

NORWALK SENIOR CENTER LIFE & TIMES

VOLUME 24, ISSUE 6 | OCTOBER – NOVEMBER 2024

WHAT'S INSIDE

Center Information & Resources.....	2-4
Transportation & Trips.....	5-7
Activity Calendar.....	8-9
Exercise & Pickleball.....	10
Programs & Events.....	11-12
Hairdressing Program.....	14
Donors.....	16
Memorials.....	17
Membership Application.....	18

Holiday Schedule:

Early close at 1 PM

Wednesday November 27th

Closed:

Thursday November 28th &

Friday November 29th

For Thanksgiving

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

WWW.NORWALKSENIORS.ORG

Norwalk Senior Center

Annual Appeal



Due to significantly less federal funding available for senior services, the Norwalk Senior Center has suffered a \$50K cut in funding this year. We need your financial contribution

more than ever! As a private, non-profit organization we rely on: grants, foundations, fundraising events, corporations & individuals like you to fund the majority of our operational costs. Your support makes a difference in the lives of seniors who receive our: benefit assistance, exercise, fall prevention, home visits, meals, outreach, socialization & transportation. To request a form, please stop in or call 203-847-3115 today. Thank you for your support!

Hairdressing Program

This new offering is a huge hit! Since June, members of the Norwalk Senior Center can schedule an appointment for a haircut on Tuesdays between 12 - 4 PM (*more on page 14*).



Halloween Ice Cream Social | Thur October 31 at 11:30

We will offer a cash prize of \$100 for best costume, \$75 for funniest costume and \$50 for most creative costume! Ice cream from Sweet Ashley's. Membership and registration required!



Hispanic Heritage Month

Is September 15 through October 15



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 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.

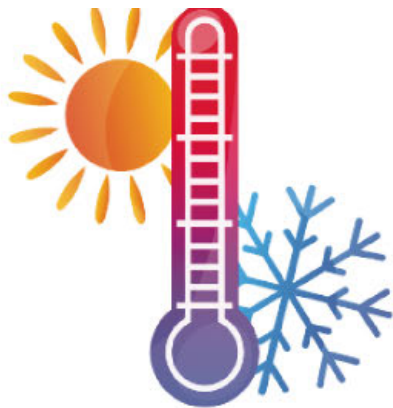
Call Eva Beau at extension 115 for more information and to schedule an appoint-
ment.



Medicare's open enrollment period for 2025 is **October 15, 2024** through **December 7, 2024**, with coverage beginning on **January 1, 2025**.

During this time, Medicare beneficiaries can review their coverage options and compare other plans. Changes made during open enrollment take effect on January 1 of the following year.

To schedule an appointment with CHOICES Counselor, Eva Beau call (203) 847-3115 X115 **Tuesday November 12, 2024** Southwestern CT Agency on Aging will host a Medicare Open Enrollment Event at the Norwalk Senior Center.
Call for details and to schedule an appointment



Energy Assistance

Energy Assistance applications are available on September 1, 2024

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.

Call Eva Beau for more details. (203) 847-3115 X115

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, 2024 - JUNE 30, 2025.
HOURS: 8:30AM – 4:30PM AT 11 ALLEN ROAD

NSC: (203) 847-3115

STAFF:

EXTENSION:

Activities Coordinator: 110

Agueda Calderon ACalderon@norwalksc.org

Administrative Assistant:

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

Bus Driver Calvin Johnson

Bus Driver Eliezer Ramos

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 suitability of the information presented, referenced or implied. All advertising information should be independently verified.

Magner
Funeral Home

12 MOTT AVENUE
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 \$3,088 and \$4,191 per couple will qualify. Assets are not considered. For more information or application assistance, contact SWCAA's Aging Answers Department at 1-800-994-9422



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

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



Our picturesque campus in Wilton offers:

- Assisted living, providing exemplary social and wellness programs
- Specialized memory care programs
 - Long-term skilled nursing
 - Geriatric assessment center

Wilton Meadows 203.834.0199
The Greens At Cannondale 203.761.1191

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





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:

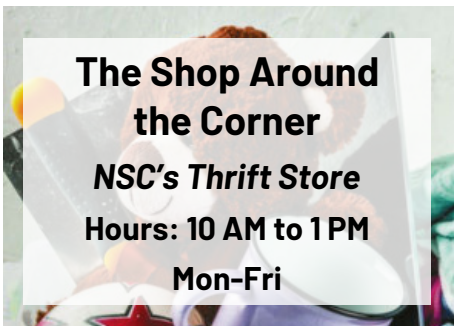
1. Norwalk Senior Center membership required; annual membership fee is \$35, \$50, \$75 or \$100 based on your budget.
2. The suggested contribution for transportation is \$20 per month, due by the 5th of each month. There is no additional suggested donation for shopping trips leaving from our Center 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 luncheon. Reservations and cancellations are required at least 24 hours in advance by calling (203) 847-3115.

THERE IS A SUGGESTED DONATION OF \$4 FOR INDIVIDUALS AGE 60 AND OLDER AND \$6.38 FOR INDIVIDUALS AGE 59 OR YOUNGER.

Lunch Menus will be available on our website at **www.norwalkseniors.org**, and at the front desk. We also can mail you a menu upon request.



OTHER SENIOR TRANSPORT IN NORWALK

Norwalk Transit District
(203) 852-0000

The Norwalk Transit District offers public transportation for senior citizens who ride on their Wheels buses. It is only 85¢ per ride for 65+ or disabled adults. (You must show your Medicare, ADA ID or state elderly/disabled ID card to the driver).

Wheels 2U

A micro-transit service which provides rides for \$2 each way anywhere in Norwalk from 7AM to 7PM using minivans. Call (203) 852-0000 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.

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

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.

Our long-distance fieldtrips requirements are as follows:

- 1) NSC Membership
- 2) Payment at the 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.

OCTOBER

SAVERS OF BROOKFIELD

OCTOBER 3

Lunch is on your own

Depart @ 10 AM

\$10 per person



BURLINGTON FACTORY OUTLET

of Stratford

OCTOBER 16

Lunch is at HIBACHI

Depart @ 10 AM

\$10 per person



NOVEMBER

CLINTON CROSSING

NOVEMBER 7

Lunch is on your own

Depart @ 10 AM

\$15 per person



MILFORD MALL

NOVEMBER 21

Lunch is on your own

Depart @ 10 AM

\$10 per person



Monday	Tuesday	Wednesday	Thursday	Friday
	1 8am & 2pm Pickleball 9:30 Blood Pressure Clinic 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12-4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	2 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	3 8am & 2 pm Pickleball 9:30 Karaoke 10:00 Support Group 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	4 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Dance Class 11:00 Brain Games 12:30 Birthday Cake 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
7 8am; 12 & 2pm Pickleball 10:00 Knit & 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	8 8am & 2pm Pickleball 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12-4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	9 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	10 8am & 2 pm Pickleball 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	11 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
14 8am; 12 & 2pm Pickleball 10:00 Knit & Stitch 10:00 El Rincon Spiritual 10:30 Enhanced Fitness 11:00 Monitor My Health 11:30 Bridge 11:45 Lunch 12:00 Poker	15 8am & 2pm Pickleball 9:30 Blood Pressure Clinic 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12-4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	16 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	17 8am & 2 pm Pickleball 9:30 Karaoke 10:00 Support Group 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	18 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Strong Steps 10:30 Dance Class 11:45 Lunch 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
21 8am; 12 & 2pm Pickleball 10:00 Knit & 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	22 8am & 2pm Pickleball 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12-4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	23 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	24 8am & 2 pm Pickleball 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	25 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
28 8am; 12 & 2pm Pickleball 10:00 Knit & Stitch 10:00 El Rincon Spiritual 10:30 Enhanced Fitness 11:00 Monitor My Health 11:30 Bridge 11:45 Lunch 12:00 Poker	29 8am & 2pm Pickleball 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12-4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	30 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	31 8am & 2 pm Pickleball 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Dance Class 11:00 Brain Games 12:00 Musicoteca 12:30 Birthday Cake 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
4 8am; 12 & 2pm Pickleball 10:00 Knit & 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	5 8am & 2pm Pickleball 9:30 Blood Pressure Clinic 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12—4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	6 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	7 8am & 2 pm Pickleball 9:30 Karaoke 10:00 Support Group 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	8 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Strong Steps 11:45 Lunch 12:00 Musicoteca 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
11 8am; 12 & 2pm Pickleball 10:00 Knit & 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 8am & 2pm Pickleball 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12—4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	13 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	14 8am & 2 pm Pickleball 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	15 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Dance Class 10:30 Strong Steps 11:45 Lunch 12:00 Musicoteca 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
18 8am; 12 & 2pm Pickleball 10:00 Knit & 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	19 8am & 2pm Pickleball 9:30 Blood Pressure Clinic 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12—4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	20 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	21 8am & 2 pm Pickleball 9:30 Karaoke 10:00 Support Group 10:30 Arthritis Exercise 10:45 Tai Chi Rm A&B 11:45 Lunch 12:00 Beg. Pickleball 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	22 8am; 12 & 2pm Pickleball 10:30 ESL Beg. 10:30 Strong Steps 11:45 Lunch 12:00 Musicoteca 12:45 Mah Jongg 1:00 Adv. Beg Pickleball
25 8am; 12 & 2pm Pickleball 10:00 Knit & Stitch 10:00 El Rincon Spiritual 10:30 Enhanced Fitness 11:00 Monitor My Health 11:30 Bridge 11:45 Lunch 12:00 Poker	26 8am & 2pm Pickleball 10:30 Enhanced Fitness 10:45 Tai Chi Rm A&B 11:45 Lunch 12—4:00 Hairdressing 12:00 Pickleball Lesson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	27 8am & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL 2 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 Bingo Rm 8 12:00 Adv. Beginner Pickleball	28 Thanksgiving Day Senior Center Closed	29 Thanksgiving Friday Senior Center Closed

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 charge, but 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

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.

Fee: \$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 PM: Adv. Beginner

2-4PM: Intermediate

To sign up for any of our activities, please call (203) 847-3115 or stop by the front desk!

Karaoke

Thursdays | 9:30 to Noon
Room 11

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



Groovin' & Swingin' Dance Class for All

Fridays at 10:30:

Oct 4th & 18th; Nov 1st & 15th; Dec 6th & 20th

\$6 per class. Learn the foxtrot, swing, chaha, the electric slide and more!



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

October 4th & November 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 at noon for cake. Sponsored by Dean @ Bridges by Epoch



Movie Mondays: 12:45

For a full list of titles see the front desk.

Monday October 7th & 21st

Monday November 4th & 18th



BE CREATIVE IN ART GROUP!

Join us Tuesdays from 12:30-2

Bring your own projects to work on in a creative, welcoming, and supportive setting. All skill levels are welcome. We will help you discover your inner artist! We have limited supplies such as acrylic and water color paints, brushes, easels, glue, scissors, and scrapbook paper which are free to use. If you need specialized materials, you may need to bring your own.



Monthly Lunch and Learn will be held on **Tuesday October 15th.**

Registration required. Sign up at the Front Desk. \$7 per person for lunch and a delicious dessert.





Interested in becoming a Pen
Pal with a
young Police Cadet?*

Join our “Pen Pal Program”

You’ll write a letter every two weeks to
a young person who needs
encouragement and words of wisdom.

By participating in this program, you are helping to instill
courage and kindness into a young person who will carry
these

important traits into future policing practices.

• **Pen and Paper Provided ***

***The Norwalk Police Cadet program offers training to young people
who want to become police officers.**

Reach out to Eva Beau for more details (203) 847-3115 X115

Expert Tips for a Better Night's Sleep

When was the last time you had a good night's sleep?

For many, sleep doesn't come easy. Up to 70 million Americans suffer from sleep disorders, such as obstructive sleep apnea, insomnia, narcolepsy and restless legs syndrome. Nights are spent staring at the walls as insomnia takes control, or frequently waking from snoring or gasping for air due to untreated obstructive sleep apnea. Fortunately, achieving the recommended seven hours of healthy sleep and managing a sleep disorder is possible with help.

“Sleep should be a restorative experience, but sleep disorders are notorious for robbing us of that nightly pleasure,” said Patti Van Landingham, chair of the American Alliance for Healthy Sleep (AAHS). "Whether recently diagnosed with a sleep disorder, such as obstructive sleep apnea, or just noticing warning signs, such as snoring, choking during sleep or fatigue and daytime sleepiness, people need to seek support so that they can experience the joy of sleep again."

However, where do you start and what resources are available? The AAHS, a patient-focused membership organization made up of health care providers and patients with sleep disorders, shares the following three tips to manage your sleep better:

Talk to your doctor — As a society, we often deprioritize sleep issues despite a patient's need to address a lack of sleep. Many patients do not proactively talk to their primary care physician about their sleep during routine exams, mainly due to a perceived high cost of treatment. By asking the right questions or finding an accredited sleep center for testing and consultation, you’re one step closer to a good night’s sleep. A sleep physician can help outline a treatment strategy that can last a lifetime, helping you take back control and reduce the cycle of the frustration of losing valuable sleep.

Stay up to date — It's an exciting time in the sleep field, and advancements are on the horizon. From new sleep monitoring technology and more comfortable positive airway pressure machines, researchers continue to focus on new ways to provide high-quality patient-centered care. By joining together, patients and their family members can learn more about healthy sleep, access exclusive news affecting the sleep community and ultimately be a part of a collaborative discussion that furthers the success of the sleep disorders community. Together you can advocate for increased and improved care for patients and rally for more significant research funding to improve the understanding and treatment of sleep disorders. To learn more about improving your life through healthy sleep, visit <https://sleepeducation.org/resources/>.

(Courtesy of Brandpoint)

2024 Annual Picnic

Our seniors enjoyed the perfect weather for our Annual Picnic at Ripka’s Beach Tent! Thank you to all who attended.



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		9		7				
				9		5		4
3				2				
1		3	7	8		4		9
9		5	2				1	
8							3	7
		7	3	4				
5	4				9			



This new offering is a huge hit!

Since June, members of the Norwalk Senior Center can schedule an appointment for a haircut on Tuesdays between 12 - 4 PM.

Seniors schedule their appointment directly with the hairdresser by calling or texting Alana Strock at 203-904-5538 and mentioning the NSC Hairdressing Program.

Our front desk staff & volunteers are not responsible for scheduling or cancelling appointments for folks.

Haircuts cost only \$10!

Please arrive for your appointment at 11 Allen Road on time with clean dry or wet hair.

The location of the appointment is inside the Center near Room 8.

Enjoy!

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.

Serie Agencia Familiar y Infantil (español)

El tercer miércoles del mes con Mayra Vélez del Programa de Atención Domiciliaria de FCA se reunirá con los participantes para discutir temas y consejos sobre salud y bienestar.

Visiting Nurse & Hospice Series

Christine Burns, RN Community Health Coordinator, will facilitate a monthly health & wellness series. 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
Pauline E. Fitzpatrick Charitable Trust
S. Margaret McHenry Fund
Sayles and Maddox Family Foundation
ShopRite
Southwestern CT Agency on Aging
St. Ann Club
Stew Leonard's
United Church of Rowayton
Bridges by EPOCH
Bulkley Trust Foundation
CT Department of Transportation
J. McGlaughlin Westport



Membership Donors

John and Jo Ann Agress
Kathleen and Robert Apy
Sylvia Barchue
Donna Bedell
Lois Benfield
Walter and Magdalena
Berger
Thomas Black
Connie Blair
Ralph and Cecilia Blechner
Ellen and Robert Bradshaw
Betty Brink
Dollie Bush
Rachel Bynum Kearse
Antohny and Irene Cardillo
Lynn Carlton
Linda Carothers
Christina Carpenter
Ron Carroll
Josef Chalas
Ruth Cooke
Charlotte Cooper
Mary Ann DeRosa
Josephine Desgro
Dorothy Dileo
Susan Edwards
Joan Enoch
Maureen Faulkner
Joyce Filip
Elaine Ganat
Shirley Gendron
Jane Graham
Tina Granata
Carol Hebert
Madelean Holcomb
Anita Hughes
James and Sandra Hughes
Patricia Hungaski
Carole Huse
George and Marie Iacono
Lorraine Jacobi
Brenda Johnson
Daniel Juodaitis
James Kohler
L. R. and Joanne Koleszar
Richard and Gigi Koleszar
William and Cynde Lahey
Roger and Ann Marie Lajoie
Jacqueline Lane
Anita LeDuc
Edward and Jerris Lesko
Mary Logan
Peter and Loretta Ludwig

Cynthia McCall
Ruth Ann Meyer
Robert and Kathryn Olson
Mary Ann Pappolla
Elvera Paqua
Pasquale Pasquarella
Fred and Nancy Pennito
Donna Peterson
Michael and Marisha
Petrobono
Ann Preston
Carol Remler
Rosalie Rinaldi
Sandra Samuels
Sheila Samuelson
Barbara Sanders
Broderick and Lynn Sawyer
Lula Simmons
Raisa Slutsky
Roger and Marcia Smith
Angie Spanoghe
Patricia Sweet
Patricia Tagariello
Peg Tarala
Kimberley Tompkins
Catherine Toth
Gino and Joan Vitali
Dennis and Laurie Warfield
Rick and Maggie Wetzal
Brian and Lavonne Williams
Darlene Wrentz

Silver Membership Supporters

Dolores Abresky
Connie Blair
Bette Bono
Doris Burke
Linda Busack
Christina Carpenter
Betsy Conti
Joan Cronin
Deborah Donahue
Ed Fuhr
Brenda Johnson
Trudi Kamm
Christel Lane
Sandra Masse
Jeanne McAndrew
Diane Mongiardo
Nick and Diane Mongiardo
Teresa Monteleone
Mary Montesinos
Mazie Mooror

Joseph and Patricia
Morabito
Elizabeth Morrell
Richard Nichols
Pamela Parlakian
Norma Renzulli
Rosanne Scallion
Lula Simmons
Paul and Patty Sinisko
Barbara Springer
Nathan Sumpter
Julio and Angela Urbinati
Brian and Lavonne Williams
Sharlene Willis
John and Jo Ann Agress
Camille Andreozzi
Eric Backman
Judith Baluha
Sylvia Barchue
Thomas Bender
Donna Bender
Walter and Magdalena
Berger
Joseph Brachfeld
Ellen and Robert Bradshaw
Mary Ann Buley
Barbara Burke Valk
Libaniel and Edilia Cardona
Lewis Clark
KC Cobbs
Marge Connelly
Nestor Cortes
Christina Cronin
Holly Cuzzone
Betty Davis
Jean and Joseph Denaro
Dorothy Dileo
Sylvia Duffy
Hanna Evans
Richard and Louise Follman
Thomas Freeman
Dulvi Gaudio
Peter and Priscilla Goldner
Bruce Gordon
Mary and Peter Gordon
Grace Harris
Geraldine Indart
Julia Jackson
Joy Johnson
Russ and Barbara Jones
Rayford Keeter
Colleen Kenna
Marjorie Kitchens
Phyllis and William LaRusso

Louisa Lekas
Peter Leone and
Genevieve Masi
Anita Love
Charles and Sally Goldstein
Luciano
Kathy Macintyre
Walter and Lynn Maginnis
Cynthia McCall
Brigitte McClave
Nancy McKeever
Joann Missey
Laurie Morrison
Virginia Myslinski
Stephen Norton
Debbie Nosevich
Pasquale Pasquarella
Christie Ranges
Gail Reed
Ann Rigby
Mary Ann Schmotzer
Robert Scully
Eleanor Searles
Susan and Myron Semchuk
Carmela Setti
Frank Snyder
Barbara Thompson
Carole Tuozzolo
Marilyn Weisbrot

Gold Membership Supporters

Lois Benfield
Joan Enoch
Aida Ferre
Jo Friedlander
Jane Graham
Gladys Guanica
Kimberley Davis
Jennifer Gibbs
Peter and Linda Murphy
Robert and Kathryn Olson
Velda Sansaverino
William and Betsy Wrenn
Gino and Joan Vitali

Platinum Membership Supporters

Robert and Colleen Antunes
Ann Bello
Ralph and Cecilia Blechner
Ralph Bloom
Diane Carlson
Lee and Lucy Combis

Jack Cutler and
Andrea Light
Jane Dickenson
Michele DiScala
Ursula Field
Beverly Sanford Follis
Jay and Christie Fountain
Mari Freeman
Carole Huse
George and Theresa Iacono
Ray Juodaitis
L. R. and Joanne Koleszar
Richard and Gigi Koleszar
William and Cynde Lahey
Judith and Edward
Lambertson
Donald Lawlor
Robert Leng
Susan LeRow
Gail MacLean
Annette Maiberger
Robert and Sallie Marsico
Virginia Martin
Linda Masciola
Patricia McCarthy
Jon Myers
Mary Ann Pappolla
Joseph and Catherine
Paquin
Jane Pataki
Paul Russo
Lynn Ryan
Sandra Samuels
Christopher and Lieselotte
Schwab
Melania Smith
Paul and Elizabeth Sullivan
Peg Tarala
Janet and Raymond Valus
Rick and Maggie Wetzal
Linda Wilson
Josephine Woloszyn





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

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

Annual Membership is:

\$35, \$50, \$75, or \$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, & events. events at both Senior Center locations.

- ☐ **\$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.

Always Caring

OF CONNECTICUT

Home Care with Heart

THE BEST CARE IS ALWAYS GIVEN TO YOUR LOVED ONE

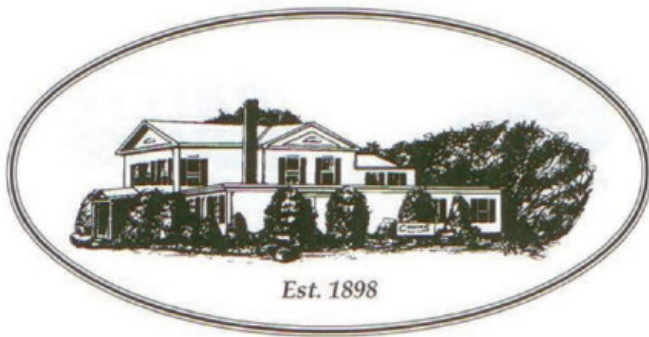
Non-medical Homecare
Providing Hourly/Live-In/24 hour Care
Registered • Insured • Bonded • HA#0001470

29 East Main Street Westport, CT 06880
203.557.4355 • www.alwayscaringct.com

Proudly Serving Fairfield and New Haven Counties

Collins Funeral Home

*Continuing our family tradition
for four generations.*



92 East Avenue, Norwalk, CT

www.collinsfh.com

(203) 866-0747

Fall in Love

With your Health this Season

Connecticut's home for LGBTQI+ affirming
healthcare and sexual health.

Now with locations in
Norwalk & Glastonbury!

- Primary Medical Care
- STI Testing and Treatment
- HIV Prevention (PrEP & PEP)
- HIV Treatment and Care
- Vaccinations
- LGBTQI+ Affirming Medical Care
- Hormone Replacement Therapy
- HEP C Treatment
- Onsite Pharmacy (340B)
- All CT Insurances Accepted!

Request an appointment at
www.circlecarecenter.org



circle
care center

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME **Bill Humphreys**

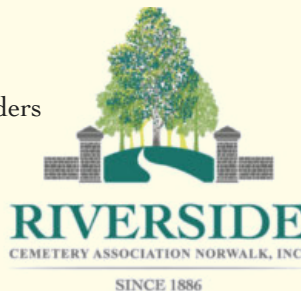
bhumphreys@lpicommunities.com (800) 477-4574 x6634

Riverside Cemetery...

NEW MAUSOLEUM OPENING 2024

- » Many Plot Options Including: Single, Double, Multiple or Cremation Lots » New Mausoleum and Columbarium.
- » Discount for Veterans, Police, Firefighters and First Responders
- » All Denominations Welcome » New Children's Section
- » Designated Sections for Pet Burials
- » Monument Design and Installation » Pre-Need Financing

81 Riverside Avenue, Norwalk, CT 06850 • (203) 847-7422
www.riverside1886.org • riversidecemetery1886@gmail.com



THRIVE
LOCALLY

**SUPPORT OUR
ADVERTISERS!**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Norwalk Senior Center, Norwalk, CT 06-5356

11 ALLEN ROAD
NORWALK, CT 06851-2319

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

City of Norwalk
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
Stew Leonard's
United Church of Rowayton
Bridges by EPOCH
Bulkley Trust Foundation
CT Department of Transportation
J. McGlaughlin Westport

**Cassena
Care**



YOU WILL FEEL RIGHT AT HOME
Renew - Restore - Rehabilitate

State-of-the-Art Rehabilitation skilled nursing facilities offering comprehensive care for both sub acute and long term care.

CASSENA KIDNEY CARE AT NORWALK,
is now offering inpatient & outpatient hemodialysis services.

Stamford
203-351-8331 • cstamnrc.com

Norwalk
203-853-0010 • cnwnrc.com



*Two Beautiful
Facilities, One
Big Family*

Looking for help at home?
24/7 • LIVE IN • LIVE OUT • LONG-TERM CARE

 **LifeWorx®**

The Finest Local Elder Care

**For 20 years, we've set the
standard for in-home
elder care. Our concierge
experience delivers
personalized solutions &
expert caregiver matching.**



Audrey & Donah

**Call or visit your local office: 21 Post Road West
(203) 966-3400 Westport, CT 06880**

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT
\$19⁹⁵
/mo.

- ✓ Ambulance ✓ Police ✓ Family
 - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"**

CALL NOW!



800.809.3570

md-medalert.com

