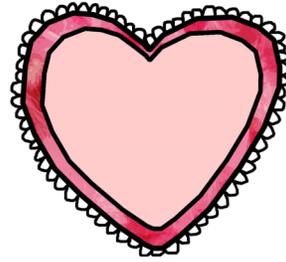
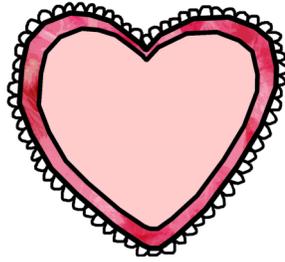


**FEBRUARY
2016**

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

WE'RE ON THE WEB!

WWW.WESTBROOKCT.US

PING PONG !

**TABLE OPEN WEEKDAY
MORNINGS**

WINTER WEATHER POLICY

**IF WESTBROOK PUBLIC SCHOOLS ARE CANCELED
ALL SENIOR CENTER ACTIVITIES ARE CANCELED**



FEBRUARY MENU

2/3 Tuna boat, lobster bisque, or clam chowder

2/4 Hot dogs, Mac & Cheese, and salad

2/11 **Valentine's Day Luncheon**

Coconut Crusted Tilapia, rice, and mango coleslaw

2/17 Ham Salad Sandwich, Corn Chowder

2/18 Pot Roast and Mashed Potatoes

2/25 Crock of Chili, corn bread, and salad

24 hour notice of reservation required for all meals

All meals served at noon

-FEBRUARY Events-

2/3 HAIRCUTS

2/3 SOUP AND SANDWICH

2/11 VALENTINE'S DAY LUNCHEON

2/15 CLOSED-PRESIDENT'S DAY

2/17 GUS (THERAPY DOG)

2/17 SOUP AND SANDWICH

2/18 ALZHEIMER'S ASSOCIATION 1:00PM

2/24 SENIOR CITIZEN CLUB

2/25 1:00PM MOVIE-GREY GARDENS

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.

FEBRUARY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	2 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	3 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:00 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 SOUP&SANDWICH	4 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL 1:00 CRAFTERS CLUB	5 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
8 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	9 8:00 BREAKFAST 9:00 ATTY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	10 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA	11 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 POOL 1:00 CRAFTERS CLUB	12 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
15 CLOSED PRESIDENT'S DAY	16 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	17 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 11:00 THERAPY DOG 12:00 SOUP&SANDWICH	18 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 ALZHEIMER'S ASSOCIATION 1:00 POOL	19 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
22 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	23 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	24 8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 1:00 SENIOR CITIZEN CLUB	25 11:00 CHAIR EXERCISE 12:00 LUNCH 1:00 MOVIE- GREY GARDENS 1:00 CRAFTERS CLUB	26 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
29 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME				

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**



**Maria Tomasetti from the Alz-
heimer’s Association CT Chapter
will present:
“Understanding Dementia”
February 18th 2016
1:00pm
*FREE***

From the office of Social Services: 860-399-3040 ext. 154

*Renter's Rebate applications run between April 1st and October 1st.

*Farmer's Market Coupons are available (per eligibility) on July 6th.

Applications/Programs:

-Food stamps-SNAP

-Insurance Applications-HUSKY Access Health

-Rent Rebate

-Operation Fuel

-Energy Assistance-CRT **-(Accepting applications starting 10/1/15)**

***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 Assistance
- Physical Therapy
- Occupational Therapy
- Medical Social Services

Community Services:

- * Blood Pressure Screening
- *Foot Care Clinic
- *Influenza Clinics
- *Health Education Programs
- *Public Health Services
- *Health Promotion
- *Epidemiology
- *Maternal/Child Health Services

***Call 860-399-3088 for information**