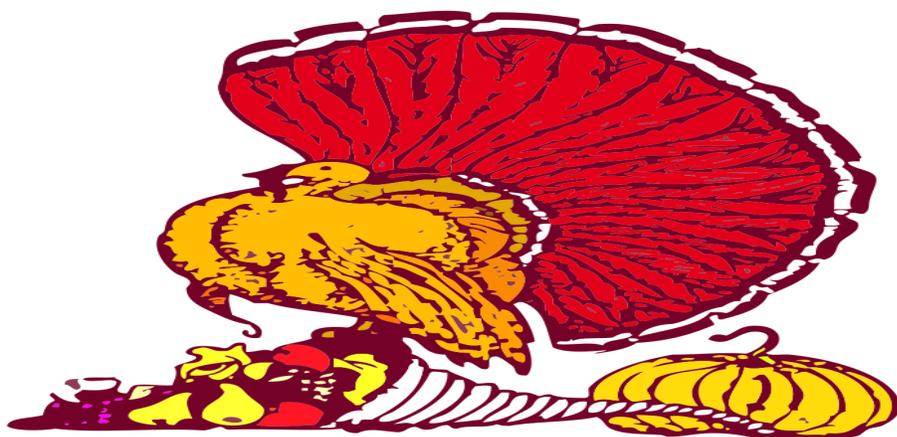


NOVEMBER  
2015

Westbrook Senior Center

Volume 11 Issue 3

WESTBROOK  
SENIOR CENTER  
866 Boston Post Road  
Westbrook, Ct 06498  
860-399-2029



### Hours of Operation

Monday 9am-4pm

Tuesday 9am-4pm

Wednesday 9am-4pm

Thursday 9am-7pm

Friday 9am-12pm

### **-November Events-**

3rd- Flu Clinic

4th-Soup and Sandwich

11th -**CLOSED**-(Veteran's Day)

17th Blood Pressure Clinic

18th-Soup and Sandwich

18th Senior Citizen Club

19th Thanksgiving Luncheon

26th & 27th **CLOSED**

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WE'RE ON THE WEB!

[WWW.WESTBROOKCT.US](http://WWW.WESTBROOKCT.US)

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*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.*

# NOVEMBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 <b>HAIRCUTS</b> 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA 12:00 <b>SOUP &amp; SANWICH</b> 1:00 BOOKCHAT	5  11:00 CHAIR EXERCISE 12:00 <b>LUNCH</b> 1:00 POOL	6  8:15 SENIOR FITNESS 9:15 SENIOR FITNESS <b>NO TAI CHI</b>
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  <b>CLOSED</b>	12  11:00 CHAIR EXERCISE 12:00 <b>LUNCH</b> 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 1:00 SOUP&SANDWICH 1:00 SENIOR CITIZEN CLUB	19  11:00 CHAIR EXERCISE 12:00 <b>LUNCH</b> 1:00 POOL	20  8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
23  8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND AND FOOT CARD GAME	24  8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 12:00 DOMINOS 1:00 POOL	25  8:15 SENIOR FITNESS 9:00 COFFEE SOCIAL 9:15 SENIOR FITNESS 10:00 YOGA	26  <b>CLOSED</b>	27  <b>CLOSED</b>
30  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**

**COMPUTER ASSISTANCE  
MONDAY'S 1:00PM  
(September-May)**



**BLOOD PRESSURE CLINIC  
3RD TUESDAY OF EVERY-  
MONTH  
8:30AM**



**MEDICAL EQUIPMENT LENDING CLOSET  
PROVIDED BY  
WESTBROOK VISITING NURSES  
CALL 860-399-3088**



## 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  
TAI CHI 9:30  
**\*SEE DIRECTOR FOR PRICES\***

## SPECIAL PROGRAMS AND EVENTS



**THANKSGIVING  
LUNCHEON  
NOVEMBER 19TH 12:00PM  
(PLEASE SIGN UP AT RECEPTION DESK)**

A duck walks into a drugstore and tells the guy behind the counter: "Give me a Chap Stick and put it on my bill"

**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**