



Norton

COUNCIL ON AGING NEWSLETTER

November / December 2022

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

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

Council on Aging

DIRECTOR

Beth Rossi

OUTREACH

Cathy Varnum

FRONT DESK

Sosie Megerdichian

BOARD MEMBERS

Ruth Schneider, Chair

MaryAnn Dempsey, Vice Chair

Kathleen Eno, Treasurer

Patricia Zwicker, Secretary

Joan DeCosta

Tom Golota

Carol Kollett

Ellen Martins

Carol McLaughlin

Paula Raneri

1 - OPEN

Board meetings are scheduled for the 2nd Thursday of each month at 3:30 PM at the Senior Center

Friends of the Norton Senior Center


meet on the 4th Monday of the month at 1:00 PM

HOLIDAYS at THE CENTER



Where Active Living Never Gets Old



It's hard to believe that we are approaching the Holiday season, but here we are! November brings us the falling leaves, cooler temperatures, and two important Holidays: Veteran's Day and Thanksgiving Day. We have many veterans here in Norton, and we are especially thankful for all those who have served, and are currently serving our country. 



We are all looking forward to Thanksgiving this year! Please let us know if you will be alone for Thanksgiving, and we will make sure you receive a home-cooked Turkey dinner. **HAPPY THANKSGIVING!**

Medicare Part D Open Enrollment is continuing through December 7. If you haven't done so already, fill out the SHINE form on the back page of this newsletter, and get it back to the Senior Center. After review, one of our SHINE counselors will contact you to discuss any beneficial changes, and will have you come in to meet with us in person, if necessary.



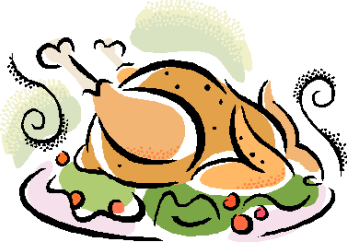
Fuel Assistance is available to those who are in need this winter. Please call us to see if you qualify, and we will help you fill out an application.

HAPPIEST OF HOLIDAYS from our Staff and Volunteers!



Beth

YOU NEED TO KNOW...



THANKSGIVING DINNERS

Thanksgiving Dinners are available for any Norton Senior or Veteran that could benefit from a homecooked meal for Thanksgiving.

THANKSGIVING BASKETS

Community partners will provide Thanksgiving Baskets to residents in need. These baskets come with all the fixings to prepare a bountiful Thanksgiving meal.

*We will take names for
Thanksgiving Baskets and
Thanksgiving Dinners
beginning on November 1, 2022*

*Please stop by or call the Senior
Center 508-285-0235
Deadline: Monday Nov 14, 2022*



Norton Fire Department

FREE BUCKETS OF SALT

Delivered to your home



**Call the Senior
Center to
Register**

508-285-0235



ANNUAL CHRISTMAS KID'S COLLECTION

We are collecting new hats, mittens, gloves, socks and pajamas for kids in need here in Norton! All sizes thru teens.



TECHNOLOGY HELP Join Tom and Kathy G. here at the Center for help with your Tech! They can help you with your phone, computer, tablet, etc. Beginners are welcome!

Please sign up for a specific time slot, or give us a call: 508-285-0235
Thursdays 1:00 PM, 1:30 PM, 2:00 PM, 2:30 PM



DROP-IN FITNESS & WELL-BEING

CHAIR YOGA at the VFW

Every Monday 10:00 AM - 11:00 AM

Instructor Renee will lead Chair Yoga. Join us for this amazing class!

Suggested donation: \$2 per class

Please note: Chair Yoga at Center Nov 14; No Chair Yoga Dec 26



BALANCE YOGA at the VFW

Every Monday 11:00 AM - 12:00 PM

Join Renee for a beneficial Balance Yoga class!

Suggested donation: \$2 per class



Please note: Bal Yoga at Center Nov 14; No Bal Yoga Dec 26

MEDITATION at the SENIOR CENTER

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

Come to Meditation and join Kelley for relaxation and peacefulness.



TAI CHI BACK at the VFW!

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

Tai Chi will help you feel steadier on your feet and improve your hand-eye coordination and balance. Kelley is our instructor. Now being held at the VFW!



ZUMBA GOLD at the SENIOR CENTER

Every Tuesday 11:15 AM - 12:15 PM \$2

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

Alba is our instructor!! Come and Zumba with us. This is a fun class with great music and vibe!



Please note: No Zumba on Nov 1, Nov 8

LINE DANCING at the SENIOR CENTER

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.



Please note: No Line Dancing on Nov 10, Nov 24

DRUMS ALIVE at the SENIOR CENTER

Every Friday 10:00 AM - 10:45 AM \$2



Drums Alive® combines fitness, drumming, music, and educational concepts to improve physical,

emotional, and social health! Kelley is a certified Drums Alive instructor.

Please note: No Drums Alive on Friday Nov 11, Nov 25

Programs held at the Norton VFW are funded by a grant from Bristol Elder Services, Inc. through a contract with the Massachusetts Executive Office of Elder Affairs.

DROP-IN ACTIVITIES / PROGRAMS

MAHJONG

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



Come and play Mahjong! We will be starting a new beginner session soon. Call us to register. Join us!

Intermediate and advanced players are welcome, and will be playing together in our "back room".

Please note: No Mahjong Monday Dec 26

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 Monday Dec 26

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 & treats! \$1/sheet for regular game



Please note: No Bingo Nov 15

Programs held at the Norton VFW are funded by a grant from Bristol Elder Services, Inc. through a contract with the Massachusetts Executive Office of Elder Affairs.

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 always have coffee/tea and pastries, AND great conversation!!!



Please note: No Knit/Crochet Wednesday Nov 23, Dec 14

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!

Please note: No Learn to Knit Friday Nov 11, Nov 25

CARDS



EVERY FRIDAY

Black Jack 10:30 AM - 12:30 PM

Cribbage will start on January 6, 2023

11:30 AM - 1:30 PM

Please note: No Blackjack Friday Nov 11, Nov 25

Please call us if you are interested in leading any card groups: Whist, Rummy, Hi-Low-Jack, Poker, Bridge

508-285-0235



WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

NOVEMBER 2022

Nov 2 Wednesday 12:30 PM free

BLOOD PRESSURE CHECK Drop in at the Center and have your Blood Pressure checked!

Nov 3 Thursday 1:00 PM free

LUNCH & LEARN Dawn DiMarco from Bristol Elder Services Nutrition department will be here to discuss Nutrition Myths and Facts

Nov 4 Friday 1:00 PM \$ donation

PIZZA & A MOVIE Come and watch Top Gun Maverick. Enjoy popcorn and pizza while we watch.



Nov 7 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with artist Julia. Julia teaches with easy step by step techniques.

Nov 8 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.

Nov 9 Wednesday 8:00 departure

MOHEGAN SUN CASINO TRIP \$35 includes bus and gratuities. Put on by the Friends of the Norton Senior Center.

Nov 9 Wednesday 10:00 AM free

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

Nov 9 Wednesday 1:00 PM free

MUSIC BINGO Musical Bingo is B-A-C-K! 50's and 60's music! Lots of fun and lots of prizes!!



Nov 10 Thursday 1:00 PM free

BEEYONDER - WWII PARIS We'll be visiting Paris, France with a live tour guide, and learn about life in Paris during the World War II Occupation. What was it really like?

Nov 11 Friday 10:00 AM free

VETERAN'S DAY —> The Senior Center is CLOSED

Join us in front of the Center to watch the Norton Veteran's Day Parade.



Nov 14 Monday 1:00 PM free

LUNCH & LEARN: NFD S.A.F.E. Program

The Norton Fire Department will be presenting their S.A.F.E. Program. Periodic review of Home Safety is very important. Join us for this very informative afternoon, and find out what "Sit with your Mitt" means!



Nov 15 Tuesday 1:00 PM

Scrabble Tournament Come play scrabble! Prize to the overall winner. There is no BINGO today, so come play scrabble at the Center instead!

Nov 16 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.

Nov 16 Wednesday 12:00 PM free

COFFEE with Estelle! Norton's Veterans' Services Officer, Estelle Flett will be at the Center to discuss Veteran's issues. She can help with ANY questions.



Nov 16 Wednesday 1:00 PM free

FLEX & STRETCH Scott will be here from Physically Fit Physical Therapy to give us tips and techniques for improving flexibility.

Nov 17 Thursday 1:00 PM free

CBD Q&A Nurse Mark will be back to answer your questions about CBD and Cannabis. Bring your questions!!



nurse MARK

Nov 18 Friday 1:00 PM \$2

PUMPKIN CRAFT WITH BETH Come and make a yarn pumpkin which will make a beautiful centerpiece for your Thanksgiving table.



Nov 21 Monday 1:00 PM free

NATURE TALK and Pumpkin Pie A local nature enthusiast will give us a look at how animals survive the winter here in New England.

Nov 23 Wednesday 10:00 AM free

HORSE ENCOUNTER Another visit with the animals at Smokey Chestnut Rescue Farm in Norton. Join us!



WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

Nov 24 & Nov 25 Thursday and Friday

The Senior Center is **CLOSED** Thursday Nov 24 and Friday Nov 25 for the Thanksgiving Holiday.



Nov 28 Monday 1:00 PM free

FRIENDS MEETING Sign up for our monthly Friends meeting! Our guest speaker is Norton's own History-buff Dan Couture with fun facts, stories and lots of laughs!

Nov 30 Wednesday 1:00 PM free

FINAL EXPENSE PLANNING Terri Pimento will be here Simplifying Life Insurance for Seniors. She will discuss how life insurance can pay for your final expenses.

DECEMBER 2022

Dec 1 Thursday 1:00 PM free

UKRAINE WAR Join us for a presentation on the Ukraine War. Let's understand what caused the war, the current situation, and what we can expect in the near future in Ukraine, Russian and the world.



Dec 2 Friday 1:00 PM free

CHRISTMAS TREE-LIGHTING PARTY Join us for our Annual Christmas Tree Lighting!! Songs, merriment, desserts, cookies and more!



Dec 5 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with us!! Artist Julia McFaun teaches painting using simple step by step techniques.

Dec 7 Wednesday 12:30 PM free

BLOOD PRESSURE CHECK Drop in at the Center and have your Blood Pressure checked!

Dec 7 Wednesday 1:00 PM free

CHRONIC PAIN STRATEGIES Scott from Physically Fit Physical Therapy is coming to discuss chronic pain. He will explain how the body works, and what you can do to relieve the pain!

Dec 8 Thursday TRIP: FRIENDS FUNDRAISER

BOSTON POPS Christmas Concert at Symphony Hall. Details & sign-up will be available soon at the Center!

Dec 8 Thursday 1:00 PM free

LUNCH & LEARN Bristol Elder Services Nutritionist will lead an informative nutrition discussion about Healthy Holiday Eating.

Dec 9 Friday 1:00 PM \$2

CHRISTMAS TREE CRAFT WITH BETH Wait until you see this craft! We will be making Christmas Trees out of magazines



Dec 12 Monday 2:00 PM - 3:00 PM free

AUDIOLOGY CLINIC At Home Hearing Healthcare will be coming on the 2nd Monday of every month (starting on December 12) to perform a hearing assessment for 4 individuals each visit. Please sign up!

Dec 13 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.

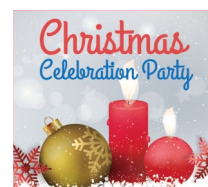
Dec 14 Wednesday 10:00 AM free

HORSE ENCOUNTER A visit to Smokey Chestnut Farm. Visit with special horses and other farm animals.



Dec 14 Wednesday Time & Ticket Price TBD

FRIENDS CHRISTMAS PARTY Join us for our Annual Christmas Party at The Chateau Restaurant! DJ Steve Bishop will be "spinning the tunes". Great food, friends and door prizes, music and dancing. Sign-up and ticket information will be available at the Senior Center.



Dec 15 Thursday 1:00 PM free

BEEYONDER - HANUKKAH TOUR Our tour guide will unfold the story of the Maccabees in a fascinating way that will us a new perspective and understanding Hanukkah. The tour includes a visit to City of David in Jerusalem.



Our give of the

Dec 16 Friday 1:00 PM free

PIZZA & A MOVIE Come and watch the funny Christmas movie, 8 Bit Christmas. We'll have popcorn and pizza, of course!

WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

Dec 19 Monday 1:00 PM free

TRIVIA WITH LARRY Come play Trivia! Larry (of Blackjack fame) will be leading us. How many trivia questions can you figure out?

Dec 21 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.

Dec 21 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!



Dec 22 Thursday 1:00 PM free

POKER TOURNAMENT Come play poker for the afternoon! Prize for overall winner.

Dec 26 Monday

The Senior Center is **CLOSED** Monday Dec 26 for the Christmas Holiday.

Dec 28 Wednesday 10:00 AM free

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

Dec 30 Friday 9:00 AM - 12:00 PM

FOOT DOCTOR By appointment only. Call the Senior Center. 508-285-0235 Insurance or \$50 fee

Dec 30 Friday 1:00 PM free

CHAIR VOLLEYBALL Come play Chair Volleyball with St. Mary's students. We are going to have a blast!!

Dec 31 Thursday BUS TRIP

NEW YEAR'S EVE AT NOON Bus trip to Boston. New Year's Eve Boston Harbor Cruise, followed by Christmas Lights sightseeing in the city!

CAREGIVER SUPPORT GROUP



**Tuesdays
1 PM - 2 PM**

This group is for 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. We are fortunate to have our group facilitated by Geriatric Consultant, Carol Betty, LPN.



All are welcome!



Thursday Dec 17th

1 PM

Come with your questions about CBD and Cannabis. Sign up at the Center to attend!

INCLEMENT WEATHER POLICY:

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



HOLIDAYS - We will be closed

Friday Nov 11	Veteran's Day
Thursday Nov 24	Thanksgiving Day
Friday Nov 25	Thanksgiving (day after)
Monday Dec 26	Christmas (observed)
Monday Jan 2	New Year's Day (observed)

PLEASE call to cancel if you cannot attend an event that you registered for. We would hate to leave an empty seat at an event that could have been filled by someone who is on the waiting list.

508-285-0235 THANK YOU

NOV 2022


Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30 AM 1 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10:30 AM 2 Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet	9:30 AM 3 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn BES Nutrition	9:30 AM 4 Learn to Knit 10:00 AM Drums A 10:30 AM Blackjack 1 PM Pizza & Movie 
10 AM 7 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Painting with Julia	8:30 AM 8 Ladies' Breakfast 9:30 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 	CASINO TRIP 9 10 AM Horses 10:30 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Music Bingo	9:30 AM 10 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Beeyonder WWII Paris, France COA MTG NO LINE DANCE TODAY	PARADE 11  The Senior Center is CLOSED TODAY
10 AM 14 Chair Yoga NSC 10 AM Mahjong 11 AM Bal Yoga NSC 1 PM Quilt/Sew 1 PM Lunch & Learn Norton Fire S.A.F.E.	9:30 AM 15 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Scrabble 1 PM Caregiver Support	8:00 AM 16 Men's Breakfast 10:30 AM Tai Chi VFW 12 PM Coffee Estelle 1 PM Knit/Crochet 1 PM Stretch & Flex CSFP	9:30 AM 17 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM CBD Q&A with Nurse Mark	9:30 AM 18 Learn to Knit 10:00 AM Drums A 10:30 AM Blackjack 1 PM Pumpkin Craft With Beth!
10 AM 21 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Nature Talk Animals in Winter	9:30 AM 22 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10 AM Horses 23 10:30 AM Tai Chi VFW 1 PM Knit/Crochet <div style="border: 1px solid black; padding: 2px; text-align: center;">CLOSING EARLY</div> NO KNIT/CROCHET TODAY	24  The Senior Center is CLOSED TODAY	25  The Senior Center is CLOSED TODAY
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 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10:30 AM 30 Tai Chi VFW 1 PM Knit/Crochet 1 PM Final Expense Planning	Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup	REMINDER: Some programs are held at the VFW . If the VFW is unavailable, NCS indicates the program will be at the Norton Senior Center.

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

DEC 2022**Norton Senior Center 508-285-0235**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: Some programs are held at the VFW . If the VFW is unavailable, NCS indicates the program will be at the Norton Senior Center.	Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup		9:30 AM 1 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Ukraine War Presentation	9:30 AM 2 Learn to Knit 10:00 AM Drums A 10:30 AM Blackjack 1 PM Christmas Tree-Lighting Party
10 AM 5 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Painting with Julia	9:30 AM 6 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10:30 AM 7 Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet 1:30 PM Chronic Pain Strategies END OPEN ENROLLMENT	POPS TRIP 8 9:30 AM Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn BES Nutrition COA MTG	9:30 AM 9 Learn to Knit 10:00 AM Drums A 10:30 AM Blackjack 1 PM Christmas Tree Craft with Beth!
10 AM 12 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 2 PM Audiology Clinic (RSVP required)	8:30 AM 13 Ladies' Breakfast 9:30 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10 AM Horses 14 10:30 AM Tai Chi VFW CHRISTMAS PARTY 1 PM Knit/Crochet CLOSING EARLY NO KNIT/CROCHET TODAY	9:30 AM 15 Zumba 11 AM Line Dancing 1 PM Tech Help 2 PM Beeyonder Hanukkah Tour	9:30 AM 16 Learn to Knit 10:00 AM Drums A 10:30 AM Blackjack 1 PM Pizza & Movie
10 AM 19 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Trivia with Larry	9:30 AM 20 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	8:00 AM 21 Men's Breakfast 10:30 AM Tai Chi VFW 12 PM Coffee Estelle 1 PM Knit/Crochet CSFP	9:30 AM 22 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Poker Tournament	9:30 AM 23 Learn to Knit 10:00 AM Drums A 10:30 AM Blackjack CLOSING EARLY
26 The Senior Center is CLOSED TODAY	9:30 AM 27 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10 AM Horses 28 10:30 AM Tai Chi VFW 1 PM Knit/Crochet	9:30 AM 29 Zumba 11 AM Line Dancing 1 PM Tech Help	9 AM 30 Foot Doctor 9:30 AM Learn to Knit 10:00 AM Drums A 10:30 AM Blackjack 1 PM Chair Volleyball New Year's Eve TRIP TOMORROW

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

2022 DAY and OVERNIGHT TRIPS by Citizens on Aging

DECEMBER 31, 2022 NEW YEAR'S EVE AT NOON - Celebrate New Year's Eve aboard the *Odyssey* on a 2-hour Boston Harbor cruise. We'll have a Champagne Toast and a "countdown" at noon! Enjoy live and DJ music, a delicious buffet, and the beautiful Boston skyline. After docking, we will tour Boston to see the festive holiday decorations. \$121 pp includes transportation, cruise, luncheon, sightseeing, tax & gratuities. **Deadline: November 28, 2022**
PLEASE NOTE: TRIP is almost booked as of this printing!



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.

PLEASE JOIN US



TRIPS by CITIZENS ON AGING Full payment and meal selection is due at sign-up.

Cash or Check, payable to Citizens on Aging *unless otherwise noted on individual Trip Flyer*

For any questions, please contact **Bob and Carol Marciano 401-536-3509**

Great trips planned for 2023!

MAY Cape May, New Jersey (4 days, 3 nights)
MAY Bee Gees Tribute at Lake Pearl, Foxboro
JUN Lancaster, PA (3 days, 2 nights)
AUG Lobster Bake & Doo-Wop Show at Fosters in York, Maine
SEPT Adirondack Balloon Festival (3 days, 2 nights)
OCT Covered Bridge Tour in Troy, New Hampshire
DEC Boston Pops!

Details on these trips
will be available soon.

Check our Trip
Information Area at
the Senior Center!

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



Is it going to start??? YES!!
 Groundbreaking has been pushed out until
 Spring 2023. We will see lots of daily changes
 once that happens.

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.

OUTREACH INFORMATION AND REFERRALS

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 (BES) offers a variety of helping programs for seniors!

Visit the BES website: www.bristolelder.org

Contact the BES Intake Department:
Phone: 508-675-2101 / Email: info@bristolelder.org

SHINE

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

Call the Senior Center to schedule an appointment.

508-285-0235

Open Enrollment ends Dec 7, 2022



EMERGENCY TRANSPORTATION

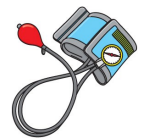
The CAR transportation program may be able to help with emergency transportation needs. *This program is for all Norton Residents.*



Call the Senior Center for more information. 508-285-0235

BLOOD PRESSURE CHECKS Free

FIRST WEDNESDAY OF EACH MONTH
12:30 PM - 1:00 PM



Drop in **AT THE SENIOR CENTER** on the 1st Wednesday of each month to get your Blood Pressure checked by the Norton Board of Health.

FOOT DOCTOR

FRIDAY DECEMBER 30 2022

\$50 Fee if no insurance Appointments: 9 am - 12 pm

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.



HEARING SCREENINGS - FREE

2nd Monday of every month, Starting in December at 2:00 PM.

Appointments are required.



Community Support & Safety

Assurance Wireless 1-888-321-5880

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 call 1-888-321-5880, apply online at assurancewireless.com or call the Senior Center for help! 508-285-0235



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.



GATRA TRANSPORTATION OPTIONS

MAIN # 508-823-8828

Dial-A-Ride

Must call 24 hours in advance **Norton, Taunton, Attleboro**

\$1.75 one-way

\$1.50 one-way (10-ride pass for \$15 purchase @Senior Center)

774-226-1219 or 508-823-8828

MedWheels

Must call 48 hours in advance **Out of town**

Donation request will be mailed to you after your ride

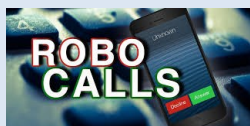
774-226-1252 or 508-823-8828 X252

Gatra Go

Same Day Service **Norton, Mansfield, Foxboro (& small part of Plainville)**

On Demand —> Call when you need a ride!

\$2 one-way 508-697-1911



Please expect occasional **robo-calls** to inform you of what's happening at the Center.

This is our best way to let you know of any changes to our programs.

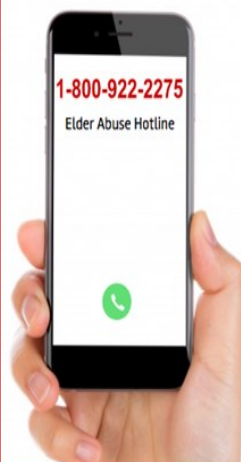
Note: You have to wait several seconds to hear the message!



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center



REPORT ELDER ABUSE

1-800-922-2275

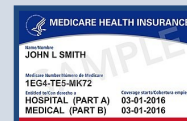
Operating **7** days a week **24** hours a day.

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

CAUTION
FOLLOW
INSTRUCTIONS!

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

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 here at the Senior Center to assist you. **Call us to make an appointment: 508-285-0235**

Social Security office is located at 106 Pleasant Street, Attleboro, MA 02703

Please call to schedule an appointment, as this office is currently not taking in walk-ins.

Social Security phone number: 1-888-655-6469

OPEN ENROLLMENT OCT 15 - DEC 7

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



Our **Shine Open Enrollment Review Form** is on Page 17 of this newsletter.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should have recently received an information packet from **your plan**. It is important to **understand** and **save** this information: it explains the changes in your plan for 2023.

Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Medicare Open Enrollment is the only time the majority of Medicare recipients can change their plans for the next year.



SHINE Counselors will help you understand **your plan** changes as well as **other options** you may have. **Fill out a Shine Open Enrollment Review Form** and drop

it off at the Senior Center for us to review. We'll call you to discuss your plan and set up an appointment, if necessary.

Are you struggling to make ends meet?

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. Call us if you need to talk with our SHINE/Medicare Counselors.
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, Gatra-Go and Community Access to Rides (CAR) are low cost / free

HEATING ASSISTANCE

If you received Fuel Assistance in the past, you should have already receive a re-certification application for the 2022-2023 season in the mail. Fill it out & return to Self Help as soon as possible.

New applicants: Call us to find out how to apply! 508-285-0235 This is an income eligible program.




FY 2022 Home Energy Assistance Program Income Eligibility



Number in Household	60% of Estimated State Median Income	4 Week Gross Income
1	\$40,951	\$3,150
2	\$53,551	\$4,119
3	\$66,151	\$5,088
4	\$78,751	\$6,057
5	\$91,351	\$7,027
6	\$103,951	\$7,996





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: \$2265/mo for 1 person, \$3051/mo for 2 people, etc.

- Grab & Go Meals at the Senior Center - Tues, Wed, Thurs, Fri** - Norton Residents age 60+
 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 *If you don't drive, delivery can be arranged*

- Commodities Supplemental Food Program CSFP** - Income eligible program for Residents age 60+
 This is a monthly brown-bag program (groceries, fresh fruits & vegetables) the 3rd Wednesday of every month. Call the Senior Center to confirm eligibility and apply *For residents age 60+ meeting these gross monthly income guidelines:*
 Household Size of: 1 (\$1473), 2 (\$1984), 3 (\$2495)
 
- 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
 
- Food N' Friends - Daily Church Suppers** - Free for All Residents
 All Meals are available to anyone from Norton and surrounding towns
 ♦ Call 508-222-2933 for days and times or swing by the center to pick up a schedule

Need Help Shoveling Your Walkway?

The Senior Center in partnership with Norton Public Schools and the Norton Fire Department, will try to help.

Call the Senior Center to Register!

508-285-0235



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

\$2,265 max monthly income, \$8,400 asset limits (single)

For 2 in household

\$3,052 max monthly income, \$16,600 asset limits (married)



Wreaths Across America

December 17, 2022 12:00 pm

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

Donations are accepted throughout the year. Upcoming fundraiser at Goat City Pub on November 7, 2022

****ticket/coupon needed****



Meals/Baskets for Thanksgiving and

Christmas are available for veterans. Please call the Veterans Office to sign up.



The Circle of Flags/Debbie Cameron Memorial 5K

Fun Walk/Run 11/6/2022 at Norton Middle School

Registration at 9:00 am. Walk/Run starts at 10:00 am.

Lunch after at the VFW 12:00 pm ****updated details****

Pearl Harbor Remembrance Day Sunday, December 7, 1941
 "A Day Which Will Live in Infamy" President F. D. Roosevelt.
 The Attack on Pearl Harbor lasted almost 2 hours resulting in the death of more than 2,400 Americans including civilians.
 This was the start of the United States involvement in WWII.

Reminder: The VA encourages you to see your PCP once a year and remember you do not have to give up your private PCP, you get to keep both. If are not enrolled at the VA call the Veterans Office to see if you are eligible.

FREE BREAKFAST
 for
VETERANS
 Sponsored by
MARSAN'S UPHOLSTERY
 and
HONEYDEW DONUTS
NOV. 11th
7:00 am - Noon

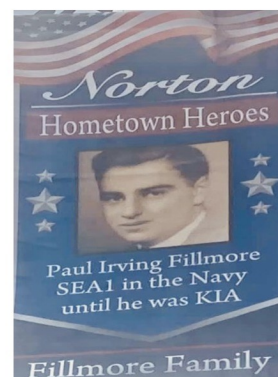
VETERAN'S DAY
Parade
NOVEMBER 11, 2022
 10:00 am
 Begins at Henri A Yelle School

LET US CELEBRATE
Veterans Appreciation Luncheon
 ~Thursday, November 10, 2022 12:00 pm
 ~ VFW Post #8049 38 Summer St Norton
 ~ Buffet, salad, desserts, and beverages
 ~Seating is limited. RSVP by November 1, 2022
 Norton Veterans' Office (508) 285 0286
 or (508) 285 0274.

Honoring Our Heroes

<https://honoringourheroes.net>

Email kaitlyn@honoringourheroes.net



Norton Veteran's Organizations

American Legion Post #222 508-285-6527 Fillmore-Nason VFW Post #8049 508-285-3845

Norton Veterans' Council 508-285-0274

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

1:00 PM at the Center!

Nov 28, 2022	Dan Couture
Dec 14, 2022	Christmas Party
Jan 23, 2023	Bomb-sniffing Dogs

Future Meetings (2023):

Feb 27, Mar 27, Apr 24,
May 22, Jun 26 (BBQ @VFW)
No meetings July or August

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



MOHEGAN Casino Trip

\$35 Due Nov 2

8 am departure

5 pm return

Wed Nov 9, 2022

Sign up at the Senior Center (at the Friends Info area near the Coffee Cart). \$35 holds your spot on the bus! Don't miss this FUN DAY TRIP!

FRIENDS ANNUAL CHRISTMAS PARTY

Chateau Restaurant

Wednesday Dec 14, 2022

DJ Steve Bishop will entertain us with great music. Be sure to wear your dancing shoes!!

let's
**MINGLE &
JINGLE**

FRIENDS Boston Pops

Fundraiser



Christmas Concert
at Symphony Hall

**Thurs
Dec 8**

Details & Sign-up Info will be available soon at the Senior Center!

More information about The Friends Christmas Party will be available soon. You'll have to stop by the Center to sign up (including payment) for your Christmas Party Ticket. All are welcome!

Dinner, Entertainment,
Dancing, Door Prizes,
Friends & Fun!



A BIG "THANK YOU" TO GOAT CITY PUB for partnering with us to raise funds for the Norton Senior Center!

Thank you ALL for a great fundraiser; your donations and support are very much appreciated!



PART D OPEN ENROLLMENT REVIEW FORM

➡ **Norton Senior Center** ⬅

Medicare Open Enrollment October 15, 2022 – December 7, 2022

Insurance and Drug Plan Open Enrollment Intake and Review:

- ◆ Please fill out this intake form and return it to the Norton Senior Center by mail (P.O. Box 552, Norton, MA 02766) or use the secure Drop Box at the Senior Center back door. **We will call you after we have completed your drug search, and will then schedule an appointment for you to come in to the Center.**
- ◆ You **DO NOT** need to fill out and submit this form if your drug coverage is included in your HMO or PPO plan, or if you have a retiree insurance plan.

Name _____ Phone _____ D.O.B. _____

Address _____ Norton, MA 02766

Name of current drug plan: _____ Pharmacy: _____

Do you have a Supplement / Medigap Plan? _____

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

Medicare.gov Account Info: Username: _____

Password: _____

LIST YOUR PRESCRIPTION MEDICATIONS:

NAME OF DRUG (as it appears on bottle)

STRENGTH

DOSAGE

Example: Lipitor

Example: 10 mg

Example: Twice Daily

Friends of the Norton Senior
P.O. Box 623
Norton, MA 02766

NONPROFIT ORG
US POSTAGE PAID
TAUNTON, MA
PERMIT NO 100

Please let us know if your address has changed
coa@nortonmaus.com
508-285-0235

MEDICARE OPEN ENROLLMENT OCT 15 - DEC 7

- (1) FILL OUT THE SHINE REVIEW FORM on page 17**
- (2) BRING/MAIL FORM TO NORTON SENIOR CENTER**
- (3) OUR SHINE COUNSELORS WILL REVIEW YOUR PLAN**
- (4) WE WILL CALL YOU TO DISCUSS**

We will not be making appointments for Open Enrollment Medicare discussions until we have received your form and researched your medication plan.

All plan changes will be in affect for January 2023