



NORTON COUNCIL ON AGING

May / June 2023

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

PO Box 552
Norton, MA 02766
Email: coa@nortonmaus.com
Website: nortonmaus.org
Fax: 508-285-4227

Phone: 508-285-0235

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

Carol Kollett

Ellen Martins

Carol McLaughlin

Michael Sweeney, Jr

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

SPRING INTO SUMMER at THE CENTER

Where Active Living Never Gets Old

WELCOME SPRING!

This is an exciting time of the year in general, but Spring 2023 here in Norton is **REALLY EXCITING** this year because we have broken ground on our new Senior and Community Support Center! Woo-hoo!!

Have you driven down Rt 140 recently? Stop for lunch at Jasmine Garden Restaurant, or for flowers and plants at Lakeside Gardens, and make sure to take a look across the street at the new Center! We are thrilled to see progress and look forward to watching our new Center come to life.

We have some fun activities planned for May and June. Cinco de Mayo and Mother's Day are in May, and Father's Day is in June. We're ready for celebrating!



Staying safe and healthy is important - come to a morning exercise class! We have a few wellness events you are sure to find beneficial: Stretch & Flex with Scott, and two Safety/Health Clinics put on by the Norton Fire Department. Join us!

We have some new fitness instructors!
Welcome to Linda, Elijah, and Kelly!!

Visit page 2 for changes to our fitness class
days/times:
Meditation, Tai Chi & Drums Alive



Beth

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 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!

Suggested donation: \$2 per class



MEDITATION [at the SENIOR CENTER](#)

NEW TIME

Every Tuesday 9:15 AM - 10:00 AM \$2

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



TAI CHI [at the VFW](#)

NEW DAY AND TIME

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. Our new instructor is Elijah. 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](#)

NEW DAY AND TIME STARTING IN JUNE

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. This is a FUN

class, so plan to join us! *Call the Center for May class times*

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.

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

Please note: No Mahjong May 8, May 29, June 19

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!



YOU'RE SEW CUTE!



Please note: No Quilting/Sewing May 8, May 29, June 19

BINGO at the VFW!

Every Tuesday 12:30 PM - 3:00 PM

Doors open at 11 AM

Come join the fun, and experience Bingo Norton-style! Big \$ prizes, and raffles. Free coffee/tea & treats! \$1/sheet for regular game



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

KNITTING & CROCHETING

Every Wednesday 1:00 PM - 3:00 PM free

Bring your needles and hooks as we gather for a few hours to knit and crochet together. All are welcome. We always have coffee/tea and pastries, AND great conversation!!!



LEARN TO KNIT

Every Friday 9:30 AM - 10:30 AM free



Pat will be here to teach basic knitting stitches. In no time you will be creating lovely, handmade items. For beginners and experts, alike.

We have yarn and knitting needles to get you started, or bring your projects to join in!



CARDS



EVERY WEDNESDAY

Blackjack 10:00 AM - 11:30 AM

Larry's back to deal Blackjack!!

EVERY FRIDAY



Bridge 11:30 AM - 3:30 PM

Cribbage 11:30 AM - 1:30 PM

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 May 29 **Memorial Day**

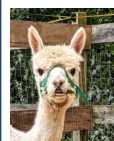


Monday June 19 **Juneteenth**



We will be closed

Monday May 8
Staff Professional
Development Day



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

Thank you to our AARP Tax
Preparers who volunteered for
11 weeks here at the Center,
every Wednesday from February
through April.



Thank you to our volunteers: Jennifer Bigelow,
Donna McBride, & Catherine Dahlgaard.

NORTON FIRE DEPARTMENT HEALTH CLINICS at the Center



Wednesday May 24th at 1:00 PM
Wednesday June 28th at 1:00 PM

- Blood Pressure Checks
- A1C Blood Sugar Checks
- Basic Cholesterol checks
- Flu vaccinations
- File-for-Life & other safety forms



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.



Contact Jim Conway for more information and/or to sign up:
(a CORI form will be required) 774-254-0868
jimcon2823@msn.com

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



AGING UNBOUND: MAY 2023

May is Older Americans Month (OAM),
when we recognize the countless
contributions that older adults make to our
communities. The 2023 theme is ***Aging
Unbound***, which offers an opportunity to
explore diverse aging experiences and
discuss how communities can combat
stereotypes. Join us in promoting flexible
thinking about aging – and how we all
benefit when older adults remain engaged,
independent, and included.

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 MAY/JUNE

Please sign up at the Senior Center for all activities

MAY 2023

May 1 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.



May 2 Tuesday 10:30 AM free

BEEYONDER VIRTUAL TOUR We're visiting Belgium to tour the beautiful springtime blooms. Tulips, Daffodils, Hyacinths!!



May 3 Wednesday 12:30 PM free

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

May 5 Friday 1:00 PM free

CINCO DE MAYO It's the 5th of May, so it's time to celebrate...Mexican Style!! Join us for a fun and festive afternoon, with chips, salsa, & maybe even tacos!



May 8 Monday PROFESSIONAL DEV. DAY

The Senior Center is CLOSED today

May 9 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.



May 10 Wednesday 10:00 AM free



SMOKY CHESTNUT FARM Our visits have started up again! Join us as we tour this local rescue farm and visit with beautiful animals.

May 10 Wednesday 1:00 PM free

STRETCH & FLEX Scott will be here from Physically Fit P.T. here in Norton. Come for a great class, and learn how to fit some beneficial exercises into your day.

May 11 Thursday 1:00 PM free

LUNCH & LEARN Stephanie Gray from Congressman Auchincloss's office will be here, along with Norton's Veteran's Agent Estelle Flett. Come for a light lunch, and a discussion about important local and state issues.

May 12 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

May 12 Friday 12:30 PM \$5

MOTHER'S DAY LUNCH at the VFW Join us for a lovely luncheon, and entertainment by Tommy Rull. Please sign up and pay in advance!!



May 15 Monday 2:00 PM - 4:00 PM free

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

May 17 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.



May 17 Wednesday 1:00 PM free

LUNCH & LEARN Dawn DiMarco from Bristol Elder Services will be here with a delicious lunch, and a fun session of Nutrition Bingo!



May 18 Thursday 10:00 AM free

BEEYONDER VIRTUAL TOUR How about a camel ride to the Great Pyramids in Egypt? YES! Join us for this fun tour.



May 19 Friday 1:00 PM free

PIZZA & MOVIE 80 for BRADY. This is a funny movie about 4 local Tom Brady fans. Pizza and Popcorn will be served! Please sign up in advance!



May 22 Monday 1:00 PM free

FRIENDS MEETING Sign up for our monthly Friends meeting. Pastries and beverages. Annual elections!

May 24 Wednesday 10:00 AM free

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



May 24 Wednesday 1:00 PM free

FIRE DEPARTMENT HEALTH CLINIC Stop in for safety information, and health checks: blood pressure, A1C, cholesterol, etc. Put on by Norton Fire Department.



May 25 Thursday 1:00 PM free

LUNCH & LEARN Danielle Burke from Belton Hearing will be joining us after lunch for a talk about hearing as we get older.



WHAT'S HAPPENING in MAY/JUNE

Please sign up at the Senior Center for all activities

May 26 Friday 1:00 PM free

NATURE CLASS We welcome Michael Scutani who will give us an exciting and informative presentation on nature. What's the topic? We'll be sure to let you know soon!



May 29 Monday MEMORIAL DAY
The Senior Center is **CLOSED today**

May 31 Wednesday 1:00 PM free

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



JUNE 2023

Jun 2 Friday 1:00 PM free

DROP-IN Drop in and stay for a bit. We'll have pastries and beverages while we catch up.

Jun 5 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.



Jun 6 Tuesday 1:00 PM free

BEEYONDER VIRTUAL TOUR Come explore the historic sights of Warsaw, Poland with tour guide Tomasz. This walking tour takes us to the most beautiful and important streets in the city!



Jun 7 Wednesday 12:30 PM free

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

Jun 7 Wednesday 1:00 PM free

BALANCE BASICS P.T. Scott is back! Our favorite stretch instructor will be with us for a Balance Class.



Jun 8 Thursday 1:00 PM free

LUNCH & LEARN Lisa Wasson of Hope Health will be here to explain what Palliative Care is, and how it can benefit you and your family. Lisa will speak after we enjoy a light lunch.



Jun 9 Friday 1:00 PM free

MUSIC THERAPY Bruce Cummings will present a Natural Melodic Mix - come and enjoy a relaxing afternoon. Learn how music can help us relax and reduce stress.



Jun 12 Monday 1:00 PM \$

FRIENDS BBQ at the VFW It's the FRIENDS End-of-the-Year BBQ! Don't miss the fun!! Friends members can attend the BBQ free; guests are welcome \$5 each. You must sign up at the Senior Center to attend.



Jun 12 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.

Jun 13 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.



Jun 14 Wednesday 10:00 AM free

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



Jun 14 Wednesday 10:30 AM departure

ENCORE CASINO TRIP Sign up at the Center for our trip to Encore Casino. \$35 includes bus, gratuity and \$20 in slot play! Put on by the Friends of the Norton Senior Center. *We shifted departure and return to avoid traffic.*



Jun 14 Wednesday 1:00 AM free

SCAMS The District Attorney's office will be here to explain the latest scams and how to protect ourselves.



Jun 16 Friday 12:30 PM free

FATHER'S DAY LUNCH at the VFW Let's celebrate all the fathers, grandfathers, uncles, and others who are important! Entertainment and a great lunch!



Jun 19 Monday JUNETEENTH (Freedom Day)
The Senior Center is **CLOSED today**

Jun 21 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.



Jun 21 Wednesday 12:00 PM free

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



Jun 21 Wednesday 1:00 AM free

PRIDE LUNCHEON Join us for our 2nd annual Pride Luncheon. Celebrate the uniqueness of us all.



Jun 22 Thursday 1:00 PM free

LUNCH & LEARN Dawn DiMarco from Bristol Elder Services Nutrition Department will be here to talk about Shopping on a Budget. Bristol will provide lunch.



WHAT'S HAPPENING in MAY/JUNE

Please sign up at the Senior Center for all activities

Jun 23 Friday 1:00 PM free

PIZZA & A MOVIE The Fablemans is the fascinating story of director Steven Spielberg. We'll have popcorn and pizza, of course!



Jun 26 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.



Jun 26 Monday 1:00 PM free

DROP-IN Drop in and say "hello". Bring some friends and hang out with us.



Jun 28 Wednesday 10:00 AM free



HORSE ENCOUNTER A visit to beautiful Smokey Chestnut Farm Rescue and their sweet animals.

Jun 28 Wednesday 1:00 PM free

FIRE DEPARTMENT HEALTH CLINIC Norton FD safety information and health checks: blood pressure, A1C, cholesterol, etc.



Jun 30 Friday 1:00 PM free

ROGER & BAND Entertainment by the one-and-only Roger and his band! Come enjoy the tunes!



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!



FOR 9-1-1 EMERGENCIES IN MASSACHUSETTS:

**CALL IF YOU CAN;
TEXT IF YOU CAN'T.**



Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

1

If you need police



2

If you need fire



3

If you need an ambulance



If the 9-1-1 dispatcher asks questions, press

4

For YES



5

For NO



Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911



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

Call the Center for May 2023 Drums Alive schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM Mahjong 1 1 PM Quilt/Sew 1 PM Painting with Julia 	9:15 AM 2 Meditation 10:30 AM Beeyonder Blooms in Belgium 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	9:30 AM 3 Chair Yoga VFW 10 AM Blackjack 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 12:30 PM BP Check 1 PM Knit/Crochet	9:30 AM Zumba 4 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 	9:30 AM 5 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 1 PM Cinco de Mayo 
TRIP departure 8 The Senior Center is CLOSED TODAY 	8:30 AM 9 Ladies' Breakfast 9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	9:30 AM 10 Chair Yoga VFW 10 AM Horses 10 AM Blackjack 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Stretch & Flex	9:30 AM Zumba 11 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Congress. Rep Gray & Vets Agent Estelle 3:30 PM COA Meeting TRIP return	9:00 AM 12 Foot Doctor (by appt) 9:30 AM Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 12:30 PM Mother's Day Lunch at VFW 
10 AM 15 Mahjong 1 PM Quilt/Sew 2 PM+ Audiology Clinic (by appt) 	9:15 AM 16 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 	8:00 AM Men's B 17 9:30 AM C Yoga VFW 10 AM Blackjack 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Lunch & Learn Nutrition Bingo	9:30 AM Zumba 18 9:30 AM Tai Chi VFW 10 AM Beeyonder Camel Ride Pyramids 11 AM Line Dancing 1 PM Tech Help 	9:30 AM 19 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 1 PM Pizza & Movie 
10 AM 22 Mahjong 1 PM Quilt/Sew 1 PM Friends Meeting Elections 	9:15 AM 23 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 	TRIP 24 9:30 AM C Yoga VFW 10 AM Horses 10 AM Blackjack 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Fire Dept Clinic	9:30 AM Zumba 25 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Beltone Hearing	9:30 AM 26 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 1 PM Nature Class
Parade 10 am start 29  The Senior Center is CLOSED TODAY	9:15 AM 30 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support	9:30 AM 31 Chair Yoga VFW 10 AM Blackjack 10:30 AM B Yoga VFW 11:40 AM Tai Chi VFW 1 PM Knit/Crochet 1 PM Musical Bingo	<div style="border: 2px solid red; padding: 5px;"> Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER </div>	<div style="border: 1px solid blue; padding: 5px;"> REMINDERS: Some programs are held at the VFW, and are noted as such. Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT </div>

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

JUN 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>Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT</p>		<p>9:30 AM Zumba 1 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help</p>	<p>9:30 AM 2 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 1 PM Drop-in</p>
<p>10 AM 5 Mahjong 1 PM Quilt/Sew 1 PM Painting with Julia</p>	<p>TRIP departure 6 9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Supp 1 PM Beeyonder Historic Warsaw</p>	<p>9:30 AM CY VFW 7 10 AM Blackjack 10:30 AM B Yoga VFW 11:15 AM Drums Alive 12:30 PM BP Check 1 PM Knit/Crochet 1 PM Balance w/Scott</p>	<p>9:30 AM Zumba 8 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1:30 PM Lunch & Learn Palliative Care 3:30 PM COA Meeting TRIP return</p>	<p>9:30 AM 9 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 1 PM Music Therapy</p>
<p>10 AM 12 Mahjong 1 PM Quilt/Sew 12 PM Friends BBQ at VFW 2 PM+ Audiology Clinic (by appt)</p>	<p>8:30 AM 13 Ladies' Breakfast 9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Supp</p>	<p>10:30 AM Casino 14 9:30 AM CY VFW 10 AM Horses 10 AM Blackjack 10:30 AM B Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 1 PM Scams (DA)</p>	<p>9:30 AM Zumba 15 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help</p>	<p>9:30 AM 16 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 12:30 PM Father's Day Lunch at VFW</p>
<p>19 JUNETEENTH FREEDOM DAY The Senior Center is CLOSED TODAY</p>	<p>9:15 AM 20 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>8:00 AM Men's B 21 9:30 AM C Yoga VFW 10 AM Blackjack 10:30 AM B Yoga VFW 11:15 AM Drums Alive 12 PM Vets Coffee 1 PM Knit/Crochet 1 PM Pride Luncheon</p>	<p>9:30 AM Zumba 22 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn BES Shopping on a Budget</p>	<p>9:30 AM 23 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 1 PM Pizza & Movie</p>
<p>10 AM 26 Mahjong 1 PM Quilt/Sew 1 PM Drop-In</p> <p>ALL DAY GC Pub Fundraiser</p>	<p>9:15 AM 27 Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>9:30 AM 28 Chair Yoga VFW 10 AM Horses 10 AM Blackjack 10:30 AM B Yoga VFW 11:15 AM Drum Alive 1 PM Knit/Crochet 1 PM Fire Dept Clinic</p>	<p>9:30 AM Zumba 29 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help</p>	<p>9:30 AM 30 Learn to Knit 11:30 AM Cards 11:30 AM Cribbage 1 PM Roger & Band!</p>

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
OR
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 MAY 12, 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

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 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)*

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

NEW #

800-698-7676, select option 2

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*

Use the app? Download new app to book trips

Fuel Assistance for income-qualified residents ended on April 30, 2023.



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

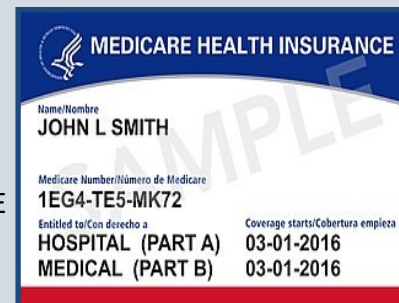
MEDICARE ASSISTANCE - SHINE

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

Call the Senior Center to Schedule an 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 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. We are here to help!

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

SIGN UP AT THE CENTER TO ATTEND

May 22, 2023 1:00 PM at the Center
Meeting and Election of Officers

Jun 12, 2023 12:00 PM at the VFW
Year-End BBQ
Swearing in of Officers
Music by Steve Bishop



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
ENCORE CASINO

\$35

Wednesday June 14

Come to the Center to sign-up and pay. **Departure will be at 10:30 AM, and we will leave Encore at 6:30 PM.** Includes \$20 slot play.



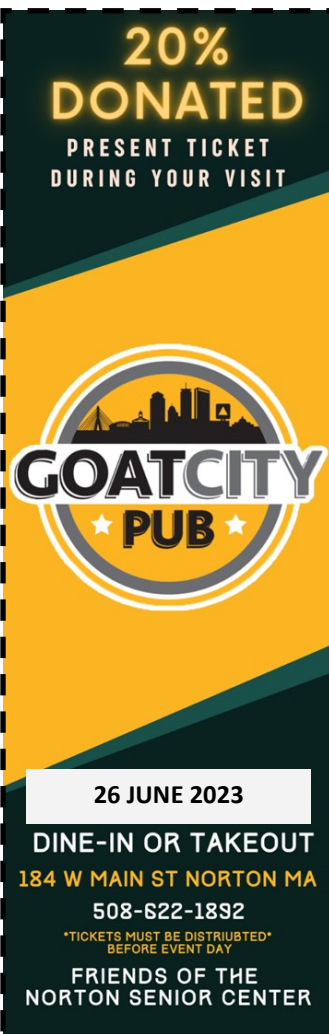
FRIENDS BBQ
at the VFW

28 Summer Street

SIGN-UP IS REQUIRED

FRIENDS members can attend the BBQ free of charge!

Guests are welcome \$5 each



F R I E N D S
of the Norton Senior Center

MONDAY
JUNE 26, 2023

GOATCity Pub
Fundraiser



Come and enjoy a delicious meal, and support the Friends at the same time. 20% of all sales on June 26th 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)



"Memorial Day is an opportunity to pause and reflect on the sacrifices of the more than one million Soldiers, Marines, Sailors, Airmen, and Coast Guardsmen who have made the ultimate sacrifice to secure our freedoms." ~ General Norton Schwarz

Memorial Day Parade Happenings

~**Parade** Monday, May 29th 10 AM– All veterans are welcome to march or ride the veteran's float.

~**Norton High School Assembly** Friday, May 26th 8AM

~**Free Breakfast** Honey Dew Donuts for Veterans (sponsored by Marsan Upholstery and Honey Dew Donuts) May 29 7:00am to noon.

Veterans Real Estate Tax Exemptions

Veterans with a service connected disability are eligible for:

\$400 for service connection disability between 0% and 90% and live in home for 1 year

\$1000 for 100% service connected disability and live in home for 1 year

Coffee Hour with Estelle at the Norton Senior Center

Come chat with Estelle Flett, Norton VSO on Thursday, May 11 at 1:30 pm or Wednesday, June 21 at 12:00 pm. Estelle will be at the Center to answer any questions you may have about veteran's benefits.



~ May 20th is Armed Forces Day ~

Dedicated to paying tribute to men and women currently serving in the US Armed Forces.

Application for Pre-Need Determination of Eligibility for Burial in a VA National Cemetery apply VA on Form 40-10007.

<https://www.va.gov/vaforms/va/pdf/va40-10007.pdf>

Norton Veterans Office is available for any questions you may have or you may call directly to National Cemetery Scheduling Office 1 (800) 535-1117.



Wreaths Across America Yard Sign Fundraiser
 \$10 each
 now available in the Veterans' Office



Norton Veterans' Organizations:

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

Norton Veterans' Council 508-285-0274

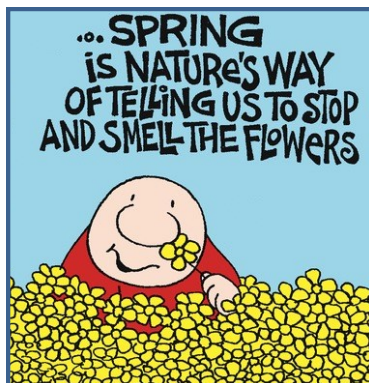
MOTHER'S DAY LUNCHEON

12:30 PM Friday May 12 at the VFW

FATHER'S DAY LUNCHEON

12:30 PM Friday June 16 at the VFW

Advance sign-up is required
(sign up at the Center)



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Thank you to all of our VOLUNTEERS!! We are a very busy Senior Center, and we certainly wouldn't be as successful without the many dedicated volunteers that make our Center so active and fun. We also recognize all of you who create, who donate, who call, and who care!



HAPPY
MOTHER'S
DAY



&



Come & watch the PARADE in front of the Center!!
Mon May 29 10 am

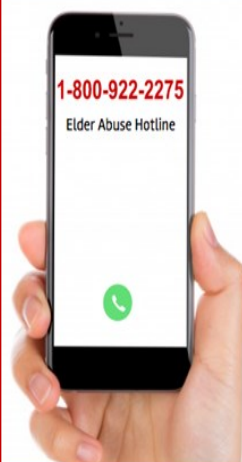
Our bi-monthly COA Newsletter is always available online! Visit the town website (www.nortonmaus.org): click on Government; click on Council on Aging; click on Newsletters Editions: Jan 1, Mar 1, May 1, Jul 1, Sep 1, Nov 1

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	<u>VICTORIAN CAPE MAY, NJ</u> For those of you traveling to Cape May... Have FUN!!
MAY 24, 2023	<u>BEE GEES TRIBUTE</u> Lake Pearl, Wrentham (self drive). \$89 pp includes lunch
JUNE 6-8, 2023	<u>PENN DUTCH (LANCASTER & GETTYSBURG)</u> 3 days, 2 nights payment due 4/6/23
JULY 27, 2023	<u>ISLES OF SHOALS</u> Lighthouse and Harbor Cruise (9 islands!) \$152 pp includes lunch
AUG 10, 2023	<u>LOBSTERBAKE & DOO-WOP SHOW</u> The Corvettes Fosters in York, ME \$122 pp
SEPT 21, 2023	<u>PAUL McCARTNEY Tribute Concert</u> Danversport, MA \$121 pp includes lunch
OCT 12, 2023	<u>NEWPORT PLAYHOUSE</u> Ghost of a Chance Newport! \$116 pp includes lunch
OCT 31, 2023	<u>COVERED BRIDGE TOUR</u> Troy, New Hampshire CANCELLED

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!

NORTON SENIOR & COMMUNITY SUPPORT CENTER

**HOME OF: Norton Senior Center, Council on Aging, Department of Human Services,
Friends of the Norton Senior Center, Cupboard of Kindness Food Pantry**

