



JANUARY / FEBRUARY 2024

888 Washington Boulevard Stamford, CT 06901 | (203) 977-5151 | www.stamfordseniorct.org

Greetings and best wishes for a Healthy and Peaceful 2024!

As we kick off a New Year, we are excited to announce the launch of a new tool to help you assess and boost your overall health and well-being. Over the past year, the SSC was part of the "innovation squad" that **BetterAge** pulled together to design and develop this tool, and several of our members took part in focus groups and provided valuable input as the tool was being developed and tweaked. Our work was worth the time we spent on this because we have something that will benefit older adults and the community as a whole and help us as we plan future programming.

The Stamford Senior Center is partnering with **BetterAge** to offer this new digital tool to our members and the greater community. While **BetterAge** is a "new kid on the block" as a start-up, its founders and team have been in aging services, healthcare, gerontology and technology for over five decades. They, like us, are on a mission to improve the health and well-being of older adults.

You can hop on your smart phone, tablet, home computer or come to the Center and have one of our tech volunteers help you access the tool on our computers. The experience starts with a quick assessment, not more than 10 minutes and immediately afterward, you will receive specific and actionable recommendations that can help you navigate the process of living well.

Here's what one individual who took the assessment said; *"In no way am I a techie, and I was surprised at how easy it was to take the questionnaire and get so much information about myself right away. As a result, I'm eating healthier, exercising more and doing more things with other people than I have in years."*

Start the new year with your journey to wellness today by taking the assessment. Scan the QR code below to begin.

Together, we can support one another and help each other reach our wellness goals in the New Year! - **Peace and Love, Chris**



**THIS CANNOT BE THE YEAR
OF TALKING,
OF WISHING,
OF WANTING,
THIS HAS TO BE THE YEAR ,
YOU GET IT DONE!
-Eric Thomas**

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Follow us on social media:



The Stamford Senior Center will be closed on

Monday, January 1st in observance of:
New Year's Day

Monday, January 15th in observance of
Martin Luther King, Jr. Day

Monday, February 19th in observance of
President's Day



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203.324.6584

www.silversource.org

2009 Summer Street, Stamford, CT 06905

CONSULTATION AND SERVICES ARE FREE OF CHARGE

Special Offer for Stamford Senior Center Members

Do you want to improve your hearing?

Visit Audio Help
Hearing Centers for a
comprehensive hearing
test covered by most
insurance companies.

We're offering \$1,000
off the retail price of
hearing aids to all
Stamford Senior
Center members.

You'll get a one-week free trial, free batteries for five
years, unlimited complimentary follow-up visits and a
three-year warranty.

Visit our office in
the Bull's Head Shopping Center at 57 High Ridge Road.
Dr. Ed Bravo Au.D. | Dr. Laura Espinoza Au.D. | Dr. Natalie Abergel



Call **203-708-5311** to schedule your appointment.

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Stamford Senior Center, Stamford, CT

06-5296

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The Stamford Senior Center is a Non-profit 501(C)3 organization

OUR MISSION

To provide affordable opportunities for older adults to be active and healthy in mind and body and to remain connected to the community in a safe, welcoming and diverse environment

BOARD OF DIRECTORS

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To become a member of the Stamford Senior Center

Visit us at:
888 Washington Blvd., 2nd Fl.
Stamford, CT 06901

Open: Monday-Friday: 9am-5pm

Please visit our website at:
www.stamfordseniorct.org

Membership Dues:

Silver Membership: \$30.00
Includes 5 free fitness classes (see page 8 for details). All other fitness classes are \$2 per class.

Gold Membership: \$120
Includes all fitness classes with no per class fee

Scholarships are available to anyone who needs one

Senior Lunch Program for anyone 60 and older

Fresh sandwiches and hot lunches can be ordered Monday through Friday in the Senior Nutrition Office (on Side B). Lunch can be ordered between 11:00am-1:30pm

Lunch Options Include:

Daily Hot Lunch Special
or
Grilled Chicken over Greek Salad with Grilled Pita and Tzatziki Sauce

or
Roast Turkey, Tuna Salad, Egg Salad, Chicken Salad or Ham & Cheese sandwich

For daily specials, please visit our website at www.stamfordseniorct.org

Suggested donation for lunch is \$4, but no one is turned away due to inability to pay.

Lunches can be enjoyed in our **Friends Café** our new **Catwalk Café** overlooking the lobby or on our patio.

Funded by Title III of Older Americans Act



We value the safety and well being of our members, therefore, if there is inclement weather please confirm that we are open before leaving your home.

We will send out a text message in the morning if we are closed. Please make sure we have your cell phone number.

We will also post closures on Cable 12 and on our answering machine

Stamford Veterans Resource Center

is now open at
Stamford Town Hall
175 Atlantic Street, Stamford

Hours of Operation

Tuesdays & Thursdays
10:00am-12:00pm

If you have any questions, call 203-977-7993 or email veteransresourcecenter@stamfordct.gov

MENTAL HEALTH RESOURCES

Crisis Intervention Resources:

National Suicide Prevention
Hotline: 9-8-8

Crisis Line : text
"CONNECT" to 74741 to speak with a trained counselor

PLEASE BE RESPECTFUL OF INSTRUCTORS & PRESENTERS

- I. All phones should be silenced during any class.
- II. Do NOT answer your phone during a class
- III. Show up for classes on time, do NOT walk in if more than 5 minutes late.
- IV. Please throw out your trash after class
- V. Please return your weights to their proper place after class.
- VI. Don't hold up the class with side bar conversations.



Friday,
February 23rd
11:30 am -1:00pm

Join us for a panel discussion
with local leaders

Followed by lunch

*Chicken, Macaroni & Cheese,
Collard Greens and pie for dessert*

\$7 per person

Please register on myactivecenter.com



Friday, February 9th
12:00-1:00pm

In the Chinese culture, the dragon represents good luck, strength, health and also the male element Yang. 2024 is predicted to be a year of growth, progress & abundance. Join us as we celebrate Chinese New Year!

Lunch Menu

Chicken with Broccoli, Vegetable Fried Rice
2 Dumplings & Eggroll

Members:\$10.00

Register on [myactivecenter](http://myactivecenter.com) or in person

Thank you to our co-sponsor



Celebration of Love and Friendship

Wednesday, February 14th
12:00-1:00 pm

Join us for a luncheon

*Stuffed Chicken Breast, mashed potatoes
and mixed vegetables*

And... A Cupcake Bake-Off

(All interested bakers, please see Gina to sign up to bake by February 1st.)

Special musical performance by:
The G's Band

\$7.00 per person

Please register on myactivecenter.com

Thank you to our musical sponsor:
Greenwich HomeCare



Lives Blossom

a Celebration of the
Stamford Senior Center

Sponsorship
opportunities
available!

"EARLY BIRD"
DISCOUNT
tickets on sale
January 1st



Save the Date

MAY 8, 2024 6-8PM
KNOBLOCH FARMHOUSE
STAMFORD, CT

Marcia Selden
CATERING





Tuesdays at 2:00pm

Please register on myactivecenter.com or in person at the Center. Programs are at the Center and 5 spaces are available on Zoom for those who cannot attend in person

January 9: Voyageurs National Park

January 16: Glenn Echo Park - The Carousel

January 23: The Vaqueros - Briscoe Western Art Museum

January 30: The Status of Liberty - A Fresh Look

February 6: Cane River Creole National Park

February 13: Glacier Bay National Park

February 20: Beyond Camelot Jacqueline Kennedy

February 27: The Extraordinary Life of Rosalyn Carter Kennedy

Art with Rosa Colon



Mondays at 2 pm

This class will teach you various techniques
With an array of art forms.

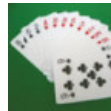
Register on myactivecenter.com
or in person at the Center

Limit of 12 people per class



ART CLASSES WITH RENE SOTO

**Fridays at 10:30am
in Art room**



**Open Bridge on Thursdays
12:30-2:30pm**

Join us for a friendly game of Bridge

**Bridge Lessons with Len
Fridays 11:00 am –12:30 pm**

No Lessons for the month of January



Open Technology Session Wednesdays: 1:00-2:30 pm (Computer Lab)

**Having problems with Zoom or any other computer,
tablet or smart phone issues? You are not alone!**

Our Amazing Technology Wizards are here
to help answer all your questions.

New Class - February 14th: 1:00pm

**How to use your phone for travel on Metro
North and using the ParkMobile app to pay
for parking around town.**

Using TrainTime, we will look at train schedules, how to
purchase electronic tickets, and activating them at the
time of travel. Using the ParkMobile app, adding
vehicles, finding the parking zones, setting duration,
and extending duration if needed.

Facilitator: Peter

Please register on myactivecenter.com
or in person at the Center

ESL Class Level One Beginner's With Robin

Mondays 12:00-1:00pm

Wednesdays 12:00-1:00pm

Level Two Beginners with Daina

Mondays 12:00-1:00pm

Wednesdays 12:00-1:00pm

Intermediate Class with Andrea

Thursdays 12:00-1:00pm



**Spanish Classes
With Angeles Dam
Wednesdays at 11:00
am**



Must pre-register

**\$25 for 8 week course (2/7- 3/27)
SSC Members only**

AFTERNOON SOCIAL

Get social this afternoon...
Check out any special offers
In the Friends Cafe

**Thursdays,
January 18th
February 15th**

Join us for a fun social hour to meet people and get to know other members. New members are encouraged to stop by. It's a great way to meet other members and learn more about The SSC . Beverages and snacks will be served



Current Events

1st & 3rd Monday of the Month
10:00 -11:00 am

Join this group as you tackle all the latest breaking news, including local, state, national and global events

Discussion Leader: Len Kulkarni

Register on myactivecenter.com or in person

**There will be no Current Events
for the month of January**



**Mah Jong
Tuesdays
11:00-3:00 pm
In the Mural Room**

Whether you're an experienced player or new to the game and want to learn, join this friendly group for this ancient game of skill, strategy and a bit of luck.

Musical Meet Up and Sing-a-long Wednesdays 11:00am-12:00pm

Facilitator: Daina Schuman

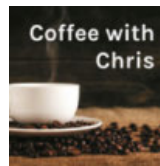
Are you interested in joining a musical meet up group? Come and bring your musical instrument to play or just come and sing along. Either way, we promise a fun time!

Ukelele Lessons with Daina

Mondays at 1 pm
Bring your own ukelele
\$25 for 8 weeks
(February 5 to April 1st)



2nd & 4th Friday of the month
Mural Room
2:30-3:30pm
2 cards for \$1.00
Please consider bringing in a small prize for Bingo winners



Once a month, share a cup of coffee with our Director and have a lively discussion on a different topic each month. Do you have something on your mind?

Suggestions for a new program? Let's hear it!

**Friday, January 5th & February 2nd
10 am in the Cafe**

Register on myactivecenter.com



Journey to Happiness and Personal Growth

1st & 2nd Fridays 10:00am

Facilitator: Frank Troise

Does the idea of happiness and personal growth appeal to you? Would you like to have more of both?

If so, I invite you to join me, and other fellow travelers, as we share with one another those experiences that have enabled us to find happiness and personal growth in our lives.

Let's learn from each other and have some fun

Register on myactivecenter.com



Knitting & Crocheting Group

Thursdays at 10:00 am
in the mural room

Join us for friendly conversation and learn from one

Movie Matinee 2nd & 4th Monday of the Month 2:00pm - Seminar Room



January 8: The Year of the Dog - A troubled alcoholic develops a special bond with a stray dog.

January 22: West Side Story - An American Classic!

February 12: Maybe I Do - When Michelle and Allen's relationship is at a crossroads, they invite their parents to finally meet. But it turns out that their parents already know each other, maybe a little too well.

February 26: Ocean's Eleven - Dapper Danny Ocean is a man of action. Less than 24 hours into his parole from a New Jersey penitentiary, the wry, charismatic thief is already rolling out his next plan

Important Notice for Trips: Trip tickets are non-refundable if you cancel within 10 days unless we can fill your spot



**White Plains Performing Arts Center
Thursday, April 25**

Limited seating, please book early!

**Lunch at Greca Mediterranean Kitchen & Bar at 12:00pm
Show at 2:00pm**

Before she was hit-maker Carole King, she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with *Tapestry*, **Beautiful** takes you back to where it all began and takes you on the ride of a lifetime.

Featuring such unforgettable classics as "You've Got a Friend", "One Fine Day", "So Far Away", "Will You Love me Tomorrow", and "Natural Woman"; this Tony and Grammy Award winning musical phenomenon is filled with the songs you remember and a story you'll never forget.

Member Cost: \$105

Non-member Cost: \$125

Price includes transportation, lunch & show

Leaving the SSC at 10:45am with an estimate return time of 5:30pm



**Thursday
March 14th**

**Senior Center Members: \$30.00
Non Members: \$40.00**

**Bus Departing from the
Government Center Lobby
9:30am sharp**

**Departing Mohegan Sun at
4:00pm sharp with an estimated
return time of 6:15pm**

**Fee includes
Transportation Only**



**The Met Cloisters - Journey to the Middle Ages
Fort Tyron Park, NY
Followed by lunch at Ann & Tony's
on Arthur Avenue**

Tuesday, April 23rd

Enjoy this guided tour of The Cloisters, a branch of the Metropolitan Museum of Art, that will highlight extraordinary medieval architecture, the famed Unicorn Tapestries, brilliant stained glass windows and gardens. Visiting the Cloister is like traveling through time to a building that evokes the Middle Ages.

Lunch at Ann & Tony's, Little Italy the Bronx.
Time to shop for Italian specialties

Members \$130 | Non-members \$160

Includes transportation, tour and lunch
Departure time to be announced

**This is not wheelchair accessible
and requires a lot of walking**

MONDAYSLatin Fiesta with Lili 10:00 AM FREE

Come and shake your body and dance to some salsa and fun Latin music.

Stretch & Tone with Linda 11:15 AM \$2.00

Class includes stretching and toning exercises targeting the entire body. Please bring your own mat. (This class also streamed on Zoom)

Line Dancing with Tina 1:00 PM FREE

A fun hour for anyone that loves to dance. Tina will have you moving to all genres of music from country, rock, pop and latin music.

KINIMA Fit 2:30 PM FREE

A virtual class designed to build strength, increase flexibility and stabilize the core.

TUESDAYSTai Chi with Alma 9:45 AM \$2.00

Chinese form of martial arts that involves slow, controlled and low-impact movements that help improve balance and hand eye coordination. (This class also streamed on Zoom)

Yoga with Angelica 11:15 AM \$2.00

Traditional yoga positions to increase strength and flexibility and reduce stress. Please bring your mat. (This class also streamed on Zoom)

KINIMA Fit 1:00 PM FREE

A virtual class designed to build strength, increase flexibility and stabilize the core.

Chair Zumba with Lili 2:00 PM FREE

Developed for those who are unable to tolerate the rigors of a standard class, it's performed in a seated position with lively music. (This class also streamed on Zoom)

WEDNESDAYSZumba Gold with Lili 10:00 AM \$2.00

Lively music that will inspire and motivate you to move. This is a great total body workout. (This class also streamed on Zoom)

Pilates Sculpt with Andrea 11:00 AM \$2.00

It focuses on postural alignment, strengthening and balancing muscles around the spine, as well as focusing on core muscles (This class also streamed on Zoom)

WEDNESDAYS (continued)Aerobics with Miriam 1:30 PM \$2.00

Energetic exercises to strengthen your heart, muscles and bones. (This class also streamed on Zoom)

Tai Chi with Ken 3:00 PM \$2.00

Chinese form of martial arts that involves slow, controlled and low impact movements. (This class also streamed on Zoom)

THURSDAYSTai Chi with Alma 9:00 AM \$2.00

This class is in Scalzi Park (weather permitting)

Chinese form of martial arts that involves slow, controlled and low impact movements that help improve balance and coordination.

KINIMA Fit 10:15 AM FREE

A virtual class designed to build strength, increase flexibility and stabilize the core.

Yoga with Angelica 11:15 AM \$2.00

Traditional yoga positions to increase strength and flexibility and reduce stress. Please bring your mat. (This class also streamed on Zoom)

Strength Training with Miriam 1:30 PM \$2.00

A program of muscle building exercises. (This class also streamed on Zoom)

FRIDAYSTai Chi with Ken 9:00 AM \$2.00

This class is in Scalzi Park (weather permitting)

Chinese form of martial arts that involves slow, controlled and low impact movements.

Chair Zumba with Lili 10:00 AM FREE

Performed in a seated position with lively music and Lili's magnetic energy. (This class also streamed on Zoom).

Total Body Workout with Miriam 1:30 PM \$2.00

A chair based class that provides head to toe exercises to build strength and improve flexibility. (This class also streamed on Zoom)

- **\$2.00 fee only applies to Silver Members**
- **All fitness classes are free for Gold Members**

Register on myactivecenter.com or in person at the Center

SENIORS HELPING SENIORS

Wednesday, January 10th

12:15 pm

Speaker: Amine Adra

Embarking on the Caregiver Journey: Why Choose This Path?

Choosing to become a caregiver is an incredibly rewarding experience, providing seniors with the opportunity to give back to others while also earning extra income. Clients often describe it as having a trusted companion, and we see it as a beautiful way to foster meaningful connections among people.

As a caregiver, your role typically involves offering non-medical companionship and assistance with daily activities – tasks you're likely already familiar with from years of personal experience. No prior caregiver experience is necessary; all you need is a genuine desire to help others. By taking this path, you not only make a positive impact in someone's life but also stay active, continuously learn, work within your local community, and forge new friendships.



THE BENEFITS OF SPEECH THERAPY

Wednesday, January 31st

12:15 pm

Speaker: Annalise Colton, MS, CCC-SLP

Every day communication can be demanding and frustrating, especially if you or a loved one have a voice disorder, a cognitive disorder, public/professional speaking fear, social skill limitations, aphasia and other communication challenges. Fortunately, speech therapy can help with these challenges as well as others! In this presentation, it will present what speech therapy for adults entails, what it can provide for all adults; as well as share useful communication tips that anyone can use to improve their quality of life and better their relationships.

The State of the Real Estate Market Panel Discussion

Wednesday, January 24th

12:15pm

Panelist Speakers:

Craig Oshrin - helping buyers and sellers by empowering them with data and strategy for selling.

Cindy Perham - expert in reverse mortgages from Cross Country

Adam Hirsch - legal aspects of residential real estate transactions

Chris Curran - Critical decisions concerning care for families and seniors from Cross Country

Andrea Ruby - Senior Move Specialist on how to downsize, estate sales, organizing the move.

**Complimentary Lunch provided by
Adam Hirsch and Care Patrol
Must register by January 17th**

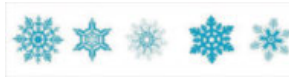


Ordering Lunch

If you wish to order lunch from the Patio Café for any of our brown bag lunch & learns, we ask that you please order lunch no later than 24 hours before the lecture. This will ensure that everyone has their lunches prior to the start of the lecture and won't interrupt the speaker.



JANUARY



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	3 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:00-1:00 ESL Very Begin 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	4 9:00-10:00 Tai Chi w/Alma 10:00-10:45 Knitting 10:15-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training	5 9:00-10:00 Tai Chi w/Ken 10:00-11:00 Coffee w/Chris 10:00-10:45 Chair Fitness 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout
8 10:00-11:00 B/P Check 9:00-2:00 Hispanic Club 10:00 -10:45 Latin Dance 10:00 Trivial Pursuit 11:00-12:00 Conv. Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 2:00-3:00 Art with Rosa 2:00-4:00 Movie 2:30-3:15 Kinima Fit	9 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	10 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:00-1:15 Seniors helping Seniors 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	11 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training	12 9:00-10:00 Tai Chi w/Ken 10:00-10:45 Chair Fitness 10:00-11:00 Journey to Happiness 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout 2:30-3:30 Bingo
15 CLOSED 	16 9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	17 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	18 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training 3:00-4:00 Afternoon Social	19 9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-10:45 Chair Fitness 10:30-11:30 Art with Rene 12:00-1:00 Black History Month Luncheon 1:30-2:30 Total Body Workout
22 10:00 -10:45 Latin Dance 10:00 Trivial Pursuit 11:00-12:00 Conversational Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 2:00-3:00 Art with Rosa 2:00-4:00 Movie 2:30-3:15 Kinima Fit	23 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	24 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:00-1:15 The State of the Real Estate Market 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	25 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training	26 9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-10:45 Chair Fitness 11:00-11:00 Journey to Happiness 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout 2:30-3:30 Bingo
29 10:00 -10:45 Latin Dance 11:00-12:00 Conversational Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 2:00 -4:00 Movie 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit	30 9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	31 10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 12:15-1:15 The Benefits of Speech Therapy 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:00-1:30 Birthday Cake 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken		



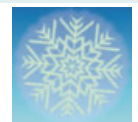
FEBRUARY



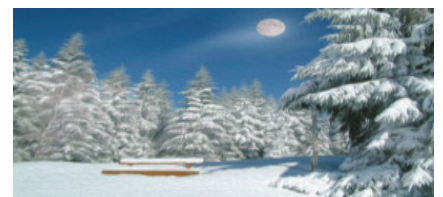
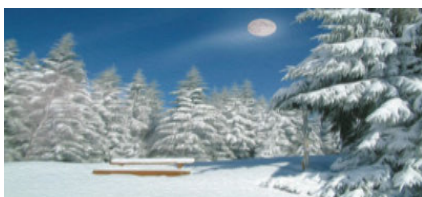
Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:45-1:45 Jewelry Class 12:30-2:30 Drop In Bridge 1:30-2:30 Strength Training</p>	<p>2</p> <p>9:00-10:00 Tai Chi w/Ken 10:00-11:00 Coffee w/Chris 10:00-11:00 Journey to Happiness 10:00-10:45 Chair Fitness w/Lili 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>5</p> <p>10:00-11:00 B/P Check 10:00 -10:45 Latin Dance 10:00-11:00 Current Events 11:00-12:00 Con. Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00 -2:00 Ukelele Class 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit</p>	<p>6</p> <p>9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba</p>	<p>7</p> <p>10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 11:00-12:00 Spanish Class 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>8</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training</p>	<p>9</p> <p>10:00-10:45 Chair Fitness w/Lili 10:30-11:30 Art with Rene 12:00-1:00 Chinese New Year Luncheon 1:30-2:30 Total Body Workout 2:30-3:30 Bingo</p>
<p>12</p> <p>10:00 -10:45 Latin Dance 10:00 Trivial Pursuit 11:00-12:00 Con. Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00-2:00 Ukelele Class 2:00-3:00 Art with Rosa 2:00-4:00 Movie 2:30-3:15 Kinima Fit</p>	<p>13</p> <p>9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba</p>	<p>14</p> <p>10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 11:00-12:00 Spanish Class 12:00-1:00 ESL Beginners 12:00-1:15 Celebration of Love Luncheon 1:00-2:30 Open Technology 1:00-2:00 Computer Class Parkmobile App 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>15</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training 3:00-4:00 Afternoon Social</p>	<p>16</p> <p>9:00-10:00 Tai Chi w/Ken 10:00-10:45 Chair Fitness w/Lili 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba</p>	<p>21</p> <p>10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 11:00-12:00 Spanish Class 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>22</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training</p>	<p>23</p> <p>9:00-10:00 Tai Chi w/Ken 10:00-10:45 Chair Fitness w/Lili 10:00-11:00 Journey to Happiness 10:30-11:30 Art with Rene 11:30-1:00 Black History Celebration 1:30-2:30 Total Body Workout 2:30-3:30 Bingo</p>
<p>26</p> <p>10:00 -10:45 Latin Dance 10:00 Trivial Pursuit 11:00-12:00 Con. Spanish 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00-2:00 Ukelele Class 2:00-4:00 Movie 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit</p>	<p>27</p> <p>9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba</p>	<p>28</p> <p>10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 11:00-12:00 Spanish Class 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>29</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:30-2:30 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training</p>	



ENERO



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1 CERRADO 	2 9am KINIMA 10am Noticias locales y más 11am Peli /Plática/Document. 12pm Inf. y Referencias 12pm Juegos y Mandalas 12-1:30pm Almuerzo 2pm Zumba Silla con Lili	3 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Juegos y Mandalas 12pm Inf. y Referencias 12-1:30pm Almuerzo 12pm Inglés Básico	4 9am KINIMA 10am Música con Olga 11am Peli /Plática/Document 12pm Juegos y Mandalas 12pm Inf. y Referencias 12pm Inglés Intermedio 12-1:30pm Almuerzo 12:30 Clase de Joyería	5 9am Tai Chi con Ken 10am Zumba en Silla 10am Cafecito c/Chris 10:30am Arte con Rene 1:30pm Ejercicio Total para el cuerpo c/Miriam
8 9am café/Máquinas Gym 10am Chequeo Presión 10am Plática acerca de Demencia c/Mary 11am BINGO \$1dólar 12pm Inf. y Referencias 12pm Juegos Mandalas 12pm Inglés Básico 12-1:30pm Almuerzo 2pm Arte con Rosa	9 9am KINIMA 10am Finanzas y Seguridad con Manuel Rdz 11am Peli /Plática/Document 12pm Inf. y Referencias 12pm Juegos y Mandalas 12-1:30pm Almuerzo 2pm Zumba Silla con Lili	10 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Inf. y Referencias 12pm Juegos y Mandalas 12-1:30pm Almuerzo 12pm Inglés Básico 1:30pm Aeróbicos	11 9am KINIMA 10am Música con Olga 11am Peli /Plática/Document 12pm Inf. y Referencias 12pm Juegos y Mandalas 12pm Inglés Intermedio 12-1:30pm Almuerzo 12:30 Clase de Joyería	12 9am Tai Chi con Ken 10am Zumba en Silla 10am Viaje a la felicidad 10:30am Arte con Rene 1:30pm Ejercicio Total para el cuerpo c/Miriam
15 CERRADO	16 9am KINIMA 10am Pintando c/Cotonetes 11am Planificando para 2024 c/Cristina Soto 12pm Inf. y Referencias 12pm Juegos y Mandalas 12-1:30pm Almuerzo 2pm Zumba Silla con Lili	17 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Inf. y Referencias 12pm Juegos y Mandalas 12-1:30pm Almuerzo 12pm Inglés Básico 1:30pm Aeróbicos	18 9am KINIMA 10am Música con Olga 11am Arte con Rosa Colón 12pm Inf. y Referencias 12pm Salud con Ceci Ríos 12-1:30pm Almuerzo 12pm Inglés Intermedio 12:30 Clase de Joyería 3:30pm Reunión Social	19 9am Tai Chi con Ken 10am Zumba en Silla 10:30am Arte con Rene 12pm Celebración Mes de la Historia Afroamericana \$7 1:30pm Ejercicio Total para el cuerpo c/Miriam
22 9am café/Máquinas Gym 10am Fiesta Latina 11am BINGO \$1dólar 12pm Inf. y Referencias 12pm Juegos Mandalas 12pm Inglés Básico 12-1:30pm Almuerzo 2pm Arte con Rosa	23 9am KINIMA 10am Nutrición con Inga. 11am Peli /Plática/Document 12pm Inf. y Referencias 12pm Juegos y Mandalas 12-1:30pm Almuerzo 1pm Kinima Fit 2pm Zumba Silla con Lili	24 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Inf. y Referencias 12pm Juegos y Mandalas 12pm El estado del mercado inmobiliario 12pm Inglés Básico 12-1:30pm Almuerzo	25 9am KINIMA 10am Música con Olga 11am Peli /Plática/Document 12pm Inf. y Referencias 12pm Juegos y Mandalas 12-1:30pm Almuerzo 12pm Inglés Intermedio 12:30 Clase de Joyería	26 9am Tai Chi con Ken 10am Zumba en Silla 10am Viaje a la felicidad 10:30am Arte con Rene 1:30pm Ejercicio Total para el cuerpo c/Miriam
29 9am café/Máquinas Gym 10am Fiesta Latina 11am BINGO \$1dólar 12pm Juegos Mandalas 12pm Inglés Básico 12-1:30pm Almuerzo 2pm Arte con Rosa	30 9am KINIMA 10am Noticias locales y más 11am Peli /Plática/Document 12-1:30pm Almuerzo 1pm Kinima Fit 2pm Zumba Silla con Lili	31 10am Zumba Oro 11am BINGO \$1 12pm Juegos 12-1:30pm Almuerzo 12pm Los Beneficios de la Logopedia 1pm Pastelito d Cumpleaños	FELIZ CUMPLEAÑOS A: ANA GILMA GONZALEZ 01-01 MARLENE CORREA 01-02 GILDARDO AGUILAR 01-07 GABRIELA ALVAREZ 01-07 GLORIA JARA 01-11 CESAR CARDE 01-11 RAFAEL FIGUEROA 01-15 MAURA BARBIERI 01-15 VICTOR ASTUDILLO 01-16 EDDY TUMBACO 01-16 LUIS CUEVAS 01-19 ELVIA FLORES 01-25 MARLENE CISNEROS 01-25 ROSA MUNOZ 01-27 ANA GONZALEZ 01-31 ROBERTO SAENZ 01-31	





FEBRERO



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
FELIZ CUMPLEAÑOS A: Maria Bello 02-01 Maritza Bonilla 02-03 Ada Caro 02-06 Dhejmat Pardo 02-06 Juan Jaen 02-08 Aida Marciano 02-15 Fanny Diao 02-19 Ana Munoz 02-19 Vilma Feliciano 02-23 Esmeralda Avella 02-26 Reina Padilla 02-26 Betty Alvarado 02-28			1 9am KINIMA 10am Música con Olga 11am Peli /Plática/Document. 12pm Juegos y Mandalas 12pm Inglés Intermedio 12-1:30pm Almuerzo 12:30 Clase de Joyería	2 9am Tai Chi con Ken 10am Zumba en Silla 10am Cafecito con Chris 10:30am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo
5 9am café / Máquinas Gym 10am Chequeo d Presión 10am Fiesta Latina 11am BINGO \$1dólar 12pm Juegos y Mandalas 12pm Inglés Básico 12-1:30pm Almuerzo 2pm Arte con Rosa	6 9am KINIMA 10am Tejido Y Crochet 10am Noticias locales y más 11am Peli /Plática/Documental 12pm Juegos y Mandalas 12-1:30pm Almuerzo 2pm Zumba Silla con Lili	7 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Juegos y Mandalas 12-1:30pm Almuerzo 12pm Inglés Básico 1:30pm Aeróbicos	8 9am KINIMA 10am Música con Olga 11am Salud con Ceci Ríos 12pm Juegos y Mandalas 12pm Inglés Intermedio 12-1:30pm Almuerzo 12:30 Clase de Joyería	9 9am Tai Chi con Ken 10am Zumba en Silla 10am Viaje a la felicidad 10:30am Arte con Rene 12pm Almuerzo Celebración del Nuevo Año Chino \$10 2:30-3:30 Bingo
12 9am café / Máquinas Gym 10am Fiesta Latina 11am BINGO \$1dólar 12pm Juegos y Mandalas 12pm Inglés Básico 12-1:30pm Almuerzo 2pm Arte con Rosa	13 9am KINIMA 10am Tejido Y Crochet 10am Visitando en Shoprite Dietista Inga Voloshin 11am Peli /Plática/Documental 12pm Juegos y Mandalas 12-1:30pm Almuerzo 2pm Zumba Silla con Lili	14 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Juegos y Mandalas 12pm Almuerzo para Celebrar el día de la Amistad \$8 12pm Inglés Básico 1:30pm Aeróbicos	15 9am KINIMA 10am Música con Olga 11am Arte con Rosa Colón. 12pm Juegos y Mandalas 12pm Inglés Intermedio 12-1:30pm Almuerzo 12:30 Clase de Joyería	16 9am Tai Chi con Ken 10am Zumba en Silla 10:30am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo
CERRADO POR EL DIA DEL PRESIDENTE 	20 9am KINIMA 10am Tejido Y Crochet 10am Finanzas y Seguridad con Manuel Rodriguez 11am Peli /Plática/Documental 12pm Juegos y Mandalas 12-1:30pm Almuerzo 2pm Zumba Silla con Lili	21 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Juegos y Mandalas 12-1:30pm Almuerzo 12pm Inglés Básico 1:30pm Aeróbicos	22 9am KINIMA 10am Música con Olga 11am Peli /Plática/Document 12pm Juegos y Mandalas 12pm Inglés Intermedio 12-1:30pm Almuerzo 12:30 Clase de Joyería	23 9am Tai Chi con Ken 10am Zumba en Silla 10am Viaje a la felicidad 10:30am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo
26 9am café / Máquinas Gym 10am Fiesta Latina 11am BINGO \$1dólar 12pm Juegos y Mandalas 12pm Inglés Básico 12-1:30pm Almuerzo 2pm Arte con Rosa	27 9am KINIMA 10am Tejido Y Crochet 10am Noticias locales y más 11am Peli /Plática/Documental 12pm Juegos y Mandalas 12-1:30pm Almuerzo 2pm Zumba Silla con Lili	28 9am café / Máquinas Gym 10am Zumba Oro 11am BINGO \$1 12pm Juegos y Mandalas 12-1:30pm Almuerzo/ <u>Pastel</u> 12pm Inglés Básico 1:30pm Aeróbicos	29 9am KINIMA 10am Música con Olga 11am Peli /Plática/Document. 12pm Juegos y Mandalas 12pm Inglés Intermedio 12-1:30pm Almuerzo 12:30 Clase de Joyería	 PASTELITO 1PM ULTIMO MIERCOLES DEL MES

SUPPORT OUR ADVERTISERS!

We are proud to partner with
Pickleball America
to offer SSC members
significant discounts
on open play as well as group Pickleball lessons.



Open Play for SSC Members is available on
Tuesdays and Thursdays from 10 am to 12 pm.
SSC Member fee is \$10 for 2 hours of play.

If you are interested in taking a lesson, the fee
is \$25 for a one hour lesson.

Please call or stop by the Center to register.

Pickleball America is located at
Stamford Town Center
(at the old Saks off 5th location)



NEW TRIVIAL PURSUIT

**2nd and 4th Monday of each
month at 10 am in library**

Join your peers for a fun, educational game
of Trivial Pursuit. It's a great way
to keep our minds active!



Haircuts by Cecilia

Tuesdays: 10:00am-12:00pm

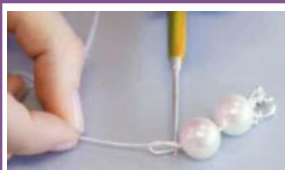
January 2nd & 16th
February 6th & 20th

All cuts - \$15.00 (Located in the Art Room)
Call 203-977-5151 for an appointment

Thank you to Ark Healthcare & Rehabilitation
who sponsors our monthly Birthday Cake



Last
Wednesday
of the month
at 1:00pm



Jewelry Class with Laure

Thursdays 12:45-1:45
In Art Room

Bring in broken jewelry that needs repair
And make new jewelry with jewelry maker,
Laure Kaminsky.

Drop Ins are Welcome!



It's that time of year again....Tax time!!!

Don't fret though...AARP's Tax Aide volunteers are
here to help you file your taxes painlessly and
effortlessly.

Stamford Senior Center
Computer Lab

Mondays & Thursdays 1:00-7:00pm
February 1 through April 15, 2024

By appointment only - No Walk-ins

**Please call 203-977-5151
after January 22nd**

You must bring the following

- ⇒ 2022 Return (important)
- ⇒ Photo ID as proof of identification
- ⇒ Social Security or ITIN documentation
- ⇒ All 2022 tax forms (W2s, 1099s, brokerage statements, etc.)
- ⇒ Proof of Health Insurance - 1095A Form if applicable
- ⇒ Bank account and routing numbers (for direct deposit) blank check is permitted

Elderly / Disabled Homeowner Tax Relief Programs**The Filing period is between February 1 - May 15, 2024**

The City of Stamford offers biennial tax credit programs for totally disabled homeowners (with proof of disability from Social Security office) or seniors who have been 65 years of age as of December 31, 2023.

- The income maximums are \$108,000 for married couples and \$91,800 for single individuals.
- Assets cannot exceed \$400,000 for unmarried applicants or \$600,000 for married applicants exclusive of an allowance of up to \$1,000,000 off of the equity value of the residence for which the tax relief is sought.
- Applicants **must have no past due real property or motor vehicle taxes** owed to the City of Stamford unless they are participating in a City approved payment plan and are less than sixty (60) days past due on such payment plan.
- The property must be the permanent residence/domicile of the applicant.

Past participants who are required to re-apply in 2024 will receive a notice at the end of January 2024

Required Documents:

- Completed asset worksheet (blank worksheet will be available in February 2024)
- Copy of Social Security Earnings for 2023 (Form SSA-1099)
- A copy of 2022 Federal Tax Return (if filed, a copy must be submitted)
- If not required to file federal tax return, please provide copies of income for 2023.

Please mail the required documents listed above to the following address by April 15, 2024: City of Stamford Tax Assessor's Office, Homeowner Tax Abatement Program, 888 Washington Blvd., 6th Floor, Stamford, CT 06901

Please call 203-977-5888 to schedule an appointment. Homeowners may qualify for this exemption in addition to the State Circuit Breaker exemption. Applicants are required to file biennially.



The Connecticut Energy Assistance Program

helps households pay for primary heating bills. Even if the households primary heating costs are included in your rent, you may also apply for assistance. Applications are now being accepted

Household's Income Limits are as follows:

1 person household: \$41,553 yearly
2 person household: \$514,338 yearly

To schedule an appointment to apply for help with your heating bills, please call

**Community Action Agency, 34 Woodlawn Avenue
203-357-0720 ext. 401**

Note: Intakes can be done over the phone for homebound individuals who cannot apply in person

**New Monthly Income Limits:**

\$2,430 - single person
\$3,287 - couple

What counts as income?

Your income is all the money you make, including money from working, cash assistance, Social Security, unemployment, and child support.

To apply visit the DSS office on 1642 Bedford Street or apply online at

www.connect.ct.gov

Let us help you with your pre-planning needs.



Bosak
FUNERAL HOME & CREMATION
Family Owned and Operated Since 1919

203-325-9300

453 Shippan Ave, Stamford, CT
www.bosakfuneralhome.com



CT Transit Bus Tokens

CT Transit bus tickets are available at the SSC's front desk for SSC members. Ten ride bus passes are available to anyone on Medicare with a suggested donation of \$2.00. Those not on Medicare can get 2 single ride tickets per day for a \$1.00 suggested donation.

Norwalk Transit Easy Access



Easy Access is a door-to-door para transit service. Everyone must complete an application and have a phone interview for approval. Please call 203-299-5180 or at www.norwalktransit.com

CT transit 2 hour bus pass - \$.85, Senior Ten Ride -\$7.65
Norwalk Transit/Easy Access one way tickets - \$3.50

Share the Fare Taxi Program

- Discounted taxi vouchers to those 62 & older or under 62 with a disability, who reside in Stamford.
- Eligible riders can purchase Share the Fare vouchers in the Cashiering Department just off the first floor lobby of the Stamford Government Center.
- Participants must provide identification and proof of eligibility age or disability to the cashier.
- Each Share the Fare voucher book contains ten (10) vouchers and has a total face value of \$50.00. Books are sold to seniors and individuals who are disabled for \$25.00.

For more information, call 203-977-4979



FISH of Stamford

All volunteer transportation program provides rides to medical appointments for Stamford residents who have no other means of reaching health facilities.

Wheelchairs cannot be accommodated.

At least 2 business days advanced notice required. Rides are provided within Stamford only.

Please call 203-348-3474
for a ride
Monday-Thursday



SilverSource Ride to Wellness

Free transportation to and from medical/dental appointments within Stamford for older residents (60+). Wheelchair accessible transportation is available.

All Rides available
Monday – Friday 9am to 2pm

Please call to schedule your ride in advance.
203.324.6584

**Voluntary Donations
Requested**



Thank you to everyone who brought toys in for **Toys for Tots**. Thanks to your incredible generosity, we filled two big boxes with wonderful toys that were distributed to children during the holidays.



Mah Jongg group gets festive for holiday season.



Thank you to our Knitting/Crochet Group for their generous donation to the SSC from their Craft Sale



Legacy Gift Giving



Has the Stamford Senior Center made a positive impact on your life or someone you care about? If so, please help support our programs and services with a donation.

Here are some of the ways to contribute:

Tribute Donations - In honor of someone who is celebrating a birthday, anniversary or other event.

In Memory or Tribute - A loving way to donate. A personalized card will be sent on your behalf in memory or as a living tribute.

Bequests - Leave a charitable bequest in your will to the Stamford Senior Center and create a personal legacy that endures forever.

All donations are acknowledged in our newsletter.

Donations can be made by check or through our website using Paypal or a credit card.

Thank you to the following individuals and companies for their generous donations to the Stamford Senior Center :

Julie Ashley
 Susan Auerbach
 Carol Battin
 Kathleen Bordelon
 Ellen Carrick
 Grace Catalano
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