

# LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 26, ISSUE 1 | DECEMBER 2025 — JANUARY 2026

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### Holiday Schedule:

**CLOSE at 1PM: Wed December 31st**

**CLOSED:**

**Dec 22nd through Dec 26th**

**Thursday January 1st New Years Day**

**Monday January 19th MLK Day**

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

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

## HOLIDAY LUNCH

Our popular Holiday Luncheon will be held at The Norwalk Inn & Conference Center located at 99 East Avenue Norwalk CT 06851 on Tuesday December 16, 2025 from 11:00 AM- 2:00 PM. Holiday basket raffles, 50/50 raffle, cash bar, music, dancing and lunch. Reservation and payment required. Current membership required. \$40.00 per person. Transportation available for up to 40 participants. Sign Ups will begin on Monday December 1st.



## NEW EXERCISE CLASS

**Qigong Class: "Respirary Fluir"**

This class offers a soft, seated or standing qigong sequence designed to awaken breath, circulation and inner calm. Movements are slow, rhythmic, and adaptable – ideal for those with joint stiffness, fatigue, or balance concerns. We will emphasize breath-led gestures, use visualization, and foster subtle energy awareness.

(Read more on page 13.)



## NAIL SALON

**Need a Manicure?**

Thail's Nails Gentle nail care service for healthy nails. Only \$10

Tuesdays @ Norwalk Senior Center, Room 8.5

By appointment from 9 AM – 3 PM. Schedule your appointment today!

Call or text: 646-479-8799



### WINTER WEATHER POLICY:

Should road conditions become treacherous with ice or snow, we will follow all Norwalk Public School closures, early closings or delayed openings at NSC. Any closures will be announced on News 12 and on the home page of our website: [www.norwalkseniors.org](http://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 (203) 847-3115.

FREE LEGAL SERVICES

1177 Summer St 4th Floor  
Stamford CT, 06905  
(203) 348-9216  
<https://ctlawhelp.org/en/home>  
CT Legal Services will be helping those who need legal assistance by phone.

VETERANS AFFAIRS

Veterans Affairs representative Frances Reyes assists Veterans in the Norwalk Area. Call (203) 418 2005  
Visit [www.connecticut.va.gov](http://www.connecticut.va.gov)

Connecticut Energy Assistance Program

The Connecticut Energy Assistance Program (CEAP) helps residents pay for their home heating costs. Applications typically take 30-45 minutes to complete. Benefit amounts: \$295-\$645 for the 2025-2026 season, based on household size, income, and heating source.  
Payment process: Benefits are usually paid directly to your utility company or fuel vendor.  
Extra Help: Households using deliverable fuels (oil, kerosene, propane) may be eligible for additional fuel deliveries. CEAP recipients may also qualify for payment matching plans, shut-off protection, and heating equipment repairs or replacement.  
CEAP is an annual benefit, so you must apply each year to receive assistance.  
Online applications: through the CEAP online portal.  
You can apply online, by phone, by email, by mail, or in person by appointment at the Norwalk Senior Center. **Call Eva Beau at (203) 847-3115 X115 to schedule an appointment.**

**Support Resource Group: "Surviving Each Challenge"**  
This group is a safe place for those who need encouragement, comfort, or emotional support. Hearing from others facing similar challenges can make you feel less alone. Participants with common experiences or concerns about loss, caregiving, grief, family and illness will provide each other with coping strategies and personal experiences. Let us survive each challenge TOGETHER.  
Group will meet 1st and 3rd Thursday of the month at 10:00 AM  
At the Norwalk Senior Center

MEDICARE SAVINGS PROGRAM

Do you qualify for this great benefit?  
Pays the Medicare premium taken out of your social security check. Enrolls you in the Extra Help for Prescription drugs program (pays for Medicare Part D and lowers your drugs to \$3.30-\$8.25)  
Can pay your Medicare co-pays. There is no asset limit!  
To apply call Eva Beau at the Senior Center (203) 847-3115 Ext 115.  
All calls are kept confidential.

MSP INCOME LIMITS EFFECTIVE MARCH 1, 2025

The Federal Poverty Limits (FPL) have been revised for 2025. These new limits are used by DSS for updating MSP income limits for 2025, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2025.

Generally, if your monthly income is at or below these levels...	All MSP levels qualify you for Extra Help/Low Income Subsidy You may also qualify for...
\$ 2,752 single \$ 3,719 couple	QMB - This program is similar to a "Medigap" policy. It pays your Part B premium(1) and all Medicare deductibles (2) and co-insurance. (3) (1) Your Medicare Part B covers doctor costs, outpatient services and some preventive care. (2) The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year. (3) Co-insurance is the portion of Medicare-approved services that you are responsible for paying. (4) It protects you from being billed for any Medicare-covered services.
\$ 3,013 single \$ 4,072 couple	SLMB - This program pays for your Part B premium.
\$ 3,209 single \$ 4,336 couple	ALMB - This program pays for your Part B premium. This program is subject to available funding and is not available to individuals with Medicaid.

## DECEMBER HEALTH AWARENESS MONTH: INFLUENZA

National Flu Week, also known as National Influenza Vaccination Week (NIVW), is an annual observance that promotes getting an annual flu vaccine, especially during the late fall and early winter months. The CDC established the event in 2005 to emphasize the importance of flu vaccination throughout the flu season, which often peaks between December and February. While the best time to get vaccinated is in the fall, it is beneficial to get vaccinated anytime during the season.

National Flu Week, also known as National Influenza Vaccination Week (NIVW), is an annual observance that promotes getting an annual flu vaccine, especially during the late fall and early winter months. The flu season, which often peaks between December and February. While the best time to get vaccinated is in the fall, it is beneficial to get vaccinated anytime during the season.

It's suggested that everyone six months and older to get their annual flu shot to prevent illness and protect against potentially serious complications, particularly for high-risk groups like the elderly, pregnant women, and those with chronic health conditions.

**Timing:** The week is typically designated for the first full week of December, though it has been observed in late November as well. The CDC chose this time to encourage vaccinations before the holidays and before the typical peak of the flu season.

**Why it's still important:** While flu season can start in the fall, it often doesn't peak until later in the winter. Getting vaccinated during NIVW is still beneficial, especially since it takes about two weeks for the vaccine to become fully effective. **DON'T FORGET TO GET YOUR FLU SHOT.**

## JANUARY HEALTH AWARENESS MONTH: GLAUCOMA

January is Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. But as many as half of people with glaucoma don't know they have it. Glaucoma has no early symptoms. The only way to check for it is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but starting treatment as early as possible can help stop vision loss.

Anyone can get glaucoma, but some people are at higher risk, including people who:

Are over age 60

Are Black/African American and over age 40

Are Asian American

Are Hispanic/Latino

Have a family history of glaucoma

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

### Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

### Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma. **SCHEDULE YOUR ANNUAL EYE EXAM TODAY.**





## ABOUT US

The Norwalk Senior Center is a private not-for-profit 501(c)(3) tax-exempt, non-sectarian organization. Our mission is to promote successful aging for 55+ adults & their families in the greater Norwalk area. The Senior Center is designated as a community focal point by the Area Agency on Aging & the Aging & Disability Resource Center for Norwalk.

We work collaboratively with other service providers to enrich and improve the quality of life for mature adults, their friends & families. We offer a wide variety of educational, recreational & cultural programs, trips, exercise classes, & direct services; they are provided for free or at a very reasonable cost.

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2025 - JUNE 30, 2026.  
HOURS: MONDAY THROUGH FRIDAY 8:30AM – 4:30PM AT 11 ALLEN ROAD, NORWALK CT

NSC: (203) 847-3115

### STAFF:

**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**

### EXTENSION:

**Front Desk Coordinator:** x104  
**Carlos Bolanos**  
**Carlos@norwalksc.org (Bilingual)**  
**Director of Social Services:** x115  
**Eva Beau**  
**EBeau@norwalksc.org (Bilingual)**  
**Transportation Office:** x107  
**Bus Driver Samir Ali**  
**Bus Driver Calvin Johnson**  
**Bus Driver Eliezer Ramos**

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**

### Do You Know About Medicare Savings Program?

The Medicare Savings Program will pay for your Part B Premium and may help pay Medicare deductibles and co-insurance. Medicare Beneficiaries with a monthly income less than \$3,088 and \$4,191 per couple will qualify. Assets are not considered. For more information or application assistance, contact SWCAA's Aging Answers Department at 1-800-994-9422

*The*  
**CANNONDALE CAMPUS**  
PRIVATELY OWNED SINCE 1988  
*in the* **Greens** *at* **Wilton**  
*Cannondale* *Meadows*  
*Assisted Living* *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**

**Seniors Helping Seniors®**  
LIKE GETTING A LITTLE HELP FROM YOUR FRIENDS®

**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!





## SENIOR BUS SCHEDULE

### NSC Shopping Schedule:

Monday 10–12:15: Stew Leonard's  
 Tuesday 9–12: Shop Rite  
 Wednesday 9–12: Shop Rite  
 Thursday 9–12: Shop Rite



### Transportation to & from NSC:

Monday through Friday

Morning Pickup :

8:30 AM & 10:00 AM

Afternoon Trips Home:

12:30 PM & 2:30 PM

3:00 PM on Thursdays

To schedule your ride, call:  
 (203) 847-3115 ext 107

### Norwalk Senior Center's Transportation Service Guidelines

We are proud to provide door-to-door transportation to our senior center located at  
 11 Allen Road in Norwalk, CT - Monday through Friday.

Bad weather, holidays or driver shortages may impact the regular schedule.

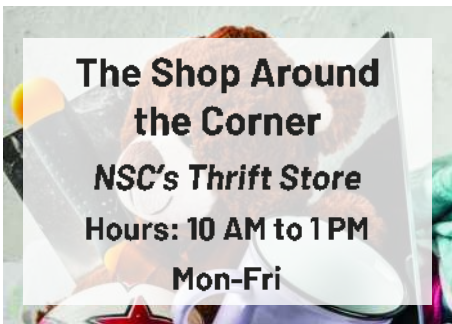
Please read the following guidelines carefully as there are no exceptions:

- Annual Norwalk Senior Center membership is required. (See page 18).
- The fee for transportation is \$20 per month (due by the 5th of the month).
- Passengers are required to:
  1. Be ready for pick up at the time scheduled.
  2. Have an operational land-line or cellphone.
  3. Move from their residence to the mini-bus.
- Rides must be reserved one day in advance by 3 PM.
- Call 203-847-3115, the front desk, to reserve your ride. Cancellations must be made as soon as your plans change, and are final. Bus drivers are prohibited from entering passenger residences.

**Our Thrift Store, The Shop Around the Corner is looking for donations!**

**If you have any gently used items, please bring them to the Norwalk Senior Center at 11 Allen Road. Please note we cannot accept electronics, furniture, food items or clothing at the Shop.**

**Thank you!**



### **Monthly Birthday Cake**

**Thursdays:  
Dec 4th & Jan 8th  
After Lunch**

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

## **DINING at Norwalk Senior Center**

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

**THERE IS A SUGGESTED DONATION OF \$4-6**

**Lunch Menus will be available on our website at [www.norwalkseniors.org](http://www.norwalkseniors.org), and at the front desk. We also can mail you a menu upon request.**

## **OTHER SENIOR TRANSPORT IN NORWALK**

**Norwalk Transit District  
(203) 852-0000**

**The Norwalk Transit District offers public transportation for senior citizens who ride on their Wheels buses. It is only 85¢ per ride for 65+ or disabled adults. (You must show your Medicare, ADA ID or state elderly/disabled ID card to the driver).**

### **Wheels 2U**

**A micro-transit service which provides rides for \$2 each way anywhere in Norwalk from 7AM to 7PM using minivans. Call -475-258-7893 for more information.**

### **DISPATCH-A-RIDE**

**203-299-5180**

**Provides door-to-door transportation for elderly and disabled residents who qualify on a disability basis. Dispatch-a-Ride applications are available at the Transit District. Reservations are required and tickets are \$3.50 each way or \$35.00 for a book of 10 tickets. PLEASE NOTE: Wheels bus cards and Dispatch-a-Ride tickets are no longer available for purchase at the Norwalk Senior Center.**

## **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](mailto:ivasquez@4LPi.com)**

**A purchase of an advertisement in the *Norwalk Senior Center* newsletter will boost your business and help us provide this valuable, free resource to the Seniors in our town.**



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



**Spotlight on Tuscany:** October 31– November 8, 2026

w/ Optional 3-Night Rome Pre Tour Extension

w/ Optional 2-Night Famous Food & Ferrari: Emilia Region Post  
Tour Extension

9 Days; 10 Meals: 7 Breakfasts, 3 Dinners.

**HIGHLIGHTS:** Montecatini Terme, Lucca, Family-Owned Winery

Experience, Florence, Pisa, Cooking Class, Cheese Farm, San Gimignano.

**ITINERARY AT A GLANCE:** Day1 Overnight Flight Days 2 – 8 Grand Hotel Vittoria , Montecatini Terme

## Book Now & Save \$100 Per Person:

Double \$4,099

Single \$4,399

Triple \$4,069

**Double \$3,999\***

**Single \$4,299**

**Triple \$3,969**

**For bookings made after May 01, 2026 call for rates.**

**Included in Price:** Round Trip Group Transportation to/from Newark Intl Airport, Round Trip Air from Newark Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

**Not included in price:** Cancellation Waiver and Insurance of \$549 per person

\* All Rates are Per Person and are subject to change, based on air inclusive package from EWR



**Discover South Dakota:** September 25 – October 1, 2026

7 Days; 9 Meals: 6 Breakfasts, 3 Dinners **HIGHLIGHTS:** Mount Rushmore,

Badlands National Park, Wall Drug, Deadwood, Off-Road Jeep Safari at

Custer State Park, Crazy Horse Memorial, Devils Tower National

Monument. **ITINERARY AT A GLANCE:** Days 1 – 6 Hyatt Place Rapid City,

Rapid City, South Dakota

## Book Now & Save \$200 Per Person:

Double \$3,199;

Single \$3,899;

Triple \$3,169

**Double \$2,999\***

**Single \$3,699;**

**Triple \$2,969**

**For bookings made after Mar 25, 2026 call for rates.**

**Included in Price:** Group Transportation to/from Airport, Round Trip Air from New York, Air Taxes and Fees/Surcharges, Hotel Transfers

**Not included in price:** Cancellation Waiver and Insurance of \$429 per person and Gratuities for Tour Managers and Drivers as well as any baggage fees

\* All Rates are Per Person and are subject to change, based on air inclusive package from NYC

<b>1 Monday</b> 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness <b>11:00 Mark Albertson</b> 11:30 Bridge 11:45 Lunch 12:00 Poker	<b>2 Tuesday</b> <b>10:30 Blood Pressure</b> 9:00—3:00 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	<b>3 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:00 Qigong 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	<b>4 Thursday</b> 10:00 Dominos 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Meditation <b>11:45 Lunch &amp; BDay Cake</b> 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	<b>5 Friday</b> 10:00 Beading Jewelry <b>10:00 Dance Lesson</b> 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
<b>8 Monday</b> 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker <b>12:30 Movie</b>	<b>9 Tuesday</b> 9:00—3:00 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	<b>10 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi <b>10:30 Y's Men</b> 11:00 Qigong 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	<b>11 Thursday</b> 10:00 Dominos 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	<b>12 Friday</b> 10:00 Beading Jewelry 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
<b>15 Monday</b> 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness <b>10:30 SHS Karaoke</b> 11:30 Bridge 11:45 Lunch 12:00 Poker	<b>16 Tuesday</b>  <b>NO ACTIVITIES: HOLIDAY LUNCH AT NORWALK INN</b>	<b>17 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:00 Qigong 11:45 Lunch 12:00 Poker	<b>18 Thursday</b> 10:00 Dominos 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	<b>19 Friday</b> 10:00 Beading Jewelry <b>10:00 Dance Lesson</b> 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
<p align="center"><b>The Senior Center will be CLOSED from December 22 to December 26 for renovations.</b></p>				
<b>29 Monday</b> 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker <b>12:30 Movie</b>	<b>30 Tuesday</b> 9:00—3:00 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	<b>31 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:00 Qigong 11:45 Lunch <b>CLOSE AT 1 PM</b>		





			<b>1 Thursday</b> <b>CLOSED</b> 	<b>2 Friday</b> 10:00 Beading Jewelry <b>10:00 Dance Lesson</b> 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
<b>5 Monday</b> 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker	<b>6 Tuesday</b> 9:00–3:00 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub <b>10:30 Blood Pressure</b> 10:30 Cornhole 10:30 Enhance Fitness 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	<b>7 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:00 Qigong 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	<b>8 Thursday</b> 10:00 Dominos 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Meditation <b>11:45 Lunch &amp; BDay Cake</b> 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	<b>9 Friday</b> 10:00 Beading Jewelry 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
<b>12 Monday</b> 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness <b>10:30 Fashion Presentation</b> 11:30 Bridge 11:45 Lunch 12:00 Poker <b>12:30 Movie</b>	<b>13 Tuesday</b> 9:00–3:00 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub 10:30 Cornhole 10:30 Enhance Fitness 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	<b>14 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:00 Qigong <b>11:00 Travel Presentation</b> 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	<b>15 Thursday</b> 10:00 Dominos 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	<b>16 Friday</b> 10:00 Beading Jewelry <b>10:00 Dance Lesson</b> 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
<b>19 Monday</b> <b>CLOSED</b> 	<b>20 Tuesday</b> 9:00–3:00 Nail Salon 9:30–2 Hairdressing 10:00 Rummikub <b>10:30 Blood Pressure</b> 10:30 Cornhole 10:30 Enhance Fitness <b>11:00 Mark Albertson</b> 11:45 Lunch 12:00 Spanish Class 12:30 Art Class 1:30 Chair Yoga	<b>21 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:00 Qigong 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	<b>22 Thursday</b> 10:00 Dominos 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	<b>23 Friday</b> 10:00 Beading Jewelry 10:30 Wii Bowling 11:00 Tai Chi 11:45 Lunch 12:45 Mah Jongg
<b>26 Monday</b> 10:00 Knit & Stitch 10:30 ESL I 10:30 Enhance Fitness 11:30 Bridge 11:45 Lunch 12:00 Poker <b>12:30 Movie</b>	<b>27 Tuesday</b> 9:00–3:00 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	<b>28 Wednesday</b> 9:00 Social Stitchers 9:15 Enhanced Fitness 9:30 Karaoke 10:00 ESL II 10:30 Tai Chi 11:00 Qigong 11:45 Lunch 12:00 Poker 12:00 SoNo Elders Bingo	<b>29 Thursday</b> 10:00 Dominos 10:00 Rincon Espiritual 10:30 Arthritis Exercise 10:30 Meditation 11:45 Lunch 12:15 Bingo 12:45 Mah Jongg 1:00 Chess	<b>30 Friday</b> 10:00 Beading Jewelry <b>10:00 Dance Lesson</b> 10:30 Wii Bowling 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.

### PRESENTATIONS

Wednesday Dec 10th at 10:30 AM

Y's Men of Westport & Weston

Informational presentation about Y's  
Men Westport & Weston



Monday December 15th at 10:30 AM

Karaoke with SHS: Carols for the Holiday Season  
Sponsored by Seniors Helping Seniors



**Seniors Helping Seniors**

Monday December 1st at 11:00 AM

Mark Albertson

Topic:

The Great One: Jackie Gleason



Monday January 12th 2026 at 10:30 AM

Fashion Through the Ages: A Global Journey  
Sponsored by Seniors Helping Seniors



**Seniors Helping Seniors**

Tuesday January 20th at 11:00 AM

Mark Albertson

Topic:

Current Events Update: The Dollar



### Movie Mondays

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

December 8: White Christmas

December 29: Mama Mia

January 12 : The Longest Ride

January 26: La La Land



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

Instructor: Simone Assboeck | \$6 per class

Select Fridays at 10:00 AM:

December 5th & December 19th

January 2nd, January 16th & January 30th

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



### Reader's Choice Book Group

The Book Group will take place at  
12:00 pm in the Carnegie Room at  
the Norwalk Public Library. Bring a  
Brown Bag Lunch. The library will  
provide beverages, chips, cookies  
and fruit.

Facilitated by Cynde Bloom-Lahey  
of the Norwalk Public Library.



Thursday, January 8, 2026

Great Circle

by Maggie Shipstead



NEW YORK TIMES BESTSELLER • A TODAY  
SHOW #ReadWithJenna BOOK CLUB  
PICK • The unforgettable story of a dare-  
devil female aviator determined to chart her own course in  
life, at any cost: an "epic trip—through Prohibition and  
World War II, from Montana to London to present-day Hol-  
lywood—and you'll relish every minute" (People).

WOMEN'S PRIZE FOR FICTION NOMINEE • BOOKER PRIZE FI-  
NALIST • ONE OF THE BEST BOOKS OF THE  
YEAR: TIME, NPR, Washington Post, EW, Boston Globe,  
LitHub, and more.

Our Field Trips requirements are as follows: NSC Membership must be current. Payment is due at the time of reservation. No refunds, No substitutions, No exceptions.  
For more information, contact Agueda at (203) 847-3115 ext. 114

### Clinton Crossing Premium Outlets

Wednesday  
December 3, 2025  
Departure 10:00 AM



Departure time from Outlets 3:00 PM  
Estimated return time to NSC 5:00 PM  
Lunch: On your own  
Fee: \$25.00 per person

### Aqua Turf Club

Tuesday  
December 9, 2025  
Holiday Classics with  
The Cartells!



11:00 AM- 3:30 PM  
Departure 9:30 AM  
Departure time from Aquaturf 4:00 PM  
Estimated return time to NSC 5:30 PM  
Fee: \$75.00 per person  
Lunch is included

### Mohegan Sun Casino

Wednesday  
December 17, 2025  
Departure time 9:00 AM



Departure time from casino 3:00 PM  
Estimated return time to NSC 5:00 PM  
Lunch: on your own  
Fee: 35.00 per person



### Saver's- Orange CT

Wednesday January 7, 2026  
Departure 10:00 AM

Departure time from Orange 3:00 PM  
Estimated return time to NSC 4:00 PM  
Lunch: The Olive Garden  
Fee: \$20 per person



### Burlington- Orange CT

Wednesday January 21, 2026

Departure time 10:00 AM  
Departure time from Orange 3:00 PM  
Estimated return time to NSC 4:00 PM  
Lunch Osaka Hibachi Buffet  
Fee \$20.00 per person



## 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



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

[www.norwalkct.gov/3458/Pickleball](http://www.norwalkct.gov/3458/Pickleball)

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

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

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

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

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

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

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



**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 Fee: \$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. Fee: \$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. Fee: \$3 per class

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

**NEW! Qigong Class: “Respirar y Fluir” Wednesdays at 11 AM**

A gentle energy practice for restoring vitality. This class offers a soft, seated or standing qigong sequence designed to awaken breath, circulation and inner calm. Movements are slow, rhythmic, and adaptable – ideal for those with joint stiffness, fatigue, or balance concerns. We will emphasize breath-led gestures, use visualization, and foster subtle energy awareness.

No prior experience needed. Chair-based options available throughout. Spanish language prompts and bilingual guidance included. Ideal for: Seniors, those recovering from injury, or anyone seeking a gentle re-introduction to movement. Instructor: Karen Boginski

**Arthritis Exercise: Thursdays at 10:30 AM**

Developed by the Arthritis Foundation, the Exercise Program uses movements created by physical therapists that address pain and fatigue while increasing strength. Instructor: Sharon Rubinstein. Fee: \$3 per class

**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. Fee: \$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.



## 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



## Brain Games

1st Friday of the month

11 AM: December 5th

(No January session)

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.

## 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.

## Blood Pressure Clinic:

Tuesday December 2nd

Tuesdays January 6th & 20th

Beginning at 10:30 AM

Sponsored by Visiting Nurse of Fairfield County



BLOOD PRESSURE SCREENINGS





## 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](http://www.norwalkseniors.org) y en la recepción. También podemos enviarle un menú por correo si lo solicita.

### **Tai Chi: Viernes a las 11:00 AM Miercoles a las 10:30 AM**

El Tai Chi es un medio eficaz para mejorar el equilibrio, las limitaciones funcionales y el fortalecimiento de los músculos, lo que reduce el riesgo de caídas. El Tai Chi es un ejercicio de bajo impacto similar a una danza que se puede hacer en casi cualquier lugar.

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



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

#### **Miercoles 9:15 AM**

Enhance Fitness se centra en el ejercicio cardiovascular 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

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 Stephenne Brown  
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 Vance Fazzino  
 Sherry Gaskill  
 Hamide Gemajli  
 Kim Harris  
 Richard and Rosita Hill  
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 Vivian Kingwood  
 Gloria Kitchen  
 Janet Lamb  
 Robert and Roxanne  
 Lawless  
 Susan McKay  
 Diana Mejia  
 Marcy Miller  
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 Molgano  
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**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.**

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***Thank you for your continued support and friendship.***

---

## GIFT IN REMEMBRANCE

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**Please make checks payable to Norwalk Senior Center. The amount of your gift is confidential. Gifts are tax deductible to the full extent of the law for income tax purposes. Gift and memorial cards will be sent as soon as possible.**



## Membership Application

July 2025 – June 2026

Are you already a member? ☐ Yes ☐ No

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

Member 1 Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender: \_\_\_\_\_ Race (optional): \_\_\_\_\_ Ethnicity (optional): ☐ Hispanic ☐ Non-Hispanic

Are you a US Veteran? ☐ Yes ☐ No

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

Member 2 Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender: \_\_\_\_\_ Race (optional): \_\_\_\_\_ Ethnicity (optional): ☐ Hispanic ☐ Non-Hispanic

Are you a US Veteran? ☐ Yes ☐ No

Address: \_\_\_\_\_ Apt: \_\_\_\_\_

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\*If you would like to receive our email bulletin, please enter your email address at: [www.norwalkseniors.org](http://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.*

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### Annual Membership is:

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Your membership entitles you to discounts on programs, services, & events as well as door-to-door transportation for a small additional fee.

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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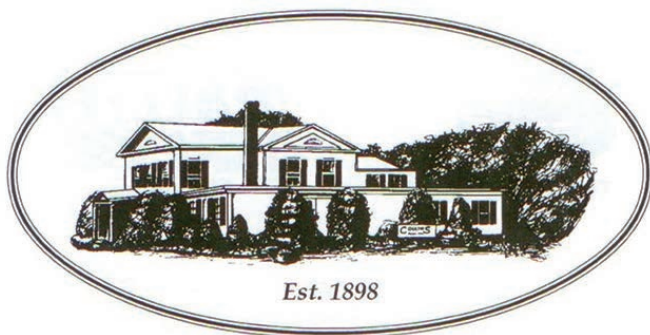
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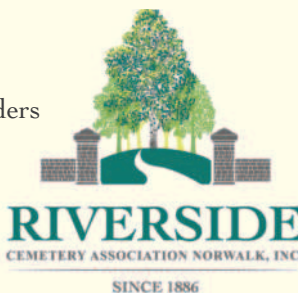


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