

# 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)

*Tuesdays @ 10:00AM*

### ESL II (Intermediate)

*Thursdays @ 11:00AM*

### ESL II Basic Practice

*Fridays @ 10:00AM*

## Exercise

### Tai Chi for Seniors

*Monday @ 10:30AM | Thursday @ 10:00AM*

Ancient Chinese system of exercises and meditations that help to calm the mind, improve balance, cultivate health, well-being and long life.

### Cardio Class: Strength & Stretch

*Tuesday @ 11:00AM*

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

### Zumba Gold

*Wednesday @ 11:00AM*

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

### Once a Month (Spanish)

*Lectura Dirigida Angeles Dam—*

*3rd Friday of the Month @ 10:00AM*

*Espiritualidad— 4th Wednesday of Month @ 11:45AM*

Comparte un momento espiritual para acercarte mas a tu Ser Supremo. Su misión es ayudarte a encontrar paz y tranquilidad en tu vida diaria.

### Other Activity

*General Bingo @ Noon*

*Dominoes @ 10:00AM*

## ATTENTION



### We have a Pool Table

*Mondays Open Hours: 11:30AM to 1:30PM, except Holidays*

*Fridays open hours: 10:00AM to 1:30PM Everyone is Welcome!!*

## 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, food stamps and social services available. **All applications will be done at Norwalk Senior Center South by appointment only.**

## Special Programs

### Open House:

*Second Wednesday of the Month @ 10:30AM*

Bilingual Hablamos Español (92 Cedar Court Location. 203-299-1500). Come Out For a Fun Filled Day, Meet the Staff and See the Activities Our Center Has To Offer. Refreshments & Goodies Will Be Served!... Hope to See You There!!!

### Birthday Celebration: Every Other Month

*Friday, April 27 @ 12:30PM*

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

**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.**

### Mother's Day Pot Luck Celebration

Friday May 18 @ 10:00AM

Join the NSCS in celebration of Mother's Day. There will be food, music, prizes and more. **Reservation is required.**

## Health & Wellness

### The Power of Brain Aerobics: Maximize your Memory

2nd & 4th Friday @ 11:00AM

In order for an activity to be considered brain aerobics, three conditions must be met: Engage your attention; break a routine activity in an unexpected, nontrivial way and it must involve more than one of the senses. Come ready for the challenge!!

### Autumn Lake Healthcare of Norwalk: Games & Bingo

Third Tuesday of the Month @ 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

#### Good Foot Care-A Step in the Right Direction

Monday, April 16 @ 11:30AM

**With Katherine Lasberg Community Health Coordinator.** Explore the years of wear and tear that are hard on your feet. Discuss the ways to practice good foot care and to recognize problems.

### Healthy Eating after 50

Thursday, May 10 @ Noon

Explore changing trends in eating after 50. Discuss Tips to maintain a healthy weight while eating smart food choices.

### Relaxation Technique Using Creative Designs

Every other Wednesday @ 11:30AM

Try this method of relaxation, gather with friends and work on the mandala coloring papers while listening to soothing music which help you work peacefully on your own personal piece of art.

### Hospital for Special Surgery: Pain Management

Wednesday, April 25 @ 11:30AM (Bilingual)

Gabriela Zea MSN, RN, CNL Clinic & Community Outreach Nurse will be here to discuss this topic. **Refreshments will be provided.**

### Free Wigs Available

Third Wednesday of the Month from 9:00AM to 1:00PM starting March 21. Cancercare welcomes a new partnership with the Norwalk Senior Center to provide free wigs to cancer patients. Wigs are provided completely FREE OF CHARGE.

To register for a free consultation and fitting, please call Mildre Gonzales (203) 663.2188 or [mgonzalez@cancercare.org](mailto:mgonzalez@cancercare.org).

Este servicio tambien es en espanol, llama para una consulta gradtis.

### Diabetes: Es su Vida: Viva! Bien

#### Taller para el Manejo Personal de la Diabetes

Abril 6 - Mayo 11 Viernes de 9:30AM a Noon

Giovana G. Ramirez & Ligia Masilamani, MPH, Este taller es de probada eficacia an ayudarle a las personas a ser mas saludables. Estamos ofreciendo este programa GRATIS! ... .Es un Taller interactivo y divertido! Aprenda informacion esencial que le ayudara a mejorar su salud. Este taller se ofrece a las personas con Diabetes y Pre-Diabetes.

### FREE BLOOD PRESSURE CLINIC

Visiting Nurse & Hospice of Fairfield County will be here the 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 17

Trumbull Mall - Friday, May 8

Thrift Shop Trip Tuesday, April 24 & May 29

Stew Leonard Shopping Trips - First Monday of the Month  
Leaving the Center @ 9:30AM

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

## SHOPPING TRIPS: Mondays @ 1:00PM

APRIL

04/02 ..... SHOP RITE

04/09 ..... T J MAXX

04/16 ..... SHOP RITE

04/23 ..... T J MAXX

04/30 ..... WAL-MART

MAY

05/07 ..... SHOP RITE

05/14 ..... T J MAXX

05/21 ..... SHOP RITE

05/28 ..... CENTER CLOSED

## SENIOR CENTER CLOSURES

### Memorial Day

### Monday, May 28