



Where Active Living Never Gets Old!

May / June 2024

Norton Senior & Community Support Center

55 West Main Street

PO Box 552

Norton, MA 02766

Email: coa@nortonmaus.com

Website: nortonseniorcenter.org

Fax: 508-285-4227

Phone: 508-285-0235

Hours of Operation: Monday - Friday 9:00 AM - 3:30 PM

Council on Aging

DIRECTOR

Beth Rossi

OUTREACH

Cathy Varnum

FRONT DESK

Sosie Megerdichian

BOARD MEMBERS

Ruth Schneider, Chair

MaryAnn Dempsey, Vice Chair

Kathleen Eno, Treasurer

Patricia Zwicker, Secretary

Joan DeCosta

Lori Dombrowski

Tom Golota

Carol Kollett

Ellen Martins

Carol McLaughlin

Michael Sweeney, Jr

Board meetings are scheduled for
the 2nd Thursday of each month at
3:30 PM at the Senior Center

Friends of the Norton Senior Center
typically meet on the 4th Monday
of the month at 1:00 PM

SPRING INTO SUMMER at THE CENTER

Where Active Living Never Gets Old!

Hello Norton Seniors!

We are enjoying warm days and spring flowers, and it feels so good. It's time to jump out of our winter ho-hum, and embrace the beauty of springtime. Come down to the Center to enjoy our programs and meet some new friends. We've got lots of educational, fitness and social events in May and June. Why not try something new?

Programs and Services are continuing at the "little red building" Center and at the VFW, as we anticipate the move to our new building. Have you driven by the new Center? It's looking great, and we'll be there soon, ready to welcome all Norton seniors. In the meantime, don't wait! Join an exercise class, learn about technology, enjoy some music... JOIN US NOW! We fit a lot of greatness in our tiny building, and you don't need to wait to start including the Center in your daily plans.

Come on down!!

Beth



Watching the solar eclipse!

DROP-IN**FITNESS & WELL-BEING****CHAIR YOGA** at the VFW ***Every Monday 10:00 AM - 11:00 AM**

Join us for this amazing and popular class! Chair yoga is great for stretching and strengthening. Janine Sims is our new instructor - you'll love her!

Suggested donation: \$2 per class



* Classes on Jun 3 & Jun 24 will be at the Senior Center!

Please note: No Chair Yoga on May 27

BALANCE YOGA at the VFW ***Every Monday 11:00 AM - 12:00 PM**

This is a very beneficial Balance Yoga class! You will improve your strength and balance. Janine Sims will be our instructor!

Suggested donation: \$2 per class



* Classes on Jun 3 & Jun 24 will be at the Senior Center!

Please note: No Chair Yoga on May 27

MEDITATION at the SENIOR CENTER**Every Tuesday 9:15 AM - 10:00 AM \$2**

Come to Meditation and join us for relaxation & peacefulness, with our instructor Linda! You will love how you feel!!



Please note: No Meditation on May 21

TAI CHI at the VFW**Every Thursday 9:30 AM - 10:30 AM**

Tai Chi will help you feel steadier on your feet and improve your hand-eye coordination and balance. Elijah is our fabulous instructor. Join us, at the VFW.



Suggested donation: \$2 per class

ZUMBA GOLD at the SENIOR CENTER**Every Tuesday 11:15 AM - 12:00 PM \$2****Every Thursday 9:30 AM - 10:15 AM \$2**

Alba Colina is our instructor!! Come and Zumba with us. This is a fun class with great music and vibe!



Please note: No Zumba on May 14, May 16

LINE DANCING at the SENIOR CENTER**Every Thursday 11:00 AM - 12:00 PM \$2**

Join in the fun with local choreographer and instructor Steve Cavanaugh. Learn fun and easy line dances to upbeat tunes. No experience necessary.



Please note: No Line Dancing on May 23, May 30, Jun 6

Programs held at the Norton VFW are funded by a grant from Bristol Elder Services through a contract with the Massachusetts Executive Office of Elder Affairs



Morning exercise programs are **DROP-IN.**

You do not need to sign up to attend.

You DO need to be registered in our system, however, and we welcome you to stop in to the Center to say hello and pick up a key tag so you can scan into our system when you come for classes, activities and programs.

DROP-IN ACTIVITIES / PROGRAMS

MAHJONG

Every Monday 10:00 PM - 12:00 PM free



Come and play Mahjong with us on Mondays!



Please note: No Mahjong on May 27

QUILTING / SEWING

Every Tuesday 1:00 PM - 3:00 PM free

Bring your quilting and sewing projects and share ideas. Enjoy catching up, and meeting new friends!



BINGO at the VFW!

Every Tuesday 12:30 PM - 3:00 PM

Doors open at 11 AM

Come join the fun, and experience Bingo Norton-style! Big \$ prizes, and raffles. Free coffee/tea & pastries! \$1/sheet for regular game

FUN - FUN - FUN afternoon!! Don't miss it!



Programs held at the Norton VFW are funded by a grant from Bristol Elder Services, Inc. through a contract with the Massachusetts Executive Office of Elder Affairs.

KNITTING and CROCHETING

Every Wednesday 1:00 PM - 3:00 PM free

Bring your needles and hooks as we gather for a few hours to knit and crochet together. All are welcome. We always have coffee/tea and pastries, AND great conversation!!!



Please note: No Knitting/Crocheting on June 19

KNITTING GROUP and Lessons

Every Friday 9:30 AM - 11:00 AM free



Knitters of all skill levels are welcome to join us for a morning of knitting. For beginners, we have yarn and knitting needles to get you



started, and Pat will be here to teach basic knitting stitches! All other knitters, bring your projects and join us!

CARDS



EVERY WEDNESDAY

Blackjack 10:00 AM - 11:30 AM

Come and play Blackjack with us! We have a blast - join us on Wednesdays!!

Please note: No Blackjack on June 19

EVERY FRIDAY - Call First!

Cards 11:30 AM - 3:30 PM



Please call us if you are interested in leading any card groups: Whist, Rummy, Hi-Low-Jack, Poker, Cribbage, etc. Let's get some groups going! 508-285-0235

YOU NEED TO KNOW...

We will be closed

Monday May 27 - MEMORIAL DAY

Wednesday June 19 - JUNETEENTH



Check out our New Website!
www.nortonseniorcenter.org

The bi-monthly COA Newsletter is always available online!

Published: Jan 1, Mar 1, May 1, Jul 1, Sep 1, Nov 1

For Town information, please visit the Town of Norton's website: www.nortonmaus.org

NEW CENTER - UPDATE

We will be in our new Center soon! Every day we drive by and see progress!! Look for our GRAND OPENING sometime in late summer! Stay tuned...



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center

BLACKJACK!! - Everyone loves Blackjack Wednesday.

Please come and join us! Larry is a great teacher for any beginners, and he'd love a challenge if you are an expert!! Wednesdays 10:00 am—11:30 am. DROP IN.



Please note: No Blackjack on June 19

THANK YOU!

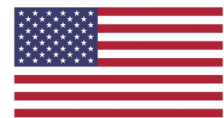
We are amazed at our fabulous volunteers! We appreciate your support. Thanks for all you do!!

SMOKEY CHESTNUT RESCUE FARM

Sign up to join us on the 2nd & 4th Wednesday of each month to visit the beautiful animals at this amazing rescue farm, right here in Norton! You'll meet horses, mules, pigs, goats, and alpacas.



Volunteers Wanted



Please contact the Veterans' Office if you are interested in placing flags in our local cemeteries on Wednesday May 15th.

Call Estelle or Anne: 508-285-0274



A big "THANK YOU" to The Showcase Cinema in North Attleboro for supplying delicious popcorn for our recent movie events!

Some of our activities and events are held at the Norton VFW

Fillmore-Nason VFW Post #8049

38 Summer Street, Norton

Event room entrance is the back/side door

WHAT'S HAPPENING in MAY/JUN

Please sign up at the Center for all programs/activities/events.

HEALTH & WELLNESS

May 7 TUESDAY 10:00 AM

WALKING GROUP We are starting a Norton Senior Center Walking Group!

HAPPY FEET



Meet Barbara and Tricia on Tuesday May 7th for a Kick-Off Meeting at the Senior Center to discuss plans for our weekly walking group. This is a great way to get fit and enjoy our beautiful nature in Norton!

May 14, June 11 TUESDAYS 2:30 PM - 4:00 PM

AUDIOLOGIST Lauren Waburton from At Home Hearing Healthcare will be here at the Center for Hearing Assessments.

Hearing Aid cleaning included!

By appointment only

508-285-0235 **FREE**

NOW ON TUESDAYS!



*Usually the 2nd Tuesday of every month

Our next Foot Doctor visit will be in July 2024

FOOT DOCTOR *By appointment only*

Dr. Henrickson from Plymouth Podiatry in Raynham will come here to the Senior Center!

Call us at the Center 508-285-0235 for an appointment.

Insurance or \$50 fee.

Selected insurance accepted.

Co-pay due at appointment. Cash/Check. You will receive a bill/statement from Plymouth Podiatry a few weeks after your appointment.

Call Plymouth Podiatry 508-824-9571 for coverage info.

EVERY TUESDAY 1:00 PM - 2:00 PM

CAREGIVER SUPPORT GROUP Join our extremely helpful support group. Facilitated by Nurse Carol Betty. You are welcome to come anytime. Just drop in! **FREE**



HEALTH & WELLNESS

CAREGIVER SUPPORT GROUP



**Tuesdays
1 PM - 2 PM**

This group is for people who are caring for family members with Alzheimer's, Dementia, or other chronic medical conditions. Guided discussions will include topics like managing stress, behavioral changes, disease management, medication and home safety. We are fortunate to have our group facilitated by Geriatric Consultant, Carol Betty, LPN.

DROP IN All are welcome!



PLEASE call to cancel if you cannot attend an event that you registered for. We would hate to leave an empty seat at an event that could have been filled by someone who is on the waiting list.

508-285-0235 THANK YOU



**May 30 CRAFT
Lighted Wine Bottle**



**June 20 CRAFT
Diamond Art Coaster**

WHAT'S HAPPENING in MAY/JUN

Please sign up at the Center for all programs/activities/events.

PAINTING

May 6, Jun 3 MONDAYS 1:00 PM \$2 ea

PAINTING WITH JULIA

Come and paint with local artist Julia McFaun. Julia teaches using simple step by-step techniques. Join us for a relaxing afternoon and paint something beautiful! Beginners are welcome.



CRAFT & CREATE



May 1 WEDNESDAY 1:00 PM \$2 ea

MAY BASKETS Come and learn about May Baskets, and make a special tissue paper basket! Rosemary will lead this fun craft. Sign up and join us!!

May 30 THURSDAY 1:00 PM \$2 ea

LIGHT-UP WINE BOTTLES Debbi will show us how to decoupage and create a pretty table decoration.

Jun 20 THURSDAY 1:00 PM \$2 ea

DIAMOND ART COASTERS These are so beautiful! Debbi always has a great craft for us. Don't miss the fun!

MONTHLY BREAKFASTS

Everyone is welcome - no sign up required. Just come!

May 14, Jun 11 TUESDAYS 8:30 AM \$ self-pay

LADIES' BREAKFAST at Kelly's Place

Join the Ladies' Breakfast Club the 2nd Tuesday of every month. Meet and eat at Kelly's Place, and enjoy the company of old and new friends.

We pay with separate checks.



May 15, Jun 19 WEDNESDAYS 8:00 AM \$ self-pay

MEN'S BREAKFAST at Kelly's Place

Join the Men's Breakfast Club the 3rd Wednesday of every month. Meet and eat at Kelly's Place! Come and hang out with the guys, and enjoy a monthly speaker.



LUNCH & LEARN



May 9, May 23 and Jun 13, Jun 27 FREE THURSDAYS 1:00 PM

Come for a light lunch at 1:00 PM, followed by a 1:30 PM presentation by one of our local partners.

May 9 SOUP RECIPES Bristol Elder Services Nutritionist Dawn DiMarco (one of our favorites!) will share some great soup recipes that are easy, nutritious & delicious.

May 23 MEMORY and AGING in our COMMUNITY Athena Lavoie from Butler Hospital will discuss the how our brain changes as we age. Very interesting!

Jun 13 SAVVY ABOUT SENIOR LIVING We welcome Bill Cleary of Oasis Senior Advisors to bust myths about senior living, and how to find the best place for you!

Jun 27 BRISTOL ELDER SERVICES Melissa Soeur from Bristol Elder Services will explain all the services available to you! Bring your questions.

FRIENDS MEETINGS

May 20 MONDAY 1:00 PM FRIENDS MAY MEETING & ELECTION OF OFFICERS

Meeting followed by Norton's own mystery author Debi Graham-Leard. Don't miss this great speaker!!

Jun 24 MONDAY 11:30 PM - 3:00 PM FRIENDS BBQ at the VFW!

It's time for the annual end-of-the-year FRIENDS BBQ! DJ Steve Bishop will entertain us while we enjoy some great BBQ lunch! Sign up at the Center. Free for members. Charge for non-members. >See FRIENDS Page 14



TECHNOLOGY HELP

EVERY THURSDAY 1:00 PM, 1:30 PM, 2:00 PM

TECHNOLOGY HELP Please sign up for a specific time slot at the Center: **1:00 PM, 1:30 PM, 2:00 PM**

Tom and Kathy G. will be here at the Center to help with your devices: Phone, computer, tablet, etc.

FREE

Beginners are welcome! **508-285-0235**



WHAT'S HAPPENING in MAY/JUN

Please sign up at the Center for all programs/activities/events.

ENTERTAINMENT/MOVIES/FUN

May 10 FRIDAY 1:00 PM \$5 ea

MOTHER'S DAY LUNCHEON Everyone is welcome - we all have a Mother, so let's celebrate!! Join us for a delicious luncheon and party **AT THE VFW!** Our entertainment will be The Mike & Beth Cabaret Show!!



May 17 FRIDAY 1:00 PM FREE

60's FOLK MUSIC Roger Tincknell will be here to entertain us with some great tunes! Join us!!



May 22 WEDNESDAY 1:00 PM FREE

MUSIC BINGO DJ Chris is back! Come play this fun take on Bingo... it's all about the music. You'll have so much fun!



May 24 FRIDAY 1:00 PM FREE

PIZZA & A MOVIE We are excited to show Damsel. A young woman agrees to marry a handsome prince - only to discover it is a trap! Pizza and Popcorn will be served.



May 29 WEDNESDAY 1:00 PM FREE

GOOD TYMES BANJO BAND 10-piece Banjo Band!! We don't need to say anything more. Don't miss this fun afternoon of amazing music.



May 31 FRIDAY 1:00 PM FREE

TRIVIA with LARRY We always have a blast with Trivia-master Larry! Join us for lots of fun, and fun facts. Beginners are welcome - it is easy trivia!! Great prizes!



Jun 6 THURSDAY 1:00 PM FREE

PRIDE LUNCHEON Join us as we celebrate the uniqueness of EVERYONE! We'll have a luncheon here at the Center and enjoy great conversation.



Jun 7 FRIDAY 1:00 PM FREE

MUSICAL PERFORMANCE Bruce Cummings will be here with his Music is Medicine program.



Jun 14 FRIDAY 1:00 PM \$5 ea

FATHER'S DAY LUNCHEON Everyone is welcome - we all have a Father, so let's celebrate!! Join us for a delicious luncheon and party **AT THE VFW!** Our entertainment will be Davis Bates, Songs and Stories.

Jun 17 MONDAY 1:00 PM FREE

MUSIC BINGO It's so fun, we brought DJ Chris back again. Come on down for some music fun and great prizes!



Jun 21 FRIDAY 1:00 PM FREE

PIZZA & A MOVIE Love at First Sight Sign up to see this great movie! Pizza and Popcorn, of course.



EDUCATION / FITNESS / WELLNESS

May 28 TUESDAY 9:30 AM FREE

TECH ESSENTIALS A program about Technology, presented by Senior U. Coffee and Pastries will be served!



Jun 5 WEDNESDAY 1:00 PM FREE

TECHNOLOGY CLASS - GROCERY APPS The first of our series of Technology classes, led by Tom Golota. This class is about Grocery Apps: how to download and use 3 local grocery apps.



Jun 12 WEDNESDAY 1:00 PM FREE

TECHNOLOGY CLASS - BASIC COMPUTER TERMS In this class you will be learning about basic computer and phone terminology to help you navigate all the tech jargon.



Jun 26 WEDNESDAY 1:00 PM FREE

TECHNOLOGY CLASS - COMPUTERS 101 Come and learn the fundamentals of using a computer. Man also pertain to your phone!



















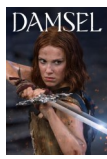




Jun 28 FRIDAY 1:00 PM FREE

DOG THERAPY Bruce & Gale Cummings will come with their dogs! Learn about Pet Therapy and all the benefits.



MAY 2024


Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</p>	<p>REMINDER: Some programs are held at the VFW, and are noted as such.</p> <p>Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT</p>	<p>10 AM Blackjack 1</p> <p>1 PM Knitting/Crocheting</p> <p>1 PM May Basket Craft</p> 	<p>9:30 AM Zumba 2</p> <p>9:30 AM Tai Chi VFW</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> 	<p>9:30 AM Knitting & Lessons 3</p> <p>11:30 AM Cards</p> 
<p>10 AM Mahjong 6</p> <p>10 AM Chair Yoga VFW</p> <p>11 AM Balance Yoga VFW</p> <p>1 PM Painting with Julia</p> 	<p>9:15 AM Meditation 7</p> <p>10 AM Walking Group</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p> 	<p>10 AM Horse Farm Visit 8</p> <p>10 AM Blackjack</p> <p>1 PM Knitting/Crocheting</p> 	<p>9:30 AM Zumba 9</p> <p>9:30 AM Tai Chi VFW</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Lunch & Learn Soup Recipes!</p> <p>3:30 PM COA Meeting</p> 	<p>9:30 AM Knitting & Lessons 10</p> <p>11:30 AM Cards</p> <p>1 PM Mother's Day Luncheon at VFW with Mike & Beth Cabaret Show</p> 
<p>10 AM Mahjong 13</p> <p>10 AM Chair Yoga VFW</p> <p>11 AM Balance Yoga VFW</p> 	<p>8:30 AM Ladies' Breakfast 14</p> <p>9:15 AM Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p> <p>2:30 PM+ Audiology</p>	<p>Loot/Lobster TRIP 15</p> <p>8:00 AM Men's Breakfast</p> <p>10 AM Blackjack</p> <p>1 PM Knitting/Crocheting</p> 	<p>9:30 AM Zumba 16</p> <p>9:30 AM Tai Chi VFW</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> 	<p>9:30 AM Knitting & Lessons 17</p> <p>11:30 AM Cards</p> <p>1 PM 60's Folk Music with Roger Tincknell</p> 
<p>10 AM Mahjong 20</p> <p>10 AM Chair Yoga VFW</p> <p>11 AM Balance Yoga VFW</p> <p>1 PM Friends Meeting</p> 	<p>9:15 AM Meditation 21</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p> 	<p>10 AM Horse Farm Visit 22</p> <p>10 AM Blackjack</p> <p>1 PM Knitting/Crocheting</p> <p>1 PM Music Bingo</p>	<p>9:30 AM Zumba 23</p> <p>9:30 AM Tai Chi VFW</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Lunch & Learn Memory and Aging</p> 	<p>9:30 AM Knitting & Lessons 24</p> <p>11:30 AM Cards</p> <p>1 PM Movie & Pizza</p>  
<p>27</p> <p>MEMORIAL DAY REMEMBER AND HONOR</p> <p>The Senior Center is CLOSED TODAY</p>	<p>9:15 AM Meditation 28</p> <p>9:30 AM Senior U Tech Essentials</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p> 	<p>10 AM Blackjack 29</p> <p>1 PM Knitting/Crocheting</p> <p>1 PM Good Tymes Banjo Band</p> 	<p>9:30 AM Zumba 30</p> <p>9:30 AM Tai Chi VFW</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Craft w/Debbi Light-up Wine Bottles</p> 	<p>9:30 AM Knitting & Lessons 31</p> <p>11:30 AM Cards</p> <p>1 PM Trivia with Larry</p> 

ADVANCED REGISTRATION IS REQUIRED for all activities and programs 508-285-0235

JUN 2024


Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM Mahjong  3 10 AM Ch. Yoga at NSC 11 AM Bal. Yoga at NSC 1 PM Painting with Julia <i>*TODAY: Yoga classes at Norton Senior Center</i>	9:15 AM 4 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Quilting/Sewing 1 PM Caregiver Support 	10 AM 5 Blackjack 1 PM Knitting/Crocheting 1 PM Technology Class Grocery Apps  	9:30 AM Zumba 6 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM+ Tech Help 1 PM Pride Luncheon 	9:30 AM 7 Knitting & Lessons 11:30 AM Cards 1 PM Music Program "Music is Medicine" with <i>Bruce Cummings</i> 
10 AM 10 Mahjong 10 AM Chair Yoga VFW 11 AM Balance Yoga VFW 	8:30 AM 11 Ladies' Breakfast 9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Quilting/Sewing 1 PM Caregiver Support 2:30 PM+ Audiology	10 AM 12 Horse Farm Visit 10 AM Blackjack 1 PM Knitting/Crocheting 1 PM Technology Class Basic Computer Terms 	9:30 AM Zumba 13 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM+ Tech Help 1 PM Lunch & Learn Savvy about Senior Living  3:30 PM COA Meeting	9:30 AM 14 Knitting & Lessons 11:30 AM Cards 1 PM Father's Day Luncheon at VFW with <i>David Bates</i>  
10 AM 17 Mahjong 10 AM Chair Yoga VFW 11 AM Balance Yoga VFW 1 PM Music Bingo 	9:15 AM 18 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Quilting/Sewing 1 PM Caregiver Support 	 19 The Senior Center is CLOSED TODAY ROLLING STONES TRIP 8:00 AM Men's Breakfast	9:30 AM 20 Zumba 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM+ Tech Help 1 PM Craft with Debbi Diamond Art Coaster 	9:30 AM 21 Knitting & Lessons 11:30 AM Cards 1 PM Movie & Pizza  
10 AM  24 Mahjong 10 AM Ch. Yoga at NSC 11 AM Bal. Yoga at NSC 11:30 PM Friends BBQ at VFW <i>*TODAY: Yoga classes at Norton Senior Center</i> 	9:15 AM 25 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Quilting/Sewing 1 PM Caregiver Support 	ENCORE CASINO 26 10 AM Horse Farm Visit 10 AM Blackjack  1 PM Knitting/Crocheting 1 PM Technology Class Computers 101	9:30 AM 27 Zumba 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM+ Tech Help 1 PM Lunch & Learn Bristol County Elder Services 	9:30 AM 28 Knitting & Lessons 11:30 AM Cards 1 PM Dog Therapy "Canine Presence" 
			<div style="border: 2px solid red; padding: 5px;"> Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER </div>	<div style="border: 2px solid blue; padding: 5px;"> REMINDER: Some programs are held at the VFW, and are noted as such. Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT </div>

ADVANCED REGISTRATION IS REQUIRED for all activities and programs 508-285-0235

RESOURCES/SERVICES

HOW CAN THE COA HELP ME?



If you are an older adult or a caregiver, these are some of the services and programs that we offer, and that are available to you here at the Norton Senior Center.

OUTREACH INFORMATION AND REFERRALS

Cathy Varnum is available to consult with residents, family members and caregivers to discuss resources and services available for seniors.



Application Assistance

Medicare, Medication
Fuel Assistance (SELF HELP)
Food Stamps (SNAP)
MassHealth
Long Term Care
Elder Counseling

Call Cathy at the Senior Center 508-285-0235

DURABLE MEDICAL EQUIPMENT

If you need Durable Medical Equipment give us a call to inquire about our most current inventory.

LOANS: Free loans of walkers, commodes, crutches, shower benches and wheelchairs are available. We have canes and some adaptive devices, too!



DONATIONS: We accept donations of medical equipment in good, clean condition. *Please call prior to bringing your donations to the Center to see if we have storage space.* THANK YOU!!

Bristol Elder Services (BES) 508-675-2101

Bristol Elder Services offers a variety of helping programs for seniors!

Call: 508-675-2101

Email: info@bristolelder.org

Website: www.bristolelder.org



BRISTOL
ELDER SERVICES
ONE SOURCE. MANY SERVICES.

SHINE Free Health Insurance information, counseling and assistance for people with Medicare.



Call the Senior Center to schedule an appointment 508-285-0235

TRANSPORTATION

GATRA TRANSPORTATION See Page 12 for info

EMERGENCY TRANSPORTATION

The CAR Transportation Program may be able to help with emergency transportation needs.

This program is for all Norton Residents.



Call the Senior Center for more information.

Assurance Wireless 1-888-321-5880

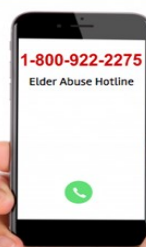
If you participate in a qualifying program (i.e. Mass Health, Chapter 115, SNAP), or have limited income, you may qualify for a free cell phone. You can call 1-888-321-5880, apply online at assurancewireless.com or call the Senior Center for help!



Elder Legal Services 1-800-244-9023

www.sccls.org

South Coast Counties Legal Services, Inc. offers free legal assistance for seniors, specializing in the areas of housing law, family law, elder law, education law, consumer law, and government benefits including Social Security and disability.



REPORT ELDER ABUSE

1-800-922-2275

Operating 7 days a week 24 hours a day.



NORTON FOOD RESOURCES

- **Meals on Wheels** - Residents age 60+

Nutritious meals delivered to the home on a daily basis. Please call Bristol Elder Services Information/Referral line to register: 508-675-2101



- **SNAP (previously Food Stamps)** - All Residents

Norton Human Services (at the Norton Senior Center) can help residents process SNAP applications. Call us at 508-285-0235 or apply online at:

<https://dtaconnect.eohhs.mass.gov>

This is an income eligible program: \$2,265/mo for 1 person, \$3,052/mo for 2 people, etc.



- **Grab & Go Meals at the Senior Center - Tues, Wed, Thurs, Fri** - Norton Residents age 60+

Pick up 11 am - 1 pm. These are heat and eat meals.

You must call in advance to register!!

NOTE: Weekly meal orders must be received by the previous Friday



Drive up, give us a "toot" of your car horn, and we will provide contactless delivery!

- **Norton Food Pantry (Cupboard of Kindness)** - Free for All Norton Residents

The **Cupboard of Kindness** is open on the **1st & 3rd Mondays of every month 4:30 pm - 6:30 pm.**

This town pantry is located behind Town Hall on 70 East Main Street. If this is your first time at the Pantry, please bring proof of residency. 508-285-3398

Visit the pantry's website: cupboardofkindness.org

If you don't drive, delivery can be arranged.



- **Commodities Supplemental Food Program CSFP** - Income eligible program for Residents age 60+

This is a monthly brown-bag program (groceries, fresh fruits & vegetables) the 3rd Wednesday of every month. Call the Senior Center to confirm eligibility and for an appointment to apply.

For residents age 60+ that meet these gross monthly income guidelines:

Household Size of: 1 (\$1,632/mo), 2 (\$2,215/mo), 3 (\$2,798/mo)



- **St. Mary's Church, Norton - St. Vincent de Paul Society** - All Residents

If you find yourself in an **EMERGENCY** situation and are in desperate need of food or financial assistance, please call St. Mary's St. Vincent de Paul Society.

Leave a confidential message for a same-day return call. 508-409-7311



- **Food N' Friends - Daily Church Suppers** - Free for All Residents

All Meals are available to anyone from Norton and surrounding towns

♦ Call 508-222-2933 for days and times or swing by the center to pick up a schedule

♦ Trinitarian Congregational Church, 2 Pine Street, Norton *now hosting free meals on the 3rd Tuesday of every month. 5:00 PM social, 5:30 PM - 6:30 PM dinner JOIN US!!*

together
WE CAN MAKE A
DIFFERENCE



Community Support & Services

GATRA TRANSPORTATION OPTIONS



Dial-A-Ride

MAIN # 508-823-8828



Norton, Taunton, Attleboro Must call 24 hours in advance

\$1.75 one-way

\$1.50 one-way (10-ride pass for \$15 purchase @Senior Center)

774-226-1219 or 508-823-8828

» Rides to Norton and Attleboro for any reason

» Rides to Taunton for medical appointments ONLY



MedWheels

Out-of-town Medical Appointments

Must call 3 days in advance

Donation request will be mailed to you after your ride

774-226-1252 or 508-823-8828 X252

Gatra Go United

**Norton, Mansfield, Foxboro, Franklin, Wrentham, Norfolk, and...
Plainville (Plainridge Casino & Target Plaza)
Easton (Target Plaza)***

800-698-7676, select option 2

Gatra Go UNITED is operated by Kiessling Transit

Same Day Service - On Demand - Call when you need a ride! \$2 each-way

Monday - Friday 6:30 AM to 8:00 PM

Saturday and Sunday 12:00 PM to 8:00 PM

**Rides to Easton are ONLY Thursday, Friday, Saturday 12:00 PM - 5:00 PM*

Are you struggling to make ends meet?

Confidential help is available. Call us! 508-285-0235

We will work to help you with whatever you may be struggling with.



Personal Real Estate Tax Exemptions
Senior Work-Off Program
Fuel / Utility Assistance
Transportation
Emergency Assistance

Food Assistance
Rental Assistance
SHINE
AARP Tax Preparation
Housing

We are (thankfully!) finished with the 2023-2024 heating season!



If you are a Fuel Assistance client, then look for a renewal application in late August. New applicants can apply beginning November 1st. To get ready, stop in to get a list of documents you will need for the application. *This is an income-eligible program.*



Money Saving Programs

Medicare Savings Program

Get Help Paying Medicare Costs

Apply to the Medicare Savings Program (MSP) NOW to save up to \$3,000 a year on Medicare costs

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare beneficiaries who meet the following income limits:



You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month

**NEW AS OF MARCH 1, 2024:
THERE IS NO ASSET LIMIT**



If you qualify, please call the Norton Senior Center for an appointment to apply 508-285-0235



Are you retiring?

Turning 65 and not working?

- 1) Sign up for Medicare Part A and Part B through the Social Security Office.
- 2) After you have signed up for Part A and Part B, we will help you enroll in Supplemental Plans, Part D, or Medicare Advantage Plans. We have SHINE counselors here at the Senior Center to assist you. **Call us to make an appointment: 508-285-0235**

Social Security office: 106 Pleasant Street, Attleboro, MA 02703 1-800-655-6469



A huge **THANK YOU** to our AARP Tax Preparation Volunteers. What an amazing team!!

Over 175 tax returns were filed this year here at the Center!!



- > Jennifer Bigelow
- > Catherine Dahlgard
- > Donna McBride
- > Basu Sarkar



**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

2024



Led by the Administration for Community Living (ACL), this annual observance aims to recognize and honor the valuable contributions of older Americans. The chosen theme emphasizes the profound impact that meaningful relationships and social connections have on the health and well-being of our elderly population.

Join us in making May a month of joy, shared experiences, and strengthened connections. Together, we can make a lasting impact on the well-being of older Americans in our community.

RELATE - CONNECT - IMPACT

FRIENDS OF THE NORTON SENIOR CENTER

The Friends of the Norton Senior Center is a non-profit organization, whose purpose is to raise funds through memberships and fundraising events to financially assist the Norton Council on Aging. These funds provide the Senior Center with necessary programs, equipment, and supplies to advance the welfare of seniors in Norton.

Friends Officers:

Bill Byrnes (President), Bob Briscoe (Vice President), Jean Briscoe (Treasurer), Debbie Leary (Secretary)

Mailing address: P.O. Box 623, Norton, MA 02766

Friends Membership Dues \$10 per year

Your membership ends one year after your annual membership payment.

New members are always welcome!

MEETING DATES

May 20, 2024 Meeting (Elections of Officers) followed by Norton's own Mystery Author Debi Graham-Leard. **1:00 PM**

June 24, 2024 End of the Year BBQ **at the VFW!**

DJ Steve Bishop will entertain us during our delicious barbeque lunch at the VFW!

Members: Free to attend **11:30 AM to 3:00 PM**

Non-Members: There will be a small charge

OR you can become a Friends Member and come for free!

Sign up at the Center for the meeting & for the BBQ!

Please note: NO Friends Meetings in July or August



The Friends of the
Norton Senior Center, Inc.

We have a new website!!

Norton.friendscoa.org

Check out the website to learn more about the Friends group and to **DONATE** to help support the new Senior Center building!!



ENCORE CASINO - June 26



Support the Friends and join us on our trip to Boston's Encore Casino! **\$40** (includes \$20 slot play).

Sign up and pay at the Center. *Includes driver gratuity.*

Departing Senior Center at 10:30 am / Departing Encore at 6:30 pm to head back to Norton

We try to have a Casino trip every two months (excluding December & January)

Save-the-Dates!!

More information to come.

BOSTON POPS

Thursday December 5, 2024

CHRISTMAS PARTY

Wednesday December 11, 2024



FUNDRAISING

Thank you for supporting our fundraising efforts for the Norton Senior Center We are successful because of your support!

FRIENDS

2024 DAY and OVERNIGHT TRIPS

by Norton Senior Travel



NORTON SENIOR TRAVEL

Lots of exciting trips!

SIGN UP SOON!! Some trips have limited seating

MAY 15, 2024 (Wed)**LOOT n' LOBSTER***Mohegan Sun & Cap'n Jack's*

\$112 per person

Transportation, Lunch, Show, Tax & Gratuity

JUNE 19, 2024 (Wed)**ROLLING STONES Tribute Show***@ Lake Pearl, Wrentham*\$89 per person **DRIVE ON YOUR OWN**

Lunch, Show, Tax & Gratuity

JULY 23-25, 2024**LANCASTER, PA 3 day trip****PENN DUTCH: Sound of Music, Daniel at Sight & Sound** Bus Gratuity not included

\$779 pp double occ. \$979 pp single

AUGUST 7, 2024 (Wed)**DANVERSPORT HARBOR CRUISE***Yacht Club, Newburyport*

\$118 per person

Transportation, Lunch, Show, Tax & Gratuity

AUGUST 19-26, 2024**BIG SKY, MONTANA 7 day trip***Big Sky, Mt Rushmore, Yellowstone***Trip closed. 25 people travelling!!****SEPTEMBER 10, 2024** (Tues)**EDWARDS TWINS Variety Show***@ Lake Pearl, Wrentham*\$89 per person **DRIVE ON YOUR OWN**

Lunch, Show, Tax & Gratuity

OCTOBER 23, 2024 (Wed)**ROD STEWART Tribute Show***@ Lake Pearl, Wrentham*\$89 per person **DRIVE ON YOUR OWN**

Lunch, Show, Tax & Gratuity

OCTOBER 9, 2024 (Wed)**NH COVERED BRIDGE TOUR**\$97 per person **Inn at East Farm, NH**

Transportation, Lunch, 3-hr tour, Tax & Gratuity

Sorry, no trips planned for Nov & Dec 2024 - BUT, see page 14 for info on Friend's Boston Pops Trip!

Please sign up as soon as possible so we don't risk losing out on the opportunity to travel together on these amazing trips! We typically need a minimum of 40 travelers in order to avoid trip cancellation by the bus company.

Non-seniors and out-of-town guests are always welcome to sign-up & join us!

Checks payable to: NORTON SENIOR TRAVEL (unless otherwise noted on trip flyer)

Trip sign-up is at the Senior Center! Please stop in to pick up a trip flyer for all the details.

NORTON SENIOR TRAVEL

Full payment and meal selection are due at sign-up (unless otherwise noted on the individual trip flyer).

Cash or Check must accompany your Trip Registration Form. We require your name, address, phone, date of birth and emergency contact information.

Forms and payment envelopes are located at the Trip Information Area at the Senior Center.

For any questions, please contact **Bob and Carol Marciano 401-536-3509**

PLEASE JOIN US

VETERANS' RESOURCES



508-285-0274

774-265-7462

Town of Norton Veterans' Service Office (VSO)
Estelle Flett, Veteran's Agent

Town Hall, 70 East Main Street
eflett@nortonmaus.com

M.G.L. Chapter 115 is a state benefit for eligible veterans and eligible dependents of deceased veterans. This benefit is designed to help Massachusetts Veterans and their families within certain income and asset limits. Note that even if your income is higher than the specified amounts you still may qualify for reimbursements of medical expenses.

Please contact Estelle to discuss eligibility: 508-285-0274

For 1 in household \$2,265 max monthly income, \$8,400 asset limits (single)

For 2 in household \$3,052 max monthly income, \$16,600 asset limits (married)

Memorial Day Parade Happenings

~Norton Public Schools Memorial Day Assemblies

Friday, May 24 - starting at 8 AM at Norton High School

~Parade Monday, May 27 10 AM -

All veterans are welcome to march or ride the Veteran's float

~Free Breakfast for Veterans Monday, May 27 7 AM to NOON -
 at Honey Dew Donuts *sponsored by Marsan Upholstery & Honey Dew*

Volunteers Wanted Please contact the Veterans' Office if you are interested in **placing flags** in our local cemeteries on May 15th. 508-285-0274

Norton Clean-Up Day is on Saturday, May 4th.

We are looking for all veterans to join the town clean-up!

Followed by a BBQ at Bog Iron Brewing. *Call the office for details.*



Old Colony History Museum in Taunton has a newly renovated military room. For more details call 508-822-1622 or visit oldcolonyhistorymuseum.org

Norton Veterans' Council Carnival

June 19-23 at the Henri A Yelle School. Come for the rides, food, and family fun to support the Norton Veterans' Council



"Memorial Day is an opportunity to pause and reflect on the sacrifices of the more than one million Soldiers, Marines, Sailors, Airmen, and Coast Guardsmen who have made the ultimate sacrifice to secure our freedoms." ~ General Norton Schwarz

~ May 20th is Armed Forces Day ~

Dedicated to paying tribute to men and women currently serving in the US Armed Forces.

Eligibility for VA Health Care has expanded significantly Call the Veterans' Office for details on how to apply 508-285-0274

Important Veterans' Phone Numbers:

American Legion Post #222 508-813-6527
 Norton Veterans' Council 508-285-0274

Fillmore-Nason VFW Post #8049 508-285-3845
 Veterans Crisis Line 988 then 1

A very special to
THANK YOU to
 Pat Zwicker for
 organizing our Annual Tea Party. It
 was a wonderful afternoon, and
 we are so thankful for Pat
 and her volunteers for
 such a lovely afternoon!



Annual Senior Luncheon

SATURDAY, JUNE 1, 2024



Saint Mary Parish Center

1 Power St. Norton, MA

Doors Open at 11:30 AM

Lunch at 12:30 PM

LIVE ENTERTAINMENT!

Your Hosts:

Saint Mary Saint Vincent de Paul

and

Knights of Columbus Council 11690

Luncheon is FREE but you **MUST sign up by FRIDAY May 16th** at the Norton Senior Center or Woodland Meadows Community Room

**NORTON
 CLEANUP
 DAY
 2024**

Sat. May 4

Check In: 9-10 am

Everett Leonard Park (6 Parker St.)

Clean Up: 10am-1pm

Post Event Cook out: 12:30pm

Bog Iron Brewing (33 W. Main St)

**MAY THE 4TH
 BE WITH US!**

For More info & to register
www.nortonma.org/parks-and-recreation

BROUGHT TO YOU BY:
 NORTON HIGHWAY, NORTON SELECT BOARD, NORTON CONSERVATION AND
 NORTON PARKS & REC DEPARTMENTS, ALONG WITH PARTNERS,
 BOG IRON BREWING, MARCHAND ENVIRONMENTAL AND HOME DEPOT

CAUTION

**FOLLOW
 INSTRUCTIONS!**

The Senior Center Driveway is
ONE-WAY.

Please follow the arrows IN and
 OUT, going around the building to
 exit after visiting. Thank you!

Please expect occasional **robo-calls** to inform you of what's happening at the Center. This is our best way to let you know of any changes to our programs.

So you recognize us, please note:

Text messages will come to you from 855-358-2408

Voice messages will come to you from 508-285-0235

Sometimes we call from our 2nd phone line, which is 508-285-4964



This newsletter was published with funding
 from a grant from the

Massachusetts Executive Office of Elder Affairs

THANK YOU FOR YOUR PATIENCE

We are a busy Senior Center! Thank you for
 being careful and patient in the parking lot.

Friends of the Norton Senior Center
P.O. Box 623
Norton, MA 02766

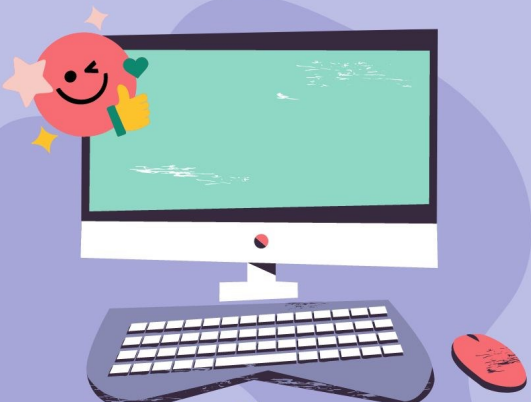
NONPROFIT ORG
US POSTAGE PAID
TAUNTON, MA
PERMIT NO 100

Please let us know if your address has changed
coa@nortonmaus.com
508-285-0235



If you would like to receive our email electronically, please email us!

WEDNESDAYS IN JUNE



Tech Talk with Tom
TECHNOLOGY CLASSES

Grocery APPS - Computers 101 - Tech Terms

NEW!!!
Weekly walking Group

Kick off
meeting:
Tuesday
May 7, 2024
10:00 A.M.

