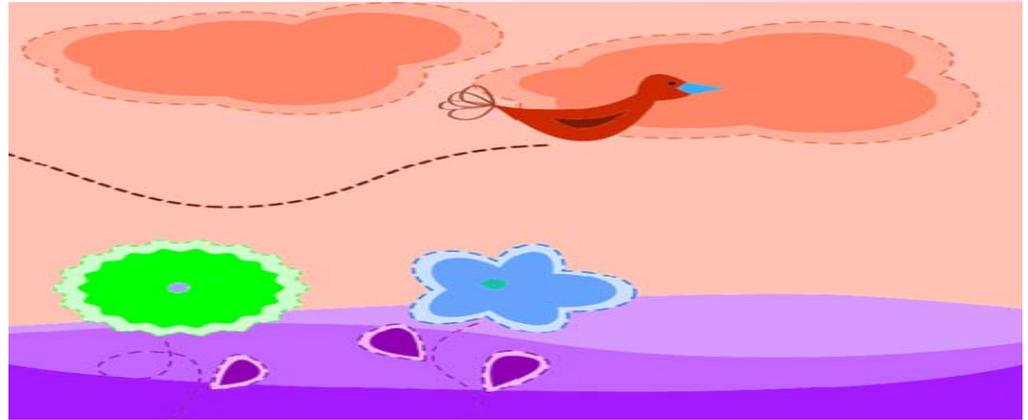


MAY  
2016

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

### ATTENTION

The Westbrook Senior Center will be **CLOSED** for renovations **Friday, May 20th -Monday, May 30th.** The Senior Center will reopen Tuesday, May 31st. All regularly scheduled programs will be relocated to either the Multi-Purpose Room or Multi-Media Room. **ALL** meals programs will be canceled and the Pool Room will be closed. A schedule of programs and their locations will be available.

### MAY MENU

5/4 COOKOUT

5/5 CINCO DE MAYO LUNCHEON

5/12 CHICKEN CAESAR SALAD, GARLIC  
KNOTS

5/18 COOKOUT

5/19 MAC and CHEESE, SALAD, ROLL

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

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

### -MAY Events-

5/4 HAIRCUTS

5/4 COOKOUT

5/5 CINCO DE MAYO LUNCHEON

5/5 CINCO DE BINGO-Intergenerational Bingo

Sponsored by WYFS **5:30pm**

5/18 BP CLINIC 8:30AM

5/18 COOKOUT

5/18 GUS (Therapy dog)

5/19 Ryan McAneany piano concert 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
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2 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	3 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	4 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT	5 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL 5:30 BINGO!	6 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
9 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	10 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	11 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 1:00 SENIOR CLUB	12 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL	13 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
16 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	17 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	18 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 11:00 GUS 12:00 COOKOUT	19 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL 1:00 PIANO CONCERT	20 <b>CLOSED FOR RENO- VATIONS</b>
<b>CLOSED FOR RENOVATIONS</b>	<b>CLOSED FOR RENOVATIONS</b>	<b>CLOSED FOR RENO- VATIONS</b>	<b>CLOSED FOR RENO- VATIONS</b>	<b>CLOSED FOR RENO- VATIONS</b>
30 <b>CLOSED</b> <b>MEMORIAL DAY</b> 	31 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 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:**

**May 19th 1:00pm- Piano Concert presented by students from Daniel Hand High School**

**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**.