

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 25, ISSUE 3 | APRIL – MAY 2025

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Holiday Schedule:

CLOSED: Friday April 18th
CLOSED: Monday May 26th



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

www.norwalkseniors.org

Flower Power

We are thrilled to announce Norwalk Senior Center has partnered with SOAR Together to offer a monthly flower arranging program through September. SOAR's signature program, "Flower Power," secures flowers from Big Y, Trader Joe's, Whole Foods, and Fresh Market that would otherwise be discarded. The flowers are cleaned and refreshed before participants create their own arrangements. SOAR Together was launched in the spring of 2023 with a mission of helping address loneliness and social isolation through immersive and unique programming.



SOAR (an acronym that stands for Social, Occupational, Artistic, Recreational) was founded by Ginger Smith, a Fairfield County native with 35 years of experience in social services, and the Flower Power program is led by Molly Gerster and Diana Herrera, both Norwalk residents. Diana is a local florist who owns Diana Margarete Bouquets.

Join Flower Power at 12 PM on Friday April 25th & Friday May 30th

Would you like to learn American Sign Language? We want to hear from you! Stop by the front desk or call (203) 847-3115 and let us know if you are interested!



We are conducting a survey to find out what live programs you would like to attend during the day at Fairfield Theatre Company. Please visit our website at www.norwalkseniors.org to submit your answers.

Thank you!



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

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. **The deadline is May 30th.**

April is National Foot Health Awareness Month



According to the American Podiatric Medical Association, approximately 20 percent of the U.S. population has at least one foot problem annually. Good foot health is essential for an active life. If the feet are not mechanically sound, it can affect the knees, hips and even the lower back.

Follow these tips to improve your feet health. After all, healthy feet leads to a healthy life!

Inspect your feet daily and use a mirror to check the bottom of your feet for injuries, cracks, peeling, or dry skin. This is especially important if you are diabetic to avoid infection or a non-healing wound.

Wear shoes in public places where you may suffer cuts leading to infection, contract athlete's foot fungus or plantar warts on the bottom of your feet.

Dry your feet and between your toes after showering to avoid fungal infections. Then, moisturize feet and heels with a good lotion.

Don't leave nail polish on 24/7 which may lead to brittle nails or fungus. I recommend three weeks on and one week off every month.

Remember your feet need sunscreen too! Apply between toes and on ankles to avoid sunburn and prevent skin cancer, which often goes unnoticed in this area of the body.

Stretch your feet, ankles and lower legs daily and before exercising to keep the muscles strong and to avoid injury.

Maintain a healthy weight through diet and exercise such as walking, stationary bike, or treadmill. Excess weight puts pressure on the feet leading to general foot pain, heel pain, stress fractures, circulatory problems and arthritis.

Keep your diabetes under control by checking your fasting blood sugar daily. See your endocrinologist regularly and have an annual foot inspection with a podiatrist to check for problems such as loss of circulation or loss of sensation (neuropathy).

Wear shoes with good support and a low heel. Keep high heels below two inches in height. If you like to wear flats or those trendy ballet flats alternate with shoes having good support. Make sure shoes have enough space without rubbing or squeezing toes. Remember the 'thumbnail rule' for space between end of shoe and toe and don't forget your longest toe may be your second not your first. Use custom orthotics to provide arch support.

Replace your walking or exercise shoes every six months or 500 miles in order to avoid foot and heel pain when the inside of the shoe begins to wear and lose support.

Don't play doctor! If you suffer a toe, foot or ankle injury, seek medical attention from a podiatrist. The sooner you are treated the better outcome you will have. Untreated injuries can result in bones not healing properly causing recurring pain, limited mobility and development of arthritis in the affected joints.

May is National Osteoporosis Awareness & Prevention Month



Osteoporosis – a condition that causes bones to become weak and more susceptible to fracture. It occurs when a person's body does not properly replenish the components of their bone tissue.

Women are at higher risk for the disease, though men can develop it, too. According to the U.S.-based Bone Health and Osteoporosis Foundation, up to half of all women age 50 and older will break a bone due to osteoporosis, and as many as a quarter of men age 50 and older will do the same. Osteoporosis is the prevailing metabolic bone disorder globally, and the primary cause of fragility fractures. It manifests as a systemic skeletal condition characterized by reduced bone mass and deterioration of bone structure, increasing susceptibility to fractures, particularly in the spine, hip, distal forearm and proximal humerus. These fractures significantly contribute to morbidity, often requiring prolonged recovery and full-time care for many patients. Hip fractures in particular are associated with increased mortality rates. Despite its impact, osteoporosis is often overlooked as the disease often presents itself only after a fracture, and as such, it is deemed a "silent disease" because one can't feel bones weakening. Breaking a bone is often the first sign of osteoporosis.

The development of osteoporosis typically extends several years before resulting in a fracture which prompts medical attention. Notably, more than two-thirds of vertebral fractures occur without pain, complicating early detection. Prominent symptoms include back pain from fractured vertebrae, which can lead to visible deformity or reduced mobility. The condition can lead to stooped posture, known as kyphosis, as vertebral fractures cause the spine to collapse and bend forward, further impacting the individual's physical functionality and quality of life. Osteoporosis is common. About 54 million Americans have it along with low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and one in four men age 50 and older will break a bone due to osteoporosis. Breaking a bone is a serious complication of osteoporosis. Breaks most likely occur in the hip, spine or wrists but other bones can break too. Osteoporosis causes height loss and often leads to a stooped or hunched posture. It is often called a silent disease because one can't feel bones weakening. If you experience height loss or your spine is curving be sure to consult your doctor immediately.

How do you take care of your bones?

- Exercise regularly: Engage in weight-bearing exercises like walking, running, dancing, or strength training.
- Maintain a healthy weight: Excess weight puts stress on bones.
- Consume adequate calcium and vitamin D: Calcium builds and strengthens bones, while vitamin D helps the body absorb calcium.
- Avoid smoking: Smoking damages bone cells and increases osteoporosis risk.
- Reduce alcohol intake: Excessive alcohol consumption can interfere with bone metabolism.
- Get enough sleep: Sleep is crucial for bone health.

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:

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

EXTENSION:

- 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**

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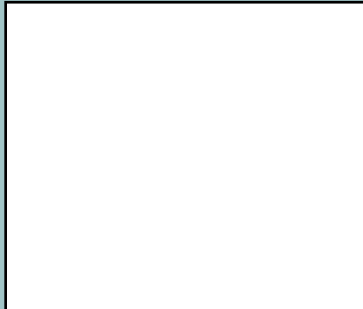
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Do You Know About Medicare Savings Program?

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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The Greens At Cannondale **Wilton Meadows**
 Assisted Living Nursing & Rehabilitation



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 - Geriatric assessment center

Wilton Meadows 203.834.0199
The Greens At Cannondale 203.761.1191



SENIOR BUS SCHEDULE

NSC Shopping Schedule:

Tuesday 9-12: Shop Rite
 Wednesday 9-12: Shop Rite
 Thursday 9:00- 12:00: Shop Rite
 Effective April 1st, Friday trips to WALMART
 will become alternating trips to TJ Max.
 Friday April 4th & 25th: TJ Max
 Friday April 11th: WALMART
 (No trip on Friday April 18th due to the Good
 Friday Holiday).
 Friday May 2nd, May 16th & May 30th:
 TJ Maxx
 Friday May 9th & May 23rd: WALMART

Transportation to & from NSC:

Monday through Friday

Morning Pickup :

8:30 AM & 10:00 AM

Afternoon Trips Home:

12:30 PM & 2:30 PM

To schedule your ride, call:

(203) 847-3115 ext 107

Let us drive you to Stew Leonard's!

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

2nd Friday: 10:00 to 1:00



Norwalk Senior Center's Transportation Service Guidelines

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

Holidays & bad weather may impact the regular schedule.

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

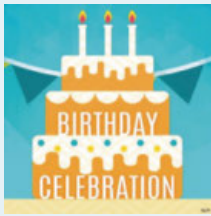
- Annual Norwalk Senior Center membership is required. (See page 18).
- The fee for transportation is \$20 per month (due by the 5th of the month).
- Passengers are required to:
 1. Be ready for pick up at the time scheduled.
 2. Have an operational land-line or cellphone.
 3. Move from their residence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

Our Thrift Store, **The Shop Around the Corner**

is looking for donations!

If you have any gently used items, please bring them to the Norwalk Senior Center at 11 Allen Road. *Please note we cannot accept electronics, furniture, food items or clothing at the Shop.*

Thank you!



Monthly Birthday Cake
Fridays April 4th & May 2nd
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 (Norwalk Service - Choose Option 3) 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.



BUS TRIPS

Housatonic Museum of ART Wednesday April 9

Lunch at Trattoria A'vuchella
(Lunch not included in cost)

Bus Departs NSC: 10:00 AM

Time slot at museum 11:00 AM

Cost: \$15

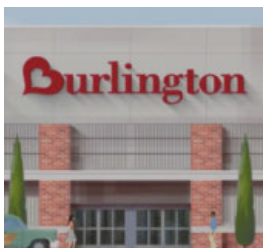
The Housatonic Museum of Art is a museum at Housatonic Community College in Bridgeport, Connecticut. The museum's collection is displayed throughout the college campus and in the Burt Chernow Galleries, which also hosts visiting exhibitions.



Burlington—Stratford Wednesday April 23

Cost: \$ 15 | Bus Departs NSC: 10:00 AM

Lunch at Osaka Hibachi Buffet
(Lunch not included in cost)



Olde Mistick Village Wednesday May 14

Lunch at Mango's wood-fired pizza Co. (Lunch not included in cost) Sheltered within nature, Olde Mistick Village is much more than a village. Custom gifts, restaurants and Mystic-made souvenirs assembled together to offer you a shopping experience unlike anything else.

Cost: \$30 | Bus Departs NSC: 9:00 AM



Ridgefield Thrift Shop Wednesday May 28

Lunch at Prime Burger
(Lunch not included in cost)

Cost: \$15 | Bus Departs NSC: 11:00 AM



	1 Tuesday 10:30 Blood Pressure 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	2 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	3 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	4 Friday 8:30 Strong Steps 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 ESL I 11:00 Tai Chi 11:00 Brain Games 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg
7 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	8 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	9 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	10 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	11 Friday 8:30 Strong Steps 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
14 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	15 Tuesday 10:30 Blood Pressure 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	16 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 12:00 Poker 12:00 SoNo Elders Bingo	17 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	18 Friday 
21 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	22 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	23 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	24 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	25 Friday 8:30 Strong Steps 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:00 Flower Power 12:45 Mah Jongg
28 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	29 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	30 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	<p>The Billiards Table in the Lounge is open to all members: Monday - Friday 8:30 AM to 4:30 PM</p> 	

			1 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	2 Friday 8:30 Strong Steps 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 ESL I 11:00 Tai Chi 11:00 Brain Games 11:45 Lunch 12:00 Birthday Cake 12:45 Mah Jongg
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12 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	13 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	14 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	15 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	16 Friday 8:30 Strong Steps 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
19 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	20 Tuesday 10:30 Blood Pressure 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	21 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	22 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	23 Friday 8:30 Strong Steps 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
26 Monday 	27 Tuesday 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	28 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	29 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	30 Wednesday 8:30 Strong Steps 10:00 Rincon Espiritual 10:30 Dance Lesson 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:00 Flower Power 12:45 Mah Jongg

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 8:30 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 April 1st & 15th

Tuesdays May 6th & 20th

Beginning at 10:30 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

April 4th & May 2nd

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

Wednesdays | 9:30 am–12 pm in Room 11

Join our friendly, fun group to sing or enjoy the show! Hosted by Bob Leng & Richard Nichols.



Intermediate Spanish Lessons

\$10.00 per class

Payable to Luz Rincon

Tuesdays from 12 –1 pm

Registration is required!



Thurs, April 24 at 12 pm: The Frozen River

by Ariel Lawhon

Thurs, May 29 at 12 pm: The Five Wishes of Mr. Murray McBride by Joe Siple

Hairdressing

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

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

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



Groovin' & Swingin' Dance Class for All

Instructor: Simone Assboeck | \$6 per class

Fridays at 10:30 am

April 4th & 11th ; May 2nd, 16th & 30th

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



Join the Chess Group!

Every Thursday at 1PM

Instructor: Rick Crawford

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

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

Any questions?

Contact Rick at 203-247-2615



Movie Mondays

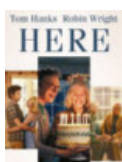
All movies start at 12:30 pm in the Dining Room at NSC

April 14th: *A Real Pain*

April 28th: *Here*

May 5th: *Sing Sing*

May 19th: *My Big Fat Greek Wedding 3*



Ark Healthcare & Rehabilitation will be sponsoring Bingo Prizes on the following dates: 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 anticipación llamando al (203) 847-3115.

HAY UNA DONACIÓN SUGERIDA DE \$4-6

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



Tai Chi:

Viernes a las 11:00 AM

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



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

<p>Rincon Espiritual: Viernes 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 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>



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.

Norwalk Senior Center presents:

Oktoberfest

Krucker's
in Pomona, NY

Wednesday October 22, 2025

ENJOY A FULL DAY OF ENTERTAINMENT, FOOD, FUN, MUSIC, AND DANCING AT KRUCKER'S IN POMONA, NY

This lovely resort features its popular Oktoberfest with great food and music...the genuine spirit of an Oktoberfest.

Welcome Reception – Coffee, Tea, Buttermilk Scones, Pancakes & Apple Cider

Lunch: Barley Soup, Applesauce, Choice of: Sauerbraten with Red Cabbage or Sliced Pork Loin with Sauerkraut, Mashed Potatoes, Brussel Sprouts, Carrots, Apple Strudel & Vanilla Ice Cream

Beer, Wine & Soft Drinks

Entertainment throughout the day - Music, Dancing & Games
Bratwurst Sandwich & Cucumber Salad

COST : \$165 pp based on 35-50

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

Depart: 9:00am 10 Norden Place, Norwalk

Estimated Return: 5:30pm Norwalk

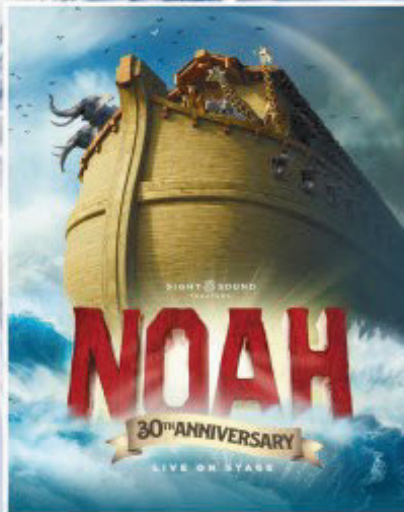


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NORWALK SENIOR CENTER PRESENTS:



A GIFT FOR THE HOLIDAYS
Two Shows!!
 Sight & Sound Theatre Presents...
NOAH
 Lancaster, PA

"Holiday Inn" at Dutch Apple Dinner Theatre
Chalk Talk • Byers' Choice

November 12-14, 2025 Wed-Fri

Day 1: We depart via deluxe motorcoach for our tour to Lancaster, PA - the heart of the Amish Country. 2 nights at the **COMFORT SUITES LANCASTER**, featuring spacious guestrooms, indoor pool, fitness center. Tonight, enjoy a buffet dinner & show at the **DUTCH APPLE DINNER THEATRE - "IRVING BERLIN'S HOLIDAY INN"**. Jim and Linda transform a farmhouse into an inn celebrating every holiday with thrilling dance numbers, laugh-out-loud comedy, and a parade of Irving Berlin hits in this heartwarming, high energy tap dance extravaganza. But what happens when Jim's best friend tries to lure Linda away with promises of being his new Hollywood dance partner? Hear favorites like "Blue Skies", "Easter Parade", "Heat Wave", "White Christmas", and more.

Day 2: Today we visit Elva Hurst, an extraordinarily talented chalk artist in her Barnyard Art Studio for **CHALK TALK**. Engage your senses through music, storytelling, and the amazing chalk artistry of a former Old Order Mennonite woman who offers insights into Amish culture with a story that comes to life, and lights up before your eyes. Explore **KITCHEN KETTLE VILLAGE** with lunch on own. This afternoon we'll take our reserved seats at Sight & Sound Theatre for the return of **"NOAH."** With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully in the midst of an increasingly chaotic world, can he trust that God's promises run deeper than the rising waters around him? Returning for one season only, this landmark production takes you on board one of the world's best-known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life. Family-Style Dinner tonight at the **HERSHEY FARM RESTAURANT**.

Day 3: This morning we'll visit **BYERS' CHOICE**, see incredible displays of famous Caroler figurines, watch the artisans creating, painting and costuming. Head for home with memories of our time in the Amish Country.

COST: \$729 pp double / triple
 \$860 pp single Based on 40

Includes: Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity

Call NSC at (203) 847-3115 for more information.

New Members

Mary Aitoro
 Autier Allen-Craft
 Luz Amparo Tejada
 Dr. Partha Basu
 Harvey Berman
 Michelle Beyman
 Randy Bonett
 Ivan Cantos
 Mary Corley
 Tamara Cronin
 Mary Curley
 Bill & Karen Del Vecchio
 Diane DeLallo
 Dianne Dorio
 Joseph Fitzharris
 Denise Flay
 Alan Freedman
 Diane Granata
 Jorge Guerra
 Julie Harkins
 Thomas Huminski
 David & Brenda Jacobsen
 Sally LaJoie
 Ligia Lamprea
 Nicholas Loughlin
 Ana Martinez
 Ralph & Josephine Mercurio
 Anibal Mesa
 Joan Milone
 Mary Munis-Webb
 Anthony & Linda Natale
 Olivia Oliver
 Maria Pecoraro
 Elba Perez
 Paul Reilly
 Laurie Rendon
 Kathy Sasloe
 Roberta Schneider
 Stella van Laer
 Kathryn Word

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 Ana Martinez

Barbara Thormahlen

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 Linda Allgood
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 Lourene Antley
 Judith Baluha
 Sylvia Barchue
 Erma Barnard
 Ann Bello
 Lois Benfield
 Walter Berger
 Ralph & Cecilia Blechner
 John & Vicki Bove
 Jannie Bowman
 Betty Brink
 Martha Brioche
 James & Connie Buchta
 Milagros Bunye
 Sandra Camner
 Linda Carothers
 Christina Carpenter
 Jim Carter
 Patricia Cerullo
 Josef Chalas
 Deborah Cimminello
 Patricia Colcone
 Arlene Colon
 Marge Connelly
 Rita Conte
 CM Cook
 James & Betty-Jo Corridon
 Richard & Orda Crawford
 Joan Cronin
 Joan Cusack
 Tom Czako

Mary Czulewicz
 Richard & Rosemary Dellinger
 Fred DiGrande
 Vivien DiPalma
 Kenneth Drew
 Bob & Tracey Duff
 Sylvia Duffy
 Jane Eichwald
 Sharon English
 Joan Enoch
 Barbara Ensign
 Ann Eschweiler
 Ursula Field
 Joyce Filip
 Agnes Finch
 Mari Freeman
 Ruth Freeman
 Carol Fucigna
 Gyula & Heline Gaal
 Elaine Ganat
 Ilene Ginsberg
 Sabine Goering
 A. Peter & Priscilla Goldner
 Tirso Gomez & Jane Saunders
 Jane Graham
 Carmen Guillen
 Janet Halpin
 Mary Jane Hatch
 Joseph & Rose Haywood
 Carol Hebert
 Connie Heffernan
 Antoinette Hellard
 Raymond Hilson
 Candace Hines
 Charles & Susan Hiravy
 Madelean Holcomb
 Agnes Horton
 Patricia Hungaski
 Geraldine Indart
 Mike Iovino
 Lilieth Irving
 Dorothy Isaac
 Lorraine Jacobi
 Mary Ann Jacobs
 Russ & Barbara Jones
 Barbara Judson
 Daniel Juodaitis
 Ray Juodaitis
 Ginger Katz
 Helen Kenderesi
 Colleen Kenna

Eugene Kiskan
 Richard & Gigi Koleszar
 George & Karen Korner
 Diane Kozar
 Lee L'Archevesque
 Lorraine Larkin
 Susan LeRow
 Sandra Lindwall
 Paul Lucas
 Marie Luczkowski
 Terry Lupo
 Joseph Macaluso Jr
 Marjorie MacFarland
 Gail MacLean
 Shirlee Maddren
 Walter & Lynn Maginnis
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Special Thanks to:

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Ray A. Cooke Charitable Fund



Gigi Van Dyke, founder of Serendipity Chorale, passed away on Wednesday, March 12. She lead the Chorale at several Norwalk Senior Center events and brought beautiful music to so many special occasions. She will be sorely missed by the entire Norwalk Senior Center community.



In Memory Of:

Myra Dashefsky
 Myra Dashefsky
 Myra Dashefsky
 Joseph Dragonetti
 Connie Palermo

In Honor Of:

Emily Wilson

Given By:

The Flagello Family
 Marilyn Liberatore & Rosemarie Petronella
 Martin Pearl
 Marie Gentile & the Dragonetti Family

Paul & Paula Palermo

Given By:

Ellen & Michael Goldman

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

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

All contributions are acknowledged by the Senior Center and donors are listed on this page as production deadlines allow.

Your tax-deductible donations help provide direct services to our neediest members as well as honoring those you love.

Thank you for your continued support and friendship.

GIFT IN REMEMBRANCE

In Memory of: _____
 (Please print name of deceased in full)

In Honor of: _____
 (Please print name in full)

Given By: _____
 (Please print name in full)

SEND MEMORIAL OR HONOR CARD TO:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Amount of Donation: \$ _____ My check is enclosed: Y / N

Please make checks payable to **Norwalk Senior Center**. The amount of your gift is confidential. Gifts are deductible for income tax purposes. Gift and memorial cards will be sent promptly.

Membership Application

July 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 style="text-align: center;">Annual Membership is: \$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—Want a newsletter mailed directly to your home?</p> <p>Please send Newsletter by 1st Class Mail for an additional fee of \$15/year.</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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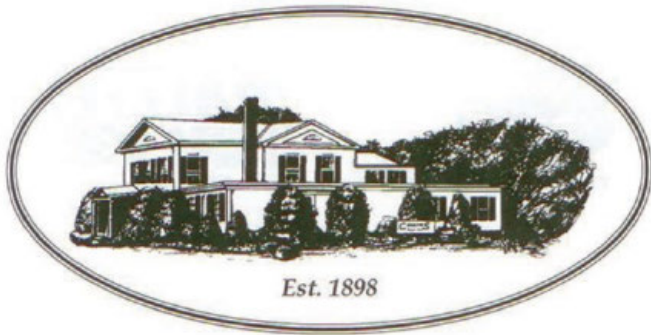
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Thurs 10:00 - 4:00 (2nd & 4th wk of month)

Sunday - Closed

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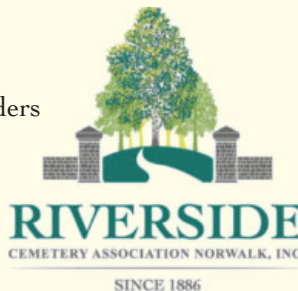


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