

NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

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October 2022

**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

We hope this newsletter finds you all well. October is a beautiful month filled with apple picking, fall foliage trips, crisp, cool air, and let's not forget Halloween. Do you remember when you were young and you thought and planned all month for what you would "be" on Halloween? So much fun and excitement!

Remember, our hot lunches are again being served Monday, Tuesday, Thursday and Friday. Andrew is always open to suggestions for new additions to the menu. Please come in for a wonderful, abundant lunch and you won't have to worry about cooking dinner.

We would like to remind all of our members to please sign up for the programs here at the center, even if there is no charge. This helps us set the rooms up according to the number of participants.

The Norwood Senior Center welcomes everyone over 60 years of age. Please don't be alone and lonely. We are waiting to welcome you.

Until then, we wish you all a happy fall season filled with good health and happiness.

Stay well, Kerri





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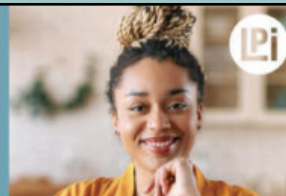
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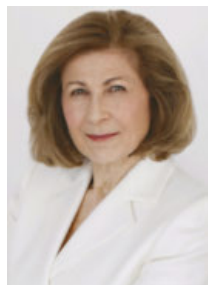
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Fall Bus Trips

New Hampshire's Castle In The Clouds

A delicious full course luncheon at Hart's Turkey Farm. After lunch, enjoy the beauty of the Lakes Region, tour the estate of the eccentric millionaire Thomas Plant's "Castle in the Clouds", a view of Lake Winnepesaukee and the surrounding mountains, meadows and streams.

October 3, 2022 (Monday)

Tour Cost: \$109.00

New Hampshire Turkey Train

You will travel to scenic New Hampshire and enjoy the changing colors of sugar maples which signal nature's change of seasons. On your arrival at the station, you'll board the Scenic Railroad dining car for your train ride. Also you will be served a delicious full course luncheon featuring Hart's Turkey Farm. After, head back on the bus for local sightseeing and foliage viewing.

Oct. 12, 2022 (Wednesday)

Tour Cost: \$99.99

Look forward to our December trips
Yuletide Newport – December 5, 2022
Reagle Players - December 10, 2022

No refunds within two weeks of trip.

Fox Tours strongly encourages folks to be vaccinated.



COA Board Meeting

Thursday, October 6, 2022

1:00 PM

Friends of COA follows

Halloween Traditions In Boston

Anthony Sammarco

Thursday, October 13th at 1:00 PM

ZUMBA Party in PINK

Friday, October 14th 11:00 - 12:30

Benefit for Breast Cancer Research

Coffee and Conversation with

Town Manager Tony Mazzucco

Monday, October 17th at 11:00 AM

War of 1812

Dotty Tells All!

Historical Portrayal.

Friday, October 21st at 1:00 PM

Friends of COA Dance

Friday, October 21st at 7:00 PM

\$10.00-Dave Valerio

Celebrate Fall with a Sing Along with hosts

Dan McCarthy & Greg Plowman.

Fall Refreshments will be served.

Friday, October 28th at 1:00 PM

SHINE UPDATE

Our SHINE counselor, Carole, continues to assist people with Medicare needs. In person appointments are now available to people who are fully vaccinated. Appointments by telephone are available to those not vaccinated. Please call our front desk on 781-762-1201 ext. 5, to make an appointment.

Carole is here on Tuesdays,

10:00AM to 2:00PM

Norwood Memory Cafe Inc.

www.norwoodmemorycafe.com Com

Thursday, October 20, 2022

1:30 - 2:30

Banjo Ragtimers

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

For more information please contact:

Jean Cotton, MS, Gerontology, C.D.P.

at Je7cot@msn.com or call: 781-762-1611.

**Thank you to the Norwood Police and Fire Departments
for sponsoring our end of year Tuesday Night Dinners!**





Computer Club

One hour open discussion group.

Meets every Wednesday at 11:30am, starting on Sept. 14, 2022. No sign-up is necessary, just come into the library room. Everyone participates in trying to help each other answer questions about hardware and software on all types of computers PC's, IPAD's, smart phones, tablets, laptops, etc.

Digital Photo Club

One hour open discussion group

Meets 1st and 3rd Wednesdays of the month at 10:30am, starting on September 21, 2022. No sign-up is necessary, just come into the library room. Everyone participates in trying to help each other answer questions about taking digital photographs and editing those using Windows versions of Picasa and/or Photoshop Elements.

Basic Micro Soft Windows Class-Classes will begin in October.

Instructions on the Basic use of the Windows Operating Systems

Drop in Tech Class

Beginning in October, staff from the Morrill Memorial Library will be here two mornings a month to help with cell phones, and tablets. More Information to follow.

Computer Lab

There are four computers in the library available for your use. If others are in the room we ask for you to please respect their space.

Bus Schedule

Oct. 4 - Walmart
Oct. 6 - Big Y
Oct. 7 - Shaw's

Oct. 11 - Trails Tour
Oct. 13 - Big Y
Oct. 14 - Shaw's

Oct. 18 - Ocean State
Oct. 20 - Big Y
Oct. 21 - Shaw's

Oct. 25 - Christmas Tree
Oct. 27 - Big Y
Oct. 28 - Shaw's

Medical Appointment Transportation

We are excited to offer out of town medical rides to Norwood residents who are 60 and older.

- Available Monday - Friday
- A minimum of 72 hours (3 working days) advance notice is required. Rides are not guaranteed.
- Canton, Walpole, Westwood, Dedham, Foxboro, Newton and Needham.
- Caregivers are welcome to accompany rider.
- Walkers and transport chairs are allowed but rider must be able to get into and out of the van independently. The van is not wheelchair accessible.
- Masks are recommended at all times while riding any town vehicle.

BUS RULES

1. ONE ROUND TRIP TRANSPORT PER HOUSEHOLD PER DAY

2. RIDERS MUST CALL NO LATER THAN 24 HOURS BEFORE DAY OF PICK UP. NO TRANSPORTS WILL BE MADE ON THE DAY YOU CALL. BUS FILLS QUICKLY.

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 EXCEPTIONS WILL BE MADE. PLEASE DO NOT OVERLOAD YOUR BAGS.**

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

Kathleen's Outreach Letter

Hi!

I hope you are all well. Just a few reminders this month:

The Norwood Farmers Market is open until October 18th. If you haven't come in to the Senior Center to pick up your farmers market coupons yet, please do so. As of this writing, we still have some available.

Self Help Applications – As soon as the 2022-2023 Application for **new** applicants is released, I will put a message on my voice mail and start taking appointments. In the meantime, please begin gathering the documentation that was listed in the September newsletter. If you need a list of documents please call me and I will send that to you. In addition to the list in the September newsletter, you will need to include photo identification and social security cards for all members in your household.

Renewal Self Help Applications – If you haven't completed your renewal application, please try and get that in as soon as possible. If you need assistance completing this application, please give me a call and we can schedule a time to meet. Or we can discuss the documents you will need to drop off to me and then you can come back in and sign the application prior to my mailing it.

SNAP/EBT – Some EBT cards have recently been compromised by a skimming scam. Thieves were able to get EBT and PIN numbers from many people in Massachusetts. To get ahead of this, the Department of Transitional Assistance (DTA) asked people to proactively change their PIN. If you didn't, DTA removed the PIN from your card which essentially locked your card. You will need to change your PIN prior to using your card. Your funds haven't been lost; you just aren't able to use them until you change your PIN. To change your PIN call DTA at 800-997-2555. If you have trouble changing your PIN, please call the DTA Assistance Line at 877-382-2363 or call me and I can help you. DTA is suggesting you change your PIN every month, just prior to receiving your monthly benefit. Do not give your PIN to anyone. DTA will not ask you for your PIN by text or email.

Medicare Open Enrollment runs from October 15th through December 7th. During this annual window, Medicare plan enrollees can reevaluate their coverage and make changes or purchase new policies if they want to do so. To make an appointment with our SHINE Counselor, please call the front desk at the Senior Center.

St. Timothy's is starting a Bereavement Group on October 12th at 11:00am. For more information, please call St. Timothy's at 781-769-2522.

I think that's all for now. Hope you are enjoying the fall season!

Kathleen

781-762-1201 x3

krooney@norwoodma.gov

Fitness Classes

Flex and Firm with Steve - a fun class with a mix of aerobics, weights, and stretching

Tai Chi with Steve - Helps reduce stress and anxiety, and it also helps increase flexibility and balance. If you're looking for a way to reduce stress, consider tai chi

Gentle Exercise with Steve - a fun class that is done mostly in a chair with a combination of weights and stretching.

Yoga - Yoga is a type of exercise in which you move your body into various positions in order to become more fit and/or flexible, to improve your breathing, and to relax your mind. We have 3 different instructors who offer 3 different levels – come try which one works best for you!

Zumba with Alba - The Zumba Gold fitness program is designed to meet the needs of the aging population. Like the traditional Latin inspired Zumba workout, the Zumba Gold workout incorporates many of the dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity.

Pilates with Lorella - Pilates emphasizes proper postural alignment, core strength and muscle balance.

Fitness room available daily



Monday, 12:30 Learn to play Mah Jong

Monday, 12:45 Cribbage

Tuesday, 9:00 Bridge

Tuesday, 12:30 Mah Jong

Tuesday, 12:45 Whist

Wednesday, 12:45 Bingo

Thursday, 9:00 Bridge

Thursday, 12:30 Mah Jong

Thursday, 1:00 Scrabble

Friday, 12:30 Learn to play Mah Jong

Friday, 12:45 Cribbage

Pool table available daily



HESSCO NUTRITIONIST AT THE COA

Come meet with nutritionist, Kelsey, for her new monthly office hours here at the senior center.

Thursday, October 27, 2022

1:30 - 3:00 by appointment only

30 Minute appointments

No cost for this program.

Open to discuss the following topics: Overall healthy eating and recipes, Diabetes education, heart disease education and anything else you would like to discuss!

Call to schedule your appointment
781-762-1201 ext. 5

Name: _____

Date: _____

All About Autumn

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Word List:

APPLES
CHESTNUTS
COOL
ELECTIONS
FOOTBALL
HALLOWEEN
MAIZE
PEARS
SCARECROW
THANKSGIVING

AUTUMN
COBWEB
CORNUCOPIA
FALL
FROST
HARVEST
NOVEMBER
PIE
SCARF
TREES

BOUNTY
COLORS
COSTUMES
FEAST
GHOSTS
HAYRIDE
NUTS
PUMPKINS
STUFFING
TURKEY

BRISK
COLUMBUS
CRANBERRIES
FOLIAGE
GOURDS
LEAVES
OCTOBER
RAKE
SWEATERS
VETERANS

October, 2022

Mon	Tue	Wed	Thu	Fri
			Lunch - \$5.00 Soup - \$2.00 Chowder - \$3.00	
3 Soup & Sandwiches	4 No Lunch	5 No Lunch	6 Chicken, Broccoli & Ziti	7 Fish Cakes
10 Center is Closed	11 Turkey Dinner	12 No Lunch	13 Roast Pork	14 Baked Haddock
17 Soup & Sandwiches	18 Turkey Dinner	19 No Lunch	20 Chicken Pot Pie	21 Salmon
24/31 Soup & Sandwiches	25 Turkey Dinner	26 No Lunch	27 Salisbury Steak	28 Baked Haddock

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Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 Flex and Firm 9:00 Tai Chi/Zumba 10:00 Gentle Exercise 11:00 Line Dance 12:30 Handcrafters/Mah Jong 12:45 Cribbage 3:00 Yoga with Lorella	4 10:00 Yoga w/Judy 11:30 Handcrafters 12:30 Mah Jong 12:45 Whist 2:00 Line Dance With Nancy	5 8:00 Flex and Firm 9:00 Zumba 10:00 Gentle Exercise 11:00 Pilates 12:45 Bingo	6 9:00 Bridge 10:00 Yoga 11:00 Pencil Art 11:30 Tap Class 12:30 Mah Jong 1:00 Scrabble/COA Board 3:00 Yoga with Lorella	7 8:00 Flex and Firm 9:00 Yoga with Grace 10:00 Gentle Exercise 11:00 Zumba 12:30 Learn to Play Mah Jong 12:45 Cribbage
10 Center is Closed	11 10:00 Yoga w/Judy 11:30 Handcrafters 12:30 Mah Jong 12:45 Whist 2:00 Line Dance With Nancy	12 8:00 Flex and Firm 9:00 Zumba 10:00 Gentle Exercise 11:00 Pilates 12:45 Bingo	13 9:00 Bridge 10:00 Yoga 11:30 Tap Class 12:30 Mah Jong 1:00 Scrabble 3:00 Yoga with Lorella	14 8:00 Flex and Firm 9:00 Yoga with Grace 10:00 Gentle Exercise 11:00 Zumba 12:30 Learn to Play Mah Jong 12:45 Cribbage
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24 8:00 Flex and Firm 9:00 Tai Chi/Zumba 10:00 Gentle Exercise 11:00 Line Dance 12:30 Handcrafters/Mah Jong 12:45 Cribbage 3:00 Yoga with Lorella	25 10:00 Yoga w/Judy 11:30 Handcrafters 12:30 Mah Jong 12:45 Whist 2:00 Line Dance with Nancy	26 8:00 Flex and Firm 9:00 Zumba 10:00 Gentle Exercise 11:00 Pilates 12:45 Bingo	27 9:00 Bridge 10:00 Yoga 11:30 Tap Class 12:30 Mah Jong 1:00 Scrabble 3:00 Yoga with Lorella	28 8:00 Flex and Firm 9:00 Yoga with Grace 10:00 Gentle Exercise 11:00 Zumba 12:30 Learn to Play Mah Jong 12:45 Cribbage
31 8:00 Flex and Firm 9:00 Tai Chi/Zumba 10:00 Gentle Exercise 11:00 Line Dance 12:30 Handcrafters/Mah Jong 12:45 Cribbage 3:00 Yoga with Lorella				



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