NORWALK SENIOR CENTER

LIFE & TIMES

VOLUME 27, ISSUE 3 | OCTOBER—NOVEMBER 2026

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Holiday Schedule:
Wednesday November 25th
Close at 1 PM
Thursday November 26th
CLOSED
Friday November 27th
CLOSED

VISIT OUR WEBSITE FOR UPDATES, RESOURCES & SIGN UP FOR OUR WEEKLY EMAIL BULLETIN:
www.norwalkseniors.org

Norwalk Senior Center

Halloween Party & Ice Cream Social



Friday October 30, 2026 11:30 AM- 12:30 PM
Dress up in your favorite Halloween costume! Prizes for Best, Funniest and Scariest costumes. Enjoy an ice cream treat. Reservations Required. Price: $4 per person.

Lunch & Learn



Wednesday October 14th : Topic "Breast Cancer Awareness"
Wednesday November 18th: Topic "Gratitude and Legacy Storytelling
Price $12. More on page 10

TRIP: Doo Wop



Jukebox 45 Show Band is dedicated to reviving the golden age of Doo Wop, bringing the group's infectious energy & heartfelt lyrics to their audiences. Enjoy listening to some of the most memorable songs ever written Find more on Page 7.

Flu Shot Clinic Sponsored by Shoprite



Tuesday October 20, 2026
9:30 AM- 12:30 PM
Flu season is coming. Get a Flu Shot.
Please bring your insurance information.

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



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

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.

October is Breast Cancer Awareness Month

Every October, communities around the country come together to recognize Breast Cancer Awareness Month, a national campaign that promotes breast cancer awareness, education, fundraising, and more. The goal throughout the month is to increase awareness of the disease and stress the importance of mammograms as the best tool to screen for breast cancer, the second most common type of cancer among women.

Different people have different symptoms of breast cancer, while some do not have any signs or symptoms at all. It is important to know how your breasts normally look and feel to be able to recognize any changes that may occur. While knowing what to look for is important, regular mammograms and clinical breast exams are crucial, as these tests can help detect breast cancer before symptoms show.

Signs of breast cancer may include: • Lump in the breast or underarm (armpit) • Swelling or thickening of all or part of the breast • Dimpling or skin irritation of breast skin • Redness, scaliness or thickening of the nipple or breast skin • Nipple discharge (other than breast milk) • Any change in the size or shape of the breast • Pain in any area of the breast

Get Screened

A mammogram is a low-dose x-ray picture of the breast. Early detection of breast cancer can improve a woman's chance of survival and mammograms are the best tool to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Women should ask their healthcare provider if and when a mammogram is right for them. There are many factors that can influence your breast cancer risk such as family history and getting older. There is no sure way to prevent breast cancer, but lifestyle changes can help lower your risk of breast cancer such as:

• Keep a healthy weight and exercise regularly.

• Choose not to drink alcohol, or drink alcohol in moderation.

• If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

• Breastfeed your children, if possible.

• If you have a family history of breast cancer, be sure to talk to your doctor about ways to lower your risk.

• The Centers for Disease Control and Prevention (CDC) offers free or low-cost mammograms

To support healthy aging, the Norwalk Senior Center encourages members to keep up with regular medical appointments and recommended health screenings.

November is National Alzheimer's Month

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease. Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer's lives four to eight years after diagnosis but can live as long as 20 years, depending on other factors.

Help is available

If you or someone you know has been diagnosed with Alzheimer's or another dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

·Locate your local Alzheimer's Association.

·Call our 24/7 Helpline at 800.272.3900 to speak with a master's-level clinician about your concerns and next steps.

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: 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

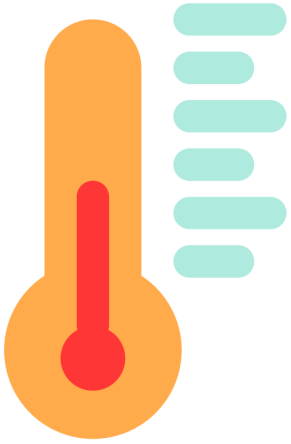
The
CANNONDALE CAMPUS
PRIVATELY OWNED SINCE 1988
The Greens at Cannondale
Assisted Living
Wilton Meadows
Nursing & Rehabilitation



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

Energy Assistance Program



What is the Connecticut Energy Assistance Program (CEAP)?

The Connecticut Energy Assistance Program (CEAP) helps residents pay for their home heating costs.

Applications typically take 30-45 minutes to complete.

Benefit amounts: $355-$705 for the 2026-2027 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.

Who is Eligible?

Your household may be eligible for CEAP if you can answer YES to the following questions:

Are you a Connecticut resident?

Do you meet one of the following income guidelines?

You receive SNAP, TANF, SSI, qualifying means-tested Veteran's benefits, or other qualifying benefits from the Department of Social Services

Your annual household income falls at or below the income levels in the table below (i.e. 60% of the state's median income)

Return all forms and documentation, including this checklist, to your local Community Action Agency (CAA) via email, mail, or in-person drop-off.

CEAP is accepting applications until May 31, 2027

Household Size	Annual Income
1	$48,714
2	$63,703
3	$78,692
4	$93,681
5	$108,669
6	$123,658
7	$126,469
8	$129,279

Need help with your CEAP application?

Call Eva Beau at (203) 847-3115 X115 to make an appointment - BY APPOINTMENT ONLY

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:

Oct 1st and Nov 5th

After Lunch

All are welcome to celebrate our members! The monthly birthday cake will follow lunch on the first Thursday of the month. Sign up for lunch or stop in after for cake. *Sponsored by Dean @ Bridges by Epoch*

DINING at Norwalk Senior Center

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

THERE IS A SUGGESTED DONATION OF $4-6

Lunch Menus will be available on our website at www.norwalkseniors.org, 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

Transportation Assistance

Family & Children's Agency (FCA) provides free transportation for adults age 60 and older to and from medical appointments, as well as assistance with essential shopping trips. This program is partially funded by the Southwestern Connecticut Agency on Aging (SWCAA). For more information or to enroll in the program, please contact Dolly, Transportation Supervisor, at 203-831-2900.

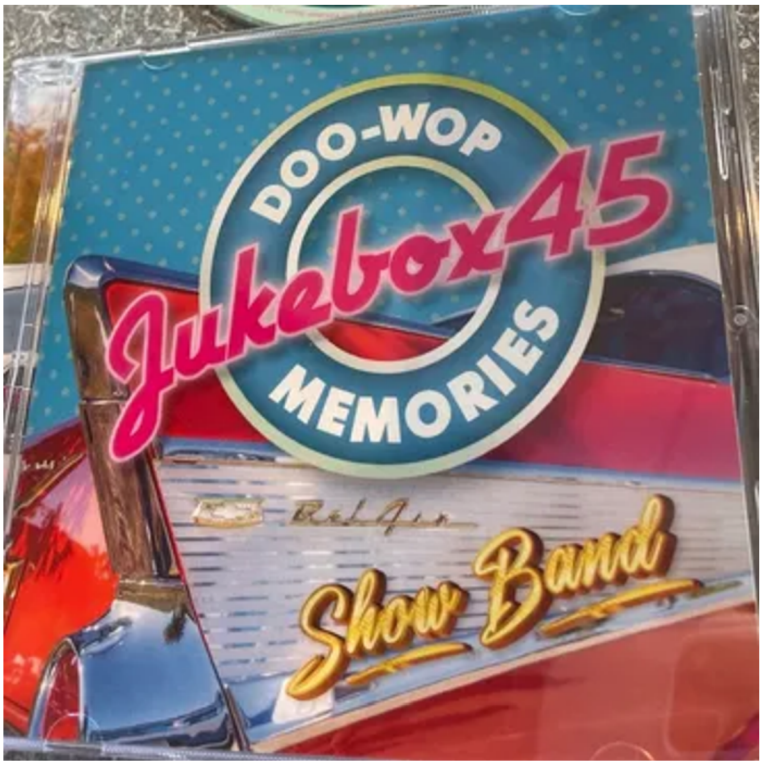
REACH YOUR AUDIENCE & BOOST YOUR BUSINESS

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

Thank you to our newest advertisers, CHOICES

To sign up for our trips, please call Carlos at (203) 847-3115 or stop by the front desk.



DOO-WOP JUKEBOX 45 MEMORIES SHOW BAND

Date: Tuesday, November 10, 2026

Departure Time: 9:15 AM from Norwalk Senior Center

Please arrive at 8:45 AM

Coach bus boarding at front entrance.

Price: $158.00

Location: La Bella Vista, Waterbury CT

Jukebox 45 Show Band is dedicated to reviving the golden age of Doo Wop, bringing the group's infectious energy & heartfelt lyrics to their audiences. Enjoy listening to some of the most memorable songs ever written.

OCTOBER CALENDAR | PAGE 8

			1 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	**2** 9:00—1 Nail Salon 10:00 Beading Jewelry **11:00 Brain Games** 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
5 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**6** 9:30—2 Nail Salon 9:30—2Hairdressing 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	**7** 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	**8** 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	**9** 9:00—1 Nail Salon **9:45 Dance Class** 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
12 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker	**13** 9:30—2 Nail Salon 9:30—2Hairdressing 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	**14** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi **11:00 Lunch & Learn** 12:00 Poker 12:00 SoNo Elders Bingo	**15** 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	**16** 9:00—1 Nail Salon 10:00 Beading Jewelry **10:30 Matt on the Go** 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
19 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**20** 9:30—2 Nail Salon 9:30—2Hairdressing **9:30 Flu Shot Clinic** 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	**21** 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	**22** 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	**23** 9:00—1 Nail Salon **9:45 Dance Class** 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
26 10:00 Knit & Stitch **10:00 Synergy** 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker	**27** 9:30—2 Nail Salon 9:30—2Hairdressing 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	**28** 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	**29** 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	**30** 9:00—1 Nail Salon 10:00 Beading Jewelry 11:00 Tai Chi **11:30 Halloween Party** 11:45 Lunch 12:45 Mah Jongg

2 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker	**3** 9:30–2 Nail Salon 9:30–2Hairdressing 10:00 Rummikub **10:30 Blood Pressure** 10:30 Cornhole 10:30 Fun & Fit 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**4** 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	**5** **9:30 AARP Driving Class** 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	**6** 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
9 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**10** 9:30–2 Nail Salon 9:30–2Hairdressing 10:00 Rummikub **10:00 Wills & Trusts** 10:30 Cornhole 10:30 Fun & Fit 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**11** 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	**12** 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	**13** 9:00–1 Nail Salon 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
16 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker	**17** 9:30–2 Nail Salon 9:30–2Hairdressing 10:00 Rummikub **10:00 Blood Pressure** 10:30 Cornhole 10:30 Fun & Fit **11:00 Mark Albertson** 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**18** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi **11:00 Lunch & Learn** 12:00 Poker 12:00 SoNo Elders Bingo	**19** 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	**20** 9:00–1 Nail Salon **9:45 Dance Class** 10:00 Beading Jewelry 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
23 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker **12:30 Movie**	**24** 9:30–2 Nail Salon 9:30–2Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Fun & Fit 11:45 Lunch 12:00 Spanish Class 12:00 Ping Pong 12:30 Art Class 1:30 Chair Yoga 1:30 Meditation	**25** 9:00 Social Stitchers 9:15 Fun & Fit 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:45 Lunch **CLOSE AT 1 PM**	**26** **CLOSED** **FOR THANKSGIVING**	**27** **CLOSED** **FOR THANKSGIVING**
30 10:00 Knit & Stitch 10:30 ESL I 10:30 Fun & Fit 11:30 Bridge 11:45 Lunch 12:00 Poker				

To sign up for any of our programs, please call (203) 847-3115 or stop by the front desk.

Groovin' & Swingin' Dance Class for All



Instructor: Simone Assboeck | $6 per class
Select Fridays 9:45–10:45AM:
October 9th and 23rd
November 6th and 20th
Learn the Electric Slide, Swing, Chacha, Line Dances & more!

Movie Mondays



All movies start at 12:30 pm in the Dining Room at NSC
October 5 Mamma Mia!
October 19 Must Love Dogs
November 9 Set It Up
November 23 Laws of Attraction

MARY KAY Pampering & Beauty Session by Bernadette



Tuesday October 13, 2026
10:30 AM
Open to All
Register at the Front Desk
A little pampering and relaxation for our members includes:
Satin Hands Treatment
Smoothing Lips Treatment
Pampering Facial
Moisturizing Mask
Dash out the Door Look

MATT On The GO!

MATTATUCK MUSEUM

History of photography in Waterbury
Friday October 16, 2026
10:30 AM
Learn about the history of photography in the town of Waterbury and how local factories and businesses played a role in the evolution of photography. Local histories and personal stories from the families who played a part in this history take you on a journey across 200 years.

Flu Shot Clinic Sponsored by Shoprite

GET your FLU SHOT

Tuesday October 20, 2026
9:30 AM- 12:30 PM
Flu season is coming. Get a Flu Shot.
Please bring your insurance information.

Protect Yourself From Scams and Elder Abuse

SilverSource
A Leading Resource for Older Adults

Wednesday October 21, 2026
12:45 PM- 1:30 PM
Join us for a presentation which will help keep you safe. SilverSource of Stamford will present on this important topic.

SYNERGY HomeCare Information for Veterans, Family, Friends of Veterans and Their Spouses.

SYNERGY HomeCare

Monday October 26, 2026
10:00 AM
-How to apply
-Qualifications
-Services

Lunch & Learn

Wednesday October 14th
Topic "Breast Cancer Awareness"

Wednesday November 18th
Topic "Gratitude and Legacy Storytelling

Price $12
Limited Seating RSVP Required
RSVP no later than October 12th for October 14th Luncheon (call front desk 10/12 for menu)
RSVP no later than November 16th for November 18th Luncheon (call front desk 11/16 for menu)
Raffles & Door Prizes

Halloween Party & Ice Cream Social



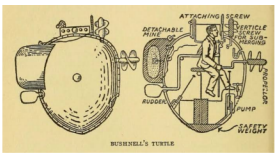
Friday October 30, 2026
11:30 AM- 12:30 PM
Dress up in your favorite Halloween costume!
Prizes for Best, Funniest and Scariest costumes.
Enjoy an ice cream treat.
Reservations Required.
Price: $4 per person.



Sense of Wills, Trusts, Power of Attorney & Healthcare Directives

Tuesday November 10, 2026
10:00 AM
Plan Now, Rest Easy
A plain-English guide to wills, trusts, powers of attorney & healthcare directives
Attorney Peter Dodge

History Presentation by Mark Albertson



Tuesday November 17, 2026
11:00 AM
Topic: The Turtle, America's Revolutionary War submarine.
Invented, designed and built here in colonial Connecticut
The Turtle (also called American Turtle) was the world's first submarine,
or by modern standards a submersible, with a documented record of use in combat.

AARP Safe Driver Class

Date: Thursday, November 5, 2026
Time: 9:30 AM to 1:30 PM
Location: Norwalk Senior Center- Room TBD
Price: $20.00 AARP Members - $25.00 Non- Members
Payment will be collected in class. Register by calling 203-847-3115.
Cash or Check only.

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 1:30 & Thursdays at 2:30pm



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: $7 per class

Tai Chi: Wednesdays at 10:30am & Fridays at 11am

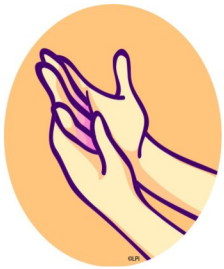


Tai Chi for Better Balance is an effective means of improving balance, functional limitations, and strengthening muscles, which reduces the risk of falling. Tai Chi is a low-impact exercise that can be done in almost any location.

Wednesdays: Instructor Bill 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 your strength.

Instructor: Sharon Rubinstein. Cost: $3 per class

Mediation: Thursdays at 10:30 AM & Tuesdays at 1:30 PM



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

Free Blood Pressure Clinic:
Tuesday October 6th 10:30-11:30
Tuesday October 20th 10:00-11:00
Tuesday November 3rd 10:30-11:30
Tuesday November 17th 10:00-11:00
Sponsored by Visiting Nurse of Fairfield County

Games 1st Friday of the month at 11 AM October 2 & November 6th Give your brain a workout in a fun and creative way! Join Danielle Ramos for her popular "Brain Games" and healthy snacks. *Sponsored by Cambridge Health and Rehabilitation.*

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

Miercolesalas10:30AM



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

Fun & Fit w/ Sharon: Lunes y Martes 10:30 AM

Miercoles 9:15 AM



Fun & Fit 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)

Viernes 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.

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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.

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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

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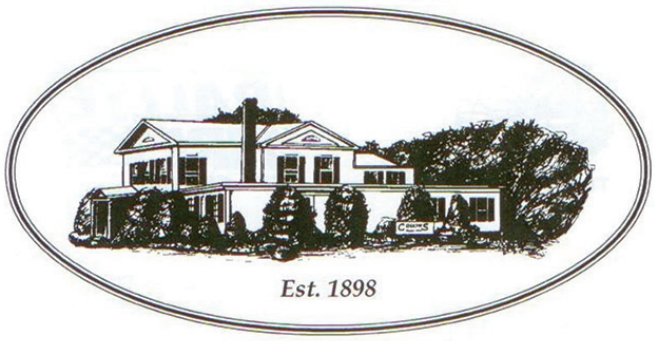
Credit Card: Visa / MasterCard #_____ **Exp. Date**_____

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!

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