

APRIL  
2016

# Westbrook Senior Center

WESTBROOK  
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

## APRIL MENU

4/4 BASEBALL OPENING DAY LUNCHEON

(HOT DOGS, ICE CREAM SANDWICHES, CRACKER JACKS)

4/6 GRILLED CHEESE, PASTA FAGIOLE

4/7 BEEF STEW WITH CORN MUFFIN

4/14 FISH, RICE, SNAP PEAS

4/20 REUBEN SANDWICH, CLAM CHOWDER

4/21 CHICKEN CORDON BLEU CASSEROLE, RICE, SALAD

4/28 PASTA W/ MEATBALLS, GARLIC KNOT, SALADS

**\*24 hour notice of reservation required for all meals\***

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

**WE'RE ON THE WEB!**

**WWW.WESTBROOKCT.US**

## **PING PONG !**

**TABLE OPEN WEEKDAY MORNINGS**

**BASEBALL OPENING DAY LUNCHEON**

**APRIL 4TH 12:00PM**

HOT DOGS, FRIES, CRACKER JACKS AND

ICE CREAM SANDWICHES

\$3.00

**\*SIGN UP AT RECEPTION DESK\***



## **-APRIL Events-**

4/4 OPENING DAY LUNCH

4/6 HAIRCUTS

4/6 SOUP AND SANDWICH

4/13 SENIOR CLUB

4/20 GUS (THERAPY DOG)

4/20 SOUP AND SANDWICH

4/27 SENIOR CLUB

4/28 SPEAKER SAM FULGIANITI

*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.*

# APRIL CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
<b>4</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME <b>12:00 BASEBALL</b> <b>OPENING DAY</b> <b>LUNCH</b>	<b>5</b> 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	<b>6</b> 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA <b>12:00 SOUP &amp; SANDWICH</b>	<b>7</b> 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 POOL 1:00 CRAFTERS CLUB	<b>8</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
<b>11</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	<b>12</b> 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	<b>13</b> 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 1:00 SENIOR CLUB	<b>14</b> 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 POOL 1:00 CRAFTER'S CLUB	<b>15</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
<b>18</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	<b>19</b> 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	<b>20</b> 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 11:00 THERAPY DOG <b>12:00 SOUP &amp; SANDWICH</b>	<b>21</b> 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> 1:00 POOL 1:00 CRAFTERS CLUB	<b>22</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
<b>25</b> 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	<b>26</b> 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	<b>27</b> 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 1:00 SENIOR CLUB	<b>28</b> 11:00 CHAIR EXERCISE <b>12:00 LUNCH</b> <b>1:00 SPEAKER</b> 1:00 POOL	<b>29</b> 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:**  
**APRIL 28TH**  
**1:00PM**  
Sam Fulgianiti from  
Robinson, Wright and Weymer  
will present a discussion of fu-  
neral planning and burial cere-  
monies

**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**.