

NORWALK SENIOR CENTER LIFE & TIMES

VOLUME 25, ISSUE 4 | JUNE — JULY 2025

WHAT'S INSIDE

Center Information & Resources.....	2-4
Transportation & Field Trips.....	5-7
Activity Calendar.....	8-9
Programs & Events.....	10 -11
Pickleball & Exercise.....	12-13
Activities.....	14
En Español	15
Donors.....	16
Memorials.....	17
Membership.....	18

Holiday Schedule:

CLOSED: Thursday June 19th

CLOSED: Friday July 4th

It's time to renew your membership! View our Membership Form on Page 18

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

www.norwalkseniors.org

Membership Renewal

Our Membership Renewal begins a brand new Senior Center year on July 1st. In order for the Norwalk Senior Center to fulfill its mission in empowering adults 55+ to find personal independence, healthy aging, social connection and lifetime learning, help is needed from all of our friends in the community and our senior participants.

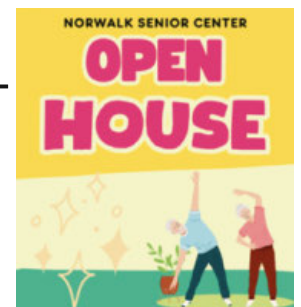
Federal funding monies have decreased while the costs for critical supply requirements and insurance coverage has doubled. Some operating costs are even higher. This will result in a minimal increase in the annual membership cost. It will only effect the basic membership which will be \$40 per year for the (Bronze) level. For folks who are able, we kindly ask you to contribute \$50 (Silver), \$75 (Gold) or \$100 (Platinum). They remain the same as last year. Your contribution will be greatly appreciated and recognized in our bi-monthly newsletter. We thank you for your support!

To make your membership renewal fun, there will be a contest that everyone can participate in. All seniors 55+ who purchase an annual membership at any level during the month of July 2025 are eligible to win a ROYAL CARIBBEAN cruise to the Bahamas! Your chances in winning depend on the number of people who participate. Renew early in July so you don't miss the opportunity. Official rules are available at the front desk at the Norwalk Senior Center, 11 Allen Road.

OPEN HOUSE

Wednesday July 23, 10 AM - 1 PM & 5 PM - 7 PM
Join us for some fun, food, raffles & free manicures! Take a tour & see class demonstrations, and several activities & offerings at our amazing Center!

Seniors aged 55+ who register & pay for Norwalk Senior Center annual membership for the 2025-2026 year during the month of July 2025 will be entered to win a grand prize!! Odds of winning the grand prize are based on the number of people who register & pay for NSC membership in July 2025. Official rules of the contest are available at the front desk of the Norwalk Senior Center at 11 Allen Road, Norwalk CT. See you then!



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"

This group is 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 AM
At the Norwalk Senior Center
11 Allen Road, Norwalk CT



Join the Norwalk Senior Center's Support Group Surviving Each Challenge for it's annual "Celebration of Life Ceremony" on Thursday June 26th. Honor your loved ones who have passed with a prayer, a picture and words of remembrance.

Ceremony begins at noon with light refreshments served afterwards. Bring in a picture of your loved one and join us in honoring their memory. Everyone is welcomed.

For more information, call Eva Beau at 203.847.3115 X115

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, 2025

The Federal Poverty Limits (FPL) have been revised for 2025. These new limits are used by DSS for updating MSP income limits for 2025, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2025.

Generally, if your monthly income is at or below these levels...	All MSP levels qualify you for Extra Help/Low Income Subsidy You may also qualify for...
\$ 2,752 single \$ 3,719 couple	QMB - This program is similar to a "Medigap" policy. It pays your Part B premium(1) and all Medicare deductibles (2) and co-insurance. (3) (1) Your Medicare Part B covers doctor costs, outpatient services and some preventive care. (2) The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year. (3) Co-insurance is the portion of Medicare-approved services that you are responsible for paying. (4) It protects you from being billed for any Medicare-covered services.
\$ 3,013 single \$ 4,072 couple	SLMB - This program pays for your Part B premium.
\$ 3,209 single \$ 4,336 couple	ALMB - This program pays for your Part B premium. This program is subject to available funding and is not available to individuals with Medicaid.

June is Men's Health Awareness Month

June is Men's Health Month, a time dedicated to raising awareness about the health issues facing men today. This month is a reminder for men to take charge of their health and well-being, promoting preventive care, regular screenings, and awareness of key health issues. From prostate health to mental well-being, this month serves as a critical reminder for men to prioritize their health.



Prostate health is a significant concern for men, particularly as they age. Prostate cancer is the second most common cancer among men in the United States. Regular screenings, such as the prostate-specific antigen (PSA) test, are essential for early detection and successful treatment. Prostate cancer, when caught early, can often be treated successfully. Men over the age of 45 should have regular discussions with their healthcare providers about prostate health and the benefits of PSA testing.

Testicular cancer is the most common cancer in men ages 15 to 35. Despite its rarity, it is crucial to raise awareness about this disease because it is highly treatable, especially when detected early. Regular self-examinations can help men identify abnormalities early and seek medical attention promptly. Early detection of testicular cancer greatly increases the chances of successful treatment. Men should perform monthly self-exams and report any changes or lumps to their healthcare provider immediately.

In addition to regular screenings and medical check-ups, adopting a healthy lifestyle is crucial for overall well-being. This includes maintaining a balanced diet, engaging in regular physical activity, avoiding smoking, and limiting alcohol consumption.

A healthy lifestyle can prevent many health issues. Eating a balanced diet, staying active, and avoiding harmful habits can significantly improve your quality of life and reduce the risk of chronic diseases.

Men's Health Month is an opportunity to take proactive steps towards better health. Whether it's scheduling a health screening, performing a self-exam, or seeking support for mental health. Taking action today can lead to a healthier tomorrow.

Don't wait until you have a health issue to see your doctor. Preventive care and early detection are your best defenses against many health problems. Make your health a priority this Men's Health Month.

July Is Healthy Vision Month

July is Healthy Vision Month. There's a lot you can do to keep your eyes healthy and protect your vision. You've heard that the eyes are the window to the soul—but did you know they're also a window to your health? When you make healthy lifestyle choices, like eating a balanced diet and staying physically active, you are also protecting your vision. In fact, there are several health conditions, like diabetes or high blood pressure, that can increase your risk of some eye diseases. Making healthy choices for your overall health can protect your eye health, too. Protecting your overall health can go a long way toward keeping your eyes healthy! It's important to make healthy choices and take good care of yourself. Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure.



Eat healthy foods. Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.

Get active. Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.

Protect your eyes

Every day, you can take simple steps to keep your eyes healthy. Use these tips to protect your eyes from things that can harm them:

Wear sunglasses. Protect your eyes from the sun by wearing sunglasses —& even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.

Wear protective eyewear. Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs. You can buy them from most eye care providers and some sporting goods stores.

Give your eyes a rest. Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.

If you wear contacts, take steps to prevent eye infections. Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.

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: MONDAY THROUGH FRIDAY 8:30AM – 4:30PM AT 11 ALLEN ROAD, NORWALK CT

NSC: (203) 847-3115

STAFF:

EXTENSION:

Activities Coordinator: x114
Agueda Calderon
ACalderon@norwalksc.org
(Bilingual)
Administrative Assistant: x110
Amy Munley
AMunley@norwalksc.org
Bookkeeper: x105
Steisy Gil SGil@norwalksc.org
(Bilingual)
Executive Director: x103
Beatrix Lane
BLane@norwalksc.org

Front Desk Coordinator: x104
Carlos Bolanos
Carlos@norwalksc.org (Bilingual)
Director of Social Services: x115
Eva Beau EBeau@norwalksc.org
(Bilingual)
Transportation Office: x107
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

The
CANNONDALE CAMPUS
PRIVATELY OWNED SINCE 1988
in the **Greens** *at* **Wilton**
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

Seniors Helping Seniors®
LIKE GETTING A LITTLE HELP FROM YOUR FRIENDS®

**New Year,
Same Quality
In-Home
Senior Care!**

203 • 363 • 4400

info@shsconnecticutsw.com



- **Companionship**
- **Shopping & Errands**
- **Personal Care**
- **Meal Preparation**
- **Transportation**
- **Pet Care & More!**





SENIOR BUS SCHEDULE

NSC Shopping Schedule:

Tuesday 9-12: Shop Rite

Wednesday 9-12: Shop Rite

Thursday 9:00- 12:00: Shop Rite

**Trips to WALMART and TJ MAXX
alternate on Fridays.**

Transportation to & from NSC:

Monday through Friday

Morning Pickup :

8:30 AM & 10:00 AM

Afternoon Trips Home:

12:30 PM & 2:30 PM

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's Transportation Service Guidelines

**We are proud to provide door-to-door transportation to our senior center located at
11 Allen Road in Norwalk, CT - Monday through Friday.**

Holidays & bad weather may impact the regular schedule.

Please read the following guidelines carefully as there are no exceptions:

- **Annual Norwalk Senior Center membership is required. (See page 18).**
- **The fee for transportation is \$20 per month (due by the 5th of the month).**
- **Passengers are required to:**
 - 1. Be ready for pick up at the time scheduled.**
 - 2. Have an operational land-line or cellphone.**
 - 3. Move from their residence to the mini-bus.**
- **Rides must be reserved one day in advance by 3 PM.**
- **Call 203-847-3115, the front desk, to reserve your ride.**
- **Cancellations must be made as soon as your plans change, and are final.**
- **Bus drivers are prohibited from entering passenger residences.**

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 electronics, furniture, food items or clothing at the Shop.

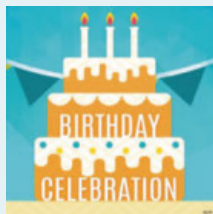
Thank you!

The Shop Around the Corner

NSC's Thrift Store

Hours: 10 AM to 1 PM

Mon-Fri



Monthly Birthday Cake

Fridays June 6 & July 11th

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

DINING at Norwalk Senior Center

The Norwalk Senior Center is pleased to offer a hot, nutritious and tasty daily luncheon. Reservations and cancellations are required at least 24 hours in advance by phone (203) 847-3115.

THERE IS A SUGGESTED DONATION OF \$4-6

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 -475-258-7893 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.

Our long-distance fieldtrips requirements are as follows: NSC Membership must be current. Payment is due at the time of reservation. No refunds, No substitutions, No exceptions. For more information, please call Carlos at (203) 847-3115 ext. 104.

Enjoy the seaside this Summer with our trips to Captain's Cove and Calf Pasture Beach on Wednesdays in June and July! Captain's Cove Seaport is a family-owned and operated marina, restaurant, bar, and boardwalk located in southwestern Connecticut along historic Black Rock Harbor. Calf Pasture Beach in Norwalk, Connecticut, is a popular local beach offering a variety of activities and amenities. It features a 3/4 mile stretch of shoreline, picnic areas, a playground, a splash pad, and various sports facilities including a skate park and volleyball courts. The beach also has a pier for fishing and boating opportunities.

Captain's Cove

Fee: \$15

Departure time 11:00 AM

**Lunch: Captain's Cove Restaurant & Bar
(Not included in cost)**

Wednesday June 4th ; Wednesday June 18th

Wednesday July 2nd ; Wednesday July 16th

Wednesday July 30th



Calf Pasture Beach

Fee: Free

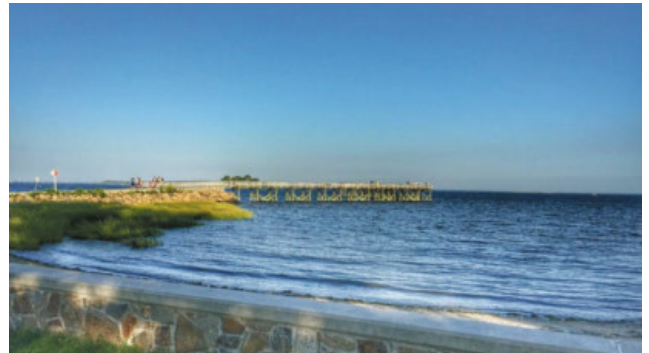
Departure time 11:30 AM

**Lunch: Ripka's Beach Cafe
(Not included in cost)**

Wednesday June 11th

Wednesday June 25th

Wednesday July 9th



Holiday Hill Senior Outing

Registration Opens on June 16th!

Date: Monday August 18, 2025

Departure time: 9:00 AM

Departure time from Holiday Hill: 3:00 PM- 3:30 PM

Estimated time to return to NSC: 4:30 PM

Fee \$66.00 per person

Holiday Hill is located in the central Connecticut countryside. This beautiful 200-acre resort has been providing first-class food, service, facilities and entertainment. The Annual Senior Outing is always a popular event, so do not wait to sign up! Registration opens on Monday June 16th.

For more information, contact Agueda at (203) 847-3115 ext. 114

2 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	3 Tuesday 10:30 Blood Pressure 9:30—2 Hairdressing 10:30 Enhance Fitness 11:00 Mark Albertson 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	4 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	5 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	6 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:00 Brain Games 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg
9 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	10 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	11 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	12 Thursday 10:30 Arthritis Exercise 11:00 Fire Safety 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	13 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
16 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	17 Tuesday 10:30 Blood Pressure 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	18 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 12:00 Poker 12:00 SoNo Elders Bingo	19 Thursday NSC CLOSED 	20 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
23 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	24 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	25 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo 1:00 Garden Club	26 Thursday 10:00 Celebration of Life 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	27 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
30 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker			The Billiards Table in the Lounge is open to all members: Monday – Friday 8:30 AM to 4:30 PM 	

	1 Tuesday 9:30—2 Hairdressing 10:30 Blood Pressure 10:30 Enhance Fitness 11:00 Mark Albertson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	2 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	3 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	4 Friday NSC CLOSED 
7 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	8 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	9 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	10 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	11 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Brain Games 11:00 Tai Chi 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg
14 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	15 Tuesday 9am Cappuccino w/ cop 9:30—2 Hairdressing 10:30 Blood Pressure 10:30 Enhance Fitness 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	16 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	17 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess 1:00 Garden Club	18 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
21 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	22 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	23 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10am—1pm Open House 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo 5pm—7pm Open House	24 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	25 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
28 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	29 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	30 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo 1:00 Garden Club	31 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	

All programs listed below are free to all NSC Members. However, we ask that you RSVP if you plan on attending. Please stop by our front desk or call (203) 847-3115 to sign up! Thank you.

History Presentation by Mark Albertson

Tuesday June 3rd at 11:00 AM

For the 250th anniversary, Mark will speak about, "The Beginning of the American Revolution, 1775." Mark Albertson is the historical research editor at Army Aviation magazine in Monroe, Connecticut; and, is the historian for the Army Aviation Association of America.



Fire Safety Presentation with Broderick Sawyer

Thursday June 12th at 11:00 AM

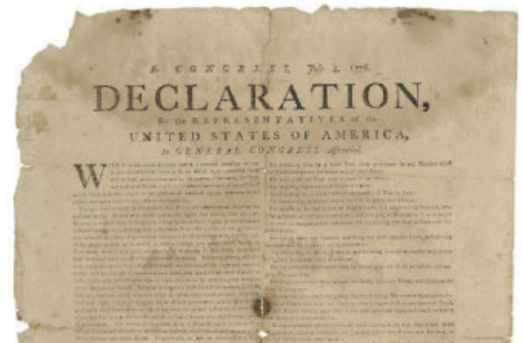
This presentation focuses on fire prevention, safety measures, and emergency response, specifically designed for older adults. Learn about recognizing fire hazards and what to do in the event of a fire.



History Presentation by Mark Albertson

Tuesday July 1st at 11:00 AM

For the Fourth of July, Mark will present, "Article of Faith," The unanimous Declaration of the thirteen united States of America." , Articles of Faith- Just what is the Declaration of Independence? Mark Albertson is the historical research editor at Army Aviation magazine in Monroe, Connecticut; and, is the historian for the Army Aviation Association of America.



Cappuccino with a Cop

Tuesday July 15th 9:00 AM- 10:30 AM

Join us for this session of Cappuccino with a Cop as we visit with a member of the Norwalk Police Department to discuss public safety issues that matter to you.



"Weekend At the Post" A Thank You to all our Veterans

**Featuring Military Vehicles & Memorabilia, "Touch-A-Truck",
Police & Fire Displays. Families Welcome!**

**To be held at the Frank C. Godfrey American Legion Post 12:
60 County Street in Norwalk on Saturday June 14th 10 AM to 4 PM**



Farmer's Market Cards

It's that time of year again! Starting June 4th, the Senior Farmer's Market Nutrition Program cards will be available to eligible participants to purchase fresh fruit and vegetables at local farmer's markets throughout CT. 2025 income guidelines are listed below. If you received a card last year, please return it to Eva Beau, new cards have been created for the 2025 market year. Call (203) 847-3115 X115 to schedule an appointment.



2025-2026 Income Limits

Household Size	Monthly Income	Annual Income
1	\$2,413	\$28,953
2	\$3,261	\$39,128
3	\$4,109	\$49,303
4	\$4,957	\$59,478
5	\$5,805	\$69,653
6	\$6,653	\$79,828

Participant eligibility includes:

- A. Individual is 60 years old or older OR is a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition services are provided.**
- B. The individual has a maximum household income of not more than 185 percent of the annual poverty income guidelines. The most recent income limits available shall be used at the time of distribution to determine eli-**

PICKLEBALL TOURNAMENT

Save the Date!

**Join us for our first Pickleball Tournament Fundraiser on
Saturday, September 13; 8 AM to 3 PM.**

Visit norwalkseniors.org for more information.

Intermediate skill-level players ages 50 +

Limited 2-player team registration

Entry Fee: \$150 per team

Sponsored by FYZICAL Therapy & Balance Centers



FABULOUS FLEA MARKET

Save the date!

September 27, 2025

9 AM - 3 PM

Vendors Wanted!

Call Joan at 203-838-7243



Pickleball Schedule:

Monday

8-10:15AM: All Play

12-2PM: Advanced Beginner

2-4PM: Intermediate

Tuesday

8-10AM: Intermediate

12-1 PM: Beginner Clinic

1-2PM Instruction/Beginner Play

2-4PM: Intermediate

Wednesday

8-9AM: All Play

12-1PM: Adv. Beginner Clinic

1-2 PM: Adv. Beginner Play

2-4PM: Intermediate/ Adv. Beginner Blend

Thursday

8-10AM: Intermediate/ Adv. Beginner Blend

12-1PM: Beginner

1-2PM: Beginner/Adv. Beginner Blend

2-4PM: Intermediate

Friday

8-10AM: All Play

12:30-2PM: Adv. Beginner

2-4PM: Intermediate



Pickleball combines the elements of badminton, tennis, and table tennis played on a badminton-sized court. The Norwalk Senior Center has use of one indoor court inside a multi-purpose gym. Norwalk Senior Center membership is required to play on the indoor court. The City of Norwalk schedules the use of outdoor courts—for more information on those, see the City of Norwalk's Official Website at:

www.norwalkct.gov/3458/Pickleball

Seniors self-determine the level of their play using the descriptions below:

Beginner: Just learning the game. Unfamiliar with the rules and scorekeeping. Inconsistent at keeping the ball in play. Inconsistent at Serving.

Advanced Beginner: Familiar and comfortable with the rules and scorekeeping. Fairly comfortable with keeping the ball in play and sustaining slower paced rallies. Can consistently serve inbounds. Can do some kitchen play.

Intermediate: Very comfortable with rules and scorekeeping. Can easily sustain slower paced rallies, fairly consistent at sustaining fast paced rallies. Can serve inbounds with pace. Comfortable with kitchen play.

Blended Time Slots are there to encourage players to move up safely, challenge themselves and meet new people.

Important: The only person allowed to determine their skill set, is the player themselves.

Pickleball is a fun, social game. The Norwalk Senior Center encourages seniors to try the game, have fun and practice good sportsmanship at all times.



Don't Forget! All participants must be signed up as members of the Norwalk Senior Center! You can check your membership or pick up an application at the front desk.

Enhance Fitness: Mon 10:30am; Tues 10:30am; Wed 9:15am

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: Thanks to a grant of Title III of the Older Americans Act & SWCAA, there is no fee for this class. To maintain the grant, it is important all class participants sign the attendance sheet on entry to the gym every time they attend.



Chair Yoga: Tuesdays at 1:30pm

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

Tai Chi: Wednesdays at 10:30am & Fridays at 11am

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 exercise that can be done in almost any location. Instructors: Betsy Wrenn on Wednesdays; Karen Boginski on Fridays

Fee: Thanks to a grant of Title III of the Older Americans Act & SWCAA, there is no fee for this class. To maintain the grant, it is important all class participants sign the attendance sheet on entry to the gym every time they attend.



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

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

Blood Pressure Clinic:

Tuesdays June 3rd & 17th

Tuesdays July 1st & 15th

Beginning at 10:30 am

Sponsored by Visiting Nurse of
Fairfield County



Brain Games

Fridays at 11 am

June 6th & July 11th

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

Sponsored by Cambridge Health and Rehabilitation



Karaoke

Wednesdays | 9:30 am–12 pm in Room 11

Join our friendly, fun group to sing or en-
joy the show! Hosted by Bob Leng & Rich-
ard Nichols.



Intermediate Spanish Lessons

\$10.00 per class

Payable to Luz Rincon

Tuesdays from 12 –1 pm

Registration is required!



Groovin' & Swingin' Dance Class for All

Instructor: Simone Assboeck | \$6 per class

Select Fridays in June & July at 10:30 am

Contact the front desk for dates

Learn the Electric Slide, Swing, Chacha, Line
Dances & more!



Movie Mondays

All movies start at 12:30 pm in the Dining Room at NSC

June 9th Elton John: Never Too Late

June 23rd Fly Me to the Moon

July 14th Bridget Jones: Mad About the Boy

July 28th Maria



Art Studio

Tuesdays from 12:30-2 pm

Bring your own projects to work on in a
creative, welcoming, and supportive
setting. All skill levels are welcome. No
previous art experience is needed. There is no formal
instruction, but we have a very supportive group of
artists and crafters of all levels who are always willing
to help you discover the artist within you.



Reader's Choice Book Group

The Book Group will take place at 12:00
pm in the Carnegie Room at the Norwalk
Public Library. Bring a Brown Bag Lunch.
The library will provide beverages, chips,
cookies and fruit. *Facilitated by Cynde Bloom-Lahey of
the Norwalk Public Library.*



Thurs, June 26 at 12 pm: *The Lost Bookshop*

by Evie Woods

Thurs, July 31 at 12 pm: *Ashton Hall*

by Lauren Belfer

Hairdressing

Schedule your appointment for a haircut
on Tuesdays from 9:30 am to 2 pm.

Contact Alana at 203-904-5538 to book
your appointment. Haircuts are only \$10!

Please arrive for your appointment with clean & dry
hair. Membership is required to participate.



Join the Chess Group!

Every Thursday at 1PM

Instructor: Rick Crawford

Beginners will receive instruction,
and all other levels are welcome!

Chess is not only fun, it can improve your memory,
attention span, and overall brain function.

Any questions?



Ark Healthcare & Rehabilitation will
be sponsoring Bingo Prizes on
Thursday June 12th. Thank you for
your support!



Almuerzos en Norwalk Senior Center

El Centro se complace en ofrecer un almuerzo diario de alta calidad, caliente, nutritivo y sabroso. Las reservaciones y cancelaciones deben realizarse con al menos 24 horas de anticipación llamando al (203) 847-3115.

HAY UNA DONACIÓN SUGERIDA DE \$4-6

Los menús de almuerzo estarán disponibles en nuestro sitio web en www.norwalkseniors.org y en la recepción. También podemos enviarle un menú por correo si lo solicita.



Tai Chi:

Viernes a las 11:00 AM

El Tai Chi es un medio eficaz para mejorar el equilibrio, las limitaciones funcionales y el fortalecimiento de los músculos, lo que reduce el riesgo de caídas. El Tai Chi es un ejercicio de bajo impacto similar a una danza que se puede hacer en casi cualquier lugar.

Tarifa: Gracias a una concesión del Título III de la Ley de Estadounidenses Mayores y SWCAA, no hay tarifa para esta clase. Para mantener la subvención, ortante que todos los participantes de la clase firmen la hoja de asistencia al ingresar al gimnasio cada vez que asistan.



Rincon Espiritual:

Viernes a las 10 AM

Ven a compartir tu fe y
conéctate con tu Poder Superior.
Todos son bienvenidos!



Bingo

Miercoles a las 12 PM



El primer jugador en obtener cinco numeros en una fila, ya sea vertical, horizontal, o diagonalmente, gana el bingo. El juego se puede jugar por premios.

ESL II (ingles como segunda lengua)

Miercoles a las 10 AM

Capacidad para usar y comprender frases y oraciones en el discurso oral. Capacidad para usar y comprender ingles escrito simple.

ESL 1 (ingles como segunda lengua)

Principiantes

Viernes a las 10:30 AM

Capacidad para usar y comprender un ingles escrito simple. Capacidad para usar el vocabulario mas comun. Capacidad para usar y entender palabras individuales en el discurso oral.

New Members

Peter Farnsworth
Sandra Forlano
Consuelo Hernandez
Wilhelmina Jefferson
Advie Lecaj
Florence Loch
Edwina Shively
Stella van Laer
Delfina Vizueta
Frances Williams
Jana Zacek

Membership Donors

Roger & Ann-Marie Lajoie

Platinum Membership Supporters

Josephine Deupree

Valentine Donors

Jolie & Max
Sylvia Barchue
Dr. Morton and Marilyn Bort
Jannie Bowman
Mary Boyd
Joseph Brachfeld
Ruby Bullock
Christine Burke
Ruby Castano
Kathleen Chaudhuri
Lewis Clark
Joan Cusack
Denar Descoteaux
Ida Everson
Vivian Grundman
Jackie Haygood
Carol Hebert
Glika Hios
Agnes Horton
Geraldine Indart
Dorothy Isaac
Lorraine Jacobi
Howard and Jerline Johnson
Nancy Kenworthy
Theresa Kolenda
Lee and Anna L'Archevesque
Leona Lamberson

Lorraine Larkin
Anita LeDuc
Edward and Jerris Lesko
Mary Liu
Marie Luczkowski
Connie Luppino
Mary Ellen Macaуда
Marjorie MacFarland
Shirlee Maddren
Jeanne McAndrew
Thea McGivney
Katherine Mola
Mazie Moorер
Brett Muller
Jean Mulligan
James and Shirley Muro
Lewis Pennell
Tony and Jean Pullia
Adolfine Rauscher
Gail Reed
Cheryl Samodel
Sandra Samuels
Francine Schuster
Robert Scully
Roger and Marcia Smith
Elaine Tom
Cecilia Vega
Mary Wynn

Special Thanks:

The Norwalk Senior Center Bridge Group

**Elizabeth Scarpelli & The Groundswell
Charitable Foundation**





In Memory Of:
Jim and Nancy Oravetz

Given By:
The Oravetz Family Trust

The Norwalk Senior Center's Gifts in Remembrance program provides opportunities for donors to honor and remember loved ones.

The Senior Center recognizes that most Gifts in Remembrance are memorials. Donors may also express best wishes to celebrate birthdays and anniversaries or honor special occasions.

All contributions are acknowledged by the Senior Center and donors are listed on this page as production deadlines allow. Your tax-deductible donations help provide direct services to our neediest members as well as honoring those you love.

Thank you for your continued support and friendship.

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:** Y / N

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.

Membership Application

July 2025 – June 2026

Are you already a member? ☐ Yes ☐ No

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

Member 1 Name: _____ Date of Birth: ____/____/____

Gender: _____ Race (optional): _____ Ethnicity (optional): ☐ Hispanic ☐ Non-HispanicAre you a US Veteran? ☐ Yes ☐ No

(Fill out only if you are joining as a couple)

Member 2 Name: _____ Date of Birth: ____/____/____

Gender: _____ Race (optional): _____ Ethnicity (optional): ☐ Hispanic ☐ Non-HispanicAre 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**Please select your membership:**☐ Bronze: \$40 ☐ Couple: \$80☐ Silver: \$50 ☐ Gold: \$75 ☐ Platinum: \$100

*\$_____ Donation to support Outreach Services

Members who make a special donation are acknowledged in the bi-monthly newsletter.*Annual Membership is:**

\$40, \$50, \$75, or \$100 per person based on your budget.

Your membership entitles you to door-to-door transportation, discounts on programs, services, & events.

☐ \$15—Want a newsletter mailed directly to your home?

Please send Newsletter by 1st Class Mail for an additional fee of \$15/year.

Credit Card: Visa / MasterCard # _____ Exp. Date _____

Please pick up your membership card at the front desk. 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

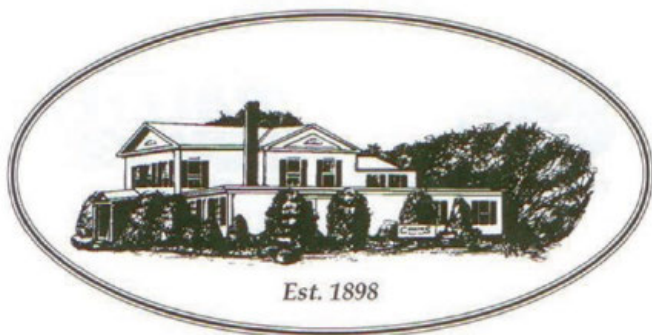
Non-medical Homecare
Providing Hourly/Live-In/24 hour Care
Registered • Insured • Bonded • HA#0001470

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

Treasure House

Woman's Board of Norwalk Hospital

*Treasure House Thrift Shop whose profit is donated
to the growth & development of Norwalk Hospital*

520 West Ave
Norwalk, CT 06850

www.Treasure-Hse.org
info@Treasure-Hse.org
203.866.7104

www.facebook.comTreasureHouseNorwalk

Mon & Tues 10:00 - 4:00

Wed, Fri & Sat 10:00 - 1:00

Thurs 10:00 - 1:00 (1st, 3rd, 5th wk of month)

Thurs 10:00 - 4:00 (2nd & 4th wk of month)

Sunday - Closed

"We need Volunteers. If you have time & want to
volunteer please call us. Susan Hanson: 203-247-3763
or susanandstevehanson@gmail.com."



SHORT STAFFED?

Place an ad here to find
new local talent for your
business.

CALL 800-477-4574

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the
HOME YOU LOVE!" ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵
/mo.

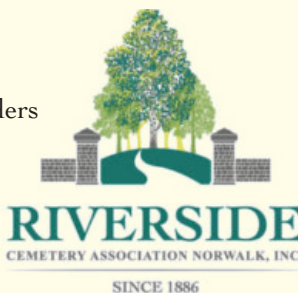


Riverside Cemetery...

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.lpcommunities.com

Norwalk Senior Center, Norwalk, CT 06-5356

11 ALLEN ROAD
NORWALK, CT 06851-2319

SPECIAL THANKS FROM NSC
FOR ONGOING SUPPORT:

Autumn Lake Healthcare
City of Norwalk
Fairfield County Bank
Fairfield County's Community
Foundation
First County Bank
Friends of Norwalk Public Library
Maurice Goodman Foundation
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
CT Department of Transportation

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



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



**Of The Community For
The Community**

Non-medical Homecare

*Providing: Monthly Subscriptions • Hourly On-Demand
Virtual Visits • Live-In • 24 Hours Care • Meals Assistance
No Minimum Hours • Serving Fairfield County*

Licensed • Insured • Bonded • HCA0002311

203-635-5505 • hwcg.com/norwalk

15 Cross St. #302 • Norwalk, CT

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Ileana Vasquez

ivasquez@4lpi.com • (800) 888-4574 x3105

