

NORWALK SENIOR CENTER LIFE & TIMES

VOLUME 22, ISSUE 5 | AUGUST–SEPTEMBER 2022

WHAT'S INSIDE

Center Information.....	2
Support & Resources.....	3-4
Meals & Transportation.....	5-6
Bus Trips.....	7
August & September Calendar.....	8-9
Exercise & Pickleball.....	10
Programs & Events.....	11-13
NSC South (SONO Site).....	14-15
Trips.....	16
Golf Tournament.....	17
Thank You.....	19
Memorials.....	20
Membership Application.....	21

The Senior Center will be
closed to observe the
following holiday:
Monday, September 5th
Labor Day

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

Golf Tournament—Fore! The Seniors

Oak Hills Golf Course: Monday, September 26th at 9:00 AM

Benefiting Norwalk Senior Center's Meals on Wheels Program

We can't wait for our 2nd Annual Golf Tournament Fundraiser! Please help spread the word to your friends and family. Follow our updates on our website at www.norwalkseniors.org/golf



Hispanic Heritage Celebration

Monday, September 26th at 11:00 AM

At NSC South with Geo Suquillo from INTEMPO

Join us for a wonderful event celebrating our rich culture. Enjoy amazing music and delicious food to proudly celebrate our diversity. Music sponsored by Autumn Lake Healthcare. The Greater Norwalk Hispanic Chamber of Commerce is our Food Sponsor. Call Giovana at (203) 299-1500 to RSVP. This event will be held at Norwalk Senior Center South, 92 Cedar St.

Picnic at Ripka's Beach Tent

Friday, September 9th at 11:00 AM

Join us for fun at the beach! Enjoy delicious food, 50/50 raffle, live music, and a spectacular view of the Long Island Sound. RSVP by Friday, September 2nd. (203) 847-3115. Cost: \$20 for members/ \$25 for non-members. Ripka's Beach Tent: 99 Calf Pasture Beach Rd.



Wills & Trusts: Must Have Documents Presentation

Thursday, August 4th at 10:30 AM

The time may come when you are unable to express your wishes concerning your financial affairs. There are documents you can create to make sure that your wishes are known and carried out by those you trust. Come to this presentation to learn about these MUST HAVE DOCUMENTS and give yourself peace of mind. Facilitated by, Emily D. Wilson, Esq. of Goldman, Gruder and Woods, LLC.

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 Resources 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)	

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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 - Resumes in September
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.

Sign Up for Weekly Emails

Every Friday, we send out an email bulletin announcing any updates, new programs & events, and community news.

You can add your email address to the list by visiting **www.norwalkseniors.org** & click on the link at the end of our main page.



Not sure if you are on the list? Enter your email address on our website, and you will be notified if you are already on the list to receive our emails. Be sure to check your spam/junk folder.

Need help? Call Amy at (203) 847-3115 ext. 110



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THE MEMBERS IN
YOUR COMMUNITY?**

TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpicommunities.com/advertising





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 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



Christmas Tree Shop, Orange:

Tuesday Aug. 30th 10 AM

Christmas Tree Shop, Danbury:

Tuesday Sept. 20th 10 AM



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.



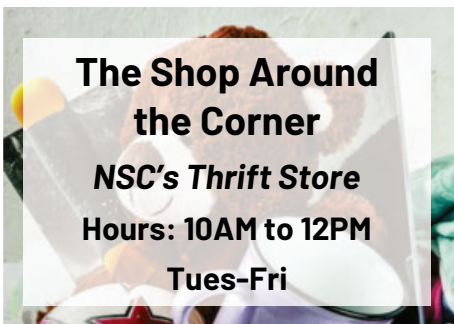
MEALS-ON-WHEELS

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

Sheffield Island Ferry**Tuesday September 6****Leave NSC 10:15AM Return to NSC by 2:30PM****Cost: \$45.00**

Visit Sheffield Island with its historic lighthouse, beaches and wildlife refuge. This trip offers a wonderful boating experience down Norwalk Harbor and the Norwalk Islands.

Cross Sound Ferry to Port Jefferson, NY.**Monday, August 8****Leave NSC 8:20 Return to NSC by 4pm****Cost: \$25.00** *Sign up by August 3rd*

All aboard! We disembark on the 9:30AM ferry From Bridgeport The cross sound trip takes one hour and 15 minutes. We will take in all that historic Port Jefferson has to offer for 3-1/2 hours Our lunch reservation is at the Danford Hotel at 12:15PM. (Separate checks.)

Shop and eat on your own or with the group. Food is also available both ways aboard the Ferry. We will be on the 2PM ferry back to Bridgeport and return to the Senior Center by 4PM. Cost does not include lunch.

Sherwood Island State Park**Tuesday, August 2nd****Bus Leaves NSC 10:15****Cost \$ 5.00**

An afternoon at the Beach with a guided hike of native plants by a Master Gardener, Michele Sorensen. Sherwood Island State Park covers 235 Acres in Westport. Walk the beach, or relax and watch the activity on the Long Island Sound. There is a food concession, bathrooms and picnic tables. Pack a beach chair and towel if you like.

This trip includes a 10:30 guided hike of the native plants by master gardener Michele Sorensen who has planted many of them. You will have time to enjoy the beach before the bus leaves for the return trip at 1:30PM.

**Captain's Cove****Wednesdays: August 10th & 24th****Bus Leaves NSC 11:30 AM****Cost: \$5**

Captain's Cove Seaport is one of Connecticut's premier tourist attractions. Visit the quaint shops that line the boardwalk.

Aqua Turf: Tom Jones and Englebert- The Way It Used To Be!! Starring Joe Saimeri**Tuesday August 16, 2022****Leave NSC 9:30, show is at 11:30****Cost: \$60.00**

Sit back, close your eyes and be transported to great moments in Musical history. From Delilah to Release Me, you'll enjoy every second of this powerful tribute to these unforgettable entertainers.

Holiday Hill**Monday, August 22****9 AM - 4 PM (Rain or Shine)****Bus Leaves NSC 8 AM**

All Inclusive Price - \$55 per Guest

Non-refundable

Senior Citizens Only

For more Information call 203-847-3115

Bingo Bocce Horseshoes Heated Pools

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Delicious food & drinks available all day!

Sign up now by calling (203) 847-3115 or stop in at the front desk.

Thimble Islands**Monday, August 29th****Bus Leaves NSC 9:45AM****Cruise: 11:15-12:15****Cost: \$26.00**

Join the crew of the Sea Mist as you tour the famous Thimble Islands off the coast of Branford CT. First discovered in 1614 by Adrien Block, these islands were used for farming, quarrying granite, bootlegging and hiding Captain Kidd's treasure! Enjoy lunch at The Chowder Pot at 12:30 (separate checks).

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball	2 Sherwood Island 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	3 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker	4 8:00 Pickleball 10:30 Wills & Trusts 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	5 9:30 Retired Men's Club 10:00 Strong Steps 11:00 Brain Games 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
8 Trip: Port Jefferson Ferry 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball	9 8:00- 10 Pickleball 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 11:45 Outdoor Games 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	10 Trip: Captain's Cove 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker 12:30 LGBTQ+ Group	11 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	12 9:30 Retired Men's Club 10:00 Strong Steps 11:45 Lunch 12 & 2 Pickleball 12:30 Around the World 1:00 Mah Jongg
15 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball	16 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	17 Trip: Lighthouse Cruise 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker	18 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	19 9:30 Retired Men's Club 10:00 Strong Steps 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
22 Trip: Holiday Hill 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball	23 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	24 Trip: Captain's Cove 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 10:30 Karaoke 11:45 Lunch 12:00 Pickleball 12:00 Poker	25 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	26 9:30 Retired Men's Club 10:00 Strong Steps 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
29 Trip: Thimble Islands 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball	30 8:00- 10 Pickleball 10:00 Xmas Tree Shop 10:15 Enhanced Fitness 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	31 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker	Don't forget to sign up for lunch! While you're here for your program or activity, stick around for a delicious meal- and bring a friend! Menus are available upon request, or on our website: norwalkseniors.org Call (203) 847-3115 to sign up!	

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	2 9:30 Retired Men's Club 10:00 Strong Steps 11:00 Brain Games 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
5 Senior Center Closed 	6 Trip: Sheffield Island 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	7 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker	8 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 10:30 Photography 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	9 ANNUAL PICNIC
12 8:00 Pickleball 9:30 Cryptocurrency 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball	13 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	14 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker 12:30 LGBTQ+ Group	15 8:00 Pickleball 9:30 Bereavement 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	16 9:30 Retired Men's Club 10:00 Strong Steps 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
19 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball 1:00 Water Color	20 8:00- 10 Pickleball 10:15 Enhanced Fitness 10:00 Xmas Tree Shop 12:00 Spanish 11:45 Lunch 12:30 Art class 1:00 Bocce 12 & 2 Beg. Pickleball	21 Trip: West Point 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Karaoke 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker	22 8:00 Pickleball 9:30 Blood Pressure 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	23 9 AARP Smart Driver 9:30 Retired Men's Club 10:00 Strong Steps 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg
26 Golf Tournament 8:00 Pickleball 10:00 Knit & Stitch 10:30 Bridge Skills 10:30 Enhanced Fitness 12:00 Poker 10:00 Bridge 11:45 Lunch 12:45 Movie 12 & 2 Pickleball	27 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	28 8-9 Pickleball 9:00 Social Stitchers 9:15 Enhanced Fitness 10:30 Tai Chi 11:45 Lunch 12:00 Pickleball 12:00 Poker	29 8:00 Pickleball 10:30 Arthritis Exercise 11:45 Lunch 12:30 Bingo 12:30 Mah Jongg 1:00 Chess	30 9:30 Retired Men's Club 10:00 Strong Steps 11:45 Lunch 12 & 2 Pickleball 1:00 Mah Jongg



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.

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 10:00 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, and posture training. **Fee:** \$3 per class



Pickleball—New Format

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. In response to many intermediate players looking for a more competitive game session, we are implementing a new format for June & July. This format offers 4 sessions specifically 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:

August 24th & Sept. 21st at 10:30

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: August 11th & 25th
September 8th & 22nd**

Facilitated by Visiting Nurse of Fairfield County



11 AM: Friday August 5th & Friday Sept. 2nd

Facilitated by Danielle Ramos, Cambridge Health and Rehabilitation Center



Free Movies & Popcorn: Every Monday at 12:45

Aug 1st: Funny Girl

Aug 8th: Casablanca

Aug 15th: My Big Fat Greek Wedding

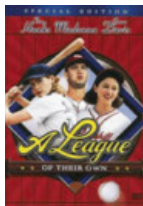
Aug 22nd: A League of Their Own

Aug 29th: Indiana Jones: Raiders of the Lost Ark

Sept 12th: His Girl Friday

Sept 19th: O Brother, Where Art Thou?

Sept 26th: Into The Woods



SMART DRIVER COURSE

September 23rd 9:00AM-1:00PM

Learn defensive driving techniques in this course sponsored by AARP. Paid registration required in advance. Register at the front desk.

FEE: \$20 for Member / \$25 for Non-Member (AARP)
Check payable to AARP.



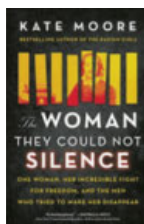
READER'S CHOICE BOOK CLUB

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, August 18, 2022

3:00 pm on Zoom

The Woman They Could Not Silence by Kate Moore



From the New York Times, USA Today, and Wall Street Journal bestselling author of The Radium Girls comes another dark and dramatic but ultimately uplifting tale of a forgotten woman whose inspirational journey sparked lasting change for women's rights and exposed injustices that still resonate.

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.

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

Outdoor Games & Italian Hero

Tuesday, August 9th at 11:45

Cost: \$7.00

includes Italian hero, chips & soda.

Enjoy the summer in the Courtyard. Play Bocce and Corn Hole. Sign up at the front desk by August 5th to be included in the food order.

Call (203) 847-3115



Coffee Talk for LGBTQ+ Community Seniors

**Wednesday, August 10th and
Wednesday, September 14th at 12:30**

This program offers LGBTQ+ seniors a place to discuss current events and new ideas. Coffee Talk creates positive outreach and fosters reliable and consistent support to program participants with a special focus on the creative mind. *Facilitated by Sydney Henk, Triangle Community Center.*



Presentation: A Westport family's adventure SAILING AROUND THE WORLD, Twice!

Friday, August 12th at 12:30

Listen to Scott Kuhner and his wife, Kitty tell how they quit their jobs, bought a boat, and sailed all the way around the world. Years later, with their two boys, ages 9 and 11, they went again! The slideshow depicts their incredible adventure, foreign lands and cultures and how they survived the storms.



Presentation:

Wildlife Photography

Thursday, September 8, 2022 10:30

Michael Brinkley is a wildlife photographer, with a passion to advocate nature's beauty. Don't miss this display of amazing moments captured.



Presentation:

Cryptocurrency

Monday September 12th at 9:30AM

What is Bitcoin?

How do these new cryptocurrencies function? How do you access these new markets?

Facilitated by Lee Ratner, a 5-year industry insider, bitcoin trader and investor.

Join him for an educational discussion about these new and often confusing forms of electronic currencies and assets.



Watercolor Workshop

**Monday September 19th;
1:00-2:00**

Colleen Hains of Art Masters of Silvermine will bring watercolor techniques and expertise to the Norwalk Senior Center.

Bring your watercolor paper and sets with brushes. You will leave with a creative color piece to hang in your home.

Facilitated by Colleen Hains *Generously Sponsored by Bright View Senior Living*



BRIGHT VIEW
SENIOR LIVING

Bright Minds Program

Imagine having someone to talk to that is an expert listener!

Starting in February, you will be able to schedule Zoom appointment with a licensed therapist to talk about the things that trouble you.

The health crisis is challenging everyone in many ways; give yourself the opportunity to talk with someone who will provide encouragement & support as you persevere and become stronger for it.

We will help you every step of the way with a virtual appointment in the comfort of your own home, or in a private meeting space at the Norwalk Senior Center to talk with a licensed therapist over Zoom.

Don't let yourself become overwhelmed with stress, anxiety and depression.

For more information, please call 203-847-3115 ext. 115.



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

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

ACTIVITIES:

Coffee Talk: 1st & 4th Wednesday at 10am

Dominoes: Wednesdays & Fridays at 9:30am

Karaoke: Thursdays at 10am

Brain Games: Fridays at 12pm

ESL I Class: Basic Mondays at 11:15am, Fridays at 11am

ESL II Class: Intermediate Wednesdays at 10am
 (Beginning in September)

Rincon Espiritual –Mondays at 10am

Facilitated by Dora DeAndrade (Spanish). Come share your faith and connect with your Higher Power. Todos son bienvenidos.

EXERCISE:



Tai Chi Tuesdays & Thursdays at 11am

Instructor: Karen Boginski

Yoga for Arthritis: Wednesdays at 11am

Instructor: Karen Boginski

Enhance Fitness: Fridays at 10am

Instructor: Sharon Rubinstein

SOCIAL SERVICES:

Rent Rebate April 1st through October 1st

We will assist you with the collection of information to expedite your application. Assistance in applying for SSI, Title IX, and food stamps is available.
 By appointment only: (203) 299-0441

EVENTS :

Ice Cream Truck at Cedar Court
Wednesday, August 24 at 12pm



Join us for a delicious ice cream treat; meet new members and residents of Cedar Court. We will have music, fun games, 50/50 raffle, and more.

Call at 203 299-1500 Ext 101(English) or 102 (Spanish) to register. Space is limited.

Sponsored by Autumn Lake Healthcare



Hispanic Heritage Celebration

with Geo Suquillo from INTEMPO

Monday, September 26 at 11am

Join us for a wonderful day of rich culture event. Sit back and enjoy the amazing music of Andes instruments and a delicious lunch to proudly celebrate our diversity.

Call Giovana at (203) 299-1500 to RSVP.

Music sponsored by Terry Jones of Autumn Lake Healthcare. Food sponsored by The Greater Norwalk Hispanic Chamber of Commerce.

HEALTH & WELLNES:

Health Education by Cancer Care (Spanish)

Mildre Gonzales will be answering your questions following these presentation topics:

Breast Cancer: Tuesday August 22 at 10am

Breast cancer can occur in women and rarely in men, know about the symptoms and treatments depending on the stage of cancer.

Colon Cancer: Tuesday September 20 at 10am

Colorectal cancer treatment depends on the size, location, and how far the cancer has spread. Cancer of the colon or rectum is located at the digestive tract's lower end.

Family & Children's Agency: Spanish Series

Ana Guzman, Crisis Counselor COACH in Home Care Program (Spanish) presents interesting topics to educate our members.

Overview of life after people reach 60:

August 17th at 10am.

Seasonal Emotional Changes:

September 21st 10am.

Visiting Nurse & Hospice: Christine Burns RN Community Health Coordinator

"Hydration and Health Thursday Aug. 25 at 10am

Discuss the benefits of adequate hydration and the consequences of dehydration

"Go with Your Gut!" Thursday Sept. 29 at 10am

Learn how having a healthy gut microbiome can improve health and help manage or prevent chronic conditions.

Monthly Bingo by Cassena Care:

Thursday Aug. 4th & Thursday Sept. 1st at 12pm

Cassena Care is back!! They will be bringing a fun Bingo game with great prizes.

Blood Pressure Clinic by Visiting Nurse & Hospice

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

Aug 2nd & Aug 16th - Sept. 6th & Sept 20th

SHOPPING TRIPS:

Monday: Stew Leonard's at 12:30pm

Tuesday: At 12:15pm, 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 12:15 pm

Friday: Stew Leonard's at 12:15pm

SPECIAL TRIPS:

Captain's Cove Boardwalk in Bridgeport CT.

First & Third Wednesday leaving at 11:30am

August 3rd and August 17th



Christmas Tree Shop in Orange

Monday August 22nd

Burlington Coat Factory in Stratford

Monday September 19th

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

Lunch on your own Reservation is required.

FIELD TRIP!



Oktoberfest at Krucker's Pomona, NY

Wednesday October 12, 2022

Departure from Norden Park: 9AM

Est. Return: 6:30 PM

Member Cost: \$129 Non Member Cost: \$134

Includes all gratuities

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.

For more information or to sign up,
call Carlos Bolanos:
(203) 847-3115



Norwalk Senior Center presents:

WEST POINT CAMPUS TOUR Lunch at the Hotel Thayer

West Point Campus Tour & Lunch at Hotel Thayer

Wednesday, September 21, 2022

Member Cost: \$128/ Non Member: \$133

Depart: 8:30 AM from Norden Park

Return 5:15 PM

Enjoy a fun & informative 90 minute guided tour of the US Military Academy at West Point. Stop at the Cadet Chapel, Trophy Point, Battle Monument, and the Plain. This tour requires moderate walking on some uneven ground at the various stops, most of which are outdoors. Morning stop at The National Purple Heart Hall of Honor in New Windsor, NY, commemorating the extraordinary sacrifices of America's Servicemen who were killed or wounded.



**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**

Oak Hills Golf Course—Monday September 26, 2022—9 AM



FORE!

The Seniors

Charity Golf Tournament

Benefiting Norwalk Senior Center's Meals on Wheels Program

We can't wait for our 2nd Annual Golf Tournament Fundraiser! If you cannot attend, please help spread the word to your friends and family.

Follow our updates & announcements at
www.norwalkseniors.org/golf



Thank you to our Sponsors!



Norwalk *Senior* Center

Friendly Phone Calls



Friendly Phone Calls matches seniors with a volunteer for a one-on-one weekly phone conversation. Volunteer callers reach out to the same person each week to check in and ensure they know of the assistance and services available in their community.

If you would like to sign up or if you have any questions about the program, please call Giovana: **203-299-1500 ext 102.**

New Members

Susan Alvarez
James & Doris Ash
Susan Bridges Gilder
Norma Bridges
Pasquale & Teresa
Calderone
Wendy Caldwell
Diane Clock
Ray & Lou Ann Cooke
Marcelene DeCarlo
Margaret Diamond
Elaine Dobrydnio
Wayne DuPree
Shirley Flynn
Maureen Grandison
Marge Hickey
Patricia Jackson
Gerald Jarvis
Trudi Kamm
Edith Majesky
Angelo Minieri
Diane Mongiardo
Nerida Naranjo
Beatrice Page
Curlyn Panton
Katya Raeva
Dale Rothbell
Jean Samuelson
Anna Sarica
Teri Scatamacchia
Patty Sinisko
Maureen Thresher
Catherine Toth
Roland Troller
Carolyn Walker

Platinum

William & Joyce
Konstantin
Edward Skeen

Gold

William & Dolores Abresky
Durelle Alexander
James & Doris Ash

Fred Caporizzo Jr.
Anthony & Irene Cardillo
Jane Centore
William Collins
Robert & Ruth Ferrone
Shirley Furniss
Maria Greif
Jean Haas
Carl Higgins
Charlie & Joanne Hoyt
Frederick & Leslie
Kingston
Miklos & Michele Koleszar
Joseph Macaluso Jr
Linda Masciola
Helen Rehkamp
Mary Faith Riley
Francine Schuster
Christopher & Lieselotte
Schwab
Helen Strazza
Paul & Elizabeth Sullivan
Roland Troller
Raymond & Janet Valus

Silver

Wendy Caldwell
Libaniel & Edilia Cardona
Dorothy Dileo
Shirley Eaton
Antoinette Fodor
Dorothy Forbes
Jerry & Rosanne Grimaldi
Roger & Ann-Marie Lajoie
Jean Lebedeff
Louis and Ruth Lovallo
Ruth Lovallo
Sandra Masse
Elizabeth Morrell
Elvera Paqua
Arlyne Parillo
Nathan Pusey
Charles & Mary Smith

Bronze

Shirley Anderson
Betty Bardes
Eva Beau-Span
Mary Bogdany
Donna Brooks
Linda Busack
Josef and Olga Chalas
Olga Chalas
Marge Connelly
Cecilia Cook
Christina Cronin
Joan Cusack
Sandra Deilus
Theresa Delio
Grace Demilo
Mary Ann DeRosa
Fred DiGrande
Kenneth Drew
Marjorie Eckert
Richard Ellis
Doris Faucher
Shirley Flynn
Ed Fuhr
Margaret Gallivan
Elaine Ganat
Audrey Gerrish
Mary Ann Gregg
Martha Gualtiere
Ursula Guernsey
Antoinette Hellard
Mary Holland
Gwendolyne Holman
Ann Hordeski
Agnes Horton
Anita Hughes
Carole Huse
Mary Ann Jacobs
Barbara Judson
Elliot & Cathy Kalner
Marjorie Kitchens
Gilda Lahey
Elaine Littman
Mary Logan

Margaret Lusita
Marie Mappa
Byron Matthews
Gail Medina
Judith Mills
Angelo Minieri
James Mitchell
Jean Mulligan
Richard Nichols
Donald O'Connell
Doris Oden
Tom Olsen
Pamela Parlakian
Emily Pasqua
Michael & Marisha
Pietrobono
Joanne Porada
Adolfine Rauscher
Vicki Raymond
Paula Robinson
Dale Rothbell
Katherine Sabia
Jean Samuelson
Janet Schutte
Louis Siladi
Catherine Sileo
Barbara Springer
Patricia Tagariello
Catherine Toth
Linda Wilson
Jan Wnukowski
Mary Wynn

THANK YOU FOR
YOUR SUPPORT!



IN MEMORY OF:

MILLIE LALIME
MILLIE LALIME
MILLIE LALIME
ERNA KRISTAHN

GIVEN BY:

BARBARA SANDERS
HOLLY KIDNEY
BRIAN AND PATTY DEPAOLI
LINDA BUSACK



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.

GIFT IN REMEMBRANCE

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

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

Given By: _____
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SEND MEMORIAL OR HONOR CARD TO:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Amount of Donation:\$ _____

☐ My check is enclosed

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

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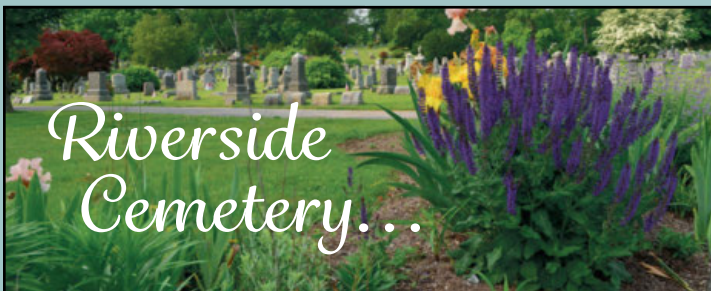
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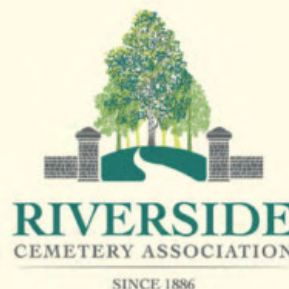
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11 Allen Road, Norwalk CT, 06851
(203) 847-3115

Membership Application
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 **Are you a first time member?** ☐ Yes ☐ No

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

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
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www.mycommunityonline.com



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FOR ONGOING SUPPORT:**

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