

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 @ 9:45AM | Thursdays @ 11:00AM

ESL II (Intermediate)

Thursdays @ 11:00AM

ESL II Basic Practice

Fridays @ 10:00AM

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)

The Power of Brain Games Friday @ 11:00AM (Spanish)

General Bingo Every Monday & Friday @ Noon

Social Services

Energy Assistance: October 14 – May 15, 2018

We will assist you with the collections of information to expedite your application. Assistance in applying for SSI, Title IX, food stamps and social services available. **All applications will be done by appointment only.**

Special Programs

Free Legal Services

Thursday, October 12 @ 10:30AM

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

Pot Luck Hispanic Heritage Celebration

Monday, October 9 @ 10:00AM

Join your friends at NSCS in celebrating Hispanic heritage through food, music, singing and dancing. "Todos son Bienvenidos"

Reservations are required.

Birthday Celebration: Every Other Month

Friday, October 27 @ 11:00AM

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

Special Thanksgiving Lunch TBA (Allen Rd)

Lunch is served @ 11:45AM

Let's visit our members at Allen Rd. enjoy one another and taste a delicious Traditional Thanksgiving Meal. **Reservations are required.**

Espiritualidad: Centro Cristiano La Familia (Spanish)

Second and Fourth Wednesday

of the Month at 11:45AM

Wednesday, October 11 & 25

Wednesday, November 8 & 22

El Pastor David Acosta compartirá un momento espiritual para acercarte mas a tu Ser Supremo. Traera su guitarra para cantar. Su misión es ayudarte a encontrar paz y tranquilidad en tu vida diaria.

SENIOR CENTER CLOSED

Thanksgiving

Thursday, November 23

& Friday, November 24

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. Reservations are needed for both transportation and lunch. **Please call (203) 299-1500.**

Health & Wellness

SWCAA: CHOICES With Soraya Principe Medicare Update (Bilingual)

Tuesday, November 7 @ 10:15AM

Medicare Enrollment Period 2018

Monday, November 13 @ 10:00AM

If you want to or need to make changes to your prescription plan (Part D) or to your advantage plan (Part C) Call (203) 299-1500 to make an appointment.

This service will be provided at the Norwalk Senior Center South by appointment only.

Si necesitas ayuda para cambiar o buscar un Nuevo plan de medicamentos (Parte D) o a su "Advantage Plan" (Parte C) Llame al (203) 299-1500 y haga su cita. **Este servicio se proveera en el Norwalk Senior Center South con cita solamente.**

AARP Overview of Educational Programs (Bilingual)

Monday October 2 @ 11:30AM

Migdalia Cruz & Marilyn Diaz AARP representatives will be visiting us and give us a brief presentation of the workshops that they offer for the Community.

Cancer Care: Series Breast Health Education (Bilingual)

Thursday, October 5 @ 12 Noon

Colon Cancer

Thursday, November 16 @ 12 Noon

Mildre Gonzales will be bringing information about the different types of Cancer and to answer questions at the end of the presentation. There will be prizes for the participants.

Autumn Lake Healthcare of Norwalk: Games & Bingo

Tuesday, October 17 & November 21 @ 10:00AM (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

Flu Clinic

Tuesday, October 3 from 9:30-11:00AM

Which Fat is Good for You?

Monday, October 30 @ 12 Noon

Marilyn Fuller Nurse and Wellness Coach, is coming back to remind you how important it is to get ready for winter. Plus she will talk to you about the importance of getting vaccinated before the season starts. (Bilingual)

Living the Last Chapter of Your Life Mindfully

Tuesday, November 21 @ 12:00 Noon

Rev. Karen S. Judd LCSW Learn to live a life that's good--for yourself and for the world.

Good Oral Health and Hygiene:

Friday, November 17 @ Noon (Bilingual)

Monica Beltran Community Outreach from Sono Dental Group will be here to talk about the importance of maintaining a good health of your mouth. **There will be prizes for the participants.**

Relaxation Technique using Creative Designs.

Wednesdays at 11:30AM

Try this method of relaxation gather with your friends and paint while listening to a soothing music which will make you relax and work peacefully in your own personal piece of art.

Hospital for Special Surgery

Osteoporosis & Fall Prevention

Wednesday, November 29 @ 11:00AM (Bilingual)

Gabriela Zea MSN, RN, CNL Clinic & Community Outreach Nurse will be here to inform us of various problems associated to our body.

Refreshments will be provided.

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, October 13*

Trumbull Mall- *Friday, November 10*

Thrift Shop Trip - *Tuesday, October 31 & November 28*

Stew Leonard Shopping Trip - *Every Monday*

Leaving the Center @ 9:30AM

Space limited. First come, first serve basis.

SHOPPING TRIPS: Mondays @ 1:00PM

OCTOBER

10/02 SHOP RITE

10/09 SHOP RITE

10/16 T J MAXX

10/23 SHOP RITE

10/30 WAL-MART

NOVEMBER

11/06 SHOP RITE

11/13 T J MAXX

11/20 SHOP RITE

11/27 WAL-MART

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