

NEWS FROM THE BRANCH

A Newsletter of the Norfolk Senior Center

Norfolk Council on Aging/Senior Center
Phone: 508-528-4430

28 Medway Branch, Norfolk, MA 02056
Hours: Monday & Wednesday-Friday, 9AM-4PM



September is National Senior Center Month

This is a time to recognize and celebrate the vital role that the Norfolk Senior Center plays in our lives and our community. Here are some of the programs offered at the Center:

ART: The Norfolk Senior Center has a vibrant art community with classes in drawing and watercolors; specialty classes for computer art, photography, and painting; and groups for knitting and diamond art. We recently successfully completed our 1st Senior Art Exhibit at the Norfolk Library with approximately 60 pieces of artwork from 30 senior artists.

FITNESS: The Norfolk Senior Center has an active exercise community with classes in tai chi, yoga, low impact fitness, zumba, drums alive, qigong, and strength training. We will be having our 1st Active Agers Celebration in October. Stay tuned.

GAMES: The Norfolk Senior Center has an energetic game community with groups playing bingo, whist, bridge, mahjongg, rummikub, cribbage, trivia, and cards.

LECTURES: The Norfolk Senior Center provides weekly lectures on various topics.

LUNCH: The Norfolk Senior Center hosts weekly Wednesday lunches sponsored by the Friends.

The Norfolk Senior Center is a special place. Hope to see you soon!



Tuesday September 24th, 5:30PM

RARE BOOKS WITH KEN GLOSS OF BRATTLE BOOK SHOP

Ken Gloss, an internationally known rare book specialist & appraiser, will talk about the "improbable finds" of his decades-long career & discuss the value of old & rare books. See his favorite finds as he explains how he appraises books & manuscripts. Enjoy fascinating anecdotes about his private & institutional collecting & guidelines for building & maintaining a significant collection. Following the talk, Ken will give free verbal appraisals of books participants have on hand or will do so at his shop in Boston at a later scheduled date. **RSVP requested.**



What's Inside	Page
Evening Program:	1
Activities:	2
COA Van Rides:	2
Community Events:	3
Programs:	4
September Calendar:	5
Trips:	6
Friends' Lunches:	6
Caregiver Support:	Back
Upcoming:	Back

Registration for all September programs starts on Monday August 26th! You can sign up at the Center by calling 508-528-4430, or via My Active Center at: <https://beta.myactivecenter.com/activities/699:1>

The Norfolk Senior Center wants you to be involved regardless of your ability to pay. If you need financial assistance to attend a program, contact Becky Poynot.

We are a busy Senior Center. Please call ASAP if you cannot make a program or activity that you signed up for so that other people can get off the waitlist to attend. Thank you.


EXERCISE CLASSES
Try your 1st exercise class for free.

STRENGTH TRAINING: No-impact standing & chair fitness video. Monday-Friday, 9AM. Free.

CHAIR YOGA (JIM): Mondays, 10AM. \$4.

TAI CHI (TONY): Mondays, 11:30AM. \$4.

YOGA (GERI): Tuesdays, 10AM. \$4.

 **LOW IMPACT FITNESS CLASS (SUZZY):** Tuesdays, 11:30AM & Thursdays, 1:30PM. \$4.


ZUMBA (MIMI): Wednesdays, 10:30AM. \$4.

YOGA (HOLLY): Wednesdays, 1PM. \$4.

DRUMS ALIVE (KELLY): Thursdays, 10:30AM. \$4.

NEW QIGONG (HOLLY): Fridays, 11AM. \$4.

HEALTH

 **PUBLIC HEALTH NURSE “ASK THE NURSE” (JEANINE):** Answers medical questions and checks vital signs: blood pressure and/or glucose monitoring and medication management. Wednesdays, 9AM-4PM. *Appointment required.*

NURSE’S NOTES: September is healthy aging month. There are many things you can do to boost your health:
 (1) Keep your diet healthy by choosing fruits & vegetables & lean proteins & drinking plenty of fluids.
 (2) Keep your body active with movement: from strength training to yoga to dance, the Senior Center has many classes to choose from.
 (3) Keep your mind active: bridge, cribbage, cards, mahjongg, whist....so many to choose from!
 (4) Keep your mental health in check & defend against loneliness by keeping in touch with family & friends or attend the Wednesday Friends lunches. If you are unable to get out, ask us for a friendly visitor to come to you! (Jeanine is also available for a home visit. Call to inquire.)

REFLEXOLOGY (LOUISE): Friday September 6th, 9AM-12PM. *Appointment required.*

SHINE (Medicare Assistance): Friday September 13th & 27th, 9:30AM-1:30PM. *Appointment required.*

PODIATRIST: Monday October 21st, 1-3PM. *Appointment required.*

MEDICARE OPEN ENROLLMENT-Oct. 15th–Dec. 7th
 Medicare Open Enrollment is the **ONE TIME OF YEAR** when all people can review and change their health & drug Medicare plans. There is potential to save money & ensure appropriate coverage. Sign up for your SHINE appointment early. **Enrollment Presentation on Friday September 27th at 11:30AM. RSVP required.**

GAMES

BINGO: Mondays, 1PM.

BRIDGE: Tuesdays, 10AM & Thursdays, 1PM.

MAHJONGG: Tuesdays, 1PM.


CRIBBAGE: Wednesdays, 10AM.

CARDS: Phase 10 & Nines. Wednesdays, 1-3:30PM.


WHIST: Friday September 6th & 20th, 12:30PM.


RUMMIKUB GAMES: Come play, meet people, and have fun. Must know basics. Friday September 6th & 20th, 1-2:30PM. **RSVP requested.**

ART

 **DIAMOND ART:** Unleash your inner artist. Apply diamond jewels onto colored numbered patterns to make a piece of art. Mondays, 10AM.

MAGIC OF WATERCOLORS & SUMI-E: Sharon teaches watercolors and sumi-e. Thursday September 5th & 19th, 11AM. \$3.

 **DRAWING:** Sharon teaches drawing techniques. Thursday September 12th, 11AM & September 26th, 10AM. \$3.

 **KNITWITS:** Come knit and crochet. Fridays, 10AM.

FREE FLOWERS & BAKED GOODS

Flowers: Tuesdays, sponsored by Trader Joe’s.
Baked goods: Mondays & Wednesdays sponsored by Everything Bagels, Shaw’s, and Brother’s.
NEW Produce, prepared foods, & baked goods: Fridays starting at 11:45AM, sponsored by Lovin’ Spoonfuls, a food rescue program in New England.

TRANSPORTATION

NORFOLK COA VAN SCHEDULE
Grocery Shopping: Tuesdays, 9AM: **FREE** (alternating between Shaws and Market Basket)
Medical Transport: Local medical and dental appointments within 10 miles of Norfolk on **Wednesday-Friday, 9AM-2PM.** At least 1 week notice needed. **Pay driver \$2 each way, in cash, exact amount. No tips allowed.** If your appointment is cancelled for any reason, notify us at least 24 hours ahead or pay \$4. **Call Becky at Norfolk COA for more information or to schedule.**

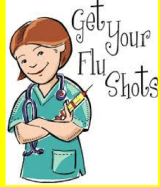
This newsletter is distributed with support from the Executive Office of Elder Affairs.

COMMUNITY EVENTS

Saturday September 7th, 9AM-2PM NORFOLK COMMUNITY BLOOD DRIVE



Give the gift of blood & help save a life. The American Red Cross is reporting that it is experiencing a blood shortage. Make an appointment to donate blood at the American Red Cross Norfolk Community Blood Drive at the Norfolk Senior Center. All are welcome! **RSVP to 800-RED-CROSS or RedCrossBlood.org**



Thursday September 12th, 10:30-12:30, 1-4PM NORFOLK COMMUNITY FLU CLINIC

Metacomet Public Health Alliance is hosting its annual flu clinic at the Norfolk Senior Center for residents 18 years and older. Online registration will be available on the Town website at Norfolk.ma.us
Call the Center if you need help making an appointment.

Thursday September 19th, 10AM-1PM NORFOLK COMMUNITY SHREDDING EVENT



Norfolk District Attorney Michael W. Morrissey is sponsoring a secure document shredding event in the parking lot of the Norfolk Senior Center. **All are welcome!**




FALL LEAF RAKING ASSISTANCE

Fall is here & that means leaves are falling & need to be raked. The Norfolk Senior Center is hosting its 3rd Annual Leaf Raking Event in November. If you are unable to rake your own leaves & have no one to rake for you, please contact Outreach Coordinator Becky Poynot at 508-528-4430 for possible assistance. Space is limited.
-If you and a few friends would like to volunteer to rake someone's yard in the community, please call the Center.

Wednesday September 4th, 1:15PM
HARNESS HORSE RACING
INFORMATION SESSION




Dave of Plainridge Park Racecourse will talk on Harness Horse Racing. The presentation will include fun facts about harness racing, the horses, rules & regulations, equipment, training & the basics on wagering. This talk will be especially helpful for those attending The Day at The Races on September 20th. **RSVP requested.**



Thursday September 5th at 1PM
VETERAN'S GROUP


Meeting led by Veteran Jim Schweitzer.
2nd Wednesday of each month at 6:30PM- Norfolk American Legion Monthly meeting & dinner at Federated Church, Norfolk.
 Website: NORFOLKMAAMERICANLEGION.COM
 Facebook: AMERICANLEGIONPOST335NORFOLKMA

Friday September 6th, 10AM
USING IMOVIE ON THE IPHONE & IPAD




KevTech will discuss the iMovie app on your iPhone or iPad & teach how to put photos and videos together into movies and slideshows. KevTech covers techniques for cropping videos, adding subtitles, including transitions between clips, and more. **Limited to 15 people. You can borrow an iPad from the Center. RSVP required.**

Tuesday September 10th, 11AM
MASS AUDUBON'S THE NATURE OF FALL




This program will introduce the seasonal dynamics of the nature of Massachusetts in fall, including the plants & animals that experience it. **RSVP requested.**

Wednesday September 11th, 1:15PM
ELDERLY BROTHERS CONCERT




Four senior musicians performing 50's and 60's music, & bring back memories of your youth. Do you remember rushing home from school to watch American Bandstand on TV? Did you watch Elvis shake his hips on the Ed Sullivan Show? All these memories will be shared when you hear the Elderly Brothers perform. **RSVP requested.**



Thursday September 12th, 12:30PM
NORFOLK SHERIFF'S OFFICE ARE YOU OK PROGRAM AND FALL PREVENTION



Deputy Sheriff Cheryl Bambery will discuss the "Are You Ok?" program, a free daily telephone reassurance program. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family & if necessary local police &/or emergency services. We will also receive fall prevention tips. **RSVP requested.**

Tuesday September 17th, 1PM
LIVE VIRTUAL TOUR—RIO DE JANEIRO, BRAZIL





From the Senior Center, we will join a live virtual tour of Rio de Janeiro. Known as the "Marvelous City" for its stunning natural beauty, vibrant culture, & lively atmosphere. Our virtual visit includes: (1) Copacabana Beach with its golden sand, turquoise waters, & lively beach culture; (2) Sugarloaf Mountain by rising to the summit by cable car; & (3) Tijuca National Park with the largest urban rainforest and home to diverse wildlife & beautiful waterfalls. Join us at the Norfolk Senior Center for this wonderful tour! **RSVP requested.**

Thursday September 19th, 1PM
SAINTS AND SINNERS: THE STORIES OF US ALL STORYTELLING CONCERT


Master storyteller Linda Schuyler Ford introduces us to Saints, Sinners, and everyone in between, in this Spoken Word Concert. You will delight in folktales, fairy tales and personal stories that explore our foibles and celebrate our successes as human beings. We are perfectly made and wildly imperfect—and that's okay! **RSVP requested.**

Wednesday, September 25th, 1:30PM
INSTACART, UBER & VENMO

With KevTech, we explore 3 apps: Instacart, Uber, and Venmo. These apps are used for ordering groceries to be delivered, getting rides from one place to another, and making transfers from your bank or card to friends and family. **Limited to 15 people. You can borrow an iPad from the Center. RSVP required.**

Thursday September 26th, 12PM
ROTATOR CUFF & SHOULDER WORKSHOP WITH LUNCH



APR Therapists will review causes of shoulder pain and teach you simple exercises to help with and possibly avoid discomfort! Complimentary lunch will be served during the presentation! **Space limited. RSVP required.**

Tuesday October 8th-November 12th, 1-2:30PM
POWERFUL TOOLS CAREGIVER SUPPORT WITH OUTREACH COORDINATOR BECKY AND HESSCO AT THE WRENTHAM SENIOR CENTER

This is a self-care educational program for caregivers to build the skills caregivers need to take better care of themselves as they care for others. In 6 weekly classes, caregivers develop self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family & providers, deal with difficult feelings, communicate effectively in challenging situations, & make tough caregiving decisions. Participants receive: *The Caregiver Helpbook*. Contact Outreach Becky at 508-528-4430 or bpoynot@norfolk.ma.us with any questions or to register. Cost: Free. **Space limited. RSVP required to Becky. Zoom information session on Sept. 17th at 1PM.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED FOR</p> 	<p>9 Strength Training 3 9 Grocery Shopping 10 Bridge 10 Yoga with Geri 11:30 Low Impact Fitness 1 Mahjongg</p>	<p>9-4 Ask the Nurse 4 9 Strength Training 10 Cribbage 10:30 Zumba 12 FRIENDS Lunch 1 Yoga with Holly 1-3:30 Cards 1:15 HARNESS RACING INFORMATION SESSION</p>	<p>9 Strength Training 5 10:30 Drums Alive 11 Watercolors 1 Bridge 1 VETERAN'S MEETING 1:30 Low Impact Fitness</p>	<p>9 Strength Training 6 9-12 REFLEXOLOGY 10 Knitwits 10 USING IMOVIE ON THE IPHONE & IPAD 11 QIGONG 12:30 Whist 1 RUMMIKUB GAMES</p>
<p>9 Strength Training 9 10 Diamond Art 10 Chair Yoga 11:30 Tai Chi 1 Bingo 1:30 CORE ACTIVATION</p>	<p>9 Strength Training 10 9 Grocery Shopping 10 Bridge 10 Yoga with Geri 11 MASS AUDUBON'S THE NATURE OF FALL 11:30 Low Impact Fitness 1 Mahjongg</p>	<p>9-4 Ask the Nurse 11 9 Strength Training 10 Cribbage 10:30 Zumba 12 FRIENDS Lunch 1 Yoga with Holly 1-3:30 Cards 1:15 ELDERLY BROTHERS CONCERT</p>	<p>9 Strength Training 12 10:30 Drums Alive 10:30-12:30, 1-4 FLU CLINIC 11 Drawing Class 12:30 NORFOLK SHERIFF'S ARE YOU OK PROGRAM & FALL PREVENTION 1:30 Bridge (Time change) 1:30 Low Impact Fitness</p>	<p>9 Strength Training 13 9:30-1:30 SHINE 10 Knitwits 11 QIGONG</p>
<p>9 Strength Training 16 10 Diamond Art 10 Chair Yoga 11:30 Tai Chi 1 Bingo 1:30 CORE ACTIVATION</p>	<p>9 Strength Training 17 9 Grocery Shopping 10 Bridge 10 Yoga with Geri 11:30 Low Impact Fitness 1 LIVE VIRTUAL TOUR - RIO DE JANEIRO, BRAZIL 1 Mahjongg 1 POWER TOOLS ZOOM INFO SESSION</p>	<p>9-4 Ask the Nurse 18 9 Strength Training 10 Cribbage 10:30 Zumba 12 FRIENDS Calzones, Birthday Month Celebration, & Trivia 1 Yoga with Holly 1-3:30 Cards</p>	<p>9 Strength Training 19 10-1 SHREDDING EVENT 10:30 Drums Alive 11 Watercolors 1 Bridge 1:30 Low Impact Fitness 1 SAINTS AND SINNERS STORYTELLING CONCERT</p>	<p>9 Strength Training 20 10 Knitwits 11 QIGONG 12:30 Whist 1 RUMMIKUB GAMES 1:30-3:30 A DAY OF HARNESS RACING AT PLAINRIDGE PARK (Van leaves the Center at 1)</p>
<p>9 Strength Training 23 10 Diamond Art 10 Chair Yoga 11:30 Tai Chi 1 Bingo 1:30 CORE ACTIVATION</p>	<p>9 Strength Training 24 9 Grocery Shopping 10 Bridge 10 Yoga with Geri 11:30 Low Impact Fitness 1 Mahjongg 5:30 RARE BOOKS WITH KEN GLOSS OF BRATTLE BOOK SHOP</p>	<p>9-4 Ask the Nurse 25 9 Strength Training 10 Cribbage 10:30 Zumba 12 FRIENDS Lunch 1 Yoga with Holly 1-3:30 Cards 1:30 INSTACART, UBER & VENMO</p>	<p>9 Strength Training 26 9:30-7:15 FOLIAGE TURKEY TRAIN TOUR 10:30 Drums Alive 10 Drawing Class (Time change) 12 ROTATOR CUFF & SHOULDER WORKSHOP WITH LUNCH 1 Bridge 1:30 Low Impact Fitness</p>	<p>9 Strength Training 27 9:30-1:30 SHINE 9:30 COA BOARD MEETING 10 Knitwits 11 QIGONG 11:30 MEDICARE OPEN ENROLLMENT PRESENTATION</p>
<p>9 Strength Training 30 10 Diamond Art 10 Chair Yoga 11:30 Tai Chi 1 Bingo 1:30 CORE ACTIVATION</p>	<p>STATE PRIMARY ELECTIONS Tuesday September 3rd</p> 		<p>BLOOD DRIVE Norfolk Senior Center Saturday September 7th 9AM-2PM RSVP to 800-RED-CROSS or RedCrossBlood.org</p>	

TRIPS



Friday September 20th, 1:30-3:30PM
A DAY OF HARNESS HORSE RACING
AT PLAINRIDGE PARK

Time to go to the races! Admission is free along with reserved seating, a tour of the paddock to meet the horses & the thrill of being in the winner's circle. **Ride possible from the Center at 1PM for 1st 8 people to RSVP or you can drive yourself.**



Thursday September 26th, 9:30AM-7:15PM
FOLIAGE TURKEY TRAIN TOUR



Start with a scenic fall foliage drive to Meredith, NH where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. The 2 hour train ride includes a full turkey dinner from Hart's Turkey Farm. Then head to Moulton Farm's farm stand, garden center and pick up a treat at the bakery. **Cost: \$139. We need 40 people to run the trip. Please reserve your spot ASAP. You need to pay by September 5th.**

Tuesday October 1st, 9AM-2:30PM
HESSCO'S AGEWELL EVENT AT LAKE PEARL, WRENTHAM

Keynote Speech: The Magic and Power of Music in Dementia. Also an exhibitor fair with 30+ vendors, door prizes and giveaways, wellness room, & relaxation & wellness activities. **Cost: \$20. RSVP to https://hessco.org/age-well/?blm_aid=210227201 or call 781-784-4944.**

THE FRIENDS' WEDNESDAY LUNCHES

At 12PM

FRIENDS Members: \$2

Non-Members: \$5

Please pay that day

September Menu (includes dessert)

September 4th: Turkey, swiss, lettuce & tomato on a soft roll & chips

September 11th: Chinese food

September 18th: Grilled chicken calzone with mushrooms & onions & salad (No pizza), Birthday Month Celebration, & Trivia

September 25th: Chicken parmesan, pasta & an exciting dessert

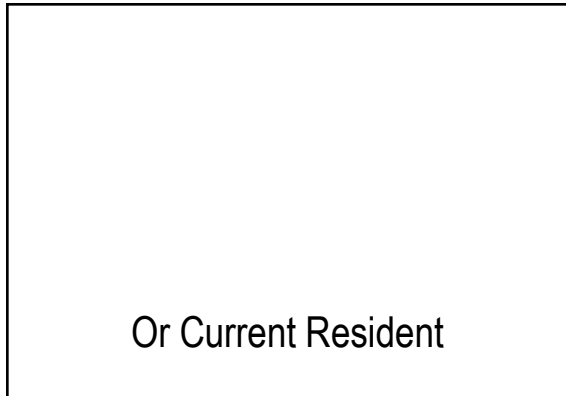
RSVP to Norfolk Senior Center
508-528-4430

FARMERS MARKET
ON TOWN HILL,
Wednesdays 3-7PM



Norfolk Senior Center
28 Medway Branch Road
Norfolk, MA 02056

PRESORTED STANDARD
U.S. POSTAGE PAID
PERMIT NO. 12
NORFOLK, MA 02056



Or Current Resident

COUNCIL ON AGING BOARD

Chair

Larry Cohen

Members

Sandra Butler

Dawn Cohen

Cheryl Dunnington

Debbie Grover

Stephanie Knoch

Jennifer Kuzeja

Mary Mlinarcik

Mary Nuhibian

The Council on

Aging Board

usually meets at

the Senior Center

on the 4th Friday

at 9:30AM

COUNCIL ON AGING STAFF

Director:

Karen Edwards

Programs:

Debbie Sand

COA Assistant:

Stephanie Cooley

Outreach:

Becky Poynot

LCSW

Driver:

Jim Carley

Norfolk Council on Aging/Senior Center

28 Medway Branch Road

Norfolk MA 02056

Ph: (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.

MEMORY CAFÉ & CAREGIVER SUPPORT AT THE WRENTHAM SENIOR CENTER 508-384-5425

CAREGIVER SUPPORT GROUP: Wednesday September 11th, 1PM

MEMORY CAFÉ: Tuesday September 24th, 2PM

POWERFUL TOOLS CAREGIVER SUPPORT (6 week class): Tuesday October 8th-November 12th, 1-2:30PM (RSVP to Becky)

UPCOMING AT THE NORFOLK SENIOR CENTER

Forensic Science Road Show, Thursday October 17th, 1PM

Paolo Di Gregorio's Vampires & Monsters, Wednesday October 23rd, 1PM

Art For Your Mind's Why Is this Famous?, Thursday October 31st, 10AM

UPCOMING TRIPS

Rod Stewart Tribute Show: Wednesday October 23rd, 11:30AM-3PM

Tribute show by Rick Larrimore at Lake Pearl in Wrentham. Lunch choices of chicken piccata or wild mushroom risotto. Includes salad, potato, breads, vegetables, dessert & coffee/tea. Cost: \$91. Link: <https://tri.ps/F4SyY>

Christmas at Blithewold: Thursday December 12th, 11:15AM-6:45PM

A festive, fun-filled holiday day trip to Blithewold Mansion. Enjoy afternoon tea, scones, sandwiches and more. We will have a guided tour of the property. Then we will head over to the Festival of Lights at La Salette Shrine. We invite you to come and make some special holiday memories with us! **Cost: \$135. We need 25 people to run the trip. Please reserve your spot ASAP. Payment due by November 18th.**

Participant Photography Policy: The Norfolk Senior Center periodically photographs/records program participants for promotional use. Unless participants inform us of their desire not to be photographed/recorded, the Center may use photographs/recordings for promotional purposes in our materials.

Disclaimer: Although we make every effort to ensure the information in this newsletter is accurate, there are times when information has changed since publishing, and programs are added or canceled. Call the Senior Center to verify information.

