



Norton

COUNCIL ON AGING NEWSLETTER

March / April 2020

Norton Senior Center
55 West Main Street
PO Box 552
Norton, MA
Phone 508-285-0235

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

Council on Aging

DIRECTOR

Beth Rossi

OUTREACH

Cathy Varnum

FRONT DESK

Sosie Megerdichian

BOARD MEMBERS

MaryAnn Dempsey, Chair

Natalie Lima, Vice Chair

Patricia Zwicker, Treasurer

Sharyn Stedman, Secretary

Joan DeCosta

Kathleen Eno

Judy Leroux

Robyn Lovering

Carol McLaughlin

Ruth Schneider

Paul Wannamaker

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

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

EARLY SPRING AT THE SENIOR CENTER

Well, this has been a very busy winter here at the Senior Center. We all have been enjoying the mild weather outdoors and all the fun and companionship indoors! From some amazing entertainers and informative speakers, to indoor curling, there has been plenty of fun activities to help these long days of winter pass more quickly!

This month is our annual **St. Patrick's Day Party** complete with traditional Irish fare and authentic Irish entertainment. Put your Irish on and join us for an afternoon of food, festivities and fun!!



We are looking forward to the **Senior/Senior Prom** at the High School in March and our annual **Tea Party** in April. Both of these events will be lots of fun so make sure you sign up!

The permanent building committee has been working closely with an architect to find us a good site and a great design for a new Senior/Community Center. If you have any questions please feel free to give me a call. We will be hosting informational meetings on March 16th and April 13th so you will be prepared to participate in the May 18th Annual Town Meeting. ---Beth

Inclement Weather Policy:

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



Annual Town Meeting May 18th!! VOTE

REGULARLY SCHEDULED PROGRAMS

CARDS—CARDS—CARDS—CARDS

WHIST TOURNAMENT

Every Thursday 12:30 PM \$1

Join the Whist tournament every Thursday. Have fun and win big!

BRIDGE

Every Friday 11:00 AM FREE

Play bridge with our master card sharks, and have fun while learning this fun and challenging card game.



If you are interested in playing cards with us but have never played or are just feeling a bit rusty, please contact us. We will arrange for someone to give you a lesson or a refresher!

CROCHET and KNIT GROUP

Every Wednesday 1:00 PM

Join the Norton Crafters and create beautiful items while socializing with friends.



LEARN TO KNIT Every Friday 9:30 AM

Learn how to knit from an expert knitter. Pat will teach students basic knitting stitches so you will be creating lovely hand-made items in no time! We have everything you need to get started.



BINGO Every Tuesday 12:30 PM

50¢ / square for shorties

\$1 / sheet for regular game



Come join the fun and experience BINGO, Norton Style. Cheap cards, big prizes, and lots of laughs!! Free coffee and treats.

QUILTING Every Monday 1:00 PM

Come and join other quilters as they sew and share quilt ideas.

(Note: no Quilting on April 20, Patriot's Day)



Come down to the Senior Center—it's a great place to meet new friends and engage in activities that you are sure to enjoy! ★ ★

Senior Pass Program Norton Public Schools

Any Norton resident 65 years of age or older is very welcome to attend any Norton School event free of charge. This includes, but is not limited to football games, basketball games, and drama presentations.

>>> To get your free Senior Pass, stop by the Norton Senior Center Front Desk <<<

FUN FITNESS - Drop In!

CHAIR YOGA

Every Monday 10:00 AM - 11:00 AM \$2

Join our certified yoga instructor, Amy, for a relaxing one hour session of Chair Yoga. You will learn how to increase mobility, release tension, and feel an overall sense of renewed energy! *(Note: no class April 20)*



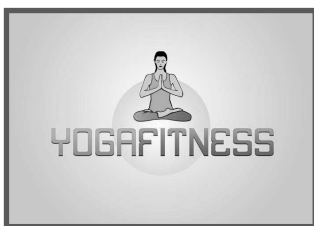
**GET FIT
WHERE
YOU SIT!**

YOGA FOR BALANCE

Every Monday 11:00 AM - 12:00 PM \$2

Amy leads us in a gentle flowing yoga & Qigong-inspired balance class. This approach enhances balance through slow, rhythmic, and mindful movement.

(Note: no class April 20, Patriot's Day)



TAI CHI FOR BALANCE

Every Wednesday 10:30 AM - 11:30 AM \$2



Tai Chi is a Chinese form of martial arts that involves slow, controlled and low-impact movements that can be easy for seniors. You will feel steadier on your feet and improve hand-eye coordination. Kelley is your instructor for Tai Chi. Join us!! (4/29 Class to be held at the Library)

FUN FITNESS - Drop In!

MEDITATION FOR HEALTH & PEACE

Every Tuesday 9:30 AM - 10:30 AM \$2

Experience how deep relaxation techniques are beneficial for memory, focus, and improved mood. Kelley will be your instructor for Meditation.



ZUMBA GOLD

Every Wednesday and Thursday

9:30 AM - 10:15 AM \$2

Thursday's focus is toning

Join Kelley for a fun class of Zumba Gold - the invigorating, dance fitness class with a Latin beat!

Zumba is easy-to-follow and lets you move to the beat at our own speed...while listening to fun music!



LINE DANCING

Every Thursday 11:00 AM - 12:00 PM \$2

Join in the fun with Lestyn and our line dancers at the Senior Center every Thursday. Learn fun and easy line dances to upbeat tunes.

No experience necessary and all are welcome!!



EVENTS

LIVING YOUR BEST LIFE

Fridays April 17th—May 22nd

9:30 AM—12:30 PM

Six weeks to a balanced, happy and healthy life!

Guest Speakers

Connect with Others

Create Joy and Satisfaction

Deal Better with Hard Times

Resilience Toolkits

Refreshments

FREE: PLEASE SIGN UP AT THE SENIOR CENTER



*Funding provided by a grant from
the Massachusetts Council on Aging*

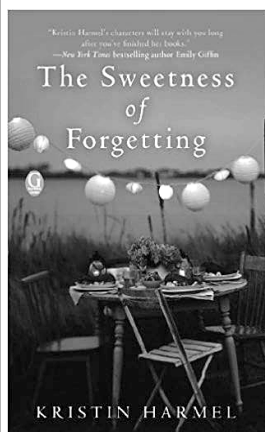
Book Club

Monday April 6th at 10AM

Join us for a **new** book club hosted by

Leslie College Professor

Carol Cohen



Please read The Sweetness of Forgetting by Kristin Harmel and be ready to discuss it at our gathering on April 6th.

The book is on hold at the Norton Public Library!

CORNHOLE TOURNAMENT

March 16 Monday 1:00 PM

April 10 Friday 1:00 PM

Have a ball "throwing the bag" in our Senior Center Cornhole Tournament. Come and join us!!

FREE: SIGN UP AT THE SENIOR CENTER



CURLING

April 13 Monday 1:00 PM

Join us as we play a super fun game of Curling, Senior Center style. Bring your sense of adventure!

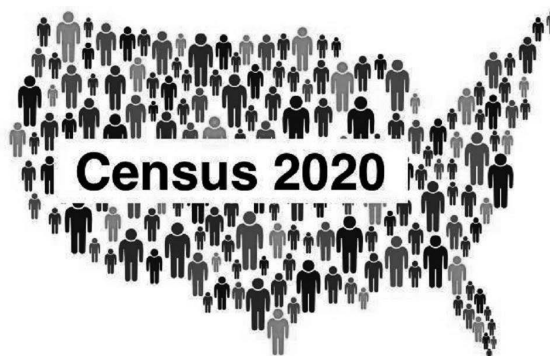
FREE: SIGN UP AT THE SENIOR CENTER



**In mid-March 2020, the
Census Bureau will mail out invitations to
participate in the 2020 Census.**

**You should get yours by April 1st
You can respond online, by phone,
or by mail.**

**It is very important to participate in
the Census as Senior Center Funding
is based on Census Data!**



WHAT'S HAPPENING

Special Events and Trips

March 2020

March 2 1:00 PM Monday FREE

Dizziness and Fall Prevention Presentation

Come and learn how to decrease your risk of injury, while at the same time increasing your confidence and independence.



*Please sign up at the Senior Center

Sponsored by Fyzical Therapy & Balance Center

March 4 1:00 PM Wednesday FREE

Lessons from Eleanor Roosevelt

Carol Cohen has a fascinating presentation on Eleanor Roosevelt to share with us. Come and hear how Eleanor made an impact. In recognition of Women's History Month.



*Please sign up at the Senior Center

March 6 1:00 PM Friday FREE

Dollar Store Bingo

Come and play our favorite game with Kristie and win some great prizes!



*Please sign up at the Senior Center

Sponsored by Marion Manor

March 9 1:00 PM Monday \$2

St. Patrick's Day Craft

Theresa will be here to lead us in a St. Patty's Day craft project.

*sign up at the Senior Center



March 10 8:30 AM Tuesday

Ladies' Breakfast @ Kelly's Place



Join the Ladies' Breakfast Club. We will meet and eat at Kelly's Place!

Enjoy the company of old and new friends alike. We pay with separate checks.

*Sign up at the Senior Center

March 11 1:00 PM Wednesday FREE

Hospice 101

Taylor from Compassionate Hospice Care will be here to help us understand what Hospice is all about and why we shouldn't be afraid.



*Please sign up at the Senior Center

Sponsored by Compassionate Hospice Care

March 13 1:00 PM Friday \$5

St. Patrick's Day PARTY!

Put your green on and join us for a spectacular St. Patrick's Day party! We will be having a traditional Irish dinner with fantastic Irish entertainment!

Advanced ticket purchase required.



*sign up at the Senior Center

March 16 12:00 PM Monday

New Senior Center Informational Meeting

Get the scoop on the new facility

March 16 1:00 PM Monday FREE

Cornhole

Join us for this fun game of cornhole.

This bean bag toss game is great exercise and lots of laughs!



*sign up at the Senior Center

WHAT'S HAPPENING

March 18 8:30 AM Wednesday

Men's Breakfast @ Kelly's Place

Join the Men's Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends.

We pay with separate checks.

*Please sign up at the Senior Center



March 18 1:00 PM Wednesday \$2

Painting with Laura



Come for a painting class! No experience necessary.

*Please sign up at the Senior Center

March 20 1:00 PM Friday FREE

Movie: A Beautiful Day in the Neighborhood

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred (Mr.) Rogers, but he



finds it hard to believe that anyone can have such a good nature. See what happens in this new movie.

*Please sign up at the Senior Center

March 23 1:00 PM Monday FREE

Friends of the Norton Senior Center Meeting

Our monthly business meeting will be followed by a fun activity! Hint: *Geronimo*

March 24 11:30 AM—closing Tuesday

Friends of the Norton Senior Center

Fundraiser at HOME PLATE (see page 12)



March 25 2:00 PM – 4:00 PM

Wednesday

Senior-Senior PROM at Norton High School

What fun! The Norton High School is hosting a dance party. 50's theme.

*Please sign up at the Senior Center



March 26 8:00 AM departure Thursday

Friends of the Norton Senior Center

MOHEGAN Casino Trip (see page 12)



March 27 10:00 AM Friday FREE

Drums Alive — Here comes the Drums!

Come have fun with this amazing program that will help your whole brain and whole body! Cardio Drumming will result in: increased energy, stress relief, calm mind and improved balance. Class size limited to 15.



*Please sign up at the Senior Center

March 30 12:30 PM Monday FREE

Fire and CO Safety

Ed Craig Wolfe from the American Red Cross will be here at the Senior Center to review home fire and carbon monoxide safety for Seniors!



*Please sign up at the Senior Center

February 2020

April 1 1:00 PM Wednesday FREE

Technology Help with NHS National Honor Society

Call to make an appointment for help with your computer, cell phone, TV, tablet...anything electronic!!



*Please sign up at the Senior Center

April 3 1:00 PM Friday FREE

Dan the Singing Cop

Need we say more? Come to see the one and only Dan the Singing Police Officer...HOW FUN!



*Please sign up at the Senior Center

WHAT'S HAPPENING

April 6 10:00 AM Monday FREE

Book Club

The Sweetness of Forgetting

By Kristin Harmel. Please read the book and be ready to discuss.

*Please sign up at the Senior Center



April 6 1:00 PM Monday FREE

The Price Is Right

Yvette will be here to host The Price is Right, and will serve us a delicious lunch, too. COME ON DOWN!!

*Please sign up at the Senior Center

Sponsored by Wingate



April 8 1:00 PM Wednesday FREE

Lunch & Learn - Managing Stress

Mike will be here from Old Colony Hospice to help us manage our stressful lives!

*Please sign up at the Senior Center

Sponsored by Old Colony Hospice



April 13 12:00 PM Monday

New Senior Center Informational Meeting

Get the scoop on the new facility

April 13 1:00 PM Monday FREE

Curling

You will be surprised how much fun we have

CURLING! Just like at the Olympics...

*Please sign up at the Senior Center



April 14 8:30 AM Tuesday

Ladies' Breakfast @ Kelly's Place

Join the Ladies' Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. We pay with separate checks.

*Sign up at the Senior Center



April 15 1:00 PM Wednesday FREE

Dollar Store Bingo

Win some great prizes playing Dollar Store Bingo with Kristie.

*Please sign up at the Senior Center

Sponsored by Marion Manor



April 15 8:30 AM Wednesday

Men's Breakfast @ Kelly's Place

Join the Men's Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. We pay with separate checks.

*Sign up at the Senior Center.



April 17 1:00 PM Friday FREE

Dave Valerio Sings!

Wingate is hosting Dave Valerio here at the Senior Center. This afternoon is sure to be enjoyable.

*Please sign up at the Senior Center

Sponsored by Wingate



April 20 Monday CLOSED

The Senior Center is Closed Today!



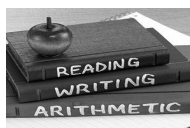
April 22 1:00 PM Wednesday FREE

Back to Basics!

Just how well do you recall what you learned in school? Join us for a fun program where we reminisce about the good ole days.

*Please sign up at the Senior Center

Sponsored by Dyer-Lake



WHAT'S HAPPENING

April 24 1:00 PM Friday FREE

Movie: Little Women

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women each determined to live life on their own terms.

Of course, we'll have pizza and popcorn!!

*Please sign up at the Senior Center



April 27 1:00 PM Monday \$5

Friends of the Norton Senior Center Meeting



Our monthly business meeting will be followed by a KFC lunch! It will be "finger lickin' good", for sure.

*Please sign up at the Senior Center

April 29 1:00 PM Wednesday \$5

Annual Spring Tea Party

Don your hat and gloves and join us for high tea Senior Center style. Featuring fancy teas, sandwiches and pastries. **Limited to 25.**

*Please sign up at the Senior Center



Norton Senior Center / Council on Aging

We are on FACEBOOK!



Find us on:
facebook®

Join us for a Community Pancake Breakfast

**Saturday
March 21, 2020
9:00 - 11:00 a.m.
Emerson Dining Room**



Meet
Roary,
Wheaton's
mascot.

Greetings Friends and Neighbors

I am extending an invitation to all friends and neighbors of Wheaton College to join us for a pancake breakfast.

This will be a great opportunity for you to connect with all of your neighbors and to enjoy some time on our beautiful campus.

In addition to the wonderful breakfast, the program will include live performances by our talented students.

Hope you are able to join us,

Dennis M. Hanno
Dennis M. Hanno
President

Please RSVP by March 14, 2020 to
russas_janet@wheatoncollege.edu
508-286-3489

W wheaton college massachusetts

Parking available in Lot 1, adjacent to the Elisabeth Arden Nursery School, enter from Route 140, Mansfield Ave.

Aging Together: Senior Children and Their Parents

UMass Boston Research Study, funded by the National Institute on Aging and led by Dr. Kathrin Boerner

Senior children (age 65+) and their parent (age 90+)

You are part of a growing group, but we don't know much about you. We want to learn what your relationship is like, what challenges you may face, and what support you may need – also if your parent has dementia, how that has changed the relationship.

- In-person interview with you at a place of your convenience
- You'll receive \$40 as a thank you

Please call our study team at 617-901-1082
or email us at agingtogether@umb.edu



REMEMBER TO SIGN UP FOR

EVENTS IN ADVANCE TO AVOID

PROGRAMS BEING CANCELLED



TRIPS by Citizens on Aging

April 14, 2020

Tom Jones & Englebert

"The Way It Used to Be"

A musical tribute to Tom

Jones and Englebert

Humperdink at The Aqua Turf Club in

CT. Great musical entertainment and delicious

luncheon with wine!

\$99 per person LIMITED SEATING!



June 17-19, 2020

Penn Dutch Show Stopper

Experience an entertaining getaway to the Amish

Country! See the show Queen



Esther at the Sight and Sound theater.

\$629 single, \$519 double, \$509

triple PP

\$50 deposit due 3/10/20

Final payment due 4/24/20

September 23, 2020

The Pilgrims and Plymouth

Join us as we travel to

Plymouth to celebrate

Plymouth's 400th

birthday. We will have lunch at Plymouth Plantation

where we will get to each

"Eat Like A Pilgrim".

\$115 per person, \$10 deposit due ASAP



**For questions about any of our trips,
call Betty Fogerty at 508-285-0235.
Sign up at the Senior Center!**

October 22, 2020

Quabbin Reservoir Tour

We'll start at the Salem Cross Inn

Restaurant and Tavern, travel to

the Quabbin Reservoir with our

guide, and then enjoy traditional

New England fare back at the Inn. We'll complete

our day at the Oakwood Farm Christmas Barn!



\$70 per person

October 8-23, 2020

Mediterranean and Greek Isles Cruise

12 nights aboard the Jewel of the Seas

Inside Cabin \$3479

Outside Stateroom \$3669

Outside With Balcony \$4379

Includes round trip airfare, transfers, 2 nights pre-stay in Barcelona with touring and 3 meals, 12 night cruise on Royal Caribbean's Jewel of the Seas including all meals, activities, entertainment, port and departure taxes, and trip protection!

\$500 deposit due ASAP.

Balance due by 6/2/20.



December 15, 2020

Holiday Winter Wishes Show

Lunch & Holiday Entertainment...all at Connecticut's

famous Aqua Turf Club. We'll enjoy a delicious

Family Style Luncheon, and dance (or tap your feet)

to the fabulous Steppin Out Band.


















\$99 per person



MAR 2020

Norton Senior Center

508-285-0235

















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM Yoga 2 11:00 AM Balance Yoga BP Check 1:00 PM Fyzical Balance Quilting	9:30 AM 3 Meditation 12:30 PM Bingo 	9:30 AM 4 Zumba 10:30 AM Tai Chi 1:00 PM Lessons Eleanor R. Knit/Crochet Veteran's Agent	9:30 AM 5 Zumba 11:00 AM Line Dancing 12:30 PM Whist 	9:30 AM 6 Learn to Knit 11:00 AM Bridge 1:00 PM Dollar Store Bingo 
10:00 AM Yoga 9 11:00 AM Balance Yoga 1:00 PM St. Pat's Day Craft Quilting 	8:30 AM 10 Ladies' Breakfast 9:30 AM Meditation 12:30 PM Bingo 	9:30 AM 11 Zumba 10:30 AM Tai Chi 1:00 PM Hospice101 Speaker Knit/Crochet	9:30 AM 12 Zumba 11:00 AM Line Dancing 12:30 PM Whist 	9:30 AM 13 Learn to Knit 11:00 AM Bridge 1:00 PM St. Patrick's Day PARTY 
10:00 AM Yoga 16 11:00 AM Balance Yoga 12:00 PM -Center Mtg. 1:00 PM Cornhole Quilting	9:30 AM 17 Meditation 12:30 PM Bingo  ST. PATRICK'S DAY	8:30 AM 18 Men's Breakfast 9:30 AM Zumba 10:30 AM Tai Chi 1:00 PM Painting w/Laura Knit/Crochet 	9:30 AM 19 Zumba 11:00 AM Line Dancing 12:30 PM Whist 3:30 PM COA Mtg	9:30 AM 20 Learn to Knit 11:00 AM Bridge 1:00 PM Movie Beautiful Day in the Neighborhood 
10:00 AM Yoga 23 11:00 AM Balance Yoga 1:00 PM Friends Mtg + Event Quilting	9:30 AM 24 Meditation 12:30 PM Bingo  HOMEPLATE Friends Fundraiser	9:30 AM Zumba 25 10:30 AM Tai Chi 1:00 PM Knit/Croc 2:00 PM to 4:00 PM S-S Prom @NHS	8:00 AM 26 Mohegan 9:30 AM Zumba 11:00 AM Line Dancing 12:30 PM Whist	9:30 AM 27 Learn to Knit 10:00 AM Drums Alive 11:00 AM Bridge 
10:00 AM Yoga 30 11:00 AM Balance Yoga 12:30 PM Fire & CO Safety 1:00 PM Quilting 	9:30 AM 31 Meditation 12:30 PM Bingo 	In like a lion... 		...out like a lamb 

Advanced registration required

APR 2020

Norton Senior Center

508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE Baked Goods are available on Monday and Wednesday after 10:00 AM		9:30 AM 1 Zumba 10:30 AM Tai Chi 1:00 PM Technology Help Veteran's Agent Knit/Crochet	9:30 AM 2 Zumba 11:00 AM Line Dancing 12:30 PM Whist 	9:30 AM 3 Learn to Knit 11:00 AM Bridge 1:00 PM Dan the Singing Cop 
10:00 AM Yoga 6 Book Club 11:00 AM Balance Y 11:00 AM BP Check 1:00 PM Price is Right, Lunch Quilting	9:30 AM 7 Meditation 12:30 PM Bingo 	9:30 AM 8 Zumba 10:30 AM Tai Chi 1:00 PM L & L Stress Mgmt Knit/Crochet	9:30 AM 9 Zumba 11:00 AM Line Dancing 12:30 PM Whist 	9:30 AM 10 Learn to Knit 11:00 AM Bridge 1:00 PM Cornhole 
10:00 AM Yoga 13 11:00 AM Balance Yoga 12:00 - Center Mtg. 1:00 PM Curling Quilting 	8:30 AM 14 Ladies' Breakfast Tom Jones CT Trip 9:30 AM Meditation 12:30 PM Bingo	8:30 AM 15 Men's Breakfast 9:30 AM Zumba 10:30 AM Tai Chi 1:00 PM Dollar Store Bingo Knit/Crochet 	9:30 AM 16 Zumba 11:00 AM Line Dancing 12:30 PM Whist 3:30 PM COA Mtg	9:30 AM 17 Learn to Knit Live Your Best Life 11:00 AM Bridge 1:00 PM Dave Valerio sings! 
 20 Patriot's Day Senior Center CLOSED	9:30 AM 21 Meditation 12:30 PM Bingo 	9:30 AM 22 Zumba 10:30 AM Tai Chi 1:00 PM Back to Basics! Knit/Crochet	9:30 AM 23 Zumba 11:00 AM Line Dancing 12:30 PM Whist	9:30 AM 24 Learn to Knit Live Your Best Life 11:00 AM Bridge 1:00 PM Movie Little Women 
10:00 AM Yoga 27 11:00 AM Balance Yoga 1:00 PM Friends Mtg + Event Quilting	9:30 AM 28 Meditation 12:30 PM Bingo  	9:30 AM 29 Zumba Tai Chi @ Library 1:00 PM Tea Party Knit/Crochet 	9:30 AM 30 Zumba 11:00 AM Line Dancing 12:30 PM Whist	

Advanced registration required

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.

BECOME A MEMBER!! Sign up at the Senior Center. Annual Dues are only \$10.00.

The Friends of the Norton Senior Center is a group of energetic volunteers who are interested in making a difference in the lives of the seniors in Norton. Meetings are typically held on the 4th Monday of each month at 1 PM at the Norton Senior Center. Come for refreshments, coffee, friendship and fun!!

March 23rd

Monthly Meeting @ 1 PM. Followed by Geronimo.

April 27th

Monthly Meeting @ 1 PM w/Officer's Nominations. Followed by KFC lunch!

May 18th

Monthly Meeting @ 1 PM w/Officer's Elections. Followed by a fun activity.

June 22nd

Year-End BBQ & Installation of Officers @ VFW.

FUNDRAISER AT HOME PLATE

**20% of all purchases made all day (11:30 to closing) will go to the Friends of the Norton Senior Center.
Good for Dine-in, Take-out, & Gift Card Purchases!**

MARCH 24, 2020
RAFFLES!!!!

You must present a Home Plate Fundraiser Ticket (below) to your server



Friends Officers

Bill Byrnes - President
Janice Norton - Vice President
Bob Briscoe - Treasurer
Debbie Leary - Secretary

**End of year BBQ
June 22nd at the
VFW**



FRIENDS ELECTIONS FOR OFFICERS

Nominations are being accepted for: President, Vice-President, Treasurer & Clerk.

You must be a Friend's member to run for office or to nominate a member. Please sign up by April 20, 2020 at the Senior Center if you are interested.



MOHEGAN SUN

Thursday March 26, 2020

8:00 AM bus departs

5:00 PM return **\$25**



Sign up at the Senior Center!

NEXT CASINO TRIP

May 8, 2020



RESOURCES/SERVICES

HOW CAN THE COA HELP ME?

If you are an older adult or a caregiver, you may be unaware of all the services that are available to you. Listed below are some of the many services and programs we have to offer.

OUTREACH INFORMATION AND REFERRAL

Cathy Varnum, COA outreach worker, is available to consult with residents, family members and caregivers to discuss resources and services available for seniors.

Application Assistance

Medicare Counseling
Fuel Assistance
Food Stamps (SNAP)
MassHealth
Safe Link Wireless
Elder Counseling



Call the Senior Center for an appointment.
508-285-0235

DURABLE MEDICAL EQUIPMENT

LOANS: Free loan of walkers, commodes, crutches, shower benches and wheelchairs is available to elder residents of Norton.

DONATIONS: We accept donations of medical equipment in good, clean condition. Please call prior to bringing your donations in to the Center to see if we have storage space. **THANK YOU!!**



FOOT DOCTOR

Friday March 6 \$35 Fee for Service

Dr. Erik Henrickson will provide foot exams by appointment only. Some insurance accepted. Call Plymouth Podiatry 508-824-9571 for coverage information. Call the Senior Center 508-285-0235 for an appointment.

SHINE

Free Health Insurance
Information, counseling and assistance for people with Medicare. **Call the Senior Center for an appointment.** 508-285-0235



BLOOD PRESSURE SCREENINGS

Mondays March 2 / April 6

Norton's Public Health Nurse, Donna Palmer is at the Senior Center on the first Monday of every month to check blood pressures. Stop by!!



VETERAN'S AGENT

Wednesdays March 4 / April 1

Come have a cup of coffee with Estelle Flett, Norton's Veteran's Officer. Chat about Veteran's issues or schedule a private meeting to discuss your benefits and rights. Estelle comes on the first Wednesday of every month. Sign up at the Senior Center or call us to make an appointment. 508-285-0235



AARP TAX ASSISTANCE

Starting in February, volunteer counselors trained in cooperation with the IRS and State DOR, will assist seniors with the preparation of Federal and State tax returns. **Appointments are required.**
Please call the Senior Center 508-285-0235.

TAX TIME! Thursdays Feb 6—Apr 9



S.H.I.N.E.

Serving the Health Insurance Needs of Everyone

MEDICARE SAVINGS PROGRAMS

WANT TO SAVE MONEY ON YOUR MEDICARE COVERAGE?

A new state law in Massachusetts is expanding several Medicare Savings Programs (aka "MassHealth Buy-in" programs).

If you are a resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium.

Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare. If you qualify for a Medicare Savings Program, **you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.**

1. **Learn** about the new income and asset limits: If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs.

You Are: Single Individual

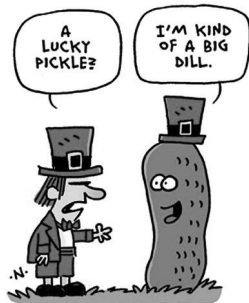
Your income is at or below: \$1,738/month (Note that this amount may increase as of 3/1/20) and your assets are at or below: \$15,460 (Note that this amount may increase as of 1/1/20)

You Are: Married Couple

Your income is at or below: \$2,346/month (Note that this amount may increase as of 3/1/20) and your assets are at or below: \$23,200 (Note that this amount may increase as of 1/1/20)

2. **Call** MassHealth's Customer Service Center by phone at **1-800-841-2900**, or TTY at **1-800-497-4648**, and request a simple, 2-page, "MassHealth Buy-In" application, or download one from: <https://tinyurl.com/MassMSP> and **apply after January 1st**

If you have any questions or you would like information or assistance call the Norton Senior Center at 508-285-0235 for a Medicare SHINE appointment.



SURVEY

The Gerontology Institute at UMass Boston and the would like you to take a survey to look at the relationship of Plainridge Park Casino within our community.

Please fill out a survey as soon at the Senior Center or online at:

bit.ly/COAsurvey2020

Fill out the survey and get some cool swag

FOOD STAMPS FOR SENIOR CITIZENS

Everything you need to know to apply for food stamps as a Senior.



FoodStampsNOW

Make an appointment with Beth or Cathy to see if you qualify and apply.

We can also help with re-certification!

Senior and Veterans' Tax Work Off Programs

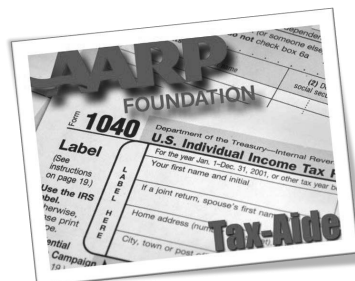
The Senior and Veterans' Tax Work Off Abatement Program is a tax abatement credit for persons 60 or older or Honorably Discharged Veterans' who work for the town of Norton on a volunteer basis.

Applications are located at the Senior Center on a first come first served basis.

There are still openings!!!



TAXES



February 1 - April 9

THURSDAYS by appointment only

Please bring the following:

- Intake Form (available at the Senior Center)
- Photo ID for primary taxpayer
- Social Security Cards for each person listed on the tax return
- All income reporting info for 2019
W-2, 1099, 1098, 1095, brokerage statements, property tax bills and water bills paid in 2019, lottery winnings statements, and any other income related forms, etc.
- Prior years' tax return

Community Support for Seniors

Senior Food Pantry 508-223-4257

Hebron Food Pantry
11 Sanford Street
Attleboro, MA 02703
Every Tuesday 10:30 AM - 11:30 AM
Free for Elders 60 and over.



Norton Food Pantry 508-285-3398

Open 1st and 3rd Monday each month from
4:30 PM - 6:30 PM. The Norton Food Pantry is
located in the Town Hall basement.
ID and proof of residency are required.



Meals on Wheels 508-675-2101



If you or someone you know
could benefit from nutritious
meals delivered to your home
on a daily basis, please call the
Bristol Elder Services
Information and Referral line to
arrange an in-home assessment.

Brush with Kindness 508-399-1781

Habitat for Humanity's Brush with Kindness
program can help people with limited or fixed
incomes make necessary repairs on their home.
For more information call 508-399-1781
Or email: dir@oldcolonyhabitat.org
www.oldcolonyhabitat.org



Caregiver Support

Monthly Support Group - FREE

Are you overwhelmed taking care of an aging
parent? Join the Caregiver Support Group which
meets monthly on the 4th Tuesday of each month
from 10:00 AM - 11:15 AM at Mansfield Adult Day
Health Center, 300 Branch Street, Mansfield, MA.
For more information call 508-339-2119.

GATRA

DIAL-A-RIDE (508) 823-8828

Call or register at the Senior Center!

\$1.75 One Way

\$15.00 Ten Ride Pass available

at the Senior Center

\$2.50 Out of Area



Med Wheels (508) 823-8828 X263

Long Distance Medical Transportation
48 hour advance notice is necessary!

Alzheimer's Support Group

1st Tuesday of the Month 1:30 PM - 2:30 PM at
Community VNA (10 Emory Street, Attleboro)

Commodities Supplemental Food Program

Are you a senior from Norton who could benefit
from two free bags of non-perishable, nutritious
groceries every month?

To qualify a senior must be 60 years old or older
and meet the following gross monthly guidelines:

<u>Household Size</u>	<u>Monthly Income</u>
1	\$1354
2	\$1832
3	\$2311

If you are a senior who meets the qualifications
and would like to participate in this wonderful
program please contact us!

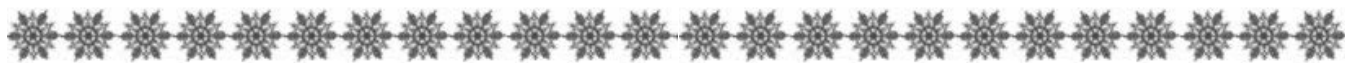
**This newsletter was published with
funding from a grant from the
Executive Office of Elder Affairs!!**



Fuel Assistance (LIHEAP) Now through April 30th

Winter heating bills can be a challenge for a household budget. Help is available. Fuel assistance and energy efficiency programs provide income-eligible households with financial assistance to help pay heating bills. If you received fuel assistance last year, this year's renewal application should have been mailed to you in 2019. If you wish to apply for the first time, or require help with the renewal process, please call the Norton Senior Center at (508) 285-0235 to make an appointment, for more information, or for a list of required documentation.

Note: This is a Citizens for Citizens, Inc. program, and all applications will be forwarded to them for processing.



Veterans' Events for the Community

Corned Beef and Cabbage



Saturday, March 14, 2020

12:00 p.m. until we sell out!

Norton VFW Post 8049
38 Summer Street, Norton, MA
(508) 285-3845

\$10

American Legion Post 222

Dinner-Dance Scholarship Fundraiser

March 22nd at the VFW 38 Summer St Norton

Featuring South Country Line Band 5-8 PM

Full Turkey Dinner and

Dessert

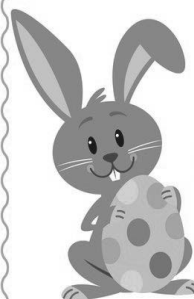
\$20 pp



MEMORIAL DAY PARADE

May 25th at 10AM

**MEMORIAL
DAY**



**EaSteR
Meat Raffle
Saturday
April 11th**



3PM Sharp

Norton VFW Post 8089
38 Summer Street
Norton, Ma 508-285-3845

Meat Trays, Baskets, Gift Cards and 50/50 Raffle

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www.midwaycollisioncenter.net




Saint Patrick's Day March 17



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 Randy Fogerty 97 Oak Street
 Norton, MA 02766

**Norton Police Superior
 Officers Association**

Norton Police Association

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(508) 824-0243


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www.facebook.com/Local2678

To be a sponsor
 in the next
 Norton
 Senior Center Newsletter!
 Please contact
 Tom Reilly
 508-336-6633 x 337

 **WINGATE**
 AT NORTON
**Short-Term Rehabilitation
 Long-Term Care**
 184 Mansfield Avenue | Norton, MA 02766
 508.285.7745 | Wingatehealthcare.com

 **Marian
 Manor**
 Rehabilitation &
 Skilled Care
 Kristie Venuto
 Director of Admissions
 (508) 822-4885

**A Special Kind
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 Phoebe Worcester
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Daniel M. Rich

ATTORNEY AT LAW

508-285-4725

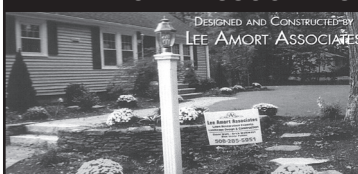


REAL
ESTATE

508-285-7447

250 East Main St • Norton, MA 02766

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W (508) 285-5951 • C (508) 509-6269
E-mail: LeeAmort@gmail.com
Website: www.leeamort.com



NORTON FIRE - RESCUE DEPARTMENT

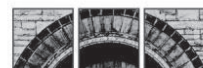
70 East Main Street
Norton, MA 02766



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Since 1923*

55 Newand Street, Norton, MA 02766
508-285-7944



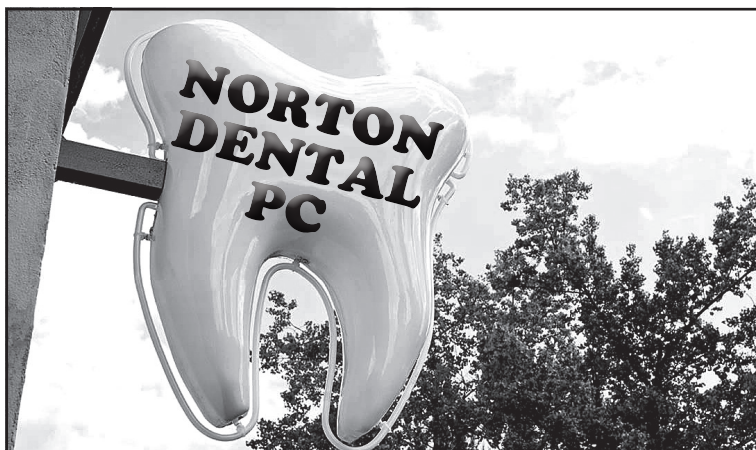
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172 Mansfield Avenue, Norton

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26 East Main Street, Norton

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Located at 150 East Main St (RT.123)
Norton, MA 02766



Attleboro Community Theatre
PRESENTS!

Over The River And Through The Woods

A comedy by: Joe DiPietro

Directed by: David Blessinger

DATES: FEBRUARY 21, 22, 23, 28, 29, 2020
MARCH 1, 6, 7, AND 8, 2020

Fridays and Saturday shows begin at 8 PM
Sunday shows begin at 2 PM

**RESERVE TICKETS
TODAY!**

508-226-8100
71 North Main St.
Attleboro, MA



To be a sponsor in the next

Norton Senior Center Newsletter!

Please contact

Tom Reily

508-336-6633 x 337

Norton Council on Aging
55 West Main Street
PO Box 552
Norton, MA 02766

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