

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 25, ISSUE 4 | JUNE — JULY 2024

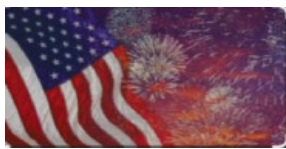
WHAT'S INSIDE

Center Information & Resources.....	2-4
Transportation & Trips.....	5-7
Activity Calendar.....	8-9
Exercise & Pickle Ball.....	10
Programs & Events.....	11-12
NSC South (SONO Site).....	14-15
Donors.....	16
Memorials.....	17
Membership Application.....	18

Holiday Schedule:



Closed Wednesday June 19th



Closed Thursday July 4th

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

WWW.NORWALKSENIORS.ORG



Celebrate Italia

Take a trip with us to the Aqua Turf Club in Plantsville, CT to Celebrate Italia! Aaron Caruso & the Sam Vinci Band are back by popular demand. Enjoy great food and music as Aaron and Sam bring your favorite hits to life! Menu includes: Meatballs, Sausage & Chicken Parmigiana. Tuesday, July 9, 2024. **Cost: \$70 (includes meal & transportation).** Reservation & full payment required. Please call (203) 847-3115 X104. **No refunds, no exceptions.**



Hair Dressing Program Begins

Starting in June, members of the Norwalk Senior Center will be able to get their hair cut for just \$10! Haircuts will be performed on-site at the Norwalk Senior Center at 11 Allen Road. Professional Stylist Alana Strock of Alana Strock & Company, a beauty salon in Wilton, will accept appointments for Tuesdays from noon to 3 PM. Call our front desk for instructions on setting up your appointment. Arrive on time for your appointment with clean wet or dry hair. We hope you will enjoy this new offering and are happy to bring it to you.

Membership Renewal

July 1st begins a brand new membership year.

To help us continue our mission of empowering adults 55+ for personal independence, healthy aging, social connection and lifetime learning, the Norwalk Senior Center needs a little help from our friends in the community and our senior participants. It is necessary to increase our annual membership cost; it will be on a sliding scale based on your budget. The basic membership will be \$35 per year (Bronze) level. For folks who are able, we kindly ask you to contribute \$50 (Silver), \$75 (Gold) or \$100 (Platinum). Your contribution will be recognized in our bi-monthly newsletter. We thank you for your support!



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.

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 10:00**

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 Medi-
care 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

SOCIAL SERVICES

Need help with finding housing? Need assistance with deter-
mining if you are eligible for state and federal entitlements such
as Medicare and/or Medicaid? Do you have questions about
local services and resources? Does a loved one need in-home
care? Want to join a support group?

Call Eva Beau, at (203) 847- 3115 Ext 115 to schedule and
appointment to discuss eligibility.

FRONT DESK VOLUNTEERS HONORED

The Senior Center would like to honor our ***Front Desk Volunteers***. These **super heroines** have a combined volunteer lineage of approximately 85.5 years! They don't just answer phones, they assist in various capacities throughout the center. They are a group of dedicated ladies that help the center at Cedar Court and Allen Road run smoothly. They are always willing to lend a helping hand in any way they can. We are honored to have them and want to extend our sincere gratitude for all they do!



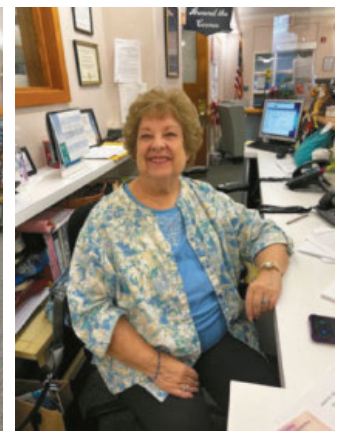
Darlene Wrentz
11 years



Carmen Castellanos
6 years



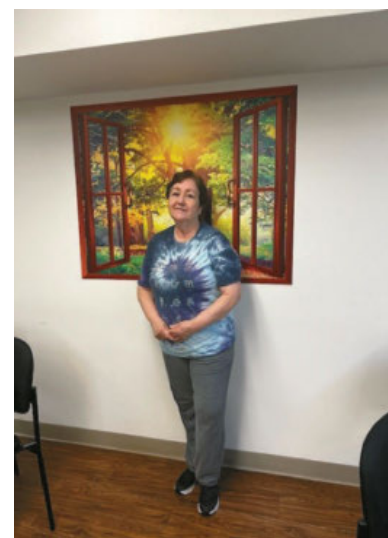
Raisa Slutsky
1 1/2 years



Ann Eschweiler
24 years



Joann Walsh **1 1/2 years**, Erma Barnard **8 years**
Annie Parish **1 1/2 years**, Lisette Timcke **22 years**
Theresa Delio **1 1/2 years**, Jerri Robinson **6 years**



Marta Granada
2 1/2 years

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 &

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2024 - JUNE 30, 2025
HOURS: 8:30AM — 4:30PM AT 11 ALLEN ROAD & 8:30AM-1:00PM AT 92 CEDAR ST.

NSC: (203) 847-3115

STAFF:

EXTENSION:

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 (Bilingual-Creole)
RExantus@norwalksc.org

Calvin Johnson, Bus Driver
Eliezer Ramos, Bus Driver
(Bilingual)

Administrative Assistant

(Vacant)

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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 Assisted Living *Nursing & Rehabilitation*



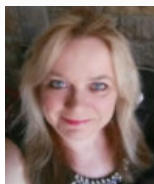
Our picturesque campus in Wilton offers:

- 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

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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

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



Norwalk Senior Center Transportation for Passengers:

1. Norwalk Senior Center membership required; annual membership fee is \$35.
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 EX-ANTUS 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!

The Shop Around the Corner

NSC's Thrift Store

Hours: 10 AM to 1 PM

The USDA's Senior Farmer's Market Nutrition Program (SFMNP) offers FREE Farmer's Market Food Cards to eligible Seniors in Norwalk. Call Eva Beau to schedule an appointment to determine if you're eligible. Food Cards can be used at any Farmer's Market in CT.



DINING at Norwalk Senior Center

The Norwalk Senior Center is pleased to offer a high quality, hot nutritious and tasty daily lunch. 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).

****NEW SERVICE****

Wheels 2U: A new micro-transit service which provides rides for \$2 each way ANYWHERE in Norwalk from 7am to 7pm using minivans! Call (203) 852-000 for more information.

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.

JUNE

Trumbull Mall

Thur. June 5 10:00AM

Lunch at Red Lobster

Goodwill Store in Monroe

10 AM Thur. June 20

Lunch at "Vazzy's"

Essex Steam Train & Riverboat

9 AM Thur. June 27

\$45 per person

Combination Coach Seating

Captain's Cove

June 5 & June 12

June 26

Lunch at Pinstripes at

The SONO Mall

Monday June 24th

Call front desk for details

JULY

Aqua Turf - July 9th

\$70 per person Celebrate Italia!

Aaron Caruso & The Sam Vinci Band are back by popular demand. Enjoy great food and music as Aaron and Sam bring your favorite hits to life!

Port Jefferson Ferry

July 11 & July 25

Call front desk for details

Captain's Cove

July 3 & July 10

July 17 & July 24

Monday	Tuesday	Wednesday	Thursday	Friday
3 8am; 12 & 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	4 8am & 2pm Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	5 8am & 2pm Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 10:00 Karaoke 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickle Ball	6 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:00 Support Group 11:45 Lunch 12:00 Beg. Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	7 8am; 12 & 2pm Pickle Ball 10:00 Retired Men's Club 10:30 Ageless Radiance 11:00 Brain Games 12:30 Birthday Cake 12:45 Mah Jongg
10 8am; 12 & 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	11 8am & 2pm Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 12:45 12:45 Movie 1:30 Chair Yoga	12 8am & 2pm Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 10:00 Karaoke 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner I Pickle Ball	13 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	14 8am; 12 & 2pm Pickle Ball 10:00 Retired Men's Club 10:30 Ageless Radiance 10:30 Strong Steps 10:30 Dance Lesson 11:45 Lunch 12:45 Mah Jongg
17 8am; 12& 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 10:30 Fall Prevention Pres. 11:30 Bridge 11:45 Lunch 12:00 Poker	18 8am & 2pm Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	19 8am & 2pm Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickle Ball	20 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:00 Support Group 11:45 Lunch 12:00 Beg. Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	21 8am; 12 & 2pm Pickle Ball 10:00 Retired Men's Club 10:30 Ageless Radiance 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg
24 8am; 12 & 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 10:30 Fall Prevention Pres. 11:30 Bridge 11:45 Lunch 12:00 Poker	25 8am & 2pm Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 12:45: Movie 1:30 Chair Yoga	26 8am & 2pm Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 12:00 Poker 12:00 Adv. Beginner Pickle Ball	27 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	28 8am; 12& 2pm Pickle Ball 10:00 Retired Men's Club 10:30 Ageless Radiance 10:30 Strong Steps 10:30 Dance Lesson 11:45 Lunch 12:45 Mah Jongg

Monday	Tuesday	Wednesday	Thursday	Friday
			4 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:00 Support Group 11:45 Lunch 12:00 Beg. Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	5 8am; 12pm & 2pm Pickle Ball 10:00 Retired Men's Club 10::30 Ageless Radiance 10:30 Strong Steps 11:00 Brain Games 12:30 Birthday Cake 12:45 Mah Jongg
8 8am; 12pm & 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	9 8am & 2pm Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	10 8am & 2pm Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickle Ball	11 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:00 Support Group 11:45 Lunch 12:00 Beg. Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	12 8am; 12pm & 2pm Pickle Ball 10:00 Retired Men's Club 10:30 Ageless Radiance 10:30 Strong Steps 10:30 Dance Lesson 11:45 Lunch 12:45 Mah Jongg
15 8am; 12pm & 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	16 8am & 2pm Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 12:45 Movie 1:30 Chair Yoga	17 8am & 2pm Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickle Ball	18 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:45 Lunch 12:00 Beg. Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	19 8am; 12pm & 2pm Pickle Ball 10:00 Retired Men's Club 10:30 Ageless Radiance 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg
22 8am; 12pm & 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	23 8am & 2pm Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	24 8am Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 10:00 Karaoke 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickle Ball	25 8am & 2 pm Pickle Ball 10:30 Arthritis Exercise 11:00 Support Group 11:45 Lunch 12:00 Beg. Pickle Ball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	26 8am; 12pm & 2pm Pickle Ball 10:00 Retired Men's Club 10::30 Ageless Radiance 10:30 Strong Steps 10:30 Dance Lesson 11:45 Lunch 12:45 Mah Jongg
29 8am; 12pm & 2pm Pickle Ball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	30 8am & Pickle Ball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickle Ball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	31 8am & 2pm Pickle Ball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Adv. Beginner Pickle Ball		

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 a \$1 fee, registration is required.

Strong Steps: Fridays at 10:30 AM

Designed by Kristen Leopoldi, OTR, this 45-minute class will work to improve your balance and mobility through various cardio exercises, upper & lower body strengthening, and posture training.

training. **Fee:** \$3 per session

Ageless Radiance by Betsy Wren: Fridays at 10:30AM

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

June 5th & 19th; July 3rd & 17th
10:00AM

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



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

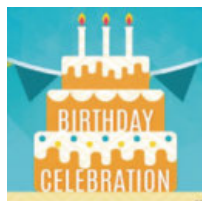
Registration is required!



Monthly Birthday Cake

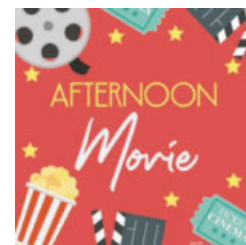
Friday June 7th & July 5th
12:30pm

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 Mondays: 12:45

Ask at Front Desk for
Movie Schedule



BE CREATIVE IN ART GROUP!

Join us Tuesdays from 12:30-2:00



June 4 and June 11

EXPLORING COLLAGE

We will use a variety of different paper sources and materials to create art. **BRING** photos, printed images, colorful papers, doilies, buttons, etc.

June 18 SUN PRINTS

A beautiful image is created by covering parts of sun sensitive paper with different textual items such as feathers or flowers and exposing the design to sunlight. Materials provided.

June 25 OPEN STUDIO

BRING your own project and materials to work independently.

July 2nd & July 9th DECOUPAGE OYSTER SHELLS

Collected from our beaches, we will decoupage oyster shells with cocktail napkins of your choosing. **BRING** Cocktail napkins of your choosing (Note: the shells are small so choose napkins with small patterns and designs so that the image fits the shells).

July 16 DECOUPAGE A VOTIVE, VASE OR DISH

Using pretty napkins and tissues, we will decorate the surface to create colorful usable art. **BRING**


Pretty, colorful cocktail napkins and tissue paper of your choice.

July 23 ROLL THE VAN GOGH

Let's play an art game and create our own version of a Van Gogh drawing! Materials provided.

July 30 OPEN STUDIO TIME

Bring your own project and materials to work

Norwalk Senior Center					June 2024	
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3) Turkey A La King Brown Rice Cabbage Dinner Roll Pineapple Milk Margarine	4) Meatloaf w/Gravy Whipped Potatoes Green Beans Rye Bread Brownie Assorted Fruit Juice Milk Margarine	5) BBQ Pork Baked Beans Beet Salad Cornbread Muffin Fresh Fruit Milk Margarine	6) Marsala Chicken Thigh Penne Pasta Tossed Salad Italian Bread Mandarin Oranges Milk Margarine Ranch Dressing	7) Cream of Mushroom Soup Beef Fies Macaroni & Cheese Broccoli Wheat Bread Fresh Fruit Milk Margarine Saltine Crackers		
10) Roasted Chicken Leg Quarter Scalloped Potatoes California Vegetable Blend Dinner Roll Applesauce Milk Margarine	11) American Chop Suey Green Peas Tuscan Vegetable Blend Rye Bread Mandarin Oranges Milk Margarine	12) Maple Mustard Pork Stuffing Tossed Salad Dinner Roll Fresh Fruit Milk Margarine Ranch Dressing	13) Father's Day Special! Sausage w/Onions & Peppers Corn Confetti Coleslaw Hot Dog Bun Oatmeal Crème Cookie Assorted Fruit Juice Milk	14) Beef Vegetable Stir- Fry White Rice Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine		
17) Swiss Steak w/ Gravy Whipped Potatoes Capri Vegetable Blend Dinner Roll Diced Peaches Milk Margarine	18) Vegetable Soup Macaroni and Cheese Cauliflower Italian Bread Applesauce Milk Margarine Saltine Crackers	19)  NSC CLOSED	20) BBQ Hamburger Macaroni Salad Sliced Carrots Hamburger Bun Fudge Crème Cookie Assorted Fruit Juice Milk Ketchup	21) Ginger Honey Pork Brown Rice Green Beans with Red Peppers Wheat Bread Pineapple Tidbits Milk Margarine		
24) BBQ Pork Rib Patty Corn O'Brien Mixed Greens Hamburger Bun Fresh Fruit Milk Margarine	25) Taco Meat Spanish Rice Lettuce and Tomato Flour Tortilla Pineapple Milk Sour Cream	26) Chicken Caesar Salad (Cut Grilled Chicken) (Romaine Lettuce) (Parmesan Cheese) (Caesar Dressing) Garbanzo Bean Salad Italian Bread Fresh Fruit Milk Margarine	27) Cream of Broccoli Soup Salisbury Steak w/Gravy Zucchini Dinner Roll Applesauce Milk Margarine Saltine Crackers	28) Turkey Tetrazzini Lima Beans Carrots White Bread Brownie Assorted Fruit Juice Milk Margarine		

Meanwhile:

- ♦ Seniors happily went on a trip to Foxwood's and Mohegan Sun. ***One lucky passenger won \$700!***
- ♦ Eversource provided a grant to the Senior Center in the amount of \$1,000.
- ♦ The folks at **F.I.S.H. (Feeling I Should Help)** donated \$2,000 to the Senior Center. Many thanks to their good deeds!
- ♦ Many thanks to our friends at the ***Surgical Center of CT*** for *beautifying our courtyard at 11 Allen Road*. Employees planted perennials, added mulch to flower beds, power washed the patio and added stepping stones and even a solar powered bird-bath!
- ♦ If you have not already attended the monthly women's luncheon, there's still time. Luncheons are usually held on the third Tuesday of each month at 11:30. ***Come and be a part of various topic discussions and enjoy a delicious lunch and dessert.*** Registration required; sign up as soon as you can, Seats go quickly. First come, first served. Cost: \$10, bring a friend. Call the front desk for details.
- ♦ Long tenured staff member ***Giovana Ramirez*** retired in order to take care of family. ***Amy Munley*** took a position at the Fairfield Museum. We thank them both for their service!

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

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



EXERCISE

Strong Steps Mondays at 11am

Aerobics by Monitor My Health

Tuesday at 12pm

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

SPECIAL TRIPS

Burlington—Stratford \$10.00

Mon. June 10th 10:30am

Lunch at ***Rancho Pantanal Restaurant***

Clinton Crossing—Clinton, CT \$15.00

Mon. June 17th 9:30am

Sheffield Island Lighthouse Tour

Fri. June 28th 10:00am

\$45 includes Cruise and Tour

Lunch at Pinstripes SONO Mall

Thurs. June 27th 12:00pm (on-going)

Lunch \$10

SOCIAL SERVICES

Need help with finding housing? Need assistance with determining if you are eligible for state and federal entitlement programs? Do you have questions about local services and resources? Does a loved one need in-home care? Call Eva Beau, Director of Social Services at (203) 847- 3115 Ext 115 to schedule an appointment at the South Site to discuss eligibility.

HEALTH & WELLNESS

Family & Children's Agency Series
(Spanish) 3rd Wednesday of the Month
with Mayra Velez from Home Care Program at FCA will meet with participants to discuss health and wellness tips and topics.

Visiting Nurse & Hospice Series
Christine Burns, RN Community Health Coordinator will facilitate a monthly health and wellness series. PowerPoint presentations and Q&A sessions will focus on health issues related to the importance of staying healthy and aging gracefully.

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

Coming Soon!

**Norwalk Senior Center will
present trips to Iceland's
Magical Northern Lights,
the Colorado Rockies and
Southern Italy and Sicily!**



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: _____

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SEND MEMORIAL OR HONOR CARD TO:

Name: _____

Street: _____

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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

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

Membership Application
July 2024—June 2025

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: Bronze \$35 ☐ Silver \$50 ☐ Gold: \$75
☐ Platinum: \$100

*\$_____ Special Donation to support Outreach Services
**Members who make a special donation are acknowledged in the bi-monthly newsletter.*

Annual Membership is:

\$35 , \$50, \$75 \$100 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 .

☐ \$15—Please send Newsletter by 1st Class Mail for an additional fee of \$15/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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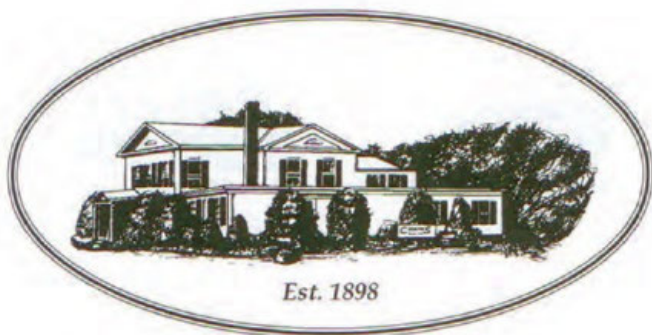
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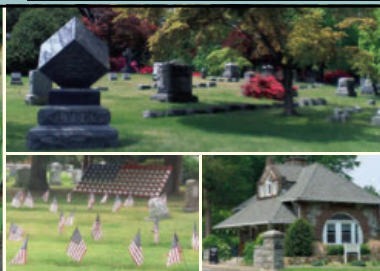
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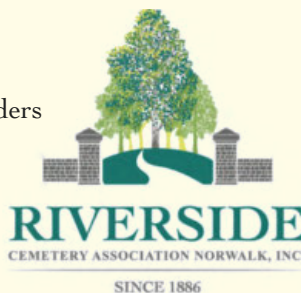
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11 ALLEN ROAD

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