

JUNE  
2016

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

## Westbrook Senior Center



### Hours of Operation

Monday 8am-4pm

Tuesday 8am-4pm

Wednesday 8am-4pm

Thursday 8am-4pm

Friday 8am-12pm

Welcome to the newly renovated Westbrook Senior Center. I want to personally thank everyone for being so flexible about moving all of our programs the week of May 23rd. As you can see it was well worth the inconvenience!!! I have made some minor changes to the layout of the center that will better serve our programs. These changes will help us better utilize our space. If you have any questions, please don't hesitate to ask.

Thank you,  
Courtney

### JUNE MENU

6/1 COOKOUT

6/2 MAC & CHEESE, SALAD, ROLL

6/9 SEAFOOD CAKE, FRIES, SLAW

6/15 COOKOUT

6/16 CHEF SALAD, GARLIC KNOTS

6/23 PORK CARNITA, SALAD

6/29 COOKOUT

6/30 CALZONES, SALAD

**\*All meals served at noon\***

**\*24 hour notice of reservation required for Thursday meal\***

### -JUNE Events-

6/1 COOKOUT

6/15 GUS 11:00AM

6/15 COOKOUT

6/15 EVERSOURCE pres. 1:00PM

6/16 STEWART B. McKINNEY 1:00PM

6/29 COOKOUT

6/29 BINGO! 1:00pm

*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.*

# MAY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:00 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 COOKOUT</b>	2 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 POOL	3 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
6 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	7 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	8 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA	9 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 POOL	10 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
13 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	14 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	15 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 11:00 GUS <b>12:00 COOKOUT</b> 1:00 EVERSOURCE	16 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 STEWART MCKINNEY PRESENTATION	17 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
20 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	21 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	22 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA	23 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 POOL	24 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
27 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	28 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	29 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 COOKOUT</b> <b>1:00 BINGO!</b>	30 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 POOL	

# 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:**

**June 15th 1:00pm Eversource**

**June 16th 1:00pm "A Refuge for a First Lady"  
Eleanor Roosevelt in Westbrook  
*presented by Shaun Roche Park Ranger from  
the Stewart B. McKinney National Wildlife  
Refuge***

**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**.