



Norton

COUNCIL ON AGING NEWSLETTER
September / October 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

FALL AT THE CENTER

It's hard to believe we are on the back stretch of 2021. We hope you all had a great summer, and are looking forward to the beauty of a New England fall. As you probably know, face masks  are now required for all Norton employees and patrons of our municipal buildings, regardless of vaccination status. Thank you for keeping our community safe!

It has been great to see so many of you over the past few months coming in to our daily fitness/wellness classes, and our afternoon fun events and programs.

Medicare Open Enrollment is October 15th through December 7th. We have SHINE Counselors to review your Medicare plan and suggest changes. Fill out the enclosed SHINE Form and drop it off for us to review. We'll call you for an in-person appointment, if necessary, once the review is complete.



Progress is being made on the new Norton Senior & Community Support Center. We are in the process of hiring a project manager and can't wait for construction to begin. We are excited and are looking forward to what this new Center will mean for the residents of Norton.



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 class on October 4

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!

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.

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.



ZUMBA GOLD *

Every Wednesday and Thursday

9:30 AM - 10:15 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!



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!!



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
September 10, 17, 24, October 1, 8, 15



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.



Massachusetts
Councils On Aging

Walk Massachusetts Challenge 1 month left

The Walk Massachusetts Challenge continues until Sept 30, 2021. Join us!

Sign up at www.mcoonline.com/walkma

If you registered for this program, and live in Norton, PLEASE CALL SOSIE at the Senior Center so we can distribute Walk Massachusetts "swag" to you! 508-285-0235!



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



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



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

Salvation Army School Supply Collection



Thank you for your generous donations this past August. We collected enough school supplies to fill 50 backpacks to give to those in need in our community.

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!

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. We'll have coffee and refreshments!



CRIBBAGE

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

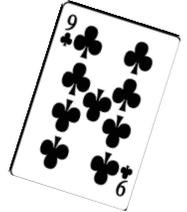


Join our "Cribbage Crew". Beginners and long-time players welcome. Fun for free! Come on over and play with us.

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!



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.

CARDS - BRIDGE

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

Come and play this fun (yet challenging!) card game. We need groups of 4 to play, so bring a friend (or two, or three!)



HOLIDAYS

PLEASE NOTE WE WILL BE CLOSED ON:

Mon Sept 6, 2021 - LABOR DAY

Mon Oct 11, 2021 - COLUMBUS DAY

WHAT'S HAPPENING in SEPTEMBER

Please sign up at the Senior Center for all activities

Sept 6 Monday CLOSED for LABOR DAY

Sept 8 Wednesday 1:00 PM free

COOKING DEMONSTRATION Chef Sean will be here from The Residence at Great Woods to show us how to make Flourless Chocolate Cake and Chantilly cream!



Sponsored by The Residence at Great Woods

Sept 10 Friday 1:00 PM free

BBQ at the VFW We're having a BBQ at the VFW



Pavilion. Burgers, Hot Dogs and Sausages!! With all the fixin's and refreshing drinks, too.

Sept 13 Monday 11:00 AM free

BLOOD PRESSURE CHECK The Norton Town Nurse will be here to check BPs.



Sept 13 Monday 1:00 PM free



ROGER'S BAND The Senior Center will be jamming' with Roger and his band! Don't miss out!

Sept 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.



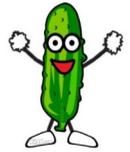
Sept 15 Wednesday 8:00 AM

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



Sept 15 Wednesday 1:00 PM \$2

PICKLES Make your own old-fashioned pickles with Dave from Therapy Gardens. YUM!



Sept 17 Friday 1:00 PM free



PIZZA & MOVIE - Here Today Yes, we'll have popcorn!! This is a cute comedy starring Billy Crystal and Tiffany Haddish.

Sept 20 Monday 12:00 PM free

Senior Luncheon at St. Mary's Church

Come enjoy a homemade meal and DJ music at St. Mary's Parish Center!

Sponsored by St. Mary's Church

Sept 22 Wednesday 1:00 PM \$2

BOTTLE ART Our very own Ruth S will teach us how to paint a decorative bottle that will sparkle and shine.



Sept 24 Friday 1:00 PM free

BEATLES & BEYOND Roger Tincknell will be at the Senior Center entertaining us with our favorite music from the 60's and 70's.



Sponsored by the Norton Cultural Council

Sept 27 Monday 1:00 PM

FRIENDS OF THE NORTON SENIOR CENTER

Meeting followed by speaker Jay Elias *What Makes You "YOU"*

Sept 29 Wednesday 1:00 PM \$5

ARTS & CRAFTS Join us for a crafty afty-noon! Beth will be our Craft Leader. Pumpkin Wreaths!!



WHAT'S HAPPENING in OCTOBER

Please sign up at the Senior Center for all activities

Oct 1 Friday 1:00 PM free

Corn Hole Have a ball throwing the bag in our Senior Center Corn Hole Tournament.



Oct 4 Monday 11:00 AM free

BLOOD PRESSURE CHECK The Norton Town Nurse will be here to check BPs.



Oct 4 Monday 1:00 PM

FLU CLINIC Call us for a Flu Shot appointment here at the Senior Center 508-285-0235. No walk-ins. 1:00 PM - 3:00 PM



Sponsored by Walgreens

Oct 8 Friday 1:00 PM free

JOHN & ROGER You know how great of a time you'll have with John and Roger! Back by popular demand. Come enjoy an afternoon of fun music.



Oct 11 Monday CLOSED COLUMBUS DAY

Oct 12 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.



Oct 13 Wednesday 12:30 PM free

LUNCH & LEARN "Is it Memory Loss, or Normal Aging". This will be a very informative talk, followed by a healthy lunch.



Sponsored by Bridges by Epoch

Oct 18 Monday 1:00 PM \$2

HOMEMADE with KELLEY

We will be making natural, good-for-you (and the environment!) personal care and household products you can take home. This month is homemade bath bombs!!



Oct 19 Tuesday ALL DAY

FRIENDS OF THE NORTON SENIOR CENTER

HOMEPLATE fundraiser - remember to bring a ticket!



Oct 20 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.



Oct 20 Wednesday 1:00 PM free

BARRE & BALANCE A fun-filled class that will get



you moving and grooving while helping with balance, strength, gait and more. *Sponsored by The Residence at Great Woods*

Oct 22 Friday 1:00 PM free

PIZZA & MOVIE - Jungle Cruise

Come and see the latest adventure movie. Starring Dwayne "The Rock" Johnson and Emily Blunt.

Refreshments will be served!



Oct 25 Monday 1:00 PM

FRIENDS OF THE NORTON SENIOR CENTER

Meeting and HALLOWEEN PARTY!! Wear your costume and you could win a prize. Lots of spooky refreshments will be served.



Oct 29 Friday 1:00 PM \$2

ARTS & CRAFTS Join us for a crafty afty-noon!

Beth will be our Craft Leader. Make a pretty decoration for your home for fall!



Join the guys for the monthly men's breakfast at Kelly's



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center

2021 TRIPS by Citizens on Aging



VISIT OUR NEW TRIP INFORMATION CENTER (located in the hallway near Beth's office!)

- Fill out a Trip Registration Form *ONLY* the first time you sign up for one of our trips *contact information is required in order to travel with us*
- Use our pre-printed envelopes to pay for your trip & place in our new Trip Drop Box
- Take a trip flyer as a reminder of trip details

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! *waiting list only*

OCTOBER 21, 2021 (Thursday) Quabbin Reservoir \$72 *deadline to register is 9-16-21*

Guided tour of the Quabbin Reservoir, a majestic protected area for wildlife, a beautiful park, and an important water supply! Luncheon to follow. Choice of two menu items: Pot Roast or Maple Salmon

DECEMBER 2021 Trip planning in-process Boston Pops Holiday Pops (or similar program) *Date/Price: TBD*

We are still waiting to hear from the Boston Pops about scheduling a December show. Stay tuned...

TRIPS BY CITIZENS ON AGING -

Full Payment and meal selection is due at sign-up. Cash or Check (payable to Citizens on Aging).

If you have any questions please call

Bob and Carol Marciano 401-536-3509

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



PLEASE WEAR A MASK

SEPT 2021

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday</p> <p>PLEASE REGISTER 11 AM—1 PM pickup</p>	<p><u>9:30 AM</u> 1 Zumba</p> <p><u>10:30 AM</u> Tai Chi</p> <p><u>1 PM</u> Knit/Crochet</p> <p><u>1 PM</u> Cribbage</p>	<p><u>9:30 AM</u> 2 Zumba</p> <p><u>11 AM</u> Line Dance</p> <p><u>1 PM</u> Whist</p>	<p><u>9:30 AM</u> 3 Pfilates</p> <p><u>10:30 AM</u> Learn to Knit</p> <p><i>No Drums Alive</i></p> <p><u>11 AM</u> Bridge</p> <p><u>1 PM</u> Drop-In Social</p>
<p>6 <u>LABOR DAY</u></p> <p>The Senior Center is CLOSED TODAY</p> 	<p><u>9:15 AM</u> 7 Meditation</p> <p><u>12:30 PM</u> Bingo</p>	<p><u>9:30 AM</u> 8 Zumba</p> <p><u>10:30 AM</u> Tai Chi</p> <p><u>1 PM</u> Knit/Crochet</p> <p><u>1 PM</u> Cribbage</p> <p><u>1 PM</u> Cooking Demo</p>	<p><u>9:30 AM</u> 9 Zumba</p> <p><u>11 AM</u> Line Dance</p> <p><u>1 PM</u> Whist</p>	<p><u>9:30 AM</u> 10 Pfilates</p> <p><u>10:30 AM</u> Learn to Knit</p> <p><u>10:45 AM</u> Drums A</p> <p><u>11 AM</u> Bridge</p> <p><u>1 PM</u> BBQ @ VFW</p>
<p><u>10 AM</u> 13 Chair Yoga</p> <p><u>11 AM</u> BP Check</p> <p><u>1 PM</u> Quilt/Sew</p> <p><u>1 PM</u> Roger's Band</p>	<p><u>8:30 AM</u> 14 Ladies' Breakfast</p> <p><u>9:15 AM</u> Meditation</p> <p><u>12:30 PM</u> Bingo</p>	<p><u>8:00 AM</u> 15 Men's Breakfast</p> <p><u>9:30 AM</u> Zumba</p> <p><u>10:30 AM</u> Tai Chi</p> <p><u>1 PM</u> Knit/Crochet</p> <p><u>1 PM</u> Cribbage</p> <p><u>1 PM</u> Pickle Making</p>	<p><u>9:30 AM</u> 16 Zumba</p> <p><u>11 AM</u> Line Dance</p> <p><u>1 PM</u> Whist</p>	<p><u>8:30 AM</u> TRIP 17</p> <p><u>9:30 AM</u> Pfilates</p> <p><u>10:30 AM</u> Learn to Knit</p> <p><u>10:45 AM</u> Drums A</p> <p><u>11 AM</u> Bridge</p> <p><u>1 PM</u> Movie/Pizza</p>
<p><u>10 AM</u> 20 Chair Yoga</p> <p><u>12 PM</u> Church Dinner @ St. Mary's + DJ</p> <p><u>1 PM</u> Quilt/Sew</p>	<p><u>9:15 AM</u> 21 Meditation</p> <p><u>12:30 PM</u> Bingo</p>	<p><u>9:30 AM</u> 22 Zumba</p> <p><u>10:30 AM</u> Tai Chi</p> <p><u>1 PM</u> Knit/Crochet</p> <p><u>1 PM</u> Cribbage</p> <p><u>1 PM</u> Bottle Craft</p>	<p><u>9:30 AM</u> 23 Zumba</p> <p><u>11 AM</u> Line Dance</p> <p><u>1 PM</u> Whist</p>	<p><u>9:30 AM</u> 24 Pfilates</p> <p><u>10:30 AM</u> Learn to Knit</p> <p><u>10:45 AM</u> Drums A</p> <p><u>11 AM</u> Bridge</p> <p><u>1 PM</u> Beatles Music</p>
<p><u>10 AM</u> 27 Chair Yoga</p> <p><u>1 PM</u> Quilt/Sew</p> <p><u>1 PM</u> - Friends Mtg & Speaker</p> 	<p><u>9:15 AM</u> 28 Meditation</p> <p><u>12:30 PM</u> Bingo</p>	<p><u>9:30 AM</u> 29 Zumba</p> <p><u>10:30 AM</u> Tai Chi</p> <p><u>1 PM</u> Knit/Crochet</p> <p><u>1 PM</u> Cribbage</p> <p><u>1 PM</u> Craft</p>	<p><u>9:30 AM</u> 30 Zumba</p> <p><u>11 AM</u> Line Dance</p> <p><u>1 PM</u> Whist</p>	

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

OCT 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 AM</u> Foot Doctor 1 <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> Corn Hole
No Yoga class 4 <u>11 AM</u> BP Check <u>1 PM</u> Quilt/Sew <u>1 PM</u> Flu Clinic	<u>9:15 AM</u> 5 Meditation <u>12:30 PM</u> Bingo 	<u>9:30 AM</u> 6 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage	<u>9:30 AM</u> 7 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	<u>9:30 AM</u> 8 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> John & Roger!
11 COLUMBUS DAY The Senior Center is CLOSED TODAY 	<u>8:30 AM</u> 12 Ladies' Breakfast <u>9:15 AM</u> Meditation <u>12:30 PM</u> Bingo	<u>9:30 AM</u> Zumba 13 <u>10:30 AM</u> Tai Chi <u>12:30 PM</u> L & Learn <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage	<u>9:30 AM</u> 14 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	<u>9:30 AM</u> 15 Pfilates <u>10:30 AM</u> Learn to Knit <u>10:45 AM</u> Drums A <u>11 AM</u> Bridge
<u>10 AM</u> 18 Chair Yoga <u>1 PM</u> Quilt/Sew <u>1 PM</u> Homemade soaps with Kelley	<u>9:15 AM</u> 19 Meditation <u>12:30 PM</u> Bingo  Friends Fundraiser @ Homeplate	<u>8:00 AM</u> 20 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> Barre.Balance	<u>8:30 AM</u> TRIP 21 <u>9:30 AM</u> Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	<u>9:30 AM</u> 22 Pfilates <u>10:30 AM</u> Learn to Knit <u>11 AM</u> Bridge <u>1 PM</u> Movie/Pizza
<u>10 AM</u> 25 Chair Yoga <u>1 PM</u> Quilt/Sew <u>1 PM</u> FRIENDS MTG & Halloween Party 	<u>9:15 AM</u> 26 Meditation <u>12:30 PM</u> Bingo	<u>9:30 AM</u> 27 Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>1 PM</u> Cribbage	<u>9:30 AM</u> 28 Zumba <u>11 AM</u> Line Dance <u>1 PM</u> Whist	<u>9:30 AM</u> 29 Pfilates <u>10:30 AM</u> Learn to Knit <u>11 AM</u> Bridge <u>1 PM</u> Craft

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 will soon be receiving 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)
- ◆ Mansfield
 - Tuesday 4:30 PM First Baptist Church (52 North Main Street)
- ◆ North Attleboro
 - Wednesday 4:00 PM First Baptist Church (75 Park Street)

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



Get your flu shot at the Senior Center!

October 4, 2021 1:00 PM—3:00 PM

Appointments Required

Call to Register 508-285-0235 Bring your Medicare or Insurance Card



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 September 16 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

DENTAL SCREENING CLINIC FOR SENIORS



Open to Massachusetts seniors, aged 60+

Sponsored by
Elder Dental Program
a project of
Community VNA.

The free dental screening clinic is organized by the Elder Dental program a project of Community VNA, in partnership with Bristol Elder Services, Inc., through contracts with the Massachusetts Executive office of Elder Affairs, and the United Way of Massachusetts Bay & Merrimack Valley.

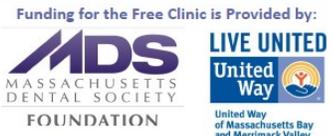
Saturday, September 18, 2021* | 8:45 AM to 1:00 PM
Community VNA, 10 Emory Street, Attleboro, MA

* Subject to change or cancellation based on COVID-19 community guidelines.

Participants Will:

- Receive a diagnosis of dental problems from dentists
- Be checked for oral cancer
- Be provided specialized denture cleanings (if applicable)
- Receive information on a low-cost dental program (for low-income seniors at participating dental offices)

To Schedule Your Free Appointment, Call:
774.203.1326



Additional Support is Provided by:
Bank of Canton
Bristol County Savings Bank Foundation
Delta Dental of Massachusetts
HarborOne Foundation
Rotary Club of Attleboro
Walpole Co-Operative Bank

For More Information:

Chris Weylman,
Elder Dental Program Coordinator
Community VNA | Elder Dental Program
10 Emory Street, Attleboro, MA 02703
elderdental.communityvna.com
P: 774.203.1326
E: elderdental@communityvna.com

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 meet our **new Town Nurse** and get your Blood Pressure checked! *Free*

FOOT DOCTOR

FRIDAY October 1



Appointments
9 am - 12 pm

\$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)

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 on-line 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 Veterans' 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



VFW Post #8049 is now serving delicious made-to-order lunch & dinner 12 - 8 PM Fri & Sat

SWAMP DONKEY'S

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

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

Confidential chat at MilitaryCrisisLine.net or text 838255

VETERANS' DAY PARADE

Sponsored by the Norton Veterans' Council
11/11/21 10 AM parade start time @Henri Yelle School
 All Veterans welcome to march in the parade!

Veterans' Work-Off Abatement Program See Page 12
 Eligible Veterans can reduce RE taxes by up to \$1500

Mass Military Support Foundation / Food4Vets

Saturdays at 208 North Street, Foxboro.
 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

OCTOBER 19, 2021

Home Plate Fundraiser



The Friends 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, take-out, 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!

FRIENDS MEETINGS

Sept 27 - Meeting & Speaker Jay Elias
What makes you "YOU"



Oct 25 - Meeting & Halloween Party



Nov 22 - Meeting (activity TBD)



Dec 15 - Wednesday Annual Christmas Party at Chateau Restaurant



ANNUAL FUEL ASSISTANCE IS AVAILABLE

If you received Fuel Assistance last year, be on the look-out for a renewal application in your mailbox. **Fill it out and return it ASAP!**

If you would like to apply to get assistance please call the Senior Center in November, 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** - 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 will be available beginning in September 2021.
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



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from *your plan* by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan 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.

Open Enrollment is from October 15 through December 7

The Shine Open Enrollment Form is on Page 17 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:

<u>NAME OF DRUG (as it appears on bottle)</u>	<u>STRENGTH</u>	<u>DOSAGE</u>
<i>Example: Lipitor</i>	<i>Example: 10 mg</i>	<i>Example: Twice Daily</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

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