NORWALK SENIOR CENTER

LIFE & TIMES

VOLUME 27, ISSUE 2 | AUGUST—SEPTEMBER 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 CLOSURES:

Monday September 7th

Labor Day

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

www.norwalkseniors.org

Amish Country

Amish Country Two Day Adventure Presents: Joshua Live On Stage Sight & Sound Theater- Lancaster, PA. More on page 11.

Annual BBQ: Hawaii Theme

Tuesday August 25th 2026 12 PM to 3 PM Enjoy great food by Jeff's BBQ and live entertainment! More on page 10.

Fabulous Flea Market

Join us for our next Fabulous Flea Market on **Saturday, September 26th from 9 AM to 4 PM.** Rain or Shine! More on page 7.

Foxwoods

FOXWOODS RESORT ✦ CASINO

Foxwoods Casino & Mashantucket Pequot Museum Registration is Open! Wednesday September 16, 2026. More on page 11.

Museum on the Go

Thursday September 10, 2026 at 10:30 AM Add a pop of color to your living space by designing your own unique coaster. More on page 10.

Pickleball Tournament

Join us for our next Pickleball Tournament on **Saturday September 12th 2026 - 8 AM to 3 PM!** More info on page 7.

11 Allen Road, Norwalk, CT 06851 | Phone: (203) 847-3115
www.norwalkseniors.org

Norwalk Senior Center

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 their website:

www.va.gov/connecticut-health-care/

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:
August 6th & August 20th
September 3rd & September 17th

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.

September is Healthy Aging® Month

Think it's too late to "re-invent" yourself? Think again. Whether you're learning a new skill, exploring a different place, or simply asking more questions, each new experience can broaden your perspective. Here are 10 simple ways to celebrate:

1. Learn something new. Take a class, attend a workshop, watch a tutorial, or explore a subject

that has always interested you.

2. Explore your community. Visit a museum, park, historic site, restaurant, or neighborhood you've never experienced before.

3. Try a new physical activity. Consider walking, pickleball, yoga, tai chi, swimming, dancing, or another activity that challenges you in a positive way.

4. Read outside your comfort zone. Choose a book, magazine, or article on a topic you know little about.

5. Connect with people of different generations. Meaningful conversations across age groups can offer fresh perspectives and new ideas.

6. Embrace technology. Learn how to use a new app, device, or online tool that can enhance your daily life.

7. Pursue a creative interest. Write, paint, photograph, cook, garden, craft, or make music simply for the joy of learning.

8. Ask more questions. Curiosity begins with a willingness to wonder and explore.

9. Revisit an old dream. Consider a hobby, destination, skill, or goal you've always wanted to pursue.

10. Say yes to a new experience. Growth often begins when we step outside familiar routines.

Curiosity starts today and doesn't require a passport, a degree, or a major life change—it simply begins with a willingness to discover what's next. What are you curious about? If you've been waiting for the "perfect" time to start, September — Healthy Aging® Month — is an ideal moment to make a change.

Healthy Aging® is a registered trademark of CWI Productions, Inc., used in connection with this long-standing public education campaign.

August Health Awareness Month: Gastroparesis

Gastroparesis, or "stomach paralysis," is a chronic disorder where the stomach takes too long to empty its contents. It occurs when damaged nerves and weak muscles prevent normal stomach contractions, hindering the digestive process.

Also known as delayed gastric emptying, gastroparesis affects the stomach muscles and nerves, preventing food from moving properly from the stomach into the small intestine.

Common Symptoms: Patients often experience chronic bloating, early satiety (feeling full too soon), abdominal pain, nausea, and vomiting of undigested food. If you are experiencing any of the above symptoms, please contact your primary care physician.

Management: While there is no cure, it is commonly managed through dietary modifications, medications to stimulate the stomach, and in some cases, surgery.

Common Causes

The condition often stems from damage to the vagus nerve, which regulates stomach muscles. Common risk factors and triggers include:

• Diabetes: High blood sugar can damage the vagus nerve over time, making this the most frequent cause.
• Prior Surgeries: Procedures involving the stomach or esophagus can injure the nerves.
• Viral Infections: Gastroparesis can sometimes develop following a stomach virus.
• Medications: Certain drugs like opioid pain relievers or some antidepressants can slow digestion.
• Idiopathic: In many cases, no specific underlying cause can be identified.

Diagnosis & Treatment

Diagnosis is typically made by a gastroenterologist through a gastric emptying study, which measures how fast food moves through your stomach. While there is no known cure, the condition is highly manageable. Treatment generally focuses on nutritional adjustments (like eating smaller, more frequent meals), lifestyle changes, and medications to stimulate stomach contractions and control nausea.

Dietary and Lifestyle Changes

Diet is the first line of defense and focuses on foods that are easier to digest. [1]

• Frequent, small meals: Eating 5-6 smaller meals throughout the day reduces the burden on your digestive tract.
• Low-fat, low-fiber: Fiber and fat take longer to digest and can sit in the stomach, so avoiding them is highly recommended.
• Liquid meals: For severe flares, your doctor may suggest consuming pureed foods or nutritional shakes, which pass through the stomach much faster.
• Activity: Taking a gentle walk or remaining upright for 1-2 hours after eating can aid in gravity-assisted stomach emptying.

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, 2026 - JUNE 30, 2027.
HOURS: MONDAY THROUGH FRIDAY 8:30AM — 4:30PM
ADDRESS: 11 ALLEN ROAD, NORWALK CT
PHONE: (203) 847-3115

STAFF:	EXTENSION:
Activities Coordinator: Agueda Calderon ACalderon@norwalksc.org (Bilingual)	**x114**
Administrative Assistant: Amy Munley AMunley@norwalksc.org	**x110**
Executive Director: Beatrix Lane BLane@norwalksc.org	**x103**
Front Desk Coordinator: Carlos Bolanos Carlos@norwalksc.org (Bilingual)	**x104**
Director of Social Services: Eva Beau EBeau@norwalksc.org (Bilingual)	**x115**

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

Cluttrclean
GET ORGANIZED
Custom Kitchen
& Closet Design,
Renovations, &
Junk Removal.
SCAN or CALL
to GET ORGANIZED
203.223.5111
cluttrclean.com

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

Our picturesque campus in Wilton offers:
• Assisted living, providing exemplary social and wellness programs
• Specialized memory care programs
• Long-term skilled nursing
• Geriatric assessment center
Wilton Meadows 203.834.0199
The Greens At Cannondale 203.761.1191

Advertise Here!
Contact Ileana Vasquez
ivasquez@4LPi.com
(800) 950-9952 x3105

FARMERS' market

DATE: EVERY TUESDAY
BEGINNING JULY 14TH THRU OCTOBER

TIME: 11:00 AM - 2:00 PM

LOCATION: NORWALK SENIOR CENTER
11 ALLEN ROAD - NORWALK, CT

FARMER(S): MYCELIUM FARM - REDDING, CT

PRODUCE: LETTUCE, TOMATOES, MICROGREENS
HERBS, HOME BAKED GOODS, AND MORE

COME SPEND YOUR S/FMNP BENEFITS TO GET SOME FRESH CT GROWN PRODUCTS!

CT DEPARTMENT OF AGRICULTURE

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:
August 6th
September 3rd
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 each way or

Thank You To Our Newest Advertisers!

Ibis Medical Care

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

PICKLEBALL TOURNAMENT

Saturday, September 12th 2026 - 8 AM to 3 PM
(Rain Date: Sunday September 13th)

Round Robin / Minimum 3 Games per Team / Intermediate skill-level / Players ages 50 +

Register at the front desk or online at norwalkseniors.org
Entry Fee: $50 per player—Register before September 1st for our Early Bird fee of $35 per player!

Food / Refreshments First place CASH PRIZE! RAFFLES! For more details, contact:
Steve Norton (203) 644-0458 or shamrocks007@gmail.com

AUGUST CALENDAR | PAGE 8

3 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker	**4 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub **10:30 Blood Pressure** 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**5 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**6 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 2:30 Chair Yoga	**7 Friday** 9:00–1 Nail Salon **9:45 Dance Class** 10:00 Beading Jewelry **11:00 Brain Games** 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
10 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**11 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Fun & Fit **10:30 Comm. Health** 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**12 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II **10:30 Mini Displays** 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**13 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 2:30 Chair Yoga	**14 Friday** 9:00–1 Nail Salon 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
17 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker	**18 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub **10:00 Blood Pressure** 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**19 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**20 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 2:30 Chair Yoga	**21 Friday** 9:00–1 Nail Salon **9:45 Dance Class** 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
24 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**25 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market **12:00 BBQ Lunch** 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**26 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**27 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 2:30 Chair Yoga	**28 Friday** 9:00–1 Nail Salon 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
31 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker				

	1 Tuesday 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub **10:30 Blood Pressure** 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**2 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**3 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 2:30 Chair Yoga	**4 Friday** 9:00–1 Nail Salon 10:00 Beading Jewelry **11:00 Brain Games** 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
7 Monday: CLOSED 	**8 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**9 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**10 Thursday** 10:00 Dominos 10:00 Rincon Espiritual **10:30 Matt on the Go** 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess 2:30 Chair Yoga	**11 Friday** 9:00–1 Nail Salon **9:45 Dance Class** 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
14 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**15 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub **10:00 Blood Pressure** 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**16 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**17 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 2:30 Chair Yoga	**18 Friday** 9:00–1 Nail Salon 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
21 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker	**22 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub **10:30 Alzheimer's Presentation** 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**23 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	**24 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 2:30 Chair Yoga	**25 Friday** 9:00–1 Nail Salon **9:45 Dance Class** 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
28 Monday 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**29 Tuesday** 9:30–2 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Fun & Fit 11:00 Farmers Market 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**30 Wednesday** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo		

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:
August 7th & 21st

September 11th & 25th

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

Movie Mondays

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

August 10: Project Hail Mary
August 24: The Five Star Weekend
September 14: The Sheep Detective
September 28: Safe Haven

Flower Again

Inspiring hope & healing through repurposed flowers. The Senior Center is hoping to offer this activity every month. Look for our flyer around the center, or subscribe to our weekly eBlast for updates by visiting www.norwalksc.org

BBQ Bash: Hawaii Theme
Tuesday August 25th 2026
12 PM- 3 PM

Inside our Center
$30 per person
Good food, fun and music!
Live entertainment
Food by Jeff's BBQ & catering.

Presentation: Understanding Alzheimer's & Dementia
Tuesday September 22, 2026 at 10:30 AM

Learn the difference between Alzheimer's and dementia, risk factors and treatments. *Presented by the Alzheimer's Association.*

MATT ON THE GO!
Thursday September 10, 2026 at 10:30 AM

MATTATUCK MUSEUM

Add a pop of color to your living space by designing your own unique coaster using a fun and creative technique that makes vibrant colors bloom and swirl. Experiment with different patterns and color combinations to craft beautiful, one-of-a-kind pieces.

Miniature Displays: Presented by Vance Alexander
Wednesday August 12, 2026 at 10:30 AM

Step into a tiny world of big details. A discussion into the art of miniature room displays. You will learn how artist create these beautiful displays, the inspiration behind the display.

Community Health Centers, Inc Health Education Presentation
Tuesday August 11, 2026 from 10:30 AM- 11:30 AM

Are you interested in learning about...
Free or Low-Cost Health Care
Tips for Talking With Your Medical Provider & Pharmacist
Healthy Food Options
Patient Rights and Responsibilities
Chronic Diseases
And Services Available at CHC!

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.

Foxwoods Casino & Mashantucket Pequot Museum

Registration is Open!
Wednesday September 16, 2026
Departure time 9:00 AM
Estimated return time to NSC 5:00 PM
Fee: Option 1 (Casino) $60 per person
Option 2 (Casino & Museum) $77 per person

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

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!

Holiday Hill

Registration is Open!
Monday August 17, 2026
Departure time 9:00 AM
Estimated return time to NSC 4:30 PM
$100 per person

Senior Day at Holiday Hill (43 Candee Rd, Prospect, CT) is a popular, all-inclusive summer event for older adults featuring unlimited food, swimming, dancing, and outdoor games.

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

8/11, 9/8, 10/13, 11/10, and 12/8

Advanced Beginners Clinic 12-2pm

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 & Thursdays at 2:30

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: $7 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: Tuesdays 1:30 PM & Thursdays 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.

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.

Nail Salon

Thail'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
Friday appointments from 9 AM—1 PM
Schedule your appointment today! NSC Membership is required.

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

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 of more tiles of the same number in different colors.

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 beans bags at a raised and slanted board. Aiming to score points by landing bags in the hole or on the board.

Ping Pong: Tuesdays 12:00 to 1:30 PM

Blood Pressure Clinic:

Tuesday August 4th 10:30-11:30
Tuesday August 18th 10:00-11:00
Tuesday September 1st 10:30-11:30
Tuesday September 15th 10:00-11:00
Sponsored by Visiting Nurse of Fairfield County

Brain Games

1st Friday of the month at 11 AM
August 7th & September 4th

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.*

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 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 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 co-mun. Capacidad para usar y entender palabras individ-uales en el discurso oral.

New Members

Janet Angione
Joanne Bartley
Susan and Chris Borchers
Lynn Boyar
Mary Brennan
Ruth Calderon
Concetta Canessa
Celia Clark
Patricia DeMilia
Elise Donahue
Richard Donofree
Frances Engert
Theresa Figueiras
Maria Granata
Stephen Henderson
Priscilla Jeffrey
Marie Kenney
Lynette Kreager
LuAnn Levine
James and Sharon Moorer
Marla Nikiforides
Michele Pennacchio
Alex Pepler
Louis Pescatore
Bill Schmidel
Debra Scianna
Anne Sullivan Young

Membership Donors

Betty Brink
Carmen Chute
Satwant Dhanda
Frances Engert
Theresa Figueiras
Marina Garcia-Mazariegos
Maria Greif
Carole Huse
Lilieth Irving
June Lagan
William Lahey
& Cynde Bloom-Lahey
Joseph Macaluso Jr
Robert Moon
& Sonia Iamiceli Moon
Andrew Pasheluk
Elihu Rosen & Nori Insler Rosen
Sandra Samuels
Suzanne Saunders
Catherine Sileo
Lula Simmons
Dennis and Laurie Warfield
Brian and Lavonne Williams

Silver Membership Supporters

Dolores Abresky
Joanne Bartley
Connie Blair
Audreta Brown
Jeanette Brown-Dickson
Patricia Cerullo
Karl Cobbs
Diane Cocchia
Christina Cronin
Mary Czulewicz
Susan Desper
Frances Engert
Elizabeth Golden
Isabel Graca
Maria Granata
Patricia Grant
Catherine Grimes
Martha Gualtiere
Pamela Heise
Carole Huse
Julia Jackson
Lawrence Jean
Priscilla Jeffrey
Irene Koleszar
Willow Landon
Grace Luppino
Linda Masciola
Sandra Masse
Mary Munis-Webb
Richard Nichols
Scott and Lisa O'Malley
Michele Pennacchio
Carol Remler
Queen Rice
Lyra Richards
Suzanne Saunders
Rosanne Scallion
Lula Simmons
Pattie Takita
Elaine Tracy
Brian and Lavonne Williams
Darlene Wrentz

Gold Membership Supporters

Jo Friedlander
Suzanne Leocopoulos
Robert Moon
& Sonia Iamiceli Moon
Mary Ann Strolin
Gino and Joan Vitali

Platinum Membership Supporters

Carmen Chute
Alan Dutton
Joan Enoch
Theresa Figueiras
Maria Greif
Pasquale Guarino
Mary Ann Jacobs
William Lahey
& Cynde Bloom-Lahey
Susan LeRow
Joseph Macaluso Jr
Gail MacLean
Edward Maleski
Jeanne McAndrew
Patricia McCarthy
Kathy McLean
Michael and Kathy McLean
Anthony and Dorothy Molgano
Stephen Norton
Ponsawan O'Brien
Andrew Pasheluk
Madhukanta Patel
Elizabeth Quisgard
David Roger
Lisa Roger
Elihu Rosen & Nori Insler Rosen
Barbara Russel
Sandra Samuels
Patty Sinisko
Paul and Patty Sinisko
Catherine Smith
Ronna Van Veghel
Rick and Maggie Wetzel

Valentine Appeal Donors

Evelyn DePreta
Mildred Lasker
Mary Wynn

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 GILDA LAHEY

Ralph Bloom
Maria and Matt DeVito
Evelyn & Michael Gobstein
Vasiliki "Betty" Handrinos
Mary Ellen Tuccillo

IN MEMORY OF DOROTHY DEFINIS

Donna Meier

IN MEMORY OF GRACE HARRIS

Joanne McGarry

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.

Norwalk Senior Center

Membership Application

July 2026 – June 2027

Are you already a member? ☐Yes ☐No 11 Allen Road, Norwalk CT, 06851 (203) 847-3115

Member 1 Name:_____ **Date of Birth:** ____/____/_____

Gender: _____ **Race (optional):** _____ **Ethnicity (optional):** ☐Hispanic ☐Non-Hispanic

Are you a US Veteran? ☐Yes ☐No

(Fill out only if you are joining as a couple)

Member 2 Name:_____ **Date of Birth:** ____/____/_____

Gender: _____ **Race (optional):** _____ **Ethnicity (optional):** ☐Hispanic ☐Non-Hispanic

Are you a US Veteran? ☐Yes ☐No

Address: _____ **Apt:** _____

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

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

Emergency Contact: _____ **Relationship:** _____

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

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

Please select your membership:

☐ **Bronze: $40** ☐ **Couple: $80**

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

*$_____Donation to support Outreach Services

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

Annual Membership is:
$40, $50, $75, or $100 per person based on your budget.

Your membership entitles you to discounts on programs, services, & events.

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

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

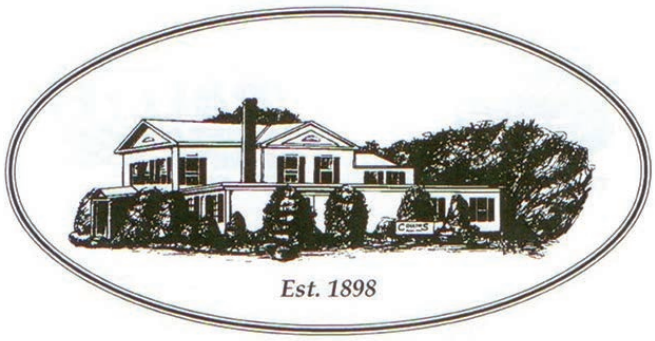
Credit Card: Visa / MasterCard #_____ **Exp. Date**_____

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.*

Collins Funeral Home

Continuing our family tradition for four generations.



92 East Avenue, Norwalk, CT

www.collinsfh.com

(203) 866-0747

Treasure House

Woman's Board of Norwalk Hospital

A Thrift Shop that looks like a Boutique

520 West Ave
Norwalk, CT 06850
www.Treasure-Hse.org
Facebook-treasure-hse.org
203.866.7014

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

Our profit is donated to the growth & development of Norwalk Hospital

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

IF YOU LIVE ALONE

MDMedAlert!™

$1 Less Than a day

✔ Ambulance/Police
✔ Family/Friends
✔ GPS & Fall Alert*

CALL NOW! 800.890.8615 md-medalert.com

Little space. Big impact.

Advertise here
Call 800-950-9952

HELP WANTED

20–30 hours per week

Westport Glass Company is seeking an individual to assist with:

- Reviewing shop drawings
- Checking math calculations
- Verifying accuracy of construction details
- Creating simple drawings for:
  - Shower enclosures
  - Interior glass applications

Part-Time Opportunity
Westport Glass Company

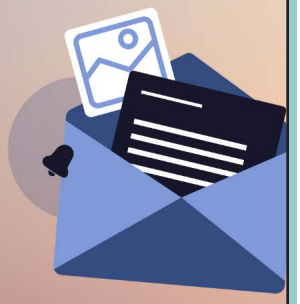
Call Dennis
475-449-5927
www.americanframeless.com

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

17 High St. Suite 301
Norwalk, CT 06851

203.831.8808 T
www.GILLandGILL.com

Never miss our publication!



Get each new issue delivered straight to your inbox.

Scan to subscribe on MyCommunityOnline.com

Norwalk Senior Center

11 ALLEN ROAD
NORWALK, CT 06851-2319

SPECIAL THANKS FROM NSC FOR ONGOING SUPPORT:

Autumn Lake Healthcare
ARK Rehabilitation
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
Piper Foundation
Charitable Trust
S. Margaret McHenry Fund
Sayles and Maddocks
Family Foundation
Bridges by EPOCH

Cassena Care

YOU WILL FEEL RIGHT AT HOME
Renew - Restore - Rehabilitate

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

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

Stamford
203-351-8331 ▪ cstamnrc.com

Norwalk
203-853-0010 ▪ cnwnrc.com

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.

Call or visit your local office:
(203) 966-3400

21 Post Road West
Westport, CT 06880

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

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