



Norton

COUNCIL ON AGING NEWSLETTER

January / February 2022

**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

WINTER AT THE CENTER

Welcome 2022!

It's time to r-e-l-a-x after the hustle and bustle of all the November and December holidays. We are looking forward to a happy and healthy New Year for all.



Staying healthy is goal #1. Make sure to check in with your doctor about vaccines, and discuss an exercise and nutrition plan for keeping your body and mind in tip-top shape. We offer fitness and wellness classes every day, so be sure to take a look at our calendar pages and pick a class or two to attend!

We are continuing our partnership with the VFW to offer programming at a second location. Fitness classes and BINGO at



the VFW have been very successful! This month we are starting Zumba and Tai Chi classes there, as well.

The VFW offers plenty of class space, plenty of parking, and no distractions during classes! Drop in for Chair Yoga and Balance Yoga on Mondays, BINGO on Tuesdays, Zumba and Tai Chi on Wednesdays. All other exercise programs will remain at the Senior Center for now.

A special "thank you" to our wonderful Norton community. Many organizations and individuals helped us this season!!

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



Note: There is no Chair Yoga Monday Jan 17, Feb 21

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.

Note: There is no Balance Yoga Monday Jan 17, Feb 21



MEDITATION *



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

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



TAI CHI * at the VFW

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

Class at VFW

Tai Chi is a Chinese form of Martial Arts that involves slow, controlled and low-impact movements. You will feel steadier on your feet and

improve your hand-eye coordination. Kelley is your instructor for Tai Chi.

ZUMBA GOLD WED * at the VFW

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

Class at VFW

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.



ZUMBA GOLD THURS *

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

Kelly's Zumba class, but with an emphasis on toning.



LINE DANCING



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

Join in the fun with local choreographer and instructor Steve Cavanaugh. Learn fun and easy line dances to upbeat tunes. No experience necessary.

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!

** These classes are 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 *now located at the VFW!*
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 - \$16 /8



8 WEEK PROGRAM: FRIDAYS 10:45 AM - 11:30 AM
New session: January 7, 14, 21, 28 February 4, 11, 18, 25



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 8 weeks to participate. Sign-up required at the Senior Center.



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



Inclement Weather Policy:

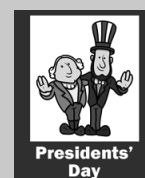


**If Norton Public Schools are closed,
the Senior Center and VFW will be closed for activities.**

HOLIDAYS - please note we will be CLOSED:

MARTIN LUTHER KING DAY
PRESIDENTS' DAY

Monday January 17, 2022
Monday February 21, 2022



DROP-IN ACTIVITIES / PROGRAMS



MAHJONG

Every Monday 10:00 PM - 3:00 PM free

Come and learn how to play Mahjong! Our instructor Iris will teach you the "ins and outs" of this exciting card/tile/dice game.

Please note: No Mahjong Jan 17, Feb 21

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!



Please note: No Quilting/Sewing Jan 17, Feb 21



BINGO at the VFW!

Every Tuesday 12:30 PM - 3:00 PM

Doors open at 11 AM

Come join the fun and experience Bingo Norton Style! Big prizes, and raffles. Free coffee and treats! \$1.00 / sheet for regular game

NOW at VFW

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

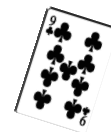


Join our "Cribbage Crew". Beginners and long-time players welcome. This game is fun and easy to learn!!

CARDS - WHIST

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

Join us for whist every Thursday. Great fun!



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. **NO CLASS FEBRUARY 18th**

CARDS - BRIDGE

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

Bridge players - come on down! Join the group and play for a few hours together here at the Center.



WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities

JANUARY

Jan 3 Monday 11:00 AM free, drop-in

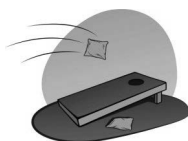
BLOOD PRESSURE CHECK at the VFW



Norton Town Nurse Jaclyn will check your blood pressure and give advise on how to stay healthy!

Jan 10 Monday 1:00 PM free

CORN HOLE Come on down and get tossing!! We'll have a fun afternoon playing Corn Hole.



Jan 11 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.

Jan 12, 26 Wednesdays 10:00 AM free

HORSE ENCOUNTER We'll be visiting Smokey Chestnut Farm here in Norton. Pick Jan 12 or Jan 26 to visit with some special horses. You will meet with Beth, and farm owners Heidi and Bob Medas. **Advanced registration required!!**



Jan 12 Wednesday 1:00 PM \$2

GARDENING Dave from Therapy Gardens will be here to introduce us to indoor gardening. Join us!



Jan 14 Friday 1:00 PM \$2

ARTS & CRAFTS Meghan Itani will be leading us today! Her crafts are always beautiful, and we always have a fun afternoon with Meghan.



Jan 17 Monday WE ARE CLOSED TODAY
MARTIN LUTHER KING DAY

Jan 19 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.

Jan 19 Wednesday 1:00 PM free

COOKING DEMO Chef Sean from The Residence at Great Woods will be here to make a one-pan Clam Chowder! D-E-L-I-S-H



Jan 21 Friday 1:00 PM free

PIZZA & MOVIE - Queen Bees



While her house undergoes repairs, a fiercely independent widow stays at the nearby retirement community and realizes it is like high school all over again!

Jan 24 Monday 1:00 PM free

Friends of the Norton Senior Center Meeting followed by a Live and Learn presentation by Jay Elias. Always a fun afternoon!

Jan 25 Tuesday ALL DAY

FRIENDS OF THE NORTON SENIOR CENTER

HOMEPLATE fundraiser - remember to bring a ticket!



Jan 26 Wednesday 1:00 PM free

LUNCH & LEARN Sheila from Heart To Home Meals will be talking about nutrition and health. She's bringing lunch!!



Jan 28 Friday 1:00 PM free

MUSIC We've been missing him... so we invited John Gaudino back to entertain us with his fun music! This is sure to be a blast!!



Jan 30 Monday 1:00 PM free

CURLING Come play this Olympic sport with us. VERY FUN!!



WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities

FEBRUARY

Feb 2 Wednesday 1:00 PM free

GROUNDHOG DAY LUNCHEON

We'll be serving up some groundhog meatloaf, and celebrating Punxsutawney Phil! Will we have another 6 weeks of winter? We'll see...



Feb 4 Friday 1:00 PM free

CORN HOLE Come toss the bags with us.



We'll have a fun afternoon playing Corn Hole.

Feb 7 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.



Feb 8 Monday 11:00 AM free, drop-in

BLOOD PRESSURE CHECK at the VFW

Norton Town Nurse Jaclyn will check your blood pressure and give advise on how to stay healthy!



Feb 8 Monday 1:00 PM free

DROP IN Come in for a cup of coffee or tea (or hot chocolate!) and hang out for a bit with us. :)



Feb 9, 23 Wednesdays 10:00 AM free

HORSE ENCOUNTER We'll be visiting Smokey



Chestnut Farm here in Norton. Pick one of these days to get close to some beautiful animals. **Advanced registration is required!**

Feb 9 Wednesday 1:00 PM \$2

GARDENING Dave from Therapy Gardens will be here to talk about planning our outdoor plantings. Springtime can't come soon enough, right?



Feb 11 Friday 1:00 PM \$2

ARTS & CRAFTS Meghan Itani will be here again



for a crafty-afternoon! We always make something awesome when Meghan comes, so join us!

Feb 14 Monday 1:00 PM free

VALENTINE'S DAY LUNCHEON

We have something special planned for Valentine's Day! Sign up to join us! Bring a prom or wedding photo to share - we'll have prizes for the most remarkable!!



Feb 16 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.



Feb 16 Wednesday 1:00 PM free

LUNCH AND LEARN - GATRA GO

There's a new ride service in town. Come and learn how to use Gatra Go!. You can call them and schedule a same day ride!! Rides are \$2 one way. Norton, Mansfield, Foxboro . We'll have lunch during this program.



Feb 18 Friday 9:00 AM - 12:00 PM

FOOT DOCTOR By appointment only.

Call the Senior Center.



Feb 18 Friday 1:00 PM free



PIZZA & MOVIE - Love Actually

what a charming movie this is. It's romantic and funny, and the star-studded cast is outstanding. Popcorn and Pizza are on the menu, of course!

Feb 21 Monday WE ARE CLOSED TODAY

PRESIDENTS DAY

Feb 23 Wednesday 1:00 PM free

PAINTING The Residence at Great Woods is planning a fun afternoon for us... PAINTING!



Feb 25 Friday 1:00 PM free

CHAIR VOLLEYBALL Let's play indoor volleyball, while sitting!! We are inviting some local teens to play with us today.



Feb 28 Monday 1:00 PM free

Friends of the Norton Senior Center Meeting followed by a speaker/activity. Wow, this is the last day of February!!



2022 DAY and OVERNIGHT TRIPS by Citizens on Aging

We are excited to announce the following trips for 2022:

MARCH 2022 - CELTIC ANGELS Irish Singers and Dancers

APRIL 2022 - ATLANTIC CITY BOYS Music of the 60's

JUNE 2022 - 1,000 ENCHANTED ISLANDS (3 day, overnight trip)

JULY 19, 2022 - INDIAN PRINCESS

AUGUST 2022 - AMISH COUNTRY, Lancaster, PA *note that this is a different program from 2021 trip*

SEPTEMBER 2022 - FRIESANS OF MAJESTY Equestrian Performance

OCTOBER 20, 2022 - CATHEDRAL IN THE PINES Natural Sanctuary Local Farmstand & Cheese Shop

DECEMBER 31, 2022 - NEW YEAR'S EVE AT NOON Spirit of Boston New Year's Eve Celebration (with Wrentham Senior Center)

**SIGN UP FOR TRIPS AS
SOON AS POSSIBLE TO
AVOID CANCELLATIONS!**

All trips include lunch. Trip details (dates, times, cost) will be published as soon as they are available. Be sure to call us if you are interested. Once the trip sign-up is open, we welcome travelers on a first come, first served basis. Sign-up is at the Senior Center. Please note that we typically need a minimum of 40 travelers in order to avoid trip cancellation. **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

JAN 2022












Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM 3 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 11 AM BP Check VFW 1 PM Quilt/Sew 	9:30 AM 4 Meditation 12:30 PM Bingo VFW 	9:30 AM 5 Zumba VFW 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage	9:30 AM 6 Zumba 11 AM Line Dance 1 PM Whist	9:30 AM 7 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11 AM Bridge
10 AM 10 Chair Yoga at VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Corn Hole	8:30 AM 11 Ladies' Breakfast 9:30 AM Meditation 12:30 PM Bingo VFW	9:30 AM 12 Zumba VFW 10:00 AM Horses 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM Gardening	9:30 AM 13 Zumba 11 AM Line Dance 1 PM Whist	9:30 AM 14 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11 AM Bridge 1 PM Craft w/Meghan
 17 MARTIN LUTHER KING DAY I HAVE A DREAM The Senior Center is CLOSED TODAY	9:30 AM 18 Meditation 12:30 PM Bingo VFW	8:00 AM 19 Men's Breakfast 9:30 AM Zumba VFW 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM Chef Sean	9:30 AM 20 Zumba 11 AM Line Dance 1 PM Whist	9:30 AM 21 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11 AM Bridge 1 PM Movie/Pizza 
10 AM 24 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM - Friends Mtg 	9:30 AM 25 Meditation 12:30 PM Bingo VFW  Friends Fundraiser @ Homeplate	9:30 AM 26 Zumba VFW 10:00 AM Horses 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Lunch & Learn	9:30 AM 27 Zumba 11 AM Line Dance 1 PM Whist	9:30 AM 28 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11 AM Bridge 1 PM Music John G
10 AM 30 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Curling			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

FEB 2022

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30 AM 1 Meditation 12:30 PM Bingo at VFW 	9:30 AM 2 Zumba VFW 10:30 AM Tai Chi 1 PM Knit/Crochet 1 PM Cribbage 1 PM Groundhog Day Luncheon 	9:30 AM 3 Zumba 11 AM Line Dance 1 PM Whist	9:30 AM Pfi's 4 10:30 AM Learn Knit 10:45 AM Drums A 11 AM Bridge 1 PM Corn Hole
10 AM 8 Chair Yoga at VFW 10 AM Mahjong 11 AM Bal Yoga VFW 11 AM BP Check VFW 1 PM Quilt/Sew 1 PM Coffee 	8:30 AM 7 Ladies' Breakfast 9:30 AM Meditation  12:30 PM Bingo at VFW	9:30 AM 9 Zumba VFW 10:00 AM Horses 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM Gardening	9:30 AM 10 Zumba 11 AM Line Dance 1 PM Whist	9:30 AM 11 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11 AM Bridge 1 PM Craft w/Meghan
10 AM 14 Chair Yoga at VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Valentine's Luncheon 	9:30 AM 15 Meditation 12:30 PM Bingo at VFW 	8:00 AM 16 Men's Breakfast 9:30 AM Zumba VFW 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM GatraGo/Lunch	9:30 AM 17 Zumba 11 AM Line Dance 1 PM Whist 	9 AM 18 Foot Doctor 9:30 AM Pfilates  10:45 AM Drums A 11 AM Bridge 1 PM Movie/Pizza
21  The Senior Center is CLOSED TODAY	9:30 AM 22 Meditation 12:30 PM Bingo at VFW 	9:30 AM 23 Zumba VFW 10:00 AM Horses 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM Painting Class	9:30 AM 24 Zumba 11 AM Line Dance 1 PM Whist	9:30 AM 25 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11 AM Bridge 1 PM Chair Volleyball
10 AM 28 Chair Yoga at VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM - Friends Mtg			 Bagels! Most Mondays	Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup

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 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

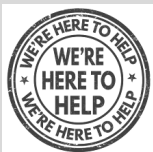


Town of Norton Human Services / Council on Aging

508-285-0235

Located together at the Norton Senior and Community Support Center

Help for residents of all ages!



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

NORTON SENIOR & COMMUNITY SUPPORT CENTER

**HOME OF: Norton Senior Center, Department of Human Services, Cupboard of Kindness
Food Pantry, Council on Aging, Friends of the Norton Senior Center**



Norton's Permanent Building Committee recently selected the architect for our new Norton Senior & Community Support Center. We now have the funding, the land, the project manager, and the architect. We are getting closer!! It will be great to see what the Center will look like inside and out!

Everyone is welcome to attend Permanent Building Committee meetings to follow the progress of the Center. Visit www.nortonma.org for more information, including meeting dates and times.

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



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!



FUEL ASSISTANCE IS AVAILABLE

Nov 1—April 30

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



**HEATING
ASSISTANCE**

Self Help



NEW! Same Day Ride Service \$2/ride

**FOXBOROUGH
MANSFIELD
NORTON**

GATRA GO Connect is an on-demand, same day, affordable, and accessible public transit service.

**GATRA
ON DEMAND
CONNECT**

**STARTING
MONDAY, NOVEMBER 8th**

service will be expanded to include the

Town of Norton

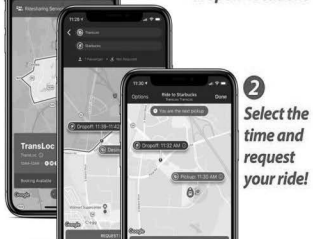
including Wheaton College

Hours Monday-Friday
6:30AM - 8:00PM
Saturday-Sunday
12:00PM - 8:00PM
Fares \$2.00 one-way
Children under 6 ride free

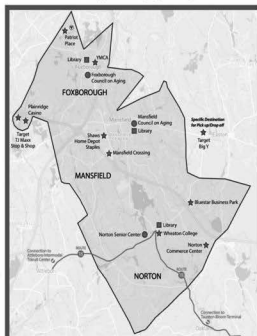


508-697-1911
www.gatra.org/gatra-go-connect

1 Choose your pickup and dropoff locations



2 Select the time and request your ride!



3 Get live vehicle updates



4 Enjoy your ride!

CALL 508-697-1911

Elder Legal Services

1-800-244-9023

www.sccls.org

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.



REPORT ELDER ABUSE

1-800-922-2275

Operating 7 days a week 24 hours a day.

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



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 at the VFW

Stop in at the Norton VFW 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 February 18, 2022

\$40 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)



Thank you to all those who participated in Wreaths Across America!

In December, over 700 wreaths were placed at Veteran graves at all Norton cemeteries. We truly appreciate the support. Funds are raised year-round:

www.facebook.com/NortonWreaths/



Cold War Recognition Certificate



Did you serve between September 2, 1945 and December 26, 1991? You may be eligible for the Cold War Recognition Certificate. Please contact the Veterans' Services Office at 508 285 0274 or 508 285 0286 for more details.

Thank you to everyone who made this year's Veterans' Day Parade a huge success! A special thanks for the parade float for the veterans to ride on. We are looking forward to an even bigger celebration on Memorial Day!



Scholarship Opportunity

The Southeastern Massachusetts Veterans' Services Officers Association offers a \$500 college scholarship to Veterans, spouses, children, and grandchildren of Veterans! Call the office for more details and an application!

Reminders

- We have an IPAD you can use for doctors visits or to connect with family and friends. Call Estelle for more information.
- Eligible veterans can reduce their real estate taxes by up to \$1500 by completing volunteer hours through the Veterans' Work-Off Program.

EMERGENCY TRANSPORTATION

is available to Veterans. Call Estelle about the CAR program 508 285 0274



COATS 4 VETS



We have winter coats for anyone in need. Call the office to make arrangements to get one.



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

Confidential chat at MilitaryCrisisLine.net or text 838255

VA CAREGIVER SUPPORT

1-855-260-
3274



Military Food4Vets

At this time, the Foxboro location is still closed. If you are a veteran or a family member seeking other food options, please call our office so we can assist you.



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.

Friends Officers:

Bill Byrnes (President), Janice Norton (Vice President), Bob Briscoe (Treasurer), Debbie Leary (Secretary)

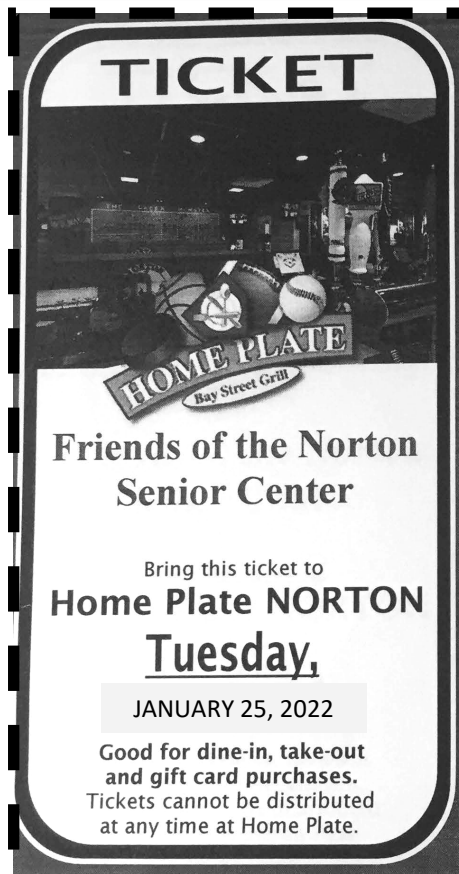
THANK YOU FOR YOUR DEDICATION AND SERVICE TO OUR SENIOR CENTER!

**TUESDAY
JANUARY 25, 2022
Home Plate
Fundraiser**



The Friends will receive 20% of all purchases made on January 25th 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. 508-285-0235



**20% of your bill
will be donated to**

**Friends of the Norton
Senior Center**

We sure had a blast at the
FRIENDS Christmas Party!!



Friends Membership Dues are \$10 per year. Your membership ends one year after your yearly membership payment.

New members are always welcome!

FRIENDS MEETINGS

Monday January 24, 2022 - 1 PM

Please sign up at the Senior Center if you'd like to attend. There is limited seating, and masks are required.



Following the meeting, speaker **Jay Elias** will share his 3rd Live and Learn presentation. Jay

always engages us with an interesting topic, so don't miss out!

Monday February 28, 2022 - 1 PM

Speaker/Activity TBD

Mark your calendar!!

F.R.I.E.N.D.S

2022 MEETINGS: Mondays 1 PM
Mar 28, Apr 25, May 23, Jun 27 (BBQ)

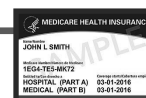
NEXT H.PLATE FUNDRAISER:

Tuesday March 29, 2022

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.



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



EXPERT MEDICARE COUNSELING
at the Norton Senior Center

We are so thankful for the generosity of our Norton Community this season. Thank you:

The Martial Arts Connection—TMAC

Personal Best Karate

St. Mary's Church Society of St. Vincent de Paul

Trinitarian Church, Norton

Norton Community Lions Club

JC Solomonese Teachers and Students

MC Cleaning Company

MaryAnn Dempsey Success! Real Estate

Norton Girl Scouts and Norton Boy Scouts

Norton Police Department

Bishop Feehan High School



NHS Math Honor Society

Bluestone Bank

Norton VFW Post #8049

Norton's Homeplate Restaurant

NMS Honor Society

Sales Force

Norton House of Pizza

Quilters/Knitters/Crocheters!!

And everyone who donated pajamas, hats, sock, food, toys, decorations, and personal items to make the holidays brighter for all in Norton!!

Tax Preparation Time!

**AARP FOUNDATION
TAX-AIDE**

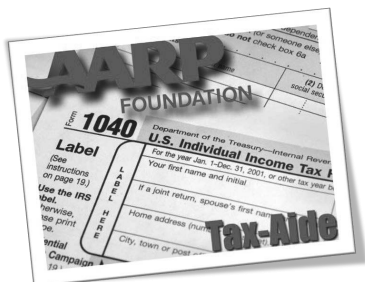
We are fortunate to have a group of AARP Tax Prep volunteers who are willing to come to the Norton Senior Center and work with clients SAFELY to prepare and submit 2021 State and Federal Tax Returns. These volunteer counselors are trained in cooperation with the IRS and State DOR.



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

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

TAXES



February 1 - April 15

TUESDAYS by appointment only

Please bring the following:

- Intake Form (available at the Senior Center)
- Photo ID for primary taxpayer
- Social Security Cards for each person listed on the tax return
- All income reporting info for 2021
W-2, 1099, 1098, 1095, brokerage statements, property tax bills and water bills paid in 2021, lottery winnings statements, and any other income related forms, etc.
- Prior year's tax return

Appointments are required. Please call the Senior Center 508-285-0235 beginning on January 3, 2022



**TAX
appointments
are on a first
come first
serve basis!
Don't wait!!!**



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center

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

MIDWAY COLLISION CENTER, INC.
"We Take the Damage Out of Accidents"
 Rick & Donna Roberts
 85 Mansfield Ave. (Rte. 140)
 Norton, MA 02766
 Phone (508) 285-2900
 FAX # (508) 285-2902
www.midwaycollisioncenter.net



TristanMedical
 NORTON CARE CENTER

Now accepting
primary care
 patients!

184 W. Main St
 Norton, MA 02766
(508) 824-0243

Bluestone
 BANK Let's get there, together.

Deborah Gagnon
 Norton Branch Manager
508.851.3609

bluestone.bank

Member FDIC | Member DIF
 Equal Housing Lender

NORTON FIRE FIGHTERS



LOCAL 2678

www.facebook.com/Local2678



To be a sponsor
 in the next
 Norton
 Senior Center Newsletter!

Please contact
Tom Reily

508-336-6633 x 337

Still right at home

Community VNA has officially joined
 the HopeHealth family of services!

We have a new name. But our deep
 commitment to providing high
 quality home health care to your
 community won't ever change.



HopeHealth Community VNA
 10 Emory Street, Attleboro, MA 02703

(508) 222-0118
HopeHealthCo.org/HomeHealthMA

Home Health Care | Alzheimer's Care | Elder Dental Program



Your Hometown Choice for Assisted Living



190 Mansfield Ave, Norton
 508-285-3355
residencegreatwoods.com

Now an LCB
 Senior Living
 Community:
*Over 25 years of
 Excellence*

NORTON DENTAL PC.
 Quality, Compassionate Care

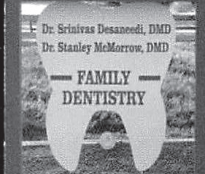
150 EAST MAIN ST
 NORTON, MA-02766
 PHONE: 508-285-7763
www.nortondentalpc.net

NORTON DENTAL PC.
 IMPLANT &
 COSMETIC CENTER

- IMPLANTS
 - VENEERS
 - INVISALIGN
 - GUM SURGERY
 - ZOOM WHITENING

508-285-7763

Dr. Srinivas Desamond, DMD
 Dr. Stanley McMorro, DMD
 FAMILY
 DENTISTRY



**A PROUD SPONSOR OF
 THE MILFORD SENIOR CENTER**

BROUGHT TO YOU BY

nationalgrid

Visit us at **www.nationalgrid.com**

To be a sponsor in the next
 Norton Senior Center Newsletter!

Please contact

Tom Reily

508-336-6633 x 337



Daniel M. Rich

ATTORNEY AT LAW

508-285-4725

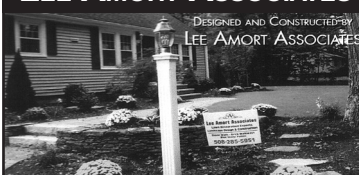


REAL
ESTATE

508-285-7447

250 East Main St • Norton, MA 02766

LEE AMORT ASSOCIATES



Lawn Installation & Restoration Experts
Lawn Fertilization Programs
Landscape Design & Construction
Spring & Fall Clean Ups
In Business for Over 40 Years
Full Insured • MA Pesticide License #24607

Stephen Amort

P.O. Box 2072 • Norton, MA 02766
W (508) 285-5951 • C (508) 509-6269
E-mail: LeeAmort@gmail.com
Website: www.leeamort.com



NORTON FIRE - RESCUE DEPARTMENT

70 East Main Street
Norton, MA 02766



ORA A. ANDREWS
INSURANCE
AGENCY



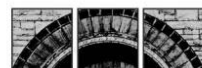
Auto, Home, Business & Life

114 West Main Street, Norton, MA 02766
508-285-4322

and

181 Mendon Road, South Attleboro, MA 02703
508-761-7824

www.OraAndrewsIns.com



NORTH EASTON SAVINGS BANK

25 West Main Street, Norton
172 Mansfield Avenue, Norton

ATM Wheaton College
26 East Main Street, Norton

Member
FDIC/DIF

Connecting All Offices: 508-238-2007
www.northeastonsavingsbank.com



To be a sponsor in the next
Norton Senior Center Newsletter!

Please contact

Tom Reily

508-336-6633 x 337



Touch of Class

NON-EMERGENCY TRANSPORTATION
AND PRIVATE CAR SERVICE

Doctor's Appointments • Medical Procedures • Personal Services • Day Trips • Casinos • Special Events

Leeann Chaussee
Office: 508-699-4929
Cell: 774-219-4077

leeann66@comcast.net
tocmedicaltransport.com

Private Medical Facilities Welcome

Serving Southeastern Massachusetts and Rhode Island



Flat Bed Service
Junk Car Removal

FOGERTY'S TOWING & AUTO SALVAGE

Road Service • Lock-Out • Car Crushing
New & Used Tires • Batteries
Used & Aftermarket Parts

508-285-7440

Randy Fogerty

97 Oak Street
Norton, MA 02766



Attleboro Community Theatre

Directed by James Sulanowski

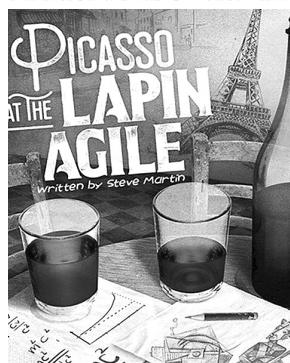
SHOWTIMES:

Friday and Saturday Evening at 8PM, Sundays at 2PM

February 18th, 19th and 20th
February 25th, 26th and 27th
March 4th, 5th and 6th

Tickets are available at
ActTickets.square.site
or call: (508) 226-8100
\$18 online, \$20 at the door.
\$15 Students/Seniors/Military

Ezekiel Bates Lodge
71 North Main Street
Attleboro, MA



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

Thank you for letting us know if your address has changed

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