

# LIFE & TIMES

VOLUME 26, ISSUE 2 | FEBRUARY—MARCH 2026

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### HOLIDAY CLOSURE:

**Presidents' Day Mon February 16**

#### Winter Weather:

Any closures or delays due to weather will be announced on News 12 and [www.norwalkseniors.org](http://www.norwalkseniors.org)

VISIT OUR WEBSITE FOR UPDATES, RESOURCES & SIGN UP FOR OUR WEEKLY EMAIL BULLETIN:  
[www.norwalkseniors.org](http://www.norwalkseniors.org)

## Transportation: Embracing Change for a Stronger Senior Community

For seniors, a strong community has been shown to be a vital ingredient of a fulfilling life, offering not just the opportunity for social interaction, but a sense of belonging. For the Norwalk Senior Center, creating that community has long been — and will always be — our north star, even as we must adapt to changing times.

For more than three decades, the Center has poured heart, resources, and dedication into providing transportation for our senior participants so no matter their circumstances, they could join this community.

This was no small feat: from buying and maintaining a fleet of buses to handling repairs, insurance, and even the unfortunate reality of vandalism, our commitment was unwavering. Our skilled drivers — Samir Ali, Remy Exantus, Calvin Johnson, and Eliezer Ramos — deserve our deepest gratitude for their tireless service. Likewise, Accurate Automotive Repair and Fort Point Phoenix have been invaluable partners, ensuring our buses and participants remained safe on the road, often responding to emergencies the very same day.

But as times change, so must we. Given the reality of our limited resources and the good fortune that there are newer, more efficient, and convenient ways to provide the transportation our members need, we have made the decision to change the way we provide those services. The Norwalk Transit District (NTD), with more than 55 years of experience, is now poised to carry the torch for our seniors. Their innovative Wheels2 U service offers door-to-door rides for just \$2, running from 7 AM to 7 PM—far more flexible than our previous half-day schedule. This means our seniors can arrive earlier and stay later, enjoying more of the Center's activities and programs. *(Continued on page 5.)*

## Casino Night: March 7th, 2026

Step into the excitement of a fully-staffed casino complete with: professional dealers, games, light bites, prizes and more! Black Jack, Craps, Poker, Roulette, Slot Machines, & Free Happy Hour await you! This event will sell out fast!!

**Saturday March 7 6:30 PM - 10:30 PM, 11 Allen**

**Road Norwalk CT.** Proceeds benefit the Norwalk Senior Center, a non-profit organization. Reservation Required. Must be 21+.

Call or text Sue: 203-943-5674



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](http://www.connecticut.va.gov)

**CONNECTICUT ENERGY ASSISTANCE PROGRAM**

The Connecticut Energy Assistance Program (CEAP) helps residents pay for their home heating costs. Applications typically take 30-45 minutes to complete. Benefit amounts: \$295-\$645 for the 2025-2026 season, based on household size, income, and heating source.

Payment process: Benefits are usually paid directly to your utility company or fuel vendor.

Extra Help: Households using deliverable fuels (oil, kerosene, propane) may be eligible for additional fuel deliveries. CEAP recipients may also qualify for payment matching plans, shut-off protection, and heating equipment repairs or replacement.

CEAP is an annual benefit, so you must apply each year to receive assistance.

Online applications: through the CEAP online portal.

You can apply online, by phone, by email, by mail, or in person by appointment at the Norwalk Senior Center. **Call Eva Beau at (203) 847-3115 X115 to schedule an appointment.**

**SUPPORT RESOURCE GROUP: "SURVIVING EACH CHALLENGE"**

This group is a safe place for those who need encouragement, comfort, or emotional support. Hearing from others facing similar challenges can make you feel less alone. Participants with common experiences or concerns 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.

### March is National Nutrition Month

The path to wellness often begins at our plates. National Nutrition Month is a dedicated campaign focusing on the significance of nutrition and health. It seeks to educate individuals about the importance of making informed food choices, developing consistent eating habits, and undertaking regular physical activity. National Nutrition Month stands as a testament to the profound impact of making informed food choices and developing sound eating habits. This annual observance not only promotes nutritional knowledge but also emphasizes the vitality of a balanced lifestyle. When is National Nutrition Month?

As a beacon of wellness, every March is celebrated as National Nutrition Month, casting a spotlight on dietary habits, food knowledge, and the joys of wholesome eating. This annual celebration is not just about highlighting the importance of healthy eating but also about inspiring individuals to make informed food choices and develop sustainable habits that nourish their bodies and minds. This year's theme, "Nourish to Flourish," encapsulates the essence of what nutrition is all about. It reminds us that food is more than just fuel—it's one of the fundamental aspects of our health and vitality. Let's dive into some impactful strategies to optimize your nutrition and cultivate a healthy relationship with food.

#### How to Get Involved

Embarking on a nutritional journey? Here's how you can immerse in the celebrations:

**Attend Workshops:** Engage in nutritional seminars or cooking classes that focus on healthful recipes.

**Commit to a Challenge:** Try a new healthful recipe every week or pledge to include more fruits and vegetables in your diet.

**Read and Educate:** Pick up books or articles that enhance your knowledge about nutrition and dietary habits.

**Share Your Journey:** Document your nutritional adventures on social media, sharing recipes, tips, and milestones.

**Support Local:** Visit farmers' markets or local producers to get fresh, nutritious ingredients and support community-based agriculture.



### February is American Heart Month

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Focusing on your heart health has never been more important. But you can do a lot to protect your heart.

Self-care is heart-health care. Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. And, when we take care of our hearts, we set an example for those around us to do the same.

Get to know #OurHearts! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your risk for heart disease. Having a basic understanding of information that concerns your health and using the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Risk factors such as high blood pressure or cholesterol generally don't have obvious signs or symptoms. A crucial step in determining your risk is to see your provider for a thorough checkup and risk assessment. Your provider may use a risk calculator to estimate your risk of having a heart attack, having a stroke, or dying from a heart or blood vessel disease in the next 10 years or throughout your life.



**Celebrate National Wear Red Day - Friday February 6th**  
**National Wear Red Day is the first Friday in February.**

**Wear red and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.**

**The best red outfit wins a prize!**

**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

**ADDRESS:** 11 ALLEN ROAD, NORWALK CT

**PHONE:** (203) 847-3115

**STAFF:**

**EXTENSION:**

**Activities Coordinator:**

**x114**

Agueda Calderon  
ACalderon@norwalksc.org  
(Bilingual)

**Administrative Assistant:**

**x110**

Amy Munley  
AMunley@norwalksc.org

**Executive Director:**

**x103**

Beatrix Lane  
BLane@norwalksc.org

**STAFF:**

**EXTENSION:**

**Front Desk Coordinator:**

**x104**

Carlos Bolanos  
Carlos@norwalksc.org (Bilingual)

**Director of Social Services:**

**x115**

Eva Beau  
EBeau@norwalksc.org (Bilingual)

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## Embracing Change for a Stronger Senior Community (continued)

The Norwalk Transit District (NTD), with more than 55 years of experience, is now poised to carry the torch for our seniors. Their innovative Wheels2 U service offers door-to-door rides for just \$2, running from 7 AM to 7 PM—far more flexible than our previous half-day schedule. This means our seniors can arrive earlier and stay later, enjoying more of the Center’s activities and programs.

Let’s be honest: shifting transportation to the transportation experts at NTD reduces risk to the Center, and by transitioning to NTD, especially in these difficult times it may help provide a little more in the way of resources to enrich and expand programming for all participants and their families, thus better serving our seniors.

Change is never easy. We understand the concerns and the emotional attachment to the way things were. But this transition is a leap forward and we and NTD have worked to make it as easy as possible for everyone. Since December, those who relied on our buses have received travel training, help signing up for NTD’s Wheels2 U and ADA services, and financial assistance. We’re committed to making sure every senior feels supported.

To further support our community, we’re setting up a Critical Needs Fund to help low-income seniors (60+) with essential expenses like food, furnace repair, junk removal, and transportation. Donations are tax-deductible and will directly affect those most in need. If you’re a senior who requires assistance, please reach out to Eva Beau, NSC’s Social Services Director, at 203-847-3115 X 115 or ebeau@norwalksc.org.

We want as many seniors as possible to attend and enjoy the Center’s offerings. In May, we’ll celebrate 55 years of service to the community — a testament to our resilience and adaptability. Change is hard, but together, we can and will help each other thrive.

Let’s embrace this new chapter, support our seniors, and build an even stronger community — one where every participant has the opportunity to flourish.

### **Coming in February 2026: Eldercare Interfaith Fellowship.**

The Eldercare Interfaith Fellowship is an initiative designed to support seniors from all faith backgrounds. Its primary focus is to provide spiritual, emotional, and practical care to older adults through an interfaith perspective. The fellowship creates a supportive network where people of different religious traditions come together to care for seniors, addressing their spiritual needs, while also offering services related to physical health, social engagement, and mental well-being.

#### **Eldercare Interfaith Fellowship will meet on the 2nd & 4th Friday of the month at 10:30.**

The NSC Eldercare Interfaith Fellowship will:

1. **Promote Spiritual and Emotional Support:** By bringing together people from different faith traditions, the fellowship allows seniors to find comfort, hope, and a sense of belonging in their later years.
2. **Offer Practical Services:** Provide essential services such as references for: transportation, meal delivery, companionship, all with a focus on maintaining the dignity and well-being of older adults.
3. **Encourage Interfaith Collaboration:** By creating a bridge between different religious communities, the interfaith group will help seniors find spiritual solace, regardless of their religious affiliation. This can be especially important for seniors who are looking for more diverse and inclusive support systems.
4. **Offer Group Activities and Support Networks:** The fellowship will include social gatherings, prayer groups, discussions, and community events that foster connection and provide opportunities for seniors to make friends and maintain an active, social life.

**Our Thrift Store, The Shop Around the Corner is looking for donations!**  
If you have any new or 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**

**Thursdays:  
Feb 5th & March 5th  
After Lunch**

All are welcome to celebrate our members! The monthly birthday cake will follow lunch on the first Thursday 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](http://www.norwalkseniors.org), and at the front desk. We also can mail you a menu upon request.

**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.

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For more information,  
Contact ILEANA VASQUEZ  
(720) 378-2098  
[ivasquez@4LPi.com](mailto:ivasquez@4LPi.com)

## “Knit - Pearl”

For the past twelve years, nine women have gathered every week to knit—and sometimes crochet—items that are as meaningful as they are beautiful. These “works of art” are donated to local organizations, including the annual Stand Down event each September for local veterans, Person2Person Community Outreach, and The Open Door Shelter.

Their creations include sweaters, scarves, hats, baby booties, and headbands, just to name a few. While some members bring their own yarn and work on personal projects, most of the yarn is donated. One ongoing challenge is matching colors and textures to create complete sets—but as the group proudly says, “We’ve learned to be creative.” Some stitchers focus exclusively on hats, while others knit only scarves. These individual pieces are later paired together and donated as complete sets to local shelters.

The group agrees on one thing: this weekly gathering is therapeutic and deeply relaxing. According to Gail MacLean, “Our group is comprised of people from different countries, and it has given us the unique opportunity to learn international knitting styles. We all knit differently. We help one another with any challenges—you’ll get different suggestions, which ultimately solve the problem.”

Ruth Cooke, who has been part of the group for more than ten years, echoed that sentiment. “When I get upset about something, I knit! It calms me right down,” she said, adding, “We never make a mistake—we just create a new stitch.”

Trudi Kamm shared that she had known about the group for a long time before finally deciding to join. As she spoke, she worked on a beautiful sweater using round needles—one of her favorite tools. She wore a handmade headband and a sweater with intricate stitching, both crafted by her own hands, quietly reflecting the skill and creativity shared throughout the room. Sandra Samuels, the newest member of the group, shared that she began knitting later in life. “I took classes and watched YouTube videos,” she said. “What started as learning something new quickly became something I truly enjoy—and I’m so happy I gave myself the chance to try.”

The atmosphere during these weekly meetings resembles that of lifelong friends catching up on life. Laughter fills the space, along with stories about family, memories of earlier days, and the easy comfort that comes from years of shared experience.

Joanne McGarry, a stitcher for more than twelve years, summed up the group’s mission simply: “It makes us feel good to know we are keeping people warm. The beauty of what we do in our social group is that donated yarn is used to create donated items that go right back into the community.”

The Social Stitchers meet every Wednesday at 9:00 a.m., and everyone is welcome. Whether you’re an experienced knitter, just learning to crochet, or have never picked up needles before, this friendly and talented group would love to have you join them. Stop by, share a laugh, learn a new skill, and you’re almost guaranteed to leave with a new friend—and maybe a few new stitches, too. ~ Eva Beau



Ruth Cooke 10+ years

Grace Harris 14+ years

Joanne McGarry 12+ years

Katherine Sabia 10+ years

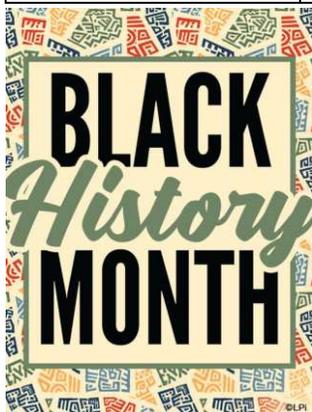
Marie Grief 10+ years

Trudi Kamm 3+ years

Gail MacLean 9+ years

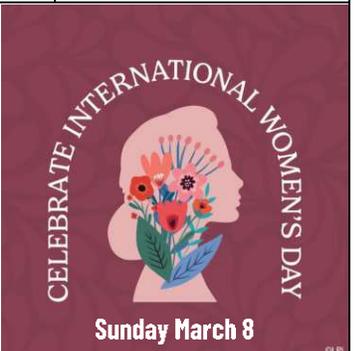
Sandra Samuels 1 year

<p><b>2 Monday</b>                  10:00 Knit &amp; Stitch                  10:30 ESL I                  10:30 Enhance Fitness                  11:30 Bridge                  11:45 Lunch                  12:00 Poker</p>	<p><b>3 Tuesday</b>                  9:30—2 Nail Salon                  9:30—2 Hairdressing                  10:00 Rummikub  <b>10:30 Blood Pressure</b>                  10:30 Cornhole                  10:30 Enhance Fitness                  11:45 Lunch                  12:00 Spanish Class                  12:30 Art Class                  1:30 Chair Yoga</p>	<p><b>4 Wednesday</b>                  9:00 Social Stitchers                  9:15 Enhanced Fitness                  9:30 Karaoke                  10:00 ESL II                  10:30 Tai Chi                  11:45 Lunch                  12:00 Poker                  12:00 SoNo Elders Bingo</p>	<p><b>5 Thursday</b>                  10:00 Dominos                  10:00 Rincon Espiritual  <b>10:00 Support Group</b>                  10:30 Arthritis Exercise                  10:30 Meditation  <b>11:45 Lunch &amp; BDay Cake</b>                  12:15 Bingo                  12:45 Mah Jongg                  1:00 Chess</p>	<p><b>6 Friday</b>                  10:00 Beading Jewelry                  10:30 Wii Bowling  <b>11:00 Brain Games</b>                  11:00 Tai Chi                  11:45 Lunch                  12:45 Mah Jongg</p> <p style="text-align: center;"><b>National                  Wear Red Day                  For Heart Health</b></p>
<p><b>9 Monday</b>                  10:00 Knit &amp; Stitch                  10:30 ESL I                  10:30 Enhance Fitness                  11:30 Bridge                  11:45 Lunch                  12:00 Poker  <b>12:30 Movie</b></p>	<p><b>10 Tuesday</b>                  9:30—2 Nail Salon                  9:30—2 Hairdressing                  10:00 Rummikub                  10:30 Cornhole                  10:30 Enhance Fitness                  11:45 Lunch                  12:00 Spanish Class                  12:30 Art Class                  1:30 Chair Yoga</p>	<p><b>11 Wednesday</b>                  9:00 Social Stitchers                  9:15 Enhanced Fitness                  9:30 Karaoke                  10:00 ESL II                  10:30 Tai Chi  <b>11:30 Lunch &amp; Learn</b>                  12:00 Poker                  12:00 SoNo Elders Bingo</p>	<p><b>12 Thursday</b>                  10:00 Dominos                  10:00 Rincon Espiritual                  10:30 Arthritis Exercise                  10:30 Meditation                  11:45 Lunch  <b>12:00 Ice Cream Social</b>                  12:15 Bingo                  12:45 Mah Jongg                  1:00 Chess</p>	<p><b>13 Friday</b>                  10:00 Beading Jewelry  <b>10:00 Dance Lesson</b>                  10:30 Wii Bowling  <b>10:30 Eldercare</b>                  11:00 Tai Chi                  11:45 Lunch                  12:45 Mah Jongg</p>
<p><b>16 Monday</b></p> 	<p><b>17 Tuesday</b>                  9:30—2 Nail Salon                  9:30—2 Hairdressing  <b>10:00 Blood Pressure</b>                  10:00 Rummikub                  10:30 Cornhole                  10:30 Enhance Fitness  <b>11:00 Mark Albertson</b>                  11:45 Lunch                  12:00 Spanish Class                  12:30 Art Class                  1:30 Chair Yoga</p>	<p><b>18 Wednesday</b>                  9:00 Social Stitchers                  9:15 Enhanced Fitness                  9:30 Karaoke                  10:00 ESL II                  10:30 Tai Chi                  11:45 Lunch                  12:00 Poker                  12:00 SoNo Elders Bingo</p>	<p><b>19 Thursday</b>                  10:00 Dominos                  10:00 Rincon Espiritual  <b>10:00 Support Group</b>                  10:30 Arthritis Exercise                  10:30 Meditation                  11:45 Lunch                  12:15 Bingo                  12:45 Mah Jongg                  1:00 Chess</p>	<p><b>20 Friday</b>                  10:00 Beading Jewelry                  10:30 Wii Bowling                  11:00 Tai Chi                  11:45 Lunch                  12:45 Mah Jongg</p>
<p><b>23 Monday</b>                  10:00 Knit &amp; Stitch                  10:30 ESL I                  10:30 Enhance Fitness                  11:30 Bridge                  11:45 Lunch                  12:00 Poker  <b>12:30 Movie</b></p>	<p><b>24 Tuesday</b>                  9:30—2 Nail Salon                  9:30—2 Hairdressing                  10:00 Rummikub                  10:30 Cornhole                  10:30 Enhance Fitness                  11:45 Lunch                  12:00 Spanish Class                  12:30 Art Class                  1:30 Chair Yoga</p>	<p><b>25 Wednesday</b>                  9:00 Social Stitchers                  9:15 Enhanced Fitness                  9:30 Karaoke                  10:00 ESL II                  10:30 Tai Chi                  11:45 Lunch                  12:00 Poker                  12:00 SoNo Elders Bingo</p>	<p><b>26 Thursday</b>                  10:00 Dominos                  10:00 Rincon Espiritual                  10:30 Arthritis Exercise                  10:30 Meditation                  11:45 Lunch                  12:15 Bingo                  12:45 Mah Jongg                  1:00 Chess</p>	<p><b>27 Friday</b>                  10:00 Beading Jewelry  <b>10:00 Dance Lesson</b>                  10:30 Wii Bowling  <b>10:30 Eldercare</b>                  11:00 Tai Chi                  11:45 Lunch                  12:45 Mah Jongg</p>



“I had no idea that history was being made.  
 I was just tired of giving up.”

*Rosa Parks*

<p><b>2 Monday</b>          10:00 Knit &amp; Stitch          10:30 ESL I          10:30 Enhance Fitness          11:30 Bridge          11:45 Lunch          12:00 Poker</p>	<p><b>3 Tuesday</b>          9:30—2 Nail Salon          9:30—2 Hairdressing          10:00 Rummikub  <b>10:30 Blood Pressure</b>          10:30 Cornhole          10:30 Enhance Fitness          12:00 Spanish Class          12:30 Art Class          1:30 Chair Yoga</p>	<p><b>4 Wednesday</b>          9:00 Social Stitchers          9:15 Enhanced Fitness          9:30 Karaoke          10:00 ESL II          10:30 Tai Chi          11:45 Lunch          12:00 Poker          12:00 SoNo Elders Bingo</p>	<p><b>5 Thursday</b>          10:00 Dominos          10:00 Rincon Espiritual  <b>10:00 Support Group</b>          10:30 Arthritis Exercise          10:30 Meditation  <b>11:45 Lunch &amp; BDay Cake</b>          12:15 Bingo          12:45 Mah Jongg          1:00 Chess</p>	<p><b>6 Friday</b>          10:00 Beading Jewelry          10:30 Wii Bowling  <b>11:00 Brain Games</b>          11:00 Tai Chi          11:45 Lunch          12:45 Mah Jongg</p>
<p><b>9 Monday</b>          10:00 Knit &amp; Stitch          10:30 ESL I          10:30 Enhance Fitness          11:30 Bridge          11:45 Lunch          12:00 Poker  <b>12:30 Movie</b></p>	<p><b>10 Tuesday</b>          9:30—2 Nail Salon          9:30—2 Hairdressing          10:00 Rummikub          10:30 Cornhole          10:30 Enhance Fitness          11:45 Lunch          12:00 Spanish Class          12:30 Art Class          1:30 Chair Yoga</p>	<p><b>11 Wednesday</b>          9:00 Social Stitchers          9:15 Enhanced Fitness          9:30 Karaoke          10:00 ESL II          10:30 Tai Chi  <b>11:30 Lunch &amp; Learn</b>          12:00 Poker          12:00 SoNo Elders Bingo</p>	<p><b>12 Thursday</b>          10:00 Dominos          10:00 Rincon Espiritual          10:30 Arthritis Exercise          10:30 Meditation          12:15 Bingo          12:45 Mah Jongg          1:00 Chess</p>	<p><b>13 Friday</b>          10:00 Beading Jewelry  <b>10:00 Dance Lesson</b>          10:30 Wii Bowling  <b>10:30 Eldercare</b>          11:00 Tai Chi          11:45 Lunch          12:45 Mah Jongg</p>
<p><b>16 Monday</b>          10:00 Knit &amp; Stitch          10:30 ESL I          10:30 Enhance Fitness          11:30 Bridge          11:45 Lunch          12:00 Poker</p>	<p><b>17 Tuesday</b>          9:30—2 Nail Salon          9:30—2 Hairdressing  <b>10:00 Blood Pressure</b>          10:00 Rummikub          10:30 Cornhole          10:30 Enhance Fitness  <b>11:00 Mark Albertson</b>          12:00 Spanish Class          12:30 Art Class          1:30 Chair Yoga</p>	<p><b>18 Wednesday</b>          9:00 Social Stitchers          9:15 Enhanced Fitness          9:30 Karaoke          10:00 ESL II          10:30 Tai Chi  <b>11:00 Participant Council</b>          11:45 Lunch          12:00 Poker          12:00 SoNo Elders Bingo</p>	<p><b>19 Thursday</b>          10:00 Dominos          10:00 Rincon Espiritual  <b>10:00 Support Group</b>          10:30 Arthritis Exercise          10:30 Meditation          11:45 Lunch          12:15 Bingo          12:45 Mah Jongg          1:00 Chess</p>	<p><b>20 Friday</b>          10:00 Beading Jewelry          10:30 Wii Bowling          11:00 Tai Chi          11:45 Lunch          12:45 Mah Jongg</p>
<p><b>23 Monday</b>          10:00 Knit &amp; Stitch          10:30 ESL I          10:30 Enhance Fitness          11:30 Bridge          11:45 Lunch          12:00 Poker  <b>12:30 Movie</b></p>	<p><b>24 Tuesday</b>          9:30—2 Nail Salon          9:30—2 Hairdressing          10:00 Rummikub          10:30 Cornhole          10:30 Enhance Fitness          11:45 Lunch          12:00 Spanish Class          12:30 Art Class          1:30 Chair Yoga</p>	<p><b>25 Wednesday</b>          9:00 Social Stitchers          9:15 Enhanced Fitness          9:30 Karaoke          10:00 ESL II          10:30 Tai Chi          11:45 Lunch          12:00 Poker          12:00 SoNo Elders Bingo</p>	<p><b>26 Thursday</b>          10:00 Dominos          10:00 Rincon Espiritual          10:30 Arthritis Exercise          10:30 Meditation          11:45 Lunch          12:15 Bingo          12:45 Mah Jongg          1:00 Chess</p>	<p><b>27 Friday</b>          10:00 Beading Jewelry  <b>10:00 Dance Lesson</b>          10:30 Wii Bowling  <b>10:30 Eldercare</b>          11:00 Tai Chi          11:45 Lunch          12:45 Mah Jongg</p>
<p><b>30 Monday</b>          10:00 Knit &amp; Stitch          10:30 ESL I          10:30 Enhance Fitness          11:30 Bridge          11:45 Lunch          12:00 Poker  <b>12:30 Movie</b></p>	<p><b>31 Tuesday</b>          9:30—2 Nail Salon          9:30—2 Hairdressing          10:00 Rummikub          10:30 Cornhole          10:30 Enhance Fitness          11:45 Lunch          12:00 Spanish Class          12:30 Art Class          1:30 Chair Yoga</p>	<p>"Do not wait for someone else to come and speak for you. It's you who can change the world."  <i>Malala Yousafzai</i></p>		

Please stop by our front desk or call (203) 847-3115 to sign up! Thank you.

**Presentation: Mark Albertson**

**Tuesday, February 17 at 11:00 AM**

Topic: For President's Day: Article II of the United States Constitution

An explanation of the chores, tasks and duties of the President as found in the Constitution.



**Presentation: Mark Albertson**

**Tuesday, March 17 at 11:00 AM**

Topic: Helen Keller

A most remarkable individual. An American author, educator, disability rights advocate, and political activist.



**LUNCH & LEARN**



**Black History Lunch: Wed February 11th 11:30-1:00**

**\$25 RSVP No later than Thursday Feb. 5th**

Centennial Focus: Celebrates 100 years of national recognition for Black history. This theme reflects a century of honoring Black life, struggles, and achievements through various events and observances, with a renewed focus on accurate and inclusive history.



**Women's History Lunch: Wed March 11th 11:30-1:00**

**\$20 RSVP No later than Thursday Mar. 5th**

"Leading the Change: Women Shaping a Sustainable Future" This theme celebrates women's pivotal roles in designing sustainable transformations, encompassing environmental stewardship, economic equity, resilient communities, educational advancement, and leadership for future generations.

**Participant Council**

**Wednesday March 18th from 11:00 AM- 1:00 PM**

Please join us for our first Participant Council meeting of 2026! Your input matters to us, and we'd love to hear your ideas and suggestions for future programming. We're especially interested in your thoughts on:

- Activities
- Day trips and big trips
- Presentations or guest speakers
- Events and fundraisers

We welcome new ideas you'd like to try, so please share them with us. No idea is too big or too small.

*We truly appreciate your voice and involvement!*

**Valentine's Day Ice Cream Social**

**Thursday February 12 at 12:00 PM**

Join us for our Valentine's Day Ice Cream Social! This is a free event but reservations are required

Call (203) 847-3115 to sign up



**Groovin' & Swingin' Dance Class for All**

Instructor: Simone Assboeck | \$6 per class

Select Fridays at 10:00 AM:

February 13th & 27th

March 13th & 27th

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



**Movie Mondays**

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

February 9: The Choice

February 23: Love at First Sight

March 9: Lonely Planet

March 23: Pitch Perfect



For more information, contact Carlos Bolanos Norwalk Senior Center (203) 847-3115  
 CBolanos@norwalksc.org

**AQUA TURF CLUB**

Back by Popular Demand:

Tuesday March 10, 2026

St. Patrick's Day  
 Celebration!!

11:00 AM- 3:30 PM

The McLean Avenue Band & Irish Step  
 Dancers!!



**SAVE THE DATE**

Overnight Amish Country 2 day Adventure

September 29-30 2026

Joshua Sight & Sound



This stunning waterfront property spans 35 acres. With lush gardens, elegant fountains, and scenic water views, perfect for indoor and outdoor events.

The McLean Avenue Band has taken Irish American music by storm with their arrangements of pop, rock and folk songs.

We will be using a charter bus for this trip.

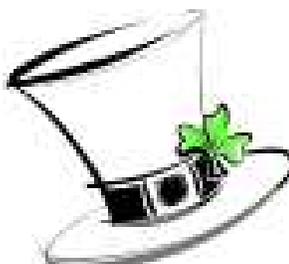
Departure Time 9:00 AM

Estimated Return Time 5:00 PM

Transportation: Provided by Peter Pan Bus Lines

Cost: \$112.00 per person

(includes transportation, ticket, lunch and show).



Studio Two The Beatles Tribute Band

Tuesday October 13th 2026 (Daytrip)



Doo-Wop Jukebox 45

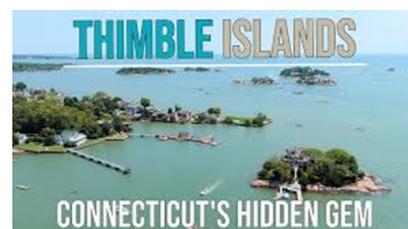
Tuesday November 10, 2026 (Daytrip)



Thimble Island Cruise

Branford, CT

June 2026 (Daytrip)



**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**



**Don't Forget! Seniors who wish to play Pickleball inside the Senior Center are required to apply for membership.**



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](http://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.**

**Fun & Fit with Sharon: Mon 10:30am; Tues 10:30am; Wed 9:15am**

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

Instructor: Sharon Rubinstein Cost: \$2 per class

**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.

Instructor: Linda Lombardo. Cost: \$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.

**Wednesdays:** Instructor Betsy Wrenn. Cost: \$3 per class

**Fridays:** Instructor Karen Boginski. Cost: \$4 per class

**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. Cost: \$3 per class

**Meditation: Thursdays at 10:30 AM**

This program was created to enhance your well-being. You'll learn simple, effective techniques to incorporate mindfulness into your life. This program is designed for all levels, whether you are a seasoned meditator or beginning your practice.

Instructor: Monica Piquet. Cost: \$5 per class



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

### Karaoke

Wednesdays | 9:30 am–12 pm in Room 11  
Join our friendly, fun group to sing or enjoy the show! Hosted by Bob Leng & Richard Nichols.



### 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:



### Intermediate Spanish Lessons

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



**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.

### 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.



**Dominoes: Thursdays 10:00 AM- 12:00 PM**

Dominoes is a tile matching game where players take turns connecting dominoes from their hand to a central chain, matching the numbered ends.

**Rummikub: Tuesdays 10:00 AM- 11:00 AM**

RummiKub is a tile-based game designed for 2-4 players. The objective is to be the first player to use all tiles from their rack and form groups. The goal of the game is to create sets of three or more tiles of the same number in different colors.

### Hairdressing

Schedule your appointment for a haircut on Tuesdays from 9:30 am to 2 pm. Contact Alana at 203-904-5538 to book your appointment. Haircuts are only \$10! Please arrive for your appointment with clean & dry hair. Norwalk Senior Center membership is required.



**Wii Bowling: Fridays 10:30 AM-11:30 AM**

Wii bowling is a fun and easy game that simulates bowling. Players use motion controls to throw a ball, flick their wrist to aim.

**Cornhole: Tuesdays 10:30 AM- 11:30 AM**

Cornhole is a game of skills and strategy. Cornhole is a popular game where players and teams toss bean bags at a raised and slanted board. Aiming to score points by landing bags in the hole or on the board.

### 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



### Blood Pressure Clinic:

Tuesday February 3rd	10:30-11:30
Tuesdays February 17th	10:00-11:00
Tuesday March 3rd	10:30-11:30
Tuesday March 17th	10:00-11:00

Sponsored by Visiting Nurse of Fairfield County



BLOOD PRESSURE SCREENINGS

### Brain Games

1st Friday of the month at 11 AM  
Friday February 6th

Friday March 6th

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



### Nail Salon

Thai's Nails Gentle nail care service for healthy nails. Only \$10. Call or text: 646-479-8799 Tuesdays Appointments from 9:30 AM – 2 PM. Schedule your appointment today! NSC Membership is required.





## Almuerzos en Norwalk Senior Center

El Centro se complace en ofrecer un almuerzo diario de alta calidad, caliente, nutritivo y sabroso. Las reservaciones y cancelaciones deben realizarse con al menos 24 horas de anticipacion llamando al (203) 847-3115.

HAY UNA DONACIÓN SUGERIDA DE \$4-6

Los menús de almuerzo estarán disponibles en nuestro sitio web en [www.norwalkseniors.org](http://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 Miercoles a las 10:30 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.

Costo Miercoles: \$3 por clase ; Viernes: \$4 por clase



### Enhance Fitness: Lunes y Martes 10:30 AM

#### Miercoles 9:15 AM

Enhance Fitness se centra en el ejercicio cardiovascular dinamico, el entrenamiento de fuerza, el equilibrio y la flexibilidad, todo lo que los adultos mayores necesitan para mantener la salud y la funcion.

Costo: \$2 por clase



### Meditacion con Monica Piquet: Jueves 10:30 AM

Este programa fue creado para mejorar su bienestar. Aprenderas tecnicas simples y efectivas para incorporar la atencion plena en tu vida. Este programa esta disenado para todos los niveles. Costo: \$5 por clase



### Rincon Espiritual:

#### Jueves 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

#### Lunes 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**

Rosemary Alvarez  
Judith Anderson  
John Atkin  
Ginny Balser  
Irskie and Linda Baludio  
Stephene Brown  
Jorge Carreno  
John Chew  
Nancy Follis  
Sherry Gaskill  
Matt Hefferan  
Michele Helms  
Patricia Hsiung  
Janet Lamb  
Gail Lyon  
Surekha Parikh  
Naoko Quach  
Kamal Shah  
Alicia Spiro  
Jeff Waggaman

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Robin Bogdan  
Robin Canter  
Carolyn Detroy  
Dulvi Gaudio  
Daniel & Vivian Grundman  
Charles and Carolyn Tatulli  
Margaret Walsh  
Bill and Betsy Wrenn

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Dulvi Gaudio  
Dorothy Hall  
Brenda Johnson  
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Michael Sgobbo  
John Shearer  
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Mercia Ulysse  
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Gino and Joan Vitali  
Carol Wakeman  
Dennis and Laurie Warfield  
Josephine Woloszyn  
David Yanell

**Special Thanks**

Bigelow Tea

Mr. and Mrs. Philip DeSantis

Amy & Steve Eppler-Epstein,  
In Memory of Irene and Larry Hochheimer

Sayles and Maddocks Family Foundation

David and Lisa Roger

Harvey and Carole Tuckman

United Church of Rowayton  
Board of Christian Outreach

*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.*





**IN MEMORY OF:**

Nancy Jane Liquori

**GIVEN BY:**

Cathy & John LoBosco

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

IT TAKES A WISE

PERSON TO PLANT A

**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.**

TREE THAT WILL

SOMEDAY SHADE

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

PEOPLE THEY WILL

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

NEVER KNOW.

***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](http://www.norwalkseniors.org)

<p><b>Please select your membership:</b></p> <p><input type="checkbox"/> Bronze: \$40   <input type="checkbox"/> Couple: \$80</p> <p><input type="checkbox"/> Silver: \$50   <input type="checkbox"/> Gold: \$75   <input type="checkbox"/> Platinum: \$100</p> <p>*\$_____ Donation to support Outreach Services</p> <p><i>*Members who make a special donation are acknowledged in the bi-monthly newsletter.</i></p>	<p><b>Annual Membership is:</b></p> <p><b>\$40, \$50, \$75, or \$100 per person based on your budget.</b></p> <p><b>Your membership entitles you to discounts on programs, services, &amp; events.</b></p>
<p><input type="checkbox"/> \$15—Want a newsletter mailed directly to your home?</p> <p>Please send Newsletter by 1st Class Mail for an additional fee of \$15/year.</p>	

Credit Card: Visa / MasterCard # \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Please pick up your membership card at the front desk. Your membership is current once we receive your application- you do not need to wait for your card to start enjoying the Center!**

*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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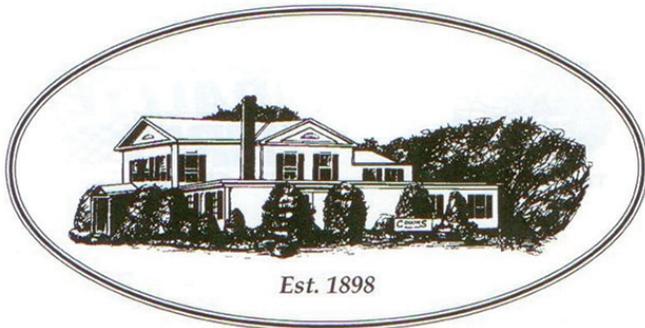
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