

NORWALK SENIOR CENTER LIFE & TIMES

VOLUME 22, ISSUE 6 | OCTOBER–NOVEMBER 2022

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The Senior Center will
observe the following
schedule for
Thanksgiving:

Close at 1pm Wed Nov 23rd

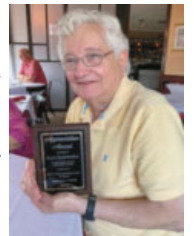
Closed Thur Nov 24th
& Fri Nov 25th

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

Annual Appeal Our annual appeal begins in October. Your financial contribution helps us fulfill our mission to empower the 20,000+ seniors of Norwalk to thrive despite the challenges of getting older. A little known fact is that our senior center is only partially funded by the City of Norwalk. As a private, non-profit organization, we rely on: grants, corporations, foundations & individuals like you, to fund 60% of our operational costs. Please give generously; your support makes a difference in the lives of seniors who receive our: benefit assistance, bereavement support, exercise, fall prevention, health-screenings, home visits, meals, outreach, personal reassurance, socialization, transportation & more. To request a form, please call (203) 847-3115. Thank you for your support!



Earl Eschweiler received a plaque from the Norwalk Senior Center in appreciation of 27 years of volunteer service directing the Tech Learning Center. On average, 400 seniors per year receive training on their technical devices. (Continued on page 13...)



Tres Amigas If you see one, more than likely you will see the other two. After meeting in July 2021 at the Senior Center, they have been inseparable ever since. The ladies began attending the Center's exercise class and although neither knew anyone else in the class, they began to talk to other participants about how much they loved exercising and how it made a positive difference in their health. (Continued on page 13...)



Veteran's Day Pancake Breakfast
Friday, November 11, 2022 at 9AM
Come out for our Veterans! Enjoy a free pancake breakfast & patriotic songs. Reservations are required by November 9th. Please sign up at the front desk, or call (203) 847-3115.



ABOUT US

The Norwalk Senior Center is a private not-for-profit 501(c)(3) tax-exempt, non-sectarian organization. Our mission is to promote successful aging for 55+ adults & their families in the greater Norwalk area. The Senior Center is designated as a community focal point by the Area Agency on Aging & the Aging & Disability Resource Center for Norwalk. We work collaboratively with other service providers to enrich and improve the quality of life for mature adults, their friends & families. We offer a wide variety of educational, recreational & cultural programs, trips, exercise classes, & direct services; they are provided for free or at a reasonable cost.

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2022 – JUNE 30, 2023.
HOURS: 8:30AM – 4:30PM AT 11 ALLEN ROAD & 8:30AM-2:00PM AT 92 CEDAR ST.

(203) 847-3115		
STAFF:	EXTENSION	
Activity & Meals on Wheels Coordinator:		
Jane Wenk JWenk@norwalksc.org	108	
Administrative Assistant:		
Amy Nassef ANassef@norwalksc.org	110	
Bookkeeper:		
Anthony Tabb ATabb@norwalksc.org	105	
Executive Director:		
Beatrix Lane BLane@norwalksc.org	103	
Front Desk Coordinator:		
Carlos Bolanos Carlos@norwalksc.org	104	
Outreach Director:		
Eva Beau-Span EBeau@norwalksc.org	115	
Transportation Coordinator:	107	
Remy Exantus RExantus@norwalksc.org		
Atara Grant, Bus Driver		
Kenny Johnson, Bus Driver		
NSC South Coordinators:	203 299-1500	
Social Services:		
Maureen Eustache	101	
MEustache@norwalksc.org		
Activities:		
Giovana Ramirez	102	
GRamirez@norwalksc.org (Bilingual)		

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.



SUPPORT THE ADVERTISERS *that Support our Community!*



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

SCHOLARSHIPS

The Norwalk Senior Center offers scholarships or financial assistance to our members for programs such as: membership dues, exercise, transportation, computer courses, lunch, luncheons and events. If you or someone you know is in need of a scholarship please contact Eva Beau-Span at (203) 847-3115 ext. 115. Don't miss out on the fun!

VETERANS AFFAIRS

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

Call (203) 336-2570

Visit www.connecticut.va.gov

FREE LEGAL SERVICES

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

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

Bereavement Group
1st and 3rd Thursday of the month
9:30 AM -

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

MEDICARE SAVINGS PROGRAM

Do you qualify for this great benefit?

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

Can pay your Medicare co-pays.

There is no asset limit!

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

All calls are kept confidential.

MSP INCOME LIMITS EFFECTIVE MARCH 1, 2022

The Federal Poverty Limits (FPL) have been revised for 2022. These new limits are used by DSS for updating MSP income limits for 2022, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2022.

Medicare Savings Program (MSP) income limits effective 3/1/22

SSA COLA (1/21) 1.3 %

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

MSP Level:	Status:	Income Limit:	Status:	Income Limit:
QMB (211% FPL)	Single	\$2,390 / mo	Couple	\$3,220 / mo
SLMB (231% FPL)	Single	\$2,617 / mo	Couple	\$3,525 / mo
ALMB (246% FPL)	Single	\$2,786 / mo	Couple	\$3,754 / mo

SENIOR HOUSING LOANS AVAILABLE

The Norwalk Senior Center will assist with housing loans.

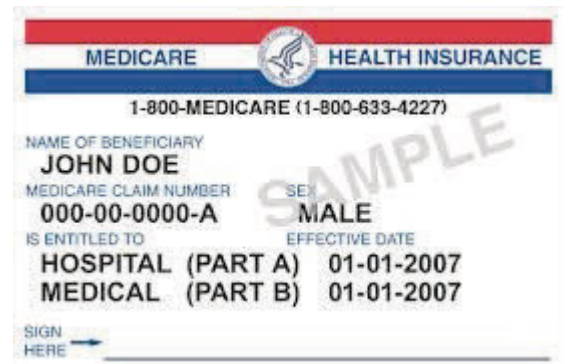
Funding is made possible by the Fairfield County's Community Foundation.

This fund provides interest free loans to older adults seeking rental housing in Norwalk. Loans will be made for security deposits, moving expenses, and/or first and last month's rental payment. To qualify, applicants must: be 60 years of age or older, have a household income less than \$40,700 for an individual and \$46,500 per couple. Must have less than \$5,000 in liquid assets.

To apply, contact Eva Beau-Span, Outreach Director at (203) 847-3115 ext. 115.

Open Enrollment

What is Open Enrollment? An open enrollment period is a window of time that happens once a year – typically in the fall – when you can sign up for health insurance, adjust your current plan or cancel your plan. It's usually limited to a few weeks. If you miss it, you may have to wait until the next open enrollment period to make any changes. Plans change every year and it's important to review your health plan to ensure you have the coverage you need.



MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JOHN DOE

MEDICARE CLAIM NUMBER
000-00-0000-A

SEX
MALE

IS ENTITLED TO
HOSPITAL (PART A) 01-01-2007
MEDICAL (PART B) 01-01-2007

SIGN HERE →

Open Enrollment begins October 15th and ends December 7th. Call (203) 847-3115 X115 to make an appointment with one of our CHOICES Counselors.

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

Wilton Meadows 203.834.0199

The Greens At Cannondale 203.761.1191





SENIOR BUS SCHEDULE

Shopping Schedule:

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

Tuesday 9-12: Shop Rite

Wednesday 9-12: Shop Rite

Wednesday 12-3: Walmart

Thursday 9:00- 12:00: Shop Rite

Monday - Thursday: Pick up for banks, volunteer service, medical appointments (when available) & workplace for seniors no later than 2:00 PM in Norwalk only. If scheduling a ride for a medical appointment, you are required to allow for 30 minutes for the transportation service to pick you up and transport you to your appointment (for example, for an 11 AM medical appointment, please request transport at 10:30 AM).

NSC Transportation:

Two Morning Pickup Routes:

8:30 AM & 10:00 AM

Monday through Friday

Afternoon Trips Home:

12:30 PM

Monday through Friday

To schedule your ride, call:

(203) 847-3115 ext 107

Let us drive you to Stew Leonard's!

Every Monday

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



Passenger Guidelines:

1. Norwalk Senior Center membership is required; annual membership fee is \$25 and renews on July 1st.
2. The fee for transportation is \$10 per month. Payment is due by the 5th of each month. There is no additional shopping fee for shopping trips leaving from our Center to the grocery store. (All passengers are required to carry their bus cards or paid receipt.)
3. At this time: face masks are required on NSC buses.
4. You must be physically able to get from your home to/from the bus including climbing three stairs on and off the vehicle. (If you utilize a wheelchair, you will receive assistance from the specialized equipment.) UNDER NO CIRCUMSTANCES MAY A DRIVER ENTER YOUR HOME.
5. All passengers are required to wear a seatbelt while on the bus.
6. Make a reservation at least 24 hours prior to pick-up. Cancellations should be made as soon as possible. (Failure to cancel a reservation could jeopardize future rides).
7. Financial Assistance is available: Contact Eva Beau-Span at (203) 847-3115 ext 115.

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



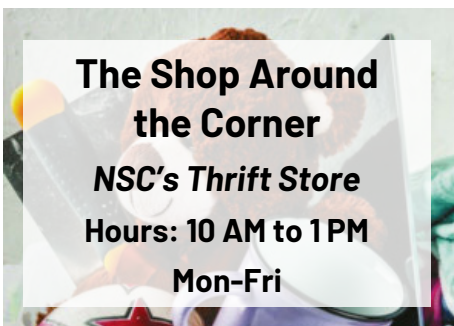
MEALS-ON-WHEELS

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

(203) 847-3115 ext. 108

Or Email:

JWenk@norwalksc.org



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

Thank you!

Looking for a Covid-19 Vaccine Booster?

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

DINING at Norwalk Senior Center

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

THERE IS A SUGGESTED DONATION OF \$4 FOR INDIVIDUALS AGE 60 AND OLDER AND \$6.38 FOR INDIVIDUALS AGE 59 OR YOUNGER.

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



OTHER SENIOR TRANSPORT IN NORWALK

Norwalk Transit District
(203) 852-0000

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

DISPATCH-A-RIDE

203-299-5180

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

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

Weir Farm - Wednesday October 19 at 9:15 AM
Cost: \$5.00 (Lunch not included in price)

Weir Farm is a national park for art, inspiring artists since 1882. It was the summer home of impressionist Julian Alder Weir. Come to the park to enjoy the stunning landscape. Our visit includes; a 30 minute ranger-guided tour of the Weir house & studios.

A stroll thru stunning grounds and gardens, a hike around the pond, Artwork exhibits in the visitor's center. You also have the option to create your own artwork with the parks free to use watercolors or colored pencils. Bring your lunch or enjoy lunch in Ridgefield after our visit. Please let us know if you require art supplies.



Sacred Heart Community Theatre Tour (Fairfield)
Tuesday November 29th at 10:30 AM; Cost: \$5

This is a private, guided tour of Sacred Heart University Theatre. See the stunning restoration of this 102-year-old performing arts center.

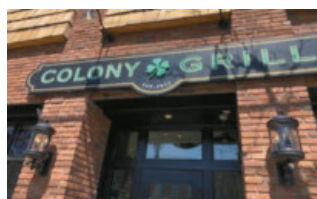
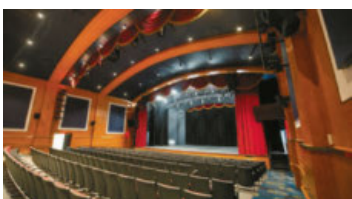
The theatre is restored in the art deco style of the 1920's and outfitted with state of the art technology.

You will spend time on both stage and back stage where the stars convene before and after the shows.

This tour is offered free of charge. Tax-deductible donations of any amount are welcomed, but not mandatory.

While there, we will pick up their schedule of upcoming performances following the Oct 30th red carpet opening.

Come check it out. Lunch to follow at the Colony Grill in Fairfield.



Please be sure to sign up for trips in advance by calling (203) 847-3115. You may need to bring payment in advance to the front desk, or by mail. If you have any questions about small bus trips, please contact Jane at: (203) 847-31156 ext. 108

Aqua Turf: "Bob Hope" USO Show!
Tuesday November 15, 2022;
Bus leaves NSC at 9:30 AM
11:00am- 3:30pm Cost: \$62



Bill Johnson's performance brings Bob Hope's humor and entertainment alive! He may have a few surprise guests as well! Menu: Roast Beef/ Pan Seared Salmon



IKEA, New Haven - Tuesday November 1st; 10 AM
Cost: \$8.00 members/ \$11.00 non-members

Last minute shopping? Choose from a warehouse full of home décor and gifts. Lunch at IKEA (not included in price). Sign up with payment at the front desk.

Christmas Tree Shop: Danbury

Date: Mon October 10, 2022 **Time:** 10AM

Lunch (not included) at Orem's Diner in Wilton

Christmas Tree Shop: Orange

Cost: \$5.00 members/ \$10.00 non Members

Date: Tues October 18, 2022 **Time:** 10AM

It's not too early to start your Holiday shopping! Lunch (not included) at The Sushi Buffet


Christmas Tree Shop: Danbury

Date: Mon November 7, 2022 **Time:** 10AM

Lunch (not included) at Red Lobster



Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 12:45 Movie 12 & 2 Pickleball	4 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	5 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker	6 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	7 8:30 Smart Phone Help 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:00 Brain Games 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg 1:00 Line Dancing
10 Trip: Xmas Tree Shop 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 12 & 2 Pickleball	11 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	12 Trip: Oktoberfest 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:00 Medicare 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	13 8:00 Pickleball 9:30 Blood Pressure 10:00 Funeral Arr. 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	14 8:30 Smart Phone Help 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
17 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 12:45 Movie 12 & 2 Pickleball	18 Xmas Tree Shop 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	19 Trip: Weir Farm 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	20 10:00 Flu Shot Clinic 11:00 Brain Games 11:45 Lunch 12:30 Bingo 12:45 Mah Jongg 1:00 Chess *NO Pickleball or Arthritis Exercise	21 8:30 Smart Phone Help 10:00 Retired Mens Club 10:30 Strong Steps 10:30 Venous Disease 11:00 Coffee Chat 11:45 Lunch 12:30 CBD Oil 12 & 2 Pickleball 1:00 Mah Jongg
24 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 12:45 Ad Jingles 12 & 2 Pickleball	25 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	26 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 10:30 Travel 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	27 8:00 Pickleball 9:30 Flu Shot Clinic 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	28 8:30 Smart Phone Help 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
31 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Halloween Lunch 12:00 Poker 12 & 2 Pickleball				

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Trip: Ikea 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	2 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	3 8:00 Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	4 8:30 Smart Phone Help 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Brain Games 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
7 Trip: Xmas Tree Shop 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 12:45 Movie 12 & 2 Pickleball	8 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball 1:00 Line Dancing	9 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	10 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	11 8:30 Smart Phone Help 9:00 Veterans Day Breakfast 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
14 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 1:30 Art Exhibit 12 & 2 Pickleball	15 Trip: Aqua Turf 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	16 Trip: Foxwoods 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:00 Karaoke 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker	17 8:00 Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:45 Mah Jongg 1:00 Chess	18 8:30 Smart Phone Help 9:00 AARP Driver 10:00 Retired Mens Club 10:30 Strong Steps 11:00 Coffee Chat 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
21 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 12:45 Movie 12 & 2 Pickleball	22 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	23 CLOSE AT 1 PM 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch	24 CLOSED 	25 CLOSED
28 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 11:00 Meditation 11:45 Lunch 12:00 Poker 12 & 2 Pickleball	29 Trip: SHU Theater 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	30 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12 & 2 Pickleball 12:00 Poker		



Enhance Fitness

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

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

Instructor: Sharon Rubinstein **Fee:** There is no charge, but registration is required.

Meditation

Mondays at 11:00 AM



Meditation is a practice in focused concentration using techniques to train attention and awareness. Quiet your busy mind, promote clarity of thought, improve memory, and reduce stress & physical pain.

Instructor: Alain Charise



Arthritis Exercise

Thursdays at 10:30 AM

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

Instructor: Sharon Rubinstein **Fee:** \$3 per class. Registration is required.

Tai Chi

Wednesdays at 10:30 AM



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

Instructors: Bill & Betsy Wrenn **Fee:** There is no charge, but registration is required.



Strong Steps

Fridays at 10:30 AM

Designed by Alexis Pistone of Ivy Rehab Physical Therapy in Norwalk, this class will optimize your wellness, balance and mobility. This class provides 30 minutes of cardio, strength, & posture training. **Fee:** \$3 per class



Pickleball combines the elements of badminton, tennis and table tennis played indoors on a badminton sized court. **Fee: NSC Members FREE; Non-Members \$4.**

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

Definitions:

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

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

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

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

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

New Pickleball Schedule:

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

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

Karaoke:

Wed Oct 19 & Wed Nov 16 at 10:00



Facilitated by Bob Leng. Bob's love of music makes for a great time! He runs an organized hour of music and song. Join us for a morning of singing & laughter!



Blood Pressure/ Ask a nurse 9:30AM

Thursdays: October 13th & November 10th

Facilitated by Visiting Nurse of Fairfield County



Brain Games with Christy Perrone

11:00 AM Thurs. October 20th

Join us for a healthy snack and activity that is not only fun, but good for you! *Sponsored by Bridges by EPOCH*

Brain Games with Danielle Ramos

First Fridays: October 7 & November 4 at 11 AM

Facilitated by Danielle Ramos, Cambridge Health and Rehabilitation Center

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

READER'S CHOICE BOOK CLUB

The Norwalk Public Library Reader's Choice Book group will be meeting virtually on Zoom with the schedule below for the next book discussions:

Thursday, November 3, 2022 3:00 pm on Zoom

The Librarian by Salley Vickers



In 1958, Sylvia Blackwell, fresh from one of the new post-war Library Schools, takes up a job as children's librarian in a run down library in the market town of East Mole. Her mission is to fire the enthusiasm of the children of East Mole for reading. But her love affair with the local married GP ignites the prejudices of the town, threatening her job and the very existence of the library with dramatic consequences for them all.

Please register for this program by contacting Cynde Bloom Lahey, Director of Library Information Services:

(203) 899-2780 ext. 15133 or email:

clahey@norwalkpl.org

ART WITH LAURA

Tuesdays at 12:30

Laura Overton, a local artist, has offered to open up our art studio again for a fun-filled art group setting. You will be responsible for your own materials and supplies. You can choose to bring in any art-related project you are interested in starting or finishing, the choice is yours.

Laura will offer her expertise and assistance as needed.

Questions? Contact Laura at loverton59@gmail.com or by text message: 203-505-7626 *All workshops will have limited space and require sign up at the front desk. you will be required to either pay a small fee or be given a list of supplies to bring to class.*



Free Movies & Popcorn

1st and 3rd Monday of the Month

In October & November

12:45 PM

October 3rd: The Birds

October 17th: Wait Until Dark

November 7th: Sister Act

November 21st: Little Women



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



Dance Lessons

Starting with Line Dancing!

Friday October 7

Tuesday November 8

1-2PM / Cost: \$6.00

Instructor Simone Assboeck is a professional dancer, actress, singer, dance instructor and choreographer having worked on the Disney film *Enchanted* and HBO's *Boardwalk Empire*.

Intermediate Spanish Lessons

Cost: \$10.00 per class

Payable to Luz Rincon

12-1 PM; Tuesdays in October & November

(No session on November 22)

Registration is required!

¡GRACIAS!

Flu Shot Clinics

**Thursday October 20, 2022;
10 AM to 12 PM**

Location: 11 Allen Road,
Norwalk Senior center

Sponsored by Norwalk Health Department

Thursday October 27, 2022; 9:30 AM to 11 AM

Sponsored by Visiting Nurses of Fairfield County

Presentation: Benefits to Planning your Final Arrangements

Thursday October 13, 2022 10 AM

Facilitated by Kenn Devane

COFFEE and BAGELS will be served

ART EXHIBIT & MEET THE ARTIST

by Oil Painter Colleen Hains "Cats and Dogs"

MONDAY, NOVEMBER 14TH; 1:30 PM – 3:30 PM

Norwalk Senior Center, 11 Allen Road

You are invited to view a heartwarming exhibit of furry friends and to meet the artist, Colleen Hains, in our common space at the Norwalk Senior Center.

Please RSVP By November 10th .



Presentation: Advertising Jingles

Monday, October 24, 2022 at 12:45 PM

Remember the Advertising Jingles we just cannot get out of our heads, even after all these years. Join Frank Rizzo on a trip down Memory Lane as he re-views so many of those Jingles. **Did you know** that the Rolling Stones did a Jingle for Rice Krispies? Or that the greatest Jingle in advertising history was a huge top 40 hit by the New Seekers?



Presentation: Virtual Travel of The United States

October 26, 2022 at 10:30 AM

View some of our great cities and many lesser known areas throughout the country. Did you know: There is one place in this country that still gets mail by mule!

Facilitated by NSC Member, Dan Landau

Presentation: Arterial and Venous Disease

Friday October 21, 2022 at 10:30 AM

Join us for an informative lecture including a Q&A. Presented by Vascular Surgeon Dr. Paul Gagne of Vascular Care, CT. Expertise includes: Aortic aneurysms, varicose veins, acute deep vein thrombosis, leg swelling, wounds, and ulcers.

Presentation: The Benefits of CBD Oils for Seniors

Friday, October 21, 2022 at 12:30 PM

Presentation includes samples! Sponsored By "Franny's Pharmacy" in Westport.

Presentation: The Basics to Medicare Options

Wednesday October 12, 2022 at 11 AM

This is a 30-minute classroom meeting for members of the Senior Center.

Sponsored by Tony Lopez of Liberty Choice, LLC



DON'T FORGET!

**Be sure to sign up for programs in advance!
Stop by the front desk, or call (203) 847-3115.
Thank you!**

Tres Amigas

Anita Hughes, Gloria Tromba & Francine Schuster are Norwalk Senior Center's "Tres Amigas" (three friends). If you see one, more than likely you will see the other two. They met in July 2021 at the Senior Center and they have been inseparable ever since. The ladies began attending the Center's exercise class and although neither knew anyone else in the class, they began to talk to other participants about how much they loved exercising and how it made a positive difference in their health. As fate would have it, all three began attending the Center's Bereavement Group.



The bond of friendship was formed and Anita, Gloria & Francine now enjoy going on most all of the NSC trips together. The ladies enjoy one another's company outside of the Center as well. They go to lunch each week at local restaurants and call each other for support and encouragement (and to set up the next lunch date). They share that family members see a "new person" in them. And they'll tell you this new person is a result of meeting at the Norwalk Senior Center and participating in the various classes and activities.

"I wouldn't know what to do if I didn't have my new friends, I'm not from this area; it's because of them, that I am much happier and much more active" says Gloria Tromba. Anita shares that her daughter is so proud that she is more active in the community and that "I finally go out". "I just retired when COVID hit and I was extremely bored. I couldn't wait to go to the Senior Center". "After my husband died, I needed to get re-connected says Francine Schuster. I didn't like being alone and I needed support. Coming to the Norwalk Senior Center has made a tremendous difference in my life".

If you are ever looking for a lunch date, a friendly face or encouragement look for the "Tres Amigas". You will find them: exercising, scheduling their next trip at the front desk or chatting in the dining room. You are more than welcome to pull up a chair (they are happy to share their company). Be ready for a lots of laughs and genuine friendship!

Earl Eschweiler received a plaque from the leadership of the Norwalk Senior Center in appreciation of 27 years of volunteer service directing the Tech Learning Center where, on average, 400 seniors per year receive top-notch training on their technical devices.

Need help with your smartphone or device?

Beginning in October, individual instruction will be available to seniors to use their smartphones and devices. Every Friday, from 8:30 to 9:30 AM at the NSC Tech Learning Center.

To schedule an appointment, please call: (203) 847-3115.



Holiday Lunch: Save the Date!

Tuesday December 6th

St. Ann's Club

Enjoy delicious lunch, raffle prizes, and great holiday music. Sign up information coming soon... *mark your calendar!*



Free Medical Equipment

We have a large inventory of walkers, some wheel chairs, commodes, crutches, canes, shower chairs, Depends, and chair & bed liners. Should you need any of these items, ask any staff member.



NORWALK SENIOR CENTER SOUTH

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

Social Services: Maureen Eustache (203) 299-1500 ext. 101
 MEustache@norwalksc.org

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

ACTIVITIES

Coffee Talk First & Third Thursday

Dominoes Tuesday at 10am

Karaoke 2nd & 3rd Thursday at 10am

Brain Games Fridays at 12pm. Enjoy brain teasers and other games that will be sure to awaken your mind and spirit.



ESL I – Basic

Wednesday at 10am -Friday at 11am

ESL II Intermediate

Wednesday at 10am

Rincon Espiritual –Dora DeAndrade (Spanish)

Monday at 10am

Dora De Andrade is waiting for you. Come share your faith and connect with your Higher Power. Todos son bienvenidos Everyone is welcome

EVENTS

Emergency Preparedness Zoom Webinar Tuesday October 4th from 10 am to 1:30pm

Sue Jacozzi Region 1 Regional Coordinator with local Health Departments are in the process of developing an emergency preparedness webinar specifically for seniors. The goal of the webinar is to provide a consistent preparedness message to our senior population. For more information call 203 299 1500 Ext 101 or 102

Funny Dress Up Day Contest

Thursday October 27 at 11am

Be creative!! The sky is the limit... Registration is required. Everyone is welcome!



Thanksgiving Get-Together Friday November 18 at 11am

Come join us for a special moment. It is time to give thanks and show gratitude to life itself. Everyone is welcome. Registration is required.



SWCAA – CHOICES Soraya Principe -Spanish

Medicare Update - Actualización de Medicare

Jueves Noviembre 3 a las 10am

Soraya Principe estará trayendo toda la información pertinente a las actualizaciones de Medicare para el año 2023. Enterate de los cambios. Prepárate!

Medicare Enrollment Event - Evento de inscripción de Medicare

Jueves Noviembre 3 de 11am a 3pm

Soraya Principe se quedará para ayudarte a navegar las opciones si necesitas o deseas cambiar de seguro medico. Se atenderá solo por citas, para registrarte llama al 203-299-1500 Ext 102 y deja tu mensaje.

Monthly Bingo by Autumn Lake Healthcare:

2nd Thursday of the Month

Thursday Oct 13 - Thursday Nov. 10 at 12pm

Terry Jones, CT Regional Marketing Director is sponsoring these bingo games with prizes.



EXERCISE

Strong Steps: Mondays at 11am

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



Tai Chi Tuesday & Thursday at 11am

Instructor: Karen Boginski.

Yoga for Arthritis Wednesday at 11am

Instructor: Karen Boginski

Enhanced Fitness Friday at 10am

Instructor: Sharon Rubinstein

HEALTH & WELLNES

Family & Children's Agency: Spanish Series

Seasonal Emotional Changes: October 19 at 10am

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

Health Education Cancer Care (Spanish)

Lung Cancer Awareness: Tue. Nov. 15 at 10am

There are two main classifications of lung cancer: small cell lung cancer (SCLC) and non-small cell lung cancer (NSCLC). There are different treatments for each type of lung cancer.

Mildre Gonzales Latino Outreach Worker will be answering your questions following the presentation.

Flu Shot Clinic Thur October 20; 12 - 2pm

Please call 203 299-1500 Ext 101 or 102 to register
Visiting Nurse & Hospice: Christine Burns RN Community Health Coordinator

"I want to live to 100!" Thur October 27; 10am

What research says about what it takes to live a longer, healthier life and some clues that you might!

"Understanding Stress" Thur November 17; 10am

Many seniors experience Stress. explore how to manage stress to feel better and improve health.

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

from Visiting Nurse & Hospice

SOCIAL SERVICES

Energy Assistance starting October 1st.

We will assist you with the collection of information to expedite your application. Assistance in applying for SSI, Title IX, food stamps is available by appointment only.

SPECIAL TRIPS

Weir Farm

Friday Oct 7 at 12:30pm

A National Park for Art, it has an amazing scenery and landscaping. Wildlife habitats on the property; pond, rocky ridges, gardens and more.

Pack your lunch or snack and enjoy nature.

Milford Mall

Monday October 17 at 10:30am

Christmas Tree Shop in Orange

Monday November 21 at 10:30am

Excellent choices to find a variety of personal and home items for the whole family.

Lunch on your own. Space is limited.

SHOPPING TRIPS

Monday: Stew Leonard's at 12:30pm

Tuesday: At 1pm, alternating places TBA (TJ Maxx Rte. 7 or Ct. Ave – Wal-Mart Rte. 7 or Ct. Ave)

Wednesday: Lunch at a local restaurant to support small business – Others to Thrift Stores: West Ave, St. Thomas, Ridgefield, Wilton, and Fairfield County.

Thursday: Shop Rite at 1pm pm

Friday: Stew Leonard's at 12:15pm



FIELD TRIP!

America the Beautiful

Celebrate the Music of America with Ray Guillemette, Jr. and His Live Band

Join us at Grand Oak Villa for our Annual Patriotic Luncheon Show



Menu: Cheese, Crackers, & Pepperoni upon arrival. Family Style Meal: Garden Salad, Pasta with Homemade House Sauce, Roast Turkey with Gravy & Sliced Roast Beef with Brown Gravy, Roasted Potato, Vegetable, Dessert, Soda & Coffee. Carafes of red & white wine on every table.

Ray Guillemette, Jr., and his live band, King Kountry will be performing some of your favorite patriotic and country hits in a tribute to our Veterans.

Sing along to our Nation's most celebrated music - God Bless America, God Bless the USA, the hymns from our armed forces, as well as your favorite classics, Take Me Home Country Roads, Elvis, Neil Diamond's America and so many more.

WHERE: Grand Oak Villa, 550 Sylvan Lake Road, Oakville, CT

WHEN: Thursday - Nov 10, 2022

Bus departs Norden Park at 9:30AM

Doors open at 11:30 for lunch followed by show.

COST: \$127 Members / \$132 Non-Members

Call (203) 847-3115 to register.



Foxwoods Casino

Wednesday November 16, 2022

Bus leaves Norden Park: 9:30 AM

Arrive at Foxwoods: 11:30 AM

Depart Foxwoods: 4:30 PM

Bus returns to Norden Park: 6:15 PM

Fee: \$50 for members;
\$55 for Non-Members

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

Please note: There is no voucher or buffet included in the price.

To Sign up for Trips, or if you have any questions, call Carlos at (203) 847-3115 or stop in at the front desk at The Norwalk Senior Center at 11 Allen Road, Norwalk CT



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THANK YOU
for your generosity

IN LOVING MEMORY



Frances "Bunnie" Thompson

Frances "Bunnie" Thompson, 80, died on Wednesday, Sept 7, 2022 at her home in Norwalk. She worked in client services for Merchants Bank and Fairfield County Bank. She enjoyed volunteering at the Norwalk Senior Center. Bunnie was a wonderful volunteer who always had a smile on her face, a twinkle in her eye and a kind word to share. She loved: getting together with family, travel and chatting with all of us during her volunteer service at the front desk at Allen Road. She will be sorely missed.

Elmer "Gil" Giellman

Elmer "Gil" Giellman of Norwalk, Connecticut died Friday, August 12, 2022. A lifelong resident of Norwalk, he graduated from Norwalk High School in 1953 and enjoyed a long and successful sales career.

Gil had many interests and spent most of his life outdoors - fishing, clamming and oystering, hunting and camping, cooking, traveling, taking photos and volunteering. He especially loved good food and fellowship with his many friends. Gil was a member of the St. Anne's Club, The Norwalk Sons of Italy, and the Norwalk Senior Center where, as a dedicated volunteer, he collected food items weekly from local stores for distribution to its members.

He is survived by his loving companion Patricia, his children, grandchildren, nieces and nephews and many friends.



IN MEMORY OF:

ROBERT MCANDREW
MILLIE LALIME
LEANNE HARRIS JAWORSKI
GIL GIELLMAN
GIL GIELLMAN

GIVEN BY:

JEANNE MCANDREW
MARILYN KURTZ & FAMILY
SHIRLEY EATON
NANCY LIQUORI
DIANE COCCHIA



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

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

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

All contributions are acknowledged by the Senior Center and donors are listed on this page as production deadlines allow. Your tax-deductible donations help provide direct services to our neediest members as well as honoring those you love. Thank you for your continued support and friendship.

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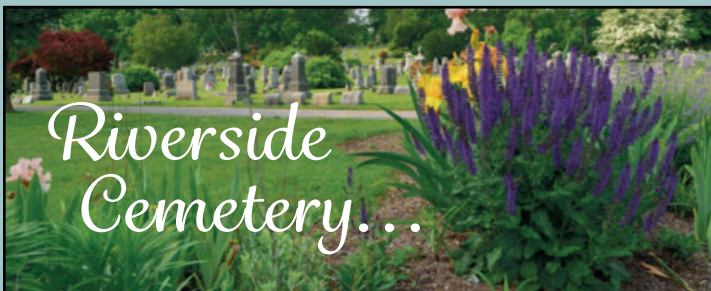
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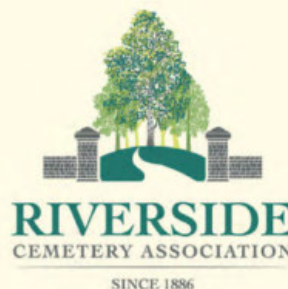
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July 2022–June 2023

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

Which site will you visit most often? ☐ Allen Road ☐ Cedar St. **Are you already a member?** ☐ Yes ☐ No

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

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

Address: _____ **Apt:** _____

City / State / Zip: _____ **Phone:** _____

***Email:** _____ **Cell:** _____

Emergency Contact: _____ **Relationship:** _____

Emergency Contact Number: _____ **Alt Number:** _____

*If you would like to receive our email bulletin, please enter your email address at: www.norwalkseniors.org/email

Please select your membership:

☐ **Individual: \$25** ☐ **Couple: \$50**

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

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

Annual Membership is \$25 per person.

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

☐ **\$10—Please send Newsletter by 1st Class Mail for an additional fee of \$10/year.**

Newsletters will no longer be mailed to homes unless you select 1st Class Mail.

Credit Card: Visa / MasterCard # _____ **Exp. Date** _____

You will receive a letter acknowledging your membership & donation. At the bottom of the letter, you will find your membership card & a Shoprite coupon. You may also pick up your membership card in the office. Your membership is current once we receive your application— you do not need to wait for your card to start enjoying the Center!

Photo Disclaimer: From time to time, the Norwalk Senior Center captures photos & video of programs/events for promotional use. Should you have objection to the Norwalk Senior center using photos & video of you, please notify staff.

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