



NORTON COUNCIL ON AGING

March / April 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.comWebsite: 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

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MaryAnn Dempsey, Vice Chair

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Joan DeCosta

Tom Golota

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

Friends of the Norton Senior Center
meet on the 4th Monday of the
month at 1:00 PM

SPRING at THE CENTER*Where Active Living Never Gets Old*

We have quite the busy winter here at the Center and are looking forward for the sunny days of Spring.

Some highlights to look forward to over the next few months are our St. Patrick's Day Party, the annual Tea, and a special visit from Ruth Bader Ginsburg!!! **Please remember to sign up for events ASAP as they tend to fill up.**

Spring is a good time to get moving. We have plenty of fitness classes for all levels of ability. The Massachusetts Council on Aging is sponsoring a walking challenge. Register at www.walkmachallenge.com or come to the Center and we can help you. Individual walkers can earn prizes for themselves and for their local senior center! Its never too late to get moving!! If you or someone you know would like to start a walking group out of the Senior Center please give us a call!!

Beth**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**

This will be us really soon!!!



DROP-IN**FITNESS & WELL-BEING**

NEW DAY & 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 & TIME

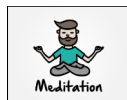
BALANCE YOGA at the VFW**Every Wednesday** 10:30 AM - 11:30 PM

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

starting /ending time change

Every Wednesday 11:40 AM - 12:25 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

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!

This is a 45 minute class.

**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**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 April 17

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 April 17

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

YOU NEED TO KNOW...

HOLIDAYS - We will be closed



Monday April 17
Patriot's Day

INCLEMENT WEATHER POLICY:

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



TAX PREPARATION SERVICES AT THE NORTON SENIOR CENTER



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

PLEASE NOTE: APPOINTMENTS ARE FIRST COME, FIRST SERVE

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

Visits starting back up in April! Please sign up at the Senior Center to join us.

2nd & 4th Wednesdays of each month 10:00 am - 12:00 pm



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

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



WHAT'S HAPPENING in MAR/APR

Please sign up at the Senior Center for all activities

MARCH 2023

Mar 1 Wednesday 12:30 PM free

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



Mar 3 Friday 1:00 PM \$2

ARTS & CRAFTS New Craft Leader Debbi Daitch will be here! Join us for a fun crafting afternoon. Debbi's craft will be on display at the Center when you sign up.

Mar 6 Monday 11:30 AM—9:00 PM

FRIENDS FUNDRAISER Come to Goat City Pub to support the Friends of the Norton Senior Center. 20% of all purchases will be donated to the Friends. Bring your ticket, and bring your luck for our many raffles.



Mar 6 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.

Mar 8 Wednesday 10:00 AM free

BEEYONDER VIRTUAL TOUR We're visiting Bologna, Italy for a live walking tour. Join us as we visit cultural sites, churches, and getting into the city scene. Italian treats will be served!



Mar 9 Thursday 1:00 PM free



LUNCH & LEARN Dr. Michael Schmit will be with us from At Home Hearing Healthcare. Come for a light lunch, and learn about hearing and hearing loss.

Mar 10 Friday 9:00 AM - 12:00 PM



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

Mar 13 Monday 2:00 PM - 3:30 PM free

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

Mar 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.



Mar 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. Meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. We pay with separate checks.

Mar 15 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 and answer questions.



Mar 17 Friday 12:30 PM

\$5

ST PATTY'S DAY PARTY Join us for a traditional Irish lunch, and entertainment by Kalifornia Karl! This party will be at the Senior Center. Limited seating. Sign up in advance!!



Mar 20 Monday 1:00 PM free

MEDICARE 101 Representatives from Blue Cross Blue Shield will be here to present "Countdown to 65" Planning for Medicare. You have important decisions to make about your future health care needs.

Mar 23 Thursday 8:00 departure

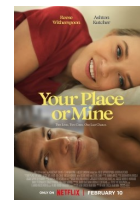
FOXWOODS CASINO TRIP Sign up at the Center for the Foxwoods Casino Bus Trip! \$35 includes bus and gratuity. Put on by the Friends of the Norton Senior Center.

Mar 23 Thursday 1:00 PM free

LUNCH & LEARN Susan Roy, Resident Service Coordinator at Norton Housing will be here. Come and enjoy lunch with us, and learn about senior housing options.

Mar 24 Friday 1:00 PM free

PIZZA & 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! SIGN UP IN ADVANCED!!



WHAT'S HAPPENING in MAR/APR

Please sign up at the Senior Center for all activities

Mar 27 Monday 1:00 PM free

FRIENDS MEETING Sign up for our monthly Friends meeting! Jay Alias will be delight us with another of his great Live & Learn presentations.

APRIL 2023

Apr 3 Monday 1:00 PM \$2

PAINTING WITH JULIA Come and paint with us!! Artist Julia McFaun teaches painting using simple step-by-step techniques. You'll be amazed at what you can paint!

Apr 5 Wednesday 12:30 PM free

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



Apr 6 Thursday 1:00 PM free

PAPER DECLUTTERING Annalise Thompson from The Organized Kitchen will be sharing her tips for tackling all our paper clutter! Sign up early for this program.



Apr 10 Monday 2:00 PM - 3:30 PM free

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

Apr 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.

Apr 12 Wednesday 10:00 AM free



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

Apr 13 Thursday 1:00 PM free

LUNCH & LEARN Back to Home Healthcare will be discussing Respiratory issues. Come have lunch, and learn about how COPD, Covid, RSV, etc.



Apr 14 Friday 1:00 PM free

ESTATE LAW Attorneys from Surprenant & Beneski Law Firm in Easton will be here at the Center. They will explain documents that are necessary for proper estate planning.

Apr 17 Monday PATRIOTS DAY

The Senior Center is CLOSED today

Apr 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. Come hang out with the guys! We pay with separate checks.

Apr 19 Wednesday 12:00 PM free

COFFEE WITH ESTELLE Drop in for some coffee and pastry with Norton's Veterans' Services Officer.



Apr 19 Wednesday 1:00 AM \$5

TEA PARTY Join us for our annual Tea Party! Dress up for a lovely afternoon old-fashioned tea party here at the Center. Don't forget a fancy hat!! Limited Seating.



Apr 20 Thursday 1:00 PM free



PIZZA & A MOVIE YES, we are showing a movie on a THURSDAY!! We are showing A Man Called Otto, starring Tom Hanks. Come watch this delightful movie. We'll have popcorn and pizza, of course!

Apr 21 Friday 1:00 PM free

CHAIR VOLLEYBALL Come play Chair Volleyball with St. Mary's students here at the Center. You won't want to miss this fun afternoon!!

Apr 24 Monday 1:00 PM \$KFC

FRIENDS MEETING Join us at our monthly Friends meeting. Sign up (and pay in advance) for a KFC Lunch. YUM!!



Apr 26 Wednesday 10:00 AM free

HORSE ENCOUNTER Another exciting visit to beautiful Smokey Chestnut Farm to see the horses, pigs, goats and alpaca Daisy!

Apr 26 Wednesday 1:00 PM free

Ruth Bader Ginsburg



An American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. A champion of fairness and equality, she objected to different expectations for men and women and prejudice against minority groups.

This show is the inspiring story of how she changed her life—and ours.

WHAT'S HAPPENING in MAR/APR

Please sign up at the Senior Center for all activities

Apr 27 Thursday 1:00 PM free

LUNCH & LEARN We'll have lunch, and then enjoy a presentation about Technology for Seniors. Sharon McNamara-Cruz will be joining us from Bristol Elder Services.



April 28 Friday 1:00 PM \$2

ARTS & CRAFTS Debbi Daitch will be back! Join us for another creative afternoon. Debbi has a few great ideas to share with you! Don't miss out!!



THANK YOU!

To all our wonderful volunteers!!

Please watch the weather!! If schools are cancelled, then programs at the VFW and Senior Center are cancelled!

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

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!



Fuel Assistance 2023

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.



FY23 LIHEAP Income Eligibility

Number in Household	Annual Income	Income Past 4 Weeks
1	\$42,411	\$3,262
2	\$55,461	\$4,266
3	\$68,511	\$5,270
4	\$81,561	\$6,273
5	\$94,610	\$7,277

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</p>	<p>REMINDERS: Some programs are held at the VFW, and are noted as such.</p> <p>Tax Prep, Tech Help, Audiology Clinic are ALL BY APPOINTMENT</p>	<p>9:30 AM 1 Chair Yoga VFW 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet</p> <p>TAX PREP - by appt</p>	<p>9:30 AM 2 Zumba 11 AM Line Dancing 1 PM Tech Help</p> <p>LET'S GO DANCING</p>	<p>9:30 AM 3 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Craft with Debbie</p>
<p>10 AM 6 Mahjong 1 PM Quilt/Sew 1 PM Painting with Julia</p> <p>ALL DAY GC Pub Fundraiser</p>	<p>9:30 AM 7 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>9:30 AM 8 Chair Yoga VFW 10 AM Beeyonder Bologna, Italy 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet TAX PREP - by appt</p>	<p>9:30 AM Zumba 9 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Hearing & Loss 3:30 PM COA Meeting</p>	<p>9:00 AM 10 Foot Doctor (by appt) 9:30 AM Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Drop In</p>
<p>10 AM 13 Mahjong 1 PM Quilt/Sew 2 PM+ Audiology Clinic (by appt)</p>	<p>8:30 AM 14 Ladies' Breakfast 9:30 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>8:00 AM 15 Men's Breakfast 9:30 AM C Yoga VFW 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 12 PM Vets Coffee 1 PM Knit/Crochet TAX PREP - by appt</p>	<p>9:30 AM 16 Zumba 11 AM Line Dancing 1 PM Tech Help</p> <p>← CSFP</p>	<p>9:30 AM 17 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 12:30 PM St. Patty's Day w/ Kalifornia Karl Party at Senior Center</p>
<p>10 AM 20 Mahjong 1 PM Quilt/Sew 1 PM Medicare 101</p>	<p>9:30 AM 21 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>9:30 AM 22 Chair Yoga VFW 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet TAX PREP - by appt</p>	<p>8:00 AM 23 Depart Casino Trip 9:30 AM Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Housing Options</p>	<p>9:30 AM 24 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Pizza & Movie</p>
<p>10 AM 27 Mahjong 1 PM Quilt/Sew 1 PM Friends Meeting</p> <p>Jay Alias Live & Learn</p>	<p>9:30 AM 28 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>9:30 AM 29 Chair Yoga VFW 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet TAX PREP - by appt</p>	<p>9:30 AM 30 Zumba 11 AM Line Dancing 1 PM Tech Help</p>	<p>9:30 AM 31 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Drop In</p>

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM 3 Mahjong 1 PM Quilt/Sew 1 PM Painting with Julia 	9:30 AM 4 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	9:30 AM 5 Chair Yoga VFW 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet TAX PREP - by appt	9:30 AM 6 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Paper Decluttering 	9:30 AM 7 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Drop In
10 AM 10 Mahjong 1 PM Quilt/Sew 2 PM+ Audiology Clinic (by appt)	8:30 AM 11 Ladies' Breakfast 9:30 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	9:30 AM 12 Chair Yoga VFW 10 AM Horses 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet TAX PREP - by appt	9:30 AM 13 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Respiratory Issues 3:30 PM COA Meeting	9:30 AM 14 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Estate Law
17 The Senior Center is CLOSED TODAY	9:30 AM 18 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Supp	8:00 AM 19 Men's Breakfast 9:30 AM C Yoga VFW 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 12 PM Vets Coffee 1 PM Knit/Crochet 1 PM Tea Party CSFP	9:30 AM 20 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Pizza & Movie 	9:30 AM 21 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Chair Volleyball
10 AM 24 Mahjong 1 PM Quilt/Sew 1 PM Friends Meeting + KFC LUNCH 	9:30 AM 25 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	9:30 AM 26 Chair Yoga VFW 10 AM Horses 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Ruth B Ginsburg	9:30 AM 27 Zumba 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Tech Info for Seniors 	9:30 AM 28 Learn to Knit 10:00 AM Drums A 11:30 AM Cards 11:30 AM Cribbage 1 PM Craft with Debbie
	<div> Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER </div>	<div> REMINDERS: Some programs are held at the VFW, and are noted as such. Tax Prep, Tech Help, Audiology Clinic are ALL BY APPOINTMENT </div>		

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
ONE SOURCE. MANY SERVICES.

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

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
Afternoon appointments

Appointments are required 508-285-0235

Assessment/Evaluation is free of charge





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 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

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

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 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

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

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



3) Gatra Go United Norton, Mansfield, Foxboro Franklin, Wrentham, Norfolk, and... Plainville (Plainridge Casino & Target Plaza) and Easton (Target Plaza)*



**ON JANUARY 30TH
GATRA GO CONNECT
WILL BECOME PART
OF THE
GATRA GO UNITED
SERVICE**

WHAT CHANGES?

1

THE SERVICE WILL NOW BE CALLED GATRA GO UNITED

2

GATRA GO UNITED IS OPERATED BY KIESSLING TRANSIT. CALL **800-698-7676** TO BOOK A TRIP OVER THE PHONE
RIDES CAN BE BOOKED NOW FOR TRAVEL AFTER JANUARY 30TH

3



APP USERS MUST DOWNLOAD A NEW APP TO BOOK TRIPS

DOWNLOAD THE GATRA GO APP NOW!



WHEATON STUDENTS MUST SIGN UP DIFFERENTLY. CONTACT WHEATON FOR INSTRUCTIONS.



Si usted desea traducir esto en Español, por favor llame 508-823-8828 ext 263
Se você preferir este traduzido em Português, por favor ligue 508-823-8828 ext 263

Gatra Go Connect is now called Gatra Go UNITED

(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
Sat/Sun 12:00 PM to 8:00 PM

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

**NEW #
800-698-7676
select option 2
Use the app? Download new
app to book trips**

WE CAN HELP

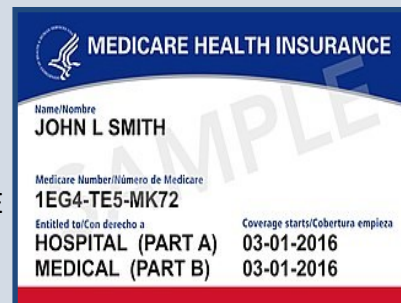
MEDICARE ASSISTANCE-SHINE

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	\$2,548	\$18,180
Married Couple	\$3,433	\$27,260

Call the Senior Center to Schedule and Appointment to Enroll!!
BIG SAVINGS!!!!

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.

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!

Mar 27, 2023 Jay Alias, Live & Learn

Apr 24, 2023 Annual KFC Lunch



Pay in advance

Future Meetings:

May 22, 2023 Election of Officers

Jun 12, 2023 (BBQ @VFW)

note new date

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!

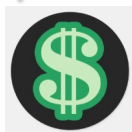
Casino Trip



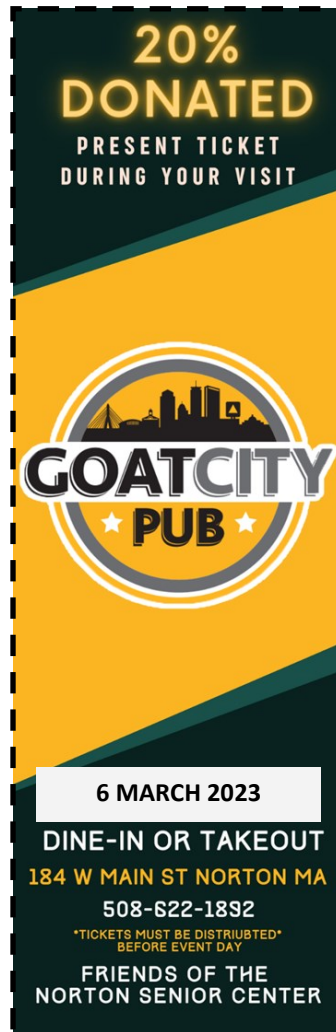
We are headed to **FOXWOODS** on Thursday March 23! Come to the Center and sign-up. We haven't been to Foxwoods in over 3 years, so don't miss this fun trip with all your "FRIENDS".



\$35



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FRIENDS
of the Norton Senior Center

**MONDAY
MARCH 6, 2023**

**GOATCITY Pub
Fundraiser**



Come and enjoy a delicious meal, and support the Friends at the same time. 20% of all sales on March 6th will be donated to the Friends of the Norton Senior Center!

11:30 AM - 9:00 PM
DINE-IN & TAKE-OUT & GIFT CARDS

**Don't forget to bring
your ticket**
*paper ticket, or a photo
on your phone*

xxxx xxxx xxxx xxxx
Try your luck at our raffle table. We have scratch ticket prizes, wine and liquor, and gift baskets. Donations for our raffle are always welcome.



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 Number



Volunteer Handyman Wanted The Veterans' Office is looking for handy people to volunteer to help veterans/widows out with small jobs. This is a great opportunity to give back to the community.

Honoring Our Heroes Banners

New banners will be put up before Memorial Day. Call the Veterans' Office for an application.



Veterans Affairs Life Insurance Program

Enrollment for the new insurance program VALife is now open. For more information call 1-800-669 8477 or visit www.benefits.va.gov/insurance/valife.asp



No-Cost CapTel Phone! The ultimate phone for people with hearing loss. Ask how to get a phone at no cost to you!

Eligibility for burial in a VA national cemetery

Veterans, service members, and some family members **may be eligible** for burial in a VA national cemetery. Find out if you, or a person you're planning a burial for, can get this benefit by contacting the Veterans' Office (508) 285-0274.

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.

Veteran Status on Your License

Honorably discharged veterans can have Veteran added to their license by bringing their DD214 when renewing. Many business will give discounts to veterans.

National Vietnam War Veterans Day

March 29th is National Vietnam War Veterans Day. This day honors Vietnam veterans and their families for their service and sacrifice on behalf of the Nation, with distinct recognition of former prisoners of war and families of those still listed as missing in action.

Norton Veterans' Organizations:

American Legion Post #222 508-285-2307 Fillmore-Nason VFW Post #8049 508-285-3845
 Norton Veterans' Council 508-285-0274

ST. PATTY'S DAY LUNCHEON

\$5

At the Senior Center

Traditional Irish Lunch

Entertainment by: Kalifornia Karl



Please rsvp and pay at the Front Desk, starting on March 1st.

Limited Seating: We will be accepting reservations from Norton residents only through March 8th. Seniors from other town are welcome to sign up beginning on March 9th. Thank you for your understanding.



ANNUAL TEA PARTY



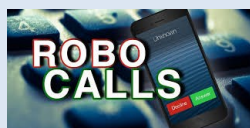
You are Invited to a Tea Party! Come in your fancy hat and party attire. We'll enjoy delightful tea, sandwiches and desserts. Enjoy an afternoon of lovely conversation and relaxation as we sit back and tea-party-away!

Please rsvp and pay at the Front Desk starting on April 5th. Limited Seating: We will be accepting reservations from Norton residents only through April 12th. Seniors from other town are welcome to sign up beginning on April 13th.

Our bi-monthly COA Newsletter is always available online! Visit the town website (www.nortonmaus.org): click on Government; click on Council on Aging; click on Newsletters Jan 1, Mar 1, May 1, Jul 1, Sep 1, Nov 1

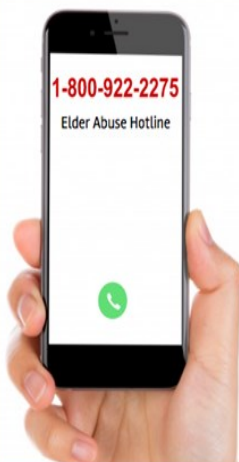
THANK YOU FOR YOUR PATIENCE

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



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

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

MAY 8-11, 2023	VICTORIAN CAPE MAY, NJ Exciting 4 day (3 night) trip includes seaside hotel, 6 meals, boat cruise, tours and museums. Full, fun days! \$1229 per person double(\$1630 single, \$1079 triple) \$100 deposit due when sign up. <i>Final payment due 3/16/23.</i>
MAY 24, 2023	BEE GEES TRIBUTE Lake Pearl, Foxboro (self drive). Lunch included. \$89 per person
JUNE 6-8, 2023	LANCASTER & GETTYSBURG, PA 3 days, 2 nights
JULY 27, 2023	ISLES OF SHOALS Lighthouse and Harbor Cruise
AUG 10, 2023	CLAMBAKE & DOO-WOP SHOW Fosters in York, ME, \$121 per person
SEPT 21, 2023	PAUL McCARTNEY Tribute Concert
OCT 31, 2023	COVERED BRIDGE TOUR Troy, New Hampshire

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

More details soon.

Check 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, 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
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



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

Federal Extra COVID SNAP Ending

What is COVID SNAP?

During COVID, Massachusetts households have been getting extra SNAP at the beginning of each month to buy food.

Due to federal action, the **last COVID SNAP payment is March 2, 2023.**



You may be able to increase your normal SNAP benefits by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult care costs.

Call The Senior Center @ 508-285-0235 to make sure you are getting all the benefits you are entitled to!!

