



# NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

Kerri McCarthy, *Executive Director*  
Sheila Pransky, *Outreach Coordinator*  
Nanci Kelleher, *Program Coordinator*  
Ellen Rano, *Senior Bus Driver*  
Anne Marie Shea, *Program Assistant*  
Lawrence Thomas, *Senior Custodian*

Tom Tobin, *Chairman*  
Ted Mulvehill, *Vice Chairman*  
Delia Bartucca, *Secretary*  
Fran Kenney, *Member*

**April 2017**

**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**

Hello and welcome to April. April is a special month for many reasons; Spring is in the air, the weather is getting warmer, and most importantly, it is National Volunteer Month.

What is National Volunteer Month? It is a celebration of people in action and honoring people who dedicate themselves to selfless work. It is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their community.

The Norwood Senior Center has been and continues to be the fortunate recipient of the hard work, dedication, loyalty and love of so many volunteers who work diligently week after week and year after year at our receptionist desk, leading programs, servicing the café and handcrafters who are always knitting and sewing to donate their goods to others.. We are so fortunate to have so many wonderful people who help us keep the senior center operating.

We will be having a Volunteer Luncheon this year and it will be held in early fall. But today we want to congratulate you for a job well done and want you to know how very much you are all appreciated and loved. Thank you for all you do.

During this month we are also honoring all residents of Norwood that are 90 and over. We will be having our celebration on April 27th. If you are 90 and over and didn't receive an invitation please call the center.

Happy Easter and Passover, Kerri

## **Norwood Town Elections**

**Monday April 3, 2017.**

**Polls are open 7:00 am to 8:00 pm.**

**Arts & Crafts:** Offered Every First Thursday of each month at **11:00 am**.

**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 will be announced soon.

**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:** Hellenic Health Care 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.** Kindred Care on the 5th.

**BOOK CLUB:** Our next Book Club will be meeting on **April 24th at 10:00am**

**BRIDGE:** Our Bridge Club meets on **Thursdays at 9:15 am.** in the Library. **The Tuesday group has been cancelled.**

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

**COUNCIL ON AGING:** COA Board Meeting will be held on **April 6th** at 1PM.

**CRIBBAGE:** Our seniors meet every **Monday at 12:45 pm.** to play cribbage.

**DIABETES WORKSHOP:** Diabetes Workshop will be held on **April 27th** at 11:00AM

**DIGITAL PHOTO ORGANIZATION & EDITING:** The first and third Wednesday 11:30-12:30

**EXCEL CLASSES:** Excel classes have resumed. Please sign up.

**FOOT DOCTOR:** Dr. Michael Mitri is scheduled to be here on **April -please call for exact day-** \$35.00 charge

**FRIENDS EVENING DANCE:** **April 21st**  
7PM-10PM Johnny Rampino

**GLEE CLUB:** Glee Club meets every **Tuesday at 11:15am.** **New members are always welcome**

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

**Line Dance** Classes are held each **Tuesday.**  
**Class will be held from 1PM-2PM**

**MAH JONG :** Mah Jong players meet Monday, Wednesday, and Friday 10am-Noon. **Learn to play Mah Jong** -Thursday and Fridays @ 1PM

**Manicures:** 1/2 hr. \$10.00 Thurs. April 28th  
9:00AM—11:30AM please sign up

**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.**

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

**OIL PAINTING:** No Oil Painting class is offered at this time

**SCRABBLE:** **Thursday afternoon at 1:00 pm.** Come and join us for a game.

**SHINE:** Our SHINE Counselor, **Carol,** is here to help you with your medical insurance needs on **Tuesdays from 10:00 am. - 2:00 pm.** Please call 781-762-1201 for an appointment.

**TRIAD:** Monday, **April 24th @1:00PM**

**WATER COLOR:** The next session is scheduled for Thursday, April 13th at 9:00 am. Payment of \$20.00 must be made at time of sign up.

**WAXING**— Monday, April 24th, 9am-noon

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

**WHIST PARTY:** Whist parties will be held on the **4th Friday** of each month **12:45pm. - 3:00 pm.**

**Norwood Memory Café**

Thursday April 20th 2017

1:30-3:30

Refreshments served

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

**We need Your help!**

If you or a loved one served our  
country, our the community we would  
like you to be part of an intergenerational  
program here at the Senior Center in  
May. We would like to display any  
memorabilia that you may have from  
your service. The program is called For  
Those who Served...We Thank You!  
We need your help to make this  
program a success. Over 80 Norwood  
High School students will visit the  
center to tour the displays.

Please call Kerri at 781-762-1201 for  
more information.

All Items will be returned.

**New-Meditation**

Lorella will be here on April 24th at  
10:45am to offer a new Meditation  
Class.

The first class is free and going  
forward the class will be \$2.00

Please sign up the class is limited to  
20 participants.

**Poetry Corner***SEASHORE GOSSIP*

The waves told the gull,  
And the gray gull listened.

The gull told the sand,  
And the wet sand glistened.

The sand told a sandpiper.  
He said, "Peep!  
What a splendid secret-  
Too good to keep."

So he told a rock,  
And the rock said, "Never!"  
The rock told a shell,  
And the shell said, "Clever!"  
A fat little crab answered,  
"Good for him!"

Did you hear the secret?  
John learned to swim!

By J Lillian Vandevere

**The First Ladies****April 7, 2017 at 1PM**

Bob Jackson will tell of the interesting  
chronicles of our First Ladies. He will ex-  
plain how the educated present-day First  
Lady has a greater impact/influence in  
the role of a White House hostess than  
the earlier modest First Ladies.

**Please sign up**

**Nanci's Trip Corner****Cruising The Charles River!!**

Boston Sightseeing Tour  
Luncheon at The Cheesecake Factory  
Narrated Charles Riverboat Cruise.  
May 25,th 2017 Thursday  
Tour Cost: \$79.00

**The Norwood Theatre**

Lunch-Theatre Combo Package  
For a special performance of  
'Bye Bye Birdie'  
Wednesday, June 7th, 2017  
Cost:\$30.00  
Checks made payable to  
The Norwood Theatre

**Boston's Tall Ships**

The Tall Ships will once again parade into  
Historic Boston Harbor and you will be able to  
View them close up on a narrated sightseeing  
cruise from Commonwealth Pier.  
June 19th, 2017  
Tour cost: \$79.00

**Maine Lobsterbake**

Look for more information to follow

See Nanci for information and to sign up  
781-762-1201 Ext 4  
*Payment in full for day trips.*

**April Events**

**COA Board Meeting**  
**Thursday, April 6th**  
**1PM**

**Bob Jackson**  
**The First Ladies**  
**Friday, April 7th-1PM**

**Line Dance with Dave Valerio**  
**Tuesday, April 18th**  
**1PM- \$5.00**

**Musical Bingo**  
**Friday, April 21st**  
**1PM**

**90's and over Luncheon**  
**Thursday, April 27th**  
**Invite only**

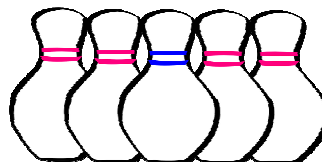
**Learn To Play Mah Jong**  
**Lessons are held on Thursday**  
**and Friday afternoons**  
**1PM-3PM**

**Mini-Bus Trips**

Tuesday, April 4th- Walmart  
Tuesday, April 11th- Kohl's  
Tuesday, April 18th -Twin River \*10 min  
Tuesday, April 25th- No Bus

**WII Bowling**

Come join the fun on  
Fridays at 12:30



**Norwood COA Senior Center Bus Route****Effective 01/1/2017****PICK UPS AT HOUSING AUTHORITY***William Shyne Circle**Willow Wood (Adams Street)**Brook View 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 ( **No other pick ups between 8:30-12:30**)**Friday** - Shaw's Supermarket ( **No other pick ups between 8:30-12:30**)**THURSDAY AND FRIDAY SHOPPING PICK UPS BEGIN AT 8:30am****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.**

## OUTREACH

Dear Seniors,

Many people ask me questions concerning their Social Security. Did you know you could get many answers online? If you are able to use the Internet, establishing a “My Social Security” Account is a great way to access all your Social Security information. If you need assistance, just stop by or give me a call and I can assist you. You can get a record of all your working years, and earnings as well as lots of other information about Social Security and Medicare.

Take a look at:

<https://www.ssa.gov/myaccount/>

*If you do not receive benefits, you can:*

- Request a replacement Social Security card if you meet [certain requirements](#);
- Check the [status](#) of your application or appeal.
- Get your [Social Security Statement](#), to review:
  - Estimates of your future retirement, disability, and survivors benefits;
  - Your earnings once a year to verify the amounts that we posted are correct; and
  - The estimated Social Security and Medicare taxes you’ve paid.
- Get a [benefit verification letter](#) stating that:
  - You never received Social Security benefits, Supplemental Security Income (SSI) or Medicare; or
  - You received benefits in the past, but do not currently receive them. (The letter will include the date your benefits stopped and how much you received that year.); or
  - You applied for benefits but haven’t received an answer yet.

*If you receive benefits or have Medicare, you can:*

- Request a replacement Social Security card if you meet [certain requirements](#);
- Get your [benefit verification letter](#);
- Check your benefit and payment information and your earnings record;
- [Change your address and phone number](#);
- [Start or change direct deposit](#) of your benefit payment;
- Get a [replacement Medicare card](#); and
- Get a [replacement SSA-1099 or SSA-1042S](#) for tax season.

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*Also, a reminder, we are hosting the “Over 90 Luncheon” the end of April. If you, or anyone you know is going to be 90 years old or older by the end of 2017, you should receive an invitation in a few weeks. If you don’t receive an invitation, let me know and I will be sure you are included.*

Warm Regards,

*Sheila*

Sheila Pransky, LICSW, Outreach Coordinator  
781-762-1201, x 3



April 2017				
Mon	Tue	Wed	Thu	Fri
<b>3</b> Soup & Sandwich	<b>4</b> Turkey Dinner	<b>5</b> No Lunch	<b>6</b> Meatloaf Dinner	<b>7</b> Baked Haddock
<b>10</b> Soup & Sandwich	<b>11</b> Turkey Dinner	<b>12</b> No Lunch	<b>13</b> Breakfast Buffet	<b>14</b> Center Closes at Noon-No
<b>17</b> Vacation	<b>18</b> Vacation	<b>19</b> Vacation	<b>20</b> Vacation	<b>21</b> Vacation
<b>24</b> Soup & Sandwich	<b>25</b> Turkey Dinner	<b>26</b> No Lunch	<b>27</b> Special Event -No Lunch	<b>28</b> Salmon

## Morrill Memorial Library Outreach Home Delivery Service

The library provides this service ***free of charge*** to Norwood residents who are unable to come to the library due to special needs, illness or disability.

We can deliver specific books you have requested, or our librarians can select books for you matching your interests or favorite authors. Our extensive **large print** collection includes best-sellers as well as timeless classics.

If you want to try a **magnifier**, we have them in varying sizes and magnification levels. We also have **Books on CD** as well as **CD Players**. **Playaways** can also be delivered, which are pre-loaded portable audio books, used with earphones.

If you would like this service,  
if you know of someone who would,  
or if you are interested in becoming an outreach volunteer, please contact us:

**Phone: 781-769-0200 x228**

**Email: [bwylser@minlib.net](mailto:bwylser@minlib.net) or [nling@minlib.net](mailto:nling@minlib.net)**

# BASEBALL TEAMS WORD SEARCH PUZZLE



ASTROS  
ATHLETICS  
BLUE JAYS  
BRAVES  
BREWERS

CARDINALS  
DIAMONDBACKS  
DODGERS  
GIANTS  
INDIANS

MARINERS  
MARLINS  
PADRES  
PHILLIES  
PIRATES

RANGERS  
ROCKIES  
ROYALS  
WHITE SOX  
YANKEES



## 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 to 6:45 PM. **The cost is \$5.50.**

### REGULAR PROGRAMS AND ACTIVITIES AT THE SENIOR CENTER

<b>Monday</b>	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
<b>Tuesday</b>	Handcrafters	1:00 PM
	Aerobics	9:00 AM ~ \$2.00 per class
	Square Dancing	9:00 AM to 10:00AM
	Pinochle	10:00 AM
	Yoga for Everyone	10:00 AM (sit or stand class) ~ \$2.00 per class
<b>Wednesday</b>	Line Dancing: One class- all levels	1:00-2:00PM
	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
<b>Thursday</b>	Bingo	12:45 PM
	Computer Club	1:00 PM all skill levels are welcome
	Aerobics	9:00 AM ~ \$2.00 per class
	Contract Bridge	9:30 AM
	Yoga for Everyone	10:00 AM ~ \$2.00 per class
<b>Friday</b>	Scrabble	1:00 PM
	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
<b>Mon. - Fri.</b>	Gentle Exercise	10:00 to 11:00 ~ \$2.00 per class
	Zumba	11:00 to 12:00~ \$2.00 class
	Walking in the Gym	9:00 AM to 11:00 AM

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 Flex & Firm 9:00 Zumba /massage 10:00 Tai Chi 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters	4 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	5 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Blood Pressure/Dig Photo</b> 12:45 Bingo 1:00 Computer Club	6 9:00 Aerobics 9:30 Contract Bridge 10:00 Yoga 1:00 Scrabble 2:00 Active For Life	7 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 12:30 <b>Wii Bowling</b>
10 8:00 Flex & Firm 9:00 Zumba 10:00 Tai Chi 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters	11 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	12 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Blood Pressure</b> 12:45 Bingo 1:00 Computer Club	13 9:00 Aerobics/ Watercolors 9:30 Contract Bridge 10:00 Yoga 1:00 Scrabble 2:00 Active For Life	14 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 12:00– <b>Center Closing</b>
17 <b>Senior Center Closed</b> <b>Patriot's Day</b>	18 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	19 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Blood Pressure-Dig Photo</b> 12:45 Bingo 1:00 Computer Club	20 9:00 Aerobics 9:30 Contract Bridge 10:00 Yoga 1:00 Scrabble 1:30 Memory Cafe 2:00 Active For Life	21 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 7:00 <b>Friends Dance</b>
24 8:00 Flex & Fir m 9:00 Zumba/waxing 10:00 Tai Chi /Book club 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters/TRIAD	25 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	26 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 Hearing Solutions 12:45 Bingo 1:00 <b>Computer Club</b>	27 9:00 Aerobics 9:30 Contract Bridge 10:00 Yoga 11:00 Diabetic Workshop 1:00 Scrabble 2:00 Active For Life	28 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 12:45 Whist Party 1:00 Friday Movie
