

SEPTEMBER 2016

Westbrook Senior Center

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



Hours of Operation

Monday 8am-4pm
Tuesday 8am-4pm
Wednesday 8am-4pm
Thursday 8am-4pm
Friday 8am-12pm

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

“Wellness Wednesday”

A “Lunch and Learn” program is held the 2nd Wednesday of every month. This new program offers monthly speakers who will present healthy aging topics. Our next series will be held on September 14th at 1:00pm. Our speaker is Suzanne Hanley who will present “The Benefits of Tai Chi” Lunch is served at noon and costs \$3.00

SEPTEMBER MENU

9/1 Fettuccini Alfredo
9/7 COOKOUT
9/8 PEPPERSTEAK with RICE
9/14 CHICKEN SALAD on a CROISSANT
9/15 FISH & CHIPS
9/21 LAST COOKOUT OF SEASON!
9/22 PORK CARNITA SANDWICH, BLACK BEAN SALAD
9/29 CHICKEN PARMESAN, SALAD, GARLIC KNOT

All meals served at noon

24 hour notice of reservation required for Thursday meal

-SEPTEMBER Events-

September is National Fall Prevention Month.

9/14 The Benefits of Tai Chi

Presented by Suzanne Hanley

9/15 Medications and Fall Risk

Presented by Pharmacist Dan Tavares

9/22 Fall and Injury Prevention

Presented by Sally McCarthy Huysman PT

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.

SEPTEMBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:45 CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	2 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
5 CLOSED 	6 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	7 8:15 SENIOR FITNESS 9:00 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOK OUT 1:00 SCMC meeting	8 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	9 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
12 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	13 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	14 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 WELLNESS LUNCH AND LEARN SERIES <i>“Benefits of Tai Chi”</i>	15 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 PRESENTATION <i>“Medications and fall risks”</i> 1:00 RUMMIKUB 1:00 POOL	16 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
19 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	20 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	21 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 COOKOUT	22 10:45 CHAIR EXERCISE 12:00 LUNCH 1:00 PRESENTATION <i>“Fall and injury prevention”</i> 1:00 RUMMIKUB 1:00 POOL	23 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
26 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	27 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	28 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA	29 10:45 CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	30 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:**

9/14 SUZANNE HANLEY 1:00pm
Pres. "Benefits of Tai Chi"

9/15 PHARMACIST DAN TAVARES 1:00pm
Pres. "Medications and Fall Risks"

9/22 SALLY MCCARTHY HUYSMAN PT 1:00pm
Pres. "Fall and Injury Prevention"

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

Applications/Programs:

- Food stamps-SNAP
- Insurance Applications-HUSKY Access Health
- Farmer's Market Coupons July 2016

ELDERLY (65+) AND TOTALLY DISABLED RENTERS' TAX RELIEF PROGRAM
Filing Dates: **April 1st 2016 to October 1st 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**.