

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 22, ISSUE 4 | JUNE-JULY 2022

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The Senior Center will be closed to observe the following holidays:
Monday, July 4th



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



Lunch Program Welcomes New Chef

We are pleased to share that one of our kitchen volunteers has stepped up to coordinate our daily lunch program! Gino Vitali has been helping out as a kitchen volunteer for nearly seven years, and now he's cooking up delicious meals for seniors! During these times of high inflation, the hot lunch at NSC makes a lot of sense....a bargain at \$4 suggested contribution, and there's no shopping, cooking or dishes to clean afterwards! Bring your friends, because lunch is served! **Call (203) 847-3115 to make your reservation.**



Important Presentation: "Must Have" Documents

Thursday, June 30 at 10:30 AM

Presented by Attorney Jean Mills Aranha of Connecticut Legal Services. Do you have documents in place in the event that you are unable to express your wishes to family or medical professionals? The time may come when you are unable to express your wishes concerning your medical treatment or financial affairs. There are documents you can create to make sure that your wishes are known and carried out by those you trust. Come to this presentation to learn about these **MUST HAVE DOCUMENTS** and give yourself peace of mind. **Please sign up at the front desk or call (203) 847-3115.**



Time to Renew!

All Memberships expire on June 30th, so get your application in now! The Membership Application for 2022-2023 can be found on **page 21**. (If you submitted your membership after March 2022, your application will apply to the 2022-2023 Membership Year.)

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: Amy Nassef ANassef@norwalksc.org	110
Bookkeeper: Anthony Tabb ATabb@norwalksc.org	105
Executive Director: Beatrice Lane BLane@norwalksc.org	103
Front Desk Coordinator: Carlos Bolanos Carlos@norwalksc.org	

Outreach Director: Eva Beau-Span EBeau@norwalksc.org	115
Activity & Meals on Wheels Coordinator: Jane Wenk JWenk@norwalksc.org	108
Transportation Coordinator: Remy Exantus RExantus@norwalksc.org	107
NSC South Coordinators: Phone: 203 299-1500	
Social Services: Maureen Eustache MEustache@norwalksc.org	101
Activities: Giovana Ramirez GRamirez@norwalksc.org (Bilingual)	102

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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
9:30 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, 2022

The Federal Poverty Limits (FPL) have been revised for 2022. These new limits are used by DSS for updating MSP income limits for 2022, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2022.

Medicare Savings Program (MSP) income limits effective 3/1/22				
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	\$2,390 / mo	Couple	\$3,220 / mo
SLMB (231% FPL)	Single	\$2,617 / mo	Couple	\$3,525 / mo
ALMB (246% FPL)	Single	\$2,786 / mo	Couple	\$3,754 / 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.

Sign Up for Weekly Emails

Every Friday, we send out an email bulletin announcing any updates, new programs & events, and community news.

You can add your email address to the list by visiting **www.norwalkseniors.org** & click on the link at the end of our main page.



Not sure if you are on the list? Enter your email address on our website, and you will be notified if you are already on the list to receive our emails. Be sure to check your spam/junk folder.

Need help? Call Amy at (203) 847-3115 ext. 110

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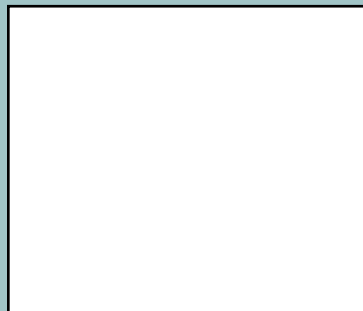
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- Specialized memory care programs
 - Long-term skilled nursing
 - Geriatric assessment center

Wilton Meadows 203.834.0199
The Greens At Cannondale 203.761.1191



SENIOR BUS SCHEDULE

Shopping Schedule:

Monday 9-12: Stew

Leonard's & Local Thrift Store

Tuesday 9-12:

Shop Rite

Wednesday 9-12: Shop Rite

Wednesday 12-3: Walmart

Thursday 9:45- 12:15: Shop Rite

Monday - Thursday: Pick up for medical appointments, banks, volunteer service & workplace for seniors no later than 2:00 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 (for example, for an 11 AM medical appointment, please request transport 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. Norwalk Senior Center membership is required; annual membership fee is \$25 and renews on July 1st.
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: face masks are required on NSC buses.
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 are required to 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.



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



The Shop Around the Corner is looking for donations! If you have any gently used items, please bring them to the Norwalk Senior Center at 11 Allen Road. *Please note we cannot accept furniture, food items or clothing at the Shop.*

Thank you!

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.

DINING at Norwalk Senior Center

The Norwalk Senior Center is pleased to offer a high quality, hot 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 www.norwalkseniors.org, and at the front desk. We also can mail you a menu upon request.



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

Ridgefield Thrift Shop

Friday June 10, 2022

Bus Leaves NSC @ 11:30; Cost: \$5.00

Lunch at Prime Burger at your own cost

This is an amazing thrift shop with a local mission. The Ridgefield Thrift shop is a favorite! Staffed entirely by volunteers, the Ridgefield Thrift Shop donates all revenue to local charities.



Christmas Tree Shop, Danbury

Friday July 1, 2022

Bus Leaves NSC @ 10 AM; Cost: \$5.00

Lunch at Red Lobster or Olive Garden (not included)

This discount home-goods chain offers seasonal décor year round, plus furniture, kitchen items and gifts.



Cross Sound Ferry to Port Jefferson, NY.

Wednesday June 29, 2022

Bus Leaves NSC @ 8:20 and returns at 4pm

Cost: \$25.00

All aboard! We disembark on the 9AM Ferry from Bridgeport. The cross sound trip takes one hour and 15 minutes. We will take in all that historic Port Jefferson has to offer for 3-1/2 hours

Our lunch reservation is at the Danford Hotel at 1PM. Separate checks.

Shop and eat on your own or with the group. Food is also available both ways aboard the Ferry. We will be on the 2PM ferry back to Bridgeport and return to the Senior Center by 4PM.

Cost does not include lunch

Please sign up with payment at the front desk.

Rowayton Seaside Village

Tuesday June 14, 2022

Bus leaves NSC 10AM

Cost: Free

This seaside village has the ultimate endless summer vibe. A mere 2 square mile peninsula is home to a vibrant beach community along the stunning coastline of the Long Island Sound.

Join us for a lovely day to a special section of Norwalk. Visit includes; Raymond Boat House, Rowayton History Museum and Seaside Delight gift shop, Rowayton Arts Center. Bus tour of the town's unique neighborhoods, inc., Pine Island, Bell Island, & Bayley Beach, Stroll thru town and browse thru quaint shops.

Lunch is Your Choice Check menus for the following restaurants ahead or BYO

Brendans 101/ Rowayton Market / Rowayton Pizza / Sails American Grill

The Restaurant

Note* Lunch is not included

Please sign up at the front desk.



Veteran's Park, 42 Seaview Avenue Norwalk

"The Wall That Heals"

Friday, June 3rd @ 12:30PM

A 3/4-size replica of the Vietnam Memorial is traveling the country. It will be in Norwalk, CT from June 2nd to June 5th. The main components of "The Wall That Heals" are the replica and the mobile education center.

A guided tour of the exhibit will be provided. Please sign up at the front Desk. The bus is limited to 20 passengers. There were 54,000 Vietnam Veteran's in Ct., 900 in Norwalk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8AM, 12 & 2: Pickleball 9AM Social Stitchers 9:15 Enhance Fitness 10AM Bridge 10:30 Tai Chi 12PM Poker	2 8AM, 12 PM & 2 PM Pickleball 9:30 AM Bereavement 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO 1:00 Chess	3 8AM, 12 PM & 2 PM Pickleball 11AM Brain Games 10AM: Famous Legends 10AM Retired Mens Club 10AM Strong Steps 2PM Dominoes
6 8AM, 12 PM & 2 PM Pickleball 10:00 Knit & Stitch 10:30 Enhance Fitness 12:00 Bridge; 12:00 Poker 12:45 Movie	7 8AM, 12& 2 PM Pickleball 9AM Yoga 10:15 Enhance Fitness 12PM Spanish Class 12:30 Art with Laura 12:30 Real Estate 1PM Bocce	8 Trip: Captain's Cove 8AM, 12 & 2: Pickleball 9AM Social Stitchers 9:15 Enhance Fitness 10AM Bridge 10:30 Karaoke 10:30 Tai Chi 12PM Poker	9 8AM, 12 PM & 2 PM Pickleball 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO 1:00 Chess	10 TRIP: Thrift Shop 8AM, 12 PM & 2 PM Pickleball 10AM Retired Mens Club 10AM Strong Steps 11AM Brain Games 2PM Dominoes
13 8AM, 12 PM & 2 PM Pickleball 10:00 Knit & Stitch 10:30 Enhance Fitness 12:00 Bridge 12:00 Poker 12:45 Movie 1:15 Meditation	14 TRIP: Rowayton 8AM, 12& 2 PM Pickleball 9AM Yoga 10:15 Enhance Fitness 12PM Spanish Class 12:30 Art with Laura 1PM Bocce	15 8AM, 12 & 2: Pickleball 9AM Social Stitchers 9:15 Enhance Fitness 10AM Bridge 10:30 Tai Chi 11AM Counsel Academy 12PM Poker	16 8AM, 12 PM & 2 PM Pickleball 9:30 AM Bereavement 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO 1:00 Chess	17 8AM, 12 PM & 2 PM Pickleball 10AM Retired Mens Club 10AM Strong Steps 12:30 Magic Show 2PM Dominoes
20 8AM, 12 PM & 2 PM Pickleball 9:30 Bitcoin Presentation 10:00 Knit & Stitch 10:30 Enhance Fitness 12:00 Bridge; 12:00 Poker 12:45 Movie	21 8AM, 12 & 2PM Pickleball 9AM Yoga 10:15 Enhance Fitness 11:45 Summer BBQ 12PM Spanish Class 12:30 Art with Laura 1PM Bocce	22 8AM, 12 & 2: Pickleball 9AM Social Stitchers 9:15 Enhance Fitness 10AM Bridge 10:30 Karaoke 10:30 Tai Chi 12PM Poker	23 8AM, 12 PM & 2 PM Pickleball 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO 1:00 Chess	24 8AM, 12 PM & 2 PM Pickleball 9AM AARP Smart Driver 10AM Retired Mens Club 10AM Strong Steps 2PM Dominoes
27 8AM, 12 PM & 2 PM Pickleball 10:00 Knit & Stitch 10:30 Enhance Fitness 12:00 Bridge 12:00 Poker 12:45 Movie 1:15 Meditation	28 8AM, 12 & 2 PM Pickleball 9AM Yoga 10:15 Enhance Fitness 12PM Spanish Class 12:30 Art with Laura 1PM Bocce	29: Trip: Port Jeff Ferry 8AM, 12 & 2: Pickleball 9AM Social Stitchers 9:15 Enhance Fitness 10AM Bridge 10:30 Tai Chi 12PM Poker	30 8AM, 12 PM & 2 PM Pickleball 10:30 Arthritis Exercise 10:30 Must Have Documents 12:30 Mah Jongg 12:30 BINGO 1:00 Chess	

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Trip: Christmas Tree Shop 8AM, 12 PM & 2 PM Pickleball 10AM Retired Mens Club 10AM Strong Steps
4 	5 8AM, 12 & 2: Pickleball 9AM Yoga 10:15 Enhance Fitness 12PM Spanish Class 12PM Ice Cream Truck 12:30 Art with Laura 1PM Bocce	6 8AM, 12 & 2: Pickleball 9AM Social Stitches 9:15 Enhance Fitness 10AM Bridge 10:30 Tai Chi 12PM Poker	7 8AM, 12 PM & 2 PM Pickleball 9:30 AM Bereavement 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO; 1:00 Chess	8 8AM, 12 PM & 2 PM Pickleball 10AM History Book 10AM Retired Mens Club 10AM Strong Steps 2PM Dominoes
11 Trip: Thimble Islands 8AM, 12 & 2: Pickleball 10:00 Knit & Stitch 10:30 Enhance Fitness 12:00 Bridge; 12:00 Poker 12:45 Movie 1:15 Meditation	12 8AM, 12 & 2: Pickleball 9AM Yoga 10:15 Enhance Fitness 12PM Spanish Class 12:30 Art with Laura 1PM Bocce	13 Trip: Westport Playhouse 8AM, 12 & 2: Pickleball 9AM Social Stitches 9:15 Enhance Fitness 10AM Bridge; 10:30 Tai Chi 10:30 Karaoke 12PM Poker	14 8AM, 12 PM & 2 PM Pickleball 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO; 1:00 Chess	15 8AM, 12 PM & 2 PM Pickleball 10AM Retired Mens Club 10AM Strong Steps 2PM Dominoes
18 8AM, 12 & 2: Pickleball 10:00 Knit & Stitch 10:30 Enhance Fitness 12:00 Bridge; 12:00 Poker 12:45 Movie	19 8AM, 12 & 2: Pickleball 9AM Yoga 10:15 Enhance Fitness 12PM Spanish Class 12:30 Art with Laura 1PM Bocce	20 8AM, 12 & 2: Pickleball 9AM Social Stitches 9:15 Enhance Fitness 10AM Bridge 10:30 Tai Chi 11:45 Pizza Party	21 8AM, 12 PM & 2 PM Pickleball 9:30 AM Bereavement 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO; 1:00 Chess	22 8AM, 12 PM & 2 PM Pickleball 10AM Retired Mens Club 10AM Strong Steps 2PM Dominoes
25 8AM, 12 & 2: Pickleball 10:00 Knit & Stitch 10:30 Enhance Fitness 12:00 Bridge; 12:00 Poker 12:45 Movie 1:15 Meditation	26 8AM, 12 & 2: Pickleball 9AM Yoga 10:15 Enhance Fitness 12PM Spanish Class 12:30 Art with Laura 1PM Bocce	27 8AM, 12 & 2: Pickleball 9AM Social Stitches 9:15 Enhance Fitness 10AM Bridge 10:30 Tai Chi 10:30 Karaoke 12PM Poker	28 8AM, 12 PM & 2 PM Pickleball 10:30 Arthritis Exercise 12:30 Mah Jongg 12:30 BINGO; 1:00 Chess	29 8AM, 12 PM & 2 PM Pickleball 10AM Retired Mens Club 10AM Strong Steps 2PM Dominoes

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

Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance & flexibility—everything older adults need to maintain health and function as they age. Enhance Fitness is the 2nd most attended senior exercise class in the country!

Instructor: Sharon Rubinstein **Fee:** There is no charge, 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, 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:** \$10 per class (paid monthly, in advance) or \$12 Drop-In rate. Registration is required.

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:** \$3 per class

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

We are listening to your suggestions and hope the new schedule is an improvement in the Pickleball offerings at the Norwalk Senior Center. In response to many intermediate players looking for a more competitive game session, we are implementing a new format for June & July. This format offers 4 sessions specifically for intermediate players.

Definitions:

Beginner - someone who is just learning the game or has not mastered the basic skills necessary to play the game including serving, scoring, and rallies that keep the ball inbounds most of the time.

Intermediate - someone who understands the basic rules including scoring and can consistently hit the ball over the net and inbounds. Should be able to serve with consistency and sustain slower-paced rallies.

All Play - all players regardless of skill level are allowed to play. This includes beginners.

NSC is not a racquet club, we have no staff designated specifically for Pickleball, and we are not qualified to rate anyone. The program is therefore self-rated. NO ONE, at any time, is to rate another player. Please note that there is time available every day from 2-4 that is rarely being used. While the time is designated as All Play, it is more than likely that the court will be free for those who want to set up their own games.

Enjoy your play, and above all else, promote good sportsmanship please.

Monday	Tuesday	Wednesday	Thursday	Friday
8-10:15AM: All Play	8-10AM: Intermediate	8-9AM: Beginner	8-10AM: intermediate	8-10AM: All Play
12-2PM: Intermediate	12-2PM: Beginner	12-2PM: All Play	12-2PM: All Play	12-2PM: intermediate
2-4PM: All play	2-4PM: All Play	2-4PM: All Play	2-4PM: All Play	2-4PM: All Play

To Sign Up for any of our programs, please call (203) 847-3115 or stop by the front desk!



Cryptocurrency: Mon June 20th at 9:30

Our April presentation was a hit! Did you miss it? Did you want her more? Do you have questions? Lee Ratner is coming back to discuss the world of cryptocurrency and answer your questions.

Lee Ratner is an industry insider, Bitcoin trader and investor. Join him for an educational discussion about these new and often confusing forms of electronic currencies and assets.

Registration is required.

**Karaoke: June 8th & 22nd ;
July 13th & 27th at 10:30**

Bob Leng will be facilitating Karaoke once a month. Bob's love of music makes for a great time! He runs an organized hour of music and song. Join us for a morning of singing & laughter!



Monday Movie Matinees: Every Monday at 12:45

Join us every for a free movie & snacks! To reserve your spot, please call (203) 847-3115 or sign up at the front desk.

- June 6th:** King Richard
- June 13th:** Send Me No Flowers
- June 20th:** The King and I
- June 27th:** Cyrano
- July 11th:** In the Heights
- July 18th:** Summer of Soul
- July 25th:** What Ever Happened to Baby Jane?



**"Build your own History Book" on
Legends: Fri June 3rd, 10 AM**

If you enjoy trivia, learning and reminiscing, you'll love this event. Join us for a fun and engaging interactive program. Facilitated by Founder/Creator David Plaue of Sticker Book Publishing, Newtown, CT Co-Sponsored by, Right at Home, Darien and Right at Home of Greater Fairfield County Right at Home provides non-medical home care. They will generously buy the books for you for the program.

**"Build your own History Book" on US
History: Fri July 8th, 10 AM**

If you enjoy, Trivia, learning and history, this event is for you! **Cost of the materials is \$12.** Sign up at the front Desk!

Facilitated by Founder/ Creator David Plaue of Sticker Book Publishing, Newtown, CT



Real Estate Presentation & Dessert: Tue June 7th at 12:30

Pasquale Cardone of William Ravies Rear Estate is a 27 Year Norwalk resident. In this presentation, we will discuss the current market conditions in Norwalk & Fairfield County, Offer tips on maximizing your homes potential value for a smooth selling process, and learn how much your home could be worth in today's market. Dessert will be served! Please sign up!

AARP SMART DRIVER COURSE

Learn defensive driving techniques in this course sponsored by AARP. Paid registration required in advance. Register at the front desk.

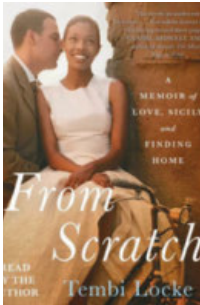
FEE: \$20 for Member / \$25 for Non-Member (AARP) Check payable to AARP.

Friday June 24th 9:00AM-1:00PM



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, June 23 2022 at 3:00 PM
on Zoom**

From Scratch by Tembi Locke

From Scratch chronicles three summers Tembi spends in Sicily with her daughter, Zoela, as she begins to piece together a life without her husband in his tiny hometown hamlet of farmers. Where once Tembi was estranged from Saro's family, now she finds solace and nourishment—literally and spiritually—at her mother-in-law's table. In the Sicilian countryside, she discovers the healing gifts of simple fresh food, the embrace of a close knit community, and timeless traditions and wisdom that light a path forward. All along the way she reflects on her and Saro's romance—an incredible love story that leaps off the pages.

July 21st at 3:00: Book Title & Location TBA

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

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.

Magic Show Gene the Amazing

Friday, June 17, 2022 at 12:30; Program Fee: \$5.00

Let the Magic unfold before your eyes. Gene's magic is high-energy interactive entertainment. Gene is a member of the International Brotherhood of Magicians. Sign Up: (203) 847-3115.



Ice Cream Truck at the Norwalk Senior Center

July 5, 2022 at Noon; Program Fee: \$1.00

The South Norwalk Ice Cream Co. is coming! Join us on the back patio. Feel free to bring your card games/ Bingo, etc. The Bocce court and corn hole will be ready for play too. 50/50 and Raffle. Sign Up: (203) 847-3115.



Generously Sponsored by Autumn Lake Health Care



**Celebrate Summer Barbeque! June 21, 2022 at 11:45AM
Program Fee: \$6 for members/ \$10 for non-members**

Celebrate summer! Enjoy Cheese burgers, hot dogs and beans right here at the Norwalk Senior Center Patio. Play Bocce or Corn Hole. Bring your card games / bingo. 50/50 and Raffle.

Call (203) 847-3115 or sign up at the front desk by June 13th.



Pizza Party on the Patio! Wednesday July 20, 2022 at 11:45

**Cost: Members \$6.00 Non-Members \$10.00
(rain date Friday July 22, 2022)**

Join us for a Summer Pizza Party! 50/50 & raffle; Bocce Court & Corn Hole - Ready to play! Bring your card games/Bingo. Enjoy a summer afternoon with friends.

Call (203) 847-3115 or sign up at the front desk by July 12th & tell us your favorite pizza topping.



Slowing Aging:

Is it possible to reverse the clock?

Wednesday, June 15, 2022 at 11 AM

Join us for an informative and scientific presentation on health practices from current research, already proven, to slow down the aging process in animals and humans.

Presentation- Q &A- followed by a Quiz

Winner gets a PRIZE!

Facilitated by Counsel Academy



Meditation

**2nd and 4th Monday of the Month
at 1:15 PM**

Instructor: Alain Charise

Meditation is a practice in focused concentration using techniques to train attention and awareness. The benefits of meditation will allow you to quiet your busy mind, promote clarity of thought, improve memory, and reduce stress & physical pain.

Join instructor Alain Charise on this healing journey of the mind, body, and spirit.

Sign up at the front desk or call (203) 847-3115.



Brain Games with Danielle Ramos

Friday June 3rd @ 11 AM

Join us for a healthy snack & activity that is not only fun, but good for you! Sign up at the front desk or call (203) 847-3115.

Sponsored by Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield

**Concerned about your health risks as you age? Want to live healthier but don't know where to start?
Join An Evidence-Based Lifestyle Change Program!**

The program, led by a certified lifestyle coach, includes 26 weekly sessions on healthy eating, type 2 diabetes prevention, weight loss, stress management, physical activity, and more. You will also participate in individual sessions with a Registered Dietician, culinary medicine cooking classes, and fitness sessions.



This program will be provided AT NO COST to everyone 60+ years of age. It is co-sponsored by the Southwestern CT Agency on Aging and the non-profit, Monitor My Health, in an effort to promote good health.

The program meets on **Thursdays 6:00 - 7:00 pm**
Miracle Temple Church of God in Christ, 2 Trinity Place in Norwalk.

The program is secular and is unaffiliated with the church.

Register online www.monitormyhealth.org/register or call Kate at 203-243-2244 to learn more.

Take charge of your health today!

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

Tai Chi is a holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health & spirituality training.

Yoga Wednesdays at 11 AM 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.

ACTIVITIES

Coffee Talk: 2nd & 4th Wed, 10am

Dominoes: Wed & Fri at 9:30am

Arts & Crafts: 1st & 3rd Fri, 11am

Birthday Celebration: Last Friday of the Month at 11am

Karaoke Thur at 10am

Bingo with prizes with Cassena

Care: First Thursday of the Month at 10am

Brain Games: Fridays at 12pm Brain teasers and other games that will be sure to awaken your mind and spirit.

ESL I CLASS – Basic

Mondays at 11:30am

Carmen Castellanos, will be teaching basic English. If interested please call at 203 299-1500 extension 102 for more information or to sign up. Everyone is Welcome.

ESL II CLASS – Intermediate

Wednesdays at 10am

Louisa Baur, our lovely teacher, will do a brief evaluation and will let you know if this class is for you.

Movie Matinee: 2nd Friday of the Month at 10am

Meet your friends and watch a movie together, suggestions welcome!

Reservation is required. Popcorn will be served.

Rincon Espiritual –Dora DeAndrade (Spanish)

Every Monday 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

EVENTS

Annual Memorial Service: Monday June 6at 10am

As we honor and mourn members of the military who have passed while serving in the United States Armed Forces, let us also remember friends that were part of the Center and left us unexpectedly for the past two years. Dora DeAndrade, is our guest speaker to honor these men and women. Call at 203 299-1500 Ext 101 (English) 102(Spanish) to register. Space is limited. Brunch will be kindly provide by Juniper Home Care. Reservation is required.

Father's Day Celebration: Friday June 17 at 11am



Come join us on this celebration. We will have prizes, music, 50/50 and more. Call at 203 299-1500 Ext 101(English) or 102 (Spanish) to register. Space is limited.

Independence Day Event

Friday July 1 from 11am to 1pm

All are invited to a star spangled Independence Day Celebration. We will have a surprise lunch and entertainment. Lots of fun, music, games, 50/50, prizes and much more!!

Reservation is required.

Ice Cream Social by ARK Health Care & Rehabilitation at St. Camillus

Thursday July 14 from 12:30-1:30pm

What is better than ice cream in a hot summer afternoon? ARK Health Care is treating us to ice cream. Join in the delicious fun.

Reservation is required.

SOCIAL SERVICES

Rent Rebate: April 1st - Oct 1st

We will assist you with the collection of information to expedite your application. Assistance in applying for SSI, Title IX, food stamps is available. Applications will be at the Norwalk Senior Center South by appointment only.

(203) 299-1500 ext. 101

HEALTH & WELLNES

Health Education Cancer Care (Spanish)

Mildre Gonzales Latino Outreach Worker from Cancer Care will do her regular educational presentation virtually.

Breast Cancer: Tue. June 27 at 12pm

Breast cancer can occur in women and rarely in men, know about the symptoms and treatments depending on the stage of cancer,

Colon Cancer: Tue. Jul 25 at 12pm

Colorectal cancer treatment depends on the size, location, and how far the cancer has spread.

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

Cultures discussions and sharing"

Wed June 15 at 10am

Exercising the power of communication"

Wed. July 20 @ 10am

CBD Oil

Thursday June 30 at 10am

CBD used in older adults could help ease pain and discomfort associated with common ailments, including joint pain, overall pain management, and anxiety and depression.

*Visiting Nurse & Hospice: Christine Burns RN
Community Health Coordinator*

Stroke Awareness: Thursday July 28 at 10am

According to the American Heart Association, someone in the United States has a stroke every 40 seconds, accounting for one out of every 19 deaths. Stroke is a leading cause of death and serious disability nationwide and around the world. But it doesn't have to be.

*Visiting Nurse & Hospice: Christine Burns RN
Community Health Coordinator*

Monthly Bingo by Cassena Care : 1st Thursday of the Month

Thursday June 2nd at 12 - Thursday July 7 at 12pm

Cassena Care is back!! They will be visiting us bringing a fun Bingo with prizes, come and join us.

Blood Pressure Clinic from Visiting Nurse & Hospice

1st and 3rd Tuesday of the Month

Tue. June 7 & 21 at 9:30am

Tue. July 5 & 19 at 9:30am.



SPECIAL TRIPS

Captain's Cove Boardwalk Bridgeport CT

First & Third Wednesday leaving at 11:30am

June 1st & 15 -- July 6th & 20

Port Jefferson Steamboat Ferry

Wednesday July 13

Let's cruise across Long Island to land at picturesque waterside village of Port Jefferson. Lunch and shop at your own. Registration is required.

Connecticut Post Mall

Monday June 13 leaving at 9:45am

Shopping mall, located on the Boston Post Road in Milford, Connecticut. It is currently the largest mall in the state of Connecticut and houses over 215 retail stores. Lunch on your own.

Reservation is required.

SHOPPING TRIPS

Monday: Stew Leonard's at 12:30pm

Tuesday: At 12:15pm, alternating locations TBA (TJ Maxx Rte. 7 or Ct. Ave - Wal-Mart Rte 7 or Ct. Ave)

First Wednesday: lunch at a local restaurant to support local small business

Wednesdays: to Thrift Stores: West Ave, St. Thomas, Ridgefield, Wilton, and Fairfield.

Thursday: Shop Rite at 12:15 pm

Friday: Stew Leonard's at 12:15pm

To Sign up for Trips, or if you have any questions, call Carlos at (203) 847-3115 or stop in at the front desk at The Norwalk Senior Center at 11 Allen Road, Norwalk CT



**Connecticut Lighthouse Cruise
Wednesday, August 17, 2022**

Member Cost: \$134/ Non Member: \$139

Depart: 8:15AM from Norden Park, Return 6:30 PM

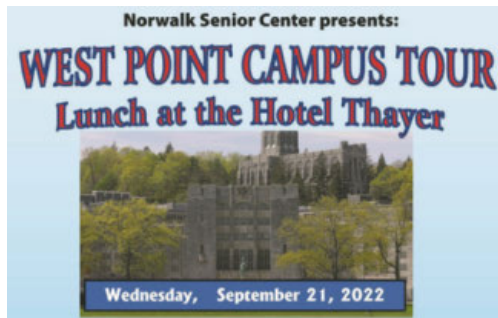
Get a new perspective on the history of Southern New England and Long Island with your narrated sightseeing from the water aboard a comfortable, climate-controlled, high-speed vessel! Several Lighthouses can be seen along with upscale mansions that line the shore.

Lunch at The Steak Loft in Olde Mistick Village.

Menu: Salad, choice of chicken, teriyaki, baby back ribs, or baked scrod, baked stuffed potato, dessert & coffee.

Entrée Choice in Advance.

Time on Own in the Village for shopping.



**West Point Campus Tour & Lunch at Hotel Thayer
Wednesday, September 21, 2022**

Member Cost: \$128/ Non Member: \$133

Depart: 8:30 AM from Norden Park, Return 5:15 PM

Enjoy a fun & informative 90 minute guided tour of the **US Military Academy at West Point**. Stop at the Cadet Chapel, Trophy Point, Battle Monument, and the Plain.

This tour requires moderate walking on some uneven ground at the various stops, most of which are outdoors. Morning stop at The National Purple Heart Hall of Honor in New Windsor, NY, commemorating the extraordinary sacrifices of America's Servicemen who were killed or wounded.

Member Cost: \$128/ Non-Member \$133.



MOHEGAN SUN

Tuesday July 5th, 2022

Bus will depart @ 9:30am

Get to Mohegan sun @ 11:55

Bus will leave from Mohegan sun @ 5:15pm

We will be back in Norwalk @ 7pm

Please note: there are no vouchers/coins and no buffet included.

Cost per passenger will be \$40.00

Departure: 9:30am Norden Park (Norwalk)



Holiday Hill

Monday, August 22

9 am - 4 pm (Rain or Shine)

All Inclusive Price - \$55 per Guest

Non-refundable

Senior Citizens Only

For more Information call 203-847-3115

Bingo Bocce Horseshoes Heated Pools

Dancing & fun with our DJ

Raffle Prizes

Delicious food & drinks available all day!

Sign up now by calling (203) 847-3115 or stop in at the front desk.



Westport Country Playhouse

Comedy: "Kim's Convenience"

Lunch at the Sherwood Diner

Cost: \$50

Date: Wednesday July 13, 2022

Time: Bus leaves NSC at 12PM

Lunch at the Sherwood Diner, (separate checks)

Show time: 2:30

Laughs are so good for the soul

Enjoy this Comedy and lunch; A lovely Day out

Call (203) 847-3115 or stop at the front desk.

Sign up with payment at the front desk by July 1.

A Toronto convenience store sets the stage for this delightful comedy about a Korean-Canadian family and which generation gets to choose their dreams. Before it was a hit on Canadian TV and Netflix, it was this warm and joyous play.

"In a conversation I had with a friend about how to combat the rise of anti-Asian hate crimes, we concluded that in tandem with condemning such abhorrent behaviors, the proactive part was continuing to write and share stories with heart, humor and craft so people listen, laugh, and can't deny how similar we all are."

Ins Choi, Playwright



Thimble Islands

Date: July 11, 2022

Time: Leave NSC @ 9:45AM

Cruise: 11:15-12:15

Lunch: 12:30 The Chowder Pot
(Lunch is not included in the price)

Cost: \$26.00

Join the crew of the Sea Mist as you tour the famous Thimble Islands off the coast of Branford CT.

First discovered in 1614 by Adrien Block, these islands were used for farming, quarrying granite, bootlegging and hiding Captain Kidd's treasure!

Sign up with payment at the front desk

Aqua Turf: Tom Jones and Englebert- The Way It Used To Be!! Starring Joe Saimerl

Cost: \$60.00

Date: Tuesday August 16, 2022

Time: Bus leaves NSC @ 9:30

Show time is 11:30

Sit back, close your eyes and be transported to great moments in Musical history.

From Delilah to Release Me, you'll enjoy every second of this powerful tribute to these unforgettable entertainers.

Call (203) 847-3115 or stop at the front desk to sign up.

Oak Hills Golf Course—Monday September 26, 2022—9 AM



FORE!

The Seniors

Charity Golf Tournament

Benefiting Norwalk Senior Center's Meals on Wheels Program

We can't wait for our 2nd Annual Golf Tournament Fundraiser! If you cannot attend, please help spread the word to your friends and family.

Follow our updates & announcements at
www.norwalkseniors.org/golf

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**ALL NEW MEMBERS &
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THE LIFE & TIMES NEWSLETTER.**

**IF YOU SUBMITTED YOUR MEMBERSHIP
APPLICATION AFTER MARCH, YOUR
MEMBERSHIP WILL BE APPLIED TO THE
2022-2023 MEMBERSHIP YEAR.**

THANK YOU FOR YOUR SUPPORT!



IN MEMORY OF:
MILLIE LALIME

GIVEN BY:
SHERI RANDAZZO



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.

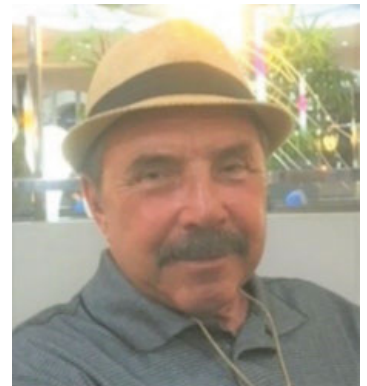
The Senior Center recognizes that most **Gifts in Remembrance** are memorials. Donors may also express best wishes to celebrate birthdays and anniversaries or honor special occasions.

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.

Thank you for your continued support and friendship.

Donald A. Casavecchia, age 74 of Norwalk, died peacefully with family by his side after a lengthy battle with cancer. In his last few months, he was in the loving care of his sister-in-law, Denise. Born in Norwalk on July 19, 1947, he was the son of the late Gino Cassavecchia and Rose (Acunzo) Cassavecchia Hliva. Don attended local schools, served in the U.S. Army and was a life member of the Pastime Club in Norwalk. He loved boating, fishing, and shooting pool at the club, and spending time with his family and friends.



Survivors include two sons, Donald Casavecchia and Brandon Casavecchia, two brothers, Anthony (wife Denise) and Gene (wife Anne), his longtime companion Shirley Vaughan, and several nieces and nephews. His big heart and love for so many will be missed by all who knew him, including the many friends from his favorite place, the Pastime Club.

GIFT IN REMEMBRANCE

In Memory of: _____
(Please print name of deceased in full)

In Honor of: _____
(Please print name in full)

Given By: _____
(Please print name in full)

SEND MEMORIAL OR HONOR CARD TO:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Amount of Donation: \$ _____

My check is enclosed

Please make checks payable to **Norwalk Senior Center**. The amount of your gift is confidential. Gifts are deductible for income tax purposes. Gift and memorial cards will be sent promptly.

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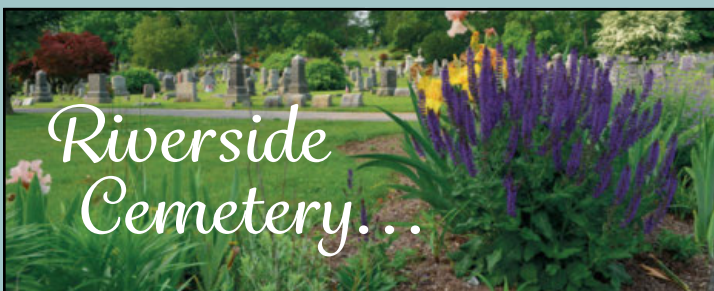
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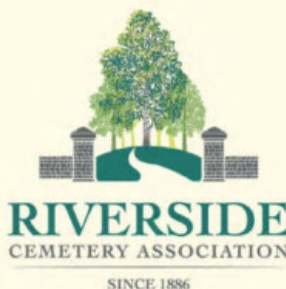
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MEMBERSHIP YEAR JULY 1, 2022—JUNE 30, 2023

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: _____

Address: _____ Apt: _____
City / State / Zip: _____ Phone: _____
Email: _____ Cell: _____
Emergency Contact: _____ Relationship: _____
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.

NEVER MISS A NEWSLETTER!

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