

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 26, ISSUE 3 | APRIL—MAY 2026

WHAT'S INSIDE

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

HOLIDAY CLOSURE:

Good Friday

Friday April 3rd

Memorial Day

Monday May 25th

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

www.norwalkseniors.org

NSC Celebrates 55 Years of Service To The Community

Please join us as we highlight the enduring commitment of the exceptional volunteers who devote their time, energy & love to the seniors and elderly persons of our fine City.

Enjoy: Dancing, a Delicious Dinner & Dessert, Giant Basket Raffle, 50/50 Raffle, & Live Auction.

Saturday May 9, 2026 | 5 - 9 PM

Saint Ann Club

16 Hendricks Avenue, Norwalk, CT

\$95 per person. RSVP by May 1st by calling
203-847-3115



Seed Library

The Norwalk Senior Center is developing a Seed Library; this community resource allows people to “borrow” seeds for free to plant in home gardens.

We want folks to have the ability to eat wholesome food. The seeds will be donated by seed companies and supplemented by those we purchase to round out our collection. The new offering will be available in a few short months. Stay tuned for news about the new Seed Library at the Norwalk Senior Center. For questions, please contact Activity Coordinator Agueda Calderon at 203-847-3115 X 114 or acalderon@norwalksc.org.



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.va.gov/connecticut-health-care/

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:

April 2 & April 16

May 7 & May 21

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, 2026

The Federal Poverty Limits (FPL) have been revised for 2026. These new limits are used by DSS for updating MSP income limits for 2026, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2026.

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...

**\$2,807 single
\$3,806 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.

**\$3,073 single
\$4,166 couple**

SLMB - This program pays for your Part B premium.

**\$3,272 single
\$4,437 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.

National Cancer Prevention and Early Detection Month

April is officially recognized as National Cancer Prevention and Early Detection Month, spearheaded by the Prevent Cancer Foundation to highlight the importance of screenings, healthy lifestyle habits, and reducing cancer risks. The initiative focuses on empowering people to take charge of their health through early detection, which can lead to better treatment outcomes and higher survival rates.

Avoiding tobacco use of any kind: It's common knowledge that smoking increases your chance of lung cancer, but smoking has also been linked to an increased risk of cancer in the mouth, throat, voice box, pancreas, bladder, cervix, and kidneys. Chewing tobacco is also linked to several of these cancers.

Eating a healthy diet with a lot of fruits and vegetables: Plant-based diets that are low in fats (especially saturated fat), added sugar, salt, red meat, and processed meat may lower the risk of cancer.

Maintaining a healthy weight: This may lower the risk of cancer in the breast, pancreas, liver, colon, and kidneys.

Getting plenty of exercise: This may also further reduce the risk of breast and colon cancer.

Drinking alcohol in moderation (if at all): The more you drink, the higher your risk of breast, colon, lung, kidney, and liver cancers is.

Not protecting your skin from UV rays: Skin cancer is the most common type of cancer, but it's also the easiest to prevent.

Spending too much time in the sun (especially without sun protection), using tanning beds, or using sunlamps all contribute to increased skin cancer risk. You can't and shouldn't avoid the sun altogether, but you should avoid prolonged direct sun exposure between 10 a.m. and 4 p.m., always wear sunblock (SPF 30 or higher, applied regularly), and strategically use sunglasses, sunhats, and sun protective clothing to reduce your risk.

Getting Regular Preventative Medical Care

Preventative care is the best strategy for cancer prevention and early detection that can be lifesaving. The following are preventative care measures you should ensure you're doing:

Seeing the doctor and dentist regularly helps assess cancer risk factors, such as family history, exposure to toxins, and other risk factors you may be unaware of.

Getting vaccinated for Hepatitis B and HPV.

Getting all recommended cancer screenings. All people should be getting cancer screenings for skin and colon cancer. Those who have a cervix and breasts should be getting screened for those types of cancer as well. Lastly, lung cancer screenings are also recommended for those meeting certain criteria.

Arthritis Awareness Month

Arthritis is a disease of the joint, which is where the ends of two or more bones meet. The most common cause of disability in the U.S., it currently affects an estimated 50 million adults in this country and as many as 300,000 children. Sometimes regarded as an "old person's disease," it is actually most common in patients under 65.

With the word "arthritis" literally meaning "inflammation of the joint," the most common type among is osteoarthritis. Here, inflammation occurs when the smooth covering—articular cartilage—on the end of the bones becomes damaged or worn. Exercise programs, anti-inflammatory drugs and weight management can reduce pain and stiffness from arthritis, as well as improve function.

The Centers for Disease Control (www.CDC.gov/features/arthritis-awareness) recommends 150 minutes a week of moderate intensity aerobic exercise for all adults. A good way to meet that goal is walking—even for just 30 minutes a day, 5 times a week. Walking is low impact on joints; can be done almost anywhere; and doesn't require special equipment or gym memberships.

In cases of severe osteoarthritis, orthopedic surgery can provide dramatic pain relief and restore lost joint function. There are a number of surgical procedures, including:

- Removing the diseased or damaged joint lining,

- Realignment of the joints,

- Fusing the ends of the bones in the joint together to prevent joint motion and relieve joint pain,

- Replacing the entire joint (total joint replacement).

Basic Facts About Arthritis

About 1 in 4 adults and hundreds of thousands of children in the U.S. have been diagnosed by a doctor with a form of arthritis or related illness. Contrary to the common misconception, it's not just an "old person's" disease. About two-thirds of those living with arthritis are aged 65 and under.

There are more than 100 types of arthritis and related rheumatic diseases. As our nation's top cause of disability, arthritis costs the U.S. economy over \$300 billion annually in medical bills, lost wages and associated expenses. Most people with arthritis also have comorbidities—accompanying conditions, like heart disease, diabetes and obesity — that further jeopardizes their health.

The Norwalk Senior Center is dedicated to helping members combat arthritis. **Join our Arthritis Exercise Thursdays at 10:30.**

Developed by the Arthritis Foundation, the exercise program uses moments created by physical therapists that address pain and fatigue while increasing strength. Check out the Exercise Page for additional exercise classes on page 13.

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 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)

PLEASE NOTE: No endorsement is intended or made of any product or service advertised in the Life & Times newsletter. All attempts are made to insure the correctness and suitability of information and to correct any errors brought to our attention, however no representation can be made as to the correctness or suitability of the information presented, referenced or implied. All advertising information should be independently verified.

Magner Funeral Home

Traditional
Cremation
Preplanning

203-866-5553

Family Owned
and Operated
for 5 Generations

Established 1912

MagnerFuneralHome.com



**Custom Kitchen
& Closet Design,
Renovations, &
Junk Removal.**

SCAN or CALL
to GET ORGANIZED



203.223.5111
cluttrclean.com



Our picturesque campus in Wilton offers:

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

Wilton Meadows 203.834.0199

The Greens At Cannondale 203.761.1191



New Year,
Same Quality
In-Home
Senior Care!

203-363-4400

info@shsconnecticutsw.com



- Companionship
- Shopping & Errands
- Personal Care
- Meal Preparation
- Transportation
- Pet Care & More!



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.

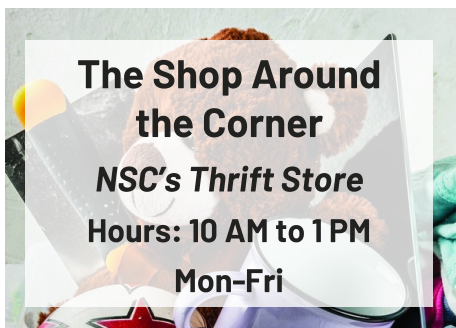
The NSC Eldercare Interfaith Fellowship will:

- 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:
Apr 2nd & May 7th
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, 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

**Thank You To Our Newest Advertisers!
Petals Home Services**

**REACH YOUR AUDIENCE
& BOOST YOUR BUSINESS**

1,900 printed copies of the newsletter are distributed in our City Hall, Local Businesses and Seniors every other month!
Plus 1,650+ Additional Newsletters are received by email!!!

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

Norwalk Senior Center

TH

55

ANNIVERSARY

CELEBRATION

1971 - 2026

Saturday May 9, 2026 | 5 - 9 PM

Saint Ann Club Norwalk, CT

\$95 per person. RSVP by May 1st

203-847-3115

		<p>1 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>2 Thursday 10:00 Dominos 10:00 Rincon Espiritual 10:00 Support Group 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch & BDay Cake 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>3 Friday CLOSED—Good Friday</p> 
<p>6 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie</p>	<p>7 Tuesday 9:30—2 Nail Salon 9:30—2 Hairdressing 10:00 Rummikub 10:30 Presentation 10:30 Blood Pressure 10:30 Cornhole 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>8 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:30 Lunch & Learn 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>9 Thursday 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>10 Friday 9:45 Dance Lesson 10:00 Beading Jewelry 11:00 Brain Games 10:30 Wii Bowling 10:30 Eldercare 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg</p>
<p>13 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>14 Tuesday 9:30—2 Nail Salon 9:30—2 Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Enhance Fitness 11:00 Mark Albertson 11:45 Lunch 12:00 PB Beginner Clinic 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>15 Wednesday 9:00 Social Stitchers 9:00 Safe Driver AARP 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 12:00 PB Adv. Beg. Clinic</p>	<p>16 Thursday 10:00 Dominos 10:00 Rincon Espiritual 10:00 Support Group 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess</p>	<p>17 Friday 10:00 Beading Jewelry 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg 3:00 Strings for Seniors</p>
<p>20 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie</p>	<p>21 Tuesday 9:30—2 Nail Salon 9:30—2 Hairdressing 10:00 Rummikub 10:00 Blood Pressure 10:30 Cornhole 10:30 Enhance Fitness 11:00 Mark Albertson 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga</p>	<p>22 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 Living w/ Nature 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>23 Thursday 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>24 Friday 9:45 Dance Lesson 10:00 Beading Jewelry 10:30 Wii Bowling 10:30 Eldercare 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg</p>
<p>27 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker</p>	<p>28 Tuesday 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>29 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 Living w/ Nature 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo</p>	<p>30 Thursday 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>	

				1 Friday 10:00 Beading Jewelry 10:30 Wii Bowling 11:00 Brain Games 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
4 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	5 Tuesday 9:30—2 Nail Salon 9:30—2 Hairdressing 10:00 Rummikub 10:30 Blood Pressure 10:30 Positive Psych 10:30 Cornhole 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	6 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:30 Lunch & Learn 12:00 Poker 12:00 SoNo Elders Bingo	7 Thursday 10:00 Dominos 10:00 Rincon Espiritual 10:00 Support Group 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch & BDay Cake 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	8 Friday 9:45 Dance Class 10:00 Beading Jewelry 10:30 Wii Bowling 10:30 Eldercare 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
11 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	12 Tuesday 9:30—2 Nail Salon 9:30—2 Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Enhance Fitness 11:00 Mark Albertson 12:00 Spanish Class 12:00 PB Beginner Clinic 12:30 Art Class 1:30 Chair Yoga	13 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	14 Thursday 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	15 Friday 10:00 Beading Jewelry 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
18 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker 12:30 Movie	19 Tuesday 9:30—2 Nail Salon 9:30—2 Hairdressing 10:00 Rummikub 10:00 Blood Pressure 10:30 Cornhole 10:30 Enhance Fitness 11:00 Mark Albertson 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	20 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo 12:00 PB Adv. Beg. Clinic	21 Thursday 10:00 Dominos 10:00 Support Group 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Positive Psych 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	22 Friday 9:45 Dance Lesson 10:00 Beading Jewelry 10:30 Wii Bowling 10:30 Eldercare 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
25 Monday CLOSED—Memorial Day 	26 Tuesday 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	27 Wednesday 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	28 Thursday 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	29 Friday 10:00 Beading Jewelry 10:30 Wii Bowling 10:30 Eldercare 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg

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

Groovin' & Swingin' Dance Class for All

Instructor: Simone Assboeck | \$6 per class
 Select Fridays 9:45–10:45AM:
 April 10 & 24
 May 8 & May 22
 Learn the Electric Slide, Swing, Chacha,
 Line Dances & more!



Living a Life of Positivity

Tuesday May 5 at 10:30 AM (Spanish)
 Thursday May 21 at 10:00 AM
 (English)



Living a Life of Positivity- second series of Positive Psychology
 Join us to explore the power of gratitude, mindfulness, and posi-
 tive relationships. Learn practical strategies to enhance your
 mental well-being, boost resilience, and lead a more fulfilling
 life. *Sponsored by: Seniors Helping Seniors*

Movie Mondays

All movies start at 12:30 pm in the
 Dining Room at NSC
 Monday April 6: Purple Hearts
 Monday April 20: Nights in Rodanthe
 Monday May 4: Little Italy
 Monday May 18: In the Heights



Tuesday May 19 at 11:00 AM

Mark Albertson

Milton Berle: Mr. Television. Milton Berle was a legendary American actor and comedian, and larger-than-life personality. He became a television pioneer. Berle was also known as "Mr. Television" and "Uncle Miltie," and he left behind a great legacy in the entertainment industry.



Tuesday April 7, 2026 at 10:30 AM

Financial Literacy Program

The program is intended to raise awareness about the importance of financial literacy. The activity consist of a 20 multiple choice questions Trivia and discussion. Presented by: James Booth



Sponsored: Hudson Financial Group

Tuesday April 21 at 11:00 AM

Mark Albertson

Current Events Updates: Venezuela, Greenland, Canada and the Panama Canal



Wed April 22 at 10:00 AM (Spanish)

Wed April 29 at 10:00 AM (English)

Living with Nature: A workshop for health and well-being This fun and interactive spring workshop invites seniors to reconnect with nature while celebrating the season. This fun and interactive workshop invites participants to explore the beauty and power of nature and its positive impact on health and well-being. *Sponsored by: Senior Helping Seniors*



Strings for Seniors

Friday April 17 at 3:00 PM

Dedicated to bring joy through music. Enjoy a live performance of classical and pop music by a group of High School students. *Sponsored by: Strings for Seniors*



AARP Driver Safety Course Tues

April 15 | 9:00 AM- 1:00 PM Fees: \$20.00 for AARP members \$25 for non-AARP members. Registration is required. Call 203 847-3115 Make checks payable to AARP; Cash payment accepted.



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

Thimble Islands Cruise

Lunch at Amarante's Sea Cliff on the water

Date: Wednesday, August 12, 2026

\$185 Member/ \$190 Non- Member

ONLY 22 Seats Available.

Cruise aboard the Sea Mist takes us along the Rocky Isles off Stony Creek Coast in Beautiful Branford CT. See the wonderful estates and learn the stories of these beautiful islands.



Amish Country 2 Day Adventure Presents: Joshua Live On Stage

Sight & Sound Theater- Dinner with an Amish Family, Lil country store & Miniature horse farm, Lancaster, PA

Date: September 29-30, 2026 Tue-Wed

\$529 pp double/ triple

\$605 pp single

ONLY 22 Seats Available.

\$150 deposit pp by June 30, 2026

Final payment due August 11, 2026



New York Botanical Garden

Special Exhibit- Flower Power! Bronx, NY

Date: Wednesday, June 10, 2026

\$148 Member/ \$153 Non- Member

ONLY 25 Seats Available.

Flower Power- Celebrate Peace, Love & Flowers! This Vibrant exhibition brings the spirit of the 1960's to life with colorful installations, symbolic art and botanical beauty.



Doo-Wop Jukebox45 Memories Show Band

Date: Tuesday, November 10, 2026

\$158 fee Member & Non- Members

Place: La Bella Vista, Waterbury, CT

ONLY 20 Seats Available.

Jukebox 45 Show Band is dedicated to reviving the golden age of Doo Wop, bringing the group's infectious energy and heartfelt lyrics to their audiences. Come listen to some of the most memorable songs!



Travel with Collete! Contact Carlos at (203) 847-3115 for more information

Discover South Dakota

September 25 - October 1, 2026

Highlights: Mount Rushmore, Badlands National Park, Wall Drug, Deadwood, Off- Road Jeep Safari at Custer State Park, Crazy Horse Memorial, Devils Tower National Monument.

PP Double \$3,199

PP Single \$ 3,899

PP Triple \$ 3,169



Tuscany

October 31 - November 8, 2026

With optional 3-night pre tour Extension; With Optional 2- Night Famous Food & Ferrari: Emilia Region Post Tour Extension.

Highlights: Montecatini Terme, Lucca, Family-Owned Winery Experience, Florence, Pisa, Cooking Class, Cheese Farm, San Gimignano.

Book now & save \$100 per person:

Double- \$3,999; Single- \$4,299; Triple- \$3,969

For bookings made after May 01, 2026, call for rates!



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
Beginners Clinic 12-2pm
3/10, 4/14, 5/12, 6/9, 7/12, 8/11, 9/8, 10/13, 11/10, and 12/8
Advanced Beginners Clinic 12-2pm
3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16



Pickleball combines the elements of badminton, tennis, and table tennis played on a badminton-sized court. The Norwalk Senior Center has use of one indoor court inside a multi-purpose gym. Norwalk Senior Center membership is required to play on the indoor court. The City of Norwalk schedules the use of outdoor courts—for more information on those, see the City of Norwalk’s Official Website at: www.norwalkct.gov/3458/Pickleball

Seniors self-determine the level of their play using the descriptions below:

Beginner: Just learning the game. Unfamiliar with the rules and scorekeeping. Inconsistent at keeping the ball in play. Inconsistent at serving.

Advanced Beginner: Familiar and comfortable with the rules and scorekeeping. Fairly comfortable with keeping the ball in play and sustaining slower paced rallies. Can consistently serve inbounds. Can do some kitchen play.

Intermediate: Very comfortable with rules and scorekeeping. Can easily sustain slower paced rallies, fairly consistent at sustaining fast paced rallies. Can serve inbounds with pace. Comfortable with kitchen play.

Blended Time Slots are there to encourage players to move up safely, challenge themselves and meet new people.

Important: The only person allowed to determine their skill set, is the player themselves.

Pickleball is a fun, social game. The Norwalk Senior Center encourages seniors to try the game, have fun and practice good sportsmanship at all times.



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

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.



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.

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.

Intermediate Spanish Lessons

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



Art Studio

Tuesdays from 12:30-2 PM

Bring your own projects to work on in a creative, welcoming, and supportive setting. All skill levels are welcome. No previous art experience is needed. There is no formal instruction, but we have a very supportive group of artists and crafters of all levels who are always willing to help you discover the artist within you.



Hairdressing

Schedule your appointment for a 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.



Blood Pressure Clinic:

Tuesday April 7th 10:30-11:30
Tuesday April 21st 10:00-11:00
Tuesday May 5th 10:30-11:30
Tuesday May 19th 10:00-11:00

Sponsored by Visiting Nurse of Fairfield County



Nail Salon

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



Brain Games

1st Friday of the month at 11 AM
Friday April 10th Friday May 1st

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



Chess Group

Every Thursday at 1PM

Instructor: Rick Crawford
Beginners will receive instruction, and all other levels are welcome! Chess is not only fun, it can improve your memory, attention span, and overall brain function. Any questions? Contact Rick at 203-247-2615



Learn to Knit or Stitch with Friends!

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

Knit & Stitch: Mondays at 10 AM

Social Stitchers: Wednesdays at 9 AM

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





Almuerzos en Norwalk Senior Center

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

HAY UNA DONACIÓN SUGERIDA DE \$4-6

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

Tai Chi: Viernes a las 11:00 AM 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 dinámico, el entrenamiento de fuerza, el equilibrio y la flexibilidad, todo lo que los adultos mayores necesitan para mantener la salud y la función.

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

John Atkin
 Gaetanna Batemam & Susan Schnegg
 Jorge Carreno
 John Chew
 Carol Dunbar-Siegel
 Joseph Falco
 Eric and Susan Fleisch
 Linda Foscatto
 Kathryn Foster
 Rafael Gomez Sr
 Clayton & Lisa Gregory
 Matt Hefferan
 Willow Landon
 Gail Lyon
 John Mather
 Geraldine Petrizzi
 Mariner Pezza
 Naoko Quach
 Sue Rosenblum
 Donna Schenarts
 Alicia Spiro
 Cheryl & Tony Zandirad

Membership Donors

Robin Canter
 Andrew Carney
 Joseph Fitzharris
 Geraldine Petrizzi
 Cheryl & Tony Zandirad

Silver Membership

Supporters

Gaetanna Batemam & Susan Schnegg
 Andrew Carney
 Carol Dunbar-Siegel
 Willow Landon
 Geraldine Petrizzi

Gold Membership

Supporters

Mary Sawyer
 Alicia Spiro

Platinum Membership

Supporters

Mary Logan

Valentine Appeal Donors

Linda Allgood
 Christl Anastasio

Anonymous
 Lourene Antley
 Marion Avrick
 Judith Baluha
 Gail Banigan
 Eva Beau
 Ann Bello
 Lois Benfield
 Walter Berger
 Ralph Bloom
 Cynde Bloom Lahey & Bill Lahey
 Marilyn Bort
 John and Vicki Bove
 Jannie Bowman
 Mary M. Boyd and Josephine Mooney
 Joseph Brachfeld
 Betty Brink
 K. D. and Ruby Bullock
 Susan Byron
 Susan Carter
 Carmen Chute
 Deborah Cimminello
 Lewis Clark
 Arlene Colon
 Marge Connelly
 Karen Cooke
 Joan Cronin
 Joan Cusack
 Jack Cutler and Andrea Light
 Patricia Czako
 Richard and Rosemary Dellinger
 Frank and Pat Derato
 Antonio and Linda DiMeglio
 Deborah Donahue
 Sylvia Duffy
 Sharon English
 Joan Enoch
 Ursula Field
 Agnes Finch
 Donald Foscatto
 Mari Freeman
 Heline and Gyula Gaal
 Mark Gaberman
 Jim and Ginny Gallagher
 Violette Gallagher

Marina Garcia-Mazariegos
 Shirley Gendron
 Pat Genova
 Christina George
 Domenica Gioiella
 Elizabeth Golden
 A. Peter and Priscilla Goldner
 Mary Gordan
 Rosanne Grimaldi
 Vivian Grundman
 Connie Heffernan
 Antoinette Hellard
 Elizabeth Hernandez; In honor of Nubia Cortez
 Deanna Hiller
 Glika Hios
 Charles and Susan Hiravy
 Madelean Holcomb
 Agnes Horton
 James and Sandra Hughes
 Patricia Hungaski
 Mike Iovino
 Lilieth Irving
 Dorothy Isaac
 Lorraine Jacobi
 Wilhelmina Jefferson
 Russ and Barbara Jones
 Daniel and Ray Juodaitis
 Carol Kellogg
 Helen Kenderesi
 Ken Kikta
 Marjorie Kitchens
 Gigi & Richard Koleszar
 Theresa Kovacs
 Charles and Linda Kriewald
 Anna & Lee L'Archevesque
 June Lagan
 Sally LaJoie
 Edward and Judith Lambertson
 Robert and Roxanne Lawless
 Donald Lawlor
 Ligia Ledesma
 Linda Lee
 Louiza Lekas
 Edward and Jerris Lesko
 Sandra Lindwall
 Mary Liu

Charles Luciano
 Marie Luczkowski
 Lisa Luft
 Terry Lupo
 Connie Luppino
 Margaret Lusita
 Joseph Macaluso Jr
 Mary Ellen Macaouda
 Gail MacLean
 Margaret Magee
 Walter and Lynn Maginnis
 Marie Mappa
 Linda Masciola
 Sandra Masse
 Albert Mathieu
 Jeanne McAndrew
 Patricia McCarthy
 Brigitte McClave
 Thea McGivney
 Doreen McKenna
 Kathy and Michael McLean
 Ruth Meyer
 Susan Miller
 Carmela Modugno
 Robert Moon & Sonia Iamiceli Moon
 Anne Mulligan
 Patricia and Brian Murphy
 Noreen Normand
 Sonia Ochoa
 Carol Ann Pappolla
 Elvera Paqua
 Anonymous
 Maria Pecoraro
 Lewis Pennell
 Mae Pennington
 Marisha Pietrobono
 Dolores Ramsey
 Gail Reed
 Carol Reilly-Harrigan
 Elliott Riley
 Dolores Roman
 Anna Romano
 Giovanni Ruggiano
 Peggy Ruhnke
 Joan Salvato
 Sheila Samuelson
 Velda Sansaverino

Lorraine Santo
 Sheila Schleier
 Francine Schuster
 Eleanor Searles
 Linda Seib
 Michael Sgobbo
 Bilquis Shamsuddin
 Eleanor Sheils
 Lula Simmons
 John & Kathleen Spennato
 Frank Snyder
 Mary Ann Stirling
 Gail Stone
 Linda and Brian Stone
 Geraldine Sutton
 Pattie Takita
 Joan Thebodo
 Barbara Thompson
 Jean Torok
 Juana Torres
 Marta Torres
 Elaine Tracy
 Victoria Treglia
 Angela Urbinati
 Richard Valentine
 Patricia Van De Kamp
 Stella van Laer
 Cecilia Vega
 Gino and Joan Vitali
 Frances Williams
 Sharlene Willis
 Benjamin Wilson
 Josephine Woloszyn
 King Choi Wong
 Darlene Wrentz

Special Thanks

Garrett Bennett
 Jessica Fuentes
 J&C&R Krediet
 Charitable Fund
 Norwalk Garden Club
 Gene & Sarah Qualman

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.



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

IN MEMORY OF JACKIE ALBERT

Rachel Kastner
Yoldana Matos
Lisa Modisett
Andrea Schiralli
Kevin Whalen

IN MEMORY OF GRACE HARRIS

Maribeth Hemmingway
Dale McEnany
Lois McNamara
Sandra Samuels

IN MEMORY OF PEGGY MCDONALD

Kristen Harris
Colin and Karen Kellaher & Family
Margaret Kelley
Joan and Anne McGoldrick
Kathleen McLoughlin
Jeannie McPhilly
Norwalk Senior Center Bingo Group
Norwalk Senior Center Poker Group
Nelly Park
David Pascale
Shawn and Susan Reed
Richard Tarantino

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

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

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

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

Thank you for your continued support and friendship.

GIFT IN REMEMBRANCE

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

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

Given By: _____
(Please print name in full)

SEND MEMORIAL OR HONOR CARD TO:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

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

Please make checks payable to Norwalk Senior Center. The amount of your gift is confidential. Gifts are 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? <input type="checkbox"/> Yes <input type="checkbox"/> No	11 Allen Road, Norwalk CT, 06851 (203) 847-3115
--	---

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

(Fill out only if you are joining as a couple)
 Member 2 Name: _____ Date of Birth: ___/___/___
 Gender: _____ Race (optional): _____ Ethnicity (optional): Hispanic Non-Hispanic
 Are you a US Veteran? Yes No

Address: _____ Apt: _____

City / State / Zip: _____ Phone: _____

*Email: _____ Cell: _____

Emergency Contact: _____ Relationship: _____

Emergency Contact Number: _____ Alt Number: _____

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

Please select your membership:
 Bronze: \$40 Couple: \$80
 Silver: \$50 Gold: \$75 Platinum: \$100
 *\$_____ Donation to support Outreach Services
**Members who make a special donation are acknowledged in the bi-monthly newsletter.*

Annual Membership is:
 \$40, \$50, \$75, or \$100 per person based on your budget.
 Your membership entitles you to discounts on programs, services, & events.

\$15—Want a newsletter mailed directly to your home?
 Please send Newsletter by 1st Class Mail for an additional fee of \$15/year.

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

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

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

Always Caring

OF CONNECTICUT

Home Care with Heart

THE BEST CARE IS ALWAYS GIVEN TO YOUR LOVED ONE

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

29 East Main Street Westport, CT 06880
203.557.4355 • www.alwayscaringct.com

Proudly Serving Fairfield and New Haven Counties

Collins Funeral Home

*Continuing our family tradition
for four generations.*



Est. 1898

92 East Avenue, Norwalk, CT

www.collinsfh.com

(203) 866-0747

Treasure House

Woman's Board of Norwalk Hospital

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

520 West Ave
Norwalk, CT 06850
www.Treasure-Hse.org
info@Treasure-Hse.org
203.866.7104
www.facebook.com/TreasureHouseNorwalk

Mon & Tues 10:00 - 4:00
Wed, Fri & Sat 10:00 - 1:00
Thurs 10:00 - 1:00 (1st, 3rd, 5th wk of month)
Thurs 10:00 - 4:00 (2nd & 4th wk of month)
Sunday - Closed

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

Advertise Here!

Contact Ileana Vasquez

ivasquez@4LPi.com
(800) 950-9952 x3105

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT
\$19⁹⁵
/mo.

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the
HOME YOU LOVE!"

✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com



Never miss our publication!

Get each new issue delivered straight to your inbox.



Scan to subscribe on
MyCommunityOnline.com



GILL & GILL
ARCHITECTS, L.L.C.
ARCHITECTS • DESIGNERS • PLANNERS



17 High St., Suite 301
Norwalk, CT 06851

203.831.8808 T
www.GILLandGILL.com

11 ALLEN ROAD
NORWALK, CT 06851-2319

SPECIAL THANKS FROM NSC
FOR ONGOING SUPPORT:

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



Cassena Care



YOU WILL FEEL RIGHT AT HOME
Renew - Restore - Rehabilitate

State-of-the-Art Rehabilitation skilled nursing facilities offering comprehensive care for both sub acute and long term care.

CASSENA KIDNEY CARE AT NORWALK,
is now offering inpatient & outpatient hemodialysis services.



Two Beautiful Facilities, One Big Family

Stamford
203-351-8331 • cstamnrc.com

Norwalk
203-853-0010 • cnwnrc.com

Looking for help at home?
24/7 • LIVE IN • LIVE OUT • LONG-TERM CARE



LifeWorx[®]

The Finest Local Elder Care

For 20 years, we've set the standard for in-home elder care. Our concierge experience delivers personalized solutions & expert caregiver matching.



Audrey & Donah

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



Homewatch CareGivers
Of Norwalk
Caring experts. Expert care.

Of The Community For The Community

Non-medical Homecare

Providing: Monthly Subscriptions • Hourly On-Demand Virtual Visits • Live-In • 24 Hours Care • Meals Assistance
No Minimum Hours • Serving Fairfield County
Licensed • Insured • Bonded • HCA0002311

203-635-5505 • hwcg.com/norwalk
15 Cross St. #302 • Norwalk, CT



Petals Home Services
"QUALITY CARE AT HOME"

Elevating Lives through Diverse Care Services

Contact Us Today
(203) 507-3426

Assistance with ADLs • Companionship
Housekeeping • In-Home Care Services • Live-Ins
Meal Preparation • Medication Reminders
1-1 Sitting Services • Respite Care
We Accept Long Term Care Insurance

Email: info@petalshomeservices.com