

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 25, ISSUE 5 | AUGUST — SEPTEMBER 2025

WHAT'S INSIDE

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

**Holiday
Schedule:
CLOSED for
Labor Day
Monday
September 1st**



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

www.norwalkseniors.org

ANNUAL BBQ BASH

Our annual BBQ will be held in our courtyard this year to showcase our patio's makeover! Jeff's Cuisine will cater the delicious meal. **Tuesday September 16th from 11:30 to 2:30 PM.** \$20 per person; Norwalk Senior Center Membership required. Rain or Shine. Reservation Required by September 9th. Call 203-847-3115 today because this event fills up very fast!



PICKLEBALL TOURNAMENT

Join us for our first Pickleball Tournament Fundraiser: **Saturday, September 13th from 8 AM - 3 PM.** Visit norwalkseniors.org for more information. Intermediate skill-level players ages 50 and older. Limited 2-player team registration.

Entry Fee: \$150 per team

Sponsored by FYZICAL Therapy & Balance Centers



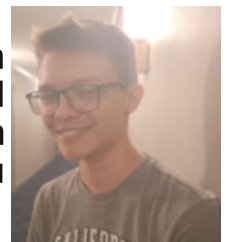
HOLIDAY HILL SENIOR OUTING

We listened to our seniors when they requested more spaces on the bus to go on this hugely popular day trip on **Monday August 18.** That's why we are renting two coach buses for the occasion! We have 30 spaces left, so call your friends and sign up today! Turn to page 7 for full details.



NEW!!! FREE TECHNOLOGY ASSISTANCE

James Strock will be at the Norwalk Senior Center on Tuesdays from 9 AM to 3 PM to provide personal technology assistance to our seniors! James is an expert on Apple and Samsung devices; let him help you with your gizmos and gadgets!



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.

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.

VETERANS AFFAIRS

Veterans Affairs representative
Frances Reyes assists Veterans in the Norwalk Area.
Call (203) 418 2005
Visit www.connecticut.va.gov



Join American Legion Post 12 for a great day of golf, food, and more! October 6, 2025, 8:00 registration, 9:00 shotgun start, box lunch, prizes for closest to the pin, men’s/women’s longest drive, and more.

Visit their website for more information:

WWW.NORWALKLEGIONPOST12.ORG

**Support Resource Group: “Surviving Each Challenge”
Resumes in September**

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 about loss, caregiving, grief, family and illness will provide each other with coping strategies and personal experiences. 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

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.

AUGUST IS SUMMER SUN SAFETY MONTH

Summer Sun Safety Month is observed in August. It's a time to raise awareness about the importance of protecting your skin from the sun's harmful ultraviolet (UV) rays, especially during the summer months when people spend more time outdoors.



Key points about Summer Sun Safety Month:

. Focus:

Be proactive about sun safety and protect your skin from sun damage.

. Sun's UV rays:

Sun safety is particularly important because of the increased exposure to the sun's UV rays during summer.

. Year-round importance:

While August is specifically designated as Summer Sun Safety Month, sun safety practices should be maintained year-round.

. Sun damage:

Excessive sun exposure can lead to sunburn, premature aging of the skin, and an increased risk of skin cancer.

. Safety measures:

Practicing safe sun habits includes seeking shade, wearing protective clothing, and using sunscreen with a high SPF.

The safest time to be in the sun for extended periods is generally early morning before 10 a.m. and late afternoon after 4 p.m., when the sun's rays are less intense. During these times, the UV index is typically lower, reducing the risk of sunburn and long-term sun damage.

SEPTEMBER – HEALTHY AGING MONTH



Healthy Aging Month is observed every September. It's a time to focus on the positive aspects of growing older and to encourage adults, especially those 45 and older, to improve their physical, mental, social, and financial well-being. The month aims to inspire people to take personal responsibility for their health and well-being as they age.

Healthy Aging Month encourages people to take proactive steps towards healthy aging, such as adopting healthy habits, managing existing health conditions, and staying connected with others.

Remember, it's never too late to start new activities, learn new things, or pursue new passions.

Here are 6 things you can do to maintain your health as you age

. Keep moving. Want to maintain a healthy body and mind? Keep moving. Sign up for our Enhanced Fitness classes, Chair Yoga classes, Arthritis or Tai Chi classes.

. Eat right. Remember what your parents told you: eat lots of fruits and veggies. NSC offers a hot, nutritious and tasty daily lunch.

. Get your sleep. Like they say, sleep is the best medicine

. Be social

. Keep learning

. Spend wisely

. Quit Smoking

. Avoid or limit alcohol consumption

. Go to the doctor regularly

What is the key to aging well?

Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

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 very reasonable cost.

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2025 - JUNE 30, 2026.
HOURS: MONDAY THROUGH FRIDAY 8:30AM – 4:30PM AT 11 ALLEN ROAD, NORWALK CT

NSC: (203) 847-3115

STAFF:

Activities Coordinator:
Agueda Calderon
ACalderon@norwalksc.org
(Bilingual)

Administrative Assistant:
Amy Munley
AMunley@norwalksc.org

Executive Director:
Beatrix Lane
BLane@norwalksc.org

EXTENSION:

x114

x110

x103

Front Desk Coordinator: **x104**

Carlos Bolanos

Carlos@norwalksc.org (Bilingual)

Director of Social Services: **x115**

Eva Beau

EBeau@norwalksc.org (Bilingual)

Transportation Office: **x107**

Bus Driver Samir Ali

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.

Magner
Funeral Home

12 MOTT AVENUE
NORWALK • CT

203-866-5553

*Family Owned & Operated
for 5 Generations*

*Traditional and Cremation
Services Available*

Established in 1912
www.magnerfuneralhome.com

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

The
CANNONDALE CAMPUS
PRIVATELY OWNED SINCE 1988
in the **Greens** *at* **Wilton**
Cannondale *Meadows*
Assisted Living Nursing & Rehabilitation



Our picturesque campus in Wilton offers:

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

Wilton Meadows 203.834.0199

The Greens At Cannondale 203.761.1191



**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!**





SENIOR BUS SCHEDULE

NSC Shopping Schedule:

Tuesday 9-12: Shop Rite

Wednesday 9-12: Shop Rite

Thursday 9:00- 12:00: Shop Rite

Trips to WALMART and TJ MAXX alternate on Fridays. Pick-up starts at 8:30 and runs thru 10:00 AM.

Walmart:

August 8th

August 22nd

September 5th

September 19th

TJ Maxx:

August 1st

August 15th

August 29th

September 12th

September 26th

Transportation to & from NSC:

Monday through Friday

Morning Pickup :

8:30 AM & 10:00 AM

Afternoon Trips Home:

12:30 PM & 3:00 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.

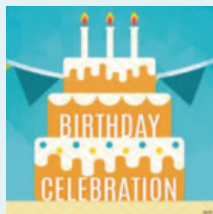
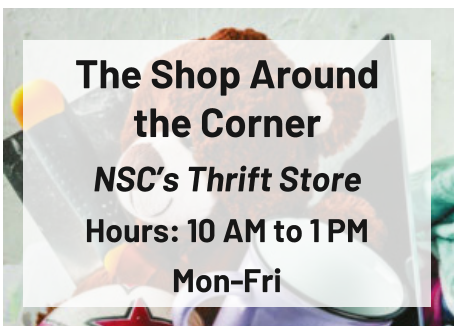
Please read the following guidelines carefully as there are no exceptions:

- 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.
- Dangerous Weather, Driver Shortage & Holidays may impact the regular schedule.

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 Aug 1st & Sept 5th
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.

Farmer's Market Cards

It's that time of year again! The Senior Farmer's Market Nutrition Program cards will be available to eligible participants to purchase fresh fruit and vegetables at local farmer's markets throughout CT. If you received a card last year, please return it to Eva Beau, new cards have been created for the 2025 market year.



Call (203) 847-3115 X115 for more information or to schedule an appointment.

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 -475-258-7893 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.

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.

Ridgefield Thrift Shop

Wednesday August 27th

Depart 11 AM

Return 3 PM

Lunch Prime Burger

(Lunch not included)



Port Jefferson

Wednesday September 24th 2025

Departure time 8:30 AM

We will take the 9:30 AM ferry

We will return on the 2:15 PM ferry

Estimated return time to NSC 4:00 PM

\$45 per person

Lunch on your own

(Lunch not included)

Olde Mistick Village

Wednesday September 10th

Departure time 9:00 AM

Estimated return time to NSC 4:00 PM

\$30 per person

Lunch Mango's wood fired Pizza Co

(Lunch not included)



Holiday Hill Senior Outing

Date: Monday August 18, 2025

Departure time: 9:00 AM

Departure time from Holiday Hill: 3:00 PM- 3:30 PM

Estimated time to return to NSC: 4:30 PM

Fee \$66.00 per person

Holiday Hill is located in the central Connecticut countryside. This beautiful 200-acre resort has been providing first-class food, service, facilities and entertainment.



The Annual Senior Outing is always a popular event, so do not wait to sign up!

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

				1 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Brain Games 11:00 Tai Chi 11:45 Lunch 12:30 Birthday Cake 12:45 Mah Jongg
4 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	5 Tuesday 10:30 Blood Pressure 9–3 Tech Assistance 9:30–2 Hairdressing 10:30 Enhance Fitness 11:00 Mark Albertson 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	6 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	7 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	8 Friday 10:00 Beading Jewelry 10:00 Art Class 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
11 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	12 Tuesday 9–3 Tech Assistance 9:30–2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	13 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	14 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	15 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
18 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	19 Tuesday 9–3 Tech Assistance 9:30–2 Hairdressing 10:30 Blood Pressure 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	20 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	21 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	22 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
25 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	26 Tuesday 9–3 Tech Assistance 9:30–2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	27 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	28 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	29 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg

1 Monday NSC CLOSED: Labor Day 	2 Tuesday 9—3 Tech Assistance 9:30—2 Hairdressing 10:30 Blood Pressure 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	3 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	4 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	5 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Brain Games 11:00 Tai Chi 11:45 Lunch 12:30 Birthday Cake 12:45 Mah Jongg
8 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	9 Tuesday 9—3 Tech Assistance 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	10 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	11 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	12 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
15 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	16 Tuesday 9—3 Tech Assistance 9:30—2 Hairdressing 10:30 Blood Pressure 10:30 Enhance Fitness 11:30 Annual Picnic 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	17 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	18 Thursday 10:00 Support Group 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	19 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
22 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	23 Tuesday 9—3 Tech Assistance 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	24 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	25 Thursday 10:30 Arthritis Exercise 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	26 Friday 10:00 Beading Jewelry 10:00 Rincon Espiritual 10:30 ESL I 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
29 Monday 10:00 Knit & Stitch 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	30 Tuesday 9—3 Tech Assistance 9:30—2 Hairdressing 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga		The Billiards Table in the Lounge is open to all members: Monday – Friday 8:30 AM to 4:30 PM 	

All programs listed below are free to all NSC Members. However, we ask that you RSVP if you plan on attending. Please stop by our front desk or call (203) 847-3115 to sign up! Thank you.

History Presentation by Mark Albertson

Tuesday August 5th at 11:00 AM

"80 years ago- Atomic bombings of Hiroshima and Nagasaki"

Mark Albertson is the historical research editor at Army Aviation magazine in Monroe, Connecticut; and, is the historian for the Army Aviation Association of America.



Movie Mondays

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

August 11: Nonnas

August 25: Singin' in the Rain

Sept 8: Shall We Dance

Sept 22: Twisters



ART Class with Colleen

Friday August 8th-10:00 AM- 11:00 AM

Sponsored by ARK

Limited Space: 25 sign ups
at front desk or call
(203) 847-3115



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.



Thursday, August 28 at 12:00 pm

Iona Iverson's Rules for Commuting by Clare Pooley

Nobody ever talks to strangers on the train. It's a rule. But what would happen if they did? "A hilarious and sweet creation about a group of individuals who form a family with love at its core." —USA Today

Thursday, September 25 at 12:00 pm

The Masterpiece by Fiona Davis

In this captivating novel, New York Times best-selling author Fiona Davis takes readers into the glamorous lost art school within Grand Central Terminal, where two very different women, fifty years apart, strive to make their mark on a world set against them.



VENDORS CALL JOAN AT
203-838-7243 OR EMAIL
GVITALI@OPTIMUM.NET

NORWALK SENIOR CENTER
FABULOUS FLEA MARKET

Saturday, September 27th Rain or Shine
11 Allen Road, Norwalk CT
For Info. Call 203-847-3115



Pickleball Schedule:

Monday

8-10:15AM: All Play

12-2PM: Advanced Beginner

2-4PM: Intermediate

Tuesday

8-10AM: Intermediate

12-1 PM: Beginner Clinic

1-2PM Instruction/Beginner Play

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

12:30-2PM: 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! Seniors who wish to play Pickleball inside the Senior Center are required to apply for membership.

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 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

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

Blood Pressure Clinic:

Tuesdays Aug 5th & 19th

Tuesdays Sept 2nd & 16th

Beginning at 10:30 AM

Sponsored by Visiting Nurse of
Fairfield County



BLOOD PRESSURE SCREENINGS

Brain Games

Fridays at 11 am

Aug 1st & Sept 5th

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



Karaoke

Wednesdays | 9:30 am–12 pm in Room 11

Join our friendly, fun group to sing or en-
joy the show! Hosted by Bob Leng & Rich-
ard Nichols.



Intermediate Spanish Lessons

\$10.00 per class

Payable to Luz Rincon

Tuesdays from 12 –1 pm

Registration is required!



Groovin' & Swingin' Dance Class for All

Instructor: Simone Assboeck | \$6 per class

Select Fridays in August & September at 10:30

Contact the front desk for dates

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



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.



Hairdressing

Schedule your appointment for a hair-
cut 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. Norwalk Senior Center membership is
required.



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



Learn to Knit or Stitch with Friends!

Yarn and needles provided. For good
company, conversation and community
service, come & knit! We have two
knitting groups:

Knit & Stitch: Mondays at 10 AM

Social Stitchers: Wednesdays at 9 AM

Both groups extend a warm welcome to NSC Members.
They will teach you how to knit. Both groups graciously
donate to area charitable organizations.



**Save the date- AARP Driver safety course
scheduled for Thursday October 9th, 2025
From 9am to 1pm in room 3! Call the front desk
at (203) 847-3115 for more information.**



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.



Rincon Espiritual:

Viernes a las 10 AM

Ven a compartir tu fe y
conéctate con tu Poder Superior.
Todos son bienvenidos!



Bingo

Miercoles a las 12 PM

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.



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.

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.

New Members

Edward & Lillian Bayone
James and Lois Benfield
Anna Fabian
Grant Grant
Mary Anne Kelly
Ann Louise McDonnell
Debra Mirabel
Robert and Sonia Moon
William Morse
Stephen and Laura Olson
Genevieve Peters
Marva Reaves
Leigh Richards
David and Lisa Roger
Rosemary Romano
Lynn Calzone Selke
John Sirella
Pankaj Uppal
Raul Verdezoto
Lynn Wallach
Theresa Welfare
Ellen Weller

Silver Membership Supporters

Dolores Abresky
Martha Brioche
Ron Carroll
Carmen Chute
Christina Cronin
Mark Errico
Elaine Ganat
Karen Gasper
Sabine Goering
Sabine Goering
Maria Greif
Catherine Grimes
Martha Gualtiere
Grace Harris

Carol Hebert
Charles & Susan Hiravy
Mary Holaday
Herta Joan Iossa
Lawrence Jean
Marjorie Kitchens
Irene Koleszar
Anita LeDuc
Walter & Lynn Maginnis
Mary McCabe
Teresa Monteleone
Robert and Sonia Moon
Jean Mulligan
Lisa O'Malley
Scott O'Malley
Mary Ann Pappolla
Pamela Parlakian
Patricia Pollak
Marva Reaves
Queen Rice
Delores Roman
Rosemary Romaniello
Honey Secchi
Lula Simmons

Catherine Smith
Barbara Springer
Nathan Sumpter
Angela Urbinati
Sharlene Willis
Darlene Wrentz

Gold Membership Supporters

Jo Ann Friedlander
Joy Johansen
Suzanne Leocopoulos
Ann Louise McDonnell
Elvira Pasqua

Platinum Membership Supporters

Patricia McCarthy
Jane Centore
Lee & Lucy Combis
Pasquale Guarino
George Iacono
Ray Juodaitis
George & Karen Korner
Susan Lerow
Mary Frances Logan
Joseph Macaluso
Gail MacLean
Linda Masciola
Brett Muller
Mary Munis-Webb
Stephen Norton
Kristin Quisgard
David and Lisa Roger
Paul & Patty Sinisko
Frank Snyder
Gino & Joan Vitali
Josephine Woloszyn

Membership Donors

Patricia McCarthy
Edward & Lillian Bayone
Donna Bedell
James Benfield
Lois Benfield
Ron Carroll
Carmen Chute
Ruth Cooke
Elaine Ganat
Patricia Grant
Jorge Guerra
Carole Huse
Ken Kikta
George & Karen Korner
Mary Frances Logan

Timothy & Nancy Lyons
Joseph Macaluso
Marjorie Madden
Luz Martinez
Linda Masciola
Ann Louise McDonnell
Anthony & Dorothy Molbano
Nick Mongiardo
Robert and Sonia Moon
Jean Mulligan
Kenneth Nelsen
Anna Olzerowicz
Mary Ann Pappolla
Elvira Pasqua
Bilquis Shamsuddin
Raisa Slutsky
Frank Snyder
Gino & Joan Vitali
Ellen Weller

Special Thanks

First County Bank
Foundation



*Thank you for your support!
If you do not see your name
listed, you will be included
in the next edition of Life &
Times! Call (203) 847-3115 if
you have any questions.*



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.

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

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 tax deductible to the full extent of the law for income tax purposes. Gift and memorial cards will be sent as soon as possible.

Membership Application

July 2025 – June 2026

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

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

Please select your membership:

☐ Bronze: \$40 ☐ Couple: \$80

☐ Silver: \$50 ☐ Gold: \$75 ☐ Platinum: \$100

*\$_____ Donation to support Outreach Services

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

Annual Membership is:

\$40, \$50, \$75, or \$100 per person based on your budget.

Your membership entitles you to discounts on programs, services, & events as well as door-to-door transportation for a small additional fee.

☐ \$15—Want a newsletter mailed directly to your home?

Please send Newsletter by 1st Class Mail for an additional fee of \$15/year.

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

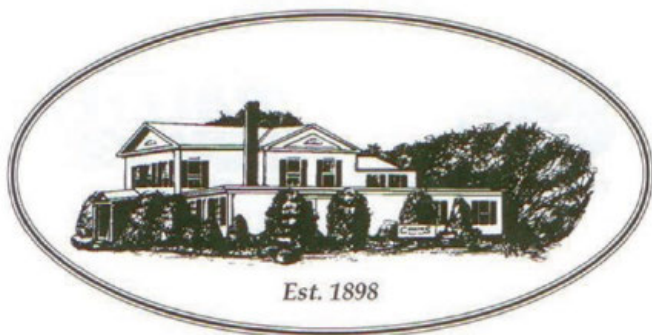
Non-medical Homecare
Providing Hourly/Live-In/24 hour Care
Registered • Insured • Bonded • HA#0001470

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

Treasure House

Woman's Board of Norwalk Hospital

*Treasure House Thrift Shop whose profit is donated
to the growth & development of Norwalk Hospital*

520 West Ave
Norwalk, CT 06850

www.Treasure-Hse.org

info@Treasure-Hse.org

203.866.7104

www.facebook.comTreasureHouseNorwalk

Mon & Tues 10:00 - 4:00

Wed, Fri & Sat 10:00 - 1:00

Thurs 10:00 - 1:00 (1st, 3rd, 5th wk of month)

Thurs 10:00 - 4:00 (2nd & 4th wk of month)

Sunday - Closed

"We need Volunteers. If you have time & want to
volunteer please call us. Susan Hanson: 203-247-3763
or susanandstevehanson@gmail.com."



SHORT STAFFED?

Place an ad here to find
new local talent for your
business.

CALL 800-477-4574

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

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

CALL NOW!



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵
/mo.



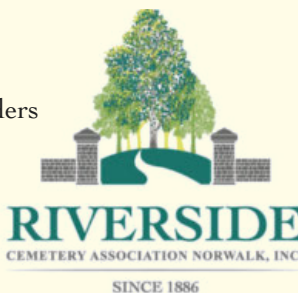
Riverside Cemetery...

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!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpcommunities.com

Norwalk Senior Center, Norwalk, CT 06-5356

11 ALLEN ROAD
NORWALK, CT 06851-2319

SPECIAL THANKS FROM NSC
FOR ONGOING SUPPORT:

Autumn Lake Healthcare
City of Norwalk
Fairfield County Bank
Fairfield County's Community
Foundation
First County Bank
Friends of Norwalk Public Library
Maurice Goodman Foundation
Pauline E. Fitzpatrick
Charitable Trust
S. Margaret McHenry Fund
Sayles and Maddox
Family Foundation
ShopRite
Southwestern CT Agency on Aging
Stew Leonard's
Bridges by EPOCH
CT Department of Transportation

Cassena
Care



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.

Stamford

203-351-8331 • cstamnrc.com

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



LifeWorx®

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.



Audrey & Donah

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

**Homewatch
CareGivers™**
Of Norwalk
Caring experts. Expert care.

**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

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Ileana Vasquez

ivasquez@4lpi.com • (800) 888-4574 x3105

