

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 23, ISSUE 2 | FEBRUARY – MARCH 2023

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The Senior Center will be
Closed for Presidents' Day
Mon Feb 20th

FREE TAX PREPARATION—VITA

Volunteer Tax Counselors will be
on site between January 27th &
April 14: Fridays 9:00am—4:00 pm

Appointments Required:

(860) 590-8910

WWW.SIMPLIFYCT.ORG

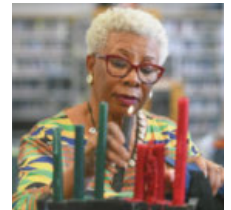
VISIT OUR WEBSITE FOR
UPDATES, RESOURCES & SIGN
UP FOR OUR WEEKLY EMAIL:
WWW.NORWALKSENIORS.ORG

BLACK HISTORY MONTH

Celebration: Friday February 24th at 10:45

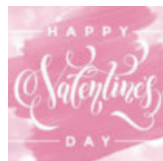
Join us for our Black History Month Celebration! Ms. Josephine Fulcher-Anderson will share the challenges, struggles and accomplishments made by African Americans. Join us for an interactive discussion. Stay after the presentation for a carving station for our Black History Celebration Lunch. \$4 suggested contribution.

Please call (203) 847-3115 to register.



Norwalk Senior Center Welcomes New Board Member

We are pleased to announce the appointment of MaryAnn Bruno to our Board of Directors. MaryAnn is a real estate sales consultant to home buyers and sellers with Coldwell Banker Realty in Darien CT. With a passion for seniors, she seeks to make an impact in enriching their lives. Her extensive corporate finance background and current experience as a Realtor in helping people transition will be an advantage for the Senior Center. She has also been active in a variety of volunteer activities.



Valentine's Day Music

Tuesday February 14 at 11:30; Cost \$5

Daina Shuman is a ukulele instructor who will be performing love songs and conducting a lively sing a long during lunch. Please sign up with payment at the front desk or call (203) 847-3115.



St Patrick's Day Celebration

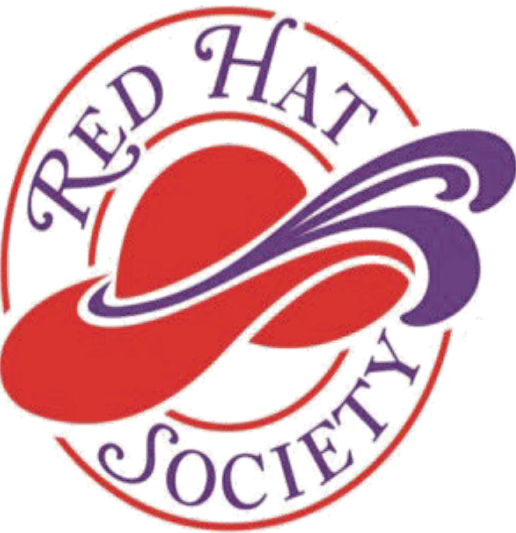
Friday March 17 at 12:30 Cost: \$3

Billie Donaldson was a hit with our members last year. His varied performance of popular Irish songs combined with folklore, stories and sing a-longs makes for a festive Day. Call (203) 847-3115 to sign up.

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 Resource 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, 2022 – JUNE 30, 2023.
HOURS: 8:30AM – 4:30PM AT 11 ALLEN ROAD & 8:30AM-2:00PM AT 92 CEDAR ST.

(203) 847-3115	
STAFF:	EXTENSION
Program & Meals on Wheels Manager: Jane Wenk JWenk@norwalksc.org	108
Administrative Assistant: Amy Nassef ANassef@norwalksc.org	110
Bookkeeper: Anthony Tabb ATabb@norwalksc.org	105
Executive Director: Beatrix Lane BLane@norwalksc.org	103
Front Desk Coordinator: Carlos Bolanos Carlos@norwalksc.org	104

Outreach Director: Eva Beau-Span EBeau@norwalksc.org	115
Transportation Coordinator: Remy Exantus RExantus@norwalksc.org	107
Atara Grant, Bus Driver	
Kenny Johnson, Bus Driver	
NSC South Coordinators:	
203 299-1500 Social Services: Maureen Eustache MEustache@norwalksc.org	101
Activities: Giovana Ramirez GRamirez@norwalksc.org (Bilingual)	102

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The Red Hat Society is a worldwide membership society that encourages women in their quest to get the most out of life. We support women in the pursuit of Fun, Friendship, Freedom, Fitness and the Fulfillment of lifelong dreams. Live life to the fullest

Who We Are:

Red Hat Society is our own women’s movement, of sorts – placing a strong emphasis on the positive aspects of life. We stress the importance of friendship and sisterhood, and the value of recess (play) into our busy lives. Always trailblazers, we help reshape the way modern women are viewed and valued in today’s culture.

Today, hatters are commonly seen frolicking and embracing life to the fullest wearing the now famous symbol – a red or pink hat and purple and lavender regalia.

If you are interested in starting or joining a Red Hat Society here at the Norwalk Senior, please reach out to Eva at (203) 847-3115 X115 for more information.

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.

What changes are coming to Medicare in 2023?

The annual Part B deductible for 2023 is decreasing to \$226, a \$7 decline from 2022 and the first drop in a decade.

Medicare Savings Programs (QMB, SLMB, and QI Programs)

The Medicare Savings Program (MSP) is a program from the State of CT designated to help Medicare beneficiaries with their Medicare expenses. The MSP has three levels:

The Qualified Medicare Beneficiary program (QMB),

Specified Low-Income Medicare Beneficiary program (SLMB), and

Qualified Individual program (QI),

To qualify an individual must be eligible for Medicare and must meet certain income guidelines which change annually. This program and its levels are run and administered by the State Department of Social Services (DSS).

All three levels help Medicare beneficiaries of modest means pay all or some of Medicare's cost sharing amounts (ie. premiums, deductibles and co-payments).

The State pays the Medicare Part B premium for all 3 levels of the program. In addition, MSP recipients, of all three levels, are automatically enrolled in the Extra Help/Low Income Subsidy (LIS) program, which helps pay Medicare Part D prescription costs. There is financial assistance with prescriptions, you can join or change plans anytime without any fee or penalty. No penalty for late initial enrollment and No Donut Hole.

For those who qualify for the QMB level recipients ONLY receive additional assistance to help with cost sharing (premiums, deductibles, co-pays and co-insurance for Medicare A & B covered services).

Bright Minds

The Norwalk Senior Center is seeking participants for new "Bright Minds" Group! We need your input on various topics. Please call Eva at (203) 847-3115 ext 115 for more details.

Medical Equipment is available at the Senior Center

We regularly receive donations of wheel chairs, canes, walkers, commodes, etc. If you have need of any of these items, please ask Carlos at the front desk.

New Group:

"Share Your Life"

Members are encouraged to join and discuss their lives and share what their career was before retiring, most memorable moments, historical events, and their hobbies, etc.

If you are interested in joining, please contact Eva at (203) 847-3115 ext. 115



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PRIVATELY OWNED SINCE 1988
The Greens **Wilton**
At Cannondale *Meadows*
Assisted Living Nursing & Rehabilitation



Our picturesque campus in Wilton offers:

- Assisted living, providing exemplary social and wellness programs
- 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 & 12:30-2:30 Stew Leonard's

Tuesday 9-12: Shop Rite

Wednesday 9-12: Shop Rite

Wednesday 12:30 to 2:30: Walmart

Thursday 9:00- 12:00: Shop Rite

Friday: 10-1 & 12:15 to 2:30: Stew Leonard's

Monday - Thursday: Pick up for banks, volunteer service, medical appointments (when available) & 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.

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

Let us drive you to Stew Leonard's!

Every Monday & Friday

9:00 -12:00 or 12:30 to 2:30



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.



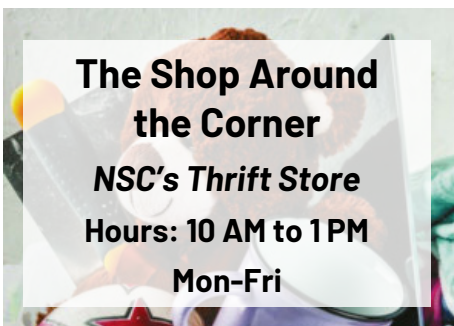
MEALS-ON-WHEELS

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

Please be sure to sign up for trips in advance by calling (203) 847-3115. You may need to bring payment in advance to the front desk, or by mail. If you have any questions about small bus trips, please contact Jane at: (203) 847-3115 ext. 108

Shopping Trips:

Restaurant Lunch (not included in price)

Bus leaves NSC at 10:00AM

Cost: 5.00

Christmas Tree Shop Orange

Tuesday February 7, 2023



Burlington Outlets

Tuesday March 7, 2023



Christmas Tree Shop Danbury

Tuesday March 14, 2023

Greenwich Woods Rehabilitation and Health Care Center

Wednesday March 8 at 11 AM

(No Cost)

We all know someone that has had a fall or a surgery where they had to spend a week or two in a short term rehab for Physical Therapy. Come for this informative tour to see exactly what that's like.

Tour of facility; Find out the Benefits of inpatient physical therapy; How do I pay for inpatient rehab/is it covered by Medicare?;

How to choose a nursing home/rehab (CMS rating system); Tips for preventing the need for rehab.

Greenwich Home Care has graciously invited us for a personal tour and an informative session plus a goodie bag! Lunch on the way home at a Sedona Tap house, Norwalk (separate checks).



The PEZ visitor Center, Orange, CT

Wednesday February 8, 2023

10:30 Leave NSC

COST: \$10.00 (does not include lunch)



The PEZ visitor center dispenses history and fun!

The center is a 4,000 sq. ft. facility dedicated to all aspects of the sweet treat. For nearly 100 years, PEZ has offered an interactive way to eat candy.

Dispenser heads are based on pop culture favorites including movie characters and Presidents.

See the world's largest PEZ dispenser.

Learn the history of the candy

Admission gets you a PEZ lanyard and a \$2.00 credit at the PEZ store.

Enjoy the game of the month

Take a peek at production

Shop at the PEZ store and bring home your favorites to your family and friends

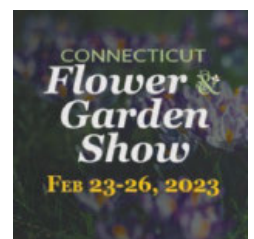
Lunch following at TGI Friday

The CT Flower & Garden Show

Thursday February 23, 2023;
Bus Leaves NSC at 9AM

Cost: \$26.00

Sign up with payment at the front desk by February 9th.



Spectacular Landscaped Gardens! Educational seminars and demonstrations. Topics include seed starting, pollinators, vegetable gardening, house plants, natives, trees, organics and more.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	2 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	3 8 Pickleball 10 Retired Mens Club 10:00 Joy Meditation 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12:30 Art Presentation 12:00 Pickleball 1:00 Mah Jongg 1:00 Dance Lesson 2:00 Pickleball
6 8:00 Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12 & 2 Pickleball 12:45 Movie	7 Trip: Xmas Tree Shop 8:00 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12 Beg. Pickleball 12:30 Art Class 2:00 Pickleball	8 Trip: Pez Factory 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	9 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 10:30 Mindfulness Pres. 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	10 8 Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
13 8:00 Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12 & 2 Pickleball	14 8:00 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:30 Valentine Music 12 Beg. Pickleball 12:30 Art Class 2:00 Pickleball	15 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	16 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	17 8 Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12:30 Snowmen Craft 12:00 Pickleball 1:00 Mah Jongg 1:00 Dance Lesson 2:00 Pickleball
20 NSC Closed 	21 8:00 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12 Beg. Pickleball 12:30 Art Class 2:00 Pickleball	22 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	23 Trip: Flower Show 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	24 8 Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 10:45 Black History Month Celebration 11:00 Coffee Chat 11:45 Lunch 1:00 Pickleball 1:00 Mah Jongg
27 8:00 Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12 & 2 Pickleball 12:45 Movie	28 8:00 Pickleball 10:15 Enhanced Fitness 10:30 Senior Care Pres. 12:00 Spanish 11:45 Lunch 12 Beg. Pickleball 12:30 Art Class 2:00 Pickleball			

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	2 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	3 8 Pickleball 10 Retired Mens Club 10:00 Joy Meditation 10:30 Strong Steps 11:00 Brain Games 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
6 8:00 Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12 & 2 Pickleball 12:45 Movie	7 Trip: Burlington 8:00 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12 Beg. Pickleball 12:30 Art Class 12:30 Canasta Lesson 2:00 Dance Lesson 3:00 Pickleball	8 Trip: Greenwich Woods 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	9 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	10 8 Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
13 8:00 Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12 & 2 Pickleball	14 Trip: Xmas Tree Shop 8:00 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12 Beg. Pickleball 12:30 Art Class 12:30 Canasta Lesson 2:00 Pickleball	15 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	16 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	17 8 Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 12:30 St. Paddy's Day 11:45 Lunch 1:00 Mah Jongg 2:00 Pickleball
20 8:00 Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12 & 2 Pickleball 12:45 Movie	21 8:00 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12 Beg. Pickleball 12:30 Art Class 12:30 Canasta Lesson 2:00 Pickleball	22 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	23 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	24 8 Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12:30 Music & Ice Cream 1:00 Mah Jongg 2:00 Dance Lesson 3:00 Pickleball
27 8:00 Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Art Therapy 12 & 2 Pickleball	28 8:00 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12 Beg. Pickleball 12:30 Art Class 2:00 Pickleball	29 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	30 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12 & 2 Pickleball 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	31 8 Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg

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.

Instructor: Sharon Rubinstein **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.

Instructor: Sharon Rubinstein **Fee:** \$3 per class. 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.

Instructors: Bill & Betsy Wrenn **Fee:** There is no charge, but registration is required.



Strong Steps
Fridays at 10:30 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, & posture training.

Fee: \$3 per class

Line Dancing with Simone

Cost: \$6.00 per class

Instructor Simone Assboeck is a professional dancer, actress, singer, dance instructor and choreographer who has worked on the Disney film *Enchanted* and HBO's *Boardwalk Empire*. Line Dance Lessons With Simone



Dates and Times:

- Friday 1/13 1-2PM
- Tuesday 1/24 2-3PM
- Friday 2/3 1-2PM
- Friday 2/17 1-2PM
- Tuesday 3/7 2-3PM
- Friday 3/24 2-3PM

Joy Meditation & Self Care:
Cost: \$3



Friday Feb 3 & March 3 at 10 AM

Instructor: Stephanie Bessom's Stephanie teaches mindful meditation and self-care. She supports her students in becoming more mindful, kind, gentle, contented, whole and compassionate. This week's discussion will be on the simple joys and gratitude that make life more meaningful.

Please sign up with your payment at the front Desk.



Blood Pressure Screening & Ask a Nurse

Thurs Feb 9th & 23rd
Thurs March 9th & 23rd
9:30 AM

Pickleball Schedule: (Please refer to the calendar on pages 8-9 for temporary time changes)

Monday	Tuesday	Wednesday	Thursday	Friday
8-10:15AM: All Play	8-10AM: Intermediate	8-9AM: All Play	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!

Karaoke

Wed Feb 15th & Wed March 15 10:00 AM

Facilitated by Bob Leng. Bob's love of music makes for a great time! He runs an organized hour of music and song.

Afternoon Bingo:

Every Thursday at 12:30



BINGO prizes are sponsored by Kevin Da Silva of Comfort Keepers on the 1st Thursday of every month. Thank you!

Brain Games with Danielle

Feb 3 & March 3 at 11AM

Facilitated by Danielle Ramos, Cambridge Health and Rehabilitation Center

Presentation: Navigating the Maze of Senior Care - Tues February 28, 2013 at 10:30

In a minute, everything could change and we could find ourselves hospitalized and in need of a short-term rehabilitation facility for Physical Therapy. Being prepared for such a situation and having the Doyle connection, will give you peace of mind.

Free Movies & Popcorn

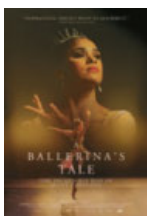
February & March 12:45 PM

February 6th: Hidden Figures

February 27th: A Ballerina's Tale

March 6th: Waking Ned Devine

March 20th: Hairspray



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:

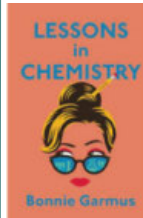
Thursday, February 23, 2023

3:00 pm on Zoom

Lessons in Chemistry by Bonnie Garmus

Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, Lessons in Chemistry is as original and vibrant as its protagonist.

Please contact Cynde Bloom Lahey, Director of Library Information Services: (203) 899-2780 ext. 15133 or email: clahey@norwalkpl.org



ART WITH LAURA

Tuesdays at 12:30

Acrylic Painting Workshop (2 Sessions)

**Tuesdays- March 28 & April 4
12:30-2:00PM**

Under the guidance of Laura Overton, our resident art teacher, you will learn to paint with acrylics!

Bring to class a photo of your choosing and start by learning to draw the image on your canvas or board.

Once you have an outline of your subject, the real fun begins with paint!

Please bring to Workshop: (materials will not be provided)

Photo of your choosing that you would like to paint

Prepared or "paint ready" stretched canvas or board

You choose size

Acrylic paints

Paint brushes

Supplies can be purchased at Michaels or Jerrys Artarama



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

Live Music and Ice Cream Friday March 24 at 12:30

Cost: \$5.00

The Musical Group, "The Hoot Owls" featuring World Class Jazz pianist Chis Coogan

Paired with an Ice Cream Social

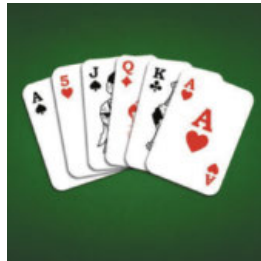


FREE Canasta Lessons

Tuesdays March 7, 14, 21

12:30-1:45

Judy Santamaria of Greenwich Woods has generously offered her time and expertise. She will offer 3 consecutive weeks of Canasta lessons. Please sign up at the front desk or call (203) 847-3115



Art Presentation for the Visually Impaired

Friday, February 3, 12:30

Are you vision impaired?

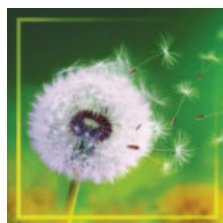
Come hear about an art project designed specifically for the vision impaired. If you like what you hear and want to participate, Colleen Hains (Art Masters of Silvermine) can then sign you up for the class that will be scheduled in March.



Free Presentation: Mindfulness and Stress Reduction

Thursday February 9 at 10:30 AM

Joana Lature, a student at Fairfield University, has prepared a wonderful Wellness Workshop for our members. Give yourself the gift of a relaxing and rejuvenating hour of letting it all go. Bagels and cream cheese will be served!



Neurographic Art

Norwalk Senior Center

March 27, 2023 at 12:30 pm

Neurographic art is a simple way to work with the subconscious mind through drawing. This creative method stimulates new neural pathways by combining art and psychology.

- Activates neurons
- Increases mindfulness
- Sharpens thinking
- Turns stress into calm

SPONSORED BY:



Make Your Own Sock Snowman

Norwalk Senior Center

February 17, 2023

12:30 pm



Socks and supplies will be provided by



For more information or to register for any of these trips, please call Carlos at (203) 847-3115 ext. 104 or stop by the front desk at 11 Allen Road.



Lancaster, PA: "MOSES": Sight & Sound Theatre and Dutch Apple Dinner Theatre "Guys and Dolls"; Amish Countryside Tour; Hershey Town Tour

August 23-25, 2023

Member Cost: \$650 pp double/triple or **\$780** pp single

Non-Member Cost: \$660 pp double/ triple; **\$790** pp single

Day 1: Depart for Lancaster, PA, the heart of Amish Country. Enjoy 2 nights at the Comfort Suites Amish Country. Enjoy a buffet dinner & show (Guys and Dolls).

Day 2: Venture out and enjoy picturesque scenery, see the pristine farms and country surprises along the way. Explore KITCHEN KETTLE VILLAGE with lunch on own and shops jammed full of Lancaster County's simple pleasures. This afternoon, we take our reserved seats at Sight & Sound Theatre for "MOSES". Dinner at the GREENFIELD RESTAURANT.

Day 3: This morning we head to Hershey, PA, "The Sweetest Place on Earth". Meet our local guide for a GUIDED HERSHEY TOWN TOUR that highlights the fascinating life of Milton Hershey, the great philanthropist. ... Visit to the WIND CREEK BETHLEHEM CASINO for lunch on own before we head for home.

Titanic: The Exhibition NYC

Thursday April 13, 2023

Depart at 9:45 AM from Norden Park; Est. Return at 6 PM

Cost: \$134 pp Member/ \$144 pp Non-Member

Titanic. The Exhibition is far more than a display of historic items: it is a unique narrative experience, a tale of the people aboard history's most legendary ship on its maiden and final journey. Travel back to 1912 through photographs, handwritten letters, wayward keepsakes, and other personal belongings telling countless stories about the fates and heroic deeds on board.

The exhibition boasts over 200 original objects. Connect with the Titanic's passengers, listen to their testimonies, and discover their stories through their belongings. You'll walk in their footsteps as you explore life-size, detailed recreations of the ship's interior, witnessing the stark contrast between a lavish first-class suite and a humble third-class cabin.

The visit to the exhibition includes an audio guide which explains the exhibition room by room. You will need to bring your own mobile phone & headphones to download the audio guide.

Lunch at Chelsea Market on own.

A Taste of Italian New York

Thursday May 11, 2023

Depart at 8:30 from Norden Park;

Est Return at 7 PM

Cost: \$149 pp Member/ \$159 pp Non-Member

Here's a chance to visit 3 New York Food 'Hot Spots'...all in one day!

Zabar's Upper West Side: gourmet market with cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas and New York bagels plus lots of international foods.

Carmine's Upper West Side: sit and indulge in an Italian lunch served family style at this famous restaurant—be amazed by the enormous portions! Menu:

Bread Basket, Mixed Green Salad, Zucchini Frites, Rigatoni, Broccoli & Sausage in Marinara, Ravioli Marinara, Chicken Marsala, & Tiramisu for Dessert.

Arthur Avenue in the Bronx:

Some consider this the real Little Italy of New York for bread, pasta, sausage, and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the Italian food specialties you could want.

NORWALK SENIOR CENTER SOUTH

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

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

ACTIVITIES

Coffee Talk Every 2nd & 4th Thursday at 10am
Karaoke 1st & 3rd Thursday at 10am
ESL Basic Wednesdays at 10am
ESL Intermediate Wednesdays at 10am
Rincon Espiritual Every Monday at 10am
 (Spanish) Come share your faith and connect with your Higher Power. Todos son bienvenidos. All are welcome!

EVENTS

Black History Lecture Wednesday February 8 12:15pm

Jill Marie Snyder, Storyteller,
 Community & Family Historian
 Award-winning author of *Dear Mary, Dear Luther: A Courtship in Letters*.
 Refreshments will be provided.
 Registration is required.

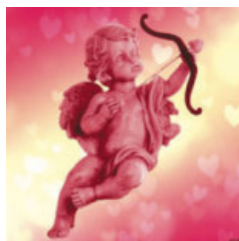


Monthly Bingo by Autumn Lake Healthcare: 2nd Thursday of the Month

Thursday Feb 9 at 12pm - Thursday March 9 at 12pm
 Amy Espinosa is sponsoring these bingo games with prizes.

Valentine's Day Celebration Wednesday Feb 15 at 11 am

The best time of the year to let your friends know you care about them. Music, dance and lots of fun! Reservation is required.



EXERCISE

Strong Steps Mondays at 11am

Instructor: Alexis Pistone of Ivy Rehab Physical Therapy in Norwalk.

Aerobics Tuesday at 10am

by Monitor My Health Program

Tai Chi Tuesday & Thursday at 11am

Instructor: Karen Boginski.

Yoga for Arthritis Wednesday at 11am

Instructor: Karen Boginski

Enhanced Fitness Friday at 10am

Instructor: Sharon Rubinstein



SOCIAL SERVICES

Energy Assistance

We will assist you with the collection of information to expedite your application. Assistance in applying for SSI, Title IX, food stamps is available by appointment only. Call (203) 299-1500.

SPECIAL TRIPS

Savers Thrift Store Orange

Thursday February 2nd at 10:30am



Burlington Stratford

Monday February 13 at 10am

Discovery Science Center & Planetarium

Tuesday Feb 28 at 10:30am



Stamford Museum & Nature Center

Thursday March 9 at 11am



Milford Mall

Monday March 20 at 10:30am

Rummage Room Thrift Store Greenwich

Wednesday March 29 at 11am

Excellent choices to spend time with friends and see interesting places.

Lunch on your own. Registration is required. Call or sign up (203) 299-1500 Ext 101 – 102 (Spanish)

SHOPPING TRIPS

Monday & Friday: Stew Leonard's at 12:30pm

Tuesday: At 1pm TBA (TJ Maxx – Wal-Mart)

Wednesday: Lunch at a local restaurant.

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

Tuesday & Thursday: Shop Rite at 1pm

HEALTH & WELLNES

Family & Children's Agency: Spanish Series

Ana Guzman, Crisis Counselor COACH in Home Care Program (Spanish) comes every third Wednesday of the Month with interesting topics to inform and educate our members.

"Medicine Leftover Safety Disposal"

Wednesday Feb. 15th 10am

"Identifying service needs"

Wednesday Mar. 15th 10am

Monitor my Health (Spanish) Workshop

Beginning Tuesdays at 10am

Programa de Cuidado de Estilo de Vida

Lilly Latchman MS, RDN CDCES will bring this vital workshop to help you make the right changes to your daily life to benefit your health. This workshop will run for 23 weeks where you will get evaluate by a nutritionist and a fitness coach to get you started with a basic routine of daily exercise. It will also provide a 45-minute exercise class starting Dec. 6th at 10am for their participants.

Visiting Nurse & Hospice: Christine Burns RN Community Health Coordinator

"Understanding Stress" Thursday February 23 at 10am

Explore how to manage stress to feel better and improve health.

"Telomeres" Thursday March 23 @ 10am

What are telomeres and what can they tell us about our health and longevity?

Blood Pressure Clinic from Visiting Nurse & Hospice

First and Third Tuesday of the Month at 9:30am



New Members

Linda Bintner
Michael Daniel
Jane Dickenson
Nancy Ferriello
WM Flynn
Mark Fuller
Gary Galasso
Marlene Gaylinn
Cynthia Geraghty
Rose Mary Good
Chester Hatch
Robert Lurie
Barbara Marzolf
Brooke Mauro
Lorraine Napoli
Leslie Nauta
Lawrence O'Brien
Robin Risolo
Mark Roach
Carl Rock
Lana Schwartzman
Sarena Singleton
Elza Siqueira
Maria Somma
Lewis Sperber
Maria Tellez
Cristina Treffner
Cindy Tye



Membership Donors

Ellen Cummings
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Guilbert
Lawrence O'Brien
Maria Tellez
Anthony Vanech

Annual Appeal Donors

Eric Backman
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Martha Brioche
Christine Burke
Kathleen Chaudhuri
Ruth Cooke
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Joe Eichner
Margaret Gallivan
Anna Maria Giglio
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Susan LeRow
Edward and Jerris Lesko

Connie Luppino
Gail MacLean
Patricia Maestri
Dale and Susan McEnany
Judy Miller
Ponsawan O'Brien
Daniel and Elsa Obuchowski
Carl and Anna Parenty
Frank and Rita Phillips
Pearl Pinnock
Erica Pivor
Louise Pupelis
Louis and Sylvia Schulman
Honey Secchi
Michael Sgobbo
Simon and Ilene Sumberg
Elizabeth Viitanen
Josephine Woloszyn
Lynne Youdin



Valentine Appeal

It's time for our annual
Valentine Appeal! Watch your
mailbox for our Valentine
Card or make a donation on
our website at:

www.norwalkseniors.org

IN MEMORY OF:

MICHAEL RENZULLI
MICHAEL RENZULLI
MICHAEL RENZULLI
ROBERT SHANKMAN
IRENE AND LARRY HOCHHEIMER

GIVEN BY:

A FRIEND
TONI AND RICHARD
BRUCE ROOT
BETTY AND LOU GREY
AMY AND STEVE EPPLER-EPSTEIN



The Norwalk Senior Center's Gifts in Remembrance program provides opportunities for donors to honor and remember their friends and 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.

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

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.

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.

11 Allen Road, Norwalk CT, 06851
(203) 847-3115

Membership Application
July 2022–June 2023

92 Cedar St, Norwalk, CT, 06854
(203) 299-1500

Which site will you visit most often? ☐ Allen Road ☐ Cedar St. **Are you already a member?** ☐ Yes ☐ No

Member 1 Name: _____ **Date of Birth:** ____/____/____
Gender: _____ **Race (optional):** _____ **Ethnicity (optional):** ☐ Hispanic ☐ Non-Hispanic
Are you a US Veteran? ☐ Yes ☐ No

Member 2 Name: _____ **Date of Birth:** ____/____/____
Gender: _____ **Race (optional):** _____ **Ethnicity (optional):** ☐ Hispanic ☐ Non-Hispanic
Are you a US Veteran? ☐ Yes ☐ No

Address: _____ **Apt:** _____

City / State / Zip: _____ **Phone:** _____

***Email:** _____ **Cell:** _____

Emergency Contact: _____ **Relationship:** _____

Emergency Contact Number: _____ **Alt Number:** _____

*If you would like to receive our email bulletin, please enter your email address at: www.norwalkseniors.org/email

Please select your membership:

☐ **Individual: \$25** ☐ **Couple: \$50**

*\$_____ Special Donation to support Meals on Wheels
& Outreach Services

**Members who make a special donation are
acknowledged in the bi-monthly newsletter.*

Annual Membership is \$25 per person.

Special donations make door-to-door transportation, counseling & nutrition services available for senior citizens in greater Norwalk. Your membership entitles you to door-to-door transportation, discounts on programs, services, & special events at both Senior Center locations.

☐ **\$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.

Credit Card: Visa / MasterCard # _____ **Exp. Date** _____

You will receive a letter acknowledging your membership & donation. At the bottom of the letter, you will find your membership card & a Shoprite coupon. You may also pick up your membership card in the office. Your membership is current once we receive your application- you do not need to wait for your card to start enjoying the Center!

Photo Disclaimer: From time to time, the Norwalk Senior Center captures photos & video of programs/events for promotional use. Should you have objection to the Norwalk Senior center using photos & video of you, please notify staff.



Bringing Hospitality to Healing

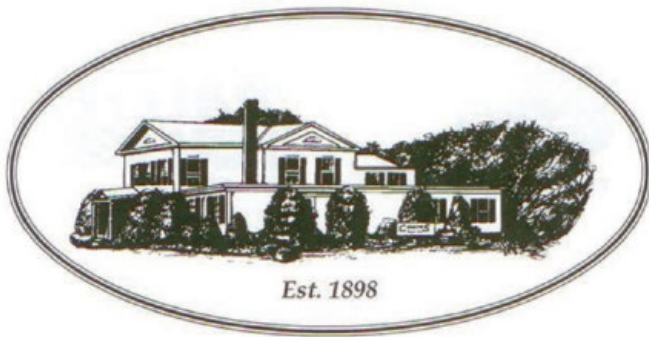
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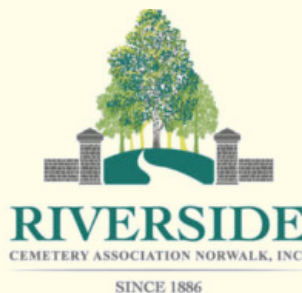
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