIL ON AGING/SENIOR CENTER

Located at 28 Medway Branch Road, Norfolk, MA Mailing address: One Liberty Lane, Norfolk, MA 02056
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, as well as our disabled population. 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.

SEPTEMBER/OCTOBER 2021

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The Metacomet Public Health Alliance
(Serving Norfolk, Wrentham, and Franklin)
will be offering a
Flu Clinic for Norfolk Town Residents on
Tuesday, October 5th
9:00-11:00am for Seniors 65+ years
and
3:00-5:00pm for anyone 18 years and older

Registration will be online: link on Town of Norfolk website: Norfolk.ma.us
Please call the Norfolk Senior Center if you need assistance. Protect yourself by getting vaccinated yearly.
508-528-4430

At the Norfolk Senior Center:
Friday, September 17th at 1:00pm
End of Summer Ice Cream Social



Join us on the back patio for a delicious afternoon of music and refreshing ice cream novelties. Tom Quigley of *Diamonds & Legends* will be singing hits of Neil Diamond, Bobby Vinton, Dean Martin and other music legends. You may find yourself singing along! In case of rain it will be held inside.

RSVP to 508-528-4430 ~ \$2

Thursday, September 2nd: 12:00 to 1:00 pm

**Lunch & Learn at Plimoth Patuxet
Museum Visitor Center**

137 Warren Ave, Plymouth, MA
Norfolk COA bus leaves at 10:15am



2021 marks the 400th anniversary of the First Thanksgiving. Join Plimoth Patuxet Museums' Deputy Executive Director and Chief Historian, Richard Pickering, for a Lunch & Learn lecture as he chronicles the Pilgrims' first year in New England.

Bring your own bagged lunch, or purchase lunch on-site at the **Plentiful Café** which serves hot meals/cold sandwiches (including their famous Turkey Dinner). Museum admission is free from a grant.

The Norfolk Senior Center Van will leave at 10:15am. The Norfolk COA van fee is \$5.

Norfolk COA van: Residents Priority/Out of Town Wait List

Call 508-528-4430 for details.



October 27th at 12:15pm:
Halloween Pizza Party

**Wear Your Favorite Costume
& Be Entered to Win a Prize!**



Sponsored by the FRIENDS
Pre-pay \$2 Call 508-528-4430 to Register




September Monday	Tuesday	Wednesday	Thursday	Friday
Virtual /Hybrid Programs in Red	Tuesdays: Free Flowers from Trader Joe's 	1 9-4 Ask the Nurse 9 Strength Training 10 Podiatrist 10:30 Zumba 12:15 Friends Grab&Go Lunch	2 9 Strength Training 10:15 Bus to Plymouth Museum 1 Bridge	3 9 Strength Training 9 SHINE 10:15 Knitwits
6 	7 9 Strength Training 10 Bridge 1 Bingo	8 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba	9 9 Strength Training 1 Bridge	10 9 Strength Training 10:15 Knitwits 12:30 Whist
13 9 Strength Training 1pm Bingo	14 9 Strength Training 9 Grocery Shopping 10 Yoga with Geri 10 Bridge 1 Craft: Pop-Up Cards	15 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba 12:15 Friends Pizza & Trivia	16 9 Strength Training 10:15 WatercolorClass 1 Bridge	17 9 Strength Training 9 SHINE 10:15 Knitwits 1 Ice Cream Social & Entertainment
20 9 Strength Training 1pm Bingo	21 9 Strength Training 9 Grocery Shopping 10 Yoga with Geri 10 Bridge 1 Craft Group: Watercolors	22 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba 12:15 Friends Grab&Go Lunch	23 9 Strength Training 10:15 WatercolorClass 11-1 Age Well Conference 1 Bridge	24 9 Strength Training 9:30 COA Board 10:15 Knitwits 10:15 Mani/Pedi
27 9 Strength Training pm Bingo	28 9 Strength Training 9 Grocery Shopping 10 Yoga with Geri 10 Bridge	29 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba 12:15 Friends Grab&Go Lunch	30 9 Strength Training 10:15 WatercolorClass 1 Bridge 1 Good Grub Lunch Club	
OCTOBER Monday	Tuesday	Wednesday	Thursday	Friday
 November 2 @1pm All About Indoor Gardening	Cribbage Tuesdays at 10am Mahjongg Tuesdays at 1pm	Senior Sandwiches to Go Served Wednesdays at Noon. See page 3		1 Strength Training 9 SHINE 10:15 Knitwits
4 9 Strength Training 1pm Bingo	5 9 Strength Training 9 Grocery Shopping 9-11am Flu Clinic 65+ 10 Bridge 1 Craft Group 3-5pm Flu Clinic 18+	6 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba 12:15 Friends Grab&GoLunch 1 Yoga with Holly	7 9 Strength Training 10 Norfolk Bus to Castle Island 10:15 Watercolor Class 1 Bridge	8 Strength Training 10:15 Knitwits 12:30 Whist
11 	12 9 Strength Training 9 Grocery Shopping 10 Bridge 1 Craft Group 1 Bingo	13 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba 12:15 Friends Lunch & Trivia 1 Yoga with Holly	14 9 Strength Training 10:15 Watercolor Class 1 Bridge	15 9 Strength Training 9 SHINE 10:15 Knitwits 11-2pm Shredding Event
18 9 Strength Training 1pm Bingo	19 9 Strength Training 9 Grocery Shopping 10 Bridge 1 Craft Group 1 Medicare in 2022 2 Book Club	20 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba 12:15 Friends Grab&Go Lunch 1 Yoga with Holly	21 9 Strength Training 10:15 Watercolor Class 1 Bridge	22 9 Strength Training 9-11 SHINE 9:30 COA Board 10:15 Knitwits 12:30 Whist
25 9 Strength Training 1pm Bingo	26 9 Strength Training 9 Grocery Shopping 10 Bridge 1 Craft Group 1 Hip Hop Class	27 9-4 Ask the Nurse 9 Strength Training 10:30 Zumba 12:15Halloween Pizza Party 1 Yoga with Holly	28 9 Strength Training 1 Bridge 1 Good Grub Lunch Club	29 9 Strength Training 9 SHINE 10:15 Knitwits 10:15 Mani/Pedi

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Meet some old friends and make some new friends! You will meet at a local restaurant the last Thursday of the month at 1:00pm.

Order off the restaurant menu, meal at your expense. Limited to 12 participants:
 Sept 30th at 1:00pm: Eagle Brook Saloon, Norfolk
 Oct 28 at 1:00pm: Café Assisi, Wrentham
 Be sure to call us at 508-528-4430 to register so we can make a reservation at the restaurant.

Senior Sandwiches to Go:



Enjoy a prepackaged Grab & Go Lunch which is preordered and picked up at the Norfolk Senior Center on Wednesdays at Noon. Each lunch includes: Side Salad, Chips, Fruit or Dessert & Beverage:

***Please pre-order lunch by the Friday before by calling us at 508-528-4430**

A \$3 donation to HESSCO is suggested.

FRIENDS' Grab & Go/Stay Luncheon Menus:
Pickup Time Starting at 12:15pm

- Sept 1: Chicken Parmesan + Pasta
- Sept 8: Ham & Cheese on Bulky Roll, Salad
- Sept 15: Pizza ~ followed by Trivia
- Sept 22: Swedish Meatballs Over Noodles, Salad
- Sept 29: Chicken Salad Sub
- Oct 6: American Chop Suey, Salad
- Oct 13: Ham Dinner ~ followed by Trivia
- Oct 20: Chinese Food
- Oct 27: Halloween Pizza Party (see front page)

RSVP to 508-528-4430 ~ Pre-Pay \$2 ~ When you call, please let us know if you will stay to eat or go.



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 WHAT SENIOR LIVING MEANS AND
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**Shredding Event Sponsored by District Attorney
Michael W. Morrissey
Friday October 15th 11am to 2pm**



DA Morrissey invites you to bring your sensitive documents to safely shred in an effort to heighten awareness about identity theft. Bring your boxes, bags and bundles of sensitive documents, including credit cards, identification cards and computer hard drives, to the Norfolk Senior Center and pull your car up to the shredding truck. There is a screen on the truck to watch your papers shred. Staples and paper clips are fine to leave on. Please remove thick metal, like 3 ring binders and binder clips. **Free Event**

**At the Norfolk Senior Center:
Tuesday, October 19 at 1:00pm:
MEDICARE in 2022 -**



**What's Changing & What's Not:
Presented by Sherry Norman, COA
Director and SHINE Counselor.
Sherry will review Medicare options and changes
for 2022.**

**Medicare Open Enrollment: Between October 15
and December 7 you can make changes to your
plans that will be effective January 1, 2022.**

RSVP to 508-528-4430

AGE WELL with HESSCO Drive-Thru Event


is scheduled for September 23, 2021 at the **Norwood Senior Center, 275 Prospect Street, Norwood from 11:00am-1:00pm.** Drive thru and receive information from over 20 community partners about healthy aging!

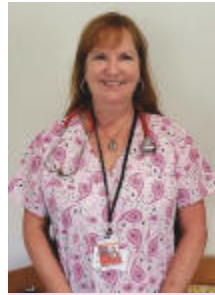
Enjoy a boxed lunch for \$5 & Free Giveaways

The Norfolk Senior Center bus will drive to you to Norwood, leaving at 10:30am. Or, you can drive on your own by preregistering at **HESSCO.org** with a credit card. **To take the Norfolk COA bus please call us at 508-528-4430 and prepay \$5 in cash.**

(Norfolk COA van: residents priority/out of town wait list)

Emergency Lock Boxes:

 Emergency lock boxes ("Knox Boxes") attach to your house and allow First Responders rapid access in the case of an emergency. The box contains your house key and the Fire and Police Departments have a master key so they can enter your home quickly and without damage. The boxes cost \$187.00 and can be purchased through the Friends of the Norfolk COA. Donations are appreciated, but not required. Senior Friends members will be given first consideration. Contact Bill Crane at 508-528-6688. You can also purchase them at www.knoxbox.com or call 800-552-5669. **For more information or to arrange installation, contact the Norfolk Fire Department's business line: 508-528-3207.**



**Jeanine Murphy, BS, RN
Public Health Nurse
Wednesdays 9am-4pm
at the Norfolk Senior Center**

Hi All! I'm one of the Public Health Nurses from Wrentham and thanks to a grant from the state, Norfolk, Wrentham and Franklin, have formed the Metacomet Public Health Alliance.

I graduated from Helene Fuld School of Nursing in NJ and received my Bachelor's degree from Roger Williams University in RI. I was born in New York City, grew up in New Jersey and moved to Massachusetts in 1992, currently residing in North Attleboro. I've worked in many hospitals, but have been doing home care since 1994 and Public Health nursing since 2019.

I can do blood pressures, blood sugars, oxygen levels and answer medical questions or discuss any concerns you may have. Please stop by and see me any time on Wednesdays.

Hours will most likely expand as the regionalization process progresses. I am so excited to be in Norfolk and look forward to meeting you!

Jeanine



**Norfolk COA Bus Trip to Castle Island:
Thursday, October 7th**

Norfolk COA bus leaves at 10:15am:
Norfolk Residents Priority/Wait List Out of Town

\$5 per person: Lunch at your own expense.

We will be walking around the island, followed by lunch at Sullivan's Castle Island Restaurant.

RSVP to 508-528-4430



**Hip Hop Dance/Chair Exercise!
Tuesday, October 26th at 1:00pm**

~ Cider & Hermit Bars served after class~

Join us for an hour of fun and movement with Rondae Drafts. Professor Drafts has instructed hip hop dance at MIT. We will travel through time on the "Soul Train" to hip hop and R&B songs.

Call us at 508-528-4430 to register.

"This program is supported in part by a grant from the Norfolk Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."

**6-week Watercolor Class with Diane Bell
Thursdays 10:15am-12pm / Begins Sept 16th**



6-week Program \$100

Norfolk Members of FRIENDS: \$50
A supply list will be available at registration
Call us at 508-528-4430 to register



Senior Center Profile: Shirley Cronin

I was born in Watertown, MA where I resided with my parents, Fred and Lillian Meda, and brother Fred Jr. My family moved to Norfolk in 1947 when I was 12, living in the cottage that my dad had built on Leland Pond. I attended Center School and then Walpole High School, the closest high school for Norfolk students.

I met my husband, George Cronin (a lifelong Norfolk resident) while in high school. We married young and began raising a family and building a home on land that was given to us by George's mother, Helen Cronin. Following retirement, we purchased a home in Hernando, Florida. We spent more than 20 winters together in our Florida winter home. We were life-long partners, enjoying 63 years of marriage before George passed away in 2015.

I devoted my life to our close-knit family. Together, we raised six children, while building a business to support our growing family. In 1961, we agreed to start G. Cronin & Sons Oil Company. To get the business started, we remortgaged our house and purchased a secondhand oil truck. I handled the book-keeping and answered service calls for the business office located in our home. Occasionally, I even drove the oil truck and delivered oil with the help of George Jr. Today, the business continues to grow and serves residents in Norfolk and surrounding towns under the leadership of George Jr. and Michael Cronin. The third generation is now taking on the daily operations of the business.

I have always been an animal lover, As a teenager, I worked as a local dog groomer caring for poodles along with my work with horses at Hall's stables. Our children were active in 4-H projects, where I was also a 4-H leader. Sports have also been an important part of our household. George served as a Little League coach for our sons for many years, and later coached softball for our youngest daughters. I was a faithful fan, and never missed a game. Today, I am the proud grandmother of 16 grandchildren along with 21 great grandchildren. I am a longtime member of the Federated Church of Norfolk. I enjoy gardening, love to bake cakes, pies and cookies, and often visit friends who are no longer able to get out, usually bring along my homemade cookies.

I love to be part of activities at the Norfolk Senior Center and regularly attend Bingo and exercise classes. The center has given me the chance to make new friends and to really get to know people that I otherwise would never have met. I have seen many changes in Norfolk over the past 74 years. It is a wonderful place to raise a family and live the good life.

NEW YOGA CLASSES (for Every-body!)

Free Introductory Classes on:

Tuesdays at 10:00am: Sept. 14, 21 and 28 with Geri

Wednesdays at 1:00pm: Oct. 6, 13, 20 and 27 with Holly



In these classes you will practice gentle stretches, flowing movement and breathing exercises. Classes include seated, standing and reclined poses. If you are not comfortable sitting on the floor, a chair can be used. Modifications are given so you can participate at your own pace. (If it's been a while since you've been physically active, please consult your doctor to make sure it's safe for you to participate.)

Class will conclude with a few minutes of meditation and deep relaxation providing an opportunity to connect with your inner self and instill a sense of calm. You will leave class feeling refreshed and rejuvenated!

Bring your own mat. Call 508-528-4430 to register.

At the Norfolk Senior Center

Tuesday, September 14th at 1:00pm

Maker Craft: Pop-up Cards with Sue Constanza

This program is co-sponsored by the Norfolk Public Library and the Norfolk Council on Aging

A pop-up card is a three-dimensional card which,



when opened, has an image that pops up. They are great for any occasion, will make your card stand out, and are easy to make!

In addition to this fun craft, the library will be showcasing some of the new equipment such as a button maker, a 3D doodle pen and a robot ball which were all purchased with federal funds through an LSTA grant provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners.

All supplies will be provided. Space is limited, so registration through the Library or COA is required.

Register online at <https://norfolkpl.org/events/> or call us at 508-528-4430



Tuesday, September 21th at 1:00pm: Craft group with Sue Crane:

A very beginner watercolor seascape. Supplies needed: a water container and a white plastic lid or styrofoam meat tray...it must be white.

Limit 15 people

RSVP to 508-528-4430

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

Norfolk Senior Center/NPL Book Club Meets Monthly on the 3rd Tuesday at 2:00pm



The Norfolk Public Library in partnership with the Council on Aging hosts a book group that meets at the Norfolk Senior Center:

Upcoming selections:

September 21: The Art Forger by B.A Shapiro
October 19: The Silent Patient by Alex Michaelides

Registration is required either through the Library on the Library Calendar Page: norfolkpl.org/events/ or call the Senior Center at 508-528-4430

SHINE Counseling: We are pleased to announce that in-person SHINE (Serving the Health Insurance Needs of Everyone on Medicare) counseling will be available at the Norfolk Senior Center on the first and third Fridays of the month. During Open Enrollment (Oct 15 to Dec 7) extended hours will be available.

The SHINE program provides free, unbiased health insurance information and counseling.

Call us at 508-528-4430 to make an appointment. Appointments available at 9:00, 10:00, and 11:00am.



Becky Poynot, Outreach Coordinator

Fuel Assistance:

You may be eligible for significant savings and discounts on your monthly heating bills. Any low-income household whose gross yearly income falls at or below the income guidelines may qualify. Homeowners and renters—even those whose heat is included as part of the rent—are both eligible to receive Fuel Assistance, and all heating types are eligible. The program extends from Nov 1, 2021—April 30, 2022.

Income Eligibility Guidelines:

<u>Number in Household</u>	<u>60% of Estimated Median Income</u>	<u>4 Week Gross Income</u>
1	\$39,105	\$3,008
2	\$51,137	\$3,933
3	\$63,169	\$4,859
4	\$75,201	\$5,784

Call Becky at 508-528-4430 for an appointment to complete the application process.

NEVER MISS A NEWSLETTER!

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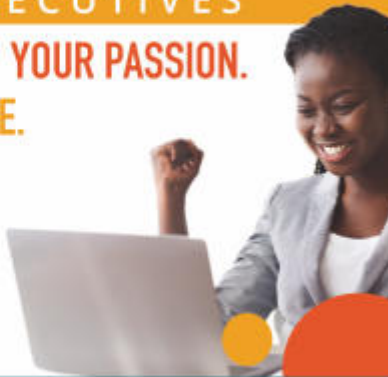
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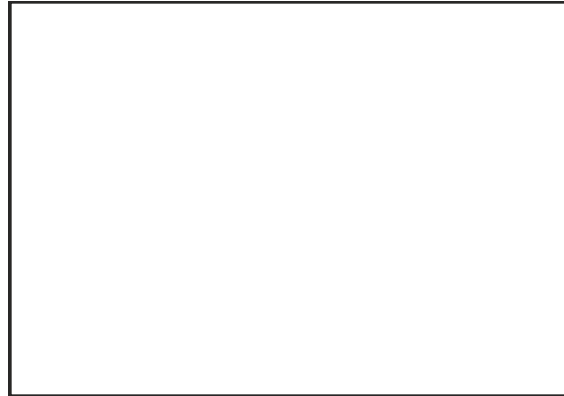


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Norfolk Council on Aging, Norfolk, MA 06-5144

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Mary Nuhibian

Members:

Dawn Cohen

Linda Hennessy

Thomas Mirabile

Mary Mlinarcik

James Schweitzer

The Council on Aging Board
meets at the
Senior Center on the 4th Friday
at 9:30am

Council on Aging Staff:

Director:

Sherry Norman

Program Coordinator:

Kathleen Sebring

COA Assistant:

Stephanie Cooley

Outreach Coordinator:

Becky Poynot

Driver: Ray Davis

CELEBRATING NORFOLK'S 150TH ANNIVERSARY

WITH A PARADE AND FIREWORKS!



SEPTEMBER 18, 2021

3PM PARADE

8PM FIREWORKS



TOWN HILL EVENTS — ALL DAY!



King Philip Middle School students in the summer playground program came to our senior center and made cards for seniors and Meals on Wheels recipients, and also cleaned our outdoor patio furniture. A big thank you to these great kids!

