



January 2022

HAPPY NEW YEAR

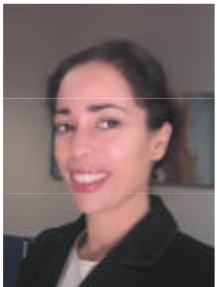
Senior Center Newsletter

Mayor Benjamin G. Blake

Chairperson Lillian A. Holmes

Executive Director Leonora C. Rodriguez

Serving the Specialized Needs of Milford's Senior Population 9 Jepson Drive Milford, CT (203) 877-5131



Dear Members,

Happy New Year!

I wish you all only the best for 2022 as we turn the calendar over to a new year! I feel so fortunate to be part of such a wonderful community of kind and thoughtful members. I am wishing good health and happiness for each of you. Although the past two years with the presence of COVID-19 has not been what we would have ever imagined nor wanted, we march forth with new resolutions and goals for the new year. Maybe you will resolve to: learn a new hobby, join a class to become more active and fit, give back by volunteering or have lunch with a new friend. We welcome you all to join us at the Center

Our staff members and I are truly committed to making your Center a wonderful place for you to spend your time. If you are in need of assistance or have any questions pertaining to programming or another Center department, please feel free to reach out. We're only a phone call away!

Leonora C. Rodriguez
Executive Director

HAPPY NEW YEAR

Center Closing

The Center will be closed on:

Monday January 17th
in observance of Martin Luther King, Jr. Day

Inclement Weather Closings

Members can hear about weather closings affecting the Center on our Facebook page or on local TV channels; 4, 6, 7,8

MILFORD SENIOR CENTER PRESENTS



EVERY SUNDAY | 11.30 - 2.30PM

GET OUT OF THE HOUSE ON SUNDAYS WITH THE SUNDAY SOCIAL FOR PICKLEBALL, MOVIES, GAME PLAYING, CARDS, READING AND SOCIALIZING.

FOOD AND DRINK AVAILABLE!

YOU CAN RESERVE A SANDWICH MEAL FOR JUST \$3.

YOU MUST RESERVE YOUR MEAL THE FRIDAY BEFORE BY 12PM.

COMPLIMENTARY COFFEE AND JUICE FOR \$1.



LOOKING TO VOLUNTEER? REACH OUT US TO LEARN MORE ON HOW TO BECOME A MILFORD SENIOR CENTER VOLUNTEER. MUST BE AGE 16+. 203-877-5131



Medicare Beneficiaries!

Did you know premiums are increasing for 2022?

The CT Medicare Savings program may help.

Call and ask to speak with John or Christine for more information.

203-877-5131



Connect with us on Social Media!

Facebook.com/milfordSC
www.milfordctseniorcenter.com

Volume. 28 Issue 1

9 Jepson Drive Milford, CT 06460 Phone: 203.877.5131

Center Hours:

Sun 11:30 am - 2:30 pm

Mon 9:00 am- 8:00 pm

Tue -Fri 9:00 am to 4:30 pm

The Second Glance Shop Hours: M - F 9:00 am -1:00 pm

SAMHSA's Disaster Distress Hotline: 1.800.985.5990

This Hotline is available 24/7. Helpline specialists are trained to assist anyone who needs some help coping during this time.

We apologize for any errors that may appear in this newsletter.
Schedules subject to change.

To Our
January
Birthday and Anniversary
Celebrants
Best Wishes and Congrats!

Welcome New Members!

Annual membership at the Milford Senior Center is just \$15.00 and is available to Milford residents age 55+.

The office is open 9:00 am- 4:30 pm M - F for joining & renewing memberships.

Milford Senior Center
9 Jepson Drive, Milford, CT 06460.

For more information about membership, please contact us at 203-877- 5131

New Class! Retro Moves

Wednesdays 9:30 am
Auditorium Room

Join Roxie for this class of heart pumping music from the 70's and 80's in the style of Jane Fonda, Richard Simmons. This class tones the upper & lower body, and core muscles & concludes with a full body stretch.

No equipment is needed! Bring a smile & leave invigorated. This is a chair class but participants are welcome to stand.

Roxie, has 27 years experience as a personal trainer, fitness instructor and health coach.

New Class! Theatre Dance Fitness

Thursdays 10:45 am
Parquet Room

Join our tap instructor, Tina low impact dance fitness class designed to improve strength, flexibility, balance and endurance!

Each class will combine warm-ups, theatre and jazz dance steps in a safe, fun and non-threatening environment.

Tina has 25 years experience as an dancer & choreographer in film, T.V. and stage.

"How I Met Shakespeare's Twin Sister."

Thursday, January 13
1:00 pm Large Conference Room

Author Richard Seltzer, will share excerpts from his recent book, how & why he started writing, and have a Q & A .

Richard is 75 years old and for the last four years, he has lived in Milford, at

Centre Walk, next door to the Senior Center.

Over that time, Richard has written eight novels. All

Things That Matter Press has published five of them, Parallel Lives, Beyond the 4th Door, Nevermind, Breeze, Shakespeare's Twin Sister.

They also have another novel of his under contract (To Gether Tales).

Come enjoy an afternoon of literary exploration.

How to Avoid Losing Your Home and Still Qualify for Medicaid

Monday January 24
6-7 pm Large Conference Room

A common question is, "Will I have to sell or risk losing my house to qualify for long term care?" We offer strategies on keeping your home for your sake as well as your family's. Presented by Drazen Law.

VITA Tax Preparation

Sundays 11:30 am - 2:30 pm & Mondays 5-8 pm

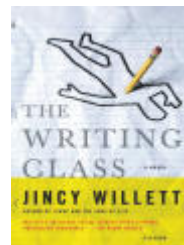
The VITA Program will be providing free income tax preparation for all ages and low income families
January 30, 2022 - April 11, 2022

Participants will be required to register by calling 211- chose option 3, then 6 or online at <https://uwc.211ct.org/tax>

Seniors Technology Assistance for You!

One on one appointments with Claire to assist you with your tech questions.

Contact Amanda, Program Director to schedule your appointment. 203-877-5131



MSC Book Club

4th Tuesday, of the month at 11:00 AM.

The January book will be:
The Writing Class
By Jincy Willett

Download book on digital reader or pick up at the Library Reference desk.

Facilitated by Rose Nolan. Please contact Rose for more info. at 203.877.2342.

AARP Smart Driver Online Courses



For measures of safety - AARP has canceled their in-person programs for January 2022. If you need to renew your car insurance discount try one of the following:

online course at your own pace!

Website: <http://www.aarpdriversafety.org>

Via a Zoom Class with a live teacher

Website: <http://aarp.cvent.com/dsvirtual>

In House Exercise Classes

MSC January Calendar 2022

Pre- Registration required for classes In **bold type**

Winter Session January 4 - February 28, 2022

Pre-Registration for the **Winter session begins Monday, December 27, 2021 at 9 am** and will be on going throughout the session as space is available.
Please only register for one(1) Linda Ball class total per week and one (1) Dee Stephens class per week.

Your membership must be current in order to register.

Remember to wear appropriate footwear for exercise classes and your MASK.
Please continue to be mindful of others personal space.

We will also be offering Zoom options concurrent to the live classes (thus creating a hybrid system) for all of Linda's and Dee's Classes.

Email Amanda for the log on Details: abmilfordseniorcenter@yahoo.com

Day	Time	Program	Teacher	Location
Monday	9:30 - 10:30 am	Laughter Yoga	Connie	Parquet Room
	9:30 - 10:30 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	10:45 - 11:45 am	Qi Gong	Hedwige	Parquet Room
	4:00 - 5:00 pm	On The Ball	Linda	Auditorium
	5:30 - 7:30 pm	Pickle Ball	None	Auditorium
	6:00 - 7:00 pm	Yoga	Beth	Parquet Room
Tuesday	9:30 - 10:30 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	10:45 - 11:45 am	Meditation	Andrea	Parquet Room
	10:45 - 11:45 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	3:00 - 5:00 pm	Corn Hole	Self-Led	Parquet Room
	4:00 - 5:00 pm	Yoga	Dee	Auditorium
Wednesday	9:30 - 10:30 am	Retro Moves	Roxie	Auditorium
	9:30 - 10:30 am	Tai Chi-Beginner	Marty	Parquet Room
	10:45 - 11:45 am	Tai Chi- Intermediate	Marty	Parquet Room
	1:00 - 3:30 pm	Pickle Ball	None	Auditorium
Thursday	9:30 - 10:30 am	Yoga	Dee	Auditorium
	10:45 - 11:45 am	Let Your Yoga Dance	Andrea	Auditorium
	10:45 - 11:45 am	Theater Dance Fitness	Tina	Parquet Room
Friday	9:30 - 10:30 am	Osteoporosis Preventive	Linda	Auditorium
	9:30 - 10:30 am	Tap Group	Self lead	Parquet Room
	10:45 - 11:45 am	Tap Class	Tina	Parquet Room
	10:45 -11:45 am	Stretch, Strengthen & Stabilize	Linda	Auditorium
	1:00 - 3:30 pm	Pickle Ball	None	Auditorium

In House Recreation Programs & Creative Classes

MSC January Calendar 2022

Appointment required for programs In **bold type** - 203.877.5131

Please continue to be mindful of others personal space.

Day	Time	Program	Teacher	Location
Monday	9:30 - 11:00 am	Band Rehearsal	Duane	Conference Room/2nd floor
	9:30 - 11:00 am	Craft Class	Maryann	Craft Room
	10:00 - 11:30 am	Ceramics	Judy	Ceramics Room
	10:00am -12:00 am	Bridge	Self Lead	Card Room
	10:30 am - 12:00 pm	Low Vision Support Group 2nd Mon.	Eileen	Conference Room/2nd floor
	1:00 - 3:00 pm	Bingo/Super Bingo 2nd Mon.	Volunteers	Auditorium
	1:00- 3:00 pm	Mahjong	Self Lead	Card Room
Tuesday	10:00 am - 12:00 pm	Chess Group/Independent play	Self Lead	Card Room
	10:00 - 11:30 am	Art Class	Gayle	Conference Room/2nd floor
	11:00 - 12:30 pm	Book Club/ Details p.3 4th Tue.	Rose	Small Conf. Room/ 2nd floor
	1:00 - 2:30 pm	Art Class	Gayle	Conference Room/2nd floor
	1:00 - 3:00 pm	Bingo	Volunteers	Auditorium
	1:00 - 3:00 pm	Quilting	Self Lead	Craft Room
Wednesday	9:00 - 12:15 am	Free Haircuts	Maria	Contact Paula in Office
	10:00 - 11:30 am	Creative Writing Class	Judy	Card Room
	10:30 – 11:30 am	Happy Hookers Knitting Group	Pat	Craft Room
	1:00 - 3:00 pm	Canasta	Self Lead	Card Room
	1:00 – 3:00 pm	Wii Bowling Available	Self Lead	Parquet Room
	2:00 - 3:00 pm	Spanish Language 1st & 3rd Wed.'s	Leonora	Music room
	1:30 - 2:45 pm	Beginners Ukulele 2nd & 4th Wed.'s	Leonora	Music room
Thursday	10:00 - 12:00 pm	Writers Unlimited 1st & 3rd Thur.'s	Anne-Marie	Card Room
	11:00 am - 12:00 pm	Italian Hour	Ana	Music room
	1:00 - 3 :00 pm	Bingo	Volunteers	Auditorium
	1:00 - 3 :00 pm	Wii Bowling Available	Self Lead	Parquet Room
Friday	10:00 - 11:30 am	Ceramics Class	Judy	Ceramics Room
	10:00 - 11:30 am	Tones Chimes New time begins 1/14 10:30 - 12 :00	Rosemary	Conference Room/2nd floor
	1:00 pm	Movie Matinee Available Participants Pick from Netflixs	Self Lead	Parquet Room

Online Pre-Registration Instructions

Winter Session January 4 - February 28, 2022

Pre-Registration for the *Winter* session begins Monday, December 27, 2021 at 9 am and will be on going throughout the session as space is available. Please only register for one (1) Linda Ball class total per week and one (1) Dee Stephens class per week.

Classes requiring pre-registration are indicated on the In House Exercise Class Calendar on page 4.

Your membership must be current in order to sign up.

<https://schedulesplus.com/milford>

- ⇒ Type the link above into your browser.
- ⇒ Click green login button
- ⇒ Enter your phone number no area code & use a dash (111-1111)
- ⇒ Click Green Search button
- ⇒ Click on your name
- ⇒ On your welcome screen click Register button
- ⇒ Click on the name of the class
- ⇒ Find the day and time of the class
- ⇒ Click Blue add to cart button
- ⇒ Repeat this process for each class you want to take.
- ⇒ Click yellow check-out button
- ⇒ Review registration
- ⇒ If all is good Click the grey save and proceed button
- ⇒ If you need to make a change, click Cancel-return to cart button and repeat process above.
- ⇒ Once on final review page click yellow complete my order button
- ⇒ Print or email yourself your receipt



Title VI: Do you know your rights under Title VI ?

Title VI ensures that no person in the United States shall on the grounds of race, color, national origin, sex, age or disability be excluded from participation in, be denied, the benefits of, or be otherwise subject to discrimination under any program or activity receiving Federal funding.

Milford Council on Aging supports Title VI.

For more information contact Human Resources Manager, Liz Kassay.

Memorial Donations:

Donations in honor of someone can be made to:
The Milford Council on Aging 9 Jepson Drive, Milford CT, 06460
Attention: Leonora C. Rodriguez, Executive Director



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Senior Center Services

Contact us at: **203.877.5131**

Social Services

Our **Social Services Coordinator, Christine Lyas, CRS-A/D, DCP** provides assistance with the challenges of aging to those 55 and older, as well as to disabled adults of any age. Referrals can be made to assist you for personal care, housework or food preparation, housing and assists with completing applications.

Additionally, **Smriti Saxena, Wellness Assistant & Nick Olshansky, Social Service Worker** are available to support concerns of older adults.

For assistance in these areas please call (203) 877-5131 and ask to speak to someone from social services or email:
CLmilfordseniorcenter@yahoo.com

Senior Benefit Enrollment

To qualify, you must be a Medicare eligible senior or a person with a disability. You may be eligible for one or more programs including: Medicare Part D Extra Help/ Low-Income Subsidy, Medicare Savings Programs, Medicaid, Supplemental Nutrition Assistance Program (SNAP), or Low-income Home Energy Assistance Program. Contact our **Senior Benefit Specialist, John Cornelius**, for an appointment.

Ahrens Program

The Ahrens Program is a respite and social-based program designed for persons with mild cognitive impairments. It provides a safe space to enjoy stimulating activities and socialization while offering caregivers needed personal time.

Program is open Monday– Friday 9:30 am to 1:30pm

If you would like to schedule an interview or would like more information please contact:
Christine Lyas, Social Services Coordinator

Transportation

Milford Senior Center members 55 and above, or disabled adults of any age are eligible to use our transportation services for medical appointments (within 7 miles of the senior center), grocery shopping and to the Center. Contact our **Transportation Supervisor, Denise Arpino**.

Out-of-town service please contact
Milford Transit, 203.874.4507.

Milford Food Bank

We are a community food bank that serves the city of Milford and the surrounding areas. The Milford Food Bank provides both perishable and nonperishable foods as well as a limited number of hygiene products.

All food is given by appointment only, for IN HOUSE shopping. All clients are given ½ hour to shop in our pantry one person at a time.

For more information or to schedule an appointment, please call **Robyn Segal, Food Bank Coordinator**, at 203.877.5131

Donations are welcome at any time.

Meals On Wheels

Meals for homebound elderly residents

For more information contact our Meals on **Wheels Coordinator, Marie Vaughn**

Community Services

Alzheimer's Association 24/7 Helpline
800.272.3900 or www.aoscc.org

Area Agency on Aging 203.785.8533

CT Dept. of Social Services 203.974.8000

CT Protective Services of the Elderly 1.888.385.4225
(SAMHSA's) Disaster Distress Hotline 1.800.985.5990

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January Menu



The cost of the Mini Lunch is \$3.00

Indoor dining and to go orders are available Monday - Friday with reservations.
 Call between 9am –1pm. 203-877-5131 Must call by 10:00 am for same day reservations.
 Seatings are at 11:30 am and 12:30 pm

M	T	W	T	F
3	4	5	6	7
Spinach Quiche Roast Potatoes Tossed Salad	Roast Pork w/gravy Mashed Potatoes Peas	Chicken Cordon Bleu Rice Pilaf & Broccoli	Sloppy Joe Potato Wedge Pickles	Baked Fish W/lemon & tartar Mac & Cheese / Green Beans
10	11	12	13	14
Swedish Meatballs Egg Noodles Mixed Vegetables	Stuffed Shells Italian Vegetables Garlic Knot	Breaded Fish Lemon & Tartar Roast Potatoes Green Beans	Lemon Chicken Rice Pilaf Buttered Peas	Sausage & Peppers Pasta Side Green Beans
17	18	19	20	21
Closed For Martin Luther King Day	Baked Fish Lemon & Tartar Rice Pilaf Broccoli	Beef Stroganoff w/mushrooms Egg Noodles Sliced Carrots	Bar-B-Que Pork Mac & Cheese Cole Slaw	Eggplant Rollatini Pasta Side Italian Vegetables
24	25	26	27	28
Salisbury Steak Mashed Potatoes Buttered Corn	Baked Ziti Tossed Salad Garlic Knot	Chicken Marsala Rice Pilaf Mixed Vegetables	Kielbasa Sauerkraut Potatoes & Carrots	Hot Seafood Roll Roasted Potatoes Cole Slaw
31				
Breaded Chicken w/gravy Mashed Potatoes Buttered Corn				

Join us at the Milford Senior Center for breakfast hour.

Wednesdays Only 9 a.m.—10 a.m. Complimentary coffee or tea.

Breakfast Menu:

Bagel with butter \$1.00 Cream Cheese \$.50 Scone with butter \$2.00

Mini Muffin with butter \$1.00 Assorted juices \$1.00 ea.

No reservations needed ~ First Come First Served Breakfast may be purchased in the dining room at the kitchen window.



Staff Spotlights



Ashia Tate has been working for Milford Senior Center as the Program Assistant for travel for the last five months.

Ashia's days are varied but include checking emails and voicemail messages and making any necessary call backs. Ashia plans trips for members so most of her time is spent contacting prospective venues and coordinating the transportation

She graduated from Norwalk Community College with a degree in Business Administration and has worked in retail for more than 6 years at Marshall's and the Sherwin-Williams Paint store, before moving on into the telemarketing business for a short while.

Aside from working at the Senior Center, Ashia also works at a Group home where she is the Program Counselor. She helps people with mental disabilities complete everyday tasks.

Ashia is most proud of graduating college and being able to teach herself just about anything. She enjoys finding new venues for the members to experience. She is looking forward to eventually planning trips outside of Connecticut.

In her spare time, Ashia enjoys doing her own nails, cooking and hot yoga.



Mr. Kanaiyalal Shah has been working at Milford Senior Center, as Desktop support Assistant since October 2006.

His role includes maintaining and updating the website and keeping the email contact lists up to date.

Mr. Shah studied and worked in India, before moving to the United States. He was the Chief Civil Engineer at the Oil and Natural Gas Corporation for 37 years, one of the premier Organizations of Government in India. During his time there he worked at different places across India, as his job was transferable. He has always enjoyed challenging jobs and prides himself on completing tasks on budget and on time.

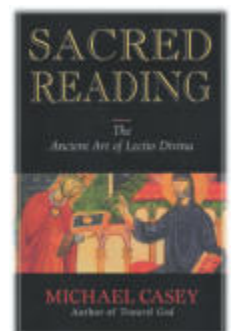
He also worked on building construction for residential quarters and multi-story office buildings. He managed the office and looked after all office administration, the awarding of contracts, payments and completion.

Mr. Shah has enjoyed all aspects of his professional life and in his personal life he is most proud of raising and educating his children.

Mr. Shah enjoys being a part of the team at the Milford Senior Center which offers a wide range of services and programs. He believes the future of the Center looks bright under the management of Executive Director, Leonora Rodriguez.



In his spare time Mr. Shah is fond of old Indian Hindi movies and TV shows and he likes to read religious books.





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– William Ewart Gladstone, Former Prime Minister of the United Kingdom

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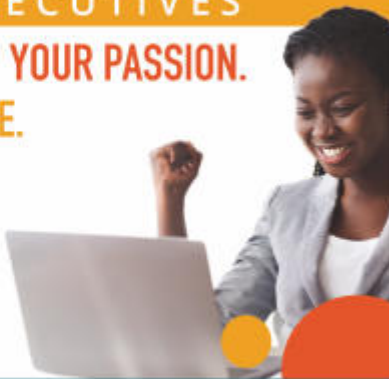
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MILFORD SENIOR CENTER

9 Jepson Drive
Milford, CT 06460

Would you like to feel more relaxed and happy in 2022?

Here are two classes that can help! Both are done standing or seated in a chair.

Meditation

Tuesdays at 10:45 am in the Parquet Room

Want to: Improve your memory and focus? Sleep better? Boost your immune system? Strengthen relationships with friends and family?

Scientific evidence from advanced imaging have demonstrated that brain cells of meditators fire together in patterns that strengthen key brain functions that impact all of these goals. You can expect to respond to life's challenges with more equanimity, and support your general well-being as you train your brain through regular meditation.

Join Andrea for Instruction and group practice.

I always leave in a very peaceful state of mind. - Debbie K

Positive, joyful energy in guiding students with breathing techniques & body movements to help us calm down our racing minds. - Tricia B

**Low Vision Support Group**

If you have vision problems, we welcome you to join us here at the Center the 2nd Monday of the Month at 10:30 am.

This is not an advocacy group rather a forum for discussion and support.

For more information contact facilitator Eileen Torow, at 203.878.8904

Laughter Yoga

Mondays at 9:30 am in the Parquet Room

"Of all the gifts bestowed on human beings, hearty laughter must be close to the top" Norman Cousins

The benefits of laughter are HUGE, so join our class with Instructor Connie. In this class they laugh, use breathing techniques and stretch (no actual yoga is done).

Benefits of Laughter on the body include:

- ☺ Releases Nitric oxide which clears plaque from our arteries
- ☺ Decreases cortisol thus relieving stress
- ☺ Strengthens the immune system
- ☺ Reduces symptoms of rheumatism and arthritis
- ☺ Improves mental functioning
- ☺ Expands lung capacity
- ☺ Releases endorphins which provide natural pain relief

**Did You Know?**

We have a Computer Kiosk Upstairs on the 2nd floor with two computers available to use for your online needs?



It is open the same hours as the building.

Let us know in the office if you would like to use one.