

OCTOBER
2015

Westbrook Senior Center

Volume 10 Issue 3

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



Hours of Operation

Monday 9am-4pm

Tuesday 9am-4pm

Wednesday 9am-4pm

Thursday 9am-4pm

Friday 9am-12pm

-October Events-

7th Soup & Sandwich

12th **Closed** (Columbus Day)

14th Senior Citizen Club

21st Soup & Sandwich

22nd WYFS Intergenerational

Bingo(5:30pm)

28th Senior Citizen Club

29th **Annual Halloween Party**

WE'RE ON THE WEB!

WWW.WESTBROOKCT.US

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>1</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 POOL</p>	<p>2</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</p>
<p>5</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>10:30 HAND AND FOOT CARD GAME</p> <p>1:00 COMPUTER ASSIST.</p>	<p>6</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>7</p> <p>8:15 SENIOR FITNESS</p> <p>9:00 HAIRCUTS</p> <p>9:00 COFFEE SOCIAL</p> <p>9:15 SENIOR FITNESS</p> <p>10:00 YOGA</p> <p>12:00 SOUP & SANWICH</p> <p>1:00 BOOKCHAT</p>	<p>8</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 POOL</p>	<p>9</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</p>
<p>12</p> <p>CLOSED</p>  <p>Columbus Day</p>	<p>13</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>14</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 CITIZEN CLUB</p>	<p>15</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 POOL</p>	<p>16</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</p>
<p>19</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>10:30 HAND AND FOOT CARD GAME</p> <p>1:00 COMPUTER ASSIST.</p>	<p>20</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>21</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 SOUP & SANDWICH</p>	<p>22</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 LUNCH</p> <p>1:00 POOL</p> <p>1:00 CRAFT GROUP</p> <p>5:30 Intergenerational Halloween Bingo</p>	<p>23</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</p>
<p>26</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>10:30 HAND AND FOOT CARD GAME</p> <p>1:00 COMPUTER ASSIST.</p>	<p>27</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>28</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 CITIZEN CLUB</p>	<p>29</p> <p>11:00 CHAIR EXERCISE</p> <p>12:00 HALLOWEEN LUNCHEON & PARTY</p> <p>1:00 POOL</p> 	<p>30</p> <p>8:15 SENIOR FITNESS</p> <p>9:15 SENIOR FITNESS</p> <p>9:30 TAI CHI</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**

**COMPUTER ASSISTANCE
MONDAY'S 1:00PM
(September-May)**



**BLOOD PRESSURE CLINIC
3RD TUESDAY OF EVERY-
MONTH
8:30AM**



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



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
TAI CHI 9:30
SEE DIRECTOR FOR PRICES

SPECIAL PROGRAMS AND EVENTS

**HALLOWEEN PARTY
THURSDAY OCTOBER 29TH
12:00PM
PRIZES FOR
BEST, WORST, AND SCARIEST COSTUME**

A woman accompanied her husband when he went for his annual check up. While the patient was getting dressed, the doctor came out and said to the wife. "I don't like the way he looks". "Neither do I" she said. "But he's handy around the house"



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**