



Norton

COUNCIL ON AGING NEWSLETTER

January / February 2021

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

WINTER AT THE SENIOR CENTER



HAPPY NEW YEAR to all of you!

Can you believe 2020 has gone by so quickly? It certainly has been a challenging year for many of us, and we hope that 2021 will bring good health and happiness to each and every one of you.

*** HAPPY NEW YEAR * HAPPY NEW YEAR * HAPPY NEW YEAR ***

At the Senior Center: We are still open by appointment only, and have 3 meeting stations set up in the Community Room for safely meeting with those who need assistance. We even have an outdoor meeting space—a beautiful patio with a picnic table and seating in the garden at the front of the building. We are thankful for the generous donations we received so we could provide this necessary and useful space. Now we just need it to warm up a bit!



From mid-October to early-December, we helped many seniors review their Medicare drug plans during SHINE Open Enrollment. Application assistance for SNAP and Fuel Assistance kept us busy, too, as did Tuesday and Thursday Grab & Go Heat & Eat Meals.



Kelley is continuing to host fitness and wellness classes on Zoom. Our once a month Painting Classes are accessible through Facebook Live. Call us to register! 508-285-0235



Please remember to wear your mask, wash your hands, and social distance. The Coronavirus is highly contagious and we want you to stay healthy and safe!

Beth

ACTIVITIES / PROGRAMS

FITNESS CLASSES with Kelley Brophy on ZOOM

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

\$2 DONATION

If you enjoy Kelley's classes please off-set the cost by mailing your donation to Norton Council on Aging PO Box 552 Norton, MA 02766

ZOOM.US

Click: **JOIN MEETING**

Enter Meeting Number: **508 802 1647**

Enter Password: **1647**

IF YOU NEED HELP ACCESSING ZOOM CALL US!

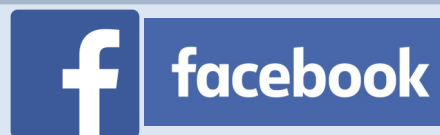
508-285-0235



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.



PAINTING CLASS — on Facebook Live



\$5 for each class (supplies included)

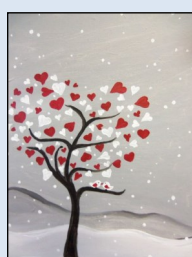
Call the Senior Center to sign up and to arrange pick up of supplies 508-285-0235

Paint with Lauren on Facebook Live!

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



**FRIDAY
JANUARY 15
1:00 PM**



**FRIDAY
FEBRUARY 19
1:00 PM**



ACTIVITIES / PROGRAMS



Drums Alive®

Drums Alive a cardio drumming program!

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



We are happy here at the Norton Senior Center to be part of a Drums Alive program that you can participate in at home using Zoom on your tablet or computer.



Drums Alive is a FANTASTIC brain-body exercise program. Drums Alive provides physical and cognitive benefits within a very socially engaging activity. The rhythmical patterns increase brain wave activity which in turn provides an endorphin rush (happy feelings) and improves mental awareness and physical well-being. Many participants do not even realize they are exercising because they are having so much fun. Drums Alive truly is a program for all ages and all abilities which can be done seated or standing and easily modified to accommodate participants needs.

Call us (508-285-0235 and then go to the following webpage to register:

<https://mailchi.mp/ec3716c65d68/drumsalivecoa>

A \$2 per week donation is suggested monthly donations can be dropped off in our locked drop box by the back door or mailed to PO box 552 Norton, MA

The Friends of the Norton Senior Center are sponsoring the equipment for this program. Once you register with us and on-line, you can arrange a contactless pickup of everything you need

(a \$10 refundable deposit is required)

Please note that equipment is not necessary as you can use things that you have around the house!







Classes 9am Mondays, Tuesdays, Thursdays, and Fridays!



JAN 2021

Norton Senior Center

508-285-0235








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Attend Kelley's Fitness Classes on ZOOM Go to: ZOOM.US Click: JOIN MEETING Meeting Number: 508 802 1647 Password: 1647 CALL the Center for Drums Alive				Senior Center CLOSED 1 
9AM 4 Drums Alive 9:30 AM Pfilates	9AM 5 Drums Alive 9:30 AM Meditation 11-2 	9:30 AM 6 Zumba 10:30 AM Tai Chi	9AM 7 Drums Alive 9:30 AM Zumba 11-2	9AM 8 Drums Alive
9AM 11 Drums Alive 9:30 AM Pfilates	9AM 12 Drums Alive 9:30 AM Meditation 11-2 Grab and Go Lunch	9:30 AM 13 Zumba 10:30 AM Tai Chi	9AM 14 Drums Alive 9:30 AM Zumba 11-2 Grab and Go Lunch	9AM 15 Drums Alive 1:00 PM Painting On Facebook 
18 Martin Luther King Day  Senior Center CLOSED	9AM 19 Drums Alive 9:30 AM Meditation 11-2	9:30 AM 20 Zumba 10:30 AM Tai Chi	9AM 21 Drums Alive 9:30 AM Zumba 11-2	9AM 22 Drums Alive Foot Doctor (by appointment) 
9AM 25 Drums Alive 9:30 AM Pfilates	9AM 26 Drums Alive 9:30 AM Meditation 11-2 Grab and Go Lunch	9:30 AM 27 Zumba 10:30 AM Tai Chi	9AM 28 Drums Alive 9:30 AM Zumba 11-2 Grab and Go Lunch	9AM 29 Drums Alive

ADVANCED 48 hr REGISTRATION IS REQUIRED for GRAB and GO Lunch

FEB 2021

Norton Senior Center

508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM 1 Drums Alive 9:30 AM Pfilates	9AM 2 Drums Alive 9:30 AM Meditation  11-2 Grab and Go Lunch	9:30 AM 3 Zumba 10:30 AM Tai Chi	9AM 4 Drums Alive 9:30 AM Zumba 11-2 Grab and Go Lunch	9AM 5 Drums Alive
9AM 8 Drums Alive 9:30 AM Pfilates	9AM 9 Drums Alive 9:30 AM Meditation 11-2	9:30 AM 10 Zumba 10:30 AM Tai Chi	9AM 11 Drums Alive 9:30 AM Zumba 11-2	9AM 12 Drums Alive 1-3 Grab and Go Valentines Cookies!
15 	9AM 16 Drums Alive 9:30 AM Meditation 11-2	9:30 AM 17 Zumba 10:30 AM Tai Chi	9AM 18 Drums Alive 9:30 AM Zumba 11-2	9AM 19 Drums Alive 1:00 PM Painting with Lauren! On Facebook 
9AM 22 Drums Alive 9:30 AM Pfilates	9AM 23 Drums Alive 9:30 AM Meditation 11-2 Grab and Go Lunch	9:30 AM 24 Zumba 10:30 AM Tai Chi 	9AM 25 Drums Alive 9:30 AM Zumba 11-2 Grab and Go Lunch	9AM 26 Drums Alive 
	<div> Attend Kelley B's Fitness Classes on ZOOM Go to: ZOOM.US Click: JOIN MEETING Meeting Number: 508 802 1647 Password: 1647 Call the Senior Center to Register for Drums Alive! </div>			

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

RESOURCES FOR NORTON SENIORS

NORTON FOOD RESOURCES

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

Nutritious meals delivered to the home on a daily basis, please call Bristol Elder Services Information and Referral line 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 (\$1980/mo for 1 person, \$2670/mo for 2 people, etc.)



- **Grab and Go Meals at the Senior Center - Tuesdays and Thursdays** - Residents over age 60

Meals for residents age 60 plus. These are heat and eat meals.

You must call before 9:30 AM each Monday to register!!

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



- **Soup** - Free for All Residents

Monthly soup allotments from Blount Soup are available free to residents.

Call the Senior Center to register and for distribution dates/times. 508-285-0235



- **Norton Food Pantry (Cupboard of Kindness)** - Free for All 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. Visit the pantry's website: cupboardofkindness.org

This is currently 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 for residents over 60)**

This is a monthly brown-bag program where income eligible, senior 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:

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



- **St. Mary's Church, Norton - St. Vincent de Paul Society 508-409-7311**- 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.



RESOURCES FOR NORTON SENIORS

NORTON FOOD RESOURCES

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

All Meals are served Grab-&Go and are available to anyone from Norton and surrounding towns.

Hebron Food Pantry 11 Sanford Street, Attleboro (located in the church across from the YMCA)
Bring proof of residency.

- ♦ Senior Pantry **Tuesdays 10:00 AM - 12:00 NOON**
- ♦ Open to All **Wednesdays 4:00 PM - 6:00 PM**
Thursdays 4:00 PM - 7:00 PM



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

All Meals are served Grab-&Go and are available to anyone from Norton and surrounding towns.



- ♦ Attleboro
Monday - Friday 4:30 PM VFW post 115, 122 Park Street
Saturday 11:00 AM Centenary United Methodist Church (15 Sanford Street)
- ♦ Mansfield
Tuesday 4-4:30 PM First Baptist Church (52 North Main Street)
- ♦ North Attleboro
Wednesday 4:00 PM First Baptist Church (75 Park Street)

Town of Norton Human Services / Council on Aging - 508-285-0235

Help for residents of all ages! If you are having difficulty arranging any of the above offered services or

if you have special dietary needs, please call Beth Rossi or Cathy Varnum at the Senior Center for assistance.

We also help with Fuel Assistance and emergency needs.

Our mission is to make sure every resident in Norton has what they need to thrive during this crazy time.



Tax Preparation Time!

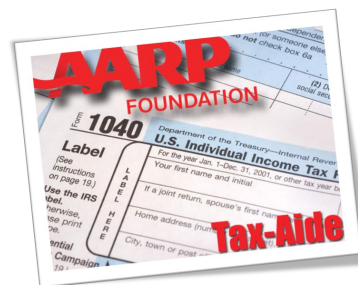
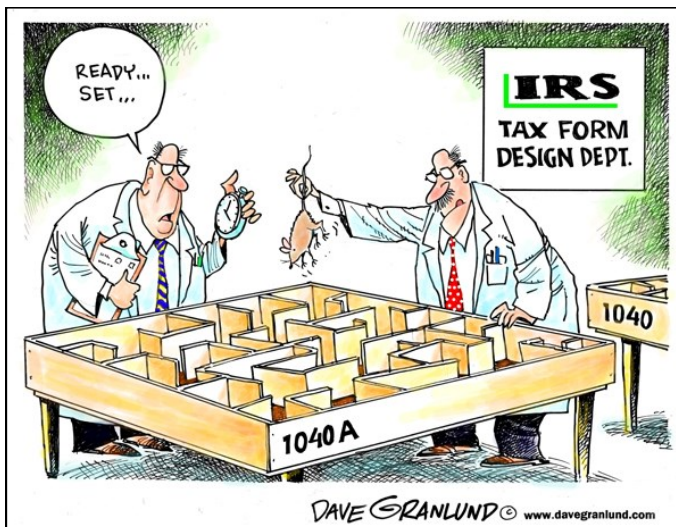
**AARP FOUNDATION
TAX-AIDE**

We are fortunate to have a group of AARP Tax Prep volunteers who are willing to come to the Norton Senior Center and work with clients SAFELY to prepare and submit 2020 State and Federal Tax Returns. These volunteer counselors are trained in cooperation with the IRS and State DOR.



Please remember that we are only able to prepare taxes for Norton residents with simple, straightforward returns. If you have investments and assets, we can't prepare your taxes. Tax

appointments may be modified to accommodate current state and local Covid-19 safety guidelines. We ask for your patience as we navigate these requirements.



TAXES

February 4 - April 15
THURSDAYS by appointment only

Please bring the following:

- Intake Form (available at the Senior Center)
- Photo ID for primary taxpayer
- Social Security Cards for each person listed on the tax return
- All income reporting info for 2020
W-2, 1099, 1098, 1095, brokerage statements, property tax bills and water bills paid in 2020, lottery winnings statements, and any other income related forms, etc.
- Prior years' tax return

Appointments are required. Please call the Senior Center 508-285-0235.



Are you retiring? Turning 65 and not working?

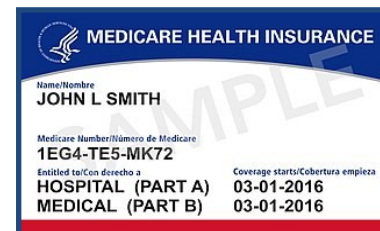
(1) Sign up for Medicare Part A and Part B through Social Security

(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. Call us to make an appointment. 508-285-0235

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

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

EXPERT MEDICARE COUNSELING

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 with a pen -pal program that will randomly pair an On the Barre Dance Team dancer with a participating Norton Senior.

Dancers range in age from 10-17 years and are looking forward to being matched.

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

Call the Senior Center to sign up: 508-285-0235



VALENTINE DAY

COOKIE DRIVE THROUGH!!

**Swing by the Senior Center on
Friday, February 12th between**

1:00 - 3:00

For Kisses, Cocoa, and Cookies!!

We miss you and want to see you!



Norton Senior and Community Support Center

We are getting closer!! The Town of Norton is moving along with purchasing the property for our new Senior and Community Support Center. The new Center will be located on Route 140 across from Jasmine Garden. Presently, the Town is working to secure funding for the construction of the building. There will be a ballot vote and another town meeting in the spring that need approval 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!



The Norton Senior and community Support Center will be home to the following:

- Norton Senior Center
- Department of Human Services
- Cupboard of Kindness Food Pantry
- Council on Aging
- Friends of the Norton Senior Center.

FUEL ASSISTANCE



November 1-April 30th



**It is not too late to get assistance
with your heating bills this winter**

Call the Center for an appointment 508-285-0235



FY2021 LIHEAP Income Eligibility: Self Help Inc
in household 60% of Estimated State Median Income

1	\$ 39,105
2	\$ 51,137
3	\$ 63,169
4	\$ 75,201
5	\$ 87,233
6	\$ 99,265



TECHNOLOGY HELP FOR SENIORS

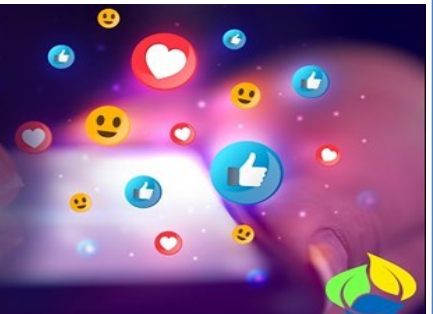
Do you know a senior citizen who could benefit from easy-to-follow instructions about how to use technology in light of Covid 19? Yes? Then check out this website for free tutorials and simple instructions on important technology including: zoom, online shopping, and email.

www.tech-savvy-seniors.org

Social Media

Facebook 
 Twitter 
 Instagram 
tech-savvy.seniors.org

Masonicare
 & An Agassiz Commitment to Caring



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!!

FEBRUARY 14, 2021



SHINE

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

Call the Senior Center to schedule an 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 January 22

\$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 are 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

Phone: 508-675-2101 / Email: info@bristolelder.org

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 FOR NORTON SENIORS



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

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

2 If you need fire

3 If you need an ambulance

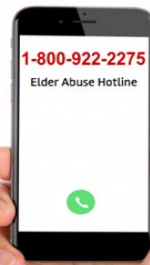
If the 9-1-1 dispatcher asks questions, press

4 For YES

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.

Inclement Weather Policy:

If Norton Public Schools are closed, the Senior Center will be closed for appointments.



Virtual Visits:

Doctor Visits - Family Visits



The Senior Center has an IPAD that can help residents connect with family, friends, and medical doctors. Give us a call to schedule an appointment or a home visit.

508-285-0235



We have lots of book and puzzles here at the Senior Center. Please call us for an appointment to come in and browse!

508-285-0235



TID-BITS



What a wonderful surprise! These 3 Norton residents and their mom came in to the Senior Center to donate a beautiful, fresh Christmas wreath. This certainly brightened our day!! You can see the wreath hanging outside on the front of our building as you drive by. Thank you for your generous and thoughtful gift! Timothy (holding the wreath) is a local cub scout. His brothers Noah and Will came along to visit with us.



And...a special "thanks" to two very special Christmas Elves who came to the Senior Center after-hours to put up our Christmas Tree and decorate. The Center looks great!



THANKSGIVING THANK YOU

We appreciate the many hands that helped to deliver Thanksgiving meals to Seniors and Veterans including: United Way, Wingate Residences, Shaws Supermarkets, Society of St. Vincent de Paul at St. Mary's Norton, and Norton's Homeplate restaurant.



CHRISTMAS HELPERS

thank you!

We are so grateful for our wonderful community! Thanks to the generosity of many, we were able to help many Norton residents this past holiday season: Christmas meals for shut-ins, clothes/gifts for families in need, & necessities for seniors and veterans living alone.



Thank you to MaryAnn Dempsey of Success! Real Estate, Norton Police Department, Norton High School Math Honor Society, Norton/Chartley Scout Troup 12, Norton House of Pizza, St. Vincent de Paul Society, Bishop Feehan High School, United Way, Homeplate Restaurant, and the many thoughtful folks who donated clothes and gifts. We even received beautiful handmade knit and crochet items!



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**

Norton Veterans' Organizations:

American Legion Post #222

508-285-2307

Facebook: NortonVFWpost8049

Fillmore-Nason VFW Post #8049

508-285-3845

www.vfwnorton.org

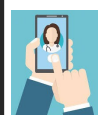


Norton was the only local area to participate in **Wreaths Across America**.

In December, over 600 wreaths were placed at veteran graves at all Norton cemeteries. This project was funded entirely from community and family donations. Funds are raised year-round: www.facebook.com/NortonWreaths/



VIRTUAL VISITS: Doctor Visits - Family Visits



The Veterans' Office has an IPAD that can help residents connect with family, friends, & medical doctors. Call Estelle for more info.

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

**Norton Veterans Council,
VFW & American Legion**

**Raffle: 2 night Stay at Hunters Green Motel,
Yarmouth/Hyannis**

Sunday - Thursday only, Good all year

Donation \$10 per Ticket - Only 200 tickets sold

Drawing May 22, 2021

All proceeds to Support Norton Veterans Council

To purchase tickets contact the Veterans Service Officer

@ 508-285-0274 or eflett@nortonmsus.com



IT'S YOUR CALL

Confidential help for Veterans and their families

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

1-800-273-8255

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.



TRIPS by Citizens on Aging

Planning ahead for 2021!

SIGN UP AT THE SENIOR CENTER 508-285-0235

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

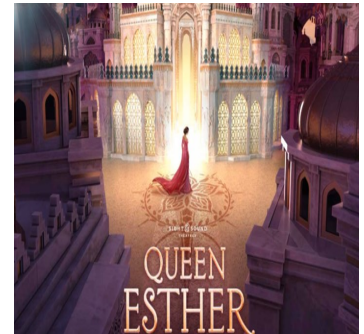
June 16-18, 2021

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

2020 Trip Refund Update: We are still working with Conway Tours and their representatives to refund any money that was put down as a deposit and hasn't yet been returned to you. Stay tuned...

FRIENDS OF THE NORTON SENIOR CENTER

A message from The Friends of the Norton Seniors:

The Friends Officers continue to support Norton Seniors by making phone calls and sending emails to check in on members. We look forward to a time when we can all be together again at the Senior Center! Please let us know if you need any assistance, and we will be glad to help. Take care and stay safe.

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!***

WINTER WORD SEARCH

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

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

**BLANKETS
BLIZZARD
BOOTS
CHRISTMAS
COLD
DECEMBER
FEBRUARY
FIREPLACE
FROST
GLOVES**

**HATS
HANUKKAH
HEAT
HOT CHOCOLATE
ICY
JANUARY
KWANZA
MELT
NEW YEARS
NOREASTER**

**PARKA
SCARF
SKATING
SKIING
SLEET
SLEDDING
SNOW
SNOW ANGELS
SNOWBALL
SNOWMAN**

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Norton Council on Aging
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