



Norton

COUNCIL ON AGING NEWSLETTER

November / December 2020

Norton Senior Center
55 West Main Street
PO Box 552
Norton, MA
Phone 508-285-0235

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

Council on Aging

DIRECTOR

Beth Rossi

OUTREACH

Cathy Varnum

FRONT DESK

Sosie Megerdichian

BOARD MEMBERS

MaryAnn Dempsey, Chair

Natalie Lima, Vice Chair

Kathleen Eno, Treasurer

Sharyn Stedman, Secretary

Joan DeCosta

Judy Leroux

Robyn Lovering

Carol McLaughlin

Ruth Schneider

Paul Wanamaker

Patricia Zwicker

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

HOLIDAYS AT THE SENIOR CENTER

We hope you and your family and friends are staying safe and staying healthy! The falling leaves and cooler temperatures are a welcome change and we are looking forward to the upcoming Thanksgiving and Holiday season.



We are busy here at the Senior Center with Grab & Go meals, SHINE, Fuel Assistance and SNAP. Call us for an appointment! 508-285-0235

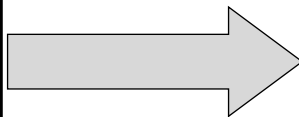
We are still closed for activities and programs here at the Center. We hope you enjoyed our outdoor Bingo and Fitness Classes held in September and October under the pavilion at Everett Leonard Park, and Knitting/Crocheting at Library Park. Hasn't it been nice to finally get out and see some familiar (although masked) faces?

November and December will bring cooler temperatures, so we will have to, sadly, stop our outdoor classes and Bingo. Kelley's classes will continue on-line via Zoom, and we have more virtual Painting Classes via Facebook Live.



Thanksgiving is right around the corner, and we can't help but think of all the things we are thankful for. One that quickly comes to mind is that we are one step closer to a new Senior and Community Support Center! Our dream of a welcoming, spacious, safe center is in sight!

Beth





MEDICARE OPEN ENROLLMENT TIME!

OCTOBER 15th - DECEMBER 7th
Fill out the Form and make an appointment
NOW!!!



Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for 2021.

SHINE Counselors can help you understand your plan changes as well as other options you may have. **Fill out the form on the following page** and return it to the drop box by the back door of the Senior Center or mail it to us at the following address:

Norton Council on Aging, P.O. Box 552, Norton, MA 02766

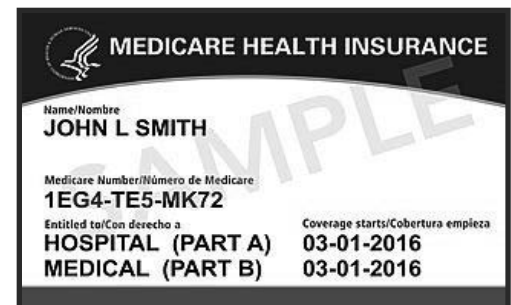
Unbiased SHINE counselors will review your plan, your options, and call you to discuss any changes that you should make.

A New Way to Sign Up for Medicare

If you are retiring or are turning 65 and not working, and want to sign up for Medicare, you need to sign up for Medicare Part A and B before we can help you enroll in supplemental plans, part D, or Medicare Advantage Plans.

Visit the Social Security Coronavirus Information Page at ssa.gov/coronavirus to get the latest updates, including how to get help from Social Security.
 Social Security phone number: 1-888-655-6469

Medicare beneficiaries can fax Medicare Part B Enrollment Form (CMS-40B) and Request for Employment Information Form (CMS-L-564), along with proof of employment, Group Health Plan (GHP), or Large Group Health Plan (LGHP) to 1-833-914-2016, or mail to your local Social Security office.



For Norton, MA residents, the Social Security office is located at
 106 Pleasant Street, Attleboro, MA 02703.

CALL THE SENIOR CENTER SHINE COUNSELORS IF YOU NEED HELP 508-285-0235



Happy Thanksgiving to all



SHINE OPEN ENROLLMENT FORM

Medicare Open Enrollment October 15, 2020 – December 7, 2020

Insurance and Drug Plan Pre-Enrollment Intake Form:

You DO NOT need to fill out and submit this form if your drug coverage is included in your HMO or PPO plan and you have not changed medications, or are not experiencing high co-pays.

If you want an in-person or phone appointment, please fill out this form and return it to the Norton Senior Center by mail (P.O. Box 552, Norton, MA 02766) or use the Drop Box at the Center back door.

We will call you after we have completed your drug search.

Name _____ Phone _____ D.O.B. _____

Address _____

*** If you would prefer for us to enroll you over phone, please circle here: Yes! over phone No

Name of current drug plan: _____ Pharmacy you currently use: _____

List below the name of each drug as it appears on bottle, dosage, and number of times you take it a day

Drug Name: (do not list brand if on generic)	Strength/Dosage (Example: 10 mg 1x per day)

MEDICARE USERNAME: _____ MEDICARE PASSWORD: _____

RESOURCES FOR NORTON SENIORS

FOOD ASSISTANCE



- **SNAP (formally Food Stamps)**

Norton Human Services (at the Norton Senior Center) can help process SNAP applications. Call us at **508-285-0235** for more information or to schedule an appointment.

Please note that this is an income eligible program (\$1980/mo for 1 person, \$2670/mo for 2 people)

If you are already getting food stamps you should have seen an increase in your benefits due to the Coronavirus pandemic. DTA and Norton Human Service are equal opportunity providers.

- **Meals on Wheels**

If you or someone you know would benefit from nutritious meals delivered to the home on a daily basis, please call Bristol Elder Services @ 508-675-2101 or call the Senior Center and we can help with registration.



- **Food N' Friends - Daily Church Suppers - Free**

All Meals are served Grab-&-Go

Monday - Friday	St John 's Church	1 St. John Place, Attleboro	4:30 PM
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Tuesday	First Baptist Church	52 North Main Street, Mansfield	4:30 PM
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- **Grab and Go Meals at the Senior Center - Tuesdays and Thursdays!**

Meals for residents age 60 plus. You must call before 9:30 each Monday to register!!

- **Soup**

We will be getting a large donation of Blount Soups on a monthly basis. If you would like some soup, please call the Senior Center to register. 508-285-0235



Grab & Go—Heat & Eat at The Norton Senior Center

- Free for Seniors 60 and over
- Every Tuesday & Thursday
- Grab-&-Go
- **YOU MUST CALL US before 9:30 AM on Monday of *each week* to register**

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

Sponsored by:
Bristol Elder Services



THANKSGIVING DINNERS

If you know a Norton Senior or Veteran that could benefit from an individual (cooked) Thanksgiving Dinner, please contact us.



Sign-up deadline is
**November 13,
2020.**

Call us!

508-285-0235

RESOURCES FOR NORTON SENIORS

FOOD ASSISTANCE

- **Norton Food Pantry (Cupboard of Kindness) - Free**

Cupboard of Kindness is open on the **1st & 3rd Mondays of every month from 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. You will be asked to fill out a confidential registration form. For more information, visit the pantry's website: cupboardofkindness.org



Feeding the Community

This is a drive-through Grab-&-Go program due to the Coronavirus pandemic.

** If you do not drive call 508-285-3398 and delivery can be arranged*



- **Commodities Supplemental Food Program CSFP (income eligible program)**

This is a monthly brown-bag program where income eligible residents will receive two bags of nutritious groceries plus fresh fruits and vegetables the third Wednesday of every month.

Call the Senior Center to apply 508-285-0235

To qualify a resident must be 60 or older and meet the following gross monthly guidelines:



Household Size

1
2
3

Monthly Income

\$1354
\$1832
\$2311



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



† **St. Vincent de Paul** If you are in an **emergency** situation and are in desperate need of food, please call the St. Vincent de Paul Society for assistance.

508-409-7311

The Senior Center will be CLOSED:

Wednesday Nov 11—Veteran's Day
Thursday Nov 26 —Thanksgiving
Friday Nov 27—Day after Thanksgiving
Friday Dec 25—Christmas
Friday Jan 1 (2021)—New Year's Day

1/2 Days at the Senior Center

Thursday Dec 24—Christmas Eve
Thursday Dec 31—New Year's Eve



ACTIVITIES / PROGRAMS

FITNESS CLASSES on ZOOM

\$2 donation

Meditation	Tuesdays	9:30 AM - 10:15 AM
Zumba Gold	Wednesdays	9:30 AM - 10:15 AM
	Thursdays	9:30 AM - 10:15 AM
Tai Chi	Wednesdays	10:30 AM - 11:15 AM
Pelvic Floor Pfilates	Mondays	9:30 AM - 10:15 AM

Instructor: Kelley Brophy

ZOOM.US

Click: **JOIN MEETING**

Enter Meeting Number: **508 802 1647**

Enter Password: **103725**



Pfilates® is a series of easy pelvic floor exercises that go far beyond the unsuccessful Kegel, which when done routinely, will improve your pelvic floor strength, sometimes even within a day, improving the control you have --over your bladder.

IF YOU NEED HELP ACCESSING ZOOM CALL US! 508-285-0235



CROCHETING/KNITTING GROUP

Wednesdays at 1:00PM

Trinitarian Congregational Church (2 Pine Street, Norton) - Lower Level



Call the Senior Center each week to sign up 508-285-0235

RESERVATIONS REQUIRED EACH WEEK!



We will sit > 6 feet apart and wear masks!

Here is our group in September at Library Park!



ACTIVITIES / PROGRAMS

BINGO



Scenes from Bingo at Everett Leonard Park



We are trying to find an indoor location that is safe enough for us to hold Bingo. Until then, would you be interested in Bingo over the phone? Let us know!! 508-285-0235

PAINTING CLASS — on Facebook Live

\$5 for each class (supplies included)



Call the Senior Center to sign up and to arrange pick up of supplies 508-285-0235

Paint with Lauren on Facebook Live!

<https://www.facebook.com/nortonseniorcenter>



**FRIDAY
NOVEMBER 20
1:00 PM**



**FRIDAY
DECEMBER 18
1:00 PM**

ZOOM ACTIVITIES FOR SENIORS



Community VNA.

Community VNA is offering **fun games** for us to play via ZOOM.

These are 1 hour sessions, and...there will be fun prizes awarded to game winners!

Call us at the Senior Center to sign up, and we will give you the Zoom log-in information: **508-285-0235**



JEOPARDY! Falls Prevention Edition Tuesday Nov 10 at 1:00 PM

Special edition of Jeopardy! Test your knowledge about falls prevention and safety.



BINGO! Health Edition

Wednesday Nov 18 at 10:00 AM

Try your luck with Community VNA's Health Edition of BINGO!

BINGO CARDS will be available for pick-up after you register



TRIVIAL PURSUIT! Health Edition

Wednesday Dec 16 at 10:00 AM

Test your knowledge during this extra fun round of Trivial Pursuit: Health Edition

Jazz & Blues Program funded by the Norton Cultural Council

Friday November 13, 2020 1:00 PM via Zoom.







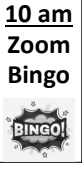





Call us if you are interested!!! 508-285-0235



NOV 2020

Norton Senior Center

508-285-0235






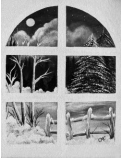








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM 2 Pfilates	9:30 AM 3 Meditation 	9:30 AM 4 Zumba 10:30 AM Tai Chi 1:00 PM Crocheting/Knitting 	9:30 AM 5 Zumba	6 
9:30 AM 9 Pfilates	9:30 AM 10 Meditation 1 pm Zoom Jeopardy 	11  CLOSED VETERAN'S DAY	9:30 AM 12 Zumba 3:30 PM COA Mtg via ZOOM	1:00 PM 13 Jazz & Blues on Zoom
9:30 AM 16 Pfilates	9:30 AM 17 Meditation 	9:30 AM 18 Zumba 10:30 AM Tai Chi 1:00 PM Crocheting/Knitting 	9:30 AM 19 Zumba 	1:00 PM 20 Painting with Lauren! On Facebook Foot Doctor (by appointment) 
9:30 AM 23 Pfilates 	9:30 AM 24 Meditation	9:30 AM 25 Zumba 10:30 AM Tai Chi 1:00 PM Crocheting/Knitting	26  CLOSED	27 CLOSED
9:30 AM 30 Pfilates		Fitness on ZOOM Crocheting/Knitting @ Trinitarian Church Painting on Facebook	Attend Fitness Classes on ZOOM Go to: ZOOM.US Click: JOIN MEETING Meeting Number: 508 802 1647 Password: 103725	

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

DEC 2020

Norton Senior Center

508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>9:30 AM</u> 1 Meditation	<u>9:30 AM</u> 2 Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting	<u>9:30 AM</u> 3 Zumba	4 <div>Attend Fitness Classes on ZOOM Go to: ZOOM.US Click: JOIN MEETING Meeting Number: 508 802 1647 Password: 103725</div>
<u>9:30 AM</u> 7 Pfilates	<u>9:30 AM</u> 8 Meditation 	<u>9:30 AM</u> 9 Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting	<u>9:30 AM</u> 10 Zumba <u>3:30 PM</u> COA Mtg via ZOOM	11  HAPPY HANUKKAH
<u>9:30 AM</u> 14 Pfilates	<u>9:30 AM</u> 15 Meditation	<u>9:30 AM</u> 16 Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting <div>1 pm Zoom Trivial Pursuit </div>	<u>9:30 AM</u> 17 Zumba 	<u>1:00 PM</u> 18 Painting with Lauren! On Facebook 
<u>9:30 AM</u> 21 Pfilates	<u>9:30 AM</u> 22 Meditation 	<u>9:30 AM</u> 23 Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> 	<u>9:30 AM</u> 24 Zumba  CHRISTMAS EVE 1/2 DAY Center will close @ 12PM	25   Merry Christmas
<u>9:30 AM</u> 28 Pfilates 	<u>9:30 AM</u> 29 Meditation 	<u>9:30 AM</u> 30 Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting	<u>9:30 AM</u> 31 Zumba  NEW YEAR'S EVE 1/2 DAY Center will close @ 12PM	<div>Fitness on ZOOM Crocheting/Knitting @ Trinitarian Church Painting on Facebook</div>

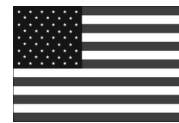
ADVANCED REGISTRATION IS REQUIRED for all activities and programs 508-285-0235

TID-BITS



A number of handmade blankets were recently delivered to the Brockton VA Hospital for disabled Veterans, just in time for cold autumn and winter months. One group receiving the blankets consists of spinal cord injured patients. Spinal injury can be from the waist or from the neck down. These injuries dramatically limit movement, which often results in the patient's body not able to warm up in cold weather. These donated afghans will make life a little more comfortable for disabled Veteran men and women. Wonderful!

This is John from the VA hospital. He sends his "thanks" to the Norton Senior Center for this beautiful lap blanket.








DID YOU KNOW?

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

- | | |
|--|---|
| 1 If you need police  | If the 9-1-1 dispatcher asks questions, press |
| 2 If you need fire  | 4 For YES  |
| 3 If you need an ambulance  | 5 For NO  |

Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911



REPORT ELDER ABUSE

1-800-922-2275

Operating 7 days a week 24 hours a day.

Virtual Visits: Doctor Visits Family Visits

The Senior Center has an IPAD that can help residents connect through video with family, friends, and medical doctors.



Give us a call to schedule an appointment or a home visit
508-285-0235



CREATING COMMUNITIES FREE FROM VIOLENCE & EXPLOITATION

New Hope is continuing to actively provide remote services for victims of domestic violence and sexual violence.

We understand that there are many concerns in this time of uncertainty with the COVID-19 virus changing our everyday lives.

New Hope is still here for you.

We continue to provide advocacy in our area police stations and courts. We are also providing individual counseling and advocacy services virtually and by phone.

Please use our **hotline number below** to contact our staff so we can provide you with the services you need.

NEW HOPE'S 24-HOUR HOTLINE:

1-800-323-4673

If you are in immediate danger, please call 911.

For more information about any of our services, including advocacy, safety planning, legal clinic services and counseling services please visit our website at:
www.new-hope.org

STAY SAFE

VETERANS' RESOURCES



Town of Norton Veterans' Service Office (VSO)
Town Hall - 70 East Main Street
508-285-0274 **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 who fall below 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 Flett to discuss eligibility: 508-285-0274**



PARADE cancelled. CEREMONY limited. 11/11/2020 This year's Veterans' Day Parade has been cancelled due to COVID-19 MA state safety guidelines. The Norton Veterans' Council and its members will still honor the day with a ceremony on the North Common with limited attendance; the ceremony will be taped and will be aired on Norton Cable TV at a later date.

APPRECIATION LUNCHEON

Sponsored by Horizon Beverage



Due to COVID-19, this year's Veterans' Appreciation Luncheon will be a **Grab & Go** event. **YOU MUST RSVP** to the Veterans' Office 508-285-0274 (limit 50 Veterans).

12:00 NOON

Thursday November 12, 2020

VFW Post #8049

38 Summer St, Norton

Boxed Lunch & Thanksgiving Bag



On May 14, 2020 Norton became the 110th Purple Heart Town in Massachusetts.



Five Purple Heart signs were placed around Town on August 7th to honor Purple Heart Day.

One sign was placed just as you enter the Town Common from the Rt 123 side, and the others as you enter Norton from Easton and from Attleboro on Rt 123, as well as when you enter from Mansfield and from Taunton on Rt 140.



Norton Veterans' Organizations:

American Legion Post #222 508-285-2307
Fillmore-Nason VFW Post #8049 508-285-3845
www.vfwnorton.org Facebook: NortonVFWpost8049

EMERGENCY TRANSPORTATION available to Veterans. Call Estelle about the CAR program



**ALL KOREAN WAR VETERANS WHO SERVED
 IN KOREA BETWEEN 6/25/50 to 7/27/53:**

**YOU ARE ELIGIBLE TO RECEIVE THE
 KOREAN AMBASSADOR FOR PEACE MEDAL**



You must have your DD214, and must have served *physically* in Korea to be eligible. Call Estelle for more information: 508-285-0274



IT'S YOUR CALL

Confidential help for Veterans and their families

1-800-273-8255

**Veterans
 CrisisLine**
 1-800-273-8255 PRESS 1

Confidential chat at VeteransCrisisLine.net

Mass Military Support Foundation / Food4Vets continues to support Veterans and their families with food boxes on Saturdays 10 AM—12 PM at: The Terminals (208 North St, Foxboro). Veterans must register online at www.mmsfi.org, as well as show proof (i.e. discharge papers) of Veteran status when picking up food boxes.



Community Support for Seniors

Senior Food Pantry 508-223-4257

Hebron Food Pantry
11 Sanford Street
Attleboro, MA 02703
Every Tuesday 10:30 AM - 11:30 AM
Free for Seniors 60 and over



Norton Food Pantry 508-285-3398

Open 1st and 3rd Monday each month from
4:30 PM - 6:30 PM. The Norton Food Pantry is
located at the Town Hall.
ID and proof of residency are required.



Meals on Wheels 508-675-2101



If you or someone you know
could benefit from nutritious
meals delivered on a daily basis,
please call the Bristol Elder
Services Information and
Referral line to arrange an
in-home assessment.

Brush with Kindness 508-399-1781

Habitat for Humanity's Brush with Kindness
program can help people with limited or fixed
incomes make necessary repairs on their home.
For more information call 508-399-1781
or email: dir@oldcolonyhabitat.org
www.oldcolonyhabitat.org



Assurance Wireless 888-321-5880

If you participate in a qualifying program (i.e. Mass
Health, Chapter 115, SNAP), or have limited
income (below \$16,000/yr
for one person) you may
qualify for a free cell phone.
You can apply online at
assurancewireless.com or
call the Senior Center for
help! 508-285-0235



GATRA DIAL-A-RIDE 508-823-8828

Call or register at the Senior Center!

\$1.75 One Way

\$15.00 Ten Ride Pass available

at the Senior Center

\$2.50 Out of Area



Med Wheels 508-823-8828 (x252)

Long Distance Medical Transportation
48 hour advance notice is necessary!

Elder Legal Services 1-800-244-9023

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. sccls.org

Commodities Supplemental Food Program (CSFP)

Are you a senior from Norton who could benefit
from two free bags of non-perishable, nutritious
groceries every month?

To qualify a senior must be 60 years old or older
and meet the following gross monthly guidelines:

<u>Household Size</u>	<u>Monthly Income</u>
1	\$1354
2	\$1832
3	\$2311

If you are a senior who meets the qualifications
and would like to participate in this wonderful
program please contact us! 508-285-0235

**This newsletter was published with
funding from a grant from the
Executive Office of Elder Affairs!!**

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 Worker, 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, or at 774-265-4169

DURABLE MEDICAL EQUIPMENT

If you need Durable Medical Equipment give us a call and we can arrange for a Grab-&-Go pick-up!

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!!



SHINE

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



Call the Senior Center to schedule an over-the-phone appointment. **508-285-0235**

EMERGENCY TRANSPORTATION

The CAR program may be able to help with emergency transportation needs. *This is program is for Norton Seniors and Norton Veterans.*

Call the Senior Center for more information.



FOOT DOCTOR

Friday November 20

\$35 Fee for Service

Dr. Erik Henrickson will provide foot exams by appointment only. Some insurance accepted. Call Plymouth Podiatry 508-824-9571 for coverage information. Call the Senior Center 508-285-0235 for an appointment. *Safety protocols will be in place due to Covid-19.



BRISTOL ELDER SERVICES



Bristol Elder Services offers a variety of workshops!

For more information, visit the BES website:
www.bristolelder.org

508-675-2101 phone, email info@bristolelder.org

TRIPS by Citizens on Aging

**As you all know, most of our 2020 trips were cancelled.
We are thinking positively, and planning ahead for 2021!
Here's what we have to offer at this point...**

**For questions about any of
our trips, call the Senior
Center 508-285-0235, or
Betty Fogerty 508-285-3577**

SIGN UP AT THE SENIOR CENTER 508-285-0235

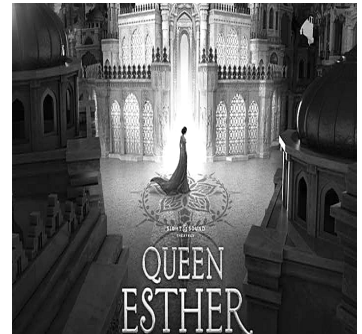
June 16-18, 2021

3 days/4 meals

Penn Dutch Show Stopper *featuring Sight & Sound's "Esther"*

Experience an entertaining getaway to the Amish Country! Roundtrip motorcoach, 2 nights lodging at The Country Inn of Lancaster, Amish Country Guided Tour, "Beauty & the Beast" at The Dutch Apple Theater, Reserved seating for "Queen Esther" at the Sight & Sound's Theater, and much more!

\$705 single, \$552 double, \$510 triple (per person)



All taxes, all gratuities & Group Protection Plan included

\$100 deposit due at sign-up



**Landmark
Tours**
UNFORGETTABLE TRAVEL EXPERIENCES

October 2-16, 2021

Mediterranean and Greek Isles Cruise

11 nights aboard the Norwegian Jade, plus Barcelona pre & Athens post stays

Norwegian Cruise Line "Europe's Leading Cruise Line", w/ free perks including beverage package, free wifi, 4 specialty restaurant dinners. We will travel to Spain, France, Italy, Greece, and Turkey!



IA Inside Stateroom, mid-ship, two lowers (twins) or queen \$3945

BA Balcony, mid-ship, two lowers (twins) or queen, floor-to-ceiling window \$4675

Trip insurance included

\$500 deposit per person due at sign-up

Final Payment due by 7/1/21



**Landmark
Tours**
UNFORGETTABLE TRAVEL EXPERIENCES

At the Norton Public Library...

**WWII Model Airplane exhibit, organized by the
Norton Veterans' Office. Now through Nov 30th.**



Senior Center Facility

At the October 2020 Town Meeting... The town received approval of Norton voters to authorize the Select Board to purchase property for our new Senior and Community Support Center!

The proposed location is at 116-120 Mansfield Ave., which is Route 140 across from Jasmine Garden. This will be a stand-alone site for the Senior and Community Support Center building which will give us enough space for ample parking, an appropriate sized building, and outdoor space with access to the Norton Reservoir.

The next step is to secure funding for the construction of the building. There will be a ballot vote and another town meeting in the spring that needs to pass in order to move forward into construction.

If you have any questions or if you would like to be involved in helping advance this cause please call the Senior Center!



FOR A LITTLE LAUGH...



AARP FOUNDATION TAX-AIDE

Appointments starting in February



Can you guess who this is?

He came in for an appointment!!



?

?

?

FUEL ASSISTANCE

If you received Fuel Assistance in the past, you should have already received a re-certification application. Fill it out and return it to Self Help as soon as possible.

If you do not receive a re-certification application, or if you could benefit from Fuel Assistance, please call the Senior Center to apply. When you call we will give you a list of all the documents you will need to bring in for the application.



This is a Citizen's for
Citizens, Inc. Program

FY2021 LIHEAP Income Eligibility: Self Help Inc

<u># in household</u>	<u>60% of Estimated State Median Income</u>
1	\$ 39,105
2	\$ 51,137
3	\$ 63,169
4	\$ 75,201
5	\$ 87,233
6	\$ 99,265



Become a Pen Pal with an On the Barre Dancer!

Norton's On the Barre Dance Studio is teaming up with the Norton Senior Center! We have created an "Adopt a Norton Senior" program that will randomly pair an On the Barre Dance Team dancer with a participating Norton Senior. Call the Senior Center if you'd like to be a part of this fun program.



Let's come together and connect through pen and paper, like the good old days!

Pen Pals will write back and forth to each other (as often as you'd like). Tell each other about your week, what you like to do, and general life stories. How fun to share your life stories with someone new! The dancers range in age from 10-17 years, and can't wait to make new friends. Hopefully we can all meet in person and say hello some day soon (post-coronavirus). For now...let's be Pen Pals!!



FRIENDS OF THE NORTON SENIOR CENTER

A message from The Friends of the Norton Seniors:

The Friends Officers would like you to know we miss you and are thinking of you all. We will continue making our monthly phone calls and sending out emails to keep you up-to-date with any new information about the Senior Center. Please take care and stay safe. Hope to see you soon! **Bill, Janice, Bob, and Debbie**

The Friends of the Norton Senior Center Officers

Did you RE-NEW your Friends Membership?

\$10 yearly dues. Mail your dues to the following address:

Attn: Bob Briscoe
Friends of the Norton Senior Center, Inc.
P.O. Box 623
Norton, MA 02766

Current dues are for
2020-2021 Fiscal year

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.

The Friends of the Norton Senior Center is a group of energetic volunteers who are interested in making a difference in the lives of the seniors in Norton. Meetings are typically held on the 4th Monday of each month at 1 PM at the Norton Senior Center. Come for refreshments, coffee, friendship & fun!

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!***

THANKSGIVING WORD SEARCH

Find & mark all the words listed in the word bank. The words are placed horizontally, vertically & diagonally, both forwards and backwards. Words may also be overlapped. Creator: Debbie Leary

N	Q	X	T	R	A	D	I	T	I	O	N	S	A	S	V	C
Z	A	H	P	U	V	I	G	H	Y	X	E	T	N	C	R	C
F	C	P	A	G	B	N	V	U	T	S	E	V	R	A	H	S
V	O	Y	A	G	E	N	X	R	Q	E	F	B	N	T	D	A
P	Z	A	S	O	V	E	D	S	Q	I	O	B	P	N	U	P
L	G	I	S	B	A	R	N	D	H	S	E	O	E	M	K	L
I	N	P	E	B	L	X	Z	A	D	R	Q	I	H	L	P	Y
M	M	O	T	L	B	E	P	Y	R	T	R	U	S	H	E	M
O	O	C	T	E	I	A	S	Y	X	F	C	T	N	J	K	U
T	P	U	L	F	B	T	S	S	S	M	I	R	G	L	I	P
H	R	N	E	T	J	A	E	R	I	B	C	J	A	R	O	G
P	E	R	R	R	U	P	I	O	E	N	T	H	M	L	L	V
L	B	O	S	C	C	U	I	C	U	S	G	T	E	U	G	P
A	M	C	E	A	G	N	I	F	F	U	T	S	R	F	S	A
N	E	R	Y	S	S	E	L	R	O	S	A	C	I	K	E	R
T	V	E	F	S	R	F	O	O	E	O	T	B	C	N	T	A
A	O	V	T	E	S	E	V	A	H	W	T	S	A	A	L	D
T	N	O	V	R	G	A	E	A	R	C	O	B	N	H	S	E
I	N	I	O	O	N	I	R	F	O	I	I	L	A	T	A	S
O	U	T	X	L	P	U	E	Y	L	I	M	A	F	L	X	D
N	O	B	B	E	T	R	A	I	T	H	J	Q	R	Y	L	D
T	W	X	L	S	Y	S	T	U	R	K	E	Y	F	O	A	W
A	I	P	O	L	U	F	E	T	A	R	G	I	P	I	Y	M
K	P	L	Y	M	O	U	T	H	R	O	C	K	B	E	I	P
A	C	O	B	B	S	R	E	V	O	T	F	E	L	E	X	Q
H	O	P	E	T	C	A	J	E	B	M	A	Y	F	Y	S	T
E	O	E	I	E	I	P	N	I	K	P	M	U	P	R	W	Q

AMERICA
APPLE PIE
BLESSINGS
CASSEROLES
CORNUCOPIA
CRANBERRY SAUCE
DINNER
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FRIENDS

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**To be a sponsor
 in the next
 Norton
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*Please contact
 Tom Reily*

508-336-6633 x 337

 **Community VNA.**

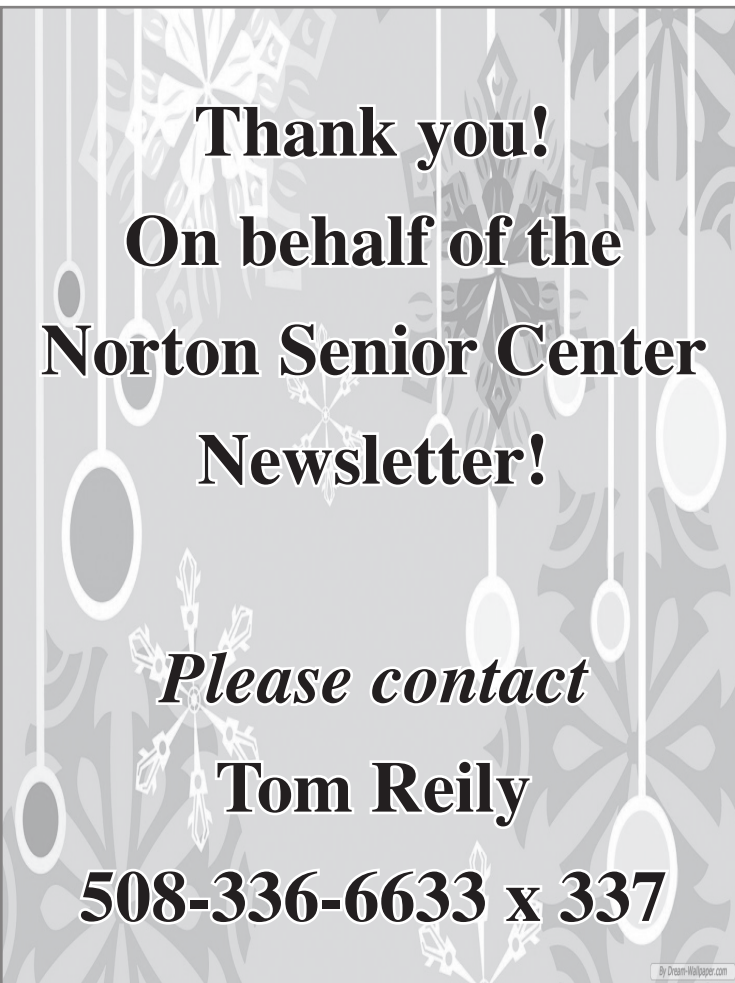
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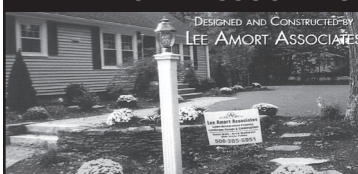


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70 East Main Street
Norton, MA 02766



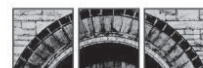
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Randy Fogerty

Thank you!
On behalf of the
Norton Senior Center
Newsletter!

Please contact

Tom Reily

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