



NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

*Kerri McCarthy, Executive Director
Kathleen Rooney, Outreach Coordinator
Nanci Kelleher, Program Director
Ellen Rano, Senior Bus Driver
Deirdre Carney, Transportation Outreach
Tony Sperdigliozi, Senior Custodian*

Allan Howard, *Chairman*
Fran Kenney, *Vice Chairman*
Carolyn MacLeay, *Secretary*
Kaylene Bechet, *Member*
Martha Colamaria, *Member*

February 2025

**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 volunteers 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

I hope this message finds you well. We would like to extend a warm invitation for you to join us at the Norwood Senior Center. Our center is a wonderful place where older adults can not only stay active and engaged but also make new friends and create meaningful connections.

Socialization is incredibly important, especially as we grow older. It has been shown that spending time with others, participating in activities, and being part of a supportive community can have a positive impact on both our mental and physical well-being. Whether it's through lively conversations, group activities, or shared hobbies, being around others helps keep our minds sharp and our spirits high.

We offer a variety of programs tailored to different interests and abilities. There's something for everyone, whether you enjoy fitness classes, card games, educational workshops, or just meeting new people over a cup of coffee.

We understand that life can sometimes make it difficult to stay connected, but we truly believe that the bonds you'll form here can add joy and fulfillment to your everyday life. Come visit us and discover how much fun it can be to socialize, stay active, and engage in the many opportunities our center offers.

Please feel free to stop by anytime. We can't wait to welcome you to our center!

Stay well, Kerri





FEBRUARY

©LPI

Nanci's Trips 2025

Hello to all of my Happy Travelers!

Encore Casino Trip

February 20, 2025

Thursday

Cost: \$39.00

Sign up – Spots are going fast!

A One of a Kind Trip to “Pickity Place”

*A Five Course Gourmet Luncheon

*Parker's Maple Gift Barn, NH

April 28, 2025

Monday

\$129.00

Sign Up & Make Payment

Back by popular demand!

Life Transition Binder

Gather all your important documents
and directives in one spot!

March 19, 26 April 2, & 9, 2025

4pm-5:30pm

Cost is \$50.00

SHINE UPDATE

Our SHINE counselors, Carole and Jill
continue to assist people with Medicare
needs. Please call our front desk at
781-762-1201 ext. 5, to make an
appointment.

Carole is here on Tuesdays

Jill is here on Wednesdays

10:00AM to 2:00PM

Heart Health and Cholesterol
Presented by Home Helpers Home Care
Tuesday, February 11 at 1:00pm

Flower Pot Snowman Paint Class
Thursday, February 13th -\$20
9:00am-11:30am

Valentine's Party
The Elderly Brothers
Dessert will be served
Friday, February 14th at 1pm

Lunch and Learn
Gillooly Funeral Home
Tuesday, February 18th
12:30pm

Design your own Greeting Card
Thursday, February 27th at 10:00am
\$5.00

Impact Norwood
Community Conversations with students
Wednesday, February 19th at 11:00am

Sign up required for all events.

Norwood Memory Cafe Inc.

www.norwoodmemorycafe.com

Thursday, February 20, 2025

1:30 - 2:30

John and Linda

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.



Nursing & Rest Home Ombudsman

Elder Services

- Become trained and certified as an Ombudsman.
- Create your own volunteering schedule.
- Protect and educate about residents' rights.
- Help residents resolve their concerns or issues.

You can make a difference!



For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910, or (781) 930-0200, or visit us online at www.sselder.org/volunteer/

Our Program's Territory Includes:

Braintree • Canton • Dedham • Foxboro • Hingham • Medfield • Millis • Milton • Norwood • Quincy • Randolph • Scituate • Sharon • Walpole • Weymouth • Wrentham

KRAW-KORNACK FUNERAL HOME

Pre-Need Funeral Counseling Planning Available

NORWOOD 781-762-0482

Family
John Paul Kornack
Director
Owned & Operated

Your Health Is Our Priority



- Pharmacy Services
- Free Delivery
- Most Plans Covered
- Diabetic Supplies
- Fill Prescriptions Quickly
- Flu Shots and Immunizations
- Vitamins, Homeopathic, Pain, Cold Medications

781-349-8895 • NorwoodPharmacy.com
54 BROADWAY, NORWOOD
Owned and Operated by the Pharmacist

20% OFF
on OTC w/Transfer or
New Prescription



Advanced Podiatry

FOOT AND ANKLE SPECIALIST

ACCEPTING NEW PATIENTS

From general foot care to complex foot pain issues,
put your feet health in our hands.

For Appointments Call: 781-762-5155

95 Chapel St., Suite 3C, Norwood, MA, 02062

www.advancedpodiatryma.com/offices/norwood-office

MICHAEL MITRY, DPM, DABPM - Board Certified Podiatrist, Raised in Norwood

Fulfilling days. Every day.

Call to schedule your personalized tour.



We provide exceptional assisted living and bar-raising memory care.

THE LINDEN
AT DEDHAM

Dedham - (781) 285-6328
TheLindenAtDedham.com



Movement is good for your heart!
Let us help you to Move Well again!



Michelle Donohue
PT, Owner



Melissa Parrish,
PT, DPT

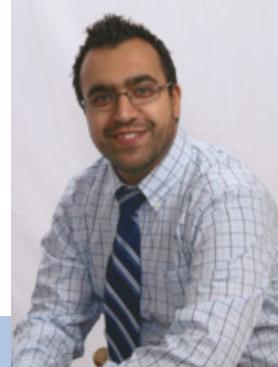


Lois Norton,
PT



RAMA PLAZA - 898B Washington Street, Norwood - 781-269-5850
www.movewellptnorwood.com

**Do you need a local
Norwood Podiatrist? Give
our Norwood office a call!
781-762-5155**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Norwood COA, Norwood, MA 06-5147

A letter from The Norwood Police Department

Hi Everyone! Hope the winter months are treating you well and you are staying warm.

I wanted to take this month to go over some very important safety tips, especially during these colder months.

1. Stay Warm – dress in comfortable layers and make sure your heating system is working appropriately, and you are ready for drops in temperature.
2. Stay Active and Social – although the cold weather keeps us indoors, make sure you are staying active and checking in with friends and family.
3. Stay Hydrated and Healthy – drink plenty of water, keep up with immunizations and rest when you are not feeling well. Even a common cold is no joke during the winter!
4. Be Careful in Snow or Icy Conditions – wear good nonslip shoes or boots, keep sidewalks and driveway clear, ask for help!
5. Drive Safely – avoid driving in bad weather. If you must drive, make sure your car is winter ready with proper tires, antifreeze and a full tank of gas.



I know you all are active and enjoying the senior center, no matter what the temperature is outside but it is very important to take care of yourself. Please ask for help whenever you need it! This is especially important when you are out and about, driving and in areas you may not be familiar with. If you no longer recognize your surroundings don't be ashamed to ask for help or directions. Pull over to a safe location and ask for assistance. The police department is always a call away and will help get you where you need to be.



Stay safe, see you soon!

January Trivia Question: What were the nicknames given to the members of the first modern police force, the Metropolitan Police Service in London? "Peelers" after Sir Robert Peel.

February Trivia Question: How many law enforcement agencies are in the United States?



We hope 2025 is off to a great start! At the Norwood Senior Center, we're committed to keeping you informed and connected with important updates, news, and services that matter most to you. To ensure you never miss a crucial update, we're reaching out to kindly request that you update your contact information.

Why is this important?

We're planning to send out more automated calls with important updates regarding class cancellations, information on trips, programs and weather delays and we want to make sure the information reaches you promptly. These calls will be from our telephone number here at the Norwood senior Center. By keeping your contact details up to date, you'll never miss out on essential news.

If you do not want to receive automated calls please let us know you would like to opt out.

Please update the following information:

- Phone Number: Make sure we have your current phone number on file, so we can reach you without delay.
- Email Address: Stay informed with our emails about upcoming events, important announcements, and more.
- Emergency Contact: In case of urgent matters, please provide the name and contact details of someone we can reach out to on your behalf.

How to update your information:

1. Call us at 781-762-1201. One of our staff members will help you update your contact details.
2. Email- You can easily update your info by emailing us at seniorcenter@norwoodma.gov
3. Front Desk-Stop by the front desk and one of us will be happy to help.

We would love for you to follow our Facebook page at Norwood Senior Center/Council on Aging.

If you have any questions or need assistance, please don't hesitate to reach out to one of us. We're here to help!

Thank you for staying connected with us.

Bus Schedule

Feb.4- Walmart

Feb. 6- Big Y

Feb. 7- Shaw's

Feb. 11- Trader Joes

Feb.13- Big Y

Feb 14- Shaw's

Feb.18- Kohls-Aldi's

Feb.20- Big Y

Feb. 21- Shaw's

Feb. 25-Market Basket

Feb. 27- Big Y

Feb.28- Shaw's

Our capacity is for **3 shopping bags per person** and **1 Big Y/ Shaw's shopping trip per person, per week** (not including Tuesday Trips).

You can book a week in advance, or the day before to secure your place on the bus.

Unfortunately you may be asked to make other arrangements if you exceed the bag limit.

For Bookings Call:

781-762-1201 Ext.7



Welcome to Norwood's Council on Aging Transportation! It's Dee, Ellen and the Team here with all your Transport needs!

As a senior resident of Norwood we provide you with Medical rides throughout town and to surrounding towns such as Dedham, Canton, Westwood, Walpole and as far as Foxboro, Wellesley, Needham, Newton, Norfolk and Waltham.

We **prioritize medical appointments** and offer curb to curb transportation. We provide a fully equipped bus with a wheelchair lift (Norwood only), 2 vans and an electric car with a fantastic driver crew.

As a resident who can no longer drive and has no one to take you, our fabulous drivers can bring you to crucial destinations such as the post office, the bank, shopping and the Senior Center.

We'll need a minimum notice of 1 day for In Town rides (up to 1 week at a time) and a minimum of 3 days notice for Out of Town Medicals (up to 2 months in advance).

We aim to accommodate as many people as possible, however the need is great and so rides are not guaranteed. We can only accept a maximum of 3 requests per person, per week and ask that you let us know of a cancellation as soon as possible so we can offer that time to our next wonderful resident.

First pick up 8:15am & last drop home 3:30pm - Mon-Fri

Call us for In-Town Transportation at:

781-762-1201 Ext.7

For Out of Town Medical Transportation Call:

781-762-1201 Ext.6

Safe & Happy Travels with the Norwood Senior Center!

Kathleen's Outreach Letter

Hello!

Happy Valentine's Day. I was thinking of when I was a kid and we handed out little Valentine cards and maybe a piece of candy to everyone in our class? Let's bring that back. Imagine the joy you'll give someone by handing them a valentine just to say I was thinking of you. I will have some cards and candy in my office if anyone wants to stop by and pick out a card to give to someone. Here are a few things to make you aware of this month:

Massachusetts Senior Circuit Breaker Tax Credit – You may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2024 is \$2,730.

Who is eligible?

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by December 31 of the tax year.
- You must file a Schedule CB with your Massachusetts personal income tax return.
- You must own or rent residential property in MA and occupy it as your primary residence.
- For tax year 2024, your total Massachusetts income doesn't exceed:
 - \$72,000 for a single individual who is not the head of household.
 - \$91,000 for a head of household.
 - \$109,000 for married couples filing a joint return.
- If you are a homeowner, your MA property tax payments, together with half of your water and sewer expense, must exceed 10% of your total MA income for the tax year.
- If you are a renter, 25% of your annual MA rent must exceed 10% of your total MA income for the tax year.
- The assessed valuation of the homeowner's personal residence as of January 1, 2024, before residential exemptions but after abatements, cannot exceed \$1,172,000.

The Schedule CB must be completed within 3 years from the last day for filing the return, without regard to any extension of time to file.

Disaster Relief Charity Scams – Many people in the United States have lost their homes and belongings as a result of hurricanes last year and the Los Angeles Fires this year. If you plan to donate to a charitable organization seeking donations for disaster relief, please double check that it is a legitimate organization. Unfortunately, scammers profit from posing as representatives of charities seeking donations. The FCC posted these steps to take to help protect you from fraud:

- **Donate to trusted, well-known charities** - Verify a charity's legitimacy through its official website.
- **Verify all phone numbers for charities** - If you need to contact a charity by phone, check the charity's official website to see if the number you have is legitimate.
- **Do not open suspicious emails** - If you receive a suspicious email requesting donations or other assistance, do *not* click on any links or open any attachments. Scammers regularly use email for phishing attacks and to spread malware.

Self Help Home Energy Assistance Program – Applications are accepted through April 30, 2025. Please contact me to make an appointment to complete an application.

I hope you enjoy the month of February. Please stop in, call, or email me with any questions.

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

Fun & Games

Monday, 12:30 Learn Mah Jong
Monday, 12:45 Cribbage
Tuesday, 9:00 Bridge
Tuesday, 12:30 Mah Jong
Tuesday, 12:45 Whist
Wednesday, 12:45 Bingo
Wednesday, 1:00 Mexican Train Dom.
Thursday, 9:00 Bridge
Thursday, 12:30 Mah Jong
Thursday, 1:00 Scrabble
Friday, 12:30 Learn Mah Jong
Friday, 12:45 Cribbage

Pool table available daily.

Hearing Aid Clinic

Beth Levine, Audiologist at Hearing Solutions
will be here on Thursday, February 13, 2025
1pm-3pm offering complimentary consultations
and hearing aid cleaning/checks.



Please call the Senior Center to schedule an
appointment 781-762-1201 ext. 5

Winter Weather Policy

Please remember that if the
Norwood Public Schools are closed due to
inclement weather the Senior Center will also be closed.
Updates can be found on our Facebook Page.
You can always call the center to get more information.



Word Twist

Valentine's Day

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



Eacnmor _____

Pdicu _____

Thrae _____

Erfslwo _____

Ocaohletc _____

Terewhtsae _____

Tenfcioaf _____

Skis _____

Aerfyubr _____

Ndiatoora _____

February 2025

Mon	Tue	Wed	Thu	Fri
3 BLT and Soup	4 Turkey Dinner	5 No Lunch	6 Meatloaf	7 Baked Haddock
10 Chicken Salad and Soup	11 Turkey Dinner	12 No Lunch	13 Chicken Pot Pie	14 Salmon
17 Center is closed	18 School Vacation	19 School Vacation	20 School Vacation	21 School Vacation
24 Chicken Salad and Soup	25 Turkey Dinner	26 No Lunch	27 Barbeque Chicken	28 Baked Haddock

I'VE MOVED



LYSSA
PHILLIPS
RN, SRES, PSA



Coldwell Banker Realty
692 High St
Westwood, MA 02090
C. 781-414-6250
Lyssa.Phillips@cbreality.com



COLDWELL BANKER REALTY

Not intended as a solicitation if your property is already listed by another broker. Affiliated real estate agents are independent contractor sales associates, not employees. ©2024 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logo are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Norwood COA, Norwood, MA 06-5147

Supporting our local
communities since 1831.

 **Dedham Savings**

185 Central Street, Norwood

Member FDIC. Member DIF.

www.dedhamsavings.com

 **OneLocal**

Everyday Banking.

Norwood | Foxboro | Plainville | Norfolk

781-762-1800

onelocalbank.com

Member FDIC | Member DIF | Equal Housing Lender




JEN CONLEY
REAL ESTATE
 **COLDWELL BANKER | REALTY**

Jen.Conley@CBRealty.com • **508-265-3824** • JenConleyRealEstate.com

GILLOOLY
Funeral Home

126 Walpole Street, Norwood, MA 02062

Phone: 781-762-0174
www.GilloolyFuneralHome.com

A Service Family Affiliate of
AFFS and Service Corporation International
178 Winter Street, Fall River, MA 02720
508-676-2454

Get the quality service you can count on


jc. jacobs
CO., INC. F.M. 1926

PLUMBING & HEATING COMPANY IN NORWOOD

Quality, professional solutions for all
of your plumbing problems.

24 hour answering service available when you need it

781-762-1600

We're dedicated to providing you with
quality, affordable plumbing solutions.

Master Plumber #7846, #12537

Expert Guidance for Senior Moves

"I'm a seasoned full-time Realtor® and lifelong Norwood resident with a background as a senior healthcare executive. My passion for real estate drives me to offer tailored guidance and clear communication. Immersed in this community, I provide deep local market insights and enjoy helping seniors achieve their real estate goals. Feel free to reach out—I'd love to connect!"



Folsom & May Funeral Home

85 NICHOLS ST., NORWOOD, MA 02062

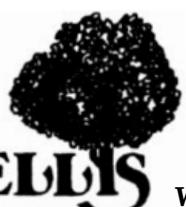
PREPLANNED FUNERALS ARRANGED

781-762-1509

Robert Folsom - Director

WWW.FOLSOMFUNERAL.COM

Proudly owned and
operated by the
A. Franchi Family
"Celebrating Over
50 Years"



**REHABILITATION
& NURSING CENTER**

(781) 762-6880

www.TheEllis.com

135 Ellis Ave., Norwood, MA 02062



The Care Your Family Needs

Estate Planning • Elder Law/Long Term Care Planning/MassHealth
Special Needs Planning • Guardianships and Conservatorships
Probate • Trust and Estate Administration • VA Benefits



121 Central Street, Suite 202, Norwood
www.bostonestatelawyer.com
(781) 821-8800


**NORWOOD
HEARING
CENTER**



470 Washington St.

Solutions for all budgets. Insurance accepted.

-  **Free Hearing Tests** *Call Today*
-  **All styles, major brands**
-  **36 months 0% Financing**

NorwoodHearingCenter.com **(774) 203-4177**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Norwood COA, Norwood, MA 06-5147

FRIENDS OF THE NORWOOD COUNCIL ON AGING

FEBRUARY NEWSLETTER

Ballroom Dance Friday February 21st at 7pm

With Live Music By: Dave Valerio

The dance will be in the Senior Center from 7 to 10 PM.
The \$12.00 admission fee includes: coffee, tea, goodies and door prizes.



MEMBERSHIPS

***Alicia Taft, *Beverly O'Neill, Louise Marinelli, *Eunan McCafferty, William & Barbara Glavin, *Charlie & Marie Coffin, *Mary E. Foley, *Ms. Marie Difraia, *Barbara J. Connolly, *Anne Benson & *Rose Akeke**

MEMORIAL DONATIONS (Thank You)

In Memory of: Clair O'Neil By: Jackie Leonard

In Memory of: Clair O'Neil By: Barbara Schippers



**Friends of the COA
c/o Norwood Senior Center 275 Prospect St. Norwood, MA 02062**

*The purpose of this corporation
is to conduct fundraising
activities to support The
Norwood Council on Aging and to
carry on any and all legally
permissible activities.*

President: Gerard Cole

Vice President: Open

Secretaries: Jeanne Vautour and
Kathy Scarpone

Treasurer: Christina Robinson Davis

Public Relations: Maggie Fitzmaurice

FRIENDS OF THE NORWOOD COUNCIL ON AGING

MEMBERSHIP APPLICATION

NAME: _____
ADDRESS: _____
ZIP CODE: _____
TELEPHONE: _____
E-MAIL: _____
Here are my membership dues for 2025. I enclose: \$5.00

Please make checks payable to: Friends of Norwood COA

FRIENDS OF THE NORWOOD COUNCIL ON AGING

A MEMORIAL GIFT

If you wish to honor a living or departed friend or relative, you may do so by sending a monetary gift in any amount to: "Friends of Norwood COA ". Friends and families of the Individuals you have honored will be notified with a memorial gift card. Your donation amount will not appear on the card. Donations of \$100 or more will result in a memorial plaque being placed on a display board in the Senior Center.

Date: _____ Amount of Gift: _____

Given By Name: _____

Address: _____

City: _____ **Zip:** _____

Please make checks payable to Friends of Norwood COA

SEND MEMORIAL CARD

IN MEMORY OF: _____

IN HONOR OF: _____

SEND ACKNOWLEDGEMENT CARD OF DONATION TO:

NAME: _____

ADDRESS: _____

COMMEMORATING: _____

**Mail to: Friends of COA, C/O Norwood Senior Center,
275 Prospect St., Norwood, MA 02062**

Valentine Words

E	E	O	C	D	B	T	R	A	E	H	T	E	E	W	S	H	G	R
O	R	J	U	N	E	R	G	B	H	G	S	M	H	R	S	T	N	A
E	I	R	S	P	M	A	I	C	E	T	F	Q	E	I	O	N	I	E
T	S	K	U	E	I	E	R	F	A	R	N	R	R	O	S	N	L	B
A	E	I	O	N	N	H	D	P	I	N	K	E	R	I	P	E	R	Y
L	D	S	R	D	E	D	A	E	S	O	H	E	E	D	U	C	A	D
O	R	S	O	E	S	D	N	S	W	C	R	E	E	T	R	S	D	D
C	O	E	M	A	O	D	E	Y	A	I	B	V	E	O	R	L	H	E
O	S	S	A	R	S	N	N	N	M	G	O	E	M	R	S	U	G	T
H	E	N	E	M	R	H	D	D	D	T	T	A	L	I	E	V	O	L
C	S	S	S	E	I	Y	A	I	I	V	N	T	E	O	T	C	B	F
O	H	G	D	N	S	T	P	O	S	C	Z	V	A	M	V	U	F	R
C	U	N	M	T	E	U	N	N	E	M	B	R	A	C	E	E	Y	E
H	E	L	E	R	C	D	N	O	I	T	C	E	F	F	A	D	D	D
T	I	E	C	E	C	A	N	D	L	E	L	I	G	H	T	P	W	V
A	W	E	S	D	R	I	B	E	V	O	L	T	E	U	Q	U	O	B
S	S	S	R	E	W	O	L	F	K	E	J	E	W	O	R	R	A	X
V	E	U	D	M	C	A	R	D	S	X	F	E	B	R	U	A	R	Y
R	C	B	U	R	E	H	C	Y	E	N	O	H	E	S	R	M	K	Z

Word List:

ADORE	AFFECTION	AMOROUS	ARROW
BELOVED	BEMINE	BOUQUET	CANDLELIGHT
CANDY	CARDS	CHERISH	CHERUB
CHOCOLATE	CUPID	DARLING	DEAR
DESIRE	DEVOTION	EMBRACE	ENDEARMENT
FEBRUARY	FLOWERS	FOURTEENTH	FRIENDS
HEART	HONEY	HUGS	KISSES
LOVE	LOVEBIRDS	PINK	POEM
RED	ROMANCE	ROSES	SECRETADMIRER
SWEETHEART	SWEETS	TEDDYBEAR	TENDERNESS



**SUCCESS
STAFFING AGENCY**
sstaffingagencylc@gmail.com
774-277-9330

- Recruiting of healthcare workers
- Provision of 24 hour care, personal care
 - Activities of daily living
 - Errands and transportation
- Companionship • Home exercises
 - Light house keeping
 - Escort to activities



Victoria Haven

Exceptional Short-Term Rehab & Skilled Nursing Care

137 Nichols Street, Norwood, MA

781-762-0858



SUPPORT OUR ADVERTISERS!

WE'RE HIRING! AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit 4ipicommunities.com



Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



4ipicommunities.com/adcreator

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

**CONTACT ME
Karen Fontaine**

kfontaine@4ipicommunities.com

(800) 477-4574 x6350



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4ipicommunities.com Norwood COA, Norwood, MA 06-5147

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 Flex and Firm 9:00 Tai Chi/Zumba 10:00 Gentle Exercise 11:00 Line Dance with Pat 12:30 Handcrafters/Mah Jong 12:45 Cribbage 3:00 Yoga	4 8:30 Bone Building w/Grace 9:00 Bridge 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 1:00 Mexican Train Dominoes	6 9:00 Bridge 10:00 Yoga 11:00 Pencil Art 11:15 Tap Class 12:30 Mah Jong 1:00 Scrabble 3:00 Yoga	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 National Wear Red Day for Women's Heart Health!
10 8:00 Flex and Firm 9:00 Tai Chi/Zumba 10:00 Gentle Exercise 11:00 Line Dance with Pat 12:30 Handcrafters/Mah Jong 12:45 Cribbage 3:00 Yoga	11 8:30 Bone Building w/Grace 9:00 Bridge 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/ Blood Pressure 12:45 Bingo 1:00 Mexican Train Dominoes	13 9:00 Bridge 10:00 Yoga 11:15 Tap Class 12:30 Mah Jong 1:00 Scrabble 3:00 Yoga	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
17 President's Day Center is closed 8:30 Bone Building w/Grace 9:00 Bridge 10:00 Yoga w/Judy 11:30 Handcrafters 12:30 Mah Jong 12:45 Whist 2:00 Line Dance with Nancy	18 8:30 Bone Building w/Grace 9:00 Bridge 10:00 Yoga w/Judy 11:30 Handcrafters 12:30 Mah Jong 12:45 Whist 2:00 Line Dance with Nancy	19 8:00 Flex and Firm 9:00 Zumba 10:00 Gentle Exercise 11:00 Pilates 12:45 Bingo 1:00 Mexican Train Dominoes	20 9:00 Bridge 10:00 Yoga 11:00 Pencil Art 11:15 Tap Class 12:30 Mah Jong 1:00 Scrabble / Memory Cafe 3:00 Yoga	21 8:00 Flex and Firm 9:00 Yoga with Grace/ Waxing 10:00 Gentle Exercise 11:00 Zumba 12:30 Learn to play Mah Jong 12:45 Cribbage 7:00 Friends Dance
24 8:00 Flex and Firm 9:00 Tai Chi/Zumba 10:00 Gentle Exercise 11:00 Line Dance with Pat 12:30 Handcrafters/Mah Jong 12:45 Cribbage 3:00 Yoga	25 8:30 Bone Building w/Grace 9:00 Bridge 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/Blood Pressure 12:45 Bingo 1:00 Mexican Train Dominoes	27 9:00 Bridge 10:00 Yoga 11:15 Tap Class 12:30 Mah Jong 1:00 Scrabble 3:00 Yoga	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
Drop in Tech Help February 14th and 28th 10:30– Noon	Special Pop up class with Lorella Natural Healing to improve Immune System Feb, 13 at 8:30 am Please sign up	Special Pop up class with Lorella Somatic Movement Move and Live Pain Free Feb, 27 at 8:30 am Please sign up		