



Norton

COUNCIL ON AGING NEWSLETTER

September / October 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

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MaryAnn Dempsey, Vice Chair

Kathleen Eno, Treasurer

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Joan DeCosta

Carol Kollett

Ellen Martins

Carol McLaughlin

Paula Raneri

2 Alternates—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


EARLY FALL at THE CENTER



Where Active Living Never Gets Old



There is something special about September...

It seems that the moment the calendar page turns, the days and nights become cooler and there is a crispness in the air. Welcome to our fall edition of the Center newsletter. We are excited about our events this fall, and hope you will join us as we host some awesome guests talking about some very interesting topics! 

September is **National Senior Center Month**, and the message for 2022 is "Strengthening Community Connections". Senior Centers are vital to the health and well-being of older adults. Staying connected to our Norton Community is something we strive for every day - offering information, opportunities & support!

Celebrating September as
National Senior Center Month



It's Open Enrollment time. If you have a Medicare Part D plan, then we should review your plan with you during this once-a-year opportunity. Our SHINE counselors are ready to help!



Fill out the SHINE form on the back page of this newsletter, and get it back to the Senior Center. We'll contact you to discuss any beneficial changes, and/or will have you come in to meet with us in person.



Beth

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: No Chair Yoga Monday Sept 5, Oct 10

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: No Balance Yoga Monday Sept 5, Oct 10

MEDITATION at the SENIOR CENTER

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

Kelley is back! Come to Meditation for relaxation and peacefulness.



TAI CHI at the SENIOR CENTER

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.



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!



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.



DRUMS ALIVE at the SENIOR CENTER



Drums Alive® combines fitness, drumming, music, and educational concepts to improve physical, emotional, and social health! Kelley is a certified Drums Alive instructor.

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

NOTE NEW TIME!

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.

YOU NEED TO KNOW...



Get your flu shot at the Senior Center
Monday October 24 1 PM - 2 PM
 Appointments Required
 Call to Register 508-285-0235
 Please bring your Medicare or Insurance Card



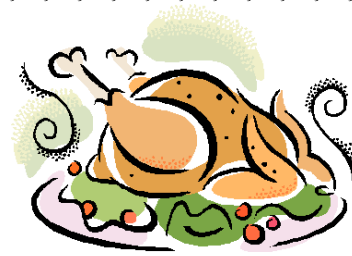
CAREGIVER SUPPORT GROUP



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!



THANKSGIVING DINNERS

We are happy to be able to offer a Thanksgiving Dinner to any Norton Senior or Veteran that could benefit from a homecooked meal for Thanksgiving.

THANKSGIVING BASKETS

We are fortunate to have community partners that will provide Thanksgiving Baskets to those in need in Norton. These are ready-to-cook at your home.

*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*

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

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 on September 12. Join us!

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

Please note: No Mahjong Monday Sept 5, Oct 10

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 Sept 5, Oct 10

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



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!!!



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!

CARDS -free



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

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

Black Jack -Learn to Play like a pro before our next Casino Trip

Tuesdays Sept 6 and 13 at 1:00 PM

Friday Sept 9 10:30 AM

We are looking for a person or group to lead our card players. Whist? Hi-Low-Jack? Black Jack? Rummy? Or even for Cribbage! Please call us if you are interested.

508-285-0235



WHAT'S HAPPENING in SEP/OCT

Please sign up at the Senior Center for all activities

SEPTEMBER 2022

Sept 2 Friday 1:00 PM free

DROP-IN Come on by, and say "Hi!" No formal activity planned for this first Friday in September, but feel free to stop on in to keep cool and chit-chat.

Sept 7 Wednesday 12:30 PM free

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



Sept 7 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. Great class - don't miss!

Sept 8 Thursday 2:30PM free

BEATLES in SWINGING LONDON We'll be watching a Beeyonder Virtual Tour with a live tour guide. Join us as we enjoy some British tea and cookies, and visit "across the pond" with the Beatles!

Sept 9 Friday 1:00 PM donations

PIZZA & A MOVIE A favorite activity!! Come and watch Where the Crawdads Sing. Enjoy popcorn and pizza while we watch.



Sept 12 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with Julia. Always a relaxing and creative (easy!) afternoon.

Sept 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.

Sept 14 Wednesday 8:00 departure

ENCORE CASINO TRIP Good luck \$\$\$ to those on the Encore Casino Bus Trip! \$35 includes \$20 game play. Put on by the Friends of the Norton Senior Center.



Sept 14 Wednesday 10:00 AM free

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

Sept 14 Wednesday 1:00 PM free

CHOOSING SENIOR LIVING 2Sisters will be talking about how to choose senior living. We'll learn about the steps to take to prepare and choose for the future.

Sept 16 Friday 1:00 PM free

RAGTIME JACK Ragtime Jack Radcliffe will be here to entertain us with his fun music. Wait until you see him play the piano! You don't want to miss this!!

Sept 19 Monday 1:00 PM free

REVERSE MORTGAGES David Tourtillott will be here to educate us on Reverse Mortgages. Very informative! Come with all your questions.

Sept 21 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.

Sept 21 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.



Sept 21 Wednesday 1:00 PM free

DECLUTTERING 101 Annalise Thompson is a Certified Organizational Specialist. Who knew there was such a thing?? Come learn something new - Come for a fun afternoon!!



Sept 22 Thursday BUS TRIP

FRIESIAN OF MAJESTY Bus trip to beautiful Vermont. Equestrian Tour, show, lunch, & more!

Sept 22 Thursday 11:00 AM—1:00 PM

CONSTITUENT SERVICES REPRESENTATIVE Stephanie Gray is representing the Office of Congressman Jake Auchincloss. Come with your concerns and questions!

Sept 15 Thursday 1:00 PM free

LUNCH & LEARN Bristol Elder Services will be here with lunch! We'll have an informative talk about Senior services, and time for questions/answers.



Sept 23 Friday 1:00 PM \$2

CRAFT WITH GERRY Come and make some beautiful framed wall art. This will be a fun afternoon!!



WHAT'S HAPPENING in SEP/OCT

Please sign up at the Senior Center for all activities

Sept 26 Monday 1:00 PM free

FRIENDS MEETING Sign up for our monthly Friends meeting. We'll have Friends-favorite Jay Elias here with one of his amazing presentations.

Sept 28 Wednesday 10:00 AM free

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



Sept 28 Wednesday 1:00 PM free

MEDICARE 101 Our very own Medicare experts, Beth & Cathy, will explain Medicare and what options you have when you turn 65, and each year beyond.

Sept 30 Friday 1:00 PM free

Kalifornia Karl One of our favorite entertainers!! This will be a fun Friday!! KK will be "IN THE HOUSE".

OCTOBER 2022

Oct 3 Monday 1:00 PM free

NURSE MARK Every wonder about CBD? Nurse Mark will be here to tell us about Cannabis!! Learn history, the current cannabis scene, and how it works in the body.

Oct 3 Monday ALL DAY

FRIENDS FUNDRAISER Plan on lunch and/or dinner at GOATCity Pub. The FRIENDS will receive 20% of all purchases!! Don't forget a ticket!

Oct 5 Wednesday 12:30 PM free

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

Oct 5 Wednesday 1:30 PM free

A WALK IN THEIR SHOES The Residence of Great Woods will present this powerful program about memory illness, by "walking in their shoes".

Oct 6 Thursday 1:00 PM free

LUNCH & LEARN Bristol Elder Services will be here again with lunch! We'll have an informative talk about Senior services, nutrition, and time for questions/answers.

Oct 7 Friday 1:00 PM free

BASEBALL CORNHOLE We found a new cornhole game to play with a baseball theme! Come join in!!

Oct 11 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.

Oct 12 Wednesday 10:00 AM free

HORSE ENCOUNTER A visit to Smokey Chestnut Farm with Beth! Visit with special horses & friends.

Oct 12 Wednesday 10:30 AM free

TOUR OF MILAN, ITALY We'll be watching a Beeyond Virtual Tour of Milan together with a live tour guide. We'll have Italian goodies, of course!!

Oct 13 Thursday 1:00 PM free

SENIOR SELF DEFENSE The Martial Arts Connection (TMAC) in Norton will be here to show us some safety moves!

Oct 14 Friday 1:00 PM free

PIZZA & A MOVIE Come and watch Mr. Malcolm's List, a beautifully-photographed period drama. We'll have popcorn and pizza, of course!

Oct 17 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with Julia. Julia will show us how make a beautiful picture using easy techniques.



Oct 19 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.



Oct 19 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.

Oct 19 Friday 1:00 PM free

COOKING WITH PAULA A new activity with our lovely Paula! Have you tasted her cooking?? Come and learn from the BEST. Class size limited to 10.

Oct 20 Thursday BUS TRIP

CATHEDRAL OF THE PINES Bus trip to beautiful New Hampshire. Cathedral visit, lunch & shopping!

Oct 20 Thursday 1:00 PM free

FALL PREVENTION Meredith P. is leading a program on preventing falls. We can always learn something new!

**Oct 21 Friday 1:00 PM \$2**

CRAFT WITH GERRY Gerry will be here to lead in another fun craft. Come and create!!

Oct 24 Monday 1:00 PM free

FLU CLINIC Call us to make a reservation for your annual Flu Shot! Bring your insurance card please.

Oct 26 Wednesday 10:00 AM free

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

Oct 27 Thursday 1:00 PM free

HOME SAFETY Meredith is continuing her safety program - this time focusing on home / yard safety.

Oct 28 Friday 9:00 AM - 12:00 PM

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

Oct 28 Friday 1:00 PM free

MUSIC PERFORMANCE Davis Bates will entertain us with Halloween songs and stories! Don't miss this!!
Supported by a grant from the Norton Cultural Council

Oct 31 Monday 1:00 PM free

FRIENDS MEETING & HALLOWEEN PARTY

Our monthly Friends meeting... followed by a

Halloweeeeeeeee Party!!!

Prizes for the best costumes!



Salvation Army School Supply Collection

Thank you for your generous donations! We collected school supplies to fill 60 backpacks to give to those in need in our community.

We will be closed

**Monday Sept 5
Labor Day**



**Monday Oct 10
Columbus Day**



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

FUEL ASSISTANCE

Start Planning Now!

If you received Fuel Assistance in the past, you will receive a re-certification application in the mail by mid-September. Fill it out and return it to Self Help as soon as possible.

If you do not receive a re-certification application, or if you could benefit from Fuel Assistance, please call the Senior Center in NOVEMBER to apply.

FY 2022 Home Energy Assistance Program Income Eligibility

Self Help Inc. Programs & Services to Help Families & Individuals Thrive		
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



nurse MARK

Cannabis seems to be everywhere these days.

Everyone is talking about it. Is it as good as they say it is? Does it actually work to alleviate all the issues folks claim it does?

One thing is for sure ... there is a lot of misinformation out there.

Come spend some time with a Certified Cannabis Nurse - **nurseMARK** - and get the real story. From the history, to the current state of the cannabis scene, to how it works in the body. This free event will leave you much more informed on the latest information on cannabis and, more specifically, CBD.

Health | Happiness | Cannabis
















nurseMARK, aka Mark Worster, is a Cannabis Nurse working passionately to educate people on the responsible use of cannabis related products from a health and wellness perspective. **nurseMARK** is currently enrolled in the only MS in Cannabis Science and Therapeutics program in the world at the University of Maryland School of Pharmacy.

**Free presentation - Norton Senior Center
October 3rd at 1PM**

SEPT 2022


Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grab & Go (G&G) Lunch Program is Tues, Wed, Thurs & Friday PLEASE REGISTER 11 AM—1 PM pickup		9:30 AM 1 Zumba 11 AM Line Dancing 1 PM Tech Help 	9:30 AM 2 Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Drop In
 5  The Senior Center is CLOSED TODAY	9:30 AM 6 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support Black Jack	10:30 AM 7 Tai Chi 12:30 PM BP Check 1 PM Knit/Crochet 1 PM Stretch & Flex 	9:30 AM 8 Zumba 11 AM Line Dancing 1 PM Tech Help 2:30 PM Beeyonder London Beatles  COA MTG	9:30 AM 9 Learn to Knit 10:00 AM Drums A 10:30 AM Black Jack 11:30 AM Bridge 1 PM Pizza & Movie 
10 AM 12 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Painting with Julia 	8:30 AM 13 Ladies' Breakfast 9:30 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support Black Jack	CASINO TRIP 14 10 AM Horses 10:30 AM Tai Chi 1 PM Knit/Crochet 1 PM Senior Living Options 	9:30 AM 15 Zumba 11 AM Line Dancing 1 PM Tech Help	9:30 AM 16 Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Ragtime Singer 
10 AM 19 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Reverse Mortgage Info	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 12 PM Coffee Estelle 1 PM Knit/Crochet 1 PM Decluttering 101 CSFP	TRIP 22 9:30 AM Zumba 11 AM Line Dancing 11 AM - 1 PM Achincloss Rep 1 PM Tech Help Lunch & Learn - BES	9:30 AM 23 Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Craft with Gerry
10 AM 26 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Friends Mtg	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 1 PM Knit/Crochet 1 PM Medicare 101 	9:30 AM 29 Zumba 11 AM Line Dancing 1 PM Tech Help	9:30 AM 30 Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Kalifornia Karl 

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

OCT 2022

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM Chair Yoga VFW 3 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Nurse Mark CBD GOAT CITY PUB Fundraiser ALL DAY	9:30 AM 4 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10:30 AM 5 Tai Chi 12:30 PM BP Check 1 PM Knit/Crochet 1:30 PM A Walk in Their Shoes	9:30 AM 6 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Bristol Elder Services 	9:30 AM 7 Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Baseball Cornhole
10  The Senior Center is CLOSED TODAY	8:30 AM 11 Ladies' Breakfast 9:30 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Supp.	10 AM Horses 12 10:30 AM Tai Chi 10:30 AM Beeyonder Milan, Italy 1 PM Knit/Crochet	9:30 AM 13 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Senior Self Defense COA MTG	9:30 AM 14 Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Pizza & Movie 
10 AM 17 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Painting with Julia	9:30 AM 18 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	8:00 AM 19 Men's Breakfast 10:30 AM Tai Chi 12 PM Coffee Estelle 1 PM Knit/Crochet 1 PM Cooking with Paula CSFP	TRIP 20 9:30 AM Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Fall Prevention	9:30 AM 21 Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Craft with Gerry 
10 AM 24 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Corn Hole 1 PM Flu Clinic	9:30 AM 25 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	10 AM Horses 26 10:30 AM Tai Chi 1 PM Knit/Crochet	9:30 AM 27 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Home Safety	9 AM  28 Foot Doctor 9:30 AM Learn to Knit 10:00 AM Drums A 11:30 AM Bridge 1 PM Davis Bates Music Performance
10 AM 31 Chair Yoga VFW 10 AM Mahjong 11 AM Bal Yoga VFW 1 PM Quilt/Sew 1 PM Friends Mtg + Halloween Party				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

2022 DAY and OVERNIGHT TRIPS by Citizens on Aging

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. **Deadline: August 22, 2022**

OCTOBER 20, 2022 CATHEDRAL OF THE PINES - Enjoy beautiful fall foliage in the Granite State as we travel to Rindge, NH and visit Cathedral of The Pines natural sanctuary. We'll enjoy a scrumptious lunch at East Hill Farm in Troy, NH near Mount Monadnock, and then continue sightseeing with visits to Smith's Country Cheese Shop, and the Red Apple Farm Stand. \$91 pp includes transportation, lunch, sightseeing, tax & gratuities. **Deadline: September 19, 2022**



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**



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**

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 are getting closer!! There's been a LOT of behind-the-scenes activity as we plan for our new Center. Thank you for your support and patience as we proceed.

GROUNDBREAKING THIS FALL!!

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 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 starts Oct 15, 2022



EMERGENCY TRANSPORTATION

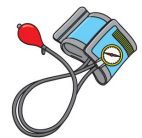
The CAR transportation program may be able to help with emergency transportation needs. *This program is for all Norton Residents.*



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

BLOOD PRESSURE CHECKS

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 staff. *Free*

FOOT DOCTOR

Appointments: 9 am - 12 pm



FRIDAY OCTOBER 28, 2022

\$50 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 & 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.

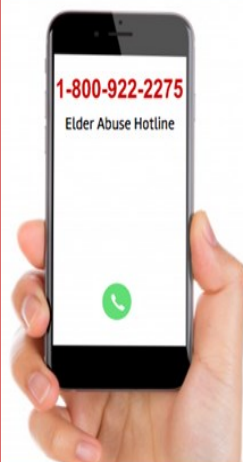
Note: You have to wait several seconds to hear the message!



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center



REPORT ELDER ABUSE

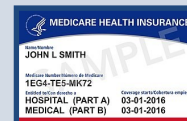
1-800-922-2275

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

COST SAVINGS Strategies

TIP #1 from SHINE

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

* Primary residence and one vehicle are not counted

If you have questions about these programs, contact a SHINE counselor at the Norton Senior Center.

508-285-0235

You can apply any time and reap big savings!



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



OPEN ENROLLMENT It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2023. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors will help you understand **your plan** changes as well as **other options** you may have. **Fill out a Shine Open Enrollment 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 and in-person or phone appointment, if necessary.

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

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, and Community Access to Rides are low cost / free programs designed to help with transportation needs.
9. **Emergency Assistance** - Call us. We will work to help you with whatever you may be struggling with.



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

Norton Senior Center/Community Support Center

STEP 1: DECLUTTER

September 21, 2022 @ 1pm
55 W. Main St, Norton, MA



HOW?

WHAT?

WHY?

Learn the strategies of winning Black Jack before our next casino trip!



Tuesday 9/6 and 9/13 1:00 PM, and

Friday 9/9 10:30 AM

Register Early to Secure a Spot!!!

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

The Veterans' Services Office has resources to help veterans and their families in need of extra help. Call the office if you need any assistance!

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)



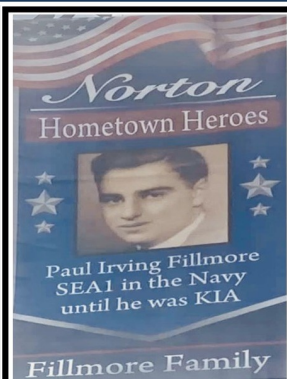
Honoring Our Heroes

To apply for a banner, visit:

<https://honoringourheroes.net>

Email kaitlyn@honoringourheroes.net

Or call the Norton Veterans' Office



Flag disposal boxes are located at the Norton VFW and the Norton Police Station

Vietnam Veterans

Are You Taking Advantage of All That You Earned?

If you aren't already using your VA care services consider the following!

- Highest rated quality care
- Shorter wait times (on average)
- No premiums! No deductibles!
- No need to give up current health care plans

★ The more Veterans that use VA care now, the stronger it is for future generations!

★ Already using your benefits? Make life better for a fellow Vet and Pass It On!



Upcoming Events

~VFW 75th Anniversary Celebration 9/10/2022
 12:00-5:00 pm.

~The Debbie Cameron Memorial 5K Walk/Run 11/6/2022 at NMS.
 Registration at 7:30 am. Walk/Run starts at 9:00 am. Lunch after at the VFW 12:00 pm

~Veterans' Day Parade 11/11/2022 10:00 am. All are welcome.

~Veterans' Appreciation Lunch November 10, 2022. Limited seating. RSVP required.

FREE BREAKFAST
 for
VETERANS

Sponsored by
MARSAN'S UPHOLSTERY
 and
HONEYDEW DONUTS

NOV. 11th

7:00 am - Noon

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

Meetings are at the VFW on the first Tuesday of the month at 7 pm
 Website www.vfwnorton.org Facebook NortonVFWpost8049

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 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!

Sep 26, 2022 Jay Elias
Oct 31, 2022 Halloween Party
Nov 28, 2022 Dan's Caravan

2023 Meetings:

Jan 23, Feb 27, Mar 27, Apr 24,
May 22, Jun 26 (BBQ @VFW)
No meetings July or August

Friends Membership Dues

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

GOATCity Pub Fundraiser

Monday October 3, 2022

Come and enjoy a delicious meal, and support the Friends at the same time. 20% of your bill will be donated to the Friends of the Norton Senior Center!

11:30 AM - 9:00 PM

Don't forget to bring your ticket (paper ticket or a photo on your phone)

Donations of wine/liquor bottles for our raffle are welcome!

20%
DONATED
PRESENT TICKET
DURING YOUR VISIT



3 OCTOBER, 2022

DINE-IN OR TAKEOUT

184 W MAIN ST NORTON MA

508-622-1892

TICKETS MUST BE DISTRIBUTED
BEFORE EVENT DAY

FRIENDS OF THE
NORTON SENIOR CENTER



ENCORE
Casino Trip **\$35**

Wed. Sept 14, 2022

8 am departure

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!

F R I E N D S

of the Norton
Senior Center

SAVE THE DATES

> Halloween Party Monday Oct 31

> Christmas Party at Chateau Restaurant Wednesday Dec 14



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