



Norton

COUNCIL ON AGING NEWSLETTER

July / August 2022

Norton Senior & Community Support Center

55 West Main Street

PO Box 552

Norton, MA 02766

Email: coa@nortonmaus.com

Website: nortonmaus.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

Judy Leroux

Ellen Martins

Carol McLaughlin

Paula Raneri

Paul Wanamaker

OPEN

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
meet on the 4th Monday of the
month at 1:00 PM

SUMMERTIME at THE CENTER



Where Active Living Never Gets Old

Summer 2022! - Hopefully you are out-and-about enjoying our lovely New England summer weather. Beautiful trees and flowers are sure to make you smile! It's been a busy time at The Center. If you haven't been down to visit, please do so! Come on in to say "hi" and have a coffee and pastry with us. We have many morning and afternoon activities that you can participate in, as well as resources for questions and concerns. We're here to help!

We've had some changes to our fitness schedule for the summer. **Take a close look at the calendar so you don't miss out.** Thank you for your patience - we had to shuffle a few things around!

Did you get a postcard in the mail? We are reaching out to all our Norton neighbors to bring awareness to our Center and all the wonderful social, educational and wellness programs we have here. Tell your friends, tell your neighbors...encourage them to check us out! **Bring your post card back to the center to be entered in a drawing for \$100 plus lots of Center Swag!!**

Beth



DROP-IN FITNESS & WELL-BEING

CHAIR YOGA **at the VFW**

Every Monday 10:00 AM - 11:00 AM \$2

Instructor Renee will lead Chair Yoga. Join us!!

Note: There is no Chair Yoga July 4



BALANCE YOGA **at the VFW**

Every Monday 11:00 AM - 12:00 PM \$2

Join Renee for an amazing balance yoga class!



Note: There is no Balance Yoga July 4



MEDITATION



Every Tuesday 9:30 AM - 10:15 AM \$2

At THE SENIOR CENTER

Meditation for relaxation and peacefulness.



TAI CHI



Tai Chi will help you feel steadier on your feet and improve your hand-eye coordination.

JULY: Every Tuesday at THE SENIOR CENTER

9:30 AM - 10:15 AM \$2 with Ed

AUGUST: Every Wednesday at the VFW

10:30 AM - 11:15 AM \$2 with Kelley

Note: There is no Tai Chi with Kelley on Wednesday August 24. Ed will substitute this week, on Tuesday August 23 at the Senior Center.



ZUMBA GOLD

Every Tuesday 10:15 AM - 11:15 AM \$2

At THE SENIOR CENTER

Every Thursday 9:30 AM - 10:30 AM \$2

at THE SENIOR CENTER



Alba will be our instructor!! Come and Zumba with us!



LINE DANCING



Every Thursday 11:00 AM - 12:00 PM \$2

At THE SENIOR CENTER

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

Note: There is no Line Dancing on Thurs August 18

DRUMS ALIVE



Drums Alive® combines fitness, drumming, music, and educational concepts to improve the physical, emotional, and social health of participants.

JULY: Every Wednesday at THE SENIOR CENTER

9:30 AM - 10:30 AM \$2

with Kelly Sipe on ZOOM (on our TV!)

BONUS... you can join Kelly for Drums Alive on ZOOM every day from your home! Call us for Meeting ID and password.

Note: There is no Drums Alive at the Center on Wed July 20

AUGUST: Every Friday at THE SENIOR CENTER

10:45 AM - 11:30 AM \$2

with Kelley, in person

Note: There is no Drums Alive on Fri August 26



FITNESS & WELL-BEING

TECHNOLOGY HELP

Join Tom and Kathy here at the Center for help with your Tech!
They can help you with your phone, computer, tablet, etc.

Sign up for a specific time slot.
(all levels of learning)
508-285-0235




CAREGIVER SUPPORT GROUP



Tuesdays
1 PM - 2 PM



This group is for caregivers - 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.

This Informative, hour-long support group, is facilitated by Geriatric Consultant, Carol Betty, LPN. All are welcome! 

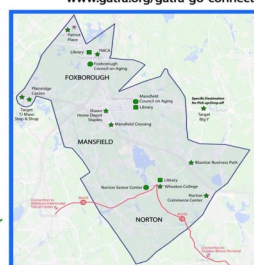
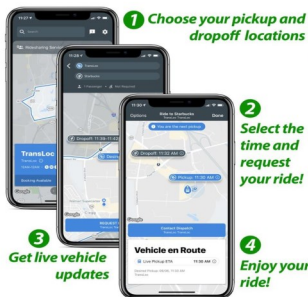
FOXBOROUGH
MANSFIELD
NORTON
GATRA
ON DEMAND
CONNECT
GATRA GO Connect is an on-demand, same day, affordable, and accessible public transit service.

STARTING
MONDAY, NOVEMBER 8th
service will be expanded to include the
Town of Norton
including Wheaton College

Hours Monday-Friday
6:30AM - 8:00PM
Saturday-Sunday
12:00PM - 8:00PM
Fares \$2.00 one-way
Children under 6 ride free



508-697-1911
www.gatra.org/gatra-go-connect



TOP TIPS TO BEAT THE HEAT



DROP-IN ACTIVITIES / PROGRAMS



MAHJONG

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

Come and play Mahjong! Intermediate and advanced players for the summer. We'll start up a new beginner session starting in September!

Please note: No Mahjong July 4

QUILTING / SEWING

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

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



Please note: No Quilting/Sewing July 4



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 & treats! \$1/sheet for regular game



KNITTING & 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'll have coffee and refreshments!



LEARN TO KNIT

Every Friday 9:30 AM - 10:30 AM free



Pat will be here to teach basic knitting stitches. In no time you will be creating lovely, handmade items. For beginners and experts, alike.

We have yarn and knitting needles to get you started, or bring your projects to join in!

CARDS - BRIDGE

Every Friday 11:30 AM - 2:30 PM free

Bridge players - come on down! Join the group and play for a few hours together here at the Center.



CARDS ? CRIBBAGE ?

We are looking for a person or group to lead our card players. Whist? Hi-Low-Jack? Black Jack? Rummy? Please call us if you are interested. 508-285-0235



Interested in getting our "Cribbage Crew" back up and running? We'd love to host beginners and seasoned players, alike.

Call us! 508-285-0235



WHAT'S HAPPENING in JUL/AUG

Please sign up at the Senior Center for all activities

JULY 2022

July 4 Monday INDEPENDENCE DAY

The Senior Center will be CLOSED today

July 6 Wednesday 10:00 AM free

HORSE ENCOUNTER Visit with the beautiful animals at Smokey Chestnut Rescue Farm in Norton.



July 6 Wednesday 12:30 PM free

BLOOD PRESSURE CHECK Drop in at the Center and have your Blood Pressure checked!

July 8 Friday 1:00 PM free

ROGER & JOHN Come hang out with us this afternoon as we listen to our favorite music duo! John & Roger, OR Roger & John?? You decide!



July 11 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with Julia - always a relaxing and creative afternoon!



July 12 Tuesday 8:30 AM

LADIES' BREAKFAST at Kelly's Place Join the Ladies' Breakfast Club the 2nd Tuesday of every month. Meet and eat at Kelly's Place! We pay with separate checks.



July 13 Wednesday 1:00 PM free

FALL RISK & INJURY PREVENTION Happy Health Center in Taunton is coming to give a talk about ways to make your home safe and prevent falls. Happy Health will bring yummy snacks, too!

July 14 Thursday 1:00 PM free

LUNCH & LEARN Bristol Elder Services will be here with lunch! We'll have an informative talk about Senior Nutrition, and time for questions/answers.



July 15 Friday 1:00 PM free

ROGER TINCKNELL Country Western Cowboy Songs...and yodeling!! How fun is this Friday going to be? You don't want to miss it!



July 18 Monday 1:00 PM free

DOLLAR STORE BINGO Come on down for a fun afternoon playing with our slide-cards, and winning fun "dollar store" prizes!



July 19 Tuesday 8:30 AM departure

INDIAN PRINCESS CRUISE Norton Citizen's on Aging Bus Trip. Return is at 5:00 PM

July 20 Wednesday 8:00 AM

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! Enjoy the company of old and new friends alike. We pay with separate checks.



July 20 Wednesday 10:00 AM free

HORSE ENCOUNTER Another visit with the animals at Smokey Chestnut Rescue Farm in Norton.



July 20 Wednesday 10:30 AM free

BEEYONDER Virtual Tour of Persia/Iran Our



tour guide Bahman will share great stories about history, culture and architecture of both ancient Persia and modern Iran. Ethnic food and drink, too!

July 20 Wednesday 12:00 PM free

COFFEE with Estelle! Norton's Veterans' Services Officer, Estelle Flett will be at the Center to discuss Veteran's issues.



WHAT'S HAPPENING in JUL/AUG

Please sign up at the Senior Center for all activities

July 22 Friday 1:00 PM free

PIZZA & A MOVIE A favorite activity!! Come and watch Downton Abbey A New Era. Enjoy popcorn and pizza while you watch.



July 25 Monday 1:00 PM free

CORN HOLE Fun, Fun, Fun. Indoor Corn Hole.



Come throw the bags with us! Snacks, too.

July 27 Wednesday 1:00 PM free

NUTRITION TALK Tara from MCOA will discuss making healthy food choices.



July 28 Thursday 1:00 PM

free

Music Bingo Good Thomas' musical Bingo will be in the house. 50's and 60s music!! Lots of fun and fund prizes!!



July 29 Friday 1:00 PM free

CRAFT WITH MEGHAN Come and make something awesome with Meghan today Always a fun afternoon!!



AUGUST 2022

Aug 1 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with Julia. Julia will show us how make a beautiful picture using easy techniques.



Aug 3 Wednesday 12:30 PM free

BLOOD PRESSURE CHECK Drop in at the Center, meet the new town nurse and have your Blood Pressure checked!



Aug 3 Wednesday 1:00 PM free

FLEX & STRETCH Scott will be here from Physically Fit Physical Therapy to give us tips and techniques for improving flexibility. Great class - don't miss!



Aug 5 Friday 1:00 PM free

COWBOY SONGS Rodney "Johnny Cash" Brunell will entertain us this afternoon with songs from The American Troubadour!



Aug 8 Monday 1:00 PM free

ICE CREAM SOCIAL Delicious ice cream and all the fixings. Visit us to chit-chat and catch up!



Aug 9 Tuesday 8:30 AM

LADIES' BREAKFAST at Kelly's Place Join the Ladies' Breakfast Club the 2nd Tuesday of every month. Meet and eat at Kelly's Place! We pay with separate checks.



Aug 10 Wednesday 10:00 AM free

HORSE ENCOUNTER A visit to Smokey Chestnut Farm with Beth! Visit with special horses & donkeys.



Aug 10 Wednesday 1:00 PM free

CHAIR EXERCISE/DANCE Rhonda is returning to lead us in a fun exercise/dance class. Come get "fit while you sit" with us!



Supported by a grant from the Norton Cultural Council & MCC

Aug 11 Thursday 1:00 PM free

ROGER & BAND Roger's coming to sing, and he's bringing his whole band for a fun afternoon of lively country music.



Aug 12 Friday 1:00 PM free

DOLLAR STORE BINGO Come on down for a fun afternoon playing with our slide-cards, and winning fun "dollar store" prizes!



Aug 15 Monday 1:00 PM free

Scrabble Tournament We have the game boards; come down and play **Words With Friends** the old fashioned way! Highest word score wins a prize!!



Aug 17 Wednesday 8:00 AM

MEN'S BREAKFAST at Kelly's

Place Join the Men's Breakfast Club the 3rd Wednesday of every month. Come hang out with the guys! We pay with separate checks.



Aug 17 Wednesday 12:00 PM free

COFFEE WITH ESTELLE Drop in for some coffee and pastry with Norton's Veterans' Services Officer. Get updates on community programs! Find out how you can support.



Aug 19 Friday 1:00 PM free

PIZZA & A MOVIE Come and watch The Lost City. A hilarious movie starring Sandra Bullock. We'll have popcorn and pizza, of course!



Aug 22 Monday 1:00 PM free

CORN HOLE Come participate in our corn hole tournament...sure to be a fun afternoon. Good exercise, too!



Aug 24 Wednesday morning departure

PENN DUTCH Norton Citizen's on Aging Bus Trip. Return is on Friday Aug 26



Aug 24 Wednesday 10:00 AM free

HORSE ENCOUNTER A visit to Smokey Chestnut Farm again for a relaxing morning on the farm.



Aug 25 Thursday 1:00 PM free



LUNCH & LEARN Bristol Elder Services will be here with lunch! Time to learn more about senior nutrition.

Aug 26 Friday 9:00 AM - 12:00 PM

FOOT DOCTOR By appointment only. Call the Senior Center. 508-285-0235 Insurance or \$50 fee



Aug 26 Friday 1:00 PM \$2



CRAFT WITH MEGHAN Meghan will be here to lead is in another fun craft. Come and create!!

Aug 29 Monday 1:00 PM free

Poker Tournament Bring your pennies and we will have fun playing poker!!



Aug 31 Wednesday 1:00 PM free

BEEYONDER VIRTUAL TOUR OF PORTUGAL

We'll be "zooming" on our TV with a live tour guide who will bring us through the lively town of Cascais, Portugal, the town of fisherman and kings.



Bristol Elder Services and the Department of Agricultural Resources.





Farmer's Market Coupons



We will have a LIMITED NUMBER of coupons this summer to distribute to low-income seniors in Norton. The coupons will not be available until late August. We will begin to reserve coupons for eligible seniors beginning on August 22th. 508-285-0235

JUL 2022

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup			9:30 AM Learn to Knit 11:30 AM Bridge <i>No afternoon activity today</i>
4  The Senior Center is CLOSED TODAY	5 9:30 AM Meditation 9:30 AM Tai Chi 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 	6 9:30 AM Drums Alive 10 AM Horses 12:30 PM BP Check 1 PM Knit/Crochet	7 9:30 AM Zumba 11 AM Line Dancing 1 PM Tech Help	8 9:30 AM Learn to Knit 11:30 AM Bridge 1 PM Roger & John 
11 10 AM Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Painting with Julia	12 8:30 AM Ladies' Breakfast 9:30 AM Meditation 9:30 AM Tai Chi 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Supp.	13 9:30 AM Drums Alive 1 PM Knit/Crochet 1 PM Fall Risk & Injury Prevention	14 9:30 AM Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn COA MTG	15 9:30 AM Learn to Knit 11:30 AM Bridge 1 PM Roger Tincknell Cowboy Songs 
18 10 AM Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Dollar Store Bingo	19 TRIP: Ind P Cruise 9:30 AM Meditation 9:30 AM Tai Chi 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	20 8:00 AM Men's Breakfast 10 AM Horses 10:30 AM Beeyonder Tour of Persia/Iran 12 PM Coffee Estelle 1 PM Knit/Crochet <i>No Drums Alive CSFP</i>	21 9:30 AM Zumba 11 AM Line Dancing 1 PM Tech Help 	22 9:30 AM Learn to Knit 11:30 AM Bridge 1 PM Pizza & Movie 
25 10 AM Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Corn Hole	26 9:30 AM Meditation 9:30 AM Tai Chi 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	27 9:30 AM Drums Alive 1 PM Knit/Crochet 1 PM Nutrition Talk	28 9:30 AM Zumba 11 AM Line Dancing 1 PM Tech Help 1PM Music Bingo	29 9:30 AM Learn to Knit 11:30 AM Bridge 1 PM Craft with Meghan 

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

AUG 2022

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM Chair Yoga VFW 1 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Painting With Julia	9:30 AM 2 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10:30 AM 3 Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet 1 PM Flex & Stretch	9:30 AM 4 Zumba 11 AM Line Dancing 1 PM Tech Help	9:30 AM 5 Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Rodney "Cash" Music Performance 
10 AM 8 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Ice Cream Social	9:30 AM 9 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10 AM Horses 10 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Chair Dance	9:30 AM 11 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Roger & Band  COA MTG	9:30 AM 12 Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Dollar Store Bingo
10 AM 15 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Scrabble Tournament	8:30 AM 16 Ladies' Breakfast 9:30 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	8:00 AM 17 Men's Breakfast 10:30 AM Tai Chi VFW 12 PM Coffee Estelle 1 PM Knit/Crochet CSFP	9:30 AM 18 Zumba 1 PM Tech Help No Line Dancing	9:30 AM 19 Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Pizza & Movie 
10 AM 22 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Corn Hole	9:30 AM 23 Meditation 9:30 AM Tai Chi 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	TRIP: 24 Penn Dutch 10 AM Horses 1 PM Knit/Crochet No Tai Chi	9:30 AM 25 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn	9 AM  26 Foot Doctor 9:30 AM Learn to Knit 11:30 AM Bridge 1 PM Craft with Meghan TRIP Return No Drums Alive
10 AM 29 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Poker 	9:30 AM 30 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10:30 AM 31 Tai Chi VFW 1 PM Knit/Crochet 1 PM Beeyond Tour of Cascais, Portugal		Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup

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

2022 DAY and OVERNIGHT TRIPS by Citizens on Aging

JULY 19, 2022 INDIAN PRINCESS CRUISE - Cruise Webster Lake on the authentic paddle wheel riverboat *Indian Princess*, followed by a delicious lunch at Samuel Slater's Restaurant overlooking the lake. We'll visit Foppema Family Farm on the way home! Webster Lake, Webster, MA **Deadline has passed. We are looking forward to this amazing day trip!**



AUGUST 24-26, 2022 PENN DUTCH SHOW STOPPER - Roundtrip motorcoach, 2 nights lodging at The Country Inn, Sight & Sound's "David", Dutch Apple Theatre "Chicago", tour of Amish Country (Lancaster, PA), visit to Chocolate World, and MORE!! **Deadline has passed. Bus Trip is full. There is a waiting list. This is one fabulous trip!**



SEPTEMBER 22, 2022 FRIESIAN OF MAJESTY - Equestrian Tour and Performance in Vermont. Interact with beautiful stallions Othello and Mathijs, tour the barns, and see a captivating show! Delicious luncheon at New England House. \$105 pp includes transportation, lunch, tours/show, tax & gratuities. New England Pot Roast, Maple Apple Sage Pork Loin, or Orange Tarragon Salmon. **Deadline: August 22, 2022**



OCTOBER 20, 2022 CATHEDRAL OF THE PINES - Enjoy beautiful fall foliage in the Granite State as we travel to Rindge, NH and visit Cathedral of The Pines natural sanctuary. We'll enjoy a scrumptious lunch at East Hill Farm in Troy, NH near Mount Monadnock, and then continue sightseeing with visits to Smith's Country Cheese Shop, and the Red Apple Farm Stand. \$91 pp includes transportation, lunch, sightseeing, tax & gratuities. **Deadline: September 19, 2022**



DECEMBER 31, 2022 NEW YEAR'S EVE AT NOON - Celebrate New Year's Eve aboard the *Odyssey* on a 2-hour Boston Harbor cruise. We'll have a Champagne Toast and a "countdown" at noon! Enjoy live and DJ music, a delicious buffet, and the beautiful Boston skyline. After docking, we will tour Boston to see the festive holiday decorations. \$121 pp includes transportation, cruise, luncheon, sightseeing, tax & gratuities. **Deadline: November 28, 2022**



Trip sign-up is at the Senior Center. Non-seniors and out-of-town guests are welcome to join, so tell your friends and family! Please note that we typically need a minimum of 40 travelers in order to avoid trip cancellation. At sign-up, we will need your name, address, phone, date of birth and emergency contact information.

PLEASE JOIN US



TRAVEL
IN STYLE



TRIPS by CITIZENS ON AGING Full payment and meal selection is due at sign-up.

Cash or Check, payable to Citizens on Aging *unless otherwise noted on individual Trip Flyer*

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

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 and at the Norton Town Hall.

OUTREACH INFORMATION AND REFERRAL

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

Application Assistance

Medicare, Medication
Fuel Assistance
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 to elder residents of Norton. 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 offers a variety of helping programs for seniors!

Visit the BES website: www.bristolelder.org

Contact the Intake Department:
Phone: 508-675-2101 / Email: info@bristolelder.org

SHINE

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

Call the Senior Center to schedule an appointment.

508-285-0235

Open Enrollment starts Oct 15, 2022



EMERGENCY TRANSPORTATION

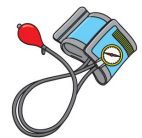
The CAR transportation program may be able to help with emergency transportation needs. *This program is for all Norton Residents.*



Call the Senior Center for more information. 508-285-0235

BLOOD PRESSURE CHECKS

FIRST WEDNESDAY OF EACH MONTH
12:30 PM - 1:00 PM



Drop in **AT THE SENIOR CENTER** on the 1st Wednesday of each month to get your Blood Pressure checked by the Norton Board of Health staff. *Free*

FOOT DOCTOR

Appointments: 9 am - 12 pm



FRIDAY AUGUST 26, 2022

\$50 Fee for Service



Dr. Erik Henrickson will provide foot exams by appointment only. Select insurance accepted. Call Plymouth Podiatry 508-824-9571 for coverage information. Call the Senior Center 508-285-0235 for an appointment.

Community Support for Seniors

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! 508-285-0235



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.



GATRA TRANSPORTATION OPTIONS

MAIN # 508-823-8828



Dial-A-Ride

Must call 24 hours in advance

Norton, Taunton, Attleboro

\$1.75 one-way

\$1.50 one-way with 10-ride pass for \$15 @Senior Center

774-226-1219 or 508-823-8828

MedWheels

Must call 48 hours in advance

Donation request will be mailed to you after your ride

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

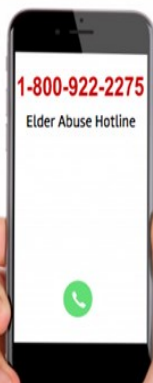
Gatra Go

Same Day Service

On Demand —> Call when you need a ride!

Norton, Mansfield, Foxboro (& small part of Plainville)

\$2 one-way **508-697-1911**



REPORT ELDER ABUSE

1-800-922-2275

Operating **7** days a week **24** hours a day.



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center

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!

together
WE CAN MAKE A
DIFFERENCE

Are you struggling to make ends meet? Worried about increasing taxes?

Confidential Help is Available – Call us at the Senior Center 508-285-0235

1. **Personal Real Estate Tax Exemptions** - There are certain income and asset guidelines for specific age and hardship qualified residents to receive a real estate exemption. Please call the Norton Assessor's Office for assistance and to see if you qualify. 508-285-0270
2. **Senior Work-Off Program** - Veterans and Seniors can volunteer for the town to get money off your taxes. Applications are available at the Senior Center and at the Assessor's Office.
3. **Fuel / Utility Assistance** - If you are behind on any of your bills, please give us a call as soon as possible. We may have grants for emergency assistance as well as programs for on-going help.
4. **Food Assistance** - There are many community resources and programs to help with food. Reducing your food budget can free up funds for other budgetary needs.
5. **Rental Assistance** - If you are behind, there is help! Call us as soon as you feel there is a problem. Do not wait until you receive an eviction notice.
6. **SHINE** - Checking your Medicare plans annually during open enrollment Oct 15 - Dec 7 can save you money each year. If you notice you are paying a lot for your medication, there may be an opportunity to make a change outside the open enrollment period. Call the Senior Center and schedule a SHINE appointment.
7. **AARP Tax Prep** - Free simple tax preparation including the Circuit Breaker is available for Norton residents age 60+. February through April.
8. **Transportation** - Dial-A-Ride, Med-Wheels, and Community Access to Rides are low cost / free programs designed to help with transportation needs.
9. **Emergency Assistance** - Give us a call and we will work to help you with whatever you may be struggling with.

Are you retiring? Turning 65 and not working?

- (1) Sign up for Medicare Part A and Part B through Social Security
- (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

The local Social Security office is located at 106 Pleasant Street, Attleboro, MA 02703 Please call to schedule an appointment, as this office is currently not taking in walk-ins.

Social Security phone number: 1-888-655-6469

Social Security website: www.ssa.gov



NORTON SENIOR & COMMUNITY SUPPORT CENTER

HOME OF: Norton Senior Center, Department of Human Services,

Cupboard of Kindness Food Pantry, Council on Aging, Friends of the Norton Senior Center



Everyone is welcome to attend Permanent Building Committee meetings to follow the progress of The Center.

Visit **www.nortonma.org** for more information, meeting dates and times.

GROUNDBREAKING THIS FALL!!

**We will be closed
MONDAY
JULY 4, 2022**



**Bagels on most
Wednesdays**



**Thank you to
Mansfield's
Providence Bagel
and White's
Bakery for their
weekly, delicious,
donations to the
Norton Senior
Center!!**



ROBO-CALLS and TEXT MESSAGES

Here at the Norton Senior Center, we have the ability to send out text messages and automatic (robo) calls to inform you of important programs or changes to programs. We do our best to keep everyone informed of what is happening at the Center.

Sometimes calls don't go through...

Please note that some phone carriers

automatically block some types of robo calls. As well, you may hear a long pause before the message comes through.

Please wait several seconds, listen to the message. Do not automatically call us to ask "why did you call?". We LOVE to chat with you, but the phones tend to get very busy after a robo call and we sometimes can't keep up!


**KEEP
CALM
AND
PLEASE BE
PATIENT**



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Blazek



NORTON FOOD RESOURCES

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

Nutritious meals delivered to the home on a daily basis, please call the Senior Center or Bristol Elder Services Information/Referral lines to register: 508-675-2101 or 774-627-1390



- **SNAP (aka 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: \$2265/mo for 1 person, \$3051/mo for 2 people, etc.



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



Now 4 days a week! **Pick up 11 am - 1 pm.** These are heat and eat meals.

You must call 48 hours in advance to register!!

Meal orders are placed by 10:30 am on the previous day.

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*



- **Soup** - Free for All Norton Residents *From Blount Fine Foods in Fall River*

We'll robo-call when we get soup (typically once a month). First come, first served.

Safe, contactless delivery straight to your car. Call us if you aren't on the list yet! 508-285-0235



- **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 apply *For residents age 60+ meeting these gross monthly income guidelines: Household Size of: 1 (\$1473), 2 (\$1984), 3 (\$2495)*

- **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



- **Hebron Food Pantry 774-331-2120 Grab & Go** - Free for All Residents

Available to anyone from Norton and surrounding towns

11 Sanford Street, Attleboro (located in the church across from the YMCA)

Please bring proof of residency

—> Senior Pantry

Tuesdays 10 AM - 12 PM

—> Open to All

Wednesdays 4 PM - 6 PM, Thursdays 4 PM - 7 PM



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

All Meals are available to anyone from Norton and surrounding towns

◆ Attleboro	Monday	4:00 PM	La Salette, 947 Park Street
◆ Attleboro	Tuesday - Friday	4:30 PM	VFW post 115, 122 Park Street
◆ Attleboro	Saturday	11:00 AM	Centenary United Methodist Church (15 Sanford Street)
◆ Foxboro	2nd Tuesday	11 AM - 2 PM	Foxboro Food Pantry (35 Neponset Avenue)
◆ Mansfield	Tuesday	4:30 PM	First Baptist Church (52 North Main Street)
◆ North Attleboro	Wednesday	4:00 PM	First Baptist Church (75 Park Street)



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)

August is Purple Heart Month and August 7th is Purple Heart Day. This day is dedicated to honor those who were wounded or died as a result of enemy action while serving in the US military.



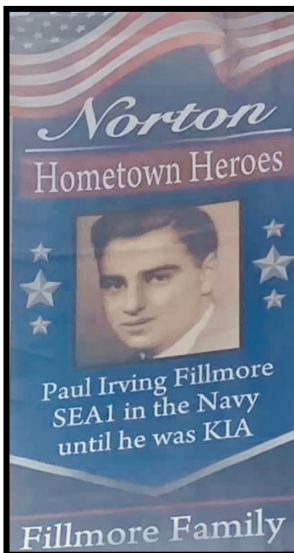
Looking for a location to properly dispose of and retire an American Flag? Thanks to now Eagle Scout John Bamford who built a public receptacle as his Eagle Project, Norton now has a drop off box located inside the Norton VFW Post 8049 at 38 Summer Street.



Massachusetts Women Veterans' Network
Stay current on events and information on this rapidly growing population by visiting the Women's Veterans network page on Mass.gov and their Facebook page.

Honoring Our Heroes

If you are interested in an application for a Hometown Hero banner, visit <https://honoringourheroes.net>
Or call the Norton Veterans' Office.



The Veterans' Services Office has resources to help veterans and their families struggling with food and living expenses in these challenging times. Call the office if you need any help. 508-285-0274

★ Norton Veterans' Council extends a heartfelt thanks to all those who supported our Memorial Day Parade!



Upcoming Veteran's Events

~VFW Circle of Flags Motorcycle Run and Pig Roast 7/17/2022
~Veterans Council Corn Hole Tournament 7/30/2022
~MSG Trent Memorial Motorcycle Ride 8/28/2022
~VFW 75th Anniversary Celebration 9/10/2022



Military/Veterans Crisis Line
1-800-273-8255

Confidential chat at MilitaryCrisisLine.net or text 838255

Norton Veteran's Organizations

American Legion Post #222

508-285-6527

Fillmore-Nason VFW Post #8049

508-285-3845

Norton Veterans' Council

508-285-0274

Meetings are at the VFW on the first Tuesday of the month at 7 pm
Website www.vfwnorton.org Facebook NortonVFWpost8049
Meetings are on the second Sunday of each month at 10:00 am
Facebook: NortonVeterans' Council

FRIENDS OF THE NORTON SENIOR CENTER

The Friends of the Norton Senior Center is a non-profit organization. Their 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. The Friends greatly assist the Norton Council on Aging in their mission to advance the welfare of seniors in Norton.

Friends Officers:

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

THANK YOU FOR YOUR DEDICATION AND SERVICE TO OUR SENIOR CENTER!

F-R-I-E-N-D-S

FRIENDS MEETINGS

**NO meetings over the summer
See you again in September 2022 !!**

Thank you to our existing Friends Officers who graciously agreed to continue in their positions for another year:
Bill, Janice, Bob, Debbie (and Jean!).

Thank you for your recent support!

- **GOATCity Pub Fundraiser**
- **End-of-the-Year BBQ**
- **Encore Casino Trips**



Friends Membership Dues

Your membership ends one year after your yearly membership payment.
\$10 per year
New members are always welcome!

F R I E N D S
of the Norton Senior Center



Our heartfelt "thanks" to Beverly S. for tending to our front garden, planters and window boxes. The flowers are so beautiful, and our Center is so welcoming!



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

**NONPROFIT ORG
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PERMIT NO 100**

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