

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



UPCOMING PROGRAMS

10/19 5:30pm “Who Makes My Life Grand”


An Intergenerational program in conjunction with WYFS to celebrate Grandparents

10/26 Community Music School’s “New Horizon Band”

10/31 Halloween Breakfast 7:30AM-9:00AM

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
<p>2</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>3</p> <p>7:30 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>4</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 CRAFT GROUP</p>	<p>5</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 SITTING TAI CHI</p>	<p>6</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>9</p> <p>CLOSED</p> <p><small>Columbus Day</small> </p>	<p>10</p> <p>7:30 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>11</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 CRAFT GROUP</p>	<p>12</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 SITTING TAI CHI</p>	<p>13</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>16</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>17</p> <p>7:30 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>18</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 CRAFT GROUP</p>	<p>19</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 SITTING TAI CHI 5:30 "WHO MAKES MY LIFE GRAND"</p>	<p>20</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>23</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>24</p> <p>7:30 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL</p>	<p>25</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNES 12:00 LUNCH 1:00 CRAFT GROUP</p>	<p>26</p> <p>10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 SITTING TAI CHI NEW HORIZON'S BAND</p>	<p>27</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI</p>
<p>30</p> <p>8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME</p>	<p>31</p> <p>7:30 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL HAPPY HALLOWEEN</p>			

OCTOBER MENU

ALL MEALS ARE \$3.00	3 BREAKFAST 7:30-9:00	4 BROCCOLI CHEESE SOUP HAM SANDWICH	5 ROAST CHICKEN VEGETABLE POTATOES	
24 HOUR NOTICE OF RESERVATION REQUIRED CALL 860-399-2029	10 BREAKFAST 7:30-9:00	11 POTROAST POTATOES MIXED VEGETABLE	12 LASAGNA SALAD	
LUNCH SERVED AT NOON	17 BREAKFAST 7:30-9:00	18 MINISTRONE SOUP GRILLED CHEESE	19 PORK LOIN GREEN BEANS SWEET POTATO	
	24 BREAKFAST 7:30-9:00	25 SAUSAGE & PEPPER GRINDER	26 MEATLOAF MASHED POTATOES VEGETABLE	
	31 BREAKFAST 7:30-9:00			


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 Westbrook Social Services...



OPERATION FUEL SUMMER PROGRAM

The program will re-open on Wednesday July 5th 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**.