

**AUGUST
2016**

Westbrook Senior Center

SENIOR CENTER
866 Boston Post Road
Westbrook, Ct 06498
860-399-2029



Hours of Operation

Monday 8am-4pm

Tuesday 8am-4pm

Wednesday 8am-4pm

Thursday 8am-4pm

Friday 8am-12pm

*****NEW PROGRAM ALERT*****

“Wellness Wednesday”

Will be held the 2nd Wednesday of every month. Our first series will be held on August 10th at 1:00pm. This new program will offer monthly speakers who will present healthy aging topics. Our first speaker will be Maria Tomasetti from the Alzheimer’s Association Ct. Chapter. Lunch will be served at noon. The cost of lunch is \$3.00.

AUGUST MENU

8/3 COOKOUT

8/4 BEEF TACOS, BLACK BEAN SALAD

8/11 CHICKEN PICCATA w/ RICE

8/17 COOKOUT

8/18 SEAFOOD CAKES, SLAW AND FRIES

8/25 COBB SALAD w/ GARLIC KNOTS

8/31 PULLED PORK SANDWICH, SLAW

All meals served at noon

24 hour notice of reservation required for Thursday meal

-AUGUST Events-

8/3 COOKOUT

8/10 ‘WELLNESS WEDNESDAY’

ALZHEIMER’S ASSOCIATION PRESENTATION

8/17 COOKOUT

8/17 ICE CREAM SOCIAL

8/31 LUNCH

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.

AUGUST CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	2 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	3 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9-11 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT	4 1:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL	5 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
8 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	9 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	10 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 WELLNESS PROGRAM	11 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL	12 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
15 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	16 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	17 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT 1:00 ICE CREAM SOCIAL	18 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL	19 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
22 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	23 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	24 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA	25 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL	26 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
29 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	30 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	31 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT		

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
THERAPY DOG 11:00AM
(3RD)

THURSDAY
CHAIR EXERCISE
11:00AM

FRIDAY
SENIOR FITNESS
8:15 & 9:15

**MEDICAL EQUIPMENT LENDING CLOSET
PROVIDED BY
WESTBROOK VISITING NURSES
CALL 860-399-3088**



**UPCOMING SPEAKERS
AND SPECIAL EVENTS:**

8/10 "WELLNESS WEDNESDAY" 1:00pm
Pres. Maria Tomasetti Alzheimer's Association

9/15 PHARMACIST DAN TAVARES 1:00pm
Pres. "Medications and Fall Risks"

9/22 SALLY MCCARTHY HUYSMAN PT 1:00pm
Pres. "Fall and Injury Prevention"

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

Applications/Programs:

- Food stamps-SNAP
- Insurance Applications-HUSKY Access Health
- Farmer's Market Coupons July 2016

ELDERLY (65+) AND TOTALLY DISABLED RENTERS' TAX RELIEF PROGRAM
Filing Dates: **April 1st 2016 to October 1st 2016**

***Please see Elizabeth Carpenter for all social services programs, applications and eligibility**

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 everyday. 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**.