

# LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 25, ISSUE 5 | AUGUST – SEPTEMBER 2024

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### Holiday Schedule:

#### CLOSED / LABOR DAY

Monday

September 2nd



•Early Closure•

Friday

August 23rd at 1 PM

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

WEEKLY EMAIL:

[WWW.NORWALKSENIORS.ORG](http://WWW.NORWALKSENIORS.ORG)

## Fabulous Flea Market

*Over 25 vendors will showcase a wide variety of goods! Come find a bargain!*

### Art Show, Authorpalooza & Open House

**Saturday**  
**August 24th 9AM–4PM**  
**11 Allen Road, Norwalk**  
**Free Admission & Something**  
**For Everyone!**



## ANNUAL PICNIC



**Tuesday, September 10th**  
**11:30AM–2:30PM**  
Good food, music, dancing & raffle - \$22 per person  
The theme this year is flower power!

### Norwalk Senior Center's Monthly Luncheon and Learn

**TUESDAY AUGUST 27TH 11:30 AM**

**"Artificial Intelligence and Healthcare"**  
Hosted by Richard Williams

Owner & CEO, Homewatch Care Givers

\$7.00 per person

Register before August 23rd  
Enjoy a delicious lunch and an elegant dessert table

Norwalk Senior Center continues to provide 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 at 10:00 AM  
September 5th & 19th**

**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 prescription medications 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**

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

<b>Medicare Savings Program (MSP) income limits effective 3/1/23</b>				
SSA COLA (1/21) 1.3 %				
SSI (1/21) \$794 (single) \$1191 (couple)				
<b>MSP Level:</b>	<b>Status:</b>	<b>Income Limit:</b>	<b>Status:</b>	<b>Income Limit:</b>
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 determining 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 an appointment to discuss eligibility.

# NORWALK SENIOR CENTER

FABULOUS FLEA MARKET!  
ART SHOW  
AUTHORPALOOZA  
OPEN HOUSE

9 A.M. to 4P.M.  
SATURDAY, AUGUST 24th

For more info: (203) 847-3115  
**NORWALK SENIOR CENTER**  
11 ALLEN ROAD, NORWALK, CT 06851



**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 & 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, 2024 - JUNE 30, 2025  
HOURS: 8:30AM – 4:30PM

**NSC: (203) 847-3115**

**STAFF**

**Executive Director:**

**Beatrix Lane Ext. 103**

BLane@norwalksc.org

**Front Desk Coordinator:**

**Carlos Bolanos Ext. 104**

Carlos@norwalksc.org

(Bilingual)

**Bookkeeper:**

**Steisy Gil Ext. 105** SGil@norwalksc.org

(Bilingual)

**Transportation Coordinator: Remy**

**Exantus Ext. 107**

RExantus@norwalksc.org

(Bilingual-Creole)

Calvin Johnson, Bus Driver

Eliezer Ramos, Bus Driver (Bilingual)

**Administrative Assistant:**

**Diane Lazarus Ext. 110**

DLazarus@norwalksc.org

**Director of Social Services :**

**Eva Beau Ext. 115**

EBeau@norwalksc.org

(Bilingual)

PLEASE NOTE: No endorsement is intended or made of any product or service advertised in the Life & Times newsletter. All attempts are made to insure the correctness and suitability of information and to correct any errors brought to our attention, however no representation can be made as to the correctness or utility of the information presented, referenced or implied. All advertising information should be independently verified.



**Magner**  
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NORWALK • CT  
**203-866-5553**

Family Owned & Operated  
for 5 Generations

Traditional and Cremation  
Services Available

Established in 1912  
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



**The PATCH BOYS**  
EXPERT DRYWALL REPAIR

EXPERT DRYWALL REPAIR  
Seamless Patches • Superior Services  
**(203) 800-9277**  
Fairfield County area homes deserve flawless walls and ceilings

**Now is the Time to List Your Home!**  
*Trusted, Knowledgeable, Personal Service • Over 35 years of Local Real Estate Experience*



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



*A true family business for over 50 years!*



CT LICENSE #0031771



**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**



### Norwalk Senior Center Transportation for Passengers:

1. Norwalk Senior Center membership required; annual membership fee is \$35, \$50, \$75, or \$100 based on your budget.
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!



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



## 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](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).

### **\*\*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.

## AUGUST

### Captain's Cove

*Last trip of the Summer*

August 7th

Call front desk for details

### Essex Steam Train & Riverboat

Thursday August 8th 9:30AM

\$95 Per Person

Combination Coach Seating

**\*Much Walking Required\***

Return Time Approx. 5:00PM

**NSC Membership REQUIRED**

**Due to high demand for this trip**

**NO REFUNDS - NO EXCEPTIONS**

**NO SUBSTITUTIONS**

### Holiday Hill

Monday August 19th

\$65 Per Person

All you can eat and activities all day!

**NSC Membership REQUIRED**

**Due to high demand for this trip**

**NO REFUNDS - NO EXCEPTIONS**

**NO SUBSTITUTIONS**

### Lunch at Pinstripes at The SONO Mall

Tuesday August 13th & Thursday August 15th

**Special Discounted Lunch Menu \$10 w/ 20% off**

Call front desk for details

## SEPTEMBER

### Annual Picnic at Ripka's Beach Cafe

Tuesday September 10th

11:30 AM–2:30 PM

\$22 Per Person

Food , Fun & Dancing



### Aqua Turf ( MAXED OUT)

"The Legends Live—The Songs You Love  
A Journey Through the Years

Tuesday August 13th

\$70 Per Person

**Due to high demand for this trip**

**NO REFUNDS - NO EXCEPTIONS**

**NO SUBSTITUTIONS**



Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p>8am, 12pm &amp; 2 pm PB  <b>10:00 Support Group*</b>            10:30 Arthritis Exercise            10:45 Tai Chi ; Rm A &amp; B            11:45 Lunch            12:00 Beg. Pickle Ball            12:00 Bingo            12:45 Mah Jongg            1:00 Chess</p>	<p><b>2</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Enhanced Fitness            10:30 Tai Chi            10:30 ESL Beg.            10:30 Strong Steps            1:00 Brain Games            12:00 Musicoteca            12:45 Mah Jongg</p>
<p><b>5</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Knit &amp; Stitch            10:00 El Rincon Spiritual            10:30 Enhanced Fitness            11:00 Monitor My Health            11:30 Bridge            11:45 Lunch            12:00 Poker            12:45 Movie</p>	<p><b>6</b></p> <p>8am , 12pm &amp; 2pm PB  <b>9:30 Blood Pressure Clinic*</b>            10:30 Enhanced Fitness            10:45 Tai Chi Rm A &amp; B            11:45 Lunch            12:00 PB Lesson            12:00 Spanish Class            12:30 Art Class            1:30 Chair Yoga</p>	<p><b>7</b></p> <p>8am , 12pm &amp; 2pm PB            9:00 Social Stitchers            9:15 Enhanced Fitness            10:00 ESL 2            10:30 Tai Chi            11:45 Lunch            12:00 Bingo Rm 8            12:00 Poker Rm 3 &amp; 11            12:00 Adv. Beginner PB</p>	<p><b>8</b></p> <p>8am, 12pm &amp; 2 pm PB            10:30 Arthritis Exercise            10:45 Tai Chi ; Rm A &amp; B            11:45 Lunch            12:00 Beg. Pickle Ball            12:00 Bingo            12:45 Mah Jongg            1:00 Chess</p>	<p><b>9</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Enhanced Fitness            10:30 Tai Chi            10:30 ESL Beg.            10:30 Strong Steps            12:00 Musicoteca            12:45 Mah Jongg</p>
<p><b>12</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Knit &amp; Stitch            10:00 El Rincon Spiritual            10:30 Enhanced Fitness            11:00 Monitor My Health            11:30 Bridge            11:45 Lunch            12:00 Poker            12:45 Movie</p>	<p><b>13</b></p> <p>8am , 12pm &amp; 2pm PB            10:30 Enhanced Fitness            10:45 Tai Chi Rm A &amp; B            11:45 Lunch            12:00 PB Lesson            12:00 Spanish Class            12:30 Art Class            12:45            1:30 Chair Yoga</p>	<p><b>14</b></p> <p>8am , 12pm &amp; 2pm PB            9:00 Social Stitchers            9:15 Enhanced Fitness            10:00 ESL 2            10:30 Tai Chi            11:45 Lunch            12:00 Bingo Rm 8            12:00 Poker Rm 3 &amp; 11            12:00 Adv. Beginner PB</p>	<p><b>15</b></p> <p>8am, 12pm &amp; 2 pm PB  <b>10:00 Support Group</b>            10:30 Arthritis Exercise            10:45 Tai Chi ; Rm A &amp; B            11:45 Lunch            12:00 Beg. Pickle Ball            12:00 Bingo            12:45 Mah Jongg            1:00 Chess</p>	<p><b>16</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Enhanced Fitness            10:30 Tai Chi            10:30 ESL Beg.            10:30 Strong Steps            12:00 Musicoteca            12:45 Mah Jongg</p>
<p><b>19</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Knit &amp; Stitch            10:00 El Rincon Spiritual            10:30 Enhanced Fitness            11:00 Monitor My Health            11:30 Bridge            11:45 Lunch            12:00 Poker            12:45 Movie</p>	<p><b>20</b></p> <p>8am , 12pm &amp; 2pm PB  <b>9:30 Blood Pressure Clinic*</b>            10:30 Enhanced Fitness            10:45 Tai Chi Rm A &amp; B            11:45 Lunch            12:00 PB Lesson            12:00 Spanish Class            12:30 Art Class            12:45            1:30 Chair Yoga</p>	<p><b>21</b></p> <p>8am , 12pm &amp; 2pm PB            9:00 Social Stitchers            9:15 Enhanced Finess            10:00 ESL 2            10:30 Tai Chi            11:45 Lunch            12:00 Bingo Rm 8            12:00 Poker Rm 3 &amp; 11            12:00 Adv. Beginner PB</p>	<p><b>22</b></p> <p>8am, 12pm &amp; 2 pm PB            10:30 Arthritis Exercise            10:45 Tai Chi ; Rm A &amp; B            11:45 Lunch            12:00 Beg. Pickle Ball            12:00 Bingo            12:45 Mah Jongg            1:00 Chess</p>	<p><b>23</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Enhanced Fitness            10:30 Tai Chi            10:30 ESL Beg.            10:30 Strong Steps            12:00 Musicoteca            12:45 Mah Jongg</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>26</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Knit &amp; Stitch            10:00 El Rincon Spiritual            10:30 Enhanced Fitness            11:00 Monitor My Health            11:30 Bridge            11:45 Lunch            12:00 Poker            12:45 Movie</p>	<p><b>27</b></p> <p>8am, 12pm &amp; 2pm PB            10:30 Enhanced Fitness            10:45 Tai Chi Rm A &amp; B            11:45 Lunch            12:00 PB Lesson            12:00 Spanish Class            12:30 Art Class 12:45            1:30 Chair Yoga</p>	<p><b>28</b></p> <p>8am, 12pm &amp; 2pm PB            9:00 Social Stitchers            9:15 Enhanced Fitness            10:00 ESL 2            10:30 Tai Chi            11:45 Lunch            12:00 Bingo Rm 8            12:00 Poker Rm 3 &amp; 11            12:00 Adv. Beginner PB</p>	<p><b>29</b></p> <p>8am, 12pm &amp; 2 pm PB            10:30 Arthritis Exercise            10:45 Tai Chi; Rm A &amp; B            11:45 Lunch            12:00 Beg. Pickle Ball            12:00 Bingo            12:45 Mah Jongg            1:00 Chess</p>	<p><b>30</b></p> <p>8am; 12 &amp; 2pm PB            10:00 Enhanced Fitness            10:30 Tai Chi            10:30 ESL Beg.            10:30 Strong Steps            12:00 Musicoteca            12:45 Mah Jongg</p>
<p>*Karen substitutes on Monday (8/5 at 10:30AM) &amp; Wednesday(8/7 at 9:15AM) for Tai Chi Instead of Enhanced Fitness*</p>	<p>*Tai Chi For Better Balance Summer Schedule: Wednesday's at 10:30 AM Substituted by Karen Boginski</p>	<p>*Ageless Radiance Fridays at 10:30 AM Six week break beginning Friday 7/19—Friday 8/30 Resumes Friday 9/6</p>		

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**Enhanced Fitness: Mon 10:30 AM ; Tues 10:30 AM ; Wed 9:15 AM**

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

This class is free

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

This class is free

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.

**Fee:** \$3 per CLASS

**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 per person**

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

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

**12-1PM:** Beginner

**1-2 Advanced Beginner**

**2-4PM:** Intermediate

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

### Karaoke

August 7 & 21st; September 4th & 18th 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 AM



### Chess Lessons & Games

When: Thursdays

Time: 1 PM

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–1 PM

Registration is required!

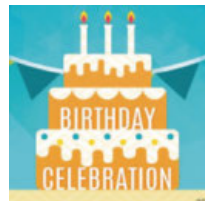


### Monthly Birthday Cake

Friday August 2nd &

September 6th 12:30 PM

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 PM

Ask at Front Desk for Movie Schedule



### BE CREATIVE IN ART GROUP!

JOIN US TUESDAYS 12:30 PM–2:00 PM



Bring your own projects to work on in a creative, welcoming and supportive setting or join our special art or craft skills. All levels of skill are welcome. We will help you discover your inner artist.

We have limited supplies such as acrylic and watercolor paints, brushes, easels, glue, scissors, and scrapbook paper, which you are welcome to use. If you need specialized materials or paper or specific colors of paint you will have to supply your own.

August - Lazy Days of Summer Open Studio

Bring that project you never finished or start the one you have been thinking about for months.

September - Silhouette Painting

Explore the simple technique of silhouette painting. Silhouette painting involves tracing silhouettes against colorful backgrounds to create dramatic early morning or sunset inspired scenes.

Norwalk Senior Center presents...

## Southern Italy & Sicily

with Optional 2-Night Rome Post Tour Extension  
with Optional 2-Night Palermo Pre Tour Extension

October 17 – 29, 2025



Book Now  
& Save  
**\$650**  
Per Person

Norwalk Senior Center presents...

## The Colorado Rockies

August 8 – 16, 2025



Book Now  
& Save  
**\$150**  
Per Person

Iceland's Magical  
Northern Lights  
International Trip  
March 5–11, 2025.

Book Now  
& Save  
**\$200**  
Per Person

Upgrade  
to Airfare!

For more  
information contact  
**Carlos Bolanos,**  
Front Desk  
Coordinator  
Norwalk Senior  
Center  
(203) 847-3115 ext.  
104 or 106

## New Long: Distance Fieldtrip Policy

Norwalk Senior Center's transportation service helps seniors remain independent. Last year, we provided seniors with nearly 10,000 miles of transportation all over the state! We travel to: area attractions, grocery stores, museums, restaurants, shops, shows & more utilizing three mini-buses & three experienced bus drivers. Starting August 1st, our long- distance fieldtrips requirements are as follows:

- 1) NSC membership
- 2) Payment at time of reservation
- 3) No refunds
- 4) No substitutions
- 5) No exceptions.



Participants will be provided with a copy of the new policy along with a list of answers to most frequently asked questions. The new policy is necessary for NSC to continue to provide fabulous & fun trips.

## Mohegan Sun



**Wednesday, September 25, 2024**

**Departure time: 9:30 AM (Must be at the center at 9:00 AM)**

**Return time: 6:00 PM**

**2 Buses- Bus: Drivers Remy & Kenny**

**Price: \$40.00**

**Please sign up at the Front Desk**

**No Refunds, No Substitutions No Exceptions.**

## 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.

## SPECIAL THANKS FROM NSC FOR ONGOING SUPPORT:

*City of Norwalk  
Eversource  
Fairfield County Bank  
Fairfield County's Community  
Foundation  
First County Bank  
Maurice Goodman Foundation  
Norwalk Woman's Club  
Pauline E. Fitzpatrick  
Charitable Trust  
S. Margaret McHenry Fund  
Sayles and Maddox  
Family Foundation  
ShopRite  
Southwestern CT Agency on  
Aging  
St. Ann's Club  
Stew Leonard's  
United Church of Rowayton  
Bridges by EPOCH  
Bulkley Trust Foundation  
CT Department of Transporta-  
tion J. McGlaughlin Westport*



***We want to thank all of the seniors who have renewed their NSC membership. Memberships and donations will be acknowledged in the next newsletter. We thank you for your generous donations and Unwavering support!***







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 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](http://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*

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

\$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

**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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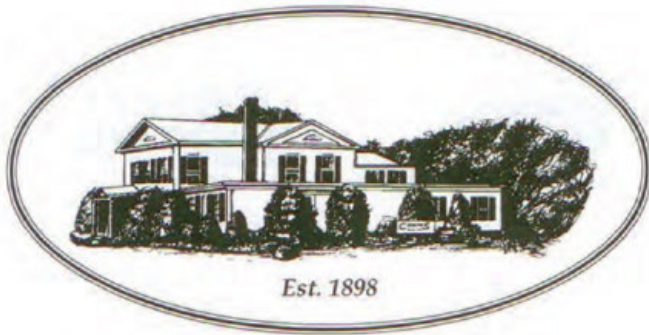
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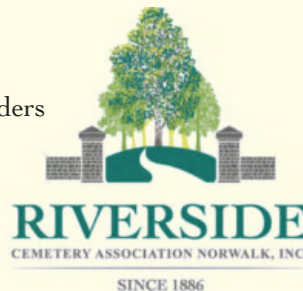
[bhumphreys@lpicommunities.com](mailto:bhumphreys@lpicommunities.com) (800) 477-4574 x6634

*Riverside  
Cemetery...*

### NEW MAUSOLEUM OPENING 2024

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**SPECIAL THANKS FROM NSC  
FOR ONGOING SUPPORT:**

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- Fairfield County's Community Foundation
- First County Bank
- Maurice Goodman Foundation
- Norwalk Woman's Club
- Pauline E. Fitzpatrick Charitable Trust
- S. Margaret McHenry Fund
- Sayles and Maddox Family Foundation
- ShopRite
- Southwestern CT Agency on Aging
- St. Ann's Club
- Stew Leonard's
- United Church of Rowayton
- Bridges by EPOCH
- Bulkley Trust Foundation
- CT Department of Transportation



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