



Norton

COUNCIL ON AGING NEWSLETTER

July / August 2021

Norton Senior & Community Support Center

55 West Main Street

PO Box 552

Norton, MA 02766

Phone 508-285-0235

Hours of Operation

Monday through Friday

9:00 AM - 3:30 PM

Council on Aging

DIRECTOR

Beth Rossi

OUTREACH

Cathy Varnum

FRONT DESK

Sosie Megerdichian

BOARD MEMBERS

MaryAnn Dempsey, Chair

Paul Wanamaker, Vice Chair

Kathleen Eno, Treasurer

Sharyn Stedman, Secretary

Joan DeCosta

Judy Leroux

Natalie Lima

Carol McLaughlin

Paula Raneri

Ruth Schneider

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

SUMMER AT THE CENTER

WE ARE OPEN!! We are so happy to welcome everyone back to the Norton Senior and Community Support Center. We started a "soft opening" a few weeks ago by holding a few activities and fitness classes here at the Center...and are planning on gradually (and safely!) reintroducing activities and programs as we proceed through the summer. Come in for a cup of coffee, or try one of our classes.



MORE GREAT NEWS! **THANK YOU** to each and every Norton resident who came out on Saturday May 8th to the Town Meeting and voted YES for a new Senior & Community Support Center, a new Town Hall, and new High School Athletic Fields. The article passed, and we are so excited for these projects and what they will mean for everyone in Norton.

As far as the Norton Senior & Community Support Center, bid requests are out now, and we expect the first phase of the process (design/permitting) to take about a year, with ground-breaking next summer. If all goes as planned, that means a Summer 2023 Grand Opening!



Beth



FITNESS & WELL-BEING

CHAIR YOGA

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

Join our certified yoga instructor, Amy, for a relaxing one hour session of Chair Yoga. You will learn how to increase mobility, release tension, and feel an overall sense of renewed energy.



NOTE: No classes on July 5, July 12, August 23, August 30

PFILATES *

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

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, and the control you have over your bladder. Kelley is your instructor. You will be amazed at how easy this is and what a difference it will make for you!

NOTE: No class on August 27

New time!

TAI CHI *

Every Wednesday 10:30 AM - 11:30 AM \$2

Tai Chi is a Chinese form of martial arts that involves slow, controlled and low-impact movements that can be easy for seniors. You will feel steadier on your feet and improve hand-eye coordination. Kelley is your instructor for Tai Chi.



NOTE: No class on August 25

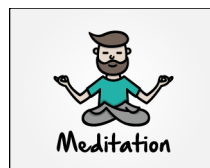
FITNESS at the Center & on ZOOM

** only these classes also on ZOOM*

MEDITATION *

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

Experience how deep relaxation techniques are beneficial for memory, focus, and improved mood. Kelley will be your instructor for Meditation.



NOTE: No class on August 24

ZUMBA GOLD *

Every Wednesday and Thursday

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

Thursday's focus is toning

Join Kelley for a fun class of Zumba Gold - the invigorating, dance fitness class with a Latin beat! Zumba is easy-to-follow and lets you move to the beat at your own speed...while listening to fun music!



NOTE: No classes on August 25, 26



LINE DANCING

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

Join in the fun with local choreographer and instructor Steve Cavanaugh every Thursday. Learn fun and easy line dances to upbeat tunes. No experience necessary and all are welcome!!



NOTE: No class on July 29



FITNESS & WELL-BEING

DROP-IN CLASSES In-person at the Senior Center

Mondays	Yoga
Tuesdays	Meditation
Wednesdays	Tai Chi, Zumba
Thursdays	Zumba, Line Dancing
Fridays	Pelvic Floor Pfilates



All classes (except Yoga and Line Dancing) are also live on ZOOM

Go to: **ZOOM.US**
 Click: **JOIN MEETING**
 Enter Meeting Number: **508 802 1647**
 Enter Password: **1647**

\$2 / CLASS ZOOM classes, please mail to:

Norton Council on Aging PO Box 552 Norton, MA 02766
 OR use our secure drop box at the Senior Center back door

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

DRUMS ALIVE In-person at the Senior Center -\$12



6 WEEK PROGRAM: FRIDAYS 10:45 AM - 11:30 AM
July 16, 23, 30, August 6, 13, 20



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



We ask that you please commit to the entire 6 weeks to participate. Sign-up is required at the senior center.

Walk Massachusetts Challenge!! Join Now!



Earn Money for Your Council on Aging, and Possibly Win a \$50 Gift Card!

Lace up your sneakers – the Walk Massachusetts challenge is back! Your participation helps our COA win money for fitness programs and gives you the chance to win one of several prizes! The more of us who walk, the better the chances!

- The challenge runs from May 1, 2021 to Sept 30, 2021 - **It's not too late to sign up! Join in!**
- Sign up at www.mcoaonline.com/walkma
- Choose one of the 5 different challenges: # of days, # of miles, # of minutes, # of steps
- WALK!! Inside, outside, on a track, on a treadmill—wherever you want!
- Track your walking using the online form, or the printable walking journal
- At the end of the challenge, submit your form and be entered to win!
- Norton COA will receive an entry for each person who completes the challenge

The COA with the most completions will win \$1000 toward future programming!



Massachusetts
Councils On Aging

DROP-IN ACTIVITIES / PROGRAMS

QUILTING

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



Bring your quilting projects and share ideas. Enjoy catching up and quilting with friends! Refreshments.

BINGO

Every Tuesday 12:30 PM - 3:00 PM

Come join the fun and experience Bingo Norton Style! Cheap cards, big prizes, and raffles. Free coffee and treats!



\$1.00 / 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.



CRIBBAGE

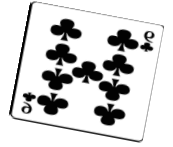


Do you know how to play cribbage? Let us know if you are interested in playing so we can get together here at the Senior Center. 508-285-0235

CARDS - WHIST

Every Monday 1:00 PM - 3:00 PM \$1

Energy Thursday Join us for a fun game of whist every Thursday at 1PM. If you are new to the game or are a bit rusty please call ahead for a lesson or refresher course!



LEARN TO KNIT

Every Friday 10:30 AM - 11:30 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.



CARDS - BRIDGE

Every Friday 11:00 AM - 2:00 PM free

Come and play this fun and challenging card game.

PLEASE NOTE: WE WILL BE CLOSED

Mon July 5, 2021 - INDEPENDENCE DAY



Happy

Birthday America! Happy 4th of July!

WHAT'S HAPPENING in JULY

July 9 Friday 1:00 PM free

ICE CREAM SOCIAL & GAMES!

Come and join us for some ice cream and all the fixin's! After ice cream, we'll have board games out to play. Jenga, Scrabble, Cribbage etc.



☞ Sign up at the Senior Center ☞

July 12 Monday 1:00 PM free

CORN HOLE!

Join us for the fun game of corn hole. This bean bag toss game is great exercise and lots of laughs.



☞ Sign up at the Senior Center ☞

July 13 Tuesday 8:30 AM

LADIES' BREAKFAST at Kelly's Place

Join the Ladies' Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. **We pay with separate checks.** Always the 2nd Tuesday of every month.

☞ Sign up at the Senior Center ☞



July 16 Friday 1:00 PM free

PIZZA & MOVIE - The War with Grandpa

Yes, we'll have popcorn!! This is one funny movie. Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

Pizza and lemonade will be served.

☞ Sign up at the Senior Center ☞



July 19 Monday 1:00 PM free

Chair Volleyball

Play the super fun game of chair volleyball! The trick is staying in your seat!



☞ Sign up at the Senior Center ☞

July 21 Wednesday 8:30 AM

MEN'S BREAKFAST at Kelly's Place

Join the Men's Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. We pay with separate checks. Always the 3rd Wednesday of every month.



☞ Sign up at the Senior Center ☞

July 23 Friday 12:30 PM free

NORTON FIRE SAFETY (& Shortcake!)

EMT Katie from the Norton Fire Department will be here with an



important health and safety talk. Afterwards... we'll have Strawberry Shortcakes!



☞ Sign up at the Senior Center ☞

July 30 Friday 1:00 PM free

SUMMER MUSIC PARTY

John Gaudino is coming to sing and play some of our favorites. We'll have some "country" snacks to go along with John's awesome music. Join us!!

☞ Sign up at the Senior Center ☞



WHAT'S HAPPENING in AUGUST

August 6 Friday 1:00 PM free

HEALTHY SMILES and ICE CREAM!



Elder Dental will be at the Senior Center to give a brief talk about taking care of your "chompers". You'll be able to ask questions, too. We'll be enjoying ice cream sundaes during the presentation.



☞ Sign up at the Senior Center ☞

August 9 Monday 1:00 PM free

CORN HOLE!

Join us for the fun game of corn hole. This bean bag toss game is great exercise and lots of laughs.

☞ Sign up at the Senior Center ☞



August 10 Tuesday 8:30 AM

LADIES' BREAKFAST at Kelly's Place

Join the Ladies' Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. We pay with separate checks. Always the 2nd Tuesday of every month.



☞ Sign up at the Senior Center ☞



August 13 Friday 1:00 PM free

PIZZA & MOVIE - Enola Holmes

Join us for this exciting movie! Sherlock's teen sister, Enola, discovers her mother is missing and sets off to find her. She becomes a super-sleuth in her own right as she outwits her famous brother. Pizza and Popcorn are on the menu, of course!



☞ Sign up at the Senior Center ☞

August 16 Monday 1:00 PM free

CHAIR VOLLEYBALL

Play the super fun game of chair volleyball! The trick is staying in your seat!

☞ Sign up at the Senior Center ☞

August 18 Wednesday 8:30 AM

MEN'S BREAKFAST at Kelly's Place

Join the Men's Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. We pay with separate checks.



☞ Sign up at the Senior Center ☞

August 20 Friday 1:00 PM free

"HIP-HOP DANCE" CHAIR DANCING FUN

Rondae Drafts will be here from MUSIC Dance.edu for a fun chair exercise program designed especially for seniors. Hip-Hop and R&B songs. We'll have some refreshing beverages after we exercise!



JULY 2021

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		<u>9:30 AM</u> 1 Zumba <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates 2 <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> Grab & Go Lunch
5 INDEPENDENCE DAY  The Senior Center is CLOSED TODAY	<u>9:15 AM</u> 6 Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> G&G Grab & Go Lunch	<u>9:30 AM</u> 7 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 8 Zumba <u>11 AM</u> Line Dance <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates 9 <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> G&G <u>1 PM</u> Ice Cream
<u>10 AM</u> 12 Chair Yoga <u>1 PM</u> Quilting <u>1 PM</u> Corn Hole	<u>8:30 AM</u> 13 Ladies' Breakfast <u>9:15 AM</u> Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 14 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 15 Zumba <u>11 AM</u> Line Dance <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates 16 <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> G&G <u>1 PM</u> Movie/Pizza
<u>10 AM</u> 19 Chair Yoga <u>1 PM</u> Quilting <u>1 PM</u> Chair Volleyball	<u>9:15 AM</u> 20 Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch	<u>8:30 AM</u> 21 Men's Breakfast <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 22 Zumba <u>11 AM</u> Line Dance <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates 23 <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> G&G <u>12:30</u> Fire Safety
<u>10 AM</u> 26 Chair Yoga <u>1 PM</u> Quilting <u>1 PM</u> - Drop in Games	<u>9:15 AM</u> 27 Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 28 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<u>8:30 AM</u> trip 29 <u>9:30 AM</u> Zumba <i>No Line Dance</i> <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates 30 <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> G&G <u>1 PM</u> Music Party

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

AUG 2021

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>10 AM</u> 2 Chair Yoga <u>1 PM</u> Quilting <u>1 PM</u> Drop in Social/Games	<u>9:15 AM</u> 3 Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 4 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 5 Zumba <u>11 AM</u> Line Dance <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates <u>10:30 AM</u> 6 Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> G&G <u>1 PM</u> Healthy Smiles
<u>10 AM</u> 9 Chair Yoga <u>1 PM</u> Quilting <u>1 PM</u> Corn Hole	<u>8:30 AM</u> 10 Ladies' Breakfast <u>9:15 AM</u> Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 11 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 12 Zumba <u>11 AM</u> Line Dance <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates <u>10:30 AM</u> 13 Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> G&G <u>1 PM</u> Movie/Pizza
<u>10 AM</u> 16 Chair Yoga <u>1 PM</u> Quilting <u>1 PM</u> Chair Volleyball	<u>9:15 AM</u> 17 Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch	<u>8:30 AM</u> 18 Men's Breakfast <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<u>9:30 AM</u> 19 Zumba <u>11 AM</u> Line Dance <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>9:30 AM</u> Pfilates <u>10:30 AM</u> 20 Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>11 AM—1 PM</u> G&G <u>1 PM</u> Music/Dance
<i>No Yoga class</i> 23 <u>1 PM</u> Quilting <u>1 PM</u> Drop in Social/Games	<i>No Meditation</i> 24 <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch	<i>No Zumba</i> 25 <i>No Tai Chi</i> <u>10 AM</u> Games <u>1 PM</u> Knit/Crochet <u>11 AM—1 PM</u> Grab & Go Lunch	<i>No Zumba</i> 26 <u>11 AM</u> Line Dance <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> Whist /Cribbage	<u>10:30 AM</u> 27 Learn to Knit <i>No Pfilates</i> <u>11 AM</u> Bridge <u>11 AM—1 PM</u> Grab & Go Lunch <u>1 PM</u> FUN & Food
<i>No Yoga class</i> 30 <u>1 PM</u> Quilting <u>1 PM</u> Arts & Crafts	<u>9:15 AM</u> 31 Meditation <u>12:30 PM</u> Bingo <u>11 AM—1 PM</u> Grab & Go Lunch		Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup	<i>August Trip date TBD</i>

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



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 – Call the Norton Assessors Office for assistance 508-285-0270

<u>Clause</u>	<u>Qualifications</u>	<u>Max Income</u>	<u>Max Assets</u>	<u>Exemption Amount</u>
17E	Age 70+	n/a	\$47,719	\$212
41D	Age 70+ and Single	\$29,075	\$47,719	\$1,000
41D	Age 70+ and Married	\$43,614	\$66,445	\$1,000
37A	Legally Blind	n/a	n/a	\$500
17E	Surviving spouse			
	And minor child	n/a	\$47,719	\$212
42/43	Spouse of a Police or Fire Fighter killed in the line of duty	n/a	n/a	100%
18	Extreme Hardships	(see Assessors Office for details)		Varies
Deferred Tax Payments				
41A	Age 65+	\$40,000	n/a	Varies
18A	Temporary Deferral - Any age, having temporary financial difficulties, including change to active military status, for a maximum of 3 years.			

2. Senior Work off Program – Volunteer for the town and get money off your taxes!

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+.

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.



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 the Senior Center or 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 & Go Meals at the Senior Center - Tues, Wed, Thurs, Fri** - Residents over age 60

Now 4 days a week! These are heat and eat meals.

You must call 48 hours in advance to register!!



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 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

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:

Household Size	Monthly Income
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 continued

- **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

Located together at the Norton Senior and Community Support Center

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 the Senior Center for assistance.

We also help with Fuel Assistance and emergency needs. Call us!

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



Thank You

June was officially Volunteer Appreciation Month. We are so grateful for the many dedicated people who help on the front lines and behind the scenes. We have many people who volunteer to make the Senior Center a wonderful place.



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 Cupboard of
Kindness Food Pantry is located behind
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. 508-675-2101

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, 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 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 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 July 30

\$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.



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

VETERANS' RESOURCES



Town of Norton Veterans' Service Office (VSO)
Town Hall - 70 East Main Street
508-285-0274 774-265-7462 efllett@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**



IT'S YOUR CALL
 Confidential help for Veterans and their families
1-800-273-8255
Veterans Crisis Line
 1-800-273-8255 PRESS 1
 Confidential chat at [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

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

CORNHOLE TOURNAMENT

Bar will be open.

SATURDAY, July 24, 2021
 RAIN DATE SUNDAY, July 25th

Admission for BBQ & music only \$10

REGISTRATION & WARMUP 11:00AM
BAGS UP AT 12:00PM
32-TEAM DOUBLE ELIMINATION TOURNAMENT

\$50 PER 2-PERSON TEAM **CASH PRIZES FIRST & SECOND PLACE TEAMS**

Registration includes BBQ & live music from December's Children.

TO REGISTER, send registration form to Sharon_Rice@comcast.net and payment to: VENMO @Sharon-Rice-66 or mail check payable to Norton Veterans' Council to Veterans' Office, 70 E. Main St., Norton, MA 02766

NORTON VFW, 38 SUMMER ST., NORTON, MA
 Open to members and non-members. Must be 18+ to compete.
 For more information, contact sharon_rice@comcast.net or call 508-951-3986.

Sponsored by the Norton Veterans' Council



Mass Military Support Foundation / Food4Vets offers support to Veterans and their families with food resources. Locally, this often happens on Saturdays at Foxboro Terminals (208 North Street, Foxboro) or at Gillette Stadium. Please visit www.mmsfi.org for available dates and to register. Veterans must show proof (i.e. discharge papers) of Veteran status at pick-up.



Norton Veterans' Organizations:

American Legion Post #222

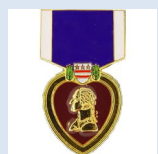
508-285-2307

Facebook: NortonVFWpost8049

Fillmore-Nason VFW Post #8049

508-285-3845

www.vfwnorton.org



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. 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.

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!

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

Mark your calendars for our 1st Home Plate (Norton) Fundraiser on October 19, 2021.

We will receive 20% of all purchases made on October 19th using a special ticket. What a great way to support the Friends! We will have plenty of tickets to pass out before the event. Tickets can be used for dine-in, to-go, bar and gift card purchases. We'll have a Raffle, as well, so be sure not to miss this fun and important event.

Donations for the raffle are welcome—call the Senior Center to arrange pickup.



Friends Membership Dues for July 1, 2021—June 30, 2022 are now due. New members are always welcome. 508-285-0235

Thank you for attending our recent **Friends Meetings** in May and June. We can't wait to get together regularly starting in the fall. Happy Summer!



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:

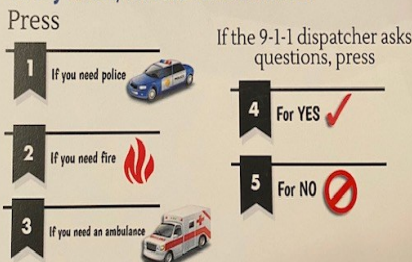
1-800-323-4673

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:



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

www.mass.gov/e911

We have lots of DVDs, books & puzzles here at the Senior Center that you are welcome to borrow!

WELCOME BACK to the Senior Center!

If you are:

NOT vaccinated

Have underlying health conditions

Have a cough

PLEASE WEAR A MASK

As always, if you are feeling sick, please stay home. We are happy to help you over the phone! 508-285-0235

We've got the coffee on!

Drop in and enjoy a quick refreshment and say "hello"

For the safety of everyone, when visiting the Senior Center please park in designated parking spots only!



Handicapped spots are for people with handicapped placards or plates only.

Follow us on Facebook!



www.facebook.com

Norton Senior and
Community Center

Drop by and sit out on our patio! We have a picnic table and umbrella, and a bench, too. Come and enjoy the fresh air and look at what's blooming in our garden. A special "thank you" to Beverly Slattery for planting and watering our front garden and window boxes. So beautiful!



The Norton Emergency Management Agency (NEMA) dropped off some READY brochures from Homeland Security about being prepared for emergencies. It's hurricane season! Visit www.ready.gov for more information. Come to the Senior Center to pick up a brochure!

**GYM @ NORTON**

participates in the Silver Sneakers Program, which offers online and in-person classes available at no cost for adults 65+ through select Medicare plans. Call Jason at THE GYM @ NORTON at 508-286-5800 for more information. Visit www.silversneakers.com for more info about the program.

Are you retiring? Turning 65 and not working?

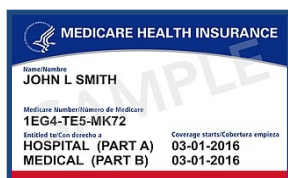
(1) Sign up for Medicare Part A and Part B through Social Security

(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 to assist you.

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



Social Security phone number: 1-888-655-6469
Social Security website: www.ssa.gov

TRIPS by Citizens on Aging

2021 TRIPS

SIGN UP & PAY AT THE SENIOR CENTER 508-285-0235

Bob and Carol Marciano
401-536-0235

We are happy to welcome Bob & Carol Marciano who will be our new Trip Coordinators! Bob & Carol have been working with Betty Fogerty, ensuring a smooth transition and planning many upcoming day trips. We thank Betty for her many years of dedication, and are so grateful for all the time she put into organizing our Senior Trips. Happy Retirement!

All day trip reservations and payments will be processed through the Norton Senior Center: Monday - Thursday 9:00 am - 3:00 pm. See Sosie at the Front Desk for flyers and to make a reservation. Meal choices are required when you RSVP. Cash or Checks made out to Norton Citizens on Aging (C.O.A.)

JULY 29, 2021 (Thursday) Maine Bull & Claw Lobster Bake \$99

Scenic drive of coastal Maine. Lunch at the Famous Bull And Claw Restaurant in Wells. Shopping in Ogunquit. Visit to the "When Pigs Fly Bakery" in Kittery.

AUGUST 2021 Trip planning in-process *Trip/Date/Price: TBD*

SEPTEMBER 17, 2021 (Friday) Essex Valley Steam Train and Connecticut Riverboat \$109

Luncheon at Go Fish Restaurant. Scenic steam train ride starting in Essex, CT and traveling through the Connecticut River Valley. 1-hour narrated Riverboat cruise, then back on the train!

OCTOBER 21, 2021 (Thursday) Quabbin Reservoir \$72

Guided tour of the Quabbin Reservoir, a majestic protected area for wildlife, a beautiful park, and an important water supply! Luncheon to follow.

DECEMBER 2021 Trip planning in-process *Date/Price: TBD*

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

Final Payment due by ASAP Trip insurance included

Checks should be made out to Landmark Tours

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. Thank you for your patience as we continue this process.

Norton Council on Aging
55 West Main Street
P.O. Box 552
Norton, MA 02766

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