

Norfolk Senior Center - April Activities

*Contributed to
The Norfolk Boomerang*

BINGO - Bingo is held every Monday at 1 p.m. Donation is 60 cents per card. Callers are Lucy Gifun, Marina Haley, Charlotte Howard, and Betty Ray. Treasurer is Dot Callahan.

BRIDGE – Bridge is played every Monday at 10 and Thursday at 1 p.m.

COMPUTERS TUTORIALS Thursday afternoons from 1:00-3:00 pm. Learn how to use the word processor to write letters or email (with attachments) and various other projects around the home or office. These sessions will be free to Senior Center members but space is limited...so be sure to sign up at the center.

CRIBBAGE - Come join us for cribbage on Wednesdays and/or Thursdays from 9:30 a.m. – 12 noon at the Senior Center.

CYBEX – These exercise cycles are set up in the Lower Level and can be used anytime. Just a minute of your time for safety and proper use of the cycles' training and a waiver to signed and you can cycle off those extra pounds.

GAME DAY – Every Wednesday afternoon at 1:00 p.m. The Senior Center is now a proud owner of a Wii. Come and try out your skills with the Olympic Winter Games and Super Mario Galaxy.

HAIR CUTS – Thursday, April 8 at 9 a.m. will be the next time the hair dresser will be at the Senior Center to cut and wash hair. Call for an appointment. Price: \$10.

KNITTING CLUB – Fridays at 10 a.m. The members have named themselves the "Knitwits." Chemo caps are always needed. The new project is Lap Robes for Nursing Homes. Call the Senior Center if you need yarn. The group is in the need for 4 ply yarn for their new project. Drop it off anytime at the Senior Center. Thank You

LIBRARY – Read at home program continues with the cooperation of the Norfolk Library and the Council on Aging. If you are homebound, books will be delivered to your home. Call and ask for an application if you are interested in this program. A list of large print is available at the Senior Center.

MOVIE –Friday, April 9 at 1 p.m. "Curly Sue." This is a heartwarming fantasy with a lot of humor. Staring James Belushi, Kelly Lynch and Alison Porter. Root beer floats are served.

POOL TABLE – Is available every day. Call your friends for an impromptu game anytime.

SCRABBLE - Every Thursday from 10 – 12 noon. Join in on the good time and friendship. The group plays other days also.

STRENGTH VIDEOS – New video's now available every Monday, Tuesday and Friday from 9 – 10 a.m. "Easy Does It" video is exactly as it describes itself and is the perfect starting point for the person who is older or is post illness, injury or surgery. These exercises are simple, easy to understand and perform. Daily usage of this program should allow the participant to gradually and painlessly regain the strength and flexibility necessary to resume an active and healthy lifestyle."

TAI CHI – Yang Style - Instructor Paula Morrison. Instruction continues every Tuesday at 1 p.m. This is for students who are advanced, beginners and those who prefer chairs. The cost of the class is \$2.00.

Walk Club – Every Wednesday at 9:30 a.m. Betty Ray is our certified instructor. Weather permitting the group will walk around town. If a different day or time would be better for you let us know.

YOGA – Monday at 11:30 a.m. - At every age, yoga can provide you with health benefits and some believe reverse the aging process. There is a fee of \$2 per class.

Trips

Every Tuesday at 9:30 a.m. Grocery Shopping at Shaw's Market in Franklin.

On Tuesday, April 13 (weather permitting) we will shop at the Market Basket in Bellingham.

Please call the day before for all shopping trips.

On Thursday, April 22, 9:30 a.m. shopping at the Target in Plainville. Call the Senior Center if you would like to go.

Did you know the Betro Pharmacy in Walpole provides free prescription delivery to any Norfolk resident? 1-508 668-0018

Health Screenings

Wednesday, April 14 - Tonya Spagnuolo, a licensed Hearing Instrument Specialist from Miracle-Ear will be at the Center at 10 a.m. to provide minor adjustments and cleaning of hearing aids.

Wednesday, April 21 - The Walpole Area Visiting Nurse Association will hold their clinic at 12:30 p.m. at the Senior Center. All seniors are welcome. If you need a ride, please call the Senior Center.

Wednesday, April 21 - Dr. Cooper (podiatrist) is scheduled to be at the Senior Center at 1 p.m. to cut nails and treat corns & calluses. Please call the Senior Center for an appointment. The fee is \$30 for the Senior Center and \$50 for a home visit.

Gerry's Place

Monday, April 5. The menu for the month of April is either Sole Picatta or Veal Parmesan your choice includes salad, full course meal, dessert and all the coffee you can drink. Call to sign up before April 1. The bus will pick up at 10:45 a.m.

WHIST PARTY

April 23 – Starting at 1 p.m. There will be a fee of \$2.00, which will be used for prizes. An optional door prize is 50 cents or 3 for \$1.00. Mark your calendar. The whist party will be held on the 4th Friday this month. Every game consists of four hands – and each player deals a hand. A set of rules will be available.

Breakfast at the Senior Center

Tuesday, April 13
\$1
Join us at 8 a.m. for a hot breakfast. Cold cereal is also available. If you plan to attend, please call before the close of day on the Thursday before the breakfast. The "Friends" of the Council on Aging subsidize this event. Remember to sign up.

Massage

Michelle Cody, Certified Massage Therapist, will be at the Senior Center on Tuesday, April 20, from 1 to 3 p.m. to give massage therapy. A 15-minute massage is \$10 and 30 minute \$20. These are special rates for 65 and over. Under 65 regular rates will be given upon request. Sign up is a must, as health information forms must be filled out beforehand. This program is held in the Health Screening room.

AAA "Roadwise Review" For Seniors Now Available!

"Roadwise Review," a computer training program, produced by the American Automobile Association, was created to help seniors continue to drive safely and maintain fitness behind the wheel. Designed by health and driving experts, the program is confidential and convenient while guiding participants through a series of exercises that demonstrate how visual, mental, and physical condition affect driving.

After completing the program (which has been reloaded on one of the accessible Norfolk Senior Center computers), the participant receives a review with invaluable feedback and suggestions to keep driving safely as well as longer.

The exercises cover eight key areas including Leg Strength, Mobility, Head-Neck Flexibility, Visual Acuity, Processing Speed, and Memory. You simply insert the CD-ROM (under the first computer on the right as you enter our computer area), then click on the "Roadwise Review" icon conveniently located on the desktop. To get the maximum results, an additional person is needed to operate the mouse while one carries out the exercises. It takes 30 to 45 minutes to complete them (and some of them are actually fun), and the on-screen, step-by-step instructions help to make the training relatively easy to complete.

Council on Aging Meetings

The Council on Aging meets on the 3rd Monday of the month (unless otherwise posted) at the Senior Center Lower Level. The next meeting is April 26 – 9:30 a.m. All are welcome

Manicures Pamper Yourself

On Tuesday, April 13 starting at 12:30 p.m. manicures will be given at the Senior Center. For the price of \$5.00 you will get your nails cut, filed, and cleaned up. Polish will be an additional \$1.00. These are the rates for seniors only.

Book Club

The book club will meet on April 23 at 1 p.m. The name of the book for this month is "A Mercy" by Toni Morrison.

Looking for Writers! If you have something to say, we want to read it. Please consider a brief submission (note, inquiry, request, recipe, poem, observation, short-short story, etc.) for inclusion in the Silver Set Gazette each month. Mail to : The Norfolk Council on Aging, P.O. Box 161, Norfolk, MA 02056 or you may e-mail your copy to: shruhan@virtualnorfolk.org

Special Invitation

We have been invited by King Philip High School and its students to use their indoor track every Tuesday and Thursday. The time is from 6 a.m. to 7:15 a.m. with coffee after. Call the Senior Center for more information.

Silver Screen Classics - \$2.00

Every Monday at 1 p.m. (excluding holidays), Showcase Cinema De Lux, Patriot Place Patriot Place, Foxboro
BOSTON RED SOX GAMES IN APRIL

Wednesday, April 14th - 1:10 p.m.
Thursday, April 15th – 1:10 p.m.

Watch on our big screen television the Boston Red Sox vs Minnesota Twins on both days. Ball Park Franks will be served at 1 p.m. only on April 14 with snacks during both the games.

Dinner/Friendship Club

Next dinner /friendship club will be in May. Call the Senior Center after April 1 for more information. You can help prepare, set up, clean up or just eat. Invite a friend and enjoy the friendship of all who attend. Price is \$10.00.

Norfolk Forms Nutrition Task Force

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A group called the Norfolk Nutrition Task Force was formed in January. The volunteer group consists of parents, school administrators and the food service director for the K-6 school district. The leader of the group, Jane Sylvestre, is a registered dietician.

According to Sylvestre, the group's mission is to educate and encourage families to improve their quality of life by choosing healthy foods and leading an active lifestyle while considering our impact on the environment.

"I hope to help improve the health of families by teaching the value of an active lifestyle and the importance of good nutrition. For children, we hope to improve both meals brought in from home and those served in the cafeteria," said Sylvestre.

Some of the goals and activities of the task force over the next year are the following:

- Publish the monthly *Norfolk Nibbles* newsletter;

- Gather information regarding school lunch menu, eating and exercise habits through surveys;

- Identify and implement short and long-term improvements to the lunch menu;

- Develop and execute educational programs for children in grades K-6;

- Host a series of food tastings for school children in the cafeteria;

- Host a Family Fun Day promoting nutrition and exercise;

- Develop and execute educational community programs;

- Implement a recycling program;

- Implement a farm to school model.

"As a school administrator and member of the Nutrition Task Force, I wholeheartedly support the efforts of this group in their endeavor to improve the health of children and their families. My staff and I look forward to working with the Task Force to plan and implement innovative nutrition, exercise and recycling programs," said Linda Balfour, principal, H. Olive Day school.

The Task Force will be holding its first community program on Thursday, March 25. A presentation will be made on the topic of childhood nutrition in the HOD library from 7 to 8:30 p.m. Stay tuned for more details about this event.

The first of four surveys on nutrition and exercise will be implemented on March 24. Parents should stay tuned to their Connect-Ed emails for information on completing these surveys.

Also, the Task Force, in conjunction with Whole Foods, will be running a recycling/nutrition program for 2nd graders on April 29.

For more information or to join the Nutrition Task Force, please contact Jane Sylvestre at janesylvest@yahoo.com.