

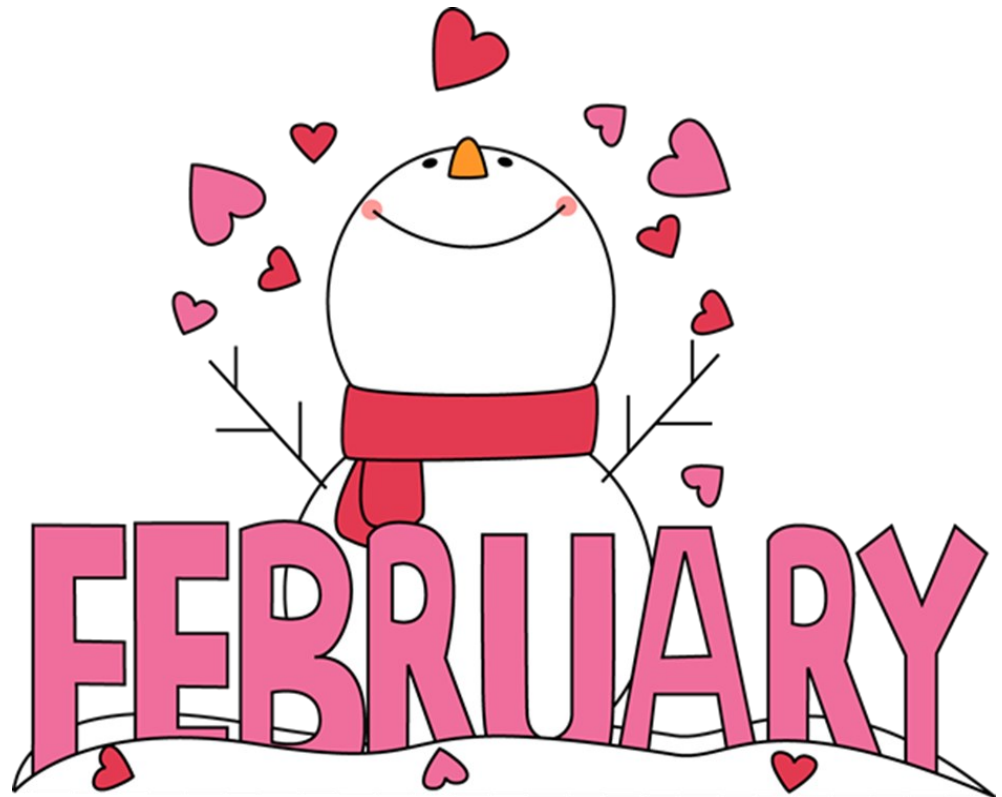
# FEBRUARY 2017

## 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



### FEBRUARY MENU

2/1 Tomato Soup with grilled cheese  
2/2 Meatloaf, twiced baked potato and veggie  
2/8 Chicken Caesar Salad with garlic knot  
2/9 Stuffed Peppers, salad and roll  
2/15 Italian Wedding Soup & salami & cheese grinder  
2/16 Lasagna roll up, salad and garlic knot  
2/22 Beef stew with biscuits  
2/23 Tortellini Alfredo with grilled chicken

\*All meals served at noon\*

\*24 hour notice of reservation required for  
Wednesday AND Thursday meal\*

### SNOW CLOSING POLICY

SNOW CLOSURES WILL BE BROADCAST ON WTNH NEWS 8.  
PLEASE CHECK LISTING DURING  
INCLEMENT (SNOWY) WEATHER

### -FEBRUARY EVENTS-

2/20 CLOSED for President's Day  
2/23 KINA MAMA 1:00pm  
Westbrook High School  
Choral Group

*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.*

# FEBRUARY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>8:15 SENIOR FITNESS 9-11 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b></p>	<p>2</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL</p>	<p>3</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>6</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; FOOT CARD GAME</p>	<p>7</p> <p>8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>8</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b></p>	<p>9</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL</p>	<p>10</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>13</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; FOOT CARD GAME</p>	<p>14</p> <p>8:00 BREAKFAST 9:00 ATY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>15</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b></p>	<p>16</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL</p>	<p>17</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS</p>
<p>20</p> <p style="text-align: center;"><b>CLOSED</b></p>	<p>21</p> <p>8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>22</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b></p>	<p>23</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> <b>1:00 CHORAL GROUP</b> 1:00 RUMMIKUB 1:00 POOL</p>	<p>24</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>27</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; FOOT CARD GAME</p>	<p>28</p> <p>8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</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 SPEAKERS  
AND SPECIAL EVENTS:**

**2/23 KINA MAMA-1:00PM  
Westbrook High School  
Choral Group**

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

**Applications/Programs:**

- Food stamps-SNAP
- Insurance Applications-HUSKY Access Health
- 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**.