

# Norwalk Senior Center South

*El Centro de Personas Mayores en el Sur de Norwalk*

## Programs Sponsored in Part by Cedar Court Housing

### Programs

#### ESL I (Basic)

*Wednesdays @ 10:00AM | Thursdays @ 11:00AM*

#### ESL II (Intermediate)

*Thursdays @ 11:00AM*

### Exercise

#### Tai Chi for Seniors

*Monday @ 10:30AM | Thursday @ 9:45AM*

Ancient Chinese system of exercises and meditations that help to calm the mind, improve balance, cultivate health, well-being and long life, taught by Alma Weinberg on Mondays and Betsy Wrenn on Thursdays.

#### Cardio Class: Strength & Stretch

*Tuesday @ 11:00AM*

Low impact routine to strengthen heart & lungs, lower blood pressure and build endurance. Taught by Sue Ellen Chieffalo.

#### Zumba Gold

*Wednesday @ 10:45AM*

Warm up with Latin music Taught by Zumba Fitness Instructor Lili Winsor.

*Every Other Friday @ 10:00AM*

**Lectura Dirigida (Reading Corner)**

**Angeles Dam (Spanish)**

### Social Services

#### Energy Assistance: October 14 – May 15

Assistance in applying for SSI, Title IX, food stamps and social services available. **All applications will be done at Norwalk Senior Center South by appointment only.**

### Special Programs

#### Ask the Social Worker

*First Wednesday of the Month at 10:00AM (Bilingual)*

Maureen Eusstache, Social Work Coordinator at the Norwalk Senior Center South will be meeting with you the first Wednesday of the Month to answer any question that you have. It will be an informal presentation. Everyone is welcome.

#### Free Legal Services

*Thursday, April 13 @ 10:30AM*

Attorney Penny Blair of CT Legal Services will meet with seniors needing legal advice. **First come, first serve basis.**

#### Pot Luck Mother's Day Celebration

*Wednesday, May 17 @ 10:00AM*

Come join and share with your friends some of your delicious dishes in celebration of Mother's Day. We will have prizes, music and more. Let's Party!! **Reservation is required.**

#### Birthday Celebration: Every Other Month

*Friday, April 28 @ 12:00PM*

Share a special moment with your friends to celebrate their birthdays. Let's have some cake, prizes and more. **Reservation is required.**

#### Espiritualidad: Centro Cristiano La Familia

*Second Monday of the Month at 11:30AM*

Pastor David Acosta will share a moment of spiritual time to get you closer to your higher power. He will bring his guitar to sing along. His mission is to help you find peace and tranquility in your daily life.

El Pastor David Acosta compartirá un momento espiritual para llegar más cerca a tu Ser Supremo. Va a traer su guitarra para cantar. Su misión es ayudarte a encontrar paz y tranquilidad en tu vida diaria.

### Health & Wellness

#### Health Facilitator Calixto Cornejo

*Friday, April 28 @ 11:00AM | Friday, May 26 @ 11:00AM*

Enfermedad Inflamatoria del Intestino (EII) (Spanish) EII es el nombre de un grupo de trastornos en los cuales los intestinos (intestinos delgado y grueso o entrañas) se inflaman (enrojecimiento o hinchazón). Los síntomas varían entra elves y graves. Las formas más comunes de EII son la colitis ulcerativa y la enfermedad de Crohn. Ven e Informate.

**The Norwalk Senior Center**

*Your Connection to Life & Learning*

Visit us at: [www.norwalkseniorcenter.org](http://www.norwalkseniorcenter.org)

**Also on Facebook!**

**NOTE:** Programs and activities on these pages take place **ONLY** at Norwalk Senior Center South located at 92 Cedar Street. Programas y actividades en estas páginas se dan solamente en el Centro localizado en el 92 Cedar St.

92 Cedar Court, South Norwalk | (203) 299-1500  
Programs and services are available in English & Spanish  
See *SONO Senior News* for details!



**Norwalk Senior Center South** serves a diverse senior population in South Norwalk. Participants speak English, Spanish, Creole and other languages. **Transportation** is provided for members for a suggested donation of \$5 per month. A hot lunch is served daily at the Allen Rd. location for a suggested donation of \$3. Reservations are needed for both transportation and lunch. **Please call (203) 299-1500.**

### Center for Vein Restoration:

#### General Information & Screening

**Monday, April 17 @ 11:30AM**

With Hilda Santos, join this informative presentation. Free lower leg ultrasounds provided during the meeting. Lunch will be provided. **Please make your reservations by April 10.**

#### Cassena Care of Norwalk: Health Talk & Activities April 11 & May 9 @ 10:00AM (Bilingual)

Join us for some fun; trivia games, health talk and more. We will be available to answer any questions concerning our facility services and rehabilitation Services. There will be prizes and surprises!

#### Autumn Lake Healthcare of Norwalk: Games & Bingo Tuesday, April 18 & May 16 @ 10:15AM (Bilingual)

Come join us meet new people, chat with your friends, win some prizes and stay to receive helpful information of their services.

#### Visiting Nurse and Hospice of Fairfield

Marilyn Fuller is one of VNH's Hospice nurses and wellness coach.

#### Techniques to Reduce Inflammation:

##### Meditation and Creativity

**Monday, April 24 @ Noon (Bilingual)**

#### Most and Least Contaminated Produce

**Monday, May 29 @ Noon (Bilingual)**

The Environmental Working Group releases lists every year of the most contaminated produce to help consumers make informed choices. Come and be part of this interesting topic.

#### Hospital for Special Surgery:

##### Do I have Osteoarthritis or Osteoporosis?

**Friday, May 5 @ 11:00AM (Bilingual)**

Gabriela Zea MSN, RN, CNL Clinic & Community Outreach Nurse will be here to explain the difference between them diagnoses, treatment and more. Refreshments will be provided.

#### Norwalk Hospital: How to Manage Stress / Como Manejar el Stress

**Monday, May 1 @ 11:30AM (Bilingual)**

Silvia Rupperecht will try a new approach to our positive mental health. Bring your friends and enjoy this fun way of looking into your future with a better attitude towards life. Everyone is welcome.

#### FREE BLOOD PRESSURE CLINIC

Visiting Nurse & Hospice of Fairfield County will be here the 1st & 3rd Tuesday of every month @ 9:30AM. Norwalk Hospital Nurse Unit will be here the 2nd & 4th Tuesday of every month @ 9:30AM.

#### TRIPS: LEAVING NSCS @ 9:45AM

Christmas Tree Shop - Friday, April 21

Trumbull Mall- Friday, May 19

Thrift Shop Trip - Tuesday, April 25 & May 30

Stew Leonard Shopping Trip - Monday, April 3 & May 1  
Leaving the Center @ 9:30AM

**Space limited. First come, first serve basis.**

#### SHOPPING TRIPS: Mondays @ 1:00PM

##### APRIL

4/03 ..... Shop Rite

4/10 ..... T J Maxx

4/17 ..... Shop Rite

4/24 ..... Wal-Mart

##### MAY

5/01 ..... Shop Rite

5/08 ..... T J Maxx

5/15 ..... Shop Rite

5/22 ..... Wal-Mart

5/29 ..... Center Closed

## SENIOR CENTER CLOSURES

**Good Friday**

**Friday, April 14**

**Memorial Day**

**Monday, May 29**