



Where Active Living Never Gets Old!

March / April 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

**SPRING at THE CENTER**

*Where Active Living Never Gets Old!*

We are heading into Spring already - can you believe it? It has been an interesting winter, and



we are excited for March and April. We have some upcoming fun planned: St. Patrick's Day with Kalifornia Karl, Jumpin' Juba Rock/Blues Concert, Storytelling and Songs, and much more!

Our Health and Wellness programs continue to be popular, and we are looking forward to having more space at the new Center to welcome even more participants. It's great to see so many of you taking care of your health!

It's time for our annual Tea Party, and we will have a personalized tour of the Freedom Trail, right here at the Center! Be sure to check out our day and overnight trips, too. There are lots of fun activities for everyone!!

We wish everyone a Happy Easter and Happy Passover.



Beth



# 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. Linda Hayden is our instructor.

**Now on Mondays!**

*Suggested donation: \$2 per class*



*Please note: No Chair Yoga on Apr 15, Apr 29*

## 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. Our instructor is Linda Hayden!

**Now on Mondays!**

*Suggested donation: \$2 per class*



*Please note: No Balance Yoga on Apr 15, Apr 29*

## MEDITATION at the SENIOR CENTER

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

Come to Meditation and join us for relaxation & peacefulness, with our instructor Linda! You will love how you feel!!



## 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 fabulous instructor. Join us, at the VFW.



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



*Please note: No Zumba on Mar 12, Mar 14*

## 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 Apr 4*

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.

Morning exercise programs are DROP-IN. You do not need to sign up to attend. You must be registered in our system, however, and we welcome you to stop in to the Center to say hello and pick up a key tag so you can scan into our system when you come for classes, activities and programs.



### 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!



**OUR NEXT BEGINNER MAHJONG CLASS WILL START ON MONDAY MARCH 25th. Call or stop in to sign up!**

*Please note: No Mahjong on Apr 15, Apr 29*

## QUILTING / SEWING

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

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



## 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 & pastries! \$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**



Knitters of all skill levels are welcome to join us for a morning of knitting. For beginners, we have yarn and knitting needles to get you started, and Pat will be here



to teach basic knitting stitches! All other knitters, bring your projects and join us!

*Please note: No Knitting on Mar 29*

## 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 note: No Cards on Mar 29*

*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

March 29    Friday: GOOD FRIDAY  
 April 15    Monday: PATRIOTS DAY  
 April 29    Monday: STAFF DEVELOPMENT



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)



### **VOLUNTEERS NEEDED!**

Norton LG Nourse School **READING BUDDIES**



If you are interested in volunteering with Norton 1st Graders, and are available for 1 hour each Friday from 9:30 am - 10:30 am, please email Jim Conway: [jimcon283@msn.com](mailto:jimcon283@msn.com)  
*Attendance is flexible. No previous experience needed. CORI will be required.*



### **Follow us on Facebook!**

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

Norton Senior Center / Community Support Center

### **BLACKJACK!! - Everyone loves Blackjack Wednesday.**



**Please come and join us! Larry is a great teacher for any beginners, and he'd love a challenge if you are an expert!! Wednesdays 10:00 am—11:30 am. DROP IN.**

## **NEW CENTER - UPDATE**

It's becoming real...we'll be in our new Center soon! Beth is working with Cathy, Sosie and the COA Board to plan our transition. Look for information in May 2024 about our progress and plans!!



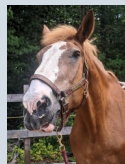
A "SHOUT-OUT" to Subway Sandwich Shop in Norton, and The Showcase Cinema in North Attleboro for their recent donations for programs here at the Center. THANK YOU!!



**BEGINNER MAHJONG - New classes beginning on Monday March 25. Call the Center to register! 508-285-0235**



### **SMOKEY CHESTNUT RESCUE FARM** **Starting April 10th**



Weather permitting we will start visiting our farm friends in April!!

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 MAR/APR

Please sign up at the Center for all programs/activities/events.

## HEALTH & WELLNESS



**Mar 7, Apr 4 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**



**Mar 7, Apr 4 THURSDAY 1:00 PM FREE**

**TOWN NURSE NICOLE MELLO presentation**

**Mar 7:** Drug & Alcohol Facts / Narcan  
**Apr 4:** Stress Awareness



**Mar 11, Apr 8 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 included!  
By appointment only  
508-285-0235 **FREE**



\*Usually the 2nd Monday of every month!

**Apr 12 FRIDAY 9:00 AM - 12:00 PM**

**FOOT DOCTOR** By appointment only

Dr. Henrickson from Plymouth Podiatry in Raynham will come here to the Senior Center!

Call us at the Center 508-285-0235 for an appointment.

**Insurance or \$50 fee.**

Selected insurance accepted.

Co-pay due at appointment. Cash/Check. You will receive a bill/statement from Plymouth Podiatry a few weeks after your appointment.



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. You are welcome to come anytime. Just drop in! **FREE**



## HEALTH & WELLNESS

### 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.

**DROP IN All are welcome!**

## LIVESTRONG AT THE YMCA

### 12-wk program FREE for Cancer Survivors

**REGAIN - RENEW - RECOVER**

### LIVESTRONG AT THE YMCA

THIS 12-WEEK PROGRAM IS FREE FOR PARTICIPATING CANCER SURVIVORS!



**BUILD MUSCLE STRENGTH**



**INCREASE FLEXIBILITY**



**STRENGTHEN ENERGY LEVELS**



**IMPROVE ENDURANCE**



**BETTER MOOD**

**REGAIN. RENEW. RECOVER.**

This program is offered in:  
Foxboro, Franklin & North Attleboro.

For more information, contact:  
Jackie Robison, LIVESTRONG at the YMCA  
Director.

508-772-1310

jackier@hockymca.org



**PLEASE call to cancel** if you cannot attend an event that you registered for. We would hate to leave an empty seat at an event that could have been filled by someone who is on the waiting list. **508-285-0235 THANK YOU**



# WHAT'S HAPPENING in MAR/APR

Please sign up at the Center for all programs/activities/events.

## PAINTING

**Mar 4, Apr 8 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. Stop by the Center to sign up.

**Mar 1 FRIDAY 10:00 AM \$2 ea**  
**CRAFT with Debbi** We'll be making a very cool piece of artwork using paper scraps. Wait until you see this!!

**Mar 28 FRIDAY 1:00 PM \$2 ea**  
**KOREAN LOTUS FLOWER CRAFT** These are so beautiful! Join us to make a Lotus Flower!

**Apr 5 FRIDAY 10:00 AM \$2 ea**  
**CRAFT with Debbi** HINT: Tic-Tac-Toe and stones!  
 We'll be making a fun gift

## MONTHLY BREAKFASTS

**Mar 12, Apr 9 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.



**Mar 20, Apr 17 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

**Mar 14, Mar 28 and Apr 11, Apr 25 FREE**  
**THURSDAYS 1:00 PM**

Come for a light lunch at 1:00 PM, followed by a 1:30 PM presentation by one of our local partners.

**Mar 14 NUTRITION MYTHS & FACTS** Bristol Elder Services Nutritionist Dawn DiMarco will be here at the Center to explain common nutrition myths & facts.

**Mar 28 JOYFUL LIVING CENTER** Maria Gateman will join us to talk about local Adult Day Care programs.

**Apr 11 BACK TO HOME HEALTHCARE** We'll welcome a Back To Home specialist to discuss senior healthcare.

**Apr 25 MEMORY DETECTING** Steve Kiley from Home Instead will be here with a fun and interesting program about our memories!  
 Don't miss it!



## FRIENDS MEETINGS

**Mar 25 MONDAY 1:00 PM FRIENDS**  
**MARCH MEETING**

Meeting followed by Senior Safety Presentation by the Norton Fire Department. Plus, Pizza!



**Apr 22 MONDAY 1:00 PM FRIENDS**  
**FEBRUARY MEETING**

Meeting followed by guest speaker Jay Elias, with another fantastic Live and Learn Presentation.



> See Page 14 for more FRIENDS <



## 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.

**FREE**

Beginners are welcome!

**508-285-0235**



# WHAT'S HAPPENING in MAR/APR

Please sign up at the Center for all programs/activities/events.

## ENTERTAINMENT/MOVIES/FUN

**Mar 1 FRIDAY 1:00 PM FREE**

**PIZZA & A MOVIE** We are excited to show Queen Bees! Such great reviews!! Pizza and Popcorn will be served, of course.



**Mar 15 FRIDAY 1:00 PM \$5 ea**

**ST. PATRICK'S DAY PARTY** Join us for an Irish luncheon and party **AT THE VFW!** Our special guest is the one-and-only Kalifornia Karl. You won't want to miss this!



Sign up beginning March 1st.

**Apr 5 FRIDAY 1:00 PM FREE**

**TRIVIA with LARRY** We always have a blast with Trivia-master Larry! Join us for lots of fun, and fun facts. Beginners are welcome - it is easy trivia!! Great prizes!!



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

**ROCK/BLUES CONCERT** Jumpin' Juba will be at the Center with a great concert! Rock and Blues!!



**Apr 18 THURSDAY 1:00 PM FREE**

**PIZZA & A MOVIE** The Boys in the Boat! Sign up to see this great movie! Pizza and Popcorn.

**PLEASE NOTE THIS MOVIE IS ON A THURSDAY!!**



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

**SONGS & STORIES** Musician John Porcino will be here at the Center once again, and we are excited for his wonderful blend of songs and stories.



One Man, Many Talents!

**Apr 24 WEDNESDAY 1:00 PM \$5**

**TEA PARTY** It's time for our annual Tea Party. Wear a fancy hat and your party shoes! Teas, sandwiches, breads, desserts.

*Very limited seating. Please sign up, beginning April 5th (non-Norton residents are invited to sign up beginning April 12th). Enjoy a wonderful afternoon!!*



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

**MUSICAL PERFORMANCE** One of our favorite local guys will be here: John Gaudino, along with his band!! Come and listen to some great music!



## EDUCATION / FITNESS / WELLNESS

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

**MASS TRIAL COURT JUDGE** Come and meet District Court Judge Katie Cook Rayburn. We will learn about the local court system and recent trials she has presided over.



**Mar 18 MONDAY 1:00 PM FREE**

**ADAPTIVE EQUIPMENT** Local O.T. Jeanine Izzo will explain how adaptive aids can be helpful. We have lots of equipment here at the Center available to loan out. What can we give you to make life a little easier?



**Mar 21 THURSDAY 1:00 PM FREE**

**BRISTOL COUNTY REGISTER OF PROBATE** Tom Hoye Jr will speak about Probate Court. What does Probate mean? Do you need a Will? A Trust? Come find out!



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

**BOSTON'S FREEDOM TRAIL**

We have an amazing tour guide who will walk us through the famous Freedom Trail... and it will be right here at the Center! Don't miss this great presentation!!



# MAR 2024



Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>M-A-R-C-H</b></p>		<p><b>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</b></p>	<p><b>REMINDER:</b> Some programs are held at the <b>VFW</b>, and are noted as such.  Tech Help, Audiology Clinic &amp; Foot Doctor are <b>BY APPOINTMENT</b></p>	<p><b>9:30 AM 1</b> Knitting &amp; Lessons <b>10 AM</b> Craft w/Debbi <b>11:30 AM</b> Cards <b>1 PM</b> Pizza &amp; Movie Queen Bees </p>
<p><b>10 AM Mahjong 4</b> <b>10 AM</b> Chair Yoga <b>VFW</b> <b>11 AM</b> Balance Yoga <b>VFW</b> <b>1 PM</b> Painting with Julia </p>	<p><b>9:15 AM 5</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Quilting/Sewing <b>1 PM</b> Caregiver Support </p>	<p><b>10 AM 6</b> Blackjack <b>1 PM</b> Knitting/Crocheting  <b>TAX PREP by appt</b></p>	<p><b>9:30 AM Zumba 7</b> <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> BP Check <b>1 PM</b> Nurse Nicole Drug &amp; Alcohol Facts <b>1 PM</b> Tech Help </p>	<p><b>9:30 AM 8</b> Knitting &amp; Lessons <b>11:30 AM</b> Cards <b>1 PM</b> Mass Trial Court Judge Rayburn </p>
<p><b>10 AM Mahjong 11</b> <b>10 AM</b> Chair Yoga <b>VFW</b> <b>11 AM</b> Balance Yoga <b>VFW</b> <b>2 PM</b> Audiology </p>	<p><b>8:30 AM 12</b> <b>Ladies' Breakfast</b> <b>9:15 AM</b> Meditation <del><b>11:15 AM</b> Zumba</del> <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Quilting/Sewing <b>1 PM</b> Caregiver Support</p>	<p><b>10 AM 13</b> Blackjack  <b>1 PM</b> Knitting/Crocheting  <b>TAX PREP by appt</b></p>	<p><del><b>9:30 AM Zumba</b></del> <b>14</b> <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Lunch &amp; Learn Nutrition Facts/Myths <b>1 PM</b> Tech Help <b>3:30 PM</b> COA Meeting</p>	<p><b>9:30 AM 15</b> Knitting &amp; Lessons <b>11:30 AM</b> Cards <b>1 PM</b> St. Patrick's Day Luncheon/Party at <b>VFW</b> with Kalifornia Karl! </p>
<p><b>10 AM Mahjong 18</b> <b>10 AM</b> Chair Yoga <b>VFW</b> <b>11 AM</b> Balance Yoga <b>VFW</b> <b>1 PM</b> Adaptive Equipment</p>	<p><b>9:15 AM 19</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Quilting/Sewing <b>1 PM</b> Caregiver Support </p>	<p><b>8:00 AM 20</b> <b>Men's Breakfast</b> <b>10 AM</b> Blackjack  <b>1 PM</b> Knitting/Crocheting  <b>TAX PREP by appt</b></p>	<p><b>9:30 AM 21</b> Zumba <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Bristol County Register of Probate <b>1 PM+</b> Tech Help </p>	<p><b>9:30 AM 22</b> Knitting &amp; Lessons <b>11:30 AM</b> Cards <b>1 PM</b> Korean Lotus Flower Craft </p>
<p><b>10 AM Mahjong 25</b> <b>10 AM</b> Chair Yoga <b>VFW</b> <b>11 AM</b> Balance Yoga <b>VFW</b> <b>1 PM</b> Friends Meeting </p>	<p><b>9:15 AM 26</b> Meditation <b>11:15 AM</b> Zumba <b>12:30 PM</b> Bingo <b>VFW</b> <b>1 PM</b> Quilting/Sewing <b>1 PM</b> Caregiver Support</p>	<p><b>CASINO TRIP 27</b> <b>10 AM</b> Blackjack <b>1 PM</b> Knitting/Crocheting  <b>TAX PREP by appt</b></p>	<p><b>9:30 AM Zumba 28</b> <b>9:30 AM</b> Tai Chi <b>VFW</b> <b>11 AM</b> Line Dancing <b>1 PM</b> Lunch &amp; Learn Joyful Living <b>1 PM</b> Tech Help </p>	<p><b>29</b>  The Senior Center is <b>CLOSED TODAY</b></p>

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



# APR 2024

Norton Senior Center 508-285-0235



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>10 AM</b> Mahjong <b>1</b></p> <p><b>10 AM</b> Chair Yoga <b>VFW</b></p> <p><b>11 AM</b> Balance Yoga <b>VFW</b></p>	<p><b>9:15 AM</b> Meditation <b>2</b></p> <p><b>11:15 AM</b> Zumba</p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>1 PM</b> Quilting/Sewing</p> <p><b>1 PM</b> Caregiver Support</p>	<p><b>10 AM</b> Blackjack <b>3</b></p> <p><b>1 PM</b> Knitting/Crocheting</p> <p><b>TAX PREP by appt</b></p>	<p><b>9:30 AM</b> Zumba <b>4</b></p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><del><b>11 AM</b> Line Dancing</del></p> <p><b>1 PM</b> BP Check </p> <p><b>1 PM</b> Nurse Nicole </p> <p>Stress Awareness</p> <p><b>1 PM+</b> Tech Help</p>	<p><b>9:30 AM</b> Knitting &amp; Lessons <b>5</b></p> <p><b>10 AM</b> Craft w/Debbi</p> <p><b>11:30 AM</b> Cards</p> <p><b>1 PM</b> Trivia with Larry</p>
<p><b>10 AM</b> Mahjong <b>8</b></p> <p><b>10 AM</b> Chair Yoga <b>VFW</b></p> <p><b>11 AM</b> Bal. Yoga <b>VFW</b></p> <p><b>1 PM</b> Painting with Julia</p> <p><b>2 PM</b> Audiology Clinic (by appt)</p> <p><b>FUNDRAISER GOAT CITY PUB 11AM - 8 PM</b></p>	<p><b>8:30 AM</b> Ladies' Breakfast <b>9</b></p> <p><b>9:15 AM</b> Meditation </p> <p><b>11:15 AM</b> Zumba</p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>1 PM</b> Quilting/Sewing</p> <p><b>1 PM</b> Caregiver Support</p>	<p><b>10 AM</b> Blackjack <b>10</b></p> <p><b>1 PM</b> Knitting/Crocheting</p> <p><b>TAX PREP by appt</b></p>	<p><b>9:30 AM</b> Zumba <b>11</b></p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><b>11 AM</b> Line Dancing</p> <p><b>1 PM</b> Lunch &amp; Learn Back to Home Health </p> <p><b>1 PM+</b> Tech Help </p> <p><b>3:30 PM</b> COA Meeting</p>	<p><b>9 AM</b> Foot Doctor (by appt) </p> <p><b>9:30 AM</b> Knitting &amp; Lessons</p> <p><b>11:30 AM</b> Cards</p> <p><b>1 PM</b> Jumpin' Juba </p> <p>Rock/Blues Concert</p>
<p style="text-align: center;"><b>15</b></p> <div style="text-align: center;"> <p><b>The Senior Center is CLOSED TODAY</b></p> </div>	<p><b>9:15 AM</b> Meditation <b>16</b></p> <p><b>11:15 AM</b> Zumba</p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>1 PM</b> Quilting/Sewing</p> <p><b>1 PM</b> Caregiver Support</p>	<p><b>8:00 AM</b> Men's Breakfast <b>17</b></p> <p><b>10 AM</b> Blackjack</p> <p><b>1 PM</b> Knitting/Crocheting</p> <p><b>1 PM</b> Virtual Freedom Trail Tour </p>	<p><b>9:30 AM</b> Zumba <b>18</b></p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><b>11 AM</b> Line Dancing</p> <p><b>1 PM+</b> Tech Help</p> <p><b>1 PM</b> Pizza &amp; Movie</p> <p>The Boys in the Boat </p>	<p><b>9:30 AM</b> Knitting &amp; Lessons <b>19</b></p> <p><b>11:30 AM</b> Cards</p> <p><b>1 PM</b> Songs &amp; Stories John Porcino</p>
<p><b>10 AM</b> Mahjong <b>22</b></p> <p><b>10 AM</b> Chair Yoga <b>VFW</b></p> <p><b>11 AM</b> Bal. Yoga <b>VFW</b></p> <p><b>1 PM</b> Friends Meeting </p>	<p><b>9:15 AM</b> Meditation <b>23</b></p> <p><b>11:15 AM</b> Zumba</p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>1 PM</b> Quilting/Sewing</p> <p><b>1 PM</b> Caregiver Support</p>	<p><b>BEACH BOYS TRIP 24</b></p> <p><b>10 AM</b> Blackjack</p> <p><b>1 PM</b> Knitting/Crocheting</p> <p><b>1 PM</b> Tea Party </p>	<p><b>9:30 AM</b> Zumba <b>25</b></p> <p><b>9:30 AM</b> Tai Chi <b>VFW</b></p> <p><b>11 AM</b> Line Dancing</p> <p><b>1 PM</b> Lunch &amp; Learn</p> <p>Memory Detecting!</p> <p><b>1 PM+</b> Tech Help </p>	<p><b>9:30 AM</b> Knitting &amp; Lessons <b>26</b></p> <p><b>11:30 AM</b> Cards</p> <p><b>1 PM</b> John Gaudino's Band!</p>
<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;"><b>The Senior Center is CLOSED TODAY</b></p>	<p><b>9:15 AM</b> Meditation <b>30</b></p> <p><b>11:15 AM</b> Zumba</p> <p><b>12:30 PM</b> Bingo <b>VFW</b></p> <p><b>1 PM</b> Quilting/Sewing</p> <p><b>1 PM</b> Caregiver Support</p>	<div style="text-align: center;"> <p><b>Happy May Day!</b></p> <p>May Basket Tissue Paper Craft on May 1st!!</p> </div>	<div style="border: 2px solid red; padding: 5px;"> <p style="color: red; text-align: center;"><b>Grab &amp; Go (G&amp;G) Lunch Program is 4 days/wk</b></p> <p style="color: red; text-align: center;"><b>Tue, Wed, Thu, Fri</b></p> <p style="color: red; text-align: center;"><b>Drive up: 11am-1pm</b></p> <p style="color: red; text-align: center;"><b>CALL TO REGISTER</b></p> </div>	<div style="border: 1px solid blue; padding: 5px;"> <p style="text-align: center;"><b>REMINDER:</b></p> <p style="text-align: center;">Some programs are held at the <b>VFW</b>, and are noted as such.</p> <p style="text-align: center;">Tech Help, Audiology Clinic &amp; Foot Doctor are <b>BY APPOINTMENT</b></p> </div>

**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 (SELF HELP)
- 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)



**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 Bristol Elder Services Information/Referral line to register: 508-675-2101



- **SNAP (previously 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: \$2,265/mo for 1 person, \$3,052/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!!*

**NOTE: 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 for an appointment to apply.  
*For residents age 60+ that meet these gross monthly income guidelines:*  
*Household Size of: 1 (\$1,632), 2 (\$2,215), 3 (\$2,798)*



- **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



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



For all Norton residents that meet these gross yearly income guidelines (max)  
 Household Size of: 1 (\$45,392), 2 (\$59,359), 3 (\$73,326), 4 (\$87,294)



## GATRA TRANSPORTATION OPTIONS



MAIN # 508-823-8828

### 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



### 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**

### Gatra Go United

**Norton, Mansfield, Foxboro, Franklin, Wrentham, Norfolk, and...**

**Plainville (Plainridge Casino & Target Plaza)**

**Easton (Target Plaza)\***

**800-698-7676, select option 2**

**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

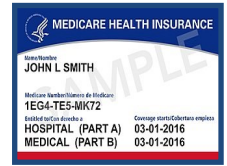
Food Assistance  
 Rental Assistance  
 SHINE  
 AARP Tax Preparation  
 Housing

# 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: 508-285-0235**

Social Security office: 106 Pleasant Street, Attleboro, MA 02703 1-800-655-6469

## AARP FOUNDATION TAX-AIDE

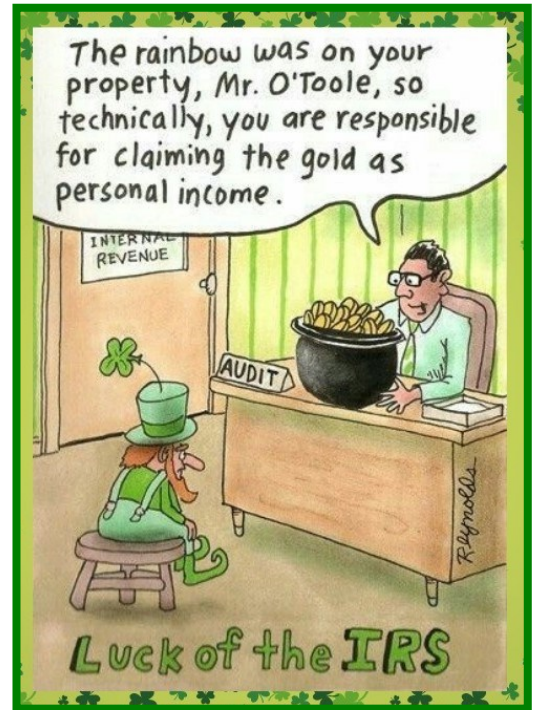
### TAX PREPARATION SERVICES AT THE NORTON SENIOR CENTER (for the 2023 Tax Year)

**WEDNESDAYS : Feb 7, 2024 - Apr 10, 2024**

We are pleased to host the AARP Foundation Tax Aide program, which provides free tax preparation and filing services **for low and moderate income seniors**. This service, at the Norton Senior Center, is provided **by appointment only**, and is for **Norton Senior residents** with **simple tax returns**.

***SORRY, WE DO NOT HAVE ANY OPEN APPOINTMENTS AS OF THIS NEWSLETTER PRINTING***

If you already have a scheduled appointment, please be sure to pick up your tax preparations documents **BEFORE** your appointment. When you come for your 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.



### FY24 Norton Real Estate Tax Exemption

You may qualify for a discount on your Real Estate Taxes. Contact the Norton Assessor's Office for specific information: 508-285-0271.

Qualifications are based on age, income, etc.



# 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)**

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

**Mar 25, 2024** Meeting followed by **Senior Safety**, presented by the Norton Fire Department

**Apr 22, 2024** Meeting followed by Jay Elias and another great **Live & Learn** presentation!

**May 20, 2024** Meeting (Elections!) followed by Norton's own **Mystery Author** Debi Graham-Leard

**June 2024** End of the Year BBQ  
Date and Time to be determined; more info soon

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

## MONDAY APRIL 8, 2024 GOATCITY Pub Fundraiser

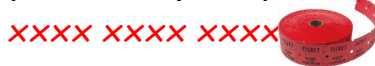
Come and enjoy a delicious meal, and support the Friends at the same time. 20% of all sales on April 8th will be donated to the Friends of the Norton Senior Center!

**11:00 AM - 8:00 PM**

DINE-IN & TAKE-OUT  
& GIFT CARDS

**Don't forget to bring your ticket**

*paper ticket, or a photo on your phone*



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. Baskets, Wine & Liquor

20%  
DONATED

PRESENT TICKET  
DURING YOUR VISIT

GOATCITY  
★ PUB ★

**8 APRIL 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



## MOHEGAN SUN CASINO - March 27



Join us on our trip to Mohegan Sun Casino! Support the Friends and have a great day at the Casino! **\$40** Sign up and pay at the Center. *Includes driver gratuity.*

We leave the Senior Center at 8 am, and arrive back at 5 pm.

FUNDRAISING : Thank you for supporting our fundraising efforts for the Norton Senior Center! We are successful because of your support!

# 2024 DAY and OVERNIGHT TRIPS by Norton Senior Travel



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

**Lots of exciting trips!** **SIGN UP SOON!! Some trips have limited seating**

<b><u>APRIL 24, 2024</u></b> (Wed)	<b><u>BEACH BOYS Tribute Show</u></b> <i>@ Lake Pearl, Wrentham</i>	\$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> <i>Mohegan Sun &amp; Cap'n Jack's</i>	\$112 per person Transportation, Lunch, Show, Tax & Gratuity
<b><u>JUNE 19, 2024</u></b> (Wed)	<b><u>ROLLING STONES Tribute Show</u></b> <i>@ Lake Pearl, Wrentham</i>	\$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 3 day trip</u></b> <b><u>PENN DUTCH: Sound of Music, Daniel at Sight &amp; Sound</u></b>	\$779 pp double occ. \$979 pp single Bus Gratuity <u>not</u> included
<b><u>AUGUST 7, 2024</u></b> (Wed)	<b><u>DANVERSPORT HARBOR CRUISE</u></b> <b><u>Yacht Club, Newburyport</u></b>	\$118 per person Transportation, Lunch, Show, Tax & Gratuity
<b><u>AUGUST 19-26, 2024</u></b>	<b><u>BIG SKY, MONTANA 7 day trip</u></b> <b><u>Big Sky, Mt Rushmore, Yellowstone</u></b>	\$4999 pp double occ. \$5899 pp single <b>DEADLINE SOON!</b>
<b><u>SEPTEMBER 10, 2024</u></b> (Tues)	<b><u>EDWARDS TWINS Variety Show</u></b> <i>@ Lake Pearl, Wrentham</i>	\$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> <i>@ Lake Pearl, Wrentham</i>	\$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>	<i>TRIP is still in planning stages. Stay tuned for more details...</i>	

**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.**

## Enroll In VA Health Care



The Veterans Health Administration is America's largest integrated health care system providing world-class health care to eligible veterans. All enrolled Veterans have access to VA's comprehensive medical benefits package including preventive, primary, and specialty care; prescriptions; mental health care; home health care; geriatrics and extended care; medical equipment and prosthetics; and more. Most Veterans qualify for cost-free health care services, although some Veterans must pay modest copays for health care or prescriptions.

To apply, visit [VA.gov](http://VA.gov), Select Health Care or call 1-877-222-8387

### Volunteers Wanted

Please contact the Veterans' Office if you are interested in placing flags in our local cemeteries on May 15th.



### 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!



### Memorial Day Parade

Monday, May 27th — Save the date!  
 All are welcome to march or ride on our Veteran's Float.

### March 29 is Vietnam War Veterans Day



On this day, Americans honor the service and sacrifice of those who served in Vietnam, as it was on March 29, 1973 that the last US combat troops departed Vietnam.



### Norton Veterans' Organizations:

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

Norton Veterans' Council 508-285-0274



### A message from Town Nurse Nicole Mello

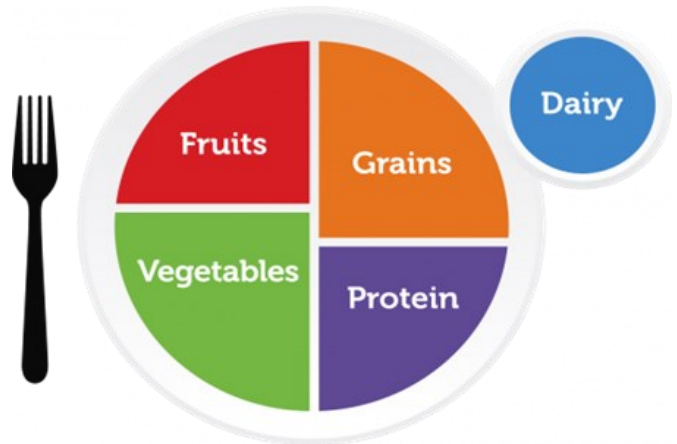


March is National Nutrition Month, and a great time to focus on the importance of making healthy food choices and developing sound eating habits. Do you remember the food pyramid? Well, now we have my plate, a campaign created to make healthy eating simple.

My plate consist of a plate that gives you an easy-to-remember picture of the kinds of food that you need in a heathy diet, as well as the approximate portion sizes.

This month, remember the three P's when it comes to eating: **Pick, Prep, Portion.**

- Pick healthy choices
- Prepare foods in a health way
- Portion foods appropriately for your body's needs. Avoid super sizing anything.



For more information on my plate visit <https://www.myplate.gov/>




## 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!



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!**

## ST. PATTY'S DAY LUNCHEON

**\$5**

**FRIDAY MARCH 15**

Traditional Irish Lunch

At the VFW!

Entertainment by: Kalifornia Karl



Please sign up and pay at the Front Desk, starting on Friday, March 1st. Limited seating!



## ANNUAL TEA PARTY

**WEDNESDAY APRIL 24**

You are invited to a Tea Party! Come in your fancy hat and party attire. We'll enjoy flavored teas, delightful sandwiches & delicious desserts. Enjoy an afternoon of lovely conversation and relaxation.



**\$5**



Please sign up and pay at the Front Desk starting on Friday, April 5th. *Due to limited seating for this event, we will be accepting reservations from Norton residents only through April 11th. Those from other towns are welcome to sign up beginning on Friday April 12th.*