

Westbrook Senior Center

866 Boston Post Rd
Westbrook, Ct 06498
860-399-2029
www.westbrookct.us
HOURS OF OPERATION
M-TH 8AM-4PM
FRI 8AM-12PM



UPCOMING EVENTS

3/11 Craft Corner 1:00pm

3/12 "One Step to Better Balance" 9:30

3/16 St. Patrick's Day Luncheon-RSVP by 3/12

3/17 St. Patrick's Day Bingo Social 1:00pm

3/26 "One Step to Better Balance" 9:30

3/26 Aging Support Group 5:30pm

3/27 Hot Cocoa Social 10:00am-11:00am RSVP by 3/22

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.

MARCH CALENDAR OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>11:00ADAPTIVE YOGA</p> <p>1:00 HAND AND FOOT</p> <p>1:00 TAI JI QUAN</p>	<p>3</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>1:00 BILLIARDS</p>	<p>4</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:00 HAIRCUTS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>8A-3P REFLEXOLOGY</p> <p>1:00 TAI JI QUAN</p>	<p>5</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>12:45 SITTING TAI CHI</p> <p>1:00 INTERMEDIATE TAI JI QUAN</p> <p>1:00 RUMMIKUB</p> <p>1:00 BILLIARDS</p>	<p>6</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>9:30 TAI CHI CHUAN</p>
<p>9</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>11:00ADAPTIVE YOGA</p> <p>1:00 HAND AND FOOT</p> <p>1:00 TAI JI QUAN</p>	<p>10</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>1:00 BILLIARDS</p>	<p>11</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:00 HAIRCUTS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>8A-3P REFLEXOLOGY</p> <p>10:00 YOGA</p> <p>1:00 TAI JI QUAN</p> <p>1:00 CRAFT CORNER</p>	<p>12</p> <p>9:30 BETTER BALANCE</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>12:.45 SITTING TAI CHI</p> <p>1:00 INTERMEDIATE TAI JI QUAN</p> <p>1:00 RUMMIKUB</p> <p>1:00 BILLIARDS</p>	<p>13</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>9:30 TAI CHI CHUAN</p>
<p>16</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>11:00ADAPTIVE YOGA</p> <p>1:00 HAND AND FOOT</p>	<p>17</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>1:00 BILLIARDS</p> <p>1:00 ST. PATRICK'S DAY BINGO SOCIAL</p> 	<p>18</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>8A-3P REFLEXOLOGY</p> <p>10:00 YOGA</p>	<p>19</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>12:45 SITTING TAI CHI</p> <p>1:00 INTERMEDIATE TAI JI QUAN</p> <p>1:00 RUMMIKUB</p> <p>1:00 BILLIARDS</p>	<p>20</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>9:30 TAI CHI CHUAN</p>
<p>23</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>11:00ADAPTIVE YOGA</p> <p>1:00 HAND AND FOOT</p>	<p>24</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>1:00 BILLIARDS</p>	<p>25</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>8A-3P REFLEXOLOGY</p> <p>10:00 YOGA</p>	<p>26</p> <p>9:30 BETTER BALANCE</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>12:45 SITTING TAI CHI</p> <p>1:00 INTERMEDIATE TAI JI QUAN</p> <p>1:00 RUMMIKUB</p> <p>1:00 BILLIARDS</p> <p>5:30 SUPPORT GROUP</p>	<p>27</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>9:30 TAI CHI CHUAN</p> <p>10:00-11:00 HOT COCOA SOCIAL</p>
<p>30</p> <p>8:15 PARK&REC CHAIR FITNESS</p> <p>9:15 PARK&REC AEROBIC FITNESS</p> <p>11:00ADAPTIVE YOGA</p> <p>1:00 HAND AND FOOT</p>	<p>31</p> <p>11:00 STRENGTH AND BALANCE TRAINING</p> <p>1:00 BILLIARDS</p>			

MARCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p>2</p> <p>CROCK O' CHICKEN POT PIE W/ BISCUIT TOPPING NATIONAL BANANA CREAM PIE DAY!!</p>	<p>3</p> <p>BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL</p>	<p>5</p> <p>SWEDISH MEATBALLS OVER EGG NOODLES ASPARAGUS DESSERT</p>	<p>5</p> <p>BROCCOLI AND CHEESE SOUP BREAD FOR DIPPING DESSERT</p>
<p>9</p> <p>SOUP DU JOUR TURKEY AND CHEESE SANDWICH CHIPS DESSERT</p>	<p>10</p> <p>BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL</p>	<p>11</p> <p>CHICKEN CHILI CORNBREAD DESSERT</p>	<p>12</p> <p>CHICKEN WITH CARMELIZED ONION- BALSAMIC CREAM- SAUCE SERVED OVER EGG NOODLES DESSERT</p>
<p>16</p> <p>ST. PATRICK'S DAY LUNCHEON</p>	<p>17</p> <p>BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL</p>	<p>18</p> <p>PULLED PORK SANDWICH COLESLAW CHIPS DESSERT</p>	<p>19</p> <p>SHEPHERD'S PIE DESSERT</p>
<p>23</p> <p>STEAK AND MIXED GREENS SALAD GARLIC KNOT DESSERT</p>	<p>24</p> <p>BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL</p>	<p>25</p> <p>COCONUT-MANGO TILAPIA SWEET POTATO WEDGES PICKLE DESSERT</p>	<p>26</p> <p>LASAGNA SIDE SALAD BREAD DESSERT</p>
<p>30</p> <p>GREEK LEMON CHICKEN SOUP GARLIC KNOT DESSERT</p>	<p>31</p> <p>BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL</p>		

From the office of Westbrook Social Services ...

CRT Winter Heating Assistance Program

The Connecticut Energy Assistance Program is designed to help offset the winter heating costs of Connecticut's lower income households, specifically those households whose incomes fall at or below the federal poverty guidelines.

On behalf of eligible households, the winter heating assistance helps with such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood.

Homeowners and renters may apply.

Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills.

Interested Westbrook residents may contact Westbrook Social Services at 860-399-3090 for general information or to schedule an appointment.

Applications are taken by appointment only.



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

Influenza Clinic

Health Education Programs

Public Health Services

Epidemiology

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**.

MEDICAL EQUIPMENT LENDING CLOSET

PROVIDED BY

WESTBROOK VISITING NURSES

CALL 860-399-3088