



*Where Active Living Never Gets Old!*

# January / February 2024

**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

## WINTERTIME at THE CENTER

*Where Active Living Never Gets Old!*



### **Hello Norton Seniors!**

Welcome 2024!! We hope you all had a happy and healthy end to 2023, and are ready for an exciting new year. Come to the Center - we have lots of entertainment scheduled for January and February, along with some great presentations!!

We are looking forward to the completion of our new Center in early summer, and can't wait to welcome you all to enjoy your beautiful new space for education, fitness, entertainment, recreation, health and wellness.

*Beth*

**HAPPY NEW YEAR!**

**From our Staff and Volunteers**

### INCLEMENT WEATHER POLICY:

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



**AARP FOUNDATION  
TAX-AIDE**

**Wednesdays beginning February 7, 2024**

Tax preparation for low and moderate income Norton seniors with simple returns. We will start making appointments on January 1st. See page 13 of this newsletter for more information.

**DROP-IN****FITNESS & WELL-BEING****CHAIR YOGA** at the VFW**Every Monday 10:00 AM - 11:00 AM**

Join us for this amazing and popular class! Chair yoga is great for stretching and strengthening. We welcome our new instructor, Linda Hayden!

**PLEASE NOTE: New Day and Time!**

Suggested donation: \$2 per class

Please note: No Chair Yoga on Jan 2, Jan 15, Feb 19**BALANCE YOGA** at the VFW**Every Monday 11:00 AM - 12:00 PM**

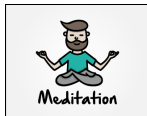
This is a very beneficial Balance Yoga class! You will improve your strength and balance. We welcome our new instructor, Linda Hayden!

**PLEASE NOTE: New Day and Time!**

Suggested donation: \$2 per class

Please note: No Balance Yoga on Jan 2, Jan 15, Feb 19**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!

**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, at the VFW.



Suggested donation: \$2 per class

Please note: NO Tai Chi on Feb 1 & Feb 8**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!

**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.



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

**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****INCLEMENT WEATHER POLICY:**

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

# DROP-IN ACTIVITIES / PROGRAMS

## MAHJONG

**Every Monday 10:00 PM - 12:00 PM free**



Come and play Mahjong with us on Mondays!



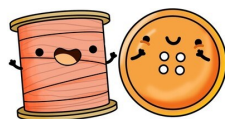
*Please note: No Mahjong on Jan 2, Jan 15, Feb 19*

## QUILTING / SEWING

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

**PLEASE NOTE we now meet on TUESDAYS!**

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



YOU'RE SEW CUTE!



## 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 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 Knitting/Crocheting on Feb 14*

## 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!



## CARDS



### EVERY WEDNESDAY

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

Come and play Blackjack with us! We have a blast - join us on Wednesdays!!

### EVERY FRIDAY - Call First!

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



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

# YOU NEED TO KNOW...

## We will be closed

January 1 NEW YEAR'S DAY

January 15 MLK DAY

February 19 PRESIDENT'S DAY



Check out our New Website!  
[www.nortonseniorcenter.org](http://www.nortonseniorcenter.org)

The bi-monthly COA Newsletter is always available online!

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

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

## THANK YOU!!



We are continually amazed at the generosity of our community. We are so thankful for the many neighbors and partners that helped us to bring joy to Norton seniors, veterans, and residents of all ages this past holiday season.

Norton Police Department & The C2 Foundation  
 St. Mary's Church, Society of St. Vincent de Paul  
 The Martial Arts Connection (TMAC)  
 Personal Best Karate  
 Bluestone Bank  
 GOAT City Pub  
 MaryAnn Dempsey, Success! Real Estate  
 Salesforce, Inc.  
 Outlooks Hair Salon  
 Norton Community Lions Club  
 Norton Boy Scouts, Troup 12  
 Norton Girl Scouts and Daisy Troups  
 Norton Elementary Students (JSC 1st Graders)  
 Norton House of Pizza  
 Michelle's Corner Store

Norton Quilters, Knitters, & Crocheters!!

WE THANK ALL THE INDIVIDUAL DONORS, TOO!



## Follow us on Facebook!

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

Norton Senior Center / Community Support Center

## NEW CENTER - UPDATE

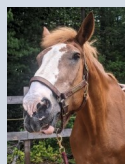
Construction is still underway at the new Center. We are hoping to start to see some real progress on the inside of the building in the next few months! We are getting closer....

## THANK YOU!!

We collected hats, mittens, gloves, scarves, socks & pajamas for over 140 Norton kids during our Annual Nov/Dec Clothing Drive!  
 HOW AMAZING!



## SMOKEY CHESTNUT RESCUE FARM



For the winter, we have put our farm visits on hold. We hope to start back up in the spring as soon as the weather cooperates!

2nd & 4th Wednesday of each month

*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*



# WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities



## HEALTH & WELLNESS

**Jan 4, Feb 1 THURSDAYS 1:00 - 1:30 PM**

**BLOOD PRESSURE CHECK** Drop in at the Senior Center and have your Blood Pressure checked by our new Town Nurse, Nicole Mello. **FREE**

**NOW on THURSDAYS at 1:00 PM**



**Jan 4 THURSDAY 1:00 PM FREE**

**TOWN NURSE NICOLE MELLO** Come and meet our new Town Nurse, and learn what her focus will be as a public health administrator. Questions welcome!



**Jan 8, Feb 12 MONDAYS 2:00 PM - 4:00 PM**

**AUDIOLOGIST** Lauren Waburton 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!

**Feb 9 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.

**EVERY TUESDAY 1:00 PM - 2:00 PM**

**CAREGIVER SUPPORT GROUP** Join our extremely helpful support group. Facilitated by Nurse Carol Betty. Just drop in! **FREE**



**Jan 18, Jan 25, Feb 1, Feb 8, Feb 15, Feb 22**

**THURSDAYS 2:30 PM - 4:30 PM**

**POWERFUL TOOLS FOR CAREGIVERS CLASS** Call Bristol Elder Services, Sharon McNamara, Caregiver Specialist, to register for this 6-week class: 774-627-1308.



## 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!**

## POWERFUL TOOLS for CAREGIVERS 6-week CLASS

Bristol Elder Services is sponsoring a 6-week



**Powerful Tools for Caregivers** class here at the Norton Senior Center every Thursday from 2:30 PM to 4:30 PM, from January 18, 2024 to February 8, 2024.

**YOU MUST REGISTER TO  
ATTEND**

If you are a caregiver or know of one who would benefit from learning how to reduce stress, gain confidence, and find tools and resources to help with their caregiving

responsibilities, please call Sharon McNamara, Caregiver Specialist, at 774-627-1308 for more information.



**Evidence-base education programs** educate elders and caregivers and provides them with tools to better manage chronic conditions as well as provides caregivers with education to help increase their skills and well-being. Bristol is excited to be offering multiple classes in 2024.

# WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities

## PAINTING

**Jan 8, Feb 5 MONDAYS 1:00 PM \$2 ea**

### **PAINTING WITH JULIA**

Come and paint with local 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. Debbi Daitch is our crafty leader. Stop by the Center to sign up and see Debbi's sample!

**Jan 5 FRIDAY 1:00 PM \$2 ea**  
**CALENDAR CRAFT**

**Feb 2 FRIDAY 1:00 PM \$2 ea**  
**VALENTINE CRAFT**



## MONTHLY BREAKFASTS

**Jan 9, Feb 13 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.



**Jan 17, Feb 21 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.



## LUNCH & LEARN

**Jan 11, Jan 25 and Feb 8, Feb 22 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.

**Jan 11 READING NUTRITION FACTS ON FOOD LABELS**  
Bristol Elder Services Nutritionist Dawn DiMarco will be here at the Center to explain nutrition labels.

**Jan 25 RIGHT AT HOME** Nancy Andrie will discuss in-home care and assistance programs.

**Feb 8 TRISTAN MEDICAL** Nicole DaCunha will explain what services are available to us here at Tristan Medical in Norton.



**Feb 22 MEMORY CARE** Carol Hickey from the Residence at Great Woods will be here to discuss memory care options for you and your family.

## FRIENDS MEETINGS

**Jan 22 MONDAY 1:00 PM FRIENDS**  
**JANUARY MEETING**  
Meeting followed by guest speaker Jay Elias.

**Feb 26 MONDAY 1:00 PM**  
**FRIENDS**  
**FEBRUARY MEETING**

Meeting followed by a Pizza Party!



## TECHNOLOGY HELP

**EVERY THURSDAY 1:00 PM, 1:30 PM, 2:00 PM**  
**TECHNOLOGY HELP** Please sign up for a specific time slot at the Center: **1:00 PM, 1:30 PM, 2:00 PM**

Tom and Kathy G. will be here at the Center to help with your Tech: Phone, computer, tablet, etc.

Beginners are welcome!

**508-285-0285**



# WHAT'S HAPPENING in JAN/FEB

Please sign up at the Senior Center for all activities

## ENTERTAINMENT/MOVIES/FUN

**Jan 12 FRIDAY 1:00 PM FREE**

**TRIVIA with LARRY** We had a blast with Larry last time he came for Trivia. Join us for a lot of fun and fun facts. Beginners are welcome - it is easy trivia!! Great prizes!!



**Jan 19 FRIDAY 1:00 PM FREE**

**PIZZA & A MOVIE** Yay, we are showing the Barbie movie! Wear something pink!! Pizza and Popcorn will be served.



**Jan 24 WEDNESDAY 1:00 PM FREE**

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



**Jan 26 FRIDAY 1:00 PM FREE**

**COUNTRY MUSIC CONCERT** Jorene and Steve Lange will be filling up our Friday afternoon with their awesome Country music. Don't miss the fun!



**Jan 29 MONDAY 1:00 PM FREE**

**CORN HOLE** Come and throw the bean bags!! This is great exercise, and a whole lot of fun! Indoor corn hole at the Center.



**Feb 9 FRIDAY 1:00 PM \$5 ea**

**CHINESE NEW YEAR CELEBRATION** Come for a delicious Chinese lunch, and we'll learn all about the Year of the Dragon!! What will your fortune cookie say??



**Feb 14 WEDNESDAY 1:00 PM \$5 ea**

**VALENTINE'S DAY PARTY at the VFW**



Join us for a fun luncheon celebrating St. Valentine! Bring a wedding or prom picture to display - let's see who we can recognize! DJ Chris will be playing some great tunes for us.

**Feb 16 FRIDAY 1:00 PM FREE**

**PIZZA & A MOVIE** Oppenheimer  
The story of American scientist, J. Robert Oppenheimer, and his role in the development of the atomic bomb. Fascinating!!  
Pizza and popcorn, of course!



**Feb 23 FRIDAY 1:00 PM FREE**

**THEATRICAL PERFORMANCE** The phenomenal Sheryl Fay will be presenting "THE QUEEN". You don't want to miss this performance. You will be amazed at what you will learn, and what you will see! Sign up soon!!



## EDUCATION / FITNESS / WELLNESS



**Jan 4 THURSDAY 1:00 PM FREE**

**PUBLIC HEALTH NURSE** Come and meet Norton's Town Nurse, Nicole Mello. She'll answer any questions you have, and will explain what a Public Health nurse does, and how she will facilitate public health in Norton.



**Jan 10 WEDNESDAY 1:00 PM FREE**

**SENIOR HAPPINESS** Henry Quinlan will inspire you!



He'll tell us how to focus on our meaning and purpose in our senior years. Very interesting - don't miss this!

**Jan 17 WEDNESDAY 1:00 PM FREE**

**EASY WALKS IN MASSACHUSETTS**

Author Marjorie Turner Hollman will talk about some great Norton locations for a walk! Her newest book Easy Walks South of Boston features six (6) different destinations to visit right here in Norton!!
























**Jan 31 WEDNESDAY 1:00 PM FREE**

**ISRAEL & HAMAS** Unpacking the Conflict.



**JAN 2024****Norton Senior Center 508-285-0235**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>1</div><p>The Senior Center is CLOSED TODAY</p></div>	<div><div>2</div><div>9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo <b>VFW</b> 1 PM Quilting/Sewing 1 PM Caregiver Support</div></div>	<div><div>3</div><div>10 AM Blackjack 1 PM Knit/Croch</div></div>	<div><div>4</div><div>9:30 AM Zumba 9:30 AM Tai Chi <b>VFW</b> 11 AM Line Dancing 1 PM BP Check 1 PM Meet Norton P.H. Nurse Nicole Mello 1 PM Tech Help</div></div>	<div><div>5</div><div>9:30 AM Knitting &amp; Lessons 11:30 AM Cards 1 PM Calendar Craft with Debbi</div></div>
<div><div>8</div><div>10 AM Mahjong 10 AM Chair Yoga <b>VFW</b> 11 AM Bal. Yoga <b>VFW</b> 1 PM Painting with Julia 2 PM Audiology</div><div>FUNDRAISER GOAT CITY PUB 11AM - 9 PM</div></div>	<div><div>9</div><div>8:30 AM <b>Ladies' Breakfast</b> 9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo <b>VFW</b> 1 PM Quilting/Sewing 1 PM Caregiver Support</div></div>	<div><div>10</div><div>10 AM Blackjack 1 PM Knit/Crochet 1 PM Senior Happiness</div></div>	<div><div>11</div><div>9:30 AM Zumba 9:30 AM Tai Chi <b>VFW</b> 11 AM Line Dancing 1 PM Lunch &amp; Learn Bristol Elder- Nutrition 1 PM Tech Help  3:30 PM COA Meeting</div></div>	<div><div>12</div><div>9:30 AM Knitting &amp; Lessons 11:30 AM Cards 1 PM Trivia with Larry</div></div>
<div><div>15</div><div><p>The Senior Center is CLOSED TODAY</p></div></div>	<div><div>16</div><div>9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo <b>VFW</b> 1 PM Quilting/Sewing 1 PM Caregiver Support</div></div>	<div><div>17</div><div>8:00 AM <b>Men's Breakfast</b> 10 AM Blackjack 1 PM Knit/Crochet 1 PM Easy Walks in MA</div></div>	<div><div>18</div><div>9:30 AM Zumba 9:30 AM Tai Chi <b>VFW</b> 11 AM Line Dancing 1 PM+ Tech Help 2:30 PM Caregiver Class</div></div>	<div><div>19</div><div>9:30 AM Knitting &amp; Lessons 11:30 AM Cards 1 PM Pizza &amp; Movie Barbie</div><div>MOVIES AND POPCORN</div></div>
<div><div>22</div><div>10 AM Mahjong 10 AM Chair Yoga <b>VFW</b> 11 AM Balance Yoga <b>VFW</b> 1 PM Friends Meeting</div></div>	<div><div>23</div><div>9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo <b>VFW</b> 1 PM Quilting/Sewing 1 PM Caregiver Support</div></div>	<div><div>24</div><div>10 AM Blackjack 1 PM Music Bingo</div></div>	<div><div>25</div><div>9:30 AM Zumba 9:30 AM Tai Chi <b>VFW</b> 11 AM Line Dancing 1 PM Lunch &amp; Learn Right at Home Care 1 PM+ Tech Help 2:30 PM Caregiver Class</div></div>	<div><div>26</div><div>9:30 AM Knitting &amp; Lessons 11:30 AM Cards 1 PM Jorene &amp; Steve Lange Country Music Concert</div></div>
<div><div>29</div><div>10 AM Mahjong 10 AM Chair Yoga <b>VFW</b> 11 AM Balance Yoga <b>VFW</b> 1 PM Corn Hole</div></div>	<div><div>30</div><div>9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo <b>VFW</b> 1 PM Quilt/Sew 1 PM Caregiver Support</div></div>	<div><div>31</div><div>10 AM Blackjack 1 PM Knit/Crochet 1 PM Israel &amp; Hamas</div></div>	<div><div>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</div></div>	
<div><div>REMINDERS:</div><div>Some programs are held at the <b>VFW</b>, and are noted as such.</div><div>Tech Help, Audiology Clinic &amp; Foot Doctor are BY APPOINTMENT</div></div>				

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



**FEB 2024****Norton Senior Center 508-285-0235**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk</b> <b>Tue, Wed, Thu, Fri</b> <b>Drive up: 11am-1pm</b> <b>CALL TO REGISTER</b>	<b>REMINDERS:</b> Some programs are held at the <b>VFW</b> , and are noted as such.  Tech Help, Audiology Clinic & Foot Doctor are <b>BY APPOINTMENT</b>		<b>9:30 AM Zumba 1</b> <del><b>9:30 AM Tai Chi VFW</b></del> <b>1 PM BP Check</b> <b>1 PM+ Tech Help</b> <b>2:30 PM Caregiver Class</b>	<b>9:30 AM Knitting &amp; Lessons 2</b> <b>11:30 AM Cards</b> <b>1 PM Valentine Craft with Debbi</b> <b>GROUNDHOG DAY</b>
<b>10 AM Mahjong 5</b> <b>10 AM Chair Yoga VFW</b> <b>11 AM Balance Yoga VFW</b> <b>1 PM Painting with Julia</b>	<b>9:15 AM Meditation 6</b> <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM Quilting/Sewing</b> <b>1 PM Caregiver Support</b>	<b>10 AM Blackjack 7</b> <b>1 PM Knit/Crochet</b>  <b>TAX PREP by appt</b>	<b>9:30 AM Zumba 8</b> <del><b>9:30 AM Tai Chi VFW</b></del> <b>11 AM Line Dancing</b> <b>1 PM Lunch &amp; Learn</b> <b>Tristan Medical</b> <b>1 PM+ Tech Help</b> <b>2:30 PM Caregiver Class</b> <b>3:30 PM COA Meeting</b>	<b>9 AM Foot Doctor (by appt) 9</b> <b>9:30 AM Knitting &amp; Lessons</b> <b>11:30 AM Cards</b> <b>1 PM Chinese New Year Luncheon</b>
<b>10 AM Mahjong 12</b> <b>10 AM Chair Yoga VFW</b> <b>11 AM Bal. Yoga VFW</b> <b>2 PM Audiology Clinic (by appt)</b>	<b>8:30 AM Ladies' Breakfast 13</b> <b>9:15 AM Meditation</b> <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM Quilting/Sewing</b> <b>1 PM Caregiver Support</b>	<b>10 AM Blackjack</b> <del><b>1 PM Knit/Crochet</b></del> <b>1 PM Valentines Party at the VFW</b>  <b>TAX PREP by appt</b>	<b>9:30 AM Zumba 15</b> <b>9:30 AM Tai Chi VFW</b> <b>11 AM Line Dancing</b> <b>1 PM+ Tech Help</b> <b>2:30 PM Caregiver Class</b>	<b>9:30 AM Knitting &amp; Lessons 16</b> <b>11:30 AM Cards</b> <b>1 PM Pizza &amp; Movie</b> <b>Oppenheimer</b>
<b>19</b>  <b>The Senior Center is CLOSED TODAY</b>	<b>9:15 AM Meditation 20</b> <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM Quilting/Sewing</b> <b>1 PM Caregiver Support</b>	<b>8:00 AM Men's Breakfast 21</b> <b>10 AM Blackjack</b> <b>1 PM Knit/Crochet</b>  <b>TAX PREP by appt</b>	<b>9:30 AM Zumba 22</b> <b>9:30 AM Tai Chi VFW</b> <b>11 AM Line Dancing</b> <b>1 PM Lunch &amp; Learn</b> <b>Memory Care RGW</b> <b>1 PM+ Tech Help</b> <b>2:30 PM Caregiver Class</b>	<b>9:30 AM Knitting &amp; Lessons 23</b> <b>11:30 AM Cards</b> <b>1 PM Theatrical Performance QUEEN</b>
<b>10 AM Mahjong 26</b> <b>10 AM Chair Yoga VFW</b> <b>11 AM Bal. Yoga VFW</b> <b>1 PM Friends Meeting</b>	<b>9:15 AM Meditation 27</b> <b>11:15 AM Zumba</b> <b>12:30 PM Bingo VFW</b> <b>1 PM Quilting/Sewing</b> <b>1 PM Caregiver Support</b>	<b>10 AM Blackjack 28</b> <b>1 PM Knit/Crochet</b>  <b>TAX PREP by appt</b>	<b>9:30 AM Zumba 29</b> <b>9:30 AM Tai Chi VFW</b> <b>11 AM Line Dancing</b> <b>1 PM+ Tech Help</b>	

**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

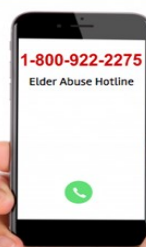
If you participate in a qualifying program (i.e. Mass Health, Chapter 115, SNAP), or have limited income, you may qualify for a free cell phone. You can call 1-888-321-5880, apply online at [assurancewireless.com](http://assurancewireless.com) or call the Senior Center for help!



### 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

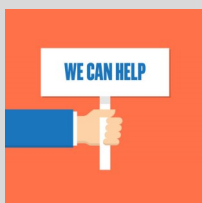
Saturday and Sunday 12:00 PM to 8:00 PM

*\*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

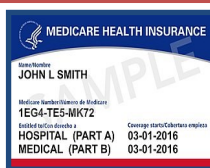


# Money Saving Programs



**Are you retiring?**

**Turning 65 and not working?**



- 1) Sign up for Medicare Part A and Part B through the Social Security Office.
- 2) After you have signed up for Part A and Part B, we will help you enroll in Supplemental Plans, Part D, or Medicare Advantage Plans. We have SHINE counselors here at the Senior Center to assist you.

**Call us to make an appointment: 508-285-0285**

The Social Security office is located at 106 Pleasant Street, Attleboro, MA 02703 1-800-655-6469

*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

**LIHEAP**

FY 2023/24 LIHEAP Income Eligibility

Number in Household	60% of Estimated State Median Income
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

**AARP FOUNDATION  
TAX-AIDE**

**TAX PREPARATION SERVICES AT THE  
NORTON SENIOR CENTER  
(for the 2023 Tax Year)**

**WEDNESDAYS February 7, 2024 - April 10, 2024**

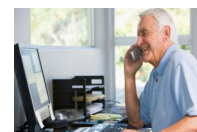
We are pleased to once again welcome tax preparers from the AARP Foundation Tax Aide program, which provide free tax preparation and filing services **for low and moderate income seniors**. This service is provided **by appointment only**, and is for **Norton Senior residents** with **simple tax returns**. **Please stop in, or call the Senior Center for an appointment: 508-285-0235** 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 2023 Intake form completed and all your tax documents opened and organized. You should also bring your prior year (2022) tax return. If you need a tax return completed for a prior year you must schedule a separate appointment for that year. *We will start to schedule appointments beginning on January 1, 2024.*

## 2024 SENIOR/VETERAN TAX WORK-OFF PROGRAM

Save \$1500 off your real estate taxes by becoming a senior work-off volunteer. This program is an income-based program for those with maximum income levels of \$55,000 for single seniors, and \$70,000 for senior married couples. Applications were due on Dec 31, 2023. Call the Assessor's office at Norton Town Hall for more information or for application extension: 508-285-0270.



# FRIENDS OF THE NORTON SENIOR CENTER

The Friends of the Norton Senior Center is a non-profit organization, whose 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 to advance the welfare of seniors in Norton.

**F-R-I-E-N-D-S**

## Friends Officers:

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

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

Mailing address: P.O. Box 623, Norton, MA 02766

**Friends Membership Dues \$10 per year**  
Your membership ends one year after your annual membership payment.  
**New members are always welcome!**

## MEETING DATES 1:00 PM



**Jan 22, 2024** Meeting and update on Fundraising for the new Center. Followed by Jay Elias and another great Live & Learn presentation!

**Feb 26, 2024** Meeting and update on Fundraising, with open forum. Followed by Pizza from Norton House of Pizza!



**Mar 25, 2024** Meeting +more info to come

**Sign up at the Center to attend meetings!**



We hope you enjoyed the Boston Pops, and the Christmas Party at the Chateau Restaurant in December 2023.  
We appreciate you joining us!!

**MONDAY  
JANUARY 8, 2024**

## GOATCity Pub Fundraiser

Come and enjoy a delicious meal, and support the Friends at the same time. 20% of all sales on January 8th will be donated to the Friends of the Norton Senior Center!

**11:00 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



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.



**20%  
DONATED**

PRESENT TICKET  
DURING YOUR VISIT



**8 JANUARY 2024**

**DINE-IN OR TAKEOUT**

**184 W MAIN ST NORTON MA**

**508-622-1892**

\*TICKETS MUST BE DISTRIBUTED  
BEFORE EVENT DAY

**FRIENDS OF THE  
NORTON SENIOR CENTER**

## FUNDRAISERS

**GOAT CITY PUB FUNDRAISER** January 8, 2024 11 AM - 9 PM

**MOHEGAN SUN CASINO TRIP** Stay tuned for information on this upcoming trip

**NEW CENTER FUNDRAISER** Come to our meetings for Fundraising updates



# 2024 DAY and OVERNIGHT TRIPS by Norton Senior Travel



**NEW FOR 2024!!! We are now NORTON SENIOR TRAVEL**

**Lots of exciting trips!**

<b><u>APRIL 24, 2024</u></b> (Wed)	<b><u>BEACH BOYS Tribute Show</u></b> @ Lake Pearl, Wrentham	\$89 per person <b>DRIVE ON YOUR OWN</b> Lunch, Show, Tax & Gratuity
<b><u>MAY 15, 2024</u></b> (Wed)	<b><u>LOOT n' LOBSTER</u></b> Mohegan Sun & Cap'n Jack's	\$112 per person Transportation, Lunch, Show, Tax & Gratuity
<b><u>JUNE 19, 2024</u></b> (Wed)	<b><u>ROLLING STONES Tribute Show</u></b> @ Lake Pearl, Wrentham	\$89 per person <b>DRIVE ON YOUR OWN</b> Lunch, Show, Tax & Gratuity
<b><u>JULY 23-25, 2024</u></b>	<b><u>LANCASTER, PA</u></b> 3 day trip	Sound of Music, David at Sight & Sound (Price: TBD)
<b><u>AUGUST 7, 2024</u></b> (Wed)	<b><u>DANVERSPORT HARBOR CRUISE</u></b>	Yacht Club / Harbor Cruise, Newburyport Transportation, Lunch, Show, Tax & Gratuity
<b><u>AUGUST 19-26, 2024</u></b>	<b><u>BIG SKY, MONTANA</u></b> 7 day trip	Big Sky, Mt Rushmore, Yellowstone (Price: TBD)
<b><u>SEPTEMBER 10, 2024</u></b> (Tues)	<b><u>EDWARDS TWINS Variety Show</u></b> @ Lake Pearl, Wrentham	\$89 per person <b>DRIVE ON YOUR OWN</b> Lunch, Show, Tax & Gratuity
<b><u>OCTOBER 23, 2024</u></b> (Wed)	<b><u>ROD STEWART Tribute Show</u></b> @ Lake Pearl, Wrentham	\$89 per person <b>DRIVE ON YOUR OWN</b> Lunch, Show, Tax & Gratuity
<b><u>OCTOBER 9, 2024</u></b> (Wed)	<b><u>NH COVERED BRIDGE TOUR</u></b>	\$97 per person <b>Inn at East Farm, NH</b> Transportation, Lunch, 3-hr tour, Tax & Gratuity
<b><u>DECEMBER 2024</u></b>	TRIP is still in planning stages. Stay tuned for more details....	

**Please sign up as soon as possible** so we don't risk losing out on the opportunity to travel together on these amazing trips! We typically need a minimum of 40 travelers in order to avoid trip cancellation by the bus company.

**Non-seniors and out-of-town guests are always welcome to sign-up & join us!**

**Checks payable to: NORTON SENIOR TRAVEL (unless otherwise noted on trip flyer)**

**Trip sign-up is at the Senior Center! Please stop in to pick up a trip flyer for all the details.**

## NORTON SENIOR TRAVEL

**Full payment and meal selection are due at sign-up (unless otherwise noted on the individual trip flyer).**

Cash or Check must accompany your 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 JOIN US**



## 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 Work-Off Tax Abatement Program

Honorably discharged veterans can reduce their FY24 real estate taxes by up to \$1500 by completing volunteer hours for the town. There is no income cap for this program.

Call the Veterans Office (508-285-0274) or the Assessors Office (508-285-0270) to find out how to apply.



Having trouble locating your DD 214? Our office can help. We have access to the Military Records Online (MRO) database that stores DD 214 for veterans who entered the military from Massachusetts and returned to Massachusetts after being discharged. On the chance it is not in the MRO database we can assist you in requesting it from the National Archives.

**VIRTUAL MEDICAL APPOINTMENTS** The Veterans Office has an iPad available to use for virtual doctors' visits. Contact the Veterans Office to check on availability.



**All World War II Veterans are now eligible for VA Healthcare.** All WWII veterans who served between 12/7/1941 and 12/31/1946 are now eligible for VA health care, regardless of their financial status or length of service. To apply, visit VA.gov, Select Health Care or call 1-877-222-8387

### Scholarship Opportunity

The Southeastern Massachusetts Veterans' Services Officers Association offers a \$500 college scholarship to veterans, spouses, children, and grandchildren of Veterans. Call the office for more details and an application! 508-285-0274



### COATS 4 VETS



We have winter coats for anyone in need.  
 Call the office to make arrangements to get one!



Trying to find a reliable website for Veterans Affairs? Go to <https://www.va.gov/>  
 If you don't have computer access, remember that our office is here to help - just give us a call!

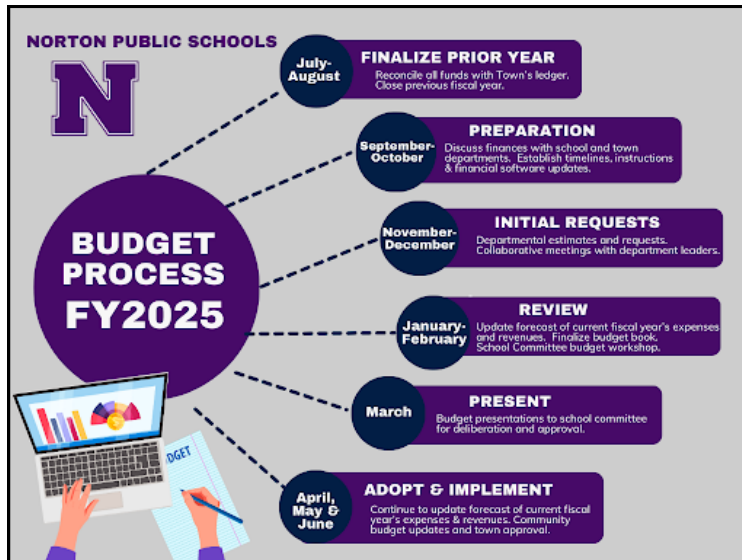
### Norton Veterans' Organizations:

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

Norton Veterans' Council 508-285-0274



## From Norton Public School Superintendent, Dr. Jennifer O'Neill:



On November 1st, Norton Public Schools began the budgeting process for the 2024 - 2025 school year. Working closely with our Business Administrator, Kristine Hadfield, I will spend the remaining months of 2023 working closely with all building principals and district departments to set priorities.

The school department will be focusing on a LEVEL SERVICES budget. This means that we will be putting forth a budget that allows us to retain the same levels of teaching and learning for all students in the upcoming



school year. A level service budget is an increase from the previous year in order to maintain all programs. Over the next several months, you will hear a lot from the school department on the educational needs of our students and the costs associated. If you have any questions, please feel free to contact Dr. Jennifer O'Neill at [joneill@norton.k12.ma.us](mailto:joneill@norton.k12.ma.us) or Mrs. Hadfield at [khadfield@norton.k12.ma.us](mailto:khadfield@norton.k12.ma.us).

### A message from Town Nurse Nicole Mello

Baby, it's cold outside, and don't forget dangerous too! Older adults run a higher risk of weather-related injuries this time of year. Shoveling snow is no fun and, for some, can put a strain on their heart. Check-in with your provider and ask whether shoveling in the snow is safe for you. Icy conditions and circumstances make the perfect conditions for falls.

#### Take the following precautions this winter:

- Make sure steps and walkways are clear before you walk on them.
- Clear away snow and salt your walkways at home, or hire someone.
- Wear boots with non-skid soles.
- If you use a cane, replace the rubber tip before it is worn smooth.



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!*

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

### THANK YOU FOR YOUR PATIENCE

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

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!***

HENRY QUINLAN



# How to Find Happiness: Tips and Tricks



Discover the secrets to living a fulfilling life and finding happiness in everyday moments. We'll discuss the science behind happiness and practical ways to increase your joy.

*Wednesday January 10th at 1PM*

*Sign up at the Center or by calling 508-285-0235*






QUEEN ELIZABETH II

JOIN US FOR AN INFORMATIVE PROFESSIONAL  
THATRICAL PRESENTATION BY THE AMAZING  
SHERYL FAYE

FEBRUARY 23, 2024 AT 1PM

REGISTER AT THE SENIOR CENTER OR BY CALLING 508-285-0235