

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 25, ISSUE 2 | FEBRUARY — MARCH 2025

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Holiday Schedule:

CLOSED: Monday Feb 17th



VISIT OUR WEBSITE FOR
 UPDATES, RESOURCES &
 SIGN UP FOR OUR WEEKLY

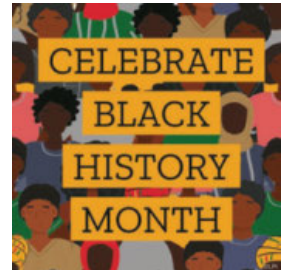
EMAIL:

WWW.NORWALKSENIORS.ORG

Black History Month Celebration

Wednesday February 19th 11:00am-1:00pm.

Our guest speaker will be Margaret Walker, the author of *Ninzi's Secret: A Journey of Love, Discovery, and Heritage*. "Ninzi's Secret" is a testament to facing challenges, seeking connections, and holding onto love within the Black American experience. Enjoy a delicious lunch and dessert table. The cost is \$7. Please call (203) 847-3115 to sign up.



Field Trip to the CT Flower & Garden Show

Don't miss the NSC trip to the CT Flower & Garden Show in February! The deadline to sign up is Friday, Feb 7th. (Read more on page 7...)



Gala Fundraiser

The Norwalk Senior Center 2025 Gala Fundraiser will be held this Spring at Shorehaven Golf Club. This event fills up fast, so visit norwalkseniors.org for announcements.



Current Events with Mark Albertson

These presentations are free. Registration is required. Call (203) 847-3115 or stop by the front desk! As an avid speaker, Mark lectures on a wide variety of topics related to history, current events & politics.

Tuesday February 18

11 AM

Topic:

Russia & Ukraine

Monday March 17

11 AM

Topic:

Venezuela



Norwalk Senior Center continues a comprehensive series of programs designed to help you organize and plan for the future. For more information, please call the center (203) 847-3115.

VETERANS AFFAIRS

Veterans Affairs representative Frances Reyes assists Veterans in the Norwalk Area.

Call (203) 418 2005

Visit www.connecticut.va.gov

FREE LEGAL SERVICES

1177 Summer St 4th Floor
Stamford CT, 06905
(203) 348-9216

<https://ctlawhelp.org/en/home>
CT Legal Services will be helping those who need legal assistance by phone.

Support Resource Group

"Surviving Each Challenge"

This group is a safe place for those who need encouragement, comfort, or emotional support. Hearing from others facing similar challenges can make you feel less alone. Participants with common experiences or concerns will provide each other with coping strategies and personal experiences. "Surviving Each Challenge" is a judgement free zone where we will discuss the challenges of:

Loss, Caregiving, Grief, Family, and Illness.

Let us survive each challenge TOGETHER.

Group will meet 1st and 3rd Thursday of the month at 10:00 AM

At the Norwalk Senior Center
11 Allen Road, Norwalk CT

MEDICARE SAVINGS PROGRAM

Do you qualify for this great benefit?

Pays the Medicare premium taken out of your social security check. Enrolls you in the Extra Help for Prescription drugs program (pays for Medicare Part D and lowers your drugs to \$3.30-\$8.25) Can pay your Medicare co-pays. There is no asset limit! To apply call Eva Beau at the Senior Center (203) 847-3115 Ext 115. All calls are kept confidential.

MSP INCOME LIMITS EFFECTIVE MARCH 1, 2025

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

Generally, if your monthly income is at or below these levels...

All MSP levels qualify you for Extra Help/Low Income Subsidy You may also qualify for...

\$ 2,649 single
\$ 3,595 couple

QMB - This program is similar to a "Medigap" policy. It pays your Part B premium(1) and all Medicare deductibles (2) and co-insurance. (3) (1) Your Medicare Part B covers doctor costs, outpatient services and some preventive care. (2) The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year. (3) Co-insurance is the portion of Medicare-approved services that you are responsible for paying. (4) It protects you from being billed for any Medicare-covered services.

\$ 2,900 single
\$ 3,935 couple

SLMB - This program pays for your Part B premium.

\$ 3,088 single
\$ 4,191 couple

ALMB - This program pays for your Part B premium. This program is subject to available funding and is not available to individuals with Medicaid.

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 203-847-3115 extension 115 for more information and to schedule an appointment.

American Heart Month and National Wear Red Day. Join organizations around the country throughout February to bring greater attention to heart disease as a leading cause of death for Americans.

National Wear Red Day is on February 2nd

Encourage your friends and family to join you in wearing the color Red on that day to promote Heart Health Awareness. Get creative and wear Red hats, Ties, Socks, Dresses, Boots, Shoes, Ribbons, etc.

Heart disease is very common. In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. In 2022, 1 in every 5 deaths in the United States was caused by heart disease.

High blood pressure is a leading cause of heart disease. Nearly half of U.S. adults have high blood pressure, which puts them at risk for heart disease and stroke. And just 1 in 4 people with high blood pressure has it under control.

Heart disease is costly. The cost of health care services, medications, and lost productivity from heart disease amounted to \$252.2 billion between 2019 and 2020. Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A Take aspirin as directed by your health care professional.



B Control your blood pressure.



C Manage your cholesterol.



S Don't smoke.

“Are Your Kidneys OK?”

In March 2025, the primary health awareness focus is National Nutrition Month and National Kidney Month. This means the emphasis is on promoting healthy eating habits and raising awareness about kidney health. To keep your kidneys healthy, focus on maintaining a balanced diet low in sodium, regular exercise, staying hydrated by drinking plenty of water, managing blood pressure and diabetes, limiting alcohol intake, avoiding excessive use of over-the-counter pain medications, quitting smoking, and monitoring your weight to maintain a healthy BMI; consult your doctor for personalized advice regarding your kidney health.



Did you know: What is the number one food for kidneys?

Blueberries. Blueberries and other dark berries like strawberries and raspberries are among the best sources of antioxidants to help protect your kidneys.

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Consider joining an exercise class at the senior center and be on the lookout for nutrition information sessions during the month of March.

ABOUT US

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

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

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2024 - JUNE 30, 2025.
HOURS: MONDAY THROUGH FRIDAY 8:30AM – 4:30PM AT 11 ALLEN ROAD, NORWALK CT

NSC: (203) 847-3115

STAFF:

EXTENSION:

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

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



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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



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Wendy Newman Bardos REALTOR®, V.P.
 203-853-4701 Office • 203-856-9411 Cell & VM
wendbardos@aol.com



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CT LICENSE #0031771




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:

1st Monday of the month:

8:30 to 11: TJ MAXX

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



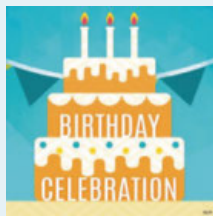
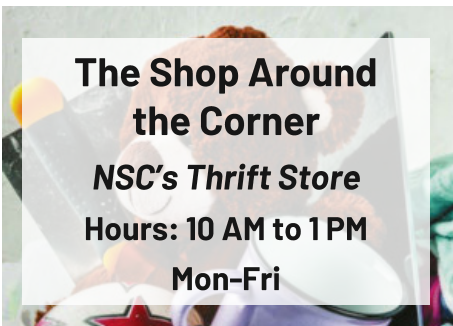
Passenger Guidelines:

1. Norwalk Senior Center membership required; annual membership fee is \$35-\$100 based on your budget.
2. The suggested contribution for transportation is \$20 per month, due by the 5th of each month. There is no additional suggested donation for shopping trips leaving from our Center to the grocery store. (All passengers are required to carry their bus cards or paid receipt.)
3. You must be physically able to get from your home to/from the bus. If you utilize a wheelchair, you will receive assistance from the specialized equipment on our bus. Under no circumstances may a driver enter your home.
4. Make a reservation at least 24 hours prior to pick-up. Cancellations should be made as soon as possible. (Failure to cancel a reservation could jeopardize future rides).

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

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

Thank you!



Monthly Birthday Cake

DATES

12:30pm

All are welcome to celebrate our members! The monthly birthday cake will follow lunch on the first Friday of the month. Sign up for lunch or stop in after for cake. Sponsored by Dean @ Bridges by Epoch

DINING at Norwalk Senior Center

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

THERE IS A SUGGESTED DONATION OF \$4-6

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



OTHER SENIOR TRANSPORT IN NORWALK

Norwalk Transit District
(203) 852-0000

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

Wheels 2U

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

Connecticut Flower & Garden Show

Thursday February 20, 2025

Sign up by Feb 7th!

\$35.00 per person

Depart NSC at 9:00 AM

Return to NSC at 4:00 PM

Lunch at Convention Center (Lunch not included in cost)

Spring in February arrives annually at the Connecticut Convention Center in Hartford! Explore exhibits overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more. View beautifully landscaped gardens full of greenery and stop by the Federated Garden Clubs of Connecticut design & horticulture competition. There will be seminars and demonstrations across a variety of topics.

CONNECTICUT
Flower &
Garden Show

Westport Country Playhouse

Wednesday March 5, 2025

Play: "Native Gardens"

\$40.00 per person

Depart NSC at 11AM | Play at 2PM | Return to NSC at 4PM

Lunch at Little Kitchen of Westport
(Lunch not included in cost)

In Karen Zacarias' outrageous comedy, cultures clash and bad behavior reigns as two sets of well-intentioned neighbors become feuding enemies in a backyard battle for the ages. When expecting parents Tania and Pablo Del Valle move in next door to longtime suburbanites Virginia and Frank Butley, a dispute over their yard's property line spirals into an epic, flower-flinging war over taste, class, personal identity...and gardening. *DC Theatre Scene* calls *Native Gardens* "a true breath of comedic fresh air" which is "biting, perceptive and ultimately hopeful."

WESTPORT
COUNTRY
PLAYHOUSE



BUS TRIPS

More Trips Coming Soon!

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

<p>3 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>4 Tuesday 9:30 Blood Pressure 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>5 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>6 Thursday 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>7 Friday 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 Strong Steps 10:30 ESL I 11:00 Tai Chi 11:00 Brain Games 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg</p>
<p>10 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie</p>	<p>11 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>12 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>13 Thursday 9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>14 Friday 10:00 Rincon Espiritual 10:30 Strong Steps 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg</p>
<p>17 Monday</p> 	<p>18 Tuesday 9:30 Blood Pressure 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 11:00 Mark Albertson 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>19 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL II 10:30 Tai Chi 11:00 Black History Celebration Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>20 Thursday 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>21 Friday 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 Strong Steps 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg</p>
<p>24 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie</p>	<p>25 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>26 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>27 Thursday 9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>28 Friday 10:00 Rincon Espiritual 10:30 Strong Steps 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg</p>



WINTER WEATHER POLICY

When the weather becomes hazardous due to snowy or icy conditions, the Senior Center will announce delays, early closures, or full closures on our website, social media and on News 12. Tip: If Norwalk schools close, we close!

<p>3 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>4 Tuesday 9:30 Blood Pressure 9:30–2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>5 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>6 Thursday 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>7 Friday 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 Strong Steps 10:30 ESL I 11:00 Tai Chi 11:00 Brain Games 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg</p>
<p>10 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie</p>	<p>11 Tuesday 9:30–2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>12 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>13 Thursday 9:30 Karaoke 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>14 Friday 10:00 Rincon Espiritual 10:30 Strong Steps 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg</p>
<p>17 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:00 Mark Albertson 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>18 Tuesday 9:30 Blood Pressure 9:30–2 Hairdressing 10:30 Enhance Fitness 11:30 Women’s History Celebration Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>19 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>20 Thursday 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>21 Friday 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 Strong Steps 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg</p>
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31 Monday
 10:00 Knit & Stitch
 10:30 Enhance Fitness
 11:30 Bridge
 11:45 Lunch
 12:00 Poker



What’s For Lunch?
 Visit www.norwalkseniors.org
 to see what what’s on the
 menu for the month.

Pickleball Schedule:

Monday

8-10:15AM: All Play
12-2PM: Advanced Beginner
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:

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

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

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

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

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

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



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

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

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

Instructor: Sharon Rubinstein

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



Chair Yoga: Tuesdays at 1:30pm

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

Fee: \$6 per class



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

Tai Chi for Better Balance is an effective means of improving balance, functional limitations, and strengthening muscles, which reduces the risk of falling. Tai Chi is a low-impact dance-like exercise that can be done in almost any location.

Instructors: Betsy Wrenn on Wednesdays; Karen Boginski on Fridays

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



Arthritis Exercise: Thursdays at 10:30 AM

Developed by the Arthritis Foundation, the Exercise Program uses movements created by physical therapists that address pain and fatigue while increasing strength.

Instructor: Sharon Rubinstein **Fee:** \$3 per class



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.

training. **Fee:** \$3 per class



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

Blood Pressure Clinic:

Tuesdays February 4th & 18th
 Tuesdays March 4th & 18th
 Beginning at 9:30 am
 Sponsored by Visiting Nurse of
 Fairfield County



Art Studio

Tuesdays from 12:30-2 pm
 Bring your own projects to work on in a creative, welcoming, and supportive setting. All skill levels are welcome. No previous art experience is needed. There is no formal instruction, but we have a very supportive group of artists and crafters of all levels who are always willing to help you discover the artist within you.



Brain Games

Fridays at 11 am
 February 7th & March 7th
 Give your brain a workout in a fun and creative way!
 Join Danielle Ramos for her popular “Brain Games” and healthy snacks.
 Sponsored by Cambridge Health and Rehabilitation



Reader’s Choice Book Group

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



Karaoke

Thursdays | 9:30 am–12 pm in Room 11
 Join our friendly, fun group to sing or enjoy the show! Hosted by Bruce Grady.



Thurs, February 27 at 12 pm: Strength In What Remains by Tracy Kidder

Thurs, March 27 at 12 pm: The Berry Pickers by Amanda Peters

Groovin’ & Swingin’ Dance Class for All

Instructor: Simone Assboeck | \$6 per class
 Fridays at 10:30 am
 Feb 7th & 21st ; Mar 7th & 21st
 Learn the Electric Slide, Swing, Chacha, Line Dances & more!



Hairdressing Program

Schedule your appointment for a haircut on Tuesdays from 9:30 am to 2 pm. Contact Alana at 203-904-5538 to book your appointment. Haircuts are only \$10! Please arrive for your appointment with clean & dry hair. Alana’s hair studio is located next to Room 8 at the Norwalk Senior Center, 11 Allen Road, Norwalk CT.



Intermediate Spanish Lessons

\$10.00 per class
 Payable to Luz Rincon
 Tuesdays from 12 –1 pm
 Registration is required!



Lunch & Learn

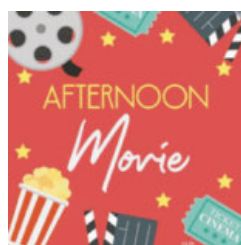
Enjoy entertainment and a delicious lunch & dessert table. The cost is \$7. Call (203) 847-3115 to sign up.

Wednesday February 19th at 11:00 am
 Black History Month Celebration Lunch



Movie Mondays

All movies start at 12:30 pm
 In the Dining Room at NSC
New Releases!
 February 10: *Conclave*
 February 24: *Wicked*
 March 10: *Nickel Boys*
 March 24: *A Complete Unknown*



Tuesday March 18th at 11:30 am
 Women’s History Month
 Celebration Lunch



Ark Healthcare & Rehabilitation will be sponsoring Bingo Prizes on the following dates: February 13th, March 13th, April 10th, May 8th, & June 12th. Thank you for your support!



Almuerzos en Norwalk Senior Center

El Centro se complace en ofrecer un almuerzo diario de alta calidad, caliente, nutritivo y sabroso. Las reservaciones y cancelaciones deben realizarse con al menos 24 horas de 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:

Viernes a las 11:00 AM

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



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

<p>Rincon Espiritual: Viernes a las 10 AM</p> <p>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</p> <p>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</p> <p>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>



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

Trip: Relax on the River The Griswold Inn RiverQuest Cruise Wednesday, July 16, 2025



Dine at the historic Griswold Inn located in Essex, CT, one of the oldest operated Inns in the country, catering to locals since 1776! The area's history, beauty, and charm are reflected throughout the Inn.

Enjoy the beauty of the CT River Valley from the water! The RiverQuest makes a delightful 60 minute cruise on the pristine Connecticut River. Relax as we cruise along scenically beautiful historical sights: Essex Harbor & coves, Hamburg Cove, Nott Island, Old Lyme, Essex & Deep River.



Cost: \$170 Per person

Departure: 8:45 AM From NSC

Return: 5:00 PM To NSC

Call (203) 847-3115 to sign up



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IT'S BETTER IN THE BRONX

Tuesday, September 23, 2025



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Guided Driving Tour with Local Step-on-Guide:

Discover the Grand Concourse, Poe Park, Hall of Fame of Great Americans, Yankee Stadium, Belmont and of course, Little Italy of the Bronx.

Sit down **Lunch at Ann & Tony's, a popular Italian restaurant on Arthur Avenue**, the "Little Italy of the Bronx. Menu: Salad, Advance choice of Eggplant Parmesan –OR– Veal Parmesan –OR– Chicken Marsala, all served with pasta, vegetable, coffee, dessert. (*Entrée Choice in Advance.*)

Afternoon time for **shopping at Little Italy's Arthur Ave.** Some consider this the real Little Italy of New York for bread, pasta, sausage, and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the Italian food specialties you could want. Bring a cooler!



Cost: \$164 pp based on 35-50

Departure: 9:45am Norwalk Senior Center, 11 Allen Rd

Estimated Return: 6:15pm Norwalk

Reservations: Norwalk Senior Center 203-847-3115



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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.

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Membership Application

July 2024 – June 2025

Are you already a member? Yes No 11 Allen Road, Norwalk CT, 06851 (203) 847-3115

Member 1 Name: _____ Date of Birth: ____/____/____
 Gender: _____ Race (optional): _____ Ethnicity (optional): Hispanic Non-Hispanic
 Are you a US Veteran? Yes No

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

Member 2 Name: _____ Date of Birth: ____/____/____
 Gender: _____ Race (optional): _____ Ethnicity (optional): Hispanic Non-Hispanic
 Are you a US Veteran? Yes No

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City / State / Zip: _____ Phone: _____

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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:</p> <p>\$35, \$50, \$75, or \$100 per person based on your budget.</p> <p>Your membership entitles you to door-to-door transportation, discounts on programs, services, & events.</p>
<p><input type="checkbox"/> \$15—Please send Newsletter by 1st Class Mail for an additional fee of \$15/year.</p> <p>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!

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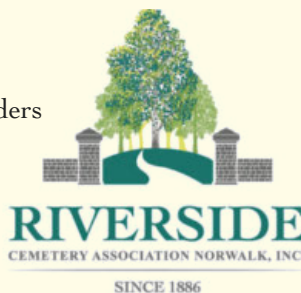


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