



Where Active Living Never Gets Old!

September / October 2023

Norton Senior & Community Support Center

55 West Main Street

PO Box 552
Norton, MA 02766
Email: coa@nortonmaus.com
Website: 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

Tom Golota

Vera Jordan

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

FALL at THE CENTER

Where Active Living Never Gets Old

Summer is winding down and we are heading into Fall! Here in New England, we never know what to expect for weather, but it's been a great summer and we look forward to a beautiful fall.



September is National Senior Center Month! This year's theme

National Senior Center Month
Discover your...



is **Discover Yours**. Senior Centers are the trusted place in the community to connect seniors to the programs, services and opportunities they need to age well. Our Senior Center here in Norton offers many programs, information and support to help you **Discover Your BEST YOU!**

Beth

It's Medicare **Open Enrollment** time: **October 15 - December 7**.

If you have a **Medicare Part D plan**, then we should review your plan with you during this once-a-year opportunity. Our SHINE counselors are ready to help! Fill out the SHINE form (on page 17 of 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



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



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!



Suggested donation: \$2 per class

ZUMBA GOLD [at the SENIOR CENTER](#)

Every Tuesday 11:15 AM - 12:00 PM \$2

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

Alba is our instructor!! Come and Zumba with us. This is a fun class with great music and vibe!



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.



Please note: NO Line Dancing on September 14

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 Sept 13, Oct 11

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!



If you would like to learn how to play Mahjong, please call us to register for lessons which will start OCTOBER 23rd 508-285-0235

Please note: No Mahjong on Sept 4, Oct 9

QUILTING / SEWING

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

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



Please note: No Quilting/Sewing on Sept 4, Oct 9

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!!!



KNITTING GROUP and Lessons

Every Friday 9:30 AM - 11:00 AM free



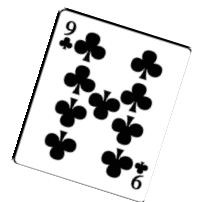
Knitter of all skill levels are welcome to join us for a morning of knitting. For beginners, we have yarn and knitting needles to get you



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

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

September 4
LABOR DAY



October 9
COLUMBUS DAY



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

Do you want to learn how to play Mahjong?

BEGINNER CLASSES Starting Monday October 23, 2023
10 AM—12 PM

Please call to register 508-285-0235



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

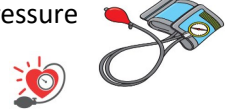
*Fillmore-Nason VFW Post #8049
38 Summer Street, Norton*

Event room entrance is the back/side door

HEALTH & WELLNESS

Sept 5, Aug 3 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**



Sept 11, Aug 16 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.

Appointments required.

508-285-0235 **FREE**



*Usually the 2nd Monday of every month!

Sept 15 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.

Sept 28 THURSDAY 9:00 AM - 2:00 PM

FLU SHOTS *By appointment only* **AT TRISTAN MEDICAL**

Sign up and pre-register at the Senior Center by September 24th. **FREE**



URGENT CARE + PRIMARY CARE

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

WHAT'S HAPPENING in SEPT/OCT

Please sign up at the Senior Center for all activities

PAINTING

Sept 18, Oct 2 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 welcome.



CRAFT & CREATE

Sept 21, Oct 26 THURSDAYS 1:00 PM \$2
CRAFT TIME!

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



DRUMS ALIVE - NIGHT CLASSES

5 weeks TUESDAYS 5:00 PM \$10

DRUMS ALIVE 5 WEEK SPECIAL PROGRAM
Sept 19, Sept 26, Oct 3, Oct 10, Oct 17 Join us for a special 5-week evening class of music, drumming and fitness, with Drums Alive instructor Kelley Brophy.



\$10 registration fee for all 5 classes **due at sign-up.**

Only those who have pre-registered may attend.

MONTHLY BREAKFASTS

Sept 12, Oct 10 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.



Sept 20, Oct 18 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.



HORSE ENCOUNTER

Sept 13, Sept 27 and Oct 11, Oct 25 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.



LUNCH & LEARN

Sept 14, Sept 28 and Oct 12, Oct 26 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.



Sept 14 MEDICARE MADE EASY

Presenter Dave Gering will be here to help us understand Medicare.

Medicare

Sept 28 COOKING FOR ONE OR TWO Bristol

Elder Services Nutritionist, Dawn DiMarco, will give us tips on how to cook meals for only one or two people.



Oct 12 DIABETES INFORMATION Debbie Jackson from

Back to Home Healthcare will be explaining some of the newest equipment for diabetes patients. We will also get an understanding of what it means to live with diabetes.



Oct 26 DEMENTIA Lisa Wasson from Hope

Health in Attleboro will be telling us about the types of dementia, and how to deal with dementia as we age.



FRIENDS MEETINGS

Sept 25 MONDAY 1:00 PM FRIENDS

SEPTEMBER FRIENDS MEETING

Meeting followed by Live & Learn with Jay Elias. Always an interesting presentation!



Oct 30 MONDAY 1:00 PM FRIENDS

OCTOBER FRIENDS MEETING

Meeting followed by our annual Halloween Party! Wear your favorite costume!! We'll have treats.



BEST COSTUMES WIN A PRIZE!!

WHAT'S HAPPENING in SEPT/OCT

Please sign up at the Senior Center for all activities

ENTERTAINMENT / MOVIES / FUN

Sept 8 FRIDAY 1:00 PM FREE

PIZZA & A MOVIE Book Club The Next Chapter.
Four best friends take their Book Club to Italy for the fun girls trip they never had. Hilarious!! Pizza and Popcorn will be served!



Sept 15 FRIDAY 1:00 PM FREE

KALIFORNIA KARL One of our favorites is back! This is going to be a Friday afternoon of F-U-N. Don't miss out!



Sept 29 FRIDAY 1:00 PM FREE

ROGER'S BAND Our local favorite band!! Join us for an hour of familiar and fun music by Roger and his guys.



Oct 6 FRIDAY 1:00 PM FREE

COUNTRY MUSIC Jorene and Steve Lange will be entertaining us with their delightful country sounds. Best country music around!



Oct 13 FRIDAY 1:00 PM FREE

MUSIC of the 60s, 70s & 80s Bruce Cummings has a great sound. Come and listen to some familiar and great music! What decade is your favorite?



Oct 27 FRIDAY 1:00 PM FREE

PIZZA & A MOVIE Indiana Jones and the Dial of Destiny.



Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history! Fantastic!!! We'll have pizza and popcorn, too.

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

EDUCATION / FITNESS-WELLNESS

Sept 6 WEDNESDAY 1:00 PM FREE

COMPASSION FATIGUE Laurie Rhodes from Faith & Family Hospice will give a talk about taking care of ourselves, and our loved ones during stressful times.



Sept 13 WEDNESDAY 1:00 PM FREE

STRETCH & FLEX Welcome our favorite PT Scott from Physically Fit PT here in Norton. You'll learn beneficial stretching techniques you can easily do at home.



Sept 20 WEDNESDAY 1:00 PM FREE

DECLUTTERING: SIMPLIFY YOUR LIFE



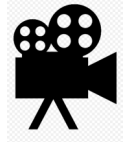
Back by popular demand! Local organizer Annalise Thomson from The Organized Kitchen will be helping us to declutter!

Sept 22 FRIDAY 1:00 PM FREE

MOVIE Keys Bags Names Words, Hope in Aging and



Dementia. This critically acclaimed presentation on dementia is enlightening and a must-see. We are



fortunate to be able to show this at the Center!

Sept 27 WEDNESDAY 12:30 PM FREE

NORTON HISTORICAL SOCIETY Field Trip!!!

We're going over to the Norton Historical Society for a tour and update of all the new displays.



Oct 4 WEDNESDAY 1:00 PM FREE

MEDICARE 101 & OPEN ENROLLMENT Our SHINE



experts, Beth and Cathy, will be giving a talk on Medicare updates and how to take advantage of Open Enrollment.

Oct 11 WEDNESDAY 1:00 PM FREE

BALANCE PT Scott from Physically Fit PT here in Norton will lead this Balance Class.

You'll improve your balance with easy exercises.



WHAT'S HAPPENING in SEPT/OCT

Please sign up at the Senior Center for all activities

Oct 18 WEDNESDAY 1:00 PM FREE

HOME SAFETY Steve Kiley from Home Instead will give us important information about keeping safe at home. Everyone will get a home safety checklist!



Oct 20 FRIDAY 1:00 PM FREE

CORN HOLE

Join us as we hang out and play a bit of cornhole. SO MUCH FUN!!



The walls are up!!

Things are moving along on our new facility on Mansfield Ave! The foundation has been poured and the walls are up. Things are on schedule and should be finished on schedule for early summer 2024



News From The Schools

Dear Norton Community,

My name is Jennifer O'Neill and I am happy to introduce myself to you as the new Superintendent of Norton Public Schools! This fall begins my 21st year as an educator here in Norton. I began as a 2nd grade teacher at the J.C. Solmonese School in the fall of 2003. I taught second grade at JCS for eight years before moving into administration first as the Director of Curriculum and Instruction, and finally as the Assistant Superintendent for Teaching & learning for the past seven years.



The Norton community is very important to me. My grandparents were Norton residents and raised their family on Acorn Road. My father and my step-mother are both former Norton educators and I grew up visiting their classrooms and schools and attending Norton community events such as the JCS Fair and productions at Wheaton College.

I am honored to serve in the role of Superintendent for Norton and excited to share the great work that we do each day with our broader community. Our students are our greatest resource and our teachers are working tirelessly each day to provide them with a quality education that will support the great citizens they will one day be.

I hope to have the opportunity to meet you in person at one of our community events. If you have any questions or concerns, please feel to reach out to me via phone 508-285-0100 or email joneill@norton.k12.ma.us



Check out our New Website!
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.nortonma.us



Follow us on Facebook!

www.facebook.com
Norton Senior Center / Community Support Center

SEPT 2023

Norton Senior Center 508-285-0235



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</p>	<p>REMINDERS: Some programs are held at the VFW, and are noted as such. Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT</p>	<p>SEPTEMBER is National Senior Center Month!</p>		<p>9:30 AM Knitting & Lessons 1 11:30 AM Cards 1 PM Drop In</p>
<p>4</p> <p>The Senior Center is closed today</p>	<p>5</p> <p>9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 12 PM BP Check 1 PM Caregiver Support</p>	<p>6</p> <p>9:30 AM Chair Yoga VFW 10 AM Blackjack 10:30 AM Balance Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 1 PM What is Compassion Fatigue?</p>	<p>7</p> <p>9:30 AM Zumba 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help</p>	<p>8</p> <p>9:30 AM Knitting & Lessons 11:30 AM Cards 1 PM Movie/Pizza</p>
<p>10 AM Mahjong 11 1 PM Quilt/Sew 2 PM+ Audiology Clinic (by appt)</p>	<p>12</p> <p>8:30 AM Ladies' Breakfast 9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>13</p> <p>9:30 AM Chair Yoga VFW 10 AM Horses 10 AM Blackjack 10:30 AM Bal Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 1 PM Scott Stretch/Flex</p>	<p>14</p> <p>9:30 AM Zumba 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Medicare Made Easy 3:30 PM COA Meeting</p>	<p>15</p> <p>9:00 AM Foot Doctor (by appt) 9:30 AM Knitting & Lessons 11:30 AM Cards 1 PM Kalifornia Karl</p>
<p>10 AM Mahjong 18 1 PM Quilt/Sew 1 PM Painting with Julia</p>	<p>19</p> <p>9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 5 PM Drums Alive</p>	<p>20</p> <p>8:00 AM Men's Breakfast 9:30 AM Ch Yoga VFW 10 AM Blackjack 10:30 AM Bal Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 1 PM Decluttering</p>	<p>TRIP: PM Tribute 21</p> <p>9:30 AM Zumba 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1 PM Craft and Create</p>	<p>22</p> <p>9:30 AM Knitting & Lessons 11:30 AM Cards 1 PM KeysBagsNamesWords Dementia Movie</p>
<p>10 AM Mahjong 25 1 PM Quilt/Sew 1 PM Friends Meeting</p>	<p>26</p> <p>9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 5 PM Drums Alive</p>	<p>27</p> <p>9:30 AM Chair Yoga VFW 10 AM Horses 10 AM Blackjack 10:30 AM Bal Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 12:30 PM Visit to Historical Society</p>	<p>28</p> <p>9:30 AM Zumba 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Cooking for one or two 9 AM - 2 PM FLU SHOTS (by appt) at Tristan Medical Office</p>	<p>29</p> <p>9:30 AM Knitting & Lessons 11:30 AM Cards 1 PM Roger's Band</p>

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

OCT 2023

Norton Senior Center 508-285-0235



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10 AM Mahjong 2 1 PM Quilt/Sew 1 PM Painting with Julia</p>	<p>9:15 AM Meditation 3 11:15 AM Zumba 12:30 PM Bingo VFW 12 PM BP Check 1 PM Caregiver Support 5 PM Drums Alive</p>	<p>9:30 AM Chari Yoga VFW 4 10 AM Blackjack 10:30 AM Balance Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 1 PM Medicare 101 & Open Enrollment Info</p>	<p>9:30 AM Zumba 5 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help</p>	<p>9:30 AM Knitting & Lessons 6 11:30 AM Cards 1 PM Singer Jorene Lange</p>
<p>9</p> <p>The Senior Center is closed today</p>	<p>8:30 AM Ladies' Breakfast 10 9:15 AM Meditation 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 5 PM Drums Alive</p>	<p>9:30 AM Ch Y VFW 11 10 AM Blackjack 10 AM Horses 10:30 AM B Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 1 PM Balance with Scott</p>	<p>TRIP: N. Playhouse 12 9:30 AM Zumba 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1:00 PM Lunch & Learn Diabetes Information 3:30 PM COA Meeting</p>	<p>9:30 AM Knitting & Lessons 13 11:30 AM Cards 1 PM Music from the 60s, 70s, & 80s</p>
<p>10 AM Mahjong 16 1 PM Quilt/Sew 2 PM+ Audiology Clinic (by appt) MEDICARE OPEN ENROLLMENT BEGINS</p>	<p>9:15 AM Meditation 17 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support 5 PM Drums Alive</p>	<p>8:00 AM Men's Breakfast 18 9:30 AM Ch Yoga VFW 10 AM Blackjack 10:30 AM B Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet 1 PM Home Safety Tips</p>	<p>9:30 AM Zumba 19 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help</p>	<p>9:30 AM Knitting & Lessons 20 11:30 AM Cards 1 PM Corn Hole</p>
<p>10 AM Mahjong 23 1 PM Quilt/Sew 1 PM Drop in</p>	<p>9:15AM Meditation 24 11:15 AM Zumba 12:30 PM Bingo VFW 1 PM Caregiver Support</p>	<p>9:30 AM C Y VFW 25 10 AM Blackjack 10 AM Horses 10:30 AM B Yoga VFW 11:15 AM Drums Alive 1 PM Knit/Crochet</p>	<p>9:30 AM Zumba 26 9:30 AM Tai Chi VFW 11 AM Line Dancing 1 PM Tech Help 1 PM Lunch & Learn Hope Health 1 PM Craft and Create</p>	<p>9:30 AM Knitting & Lessons 27 11:30 AM Cards 1 PM Pizza & Movie</p>
<p>10 AM Mahjong 30 1 PM Quilt/Sew 1 PM FRIENDS Halloween Party!</p>	<p>9:15 AM Meditation 31 11:15 AM Zumba 12:30 PM HALLOWEEN Bingo VFW 1 PM Caregiver Support</p>	<p>HAPPY HALLOWEEN</p>	<p>Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</p>	<p>REMINDERS: Some programs are held at the VFW, and are noted as such. Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT</p>

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

RESOURCES/SERVICES



HOW CAN THE COA HELP ME?

If you are an older adult or a caregiver, these are some of the services and programs that we offer, and that are available to you here at the Norton Senior Center.

OUTREACH INFORMATION AND REFERRALS

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

Application Assistance

- Medicare, Medication
- Fuel Assistance
- Food Stamps (SNAP)
- MassHealth
- Long Term Care
- Elder Counseling



Call Cathy at the Senior Center 508-285-0235

DURABLE MEDICAL EQUIPMENT

If you need Durable Medical Equipment give us a call to inquire about our most current inventory.

LOANS: Free loans of walkers, commodes, crutches, shower benches and wheelchairs are available to elder residents of Norton. We have canes and some adaptive devices, too!



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



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

Visit the BES website: www.bristolelder.org
 OR
 Contact the BES Intake Department:
 Phone: **508-675-2101**
 Email: info@bristolelder.org

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



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

EMERGENCY TRANSPORTATION

The CAR Transportation Program may be able to help with emergency transportation needs.



This program is for all Norton Residents.

Call the Senior Center for more information. 508-285-0235

Assurance Wireless 1-888-321-5880

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



Elder Legal Services 1-800-244-9023

www.sccls.org

South Coast Counties Legal Services, Inc. offers free legal assistance for seniors, specializing in the areas of housing law, family law, elder law, education law, consumer law, and government benefits including Social Security and disability.



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

If you don't drive, delivery can be arranged.



- **Commodities Supplemental Food Program CSFP** - Income eligible program for Residents age 60+

This is a monthly brown-bag program (groceries, fresh fruits & vegetables) the 3rd Wednesday of every month. Call the Senior Center to confirm eligibility and apply

For residents age 60+ meeting these gross monthly income guidelines:

Household Size of: 1 (\$1473), 2 (\$1984), 3 (\$2495)



- **St. Mary's Church, Norton - St. Vincent de Paul Society** - All Residents

If you find yourself in an **EMERGENCY** situation and are in desperate need of food or financial assistance, please call St. Mary's St. Vincent de Paul Society.

Leave a confidential message for a same-day return call. 508-409-7311



- **Food N' Friends - Daily Church Suppers** - Free for All Residents

All Meals are available to anyone from Norton and surrounding towns

♦ Call 508-222-2933 for days and times or swing by the center to pick up a schedule

♦ **NEW** Trinitarian Congregational Church, 2 Pine Street, Norton **now hosting free meals on the 3rd Tuesday of every month. 5:00 PM social, 5:30 PM - 6:30 PM dinner JOIN US!!**



Community Support & Services



HEATING ASSISTANCE

For the 2023-2024 heating season, new clients can apply beginning on November 1, 2023.

Call us for more information and for a list of documents you will need for the application **508-285-0235**

Existing clients should receive a renewal application by September 2023. 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

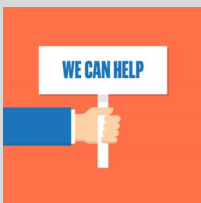
Monday - Friday 6:30 AM to 8:00 PM Saturday and Sunday 12:00 PM to 8:00 PM

**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

MEDICARE

OPEN ENROLLMENT

October 15 - December 7



It's that time of year again! 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!***

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.

Our Shine Open Enrollment Review Form is on Page 17 of this newsletter.

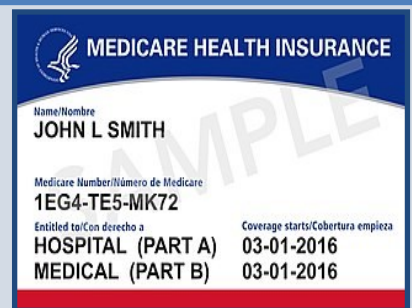
MEDICARE ASSISTANCE - SHINE

Are you retiring? Turning 65 and not working?

- (1) Sign up for Medicare Part A and Part B through Social Security
- (2) After you have signed up for Part A and Part B, we will help you enroll in Supplemental Plans, Part D, or Medicare Advantage Plans. We have SHINE counselors here at the Senior Center to assist you.
- (3) **Call us to make an appointment: 508-285-0235**

Social Security office is located at 106 Pleasant Street, Attleboro, MA 02703

Social Security phone number: 1-888-655-6469



MEDICARE SAVINGS PROGRAMS (also referred as the MassHealth Buy-In) - New Guidelines for 2023!!!

If you qualify for the Buy-In you will no longer have to pay your Medicare part B premium and will automatically be eligible for a significant reduction in your part D premium and drug co-pays!!



	<u>Income Limit</u>	<u>Asset Limit</u>
Single Person	\$2,754	\$18,180
Married Couple	\$3,718	\$2,260

Call the Senior Center to Schedule an Appointment to Enroll!!

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.



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
Sept 25, 2023	Meeting followed by Live & Learn with Jay Elias
Oct 30, 2023	Meeting followed by a Halloween Party!
Nov 27, 2023	Meeting <i>+more info to come</i>
-----No meeting in December-----	
Jan 22, 2024	Meeting <i>+more info to come</i>
Feb 26, 2024	Meeting <i>+more info to come</i>
Mar 25, 2024	Meeting <i>+more info to come</i>
Sign up at the Center to attend meetings!	

CASINO TRIPS

We hope you enjoyed the August Bus Trip to Mohegan Sun! We are planning a November 2023 Trip to Encore Casino in Boston!! Check in at the Center in early October for information.

EVENTS

- **SAVE-THE-DATE** ●
- December 13, 2023 ●
- **FRIENDS Christmas Party** ●
- Chateau Restaurant, Norton ●

11:30 AM to 3:00 PM

FUNDRAISERS

December 7, 2023 BOSTON POPS FUNDRAISER Show time: 3:00 PM - 5:00 PM
 \$100 per person (includes bus, and driver gratuity). Depart Norton Senior Center 1:30 PM. Depart Boston Symphony Hall 5:30 PM. Please sign up at the Senior Center, and make your payment to reserve your spot!

January 8, 2024 GOATCITY PUB FUNDRAISER Save the Date!! More information to come soon!

THANK YOU!!! The Norton Senior Center partnered with the Salvation Army to provide over 60 backpack filled with school supplies to Norton children in need. Thank you for all your donations!!!

Thank you to Mansfield's Providence Bagel and White's Bakery for their weekly, delicious, donations to the Norton Senior Center!!

VETERANS' RESOURCES



508-285-0274

774-265-7462

Town of Norton Veterans' Service Office (VSO)
Estelle Flett, Veteran's Agent

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

M.G.L. Chapter 115 is a state benefit for eligible veterans and eligible dependents of deceased veterans. This benefit is designed to help Massachusetts Veterans and their families within certain income and asset limits. Note that even if your income is higher than the specified amounts you still may qualify for reimbursements of medical expenses.

Please contact Estelle to discuss eligibility: 508-285-0274

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

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

Upcoming Veterans' Day Events

Mark Your Calendars

-Veterans' Appreciation Lunch. Wednesday, November 8th 12 pm at the VFW. Seating is limited. Please RSVP to the Veterans' Office.

-Free Breakfast. Saturday, November 11th at Honey Dew Donuts 7:00 am to 12:00 pm. Sponsored by Marsan Upholstery and Honey Dew Donuts

-Veterans' Day Parade. Saturday, November 11th 10:00 am at the Yelle School. All are welcome to march or ride on the Veterans' float.

Announcements from the Veterans' Office

~ We have two Acorn stairlifts in excellent condition. If you have a need, contact the Veterans' office.

~ Be sure to recertify for fuel assistance. Self Help will be sending recertification documents soon. Do not lose out on this valuable program.



If you are in need of a DD214, the Veterans' Office may be able to help. Please give the office a call and we can check a Massachusetts database. If we are not able to access it, we can advise you on how to request it from the National Archives.

Are You Enrolled in VA Healthcare?

VA Healthcare is credible coverage and includes prescription coverage. To find out if you are eligible:

- Visit VA.gov. Select Health Care and Apply Online
- Call 1-877-222-8387 to apply over the phone

If you need further assistance, call the Veterans' Office and we will be happy to help you.



Upcoming Fundraisers Wreaths Across America (WAA)



~ GOAT City Pub on Monday, November 6th

~ WAA will have a table at Saint Mary's Christmas Bazaar on Sunday, November 12th

~ Yard signs are available at the Veterans' Office for \$10
 Ceremony on Saturday, December 16, 2023 at 12:00 pm.

Norton Veterans' Organizations:

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

Norton Veterans' Council 508-285-0274

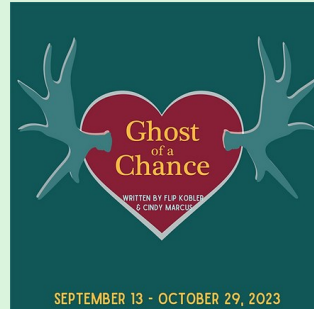
2023 DAY and OVERNIGHT TRIPS by Citizens on Aging

SEPT 21, 2023

PAUL McCARTNEY Tribute Concert Danversport, MA \$121 pp includes lunch

OCT 12, 2023

NEWPORT PLAYHOUSE Ghost of a Chance Newport! \$116 pp includes lunch



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.

Note: 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:

<u>NAME OF DRUG (as it appears on bottle)</u>	<u>STRENGTH</u>	<u>DOSAGE</u>
<i>Example: Lipitor</i>	<i>Example: 10 mg</i>	<i>Example: Twice Daily</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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!

Golden Beats
Best of 60s & 70s

DRUMS ALIVE

New Evening Class!

Tuesdays at 6PM
Starting September 19th
Pre-register at the Senior Center
508-285-0235

Drums Alive logo

Historical Society Open House

Wednesday, September 27

The Norton Historical Society cordially invites you to attend our open house to show off our new schoolhouse displays, our new carriage Museum along with our School Barge! We will also have our newly acquired and restored Mrs. Eliza Wheaton's Carriage on display!

We will be open from 10-2 so please come by when time allows or walk over with a group from the Senior Center at 12:30. Snacks and beverage will be provided. Bring a friend, we look forward to seeing you!

