

Westbrook Senior Center

MAY MENU

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

HOURS OF OPERATION

M-TH 8AM-4PM
FRI 8AM-12PM



Cook-outs will begin May 24th!

Cook-outs will then be scheduled on the 1st and 3rd
Wednesday of every month through August
(Memorial Day-Labor Day)



UPCOMING SPEAKERS:

5/3 NUTRITION TIPS FOR HEALTH AND WELLNESS *presented by* James Bianci

5/18 "MONEY SMART FOR OLDER ADULTS" Financial Education Workshop
presented by Dina Lopes

MAY IS NATIONAL STROKE PREVENTION MONTH

STROKE PREVENTION *presented by* Dr. Jeff Bernstein (date and time TBD)

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.

MAY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	2 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	3 8:15 SENIOR FITNESS 9:00 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 PRESENTATION	4 10:45CHAIR EXERCISE 12:00 CINCO DE MAYO LUNCHEON 1:00 RUMMIKUB 1:00 POOL 1:00 PAINT BY NUMBER	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 & FOOT CARD GAME	9 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	10 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	11 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PRESENTATION	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 & FOOT CARD GAME	16 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	17 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	18 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PAINT BY NUMBER	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 & FOOT CARD GAME	23 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	24 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOK-OUT	25 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PAINT BY NUMBER	26 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
29 CLOSED	30 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	31 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH		

MAY MENU

<p>ALL MEALS ARE \$3.00</p>	<p>2 BREAKFAST 8:00-9:30</p>	<p>3 PHILLY CHEESE STEAK STEAK& ALE CHOWDER</p>	<p>4 CINCO DE MAYO LUNCHEON</p>	
<p>24 HOUR NOTICE OF RESERVATION REQUIRED CALL 860-399-2029</p>	<p>9 BREAKFAST 8:00-9:30</p>	<p>10 COBB SALAD GARLIC KNOT</p>	<p>11 POT ROAST MASHED POTATO VEGGIE</p>	
<p>LUNCH SERVED AT NOON</p>	<p>16 BREAKFAST 8:00-9:30</p>	<p>17 MEATLOAF SANDWICH PASTA FAGIOLE</p>	<p>18 FISH RICE COLESLAW</p>	
	<p>23 BREAKFAST 8:00-9:30</p>	<p>24 COOKOUT</p>	<p>25 CHICKEN SALAD SANDWICH POTATO SALAD</p>	
	<p>30 BREAKFAST 8:00-9:30</p>	<p>31 STUFFED SHELLS GARLIC KNOT SALAD</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**



**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**.