



Norton

COUNCIL ON AGING NEWSLETTER

March / April 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

EARLY SPRING AT... THE CENTER

Are you ready for Spring??

We made it through another New England winter, and are back to being busy here at **The Center**. Join us for exercise and wellness classes most mornings, & social and educational programs most afternoons. Take a look inside at what we have planned for March and April, and choose something that interests you. We'd love to see you!

Our partnership with the Norton VFW has been working out great - we will continue to move some programs to the VFW to make room for expanded programming at the Center. Make sure you pay close attention to the "VFW" notation on our calendars. We are now holding programs at the Norton VFW three (3) days a week, and looking into a variety of new programs to bring to our community. We welcome your ideas!



Beth



Caregiver Support Group

Tuesdays- Starting April 19th from 1-2 PM

These weekly meetings are for people who are caring for family members with Alzheimer's, dementia, or other chronic medical conditions. Participants will be able to share their concerns regarding stress, behavioral changes, and helpful techniques for their loved ones.

Guided discussions may include disease management, medication, and home safety.

All Meetings are confidential.

Please call the Center to sign up for this new program.

508-285-0235

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 Apr 18

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 Apr 18



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** *located at the VFW!*
Tuesdays **Meditation**
Wednesdays **Tai Chi, Zumba** *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**

We are happy to offer these classes via ZOOM so you can participate remotely. Let us know if you zoom-in so we can take attendance, and please pay \$2 for each class. Pay at our back-door secure drop box, or by mail. Thank you.

\$2 / class

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

DRUMS ALIVE In-person at the Senior Center - \$2 per class



8 WEEK PROGRAM: FRIDAYS 10:45 AM - 11:30 AM

Existing Session: Feb 11, 18, 25, Mar 4, 11, 18, 25, Apr 1

New session starting Friday April 8th *please sign up at the Senior Center*



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.



CAREGIVER SUPPORT GROUP

Tuesdays 1 PM - 2 PM *beginning Tuesday April 19th*

Join us: come and listen, or come to share.

Carol Betty, LPN (from right here in Norton!) is a Geriatric Care Specialist who will lead our group. Carol will lend support to those of us who are caregivers. We have been looking forward to a group like this for a long time!

Come on Tuesdays (starting April 19) for this informative, hour-long support group. Call us to register: **508-285-0235**



DROP-IN ACTIVITIES / PROGRAMS



MAHJONG

Every Monday 10:00 PM - 12:00 PM free

STARTING March 7th! Come and learn how to play Mahjong! Our instructor Iris will teach you the “ins and outs” of this exciting and challenging tile game. Please sign up at the Senior Center.

Please note: No Mahjong April 18

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 April 18



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/tea and treats! \$1.00 / sheet for regular game

At the 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

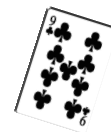


Join our “Cribbage Crew”. Beginners and long-time players welcome. This game is fun and easy to learn!!

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.

CARDS - BRIDGE

Every Friday 11:30 AM - 2:30 PM free

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



Please note: No Bridge April 15

WHAT'S HAPPENING in MAR/APR

Please sign up at the Senior Center for all activities

MARCH

Mar 2 Wednesday 10:00 AM free

St. Paddy's Day with an Irishman Join us at the



Senior Center as we take a virtual interactive tour of Ireland with *Beeyond*. We'll have a live tour guide in Ireland and enjoy Irish treats

If you want to watch online at home, call us to register

Mar 2 Wednesday 12:30 PM free

BLOOD PRESSURE CHECK *back at The Center!*

DROP IN. Norton Town Nurse Jaclyn will check your blood pressure & give advise on how to stay healthy!



Mar 4 Friday 1:00 PM free



CURLING Come for an afternoon of Olympic fun. We'll teach you how to play Beth's favorite game!!

Mar 7 Monday 1:00 PM \$2

PAINTING WITH JULIA We're so happy to have her back at the Center. Come and paint with Julia!



Mar 8 Wednesday 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.



Ladies' Breakfast

Mar 9, 23 Wednesdays 10:00 AM free

HORSE ENCOUNTER Visit with the beautiful animals at Smokey Chestnut Rescue Farm.



Mar 9 Wednesday 1:00 PM free

JUDGE BRENNAN Hon. Michael Brennan, First Justice of the Taunton District Court will be here to discuss topics of interest

Mar 10 Thursday 10:00 AM free

COFFEE WITH ESTELLE, Norton's Veterans' Services Officer, Estelle Flett. Estelle can answer all your questions! Drop In!



Mar 14 Monday 1:00 PM \$2

ARTS & CRAFTS Meghan Itani will be here for a crafty-afternoon! We always make something awesome when Meghan comes, so join us!

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



Mar 17 Thursday 1:00 PM \$5

ST. PATRICK'S DAY PARTY at the VFW



Guaranteed to be a fun afternoon! We'll have a traditional Irish meal and lots of fun. Wear your best green!

Mar 18 Friday 1:00 PM free

PIZZA & MOVIE - Don't Look Up

Filmed here in Norton last year! Come and and enjoy this Comedy/thriller starring Leonardo!



Mar 21 Monday 1:00 PM free

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



Mar 23 Wednesday 1:00 PM free

CHEF SEAN Chef Sean will be here from *The Residence of Great Woods* to demonstrate his new specialty: Spring Roasted Chicken with Fresh Made Pasta.!



Mar 24 Thursday 1:00 PM free

LUNCH & LEARN We'll be hosting one of the Bristol Elder Services Nutritionists for a discussion on healthy meal options. We'll have a delicious turkey lunch.

Mar 25 Friday 1:00 PM free

KALIFORNIA KARL Join us for an afternoon of music and fun with Kalifornia Karl !



WHAT'S HAPPENING in MAR/APR

Please sign up at the Senior Center for all activities

Mar 28 Monday 1:00 PM free

Friends of the Norton Senior Center Meeting followed by a (TBD) Speaker. Sure to be a fun time!

Mar 29 Tuesday ALL DAY

FRIENDS OF THE NORTON SENIOR CENTER

HOMEPLATE fundraiser - remember to bring a ticket!



Mar 30 Wednesday 1:00 PM free

R.U.OK?, Senior Ids and Ice-cream Social?

Come and learn about the R.U.O.K program and get a free photo id from the Bristol County Sheriff's Office.



APRIL

Apr 1 Friday 1:00 PM free

INDOOR HORSESHOES Join us for our inaugural horseshoe tournament! Fun inside the Center!!



Apr 4 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with Julia



again. She'll have a new, creative paint project!!

Apr 6 Wednesday 12:30 PM free

BLOOD PRESSURE CHECK back at The Center!

DROP IN. Norton Town Nurse Jaclyn will check your blood pressure & give advise on how to stay healthy!



Apr 6 Wednesday 1:00 PM free

LUNCH & LEARN Join us for a discussion on healthy eating for Brain Health.



Apr 7 Thursday FRIENDS

CASINO TRIP

Bus Trip: Encore Casino 8:00 AM departure

Apr 8 Friday 1:00 PM free

MUSIC PARTY John and Roger will entertain us this afternoon, with their music, music, and more music!!



Apr 11 Monday 1:00 PM \$2

ARTS & CRAFTS An afternoon of crafts with Meghan. We will be making amazing items to decorate your home!!

Apr 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.



Apr 13, 27 Wednesdays 10:00 AM free



HORSE ENCOUNTER We'll be visiting Smokey Chestnut Farm here in Norton to visit with some special horses.

Apr 13 Wednesday 11:00 AM free

BARRE & BALANCE *The Residence of Great*

Woods is hosting a fun and easy exercise program designed to increase and maintain mobility and strength.



Apr 14 Wednesday 10:00 AM free

COFFEE WITH ESTELLE Drop in for some coffee and with Norton's Veterans' Services Officer and get your questions answered,



Apr 15 Friday 9:00 AM - 12:00 PM



FOOT DOCTOR By appointment only. Call the Senior Center. 508-285-0235

Apr 19, 26 Tuesdays 1:00 PM free

CAREGIVER SUPPORT GROUP-Ongoing

We realize how stressful it can be to be a caretaker for someone living with Alzheimer's or dementia. Come listen and share. We're starting a Caregiver Support Group here at the Center. Join Nurse Carol, a Geriatric Care Specialist as our facilitator.

Apr 20 Wednesday 8:00 AM

MEN'S BREAKFAST at Kelly's Place

Join the Men's Breakfast Club the 3rd Wednesday of every month.



Apr 20 Wednesday 10:00 AM free

STRENGTH & FLEX Norton's Physically Fit Physical Therapy staff will show us how to safely flex and stretch our way to being STRONG.

Apr 20 Wednesday 1:00 PM free

BEATLES!! A cultural and historical reflection of the 1960s through the music of the Beatles. A multi-media presentation with live music!



Apr 21 Thursday 1:00-3:00 PM free

TECHNOLOGY HELP Several local teens that are coming to help with technology woes. Having trouble with your: computer, phone, tablet, i-pad, headphones?? Make an appointment to come and get some, one-on-one help.



Apr 22 Friday 1:00 PM free

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



Apr 25 Monday 1:00 PM (small fee)

Friends of the Norton Senior Center Mtg



Meeting followed by a KFC for lunch!!!

Details at sign-up.

Apr 27 Wednesday 10:00 AM free

VIRTUAL TOUR: SCOTLAND Join us at the

Senior Center as we take a live/virtual tour of Edinburgh! We'll have a live tour guide, and traditional Scottish snacks

Wear a kilt for a prize!

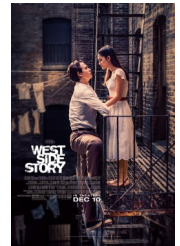
If you want to watch online at home, call us to register



Apr 29 Friday 1:00 PM free

PIZZA & MOVIE

West Side Story The new Steven Spielberg version! Popcorn and Pizza are on the menu, of course!



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



We recently hosted the Project Manager, Architects and Norton Permanent Building Committee to discuss details about the interior requirements of the new Norton Senior & Community Support Center! We are happy to report that progress is being made and we are excited as we take each step closer to completion!










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.

MAR 2022


Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Bagels! Now on Wednesdays	9:30 AM 1 Meditation 12:30 PM Bingo VFW ALL DAY - AARP Tax	9:30 AM 2 Zumba VFW 10 AM Beeyonder/Ire 10:30 AM Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet 1 PM Cribbage 	9:30 AM 3 Zumba 11 AM Line Dancing 1 PM Whist	9:30 AM 4 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Curling
10 AM Mahjong 7 1 PM Quilt/Sew 1 PM Painting With Julia  No Yoga classes today	8:30 AM 8 Ladies' Breakfast 9:30 AM Meditation 12:30 PM Bingo VFW ALL DAY - AARP Tax 	9:30 AM 9 Zumba VFW 10 AM Horses 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM Judge Brennan	TRIP: Celtic Angels 10 9:30 AM Zumba 10 AM Vets Coffee 11 AM Line Dancing 1 PM Whist COA MTG	9:30 AM 11 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11:30 AM Bridge
10 AM 14 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Craft with Meghan	9:30 AM 15 Meditation 12:30 PM Bingo VFW ALL DAY - AARP Tax	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 CSFP	9:30 AM 17 Zumba 11 AM Line Dancing 1 PM Whist 1 PM St Patrick's Day Party at VFW 	9:30 AM 18 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Movie/Pizza 
10 AM 21 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Lunch & Learn Heart To Home 	9:30 AM 22 Meditation 12:30 PM Bingo VFW ALL DAY - AARP Tax	9:30 AM 23 Zumba VFW 10 AM Horses 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM Chef Sean	9:30 AM 24 Zumba 11 AM Line Dancing 1 PM Whist 1 PM Lunch & Learn BES Nutrition Info 	9:30 AM 25 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Kalifornia Karl
10 AM 28 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM FRIENDS Mtg	9:30 AM 29 Meditation 12:30 PM Bingo VFW ALL DAY - AARP Tax ALL DAY FRIENDS FUNDRAISER @ Homeplate 	9:30 AM 30 Zumba VFW 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage 1 PM R.U.O.K? and Senior Id Cards	9:30 AM 31 Zumba 11 AM Line Dancing 1 PM Whist	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

APR 2022

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Bagels! Now on Wednesdays	Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup		9:30 AM 1 Pfilates 10:30 AM Learn Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Indoor Horseshoes	
10 AM 4 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Painting With Julia	9:30 AM 5 Meditation 12:30 PM Bingo at VFW ALL DAY - AARP Tax 	9:30 AM 6 Zumba VFW 10:30 AM Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet 1 PM Cribbage 1 PM Lunch & Learn	8:00 AM 7 Casino Trip  9:30 AM Zumba 11 AM Line Dancing 1 PM Whist 	9:30 AM 8 Pfilates 10:30 AM Learn to Knit  10:45 AM Drums A 11:30 AM Bridge 1 PM John & Roger!
10 AM 11 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Craft with Meghan	8:30 AM 12 Ladies' Breakfast 9:30 AM Meditation 12:30 PM Bingo at VFW ALL DAY - AARP Tax	9:30 AM 13 Zumba VFW 10 AM Horses 10:30 AM Tai Chi VFW 11 AM Barre & Bal 1 PM Knit/Crochet 1 PM Cribbage	9:30 AM 14 Zumba 10 AM Vets Coffee 11 AM Line Dancing 1 PM Whist COA MTG	9:30 AM 15 Pfilates 10:30 AM Learn to Knit 10:45 AM Drums A No Bridge today - CLOSING AT NOON -
18  The Senior Center is CLOSED TODAY	9:30 AM 19 Meditation 12:30 PM Bingo at VFW  1 PM Caregiver Support Group	8:00 AM 20 Men's Breakfast 9:30 AM Zumba VFW 10 AM Strength/Flex 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage CSFP	9:30 AM 21 Zumba 11 AM Line Dancing 1 PM Whist 1 PM - 3 PM Technology Help	9 AM 22  Foot Doctor 9:30 AM Pfilates 10:30 AM Learn to Knit  10:45 AM Drums A 11:30 AM Bridge
10 AM 25 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM - FRIENDS Mtg 	9:30 AM 26 Meditation 12:30 PM Bingo at VFW 1 PM Caregiver Support Group	TRIP: Atl City Boys 27 9:30 AM Zumba VFW 10 AM Horses 10 AM Beeyonder/Sct 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Cribbage	9:30 AM 28 Zumba 11 AM Line Dancing 1 PM Whist	9:30 AM 29 Pfilates 10:30 AM Learn to Knit  10:45 AM Drums A 11:30 AM Bridge 1 PM Movie/Pizza

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

2022 DAY and OVERNIGHT TRIPS by Citizens on Aging

MARCH 10, 2022 CELTIC ANGELS IRELAND - The Celtic Angels of Ireland, The Celtic Knight Dancers & The Trinity Band Ensemble of Dublin! Danversport Yacht Club, Danvers, MA \$101 pp includes transportation, lunch, show ticket, tax & gratuities. Corned Beef & Cabbage or Baked Schrod *Deadline: February 17, 2022*



APRIL 27, 2022 ATLANTIC CITY BOYS - Live in Concert, Music of the 60's! Castleton Conference Center, Windham, NH \$101 pp includes transportation, lunch, show ticket, tax & gratuities. Stuffed Chicken Luncheon *Deadline: March 25, 2022*



JUNE 21-23, 2022 1,000 ENCHANTED ISLANDS - Roundtrip motorcoach, 2 nights lodging at Capt. Thomson's Resort, "Two Nations" lunch cruise, Visit to Boldt Castle, Heart Island, Winery and Brewery Tours, Antique Boat Museum, and MORE!! \$650 pp/double, \$773 pp/single, \$617 pp/triple includes all admissions, 5 meals (2 breakfast, 1 lunch, 2 dinner), show tickets, taxes & gratuities. *Deadline: May 1, 2022*



JULY 19, 2022 INDIAN PRINCESS CRUISE - Cruise Webster Lake on the authentic paddle wheel riverboat "Indian Princess", followed by a delicious lunch at Samuel Slater's Restaurant overlooking the lake. Visit to Foppema Family Farm on the way home! Webster Lake, Webster, MA \$101 pp includes transportation, lunch, riverboat cruise, tax & gratuities. Baked Cod, Tuscan Steak Tips, or Chicken Piccata. *Deadline: June 19, 2022*



AUGUST 24-26, 2022 PENN DUTCH SHOW STOPPER - Roundtrip motorcoach, 2 nights lodging at The Country Inn, Sight & Sound's "David", Dutch Apple Theatre "Chicago", Tour of Amish Country (Lancaster, PA), Visit to Chocolate World, and MORE!! \$648 pp/double, \$808 pp/single, \$603 pp/triple includes all admissions, 4 meals (2 breakfast, 2 dinner), show tickets, taxes & gratuities. *Deadline: July 1, 2022*



MORE 2022 TRIPS...

SEPTEMBER

OCTOBER 20

DECEMBER 31

FRIESIANS OF MAJESTY - Equestrian Performance

CATHEDRAL IN THE PINES - Natural Sanctuary

NEW YEAR'S EVE AT NOON - Spirit of Boston New Year's Eve Celebration

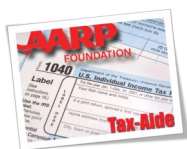
Trip details (dates, times, cost) will be published as they become available.

Trip sign-up is at the Senior Center. Non-seniors and out-of-town guests are welcome to join, so tell your friends and family! Please note that we typically need a minimum of 40 travelers in order to avoid trip cancellation...and we certainly don't want *that* to happen!



Face Masks & 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



AARP Tax Preparation Time!

We Still Have Openings!!!



- AARP Tax Prep Volunteers here at the Norton Senior Center
- By appointment only, 508-285-0235
- Last day is Tuesday April 12, 2022
- Norton Residents 60 plus / Simple returns



GET READY TO SPRING FORWARD!

DAYLIGHT SAVING TIME
MARCH 13, 2022



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!



PATRIOT'S DAY



HOLIDAY REMINDER

We will be closed on MONDAY APRIL 18, 2022

**DON'T
FORGET!**

ANNUAL TOWN ELECTION



Saturday April 30th
Norton Middle School 8 am - 4 pm



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center

HUGE THANKS TO:

White's Bakery
Providence Bagel (Mansfield)
NHS Honor Society
St Mary's Confirmation Class
DJ Steve Bishop



Inclement Weather Policy:

If Norton Public Schools are closed, the
Senior Center and VFW will be closed for
activities and programs. The Senior Center
WILL be open for appointments and for
assistance. Please call us: 508-285-0235



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

RESOURCES/SERVICES

HOW CAN THE COA HELP ME?

If you are an older adult or a caregiver, these are some of the services and programs that we offer and that are available to you here at the Norton Senior Center and at the Norton Town Hall.

OUTREACH INFORMATION AND REFERRAL

Cathy Varnum, COA Outreach, is available to consult with residents, family members and caregivers to discuss resources and services available for seniors.

Application Assistance

Medicare, Medication
Fuel Assistance
Food Stamps (SNAP)
MassHealth
Long Term Care
Elder Counseling



Call Cathy at the Senior Center 508-285-0235

DURABLE MEDICAL EQUIPMENT

If you need Durable Medical Equipment give us a call and we can arrange for a Grab-&-Go pick-up!

LOANS: Free loans of walkers, commodes, crutches, shower benches and wheelchairs are available to elder residents of Norton. We have canes and some adaptive devices, too!

DONATIONS: We accept donations of medical equipment in good, clean condition. Please call prior to bringing your donations to the Center to see if we have storage space. THANK YOU!!



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 WEDNESDAY OF EACH MONTH

12:30 PM - 1:00 PM

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



FOOT DOCTOR



Appointments
9 am - 12 pm

FRIDAY April 15, 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.

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

Norton—Attleboro—Taunton

Call first to register: **774-226-1263**

To 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

GATRA 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**

NEW! Same Day Ride Service \$2/ride

FOXBOROUGH
MANSFIELD
NORTON

GATRA
ON DEMAND
CONNECT

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

STARTING
MONDAY, NOVEMBER 8th

service will be expanded to include the

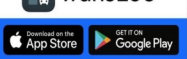
Town of Norton

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

DOWNLOAD THE APP

TransLoc®



508-697-1911

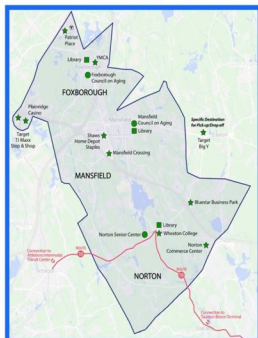
www.gatra.org/gatra-go-connect

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



HEATING ASSISTANCE

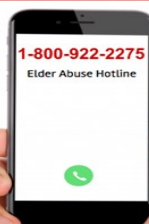
Self Help



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.



1-800-922-2275

Elder Abuse Hotline

REPORT ELDER ABUSE

1-800-922-2275

Operating 7 days a week 24 hours a day.

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 Assessor's 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 and at the Assessor's Office.
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



Were YOU in the “DONUT HOLE” last year?

If so... chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$4430. Then you will pay 25% of the cost of brand name drugs and 25% for generics. You will continue in this “donut hole” until the retail costs reach \$7050. This is where **Prescription Advantage** can help.



Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.” Another **GREAT BENEFIT** of Prescription Advantage is the ability to make an **ADDITIONAL CHANGE** to your Part D plan outside of open enrollment or **JOIN** a Part D plan if you do not have one. **1-800-243-4636** or **WWW.PRESCRIPTIONADVANTAGEMA.ORG**.

For further assistance or questions contact SHINE at 508-222-1399

OR... call us at the Senior Center for an appointment! 508-285-0235



NORTON FOOD RESOURCES

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

Nutritious meals delivered to the home on a daily basis, please call the Senior Center or Bristol Elder Services Information/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** - Norton Residents over age 60



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

You must call 48 hours in advance to register!!

Meal orders are placed by 10:30 am on the previous day.

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

- **Norton Food Pantry (Cupboard of Kindness)** - Free for All Norton 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. 508-285-3398

Visit the pantry's website: cupboardofkindness.org *If you don't drive, delivery can be arranged*



- **Soup** - Free for All Norton Residents

From Blount Fine Foods in Fall River



We'll robo-call when we get soup (typically once a month). First come, first serve.

Safe, contactless delivery straight to your car. Call us if you aren't on the list yet! 508-285-0235

- **Commodities Supplemental Food Program CSFP** - Income eligible program for Residents over age 60

This is a monthly brown-bag program which includes two bags of nutritious groceries, fresh fruits & vegetables the 3rd Wednesday of every month. Call the Senior Center to confirm eligibility and apply

For residents 60 or older meeting the following gross monthly income guidelines:

Household Size of: 1 (\$1396), 2 (\$1888), 3 (\$2379)



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

- **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 available to anyone from Norton and surrounding towns

- | | | |
|-------------------|--------------------------|---|
| ◆ Attleboro | Monday - Friday 4:30 PM | VFW post 115, 122 Park Street |
| ◆ Attleboro | Saturday 11:00 AM | Centenary United Methodist Church (15 Sanford Street) |
| ◆ Foxboro | 2nd Tuesday 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) |



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)

Coffee Hour with Estelle

Come chat with the Norton Veterans' Services Officer, Estelle Flett, on March 10th and April 14th. She will be at the Senior Center to answer any questions you may have about veteran's benefits. 10 AM - 11 AM



March 29 is Vietnam War Veterans' Day



On this day, Americans honor the service and sacrifice of those who served in Vietnam, as it was on March 29, 1973 that the last US combat troops departed Vietnam.

Resources - Don't go without

The Veterans' Services Office has resources to help veterans and their families struggling with food and living expenses in these challenging times. Please contact our office if you need any help.



Memorial Day Parade

Monday, May 30th — Save the date! All are welcome to march or ride on our Veterans' Float.

EMERGENCY TRANSPORTATION is available to Veterans. Call Estelle about the CAR program.



Corned Beef and Cabbage Dinner

Saturday March 12, 2022

Grab & Go \$10.00

Beginning at Noon until it's gone

Fillmore-Nason VFW Post #8049

38 Summer Street, Norton



Scholarship Opportunity



\$500 college scholarship for veterans and family members (including grandchildren) is offered by the Southeastern Massachusetts Veteran's Services Officers Association. Call the Veterans' office for more details and an application.



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

Confidential chat at MilitaryCrisisLine.net or text 838255

VA CAREGIVER SUPPORT

1-855-260-
3274



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 for more details: 508-285-0274 or 774-265-7462



Norton Veteran's Organizations

American Legion Post #222

508-285-6527

Meetings are at the VFW on the first Tuesday of the month at 7 pm

Fillmore-Nason VFW Post #8049

508-285-3845

Website www.vfwnorton.org Facebook NortonVFWpost8049

Norton Veterans' Council

508-285-0274

Meetings are on the second Sunday of each month at 10:00 am

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

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
MARCH 29, 2022
Home Plate
Fundraiser**



The Friends will receive 20% of all purchases made on March 29th 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

TICKET



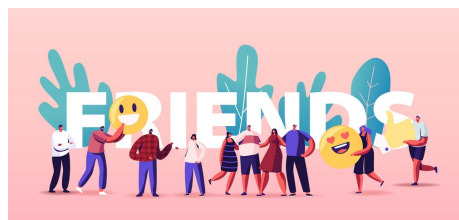
Friends of the Norton Senior Center

Bring this ticket to
Home Plate NORTON Tuesday,
MARCH 29, 2022

Good for dine-in, take-out and gift card purchases. Tickets cannot be distributed at any time at Home Plate.

20% of your bill will be donated to

Friends of the Norton Senior Center



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

New members are always welcome!

FRIENDS MEETINGS

Please sign up at the Senior Center if you'd like to attend our meetings. Always a fun time! Limited seating.

Monday March 28, 2022 - 1 PM

Speaker/Activity TBD

Monday April 25, 2022 - 1 PM

KFC Lunch! *Small fee and lunch choice due at sign-up. Details coming soon.*



2022 MEETINGS:

Mondays 1 PM

May 23, Jun 27 (BBQ)



Woo-Hoo!



\$30

THURSDAY APRIL 7th

Casino Bus Trip to Encore Boston Harbor Casino!!
Details will be available soon at the Senior Center.
508-285-0235 Includes \$20 voucher!

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