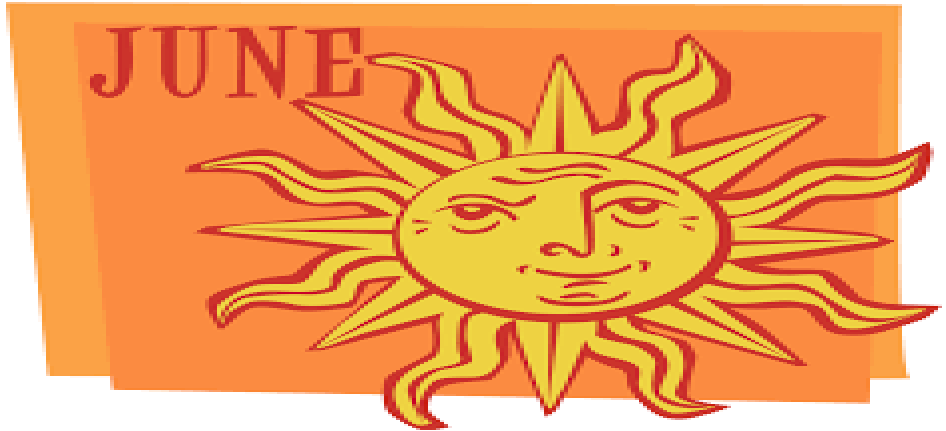


Westbrook Senior Center

Westbrook, Ct 06498
860-399-2029
www.westbrookct.us

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



UPCOMING SPEAKERS/EVENTS:

6/14 1:00 KINA MOMMA (Westbrook High School Choral Group)

6/15 1:00 “Better Breathing”: *Presented by Stacey Murphy RRT*

Have COPD, Asthma, or other Pulmonary Disease? Join us to learn how to enjoy your summer and defend yourself against the humidity and poor air quality.

6/22 1:00 “BIRDING BASICS” *Pres by Amelia Graham*

Learn about native birds with a walk along the Patchogue River (located Behind the Senior Center)

6/29 1:00 “What is Cardiovascular Disease?” *Pres. by Dr. Bernstein*

Learn about Symptoms, Risk Factors and Causes

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.

JUNE CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	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 1:00 POOL	8 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT	9 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	10 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 1:00 POOL	14 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 KINA MOMMA	15 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PRESENTATION	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	20 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	21 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOK-OUT	22 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PRESENTATION	23 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
26 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	27 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	28 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	29 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PRESENTATION	30 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI

ALL MEALS ARE \$3.00			1 PEPPERSTEAK RICE	
24 HOUR NOTICE OF RESERVATION REQUIRED CALL 860-399-2029	6 BREAKFAST 8:00-9:30	7 COOKOUT	8 SEAFOOD CAKE COLESLAW	
LUNCH SERVED AT NOON	13 BREAKFAST 8:00-9:30	14 CHICKEN CAESAR SALAD ROLL	15 PENNE w/ SAUCE MEATBALLS SALAD	
	20 BREAKFAST 8:00-9:30	21 COOKOUT	22 PIZZA	
	27 BREAKFAST 8:00-9:30	28 BLT SOUP OF THE DAY	29 SHEPHERD'S PIE SALAD	


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 EVE-
RYMONTH
8:30AM**



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

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**.