

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 25, ISSUE 1 | DECEMBER 2024 — JANUARY 2025

WHAT'S INSIDE

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



Holiday Luncheon

Our popular holiday luncheon will be held at the St. Ann Club located at: 16 Hendrick's Avenue in Norwalk. **Tuesday, December 17th from Noon to 3 PM.** Holiday Basket Raffle, 50/50 Raffle, Cash Bar, Music, Dancing & Lunch. Reservation & Payment Required by December 12th. **Call 203-847-3115. \$25.00 per person**

New Staff Member

We are delighted to announce Agueda Calderon has joined the Norwalk Senior Center team as our Activity Coordinator. Agueda has experience planning activities and parties and has hit the ground running the very day she started! She is bilingual English/Spanish and is joy to be around! Please say hello and introduce yourself.



Holiday Schedule:
 Close at 1 PM : December 24
 Closed: December 25
 Close at 1 PM: December 31
 Closed: January 1

Winter Weather Policy

In case of inclement weather, we will make a decision regarding closing by 7:00 AM. Please tune to News 12 CT or norwalkseniors.org for closings & delays.

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

Mark Albertson Returns!

Join us for an educational presentation: Historian Mark Albertson will help us understand the conflict in the Middle East. Light refreshments will be served.

Understanding the Middle East



Tuesday, December 10 at 11:00 AM

Free Presentation; Please RSVP: (203) 847-3115

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

MEDICARE SAVINGS PROGRAM

Do you qualify for this great benefit?

Pays the Medicare premium taken out of your social security check.
Enrolls you in the Extra Help for Prescription drugs program (pays for Medicare Part D and lowers your drugs to \$3.30-\$8.25)

Can pay your Medicare co-pays.

There is no asset limit!

To apply call Eva Beau at the Senior Center
(203) 847-3115 Ext 115.

All calls are kept confidential.

MSP INCOME LIMITS EFFECTIVE MARCH 1, 2023

The Federal Poverty Limits (FPL) have been revised for 2023. These new limits are used by DSS for updating MSP income limits for 2023, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2023.

Medicare Savings Program (MSP) income limits effective 3/1/23

SSA COLA (1/21) 1.3 %

SSI (1/21) \$794 (single) \$1191 (couple)

MSP Level:	Status:	Income Limit:	Status:	Income Limit:
QMB (211% FPL)	Single	\$2,564 / mo	Couple	\$3,468 / mo
SLMB (231% FPL)	Single	\$2,807 / mo	Couple	\$3,797 / mo
ALMB (246% FPL)	Single	\$2,989 / mo	Couple	\$4,043 / mo

Applications for the Connecticut Energy Assistance Program (CEAP) for the 2023-2024 season will begin on September 1, 2023.

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Applications for CEAP typically take 30-45 minutes. Basic benefits towards your heating bill range between \$180 to \$530 depending on your income level, household size and whether there is a vulnerable member in the household. These benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional fuel deliveries.

CEAP recipients may also be eligible for matching payment plans, protection from shut-offs, and replacement and/or repairs for heating equipment.

Call Eva Beau at extension 115 for more information and to schedule an appointment.

December is National Flu Vaccine Month

DON'T FORGET TO GET YOUR FLU SHOT



National Influenza Vaccination Week is observed between December 6 and 12 as a gentle reminder for you to stay protected in the upcoming winter months. We encourage you to get your dose as early as possible. The season for flu is quite unpredictable; it can begin as early as fall and last up to spring. Conventionally, flu activity is at its peak during winter. Many people tend to show a cavalier attitude toward flu, but it can cause serious health complications, such as bacterial infections or pneumonia, and can get you admitted to a hospital. If not treated at the right time, the flu can even lead to death. Since flu activity typically does not peak until February or later, November and December still provide good opportunities to get vaccinated.

For the best protection, the Centers for Disease Control and Prevention (CDC) recommend everyone 6 months and older get vaccinated annually. The Norwalk Health Department will hold several community flu clinics this fall at their building, located at 137 East Avenue. Every Thursday, 1 – 3 pm, while supplies last. **Appointments are required for all clinics.**

To make an appointment, visit www.norwalkct.gov/flu or call our Vaccine Assistance Line at 203-854-7985.

In addition to getting the annual flu shot, the Health Department encourages residents to also follow these simple steps to stay healthy these fall and winter months!

Stay up to date with your COVID-19 and RSV vaccinations | Wash your hands with warm water and soap | Cover your nose and mouth when you sneeze or cough | Stay home if you're feeling sick | Consider wearing a high-quality, well-fitting mask in public, especially if you have symptoms and can't stay home or if you are around others experiencing symptoms.

January is National Glaucoma Awareness Month

DON'T FORGET TO SCHEDULE YOUR ANNUAL EYE EXAM

What is glaucoma?

Glaucoma is a chronic, progressive eye disease caused by damage to the optic nerve, which leads to visual field loss and is the second most common cause of blindness in the United States. One of the major risk factors is eye pressure. An abnormality in the eye's drainage system can cause fluid to build up, leading to excessive pressure that causes damage to the optic nerve. The optic nerve is a bundle of nerve fibers that connects the retina with the brain. This damage leads to loss of eyesight. The vision loss starts out in the edges of the visual field and slowly impacts the central vision. It takes months to years after the nerve damage has occurred before you may notice the symptoms. Once vision is lost, it cannot be recovered.

While there isn't a cure for glaucoma, treatments can keep eye pressure under control and prevent vision loss. Eye exams can catch the disease early and save your sight. If you're at high risk for glaucoma, ask your eye doctor how often you need screenings. If you have glaucoma, it's important to use daily eye drops as prescribed. You can also ask your provider about laser treatments and surgery options. With proper care, you can keep glaucoma from worsening and causing irreversible vision loss or blindness.

You should call your healthcare provider if you experience:

- Blurred or low vision
- Halos (eye floaters or flashers)
- Sudden, severe eye pain or headaches
- Sensitivity to light
- Vision loss



An estimated 1 in 10 people with glaucoma develop some degree of visual impairment. Blindness is less common and affects 5% of people with glaucoma and is a rare complication for people with glaucoma, as long as a provider detects it early. However, glaucoma is a chronic and progressive condition that often causes some degree of vision loss over time. The earlier you catch glaucoma and start treatments, the better the odds of saving your vision. Treatments can slow down disease progression and vision loss. If you're at high risk for glaucoma, you should get regular eye exams.

ABOUT US

The Norwalk Senior Center is a private not-for-profit 501(c)(3) tax-exempt, non-sectarian organization. Our mission is to promote successful aging for 55+ adults & their families in the greater Norwalk area. The Senior Center is designated as a community focal point by the Area Agency on Aging & the Aging & Disability Resource Center for Norwalk.

We work collaboratively with other service providers to enrich and improve the quality of life for mature adults, their friends & families. We offer a wide variety of educational, recreational & cultural programs, trips, exercise classes, & direct services; they are provided for free or at a reasonable cost.

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2024 - JUNE 30, 2025.
HOURS: 8:30AM — 4:30PM AT 11 ALLEN ROAD

Phone: (203) 847-3115

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

Front Desk Coordinator:	x104
Carlos Bolanos (Bilingual)	
Carlos@norwalksc.org	
Director of Social Services:	x115
Eva Beau (Bilingual)	
EBeau@norwalksc.org	
Transportation Coordinator:	x107
Remy Exantus	
RExantus@norwalksc.org	
Bus Driver Calvin Johnson	
Bus Driver Eliezer Ramos	

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



**12 MOTT AVENUE
NORWALK • CT
203-866-5553**

*Family Owned & Operated
for 5 Generations*

*Traditional and Cremation
Services Available*

Established in 1912
www.magnerfuneralhome.com

Do You Know About Medicare Savings Program?

The Medicare Savings Program will pay for your Part B Premium and may help pay Medicare deductibles and co-insurance. Medicare Beneficiaries with a monthly income less than \$3,088 and \$4,191 per couple will qualify. Assets are not considered. For more information or application assistance, contact SWCAA's Aging Answers Department at 1-800-994-9422



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

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!




Our picturesque campus in Wilton offers:

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

Wilton Meadows 203.834.0199
The Greens At Cannondale 203.761.1191



SENIOR BUS SCHEDULE

Shopping Schedule:

Tuesday 9-12:

Shop Rite

Wednesday 9-12: Shop Rite

Thursday 9:00– 12:00: Shop Rite

Friday 8:30: Wal Mart

NSC Transportation:

Two Morning Pickup Routes:

8:30 AM & 10:00 AM

Monday through Friday

Afternoon Trips Home:

12:30 PM

2:30 PM

Monday through Friday

To schedule your ride, call:

(203) 847-3115 ext 107

Let us drive you to Stew Leonard's!

1st & 4th Friday 12:30 to 3:00

2nd Friday: 10:00 to 1:00



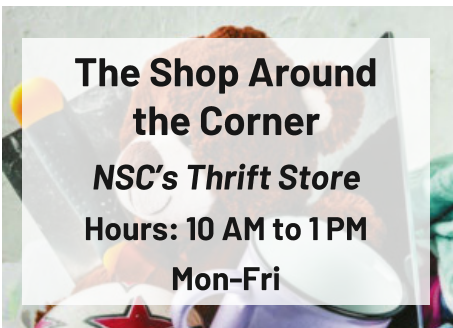
Passenger Guidelines:

- 1. Norwalk Senior Center membership required; annual membership fee is \$35.**
- 2. The suggested contribution for transportation is \$20 per month, due by the 5th of each month. There is no additional suggested donation for shopping trips leaving from our Center to the grocery store. (All passengers are required to carry their bus cards or paid receipt.)**
- 3. You must be physically able to get from your home to/from the bus. If you utilize a wheelchair, you will receive assistance from the specialized equipment on our bus. Under no circumstances may a driver enter your home.**
- 4. Make a reservation at least 24 hours prior to pick-up. Cancellations should be made as soon as possible. (Failure to cancel a reservation could jeopardize future rides).**

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

Our Thrift Store, The Shop Around the Corner is looking for donations!
If you have any gently used items, please bring them to the Norwalk Senior Center at 11 Allen Road. Please note we cannot accept furniture, food items or clothing at the Shop.

Thank you!



Monthly Birthday Cake

Dec 6th & Jan 3rd

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 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 \$4-6

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 (203) 852-0000 for more information.

DISPATCH-A-RIDE

203-299-5180

Provides door-to-door transportation for elderly and disabled residents who qualify on a disability basis. Dispatch-a-Ride applications are available at the Transit District. Reservations are required and tickets are \$3.50 each way or \$35.00 for a book of 10 tickets. PLEASE NOTE: Wheels bus cards and Dispatch-a-Ride tickets are no longer available for purchase at the Norwalk Senior Center.

IKEA Shopping Trip

Thursday, December 5th

Bus departs at 10AM

Cost: \$10

IKEA New Haven is a popular New England affordable furniture store.

Sign up at the front desk or call (203) 847-3115.



Lunch @ Pinstripes at the SONO Collection

Tuesday, December 10th

Bus departs NSC at 11:30 AM

Buffet style lunch, new menu!

Italian-American fare in a sprawling space with indoor & outdoor seating & a bar.

Sign up at the front desk or call (203) 847-3115.



Yale Peabody Museum

Wednesday, January 8th

Time slot for the visit is 11:30AM - 1:30 PM

Departure time 9:30 AM - 10:00 AM

Lunch will be at Modern Apizza

(Lunch is not included in the price)

Trip Cost: \$20

Sign up at the front desk or call (203) 847-3115.

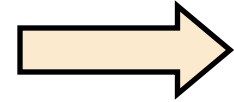


BUS TRIPS

More Trips Coming Soon!

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

Find The New Pickleball Schedule on Page 10



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	3 9:30 Blood Pressure 10:30 Enhance Fitness 11:45 Lunch 12—4:00 Hairdressing 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	4 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker	5 9:30 Karaoke 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	6 10:30 Strong Steps 10:30 Dance Lesson 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg
9 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	10 10:30 Enhance Fitness 11:00 Mark Albertson 11:45 Lunch 12—4:00 Hairdressing 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	11 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker	12 9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	13 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg
16 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	17 CENTER CLOSED 	18 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:30 Lunch & Learn 12:00 Poker	19 9:30 Karaoke 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	20 10:30 Strong Steps 10:30 Dance Lesson 11:45 Lunch 12:45 Mah Jongg
23 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie	24 10:30 Enhance Fitness 11:45 Lunch 12—4:00 Hairdressing 12:00 Spanish Class 1:00 CLOSE EARLY	25 CENTER CLOSED 	26 9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	27 10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg
30 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	31 10:30 Enhance Fitness 11:45 Lunch 12—4:00 Hairdressing 12:00 Spanish Class 1:00 CLOSE EARLY			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>CENTER CLOSED</p> 	<p>2</p> <p>9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>3</p> <p>10:30 Strong Steps 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg</p>
<p>6</p> <p>10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie</p>	<p>7</p> <p>9:30 Blood Pressure 10:30 Enhance Fitness 11:45 Lunch 12—4:00 Hairdressing 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>8</p> <p>9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker</p>	<p>9</p> <p>9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>10</p> <p>10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg</p>
<p>13</p> <p>10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>14</p> <p>10:30 Enhance Fitness 11:45 Lunch 12—4:00 Hairdressing 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>15</p> <p>9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker</p>	<p>16</p> <p>9:30 Karaoke 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>17</p> <p>10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg</p>
<p>20</p> <p>CENTER CLOSED</p> 	<p>21</p> <p>9:30 Blood Pressure 10:30 Enhance Fitness 11:45 Lunch 12—4:00 Hairdressing 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>22</p> <p>9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker</p>	<p>23</p> <p>9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>24</p> <p>10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg</p>
<p>27</p> <p>10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:45 Movie</p>	<p>28</p> <p>10:30 Enhance Fitness 11:30 Lunch & Learn 12—4:00 Hairdressing 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>29</p> <p>9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Poker</p>	<p>30</p> <p>9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>31</p> <p>10:30 Strong Steps 11:45 Lunch 12:45 Mah Jongg</p>

Pickleball Schedule:

Monday

8-10:15AM: All Play

12-2PM: Advanced Beginners

2-4PM: Intermediate

Tuesday

8-10AM: Intermediate

12-1PM: Instruction/Beginner Play

1-2 PM: Beginner Clinic

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

12-2PM: 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:

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

Advanced Beginners: 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.

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

Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance & flexibility—everything older adults need to maintain health and function as they age. **Instructor:** Sharon Rubinstein

Fee: 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 1:30

This class teaches classic, gentle YOGA poses modified for the chair. Chair Yoga increases strength & flexibility, while reducing stress. Beginners welcome- No prior Yoga experience is necessary. Facilitated by Linda Lombardo

Fee: \$6 per session

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: Thanks to a grant of Title III of the Older Americans Act & SWCAA, there is no fee for this class.



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 session

Strong Steps: Fridays at 10:30 AM

Designed by Kristen Leopoldi, OTR, this 45- minute class will work to improve your balance and mobility through various cardio exercises, upper & lower body strengthening, and posture training.

Fee: \$3 per session



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

Karaoke

Thursdays | 9:30–12 pm
Room 11

Join our friendly, fun group to sing or enjoy the show!
Hosted by Bruce Grady.



Groovin' & Swingin' Dance Class for All

Fridays at 10:30
Dec 6th & 20th
Jan 10th & 24th

\$6 per class.

Learn the foxtrot, swing, chaha, the electric slide and more!



Chess Lessons & Games

When: Thursdays
Time: 1PM
Place: Rm 3

Members at all levels of experience are welcomed & encouraged!



Intermediate Spanish Lessons

\$10.00 per class

Payable to Luz Rincon
Tuesdays from 12 PM–1PM
Registration is required!



Lunch & Learn

Wednesday December 18th
11:30 Topic:

"Holiday Happiness"

Tuesday January 28th at 11:30

Topic: "New Year, New Me"

Sign up at the front desk or call (203) 847-3115



Movie Mondays

All movies start at 12:45

December 2: *A Miracle on 42nd Street*

December 9: *Christmas in Connecticut*

December 16: *The Bishop's Wife*

December 23: *It's A Wonderful Life*

January 6: *Amadeus*

January 27: *The Piano Lesson* (New Release!)



Art Studio

Tuesdays from 12:30-2pm

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. This class is stress-free.



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 anticipacion 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:

Martes a las 10:45 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,



<p>Rincon Espiritual: Lunes a las 10 AM Ven a compartir tu fe y conéctate con tu Poder Superior. Todos son bienvenidos!</p>	 <p>Bingo Miercoles a las 12 PM</p>  <p>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 dinero en efectivo y premios.</p>
<p>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.</p>	<p>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.</p>

Norwalk Senior Center presents:

ELLIS ISLAND & STATUE OF LIBERTY MUSEUM

Tuesday, May 20, 2025

ELLIS ISLAND: From 1892 to 1954, millions of immigrants began their American dream here: The Great Hall, where the immigrants were processed, the four rooms where immigrants were detained.

STATUE OF LIBERTY is an icon, a national treasure, and one of the most recognizable figures around the globe. The **Statue of Liberty Museum** represents an exciting new chapter in Lady Liberty's story of freedom.

Reserved ferry ticket includes entry to the **Ellis Island Immigration Museum**, the **Statue of Liberty Museum** & **audio guides for both Islands**. Ferry departs from Liberty Park, NJ and stops at Ellis Island and Statue of Liberty Island. **This tour requires quite a bit of walking and the ability to ascend and descend to the ferry.** (Entry to the Crown & Pedestal not included)



COST : \$135 per person (Max: 25)

Reservations: Norwalk Senior Center 203-847-3115 ext 104

Depart: 7:00am 10 Norden Place, Norwalk Estimated Return: 7:00pm Norwalk

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at www.friendshiptours.net/tourpolicies. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

Long Distance Trip Policy

Norwalk Senior Center's transportation service helps seniors remain independent.

Last year, we provided seniors with nearly 10,000 miles of transportation all over the state!

We travel to: area attractions, grocery stores, museums, restaurants, shops, shows & more utilizing three mini-buses & three experienced bus drivers.

Our long-distance fieldtrips requirements are as follows:

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

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

NEW TRIPS
COMING
SOON!



Membership Donors

Carol Boston
 Cecilia Cook
 Mary Coroneos
 Richard & Rosemary
 Fabrizio
 Ted Fecenko
 Donald Foscato
 Mark Granata
 Carmen Guillen
 Eric Head
 Molly Larson
 William & Phyllis LaRusso
 Linda Lee
 Edna Lester
 Thomas & Margaret
 Miller
 Lisa O'Malley
 Anna Olzerowicz
 Kathleen Papuga
 Andrew & Beth Pearce
 Lewis Pennell
 Terri Smith
 Jeffry Spahr
 Mary Ann Strolin
 Pattie Takita
 Marguerite Vozza
 William & Josephine
 Wahlbrink

**Silver Membership
 Supporters**

Bob Apy
 Frankie Astacio
 Dr. Morton & Marilyn Bort
 Kathy Cahill
 Susan Chevalier
 Beth Church
 Richard & Orda Crawford
 Richard & Rosemary
 Dellinger
 Joan Frankel
 Domenica Gioiella
 Michele Giordano
 Sally Goldstein
 Bruce Grady
 Maureen Grandison
 Rosanne Grimaldi

Dorothy Grimm
 Robert Hard
 Lorraine Larkin
 Edna Lester
 Rick Maldowney
 Ginger Mangan
 George & Marie Meserole
 Ponsawan O'Brien
 Lisa O'Malley
 Dante Perreca
 Karen Pierson
 Alexandria Scott
 William & Josephine
 Wahlbrink

**Gold Membership
 Supporters**

Durelle Alexander
 Richard & Frances
 Charles
 Kimberley Davis
 Aida Ferre
 Jennifer Gibbs
 Ilene Ginsberg
 Gladys Guanica
 Colleen Kenna
 Peter and Linda Murphy
 Benjamin Wilson
 Bill and Betsy Wrenn

**Platinum
 Membership
 Supporters**

Ann Bello
 Ralph Bloom
 Robin Canter
 Diane Carlson
 Charlotte Cooper
 Mary Coroneos
 Jack Cutler & Andrea
 Light
 Michele DiScala
 Alan Dutton
 Ursula Field
 Mari Freeman
 Carol Fucigna
 Karen Gasper
 Donna Gauthier
 Mark Granata

Edward & Judith
 Lambertson
 Pamela Langevin
 Susan LeRow
 Annette Maiberger
 Edward Maleski
 Alicea Marisol
 Virginia Martin
 Ruth Meyer
 Jon Myers
 Kathleen Papuga
 Joseph & Catherine
 Paquin
 Jane Pataki
 Michael & Marisha
 Pietrobono
 Paul Russo
 Lynn Ryan
 Sandra Samuels
 Melania Smith
 Paul & Elizabeth Sullivan
 Peg Tarala
 Nancy Usic
 Raymond & Janet Valus
 Elizabeth Wernqvist
 Linda Wilson

Annual Fund

Camille Andreozzi
 Joann Bassford
 Ann Bello
 Bill & Rosemary Bianco
 Ralph Bloom
 Robert Bouton
 Joseph Brachfeld
 Leon & Kathryn Breault
 Betty Brink
 Barbara Burke Valk
 Lynn Carlton
 Christina Carpenter
 Jane Centore
 Arlene Colon
 Susan Connelly
 Julia Curry
 Evelyn DePreta
 Lorraine Derosa
 Michele DiScala
 Kathy Dominick

Joan Enoch
 Mark Errico
 Roberto Estrada
 Theodore & Barbara
 Evans
 Rosemary Fabrizio
 Ursula Field
 Agnes Finch
 John & Jan Fiore
 Richard & Louise Follman
 Christina Francello
 Jim & Ginny Gallagher
 William & Mary Jane
 Gardella
 Stuart Garrelick
 A. Peter & Priscilla
 Goldner
 Tirso Gomez & Jane
 Saunders
 Peter & Mary Gordan
 Jane Smith Graham
 Katherine Greco
 Anonymous
 Joseph & Rose Haywood
 Connie Heffernan
 Dianne Hennessy
 Dennis Horvath
 Jalna Jaeger & David
 Callan
 Cathy Jones
 Carol Kellogg
 Helen Kenderesi
 Colleen Kenna
 Miklos & Michele Koleszar
 Richard & Gigi Koleszar
 Helen Kotanides
 June Lagan
 Edward & Judith
 Lambertson
 Mildred Lasker
 Donald Lawlor
 Anita LeDuc
 Linda Lee
 Susan LeRow
 Joseph Macaluso Jr
 Mary Ellen Macaуда
 Lisa Magner

Marie McBennett
 Patricia McCarthy
 Brigitte McClave
 Doreen McKenna
 Sheldon Miller
 Teresa Monteleone
 Susan Morgan
 Ronald Morton
 George & Lynda Nemeth
 Jack & Isabelle Novokus
 Letitia Pallone
 Kathleen Papuga
 Anonymous
 Anonymous
 Adolfine Rauscher
 Gene Reilly
 Ann Rigby
 John & Catherine
 Ruggiano
 Anonymous
 Ronald & Barbara
 Sanders
 Ken & Carole Schermann
 Alan & Nancy Sharkany
 Paul & Patty Sinisko
 John & Kathleen
 Spennato
 Roger & Carol Stenz
 Mary Ann Stirling
 Linda Stone
 Pattie Takita
 Barbara Thormahlen
 Jean Torok
 Elaine Tracy
 Gino & Joan Vitali
 James & Dorothy Volo
 Mark Walker
 Cheryl Warner
 Sharlene Willis
 Benjamin Wilson
 Hannelore Wirth
 Josephine Woloszyn





IN MEMORY OF:

Arthur Muller & Jennifer Muller
Robert Morgan

GIVEN BY:

Brett Muller
Susan Morgan

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

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

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

Membership Application

July 2024–June 2025

Are you already a member? <input type="checkbox"/> Yes <input type="checkbox"/> No	11 Allen Road, Norwalk CT, 06851 (203) 847-3115
Member 1 Name: _____ Date of Birth: ___/___/___ Gender: _____ Race (optional): _____ Ethnicity (optional): <input type="checkbox"/> Hispanic <input type="checkbox"/> Non-Hispanic Are you a US Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No	
(Fill out only if you are joining as a couple) Member 2 Name: _____ Date of Birth: ___/___/___ Gender: _____ Race (optional): _____ Ethnicity (optional): <input type="checkbox"/> Hispanic <input type="checkbox"/> Non-Hispanic Are you a US Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> 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

<p>Please select your membership:</p> <p><input type="checkbox"/> Bronze: \$35 <input type="checkbox"/> Couple: \$70</p> <p><input type="checkbox"/> Silver: \$50 <input type="checkbox"/> Gold: \$75 <input type="checkbox"/> Platinum: \$100</p> <p>*\$ _____ Donation to support Outreach Services</p> <p><i>*Members who make a special donation are acknowledged in the bi-monthly newsletter.</i></p>	<p>Annual Membership is: \$35, \$50, \$75, or \$100 per person</p> <p>Your membership entitles you to door-to-door transportation, discounts on programs, services, & events. events at both Senior Center locations.</p>
<p><input type="checkbox"/> \$15—Please send Newsletter by 1st Class Mail for an additional fee of \$15/year. Newsletters will no longer be mailed to homes unless you select 1st Class Mail.</p>	

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

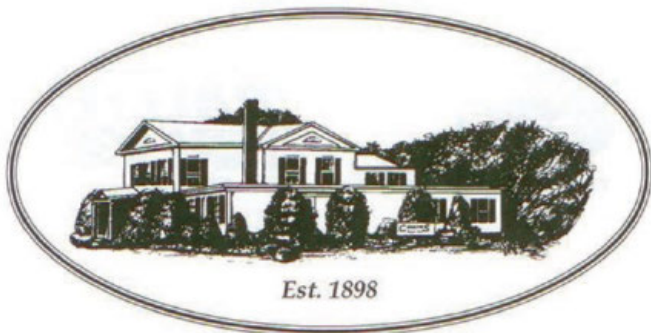
Non-medical Homecare
Providing Hourly/Live- In/24 hour Care
Registered • Insured • Bonded • HA#0001470

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

Fall in Love

With your Health this Season

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

Now with locations in
Norwalk & Glastonbury!

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

Request an appointment at
www.circlecarecenter.org



circle
care center

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT
\$19⁹⁵
/mo.

✓ Ambulance ✓ Police ✓ Family

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

CALL NOW!



800.809.3570

md-medalert.com

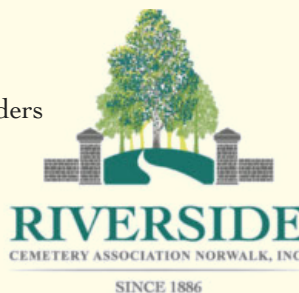


Riverside Cemetery...

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!**



11 ALLEN ROAD
NORWALK, CT 06851-2319

SPECIAL THANKS FROM NSC
FOR ONGOING SUPPORT:

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



Stamford
203-351-8331 • cstamnrc.com

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.

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.



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



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

203-635-5505 • hwcg.com/norwalk
15 Cross St. #302 • Norwalk, CT



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!