



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*
Program Assistant
Deirdre Carney, *Transportation Outreach*
Tony Sperdigiozzi, *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

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

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.

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

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](tel:781-762-1611).



- 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

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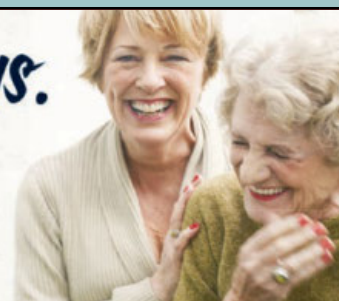
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RT/Owner



**Melissa Parrish,
RT, DRT**

Lois Norton,
RT

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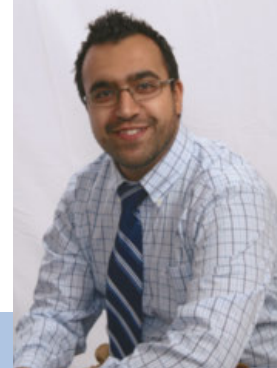
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MICHAEL MITRY, DPM, DABPM - Board Certified Podiatrist, Raised in Norwood



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



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!

Eachnmor _____

Pdicu _____

Thrae _____

Erfslw _____

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
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C. 781-414-6250
Lyssa.Phillips@cbrealty.com


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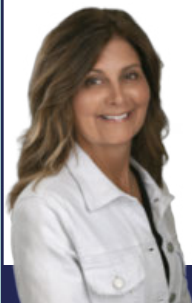
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"I'm a seasoned full-time Realtor® and lifelong Norwood resident with a background as a senior healthcare executive. My passion for real estate drives me to offer tailored guidance and clear communication. Immersed in this community, I provide deep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

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

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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

I am enclosing an additional Contribution of: \$ _____ for a total of \$ _____

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
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 H E L E R C D N O I T C E F F A D D D
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 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
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
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 HUGS
 PINK
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CONTACT ME
Karen Fontaine

kfontaine@lpicommunities.com

(800) 477-4574 x6350



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	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		