

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 23, ISSUE 5 | AUGUST – SEPTEMBER 2023

WHAT'S INSIDE

Center Information & Resources.....	2-4
Meals & Transportation.....	5-6
Field Trips.....	7
Activity Calendar.....	8-9
Exercise & Pickleball.....	10
Programs & Events.....	11-12
Excursions.....	13
NSC South (SONO Site).....	14-15
Donors.....	16
Memorials.....	17
Membership Application.....	18

The Senior Center will be
CLOSED for Labor Day:
Monday September 4th

Tech Help

Every Monday in August
9:00 AM - 1:00 PM in the Dining
Room at 11 Allen Road.

Volunteer David can help you
with your cell phone!

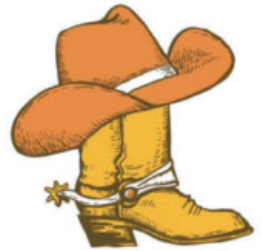
VISIT OUR WEBSITE FOR
UPDATES, RESOURCES & SIGN
UP FOR OUR WEEKLY EMAIL:
WWW.NORWALKSENIORS.ORG

ANNUAL PICNIC

Tuesday September 12 | 11:45 AM-2:30 PM

Cost: \$20.00 per person

Our annual picnic will be in the Norwalk Senior Center Courtyard this year and will feature a Country Western theme, so dust off your cowboy boots, hats and bandanas! Food will be catered by Ripka's on the Beach food truck. There will be live music for dancing by Pete Leone. The picnic will feature a line dancing demonstration by dance class instructor Simone Assboeck. This will fill up fast! Sign up with payment at the front desk by **Sept 1st** or by calling 203-847-3115. Reservation & payment is required in advance.



Car Talk with Vinny Scicchitano

Tuesday August 22 | 12:30 PM

Is your car ready for this hot weather? Does your car make a "ticking" sound? Come meet Vinny Scicchitano, owner of Accurate Auto Repair. He will be here to talk and answer any questions you may have about keeping your car in good repair. Everyone is welcome! Mark your calendar!



Membership Drive

Not a member of the Norwalk Senior Center yet? Don't wait another minute. Join in & have some fun! We need new members! Membership only costs \$25 per year and entitles you to: affordable transportation, a benefits review, and discounts on trips & classes. Financial assistance is available.

When you sign up for membership, you are supporting our non-profit, private senior center in Norwalk. Unlike the majority of senior centers in CT which are fully funded by their municipality, Norwalk Senior Center raises 59% of our operational costs through contributions from: corporations, foundations & individuals, fundraising events and trip revenue. Fill out the membership form on page 18 and drop off at the front desk or mail to: 11 Allen Rd, Norwalk, CT 06851.



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.

SCHOLARSHIPS

The Norwalk Senior Center offers assistance to seniors 60+ classified as low-income for: membership fee, exercise, transportation, and congregate lunch. If you or someone you know is in need of a scholarship please contact Eva Beau-Span at (203) 847-3115 ext. 115. Don't miss out on the fun!

VETERANS AFFAIRS

Veterans Affairs representative Ramon Agosto assists Veterans in the Norwalk Area.

Call (203) 336-2570

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.

Bereavement Group 1st & 3rd Thursday of the Month 9:30 AM

Location: 11 Allen Road
Please RSVP by calling Eva:
(203) 847-3115 ext. 115



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-Span 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%)	Single	\$2,989 / mo	Couple	\$4,043 / mo

Celebration of Life Ceremony "Honoring Life, Celebrating Love" Thursday August 24th at 10:00

If you've lost a loved one and would like to join the celebration of life ceremony, we'd love to have you.
Bring a picture or special memory.

Light refreshments served

For more information call Eva
Beau-Span at (203) 847-3115 X115

Senior Health & Wellness and Resource Fair Saturday August 19th 11 Allen Road 10:00am – 1:00pm

Join us for a morning of health and wellness information. Find out about all of the local, state and federal resources that seniors may be eligible for! And take a tour of the Norwalk Senior Center! "Your connection to life and learning!" Bring a friend or two.

Senior Farmer Market Food Cards will be distributed by appointment only.

Call Eva Beau-Span at (203) 847-3115 X115 to schedule an appointment.

Eligibility requirements:

HOUSEHOLD	MONTHLY	ANNUAL
1	\$2,248	\$26,973
2	\$3,041	\$36,482
3	\$3,833	\$45,991
4	\$4,625	\$55,500
5	\$5,418	\$65,009
6	\$6,210	\$74,518



Join us for an insightful panel discussion on the current state of senior healthcare in Connecticut. Explore challenges, innovative initiatives , and future directions in senior healthcare.

Key Highlights:

- Expert panelists discussing the latest trends and developments.
- Interactive Q&A session with audience participation.
- Networking opportunities with healthcare professionals and stakeholders.

Topics of Discussion:

- The current landscape of senior healthcare in Connecticut.
- Addressing disparities in access and quality of care.
- Promoting preventive care and mental health support.
- Leveraging technology for improved senior healthcare.
- Support for caregivers and community-based programs

DATE: TBA. Call Eva Beau-Span for more information (203) 847-3115 ext. 115

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, 2022 - JUNE 30, 2023.
HOURS: 8:30AM - 4:30PM AT 11 ALLEN ROAD & 8:30AM-2:00PM AT 92 CEDAR ST.

NSC: (203) 847-3115

STAFF:

Administrative Assistant:

Amy Nassef ANassef@norwalksc.org

Bookkeeper:

Anthony Tabb ATabb@norwalksc.org

Executive Director:

Beatrix Lane BLane@norwalksc.org

Front Desk Coordinator:

Carlos Bolanos Carlos@norwalksc.org

Outreach Director:

Eva Beau-Span EBeau@norwalksc.org

EXTENSION:

110

105

103

104

115

Program & Meals on Wheels Manager: 108

Jane Wenk JWenk@norwalksc.org

Transportation Coordinator: 107

Remy Exantus RExantus@norwalksc.org

NSC South Site: (203) 299-1500

Activity Coordinator: 102

Giovana Ramirez

GRamirez@norwalksc.org (Bilingual)

Outreach Counselor: 101

Flor Gonzalez

FGonzalez@norwalksc.org

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

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!*



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





SENIOR BUS SCHEDULE

Shopping Schedule:

Monday 9-12 & 12:30-2:30 Stew Leonard's

Tuesday 9-12: Shop Rite

Wednesday 9-12: Shop Rite

Thursday 9:00- 12:00: Shop Rite

Friday: 10-1 & 12:15 to 2:30: Stew Leonard's & Wal Mart 8:30 AM

Monday - Thursday: Pick up for banks, volunteer service, medical appointments (when available) & workplace for seniors no later than 2:00 PM in Norwalk only. If scheduling a ride for a medical appointment, you are required to allow for 30 minutes for the transportation service to pick you up and transport you to your appointment.

NSC Transportation:

Two Morning Pickup Routes:

8:30 AM & 10:00 AM

Monday through Friday

Afternoon Trips Home:

12:30 PM

Monday through Friday

To schedule your ride, call:

(203) 847-3115 ext 107

Let us drive you to Stew Leonard's!

Every Monday & Friday

9:00 -12:00 or 12:30 to 2:30



Passenger Guidelines:

1. Norwalk Senior Center membership is required; annual membership fee is \$25 and renews on July 1st.
2. The fee for transportation is \$10 per month. Payment is due by the 5th of each month. There is no additional shopping fee for shopping trips leaving from our Center to the grocery store. (All passengers are required to carry their bus cards or paid receipt.)
3. At this time: face masks are required on NSC buses.
4. You must be physically able to get from your home to/from the bus including climbing three stairs on and off the vehicle. (If you utilize a wheelchair, you will receive assistance from the specialized equipment.) UNDER NO CIRCUMSTANCES MAY A DRIVER ENTER YOUR HOME.
5. All passengers are required to wear a seatbelt while on the bus.
6. 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).
7. Financial Assistance is available: Contact Eva Beau-Span at (203) 847-3115 ext 115.

FOR INFORMATION OR TO MAKE RESERVATIONS, CALL TRANSPORTATION COORDINATOR REMY EXANTUS AT (203) 847-3115 EXT. 107.



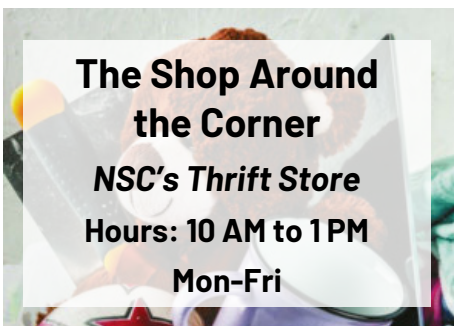
MEALS-ON-WHEELS

For information regarding receiving or delivering Meals-on Wheels please call our Meals-on-Wheels Coordinator, Jane Wenk:

(203) 847-3115 ext. 108

Or Email:

JWenk@norwalksc.org



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!

Looking for a Covid-19 Vaccine Booster?

Go online and visit norwalkct.org/vaccine for information on local vaccine clinics, or call or visit your pharmacy.

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).

DISPATCH-A-RIDE

203-299-5180

Provides door-to-door transportation for elderly and disabled residents who qualify on a disability basis. Dispatch-a-Ride applications are available at the Transit District. Reservations are required and tickets are \$3.50 each way or \$35.00 for a book of 10 tickets.

PLEASE NOTE: Wheels bus cards and Dispatch-a-Ride tickets are no longer available for purchase at the Norwalk Senior Center. Please call Norwalk Transit at: (203) 299-5180

Please be sure to sign up for trips in advance by calling (203) 847-3115. You may need to bring payment in advance to the front desk, or by mail. If you have any questions about day trips, please contact the Senior Center at: (203) 847-3115

Pt Jeff Ferry

Thursday Aug 3rd

Bus leaves NSC at 9:40

Cost: \$26.00



We will be taking the 10:30 Ferry out of Bridgeport.

Food and drinks are for sale on the ferry. It is a beautiful hour and 20 minutes on the LI Sound.

Browse in the shops and enjoy the bakery and restaurants. It is a very walkable town.

Return trip is on the 3Pm Ferry out of PT Jeff, NY

We will be back at the Senior Center at 4:45.



Silverman's Farm, Easton

Wednesday September 13, 2023

Bus Leaves NSC at 11AM

Cost \$30.00

Visit a local family owned farm in Beautiful Easton Ct. Feed the animals, including Buffalo, llamas, alpacas, sheep, goats, deer, emus, and cattle. Visit the shop to purchase fresh baked pies and donuts. Visit the market for a nice selection of honey, syrups and fresh pressed cider.

Enjoy the hayride for a 25-minute tour of the farm. (2 steps up to load onto the tractor pulled wagon) Lunch will be pizza and salad at the Silverman's picnic tables from Primo's pizza of Fairfield. Please sign up with payment at the front desk.

Downtown Wilton

Sept 18, Leaves NSC at 10AM

Cost \$5.00



Downtown Wilton offers an assortment of Shoppe's and eateries. There is a relaxing river walk with plenty of benches. We will visit the Turnover Shop with 75% off on third Monday of the month. There is a great library with amazing art shows. Lunch reservation at the Red Rooster.



Aqua Turf

Cost: \$65 per person

Bus leaves at 9:30 AM

Sign up with payment by July 25th

Tuesday August 15, 2023 11:30 AM- 3:30 PM

Richie Mitnick Presents: "Come Fly With Me"- A Journey Through the Decades Starring: Joe Saimeri & Ethel Lee Hop on and hear the music through the decades: From Sinatra, Kenny Rogers & Tim McGraw to Dionne Warwick, Dianna Ross, & Roberta Flack you'll enjoy every second of this Powerful tribute to these world renowned entertainers.

Sherwood Island

Wednesday August 2nd

& August 16th

12pm-2:00pm



Captain's Cove

August 9th, August 23



Monday	Tuesday	Wednesday	Thursday	Friday
	1 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce	2 Sherwood Island 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	3 Pt. Jeff Ferry 8am; 12 & 2 pm Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	4 8am; 12pm & 2pm Pickleball 9:30 Brain Games 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Birthday Cake 1:00 Mah Jongg
7 8am; 12pm & 2pm Pickleball 9:00 Tech Help 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 1:00 Bocce	8 Job Lots Trip 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce	9 Captain's Cove 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	10 8am; 12 & 2 pm Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	11 8am; 12pm & 2pm Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Lunch 1:00 Mah Jongg
14 8am; 12pm & 2pm Pickleball 9:00 Tech Help 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 1:00 Bocce	15 Aqua Turf 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce	16 Sherwood Island 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	17 8am; 12 & 2 pm Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	18 8am; 12pm & 2pm Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 10:30 Pres: Alzheimer's 11:45 Lunch 1:00 Mah Jongg
21 Holiday Hill 8am; 12pm & 2pm Pickleball 9:00 Tech Help 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 1:00 Bocce	22 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 12:30 Car Talk 1:00 Bocce	23 Captain's Cove 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	24 8am; 12 & 2 pm Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 10:30 Pres: Eye Health 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	25 8am; 12pm & 2pm Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Lunch 1:00 Mah Jongg
28 8am; 12pm & 2pm Pickleball 9:00 Tech Help 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 1:00 Bocce	29 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce 2:30 Canasta	30 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	31 8am; 12 & 2 pm Pickleball 10:30 Arthritis Exercise 10:30 CT Legal Presentation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8am; 12pm & 2pm Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Brain Games 11:45 Birthday Cake 1:00 Mah Jongg
4 NSC CLOSED 	5 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:00 Nutrition Education 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce	6 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:00 Nutrition Education 11:45 Lunch 12:00 Poker 1:00 Card Games	7 8am; 12 & 2 pm Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 10:30 Healthy Aging 11:45 Lunch 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	8 8am; 12pm & 2pm Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Lunch 1:00 Mah Jongg
11 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 1:00 Bocce	12 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Annual Picnic 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce	13 Silverman's Farm 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	14 8am; 12 & 2 pm Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 10:30 Wills & Trusts 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	15 8am; 12pm & 2pm Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Lunch 1:00 Mah Jongg
18 Downtown Wilton 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 1:00 Bocce	19 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce 1:00 Audiology	20 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	21 8am; 12 & 2 pm Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo w/prizes 12:45 Mah Jongg 1:00 Chess	22 8am; 12pm & 2pm Pickleball 10:00 Retired Mens Club 10:30 Strong Steps 11:45 Lunch 1:00 Mah Jongg
25 8am; 12pm & 2pm Pickleball 10:00 Knit & Stitch 10:30 Enhanced Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 1:00 Bocce	26 8am & 2pm Pickleball 10:30 Enhanced Fitness 11:45 Lunch 12:00 Free Pickleball Lesson 12:30 Art Class 12:30 Chair Yoga 1:00 Bocce 1:00 Craft: Tissue Flowers	27 8am; 12pm & 2pm Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker 1:00 Card Games	28 8am; 12 & 2 pm Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	29

Enhance Fitness

Mon 10:30; Tues 10:15; 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 Alexis Pistone of Ivy Rehab Physical Therapy in Norwalk, this class will optimize your wellness, balance and mobility. This class provides 30 minutes of cardio, strength, & posture training.

Fee: There is no charge, but registration is required.



Pickleball combines the elements of badminton, tennis and table tennis played indoors on a badminton sized court. **NSC Members ONLY.**

We are listening to your suggestions and hope the new schedule is an improvement in the Pickleball offerings at the Norwalk Senior Center. This format offers 4 sessions for intermediate players and 2 sessions for beginners.

Definitions:

Beginner - someone who is just learning the game or has not mastered the basic skills necessary to play the game including serving, scoring, and rallies that keep the ball inbounds most of the time.

Intermediate - someone who understands the basic rules including scoring and can consistently hit the ball over the net and inbounds. Should be able to serve with consistency and sustain slower-paced rallies.

All Play - all players regardless of skill level are allowed to play. This includes beginners.

NSC is not a racquet club, we have no staff designated specifically for Pickleball, and we are not qualified to rate anyone. The program is therefore self-rated. NO ONE, at any time, is to rate another player. Please note that there is time available every day from 2-4 that is rarely being used. While the time is designated as All Play, it is more than likely that the court will be free for those who want to set up their own games.

Enjoy your play, and above all else, promote good sportsmanship please.

Pickleball Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
8-10:15AM: All Play	8-10AM: Intermediate	8-9AM: All Play	8-10AM: Intermediate	8-10AM: All Play
12-2PM: Intermediate	12-2PM: Beginner	12-2PM: All Play	12-2PM: Beginner	12-2PM: Intermediate
2-4PM: All play	2-4PM: All Play	2-4PM: All Play	2-4PM: All Play	2-4PM: All Play

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



Karaoke

**Wed Aug 16th &
Sept 20th 10:00 AM**

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

Monday Movies

1st & 3rd Monday at 12:45 PM

No Movie September 4th—Labor Day

Aug 7th: Top Gun: Maverick (2022)

Aug 21: Whitney Houston: I Wanna Dance with Somebody (2022)

Sept 18: The Little Mermaid (2023)



**Thursday August 4th & Friday
September 1st
11AM**

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

Sponsored by Cambridge Health and Rehabilitation Center.



**Blood Pressure
Thursdays Aug 10th &
24th**

**Sept 14th & 28th
9:30 AM**

*Sponsored by Visiting Nurse Of
Fairfield County*



AARP Smart Driver

Date: Friday October 6

Time 9AM to 1pm

This brush-up driver course gives you a small reduction on your car insurance.

This does not apply to NY drivers.

Please sign up with payment by June 9th.

Class is limited to 25 people.
Facilitated by Phil Swan of AARP

**Cost: \$20 AARP members / \$25
non members**

Line Dance Lessons by Simone

Fridays: Aug 4th & 18th

Sept 8th & 22nd

Time: 10:30AM

Cost: \$6.00 per class
*payable directly to in-
structor*

Please sign up at the front desk
Learn both western line dancing
and party line dances. It's great
exercise and fun!

Instructor Simone Assboeck is a
professional dancer, actress and
singer, dance instructor and
choreographer.



**Thank you to our Bingo Prize
Sponsors: Greenwich Woods on
August 17th & Wilton Meadows on
August 10, September 7th and
September 21st!**

Chess Lessons and Games

When: Thursdays

Time: 1PM

Place: Rm 3

All members are welcomed and
encouraged!

Organized by Rick Crawford

Afternoon Card Games are Back!

Thanks to members, Mary Ann
Pappas and friends, the card
games, are back at the Senior
Center.

Kings in the Corner and Rummikub

When: Tuesdays

Time: 1PM

Just show up to play.

Tuesday afternoon 5 crown and
Rummikub at 1 PM is now
Wednesday afternoons at the
same time.

Monthly Birthday Cake

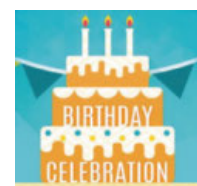
Time: Noon

August 4th & September 1st

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*



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



Presentation: Wills and Trusts

September 14 at 10:30

Be sure to have your "Must Have" documents lined up.

With these documents in place, your family and medical professionals will know exactly how to carry out your wishes in case you cannot express them yourself.

Emily Wilson with Goldman, Gruder and Woods will help you create a comprehensive plan and peace of mind.

Please sign up at the front desk



Chair Yoga

Tuesdays at 12:30

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 Georgia Condrón, Certified YOGA instructor.

Cost: \$6 per class payable directly to instructor.



Crafting: Tissue Flower Making with Judy of Greenwich Woods
1 PM September 26th



Presentation

Alzheimer's Awareness

Friday, August 18 at 10:30

Alzheimer's and dementia have touched so many of our families and friends. This presentation is to start drumming up enthusiasm for the upcoming Alzheimer's walk. Sign up to walk on October 8th or support The walkers!

Norwalk seniors, invite your kids and grands to walk with you on October 8th. Come find out all you need to participate on the October 8th Alzheimer's walk.

Speaker: Mary Kay Harrity

Sign up at the front Desk

Car Talk: Maintenance

Date: Tuesday August 22, 2023

Time: 12:30



Come hear Vinny Scicchitano, of Accurate Auto in Norwalk.

His presentation will cover:

Pre-winter checks

Tips for better gas mileage

Understanding the costs related to car repairs.

This is a great opportunity for you to meet a local reputable Auto Repair shop owner in Norwalk



Learn About Our Elder Law Services:

Thursday, August 31

10:30 am @ the Norwalk Senior Center (11 Allen Road)

Nursing Home Issues, Home Care Eligibility and Planning, Conservator Issues, Benefits Eligibility Assistance, Advanced Healthcare Instructions, Powers of Attorney, and Protection from Discrimination and Financial Abuse

Presentation followed by Q&A

Connecticut Legal Services is a non-profit law firm whose mission is to provide access to justice and protect the critical civil legal rights of low-income individuals and families through representation, systemic advocacy, advice, collaboration, and education. Learn more at:

www.ctlegal.org

Funds for this service were provided in part by the Area Agency on Aging with Title III funds under the Older Americans Act of 1965.

Cole Cooper, Esq., is responsible for the content of this information.

For more information or to register for any of these trips, please call Carlos at (203) 847-3115 ext. 104 or stop by the front desk at 11 Allen Road.

America's Music Cities

featuring New Orleans, Memphis & Nashville



October 29 – November 05, 2023

• 8 Days • 10 Meals

Highlights

French Quarter, Choices on Tour, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson. Tour the historic RCA Studio B for an up-close look at Nashville's oldest remaining recording studio.

Pricing:

Double: \$3,399pp

Single: \$4,299pp

Triple: \$3,349pp



Exploring Britain & Ireland

featuring England, Ireland, Scotland and Wales



October 01 – October 15, 2023

• 15 Days • 20 Meals

Highlights

Edinburgh, York, High Speed Train, London, Afternoon Tea, Stonehenge, Bath, Wales, Cardiff Castle, Welsh Evening, Waterford, Blarney Castle, Killarney, Ring of Kerry, Jaunting Car Ride, Dublin, Traditional Irish Night

Pricing:

Double: \$5,499pp

Single: \$6,899pp

Triple: \$5,449pp

FDR Home & Library, Hyde Park, NY Wednesday, October 18

Visit the Home of Franklin D. Roosevelt - National Historic Site at Hyde Park, NY. Enjoy a Ranger-led Guided tour of FDR's elegant home "Springwood" built in 1826, it remains as it was when he lived there. Also enjoy time at the FDR Library & Museum & grounds. Lunch beforehand at the Eveready Diner, and time at the Walkway Over the Hudson.

Cost: \$165 per Member/ \$172 per Non-Member

Depart: 9:00 AM from Norden Park **Estimated Return:** 6:30 PM

NORWALK SENIOR CENTER SOUTH

Norwalk Senior Center South serves a diverse senior population in South Norwalk. Located at 92 Cedar Street, South Norwalk. Participants speak English, Spanish, Creole & other languages.
For more information, call (203) 299-1500.

Outreach: Flor Gonzalez (203) 299-1500 ext. 101
 FGonzalez@norwalksc.org

Activities: Giovana Ramirez (203) 299-1500 ext. 102
 GRamirez@norwalksc.org

ACTIVITIES

Coffee Talk 1st & 3rd Thursday of the month, 10am

Karaoke 2nd Thursday of the month, 10am

Puzzle Contest/Guessing Game Wednesdays, 10am

ESL I Tuesdays at 10am

ESL II Wednesdays at 10am - **return in September**

Social Service Series Every other Monday, 11:30am
 Diverse topics presented by Flor Gonzalez, Social Worker.

Musicoteca 2nd & 3rd Friday of the month, 12pm
 Let's move to the rhythm of our Latin music. All are welcome!

Nutrition Club 1st & 4th Friday of month, 11am
 Come share nutrition tips & ideas and make changes to stay healthy. Reading materials are available.

Rincon Espiritual - Dora DeAndrade
 (Spanish) Mondays at 10am. Come share your faith and connect with your Higher Power. Todos son bienvenidos.

Free Hair Cut Services:

1st Wednesday of the month
 9am-12pm. Free profesional hair styling services. Registration is required.



EVENTS

Summer Events Courtesy of Wilton Meadows

Thursday August 3 at 12PM Bingo with prizes

Thursday August 17 at 12PM Brunch and valuable information.

Let's Celebrate your Birthday!

Thursday September 28 at 12pm

Let's have some fun re-celebrating your birthday with friends!!! Join Us and find out how many birth-days you had missed!!



Hispanic Heritage Event

Friday September 29th 11am – 1pm

Come celebrate the Hispanic Heritage through food, music, singing and dancing. "Todos son Bienvenidos" Mark your calendar and be ready to learn about different cultures in a fun way! Call 203 299-1500 Ext. 102. Registration is required.



Ice cream Social by Autumn Lake Healthcare

Tuesday Aug. 1st at 12:30pm

Enjoy a delicious Ice Cream and meet some of our members. What a better way to make new friends!! Everyone is welcome.

Monthly Bingo by Autumn Lake Healthcare: 2nd Thursday of the Month

Amy Espinosa and Lisa Ortiz from Autumn Lake Healthcare will bring prizes for their monthly Bingo.

EXERCISE

Strong Steps Mondays at 11am

Instructor: Alexis Pistone of Ivy Rehab Physical Therapy in Norwalk. Class provides 30 minutes of cardio, strength & posture training.

Tai Chi Tuesday & Thursday at 11am

Instructor: Karen Boginski.

Yoga for Arthritis Wednesday at 11am

Instructor: Karen Boginski

Enhanced Fitness Friday at 10am

Instructor: Sharon Rubinstein

HEALTH & WELLNES

Family & Children's Agency:

Third Wednesday of the Month at 10am

Breast Cancer prevention Wed. Aug. 16

Hoarding Disorders Wed. Sept 20

Ana Guzman, Crisis Counselor COACH in Home Care Program (Spanish) comes every third Wednesday of the Month with interesting topics to inform and educate our members.

Visiting Nurse & Hospice: Fourth Thursday of the Month at 10am

Vision & Aging Aug. 24

Immunization Awareness Sept. 28

Christine Burns RN Community Health is always ready to inform you about these important topics. Come prepared with questions, she will be happy to answer them.

Blood Pressure Clinic from Visiting Nurse & Hospice

First and Third Tuesday of the Month at 9:30am



SOCIAL SERVICES

Provides information and assistance about Medicare, Medicaid, SNAP, Energy Assistance, and others social service resources. Assistance is available.

By appointment only.

SPECIAL TRIPS

Margaret Shrine -Bridgeport

Monday August 28. Leaving NSCS at 11:30am

Lunch on your own. Cost \$5 Registration is required

Burlington -Stratford

Wednesday August 9. Leaving Cedar Court at

11:00am

Lunch on your own. Cost \$5 Registration is required.

Danbury Mall @ 11am

Wednesday September 27 Leaving Cedar Court at

11:00am

Lunch on your own. Cost \$5 Registration is required.

Ridgefield Thrift Store

First Wednesday of Month @ 11am

Lunch on your own. Cost \$5 Registration is required.

Captain's Cove - Bridgeport

First and Third Wednesday of the month

Leaving NSCS at 12pm

Lunch on your own. Cost \$5 Registration is required.

Visit to Saint Matthews Church: Second Monday of the Month

Monday Aug 14 / Monday Sept. 11

Leaving NSCS at 11:30am

Norwalk Public Library-Seniors Events

We are offering transportation for our members to join some of the programs that the library is offering for Seniors.

WEEKLY SHOPPING TRIPS

Monday & Friday: Stew Leonard's at 1pm

Tuesday & Thursday Shop-Rite at 1pm

Tuesday TBA (TJ Maxx Rte. 7 or Ct. Ave - Wal-Mart Rte. 7 or Ct. Ave) 12pm

Wednesday: Thrift Stores: West Ave, Ridgefield, Wilton, and Fairfield County@ 12pm

CENTER CLOSED : MONDAY SEPTEMBER 4

Membership Donors

William and Dolores Abresky
 Pasquale Apruzzese
 Eric Backman
 Anthony Barca and Mary Durand
 Connie Blair
 Ralph Bloom
 Robin Bogdan
 Joseph Brachfeld
 Mary Buley
 Linda Busack
 Dollie Bush
 John and Julia Cade
 Jane Centore
 Nancy Condon
 Ruth Cooke
 Charlotte Cooper
 Hatsuko Cowe
 Mary Ann DeRosa
 Dorothy Dileo
 Antonio and Linda DiMeglio
 Kenneth Drew
 Paul Frank
 Daniel Galburt
 Gigi Gallagher
 Doris Garnett
 Karen Gasper
 John and Carolyn Geter
 Jane Graham
 Maria Greif
 Jerry and Rosanne Grimaldi
 Martha Gualtiere
 Jean Haas
 Gwendolyne Holman
 Charlie and Joanne Hoyt
 Anita Hughes
 Patricia Hungaski
 Carole Huse
 Marie Iannazzi
 Lawrence Jean
 Daniel Juodaitis
 Elliot and Cathy Kalner
 Frederick and Leslie Kingston
 Susan Knauf
 Theresa Kolenda

Richard and Gigi Koleszar
 Anatole and Rosaria Konstantin
 William and Joyce Konstantin
 Charles and Linda Kriewald
 Edward and Judith Lambertson
 Anita LeDuc
 Joseph Macaluso Jr
 Gail MacLean
 Marjorie Madden
 Shirlee Maddren
 Walter and Lynn Maginnis
 Virginia Martin
 Linda Masciola
 Jeanne McAndrew
 Cynthia McCall
 Patricia McCarthy
 Thea McGivney
 Gail Medina
 Ruth Meyer
 Arlene Miller
 Teresa Monteleone
 Mazie Moorer
 Jean Mulligan
 Peter and Linda Murphy
 Richard Nichols
 Mary Anne Obuchowski
 Robert and Kathryn Olson
 Elvera Paqua
 Emily Pasqua
 Lewis Pennell
 Charles and Mae Pennington
 Frank and Rita Phillips
 Michael and Marisha Pietrobono
 Joanne Porada
 Louise Pupelis
 Helen Rehkamp
 Mary Faith Riley
 Thomas Rondello
 Jean Samuelson
 Beverly Sanford Follis
 Christopher and Lieselotte Schwab
 Eleanor Searles
 Mary Ann Shimko
 Lula Simmons
 Raisa Slutsky

Frank Snyder
 Angelina Spanoghe
 Patricia Tagariello
 Pattie Takita
 Carolyn Tatulli
 Victoria Treglia
 Gail Turbidity
 Raymond and Janet Valus
 Brian and Lavonne Williams
 Darlene Wrentz
New Members
 Hyacinth Bernard
 Connie Blair
 Diane Borglum
 Nancy Condon
 Jovina De Las Mercedes Soto Seguel
 Mirtha Del Rosario Salazar Seguel
 Lucy Dupree
 Pat Esquivel
 Ginger Gagliardo
 Karen Gasper
 John and Carolyn Geter
 Isabel Graca
 Maria Grijalva
 John and Janet Hanway
 Pamela Heise
 Mary Holaday
 Michelle Kola
 Rosemary Laracca
 Dominick Leone
 Laurel Lindstrom
 Jean Lumpkin
 James O'Brien
 Eva Ramirez
 Willa Riggs
 Paul Russo
 Eleanor Sheils
 Paul and Patty Sinisko
 Deborah Stone
 Diane Turek
 Richard Wall
 Beverly Whiddon

Special Thank You:
Rick and Maggie Wetzel

IN MEMORY OF:
JOANNE KOZAK

GIVEN BY:
JACK AND LINDA MITCHELL



IT TAKES A WISE
PERSON TO PLANT A
TREE THAT WILL
SOMEDAY SHADE
PEOPLE THEY WILL
NEVER KNOW.

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

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

92 Cedar St, Norwalk, CT, 06854
(203) 299-1500

Which site will you visit most often? ☐ Allen Road ☐ Cedar St. **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: \$25** ☐ **Couple: \$50**

*\$_____ Special Donation to support Meals on Wheels
& Outreach Services

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

Annual Membership is \$25 per person.

Special donations make door-to-door transportation, counseling & nutrition services available for senior citizens in greater Norwalk. Your membership entitles you to *door-to-door transportation*, discounts on programs, services, & special events at both Senior Center locations.

☐ **\$10—Please send Newsletter by 1st Class Mail for an additional fee of \$10/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 • HCA#0001470
29 EAST MAIN STREET, WESTPORT, CT 06880
203.557.4355 • www.alwayscaringct.com
PROUDLY SERVING FAIRFIELD AND NEW HAVEN COUNTIES



Bringing Hospitality to Healing

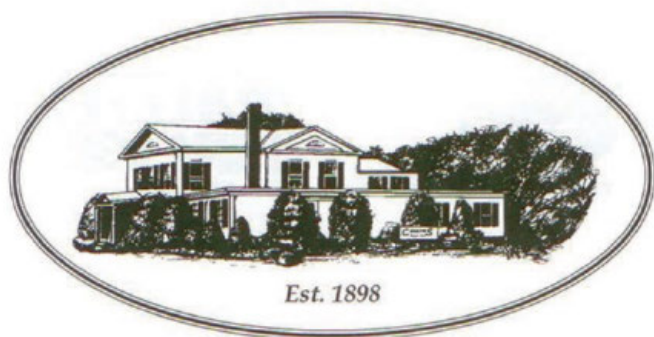
EXCELLENCE IN CARE

Orthopedic Rehab • Stroke Recovery
Pain Management • Cardiac Care
Oxygen Therapy • IV Therapy
Physical/Occupational/Speech Therapy
Palliative/Hospice/Respite Care
Diabetes Management

203-842-5700 • 34 Midrock Drive, Norwalk, CT • autumnlakenorwalk.com

Collins Funeral Home

*Continuing our family tradition
for four generations.*



92 East Avenue, Norwalk, CT

www.collinsfh.com

(203) 866-0747

Short Term Rehab and Long Term Care at



HEALTHCARE & REHABILITATION
AT ST. CAMILLUS

personalized care • beauty salon
diverse recreational programs

*"our passion is quality care,
provided with compassion"*

203.325.0200

494 ELM ST, STAMFORD, CT 06902

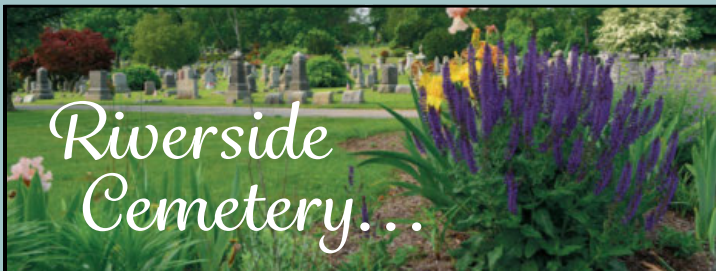
www.arkstcamillus.com

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME **Bill Humphreys**

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

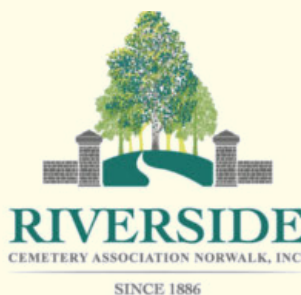
*Riverside
Cemetery...*



Beautiful Family-Owned Cemetery Originated
in 1886 in Norwalk, CT

- » Many Plot Options Including: Single, Double, Multiple or Cremation Lots » New Mausoleum and Columbarium.
- » 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**



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
Tulip Tree Design
United Church of Rowayton
Bridges by EPOCH
Everett Bulkley Trust
CT Department of Transportation

**Cassena
Care**
at Stamford



YOU WILL FEEL RIGHT AT HOME
Renew - Restore - Rehabilitate

State-of-the-Art Rehabilitation Facilities at its Best.
Comprehensive Services & Sub Acute Care
CASSENA KIDNEY CARE AT NORWALK,
OFFERING BOTH INPATIENT AND OUTPATIENT DIALYSIS

cnwnrc.com ■ 203-853-0010
STAMFORD ~ NORWALK



*Two Beautiful
Facilities, One
Big Family*

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit **www.mycommunityonline.com**

ADVERTISE HERE
to reach your community



Call 800-477-4574

