

Norwalk Senior Center South

El Centro de Personas Mayores en el Sur de Norwalk

Programs Sponsored in Part by Cedar Court Housing

Programs

*ESL courses are cancelled for August.
Classes will resume in September*

ESL I (Basic)

Wednesdays @ 9:45AM | 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) Cancelled Until September

Free Style Dance Club (Every other Friday @ 11:00AM)

Social Services

Rent Rebate: May 1– October 1

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

Ask the Social Worker

Every other Thursday of the Month at 11:00AM (Bilingual)

Maureen Eustache, Social Worker 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, August 10 @ 10:30AM

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

Holiday Hill - State Wide Senior Outing

Monday, August 21 @ 9:30AM

Be part of this special senior outing, as always they will provide unlimited buffet and lots of raffles and prizes... Hurry, Space is limited!! Cheshire CT. ****Space limited. First come, first serve basis****

Birthday Celebration: Every Other Month

Friday, August 25 @ 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 and Fourth Wednesday of the Month at 11:45AM

Wednesday, August 9 & 23

Wednesday, September 13 & 27

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.

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

Norwalk Hospital: Buscando Maneras de Relajarse *Monday, August 14 @ 11:30AM (Bilingual)*

Silvia Rupprecht 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.**

Autumn Lake Healthcare of Norwalk: Games & Bingo *Tuesday, August 15 & September 19 @ 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 Arthritis *Monday, August 28 @ Noon*

Katherine Lasberg Nurse at Visiting Nurse & Hospice of Fairfield will bring important information about Arthritis which is an inflammation of one or more joints. A joint is the area where two bones meet. There are different types of arthritis. She will be going over symptoms, causes and treatments. (Bilingual).

Get ready for Winter & Vaccination Information *Monday, September 25 @ 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).

Good Oral Health and Hygiene *Friday, September 8 @ 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. Remember that if your mouth is healthy, chances are your overall health is good, too. Together we can raise the oral health and hygiene standards of the people they work for and care about. 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.

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, August 18*

Trumbull Mall- *Friday, September 15*

Thrift Shop Trip - *Tuesday, August 29 & September 26*

Outdoor Trip (weather permitting) -
Friday, August 11 @ 10:00AM

Join us for a surprising outdoor trip to enjoy the fresh air. Reservation is required

Stew Leonard Shopping Trip - *Every Monday*
Leaving the Center @ 9:30AM

Space limited. First come, first serve basis.

SHOPPING TRIPS: Mondays @ 1:00PM

AUGUST	SEPTEMBER
8/07 SHOP RITE	9/04 SHOP RITE
8/14 T J MAXX	9/11 T J MAXX
8/21 SHOP RITE	9/18 SHOP RITE
8/28 WAL-MART	9/25 WAL-MART

SENIOR CENTER CLOSURES

Labor Day - Monday, September 4

The Norwalk Senior Center

*Your Connection
to Life & Learning*

Visit us at:
www.norwalkseniorcenter.org

Also on Facebook!