



# Norton

COUNCIL ON AGING NEWSLETTER

May / June 2022

## Norton Senior & Community Support Center

55 West Main Street

PO Box 552

Norton, MA 02766

Email: [coa@nortonmaus.com](mailto:coa@nortonmaus.com)

Website: [nortonmaus.org](http://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

Secretary - OPEN

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

## SPRING INTO SUMMER, at THE CENTER

We can finally see the forsythia in bloom all over town, and it feels so good! Spring has arrived - go outside and breathe in the fresh air, and feel the warm sun.



Check out our new logo!

### The Center - Where Active Living Never Gets Old

We are very busy at The Center. Come and join us for our many programs and activities. We've got something for everyone! The next few months are sure to be exciting... lots of music programs (including a Ukelele Workshop!) and some great luncheon programs. We continue to offer a variety of fitness, wellness and education classes, too.

May and June bring us Mother's Day and Father's Day! We will celebrate these important days, and host our Annual Tea Party, as well. Tour with us on our Beeyonder virtual visits - we're visiting Africa and Brazil!! We look forward to CONNECTING, LEARNING, & ENGAGING here at THE CENTER!!

*Beth*



We have several openings on our COA Board. How about joining us? Directly impact the direction of the Center and make a difference! Meetings are once a month. Call us if you are interested, or know someone who would be a good fit. Norton residents. Any age.

**PLEASE JOIN US**

# 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 May 30 or June 20*

## BALANCE YOGA at the VFW

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

Join Amy for a gentle, flowing yoga & Qigong-inspired balance class. You will enhance balance through slow, rhythmic, and mindful movement.

**Class at VFW**



*Note: There is no Balance Yoga May 30 or June 20*



## 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.

*Note: There is no Line Dancing Thursday June 2*

## PFIlates \*

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

Pfilates® easy pelvic floor exercises will improve your pelvic floor strength. 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

<b>Mondays</b>	<b>Chair Yoga, Balance Yoga</b> <i>located at the VFW!</i>
<b>Tuesdays</b>	<b>Meditation</b>
<b>Wednesdays</b>	<b>Tai Chi, Zumba</b> <i>located at the VFW!</i>
<b>Thursdays</b>	<b>Zumba, Line Dancing</b>
<b>Fridays</b>	<b>Pelvic Floor Pfilates, Drums Alive</b>

Join  
us



Zumba Thursday and Pfilates 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



**FRIDAYS 10:45 AM - 11:30 AM**



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



### CAREGIVER SUPPORT GROUP

**Tuesdays 1 PM - 2 PM**



**Join us!**

This group is for caregivers - people who are caring for family members with Alzheimer's, Dementia, or other chronic medical conditions. Guided discussions will include topics like managing stress, behavioral changes, disease management, medication and home safety. This Informative, hour-long support group, is facilitated by Geriatric Consultant, Carol Betty, LPN. Call to Register: 508-285-0235 OR just come by!

*Please note: There is no Support Group on May 3*



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Thank you to all of our VOLUNTEERS!! We are a very busy Senior Center, and we certainly wouldn't be as successful without the many dedicated volunteers that make our Center so active and fun. We also recognize all of you who create,



# DROP-IN ACTIVITIES / PROGRAMS



## MAHJONG

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

Come and play Mahjong! Our instructor Iris will teach you the “ins and outs” of this exciting and challenging tile game. We have a group that play (without instruction!) too. Please sign up at the Senior Center.

*Please note: No Mahjong May 31 or June 20*

## 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 May 31*

## 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!



## LEARN TO KNIT

**Every Friday 9:30 AM - 10:30 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.



## CARDS ? CRIBBAGE ?

We are looking for a person or group to lead our card players. Whist? Hi-Low-Jack?

Rummy? Please call us if you are interested.

508-285-0235



Interested in getting our “Cribbage Crew” back up and running? We'd love to host beginners and seasoned players, alike.

Call us! 508-285-0235



# WHAT'S HAPPENING in MAY/JUNE

Please sign up at the Senior Center for all activities

## MAY 2022

**May 4 Wednesday 12:30 PM free**

**BLOOD PRESSURE CHECK** Drop in at The Center!

Norton Town Nurse Jaclyn will check your blood pressure & answer any health questions!



**May 6 Friday 1:00 PM free**

**MOTHER'S DAY LUNCH at the VFW**



Celebrating all the moms, grandmothers & friends! Delicious lunch, and entertainer Tommy Rull.

**May 9 Monday 1:00 PM \$2**

**PAINTING WITH JULIA** Come and paint with Julia— a relaxing and creative afternoon!



**May 10 Wednesday 8:30 AM**

**LADIES' BREAKFAST at Kelly's Place** Join the



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

**May 11 Wednesday 10:00 AM free**

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



**May 11 Wednesday 1:00 PM free**

**BEEYONDER Africa! Wildlife Encounter** Come

and "tour" with us!! Wildlife galore, with a guide live from Africa!



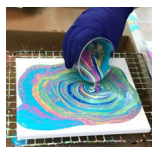
**May 13 Friday 1:00 PM free**

**PIZZA & MOVIE - CODA** Amazing Oscar-winning movie. CODA = Child of Deaf Adult. Filmed in Gloucester, MA.



**May 16 Monday 1:00 PM \$2**

**ARTS & CRAFTS** Meghan Itani will be here for a fun afternoon of crafting: paint pouring art. Don't miss it!



**May 18 Wednesday 8:00 AM**

**MEN'S BREAKFAST at Kelly's Place**

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



**May 18 Wednesday 1:00 PM free**

**LUNCH & LEARN & Estelle!** Norton's Veterans' Services Officer, Estelle Flett will be talking about Norton programs and how YOU can get involved in our community (everyone welcome, not just Vets)



**May 20 Friday 1:00 PM free**

**LET'S CELEBRATE THE OLDIES** Enjoy a live Oldies Concert by Ed Poirier. Listen, Dance, Sing-A-Long!!



**May 23 Monday 1:00 PM free**

**Friends of the Norton Senior Center** Meeting, Election of Officers, and fun program.

**May 25 Wednesday 10:00 AM free**

**HORSE ENCOUNTER** Another visit with the animals at Smokey Chestnut Rescue Farm in Norton.



**May 25 Wednesday 1:00 PM free**

**BASEBALL SHOW** Howie Newman will be here with his interesting Baseball Show. Lunch as a bonus!! Fenway Franks and Cracker Jacks.



**May 27 Friday 1:00 PM free**

**CORN HOLE** Join us for an afternoon "throwing the bags!". Challenging but fun. Great exercise, too!!



# WHAT'S HAPPENING in MAY/JUNE

Please sign up at the Senior Center for all activities

**May 30 Monday MEMORIAL DAY**

The Senior Center is CLOSED today

## JUNE 2022

**Jun 1 Wednesday 12:30 PM free**

**BLOOD PRESSURE CHECK** Drop in at The Center!

Norton Town Nurse Jaclyn will check your blood pressure & answer any health questions!

**Jun 1 Wednesday 1:00 PM \$2**

**BOTTLE ART** Ruth S will be back to show us how to make beautiful painted bottle décor.



**Jun 3 Friday 1:00 PM free**



**PIZZA & MOVIE - DOG**

Pizza, popcorn and a great movie! Starring Channing Tatum.

**Jun 6 Monday 1:00 PM \$2**

**PAINTING WITH JULIA**

Come and paint with Julia. Julia will help us make a beautiful picture using easy techniques.



**Jun 8 Wednesday 10:00 AM free**

**HORSE ENCOUNTER**



A visit to Smokey Chestnut Farm with Beth! Visit with special horses & donkeys.

**Jun 8 Wednesday 1:00 PM free**

**Covid DOGS** Bristol County Sheriff staff will bring their Covid-sniffing dogs for a visit!!

**COVID  
DETECTION DOGS  
LEAD THE WAY!**



**Jun 10 Friday 1:00 PM free**

**MUSIC!!!!** Roger and his band will entertain us this afternoon. Come and enjoy!



**Jun 13 Monday 1:00 PM \$2**

**ARTS & CRAFTS** Meghan is back with another fun and creative craft. Step-by-step instructions!!



**Jun 14 Tuesday 8:30 AM**

**LADIES' BREAKFAST at Kelly's Place**



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

**Jun 15 Wednesday 8:00 AM**

**MEN'S BREAKFAST at Kelly's**

**Place** Join the Men's Breakfast Club the 3rd Wednesday of every month. Come hang out with the guys! We pay with separate checks.



**Jun 15 Wednesday 12:00 PM free**

**COFFEE WITH ESTELLE** Drop in for some coffee and pastry with Norton's Veterans' Services Officer. Get updates on community programs! Find out how you can support.



**Jun 15 Wednesday 1:00 PM free**

**KALIFORNIA KARL** He's back!!!

And we are so happy. Come on down for an entertaining afternoon with one of our favorites!



**Jun 16 Thursday 1:00 PM small cost**

**TEA PARTY** A beautiful tea party! Dress up for a lovely afternoon old-fashioned tea party here at the Center. Don't forget a fancy hat!! Limited seating.



**Jun 17 Friday 1:00 PM free**

**UKULELE WORKSHOP** Teacher and comedian

Dave Maloof will teach us how to play the ukulele. We'll learn about ukulele history, too!!



Supported by a grant from the Norton Cultural Council & MCC

**Jun 20 Monday FREEDOM DAY**

The Senior Center is CLOSED today

**Jun 21 Tuesday 1000 Islands NY TRIP**

Citizens on Aging bus trip June 21—June 23

**Jun 22 Wednesday 10:00 AM free**




**HORSE ENCOUNTER** A visit to Smokey Chestnut Farm again for a relaxing morning on the farm.

**Jun 22 Wednesday 1:00 PM free**

**Pride Day Luncheon** LGBT seniors and supporters will get together for a nice lunch to celebrate diversity and the uniqueness of every person. Everyone is welcome. Call to register.

**Jun 24 Friday 9:00 AM - 12:00 PM**

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

**Jun 24 Friday 1:00 PM free**

**FATHER'S DAY LUNCH at the VFW**

Celebrating all the dads, grandfathers & friends! Delicious lunch, and entertainer Jorene Lange.



**Jun 27 Monday 1:00 PM**

**Friends of the Norton Senior Center**

**Year-End BBQ at the VFW**



Sign-up required for this fun year-end outdoor BBQ. Friends members are free. Everyone else \$5.

**Jun 29 Wednesday 1:30 PM free**

**BEEYONDER Tour of Brazil** Come and "tour" with us!! We're visiting the beautiful country of Brazil. A local tour guide will take us live on the streets of Brazil.



## COMPUTER LESSONS

Join Tom for weekly computer classes, where he will help you navigate computers and tablets.

All level are welcome!

Sign up for a specific time slot.



508-285-0235

# NORTON SENIOR & COMMUNITY SUPPORT CENTER

**HOME OF: Norton Senior Center, Department of Human Services, Cupboard of Kindness**















Everyone is welcome to attend Permanent Building Committee meetings to follow the progress of The Center.

Visit [www.nortonma.org](http://www.nortonma.org) for more information, including meeting dates and times.



# MAY 2022

## Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10 AM</b> Chair Yoga <b>VFW</b> <b>2</b> <b>10 AM</b> Mahjong <b>11 AM</b> Bal Yoga <b>VFW</b> <b>1 PM</b> Quilt/Sew 	<b>9:30 AM</b> Meditation <b>3</b> <b>12:30 PM</b> Bingo <b>VFW</b> <i>No Caregiver Support Group today</i>	<b>9:30 AM</b> Zumba <b>VFW</b> <b>4</b> <b>10:30 AM</b> Tai Chi <b>VFW</b> <b>12:30 PM</b> BP Check <b>1 PM</b> Knit/Crochet 	<b>9:30 AM</b> Zumba <b>5</b> <b>11 AM</b> Line Dancing	<b>9:30 AM</b> Pfilates <b>6</b> <b>9:30 AM</b> Learn to Knit <b>10:45 AM</b> Drums A <b>11:30 AM</b> Bridge <b>1 PM</b> Mother's Day Lunch <b>at VFW</b>
<b>10 AM</b> Chair Yoga <b>VFW</b> <b>9</b> <b>10 AM</b> Mahjong <b>11 AM</b> Bal Yoga <b>VFW</b> <b>1 PM</b> Quilt/Sew <b>1 PM</b> Painting With Julia 	<b>8:30 AM</b> Ladies' Breakfast <b>10</b> <b>9:30 AM</b> Meditation <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Caregiver Support	<b>9:30 AM</b> Zumba <b>VFW</b> <b>11</b> <b>10 AM</b> Horses <b>10:30 AM</b> Tai Chi <b>VFW</b> <b>1 PM</b> Knit/Crochet <b>1 PM</b> Beeyonder Africa Wildlife!	<b>9:30 AM</b> Zumba <b>12</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Computers  COA MTG	<b>9:30 AM</b> Pfilates <b>13</b> <b>9:30 AM</b> Learn to Knit <b>10:45 AM</b> Drums A <b>11:30 AM</b> Bridge <b>1 PM</b> Movie/Pizza 
<b>10 AM</b> Chair Yoga <b>VFW</b> <b>16</b> <b>10 AM</b> Mahjong <b>11 AM</b> Bal Yoga <b>VFW</b> <b>1 PM</b> Quilt/Sew <b>1 PM</b> Craft with Meghan	<b>9:30 AM</b> Meditation <b>17</b> <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Caregiver Support 	<b>8:00 AM</b> Men's Breakfast <b>18</b> <b>9:30 AM</b> Zumba <b>VFW</b> <b>10:30 AM</b> Tai Chi <b>VFW</b> <b>1 PM</b> Knit/Crochet <b>1 PM</b> Lunch & Learn  CSFP	<b>9:30 AM</b> Zumba <b>19</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Computers	<b>9:30 AM</b> Pfilates <b>20</b> <b>9:30 AM</b> Learn to Knit <b>10:45 AM</b> Drums A <b>11:30 AM</b> Bridge <b>1 PM</b> Oldies Music 
<b>10 AM</b> Chair Yoga <b>VFW</b> <b>23</b> <b>10 AM</b> Mahjong <b>11 AM</b> Bal Yoga <b>VFW</b> <b>1 PM</b> Quilt/Sew <b>1 PM</b> FRIENDS Mtg	<b>9:30 AM</b> Meditation <b>24</b> <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Caregiver Support 	<b>9:30 AM</b> Zumba <b>VFW</b> <b>25</b> <b>10 AM</b> Horses <b>10:30 AM</b> Tai Chi <b>VFW</b> <b>1 PM</b> Knit/Crochet <b>1 PM</b> Baseball Show	<b>9:30 AM</b> Zumba <b>26</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Computers 	<b>9:30 AM</b> Pfilates <b>27</b> <b>9:30 AM</b> Learn to Knit <b>10:45 AM</b> Drums A <b>11:30 AM</b> Bridge <b>1 PM</b> Corn Hole
<b>30</b>  The Senior Center is CLOSED TODAY	<b>9:30 AM</b> Meditation <b>31</b> <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Caregiver Support		<b>Grab &amp; Go (G&amp;G) Lunch Program is Tues, Wed, Thurs &amp; Friday</b> <b>PLEASE REGISTER</b> <b>11 AM—1 PM pickup</b>	 Bagels on most Wednesdays

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



# JUN 2022

## Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Bagels on most Wednesdays	<b>Grab &amp; Go (G&amp;G)</b> <b>Lunch Program is</b> <b>Tues, Wed, Thurs &amp;</b> <b>Friday</b> <b>PLEASE REGISTER</b> <b>11 AM—1 PM pickup</b>	9:30 AM <b>1</b> Zumba <b>VFW</b> 10:30 AM Tai Chi <b>VFW</b> 12:30 PM BP Check 1 PM Knit/Crochet 1 PM Bottle Craft 	9:30 AM <b>2</b> Zumba 1 PM Computers <i>No Line Dancing</i>	9:30 AM <b>3</b> Pfilates 9:30 AM  Learn Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Movie/Pizza
10 AM <b>6</b> Chair Yoga <b>VFW</b> 10 AM Mahjong 11 AM Bal Yoga <b>VFW</b> 1 PM Quilt/Sew 1 PM Painting With Julia	9:30 AM <b>7</b> Meditation 12:30 PM  Bingo at <b>VFW</b> 1 PM Caregiver Support	9:30 AM <b>8</b> Zumba <b>VFW</b> 10 AM <b>Horses</b> 10:30 AM Tai Chi <b>VFW</b> 1 PM Knit/Crochet 1 PM Service Dogs	9:30 AM <b>9</b> Zumba 11 AM Line Dancing 1 PM Computers COA MTG	9:30 AM <b>10</b> Pfilates 9:30 AM Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Roger & Band
10 AM <b>13</b> Chair Yoga <b>VFW</b> 10 AM Mahjong 11 AM Bal Yoga <b>VFW</b> 1 PM Quilt/Sew 1 PM Craft with Meghan	8:30 AM <b>14</b> Ladies' Breakfast 9:30 AM  Meditation 12:30 PM Bingo at <b>VFW</b> 1 PM Caregiver Support	8:00 AM <b>15</b> Men's Breakfast 9:30 AM Zumba <b>VFW</b> 10:30 AM Tai Chi <b>VFW</b> 12 PM Estelle 1 PM Knit/Crochet 1 PM Kalifornia Karl CSFP	9:30 AM <b>16</b> Zumba 11 AM Line Dancing 1 PM Tea Party 1PM Computers	9:30 AM <b>17</b> Pfilates 9:30 AM Learn to Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Ukulele Workshop
<b>20</b>  The Senior Center is CLOSED TODAY	<b>21</b> <b>TRIP: 1000 ISLANDS</b> 9:30 AM Meditation 12:30 PM Bingo at <b>VFW</b> 1 PM Caregiver Support	<b>22</b> 9:30 AM Zumba <b>VFW</b> 10 AM <b>Horses</b> 10:30 AM Tai Chi <b>VFW</b> 1 PM Knit/Crochet 1 PM Pride Luncheon	<b>23</b> 9:30 AM Zumba 11 AM Line Dancing 1 PM Computers	<b>24</b>  Foot Doctor 9:30 AM Pfilates 9:30 AM Learn Knit 10:45 AM Drums A 11:30 AM Bridge 1 PM Father's Day Lunch at <b>VFW</b>
<b>27</b> 10 AM Chair Yoga <b>VFW</b> 10 AM Mahjong 11 AM Bal Yoga <b>VFW</b> 1 PM Quilt/Sew 1 PM - FRIENDS BBQ at the VFW! 	<b>28</b> 9:30 AM Meditation 12:30 PM Bingo at <b>VFW</b> 1 PM Caregiver Support	<b>29</b> 9:30 AM Zumba <b>VFW</b> 10:30 AM Tai Chi <b>VFW</b> 1 PM Knit/Crochet 1:30 PM Beeyondr Travel to Brazil	<b>30</b> 9:30 AM Zumba 11 AM Line Dancing 1 PM Computers	

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

## 2022 DAY and OVERNIGHT TRIPS by Citizens on Aging

**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*



**SEPTEMBER 22, 2022** FRIESIANS OF MAJESTY - Equestrian Tour and Performance in Vermont. Interact with beautiful stallions Othello and Mathijs, tour the barns, and see a captivating show! Delicious luncheon at New England House. \$105 pp includes transportation, lunch, tours/show, tax & gratuities. New England Pot Roast, Maple Apple Sage Pork Loin, or Orange Tarragon Salmon.

**OCTOBER 20, 2022** CATHEDRAL IN THE PINES - Natural Sanctuary

**DECEMBER 31, 2022** 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. At sign-up, we will need your name, address, phone, date of birth and emergency contact information.



TRAVEL  
IN STYLE



**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

## 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 to inquire about our most current inventory.

**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](http://www.bristolelder.org)

Phone: 508-675-2101 / Email: [info@bristolelder.org](mailto: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 transportation program may be able to help with emergency transportation needs. *This is program is for all Norton*

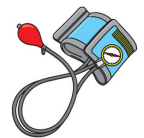
*Residents*

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 SENIOR CENTER** 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 JUNE 24, 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](mailto:dir@oldcolonyhabitat.org) [www.oldcolonyhabitat.org](http://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](http://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!  
Call GATRA for more information



## Elder Legal Services 1-800-244-9023

[www.sccls.org](http://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.

## NEW! Same Day Ride Service \$2/ride



**STARTING MONDAY, NOVEMBER 8th**

service will be expanded to include the

**Town of Norton**

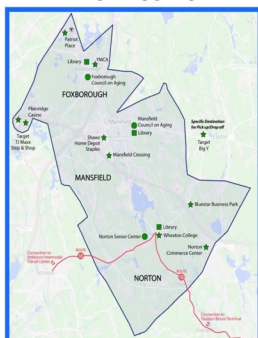
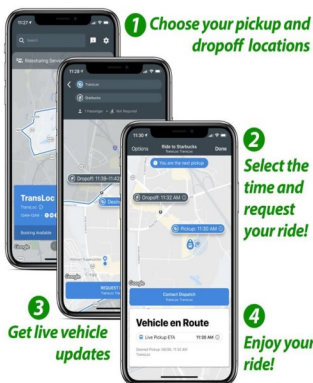
including Wheaton College

**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**

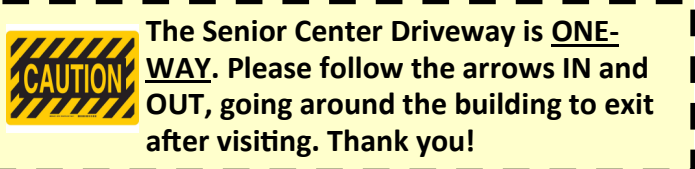
[www.gatra.org/gatra-go-connect](http://www.gatra.org/gatra-go-connect)



**CALL 508-697-1911**



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



Follow us on Facebook!

[www.facebook.com](http://www.facebook.com)

Norton Senior Center / Community Support Center



## 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+. February through April.
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.



## 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



**Prescription  
Advantage**

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

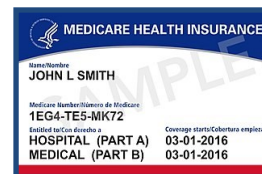
OR... call us at the Senior Center for an appointment! 508-285-0235

## 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



# OLDER AMERICANS MONTH



**AGE MY WAY: MAY 2022**

**May** is Older Americans Month (OAM) when we recognize the countless contributions that older adults make to our communities. This year's theme "Age My Way" focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

**HopeHealth**  
Community VNA

## Elder Dental Program

### Dental Screening Clinic for Seniors

Open to Massachusetts seniors aged 60+  
All attendees must be fully vaccinated and wear a mask.

**Saturday, May 14, 2022\***  
8:45 a.m. – 1:00 p.m.

HopeHealth Community VNA, 10 Emory Street, Attleboro, MA

#### Participants will:

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

**SPACE IS LIMITED – REGISTER BY MAY 11**

To schedule your free appointment call (774) 203-1326

#### For more information:

Chris Weylman, RDH  
Elder Dental Program  
Coordinator

HopeHealth Community VNA  
10 Emory Street  
Attleboro, MA 02703  
(774) 203-1326  
CWeylman@HopeHealthCo.org

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

[HopeHealthCo.org/ElderDental](https://www.HopeHealthCo.org/ElderDental)

The free dental screening clinic is funded in part by Bristol Elder Services, Inc., through contracts with the Massachusetts Executive Office of Elder Affairs, and the United Way of Massachusetts Bay & Merrimack Valley. Additional funding is provided by: Bristol County Savings Bank Charitable Foundation, Inc. • Oral Health Foundation – Pierre Fauchard Academy • Rotary Club of Attleboro • Dedham Savings • Walpole Co-Operative Bank • Delta Dental of Massachusetts • HarborOne Bank.

2/22

## THE FUEL ASSISTANCE DEADLINE HAS BEEN EXTENDED UNTIL MAY 13th!

**If you are struggling to pay  
your heating bills please call  
the Center for assistance!**

**508-285-0235**



## The Council on Aging has several openings on its Board of Directors.

It is an exciting time to be part of the board  
as we plan for the future in our new facility!

If you are interested in volunteering to be a  
member of the COA Board please call the  
Senior Center for more information

**508-285-0235**





# NORTON FOOD RESOURCES

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



Now 4 days a week! **Pick up 11 am - 1 pm.** 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](http://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  
 For 2 in household

\$2,147 max monthly income, \$8,400 asset limits (single)  
 \$2,904 max monthly income, \$16,600 asset limits (married)

## Memorial Day Parade Happenings



~**Parade** Monday, May 30th **10 AM** - All veterans are welcome to march or ride the Veteran's float  
 ~**Norton High School Assembly** Friday May 27th **8 AM**  
 ~**Free Breakfast Honey Dew Donuts for Veterans**  
 Monday May 30th **7 AM to noon** Sponsored by Marsan Upholstery and Honey Dew Donuts

## Coffee Hour with Estelle at The Center

Come chat with the Norton Veterans' Services Officer, Estelle Flett, on **Wed May 18 at 1:00 pm** or **Wed June 15 at 12:00 pm**. Estelle will be there to answer any questions you may have about Veteran's benefits.



## Upcoming Veterans Events Save the Date!



**June 6th—Circle of Flags/VFW Golf Tournament** Contact the VFW to register  
**June 19th—Norton Veteran's Council Father's Day Pancake Breakfast** 8:00 am—11:00 am—Free to all !!!  
**June 25th—Cape Cod Get-Away Raffle**  
**July 30th—Norton Veterans Council Corn Hole Tournament** Contact Bill Wilson to register a team  
**September 10th—75th Anniversary Celebration Fillmore Nason VFW 8049**

### Resources

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

### Covid-19 Vaccination

**Clinics—For Veterans, Spouses and Caregivers.**

No appointments necessary

VA Brockton Wednesdays  
 9 am—3pm

VA Jamaica Plain Mondays  
 9 am—3pm

VA W Roxbury Fridays  
 9 am—3pm



Confidential chat at [MilitaryCrisisLine.net](https://MilitaryCrisisLine.net) or text 838255



## Emergency Transportation

Is available to Veterans. Call Estelle if you are in need of a ride from the CAR program. 508 285 0274



## 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.

## Norton Veteran's Organizations

**American Legion Post #222**  
**Fillmore-Nason VFW Post #8049**

**508-285-6527**  
**508-285-3845**

Meetings are at the VFW on the first Tuesday of the month at 7 pm  
 Website [www.vfwnorton.org](http://www.vfwnorton.org) Facebook NortonVFWpost8049  
 Meetings are on the second Sunday of each month at 10:00 am

**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!*

F·R·I·E·N·D·S

## FRIENDS MEETINGS

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

**Monday May 23, 2022 - 1 PM**  
Meeting, Officers Election, Fun!

**Monday June 27, 2022 - 1 PM**  
BBQ at the VFW  
Installation of Friend's Officers

**NO meetings over the summer**  
**See you again in September 2022 !!**

## FRIENDS BBQ at The VFW (28 Summer St)

SIGN-UP IS REQUIRED



**FRIENDS members**  
**can attend the BBQ**  
**free of charge!**

**Guests are welcome**  
**\$5 each**

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

**New members are always welcome!**



# F R I E N D S

of the Norton Senior Center

## HOLIDAY REMINDERS



**We will be closed on:**

MONDAY MAY 31, 2022  
and  
MONDAY JUNE 20, 2022



Thank you to our AARP Tax Preparers who volunteered for 11 weeks here at the Center, every Tuesday from February through April. Jennifer Bigelow, Donna McBride, & Catherine Dahlgaard were our volunteers for the past 2 years!



**AARP FOUNDATION**  
**TAX-AIDE**

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*