

Westbrook Senior Center

866 Boston Post Road
Westbrook, Ct 06498
860-399-2029
www.westbrookct.us

HOURS OF OPERATION

M-TH 8AM-4PM
FRI 8AM-12PM



SPECIAL ACTIVITY

“Senior” Portraits by Photographer Stephanie Rosally-Kaplan

April 6th and April 20th 2:30pm-6:30pm *FREE*

Make-up and Accessories provided by the students of “Helping Hands”

Please sign up at Reception Desk

“Beautiful young people are accidents of nature, but beautiful old people are works of art.”-Eleanor Roosevelt

APRIL MENU

4/5 Grilled Cheese with Bacon & Pasta Fagiolo Soup

4/6 Stuffed Peppers with Garlic Knot

4/12 Chili w/ Corn Muffin and Salad

4/13 Corned Beef Ryebeens

4/19 Clam Chowder with Tuna Fish Sandwich

4/20 Chef Salad with Roll

4/26 Cheese Tortellini with Alfredo Sauce

4/27 Meatball Grinder with Salad

24 hour notice of reservation required for Wednesday AND Thursday meal

LUNCH SERVED AT NOON

The mission of the Westbrook Senior Center is to improve the quality of life for Senior Citizens of Westbrook and our neighboring shoreline towns. The Senior Center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well being of our Senior community.

APRIL CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>4</p> <p>8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>5</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH</p>	<p>6</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PRESENTATION 2:30 "SENIOR" PORTRAITS</p>	<p>7</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>10</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>11</p> <p>8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>13</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH</p>	<p>13</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 BINGO</p>	<p>14</p> <p style="text-align: center;">CLOSED GOOD FRIDAY</p>
<p>17</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>18</p> <p>8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>19</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH</p>	<p>20</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PAINT BY NUMBER 2:30 "SENIOR" PORTRAITS</p>	<p>21</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>24</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>25</p> <p>8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>26</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH</p>	<p>27</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PAINT BY NUMBER</p>	<p>28</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>

FREE SERVICES TO ALL PARTICIPANTS

FREE HAIRCUTS

BY SONIA

9AM-11AM

1ST WEDNESDAY OF
EVERY MONTH



FREE LEGAL ADVICE
PROVIDED BY ATTORNEY

MICHAEL SWEENEY

2ND TUESDAY OF EVERY
MONTH

SIGN UP AT RECEPTION
DESK

BLOOD PRESSURE CLINIC

3RD TUESDAY OF EVERY-
MONTH

8:30AM



HEALTH AND WELLNESS

MONDAY

SENIOR FITNESS

8:15 & 9:15

TUESDAY

LINE DANCING 10:00

CHAIR EXERCISE 11:00

WEDNESDAY

SENIOR FITNESS

8:15 & 9:15

YOGA (CHAIR AND FLOOR)

10AM

THURSDAY

CHAIR EXERCISE

11:00AM

FRIDAY

SENIOR FITNESS

8:15 & 9:15

TAI CHI 9:30

MEDICAL EQUIPMENT LENDING CLOSET

PROVIDED BY

WESTBROOK VISITING NURSES

CALL 860-399-3088

UPCOMING FREE PROGRAMS

April 6th "Better Spine Health"
presented by Colin Morris PT

April 6th "Senior" Portraits

April 13th BINGO!

April 20th "Senior" Portraits

April 27th "Paint by Numbers"

From the office of Social Services: 860-399-3090 *NEW DIRECT LINE*

Operation Fuel Winter Program

Applicants may qualify for up to a one time heating grant of \$500.00 if the household has income below 60% of the state median income, has exhausted their CRT benefit and has not received an Operation Fuel grant during the previous 12 months. **The Program runs through Wednesday May 31, 2017.**

-Eversource Low Budget and Matching Payment Plans

Westbrook Eversource/Northeast Utilities customers, who heat with electric or gas, qualify for heating assistance and are having a hard time paying their electric bills may apply for additional assistance in keeping up with their payments.

ELDERLY (65+) AND TOTALLY DISABLED RENTERS' TAX RELIEF PROGRAM.

Filing Dates: April 1st 2017 to October 1st 2017

All documentation required for the Renters Program, is based on the "2016" calendar year. CT General Statutes provide for a partial refund of annual rental and utility expenses to qualified elderly and disabled renters.

WESTBROOK VISITING NURSES AND PUBLIC HEALTH

Services Include:

- Skilled Nursing Care
- Home Health Aide
- Physical Therapy
- Occupational Therapy
- Medical Social Services

Community Services

- Blood Pressure Clinic
- Foot Care Clinic
- Influenza Clinic
- Health Education Programs
- Public Health Services
- Epidemiology
- Maternal/Child Health Services

A message from the Westbrook Visiting Nursing office

We are faced with many choices every day. Changes in health care coverage force us to make decisions about the care we receive. The WESTBROOK VISITING NURSES, the official home care agency for the town of Westbrook is asking you to make yet another choice! When you require home care following hospitalization for an illness or injury, or the Doctor at your office visit says he/she will have the visiting nurse come out to see you, YOU must choose the WESTBROOK VISITING NURSES. If you do not **ask** for us, the **decision** will be made for you by the hospital or office staff.

The WESTBROOK VISITING NURSES is one of five remaining municipal home care agencies in the state of Connecticut. That means this agency is funded by **YOUR** tax dollars and exists to serve **YOU**. Having your own town agency allows us the autonomy to tailor our services to the specific needs of our residents of WESTBROOK.

There are other home care organizations that provide care in our town however, the **Westbrook Visiting Nurses and Public Health** agency is the **only** official town agency. Many people are not aware of the **Home Care** services that we provide for our residents (services are listed to the left of this article). When you are working with the hospital, nursing home or office staff to make plans for your discharge to home or to get healthcare assistance at home, **you** will need to **ASK** for the **Westbrook Visiting Nurses** if you wish to support your **Town Organization**.

If you have questions concerning our home care or community programs please feel free to call us at **860-399-3088**.