

# LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 24, ISSUE 3 | APRIL – MAY 2024

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Holiday Schedule:  
Closed Monday May 27

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

**EMAIL:**

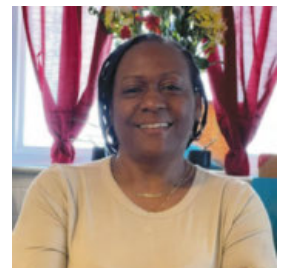
**WWW.NORWALKSENIORS.ORG**

### Gala Fundraiser: A Huge Success

Our gala was well attended on Saturday March 9th at the Shorehaven Golf Club; so much so that attendees are already asking for the date of the next one! Former Norwalk Mayor Alex Knopp and former NSC Board Member Ami-Lynn Bakshi received the second annual Sage Award, honoring the worth & wisdom of seniors. Recipients are 50+ & have contributed significantly to their communities. Live entertainment featured comedy from Moody McCarthy - as well as Raissa Katona Bennett, Award-winning Broadway performer/ singer and Mark Janus, nationally renowned pianist played the grand piano. Many thanks to those of you who attended and contributed; nearly \$50K was raised. If you would like to receive an invitation to our next gala, please e-mail us at [blane@norwalksc.org](mailto:blane@norwalksc.org).



**Promotion Announcement** We are pleased to announce the promotion of Eva Beau to Director of Social Services at the Norwalk Senior Center. Eva joined the team in 2016 and has been an integral part of the team ever since. Eva has assumed additional responsibilities. Please help us congratulate Eva on April 3rd when we will gather in our dining room at 11 Allen Road for some cake & fruit at 11:45 AM.



**Seminar: Scam & Fraud Prevention** Scammers have one goal, to access your personal financial information and steal your hard-earned money. Don't let these con artists get the best of you. Join us at 11 Allen Road on **Wednesday, June 21 at 10:30**. Presented by The Connecticut Department of Banking and the Area Agency on Aging of Southwestern CT Senior Medicare Patrol (SMP).



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](http://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.

**Support Resource Group  
"Surviving Each Challenge"**

Note: This will take the place of the Bereavement Group  
This group will offer a safe place for those who need encouragement, comfort or emotional support. Hearing from others facing similar challenges can make you feel less alone. Participants with common experiences or concerns will provide each other with coping strategies and personal experiences. "Surviving Each Challenge" is a judgement free zone where we will discuss the challenges of:  
Loss, Caregiving, Grief, Family, and Illness.

Let us survive each challenge TOGETHER.

**Group will meet 1st and 3rd Thursday of the month at 11:00**

**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 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 at extension 115 for more information and to schedule an appointment.

## IMPORTANT NOTICE

Effective **April 1, 2024** a monthly permit is required to utilize the indoor pickleball court, M-F, inside the gym at 11 Allen Rd. The fee for the monthly permit is \$60 per month, per player, payable at the NSC front desk.

(Volunteers dedicating 2+ hours per week of volunteer service to NSC are exempt from the new fee). The new fee is necessary to mitigate increased insurance costs. During pickleball play- on the inside court, NSC Pickleball Permits are required to be placed on the table just inside the gym for the duration of your game; NSC staff/volunteers will periodically check to insure folks have the necessary permit after April 1st.

Use of the 5 new outdoor courts at 11 Allen Road continues to be free- these courts are coordinated by the Norwalk Department of Recreation & Parks. Reservations are required and can be made online at **[www.norwalkct.gov/3458/Pickleball](http://www.norwalkct.gov/3458/Pickleball)**

Thank you for your cooperation.

NSC Leadership

Questions: Please call Beatrix Lane, NSC Executive Director,  
203-847-3115 ext 103.

**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:** **EXTENSION:**  
**Administrative Assistant:** **110**  
 Amy Munley AMunley@norwalksc.org  
**Bookkeeper:** **105**  
 Steisy Gil SGil@norwalksc.org  
 (Bilingual)  
**Executive Director:** **103**  
 Beatrix Lane BLane@norwalksc.org  
**Front Desk Coordinator:**  
**104**  
 Carlos Bolanos Carlos@norwalksc.org  
 (Bilingual)

**Director of Social Services:** **115**  
 Eva Beau EBeau@norwalksc.org  
 (Bilingual)  
**Transportation Coordinator:** **107**  
 Remy Exantus RExantus@norwalksc.org  
 Calvin Johnson, Bus Driver  
 Eliezer Ramos, Bus Driver

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 www.magnerfuneralhome.com

**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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**Wendy Newman Bardos REALTOR®, V.P.**  
 203-853-4701 Office • 203-856-9411 Cell & VM  
 wendbardos@aol.com



**EAST COAST ASSOCIATED, INC.**



**CT LICENSE #0031771**

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**The CANNONDALE CAMPUS**  
 PRIVATELY OWNED SINCE 1983  
 The Greens At Cannondale Wilton 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:

**Tuesday 9-12:** Shop Rite

**Wednesday 9-12:** Shop Rite

**Thursday 9:00- 12:00:** Shop Rite

**Friday 8:30:** Wal Mart

### 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

#### To schedule your ride, call:

(203) 847-3115 ext 107

### 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 required; annual membership fee is \$25.
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.**

Our Thrift Store, **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](http://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](http://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

For more information or to sign up for any of our trips, please call Carlos at (203) 847-3115.

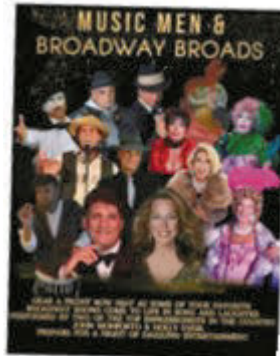
**April**

**Aqua Turf "Music Men & Broadway Broads"**

**9 AM Tuesday, April 9th**

**\$69**

Celebrity Impressionists John Monforto & Holly Faris have prepared a day of dazzling entertainment! Grab a seat as some of your favorite Broadway shows come to life in song and laughter!



**Burlington**

**Burlington Coat Factory in Stratford**

**10 AM Wed Apr. 10**

**\$10 (Lunch not included)**

Lunch OSAKA HIBACHI BUFFET

**SIKORSKY AIR & SPACE MUSEUM**

**10 AM Thur. Apr. 18**

**CALL FOR DETAILS**

**(Lunch not included)**

Lunch OSAKA HIBACHI BUFFET in Stratford.



**Goodwill Store in Monroe**

**10AM Thur. Apr 25**

**\$10**

**May**

**IKEA - New Haven**

**10 AM Wed. May 1**

**\$10**

**Silverman's Farm Easton**

**10 AM Wed. May 15**

**\$10**



**Ridgefield Thrift Store**

**10:30 AM Thur. May 30**

**\$10 (Lunch not included)**

Lunch at Orem's Diner.

**Trips to Captain's Cove begin on**

**Wed. May 29**

**11:30am**

**\$10**

Second & Fourth Wednesday of the month starting May 29.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8am; 12 &amp; 2pm Pickleball 10:00 Knit &amp; Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>2</p> <p>8am &amp; 2pm Pickleball 10:30 Enhance Fitness 11:45 Lunch 12:00 Pickleball Lesson 1 2:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>3</p> <p>8am &amp; 2pm Pickleball 9:00 Social Stitchers 9:15 Enhance Fitness 10:30 Tai Chi 10:00 Karaoke 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickleball</p>	<p>4</p> <p>8am &amp; 2 pm Pickleball 10:30 Arthritis Exercise 11:00 Support Group 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>5</p> <p>8am; 12 &amp; 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Dance Lesson 11:00 Brain Games 12:30 Birthday Cake 12:45 Mah Jongg</p>
<p>8</p> <p>8am; 12 &amp; 2pm Pickleball 10:00 Knit &amp; Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>9 Trip: Aqua Turf</p> <p>8am &amp; 2pm Pickleball 10:30 Enhance Fitness 11:45 Lunch 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 12:45 12:45 Movie 1:30 Chair Yoga</p>	<p>10 Trip: Burlington</p> <p>8am &amp; 2pm Pickleball 9:00 Social Stitchers 9:15 Enhance Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickleball</p>	<p>11</p> <p>8am &amp; 2 pm Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>12</p> <p>8am; 12 &amp; 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg</p>
<p>15</p> <p>8am; 12 &amp; 2pm Pickleball 10:00 Knit &amp; Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>16</p> <p>8am &amp; 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>17</p> <p>8am &amp; 2pm Pickleball 9:00 Social Stitchers 9:15 Enhance Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12:00Poker 12:00 Adv. Beginner Pickleball</p>	<p>18 Trip: Sikorsky Museum</p> <p>8am &amp; 2 pm Pickleball 10:30 Arthritis Exercise 11:00 Support Group 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess 1:00 Roof Repair</p>	<p>19</p> <p>8am; 12 &amp; 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Dance Lesson 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg</p>
<p>22</p> <p>8am; 12 &amp; 2pm Pickleball 10:00 Knit &amp; Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>23</p> <p>8am &amp; 2pm Pickleball 10:30 Enhance Fitness 11:45 Lunch 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 12:45: Movie 1:30 Chair Yoga</p>	<p>24</p> <p>8am &amp; 2pm Pickleball 9:00 Social Stitchers 9:15 Enhance Fitness 10:30 Tai Chi 12:00 Poker 12:00 Adv. Beginner Pickleball</p>	<p>25 Trip: Goodwill Monroe</p> <p>8am &amp; 2 pm Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess 1:00 Roofing Presentation</p>	<p>26</p> <p>8am; 12 &amp; 2pm Pickleball 9:30 Ageless Radiance 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg</p>
<p>29</p> <p>8am; 12 &amp; 2pm Pickleball 10:00 Knit &amp; Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>30</p> <p>8am &amp; 2pm Pickleball 10:30 Enhance Fitness 11:45 Lunch 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>			



# PAGE 9 | MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Trip: IKEA</p> <p>8am &amp; 2pm Pickleball</p> <p>9:00 Social Stitchers</p> <p>9:15 Enhance Fitness</p> <p>10:00 Karaoke</p> <p>10:30 Tai Chi</p> <p>11:45 Lunch</p> <p>12:00 Poker</p> <p>12:00 Adv. Beginner Pickleball</p>	<p>2</p> <p>8am &amp; 2 pm Pickleball</p> <p>10:30 Arthritis Exercise</p> <p>11:00 Support Group</p> <p>11:45 Lunch</p> <p>12:00 Beg. Pickleball</p> <p>12:15 Bingo</p> <p>12:45 Mah Jongg</p> <p>1:00 Chess</p>	<p>3</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>9:30 Ageless Radiance</p> <p>10:00 Retired Mens Club</p> <p>10:30 Strong Steps</p> <p>11:00 Brain Games</p> <p>12:30 Birthday Cake</p> <p>12:45 Mah Jongg</p>
<p>6</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>10:00 Knit &amp; Stitch</p> <p>10:30 Enhance Fitness</p> <p>11:30 Bridge</p> <p>11:45 Lunch</p> <p>12:00 Poker</p>	<p>7</p> <p>8am &amp; 2pm Pickleball</p> <p>10:30 Enhance Fitness</p> <p>11:45 Lunch</p> <p>12:00 Free Pickleball Lesson</p> <p>12:00 Spanish Class</p> <p>12:30 Art Class</p> <p>1:30 Chair Yoga</p>	<p>8</p> <p>8am &amp; 2pm Pickleball</p> <p>9:00 Social Stitchers</p> <p>9:15 Enhance Fitness</p> <p>10:30 Tai Chi</p> <p>11:45 Lunch</p> <p>12:00 Poker</p> <p>12:00 Adv. Beginner Pickleball</p>	<p>9</p> <p>8am &amp; 2 pm Pickleball</p> <p>10:30 Arthritis Exercise</p> <p>11:45 Lunch</p> <p>12:00 Beg. Pickleball</p> <p>12:15 Bingo</p> <p>12:45 Mah Jongg</p> <p>1:00 Chess</p>	<p>10</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>9:30 Ageless Radiance</p> <p>10:00 Retired Mens Club</p> <p>10:30 Strong Steps</p> <p>10:30 Dance Lesson</p> <p>11:45 Lunch</p> <p>12:45 Mah Jongg</p>
<p>13</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>10:00 Knit &amp; Stitch</p> <p>10:30 Enhance Fitness</p> <p>11:30 Bridge</p> <p>11:45 Lunch</p> <p>12:00 Poker</p>	<p>14</p> <p>8am &amp; 2pm Pickleball</p> <p>10:30 Enhance Fitness</p> <p>11:45 Lunch</p> <p>12:00 Free Pickleball Lesson</p> <p>12:00 Spanish Class</p> <p>12:30 Art Class</p> <p>12:45 Movie</p> <p>1:30 Chair Yoga</p>	<p>15 Trip: Silverman's Farm</p> <p>8am &amp; 2pm Pickleball</p> <p>9:00 Social Stitchers</p> <p>9:15 Enhance Fitness</p> <p>10:30 Tai Chi</p> <p>10:00 Karaoke</p> <p>11:45 Lunch</p> <p>12:00 Poker</p> <p>12:00 Adv. Beginner Pickleball</p>	<p>16</p> <p>8am &amp; 2 pm Pickleball</p> <p>10:30 Arthritis Exercise</p> <p>11:00 Support Group</p> <p>Lunch</p> <p>12:00 Beg. Pickleball</p> <p>12:15 Bingo</p> <p>12:45 Mah Jongg</p> <p>1:00 Chess</p>	<p>17</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>9:30 Ageless Radiance</p> <p>10:00 Retired Mens Club</p> <p>10:30 Strong Steps</p> <p>11:45 Lunch</p> <p>12:45 Mah Jongg</p>
<p>20</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>10:00 Knit &amp; Stitch</p> <p>10:30 Enhance Fitness</p> <p>11:30 Bridge</p> <p>11:45 Lunch</p> <p>12:00 Poker</p>	<p>21</p> <p>8am &amp; 2pm Pickleball</p> <p>10:30 Enhance Fitness</p> <p>11:45 Lunch</p> <p>12:00 Free Pickleball Lesson</p> <p>12:00 Spanish Class</p> <p>12:30 Art Class</p> <p>1:30 Chair Yoga</p>	<p>22</p> <p>8am Pickleball</p> <p>9:00 Social Stitchers</p> <p>9:15 Enhance Fitness</p> <p>10:30 Tai Chi</p> <p>11:45 Lunch</p> <p>12:00 Poker</p> <p>12:00 Adv. Beginner Pickleball</p>	<p>23</p> <p>8am &amp; 2 pm Pickleball</p> <p>10:30 Arthritis Exercise</p> <p>11:45 Lunch</p> <p>12:00 Beg. Pickleball</p> <p>12:15 Bingo</p> <p>12:45 Mah Jongg</p> <p>1:00 Chess</p>	<p>24</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>9:30 Ageless Radiance</p> <p>10:00 Retired Mens Club</p> <p>10:30 Strong Steps</p> <p>10:30 Dance Lesson</p> <p>11:45 Lunch</p> <p>12:45 Mah Jongg</p>
<p>27</p> <p>CLOSED: Memorial Day</p>	<p>28</p> <p>8am &amp; 2pm Pickleball</p> <p>10:30 Enhance Fitness</p> <p>11:45 Lunch</p> <p>12:00 Free Pickleball Lesson</p> <p>12:00 Spanish Class</p> <p>12:30 Art Class</p> <p>12:45 Movie</p> <p>1:30 Chair Yoga</p>	<p>29 Trip: Captain's Cove</p> <p>8am &amp; 2pm Pickleball</p> <p>9:00 Social Stitchers</p> <p>9:15 Enhance Fitness</p> <p>10:30 Tai Chi</p> <p>11:45 Lunch</p> <p>12:00Poker</p> <p>12:00 Adv. Beginner Pickleball</p>	<p>30 Trip: Ridgefield Thrift Store</p> <p>8am &amp; 2 pm Pickleball</p> <p>10:30 Arthritis Exercise</p> <p>11:45 Lunch</p> <p>12:00 Beg. Pickleball</p> <p>12:15 Bingo</p> <p>12:45 Mah Jongg</p> <p>1:00 Chess</p>	<p>31</p> <p>8am; 12pm &amp; 2pm Pickleball</p> <p>9:30 Ageless Radiance</p> <p>10:00 Retired Mens Club</p> <p>10:30 Strong Steps</p> <p>11:45 Lunch</p> <p>12:45 Mah Jongg</p>

**Enhance Fitness: Mon 10:30; Tues 10:30; 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 fee, 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 session

**Ageless Radiance by Betsy Wren: Fridays at 9:30AM**

Ageless Radiance is a Tai Chi based moving meditation class to promote wellness. **Fee: \$5.00 pp**

**Chair Yoga: Tuesdays at 1:30**

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.



**Pickleball Schedule:**

**Monday**

**8-10:15AM:** All Play

**12-2PM:** Intermediate

**2-4PM:** Intermediate

**Tuesday**

**8-10AM:** Intermediate

**12-2PM:** Beginner

**2-4PM:** Intermediate

**Wednesday**

**8-9AM:** All Play

**12-2PM:** Adv. Beginner

**2-4PM:** Intermediate

**Thursday**

**8-10AM:** Intermediate

**12-2PM:** Beginner

**2-4PM:** Intermediate

**Friday**

**8-10AM:** All Play

**12-2PM:** Intermediate

**2-4PM:** Intermediate

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

### Karaoke

**April 3rd & 17th; May 1st & 15th**  
**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 fun.



### Dance Lessons With Simone

**Fridays at 10:30:**

April 5th & 19th;

May 10th 24th



### Chess Lessons & Games

When: Thursdays

Time: 1PM

Place: Rm 3

All members are welcomed and encouraged!

Organized by Rick Crawford



### Intermediate Spanish Lessons

Cost: \$10.00 per class

*Payable to Luz Rincon*

Tuesdays from 12 PM–1PM

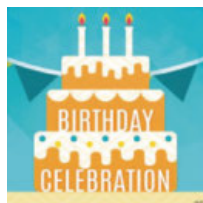
Registration is required!



### Monthly Birthday Cake

**Friday Apr 2 & May 1st**  
**12:30pm**

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 Tuesdays: 12:45

**April 9:** Anatomy of a Fall (2023)

**April 23:** Past Lives (2023)

**May 14:** The Lost City (2022)

**May 28:** My Big Fat Greek Wedding 3 (2023)



### Free Presentation:

**Roof Repairs/  
Replacements & How To  
Avoid Scams**

**Thursday April 25 at 1 PM**

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



### BE CREATIVE IN ART GROUP!

**Join us Tuesdays from 12:30-2**

**4/2 - REVERSE DRAWING (Part 1)**

-Bring watercolor paints and watercolor paper

**4/9 -Reverse Drawing Part 2** Bring fine point black & colored markers.

**4/16 - OPEN STUDIO/FREE DAY** Bring your own supplies to work on a project of your choice!

**4/23 - WATERCOLOR PAINTING** Bring watercolor paints, paper and brushes.

**4/30 - "A FIELD OF DAISIES"** Bring watercolor paints, paper and brushes.

**5/7- INTRO TO MONOPRINTS** No supplies needed.

**5/14 - GELLI PRINTS** -Bring multipurpose art paper.

**5/21 - LAUGHING COW BOXES** - Bring your choice of box decorations: lace, papers, ribbon,



## APRIL LUNCH MENU

To sign up for lunch, please call (203) 847-3115 at least 24 hours in advance.




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Roasted Chicken Leg Quarter Scalloped Potatoes California Vegetable Blend Dinner Roll Applesauce Milk Margarine	2) American Chop Suey Green Peas Tuscany Vegetable Blend Rye Bread Mandarin Oranges Milk Margarine	3) Maple Mustard Pork Stuffing Tossed Salad Dinner Roll Fresh Fruit Milk Margarine Ranch Dressing	4) Northern Bean Soup Vegetable Frittata Corn White Bread Vanilla Pudding Assorted Fruit Juice Milk Margarine Saltine Crackers	5) Beef Vegetable Stir- Fry White Rice Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine
8) Swiss Steak w/ Gravy Whipped Potatoes Capri Vegetable Blend Dinner Roll Diced Peaches Milk Margarine	9) Vegetable Soup Macaroni and Cheese Cauliflower Italian Bread Applesauce Milk Margarine Saltine Crackers	10) Cacciatore Chicken Thigh Penne Pasta Spinach Salad Garlic Breadstick Fresh Fruit Milk Margarine Italian Dressing	11) BBQ Hamburger Macaroni Salad Sliced Carrots Hamburger Bun Fudge Crème Cookie Assorted Fruit Juice Milk Ketchup 	12) Ginger Honey Pork Brown Rice Green Beans with Red Peppers Wheat Bread Pineapple Tidbits Milk Margarine
15) BBQ Pork Rib Patty Corn O'Brien Mixed Greens Hamburger Bun Fresh Fruit Milk Margarine	16) Taco Meat Spanish Rice Lettuce and Tomato Flour Tortilla Pineapple Milk Sour Cream	17) Chicken Caesar Salad (Cut Grilled Chicken) (Romaine Lettuce) (Parmesan Cheese) (Caesar Dressing) Garbanzo Bean Salad Italian Bread Fresh Fruit Milk Margarine	18) Cream of Broccoli Soup Salisbury Steak w/Gravy Zucchini Dinner Roll Applesauce Milk Margarine Saltine Crackers	19) Turkey Tetrazzini Lima Beans Carrots White Bread Brownie Assorted Fruit Juice Milk Margarine
22) Sloppy Joe Oven Roasted Potatoes Green Beans Hamburger Bun Applesauce Milk Margarine 	23) Balsamic Chicken Thigh Cilantro Lime Rice Zucchini Rye Bread Oatmeal Cookie Assorted Juice Milk Margarine	24) Breaded Pollock Whipped Redskin Potatoes Confetti Coleslaw Dinner Roll Fresh Fruit Milk Margarine Tartar Sauce	25) Corn Chowder Ham, Broccoli, & Cheese Casserole Capri Vegetable Blend White Bread Pineapple Tidbits Milk Margarine Saltine Crackers	26) Beef/Chicken Sweet & Sour Meatballs Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine
29) Turkey A La King Brown Rice Cabbage Dinner Roll Pineapple Milk Margarine	30) Meatloaf w/Gravy Whipped Potatoes Green Beans Rye Bread Brownie Assorted Fruit Juice Milk Margarine			

# APRIL



**MAY LUNCH MENU**

To sign up for lunch, please call (203) 847-3115 at least 24 hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) BBQ Pork Baked Beans Beet Salad Cornbread Muffin Fresh Fruit Milk Margarine	2) Marsala Chicken Thigh Penne Pasta Tossed Salad Italian Bread Mandarin Oranges Milk Margarine Ranch Dressing	3) Cream of Mushroom Soup Beef Fiesta Macaroni & Cheese Broccoli Wheat Bread Fresh Fruit Milk Margarine Saltine Crackers
6) Roasted Chicken Leg Quarter Scalloped Potatoes California Vegetable Blend Dinner Roll Applesauce Milk Margarine	7) American Chop Suey Green Peas Tuscany Vegetable Blend Rye Bread Mandarin Oranges Milk Margarine	8) Maple Mustard Pork Stuffing Tossed Salad Dinner Roll Fresh Fruit Milk Margarine Ranch Dressing	9) <b>Mother's Day Special!</b> Cheese Quiche Potato Tots Garlic Spinach Wheat Bread Pound Cake Assorted Fruit Juice Milk Margarine 	10) Beef Vegetable Stir- Fry White Rice Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine
13) Swiss Steak w/ Gravy Whipped Potatoes Capri Vegetable Blend Dinner Roll Diced Peaches Milk Margarine	14) Vegetable Soup Macaroni and Cheese Cauliflower Italian Bread Applesauce Milk Margarine Saltine Crackers	15) Cacciatore Chicken Thigh Penne Pasta Spinach Salad Garlic Breadstick Fresh Fruit Milk Margarine Italian Dressing	16) BBQ Hamburger Macaroni Salad Sliced Carrots Hamburger Bun Fudge Crème Cookie Assorted Fruit Juice Milk Ketchup	17) Ginger Honey Pork Brown Rice Green Beans with Red Peppers Wheat Bread Pineapple Tidbits Milk Margarine
20) BBQ Pork Rib Patty Corn O'Brien Mixed Greens Hamburger Bun Fresh Fruit Milk Margarine	21) Taco Meat Spanish Rice Lettuce and Tomato Flour Tortilla Pineapple Milk Sour Cream	22) Chicken Caesar Salad (Cut Grilled Chicken) (Romaine Lettuce) (Parmesan Cheese) (Caesar Dressing) Garbanzo Bean Salad Italian Bread Fresh Fruit Milk Margarine	23) <b>Memorial Day Special!</b> Frankfurter w/chili Potato Salad Cucumber Salad Hot Dog Bun Fruited Gelatin Milk Ketchup	24) Turkey Tetrizzini Lima Beans Carrots White Bread Brownie Assorted Fruit Juice Milk Margarine
27) <b>CLOSED                      MEMORIAL DAY</b>	28) Balsamic Chicken Thigh Cilantro Lime Rice Zucchini Rye Bread Oatmeal Cookie Assorted Juice Milk Margarine	29) Breaded Pollock Whipped Redskin Potatoes Confetti Coleslaw Dinner Roll Fresh Fruit Milk Margarine Tartar Sauce	30) Corn Chowder Ham, Broccoli, & Cheese Casserole Capri Vegetable Blend White Bread Pineapple Tidbits Milk Margarine Saltine Crackers	31) Beef/Chicken Sweet & Sour Meatballs Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine



# 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

- Coffee Talk:** Second & fourth other week
- Karaoke:** First & Third Thursday
- ESL II:** Intermediate Wednesday at 10am
- ESL I:** Tuesdays at 9:30am
- Rincon Espiritual:** Dora DeAndrade (Spanish) Monday at 9:30am
- Free Hair Cut Services:** First Wed. of the month 9:30am-12pm\*Reservation is Required.

## EVENTS

### **Mother's Day Potluck Celebration** **Friday May 10 starting at 11am**

Come join Us and share with friends your delicious dishes in celebration of Mother's Day. We will have prizes, music and more.

Call 203 299-1500 Ext 102 or Sign Up to register. Reservation is required.



### **Memorial Service** **Monday May 20 at 10am**

Join friends for our annual memorial service Memorial Day, honoring the men and women who died while serving in the U.S. Dora DeAndrade will be doing a special service.

Reservation is required. Refreshments will be served.



## EXERCISE

- Strong Steps** Mondays at 11am
- Aerobics** by Monitor My Health Tuesday at 10am  
Instructor: Lisa Thompson
- 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

We can help you apply for Energy Assistance **October to May 2024**. Assistance in applying for SSI, Title IX, food stamps is available. All applications will be done at the Norwalk Senior Center South by appointment. Call Eva beau 203 847 3115 Ext 115.

Podemos ayudarle a solicitar Asistencia Energética de octubre a mayo de 2024. Hay asistencia disponible para solicitar SSI, Título IX y cupones de alimentos. Todas las solicitudes se realizarán en Norwalk Senior Center South con cita previa. Llama a Eva novio 203 847 3115 Ext 115.

## HEALTH & WELLNES

### Let Your Loved Ones Care for You Tuesday at 9:30am

Jessica Nieves from Freedomcare, is visiting us to inform you about the options that you could coming to the Center to inform you about ways to receive care at home from someone they love. Refreshments will be served. Registration is required.

**Family & Children's Agency Series** (Spanish) 3rd Wednesday of the Month Mayra Velez from Home Care Program (Spanish) at FCA bring information on topics pertaining your health and wellness.

### Skin Care Wed. April 17 at 9:30am

Most common skin diseases in older people are eczema, skin infections, and pruritus (severely dry and itchy skin). Mayra will give you tips on what to use to avoid these skin problems.

### Brain Health Wed May 15 at 9:30am

As a person gets older, changes occur in all parts of the body, including the brain. Come and learn how to help keep your brain as healthy as possible as you age.

### Visiting Nurse & Hospice Series:

Christine Burns RN Community Health Coordinator

### How to talk to your Doctor

#### Thursday April 25 at 9:30am

Don't let language barriers stop you from asking questions or voicing your concerns. Be prepared. Take your health history and medication information with you.

### Medication Safety

#### Thursday May 23 at 9:30am

The older we get, the more likely we are to use more prescription and nonprescription (or over the counter, OTC) medicines. That can increase the chance of harmful side effects and drug interactions.

### Free Balance Screening (Bilingual) Thursday April 18 at 9:30am

Michael Tu, will visit our center with one of his physical therapists to provide an overview of FYZICAL as well as provide free balance screenings to our members. Refreshments will be provided. Reservation is required.

### Blood Pressure Clinic from Visiting Nurse & Hospice

First and Third Tuesday of the Month  
Tue. April. 5 & April 19 at 9:30am  
Tue. May. 3 May. 17 at 9:30am.

## SPECIAL TRIPS

Transportation Suggested donation \$15 Registration is required. Leaving Cedar Court at 10am - Lunch is not included

**Boscov in Milford Mall** - Suggested donation \$15  
Wednesday April 17 at 10am - Lunch at Rancho Pantanal Restaurant

### Bridgeport Sikorsky Air & Space Museum

Friday April 26 at 10am - Lunch OSAKA HIBACHI

**Captain's Cove - Bridgeport** - Suggested donation \$15

First and Third Wednesday of the month  
Leaving NSCS at 12pm Lunch on your own.  
Registration is required.

**Silverman's Farm Easton** Suggested donation \$15

Wednesday May 8 at 10:30am

**Grace Farms New Canaan** Suggested donation \$15

Wednesday May 22 at 11am - Lunch at the premises.

## WEEKLY SHOPPING TRIPS

Monday: Local Thrift Store

Tuesday & Thursday Shop-Rite

Wednesday: TJ Maxx - Wal-Mart - Kohl's

Friday: Stew Leonard's

Shopping Trips depart at 12:30

## Membership Donors

Judith Baluha  
Lorraine Jacobi  
Marty Ann Kerner  
Bonnie Lee MacDonald  
Michael McLean

## New Members

Judith Baluha  
Marcey Bender-Trinka  
Christine Bisceglie  
Georgia Rose Bobka  
Suzanne Calnon  
Karl Cobbs  
Holly Cuzzone  
Tom Czako  
Mary Czulewicz  
Denar Descoteaux  
Patricia Dibartolomeo  
Jo Friedlander  
Christina George  
Susan Hand  
James Harding  
Lorraine Jacobi  
Wilhelmina Jefferson  
Joy Johansen  
Marty Ann Kerner  
Ron Lake  
Bonnie Lee MacDonald  
Nita Martin

Luz Martinez  
Michael McLean  
Kathy McLean  
Teresa Menendez  
Reima Menendez  
John Mucci  
Maria Perez Babilonia  
Sally Silverstein  
David Therriault  
Patricia Tucciarone  
Cynthia Walsh  
Gregory Welz



Thank you for supporting the Norwalk Senior Center with your membership and donation! If you have recently submitted your first membership and/or donation but you do not see your name listed, you will be included in the next edition of the Life & Times. If you wish to confirm the status of your membership, please call:  
(203) 847-3115 ext. 110





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.

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 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](http://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.

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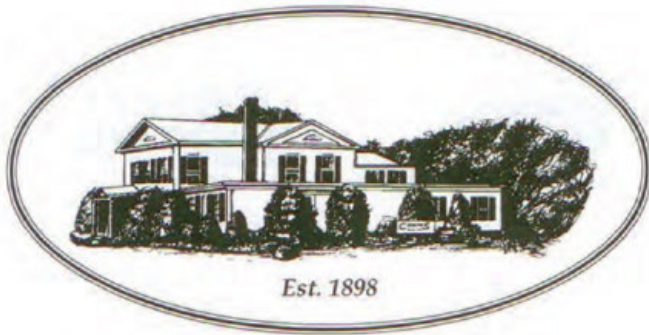
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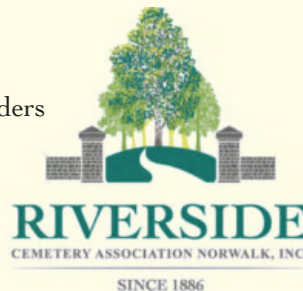
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- ShopRite
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