

NORWALK SENIOR CENTER LIFE & TIMES

VOLUME 24, ISSUE 1 | DECEMBER 2023– JANUARY 2024

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Holiday Schedule:

Closed Monday December 25th
Closed Monday January 1st
Closed Monday January 15th

**VISIT OUR WEBSITE FOR
UPDATES, RESOURCES &
SIGN UP FOR OUR WEEKLY
EMAIL:**

WWW.NORWALKSENIORS.ORG

Hairdressing Program: Coming Soon!

Norwalk Senior Center will soon add hairdressing to its long list of available services. We are starting to screen licensed hairdressers and barbers. Affordability will be a top priority.



Meals on Wheels Program Closed

Due to low participation and a shortfall of funds, Norwalk Senior Center had no choice but to close the Meals on Wheels Program. Program participants were referred to alternate providers including Catholic Charities & Mom's Meals to insure that they would continue receiving home-delivered meals going forward. It has been an honor and a pleasure to provide the service over the many years. We are grateful to staff members Julie DeMarco, Lynn Westfield and Mary Jane Wenk for coordinating the program (as well as the staff members who filled in during vacations or the pandemic). We give heart-felt thanks to the dedicated volunteer delivery drivers & meal packers.

We also want to thank our community partner organizations Abilis, Ability Beyond & STAR for providing volunteer delivery drivers. Because of all of you, the program was a success. We are forever grateful!



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.



VETERANS AFFAIRS

Veterans Affairs representative
Frances Reyes assists Veterans
in the Norwalk Area.

Call (203) 418 2005

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 & 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, 2023

The Federal Poverty Limits (FPL) have been revised for 2023. These new limits are used by DSS for updating MSP income limits for 2023, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2023.

Medicare Savings Program (MSP) income limits effective 3/1/23

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	\$2,564 / mo	Couple	\$3,468 / mo
SLMB (231% FPL)	Single	\$2,807 / mo	Couple	\$3,797 / mo
ALMB (246% FPL)	Single	\$2,989 / mo	Couple	\$4,043 / mo

Applications for the Connecticut Energy Assistance Program (CEAP) for the 2023-2024 season will begin on September 1, 2023.

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Applications for CEAP typically take 30-45 minutes. Basic benefits towards your heating bill range between \$180 to \$530 depending on your income level, household size and whether there is a vulnerable member in the household. These benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional fuel deliveries.

CEAP recipients may also be eligible for matching payment plans, protection from shut-offs, and replacement and/or repairs for heating equipment.

Call Eva Beau-Span at extension 115 for more information and to schedule an appointment.

How to Sneak Exercise into Your Day

Exercise is like a dirty word these days. It intimidates us with visions of perfect bodies sweating in classes, the gods and goddess of fitness shouting what passes for encouragement into their boom mics. The impossibility of finding hours to spend in a gym, and hundreds of dollars going into those membership fees and a workout wardrobe weigh us down, preventing us from getting started. But the fact is, that's not the vision of exercise most health care professionals would want us to conjure. This is because movement (that's right, ANY movement) is in fact considered exercise. It's not "go big or go home" — it's just move throughout your day.

So, with the focus on increasing your movement, how do you build those moments into your day? Follow these tips for easy ways to "sneak" exercise into your day.

Start with being inefficient. Instead of taking the short cut, go the long way. Park a little bit further away from your office, the grocery store, wherever you go today! Don't wait for the elevator, take the stairs. If you're at home, take an unnecessary detour to the basement or the second level just for fun. Take a turn around the block, or just around your yard if you're short on time.

Get into (house) cleaning. It's true, all of our household chores count as movement. Take your vacuum for a walk around the house, scrub the bathtub, start a load of laundry (in many homes this includes a trip up and down a set of stairs!), make the bed, cook dinner — whatever you do, put a little spring in your step, put on some music and make the most of moving your body.

Power up with a 10-minute workout. Studies now show that a workout of any length not only "counts" as exercise, but that shorter workouts are just as beneficial as longer ones. So, stop worrying about fitting another 45 minutes into your already over packed day! Most of us can find 10 minutes at lunch, in the morning before hopping into the shower, or just after work, before starting whatever is next. Try some of these quick hit ideas at Self.

Stretch yourself. Daily stretching has all kinds of benefits, from stress relief to better posture. It's a great idea, no matter when you fit it into your day. You can stretch before you get out of bed in the morning or spend a few minutes following a spurt of activity. Maybe the only time you can find in the day is at night. If that's the case, don't stress! Stretching before bed can lead to better sleep!

Yoga can do it! You say you don't have time for an hour-long class? No worries, just 10 minutes of yoga daily can change your life. Or maybe you're thinking that only high impact movement (with all that sweating — just NOT designed for the modern lunch "hour") is the only way to get the job done. Not so. Studies have found that even gentle, restorative yoga where poses are held for longer periods of time and are completely supported, can aid in weight loss.

Wherever you are on your movement journey, hopefully these tips have inspired you to move on from stere-



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, 2023 - JUNE 30, 2024.
HOURS: 8:30AM - 4:30PM AT 11 ALLEN ROAD & 8:30AM-1:00PM AT 92 CEDAR ST.

NSC: (203) 847-3115

STAFF:

Administrative Assistant:

Amy Munley AMunley@norwalksc.org

Bookkeeper:

Steisy Gil SGil@norwalksc.org

Executive Director:

Beatrix Lane BLane@norwalksc.org

Front Desk Coordinator:

Carlos Bolanos Carlos@norwalksc.org

EXTENSION:

110

105

103

104

Outreach Director:

Eva Beau-Span EBeau@norwalksc.org

Transportation Coordinator:

Remy Exantus RExantus@norwalksc.org

NSC South Site: (203) 299-1500

Activity Coordinator:

Giovana Ramirez
GRamirez@norwalksc.org (Bilingual)

115

107

102

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Do You Know About Medicare Savings Program?

The Medicare Savings Program will pay for your Part B Premium and may help pay Medicare deductibles and co-insurance. Medicare Beneficiaries with a monthly income less than \$2,989 and \$4,043 per couple will qualify. Assets are not considered. For more information or application assistance, contact SWCAA's CHOICES Department at 1-800-994-9422



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at Cannondale *Meadows*
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 - Long-term skilled nursing
 - Geriatric assessment center

Wilton Meadows 203.834.0199
The Greens At Cannondale 203.761.1191

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wendbardos@aol.com



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for over 50 years!





SENIOR BUS SCHEDULE

Shopping Schedule:

Tuesday 9-12: Shop Rite

Wednesday 9-12: Shop Rite

Thursday 9:00- 12:00: Shop Rite

Friday 8:30: Wal Mart

Special Trip:
Danbury Mall December 13th

NSC Transportation:

Two Morning Pickup Routes:

8:30 AM & 10:00 AM

Monday through Friday

Afternoon Trips Home:

12:30 PM

2:30 PM

Monday through Friday

Let us drive you to Stew Leonard's!

1st & 4th Friday 12:30 to 3:00

2nd Friday: 10:00 to 1:00



Passenger Guidelines:

1. Norwalk Senior Center membership is required; annual membership fee is \$25 and renews on July 1st.
2. The suggested contribution for transportation is \$20 per month, due by the 5th of each month. There is no additional suggested donation for shopping trips leaving from our Center to the grocery store. (All passengers are required to carry their bus cards or paid receipt.)
3. You must be physically able to get from your home to/from the bus. If you utilize a wheelchair, you will receive assistance from the specialized equipment on our bus. Under no circumstances may a driver enter your home.
4. 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).

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

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

Let's Bake! Word Search

B	R	E	A	D	E	G	G	S	R	C	O	E	N	D	A
A	E	B	A	K	E	C	G	W	O	E	L	O	T	C	C
K	I	E	E	U	R	N	H	O	L	E	O	E	A	S	O
L	K	O	T	U	I	I	K	A	L	P	E	K	U	O	O
I	O	E	S	T	P	I	E	L	S	E	E	G	P	V	K
M	O	T	S	M	E	I	E	A	B	E	A	U	K	E	B
E	C	O	A	S	E	L	E	U	E	R	C	L	S	N	O
E	R	E	H	B	U	T	T	E	R	M	I	L	K	S	O
F	R	E	P	O	L	T	T	E	E	Y	E	A	S	T	K
C	E	E	B	A	E	P	A	S	T	R	Y	E	E	A	A
T	L	E	S	R	C	E	B	A	T	T	E	R	E	B	F
D	O	U	G	H	E	V	A	N	I	L	L	A	L	E	A
S	C	H	O	C	O	L	A	T	E	E	S	T	I	R	O
R	E	S	N	R	C	U	P	C	A	K	E	P	A	A	L
E	E	F	O	U	R	R	O	L	L	I	N	G	P	I	N
T	A	B	L	E	S	P	O	O	N	Y	E	E	R	L	R

Word List:

CUP
SUGAR
CREAM
CAKE
ROLLS
CHOCOLATE
WHIP
COOKBOOK
CRUST

TEASPOON
MILK
BUTTER
COOKIE
PASTRY
DOUGH
BAKE
SALT

TABLESPOON
BUTTERMILK
OVEN
CUPCAKE
FROSTING
BATTER
VANILLA
YEAST

FOUR
EGGS
COOKIESHEET
BREAD
ROLLINGPIN
STIR
LOAF
PIE

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8am; 12pm & 2pm Pickleball 9:30 Brain Games 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 12:00 Birthday Cake 1:00 Mah Jongg
4 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:00 Nutrition Education 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Better Holiday Photos 12:45 Movie	5 Holiday Party NO NSC ACTIVITIES	6 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 10:00 Karaoke 11:45 Lunch 11:45 Poker 12:00 Adv. Beginner Pickleball	7 8am & 2 pm Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	8 8am; 12pm & 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 11:45 Lunch 1:00 Mah Jongg
11 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	12 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 12:30 Roof Presentation 1:00 Bocce 1:30 Chair Yoga	13 Danbury Mall 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 11:45 Poker 12:00 Adv. Beginner Pickleball	14 8am & 2 pm Pickleball 9:00 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	15 8am; 12pm & 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 11:45 Lunch 1:00 Mah Jongg
18 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	19 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:00 Bocce 1:30 Chair Yoga	20 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Poker 12:00 Adv. Beginner Pickleball	21 8am & 2 pm Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	22 8am; 12pm & 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 11:45 Lunch 1:00 Mah Jongg 1:30 Hot Chocolate Bar
25 CLOSED 	26 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:00 Bocce 1:30 Chair Yoga	27 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Poker 12:00 Adv. Beginner Pickleball	28 8am & 2 pm Pickleball 9:00 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	29 8am; 12pm & 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 11:45 Lunch 1:00 Mah Jongg

Monday	Tuesday	Wednesday	Thursday	Friday
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8 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	9 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	10 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 11:45 Poker 12:00 Adv. Beginner Pickleball	11 8am & 2pm Pickleball 9:00 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	12 8am; 12pm & 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 11:45 Lunch 1:00 Mah Jongg
15 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	16 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	17 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 11:45 Poker 12:00 Adv. Beginner Pickleball	18 8am & 2pm Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	19 8am; 12pm & 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 11:45 Lunch 1:00 Mah Jongg
22 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	23 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	24 8am Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 11:45 Poker 12:00 Adv. Beginner Pickleball	25 8am & 2pm Pickleball 9:00 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	26 8am; 12pm & 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Bright Minds 11:45 Lunch 1:00 Mah Jongg
29 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	30 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	31 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 11:45 Poker 12:00 Adv. Beginner Pickleball		

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: There is no charge, but registration is required.

Ageless Radiance by Betsy Wren

Ageless Radiance is a Tai Chi based moving meditation class to promote wellness.

Fridays at 9:30AM

Fee: \$5.00 pp



Pickleball Schedule:

Monday

8-10:15AM: All Play

12-2PM: Intermediate

2-4PM: All play

Tuesday

8-10AM: Intermediate

12-2PM: Beginner

2-4PM: All Play

Wednesday

8-9AM: All Play

12-2PM: Adv. Beginner

2-4PM: All Play

Thursday

8-10AM: Intermediate

12-2PM: Beginner

2-4PM: All Play

Friday

8-10AM: All Play

12-2PM: Intermediate

2-4PM: All Play

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



Karaoke
December 6th & 20th
January 3rd & 17th
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.



Friday Dec 1st & Jan 5th @ 11AM

Give your brain a work out in a fun and creative way. Join Danielle Ramos for her popular "Brain Games" and healthy snacks.

Sponsored by Cambridge Health and Rehabilitation Center.

Thank you to our BINGO Sponsors:
Sterling Home Care: Thurs December 7th
&

Wilton Meadows: Thurs December 21st



Chess Lessons and Games

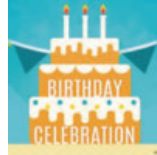
When: Thursdays

Time: 1PM

Place: Rm 3

All members are welcomed and encouraged!

Organized by Rick Crawford



Monthly Birthday Cake
Friday Dec 1st & Jan 5th @ 12pm

All are welcome to celebrate our members! The monthly birthday cake will follow lunch on the first Friday of the month.

Sign up for lunch or stop in after for cake.

Sponsored by Dean @ Bridges by Epoch

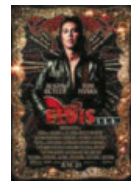
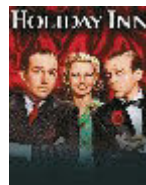
Movie Mondays: 12:45

December 4th: *Holiday Inn*

December 18th: *The Holiday*

January 8th: *Chicago*

January 22nd: *Elvis*



Intermediate Spanish Lessons

Cost: \$10.00 per class

Payable to Luz Rincon

Tuesdays from 12 PM–1PM

Registration is required!



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.



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

Chair Yoga

Tuesdays at 1:30

Beginning December 12th

This class teaches classic, gentle YOGA poses modified for the chair. Chair Yoga increases strength & flexibility, while reducing stress.

Beginners welcome- No prior Yoga experience is necessary.
Facilitated by Linda Lombardo

Cost: \$6 per class payable directly to instructor.



Blood Pressure

Thursdays December 14th & 28th

January 11th & 25th

9:30 AM

*Sponsored by Visiting Nurse Of
Fairfield County*

Hot Cocoa Bar



**Friday December 22
at 1:30 PM**

Sponsored & Hosted by:



Presentation:

Take Better Holiday Photos with your Smartphone

Monday Dec 4th at 12:30

This class will help you take pro quality photos for Christmas, Hanukkah, New Year's and Beyond! Just bring your smart phone and a smile.

Presented by Fred Bonilla



Senior Fall Prevention

Presentation

December 15th at 10:30

Come join Nuvance Health's Trauma Department for a quick 30-minute health talk about preventing falls!

Learn about fall prevention
Take a 4-step Balance Test
Take-home safety list
Giveaways
Fall Prevention BINGO!



Roof Repairs or Roof Replacements & How to Avoid Scams

**Tuesday December 12
12:30**

Learn when to repair or replace your roof and avoid common scams in our concise, expert-guided seminar. Presented by Red Grizzly Roofing.



Presentation: Nutrition Education

**Monday Dec 4th
11 AM**

In the Dining Room

Delectable Desserts for Holiday Celebrations

With so many traditions and ways to celebrate the holiday season, the options are nearly endless for families looking to spend special moments together. One of the tastiest and most enjoyable activities you can engage in with family and friends is to team up and create sweet eats in the kitchen.

Peppermint Cheesecake Brownies

Recipe courtesy of Sarah Bates of “The Chef Next Door” on behalf of Milk Means More

Prep time: 10 minutes Cook time: 30 minutes

Servings: 16

Cheesecake Batter:

8 ounces low-fat cream cheese, at room temperature

1/3 cup granulated sugar

1/2 teaspoon peppermint extract

2 eggs

1 tablespoon all-purpose flour

Brownie Batter:

1 cup all-purpose flour

1/2 cup cocoa powder

1/2 teaspoon salt

1 cup granulated sugar

1/4 cup vegetable oil

1/4 cup milk

2 eggs

1 teaspoon pure vanilla extract

Topping:

1/2 cup peppermint baking pieces

Preheat oven to 350 F. Coat 8-inch square baking pan with nonstick cooking spray; set aside.

To make cheesecake batter: Place cream cheese in bowl of stand mixer. Beat on medium speed until smooth and creamy. Add sugar and peppermint extract; beat well. Add eggs, one at a time, beating well after each addition. Add flour and beat mixture until blended.

To make brownie batter: In medium bowl, whisk flour, cocoa powder and salt until combined. In separate bowl, whisk sugar, oil, milk, eggs and vanilla until well combined. Add wet ingredients to dry ingredients and mix until blended.

Pour brownie batter evenly into prepared pan. Carefully pour cheesecake batter over top, spreading evenly. Carefully swirl layers together using knife tip. Bake 20 minutes.

Sprinkle top of brownies with peppermint baking pieces and bake 10 minutes until brownies are set. Cool brownies completely in pan on wire rack before cutting into 16 squares.



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.

Activities: Giovana Ramirez (203) 299-1500 ext. 102

GRamirez@norwalksc.org

ACTIVITIES

Rincon Espiritual - Dora DeAndrade

(Spanish) Mondays at 10am

Connection with your Higher Power.

Todos son bienvenidos.

ESL I: Basic

Mondays at 11:30am - Wednesdays at 12pm

Arts & Craft: Discover your talent - Second & Fourth Tuesday at 10am

Free Hair Cut Services: First Wednesday of the month 9:30am-12pm. Registration is required

ESL II Advanced: Wednesdays at 10am

Puzzle Contest/ Guessing Game Wednesday at 10am

Coffee Talk: First & Third Thursday of the month at 10am

Karaoke: Second Thursday of the month at 10am

ESL Conversation: Second & Third Friday of the Month at 11am

Nutrition Club /Book Club: Every other Tuesday at 10am.

Musicoteca: Second & Third Friday of the month at 12pm Move to the rhythm of the Latin music. All are Welcome!

EVENTS

Holiday Celebration

Monday December 18 at 11am - 1pm

Join us on this celebration. Please Sign Up. Reservation is required



Monthly Bingo by Wilton

Meadows 1st Thursday of the Month

Mary Sourivanh, LPN Clinical/Community Liaison will bring prizes & refreshments.



Let us celebrate your Birthday!

Friday December 15 at 12pm

Re-celebrate your birthday with friends!

Join us to find out how many birthdays you had missed!

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

Autumn Lake Healthcare will bring prizes for their monthly Bingo.

EXERCISE

Strong Steps Mondays at 11am

Instructor: Alexis Pistone of Ivy Rehab Physical Therapy in Norwalk. Class provides 30 minutes of cardio, strength & posture training.

Tai Chi Tuesdays & Thursdays at 11am

Instructor: Karen Boginski.

Yoga for Arthritis Wednesdays at 11am

Instructor: Karen Boginski

Enhanced Fitness Fridays at 10am

Instructor: Sharon Rubinstein



HEALTH & WELLNES

Family & Children's Agency: Monthly Spanish Series

Third Wednesday of the Month at 10am

Ana Guzman, Crisis Counselor COACH in Home Care Program (Spanish) comes once a month with interesting topics to inform and educate our members.

"Conversation: Gratitude vs Regret" Dec. 20

"Scam Prevention" Jan. 17

Visiting Nurse & Hospice: Monthly Series –

Fourth Thursday of the Month at 10am

Christine Burns RN Community Health is always ready to inform you about these important topics. Come prepared with questions, she will be happy to answer them.

"Understanding Stress" December TBA

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

"Fall Prevention" Jan 25

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year,¹ but less than half tell their doctor.² Falling once doubles your chances of falling again

Blood Pressure Clinic from Visiting Nurse & Hospice

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



SOCIAL SERVICES

Provides information and assistance about Medicare, Medicaid, SNAP, Energy Assistance, and others social service resources. Assistance is available.

By appointment only.

SPECIAL TRIPS

Lunch on your own. Transportation cost \$15 Registration is required.

Burlington –Stratford

Wednesday Dec. 6. Leaving Cedar Court at 10am

Pez Factory – Orange

Monday Dec.11

Ridgefield Thrift Store

Wed. Dec 27 @ 11am

Danbury Mall @ 10am

Wednesday Jan. 10

Ruby & Calvin Fletcher African American History Museum

Monday January 29th at 10am



WEEKLY SHOPPING TRIPS

Monday: Local Thrift Stores at 12:30pm

Tuesday & Thursday Shop-Rite at 1pm

Wednesday alternate: TJ Maxx Rte. 7 / Ct Ave – Wal-Mart Rte. 7 – Kohl's at 12pm

Friday: Stew Leonard's at 12:30pm



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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.

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Membership Application
July 2023–June 2024

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**

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**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!

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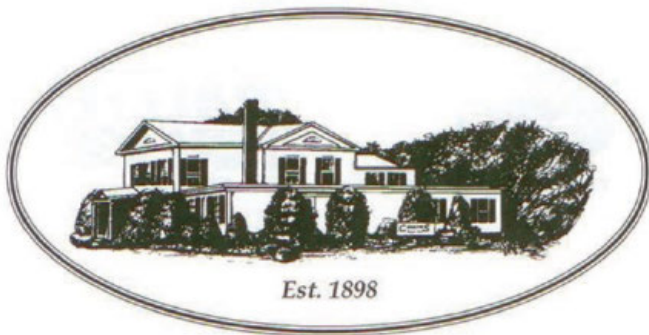
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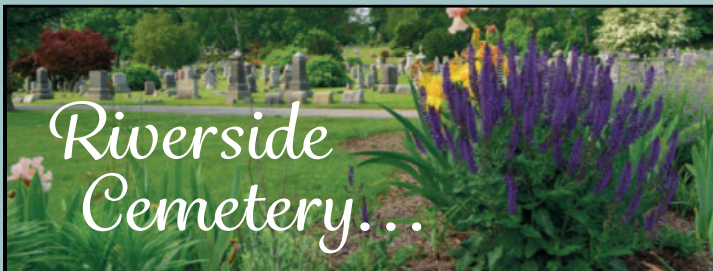
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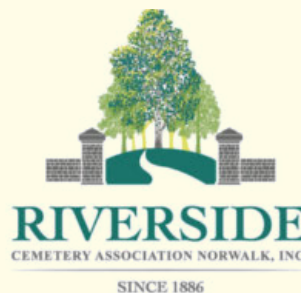
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