

# Westbrook Senior Center

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

HOURS OF OPERATION  
M-TH 8AM-4PM  
FRI 8AM-12PM



## **\*REMINDER\***

**\*NEW BREAKFAST HOURS STARTING 7/11/17\***

**NEW HOURS: 7:30AM-9:00AM**

## **UPCOMING SPEAKERS/EVENTS:**

**7/13 BINGO! With Kendra**

**7/19 Cooking Solo: Nutritious and Easy Cooking for One (or Two)**

Join us to learn how to cook easy, budget friendly and nutritious meals for one (or two) with a cooking presentation and tasting. Presented by Alisha Gulino, Registered Dietician and Jason Kosky

**7/27 SITTING TAI CHI** *presented by: Theresa Roberge*

Low impact demonstration offering all the benefits of Tai Chi Perfect for those with limited mobility or balance issues

*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.*

# JULY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; FOOT CARD GAME</p>	<p>4</p> <p style="text-align: center;"><b>CLOSED</b></p>	<p>5</p> <p>8:15 SENIOR FITNESS 9:00 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 COOKOUT</b></p>	<p>5</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL</p>	<p>6</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS</p>
<p>10</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; 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>12</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 LUNCH</b></p>	<p>13</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL 1:00 BINGO!</p>	<p>14</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>17</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; 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 <b>12:00 COOKOUT</b> <b>1:00 PRESENTATION</b></p>	<p>20</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL</p>	<p>21</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS</p>
<p>24</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; 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 <b>12:00 LUNCH</b></p>	<p>27</p> <p>10:45CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 RUMMIKUB 1:00 POOL 1:00 PRESENTATION</p>	<p>28</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS</p>
<p>31</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND &amp; FOOT CARD GAME</p>				

# JULY MENU

<p><b>ALL MEALS ARE \$3.00</b></p>	<p>4 <b>CLOSED</b></p>	<p>5 <b>COOKOUT</b></p>	<p>6 <b>BEEF STROGANOFF SALAD</b></p>	
<p><b>24 HOUR NOTICE OF RESERVATION REQUIRED CALL 860-399-2029</b></p>	<p>11 <b>BREAKFAST 7:30-9:00</b></p>	<p>12 <b>Grilled Cheese Pasta salad</b></p>	<p>13 <b>ITALIAN GRINDER CHIPS PICKLES</b></p>	
<p><b>LUNCH SERVED AT NOON</b></p>	<p>18 <b>BREAKFAST 7:30-9:00</b></p>	<p>19 <b>COOKOUT</b></p>	<p>20 <b>CHICKEN W/ MUSHROOM GRAVY SALAD</b></p>	
	<p>25 <b>BREAKFAST 7:30-9:00</b></p>	<p>26 <b>COBB SALAD ROLL</b></p>	<p>27 <b>TILAPIA RICE SLAW</b></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 EVERYMONTH

8:30AM



### MEDICAL EQUIPMENT LENDING CLOSET

PROVIDED BY

WESTBROOK VISITING NURSES

CALL 860-399-3088

From the office of Westbrook Social Services...



#### OPERATION FUEL SUMMER PROGRAM

The program will re-open on Wednesday July 5<sup>th</sup> for electric and gas utility assistance. Applicants may qualify for a one time utility/gas assistance grant of up to \$500.00. For eligibility, the household's income must be below 75% of the state median income and has not received an Operation Fuel grant during the previous 12 months. The program runs through Tuesday, October 31, 2017 or sooner if funds are exhausted.

#### 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.

*Please call Social Services for an appointment or additional information. 860-399-3090*

## 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**.