

# WSC November Bulletin

The theme for this Bulletin is “Be Kind”. In November we have: World Kindness Day (Nov. 12), National Philanthropy Day (Nov. 15), Giving Tuesday (Nov. 30), and of course, Thanksgiving, Veterans Day/Remembrance Day, and Hanukkah this month. 'Tis the season for being kind and giving toward others.

## Upcoming Events:

11/2: Election Day

11/2 Flu Clinic for Westbrook Residents (located in Senior Center)

11/10: Healthy Aging Support Group (see page 8)

11/11: CLOSED FOR VETERANS DAY

11/16 and 17: Craft Corner- Step-by-Step Painting: Gingerbread House

11/25-26: CLOSED FOR THANKSGIVING



## Westbrook Senior Center Contact Information

Hours of Operation: M-TH 8AM-4PM FRI: 8AM-12PM

Phone: 860-399-2029

Email: [cburks@westbrookct.us](mailto:cburks@westbrookct.us) & [ashaw@westbrookct.us](mailto:ashaw@westbrookct.us)

Website: [www.westbrookct.us](http://www.westbrookct.us)

*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 Menu

All,

At this time the dining room is closed for indoor seating. Meals for the time being will be carry out or (weather depending) outdoor seating.

- ❖ **Tuesday November 2<sup>nd</sup>:** Deviled Egg Salad w/ lettuce on a roll. Served with chips and pickles. Dessert: Fresh Fruit Salad
- ❖ **Tuesday November 9<sup>th</sup>:** Baked Potato Bar w/ Toppings: (choice of) Broccoli, cheese, bacon, sour cream and butter. Served with Garden Salad. Dessert: Oatmeal Maple Cookie
- ❖ **Tuesday November 16<sup>th</sup>:** Harvest Beef Stew w/ herbed biscuit. Dessert: Walnut Brownie
- ❖ **Tuesday November 23<sup>rd</sup>:** Turkey and Stuffing Wrapper w/ Cranberry Mayo. Served with Sweet Potatoe Salad. Dessert: Pecan Pie Bar
- ❖ **Tuesday November 30<sup>th</sup>:** Chicken Parmesean w/ Ziti, Vegetable Medley. Dessert: Snickerdoodle Cookie

**(MENU & DATES SUBJECT TO CHANGE)**

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## **Craft Corner: Step-by-Step Painting: Gingerbread House 11/16 & 17**



There will be two group sessions for this painting one held on Tuesday(16<sup>th</sup>) the other on Wednesday (17<sup>th</sup>). **Please RSVP BY FRIDAY 11/12 to which day works best for you. MAX 8 people per day. Cost \$2.00**

# November Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:00 Mindful Movement Meditation Class</p>	<p>2</p> <p><b>ALL EXERCISE PROGRAMS CANCELLED DUE TO ELECTION DAY.</b></p> <p>12-4 Billiards 1:00 Rummikub</p>	<p>3</p> <p>10:00 Yoga</p>	<p>4</p> <p>11:00 Strength and Balance Class 12-4 Billiards 1:00 Rummikub 1:00 Tai Ji Quan</p>	<p>5</p> <p>10:00 Lo-Impact Aerobics</p>
<p>8</p> <p>11:00 Mindful Movement Meditation Class</p>	<p>9</p> <p>11:00 Strength and Balance Class 1:00 Rummikub 1:00 Tai Ji Quan 1:30 Better Balance</p>	<p>10</p> <p>10:00 Yoga</p>	<p>11</p> <p><b>CLOSED FOR VETERANS DAY</b></p> <p>★★★★★★★★</p> <p><b>Thank You Veterans</b></p>	<p>12</p> <p>10:00 Lo-Impact Aerobics</p>
<p>15</p> <p>11:00 Mindful Movement Meditation Class</p>	<p>16</p> <p>11:00 Strength and Balance Class <b>1:00 Craft Corner-Step-by-Step Painting</b> 12-4 Billiards 1:00 Rummikub 1:00 Tai Ji Quan 1:30 Better Balance</p>	<p>17</p> <p>10:00 Yoga <b>1:00 Craft Corner-Step-by-Step Painting</b></p>	<p>18</p> <p>11:00 Strength and Balance Class 12-4 Billiards 1:00 Rummikub 1:00 Tai Ji Quan</p>	<p>19</p> <p>10:00 Lo-Impact Aerobics</p>
<p>22</p> <p>11:00 Mindful Movement Meditation Class</p>	<p>23</p> <p>11:00 Strength and Balance Class 12-4 Billiards 1:00 Rummikub 1:00 Tai Ji Quan 1:30 Better Balance</p>	<p>24</p> <p>10:00 Yoga</p>	<p>25/26</p> <p><b>CLOSED FOR THANKSGIVING</b></p> 	
<p>29</p> <p>11:00 Mindful Movement Meditation Class</p>	<p>30</p> <p>11:00 Strength and Balance Class 12-4 Billiards 1:00 Rummikub 1:00 Tai Ji Quan 1:30 Better Balance</p>			

## Here are Some of the National Days for Your Enjoyment:

November 1- Calzone Day, Cinnamon Day, Vinegar Day

November 2-Election Day, Deviled Egg Day

November 3-Housewife's Day, Sandwich Day, Stress Awareness Day

November 4-Candy Day, Men Make Dinner Day

November 5-Doughnut Day, Jersey Friday

November 6- Nachos Day, Play Outside Day

November 7- Daylight Savings Time Ends, Bittersweet Chocolate with Almonds Day

November 8-Cappuccino Day, Parents as Teachers Day

November 9- Scrapple Day, National Louisiana Day

November 10-Marine Corps Birthday, Forget-Me-Not Day, Vanilla Cupcake Day

November 11-Verterans Day, Sundae Day

November 12-French Dip Day, Pizza With the Works Except Anchovies Day, Chicken Soup for the Soul Day

November 13-Indian Pudding Day, World Kindness Day

November 14-Family PJ Day, Pickle Day, Spicy Guacamole Day

November 15-Philanthropy Day, Clean Out Your Fridge Day, Raisin Bran Day, America Recycles Day

November 16-Fast Food Day, Button Day

November 17-Baklava Day, Take a Hike Day, Homemade Bread Day

November 18-Princess Day, Mickey Mouse Birthday

November 19-Carbonated Beverage with Caffeine Day, Play Monopoly Day

November 20-Peanut Butter Fudge Day, Adoption Day

November 21-Gingerbread Cookie Day, Stuffing Day

November 22-Cranberry Relish Day

November 23-Cashew Day, Espresso Day, Eat a Cranberry Day

November 24-Jukebox Day, Sardines Day

November 25-Thanksgiving Day, Parfait Day, Play with Dad Day

November 26-Cake Day, Native American Heritage Day, Black Friday, Buy Nothing Day, Flossing Day

November 27-Small Business Saturday, Bavarian Cream Pie Day, Craft Jerky Day

November 28-French Toast Day, Chanukah Begins

November 29-Cyber Monday

November 30-Day of Giving, Personal Space Day, Mason Jar Day, Mousse Day, Mississippi Day

## Themed Reading: Kindness: A Prescription for Health

Being Kind Kindness costs nothing to give but means everything when received – not just to the receiver, but to the giver as well. The “Be Kind” concept is a popular one that can be found written just about everywhere, including on mugs, T-shirts, posters, and in books. Being kind is easy under the right circumstances, but what about when it’s a challenge? In the words of the Dalai Lama: “Be kind whenever possible. It is always possible.”

### Kind Hearts

*by Anonymous*

Kind hearts are the gardens,  
Kind thoughts are the roots,  
Kind words are the blossoms,  
Kind deeds are the fruits;  
Love is the sweet sunshine  
That warms into life,  
For only in darkness  
Grow hatred and strife.

### What is kindness?

A dictionary definition of kindness is “the quality of being friendly, generous, empathetic, and compassionate.” Its synonyms include selflessness, benevolence, warmth, and tenderness. Mark Twain described it as “the language that the deaf can hear and the blind can see.” And Frank A. Clark, an American politician, proclaimed that it “makes a fellow feel good whether it’s being done to him or by him.” All these things are true, but the meaning of kindness varies and can range from simple to complex.

### Random Acts of Kindness

The term random act of kindness was coined in 1982 by author Anne Herbert, who later wrote a book by the same name. The complete phrase “random acts of kindness and senseless acts of beauty” was meant as a reversal of the phrase “random acts of violence and senseless acts of cruelty.” It can be defined as “the opportunity to act with kindness without premeditation and usually to a stranger, with no expectation of anything in return.” You never know when the opportunity for a random act of kindness might present itself or what action you would take when it does. However, the satisfaction and happiness experienced from performing such an act can contribute to one’s own well-being. And, in turn, it can inspire the person receiving the kindness to pay it forward, thus creating a chain reaction of people being kind to one another that grows and grows until eventually the world becomes a better place.

### The Health Benefits of Kindness

It’s a fact: being kind is good for the mind, body, and soul. It has been demonstrated to help increase self-esteem, improve mood, decrease blood pressure, and reduce stress by decreasing the stress hormone cortisol. It can help enhance a sense of connectivity with others and decrease loneliness. Being kind has a positive effect on the brain by boosting the hormones serotonin, dopamine, and oxytocin. These neurotransmitters produce feelings of satisfaction and well-being and “light up” the pleasure/reward centers of the brain. During this process, endorphins, the body’s natural pain killer, can be released. All of this adds up to a win-win situation for both the givers and the receivers of acts of kindness. We should also extend kindness to ourselves. Those who verbally beat themselves up, feel unworthy, and view life negatively are generally not happy, healthy people. Being positive, being kind to oneself, feeling gratitude, and viewing our mistakes as opportunities for improvement makes for a well-balanced, productive life.

## Kindness

*by Edgar Guest*

One never knows  
How far a word of kindness goes;  
One never sees  
How far a smile of friendship flees.  
Down, through the years,  
The deed forgotten reappears.  
One kindly word  
The souls of many here has stirred.  
Man goes his way  
And tells with every passing day,  
Until life's end:  
"Once unto me he played the friend."  
We cannot say  
What lips are praising us to-day.  
We cannot tell  
Whose prayers ask God to guard us well.  
But kindness lives  
Beyond the memory of him who gives

### Practicing Kindness

- When you wake up in the morning, tell your image in the mirror that you are loved, you are grateful, you are kind, and you will have an amazing day.
- Give yourself pep talks whenever you feel down. Better still, talk to a friend or family member and have them give you positive feedback.
- Each day, ask yourself how you can demonstrate kindness and be on the alert for opportunities to perform random acts of kindness. It's the little things that count, such as lending a hand, writing a note, giving a hug, taking time to listen, and so on.
- There is evidence to support that even just witnessing an act of kindness, such as on television, can have positive effects. So, tune in and tune up your neurotransmitters!
- If you can become a volunteer, do it. It has been reported that people who volunteer experience fewer aches and pains. A study of people 55 and older who volunteer in two or more organizations had a 44% lower likelihood of dying than others with their same risk factors.
- In a University of British Columbia Study, a group of six very anxious people were directed to perform at least six acts of kindness each week. After a month, it was noted among the group an increase in positive moods, satisfaction with relationships, and a decrease in social avoidance. Perhaps it would be interesting to test this out on yourself to see if you achieve the same results.
- Make kindness the foundation for your friendships.
- Find ways to genuinely compliment people.
- Smile at a stranger.
- Extend kindness to animals as well as people.
- Pick up the phone and call someone you haven't talked to for a while.
- And lastly, be kind to yourself!

**As Kindness Month begins, we would like to extend our invitation to you to volunteer in our new group: The Neighbor Network.**



Are you interested in helping older adults in our community?

The Westbrook Senior Center is looking for compassionate volunteers to help establish a volunteer program to create relationships with older adults in our community who may be experiencing loneliness and isolation.

Community intervention can help older adults avoid isolation and improve their self-esteem. Giving the gift of time can positively impact the life of an isolated older adult.

Areas of need:

- ❖ Grocery delivery
- ❖ Friendly visits/phone call
- ❖ Transportation to Library
- ❖ Transportation to Senior Center
- ❖ Making care packages

**If Interested, Please Contact Courtney/Amber at (860) 399-3048**



WESTBROOK YOUTH AND FAMILY SERVICES  
1163 BOSTON POST RD. WESTBROOK, CT  
06498 860-399-9239

# HEALTHY AGING GROUP

Westbrook Youth and Family in collaboration with the Westbrook Senior Center is excited to bring you a support group for individuals 60+. Come connect with others and discuss topics relevant to you.

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**When:** Wednesdays @ 11:00  
beginning November 10th,  
**Where:** 866 Boston Post Rd.  
Westbrook, CT 06498

This group will be  
facilitated by WYFS staff,  
Jill Donohue, LMFTA

Please call WYFS with any questions 860-399.9239

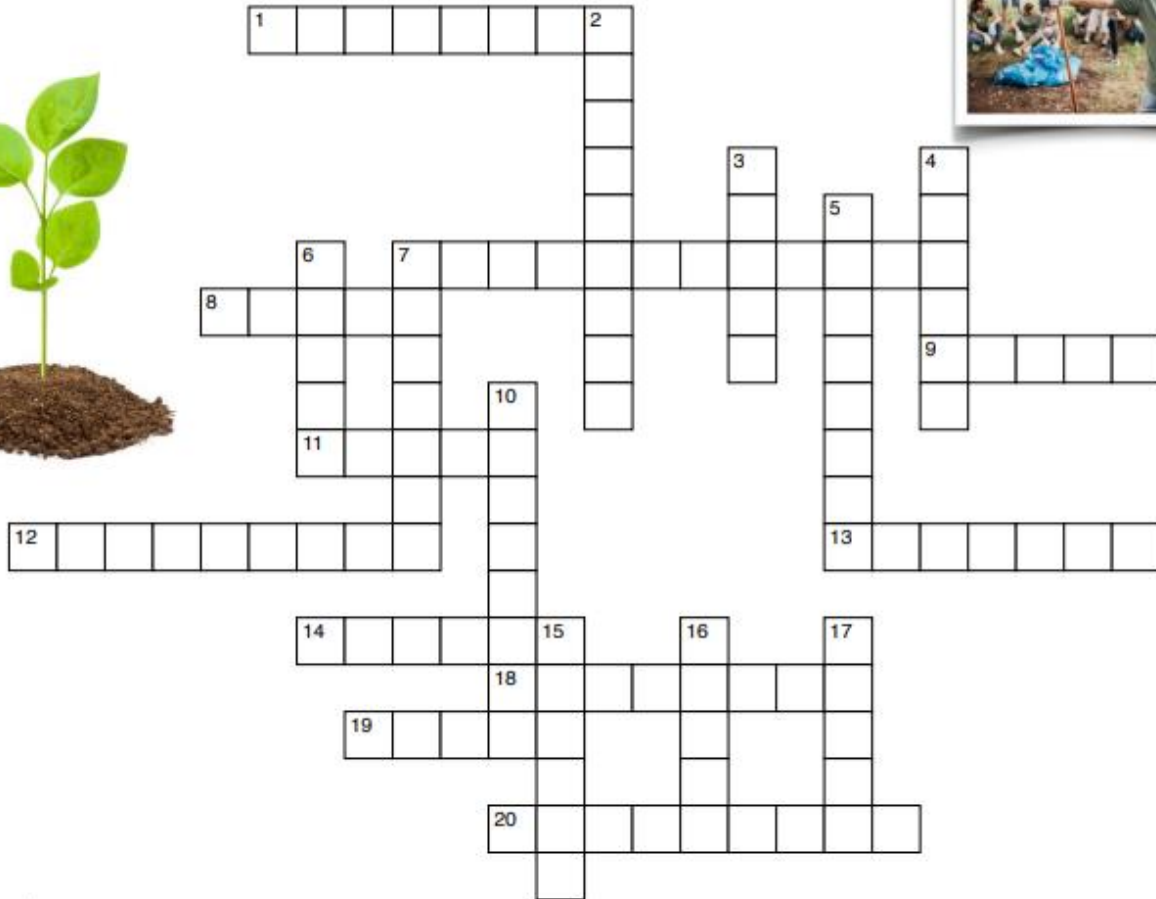
**More Senior Center News!  
New Healthy Aging Support  
Group. Please RSVP by 11/8 for  
the first meeting on 11/10**



## Bulletin Brainteaser:

# Volunteering

Use the clues to fill in the crossword.



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### ACROSS

1. Imaginative
7. Maintaining nature
8. Young people
9. Educate
11. Campaign collecting kids' toys

### DOWN

2. Crisis situation
3. Litter
4. Give to charity
5. Compassion
6. Construct

12. Group of people living in the same area
13. Refuge from a storm
14. Take under one's wing
18. Tried and true
19. Playground locales
20. To raise money

7. Subject of a fundraiser
10. Group effort
15. Save from danger
16. Enthusiastic
17. \_\_\_\_ on Wheels

# Volunteering

(solution)

