

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 22, ISSUE 2 | FEBRUARY–MARCH 2022

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The Senior Center will be closed to observe the following holidays:

Presidents' Day
Monday, February 21, 2022

VISIT OUR WEBSITE FOR UPDATES, RESOURCES & SIGN UP FOR OUR WEEKLY EMAIL: WWW.NORWALKSENIORS.ORG

New Board Member at NSC

We are pleased to welcome Kevin Mullins to the Norwalk Senior Center Board of Directors. "I feel so fortunate to be able to be a part of working to serve Norwalk seniors through the Norwalk Senior Center. No matter what comes our way, one of the most important things we can do is to take care of these people who are such a valuable and essential part of who Norwalk is." *Continued on page 13.*



Bright Minds

Imagine having someone to talk to that is an expert listener! Starting in February, you will be able to schedule an in-Center or Zoom appointment with a licensed therapist to talk about the things that trouble you. The health crisis is challenging everyone in many ways; give yourself the opportunity to talk with someone who will provide encouragement & support as you persevere and become stronger for it. **For more information, please call 203-847-3115 ext. 115.**

Free Tax Prep Program

We are happy to announce the Tax Assistance program will be returning to NSC! *Read more on page 16.*



ABOUT US

The Norwalk Senior Center is a private not-for-profit 501(c)(3) tax-exempt, non-sectarian organization. Our mission is to promote successful aging for 55+ adults & their families in the greater Norwalk area. The Senior Center is designated as a community focal point by the Area Agency on Aging & the Aging & Disability Resources Center for Norwalk. We work collaboratively with other service providers to enrich and improve the quality of life for mature adults, their friends & families. We offer a wide variety of educational, recreational & cultural programs, trips, exercise classes, & direct services; they are provided for free or at a reasonable cost.

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2021 - JUNE 30, 2022.
HOURS: 8:30AM – 4:30PM AT 11 ALLEN ROAD & 8:30AM-2:00PM AT 92 CEDAR ST.

Call (203) 847-3115 to reach any staff member or leave a message

STAFF: EXTENSION

Administrative Assistant: 110
Amy Nassef

ANassef@norwalksc.org

Bookkeeper: 105
Anthony Tabb ATabb@norwalksc.org

Executive Director: 103
Beatrix Lane

BLane@norwalksc.org

Front Desk Coordinator:

Carlos Bolanos

Carlos@norwalksc.org

Outreach Director: 115
Eva Beau-Span
EBeau@norwalksc.org

Program/ Meals on Wheels Coordinator: 108
Jane Wenk JWenk@norwalksc.org

Transportation Coordinator: 107
Remy Exantus
RExantus@norwalksc.org

NSC South Coordinators:

Phone: 203 299-1500

Social Services:
Maureen Eustache 101
MEustache@norwalksc.org

Programs: Giovana Ramirez 102
GRamirez@norwalksc.org (Bilingual)

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SUPPORT THE ADVERTISERS
that Support our Community!

Norwalk Senior Center continues a comprehensive series of programs designed to help you organize and plan for the future. For more information, please call the center (203) 847-3115.

SCHOLARSHIPS

The Norwalk Senior Center offers scholarships or financial assistance to our members for programs such as membership dues, exercise, transportation, computer courses, lunch, luncheons and events. If you or someone you know is in need of a scholarship please contact Eva Beau-Span at (203) 847-3115 ext. 115. Don't miss out on the fun!

VETERANS AFFAIRS

Veterans Affairs representative Ramon Agosto assists Veterans in the Norwalk Area.

Call (203) 336-2570

Visit www.connecticut.va.gov

FREE LEGAL SERVICES

1177 Summer St 4th Floor
Stamford CT, 06905
(203) 348-9216

<https://ctlawhelp.org/en/home>
CT Legal Services will be helping those who need legal assistance by phone.

Bereavement Group
1st and 3rd Thursday of the month
10:30 AM

Location: 11 Allen Road
Please RSVP by calling Eva:
(203) 847-3115 ext. 115

MEDICARE SAVINGS PROGRAM

Do you qualify for this great benefit?

Pays the Medicare premium taken out of your social security check.
Enrolls you in the Extra Help for Prescription drugs program (pays for Medicare Part D and lowers your drugs to \$3.30-\$8.25)

Can pay your Medicare co-pays.

There is no asset limit!

**To apply call Eva Beau-Span at the Senior Center
(203) 847-3115 Ext 115.**

All calls are kept confidential.

MSP INCOME LIMITS EFFECTIVE MARCH 1, 2021

The Federal Poverty Limits (FPL) have been revised for 2021. These new limits are used by DSS for updating MSP income limits for 2021, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2021.

Medicare Savings Program (MSP) income limits effective 3/1/21				
SSA COLA (1/21) 1.3 %				
SSI (1/21) \$794 (single) \$1191 (couple)				
MSP Level:	Status:	Income Limit:	Status:	Income Limit:
QMB (211% FPL)	Single	\$2,265 / mo	Couple	\$3,064 / mo
SLMB (231% FPL)	Single	\$2,480 / mo	Couple	\$3,354 / mo
ALMB (246% FPL)	Single	\$2,641 / mo	Couple	\$3,572 / mo

SENIOR HOUSING LOANS AVAILABLE

The Norwalk Senior Center will assist with housing loans; funding is made possible by the Fairfield County's Community Foundation.

This fund provides interest free loans to older adults seeking rental housing in Norwalk. Loans will be made for security deposits, moving expenses, and/or first and last month's rental payment. Applicants must be 60 years of age or older, have a household income less than \$40,700 for an individual and \$46,500 per couple. Must have less than \$5,000 in liquid assets. To apply, contact Eva Beau-Span, Outreach Director at (203) 847-3115 ext. 115.

Free Medical Equipment

The NSC has a supply of lightly used and donated walkers, crutches, canes, commodes, wheel chairs and shower chairs. These items are available to seniors free of charge to use as long as you need. *Call Carlos to inquire about equipment & arrange pick-up: (203) 847-3115 ext 104*



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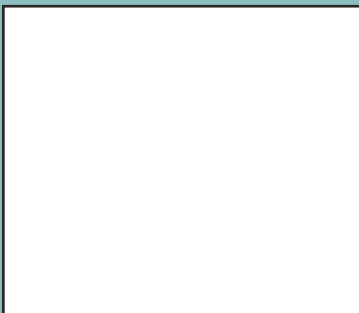
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- Long-term skilled nursing
- Geriatric assessment center

Wilton Meadows 203-834-0199
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ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpicommunities.com/advertising

Bereavement Group

1st and 3rd Thursday Every Month
10:30 AM

Upcoming Dates:
February 3rd & February 17th
March 1st & March 15th

Location: 11 Allen Road
Please RSVP by calling Eva:
(203) 847-3115 ext. 115

Hosted by Eva Beau. If you've lost a loved one, this special group offers a safe place to listen, share and be with others who are walking this often difficult path.

Everyone is welcome! Please join us!



MEALS-ON-WHEELS

For information regarding receiving or delivering Meals-on-Wheels please call our Meals-on-Wheels Coordinator, Jane Wenk:

(203) 847-3115 ext. 108

Or Email:

JWenk@norwalksc.org



DINING AT NSC

The Norwalk Senior Center is pleased to offer a high quality, nutritious and tasty daily luncheon. Reservations and cancellations are required at least 24 hours in advance by calling (203) 847-3115. THERE IS A SUGGESTED DONATION OF \$4 FOR INDIVIDUALS AGE 60 AND OLDER AND \$6.38 FOR INDIVIDUALS AGE 59 OR YOUNGER. Lunch Menus will be available on our website at norwalkseniors.org, and at the front desk.

Looking for a Covid-19 Vaccine Booster?

Go online and visit norwalkct.org/vaccine for information on local vaccine clinics, or call or visit your pharmacy.

RIDES FOR MEDICAL APPOINTMENTS:

Non-Emergency Medical Transportation provided by Veyo (855) 478-7350
Non-Emergency Medical transportation with greater flexibility and capacity to engage a range of transportation through the state in order to best serve Medicaid members.



OTHER SENIOR TRANSPORT IN NORWALK

Norwalk Transit District
(203) 852-0000
The Norwalk Transit District offers public transportation for senior citizens who ride on their Wheels buses. It is only 85¢ per ride for 65+ or disabled adults. (You must show your Medicare, ADA ID or state elderly/disabled ID card to the driver).

DISPATCH-A-RIDE

203-299-5180
Provides door-to-door transportation for elderly and disabled residents who qualify on a disability basis. Dispatch-a-Ride applications are available at the Transit District. Reservations are required and tickets are \$3.50 each way or \$35.00 for a book of 10 tickets.

PLEASE NOTE: Wheels bus cards and Dispatch-a-Ride tickets are no longer available for purchase at the Norwalk Senior Center. Please call Norwalk Transit at: (203) 299-5180



SENIOR BUS SCHEDULE

Shopping Schedule:

Monday: 9:00 a.m. – 12:00 p.m. Stew Leonard's

Tuesday: 9:00 – 12 :00 p.m. Shop Rite

Wednesday: 9:00 -12:00 p.m. Shop Rite
12:00 p.m.—3:00 p.m. Walmart

Thursday: 9:45 a.m. – 12:15 p.m. Shop Rite

Monday - Thursday: pick up for medical appointments, banks, volunteer service & workplace for seniors no later than 2:00 PM, in Norwalk only. If scheduling a ride for a medical appointment, you are required to allow for 30 minutes for the transportation

service to pick you up and transport you to your appointment (ex. for an 11 AM medical appointment, request transport starting at 10:30 AM).

NSC Transportation:

Two Morning Pickup Routes:

8:30 AM & 10:00 AM

Monday through Friday

Afternoon Trips Home:

12:30 PM

Monday through Friday

To schedule your ride, call:

(203) 847-3115 ext 107

Passenger Guidelines:

1. You must be a member of the Norwalk Senior Center and update your membership each year on July 1st; annual membership fee is \$25.
2. The fee for transportation is \$10 per month. Payment is due by the 5th of each month. There is no additional shopping fee for shopping trips leaving from our Center to the grocery store. (All passengers are required to carry their bus cards or paid receipt.)
3. At this time: proof of vaccination, face masks, and social distancing are required.
4. You must be physically able to get from your home to/from the bus including climbing three stairs on and off the vehicle. (If you utilize a wheelchair, you will receive assistance from the specialized equipment. UNDER NO CIRCUMSTANCES MAY A DRIVER ENTER YOUR HOME.
5. All passengers must wear a seatbelt while on the bus.
6. Make a reservation at least 24 hours prior to pick-up. Cancellations should be made as soon as possible. (Failure to cancel a reservation could jeopardize future rides).
7. Financial Assistance is available: Contact Eva Beau-Span at (203) 847-3115 ext 115.

FOR INFORMATION OR TO MAKE RESERVATIONS, CALL TRANSPORTATION COORDINATOR REMY EXANTUS AT (203) 847-3115 EXT. 107.

PLEASE NOTE: As of early February 2022, Programs & Activities taking place at the Senior Center are limited due to Covid-19. Any activities that are currently suspended will resume as soon as it is safe to do so. Please continue to check our website at **norwalkseniors.org** or call **(203) 847-3115** for updates. All programs and activities are subject to change. We apologize for any inconvenience and appreciate your patience.

Daily Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 4:00 Billiards	8:00 - 4:00 Billiards	8:00 - 4:00 Billiards	8:00 - 4:00 Billiards	8:00 - 4:00 Billiards
8:00 Pickleball	8:00 Pickleball	9:00 Social	8:00 Pickleball	8:00 Pickleball
10:00 Sewing Ladies	9:00 Yoga	Stitchers	10:30 Arthritis Exercise	10:00 Retired Mens Club
10:30 Enhance Fitness	10:15 Enhance Fitness	9:15 Enhance Fitness	10:30 Bereavement Support Group	10:00 Strong Steps
12:00 Pickleball	11:00 Beginner Spanish Class	10:30 Tai Chi	12:00 Pickleball	12:00 Pickleball
	12:00 Pickleball	1:00 Beginner Pickleball		
	12:00 Advanced Spanish Class			



**Our Thrift Store,
The Shop Around the Corner,
Is Currently Closed
until further notice**

Sign Up for Our Weekly Emails!

It's the best way to get news & updates right away! Sign up on our website at: **www.norwalkseniors.org/eblast**



If you aren't sure if you are signed up or not, fill out the online form and you will be notified of your email status. Be sure to check your spam/junk folder if you are not receiving your emails.

Email **ANassef@norwalksc.org** if you need help.

Visit our website: www.norwalkseniors.org



Exercise Classes

Strong Steps - Fridays at 10:00 AM

Designed by Alexis Pistone of Ivy Rehab Physical Therapy in Norwalk, this class will optimize your wellness, balance and mobility. This class provides 30 minutes of cardio, strength, and posture training.

Fee: There is no charge for this class, but registration is required.

Enhance Fitness - Mon 10:30; Tues 10:15; Wed 9:15

Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance and flexibility—everything older adults need to maintain health and function as they age. Enhanced Fitness is the second most attended senior exercise class in the country!

Instructors: Sue Ellen Chieffalo on Tuesdays; Sharon Rubinstein on Mondays & Wednesdays.

Fee: There is no charge for this class, but registration is required.

Tai Chi – Wednesdays at 10:30 AM

Tai Chi for Better Balance is an effective means of improving balance, functional limitations, and strengthening muscles, which reduces the risk of falling. Tai Chi is a low-impact dance-like exercise that can be done in almost any location. It also helps to build confidence from the fear of falling. The consequences of falls can cause significant suffering.

Instructors: Bill & Betsy Wrenn

Fee: There is no charge for this class, but registration is required.

Arthritis Exercise – Thursdays at 10:30 AM

Developed by the Arthritis Foundation, the Exercise Program uses movements created by physical therapists that address pain and fatigue while increasing strength. The Exercise Program will help you to keep joints flexible and muscles strong; sleep better; increase energy; and improve your overall outlook.

Instructor: Sharon Rubinstein

Fee: \$3 per class.

Registration is required.

Yoga – Tuesdays at 9:00 AM

A multi-level class, appropriate for those with years of experience. Yoga incorporates range of movement, exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. Bring a mat and a light blanket to class.

Instructor: Monica Keady

Fee: \$50/8 sessions.

Registration is required.

Pickleball



Pickleball combines the elements of badminton, tennis and table tennis played indoors on a badminton sized court. **Fee: NSC Members FREE; Non-Members \$4.**

Mondays, Tuesdays & Thursday: 8AM & 12PM; Wednesdays: Beginners at 1:00 PM; Fridays: 8AM, 12PM

Wednesdays at 1PM is designated time for free instruction for new players. Play protocol is to sign in and everyone alternates on and off the court. Players will be given advance notice if the indoor pickleball court is unavailable.

¡HABLAMOS ESPAÑOL!

Spanish Class

Registration is required! Please sign up for programs at the front desk or call (203) 847-3115.

Instructor: Luz Rincon

Spanish is one of the fastest growing languages. Join us and broaden your mind while having fun with your classmates.

Class Schedule:

Tuesdays: 12:00 Advanced Spanish Class

11:00 Beginner Spanish Class

Fee: \$56 for 8 classes

SWCAA , South Western Connecticut Agency on Aging, Community Update February 15, 2022 at 11:00 AM

Katy Ragen of SWCAA is full on information on free and subsidized services available to seniors in the community. This program will be offered on Zoom:

VISIT: WWW.NORWALKSC.ORG/ZOOM



Valentine's Day

Monday, February 14, 2022 at 11:30 AM

Music in the Lunch Room

Love Songs for Valentine's Day

Performed by Steve Vetible – Sponsored by Brightview

Zoom or in person, TBD. Please RSVP by Friday February 11th.

GRAB AND GO LUNCH & LEARN:

Alzheimer's Risk Factors, Age, Genetics, Overall Health and Lifestyles

Thursday, February 3, 2022

Time: 11:30AM

Sponsored by Christy Perrone, Bridges Epoch

COINS

Tuesday, March 8, 2022 at 1:00 PM

Presented by Blair Soucy, Professional Coin Dealer. Blair Soucy is an American Numismatic Association Life member.

Learn about the state of the hobby, the Mint and its products, The gold and silver bullion market, and an overview of coin and currency collecting.

Bring your coins and currency and Blair will give you an idea of value and rarity. Sign up at the front desk or call (203) 847-3115.

BRAIN GAMES

Friday, March 11, 2022 at 11:00 AM

Sponsored by Christy Perrone of Bridges Epoch



Irish Sing-a-Long in the Lunch Room

Thursday, March 17, 2022 at 11:30 AM

Sponsored by Terry Jones of Autumn Lake

Note: Please reserve your spot for lunch by March 11. *Lunch in person or to go TBD.*

READER'S CHOICE BOOK CLUB

The Norwalk Public Library Reader's Choice Book group will be meeting virtually on Zoom with the schedule below for the next book discussions:

Thursday, February 3, 2022 3:00 pm on Zoom

Paris Blue: A Memoir of First Love by Julie Scolnik

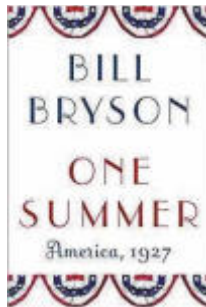


Against a magical backdrop of Paris and classical music, Paris Blue is true fairy-tale memoir (with a dark underbelly) about the tenacious grip of first love.

Thursday, February 24, 2022 3:00 PM on Zoom

One Summer: America, 1927 by Bill Bryson

In One Summer Bill Bryson, one of our greatest and most beloved nonfiction writers, transports readers on a journey back to one amazing season in American life.



**Thursday, March 24, 2022
3:00 pm on Zoom**

The Last Flight by Julie Clark



"The Last Flight is thoroughly absorbing—not only because of its tantalizing plot and deft pacing, but also because of its unexpected poignancy and its satisfying, if bittersweet, resolution. The characters get under your skin."—The New York Times Book Review.

**Please register for this program by contacting
Cynde Bloom Lahey, Director of Library
Information Services: (203) 899-2780 ext. 15133
or email: clahey@norwalkpl.org.**

Following your registration, a Zoom link will be emailed to you.

Art With Laura

Tuesdays at 12:30

Laura Overton, a local artist, has offered to open up our art studio again for a fun-filled art group setting

You will be responsible for your own materials and supplies. You can choose to bring in any art-related project you are interested in starting or finishing, the choice is yours. Laura will offer her expertise and assistance as needed.

Questions? Contact Laura at loverton59@gmail.com or by text message: 203-505-7626

ART WORKSHOP:

All workshops will have limited space and require sign up at the front desk. you will be required to either pay a small fee or be given a list of supplies to bring to class. Call (203) 847-3115 to sign up.



WATERCOLOR WORKSHOP

**Tuesday, Feb. 15th and 22nd (2-part class)
12:30-2pm**

Sign up for 10 people -No fee

The first week we will explore different techniques to create wonderful effects working with watercolors provides. This knowledge will be used for painting a botanical still life full of colors. No experience necessary, all levels welcome. **Materials to bring:**

- 1. Watercolor paints: Both watercolor trays of hard pigment and separate tubes of paint work are fine. This is of personal preference.**
- 2. Paint brushes: This depends on what you like as well, but I can suggest bringing both point-tip "round" brushes (sizes 6-10) and squared top sizes (8-16). This is only a suggestion, if you have brushes already feel free to bring them.**
- 3. Pad of 140lb watercolor paper, 8x10 or 11 x14.**

ANNOUNCEMENT ABOUT LIMITED ACTIVITIES

Dear Friends,

Although we had hoped to welcome everyone back on the 18th of January 2022, the fact is that virus transmission is still very high in all communities. We are taking additional precautions at our Centers as a result. Please read the following information very carefully & call us with any questions.

**LIMITED INDOOR ACTIVITIES WILL RESUME STARTING JANUARY 24TH
BY APPOINTMENT ONLY**

MASKS ARE REQUIRED AT ALL TIMES, NO EXCEPTIONS

DISTANCE OF 6 FEET REQUIRED AT ALL TIMES

DURATION OF ACTIVITY IS 60 MINUTES OR LESS

**NO FOOD OR DRINKS ARE ALLOWED TO BE BROUGHT INTO THE CENTER/
SHARED.**

ONLY ONE PERSON IS ALLOWED IN A RESTROOM AT A TIME

**THESE GUIDELINES WILL BE STRICTLY ENFORCED TO ALLOW THE CENTER TO
BE OPEN SAFELY.**

**FAILURE TO COMPLY WITH THE SAFETY GUIDELINES WILL DISQUALIFY YOU
FROM PARTICIPATION.**

Congregate Lunch: Will be Available as "drive up" & "to go" at noon M-F.

Call 24 hours in advance to make your reservation at 203-847-3115.

THE FOLLOWING ACTIVITIES ARE NOT AVAILABLE UNTIL FURTHER NOTICE:

(Due to: the inability to properly distance, sharing of equipment & duration)

- Bingo
- Cards (Bridge, Hand & Foot, Kings In the Corner, Poker, Rummikub, 5 Crown Cards)
- Chess
- In-House Entertainment
- Mah Jongg
- Movie Matinees

Thank you for your cooperation & patience.

New Board Member at NSC



We are pleased to welcome Kevin Mullins to the Norwalk Senior Center Board of Directors. "I feel so fortunate to be able to be a part of working to serve Norwalk seniors through the Norwalk Senior Center. No matter what comes our way, one of the most important things we can do is to take care of these people who are such a valuable and essential part of who Norwalk is."

Kevin Mullins, a long-time resident of Norwalk & Lead Pastor of Broad River Church, has joined our volunteer Board of Directors team.

Kevin is a visionary with extensive expertise pastoring churches in both CT & TN. He co-founded Food Rescue US to feed families in need & end hunger in America.

"I feel so fortunate to serve Norwalk seniors through the Norwalk Senior Center. No matter what comes our way, one of the most important things we can do is to take care of these people who are such a valuable and essential part of who Norwalk is."

Kevin's innovative ideas and powerful community alliances will benefit the Center and all stakeholders; we are so very pleased & grateful to have Kevin join our team.



Norwalk Senior Center South serves a diverse senior population in South Norwalk. Located at 92 Cedar Street, South Norwalk. Participants speak English, Spanish, Creole & other languages. **For more information, call (203) 299-1500.**

Social Services: Maureen Eustache (203) 299-1500 ext. 101
MEustache@norwalksc.org

Programs: Giovana Ramirez (203) 299-1500 ext. 102
GRamirez@norwalksc.org

EXERCISE:

Tai Chi with Karen Tuesdays & Thursdays at 11 AM

It is a holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health & spirituality training. It is, translated as "life energy".

**Yoga Wednesday at 11am
Instructor: Karen Boginski**

Dive into your yoga practice by joining us for a class with our experienced teacher. We strive to provide a welcoming and non-intimidating space for everyone to move.

Enhance Fitness Fridays 10 AM

Especially helpful for those suffering from arthritis or other chronic diseases. Improves health & well-being in members, including enhanced balance and flexibility, leading to stronger, healthier, more confident individuals.

ACTIVITIES

Bingo: (temporarily canceled)

Dominoes (temporarily canceled)

Arts & Craft Mon. at 11:00am

Birthday Celebration: Last Monday of the Month at 11am

Karaoke Thur. at 10am

ESL I (Basic) Fridays @ 11am

Instructor TBA

Come learn this essential language to communicate with friends, doctors; etc.

ESL II ZOOM CLASS @ 3:30pm

Instructor: Louisa Baur

This class requires an evaluation from the teacher. Let us know if you want to join this class to make an appointment with her.

Rincon Espiritual

Mondays at 10am

Dora De Andrade is waiting for you. Come share your faith and connect with your Higher Power. Everyone is welcome.

Dora De Andrade está esperando por ti. Ven y comparte tu Fe y conéctate con tu Ser Supremo. Todos son bienvenidos



Brain Games

Last Friday of the Month at 11am

Come for an enjoyable time with a variety of brain teasers and other games that will be sure to awaken your mind and spirit. Everyone is welcome.

EVENTS



Valentine's Day

Friday February 11 at 1am

The best time of the year to let your friends know how much you care about them. Join the South site's celebration with food, music, dance, prizes and much more.

Call 203 299-1500 Ext 101 (English) or 102(Spanish) to register. Space is limited.



SOCIAL SERVICES

We can help you apply for Energy Assistance October 15th to May 16. Assistance in applying for SSI, Title IX, food stamps is available.

All applications will be done at the Norwalk Senior Center South by appointment.

Please call 203 299 1500 Ext: 101 Maureen (English) or 102 Giovana (Spanish)

HEALTH & WELLNES

Health Education Cancer Care (Spanish) Wednesday at 5:30pm via ZOOM

Mildre Gonzales Latino Outreach Worker from Cancer Care will do her regular educational presentation virtually. If you have any problem connecting on Zoom please notify Giovana at 203 299 1500 Ext 102 she will be happy to assist you.

Family & Children's Agency: Ana Guzman, Crisis Counselor COACH in Home Care Program (Bilingual)

Ways to Stay Active and Motivated this Winter : Wednesday Feb 16 at 10am

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather. Everyone is welcome.

Visiting Nurse & Hospice: Christine Burns RN Community Health Coordinator Emergency Preparedness - Winter Storm Thurs. Feb. 24 at 10am

A disaster or emergency can directly affect your daily life and it can happen at any time. Thankfully, there are things you can do to be prepared, respond safely and help speed your recovery. Let's talk about it and learn some tips about what to do before, during and after a disaster or emergency. Review, practice and refresh your plan, supplies and important documents.

Superfoods Thursday March 24 at 10am

Eating a variety of foods from each food group will help you get the nutrients you need. The Dietary Guidelines suggest that elder adults should choose foods carefully.

Blood Pressure Clinic from Visiting Nurse & Hospice First and Third Tuesday of the Month Tue. Feb. 1 & Feb 15 at 9:30am Tue. Mar. 1 Mar. 15 at 9:30am.



SHOPPING TRIPS FREE OF CHARGE

- Monday:** Stew Leonard's at 12:30pm
- Tuesday:** At 12pm, alternate places: TBA (TJ Maxx Rte. 7 or at Ct. Ave / Thrift Store at West Ave or at St. Thomas / lunch at local restaurants; etc.)
- Wednesday:** Walmart Ct. Ave or at Rte. 7 at 11:30 am
- Thursday:** Shop Rite at 12:15 pm



Free Tax Prep & Filing!

Federal and State



Open to all individual filers... No age or income limitations...

Particularly suited for low- and middle-income households, and those over 60.

Norwalk Senior Center

11 Allen Rd in Norwalk

Fridays from 9 AM to 4 PM: January 25 to April 12, 2022

Call to schedule: 203 847 3115

Other Nearby Locations – Darien Library, Norwalk Main Library, South Norwalk Library, Norwalk City Hall, New Canaan Library, Westport Senior Center, Westport Town Hall, Fairfield Library.

Call ... 1-888-227-7669 or 211

Visit ... www.irs.gov/VITA or http://www.aarp.org/money/taxes/aarp_taxaide/

Virtual Tax Preparation & Filing

Any Time, Any Day - Go to <https://simplifyct.org> or phone 860-590-8910.

Prepared/Filed by IRS-Certified Counselors and Administered Through the AARP/VITA/IRS Volunteer Tax Assistance program.

Bring all 2021 tax report forms (W-2s, 1099s, brokerage statements, etc.); Social Security and official photo identification; health insurance documentation (Form 1095-A) and, as possible, your 2019 and 2020 returns.



Friendly Phone Calls Volunteers needed!



Friendly Phone Calls matches lonely or isolated seniors with a volunteer for a one-on-one weekly phone conversation. Volunteer callers reach out to the same person each week to check in and ensure they know of the resources available in their community as well as having a nice chat.

If you would like to volunteer to call a homebound senior or have any questions about the program, please call Giovana at 203-299-1500 ext 102.

IN LOVING MEMORY



Stanley Baxa, Jr., 94, of Norwalk, died on December 12, 2021 at Norwalk Hospital. Born in Norwalk, son of the late Stanley and Margaret (Benedict) Baxa, he was the husband of the late Julia Marie Baxa. He was also predeceased by his son Stanley Baxa III. He served in the USMC during WWII, and worked as a plumber for many years, after going to trade school on the GI bill. He truly enjoyed social lunches and bus trips through area senior centers, with his companion Mary Faith Riley. He is survived by his daughter Patricia Baxa and her spouse Linda Niles, of Kensington, CT.



Joseph Villani, 81, of Norwalk Connecticut died peacefully in his home in Norwalk, CT on Tuesday, December 28th 2021. He had recently celebrated a fun Christmas Day with his family. Survived by wife & friend of 50 years, Christine Villani of CT, son Randy Villani of NJ, daughter Jill Arvanitis of CT, her husband George, grandchildren Isabella and Andrew, son Dean Villani of NJ, son Kenneth Villani of Thailand, grandson Jasan. "Joe was a man of wisdom and great knowledge. He was a humorous person full of life to the very end. Joe never met a person that he didn't make feel welcome with his jokes. He will truly be missed at the Norwalk Senior Center" - Atara Grant.



Maria Georgina Correa, Medellin, Colombia, passed away on Thursday, December 16, 2021. Maria was an admirable member of the Norwalk Senior Center South. She offered many years of dedication to God and to this place where she left unforgettable memories. Her dynamism and numerous talents made her a unique human being. A knitting and crocheting enthusiast, she was also an excellent comedian who made us laugh even in difficult times. We accept her departure but not before saying "Goodbye, our beautiful Lady, You will forever be in our hearts."

NEW MEMBERS

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 Grace Duffield
 Lisa Fitzpatrick
 Luz Gutierrez
 Annie Hill
 Lawrence Jean
 Richard Molinelli
 Darryl Paulding
 John Rivera
 Marta Torres
 Fernando Vado
 Lucia Villar
 Tim Walsh
 Essie Wylloughby

GOLD MEMBERS

Durelle Alexander
 Ann Bello
 Robert and Ruth
 Ferrone
 Andre & Deanna
 Guilbert
 Jean Haas
 Charlie & Joanne Hoyt
 William & Joyce
 Konstantin
 Joseph Macaluso Jr
 Gail MacLean
 Janet Valus
 Benjamin Wilson

SILVER MEMBERS

Lee and Anna
 L'Archevesque
 Elvera Paqua
 Louise Pupelis

BRONZE MEMBERS

Flo Bear
 Audrey Carella
 Diane Cocchia
 Joan Cronin
 Lisa Fitzpatrick
 Jane Graham
 June Henczel
 George Hensinger
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IN MEMORY OF:

Stan Baxa
Joseph Villani
Peter Swann

GIVEN BY:

Mary Faith Riley
Elizabeth and Paul Scarpelli & Family
Patria Swann



**IT TAKES A WISE
PERSON TO PLANT
A TREE THAT WILL
SOMEDAY SHADE
PEOPLE THEY WILL
NEVER KNOW.**

The Norwalk Senior Center’s Gifts in Remembrance program provides opportunities for donors to honor and remember loved ones.

The Senior Center recognizes that most Gifts in Remembrance are memorials. Donors may also express best wishes to celebrate birthdays and anniversaries or honor special occasions.

All contributions are acknowledged by the Senior Center and donors are listed on this page as production deadlines allow.

Your tax-deductible donations help provide direct services to our neediest members as well as honoring those you love.

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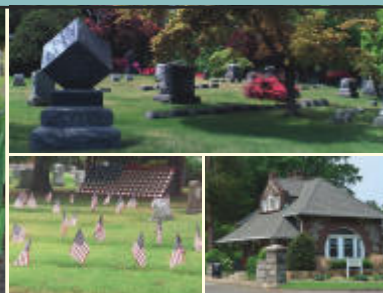
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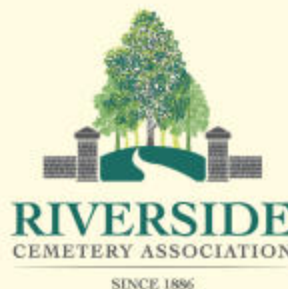
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MEMBERSHIP YEAR JULY 1, 2021–JUNE 30, 2022

Today's Date: _____ Which site do you plan on visiting most often? Allen Road Cedar St.

Name 1: _____ Ethnicity: Hispanic Not Hispanic
Date of Birth: _____ First Time Member: Yes No Race: White Black
 Male Female Are you a US Veteran? Yes No Asian Native American
Other: _____

Name 2: _____ Ethnicity: Hispanic Not Hispanic
Date of Birth: _____ First Time Member: Yes No Race: White Black
 Male Female Are you a US Veteran? Yes No Asian Native American
Other: _____

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Emergency Contact Number: _____ Alt Number: _____

Basic membership is \$25. Contributions above the \$25 per person level make door-to-door transportation, counseling and nutrition services available for senior citizens in greater Norwalk. Your membership entitles you to door-to-door transportation, discounts on programs, services, Grade A ShopRite groceries and special events at both Senior Center locations.

- \$1,000–Diamond Circle* \$500–Platinum Circle* \$100–Gold Circle*
 \$75–Silver Supporter* \$50 –Per Couple \$30–Bronze Supporter* \$25–Individual

\$ _____ Special contribution to support Meals-on-Wheels and other Outreach Services

*Contributors (Bronze Level & Above) are acknowledged in the bi-monthly newsletter.

- \$10–Please send Newsletter by 1st Class Mail for an additional fee of \$10/year.

Newsletters will no longer be mailed to homes unless you select 1st Class Mail. You may pick up your copy at the Norwalk Senior Center.

(\$25 Minimum) Visa / MasterCard # _____ Exp. Date _____

You will receive a letter acknowledging and thanking you for your kind donation. At the bottom of the letter, you will find your membership card and a Shoprite coupon which can be cut out should you so desire.

Photo Disclaimer: From time to time, the Norwalk Senior Center captures photos and video of exhibits and programs for advertising and promotional use. Should you have objection to the Norwalk Senior center using photos and video of you, please notify a staff member.

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