



NORTON CONNECTION

NELSON SENIOR & COMMUNITY CENTER

120 Mansfield Ave, PO Box 552
Norton, MA 02766

Phone: 508-285-0235

Fax: 508-286-0618

Email: coa@nortonmaus.com

Web: www.nortonseniorcenter.org

WELCOME!

The Nelson Senior & Community Center is the new home of the Norton Council on Aging and Norton Human Services.

**Come to our GRAND OPENING
on November 15 at 1:00 PM**

HOURS OF OPERATION

Monday - Friday 9:00 AM - 3:30 PM

DIRECTOR

Beth Rossi

OFFICE ADMIN.

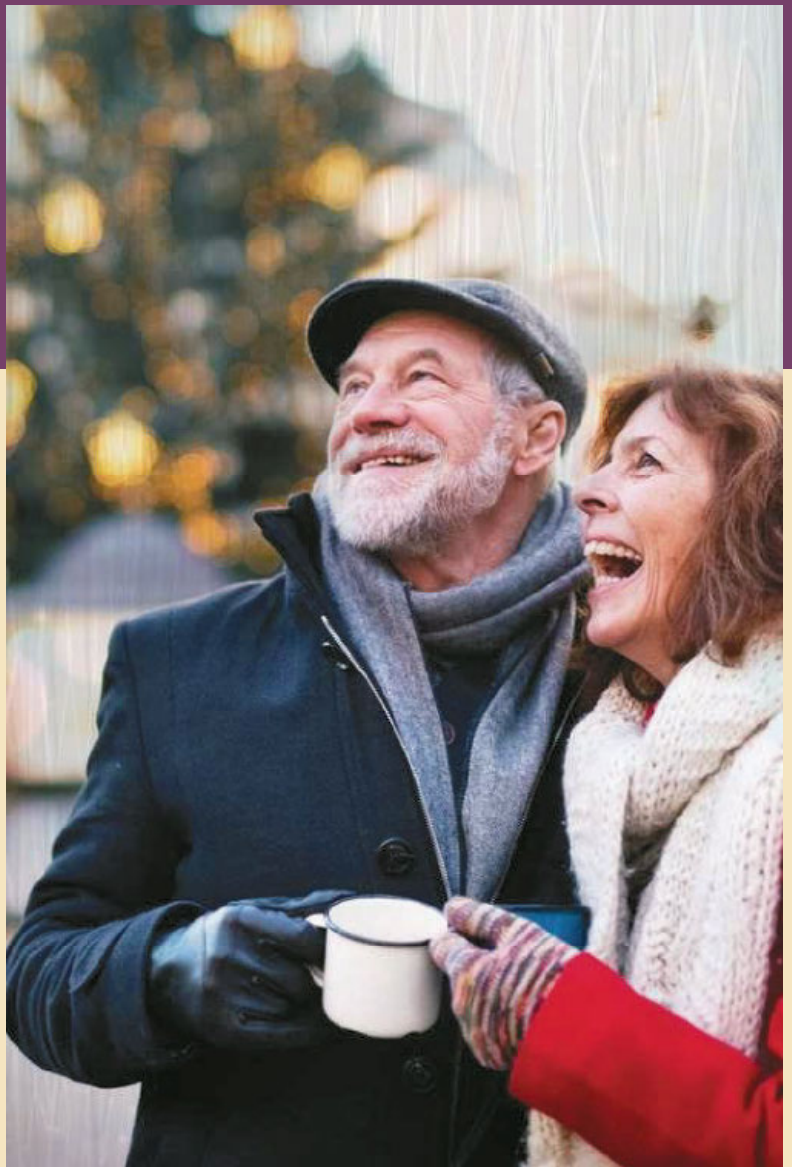
Sosie Megerdichian

OUTREACH

Cathy Varnum

CLERK

Anne Simpson



NOVEMBER - DECEMBER 2024

HOLIDAYS at The Center



EXERCISE CLASSES

CHAIR YOGA

MONDAYS | 10:00am-11:00am

Instructor, Janine Sims, will guide the class in gentle, stretching techniques all while seated.

BALANCE YOGA

MONDAYS | 11:00am-12:00pm

Improve your strength and balance using targeted movements. Instructor Janine Sims.

MEDITATION

TUESDAYS | 9:15am-10:15am

Join us for relaxation and peace, with instructor Linda Hayden.

TAI CHI

THURSDAYS | 9:30am-10:30am

Feel steadier on your feet and improve coordination and balance with instructor Elijah Swain.

\$2 FOR EACH DROP-IN FITNESS CLASS.

PLEASE STOP AT THE RECEPTION DESK TO PAY.

ZUMBA GOLD

THURSDAYS | 9:30am-10:15am

FRIDAYS | 9:15am-10:00am

Come and work out to great Latin music. Alba Colina is our instructor.

LINE DANCING

Thursdays | 11:00am-12:00pm

Learn fun and easy line dances with local choreographer and instructor Steve Cavanaugh. Beginners welcome.

DRUMS ALIVE

We will be offering Drums Alive starting in January. Please let us know if you are interested.

HAPPY FEET WALKING GROUP

Now at 10:00AM

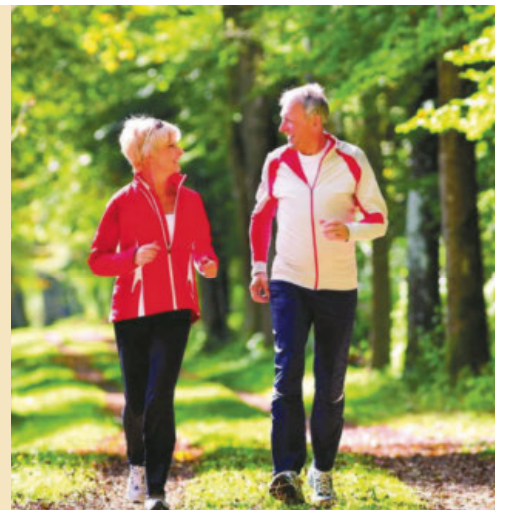
EVERY FRIDAY

Rain or Shine

Join group leaders, Tricia and Barbara to get fit, make friends, and enjoy the outdoors!!

Our location changes each week, so check with the Center to find out where to meet each Friday.

Happy walking!!



HORSE FARM VISITS

WEDNESDAY NOV 13, NOV 27

10:00AM-12:00PM

We have 2 more visits before we take a winter break!

Sign up to join our visit to Smokey Chestnut Rescue Farm, right here in Norton! We'll drive over to the farm together, and learn about these beautiful rescue animals.

No visits in December, January, February, & March.



FREE HEARING CLINIC

Every Month from 2-4 pm
At the Norton Council of Aging!

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emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



ARTS & CRAFTS

CARD MAKING

WEDNESDAYS NOV 13, DEC 18 10:00AM

Donna will be here to guide us in making beautiful, unique greeting cards. **\$2**

CRAFTS WITH DEBBI

MONDAY NOV 4 10:00AM

THURSDAYS DEC 5, DEC 19 1:00PM

Debbi's got some great crafts lined up: Busted Canvas Art, Ornaments and Holiday Gifts. **\$2**

PAINTING CLASSES

MONDAYS NOV 4, DEC 2 1:00PM

Join artist Julia for a relaxing and creative afternoon. Beginners welcome. **\$2**



ENTERTAINMENT / MOVIES / FUN

LUNCH & LEARN

THURSDAY NOV 14 1:00PM

Dawn DiMarco from Bristol Elder Services will be with us to talk about PROTEIN. Come have lunch, and learn about protein and how important it is for our health.

Sponsored by Bristol Elder Services

ABIGAIL ADAMS & THE DAUGHTERS OF LIBERTY

WEDNESDAY NOV 20 1:00PM

Don't miss this brand new presentation by Norton's own Carol Cohen, as Abigail Adams.

TRIVIA WITH LARRY

FRIDAYS NOV 22, DEC 27 1:00PM

Our favorite trivia guru is back for a few more exciting afternoons of trivia.

ANNUAL TREE LIGHTING & SONGS

FRIDAY DEC 6 1:00PM

It's our annual Tree Lighting!! This year we are thrilled to have the Mike & Beth Cabaret Show with us to lead us in some afternoon fun & carols.

LUNCH & LEARN

THURSDAY DEC 12 1:00PM

Right at Home homecare will be here with an informative health presentation. Check in with the Center a few weeks prior to the event for the specific topic!

CHRISTMAS AT THE WHITE HOUSE

WEDNESDAY DEC 18 1:00PM

A wonderful presentation by Nancy Frank of Frankly Speaking. Come and learn about the Christmas traditions at the White House.

MOVIE

FRIDAY DEC 20 1:00PM

Pizza, Popcorn and a Movie!! What could be better?

We'll be showing Last Christmas.

GRAND OPENING

**FRIDAY NOVEMBER 15
1:00PM**

WEEKLY DROP-IN ACTIVITIES & PROGRAMS

MAHJONG

MONDAYS 10:00AM-12:00PM

Come and play Mahjong with us on Mondays!

BINGO

TUESDAYS 12:30AM-3:00PM

Doors open at 11 AM.

\$1/sheet Big \$ prizes and raffles.

Free coffee/tea and pastries!

CARDS - BLACKJACK

THURSDAYS 10:00AM-11:30AM

Come and play Blackjack with us! We have a blast - join in the fun. We play with chips!!

CARDS - BRIDGE

FRIDAYS 11:30AM-3:30PM

If you play bridge, come play with us!

BILLIARDS

MONDAYS, WEDNESDAYS,

THURSDAYS 1:00PM-3:00PM

Drop in to play pool, 3 days a week.



BEGINNER MAHJONG

Let us know if you are interested in Beginner Mahjong. We'll start a new 6-week class soon!

RUMMIKUB, CHESS, SCRABBLE?

Sign up at the Center if you are interested in playing any of these fun games.

QUILTING/SEWING

TUESDAYS 9:30AM-11:30AM

Now at an earlier time!

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

KNITTING/CROCHETING

WEDNESDAYS 1:00PM-3:00PM

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

KNITTING & LESSONS

THURSDAYS 9:30AM-11:30AM

Now on Thursdays!

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!!

DROP-IN CRAFTS

Want to join like-minded creative individuals for a few hours of crafting here at the Center?

Let us know if you are interested and we'll set up a day for Drop-In Crafts.



NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 9:15am - Zumba 10:00am - Walking Group 11:30am - Cards
04 10:00am - Chair Yoga 10:00am - Craft 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Painting 1:00pm - Billiards	05 9:15am - Meditation 9:30am - Quilting/Sew 12:30am - Bingo 1:00pm - Caregiver Support Group	06 1:00pm - Crochet/Knit 1:00pm - Tech Class 1:00pm - Billiards 2:00pm - Caregiver Tools	07 9:30am - Learn & Knit 9:30am - Tai Chi 9:30am - Zumba Gold 10:00am - Blackjack 1:00pm - Tech Help 1:00pm - Billiards	08 9:15am - Zumba Gold 10:00am - Walking Group 11:30am - Cards 1:00pm - Medicare
11  The Center is Closed	12 8:30am - Ladies Bkfst. 9:15am - Meditation 9:30am - Quilting/Sew 12:30pm - Bingo 1:00pm - Caregiver Support Group 2:00pm - Audiology	13 10:00am - Computers 10:00am - Card Craft 10:00am - Horse Farm 1:00pm - Crochet/Knit 1:00pm - Billiards 2:00pm - Caregiver Tools	14 9:30am - Learn & Knit 9:30am - Tai Chi 9:30am - Zumba Gold 10:00pm - Blackjack 11:00am - Line Dance 1:00pm - Tech Help 1:00pm - Billiards	15 9:15am - Zumba Gold 10:00am - Walking Group 11:30am - Cards 1:00pm - GRAND OPENING!
18 10:00am - Chair Yoga 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Genealogy 1:00pm - Billiards	19 9:15am - Meditation 9:30am - Quilting/Sew 12:30pm - Bingo 1:00pm - Caregiver Support Group	20 8:00am - Men's Bkfst. 10:00am - Computers 10:00am - Food Box PU 1:00am - Abigail Adams 1:00pm - Crochet/Knit 1:00pm - Tech Class 1:00pm - Billiards 2:00pm - Caregiver Tools	21 9:30am - Learn & Knit 9:30am - Tai Chi 9:30am - Zumba Gold 10:00pm - Blackjack 11:00am - Line Dance 1:00pm - Tech Help 1:00pm - Billiards	22 9:15am - Zumba Gold 10:00am - Walking Group 11:30am - Cards 1:00pm - Trivia
25 10:00am - Chair Yoga 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Friends Mtg. 1:00pm - Billiards	26 9:15am - Meditation 9:30am - Quilting/Sew 12:30pm - Bingo 1:00pm - Caregiver Support Group	27 10:00am - Computers 10:00am - Horse Farm Holiday Half Day Closing at 12:00PM	28  The Center is Closed	29 10:00am - Walking Group The Center is Closed

REGISTRATION

Morning Exercise Programs are Drop-In. You do not need to pre-register for these classes. Please register for all other programs at the Center, or call us 508-285-0235.

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 8:30am - Foot Doctor 10:00am - Chair Yoga 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Painting 1:00pm - Billiards	03 9:15am - Meditation 9:30am - Quilting/Sew 12:30pm - Bingo 1:00pm - Caregiver Support Group	04 10:00am - Computers 1:00pm - Crochet/Knit 1:00pm - Tech Class 1:00pm - Billiards	05 9:30am - Learn & Knit 9:30am - Tai Chi 9:30am - Zumba Gold 10:00pm - Black Jack 11:00am - Line Dancing 1:00pm - Tech Help 1:00pm - Craft 1:00pm - Billiards	06 9:15am - Zumba Gold 10:00am - Walking Group 11:30am - Cards 1:00pm - Tree Lighting
09 10:00am - Chair Yoga 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Billiards	10 8:30am - Ladies Bkfst. 9:15am - Meditation 9:30am - Quilting/Sew 12:30pm - Bingo 1:00pm - Caregiver Support Group 2:00pm - Audiology	11 10:00am - Computers 11:30am - Friends Holiday Party <p style="text-align: center;">Half Day Closing at 11:00AM</p>	12 9:30am - Learn & Knit 9:30am - Tai Chi 9:30am - Zumba Gold 10:00pm - Blackjack 11:00am - Line Dancing 1:00pm - Tech Help 1:00pm - Billiards 3:30pm - COA Meeting	13 9:15am - Zumba Gold 10:00am - Walking Group 11:30am - Cards
16 10:00am - Chair Yoga 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Billiards	17 9:15am - Meditation 9:30am - Quilting/Sew 12:30pm - Bingo 1:00pm - Caregiver Support Group	18 8:00am - Men's Bkfst. 10:00am - Computers 10:00am - Card Craft 10:00am - Food Box P.U. 1:00am - White House 1:00pm - Crochet/Knit 1:00pm - Tech Class 1:00pm - Billiards	19 9:30am - Learn & Knit 9:30am - Tai Chi 9:30am - Zumba Gold 10:00pm - Blackjack 11:00am - Line Dancing 1:00pm - Tech Help 1:00pm - Billiards 1:00pm - Craft	20 9:15am - Zumba Gold 10:00am - Walking Group 11:30am - Cards 1:00pm - Movie
23 10:00am - Chair Yoga 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Billiards	24 9:15am - Meditation 9:30am - Quilting/Sew <p style="text-align: center;">Holiday Half Day Closing at 12:00PM</p>	25  <p style="text-align: center;">The Center is Closed</p>	26 9:30am - Learn & Knit 9:30am - Tai Chi 10:00pm - Blackjack 11:00am - Line Dance 1:00pm - Tech Help 1:00pm - Billiards	27 10:00am - Walking Group 11:30am - Cards 1:00pm - Trivia
30 10:00am - Chair Yoga 10:00am - Mahjong 11:00am - Bal. Yoga 1:00pm - Billiards	31 9:15am - Meditation 9:30am - Quilting/Sew <p style="text-align: center;">Holiday Half Day Closing at 12:00PM</p>			

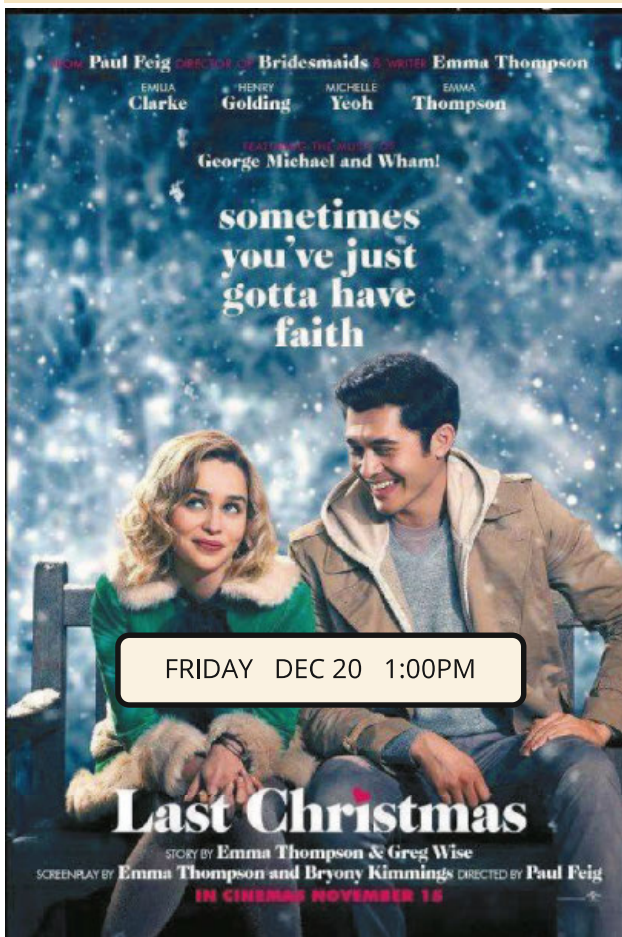
REGISTRATION

Please register for programs in advance to prevent cancellation!!

REGISTRATION

Please register!!!

We welcome you to stop in to the Center and pick up a key tag so you can scan in when you come in for classes, activities and programs.



AARP TAX PREPARATION

We will be taking appointments to have tax returns done here at the Senior Center starting on January 2, 2025. We will have limited appointments for senior Norton residents who have very simple tax returns.



DONATIONS

Please call us before you bring in any donations to the Center, as we are limited in what we can accept. Please DO NOT drop off donations outside of the building or equipment shed.

Thank you for your cooperation!



If Norton Public Schools are closed due to the weather, the Senior Center will be closed for all activities. This includes Grab & Go lunches.

HAPPIEST OF ALL THE UPCOMING HOLIDAYS!!

HAPPY THANKSGIVING, HANUKKUH, KWANZAA, CHRISTMAS, AND NEW YEAR'S EVE!

GATRA TRANSPORTATION OPTIONS



TRANSPORTATION

MAIN # 508-823-8828 (New riders: call to register with Jeanette X263)

Dial-A-Ride

Travel within Norton, Taunton, Attleboro

Must call 24 hrs. in advance

774-226-1219 or 508-823-8828

\$1.75 one-way

\$1.50 one-way with purchase of 10-ride pass for \$15

» 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

Travel between Norton, Mansfield, Foxboro, Franklin, Wrentham, Norfolk, Easton (Target Plaza)*, Plainville (Plainridge Casino & Target Plaza)

Same Day-On Demand-Call when you need a ride!

\$2 each-way

800-698-7676 option 2

Mon - Fri 6:30 AM to 8:00 PM

Sat & Sun 12:00 PM to 8:00 PM

**Rides to Easton are*

ONLY Thursday,

Friday, Saturday

12:00 PM - 5:00 PM

ActiveDay
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Dementia • Seizures**

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LADIES BREAKFAST TUESDAYS NOV 12, DEC 10 8:30AM

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



MEN'S BREAKFAST WEDNESDAYS NOV 20, DEC 18 8:00AM

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

EDUCATION / TECHNOLOGY

**BASIC COMPUTER SKILLS
WEDNESDAY NOV 13 - DEC 18
10:00AM-11:30AM**

The Literacy Center in Attleboro will be here at the Center to teach 6 classes on basic computer skills.

**TECHNOLOGY CLASS
EVERY WEDNESDAY
1:00PM-3:00PM**

Tom Golota will be at the Center with specific tech topics.
Nov 6 - Why Technology is Important
Nov 20 - Basic Tech Terms
Dec 4 - Grocery Store Apps
Dec 18 - Google Calendar

**TECHNOLOGY HELP
EVERY THURSDAY
BY APPOINTMENT ONLY
1:00PM-3:00PM**

Sign up for a 1/2 hour time slot for help with your devices: phone, tablet, computer.
Tom and Kathy Golota will be here to offer one-on-one help. Stop by, or call the Center, to sign up in advance.

Activities and Programs at the Norton Senior Center are funded by a grant from Bristol Elder Services through a contract with the Massachusetts Executive Office of Elder Affairs

**BLUE CROSS / BLUE SHIELD
MEDICARE INFORMATION
FRIDAY NOV 8 1:00PM**

Learn about Medicare and how to get the most out of your plan. Specialists from Blue Cross / Blue Shield will be here with a presentation.

**INTRODUCTION TO GENEALOGY
MONDAY NOV 18 1:00PM**

Mike Scutari is returning, this time with an interesting presentation on Genealogy. Bring your questions, and family documents and heirlooms.

HATS, SOCKS, MITTENS AND PAJAMA DRIVE

Lets keep Norton children warm this holiday season!

Drop off at
Nelson Senior and Community Center
120 Mansfield Ave
Norton

CAREGIVER SUPPORT GROUP EVERY TUESDAY 1:00 PM

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.

Come join us if you are actively caregiving for a loved one, or have done so in the past. You are welcome to come on any Tuesday - please just drop in! Facilitated by Geriatric Consultant Carol Betty, LPN.



FOOT DOCTOR

**MONDAY DECEMBER 2
BY APPOINTMENT ONLY
8:30AM-11:30AM**



Judson Seigel, DPM from Assabet Family Podiatry in Plainville will be here at the Senior Center. Call us, or stop in, to make an appointment. 508-285-0235

Insurance or \$25 (cash/check)

Bring insurance card(s) & photo ID

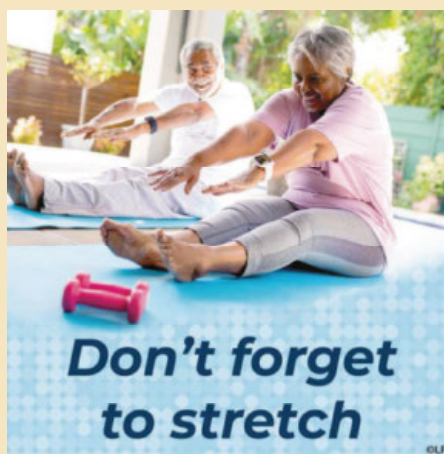
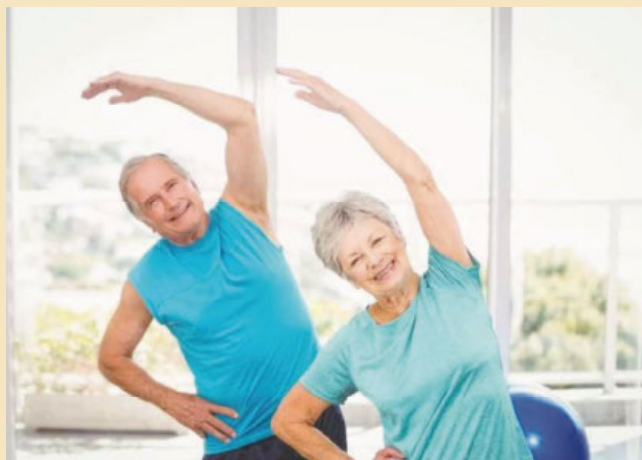
AUDIOLOGY CLINIC

**TUESDAYS NOV 12, DEC 10
BY APPOINTMENT ONLY
2:00PM-4:00PM**

Lauren Warburton from At Home Hearing Healthcare will be here at the Senior Center for Hearing Assessments. Hearing Aid cleaning included!

Call us, or stop in, to make an appointment.

508-285-0235.



HELPING PROGRAMS

FOOD ASSISTANCE

Call the Center and learn about our food assistance programs including SNAP, Grab & Go lunches, Monthly Food Box Program, Emergency Assistance, and Meals on Wheels.

SHINE

Oct 15- Dec 7 is the Medicare Open Enrollment Period. Save money by evaluating your Drug coverage. **SHINE** counselors can help. Complete the form on page 14 and return it to us.

SENIOR WORK-OFF PROGRAM

Volunteer for a town department and get up to \$1500 as a Property Tax Abatement. To be qualified for this program, annual income must not exceed \$55,000 for individuals or \$70,000 combined for married couples. There is a similar program specifically for Veterans. Call the Assessor's office for more information: 508-285-0271.

GRANDPARENTS RAISING GRANDCHILDREN



Are you interested in a Grandparent's Support Group?

508-285-235

Outreach Worker, Cathy Varnum, will lead this support group dedicated to those with custody of their grandchildren.



Make sure to tell us what time of day works best for you: Morning, Afternoon or Evening.

SELF HELP INC

Its time to apply

FUEL ASSISTANCE

House Size	Monthly Income
1	\$3,784
2	\$ 4,948
3	\$6,113
4	7,277

Call the Center to Apply
508-285-0235

Thanksgiving Dinner

IF YOU OR A SENIOR YOU KNOW, WILL BE SPENDING THIS THANKSGIVING ALONE, SIGN UP FOR A FREE HOME-DELIVERED MEAL.

CALL 508-285-0235

DEADLINE
NOVEMBER 15, 2024

Sponsored by the Society of St. Vincent de Paul and Personal best Charities

RESOURCES / SERVICES

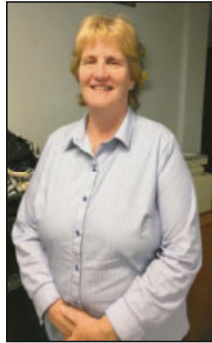
HOW CAN THE COA HELP ME?



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

OUTREACH INFORMATION AND REFERRALS

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



Application Assistance

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

Call for an appointment 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: Please call before bringing DME donations to the new Center.

We have limited storage space and need to review potential donations.

BRISTOL ELDER SERVICES

508-675-2101

Bristol Elder Services offers a variety of helping programs for residents aged 60+.

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

This program is for all Norton Residents.

ASSURANCE WIRELESS

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.



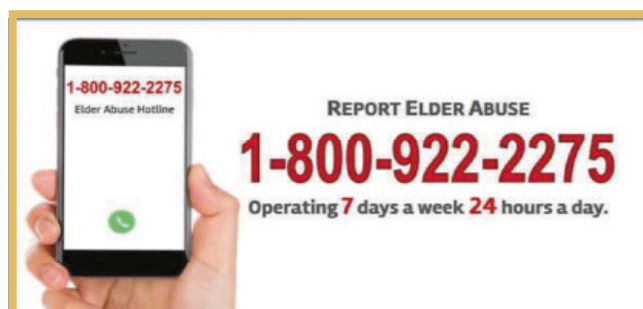
You can call 1-888-321-5880, apply online at assurancewireless.com or call the Senior Center for help. 508-285-0235

SENIOR LAW PROJECT

1-800-244-9023

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.

www.sccls.org



MEDICARE OPEN ENROLLMENT IS NOW!!

If you would like our certified SHINE, Medicare volunteers to review your Part D plan for 2025, please fill out the following form and drop it off to the Senior Center ASAP.

We will review your plans to make recommendations.



#

__ / __ / 24

Medicare Open Enrollment 10/15-12/7

Drug Plan Review Form

Drop off or Mail to: The Nelson Senior and Community Center
120 Mansfield Ave Norton, MA 02766

Name _____ Phone _____ D.O.B. _____

Address _____ Norton, MA 02766

Medicare # _____

Medicare.gov Account

Username: _____

Password _____

Part A effective date _____

Part B effective date _____

Preferred Pharmacy _____

I give Norton SHINE Counselors permission to research my plans by signing into mymedicare.com account. New passwords may be created.

SIGNED: _____

LIST YOUR PRESCRIPTION MEDICATIONS: (do NOT include over the counter meds)

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

Please add additional sheets as necessary

- **NO appointments will be made until AFTER we review this form**
- **Incomplete or illegible forms will NOT be reviewed**
- **This form is NOT for people who are on MassHealth, have an employer retiree plan, or have a Medicare HMO or PPO**

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NORTON SENIOR TRAVEL



**BRANSON'S CHRISTMAS
WONDERLAND
DECEMBER 8-12, 2024
5 DAY TRIP**

\$2799 pp double occ, \$3299 single
All inclusive

**TROPICAL COSTA RICA
APRIL 10-18, 2025
9 DAY TRIP**

Plantations, Farms, River Trip, Lake
Cruise, Beaches, & more!
\$2899 pp double occ, \$3599 single

**BOSTON TO BERMUDA CRUISE
MAY 16-23, 2025
8 DAY/ 7 NIGHT TRIP**

From \$1339 pp double occ

**CANADIAN ROCKIES & GLACIER
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AUGUST 10-16, 2025
7 DAY TRIP**

National Parks, Calgary, Banff, & more!
\$3999 pp double occ, \$4999 single



**SPECIAL TRAVEL PRESENTATION
COLLETTE TOURS
THURSDAY JANUARY 16, 2025
3:00PM-4:00PM**

STAY TUNED FOR 2025 DAY TRIPS!

TRIP REGISTRATION

- ◆ Trip information and flyers are available for pick up at the Norton Senior center
- ◆ Trips are open to non-seniors and out of town guests.
- ◆ Sign up for all trips at the Norton Senior Center by completing a trip registration form.
- ◆ Full payment (cash or check) are due at sign up. Completed registration forms and payment can be dropped off at our secure drop box.
- ◆ Please call our Travel coordinators, Bob and Carol Marciano at 401-536-3509 with any trip questions.

**THIS NEWSLETTER WAS PUBLISHED WITH FUNDING FROM A GRANT
FROM THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS**



The Friends of the Norton Senior Center, Inc.

P.O. Box 623, Norton, MA 02766
 fnsc623@gmail.com

WEBSITE: Norton.friendscoa.org

Follow us on FACEBOOK:
 Friends of the Norton Senior Center

MEMBERSHIP / DUES

Only \$10 per year

Your membership ends one year after your annual membership payment.

New members are always welcome!

FUNDRAISERS

ENGRAVE A BRICK

Purchase an engraved Brick to be displayed at the new Center!

Only \$75

Purchase a brick at donate.brickmarkers.com/nsc, or pick up a form at the Center!

BOSTON HOUSE OF POPS

Friday, December 13, 2024 \$100
 Boston Symphony Hall
 3 PM - 5 PM Matinee

SOLD OUT!

Goat City Pub Fundraiser

Monday, January 13, 2025
 Pick up a ticket at the Senior Center and 20% of your meal will support the Friends!

FRIENDS OFFICERS

Bill Byrnes	President
Bob Briscoe	Vice President
Jean Briscoe	Treasurer
Debbie Leary	Secretary

MEETING DATES

November 25, 2024 1:00PM

Monthly meeting followed by a fact-filled and entertaining presentation by Dan Couture.

**December
 NO MEETING**

January 27, 2025 1:00PM

February 24, 2025 1:00PM



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.

VETERANS' RESOURCES



508-285-0274

774-265-7462

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

Town Hall, 72 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)

Women Veterans Network

The Women Veterans Network is dedicated to empowering women veterans, ensuring their voices are heard, their contributions acknowledged, and well-being enhanced, through education, advocacy, and collaboration. Visit their recently enhanced website for a guide to federal, state and nonprofit veteran resources, plus ways to stay connected to the WVN with events and news sections.
<https://www.mass.gov/orgs/massachusetts-women-veterans-network>

Veterans' Tax Work-Off Abatement Program

Applications are available! Reduce your real estate taxes by up to \$1500 by completing volunteer hours for the Town. **IT'S TOO EASY NOT TO!**

Come visit the new Veterans' Services Office on the first floor in the new Town Hall building. We look forward to seeing you and continuing to support the needs of our local veterans and their families.



The Norton Poppies



The Norton Poppies is a group for veteran spouses that meets monthly for networking, conversation, and support. All are welcome. The next meeting is on November 20th at 11:00 at Norton Town Hall, in the Winnecunnett conference room.

Veteran's Appreciation Luncheon

Wednesday, November 13th 12:00 noon

RSVP required! 508-285-0274



Veterans DAY Parade

Monday, November 11, 2024

10:00 am

Begins at the Norton High School bus path (across from Freeman Street)

All veterans are welcome to march or ride on the Veteran's Float in the parade

FREE BREAKFAST for VETERANS

Sponsored by
MARSAN'S UPHOLSTERY and HONEYDEW DONUTS

NOV. 11th
7:00 am - Noon



It's time to start thinking about holiday dinners. If you would like to receive an individual holiday meal for Thanksgiving or Christmas, please contact the Veterans' Office for details. 508-285-0274



Wreaths Across America

December 14, 2024 12:00 pm

Remembrance wreaths will be placed on the graves of Norton's veterans immediately following the ceremony at the Norton Common.

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

NEVER MISS OUR NEWSLETTER!

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newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



NORTON SENIOR CENTER

P.O. Box 552

Norton, MA 02766



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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!



Basic Computer Skills Class

INTRODUCTION TO TECHNOLOGY

Course is free to all

A class for anyone interested in learning basic computer skills for using technology in everyday life.

Wednesdays
10am-11:30am
 November 13th to
December 18th.

Course Content

- Basic Computer Literacy
- Safe Internet Browsing and emailing
- How to use Zoom, video conferencing, and more

JOIN US

Norton Senior Center
120 Mansfield Ave., Norton, MA

(508) 285-0235



Christmas Tree Lighting

12.06.2024 AT 1:00 PM

UGLY SWEATER CONTEST

MUSICAL ENTERTAINMENT BY
MIKE AND BETH CABERET

SPECIAL HOLIDAY TREATS

JOIN SANTA IN LIGHTING OUR 12FT TALL CHRISTMAS TREE. DON YOUR UGLIEST SWEATER AND ENJOY THE SIGHTS AND SOUNDS OF CHRISTMAS.