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September is National Senior Center Month

Discover your Center!

FRIENDSHIPS



CREATIVITY



PURPOSE

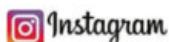


HEALTH & WELLNESS

Table of Contents

Directory	Page 3
Special Events	Page 4
Lifelong Learning	Page 5
Enrichment Programs	Page 6
Travel	Page 7
Fitness Classes	Page 8
Lunch & Learn Series	Page 9
Programs with Community Partners	Page 10
Calendars	Pages 11 & 12
Hispanic Club	Pages 13 & 14
Federal & State Programs	Page 15
Transportation	Page 16
Olympic Photos	Page 17
Thank you to our Donors	Page 18

Follow us on social media:



Please join us on
Friday, September 8th at 11:30 am
to celebrate **National Senior Center Month**.
Mayor Caroline Simmons will join us to issue a
Proclamation in honor of National Senior Center Month,
followed by a complimentary lunch.

Register on myactivecenter.com by September 5th



Pasquale J. Cardone REALTOR®

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Member of Stamford Senior Center
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Stamford Senior Center, Stamford, CT

06-5296

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Advertise in our Newsletter!

CONTACT ME
Bill Humphreys

bhumphreys@lpicommunities.com

(800) 477-4574 x6634

Special Offer for Stamford Senior Center Members

Do you want to improve your hearing?

Visit Audio Help Hearing Centers for a comprehensive hearing test covered by most insurance companies.

We're offering \$1,000 off the retail price of hearing aids to all Stamford Senior Center members.

You'll get a one-week free trial, free batteries for five years, unlimited complimentary follow-up visits and a three-year warranty.

Visit our office in the Bull's Head Shopping Center at 57 High Ridge Road.
Dr. Ed Bravo Au.D. | Dr. Laura Espinoza Au.D. | Dr. Natalie Abergel



Call 203-708-5311 to schedule your appointment.

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The Stamford Senior Center is a Non-profit 501(C)3 organization

OUR MISSION

To provide affordable opportunities for older adults to be active and healthy in mind and body and to remain connected to the community in a safe, welcoming and diverse environment

BOARD OF DIRECTORS

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To become a member of the Stamford Senior Center
[Visit us at:](#)

888 Washington Blvd., 2nd Fl.
Stamford, CT 06901

Open: Monday-Friday: 9am-5pm

Please visit our website at:
www.stamfordseniorct.org

Membership Dues:

Silver Membership: \$30.00

Includes 4 free fitness classes (see page 8 for details). All other fitness classes are \$2 per class.

Gold Membership: \$120

Includes all fitness classes with no per class fee

Scholarships are available to anyone who needs one

REDUCED FARE LUNCH for anyone 60 and older

Fresh sandwiches and hot lunches can be ordered Monday through Friday in the Senior Nutrition Office (on Side B). Lunch can be ordered between 11:00am-1:30pm

Lunch Options Include:

Daily Hot Lunch Special

or

Grilled Chicken over Greek Salad with Grilled Pita and Tzatziki Sauce

or

Roast Turkey, Tuna Salad, Egg Salad, Chicken Salad or ham & Cheese sandwich

For daily specials, please visit our website at www.stamfordseniorct.org

Suggested donation for lunch is \$4, but no one is turned away due to inability to pay.

Lunches can be enjoyed in our Friends Café our new Catwalk café Overlooking the lobby or on our patio.

Meals can also be taken To Go.

The Center will be closed on

Monday, September 4th in observance of Labor Day



and

Monday, October 9th in observance of Columbus Day & Indigenous People's Day

Stamford Veterans Resource Center

is now open at
Stamford Town Hall
175 Atlantic Street, Stamford

Hours of Operation

Tuesdays & Thursdays
10:00am-12:00pm

If you have any questions, call 203-977-7993 or email veteransresourcecenter@stamfordct.gov

MENTAL HEALTH RESOURCES

The City of Stamford has a mental health resource page with a list of local agencies that can assist with mental health issues such as anxiety, depression, substance or alcohol abuse. Know that you are not alone and there are resources that can help.

Visit www.stamfordct.gov and under the government tab, click on Dept. of Health where you can find many local resources or you can call Infoline at 2-1-1

Crisis Intervention Resources:

National Suicide Prevention Hotline: 9-8-8

Crisis Text Line Text

“CONNECT” to 741741 to text with a trained counselor for



*Luncheon &
Musical Journey
with Mathew*

Tuesday, September 26
Lunch served promptly at 12 pm
Performance 12:30-1:30 pm

Join us for a one of a kind musical extravaganza filled with endless rhythm and melody. Prepare to clap. Be ready to tap. And don't hold back the urge to get out of your seat!

**Lunch: Chicken Caprese w/Red & White Potatoes & Salad
Plus Dessert & Coffee**

Cost: \$8.00 per person

Please register on myactivecenter.com
or in person at the Center

Thank you to our Co-sponsor:



Wednesday, October 11th
11:00am-1:00pm

Join us as we celebrate the heritage of many of our members. Enjoy music, dancing and great food with friends.

Cost: \$5 per person

Thank you to our lunch sponsor:
Nochas De Columbia

Please register on myactivecenter.com
or in person at the Center



**Join us for a
Chili
Throwdown**

Friday, October 6
11:45 am

Members John Borsey and John Carrierio will take on SSC's Executive Director to see whose chili reigns supreme.

Attendees get to taste all three Chilis and vote for their favorite.

Then enjoy a special treat to cool your palette... Premium Ice Cream from *Ice Cream Emergency!*

\$7 per person

Pre-register on myactivecenter.com
or in person at the Center



Friday, October 27
11:30 am

Prizes awarded for:

Best Handmade, Most Creative & Funniest Costume

Fee: \$7.00 per person

Lunch: Penne Vodka w/Meatballs, Bread, Salad & Dessert

Must register by Friday, October 20th

Please register on myactivecenter.com
or in person at the Center

Thank you to our Co-Sponsor





Tuesdays at 2:00pm

Please register on myactivecenter.com or in person at the Center. Programs are at the Center and 5 spaces are available on Zoom for those who cannot attend in person

September 5: Stories from Manhattan Project National Historic Park

September 12: Virtual Tour of the Bush Family Home

September 19: North Carolina Maritime Museum in Beaufort, SC

September 26: Art Collection at the Longfellow House Washington's Headquarters National Historic Site

Open Technology Session
Wednesdays: 1:00-2:30 pm (Computer Lab)



Having problems with Zoom or any other computer, tablet or smart phone issues?
You are not alone!

Our Amazing Technology Wizards are here to help answer all your questions.

New Class:
iPhone Utilities
Wednesday, September 20th at 1 pm

Learn about essential iPhone utilities like Clock, Reminders, Notes and Control Center and what they can do for you.

Must pre-register on myactivecenter.com or in person at the Center

Art with Rosa Colon

Mondays at 2 pm
Starts September 11th



Learn the Basics of Watercolor (4 week course)

- Basic Colors
- Lighting/ Shading
- Composition
- Working with the right brushes

Class Fee: \$10 for four week course (includes brushes, watercolors and paper)

2nd series will focus on:

Mix-Media, in which you will learn the 7 elements in art and work with acrylics, markers and colored pencils and be given an introduction to one point perspective.

Each series is limited to 12 students and is \$10 per person for four classes.

Register on myactivecenter.com



ART CLASSES WITH RENE SOTO

Fridays at 10:00am
In art room



ESL Class Beginners

with Daina
Mondays 12:00-1:00pm
Wednesdays 12:00-1:00pm
(starts September 6th)

ESL Intermediate Class with Andrea

Thursdays 12:00-1:00pm
All classes held in the Mural Room



Conversational Spanish
with Rene - Mondays
Art Room

10:00-11:00am
Learn basic Spanish words and phrases in an informal group setting

Page 6 ENRICHMENT /RECREATIONAL PROGRAMS

What other kind of recreational programs do you want to see offered?

Trivial Pursuit
Scrabble
Canasta
Book Club
Walking Club

Do you want to start any of the above or have other ideas?

We want to hear from you!

Call or Email us at
stamfordseniorcenter@stamfordct.gov



Fridays at 10:00 am

Once a month, share a cup of coffee with our Director and have a lively discussion on a different topic each month. Do you have something on your mind? Suggestions for a new program? Let's hear it!

Friday, September 29 | October 20th

Register on myactivecenter.com



Current Events is Back!
1st & 3rd Monday of the Month
10:00am

Starting September 18th

Join this group as you tackle all the latest breaking news, including local, state, national and global events

Discussion Leader: Len Kulkarni

Register on **myactivecenter** or in person

Mah Jong Tuesdays: 12:00 -3:00 pm - Library

Whether you're an experienced player or new to the game and want to learn, join this friendly group for this ancient game of skill, strategy and a bit of luck



2nd & 4th Friday of the month
Mural Room
2:30-3:30pm

2 cards for \$1.00
Please consider bringing in a small prize for Bingo winners

Musical Meet Up and Sing-a-long

Wednesdays 11:00am-12:00pm
Mural Room

Facilitator: Daina Schuman

Are you interested in joining a musical meet up group? Come and bring your musical instrument to play or just come and sing along. Either way, we promise a fun time!



Movie Matinee Mondays 2:00pm - Seminar Room

September 18th: Sully - On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese.

October 2nd: Somethings Gotta Give - A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age.

October 16th: What Lies Beneath - It had been a year since Dr. Norman Spencer (Harrison Ford) betrayed his beautiful wife Claire (Michelle Pfeiffer). But with Claire oblivious to the truth, Norman's life and marriage seem so perfect that when Claire tells him of hearing mysterious voices and seeing a young woman's image in their home he dismisses her terror as delusion.

Important Notice for Trips: Trip tickets are non-refundable if you cancel within 10 days unless we can fill your spot



Tuesday September 19th Hyde Park, NY

The CIA is renowned for its culinary programs and has a student body of over 1900 representing every state & many foreign countries.

Enjoy lunch at **Caterina de Medici** with a delicious meal prepared by the students.

First Course: Penne Rigate w/Tomato & Basil

Entrée: Pollo Arrosto (pan roasted chicken breast, fingerling potatoes & sautéed escarole)

Dessert - Tortino di Cioccolato (warm chocolate lava cake, vanilla gelato)

After lunch, go behind the scenes on a tour of Roth Hall, the building where culinary magic happens. Connect with CIA students in an exclusive Q&A session. Time to explore the abundant gift shop and bakery

Members: \$150.00 | Non-members: \$170.00

Price includes transportation, lunch & tour.

Depart the Stamford Senior Center at 9:30am

Estimated Return: 6:00pm

Payment due by: 9/5/23

all 203-977-5151 to secure your spot



Thursday November 9th

Senior Center Members: \$30.00
Non Members: \$40.00

Bus Departing from the
Government Center Lobby 9:30am sharp

Departing Mohegan Sun at 4:00pm sharp
with an estimated return time of 6:15pm

Fee includes
Transportation Only



Wednesday, October 25

We are excited to offer a special small group trip to The Museum of Modern Art's program for members struggling with cognitive or memory decline.

We will take the train into NYC, enjoy a nice lunch then head over to MOMA for a 90 minute guided tour.

Discounted Fee of \$30.00 (includes lunch and train)
12 spots only

Attendees must be able to walk a few city blocks

Register on myactivecenter.com or at Center

This trip is underwritten by a grant from Heather Gately from Home Instead, in memory of her Step mother Susan Gray to honor their shared passion for serving seniors in their community.



A Very Dutchess Holiday Tarrytown, NY

[Wednesday, December 13, 2023](#)

Lyndhurst Mansion is transformed into an extravagant wonderland of holiday splendor and goes all out during holiday season, filling the mansion with elaborate décor including dozens of Christmas trees decorated to compliment the elegant period furnishings.

Dine at The Old '76 House in Tappan, NY, America's oldest tavern built in 1686.

Menu: Chicken Pot Pie, Tavern Fish & Chips w/Fries or Honey Maple Ham w/Mashed Sweet Potatoes.
Dessert & Coffee

Members: \$125.00 | Non-members: \$140.00

Price includes Transportation, Mansion Tour & Lunch
Deposit due by: 11/1/23

Final payment is: 12/1/23

Depart SSC at 9:30am. Estimated return 5:30pm
Register on myactivecenter.com or in person

MONDAYS**Latin Fiesta with Lili 10:00 AM** **FREE**

Come and shake your body and dance to some salsa and fun Latin music.

Stretch & Tone with Linda 11:15 AM **\$2.00**

Class includes stretching and toning exercises targeting the entire body. Please bring your own mat. (This class also streamed on Zoom)

Line Dancing with Miriam 1:30 PM **FREE****KINIMA Fit 2:30 PM** **FREE**

A virtual class designed to build strength, increase flexibility and stabilize the core.

TUESDAYS**Tai Chi with Alma 9:45 AM** **\$2.00**

Chinese form of martial arts that involves slow, controlled and low-impact movements that help improve balance and hand eye coordination. (This class also streamed on Zoom)

Yoga with Angelica 11:15 AM **\$2.00**

Traditional yoga positions to increase strength and flexibility and reduce stress. Please bring your mat. (This class also streamed on Zoom)

KINIMA Fit 1:00 PM **FREE**

A virtual class designed to build strength, increase flexibility and stabilize the core.

Chair Zumba with Lili 2:00 PM **FREE**

Developed for those who are unable to tolerate the rigors of a standard class, it's performed in a seated position with lively music. (This class also streamed on Zoom)

WEDNESDAYS**Zumba Gold with Lili 10:00 AM** **\$2.00**

Lively music that will inspire and motivate you to move. This is a great total body workout. (This class also streamed on Zoom)

Pilates Sculpt with Andrea 11:00AM **\$2.00**

It focuses on postural alignment, strengthening and balancing muscles around the spine, as well as focusing on core muscles (This class also streamed on Zoom)

WEDNESDAYS (continued)**Aerobics with Miriam 1:30 PM** **\$2.00**

Energetic exercises to strengthen your heart, muscles and bones. (This class also streamed on Zoom)

Tai Chi with Ken 3:00 PM **\$2.00**

Chinese form of martial arts that involves slow, controlled and low impact movements. (This class also streamed on Zoom)

THURSDAYS**Tai Chi with Alma 9:00 AM** **\$2.00**

This class is in Scalzi Park (weather permitting) Chinese form of martial arts that involves slow, controlled and low impact movements that help improve balance and coordination.

KINIMA Fit 10:15 AM **FREE**

A virtual class designed to build strength, increase flexibility and stabilize the core.

Yoga with Angelica 11:15 AM **\$2.00**

Traditional yoga positions to increase strength and flexibility and reduce stress. Please bring your mat. (This class also streamed on Zoom)

Strength Training with Miriam 1:30 PM **\$2.00**

A program of muscle building exercises. (This class also streamed on Zoom)

FRIDAYS**Tai Chi with Ken 9:00 AM** **\$2.00**

This class is in Scalzi Park (weather permitting) Chinese form of martial arts that involves slow, controlled and low impact movements.

Beginner's Chair Zumba with Lili 10:00 AM **FREE**

Performed in a seated position with lively music and Lili's magnetic energy. (This class also streamed on Zoom). **Class starts on September 15th**

Total Body Workout with Miriam 1:30 PM **\$2.00**

A chair based class that provides head to toe exercises to build strength and improve flexibility. (This class also streamed on Zoom)

- **\$2.00 fee only applies to Silver Members**
- **All fitness classes are free for Gold Members**

All lectures are 12:15-1:15pm. Register on myactivecenter.com or in person at the Center

SEPTEMBER LECTURES

How to Live to be 100

Wednesday, September 6th

Speaker: Dr. Edward H. Schuster

Dr. Schuster will discuss ways to stay heart healthy, prevent disease and longevity.

Sponsored by:



Empowering Seniors to Reduce Depression & Social Isolation (ESRID)

Wednesday, September 13th

Speaker: Roni Lang, LCSW , Greenwich Hospital

ESRID is an Older Adults Mental Health campaign. Our mission is to create awareness on depression and isolation among Seniors in Stamford and the detrimental effects it has on our physical and mental health. This program will empower seniors by providing access to resources in the community to help prevent depression and mitigate isolation.

Changing the Narrative on Food Insecurity

Wednesday, September 15th

Speaker: Alexa Sosa, Food Rescue

The event will be centered around changing the food insecurity narrative by educating our community of the goods & resources that are accessible to individuals in times of need. We will have a SNAP expert inform you of the new process around the EBT cards and how you can reap the benefits of the programs available to you.

Sponsored by:



Fall Prevention Workshop

Wednesday, September 20th

Speaker: Gerald Otaga, DPT, RAC-CT

The Centers for Disease Control and Prevention has documented that one out of five falls causes a serious injury. Our goal is to discuss what you can do to identify your risk and how to minimize them.

Sponsored by:



OCTOBER LECTURES

Grief Recovery Method (GRM)

Wednesday, October 4

Speaker: Julie Blitzer

If you have an aching heart due to a loss of any kind (death, divorce, major life transition, pet loss, etc.) know that healing is possible. The support and non-judgmental guidance you need await you in The Grief Recovery Method. Loss is universal, yet education about how to deal with the pain associated with significant loss is hard to come by. If you've endured a loss and seek to feel better, the Grief Recovery Method (GRM) is seeking you.

Update on COVID & Boosters

Wednesday, October 18

Speaker: Dr. Henry Yoon & Jody Bishop-Pullan

Join the Stamford Department of Health and Human Services for an informative update on the new COVID-19 vaccine recommendations from the CDC. Director of Health and Human Services, Jody Bishop-Pullan and Chief Medical Advisor Dr. Henry Yoon will provide information and answer your questions

Ordering Lunch

If you wish to order lunch from the Patio Café for any of our brown bag lunch & learns, we ask that you please order lunch no later than 48 hours before the lecture. This will ensure that everyone has their lunches prior to the start of the lecture and won't interrupt the speaker.

The menu will be posted on our website on Monday mornings. Please call the Center to place your lunch order and pay at the front desk prior to the lecture.

Lunch options include a Daily Hot Lunch Special or Grilled Chicken over Greek Salad, or a choice of Turkey, Ham, Tuna or Chicken Salad on your choice of bread or roll. Lunches are a suggested donation of \$4 each.



Special Discounted Swim Hours for SSC Members

The Stamford YMCA, located across the street (on Bell Street) is offering Senior swim hours on :

Mondays, Wednesdays & Fridays
6:00am-12:00pm
&
includes Aqua Fit Class from
9:00-10:00am (M,W,F)

Purchase a Senior Pass for just
\$25 (good for 12 visits)
Valid until Dec. 31, 2023

Delia will be here on
Wednesday, September 6th
From 10:00am-12:00pm to sign folks up
or you can purchase a swim pass at the YMCA

You must bring your SSC Membership card and
photo ID to purchase the Senior Swim Pass



Thursdays at 3 pm
September 7th &
October 12th

Join us for a fun social hour to meet people and get to know other members. New members are encouraged to stop by, it's a great way to meet other members and learn more about The SSC.

Beverages and snacks will be served



Haircuts by Cecilia

Tuesdays: 10:00am-12:00pm

September 5th & 26th
October 3rd & 17th

All cuts - \$15.00 (Located in the Art Room)
Call 203-977-5151 for an appointment

Thank you to Cassena Care who
sponsors our monthly Birthday
Cake

Last Wednesday of the



STAMFORD MINDFULNESS PROJECT

Join us for this 4 part workshop
Wednesdays at 1:30

September 6, 13, 20 & 27

During these times of uncertainty, it is common to feel stress, worry, and fear. What do you do? How do you infuse hope and more relevance in your life? SMP is here to help! Our goal is to help share positivity through scientifically proven mindfulness practices throughout our community and the world!

Join us for our four-week crash course into mindfulness with sessions led by our team of experienced mindfulness teachers. In the four weeks, we will guide participants through introductory mindfulness topics and help guide each participant to find ways they can include these techniques in their everyday lives.

Register on [myactivecenter](#)
or in person at the Center



Flu Shot Vaccines will be given on
Monday, September 18th
10:00-11:30am in the library

Sponsored by :



COVID & FLU Vaccine Clinic
(these are the only two vaccines offered)

Friday, October 27th
9:30am-12:00pm

Sponsored by:
Stamford Health Department &
A Grant through the National Council on Aging

Please call to register for either of the dates above.
203-977-5151

Walk-ins also welcome
Please bring your Medicare or other
insurance card



SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday	
Sunday, September 10th 				1 9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Art with Rene 1:30-2:30 Total Body Workout	
CLOSED 	4 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	5 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 How to Live to Be 100 1:00-2:30 Open Technology 1:30-2:30 Aerobics 1:30-2:30 Mindfulness Wkshop 3:00-4:00 Tai Chi with Ken	6 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma Scalzi Park 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-1:30 Jewelry Class 1:30-2:30 Strength Training 3:00-4:00 Afternoon Social	7 9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Art with Rene 1:30-2:30 Total Body Workout 2:30-3:30 Bingo	8
11 9:00-2:00 Hispanic Club 10:00-11:00 B/P Check 10:00-11:00 Conversational Spanish 10:00-10:45 Latin Fiesta 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:30-2:30 Line Dancing 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit	12 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	13 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Empowering Seniors to reduce Isolation and Depression 1:00-2:30 Open Technology 1:30-2:30 Aerobics 1:30-2:30 Mindfulness Wkshop 3:00-4:00 Tai Chi with Ken	14 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma Scalzi Park 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-1:30 Jewelry Class 1:30-2:30 Strength Training	15 9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Art with Rene 10:00-10:45 Chair Fitness w/Lili 11:00-12:30 Bridge w/Len 12:15-1:15 Food Insecurity 1:30-2:30 Total Body Workout 	
18 9:00-2:00 Hispanic Club 10:00-10:45 Latin Fiesta 10:00-11:00 Current Events 10:00-11:00 Conversational Spanish 10:00-11:30 Flu Shot Clinic 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 2:00-4:00 Movie 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit	19 9:00 Culinary Institute Trip 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	20 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Fall Prevention 1:00-2:30 Open Technology 1:30-2:30 Aerobics 1:30-2:30 Mindfulness Wkshop 3:00-4:00 Tai Chi with Ken	21 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma Scalzi Park 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-1:30 Jewelry Class 1:30-2:30 Strength Training	22 9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Art with Rene 10:00-10:45 Chair Fitness w/Lili 11:00-12:30 Bridge w/Len 1:30-2:30 Total Body Workout 2:30-3:30 Bingo	
25 10:00-10:45 Latin Fiesta 10:00-11:00 Conversational Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:30-2:30 Line Dancing 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit 	26 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 12:00-1:30 Musical Program by Mathew with lunch 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	27 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:00-1:30 Birthday Cake 1:30-2:30 Aerobics 1:30-2:30 Mindfulness Wkshop 3:00-4:00 Tai Chi with Ken	28 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma Scalzi Park 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-1:30 Jewelry Class 1:30-2:30 Strength Training	29 9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Coffee w/Chris 10:00-11:00 Art with Rene 10:00-10:45 Chair Fitness w/Lili 11:00-12:30 Bridge w/Len 1:30-2:30 Total Body Workout	



OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00-2:00 Hispanic Club 10:00-11:00 B/P Check 10:00-10:45 Latin Fiesta 10:00-11:00 Current Events 10:00-11:00 Conversational Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit	3 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	4 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Grief Recovery Method (GRM) 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	5 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 1:30-2:30 Strength Training	6 9:00-10:00 Tai Chi w/Ken 10:00-11:00 Art with Rene 10:00-10:45 Chair Fitness w/Lili 11:00-12:30 Bridge w/Len 11:30-1:00 Chili Cookoff 1:30-2:30 Total Body Workout
CENTER CLOSED 	9 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	10 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 11:00-1:00 Hispanic Heritage Celebration 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	11 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 1:30-2:30 Strength Training 3:00-4:00 Afternoon Social	12 9:00-10:00 Tai Chi w/Ken 10:00-11:00 Art with Rene 10:00-10:45 Chair Fitness w/Lili 11:00-12:30 Bridge w/Len 1:30-2:30 Total Body Workout 2:30-3:30 Bingo
16 9:00-2:00 Hispanic Club 10:00-10:45 Latin Fiesta 10:00-11:00 Current Events 10:00-11:00 Conversational Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:30-2:30 Line Dancing 2:00-3:00 Art with Rosa 2:00-4:00 Movie 2:30-3:15 Kinima Fit	17 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	18 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Update on COVID-19 with Dr. Yoon 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	19 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 1:30-2:30 Strength Training	20 9:00-10:00 Tai Chi w/Ken 9:30-12:30 FLU / COVID Vaccine clinic 10:00-11:00 Coffee w/Chris 10:00-11:00 Art with Rene 10:00-10:45 Chair Fitness w/Lili 11:00-12:30 Bridge w/Len 1:30-2:30 Total Body Workout
23 9:00-2:00 Hispanic Club 10:00-10:45 Latin Fiesta 10:00-11:00 Conversational Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:30-2:30 Line Dancing 2:00-4:00 Movie 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit	24 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	25 9:00-2:00 Hispanic Club 10:00 MOMA Trip 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:00-1:30 Birthday Cake 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	26 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 1:30-2:30 Strength Training	27 9:00-10:00 Tai Chi w/Ken 10:00-11:00 Art with Rene 10:00-10:45 Chair Fitness w/Lili 11:30-1:00 Halloween Party 11:00-12:30 Bridge w/Len 1:30-2:30 Total Body Workout 2:30-3:30 Bingo
CENTER CLOSED FOR STAFF TO ATTEND ALL DAY CONFERENCE	30 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	31 		

CALENDARIO DIARIO

Pag.13



SEPTIEMBRE

Monday

Domingo , Septiembre 10



Tuesday

Feliz Día de la Independencia



Wednesday

Sept 15
Sept 15
Sept 15
Sept 15
Sept 15
Sept 15 y16
Sept 18

Thursday

Sept 15—Oct 15
Mes De La



Friday

1
9am Tai Chi con Ken
10:30am Arte con Rene
1:30pm Ejercicio para todo el Cuerpo c/Miriam

4

CERRADO
Feliz Día del Trabajo



5

9am Socialización
9:45am Tai Chi w/Alma
10am Cortes de Cabello \$15
10am Tejido Y Crochet
12pm Almuerzo/Inf & Ref**
1pm Kinima Fit
2pm Zumba en Silla

6

9am Socialización
10am Zumba Oro
11am Bingo \$1dólar
12pm Almuerzo/Inf & Ref**
1:30pm Aeróbicos
12pm Inglés Básico
12:15pm Como Vivir Hasta Los 100 Años
1:30pm Proyecto de Meditación

7

9am Socialización
10am Música con Olga
10:30am Kinima Fit
11am Platicando con Inga
12pm Almuerzo/Inf & Ref**
12pm Inglés Intermedio
12:30 Clase de Joyería

8

9am Tai Chi con Ken
10:30am Arte con Rene
1:30pm Ejercicio para todo el Cuerpo c/Miriam
2:30 Bingo en Inglés \$1
11-1PM Almuerzo
Proclamación del Alcalde
SSC Estudio Comunitario

11

9am Socialización
10:00-11:00 B/P Check
10am Fiesta Latina
11am Bingo \$1dólar
12pm Almuerzo/Inf & Ref
12pm Inglés Básico
2:00-3:00 Arte con Rosa
2:30-3:15 Kinima Fit

12

9am Socialización
9:45am Tai Chi w/Alma
10am Tejido Y Crochet
10am Platica de Nutrición Inseguridad Alimentaria, Que Es? Programas disponibles
11am Reminsicencias
12pm Almuerzo/Inf & Ref**
1pm Kinima Fit
2pm Zumba en Silla

13

9am Socialización
10am Zumba Oro
12pm Almuerzo/Inf & Ref**
12pm Inglés Básico
1:30pm Aeróbicos
1:30pm Proyecto de Meditación

14

9am Socialización
10am Música con Olga
10:30am Kinima Fit
11am Documental / Plática
12pm Almuerzo/Inf & Ref**
12pm Inglés Intermedio
12:30 Clase de Joyería

15

9am Tai Chi con Ken
10am Ejercicio en la Silla con Lili Nuevo
10am Arte con Rene
1:30pm Ejercicio para todo el Cuerpo c/Miriam

18

9am Socialización
10am Fiesta Latina
11am Bingo \$1dólar
12pm Almuerzo/Inf & Ref
12pm Inglés Básico
2pm Película en Inglés
2:00-3:00 Arte con Rosa
2:30-3:15 Kinima Fit

19

9:00 Viaje al Instituto Culinario
9am Socialización
9:45am Tai Chi w/Alma
10am Tejido Y Crochet
10am Platicando c/Ceci Ríos
11am Pintando por Número
12pm Almuerzo/Inf & Ref**
1pm Kinima Fit
2pm Zumba en Silla

20

9am Socialización
10am Zumba Oro
11:30am Almuerzo
Salud Mental con Toni K
12pm Inf & Ref**
12pm Inglés Básico
12:15pm Prevención de Caídas
1:30pm Aeróbicos
1:30pm Proyecto de Meditación

21

9am Socialización
10am Música con Olga
10:30am Kinima Fit
11am Documental / Plática
12pm Almuerzo/Inf & Ref**
12pm Inglés Intermedio
12:30 Clase de Joyería

22

9am Tai Chi con Ken
10am Ejercicio en la Silla con Lili Nuevo
10:30am Arte con Rene
1:30pm Ejercicio para todo el Cuerpo c/Miriam
2:30 Bingo en Inglés \$1

25

9am Socialización
10:00-11:00 B/P Check
10am Fiesta Latina
11am Bingo \$1dólar
12pm Almuerzo/Inf & Ref
12pm Inglés Básico
2:00-3:00 Arte con Rosa
2:30-3:15 Kinima Fit



26

9am Socialización
9:45am Tai Chi w/Alma
10am Cortes de Cabello \$15
10am Tejido Y Crochet
12pm Almuerzo MultiCultural
Actuación Musical de Matthew
1pm Kinima Fit
2pm Zumba en Silla

27

9am Socialización
10am Zumba Oro
11am Bingo \$1dólar
12pm Almuerzo/Inf & Ref**
1:30pm Aeróbicos
12pm Inglés Básico
1:00-1:30 Pastelito cumpleaños
1:30pm Proyecto de Meditación

28

9am Socialización
10am Música con Olga
10:30am Kinima Fit
11am Documental / Plática
12pm Almuerzo/Inf & Ref**
12pm Inglés Intermedio
12:30 Clase de Joyería

29

9am Tai Chi con Ken
10am Cafecito con Chris
10am Ejercicio en la Silla con Lili Nuevo
10am Arte con Rene
1:30pm Ejercicio para todo el Cuerpo c/Miriam
2:30 Bingo en Inglés \$1



OCTUBRE



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
2 9am Socialización 10:00-11:00 B/P Check 10am Fiesta Latina 11am Bingo \$1dólar 12pm Almuerzo/Inf & Ref 12pm Inglés Básico 2:00-3:00 Arte con Rosa 2:30-3:15 Kinima Fit	3 9am Socialización 10am Cortes de Cabello \$15 10am Ejercicios Kinima 10am Tejido Y Crochet 11am Ejercicios mente/Plática 12pm Almuerzo/Inf & Ref** 2pm Zumba en Silla	4 9am Socialización 10am Zumba Oro 11am Bingo \$1dólar 12pm Almuerzo/Inf & Ref** 12:15pm Método para la Recuperación de una pérdida 1:30pm Aeróbicos 12pm Inglés Básico	5 9am Socialización 10am Música con Olga 11am Plática, Video, Película 12pm Almuerzo/Inf & Ref** 12pm Inglés Intermedio	6 9am Tai Chi con Ken @ Scalzi Park 10:00am Ejercicio en la Silla con Lili 10am Arte con Rene 11:30-1:00 Concurso Chili Cookoff
9 CENTRO CERRADO ¡Feliz Día de la Raza! 	10 9am Socialización 10am Ejercicios Kinima 10:00 Tejido y Crochet 10am Visitando y Cociñando en Shoprite con Inga 11am Ejercicios mente/Plática 12pm Almuerzo/Inf & Ref** 2pm Zumba en Silla	11 9am Socialización 10am Zumba Oro 11am-1pm Lunch Celebración de la Herencia Hispana 12pm Inglés Básico 1:30pm Aeróbicos	12 9am Socialización 10am Música con Olga 10am Pintando c/Qtips 12pm Almuerzo/Inf & Ref** 12pm Inglés Intermedio	13 9am Tai Chi con Ken 10:00am Ejercicio en la Silla con Lili 10am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo c/Miriam 2:30 Bingo en Inglés \$1
16 9am Socialización 10am Fiesta Latina 11am Bingo \$1dólar 12pm Almuerzo/Inf & Ref 12pm Inglés Básico 2:00-3:00 Arte con Rosa 2:30-3:15 Kinima Fit	17 9am Socialización 10am Cortes de Cabello \$15 10am Ejercicios Kinima 10am Tejido Y Crochet 11am Ejercicios mente/Plática 12pm Almuerzo/Inf & Ref** 2pm Zumba en Silla	18 9am Socialización 10am Zumba Oro 11am Bingo \$1dólar 12pm Almuerzo/Inf & Ref** 12pm Inglés Básico 12:15-1:15 Actualización en COVID-19 con Dr. Yoon 1:30pm Aeróbicos	19 9am-3pm Viaje Apple-Picking 9am Socialización 10am Música con Olga 11am Plática, Video, Película 12pm Almuerzo/Inf & Ref** 12pm Inglés Intermedio	20 9am Tai Chi con Ken 10:00am Ejercicio en la Silla con Lili 10am Cafecito con Chris 10am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo c/Miriam
23 9am Socialización 10am Fiesta Latina 11am Bingo \$1dólar 12pm Almuerzo/Inf & Ref 12pm Inglés Básico 2pm Película en Inglés 2:00-3:00 Arte con Rosa 2:30-3:15 Kinima Fit	24 9am Socialización 10am Ejercicios Kinima 10am Tejido Y Crochet 10am Platicando c/Ceci Ríos 11am Ejercicios mente/Plática 12pm Almuerzo/Inf & Ref** 2pm Zumba en Silla	25 9am Socialización 10:00 Viaje a MOMA 10am Zumba Oro 11am Bingo \$1dólar 12pm Almuerzo/Inf & Ref** 12pm Inglés Básico 1pm Pastelito cumpleaños 1:30pm Aeróbicos	26 9am Socialización 10am Música con Olga 11am Plática, Video, Película 12pm Almuerzo/Inf & Ref** 12pm Inglés Intermedio	27 9am Tai Chi con Ken 10:00am Ejercicio en la Silla con Lili 10am Arte con Rene 11:30am Fiesta de Halloween 2:30 Bingo en Inglés \$1
30 Centro Cerrado Personal asistira a Conferencia	31 9am Socialización 10am Ejercicios Kinima 10am Tejido Y Crochet 11am Reminiscencias 12pm Almuerzo/Inf & Ref** 2pm Zumba en Silla	Sep 15-Oct 15  Hispanidad	FELIZ CUMPLEAÑOS PASTELITO PARA FESTEJAR ULTIMO MIERCOLES DEL MES OCTUBRE 25 1PM	 Super Feliz cumpleaños Que Dios te regale mucho salud, amor y felicidad hoy y todos los días



Connecticut Rent Rebate Program: April 1 - September 29, 2023

Applications are now being accepted and can be dropped off in the Government Center lobby drop box marked "Rent Rebate". There are no in person applications. You can mail the application to the City of Stamford, 888 Washington Blvd., 9th Fl., Stamford, CT 06901 or email to: Mkhan1@StamfordCT.gov

Eligibility Requirements:

- All applicants must be 65 as of 12/31/22 or receiving social security disability benefits and over age 18
- Persons on disability must have current proof of disability (i.e., a TPQY from social security clearly indicating "disabled individual")
- Have resided in the state of CT for one full year at some time in your life
- Be a resident at time of application
- 2022 income must not exceed \$40,300 for a single person, \$49,100 for a married couple.

Documents Required when you Apply:

- 2022 proof of rent paid (12 receipts or cancelled checks proving rent paid in 2022) or
- A notarized letter from the landlord showing the gross amount paid for rent in 2022 or
- A printout from property management showing the amount paid for rent in 2022
- 2022 Proof of Income (all sources of income including but limited to: social security, SSI/SSDI, railroad pension, pension income, interest statements from the bank, investments, unemployment, wages, other income)
- 2022 Proof of Utilities Paid (Twelve (12) receipts or canceled checks proving your paid utility expenses (gas, electric, oil, water) in 2022 or a printout from the utility company showing total payments in 2022 or 12 month utility bills 2022

IF YOU RECEIVED CASH BENEFITS FROM THE DEPARTMENT OF SOCIAL SERVICES (DSS) YOUR REBATE AMOUNT MAY BE REDUCED



SNAP Food Nutrition Assistance Program.

Household Size	Maximum monthly benefit
One person	\$281
Two person	\$516
Three person	\$740

You can check your SNAP balance by visiting www.mydss.ct.gov

To apply visit the DSS office on 1642 Bedford Street or apply online at www.connect.ct.gov

Medicare Savings Program

The Medicare Savings Program will pay for your Part B Premium (\$238) 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 for the Medicare Savings Program



Contact CHOICES
1-800-994-9422

For further information and application assistance

Applications are also available at the SSC front desk



Let us help you with your pre-planning needs.

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www.bosakfuneralhome.com



CT Transit Bus Tokens

CT Transit bus tickets are available at the SSC's front desk for SSC members. Ten ride bus passes are available to anyone on Medicare with a suggested donation of \$2.00. Those not on Medicare can get 2 single ride tickets per day for a \$1.00 suggested donation.



Norwalk Transit Easy Access

Easy Access is a door-to-door para transit service.

Everyone must complete an application and have a phone interview for approval.

Please call 203-299-5180 or at www.norwalktransit.com

CT transit 2 hour bus pass - \$.85, Senior Ten Ride -\$7.65
Norwalk Transit/Easy Access one way tickets - \$3.50

SilverSource Ride to Wellness

Free transportation to and from medical/dental appointments within Stamford for older residents (60+). Wheelchair accessible transportation is available.

All Rides available Monday – Friday 9am to 2pm

Please call to schedule your ride in advance.

203.324.6584

Voluntary Donations Requested



FISH of Stamford

All volunteer transportation program provides rides to medical appointments for Stamford residents who have no other means of reaching health

Wheelchairs cannot

modulated.

facilities.
be accom-

At least 2 business days advanced notice required. Rides are provided within Stamford only.

re-
Stam-

Please call 203-348-3474
for a ride



Share the Fare Taxi Program

- Discounted taxi vouchers to those 62 & older or under 62 with a disability, who reside in Stamford.
- Eligible riders can purchase Share the Fare vouchers in the Cashiering Department just off the first floor lobby of the Stamford Government Center.
- Participants must provide identification and proof of eligibility age or disability to the cashier.
- Each Share the Fare voucher book contains ten (10) vouchers and has a total face value of \$50.00. Books are sold to seniors and individuals who are disabled for \$25.00.

For more information, call 203-977-4979



Congratulations to our Olympians
Check out the video on our YouTube Channel



Seniors of the World Team



Vinny, John & Fred



Hawaiian Dream - Over 60 Club Team



Purple Vikings Team



Glam Slammers Team



Green Hornets Team



Legacy Gift Giving



Has the Stamford Senior Center made a positive impact on your life or someone you care about? If so, please help support our programs and services with a donation.

Here are some of the ways to contribute:

Tribute Donations - In honor of someone who is celebrating a birthday, anniversary or other event.

In Memory or Tribute - A loving way to donate. A personalized card will be sent on your behalf in memory or as a living tribute.

Bequests - Leave a charitable bequest in your will to the Stamford Senior Center and create a personal legacy that endures forever.

All donations are acknowledged in our newsletter.

Donations can be made by check or through our website using Paypal or a credit card.

Thank you to the following individuals for their donations to the Stamford Senior Center through August 4, 2023

Susy Abraham	Robie Livingstone
Eileen Ascher	Teddi Lowenthal (In Honor
Bob & Heilwig Barker	(of Judy Motta's Birthday)
Josephine Bocuzzo	Randi Mazzella (In Honor
George Borsey	(of Judy Motta's Birthday)
Lana Chen	Urszula Mikolajczak
Mary Childs	Lindsey Miller
Coleman Clark	Fusun Naci
Raiford Cockfield	Rosa Nakamura
Chris Crain (in Honor	National Council on Aging
of Judy Motta's Birthday)	Lillian O'Neil
Chris Crain—in Memory of	Alberto Pipola
George Ducanic	Camille Pirilli
Fran DeAngelis	Pamela Riley
Deborah DeNardo	Lula (Lu) Robinson
Scottie Dombrowski (In Honor	Debra Rosenblum (In Honor
(of Judy Motta's Birthday)	(of Judy Motta's Birthday)
Ron & Denise Dreskin (In Honor	Wendy Rosenblum
(of Judy Motta's Birthday)	Carol Townsend-Ross
Doris Feinland	Elaine Sharlach
Theresa Fix	Madeline Shepherd
Mary Flume	Patrick Soldano (In Memory
William Fortini	(of Adele Soldano)
Thomas Gale	Stop & Shop Supermarket
Virginia Gilbert	Jocelyne Thomasset
Olga Goldstein	Susan Toliver
Kristi Hardin	Ruth Weinstein
Peter Healy	Susan Wruble (In Honor
Ajit & Rani Jadhav	(of Judy Motta's Birthday)
Len Kulkarni	Kay Woodard
Dawn Kelly	
Jeanne Lacey	
Martin & Andrea Levine	



Thank you to our Mini Golf Sponsors

Master's Sponsor

CarePatrol

Food Sponsor:

The Waterstone on High Ridge

Eagle Sponsors

ARK Healthcare & Rehabilitation
Corcoran Centric Realty
Sovereign Financial Group
The Residence on Summer Street

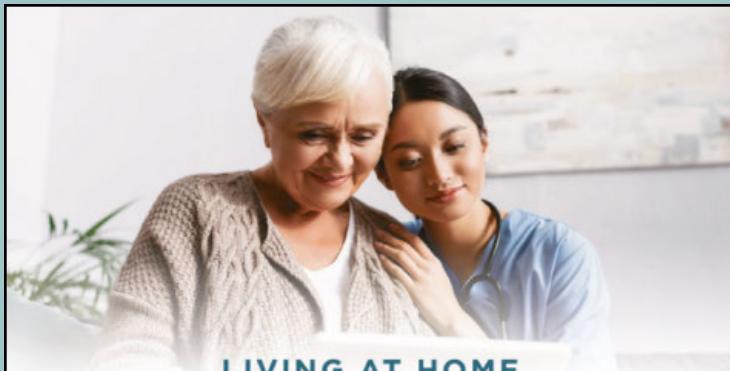
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Judy Motta
Mahvelous Mahjong Mavens

Osborn Homecare
Burt Salvatore Architects
Stamford City Lifestyle Magazine
State Farm Insurance
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