



*Where Active Living Never Gets Old!*

# November / December 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

Lori Dombrowski

Tom Golota

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

## HOLIDAYS at THE CENTER

*Where Active Living Never Gets Old*

Hello Norton Seniors!

It's hard to believe that we are approaching the Holiday season, but here we are! November brings us the falling leaves, cooler temperatures, and two important Holidays: Veteran's Day and Thanksgiving Day. We'll next head into the "celebration month" of December, as we prepare for Hanukkuh, Kwanzaa, Christmas and New Year's Eve. Please stay safe and healthy!



In preparation for winter, Fuel Assistance is available to those who are in need this winter. Please call us to see if you qualify, and we will help you fill out an application.

**HAPPIEST OF ALL THE HOLIDAYS**  
**from our Staff and Volunteers!**

*Beth*



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We will be continuing reviews of **Medicare Part D** Plans through December 7th. It's Medicare **Open Enrollment** time! Our SHINE counselors are ready to help during this once-a-year opportunity. Submit a completed SHINE form (included in this newsletter), and get it back to the Senior Center. **We'll contact you** to discuss any beneficial changes, and/or will have you come in to meet with us in person.





**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

Please note: NO Chair Yoga on Nov 15**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

Please note: NO Balance Yoga on Nov 15**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 Meditation on Dec 26**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 Nov 16, Nov 23**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 Nov 23, Dec 19, 21, 26, 28**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. If necessary.

Please note: NO Line Dancing on Nov 2, Nov 23**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 Nov 22, Dec 27

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 with us on Mondays!



*Please note: No BEGINNER Mahjong on Nov 13, Nov 20*

## QUILTING / SEWING

**Every Tuesday 1:00 PM - 3:00 PM free**

**PLEASE NOTE CHANGE OF DAY! Now on TUESDAYS!**

Bring your quilting and sewing projects and share ideas. Enjoy catching up, and meeting new friends!



*Please note: No Quilting/Sewing on Dec 26*

## 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 Nov 14, Dec 26*

## 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!!!



*Please note: No Knit/Crochet on Dec 13*

## 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 your projects and join us!

*Please note: No Knitting Group on Nov 24*

## CARDS

**EVERY WEDNESDAY**

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



**EVERY FRIDAY - Call First!**

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



*Please note: No Cards on Nov 24*



*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

November 10 VETERAN'S DAY



November 23, 24 THANKSGIVING



December 25, 26 CHRISTMAS



We'd love a few more Blackjack players!!  
Join us! Wednesdays 10:00 AM



## ANNUAL CLOTHING DRIVE

Hats, Mittens, Gloves,  
Scarves, Socks &  
Pajamas for Norton  
Kids! Collection at the  
Senior Center, for all  
sizes through teens.



Deadline: December 8th

## 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!**

*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*

## HEALTH & WELLNESS

Nov 7, Dec 5 TUESDAYS 12:00 - 12:30 PM

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



Nov 20, Dec 11 MONDAYS 2:00 PM - 4:00 PM

**AUDIOLOGIST** Lauren from At Home Hearing Healthcare will be here at the Center for Hearing Assessments.



Hearing Aid cleaning available.

By appointment only

508-285-0235 **FREE**



\*Usually the 2nd Monday of every month!

Dec 1 FRIDAY 9:00 AM - 12:00 PM

**FOOT DOCTOR** By appointment only



Dr. Henrickson from Plymouth Podiatry in Taunton will come here to the Senior Center! Call 508-285-0235 for an appointment.

**Insurance or \$50 fee**

Selected insurance accepted.

Call Plymouth Podiatry 508-824-9571 for coverage info.

## TECHNOLOGY HELP

Join Tom and Kathy G. here at the Center for help with your Tech: Phone, computer, tablet, etc. Beginners are welcome!



Please sign up for a specific time slot: **1:00 PM, 1:30 PM, 2:00 PM**  
508-285-0235 **EVERY THURSDAY**



**Norton  
Fire Department**

**FREE BUCKET OF SALT**

Delivered to your home

Call us to register: 508-285-0235



# WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

## PAINTING

**Nov 13, Dec 4 MONDAYS 1:00 PM \$2**

### **PAINTING WITH JULIA**

Come and paint with artist Julia McFaun. Julia teaches using simple step-by-step techniques. Join us for a relaxing afternoon and paint something beautiful! Beginners are welcome.



## CRAFT & CREATE

Join us as we make fun crafts to decorate our homes, or to give as gifts.

**Nov 6 MONDAY 1:00 PM \$2**

### **SNOWMAN CRAFT**

**Nov 21 TUESDAY 1:00 PM \$2**

### **THANKSGIVING CRAFT**

**Dec 21 THURSDAY 1:00 PM \$2**

### **WINTER CRAFT**



## LUNCH & LEARN

**Nov 9 and Dec 14 FREE**

### **THURSDAYS 1:00 PM**

Come for a light lunch at 1:00 PM, followed by an interesting presentation by one of our local partners.

**Nov 9 FRAUD/SCAMS** Representatives will be here from South Coastal Counties Legal Service (SCCLS) to talk about fraud prevention and protection.



We'll also discuss some of the common scams that we all need to be aware of.

**FRAUD ALERT**

**Dec 14 HOME HEALTHCARE SERVICES** Elaine K from Back to Home Healthcare Services will give an interesting talk about what services you can get after an illness, or as you age.



**No Lunch & Learn on Nov 23 or Dec 28**



## MONTHLY BREAKFASTS

**Nov 14, Dec 12 TUESDAYS 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, and enjoy the company of old and new friends.

We pay with separate checks.

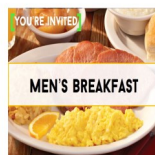


**Nov 15, Dec 20 WEDNESDAYS 8:00 AM \$ self-pay**

### **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! Come and hang out with the guys, and enjoy a monthly speaker.

We pay with separate checks.



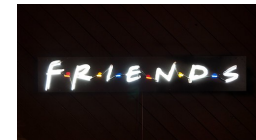
## FRIENDS MEETINGS

**Nov 27 MONDAY 1:00 PM FRIENDS**

### **SEPTEMBER FRIENDS MEETING**

Meeting followed by guest speaker Dan Couture.

**No December Meeting since we have the Annual Christmas Party on December 13!**



**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**



# WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

## ENTERTAINMENT / MOVIES / FUN

**Nov 3 FRIDAY 1:00 PM FREE**

**PIZZA & A MOVIE** Love Again A romantic comedy starring Priyanka Chopra-Jonas, Sam Heughan & Celine Dion. You'll love it! Pizza and Popcorn will be served.



**Nov 15 WEDNESDAY 1:00 PM FREE**

**TIMMY BROWN** You won't believe who is coming to the Center! Norton's own, Timmy Brown! He's an up-and-coming country singer who now lives in Nashville...and he jumped at the opportunity to play his guitar for us! Don't miss out on our hometown country boy!



**Nov 17 FRIDAY 1:00 PM FREE**

**COMEDIAN KEVIN DRISCOLL** You'll want to sign up and attend this event, for sure. Paul Revere. Ventriloquist. Comedian. Got your interest? This will definitely be fun!!



**Nov 29 FRIDAY 12:30 PM FREE**

**ICE CREAM SOCIAL** One Solution Homecare is hosting a pre-bingo Ice Cream Social!! Enjoy a refreshing treat while Diana Moniz will give us some advice on caring for you, and for your home.



**Nov 29 FRIDAY 1:00 PM FREE**

**MUSIC BINGO** Our favorite DJ, Chris, will be back for some fun bingo. You'll love the music, and maybe will win some prizes!!



**Dec 1 FRIDAY 1:00 PM FREE**

**CHRISTMAS TREE LIGHTING** Kalifornia Karl will be joining us this year for our annual Christmas Tree fun! Come and sing Christmas carols with us and enjoy some treats!



**Dec 8 FRIDAY 1:00 PM FREE**

**HANUKKAH CELEBRATION** Let's play dreidel games and learn about Hanukkah. Enjoy traditional foods like delicious Challah Bread and sweet Kugel.



**Dec 15 FRIDAY 1:00 PM FREE**

**PIZZA & A MOVIE** Switchmas A musical comedy!! A



Christmas-obsessed Jewish boy trades airline tickets so he can celebrate Christmas instead of Hanukkah. FUNNY!! We'll have pizza and popcorn, too.



**Dec 20 WEDNESDAY 1:00 PM FREE**

**SING-A-LONG** Special guests Mr. and Mrs. Claus will be leading us in a fun and memorable afternoon of singing and festivities to get us ready for Christmas!!!!



## EDUCATION / FITNESS-WELLNESS

**Nov 2 THURSDAY 1:00 PM FREE**

**MAYFLOWER COMPACT** The Mayflower Compact was signed prior to the ship landing in Plymouth, and was the first framework of government written and enacted in the territory that is now the United States of America. PLUS: Pumpkin Pie!!



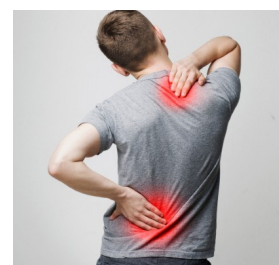
**Nov 30 THURSDAY 1:00 PM FREE**

**NATURE CLASS** We welcome back our nature-guy Mike Scutari to explain Vernal Pools and why they are so important to our environment. Very interesting!!



**Dec 27 Wednesday 1:00 PM FREE**

**BACK PAIN** Chiropractor Dr. Josh is returning with another informative talk about back pain. He works locally at MCR Chiropractic and is great at explaining how the body works so we can understand our pain and find ways to improve our lives.





# WHAT'S HAPPENING in NOV/DEC

Please sign up at the Senior Center for all activities

## HORSE ENCOUNTER

**Nov 18, Nov 22**

**FREE**

**WEDNESDAYS 10:00 AM - 12:00 PM**

**SMOKY CHESTNUT RESCUE FARM**

Join us at this local rescue farm and visit with beautiful animals: Horses, goats, pigs, alpacas!



We typically visit on the 2nd and 4th Wednesdays of each month, depending on weather. After November, we will take a break from farm visits until the spring!

## The Roof is On!!

Construction is continuing over at our new facility on Mansfield Ave, Rt 140. The walls are up and the roof is on! We are on scheduled to be finished in early summer 2024. We can't wait!!



## THANKSGIVING

If you are a senior or veteran in need, or will be alone for Thanksgiving, please call us! We can bring you a delicious turkey dinner (delivery will be on Wednesday Nov 22). If you would prefer a turkey and all the fixin's, please let us know.

Deadline to register:  
Wednesday Nov 15

508-285-0235



## CHRISTMAS

We will deliver a holiday meal for seniors and veterans in Norton! Call us to sign up and find our more information.

Deadline to register: Monday Dec 18

508-285-0235



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)



**Follow us on Facebook!**

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

Norton Senior Center / Community Support Center



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</b></p>	<p><b>REMINDERS:</b> Some programs are held at the <b>VFW</b>, and are noted as such.</p> <p>Tech Help, Audiology Clinic &amp; Foot Doctor are <b>BY APPOINTMENT</b></p>	<p>9:30 AM Chair Yoga <b>VFW</b> <b>1</b></p> <p>10 AM Blackjack</p> <p>10:30 AM Balance Yoga <b>VFW</b></p> <p>11:15 AM Drums Alive</p> <p>1 PM Knit/Crochet</p> <p>1 PM Songs &amp; Stories</p>	<p>9:30 AM Zumba <b>2</b></p> <p>9:30 AM Tai Chi <b>VFW</b></p> <p><del>11 AM Line Dancing</del></p> <p>1 PM Mayflower</p> <p>Compact Presentation &amp; Pumpkin Pie</p> <p>1 PM+ Tech Help</p>	<p>9:30 AM Knitting &amp; Lessons <b>3</b></p> <p>11:30 AM Cards</p> <p>1 PM Pizza &amp; Movie</p> <p> </p>
<p>10 AM Mahjong <b>6</b></p> <p>1 PM Snowman Craft</p> <p></p>	<p>9:15 AM Meditation <b>7</b></p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo <b>VFW</b></p> <p>12 PM BP Check</p> <p>1 PM Quilt/Sew</p> <p>1 PM Caregiver Support</p> <p></p>	<p><b>CASINO TRIP</b> <b>8</b></p> <p>9:30 AM Chair Yoga <b>VFW</b></p> <p>10 AM Horse Farm visit</p> <p>10 AM Blackjack</p> <p>10:30 AM Bal Yoga <b>VFW</b></p> <p>11:15 AM Drums Alive</p> <p>1 PM Knit/Crochet</p>	<p>9:30 AM Zumba <b>9</b></p> <p>9:30 AM Tai Chi <b>VFW</b></p> <p>11 AM Line Dancing</p> <p>1 PM Lunch &amp; Learn</p> <p>SCCLS Fraud/Scams</p> <p>1 PM+ Tech Help</p> <p>3:30 PM COA Meeting</p> <p></p>	<p><b>10</b></p> <p></p> <p>The Senior Center is closed today</p>
<p>10 AM Mahjong <b>13</b></p> <p>No Beginner Mahjong</p> <p>1 PM Painting with Julia</p> <p></p>	<p>8:30 AM Ladies' Breakfast <b>14</b></p> <p>9:15 AM Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo <b>VFW</b></p> <p>1 PM Quilt/Sew</p> <p>1 PM Caregiver Support</p> <p></p>	<p>8:00 AM Men's Breakfast <b>15</b></p> <p><del>9:30 AM Chair Yoga <b>VFW</b></del></p> <p>10 AM Blackjack</p> <p>10:30 AM Bal Yoga <b>VFW</b></p> <p>11:15 AM Drums Alive</p> <p>1 PM Knit/Crochet</p> <p>1 PM Timmy Brown</p>	<p>9:30 AM Zumba <b>16</b></p> <p><del>9:30 AM Tai Chi <b>VFW</b></del></p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p></p>	<p>9:30 AM Knitting &amp; Lessons <b>17</b></p> <p>11:30 AM Cards</p> <p>1 PM Paul Revere</p> <p>Ventriloquist &amp; Comedy</p> <p></p>
<p>10 AM Mahjong <b>20</b></p> <p>No Beginner Mahjong</p> <p>2 PM+ Audiology Clinic (by appt)</p> <p></p>	<p>9:15 AM Meditation <b>21</b></p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo <b>VFW</b></p> <p>1 PM Thanksgiving Craft</p> <p>1 PM Quilt/Sew</p> <p>1 PM Caregiver Support</p>	<p>9:30 AM Chair Yoga <b>VFW</b> <b>22</b></p> <p>10 AM Horse Farm visit</p> <p>10 AM Blackjack</p> <p>10:30 AM Bal Yoga <b>VFW</b></p> <p><del>11:15 AM Drums Alive</del></p> <p>1 PM Knit/Crochet</p>	<p><b>23</b></p>	<p><b>24</b></p>
			<p><b>HAPPY THANKSGIVING!</b></p> <p>The Senior Center is CLOSED on NOV 23rd &amp; 24th</p> <p> </p>	
<p>10 AM Mahjong <b>27</b></p> <p>1 PM Friends Meeting</p> <p></p>	<p>9:15 AM Meditation <b>28</b></p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo <b>VFW</b></p> <p>1 PM Quilt/Sew</p> <p>1 PM Caregiver Support</p>	<p>9:30 AM Chair Yoga <b>VFW</b> <b>29</b></p> <p>10 AM Blackjack</p> <p>10:30 AM Bal Yoga <b>VFW</b></p> <p>11:15 AM Drums Alive</p> <p>12:30 PM Ice Cream</p> <p>1 PM Knit/Crochet</p> <p>1 PM Music Bingo</p> <p></p>	<p>9:30 AM Zumba <b>30</b></p> <p>9:30 AM Tai Chi <b>VFW</b></p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Nature Class</p> <p></p>	<p></p>

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</b></p>	<p><b>REMINDERS:</b> Some programs are held at the <b>VFW</b>, and are noted as such.</p> <p>Tech Help, Audiology Clinic &amp; Foot Doctor are BY APPOINTMENT</p>			<p><b>9 AM+</b> Foot Doctor (by appt) <sup>1</sup> </p> <p><b>9:30 AM</b> Knitting &amp; Lessons</p> <p><b>11:30 AM</b> Cards</p> <p><b>1 PM</b> Christmas Tree Lighting: Kalifornia Karl </p>
<p><b>10 AM</b> Mahjong <b>4</b></p> <p><b>1 PM</b> Painting with Julia</p>	<p><b>9:15 AM</b> Meditation <b>5</b></p> <p><b>11:15 AM</b> Zumba</p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>12 PM</b> BP Check </p> <p><b>1 PM</b> Quilt/Sew</p> <p><b>1 PM</b> Caregiver Support </p>	<p><b>9:30 AM</b> Chair Yoga <b>VFW</b> <b>6</b></p> <p><b>10 AM</b> Blackjack</p> <p><b>10:30 AM</b> Bal Yoga <b>VFW</b></p> <p><b>11:15 AM</b> Drums Alive</p> <p><b>1 PM</b> Knit/Crochet</p>	<p><b>BOSTON POPS TRIP 7</b></p> <p><b>9:30 AM</b> Zumba</p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><b>11 AM</b> Line Dancing</p> <p><b>1 PM+</b> Tech Help</p> <p><b>MEDICARE OPEN ENROLLMENT ENDS</b></p> <p><b>3:30 PM</b> COA Meeting</p>	<p><b>9:30 AM</b> Knitting &amp; Lessons <b>8</b></p> <p><b>11:30 AM</b> Cards</p> <p><b>1 PM</b> Hanukkah Celebration</p>
<p><b>10 AM</b> Mahjong <b>11</b></p> <p><b>2 PM+</b> Audiology Clinic (by appt)</p>	<p><b>8:30 AM</b> Ladies' Breakfast <b>12</b></p> <p><b>9:15 AM</b> Meditation</p> <p><b>11:15 AM</b> Zumba</p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>1 PM</b> Quilt/Sew</p> <p><b>1 PM</b> Caregiver Support</p>	<p><b>9:30 AM</b> Chair Yoga <b>VFW</b> <b>13</b></p> <p><b>10 AM</b> Blackjack</p> <p><b>10:30 AM</b> Bal Yoga <b>VFW</b></p> <p><b>11:15 AM</b> Drums Alive</p> <p><b>11:30 AM</b> FRIENDS</p> <p><b>Christmas Party Chateau</b></p> <p><b>1 PM</b> Knit/Crochet</p>	<p><b>9:30 AM</b> Zumba <b>14</b></p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><b>11 AM</b> Line Dancing</p> <p><b>1 PM+</b> Tech Help</p> <p><b>1 PM</b> Lunch &amp; Learn</p> <p>Back to Home Services </p>	<p><b>9:30 AM</b> Knitting &amp; Lessons <b>15</b></p> <p><b>11:30 AM</b> Cards</p> <p><b>1 PM</b> Pizza &amp; Movie</p>
<p><b>10 AM</b> Mahjong <b>18</b></p>	<p><b>9:15AM</b> Meditation <b>19</b></p> <p><del>11:15 AM Zumba</del></p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>1 PM</b> Quilt/Sew</p> <p><b>1 PM</b> Caregiver Support </p>	<p><b>8:00 AM</b> Men's Breakfast <b>20</b></p> <p><b>9:30 AM</b> Chair Y <b>VFW</b></p> <p><b>10 AM</b> Blackjack</p> <p><b>10:30 AM</b> Bal Yoga <b>VFW</b></p> <p><b>11:15 AM</b> Drums Alive</p> <p><b>1 PM</b> Sing-a-long with Mr. &amp; Mrs. Claus </p>	<p><b>9:30 AM</b> Zumba <b>21</b></p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><b>11 AM</b> Line Dancing</p> <p><b>1 PM+</b> Tech Help</p> <p><b>1 PM</b> Winter Craft </p>	<p><b>9:30 AM</b> Knitting &amp; Lessons <b>22</b></p> <p><b>11:30 AM</b> Cards </p>
<p><b>25</b></p> <p><b>MERRY CHRISTMAS!</b></p> <p>The Senior Center is CLOSED on DEC 25th &amp; 26th</p>	<p><b>26</b></p> <p><b>NO BINGO TODAY</b></p>	<p><b>9:30 AM</b> Chair Yoga <b>VFW</b> <b>27</b></p> <p><b>10 AM</b> Blackjack</p> <p><b>10:30 AM</b> Balance Yoga <b>VFW</b></p> <p><del>11:15 AM Drums Alive</del></p> <p><b>1 PM</b> Knit/Crochet</p> <p><b>1 PM</b> Dr. Josh Back Pain</p>	<p><b>9:30 AM</b> Zumba <b>28</b></p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><b>11 AM</b> Line Dancing</p> <p><b>1 PM+</b> Tech Help</p>	<p><b>9:30 AM</b> Knitting &amp; Lessons <b>29</b></p> <p><b>11:30 AM</b> Cards</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 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. 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!!

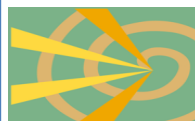
### Bristol Elder Services (BES) 508-675-2101

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

Call: 508-675-2101

Email: [info@bristolelder.org](mailto:info@bristolelder.org)

Website: [www.bristolelder.org](http://www.bristolelder.org)



**BRISTOL**  
ELDER SERVICES  
ONE SOURCE. MANY SERVICES.

**SHINE** Free Health Insurance information, counseling and assistance for people with Medicare.



Call the Senior Center to schedule an appointment 508-285-0235

### TRANSPORTATION

**GATRA TRANSPORTATION** See Page 12 for info

#### 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.

### Assurance Wireless 1-888-321-5880

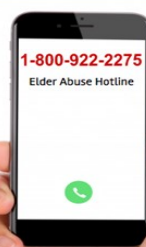
If you participate in a qualifying program (i.e. Mass Health, Chapter 115, SNAP), or have limited income, you may qualify for a free cell phone. You can call 1-888-321-5880, apply online at [assurancewireless.com](http://assurancewireless.com) or call the Senior Center for help!



### 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.



REPORT ELDER ABUSE

**1-800-922-2275**

Operating 7 days a week 24 hours a day.





# 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

♦ 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 JOIN US!!**

**together**  
WE CAN MAKE A  
DIFFERENCE





# Community Support & Services



## HEATING ASSISTANCE

For the 2023-2024 heating season, applications are now being accepted! Please call us for an appointment, and for a list of documents you will need for the application: 508-285-0235.

*Existing clients should have already received a renewal application. Make sure to fill out the renewal and submit it as soon as you can!*



## 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

**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 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*

## Are you struggling to make ends meet?

**Confidential help is available. Call us! 508-285-0235**

We will work to help you with whatever you may be struggling with.



Personal Real Estate Tax Exemptions  
Senior Work-Off Program  
Fuel / Utility Assistance  
Transportation  
Emergency Assistance

Food Assistance  
Rental Assistance  
SHINE  
AARP Tax Preparation  
Housing



# Money Saving Programs

## **MEDICARE OPEN ENROLLMENT**

**October 15 - December 7**

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



If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2024. ***Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!*** Our SHINE Open Enrollment Review Form is included in this newsletter.

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors will help you understand ***your plan*** changes as well as ***other options*** you may have.

**Fill out a Shine Open Enrollment Review Form** and drop it off at the Senior Center for us to review. We'll call you to discuss your plan and set up an in-person or phone appointment, if necessary.



## **SENIOR WORK-OFF PROGRAM**

Save \$1500 off your real estate taxes by becoming a senior work-off volunteer. This program is an income based program with Maximum income levels of 55,000 for single seniors and \$70,000 for senior married couples. Application are available at the Senior Center or the Accessors office at town Hall starting November 1st.

There is a similar program for Veterans call the accessors office for details.



**AARP FOUNDATION  
TAX-AIDE**

We will begin taking appointments to have simple taxes done here at the Senior Center starting January 1, 2024!



F.R.I.E.N.D.S



# VETERANS' RESOURCES



508-285-0274

774-265-7462

**Town of Norton Veterans' Service Office**  
**Estelle Flett, Veteran's Agent**

**Town Hall, 70 East Main Street**  
**eflett@nortonmaus.com**

## Are You Having Trouble Paying for Health Insurance Premiums or Prescription Co-Pays?

If you are a veteran or surviving spouse of a veteran and meet the income guidelines below:

For 1 in household \$2,430 max monthly income, \$8,400 asset limits (single)

For 2 in household \$3,287 max monthly income, \$16,600 asset limits (married)

**Please contact the Veterans Office to discuss eligibility for Chapter 115 Benefits that may help with medical expenses.**

### Veterans' Tax Work-Off Abatement Program

Applications are available now! Reduce your R.E. taxes by up to \$1500 by completing volunteer hours for the Town. IT'S TOO EASY NOT TO!

**Free** - Our office has received two barely-used stairlifts that need to find new homes. They are from ACORN Stairlifts, a well known company. Please contact us for more details.

### December 7th is Pearl Harbor Day

Remember and honor the 2,403 Americans who were killed in the Japanese surprise attack on Pearl Harbor in Hawaii on December 7, 1941, which led to the United States declaring war on Japan the next day and entering World War II.

Please call the office to get added to the list for **Holiday Meals** (for Veterans and Seniors):

- \*Thanksgiving Turkey Dinner or Basket
- \*Christmas Dinner

## Veterans DAY Parade

**Saturday, November 11, 2023**

10:00 am

**Begins at Henri A Yelle School**

All veterans are welcome to march or ride on the Veteran's Float in the parade

## FREE BREAKFAST for VETERANS

Sponsored by

**MARSAN'S UPHOLSTERY** and

**HONEYDEW DONUTS**

**NOV. 11th**

**7:00 am - Noon**

## Veterans Appreciation Luncheon

Hosted by Horizon Beverage

- Wednesday, November 8, 2023 12:00 pm
  - VFW Post #8049 38 Summer St Norton
  - Buffet, salad, desserts, and beverages
  - Seating is limited. RSVP by November 1, 2023
- 508 285 0286 or 508 285 0274.



**Veterans Crisis Line**  
**DIAL 988 then PRESS 1**



**Wreaths Across America**

December 16, 2023 12:00 pm



Remembrance wreaths will be placed on the graves of Norton's veterans immediately following the ceremony at the Norton Common Cemetery.

### Norton Veterans' Organizations:

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

Norton Veterans' Council 508-285-0274



## 2023 DAY and OVERNIGHT TRIPS by Citizens on Aging

2023 was a great year for trips! We had 110 happy travelers this year - how wonderful!!



We'd like to extend a HUGE "Thank You" to Bob and Carol Marciano for planning and coordinating all of our great trips. They have some trip planning already in the works for 2024. Stay tuned for some exciting news and some fantastic trips when we hit the new year!!



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**



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

### THANK YOU FOR YOUR PATIENCE

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

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

## CAUTION

## FOLLOW INSTRUCTIONS!

The Senior Center Driveway is **ONE-WAY**.

Please follow the arrows IN and OUT, going around the building to exit after visiting. Thank you!



**PART D OPEN ENROLLMENT REVIEW FORM****Norton Senior Center****Medicare Open Enrollment October 15, 2023 – December 7, 2023****Insurance and Drug Plan Open Enrollment:      Intake and Review**

**DO NOT** fill out this form if your health coverage is an HMO or PPO plan, a retiree insurance plan, or Mass Health.

For Open Enrollment, fill out this intake form and return it to the Norton Senior Center by mail (P.O. Box 552, Norton, MA 02766) or use the secure Drop Box at the Senior Center back door. **We will call to schedule an appointment for you to come in to the Center after we review and research your health coverage. Please do not call us.**

Name \_\_\_\_\_ Phone \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Norton, MA 02766

Medicare # \_\_\_\_\_ Part A effective date \_\_\_\_\_ Part B effective date \_\_\_\_\_

Medicare.gov Account (if you have one)      Username: \_\_\_\_\_

Password: \_\_\_\_\_

Name of current drug plan: \_\_\_\_\_

Preferred Pharmacy: \_\_\_\_\_

**LIST YOUR PRESCRIPTION MEDICATIONS:****NAME OF DRUG (as it appears on bottle)****STRENGTH****DOSAGE***Example: Lipitor**Example: 10 mg**Example: Twice Daily*

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please add additional sheets as necessary



Friends of the Norton Senior Center  
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!***

It's Time to  
Apply for Fuel  
Assistance!

CONTACT THE NORTON  
HUMAN SERVICE DEPARTMENT  
AT THE SENIOR CENTER  
TODAY TO MAKE AN  
APPOINTMENT

508-285-0235



FY 2023/24 LIHEAP Income Eligibility

<u>Number in</u> <u>Household</u>	<u>60% of Estimated State Median</u> <u>Income</u>
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
5	\$101,261



**2024**  
**MEDICARE OPEN ENROLLMENT**  
**October 15 - December 7**

Fill out the form included in the newsletter,  
and return it to the Senior Center and we will  
review your Part D Plan! Not reviewing your  
plan can cost you lots of money!!

