



# Norton

COUNCIL ON AGING NEWSLETTER

January / February 2023

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](mailto:coa@nortonmaus.com)

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

## WINTERTIME at THE CENTER



*Where Active Living Never Gets Old*

**Welcome 2023!** It's time to ring in the new year. This is going to be a good one - we can't wait for the start of our new Senior and Community Support Center, and look forward to watching the progress once it gets going.



We wish you a new year of good health and happiness. We'd love to see you here at the Center. Stop by for a cup of coffee, and some conversation! Sign up for some of our afternoon activities while you are visiting. We have exercise/wellness programs every morning at the Center (or at the VFW). Drop in! And... be sure to sign up for some of our afternoon activities.

A new year is typically the time for resolutions - turn the focus on YOU, and make a goal to stay healthy and stay safe this coming year. PARTICIPATE! COME AND HAVE FUN WITH US! We've got some great Lunch & Learn programs coming up that you won't want to miss. Come have lunch, socialize, meet new friends and learn a thing-or-two about health and wellness.



Beth 

# YOU NEED TO KNOW...

## HOLIDAYS - We will be closed

Monday Jan 2      New Year's Day (observed)  
 Monday Jan 16      Martin Luther King Jr Day  
 Monday Feb 20      Presidents' Day

## INCLEMENT WEATHER POLICY:

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



## TAX PREPARATION SERVICES RETURNING TO THE NORTON SENIOR CENTER

**AARP FOUNDATION  
TAX-AIDE**

### 2022 TAX YEAR

**WEDNESDAYS    February 1, 2023 through April 12, 2023**

We are pleased to once again welcome the tax preparers from the **AARP Foundation Tax Aide program**, which provide free tax preparation and filing services for low and moderate income Seniors. This service is provided by appointment only, and is for Norton Senior residents with simple tax returns.

**Please stop in, or call the Senior Center for an appointment: 508-285-0235**

*We will start to schedule appointments beginning on Wednesday January 11th*



Once an appointment has been scheduled, you will need to come in to the Center and pick up an AARP Intake form, along with instructions for your appointment.



When you come for your tax preparation appointment you must have your 2022 Intake form completed and all your tax documents opened and organized. You should also bring your prior year (2021) tax return. If you need a tax return completed for a prior year you must schedule a separate appointment for that year.



### SMOKEY CHESTNUT RESCUE FARM

For the winter, we will be putting our farm visits on-hold. We hope to start back up in the spring as soon as the weather cooperates!!    2nd & 4th Wednesdays of each month



### YOGA and TAI CHI DAY & TIME CHANGES

**Chair Yoga, Balance Yoga & Tai Chi**  
 Now on **WEDNESDAYS** at the Norton VFW  
*(See page 3 for details)*

**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**

NEW DAY &amp; TIME

**CHAIR YOGA at the VFW****Every Wednesday 9:30 AM - 10:30 AM**

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

*Suggested donation: \$2 per class*

**GET FIT**  
**While You Sit**

NEW DAY &amp; TIME

**BALANCE YOGA at the VFW****Every Wednesday 10:30 AM - 11:30 PM**

Join Renee for a beneficial Balance Yoga class!

*Suggested donation: \$2 per class*

**MEDITATION at the SENIOR CENTER****Every Tuesday 9:30 AM - 10:15 AM \$2**

Come to Meditation and join Kelley for relaxation and peacefulness.



NEW TIME

**TAI CHI at the VFW****Every Wednesday 11:30 AM - 12:15 PM**

Tai Chi will help you feel steadier on your feet and improve your hand-eye coordination and balance. Kelley is our instructor. Join us!



*Suggested donation: \$2 per class*

*Please note: No Tai Chi on Jan 4*

**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 January 3*

**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 January 26*

**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.

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 Jan 2, Jan 16, Feb 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 Jan 2, Jan 16, Feb 20*

## 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!

**Are you interested in learning Needlework? Let us know!! We have an instructor that would love to lead a group. Call the Senior Center 508-285-0235.**

## CARDS



**EVERY FRIDAY**

**Bridge 11:30 AM - 3:30 PM**

**Cribbage 11:30 AM - 1:30 PM**

**Blackjack On-hold until further notice**

*Please call us if you are interested in leading any card groups: Whist, Rummy, Hi-Low-Jack, Poker, etc. 508-285-0235*



# WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities

## JANUARY 2023

**Jan 2 Monday**

### NEW YEAR'S DAY OBSERVANCE

The Senior Center is CLOSED today



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

**BLOOD PRESSURE CHECK** Drop in at the Center and have your Blood Pressure checked by Nurse Carol.



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

**PAINTING WITH JULIA** Come and paint with artist Julia. Julia teaches with easy step by step techniques. Join us for a relaxing afternoon.



**Jan 9 Monday 2:00 PM - 3:00 PM free**

**AUDIOLOGY CLINIC** At Home Hearing Healthcare will be for Hearing Screenings. They'll even clean your hearing aids! Appointments required.

**Jan 10 Tuesday 8:30 AM \$ self pay**

### 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.



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

**DECLUTTERING 101** Annalise will be here from The Organized Kitchen. This is Part 2: Paper decluttering.

**Jan 12 Thursday 11:00 AM free**

**REP ACHINCLOSS REPRESENTATIVE** Stephanie from Representative Achincloss's office will be here to meet with you, one-on-one.

**Jan 12 Thursday 1:00 PM free**

**LUNCH & LEARN** Hope Health (Community VNA) will be here with an informative presentation about Senior Healthcare options.



**Jan 13 Friday 10:00 AM free**

### ARTS & CRAFTS New Craft Leader

Debbie Deitch will be here! We will be making a winter candy jar!! Two of my favorite things snowmen and Chocolate!



**Jan 16 Monday**

### MARTIN LUTHER KING JR DAY

The Senior Center is CLOSED today



**Jan 18 Wednesday 8:00 AM \$ self pay**

**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.

**Jan 18 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.



**Jan 20 Friday 1:00 PM \$5**

**CHINESE NEW YEAR'S CELEBRATION** It's the year of the RABBIT! We'll have Chinese Food for lunch. Join us.



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

**FRIENDS MEETING** Sign up for our monthly Friends meeting! Our guest speaker is Norton's own Ralph Stefanelli who will talk about appraisals. Bring something for Ralph to take a look at!

**Jan 25 Wednesday 10:30 AM free**

**BEEYONDER VIRTUAL TOUR** We're visiting Galway for a live tour of the "City of Tribes". This is a one hour virtual tour of this beautiful city in Ireland.



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

**SCAMS** Bluestone Bank will be here to talk about scams and how to protect from getting taken advantage of.



**Jan 26 Thursday 1:00 PM free**

**LUNCH & LEARN SMILE!!** Hope Health (Community VNA) will be here to talk about senior dental care. Come for lunch and come to learn!

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

Movie Mrs. Harris Goes to Paris. The quest for a Christian Dior dress brings a London House cleaner to Paris that may just save the whole House of Dior!! Pizza and Popcorn will be served!



# WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities

## FEBRUARY 2023

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

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



**Feb 2 Thursday 11:00 AM free**

**BEEYONDER VIRTUAL TOUR** London's Royal Westminster!! We'll be with a live tour guide in London - hopefully we'll get the royal "scoop"!!



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

**MUSICAL ENTERTAINMENT** Roger's Band will be here!! We are excited to welcome back our favorite local band—come on down for fun and some great music.



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

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



**Feb 9 Thursday 1:00 PM free**

**LUNCH & LEARN** Hope Health (Community VNA) will be discussing Respiratory issues. Come have lunch, and learn about how COPD, Covid, RSV, etc.



**Feb 10 Friday 1:00 PM \$2**

**ARTS & CRAFTS** Debbie will be here with a fun craft. Valentine's Day is right around the corner!!

**Feb 13 Monday 1:00 PM \$5**

**VALENTINE'S DAY PARTY at the VFW** Join us for a fabulous lunch, and entertainment by Kalifornia Karl!! Bring a wedding or "fancy" photo to show off. All people who bring in a photo will be entered in a raffle!! Win a prize!



**Feb 13 Monday 2:00 PM - 3:00 PM free**

**AUDIOLOGY CLINIC** At Home Hearing Healthcare will be coming to perform a hearing assessments. Please sign up!

**Feb 14 Tuesday 8:30 AM \$ self pay**

**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.

**Feb 15 Wednesday 8:00 AM \$ self pay**

**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.



**Feb 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!



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

**PIZZA & A MOVIE** Come and watch the newest Elvis movie!! We'll have popcorn and pizza, of course!



**Feb 20 Monday**

**PRESIDENTS DAY**

The Senior Center is CLOSED today



**Feb 23 Thursday 1:00 PM free**

**LUNCH & LEARN** Hope Health (Community VNA) will be here for another informative "lunch & learn"

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

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



**Feb 27 Monday 1:00 PM free**

**FRIENDS MEETING** Jay Elias will be joining us after our monthly Friends meeting. Jay always sure to be a fun afternoon!



Please watch the weather!! If schools are cancelled then programs at the senior center are cancelled!

# WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities

## Fuel Assistance 2022-2023



HEATING  
ASSISTANCE

### Its not too late to apply for fuel Assistance

New applicants: Call the Senior Center to find out how to apply! 508-285-0235

Re-certifications and applications are currently being processed by Self-Help. If you have questions about your status, please call Brockton Self-Help 508-588-5440.

*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



## 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!



**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**



**JAN 2023****Norton Senior Center 508-285-0235**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>The Senior Center is <b>CLOSED TODAY</b></p>	<p><b>3</b></p> <p><u>9:30 AM</u> Meditation</p> <p><u>11:15 AM</u> Zumba</p> <p><u>12:30 PM</u> Bingo <b>VFW</b></p> <p><u>1 PM</u> Caregiver Support</p> <p><i>NO ZUMBA TODAY</i></p>	<p><b>4</b></p> <p><u>9:30 AM</u> Chair Yoga <b>VFW</b></p> <p><u>10:30 AM</u> B Yoga <b>VFW</b></p> <p><u>11:30 AM</u> Tai Chi <b>VFW</b></p> <p><u>12:30 PM</u> BP Check</p> <p><u>1 PM</u> Knit/Crochet</p> <p><i>NO TAI CHI TODAY</i></p>	<p><b>5</b></p> <p><u>9:30 AM</u> Zumba</p> <p><u>11 AM</u> Line Dancing</p> <p><u>1 PM</u> Tech Help</p>	<p><b>6</b></p> <p><u>9:30 AM</u> Learn to Knit</p> <p><u>10:00 AM</u> Drums A</p> <p><u>11:30 AM</u> Cards</p> <p><u>11:30 AM</u> Cribbage</p> <p><u>1 PM</u> Drop In</p>
<p><b>9</b></p> <p><u>10 AM</u> Mahjong</p> <p><u>1 PM</u> Quilt/Sew</p> <p><u>1 PM</u> Painting with Julia</p> <p><u>2 PM</u> Audiology Clinic (RSVP required)</p>	<p><b>10</b></p> <p><u>8:30 AM</u> <b>Ladies' Breakfast</b></p> <p><u>9:30 AM</u> Meditation</p> <p><u>11:15 AM</u> Zumba</p> <p><u>12:30 PM</u> Bingo <b>VFW</b></p> <p><u>1 PM</u> Caregiver Support</p>	<p><b>11</b></p> <p><u>9:30 AM</u> Chair Yoga <b>VFW</b></p> <p><u>10:30 AM</u> B Yoga <b>VFW</b></p> <p><u>11:30 AM</u> Tai Chi <b>VFW</b></p> <p><u>1 PM</u> Knit/Crochet</p> <p><u>1 PM</u> Decluttering 101 Part 2: Paper!</p>	<p><b>12</b></p> <p><u>9:30 AM</u> Zumba</p> <p><u>11 AM</u> Line Dancing</p> <p><u>11 AM</u> (Auchincloss)</p> <p>Senior Office Hours</p> <p><u>1 PM</u> Tech Help</p> <p><u>1 PM</u> Lunch &amp; Learn Hope Health</p> <p><u>3:30 PM</u> COA Meeting</p>	<p><b>13</b></p> <p><u>9:30 AM</u> Learn to Knit</p> <p><u>10:00 AM</u> Drums A</p> <p><u>11:30 AM</u> Cards</p> <p><u>11:30 AM</u> Cribbage</p> <p><u>1 PM</u> Birdfeeder craft</p>
<p><b>16</b></p> <p>The Senior Center is <b>CLOSED TODAY</b></p>	<p><b>17</b></p> <p><u>9:30 AM</u> Meditation</p> <p><u>11:15 AM</u> Zumba</p> <p><u>12:30 PM</u> Bingo <b>VFW</b></p> <p><u>1 PM</u> Caregiver Support</p>	<p><b>18</b></p> <p><u>8:00 AM</u> <b>Men's Breakfast</b></p> <p><u>9:30 AM</u> C Yoga <b>VFW</b></p> <p><u>10:30 AM</u> B Yoga <b>VFW</b></p> <p><u>11:30 AM</u> Tai Chi <b>VFW</b></p> <p><u>12 PM</u> Vets Coffee</p> <p><u>1 PM</u> Knit/Crochet</p>	<p><b>19</b></p> <p><u>9:30 AM</u> Zumba</p> <p><u>11 AM</u> Line Dancing</p> <p><u>1 PM</u> Tech Help</p> <p><i>No Line Dancing Today</i></p>	<p><b>20</b></p> <p><u>9:30 AM</u> Learn to Knit</p> <p><u>10:00 AM</u> Drums A</p> <p><u>11:30 AM</u> Cards</p> <p><u>11:30 AM</u> Cribbage</p> <p><u>1 PM</u> Chinese</p> <p>New Year Celebration</p>
<p><b>23</b></p> <p><u>10 AM</u> Mahjong</p> <p><u>1 PM</u> Quilt/Sew</p> <p><u>1 PM</u> Friends Meeting</p> <p><i>Antiques with Ralph</i></p>	<p><b>24</b></p> <p><u>9:30 AM</u> Meditation</p> <p><u>11:15 AM</u> Zumba</p> <p><u>12:30 PM</u> Bingo <b>VFW</b></p> <p><u>1 PM</u> Caregiver Support</p>	<p><b>25</b></p> <p><u>9:30 AM</u> Chair Yoga <b>VFW</b></p> <p><u>10:30 AM</u> B Yoga <b>VFW</b></p> <p><u>10:30 AM</u> Beeyonder</p> <p><u>11:30 AM</u> Tai Chi <b>VFW</b></p> <p><u>1 PM</u> Knit/Crochet</p> <p><u>1 PM</u> Scams</p>	<p><b>26</b></p> <p><u>9:30 AM</u> Zumba</p> <p><u>11 AM</u> Line Dancing</p> <p><u>1 PM</u> Tech Help</p> <p><u>1 PM</u> Lunch &amp; Learn Dental Health</p>	<p><b>27</b></p> <p><u>9:30 AM</u> Learn to Knit</p> <p><u>10:00 AM</u> Drums A</p> <p><u>11:30 AM</u> Cards</p> <p><u>11:30 AM</u> Cribbage</p> <p><u>1 PM</u> Pizza &amp; Movie</p>
<p><b>30</b></p> <p><u>10 AM</u> Mahjong</p> <p><u>1 PM</u> Quilt/Sew</p> <p><u>1 PM</u> Drop In</p>			<p><b>Grab &amp; Go (G&amp;G) Lunch Program is Tues, Wed, Thurs &amp; Friday PLEASE REGISTER 11 AM—1 PM pickup</b></p>	<p><b>REMINDER:</b> Some programs are held at the <b>VFW</b>. If the VFW is unavailable, <b>NCS</b> indicates the program will be at the Norton Senior Center.</p>

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



**FEB 2023****Norton Senior Center 508-285-0235**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REMINDER:</b> Some programs are held at the <b>VFW</b> . If the VFW is unavailable, <b>NCS</b> indicates the program will be at the Norton Senior Center.	<b>Grab &amp; Go (G&amp;G) Lunch Program is Tues, Wed, Thurs &amp; Friday</b> <b>PLEASE REGISTER 11 AM—1 PM pickup</b>	<b>9:30 AM 1</b> Chair Yoga <b>VFW</b> <b>10:30 AM B Yoga VFW</b> <b>11:30 AM Tai Chi VFW</b> <b>12:30 PM BP Check</b> <b>1 PM Knit/Crochet</b> <b>TAX PREP - all day</b>	<b>9:30 AM 2</b> Zumba <b>11 AM Line Dancing</b> <b>11 AM Beeyonder Westminster</b> <b>1 PM Tech Help</b> 	<b>9:30 AM 3</b> Learn to Knit <b>10:00 AM Drums A</b> <b>11:30 AM Cards</b> <b>11:30 AM Cribbage</b> <b>1 PM Roger's Band</b> 
<b>10 AM 6</b> Mahjong <b>1 PM Quilt/Sew</b> <b>1 PM</b> Painting with Julia 	<b>9:30 AM 7</b> Meditation <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM</b> Caregiver Support	<b>9:30 AM 8</b> Chair Yoga <b>VFW</b> <b>10:30 AM B Yoga VFW</b> <b>11:30 AM Tai Chi VFW</b> <b>1 PM Knit/Crochet</b> <b>TAX PREP - all day</b>	<b>9:30 AM 9</b> Zumba <b>11 AM Line Dancing</b> <b>1 PM Tech Help</b> <b>1 PM Lunch &amp; Learn</b> Respiratory Issues <b>3:30 PM COA Meeting</b>	<b>9:30 AM 10</b> Learn to Knit <b>10:00 AM Drums A</b> <b>11:30 AM Cards</b> <b>11:30 AM Cribbage</b> <b>1 PM</b> Craft with Debbie
<b>10 AM 13</b> Mahjong <b>1 PM Quilt/Sew</b> <b>1 PM Kalifornia Karl</b> <b>Valentine's Party at VFW</b> <b>2 PM Audiology Clinic (RSVP required)</b>	<b>8:30 AM 14</b> <b>Ladies' Breakfast</b> <b>9:30 AM Meditation</b> <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM Caregiver Supp</b> <b>VALENTINE'S DAY</b>	<b>8:00 AM 15</b> <b>Men's Breakfast</b> <b>9:30 AM C Yoga VFW</b> <b>10:30 AM B Yoga VFW</b> <b>11:30 AM Tai Chi VFW</b> <b>12 PM Vets Coffee</b> <b>1 PM Knit/Crochet</b> <b>TAX PREP - all day</b>	<b>9:30 AM 16</b> Zumba <b>11 AM Line Dancing</b> <b>1 PM Tech Help</b>	<b>9:30 AM 17</b> Learn to Knit <b>10:00 AM Drums A</b> <b>11:30 AM Cards</b> <b>11:30 AM Cribbage</b> <b>1 PM Pizza &amp; Movie</b> 
<b>20</b>  <b>PRESIDENTS DAY</b> <b>The Senior Center is CLOSED TODAY</b>	<b>9:30 AM 21</b> Meditation <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM</b> Caregiver Support	<b>9:30 AM 22</b> Chair Yoga <b>VFW</b> <b>10:30 AM B Yoga VFW</b> <b>11:30 AM Tai Chi VFW</b> <b>1 PM Knit/Crochet</b> <b>TAX PREP - all day</b>	<b>9:30 AM 23</b> Zumba <b>11 AM Line Dancing</b> <b>1 PM Tech Help</b> <b>1 PM Lunch &amp; Learn</b> 	<b>9:30 AM 24</b> Learn to Knit <b>10:00 AM Drums A</b> <b>11:30 AM Cards</b> <b>11:30 AM Cribbage</b> <b>1 PM Chair Volleyball</b>
<b>10 AM 27</b> Mahjong <b>1 PM Quilt/Sew</b> <b>1 PM Friends Meeting</b> Jay Elias Speaker 	<b>9:30 AM 28</b> Meditation <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM</b> Caregiver Support			The Foot Doctor will be at the Senior Center on 3/10/23 

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

## 2023 DAY and OVERNIGHT TRIPS by Citizens on Aging

A very big THANK YOU to Bob and Carol Marciano who organized so many great trips in 2022. We are looking forward to many new trips in the coming year. Please check out our trip area at the Center often to see what is planned!

**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**

### 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**  
**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!

#### 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



### Groundbreaking Spring 2023



## 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  
ONE SOURCE. MANY SERVICES.

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

Visit the BES website: [www.bristolelder.org](http://www.bristolelder.org)

Contact the BES Intake Department:  
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 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 Nurse Carol Betty.

#### FOOT DOCTOR

**FRIDAY MARCH 10, 2023**

**\$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, beginning at 2:00 PM.



**Appointments are required 508-285-0235**

# 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](http://assurancewireless.com) or call the Senior Center for help! 508-285-0235



## **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.



## **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 3 days in advance **Out-of-town**

Donation request will be mailed to you after your ride

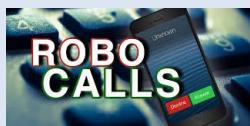
**774-226-1252 or 508-823-8828 X252**

### **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.

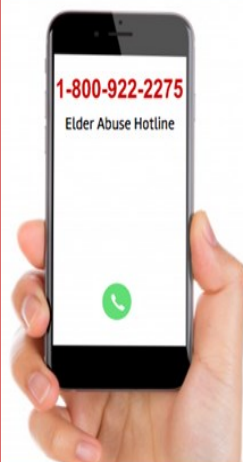
***Note: You sometimes have to wait several seconds to hear the message!***



**Follow us on Facebook!**

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



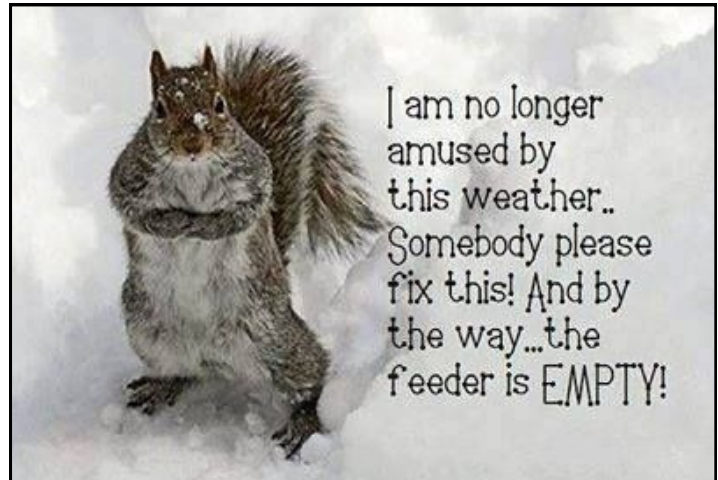
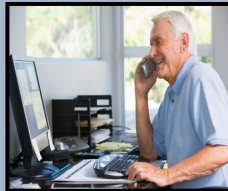
- (1) Sign up for Medicare Part A and Part B through Social Security
- (2) After you have signed up for Part A and Part B, we will help you enroll in Supplemental Plans, Part D, or Medicare Advantage Plans. We have SHINE counselors here at the Senior Center to assist you. **Call us to make an appointment: 508-285-0235**

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

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

### 2023 Senior/Veteran Tax Work-Off Program

Get up to \$1500 off your taxes! This program is for residents 60 or older, or (any age) Veterans who volunteer for the Town of Norton. Applications are available at the Senior Center, Veteran's Office, and Assessor's Office on a first come, first served basis.



## 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 Property 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 ongoing 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 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+



**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.*



- **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

♦ **NEW** Trinitarian Congregational Church, 2 Pine Street, Norton *now hosting meals*

*together*  
WE CAN MAKE A  
DIFFERENCE



# 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)

## New Veterans Affairs Life Insurance Program

On January 1, 2023 open enrollment begins for VALife, a new insurance program that provides up to \$40,000 of whole life insurance to all veterans age 80 or under with service connected disabilities rated from 0-100%.

Acceptance is guaranteed and no medical underwriting is required. For more information call 1-800-669-8477 or visit [www.benefits.va.gov/insurance/valife.asp](http://www.benefits.va.gov/insurance/valife.asp)

The **PACT Act** is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances. This law helps provide generations of Veterans—and their survivors—with the care and benefits they've earned and deserve. Please contact the Veterans Office to discuss your situation. 508-285-0274

## Veterans Work-Off Tax Abatement Program

Enrollment is open now for honorably discharged veterans to reduce FY23 real estate taxes by up to \$1500 by completing volunteer hours for the town. There is no income cap for this program. Call the Veterans Office or Assessors Office to find out how to apply.

## — Reporting Non-VA Emergency Visits—

For those using **only** VA healthcare, remember you must report any ER visits to a non-VA hospital within 72 hours of the visit to hospital admissions and the VA Emergency Care Call Center. The number to report the visit to the VA is **1-844-724-7842**.

## We Are Here to Assist

With living costs rising, remember we are here to help. We know it can be difficult to navigate resources and rather than go without, call the office so we can guide you with potential resources available to you!

**Veterans Status on Your License** Honorably discharged veterans can have Veteran added to their license by bringing their DD214 when renewing. Many businesses will give discounts to veterans.



## EMERGENCY TRANSPORTATION

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

\*\*\*New Number\*\*\*



## Norton Veterans' Organizations:

American Legion Post #222 508-285-2307 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:

**F R I E N D S**

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

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

## FRIENDS MEETINGS

### 1:00 PM at the Center!

Jan 23, 2023      Ralph S / Appraisals  
Feb 27, 2023      Jay Alias

### Future Meetings:

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

Friends Membership Dues \$10 per year

Your membership ends one year after your annual membership payment.

**New members are always welcome!**

## Casino Trips

We are hoping to have another Casino Bus Trip soon! We'll put up a Flyer and Sign-up Sheet as soon as we finalize our next trip! Stay tuned...



## NORTON ROAD SHOW



Norton's **Ralph Stefanelli** is a member of the Certified Auctioneers Institute (CAI) and he will be our guest speaker at the January 23rd Friends Meeting! Bring in 1 or 2 items for a verbal sight appraisal and discussion.



**MARCH 6, 2023**  
**Fundraiser at GOATCITY PUB**  
Save-the-Date for our next Friends Fundraiser!

Of course, this Fundraiser will include our famous Raffle Table!

Donations for our raffle are welcome. Gift baskets and wine are very popular! Hint, Hint...

**IT WAS A BUSY DECEMBER!! We hope you had fun at The Boston Pops Christmas Concert, and at our annual FRIENDS CHRISTMAS PARTY !**

**FRIENDS**  
of the Norton Senior Center







We have so much to be thankful for, especially our wonderful Norton community! Individuals, families, companies, organizations... all generously contributed to making this past holiday season special for those in need here in Norton. A very big THANK YOU to:

**The Martial Arts Connection - TMAC**

**Personal Best Karate**

**MaryAnn Dempsey Success! Real Estate**

**Sales Force**

**Bluestone Bank**

**St. Mary's Church, Norton**

**St. Mary's Church, Society of St. Vincent De Paul**

**Norton Fire Department**

**Norton Police Department**

**C2 Foundation**

**Norton Girl Scouts**

**Norton Boy Scouts**

**J.C. Solmonese First Grade Teachers & Students**

**Larson Farm Neighborhood**

**Norton House of Pizza**

**Michelle's Corner Store**

**Bishop Feehan High School**

**Norton Quilters/Knitters/Crocheters!!**



IT'S SO DAMN  
COLD OUTSIDE.  
I JUST FARTED  
SNOWFLAKES.



LoveThisPic.com



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**