



NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

Kerri McCarthy, *Executive Director*
Trish Monahan, *Outreach Coordinator*
Nanci Kelleher, *Program Coordinator*
Ellen Rano, *Senior Bus Driver*
Anne Marie Shea, *Program Assistant*
Adrian Kelleher, *Senior Custodian*

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Ted Mulvehill, *Vice Chairman*
Delia Bartucca, *Secretary*
Fran Kenney, *Member*
Martha Colamaria, *Member*

February 2019

The Center is open
Monday through Friday
8:00 AM to 4:00 PM

Norwood's Council on Aging mission includes:

To identify the needs of older adults along with the available resources within the community.

To educate the community at large on the problems of aging and the needs of its older adults.

To design and promote services that are needed to serve older adults.

To serve as advocates and enhance the lives of older adults in our community.

The Norwood Council on Aging offers many legal, financial, recreational, medical screenings, other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that the Norwood Senior Center, the Norwood Council on Aging, the Town of Norwood and its employees do not assume any responsibility.

Director's Corner

Happy Valentine's Day to everyone. The month of February is often associated with cold, dreary, rainy, snowy weather. Although the shortest month of the calendar year, February can feel as if it drags on forever as we anticipate the arrival of Spring.

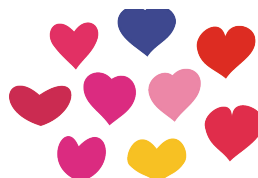
A very special thank you to the Norwood High School Celtic Strings for coming to the senior center and performing for our members. Everyone enjoyed the performance. Norwood is very lucky to have such talented young musicians.

Everyone should have received their new Medicare card by now! If you don't have one, it could be the Social Security office did not have your current address or it was thrown away accidentally because the envelope did not have Medicare information on it. No worries! You can order your new card by calling Medicare at [1-800-633-4227](tel:1-800-633-4227), or set up account at www.MyMedicare.gov to retrieve a copy of it.

The staff would also like to thank you all for the cards, gifts, and well wishes during the holiday season. It warms our hearts and is much appreciated.

Enjoy your month of February. Come out to the Senior Center and enjoy some fun and laughter. We are here if you need us. Stay happy, healthy and safe until we meet again.

Peace and Best Wishes, Kerri



*Happy
Valentines Day!*

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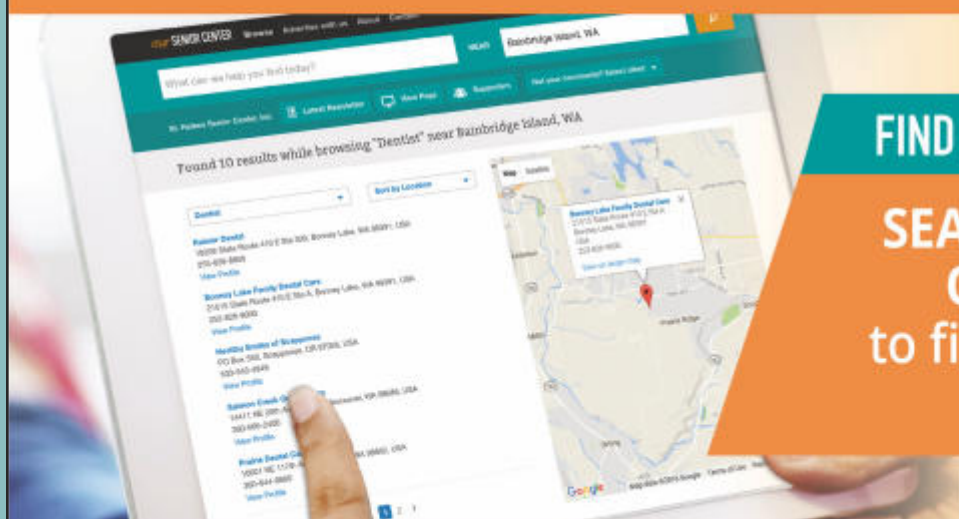
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06-5147

BASIC COMPUTER COURSE: A four-part basic computer course is frequently offered to those who wish to learn how to use a computer. Sign-up at the front desk. New class starting in **Sept. at 10:00 AM for 4 weeks. \$2.00 a class**

BINGO: Every Wednesday, from **12:45 PM to 3:00 PM**, \$5.00 to get started. We have begun a new game, for \$1.00, with a winner take all prize! You must be here by **12:45 PM** to play the new game!

BLOOD PRESSURE CLINIC: Walpole VNA will be available for blood pressure screening on the **first Wednesday of each month. Ellis Nursing Home** will offer blood pressure screening on the **2nd Wednesday of each month. The Walpole VNA** will provide blood pressure screening on the **third Wednesday of each month at 11:30 AM. Walpole VNA on the 5th.**

BOOK CLUB: Our next Book Club will be meeting on **February 25, 2019** at the senior center.

BRIDGE: Our Bridge Club meets on **Thursdays at 9:00 AM**, in the Library. **The Tuesday group has been cancelled.**

COMPUTER CLUB: The Computer Club meets every Wednesday at 1:00 PM –

COUNCIL ON AGING: COA Board Meeting will be held on **March 7, 2019** at 1:00 PM –There is no meeting in February.

CRIBBAGE: Our seniors meet every **Monday at 12:45 PM** to play cribbage. New Class on Fridays at 12:45 (except the 4th Friday)

DIGITAL PHOTO ORGANIZATION & EDITING: will take place the 1st and 3rd Wednesday of the month at 11:30 AM.

FOOT DOCTOR: Dr. Michael Mitri is scheduled to be here on **Feb. (to be determined)** \$35.00 charge-call to schedule an appointment.

DRAWING WITH COLORED PENCILS– Classes held the first and third Tuesday of the month at 11AM-12:15PM. \$3.00 a session all materials included.

FRIENDS EVENING DANCE: February 15th 7:00 PM - 10:00 PM Dave Valerio

GLEE CLUB: Glee Club meets every **Tuesday at 11:15 AM.**

HANDCRAFTERS: Handcrafters meet every **Monday from 1:00 PM - 3:00 PM.**

HEARING SOLUTIONS: Hearing Aide clinic on Wednesday, **February 27th 2019 11:30AM.**

LEARN TO PLAY MAH JONG -Thursdays and Fridays at 12:30 PM

LINE DANCE Classes are held each **Tuesday. Class will be held from 1:00 PM - 2:00 PM**

MAH JONG: Mah Jong players meet Monday, Wednesday, and Friday 10:00 AM - Noon.

MANICURES: February 22, 2019 Friday at 9:00 AM - 1:00 PM.

MASSAGE THERAPIST: Karen Tracy is here on the first Monday of each month. Please sign up at front desk. Massages are **\$30.00 for half an hour. No Massage in February. Karen back on**

March 4, 2019

NORWOOD RETIRED MEN'S CLUB: The Board of Directors meets on the **1st Tuesday of each month at 10:30AM**, at the Senior Center. The Club Membership meets the 2nd Tuesday of each month at the Norwood Elks Lodge, at 10:00 AM.

SCRABBLE: **Thursday afternoons at 1:00 PM.** Come and join us for a game.

SHINE: We have two SHINE Counselors. **Carole** is here to help you with your medical insurance needs on **Tuesdays from 10:00 AM. - 2:00 PM.** **Amy** will be here on Fridays from **10:00 AM - 2:00 PM** Please call 781-762-1201 for an appointment.

TAP DANCE-Thursdays at 11:15 AM . All levels are welcome and encouraged to join the fun.

TRIAD: Monday, February 25, 2019 1PM

WATER COLOR: The next session is scheduled for **Thursday, February 7, 2019** at 9:00 AM. Payment of \$20.00 must be made at time of sign up.

WAXING with Erin February 25, 2019 9:00 AM - Noon

WHIST: Whist players meet on **Tuesdays at 12:45 PM**, in the library.

HESSCO Elder Services

**HESSCO provides support and services for elders, individuals living with a disability and their caregivers.
781-784-4944**

**Winter Concert Series
At the Norwood High School
Paul M. Alberta Performing Arts Center**

Free Admission!

**All are welcome.
Sundays 2:00 pm to 4:00 pm**

**February 3-Dan Gabel and the Abletones
February 10-Roy Scott Big Band
February 17-Tom Nutile Big Band**

**Sponsored by the
Norwood Concerts on the Common
Committee**

**Norwood Memory Café, Inc.
Thursday, February 21, 2019
1:30 PM—3:30 PM**

A monthly social gathering with caregivers and their loved ones who are living with memory changes.

For more information and to volunteer, please contact

Jean Cotton, MS, Gerontology, C.D.P.
at Je7cot@msn.com
or call
781-762-1611.

www.norwoodmemorycafe.com

Please join the Norfolk Sheriff's Office in conjunction with the Norwood Council on Aging on Thursday February 14, 2019 at 1:00 P.M at the Norwood Council on Aging for a meet and greet with Norfolk County's new Sheriff, Jerome P. McDermott.

Sheriff McDermott looks forward to meeting the residents of Norwood and discussing programs available to all Norwood seniors. Refreshments will be served.

Please sign up at the front desk or call 781-762-1201



Winter is here!

**Please remember that if the
Norwood Public Schools are
closed due to
inclement weather the Senior
Center will also be closed.**

Nanci's Trip Corner**MGM****Springfield**

<>Exciting Casino Bonus!!<>

\$20.00 Casino Slot Play &

\$10.00 Food Credit

Tour Cost: 35.00

Tour Date: March 25, 2019 (Monday)

Tour Departs: 8:00AM

Return Home: 5:00PM

Sign Up

**Trip would be cancelled in dangerous
weather conditions**

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Entrees for you to enjoy.

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can also purchase some of their products.

Tour Cost: \$89.00

Tour Date: May 14, 2019 (Tuesday)

Sign Up

February Events

Meet and Greet

Norfolk County Sheriff Jerome P. McDermott

Thursday, February 14, 2019

1:00PM

Brightview Senior Living

"Numbers & Nibbles".

February 15, 2019

1:00PM

TRIAD

Monday

February 25, 2019

1PM

Jim Collins

Norwood Light Dept.

Bruce Hambro Presents

The Music of Barbara Streisand

February 28, 2019

1:00PM

New Policy for Large Events

In consideration to all, there will be a 4
person max for sign ups. If there is a valid
reason you cannot sign up in person then
you may call to reserve one spot and make
payment within 48 hours.

Mini-Bus Trips**Tuesday, Feb. 5- Walmart****Tuesday, Feb 12-Ihop and Ocean State****Tuesday, Feb 19-Twin River****Tuesday, Feb 26-Burlington Coat Factory****Lunch with the Town Manager**

Tony Mazzucco will be here on
February 12th at noon time to join those
who are having lunch that day.
Come join him for lunch, or a cup of coffee.
It is a great chance to chat and get to know
the new town manager.

Norwood COA Senior Center Bus Route**Effective 01/1/2017****PICK UPS AT HOUSING AUTHORITY***William Shyne Circle**Willow Wood (Adams Street)**Brookview Circle**Nahatan Street -***DAILY SHOPPING TRIPS**

**Mon– Fri MEDICAL APPOINTMENTS AND TRANSPORTATION UPON REQUEST BY
CALLING THE FRONT DESK 24 HOURS PRIOR TO YOUR PICK UP TIME AT (781) 762-
1201 PRESS # 6 FOR TRANSPORTATION.**

Monday - Local Trips**Tuesday** - Walmart (1st Tuesday of each month)**Tuesday** - Out of town trips (2nd,3rd, and 4th weeks of month) 10 people min.**Wednesday**-Local Trips**Thursday** - The Big Y/ Dollar Store or Shaw's-No other Trips**Friday** - Local Trips**BUS RULES**

1. ONE ROUND TRIP TRANSPORT PER HOUSEHOLD PER DAY

**2. RIDERS MUST CALL 24 HOURS BEFORE DAY OF PICK UP
NO TRANSPORTS WILL BE MADE ON THE DAY YOU CALL.**

**3. THERE IS A 3-BAG LIMIT FOR EACH SHOPPING TRIP. CASES OF WATER, SODA,
PET FOOD, ETC WILL BE CONSIDERED ONE BAG. UNFORTUNATELY, NO EXCEP-
TIONS WILL BE MADE. PLEASE DO NOT OVERLOAD YOUR BAGS.**

***ANYONE EXCEEDING THE 3 BAG LIMIT WILL BE ASKED TO MAKE OTHER
ARRANGEMENTS FOR TRANSPORTATION.**

Trish's Outreach Message

Hello everyone,

I hope you enjoyed your holidays. Holidays are "supposed to be" happy events but they can also bring stress. Hopefully, the stress of the holidays has subsided now. There are all sorts of stress that befall us. It is easy to let it overwhelm us but it is also something that can be managed to a degree. Here are some tips for coping with stress (courtesy of the CDC website):

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Here are some healthy ways you can deal with stress:

Take care of yourself

- Eat healthy, well-balanced meals
- Exercise on a regular basis
- Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol. These may seem to help with the stress. But in the long run, they create additional problems and increase the stress you are already feeling.
- Take a break. If news events are causing your stress, take a break from listening or watching the news.
- Get plenty of sleep

The Norwood Senior Center can help with many of these options. Our exercise classes provide a nice workout. While each person has different physical issues, everyone in the class does as much as they can. It's not a competition, the idea is to keep moving! Andrew, Diane and their crew provide healthy meals. I am available to anyone who needs an ear, has a problem that needs solving or to help with anything else that is bringing trouble or stress. We can't help much with the part about getting plenty of sleep but we won't wake you until it's time to close if we see you sleeping!!

All my best,

Trish

Interface Mental Health Referral Service: 888-244-6843

February 2019				
Mon	Tue	Wed	Thu	Fri
				1 Baked Haddock Super Bowl
4 Soup & Sand- wich	5 Turkey Dinner	6 No Lunch	7 Breakfast Buffet	8 Salmon
11 Soup & Sand- wich	12 Turkey Dinner	13 No Lunch	14 Chicken Parm	15 Seafood Medley
18 School Vacation	19 School Vacation	20 School Vacation	21 School Vacation	22 School Vacation
25 Soup & Sand- wich	26 Turkey Dinner	27 No Lunch	28 Salisbury Steak	

FREE TAX ASSISTANCE

Free tax assistance is available for low and moderate income seniors through the Tax Aide Program of AARP. Trained volunteers will be at the center on Tuesdays beginning February 5, 2019. Appointments must be made in advance by calling 781-762-1201 Ext. 5. **Appointments will be taken beginning Monday, January 7, 2019.** Seniors must bring any federal and state forms received in the mail as well as all W-2 and 1099 forms, real estate tax bill, water bills, proof of all tax exempt income, and if possible copies of 2017 federal and state returns.



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NORWOOD SENIORS' MEETINGS & ACTIVITIES

NORWOOD RECREATION DEPT/CIVIC GYM: Call 781-762-0466 for further information.

SENIOR BOWLING: Every Thursday morning at the Norwood Sports Center at 9:30 AM. This is a mixed league and three strings are played for **\$6.00**.

SENIOR SUPPERS: Norwood Hospital offers a Senior Supper Program consisting of soup, entrée and a drink in the cafeteria from Monday through Friday, served from 4:45 PM to 6:45 PM. **The cost is \$5.50.**

REGULAR PROGRAMS AND ACTIVITIES AT THE SENIOR CENTER

Monday	Flex & Firm	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Tai Chi	10:00 AM ~ \$2.00 per class
	Gentle Exercise	10:45 AM ~ \$2.00 per class
	Cribbage	12:45 PM
	Handcrafters	1:00 PM
Tuesday	Aerobics	9:00 AM ~ \$2.00 per class
	Yoga for Everyone	10:00 AM (sit or stand class) ~ \$2.00 per class
	Line Dancing:	
	One class- all levels	1:00 PM -2:00PM
Wednesday	Whist	12:45 PM
	Flex & Firm	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Gentle Exercise	10:00 AM—11:00 AM ~ \$2.00 per class
	Bingo	12:45 PM
	Computer Club	1:00 PM all skill levels are welcome
Thursday	Aerobics	9:00 AM ~ \$2.00 per class
	Contract Bridge	9:00 AM
	Yoga for Everyone	10:00 AM ~ \$2.00 per class
	Scrabble	1:00 PM
	Active For Life	2:30PM \$2.00 per class
Friday	Flex & Firm	8:00 AM to 9:00 AM ~ \$2.00 per class
	Yoga w/Posture & Bal.	9:00 AM to 10:00 AM - Grace Furnari ~ \$2.00
	Gentle Exercise	10:00 AM to 11:00 AM ~ \$2.00 per class
	Zumba	11:00 AM to 12:00 PM - \$2.00 class
Mon. - Fri.	Walking in the Gym	9:00 AM to 10:30AM

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Norwood COA, Norwood, MA

06-5147

Monday	Tuesday	Wednesday	Thursday	Friday
February 2019				
4 8:00 Flex & Firm 9:00 Zumba 10:00 Tai Chi 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters	5 9:00 Walk with Nanci 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	6 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 Blood Pressure 12:45 Bingo 1:00 Comp. Club	7 9:00 Walk with Nanci/ Watercolors 9:30 Contract Bridge 10:00 Yoga 11:15 Tap Class 1:00 Scrabble	1 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 12:30 Wii Bowling
11 8:00 Flex & Firm 9:00 Zumba 10:00 Tai Chi 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters	12 9:00 Walk with Nanci 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	13 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 Blood Pressure 12:45 Bingo 1:00 Comp. Club	14 9:00 Walk with Nanci 9:30 Contract Bridge 10:00 Yoga 11:15 Tap Class 1:00 Scrabble	15 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 12:45 Cribbage 7:00 Friends Dance
18 President's Day Center is Closed	19 9:00 Walk with Nanci 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	20 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 Blood Pressure 12:45 Bingo 1:00 Comp. Club	21 9:00 Walk with Nanci 9:30 Contract Bridge 10:00 Yoga 11:15 Tap Class 1:00 Scrabble 1:30 Memory Cafe	22 8:00 Flex & Firm 9:00 Yoga w/Grace 9:00 Manicures 10:00 Gentle Exercise 11:00 Zumba 12:45 Cribbage
25 8:00 Flex & Firm 9:00 Zumba / Waxing 10:00 Tai Chi / Book club 10:45 Gentle Exercise 1:00 TRIAD	26 9:00 Walk with Nanci 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	27 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 Hearing Solutions 12:45 Bingo 1:00 Comp. Club	28 9:00 Walk with Nanci 9:30 Contract Bridge 10:00 Yoga 11:15 Tap Class 1:00 Scrabble	



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