

**MARCH
2016**

**WESTBROOK
SENIOR CENTER**
866 Boston Post Road
Westbrook, Ct 06498
860-399-2029

Westbrook Senior Center



Hours of Operation

Monday 8am-4pm

Tuesday 8am-4pm

Wednesday 8am-4pm

Thursday 8am-4pm

Friday 8am-12pm

WE'RE ON THE WEB!

WWW.WESTBROOKCT.US

PING PONG !

**TABLE OPEN WEEKDAY
MORNINGS**

WINTER WEATHER POLICY

**IF WESTBROOK PUBLIC SCHOOLS ARE CANCELED
ALL SENIOR CENTER ACTIVITIES ARE CANCELED**



MARCH MENU

3/2 Ham Salad Sandwich, broccoli cheese soup

3/3 Chicken Caesar Salad and garlic knots

3/10 Shepard's Pie and salad

3/16 Tuna Salad sandwich and Corn Chowder

3/17 St. Patty's lunch Corned Beef and Cabbage

3/24 Potato Crusted Tilapia, rice, and vegetable

3/30 BLT Club with Butternut Squash Soup

3/31 Lasagna Roll-ups, garlic, and salad

24 hour notice of reservation required for all meals

All meals served at noon

-MARCH Events-

3/2 HAIRCUTS

3/2 SOUP AND SANDWICH

3/10 SPEAKER- Jeanne Mesick ElderLaw Atty

3/16 GUS (THERAPY DOG)

3/16 SOUP AND SANDWICH

3/17 SAINT PATRICK'S DAY LUNCHEON

3/23 SPEAKER-St. Luke's GateKeeper Program

3/25 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.

MARCH CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8:00 BREAKFAST</p> <p>10:00 LINE DANCING</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 DOMINOS</p> <p>1:00 POOL</p>	<p>2</p> <p>8:15 SENIOR FITNESS</p> <p>9:00 COFFEE SOCIAL</p> <p>9:00 HAIRCUTS</p> <p>9:15 SENIOR FITNESS</p> <p>10:00 YOGA</p> <p>12:00 SOUP&SANDWICH</p>	<p>3</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 POOL</p> <p>1:00 CRAFTERS CLUB</p>	<p>4</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</p>
<p>7</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>10:30 HAND AND FOOT CARD GAME</p>	<p>8</p> <p>8:00 BREAKFAST</p> <p>9:00 ATTY SWEENEY</p> <p>10:00 LINE DANCING</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 DOMINOS</p> <p>1:00 POOL</p>	<p>9</p> <p>8:15 SENIOR FITNESS</p> <p>9:00 COFFEE SOCIAL</p> <p>9:15 SENIOR FITNESS</p> <p>10:00 YOGA</p> <p>1:00 SENIOR CLUB</p>	<p>10</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 SPEAKER</p> <p>1:00 POOL</p> <p>1:00 CRAFTERS CLUB</p>	<p>11</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</p>
<p>14</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>10:30 HAND AND FOOT CARD GAME</p>	<p>15</p> <p>8:00 BREAKFAST</p> <p>8:30 BP CLINIC</p> <p>10:00 LINE DANCING</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 DOMINOS</p> <p>1:00 POOL</p>	<p>16</p> <p>8:15 SENIOR FITNESS</p> <p>9:00 COFFEE SOCIAL</p> <p>9:15 SENIOR FITNESS</p> <p>10:00 YOGA</p> <p>11:00 THERAPY DOG</p> <p>12:00 SOUP&SANDWICH</p>	<p>17</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 ST. PATRICK DAY LUNCHEON</p> <p>1:00 POOL</p>	<p>18</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</p>
<p>21</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>10:30 HAND AND FOOT CARD GAME</p>	<p>22</p> <p>8:00 BREAKFAST</p> <p>10:00 LINE DANCING</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 DOMINOS</p> <p>1:00 POOL</p>	<p>23</p> <p>8:15 SENIOR FITNESS</p> <p>9:00 COFFEE SOCIAL</p> <p>9:15 SENIOR FITNESS</p> <p>10:00 YOGA</p> <p>12:00 SPEAKER</p> <p>1:00 SENIOR CLUB</p>	<p>24</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 POOL</p> <p>1:00 CRAFTERS CLUB</p>	<p style="text-align: center;">CLOSED GOOD FRIDAY</p>
<p>28</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>10:30 HAND AND FOOT CARD GAME</p>	<p>29</p> <p>8:00 BREAKFAST</p> <p>10:00 LINE DANCING</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 DOMINOS</p> <p>1:00 POOL</p>	<p>30</p> <p>8:15 SENIOR FITNESS</p> <p>9:00 COFFEE SOCIAL</p> <p>9:15 SENIOR FITNESS</p> <p>10:00 YOGA</p> <p>12:00 LUNCH</p>	<p>31</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 POOL</p> <p>1:00 CRAFTERS CLUB</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
THERAPY DOG 11:00AM
(3RD)

THURSDAY
CHAIR EXERCISE
11:00AM

FRIDAY
SENIOR FITNESS
8:15 & 9:15

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



UPCOMING SPEAKERS:

**March 10th 1:00PM – Jeanne Messick
Elderlaw Attorney**
*Presents: Staying at home with care:
Connecticut’s Home Care Program Beyond*

March 23rd 12:00pm – St Luke’s
*Presents: The GateKeeper Program:
Referral based program that offers FREE short term
case management for adults (60 and over) who are
experiencing mental health or behavioral challenges.*

From the office of Social Services: 860-399-3040 ext. 154

*Renter's Rebate applications run between April 1st and October 1st.

*Farmer's Market Coupons are available (per eligibility) on July 6th.

Applications/Programs:

-Food stamps-SNAP

-Insurance Applications-HUSKY Access Health

-Rent Rebate

-Operation Fuel

-Energy Assistance-CRT **-(Accepting applications starting 10/1/15)**

***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 Assistance
- Physical Therapy
- Occupational Therapy
- Medical Social Services

Community Services:

- * Blood Pressure Screening
- *Foot Care Clinic
- *Influenza Clinics
- *Health Education Programs
- *Public Health Services
- *Health Promotion
- *Epidemiology
- *Maternal/Child Health Services

***Call 860-399-3088 for information**