

**OCTOBER
2016**

Westbrook Senior Center

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



Hours of Operation

Monday 8am-4pm
Tuesday 8am-4pm
Wednesday 8am-4pm
Thursday 8am-4pm
Friday 8am-12pm

*****NEW PROGRAM ALERT*****

Due to an overwhelming request, we will now be serving lunch **EVERY** Wednesday too! Just like our Thursday meal, we request notice of reservation 24 hours in advance. To make a reservation for lunch you can either sign up at the Reception desk or call us at 860-399-2029.

OCTOBER MENU

10/5 Pasta Faggioli w/ Ham and Cheese sandwich
10/6 Cheese Calzone with salad
10/12 Seafood Cake with Salad
10/13 Philly Cheesesteak, chips
10/19 Vegetable soup with BLT
10/20 Chicken Piccata with Rice and Salad
10/26 Chili with corn muffin and salad
10/27 Halloween Pizza party

All meals served at noon

*24 hour notice of reservation required for

Wednesday AND Thursday meal*

-OCTOBER Events-

10/12 "Lunch and Learn"
Home Energy Audits 12:00pm
10/13 "Seconds and Seniors"
Intergenerational program 12:00pm
10/19 New Horizon's Band of the
Community Music School concert 11:00
10/20 Intergenerational Bingo 5:30pm
10/27 Halloween Pizza Party 12:00pm

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.

OCTOBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	4 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	5 8:15 SENIOR FITNESS 9:00 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 SCMC meeting	6 10:45 CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	7 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
10 CLOSED COLUMBUS DAY 	11 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	12 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 "LUNCH & LEARN"	13 10:45 CHAIR EXERCISE 12:00 LUNCH 12:00 "SECONDS AND SENIORS" 1:00 RUMMIKUB 1:00 POOL	14 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
17 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	18 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	19 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 11:00 NEW HORIZON'S BAND CONCERT 12:00 LUNCH	20 10:45 CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 5:30 INTERGENERATIONAL BINGO w/ WYFS	21 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
24 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	25 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	26 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	27 10:45 CHAIR EXERCISE 12:00 HALLOWEEN PIZZA PARTY 1:00 RUMMIKUB 1:00 POOL	28 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
31 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME				

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
AND SPECIAL EVENTS:**

10/12 "LUNCH AND LEARN" LUNCH @ NOON
HOME ENERGY AUDITS PRESENTATION @ 1:00PM

10/13 "SECONDS AND SENIORS" INTERGENERATIONAL
PROGRAM 12:00PM

10/19 NEW HORIZON'S BAND CONCERT @11:00AM

10/20 INTERGENERATIONAL BINGO
w/ WYFS 5:30PM

10/27 HALLOWEEN PIZZA PARTY 12:00PM

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

Applications/Programs:

- Food stamps-SNAP
- Insurance Applications-HUSKY Access Health
- Farmer's Market Coupons starting July –Oct/Nov 2016
- 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**.