

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

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, 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 @ 11:00AM

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, December 14 @ 10:30AM

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

Holiday Celebration

Wednesday, December 21 @ 11:30AM

Come celebrate with us, enjoy the festivity among your friends, raffles, prizes, music and food, will be part of this event. \$10 Members - \$12 Non-Members. **Reservation is required.**

Birthday Celebration: Every Other Month

Friday, December 29 @ 12:30PM

Have a delicious lunch and 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.**

Espiritualidad: Centro Cristiano La Familia (Spanish)

Second and Fourth Wednesday of the Month at 11:45AM

Wednesday, December 13 & 27

Wednesday, January 10 & 23

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 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 CLOSURES

Christmas: Monday, December 25

New Year's: Day Monday, January 1

Martin Luther King Day

Monday, January 15

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

Autumn Lake Healthcare of Norwalk: Games & Bingo *Tuesday, December 19 & January 16 @ 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

Avoiding Holiday Stress

Monday, December 11 @ 11:30AM

With Rev. Karen S. Judd LCSW.

Seasonal Blues/Coping with the Loss of Someone

Monday, January 8 @ 11:30AM

With Rev. Karen S. Judd LCSW.

Good Oral Health and Hygiene

Friday, January 19 @ 12:00 Noon

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

Every other Wednesdays @ 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

Date TBA

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, December 8*

Trumbull Mall – *Friday, January 12*

Thrift Shop Trip *Tuesday, December 26 & January 30*

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

DECEMBER

12/04 SHOP RITE

12/11 T J MAXX

12/18 SHOP RITE

12/25 CENTER CLOSED

JANUARY

01/01 CENTER CLOSED

01/08 SHOP RITE

01/15 CENTER CLOSED

01/22 T J MAXX

01/29 WAL-MART

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