



Norton

COUNCIL ON AGING NEWSLETTER

November / December 2021

**Norton Senior & Community
Support Center**
55 West Main Street

PO Box 552
Norton, MA 02766
Email: coa@nortonmaus.com
Website: nortonmaus.org
Fax: 508-285-4227

Phone: 508-285-0235

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

Council on Aging

DIRECTOR

Beth Rossi

OUTREACH

Cathy Varnum

FRONT DESK

Sosie Megerdichian

BOARD MEMBERS

MaryAnn Dempsey, Chair

Paul Wanamaker, Vice Chair

Kathleen Eno, Treasurer

Sharyn Stedman, Secretary

Joan DeCosta

Judy Leroux

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

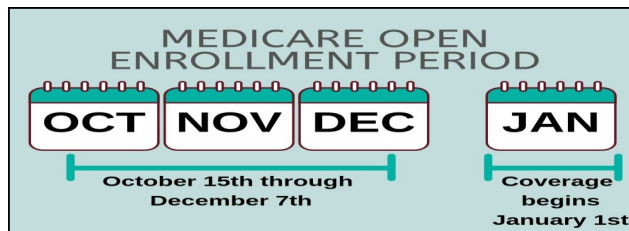
HOLIDAYS AT THE SENIOR CENTER

Hello Norton Seniors!

The weather has been lovely, and we are enjoying a beautiful New England fall. We are all looking forward to the "celebration months" of November and December, as we prepare for Thanksgiving, Hanukkuh, Kwanzaa, Christmas and New Year's Eve. Please stay safe and healthy!



The Senior Center has been a busy place lately. **We are currently reviewing Medicare plans with residents during Open Enrollment, which ends on December 7th. Make sure to fill out the SHINE Form on the inside back cover of this newsletter, and return it to us for a review.** We'll call you to set up an appointment. Our fitness classes have been well attended, and everyone seems to be enjoying our fun afternoon programs. As we ramp up programming for our new Norton Senior & Community Support Center, we are partnering with the Norton VFW and relocating some of our programs there. **Starting on November 1st, Chair and Balance Yoga, and BINGO will be at the VFW.**



*As a reminder: Face masks are required inside all Norton municipal buildings, regardless of vaccination status.
Thank you for keeping our community safe!*

Beth

DROP-IN FITNESS & WELL-BEING

CHAIR YOGA **at the VFW**

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.

Class at VFW

GET FIT
While You Sit



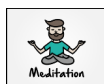
BALANCE YOGA **at the VFW**

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

Class at VFW



Join Amy for a gentle, flowing yoga & Qigong-inspired balance class. This approach to movement enhances balance through slow, rhythmic, and mindful movement.



MEDITATION *



Every Tuesday 9:30 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.



TAI CHI *

Every Wednesday 10:30 AM - 11:15 AM \$2

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

ZUMBA GOLD *

Every Wednesday and Thursday \$2

9:30 AM - 10:15 AM



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. Thursday's focus is toning.

Please note: There is no Zumba Thurs Nov 11, Nov 25



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!!

Please note: There is no Line Dancing Thurs Nov 11, Nov 25

PFIlates *

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

Pfilates® is a series of easy pelvic floor exercises that will improve your pelvic floor strength 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!

pfilates
pelvic floor pilates
created by a physician



FITNESS in-person & on ZOOM
* *only these classes also on ZOOM*



FITNESS & WELL-BEING

DROP-IN CLASSES In-person classes \$2 each class

Mondays	Chair Yoga, Balance Yoga now located at the VFW!
Tuesdays	Meditation
Wednesdays	Tai Chi, Zumba
Thursdays	Zumba, Line Dancing
Fridays	Pelvic Floor Pfilates

Join
us



All classes (except Chair Yoga, Balance 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 wks



6 WEEK PROGRAM: FRIDAYS 10:45 AM - 11:30 AM
New session! November 5, 12, 19 December 3, 10, 17



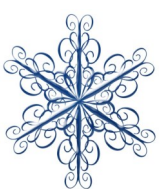
Drums Alive® curriculum combines fitness, drumming, music, and educational concepts to improve the physical, emotional, and social health of participants.



We ask that you please commit to the entire 6 weeks to participate. Sign-up required at the Senior Center.



Inclement Weather Policy:



**If Norton Public Schools are closed,
the Senior Center and VFW will be closed for activities.**

HOLIDAYS - please note we will be CLOSED:

VETERANS DAY Thursday Nov 11
THANKSGIVING Thursday Nov 25 & Friday Nov 26
CHRISTMAS EVE Friday Dec 24
NEW YEAR'S EVE Friday Dec 31



DROP-IN ACTIVITIES / PROGRAMS

QUILTING / SEWING

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



Bring your quilting and sewing projects and share ideas. Enjoy catching up and meeting new friends! We'll have the coffee on!

Please note: No Quilting/Sewing Nov 8

NOW at VFW

BINGO at the VFW!

Every Tuesday 12:30 PM - 3:00 PM

Doors open at 11AM

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. We'll have coffee and refreshments!



CRIBBAGE

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



Join our "Cribbage Crew". Beginners and long-time players welcome. This game is fun and easy to learn!!

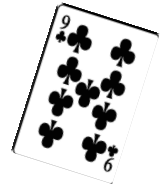
Please note: No Cribbage on Nov 24

CARDS - WHIST

Every Thursday 1:00 PM - 3:30 PM \$1

Join us for whist every Thursday.

We've got quite a game goin' on. If you are new to the game or are a bit rusty please call ahead for a lesson or refresher course!



Please note: There is no Whist Nov 11, 25

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. We have yarn and knitting needles to get you started, or bring your

projects to join in our morning knitting group.

Please note: There is no Learn to Knit Nov 26, Dec 24, Dec 31

CARDS - BRIDGE

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

We are looking to start up our Bridge games again. Please call the Senior Center if you are interested in playing Bridge on Fridays.



Please note: There is no Bridge Nov 26, Dec 24, Dec 31



Are you interested in playing Mahjong? Please let us know so we can organize an instructor and a day to play!

WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

NOVEMBER

Nov 1 Monday 11:00 AM free, drop-in

BLOOD PRESSURE CHECK Norton Town Nurse Jaclyn will be here to check your blood pressure.



Nov 9 Tuesday 8:30 AM

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



Nov 10, 24 Wednesdays 10:00 AM free

HORSE ENCOUNTER We'll be visiting Smokey Chestnut Farm here in Norton. Pick Nov 10 or Nov 24 to visit with some special horses. You will meet with Beth, and farm owners Heidi and Bob Medas.



Nov 10 Wednesday 1:00 PM \$2

HOT SAUCE Dave from Therapy Gardens will be here to "talk sauce". Chili peppers are delicious and good for you! Come and learn how to make different kinds of hot sauce, from mild to spicy.



Nov 11 Thursday WE ARE CLOSED TODAY

VETERAN'S DAY

Veteran's Day Parade starts at 10 am @ Yelle School



Nov 12 Friday 1:00 PM \$5



ARTS & CRAFTS Meghan Itani will be leading us today! We'll be making a pretty fall candleholder that will be perfect for your Thanksgiving table.

Nov 15 Monday 1:00 PM free

MEDICARE WORKSHOP The Massachusetts Senior Medicare Patrol Program will be here to give advise on how to protect yourself from Medicare fraud and deceptive marketing tactics (mail, TV, phone calls).



Nov 17 Wednesday 8:00 AM

MEN'S BREAKFAST at Kelly's

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



Nov 17 Wednesday 1:00 PM free

TOMMY RULL Singer/Entertainer Tommy Rull will be here for a fun afternoon. Tommy will perform his show "A Musical Journey Through The Years". Take a walk down memory lane and enjoy the music of Neil Diamond, Elvis, and many more!



Sponsored by the Norton Cultural Council

Nov 19 Friday 1:00 PM free

PIZZA & MOVIE - And So It Goes Nobody likes real-estate agent Oren Little, and he likes it that way. Unfortunately, he can't control what is about to happen, and his life turns upside down because of his estranged son and a granddaughter he didn't know he had. A funny and sweet movie starring Michael Douglas and Diane Keaton. Come for pizza and popcorn, and the movie!



Nov 22 Monday 10:00 AM \$2

HOMEMADE with KELLEY We will be making scented room spray with natural, good-for-you (and the environment!) ingredients. Your home will smell fabulous! Think cinnamon and peppermint.

Nov 22 Monday 1:00 PM free

Friends of the Norton Senior Center Meeting followed by Dan Couture with a little history, a funny skit and a lot of humor!!

Nov 25 - Nov 26 Thursday & Friday

WE ARE CLOSED - Happy Thanksgiving!



WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

Nov 29 Monday 10:00 AM free

ORNAMENTS! Melissa from Lakeview Gardens (here in Norton!) will be bringing her wooden handmade ornaments for us to paint. Perfect for Christmas...for YOU or as a GIFT.



Nov 29 Monday 1:00 PM \$10

SILK SCARF PAINTING

Connie Jo is back to teach Silk Scarf Painting. This is **Part 1** of a 2-part, \$10 class. Part 2 will be on Wednesday Dec 1st.



DECEMBER

Dec 1 Wednesday 1:00 PM

SILK SCARF PAINTING Part II Connie Jo will be here to continue with Silk Scarf Painting.

Dec 3 Friday 8:30 AM Departure \$101

CITIZENS ON AGING -Christmas Day Trip to Salem Cross Inn. Sign up by 11/19.



Dec 3 Friday 1:00 PM free

TREE LIGHTING & SINGING! Lauren is coming to sing Christmas songs, we are going to light our Christmas Tree, and we're having an Ugly Sweater Contest! This is going to be a fun, colorful afternoon of music, friends and laughs!!



Dec 6 Monday 11:00 AM free, drop in

BLOOD PRESSURE CHECK Norton Town Nurse Jaclyn will be here to check your blood pressure.



Dec 6 Monday 1:00 PM free

CHRISTMAS CARD PARTY We're going to have Christmas Music playing, and some Christmas cookies and hot chocolate. Come and write out some Christmas/Holiday Cards that we can send to our Norton neighbors to bring them some cheer!



Dec 8, 22 Wednesdays 10:00 AM free

HORSE ENCOUNTER We'll be visiting Smokey Chestnut Farm here in Norton. Get close to some beautiful animals.



Dec 8 Wednesday 1:00 PM \$2

MAKE YOUR OWN SEASONINGS Looking to spice up your life? Dave from Therapy Gardens will be here to guide you in mixing up your own seasoning packets using fresh, organic spices.



Dec 10 Friday 1:00 PM \$2

ARTS & CRAFTS Meghan will be leading us today! We'll be making something special for Christmas, so be sure to make plans to attend.



Dec 13 Monday 1:00 PM free

CORN HOLE Come and play in the Senior Center Corn Hole Tournament. We have fun throwing bean bags.



Dec 14 Tuesday 8:30 AM

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



Dec 15 Wednesday 8:00 AM

MEN'S BREAKFAST at Kelly's Place Join the Men's Breakfast Club the 3rd Wednesday of every month. We will meet and eat at Kelly's Place and We pay with separate checks.

Dec 15 Wednesday 11:30 PM - 3:30 PM

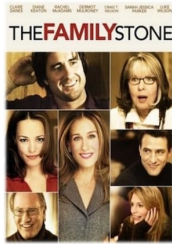
FRIENDS OF THE NORTON SENIOR CENTER

Annual Christmas Party @ Chateau Restaurant (By Reservation Only / Sign up at the Senior Center)

Christmas Party

Dec 17 Friday 1:00 PM free**PIZZA & MOVIE - The Family Stone**

A funny Christmas Movie. Everett brings his uptight girlfriend Meredith home for the holidays to meet his quirky, liberal family. What could go wrong? How about...everything!! This comedy stars Sarah Jessica Parker and Dermot Mulroney. Popcorn and Pizza are on the menu, of course!

**Dec 20 Monday 1:00 PM \$2**

HOMEMADE with KELLEY We will be making Bath Bombs again since it is so much fun! Perfect for gift-giving (or for you!!).

Dec 22 Wednesday 1:00 PM free**FALL PREVENTION** Physical

Therapist Janine will be here with ways to be safe at home and prevent falls. She has easy ways to strengthen and balance. We'll have pie after...yum!

**Dec 24 Friday WE ARE CLOSED TODAY****CHRISTMAS EVE****Dec 31 Friday WE ARE CLOSED TODAY****NEW YEAR'S EVE**

Follow us on Facebook!

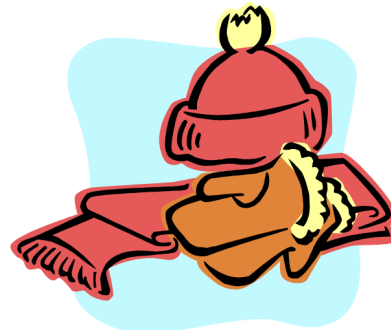
www.facebook.com

Norton Senior Center / Community Support Center

Reminder: The Senior Center Driveway is ONE-WAY. Please follow the arrows IN and OUT, going around the building to exit after visiting.

CHRISTMAS COLLECTION

We are collecting mittens, hats, socks and pajamas for Norton Children in need!

**2021—2022****TRIPS** by Citizens on Aging**DECEMBER 3, 2021 (Friday) A SALEM CROSS CHRISTMAS & BRIGHT NIGHTS \$101**

*Deadline to register is Nov 1st ** NOTE: 40 people needed to sign up & pay to avoid trip being cancelled by Fox Tours*

Join us for a delightful day enjoying the seasonal Christmas Spirit, and the wonderful atmosphere at the Salem Cross Inn and Bright Nights. Listen to Christmas Music as we travel and enjoy :

- Shopping at Honey Bee Orchards Gift Shop (honey, preserves, jellies & more!)
- Delicious 4-course luncheon at the Salem Cross Inn in quaint West Brookfield, MA
- Shopping at Yankee Candle Deerfield Flagship Store (including the Bavarian Christmas Village)
- Bright Nights - New England's most elaborate light display








Face Masks and Vaccination required
to travel on our bus trips - please
bring proof of vaccination.

TRIPS BY CITIZENS ON AGING - Full Payment and meal selection is due at sign-up. For any questions, please contact **Bob and Carol Marciano 401-536-3509** Cash or Check, payable to Citizens on Aging

NOV 2021





Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>10 AM</u> Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <u>11 AM</u> BP Check <u>1 PM</u> Quilt/Sew	2 <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo at VFW	3 <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage <u>1PM</u> Chef Sean	4 <u>9:30 AM</u> Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	5 <u>9:30 AM</u> Pfilates <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <i>No afternoon activities today</i>
8 <u>10 AM</u> Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <i>No afternoon activities today</i>	9 <u>8:30 AM</u> Ladies' Breakfast <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo at VFW	10 <u>9:30 AM</u> Zumba <u>10:00 AM</u> Horses <u>10:30 AM</u> Tai Chi <u>12 PM</u> Vets Lunch <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage <u>1 PM</u> Hot Sauce!	 11 VETERANS DAY The Senior Center is CLOSED TODAY <i>Parade starts at 10 am at Yelle School</i>	12 <u>9:30 AM</u> Pfilates <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>1 PM</u> Candle Holder Craft with Meghan
15 <u>10 AM</u> Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <u>1 PM</u> Quilt/Sew <u>1 PM</u> Sr Medicare Patrol	16 <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo at VFW	17 <u>8:00 AM</u> Men's Breakfast <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage <u>1 PM</u> Music	18 <u>9:30 AM</u> Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	19 <u>9:30 AM</u> Pfilates <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>1 PM</u> Movie/Pizza
22 <u>10 AM</u> Chair Yoga at VFW <u>10 AM</u> Craft Kelley <u>11 AM</u> Balance Yoga VFW <u>1 PM</u> Quilt/Sew	23 <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo at VFW	24 <u>9:30 AM</u> Zumba <u>10:00 AM</u> Horses <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <i>No Cribbage today</i>	 25 <div style="border: 1px solid black; padding: 5px; text-align: center;"> HAPPY THANKSGIVING </div> The Senior Center is CLOSED TODAY	 26 The Senior Center is CLOSED TODAY
29 <u>10 AM</u> Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <u>10 AM</u> Ornaments! <u>1 PM</u> Quilt/Sew <u>1 PM</u> Silk Scarf Painting <i>part 1 of 2</i>	30 <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo at VFW		Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup	 Bagels! Most Mondays

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

DEC 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>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage <u>1 PM</u> Silk Scarf Painting <i>part 2 of 2</i>	<u>9:30 AM</u> 2 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	<u>9 AM</u> 3 Foot Doctor <u>9:30 AM</u> Pfilates <u>10:30 AM</u> Learn Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>1 PM</u> Tree Lighting
<u>10 AM</u> 6 Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <u>11 AM</u> BP Check <u>1 PM</u> Quilt/Sew <u>1 PM</u> Xmas Cards	<u>9:30 AM</u> 7 Meditation <u>12:30 PM</u> Bingo at VFW 	<u>9:30 AM</u> 8 Zumba <u>10:00 AM</u> Horses <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage <u>1 PM</u> Seasonings!	<u>9:30 AM</u> 9 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	<u>9:30 AM</u> 10 Pfilates <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>1 PM</u> Xmas Craft
<u>10 AM</u> 13 Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <u>1 PM</u> Quilt/Sew <u>1 PM</u> Jewelry Making	<u>8:30 AM</u> 14 Ladies' Breakfast <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo at VFW	<u>8:00 AM</u> 15 Men's Breakfast <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>11:30 AM</u> CH PARTY <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage	<u>9:30 AM</u> 16 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	<u>9:30 AM</u> 17 Pfilates <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge <u>1 PM</u> Movie/Pizza
<u>10 AM</u> 20 Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <u>1 PM</u> Quilt/Sew <u>1 PM</u> Homemade with Kelley	<u>9:30 AM</u> 21 Meditation <u>12:30 PM</u> Bingo at VFW	<u>9:30 AM</u> 22 Zumba <u>10:00 AM</u> Horses <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage <u>1 PM</u> Fall Prevent.	<u>9:30 AM</u> 23 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	 24 The Senior Center is CLOSED TODAY
<u>10 AM</u> 27 Chair Yoga at VFW <u>11 AM</u> Balance Yoga VFW <u>1 PM</u> Quilt/Sew <u>1 PM</u> Corn Hole	<u>9:30 AM</u> 28 Meditation <u>12:30 PM</u> Bingo at VFW	<u>9:30 AM</u> 29 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage	<u>9:30 AM</u> 30 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	 31 The Senior Center is CLOSED TODAY

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 your home on a daily basis, please call the Senior Center or Bristol Elder Services Information and Referral lines to register: 508-675-2101 or 774-627-1390
- **SNAP (aka Food Stamps)** - All Residents
Norton Human Services (at the Norton Senior Center) can help residents process SNAP applications. Call us at 508-285-0235 or apply online at <https://dtaconnect.eohhs.mass.gov>
This is an income eligible program (\$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!!
- **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.*
- **Soup** - Free for All Residents We have begun our monthly soup for distribution. We'll put you on our "soup list" and call you when it comes in. Safe, contactless delivery straight to your car. Call us if you aren't on the list yet! 508-285-0235 From Blount Fine Foods in Fall River.
- **Commodities Supplemental Food Program CSFP** - Income eligible program for Residents over age 60
This is a monthly brown-bag program where income eligible, senior residents receive two bags of nutritious groceries plus fresh fruits & vegetables the third Wednesday of every month. Call the Senior Center to confirm eligibility and apply 508-285-0235
For residents 60 or older meeting the following gross monthly income guidelines:
Household Size of: 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. Leave a confidential message for a same-day return call.



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



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

Located together at the Norton Senior and Community Support Center

Help for residents of all ages!

If you are having difficulty arranging services please call the Senior Center for assistance.

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



RESOURCES FOR NORTON SENIORS

NORTON FOOD RESOURCES continued

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

Available to anyone from Norton and surrounding towns

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

Please bring proof of residency



- ♦ Senior Pantry Tuesdays 10 AM - 12 PM
- ♦ Open to All Wednesdays 4 PM - 6 PM, Thursdays 4 PM - 7 PM

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

All Meals are 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)
- ♦ Foxboro

2nd Tuesday of mo.	11 AM - 2 PM	Foxboro Food Pantry (35 Neponset Avenue)
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- ♦ Mansfield

Tuesday	4:30 PM	First Baptist Church (52 North Main Street)
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- ♦ North Attleboro

Wednesday	4:00 PM	First Baptist Church (75 Park Street)
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THANKSGIVING DINNERS

If you know a Norton Senior or Veteran that could benefit from a cooked Thanksgiving Dinner, please contact us at the Senior Center 508-285-0235

Sign-up deadline is November 12, 2021



If you are in need this Thanksgiving, please contact us so we can help. We are partnering with local agencies to provide Thanksgiving Baskets and Turkeys to residents of Norton who need a little extra this holiday.

508-285-0235

Community Support for Seniors

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 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

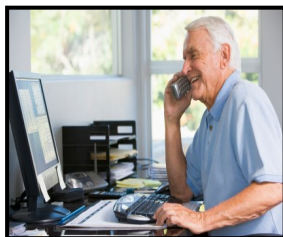


Senior/Veteran - Tax Work Off Program

Get up to \$1500 off your taxes! This program is for residents 60 or older or (any age) Veterans who volunteers for the Town of Norton.

Applications are available at the Senior Center, Veterans Office, and Assessors Office on a first come, first served basis from through December 31.

The Work Off Program runs from
Jan 1, 2022 to Dec 31, 2022



GATRA "DIAL-A-RIDE" TRANSPORTATION

Call first to register: 774-226-1263

Schedule a ride 24 hrs in advance: 774-226-1219

\$1.75 One Way (\$2.50 Out of Area)

**\$15.00 Ten Ride Pass available
at the Senior Center**

Med Wheels 774-226-1252

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. www.sccls.org

ANNUAL FUEL ASSISTANCE IS AVAILABLE

If you received Fuel Assistance last year, you should have already received, filled-out, and returned your renewal application.

**If you would like to apply to get assistance
this coming year, please call the Senior
Center, and we will help you.
508-285-0235**

HEATING ASSISTANCE





REPORT ELDER ABUSE
1-800-922-2275
Operating 7 days a week 24 hours a day.

**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!!**



Bristol Elder Services offers a variety of helping programs for seniors! Call their intake department.

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

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

SHINE

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



Call the Senior Center to schedule an appointment.

508-285-0235

OPEN ENROLLMENT Oct 15 - Dec 7

EMERGENCY TRANSPORTATION

The CAR or H.E.L.P. transportation program may be able to help with emergency transportation needs.

This is program is for all

Norton Residents

Call the Senior Center for more information.



BLOOD PRESSURE CHECKS

FIRST MONDAY OF EACH MONTH

11:00 AM - 11:30 AM

Stop in at the Senior Center on the 1st Monday of each month to get your Blood Pressure checked by Norton Town Nurse Jaclyn Tenaglia. *Free*



FOOT DOCTOR



Appointments
9 am - 12 pm



FRIDAY December 3, 2021

\$35 Fee for Service

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

VETERANS' RESOURCES



508-285-0274

774-265-7462

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

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



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

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

For 1 in household

\$2,147 max monthly income, \$8,400 asset limits (single)

For 2 in household

\$2,904 max monthly income, \$16,600 asset limits (married)



Confidential chat at MilitaryCrisisLine.net or text 838255

EMERGENCY TRANSPORTATION

available to Veterans. Call Estelle about the CAR program.

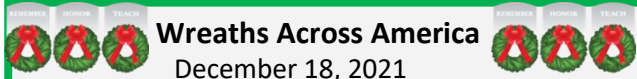


ANNUAL VETERANS' APPRECIATION LUNCHEON

Wednesday Nov 10, 2021 at VFW Post #8409

Lunch served at 12:00 PM

Limited Seating -Must RSVP to Estelle by Nov 2
 Luncheon sponsored by Horizon Beverage



Wreaths Across America

December 18, 2021

12:00 pm

Remembrance wreaths will be placed on the graves of Norton's veterans immediately following the ceremony at the Norton Common Cemetery.



VETERANS' DAY PARADE

11/11/21, 10 AM parade start time @Henri Yelle School All Veterans welcome to march in the parade!

Sponsored by the Norton Veterans' Council

Veterans' Work-Off Abatement Program

Eligible Veterans can reduce RE taxes by up to \$1500 by completing volunteer hours for the town. Applications are now available! See page 12 for more details

Meals/Baskets for Thanksgiving and Christmas are available for Veterans. Please call the Veterans Office to sign up.



Military Food4Vets

The Foxboro location is temporarily closed. Please contact our office if you are in need, so we can provide you with available resources.

RAFFLE CALENDAR \$10 The Norton Veterans' Council is selling Raffle Calendars as a Fundraiser. A Great Gift Idea!

A prize every day, starting Jan 1, 2022.
 Buy @ VFW or VSO.



VA CAREGIVER SUPPORT

VA's Caregiver Support Program (CSP) offers a menu of services to Veterans, as well as family members and friends who care for Veterans. Services include online courses, face-to-face classes, telephone support and peer support. These services are offered in addition to the support provided to families and caregivers across VA by clinicians as part of a Veteran's care. Call the Caregiver Support Line (CSL) to speak to a VA clinical social worker who will provide assistance and offer supportive counseling.

1-855-260-3274 (Mon - Fri) 8 AM-10 PM, (Sat) 8 AM - 5 PM EST



Norton Veterans' Organizations:

American Legion Post #222

508-285-2307

Facebook: NortonVFWpost8049

Fillmore-Nason VFW Post #8049

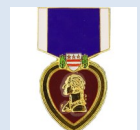
508-285-3845

www.vfwnorton.org

Norton Veterans' Council

508-285-0274

Facebook: NortonVeterans' Council



FRIENDS OF THE NORTON SENIOR CENTER

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

FRIENDS MEETINGS

Nov 22, 2021 - Monday Meeting 1:00 PM

Please sign up at the Senior Center - limited seating. Following the meeting, Dan Couture will be entertaining us. Come ready for laughs and learning!! DAN is the MAN with a PLAN...for a great afternoon!



Dec 15, 2021 - Wednesday 11:30 AM - 3:30 PM

Annual Christmas Party at Chateau Restaurant
Entertainment by Steve Bishop "The Man of Many Hats"
Sign-up and payment information will be available soon



UPCOMING 2022 MEETINGS: Mondays 1:00 PM

Jan 24, Feb 28, Mar 28, Apr 25, May 23, Jun 27 (BBQ)

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

Thank you to everyone who supported the Friends at our recent HOMEPLATE Fundraiser!



Mark your calendars for our next dates:

- Tuesday January 25, 2022
- Tuesday March 29, 2022



Renderings of the new Senior Center to be built across from Jasmine Gardens

Things are moving along for construction on the new facility. A project manager has been hired and they are currently accepting bid for a contract architect. Feel free to join the monthly building committee meetings. See the town web site for more information.

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

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



1. **Personal Real Estate Tax Exemptions** - There are certain income and asset guidelines for specific age and hardship qualified residents to receive a real estate exemption. Please call the Norton Assessors Office for assistance and to see if you qualify. 508-285-0270
2. **Senior Work-Off Program** - Veterans and Seniors can volunteer for the town to get money off your taxes. Applications are available at the Senior Center.
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.



SHINE—Serving the Health Insurance Needs of Everyone

It's OPEN ENROLLMENT TIME!!

October 15—December 7

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan you should have received information from *your plan* explaining changes for 2022. ***Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!***

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors will help you understand *your plan* changes as well as *other options* you may have. **Fill out a Shine Open Enrollment Form** and drop it off at the Senior Center for us to review. We'll call you to discuss your plan and set up an in-person or phone appointment, if necessary.

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



The Shine Open Enrollment Form is on the last page of this newsletter

EXPERT MEDICARE COUNSELING at the Norton Senior Center 508-285-0235

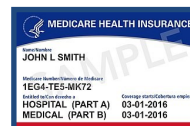
Are you retiring? Turning 65 and not working?

- (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. 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



SHINE OPEN ENROLLMENT FORM

Medicare Open Enrollment October 15, 2021 – December 7, 2021

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 Senior Center back door.

We will call you after we have completed your drug search

Name _____ Phone _____ D.O.B. _____
Address _____ Norton, MA 02766

Name of current drug plan: _____ Pharmacy: _____

Do you have a Supplement / Medigap Plan? _____

Medicare # _____ Part A effective date _____ Part B effective date _____

Medicare.gov Account Info: Username: _____

Password: _____

LIST YOUR PRESCRIPTION MEDICATIONS:

NAME OF DRUG (as it appears on bottle)

STRENGTH

DOSAGE

Example: Lipitor

Example: 10 mg

Example: Twice Daily

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

PRSRT STD
U.S. Postage
PAID
Permit #2475
Providence, RI

Thank you for letting us know if your address has changed