

**DECEMBER  
2016**

## Westbrook Senior Center

SENIOR CENTER  
866 Boston Post Road  
Westbrook, Ct 06498  
860-399-2029  
[www.westbrookct.us](http://www.westbrookct.us)

### Hours of Operation

Monday 8am-4pm  
Tuesday 8am-4pm  
Wednesday 8am-4pm  
Thursday 8am-4pm  
Friday 8am-12pm



### DECEMBER MENU

12/1 BEEF STROGANOFF  
12/7 BAKED POTATO SOUP ITALIAN GRINDER  
12/8 SEAFOOD CAKE, SALAD, ROLL  
12/14 COBB SALAD  
12/15 BAKED POTATO BAR  
12/21 CLAM CHOWDER TUNA BOAT  
12/22 CHRISTMAS BRUNCH 11-1  
12/28 CHICKEN ENCHILADAS  
12/29 CALZONE, BAKED ZITI, SALAD

\*All meals served at noon\*

\*24 hour notice of reservation required for

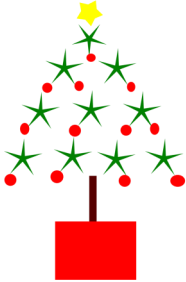
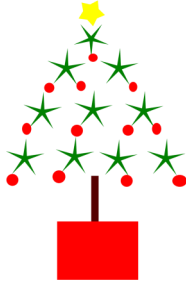
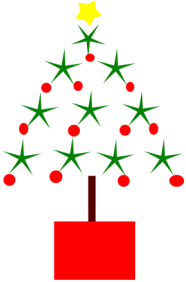
Wednesday AND Thursday meal\*

### -DECEMBER EVENTS-

12/6-12/9 Craft Fair & Bake Sale  
12/8 New Horizon's Band Christmas  
Concert  
12/14 Cookie Decorating at Daisy  
12/15 Gingerbread House  
Making and decorating  
12/22 Christmas Brunch 11am  
12/23 and 12/26 CLOSED  
12/30 CLOSED

*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.*

# DECEMBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL 1:00 Intro to Drawing	2 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
5 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	6 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	7 8:15 SENIOR FITNESS 9-11 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b>	8 10:45CHAIR EXERCISE <b>11:00 CHRISTMAS CONCERT</b> <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL 1:00 Intro to Drawing	9 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
12 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	13 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	14 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b> 3:00 <b>Cookie Decorating at Daisy Ingraham</b>	15 10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 Intro to Drawing <b>1:00 GINGER- BREAD HOUSE MAKING</b>	16 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
19 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	<b>20</b> 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	21 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b>	<b>22</b> 10:45CHAIR EXERCISE <b>11:00 CHRISTMAS BRUNCH</b> 1:00 RUMMIKUB 1:00 Intro to Drawing	<b>23</b> <b>CLOSED</b>
<b>26</b> <b>CLOSED</b>	27 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	28 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b>	29 10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB	30 <b>CLOSED</b>


**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 SPEAKERS  
AND SPECIAL EVENTS:**

**12/5-12/9 Craft Fair & Bake Sale**  
**12/8 New Horizon's Band  
Christmas Concert**  
**12/14 Cookie decorating at Daisy**  
**12/15 Gingerbread House  
Making and Decorating**  
**12/22 Christmas Brunch**

**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 starting July –Oct/Nov 2016
- Energy Assistance **starting 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**.