



Where Active Living Never Gets Old!

July / August 2024

**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

Tom Golota, Treasurer

Ellen Martins, Secretary

Joan DeCosta

Lori Dombrowski

Kathleen Eno

Carol Kollett

Carol McLaughlin

Michael Sweeney, Jr

Patricia Zwicker

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

SUMMER at **THE CENTER**

Where Active Living Never Gets Old!

Welcome to our summer newsletter! July and August are the true summer months, and we arrived at mid-year in a flash!

The Center is bustling with activity as we eagerly await the move to our

new building. We are certainly getting closer, and before you know it, we'll be in! Will you miss the Little Red Building that has been our home for so long? We might, just a little bit!



“Life is better with Friends by your side”

Summer is a time to slow it down and relax - beautiful flowers, singing birds, warm breezes - it's a great time to tune into what's around us and take it in. That summer vibe is here at the Center, too! Come on down and try a new class, listen to music, and make some new friends. It's been nice to meet so many new seniors coming in to check out the Center and getting on-board with our programs and events. We'd love to have you join us!

Beth

WE WILL BE CLOSED: Monday Aug. 26 - Friday Aug. 30

No classes, meals, events, activities this entire week.

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. Janine Sims is our instructor - you'll love her!

Suggested donation: \$2 per class



Please note: No Chair Yoga on Aug 26

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. Janine Sims is our instructor!

Suggested donation: \$2 per class



Please note: No Balance Yoga on Aug 26

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!!



Please note: No Meditation on Jul 30, Aug 6, Aug 27

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

Please note: No Tai Chi on Jul 4, Aug 29

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 Jul 4, Jul 11, Jul 16, Jul 18, and Aug 27, Aug 29

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 Jul 4, Aug 22, Aug 29

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



Morning exercise programs are **DROP-IN**.

You do not need to sign up to attend.

You DO need to 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.

DROP-IN ACTIVITIES / PROGRAMS

MAHJONG

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



Come and play Mahjong with us on Mondays!

We'll be looking to start a new **Beginner Mahjong Class in October.** Call the Center to let us know if you are interested!



Please note: No Mahjong on Aug 26

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!



Please note: No Sewing/Quilting on Aug 27

BINGO at the VFW!

Every Tuesday 12:30 PM - 3:00 PM

Doors open at 11 AM

Come join the fun every Tuesday, and experience Bingo Norton-style! \$1/sheet for regular game.

Big \$ prizes, and raffles. Free coffee/tea & pastries!



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

Please note: No Bingo on Aug 27

KNITTING and CROCHETING

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

Bring your needles and hooks as we gather for a few hours to knit and crochet together. All are welcome. We always have coffee/tea and pastries, AND great conversation!!!



Please note: No Knitting/Crocheting on Aug 28

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! This is a great group!!



Please note: No Knitting on Aug 30



CARDS



Every Thursday

Blackjack 10:00 AM - 11:30 AM

Come and play Blackjack with us! We have a blast - join us **now on Thursdays!!**

Please note: No Blackjack on Jul 4, Jul 18, Aug 29



Every Friday - Please call first!

Cards 11:30 AM - 3:30 PM

We presently have a Bridge group that comes to play on Fridays. If you'd like to join in, call first to confirm they are coming.

Please note: No Cards on Aug 30

YOU NEED TO KNOW...

We will be closed

Thursday July 4 and Friday July 5



Check out our New Website!
www.nortonseniorcenter.org

The bi-monthly COA Newsletter is always available online, in color!

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

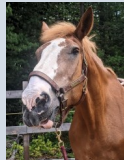
For Town information, please visit the Town of Norton's website: www.nortonmaus.org

SMOKEY CHESTNUT RESCUE FARM

Sign up to join us on the 2nd & 4th Wednesday of



each month to visit the beautiful animals at this amazing rescue farm, right here in Norton! You'll meet



horses, mules, pigs, goats, and alpacas.

NEW CENTER - UPDATE



We are beyond excited to start the transition to our new Center. We will keep everyone posted on our progress. Plan on a few weeks of limited programming and classes once we open. We expect an increase in daily attendance, and can't wait to give each and every senior a grand tour!!



Follow us on Facebook!

www.facebook.com

Norton Senior Center / Community Support Center

WEEKLY WALKING GROUP

Join the Happy Feet walking group. We meet each Friday morning for a 9:30 am walk. Various local locations. Stop by (or call) the Center to find out where to meet.



508-285-0235

Rain or Shine

We **WILL MEET** on July 5th and August 30th

BLACKJACK - Drop in and join us for Blackjack.



Larry is a great teacher for any beginners, and he'd love a challenge if you're an expert. We welcome new players!!

NOW ON THURSDAYS 10:00 am—11:30 am

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

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

WHAT'S HAPPENING in JUL/AUG

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

HEALTH & WELLNESS

Jul 5, 12, 19, 26 FRIDAYS 9:30 AM FREE
Aug 2, 9, 16, 23, 30 FRIDAYS 9:30 AM FREE

WALKING GROUP Join us for our weekly walking group. The location changes weekly, so check with the Center to find out where to meet each Friday!



HAPPY FEET

Thanks to Barbara and Tricia for leading our group! This is a great way to get fit, make friends, and enjoy the outdoors!!

Jul 1 MONDAY 8:30 AM - 11:30 AM

FOOT DOCTOR *By appointment only*

Judson Seigel, DPM from Assabet Family in Podiatry in Plainville will come here to the Senior Center! Welcome Dr. Seigel!



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

NOW ON MONDAYS!

Insurance or \$25 fee.

Bring your insurance card(s) and photo ID.
 Co-pay due at appointment. Cash/Check.



Jul 9, Aug 13 TUESDAYS 2:30 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! **NOW ON TUESDAYS!**

By appointment only
 508-285-0235 **FREE**



EVERY TUESDAY 1:00 PM - 2:00 PM

CAREGIVER SUPPORT GROUP This group is for people who are caring for those with Alzheimer's, Dementia, or other chronic medical conditions. Guided discussions will include topics like managing stress, disease management, medication and home



safety. **FREE**

Facilitated by Geriatric Consultant, Carol Betty, LPN.

You are welcome to come any Tuesday. Just drop in!

MONTHLY BREAKFASTS

Everyone is welcome - no sign up required. Just come!

Jul 9, Aug 13 TUESDAYS 8:30 AM \$ self-pay

LADIES BREAKFAST at Kelly's Place

Join the Ladies' Breakfast Club the 2nd Tuesday of every month. Meet and eat at Kelly's Place, and enjoy the company of old and new friends.



We pay with separate checks.

Jul 17, Aug 21 WEDNESDAYS 8:00 AM \$ self-pay

MEN'S BREAKFAST at Kelly's Place

Join the Men's Breakfast Club the 3rd Wednesday of every month. Meet and eat at Kelly's Place! Come and hang out with the guys, and enjoy a monthly speaker. We pay with separate checks.



FRIENDS MEETINGS

No Friend's Meetings in the summer.
 Next meeting will be on September 23, 2024.

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

Go to the **FRIENDS** Page 14 for more information on Friends activities, trips and fundraisers.



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 JUL/AUG

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

PAINTING

Jul 8, Aug 12 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. *Class size limited.*



CRAFT & CREATE



Jul 15 MONDAY 1:00 PM \$2 ea

CRAFT WITH DEBBI Come and make a wall thermometer planter! Perfect for hanging on your porch, or to give as a gift. Sign up and join us!!

Aug 19 MONDAY 1:00 PM \$2 ea

CRAFT WITH DEBBI Make fabric flowers for a cute centerpiece or accent. Don't miss the fun!

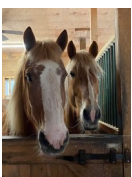


HORSE FARM VISITS

Jul 10, Jul 24, Aug 14 WEDNESDAYS 10:00 AM

SMOKEY CHESTNUT RESCUE FARM VISIT

Don't miss a great morning with the beautiful animals at the Smokey Chestnut Farm, right here in Norton! You will learn all about their rescues, and how each animal has come to have a peaceful & happy life at the farm. Sign up at the Center. We will meet at the Center at 9:45 am, and will return at 12:00 pm.



LUNCH & LEARN



Jul 11, Jul 25 and Aug 8, Aug 22 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.

Jul 11 HYPERTENSION Susan Williams from Back to Home Healthcare Services will be here to discuss Hypertension: what causes it, and what treatments and strategies are beneficial.

Jul 25 PUBLIC BENEFITS Lolly Pinto will be here from South Coastal Counties Legal Services. She will explain what benefits you may be entitled to, and how to apply.

Aug 8 HOME HEALTHCARE OPTIONS We welcome Michael Rondeau from AccentCare Home Health to discuss healthcare options while you are living at home.

Aug 22 PARKINSON'S DISEASE Hope Health Educator, Lisa Wasson, RN is returning with another interesting presentation. The focus today will be on Parkinson's Disease.



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.

Tom and Kathy G. will be here at the Center for one-on-one help with your devices:

Phone, computer, tablet, etc.

FREE

Beginners are welcome! **508-285-0235**



WHAT'S HAPPENING in JUL/AUG

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

ENTERTAINMENT/MOVIES/FUN

Jul 12 FRIDAY 1:00 PM FREE

PIZZA & A MOVIE We are excited to show Enchanted April. Four women rent a chateau on a remote Italian island to try to come to grips with their lives and relationships. A highly recommended, uplifting movie!



Aug 21 WEDNESDAY 1:00 PM \$5

PATRIOTS HALL OF FAME TOUR
Field Trip to The Patriots Hall of Fame at Gillette Stadium! We'll get a special tour of the Hall, and see some unique items from their archives.



EDUCATION / FITNESS / WELLNESS

Jul 19, Aug 23 FRIDAYS 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!



Jul 1, Aug 5 MONDAYS 1:00 PM FREE

BARRE BALANCE CLASS The Residence of Great Woods is bringing their Barre Balance equipment to the Center. Come have fun while improving your balance. Be here!



Jul 22 MONDAY 1:00 PM FREE

CHRISTMAS IN JULY BINGO Join us for some laughs and great prizes!! Wear red and green, and your favorite Christmas bling. Ho, Ho, Bingo!



EVERY WEDNESDAY 1:00 PM - 2:00 PM

TECHNOLOGY CLASSES Sign up for our weekly Technology Classes led by Tom Golota. We'll cover a variety of tech topics, including the use of your phone, tablet, and computer. Check in at the Center for the Tech Topic of the Week! **FREE**



Ju1 26, Aug 9 FRIDAYS 1:00 PM FREE

MUSICAL PERFORMANCE John Gaudino is a favorite. Enjoy a great afternoon of fun music! In July AND August!



Jul 18 THURSDAY 1:00 PM FREE

ELDER LAW PRESENTATION & CONSULTATIONS

Attorney Peter Clark will present Elder Law facts, and will follow with 15 minute individual consultations. You must sign up in advance, and bring important documents. Limited appointments available.



Aug 2 FRIDAY 1:00 PM FREE

DANCE CLASS We welcome Rhonda from Dance.edu and learn some fun line dances to Hip Hop music!



Sponsored by the Norton Cultural Council

Aug 16 FRIDAY 1:30 PM * FREE

KALIFORNIA KARL
Entertainment by the one-and-only Kalifornia Karl! Come enjoy the summer tunes!



*** NOTE: Special time 1:30 PM**

Aug 15 THURSDAY 1:00 PM FREE

FORENSICS SCIENCE ROADSHOW Another interesting program by SeniorU. Paul Zambella is a forensic scientist for the Mass State Police Crime Lab. Learn about the roles and techniques of forensic scientists.



JUL 2024



Norton Senior Center 508-285-0235



















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 AM+ 1</p> <p>Foot Doctor</p> <p>10 AM Mahjong</p> <p>10 AM</p> <p>Chair Yoga VFW</p> <p>11 AM</p> <p>Balance Yoga VFW</p> <p>1 PM Barre Balance</p>	<p>9:15 AM 2</p> <p>Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p>	<p>1 PM 3</p> <p>Knitting/Crocheting</p> <p>1 PM Technology Class</p>	<p>4</p> <p>The Senior Center is CLOSED on JULY 4th & 5th</p>	<p>9:30 AM 5</p> <p>Walking Group</p>
<p>10 AM Mahjong 8</p> <p>10 AM</p> <p>Chair Yoga VFW</p> <p>11 AM</p> <p>Balance Yoga VFW</p> <p>1 PM</p> <p>Painting with Julia</p>	<p>8:30 AM 9</p> <p>Ladies' Breakfast</p> <p>9:15 AM Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p> <p>2:30 PM+ Audiology</p>	<p>10 AM 10</p> <p>Horse Farm Visit</p> <p>1 PM</p> <p>Knitting/Crocheting</p> <p>1 PM Technology Class</p>	<p>9:30 AM Zumba 11</p> <p>9:30 AM Tai Chi VFW</p> <p>10 AM Blackjack</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Lunch & Learn</p> <p>Hypertension</p> <p>3:30 PM COA Meeting</p>	<p>9:30 AM 12</p> <p>Walking Group</p> <p>9:30 AM</p> <p>Knitting & Lessons</p> <p>11:30 AM Cards</p> <p>1 PM Movie & Pizza</p>
<p>10 AM Mahjong 15</p> <p>10 AM</p> <p>Chair Yoga VFW</p> <p>11 AM</p> <p>Balance Yoga VFW</p> <p>1 PM</p> <p>Craft with Debbi</p>	<p>9:15 AM 16</p> <p>Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p>	<p>8:00 AM 17</p> <p>Men's Breakfast</p> <p>1 PM</p> <p>Knitting/Crocheting</p> <p>1 PM Technology Class</p>	<p>9:30 AM Zumba 18</p> <p>9:30 AM</p> <p>Tai Chi VFW</p> <p>10 AM Blackjack</p> <p>11 AM Line Dancing</p> <p>1 PM Elder Law Talk & Consultations</p> <p>1 PM+ Tech Help</p>	<p>9:30 AM 19</p> <p>Walking Group</p> <p>9:30 AM</p> <p>Knitting & Lessons</p> <p>11:30 AM Cards</p> <p>1 PM Trivia with Larry</p>
<p>10 AM Mahjong 22</p> <p>10 AM</p> <p>Chair Yoga VFW</p> <p>11 AM</p> <p>Balance Yoga VFW</p> <p>1 PM</p> <p>Christmas In July BINGO</p>	<p>9:15 AM 23</p> <p>Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p>	<p>10 AM 24</p> <p>Horse Farm Visit</p> <p>1 PM</p> <p>Knitting/Crocheting</p> <p>1 PM Technology Class</p>	<p>9:30 AM 25</p> <p>Zumba </p> <p>9:30 AM Tai Chi VFW</p> <p>10 AM Blackjack</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Lunch & Learn</p> <p>Public Benefits</p>	<p>9:30 AM 26</p> <p>Walking Group</p> <p>9:30 AM</p> <p>Knitting & Lessons</p> <p>11:30 AM Cards</p> <p>1 PM Music Program</p> <p>John Gaudino Band</p>
<p>10 AM Mahjong 29</p> <p>10 AM</p> <p>Chair Yoga VFW</p> <p>11 AM</p> <p>Balance Yoga VFW</p>	<p>9:15 AM 30</p> <p>Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p>	<p>10 AM 31</p> <p>Blackjack</p> <p>1 PM</p> <p>Knitting/Crocheting</p> <p>1 PM Technology Class</p>	<div style="border: 2px solid red; padding: 5px;"> <p>Grab & Go (G&G) Lunch Program is 4 days/wk</p> <p>Tue, Wed, Thu, Fri</p> <p>Drive up: 11am-1pm</p> <p>CALL TO REGISTER</p> </div>	<p>REMINDER:</p> <p>Some programs are held at the VFW, and are noted as such.</p> <p>Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT</p>

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

AUG 2024

Norton Senior Center 508-285-0235



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="color: red; margin: 0;">Grab & Go (G&G) Lunch Program is 4 days/wk Tue, Wed, Thu, Fri Drive up: 11am-1pm CALL TO REGISTER</p>	<p style="text-align: center; color: blue; margin: 0;">REMINDER: Some programs are held at the VFW, and are noted as such.</p> <p style="margin: 5px 0;">Tech Help, Audiology Clinic & Foot Doctor are BY APPOINTMENT</p>	<p>9:30 AM Zumba 1</p> <p>9:30 AM Tai Chi VFW</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:30 AM 2 Walking Group</p> <p>9:30 AM  Knitting & Lessons</p> <p>11:30 AM Cards</p> <p>1 PM Music Program</p> <p>Hip Hop Dance Class</p>
<p>10 AM 5 Mahjong</p> <p>10 AM Chair Yoga VFW</p> <p>11 AM Balance Yoga VFW</p> <p>1 PM Barre Balance</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:15 AM 6 Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>DAY TRIP: CRUISE 7</p> <p>1 PM Knitting/Crocheting</p> <p>1 PM Technology Class</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:30 AM Zumba 8</p> <p>9:30 AM Tai Chi VFW</p> <p>10 AM Blackjack</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Lunch & Learn</p> <p>Accent Home Care</p> <p>3:30 PM COA Meeting</p>	<p>9:30 AM 9 Walking Group</p> <p>9:30 AM Knitting & Lessons</p> <p>11:30 AM Cards</p> <p>1 PM Music Program</p> <p>John Gaudino Band</p> <div style="text-align: center; margin-top: 20px;">  </div>
<p>10 AM 12 Mahjong</p> <p>10 AM Chair Yoga VFW</p> <p>11 AM Balance Yoga VFW</p> <p>1 PM Painting with Julia</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>8:30 AM 13 Ladies' Breakfast</p> <p>9:15 AM  Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Supp.</p> <p>2:30 PM+ Audiology</p>	<p>10 AM 14 Horse Farm Visit</p> <p>1 PM Knitting/Crocheting</p> <p>1 PM Technology Class</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:30 AM  15 Zumba</p> <p>9:30 AM Tai Chi VFW</p> <p>10 AM Blackjack</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Forensics Science Roadshow</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:30 AM 16 Walking Group</p> <p>9:30 AM  Knitting & Lessons</p> <p>11:30 AM Cards</p> <p>1:30 PM Music Program</p> <p>Kalifornia Karl</p> <p style="text-align: center;"><i>Note special time</i></p>
<p>10 AM 19 Mahjong</p> <p>10 AM Chair Yoga VFW</p> <p>11 AM Balance Yoga VFW</p> <p>1 PM Craft with Debbi</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:15 AM 20 Meditation</p> <p>11:15 AM Zumba</p> <p>12:30 PM Bingo VFW</p> <p>1 PM Quilting/Sewing</p> <p>1 PM Caregiver Support</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>8:00 AM 21 Men's Breakfast</p> <p>1 PM Knitting/Crocheting</p> <p>1 PM Technology Class</p> <p>1 PM Patriots Hall of Fame Tour</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:30 AM  22 Zumba</p> <p>9:30 AM Tai Chi VFW</p> <p>10 AM Blackjack</p> <p>11 AM Line Dancing</p> <p>1 PM+ Tech Help</p> <p>1 PM Lunch & Learn</p> <p>Parkinson's Disease</p>	<p>9:30 AM 23 Walking Group</p> <p>9:30 AM Knitting & Lessons</p> <p>11:30 AM Cards</p> <p>1 PM Trivia with Larry</p> <div style="text-align: center; margin-top: 20px;">  </div>
26	27	28	29	<p>9:30 AM 30 Walking Group</p>
<p>** WE WILL BE CLOSED THIS ENTIRE WEEK **</p> <p>All activities & programs are cancelled at the Center and VFW</p> <p>NO GRAB & GO MEALS THIS WEEK</p>				

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

RESOURCES/SERVICES

HOW CAN THE COA HELP ME?



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

OUTREACH INFORMATION AND REFERRALS

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



Application Assistance

- Medicare, Medication
- Fuel Assistance (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 are **NOT accepting donations at this time** as we prepare to move into our new building!

Bristol Elder Services (BES) 508-675-2101

Bristol Elder Services offers a variety of helping programs for seniors. Call them for more info.

Call: 508-675-2101
 Email: info@bristolelder.org
 Website: 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 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. Weekdays.
 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

WE WILL NOT HAVE GRAB & GO MEALS AUGUST 27, 28, 29, 30



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



- 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!!*



Community Support & Services



GATRA TRANSPORTATION OPTIONS



MAIN # 508-823-8828



New riders: Please call to register: Ask for Jeanette X263

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*

FARMER'S MARKET COUPONS

We will have a limited number of coupons this summer to distribute to low-income seniors in Norton.

Coupons will not be available until mid-summer.

First come first served. Please call mid July for availability as we can not hold coupons for people.

Provided by: Bristol Elder Services and the Department of Agricultural Resources.



The Norton Senior Center is partnering with the Salvation Army to provide backpacks to Norton Children in Need.

Supplies needed are Crayons, Pens, Pencils, Markers, Erasers, Glue Sticks, 1 Subject Notebooks, Highlighters.

Items can be dropped off at the Senior Center between now and August 6th.

Filled Backpacks will be distributed in August



Money Saving Programs

Medicare Savings Program

Get Help Paying Medicare Costs

Apply to the Medicare Savings Program (MSP) NOW to save up to \$3,000 a year on Medicare costs

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare beneficiaries who meet the following income limits:



You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month



**NEW AS OF MARCH 1, 2024:
THERE IS NO ASSET LIMIT**

If you qualify, please call the Norton Senior Center for an appointment to apply
508-285-0235



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



This is an income-eligible program

In preparation for the 2024-2025 heating season:

- Existing Fuel Assistance clients will receive a renewal application in late August. Complete and mail in ASAP.
- New applicants can apply beginning November 1st. To get ready, stop in to the Senior Center to get a list of documents you will need for the application.

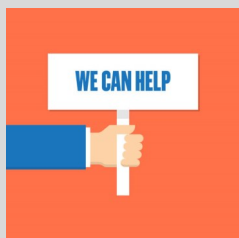
NORTON SENIOR CENTER is the home of:

NORTON COUNCIL ON AGING &
NORTON HUMAN SERVICES

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

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!



CRAFT FAIRE



The Friend's 1st Annual Craft Faire!!

St. Mary's Parish Center, Norton
Saturday, October 19, 2024

We are excited - stay tuned for details!

MEETING DATES

There are no meetings in July and August 2024

September 23, 2024 Meeting followed by a new Live & Learn presentation by Jay Elias. Don't miss this popular speaker! **1:00 PM**

October 28, 2024 Meeting followed by our annual Friend's Halloween Party. **1:00 PM**

November 25, 2024 Meeting followed by a fact-filled and entertaining presentation by Norton's Dan Couture of Dan's Caravan. **1:00 PM**

Sign up is required for all meetings and events



The Friends of the Norton Senior Center, Inc.

We have a new website!!

Norton.friendscoa.org

Check out the website to learn more about the Friends group and to **DONATE** to help

SAVE-THE-DATES

BOSTON HOLIDAY POPS

Thursday December 5, 2024
Symphony Hall, Boston (Bus Trip)

CHRISTMAS PARTY

Wednesday December 11, 2024
The Chateau Restaurant, Norton



GOAT CITY PUB FUNDRAISER

Our next Goat City Pub Fundraiser will be on Monday January 13, 2025



2024 DAY and OVERNIGHT TRIPS by Norton Senior Travel



NORTON SENIOR TRAVEL

PLEASE JOIN US

<u>AUGUST 7, 2024</u> (Wed)	<u>DANVERSPORT HARBOR CRUISE</u> Yacht Club, Newburyport	\$118 per person Transportation, Lunch, Show, Tax & Gratuity
<u>AUGUST 19-26, 2024</u>	<u>BIG SKY, MONTANA</u> 7 day trip Big Sky, Mt Rushmore, Yellowstone	Trip FULL
<u>AUGUST 21-23, 2024</u> Rescheduled from July	<u>LANCASTER, PA</u> 3 day trip <u>PENN DUTCH: Sound of Music, Daniel at Sight & Sound</u>	\$799 pp double occ. \$999 pp single Bus Gratuity <u>not</u> included
<u>SEPTEMBER 10, 2024</u> (Tues)	<u>EDWARDS TWINS Variety Show</u> @ Lake Pearl, Wrentham	\$89 per person DRIVE ON YOUR OWN Lunch, Show, Tax & Gratuity
<u>OCTOBER 23, 2024</u> (Wed)	<u>ROD STEWART Tribute Show</u> @ Lake Pearl, Wrentham	\$89 per person DRIVE ON YOUR OWN Lunch, Show, Tax & Gratuity
<u>OCTOBER 9, 2024</u> (Wed)	<u>NH COVERED BRIDGE TOUR</u>	\$97 per person Inn at East Farm, NH Transportation, Lunch, 3-hr tour, Tax & Gratuity
<u>DECEMBER 8-12, 2024</u>	<u>BRANSON'S CHRISTMAS</u> <u>WONDERLAND</u> 5 day trip	\$2799 pp double occ. \$3299 single All inclusive (except bus driver gratuity)

See page 14 for info on Friend's Boston Pops Trip!

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

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

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

Full payment and meal selection are due at sign-up. 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.

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

For any questions, please contact **Bob and Carol Marciano 401-536-3509**

Want to go to
Niagara Falls?
How about
Virginia Beach?

2025 bus trip
2025 bus trip

5 days/4 nights
6 days/5 nights

NIAGARA FALLS
VIRGINIA BEACH



Call if you are interested!
Bob and Carol 401-536-3509

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 \$2,510 max monthly income, \$8,400 asset limits (single)

For 2 in household \$3,407 max monthly income, \$16,600 asset limits (married)

Veterans Real Estate Tax Exemptions Veterans with a service connected disability are eligible for:

~ \$400 for Service connection disability between 10% and 90% and live in home for 1 year

~ \$1000 for 100% Service connected disability and live in home for 1 year

The Veterans' Services Office has resources to help veterans and their families struggling with food and living expenses in these challenging times. Call the office if you need any help. 508-285-0274



Looking to properly dispose of and retire an American Flag?

Norton has a drop off box located inside the VFW Post 8049 at 38 Summer Street, and in the lobby of the Norton Police station.



Honoring Their Sacrifice.

August is Purple Heart Month and August 7th is Purple Heart Day. The Town of Norton honors the service and sacrifice of our Purple Heart recipients.

Massachusetts Women Veterans' Network

Stay current on events and information on this rapidly growing population by visiting the women's veterans network page on Mass.gov, and their Facebook page.



The Norton Veterans' Council extends a heartfelt thanks to all those who supported our Memorial Day Parade!

Norton Veterans' Council Carnival

Thank you for supporting the Norton Veterans' Council Annual Spring Carnival, held June 19-23 at the Henri A Yelle School.



Important Veterans' Phone Numbers:

American Legion Post #222 508-813-6527
Norton Veterans' Council 508-285-0274

Fillmore-Nason VFW Post #8049 508-285-3845
Veterans Crisis Line 988 then 1

THANK YOU!

Our front yard is beautiful! Thank you, Beverly Slattery, for your beautiful plants, and all the care you give them.



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

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

A big "THANK YOU" to The Showcase Cinema in FOXBORO for supplying delicious movie-style popcorn for our recent movies!

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.

So you recognize us, please note:

Text messages will come to you from 855-358-2408

Voice messages will come to you from 508-285-0235

Sometimes we call from our 2nd phone line, which is 508-285-4964



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!

Our wonderful spring interns from Southeastern Regional Vocational Technical High School:

Cali & Alianna

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 newsletter electronically, please email us!

HALL OF FAME
PRESENTED BY
RTX

WEDNESDAY
AUGUST 21, 2024 1:00 PM

Guided Tour with Special Archive Exhibit

REGISTER NOW AT THE CENTER!

More information:
508-285-0235

\$5 / PERSON

Forensic Science Roadshow

FREE

Venture into the world of CSI

Join Paul Zambella, forensic scientist for the Massachusetts State Police Crime Laboratory for 36 years, as he provides insights into the roles and technique of forensic scientists!

THURSDAY
AUGUST 15
1PM

NORTON SENIOR CENTER
508-285-0235