



*Where Active Living Never Gets Old!*

**July / August 2023**

**Norton Senior & Community  
Support Center**  
55 West Main Street

PO Box 552  
Norton, MA 02766  
Email: [coa@nortonmaus.com](mailto:coa@nortonmaus.com)  
Website: [nortonseniorcenter.org](http://nortonseniorcenter.org)  
Fax: 508-285-4227

**Phone: 508-285-0235**

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

### **Council on Aging**

#### **DIRECTOR**

Beth Rossi

#### **OUTREACH**

Cathy Varnum

#### **FRONT DESK**

Sosie Megerdichian

#### **BOARD MEMBERS**

Ruth Schneider, Chair

MaryAnn Dempsey, Vice Chair

Kathleen Eno, Treasurer

Patricia Zwicker, Secretary

Joan DeCosta

Tom Golota

Vera Jordan

Carol Kollett

Ellen Martins

Carol McLaughlin

Michael Sweeney, Jr

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

## SUMMER at **THE CENTER**

*Where Active Living Never Gets Old*

### **WELCOME Summer!**



I am so happy that it is finally summer here at the Center. Please take time to smell the flowers that Beverly Slattery so generously planted for us in our flower boxes and out on the front patio. Thank you Beverly! We are so fortunate to have so many wonderful people who donate their time and talents so our Center is the best it can be.

I am so excited to share that we have finally broken ground on the new building that is scheduled to be opening next summer!! In the meantime, please join us for our wonderful summer programs. We have some amazing entertainment lined up for July and August including Mike and Beth's Cabaret and Comedy, Forever Fab's 70s Show, Rebecca Pink's Broadway Performance, Comedian Johnny Pizzi and your favorite and mine....Kalifornia Karl!

*Beth*



Board Members at the Ground Breaking Ceremony!!

**DROP-IN****FITNESS & WELL-BEING****CHAIR YOGA** at the VFW**Every Wednesday** 9:30 AM - 10:30 AM

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

Suggested donation: \$2 per class

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

Join Renee for a beneficial Balance Yoga class! You will improve your strength and balance.

Suggested donation: \$2 per class

**MEDITATION** at the SENIOR CENTER**Every Tuesday** 9:15 AM - 10:00 AM \$2

Come to Meditation and join us for relaxation and peacefulness, with our instructor Linda!

Please note: NO Mediation on July 4**TAI CHI** at the VFW**Every Thursday** 9:30 AM - 10:30 AM

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



Suggested donation: \$2 per class

Please note:  
NO Tai Chi on July 6**ZUMBA GOLD** at the SENIOR CENTER**Every Tuesday** 11:15 AM - 12:00 PM \$2**Every Thursday** 9:30 AM - 10:15 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 July 4, 11, 13**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: Line Dancing on July 20, Aug 24, Aug 31**DRUMS ALIVE** at the SENIOR CENTER**Every Wednesday** 11:15 AM - 12:00 PM \$2

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

Please note: NO Drums Alive on July 5, Aug 9

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!



If you would like to learn how to play Mahjong, please call us to register for lessons which will start in September 508-285-0235

*Please note: No Mahjong on July 3*

## 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 on July 3*

## 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.

*Please note: No BINGO on July 4*

## KNITTING and 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!!!



## KNITTING GROUP and Lessons

**Every Friday 9:30 AM - 11:00 AM free**



Knitter of all skill levels are welcome to join us for a morning of knitting. For beginners, we have yarn and knitting needles to get you



started, and Pat will be here to teach basic knitting stitches! All other knitters, bring those projects and join us!



## CARDS



### EVERY WEDNESDAY

**Blackjack 10:00 AM - 11:30 AM**

### EVERY FRIDAY

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



*Please call us if you are interested in leading any card groups: Whist, Rummy, Hi-Low-Jack, Poker, Cribbage, etc. Let's get some groups going! 508-285-0235*



## YOU NEED TO KNOW...

### We will be closed

July 3rd and 4th in celebration  
of Independence Day



We have been granted  
a limited number of  
tickets to the MassArts  
Center in Mansfield. If  
you are interested in attending any  
upcoming shows, please stop in and  
let us know!!



### SMOKEY CHESTNUT RESCUE FARM

Please sign up at the Senior  
Center to join us! 2nd & 4th  
Wednesdays of each



10 am - 12 pm

### 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 note: No Support Group on July 4



***Some of our activities and events are held  
at the Norton VFW***

*Fillmore-Nason VFW Post #8049  
38 Summer Street, Norton*

***Event room entrance is the back/side door***

Artist formerly known as Prince.



### 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.  
508-285-0235  
Thursdays 1:00 PM, 1:30 PM, 2:00 PM, 2:30 PM



# WHAT'S HAPPENING in JULY/AUG

Please sign up at the Senior Center for all activities

## July 2023

### July 3 Monday

The Senior Center is CLOSED today

### July 4 Tuesday

The Senior Center is CLOSED today



### July 5, 12, 19, 26 Wednesdays 6:00 PM free

**DRUMS ALIVE EVENING CLASSES!** Join Kelley Brophy for an evening of music, drumming and fitness. Advanced registration is required.

*Sponsored by the Norton Cultural Council*



### July 6 Thursday 1:00 PM \$2

**CRAFTS WITH DEBBI** Join Debbi as we make fun crafts to decorate your home.

### July 7 Friday 1:00 PM free

**COMEDY CABARET** Join us for a very special afternoon! The Mike and Beth Cabaret Show will have you smiling from ear to ear with their unique blend of comedy and music! Sing-a-longs, jokes, kazooos and more will keep your "toes tapping and your mouths flapping" as you sing along to your favorite songs from every era!



### July 10 Monday 1:00 PM \$2

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

### July 10 Monday 2:00 PM - 4:00 PM free

**AUDIOLOGIST** Lauren from At Home Hearing Healthcare will be here for Hearing Screenings. She'll even clean your hearing aids! Appointments required.

### July 11 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.



### July 11 Tuesday 12:30 PM free

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



### July 12 Wednesday 10:00 AM free

**SMOKY CHESTNUT FARM** Join us as we tour this local rescue farm and visit with beautiful animals.



### July 13 Thursday 1:00 PM free

**LUNCH & LEARN** Join Susan Williams from Back to Home Healthcare to learn about Heart Disease: symptoms, prevention and treatments.



### July 14 Friday 9:00 AM - 12:00 PM

**FOOT DOCTOR** By appointment only. With Dr. Henrickson from Plymouth Podiatry in Taunton. Call the Senior Center 508-285-0235 Insurance or \$50 fee



### July 14 Friday 1:00 PM free

**THERAPY DOGS** Join Bruce Cummings and his amazing dogs for an interactive afternoon of fun. Learn how these adorable animals help people in hospitals feel better.



### July 19 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.



### July 19 Wednesday 1:00 PM free

**ICE-CREAM SOCIAL** sponsored by the Residence of Great Woods.



### July 20 Thursday 11:00 AM free

**BEEYONDER VIRTUAL TOUR OF POMPEII** Come tour the historic ruins of Pompeii at the foot of Mt. Vesuvius. Bring your questions as we interact with our tour guide in Pompeii.



### July 20 Thursday 1:00 PM free

**TRIVIA WITH LARRY** Show off your smarts and compete for fun prizes!!



# WHAT'S HAPPENING in JULY/AUG

Please sign up at the Senior Center for all activities

**July 21 Friday 1:00 PM free**

**SONGS FROM BROADWAY & BEYOND** Join international recording artist Rebecca Pink as she wows us with her amazing voice and performs songs from the stage, movies and more.



**July 24 Monday 1:00 PM free**

**FOREVER FAB's 70s SHOW** This amazing group will be performing all the hits from the 70's!!!



**July 26 Wednesday 10:00 AM free**

**SMOKY CHESTNUT FARM** We will be heading back to visit with some amazing horses, and other great animal friends.

**July 26 Wednesday 1:00 PM free**

**CHRISTMAS IN JULY - DOLLAR STORE BINGO** Join us for some fun as we play Bingo with a Christmas theme!!



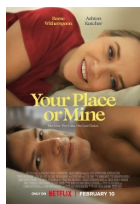
**July 27 Thursday 1:00 PM free**

**LUNCH & LEARN** Join us for a fun BBQ as we learn how to have a healthy cook-out.



**July 28 Friday 1:00 PM free**

**PIZZA & A MOVIE** Reese Witherspoon and Ashton Kutcher star in *Your Place or Mine*. This romantic comedy is about best friends who decide to swap houses for a week. Pizza and Popcorn will be served! BE SURE TO SIGN UP IN ADVANCE!!



**July 31 Monday 1:00 PM free**

**ELDER LAW** - Join Attorney Eric Oalican as we learn about wills, trusts, power of attorney, and much more.



**MASSBAR**  
ASSOCIATION

## August 2023

**Aug 1 Tuesday 12:30 PM free**

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



**Aug 2 Wednesday 6:00 PM free**

**DRUMS ALIVE EVENING CLASS!** Join Kelley Brophy for an evening of music, drumming and fitness. Advanced registration is required.



*Sponsored by the Norton Cultural Council*

**Aug 3 Thursday 1:00 PM \$2**

**CRAFTS WITH DEBBI** Join Debbi as we make a fun craft!



**Aug 4 Friday 1:00 PM Free**

**LINE DANCING** Join Rhonda from Dance.edu and learn some fun line dances.

*Sponsored by the Norton Cultural Council*



**Aug 7 Monday 1:00 PM \$2**

**PAINTING WITH JULIA** Artist Julia McFaun will be back to teach painting using simple step-by-step techniques. Beginners welcome.

**Aug 8 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.



**Aug 9 Wednesday 10:00 AM free**

**HORSE ENCOUNTER** We are excited to continue our visits to Smokey Chestnut Farm and with the beautiful animals living there.

**Aug 9 Wednesday 1:00 PM free**

**A WALK IN THE GARDEN WITH ELEANOR ROOSEVELT** Join us as we learn about the life of Eleanor Roosevelt by watching a live theatrical performance by Carol Cohen.



**Aug 10 Thursday 1:00 PM free**

**LUNCH & LEARN** Representatives from Tristan Medical will come and talk about Health Examinations for Seniors. A light lunch will be served.

**Aug 11 Friday 1:00 PM free**

**CORN HOLE** Join us as we hang out and play a bit of cornhole. FUN!!





# WHAT'S HAPPENING in JULY/AUG

Please sign up at the Senior Center for all activities

**Aug 14 Monday 2:00 PM - 4:00 PM free**

**AUDIOLOGY CLINIC** At Home Hearing Healthcare will be here at the Center to perform a hearing assessments. Please sign up for an appointment.

**Aug 16 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.

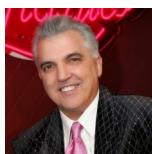
**Aug 16 Wednesday 1:00 PM free**

**ENDING BACK PAIN** MCR Chiropractic will give an informative presentation on how you can reduce back pain.



**Aug 18 Friday 1:00 PM free**

**COMEDY AND ICE CREAM** The hilarious Johnny Pizzi will be keeping us in stitches with his jokes and puns. Come join this well known comic...and get your laugh on!



**Aug 22 Tuesday 1:00 PM free**

**BEEYONDER VIRTUAL TOUR OF CANNES** Walk the red carpet in Cannes, a resort town on the French Riviera, famed for its international film festival. This will be a live interactive tour.



 Beyonder

**Aug 23 Wednesday 10:00 AM free**

**HORSE ENCOUNTER** We are excited to continue our visits to Smokey Chestnut Farm. Beautiful horses, goats, pigs & alpacas!



**Aug 23 Wednesday 1:00 PM free**

**MUSICAL BINGO** Fun, Fun, Fun!! Join us for a fun afternoon of music, bingo and prizes!



**Aug 24 Thursday 1:00 PM free**

**LUNCH & LEARN** . Learn about protecting your assets from the nursing home. Sponsored by Residence of Great Woods. A light lunch will be provided.

**Aug 25 Friday 1:00 PM free**

**PIZZA & A MOVIE** The Book Club Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.



**Aug 28 Monday 12:15 PM free**

**KALIFORNIA KARL** Entertainment by the one-and-only Kalifornia Karl! Come enjoy the summer tunes!



**Aug 30 Wednesday 1:00 PM free**

**ARTIFICIAL INTELLIGENCE** Come learn what everyone is talking about. What is AI and how will be used?



**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**



## Farmer's Market Coupons

We will have a LIMITED NUMBER of coupons this summer to distribute to low-income seniors in Norton. The coupons will not be available until mid-summer. We will begin to reserve coupons for eligible seniors beginning on July 24th

Provided by:  
Bristol Elder  
Services and the  
Department of  
Agricultural  
Resources.



# JULY 2023


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>The Senior Center is CLOSED on JULY 3rd &amp; 4th</p>	<p><b>4</b></p> <p>Happy 4th of July</p>	<p><b>5</b></p> <p>9:30 AM Chair Yoga <b>VFW</b>            10 AM Blackjack            10:30 AM Bal Yoga <b>VFW</b>            11:15 AM Drums Alive            1 PM Knit/Crochet            6 PM Drums Alive</p>	<p><b>6</b></p> <p>9:30 AM Zumba  <del>9:30 AM Tai Chi</del> <b>VFW</b>            11 AM Line Dancing            1 PM Tech Help            1 PM Craft with Debbi</p> <p>LET'S GO DANCING</p>	<p><b>7</b></p> <p>9:30 AM Knitting &amp; Lessons            11:30 AM Cards            1 PM Comedy Cabaret</p> <p>The Comedy CABARET</p>
<p><b>10</b></p> <p>10 AM Mahjong            1 PM Quilt/Sew            1 PM Painting with Julia            2 PM+ Audiology Clinic (by appt)</p>	<p><b>11</b></p> <p>8:30 AM Ladies' Breakfast            9:15 AM Meditation  <del>11:15 AM Zumba</del>            12:30 PM Bingo <b>VFW</b>            12:30 PM BP Check            1 PM Caregiver Support</p>	<p><b>12</b></p> <p>9:30 AM Chair Yoga <b>VFW</b>            10 AM Horses            10 AM Blackjack            10:30 AM Bal Yoga <b>VFW</b>            11:15 AM Drums Alive            1 PM Knit/Crochet            6 PM Drums Alive</p>	<p><b>13</b></p> <p><del>9:30 AM Zumba</del>            9:30 AM Tai Chi <b>VFW</b>            11 AM Line Dancing            1 PM Tech Help            1 PM Lunch &amp; Learn            3:30 PM COA Meeting</p> <p>LUNCH LEARN</p>	<p><b>14</b></p> <p>9:00 AM Foot Doctor (by appt)            9:30 AM Knitting &amp; Lessons            11:30 AM Cards            1 PM Therapy Dogs</p>
<p><b>17</b></p> <p>10 AM Mahjong            1 PM Quilt/Sew            1 PM Drop-in</p>	<p><b>18</b></p> <p>9:15 AM Meditation            11:15 AM Zumba            12:30 PM Bingo <b>VFW</b>            1 PM Caregiver Support</p>	<p><b>19</b></p> <p>8:00 AM Men's Brk            9:30 AM Ch Yoga <b>VFW</b>            10 AM Blackjack            10:30 AM Bal Yoga <b>VFW</b>            11:15 AM Drums Alive            1 PM Knit/Crochet            1 PM Ice Cream social            6 PM Drums Alive</p>	<p><b>20</b></p> <p>9:30 AM Zumba            9:30 AM Tai Chi <b>VFW</b>            11 AM Beeyonder            Virtual Tour Pompeii  <del>11 AM Line Dancing</del>            1 PM Tech Help            1 PM Trivia with Larry</p> <p>TRIVIA TIME!</p>	<p><b>21</b></p> <p>9:30 AM Knitting &amp; Lessons            11:30 AM Cards            1 PM Broadway Tunes</p> <p>BROADWAY</p>
<p><b>24</b></p> <p>10 AM Mahjong            1 PM Quilt/Sew            1 PM Forever Fab 70's Show</p>	<p><b>25</b></p> <p>TRIP Isle of Shoals            9:15 AM Meditation            11:15 AM Zumba            12:30 PM Bingo <b>VFW</b>            1 PM Caregiver Support</p>	<p><b>26</b></p> <p>9:30 AM Ch Y <b>VFW</b>            10 AM Horses            10 AM Blackjack            10:30 AM Bal Yoga <b>VFW</b>            11:15 AM Drums Alive            1 PM Knit/Crochet            1 PM Dollar Store Bingo            6 PM Drums Alive</p>	<p><b>27</b></p> <p>9:30 AM Zumba            9:30 AM Tai Chi <b>VFW</b>            11 AM Line Dancing            1 PM Tech Help            1 PM Lunch &amp; Learn</p>	<p><b>28</b></p> <p>9:30 AM Knitting &amp; Lessons            11:30 AM Cards            1 PM Movie</p>
<p><b>31</b></p> <p>10 AM Mahjong            1 PM Quilt/Sew            1 PM Elder Law</p>	<p>hello SUMMER</p>		<p><b>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk</b>  <b>Tue, Wed, Thu, Fri</b>  <b>Drive up: 11am-1pm</b>  <b>CALL TO REGISTER</b></p>	<p><b>REMINDERS:</b>            Some programs are held at the <b>VFW</b>, and are noted as such.            Tech Help, Audiology Clinic &amp; Foot Doctor are BY APPOINTMENT</p>

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



# AUG 2023


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <b>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk</b>  <b>Tue, Wed, Thu, Fri</b>  <b>Drive up: 11am-1pm</b>  <b>CALL TO REGISTER</b> </div>	<b>1</b> <b>9:15 AM</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>12:30 PM</b> BP Check <b>1 PM</b> Caregiver Support 	<b>2</b> <b>9:30 AM</b> Ch Y <b>VFW</b> <b>10 AM</b> Blackjack <b>10:30 AM</b> B Yoga <b>VFW</b> <b>11:15 AM</b> Drums Alive <b>1 PM</b> Knit/Crochet <b>6 PM</b> Drums Alive	<b>3</b> <b>9:30 AM</b> Zumba <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Tech Help <b>1 PM</b> Craft with Debbi	<b>4</b> <b>9:30 AM</b> Knitting & Lessons <b>11:30 AM</b> Cards <b>1 PM</b> Line Dancing with Rhonda & Dance.edu 
<b>7</b> <b>10 AM</b> Mahjong <b>1 PM</b> Quilt/Sew <b>1 PM</b> Painting with Julia 	<b>8</b> <b>8:30 AM</b> <b>Ladies' Breakfast</b> <b>9:15 AM</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Caregiver Support	<b>9</b> <b>9:30 AM</b> Ch Y <b>VFW</b> <b>10 AM</b> Blackjack <b>10 AM</b> Horses <b>10:30 AM</b> B Yoga <b>VFW</b> <b>11:15 AM</b> Drums Alive <b>1 PM</b> Knit/Crochet <b>1 PM</b> Eleanor Roosevelt <b>6 PM</b> Drums Alive	<b>10</b> <b>TRIP to Maine</b> <b>9:30 AM</b> Zumba <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Tech Help <b>1:00 PM</b> Lunch & Learn <b>3:30 PM</b> COA Meeting	<b>11</b> <b>9:30 AM</b> Knitting & Lessons <b>11:30 AM</b> Cards <b>1 PM</b> Corn Hole 
<b>14</b> <b>10 AM</b> Mahjong <b>1 PM</b> Quilt/Sew <b>2 PM+</b> Audiology Clinic (by appt) 	<b>15</b> <b>9:15AM</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Caregiver Support	<b>16</b> <b>8:00 AM</b> <b>Men's B</b> <b>9:30 AM</b> Ch Yoga <b>VFW</b> <b>10 AM</b> Blackjack <b>10:30 AM</b> B Yoga <b>VFW</b> <b>11:15 AM</b> Drums Alive <b>1 PM</b> Knit/Crochet <b>1 PM</b> Ending Back Pain	<b>17</b> <b>9:30 AM</b> Zumba <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Tech Help 	<b>18</b> <b>9:30 AM</b> Knitting & Lessons <b>11:30 AM</b> Cards <b>12:30 PM</b> Johnny Pizzi Comedy & Ice Cream! 
<b>21</b> <b>10 AM</b> Mahjong <b>1 PM</b> Quilt/Sew <b>1 PM</b> Drop in	<b>22</b> <b>9:15AM</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Beeyonder Virtual Tour Cannes <b>1 PM</b> Caregiver Support	<b>23</b> <b>9:30 AM</b> C Y <b>VFW</b> <b>10 AM</b> Blackjack <b>10 AM</b> Horses <b>10:30 AM</b> B Yoga <b>VFW</b> <b>11:15 AM</b> Drums Alive <b>1 PM</b> Knit/Crochet <b>1 PM</b> Music Bingo 	<b>24</b> <b>9:30 AM</b> Zumba <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Tech Help <b>1 PM</b> Lunch & Learn Asset Protection 	<b>25</b> <b>9:30 AM</b> Knitting & Lessons <b>11:30 AM</b> Cards <b>1 PM</b> Pizza & Movie 
<b>28</b> <b>10 AM</b> Mahjong <b>1 PM</b> Quilt/Sew <b>1 PM</b> Kalifornia Karl 	<b>29</b> <b>9:15 AM</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Caregiver Support	<b>30</b> <b>9:30 AM</b> Chair Yoga <b>VFW</b> <b>10 AM</b> Blackjack <b>10:30 AM</b> B Yoga <b>VFW</b> <b>11:15 AM</b> Drums Alive <b>1 PM</b> Knit/Crochet <b>1 PM</b> Artificial Intellig.	<b>31</b> <b>9:30 AM</b> Zumba <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Tech Help	<b>REMINDERS:</b> Some programs are held at the <b>VFW</b> , and are noted as such.  Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT

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

## 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](http://www.bristolelder.org)  
OR  
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 TUESDAY 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 July 14, 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

Mondays - once every month  
Afternoon appointments

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

Assessment/Evaluation is free of charge  
Hearing Aid cleaning available





# 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, \$3052/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 in advance to register!!*

**NEW: Weekly meal orders must be received by the previous Friday**

**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 free meals on the 3rd Tuesday of every month. 5:00 PM social, 5:30 PM - 6:30 PM dinner**

**together**  
WE CAN MAKE A  
DIFFERENCE





# Community Support & Services

## **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

### **PROGRAM #1: Dial-A-Ride**



**Norton, Taunton, Attleboro** Must call 24 hours in advance  
\$1.75 one-way  
*\$1.50 one-way (10-ride pass for \$15 purchase @Senior Center)*  
**774-226-1219 or 508-823-8828**

- » Rides to Norton and Attleboro for any reason
- » Rides to Taunton for medical appointments ONLY

### **PROGRAM #2: MedWheels**

#### **Out-of-town Medical Appointments**

Must call 3 days in advance  
Donation request will be mailed to you after your ride  
**774-226-1252 or 508-823-8828 X252**

### **PROGRAM #3: Gatra Go United**

**NEW #**  
**800-698-7676, select option 2**

**Norton, Mansfield, Foxboro, Franklin, Wrentham, Norfolk, and...**  
**Plainville (Plainridge Casino & Target Plaza)**  
**Easton (Target Plaza)\***

**Gatra Go UNITED** is now operated by Kiessling Transit  
**Same Day Service - On Demand - Call when you need a ride!**

**\$2 each-way**

Monday - Friday 6:30 AM to 8:00 PM Saturday and Sunday 12:00 PM to 8:00 PM

\*Rides to Easton are ONLY Thursday, Friday, Saturday 12:00 PM - 5:00 PM



**HEATING ASSISTANCE**

**For the 2023-2024 heating season, new clients can apply beginning on November 1, 2023. Existing clients will receive a renewal application in late August 2023.**

**Call us for more information 508-285-0235**



# WE CAN HELP

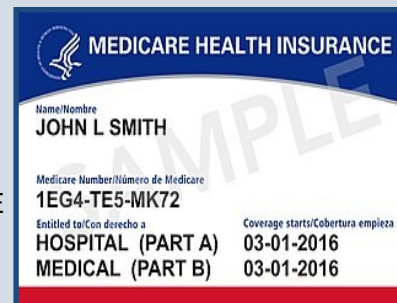
## MEDICARE ASSISTANCE - SHINE

### 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.
- (3) **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**



## MEDICARE SAVINGS PROGRAMS (also referred as the MassHealth Buy-In) - New Guidelines for 2023!!!

If you qualify for the Buy-In you will no longer have to pay your Medicare part B premium and will automatically be eligible for a significant reduction in your part D premium and drug co-pays!!



	<u>Income Limit</u>	<u>Asset Limit</u>
Single Person	\$2,754	\$18,180
Married Couple	\$3,718	\$2,260

**Call the Senior Center to Schedule an Appointment to Enroll!!!**  
**BIG SAVINGS!!!!**

## Want to Save Money on Medicare?

Medicare Savings Programs Can Help You Save More than \$1,900 a year



**Medicare Savings Programs Are Not Insurance.**

**Program Asset Limits: Individuals - \$18,180 / Couples - \$27,260**

### **LEVEL 1 BENEFITS** ALSO KNOWN AS "MASSHEALTH SENIOR BUY-IN"

#### **Qualified Medicare Beneficiary (QMB)**

- Pays Monthly Part B Premiums
- Pays Part A and Part B Deductibles & Co-Pays
- "Extra Help" Prescription Assistance

#### Monthly Income Limits

**Individuals: \$ 2,329**  
**Couples: \$ 3,142**

### **LEVEL 2 BENEFITS** ALSO KNOWN AS "MASSHEALTH BUY-IN"

#### **Specified Low-Income Medicare Beneficiary (SLMB) or Qualified Individual (QI)**

- Pays Monthly Part B Premiums
- "Extra Help" Prescription Assistance

#### Monthly Income Limits

**Individuals: \$ 2,754**  
**Couples: \$ 3,718**

**(asset limits will be eliminated by January 2024)**

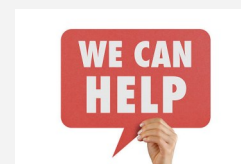
**Thanks to the advocacy of MSAC members!**

## Are you struggling to make ends meet?

**Confidential help is available**

**Call us! 508-285-0235**

Personal Real Estate Tax Exemptions  
Senior Work-Off Program  
Fuel / Utility Assistance  
Food Assistance  
Rental Assistance  
SHINE  
AARP Tax Prep  
Transportation  
Emergency Assistance



Call us. We will work to help you with whatever you may be struggling with. **508-285-0235**

# 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!*

FRIENDS

## FRIENDS MEETINGS

**NO meetings over the summer**

**See you again in September 2023 !!**

Congratulations to our newly elected Friends Officers:

Bill, Bob, Jean, & Debbie

FRIENDS  
of the Norton Senior Center

Friends Membership Dues \$10 per year

Your membership ends one year after your annual membership payment.

**New members are always welcome!**

## Thank you for your recent support!

- **GOATCity Pub Fundraiser**
- **End-of-the-Year BBQ**
- **Encore Casino Trips**



## TOP TIPS TO BEAT THE HEAT

**H<sub>2</sub>O to go**  
Take a bottle of cold water with you when you're out and about.



**Avoid**  
Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.



**Be cool**  
Make use of fans or air-conditioners set to cool.



**Rest**

Make sure you get enough sleep and rest if you feel tired.

**Dress down**  
Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.



**Soak**

Take a cool shower or bath to help you cool down when you feel hot.



**Shade**

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

**Enjoy**

Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.



The Norton Senior Center is partnering with the Salvation Army to provide backpacks to Norton Children in Need.

Supplies needed are Crayons, Pens, Pencils, Markers, Erasers, Glue Sticks, 1 Subject Notebooks, Highlighters.

Items can be dropped off at the Senior Center between now and August 6th.

Filled Backpacks will be distributed in August



Thank you to Mansfield's Providence Bagel and White's Bakery for their weekly, delicious, donations to the Norton Senior





## 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](mailto:eflett@nortonmaus.com)**

### Norton Veterans

If you are having financial difficulties, Mass General Law Chapter 115 may be able to provide you with assistance. This benefit is designed to help Massachusetts Veterans within certain income and asset limits. If your income is a bit higher than the specified amounts below you may still qualify for reimbursements of some medical expenses.

Single Household	\$2,430 gross monthly income, \$8,400 asset limits
Married Household	\$3,287 gross monthly income, \$16,600 asset limits

Contact the Norton Veterans' Services Office to schedule an appointment  
 508 285 0274 to discuss your eligibility for Chapter 115.

#### Norton Veterans' Organizations:

American Legion Post #222 508-813-6527 Fillmore-Nason VFW Post #8049 508-285-3845

Norton Veterans' Council 508-285-0274

# FOOD STAMPS GROW GARDENS!



Seeds & plants used in gardens to produce food are SNAP eligible.



Grow your own groceries!



For every \$1 dollar spent on seeds & fertilizer, home gardeners grow \$25 worth of produce!



SNAP EBT benefits (food stamps) can be used to purchase food-producing plants and seeds.

And get **FREE** seeds & plants with Fresh Access Bucks, when you shop with SNAP.

For more information visit [SNAPgardens.org](http://SNAPgardens.org) or [freshaccessbucks.com](http://freshaccessbucks.com)

## Check out our New Website!



[www.nortonseniorcenter.org](http://www.nortonseniorcenter.org)

The bi-monthly COA Newsletter is always available online!

Published: Jan 1, Mar 1, May 1, Jul 1, Sep 1, Nov 1

For Town information, please visit the Town of Norton's website:  
[www.nortonmaus.org](http://www.nortonmaus.org)

## THANK YOU FOR YOUR PATIENCE

We are a busy Senior Center! Thank you for being careful and patient in the parking lot.

## READING TO STUDENTS



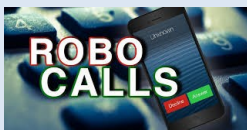
Would you like to volunteer to help out Norton first graders? Give 1 hour of your time each week reading to students at the LG Norse School.

For FALL 2023

Contact Jim Conway for more information and/or to sign up:

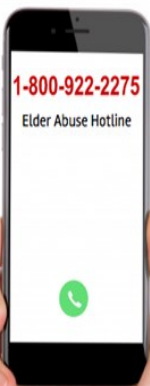
774-254-0868 or

[jimcon283@msn.com](mailto:jimcon283@msn.com)



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!**



REPORT ELDER ABUSE

**1-800-922-2275**

Operating 7 days a week 24 hours a day.



Follow us on Facebook!

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

Norton Senior Center / Community Support Center

**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!

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



## 2023 DAY and OVERNIGHT TRIPS by Citizens on Aging

<b>JULY 25, 2023 *</b>	<b>ISLES OF SHOALS Lighthouse and Harbor Cruise (9 islands!) \$152 pp includes lunch</b>
<b>AUG 10, 2023</b>	<b>LOBSTERBAKE &amp; DOO-WOP SHOW The Corvettes Fosters in York, ME \$122 pp</b>
<b>SEPT 21, 2023</b>	<b>PAUL McCARTNEY Tribute Concert Danversport, MA \$121 pp includes lunch</b>
<b>OCT 12, 2023</b>	<b>NEWPORT PLAYHOUSE Ghost of a Chance Newport! \$116 pp includes lunch</b>

\* NOTE Change of date from Thursday 7/27/23. Trip is now on Tuesday 7/25/23



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.

### PLEASE JOIN US

Check out our  
Trip Information  
Area at the Senior  
Center!

### TRIPS by CITIZENS ON AGING

Full payment and meal selection are due at sign-up.

*Unless otherwise noted on the individual trip flyer.*

Cash or Check (payable to Citizens on Aging) must accompany Trip Registration Form. We require your name, address, phone, date of birth and emergency contact information. Forms and payment envelopes are located at the Trip Information Area at the Senior Center. For any questions, please contact **Bob and Carol Marciano 401-536-3509**



Massachusetts  
Councils On Aging

### Lace up your sneakers and get ready for the Walk Massachusetts Challenge!

Walking consistently has numerous physical and mental health benefits. Regardless of how far or fast you walk, whether you use a cane or a walker, remaining active is key to aging well and living independently. Walking is accessible for most people whether done outside at your local park or indoors and in place on rainy days. Walking and the Walk Massachusetts Challenge is a fun way to build community!

Just register at [www.walkmachallenge.com](http://www.walkmachallenge.com), choose a challenge, and track your walking during the period between May 1 and Oct 31. With six challenges, there is a challenge for you no matter your ability. The only competition is yourself: to be better than you were yesterday. Meet milestones and be entered to win up to a \$50 gift card. And, for each person who completes their challenge, our Council on Aging will be entered to win up to \$1,000 for future programming. The more you walk, the more everyone wins!



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

**NONPROFIT ORG  
US POSTAGE PAID  
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PERMIT NO 100**

***Please let us know if your address has changed***

***coa@nortonmaus.com***

***508-285-0235***



***If you would like to receive our email electronically, please email us!***