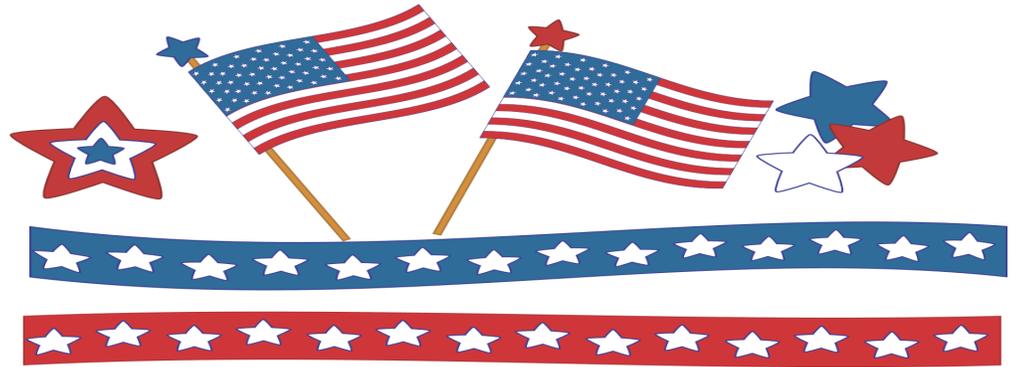


**JULY
2016**

Westbrook Senior Center

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



Hours of Operation

Monday 8am-4pm

Tuesday 8am-4pm

Wednesday 8am-4pm

Thursday 8am-4pm

Friday 8am-12pm

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

CRAFTY connections is an intergenerational partnership with WYFS that will be on Thursday's July 7th and 21st. The program will pair Seniors with Middle school students who will join us for lunch and crafts. All interested Seniors can sign up at the Reception desk.

JULY MENU

7/6 COOKOUT

7/7 TUNA SALAD, ROLL, CHIPS

7/14 CHEESESTEAK SLIDERS

7/20 COOKOUT

7/21 CHICKEN ENCHILADAS

7/28 BEEF STROGANOFF

All meals served at noon

24 hour notice of reservation required for Thursday meal

-JULY Events-

4TH CLOSED

6TH COOKOUT

7TH CRAFTY CONNECTIONS

14TH AARP FRAUD PRESENTATION

20TH COOKOUT

21ST CRAFTY CONNCETIONS

28TH BLUEHIGHWAYS

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.

JULY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
4 CLOSED  Happy 4th of July!	5 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	6 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9-11 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT	7 11:00 CHAIR EXERCISE 12:00 LUNCH 12-2 CRAFTY CONNECTIONS 1:00 POOL	8 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
11 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	12 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	13 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA	14 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 AARP PRESENTATION	15 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS
18 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	19 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	20 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT	21 11:00 CHAIR EXERCISE 12:00 LUNCH 12-2 CRAFTY CONNECTIONS 1:00 POOL	22 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS
25 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	26 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	27 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA	28 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 BLUE HIGHWAYS TRAVEL 1:00 POOL	29 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI

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:**

July 7th CRAFTY Connections
July 14th AARP Presentation
July 21st CRAFTY Connections
July 28th Blue Highway

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

Applications/Programs:

- Food stamps-SNAP
 - Insurance Applications-HUSKY Access Health
 - Renters Rebate-April 1st –October 15th 2016
 - Operation Fuel
 - Energy Assistance-CRT –Accepting electric(primary source of heat) thru May 2nd 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**.