



## The Chat - March/April 2023



888 Washington Boulevard Stamford, CT 06901 | (203) 977-5151 | [www.stamfordseniorct.org](http://www.stamfordseniorct.org)

THE STAMFORD SENIOR CENTER BOARD OF DIRECTORS CORDIALLY INVITES YOU TO

# Lives Blossom

*A Cocktail Reception and Silent Auction  
to benefit the Stamford Senior Center*

### THIS YEAR'S HONOREES:

STAMFORD SENIOR CENTER  
TECHNOLOGY VOLUNTEERS



Peter Ebstein



Rouja Brzozowski



Stuart Madison

Thursday, May 4, 2023

6:00 - 8:30 PM

Serafina at The IC  
1620 Newfield Ave., Stamford CT



Scan QR code for sponsorship opportunities and  
to purchase tickets, or visit [stamfordseniorct.org](http://stamfordseniorct.org)



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The Stamford Senior Center is a 501(c) not-for-profit organization.

The Stamford Senior Center is proud to host an exclusive showing of *"The Unimaginable Journey of Peter Ertel"*, An award winning documentary so bold, brave and beautiful it will restore your faith that humanity can survive even the darkest of days. Winner of the *"Davie Ponce Best of the Fest Award"*, *The Founders' Choice Award* and *The Local Heroes Competition* at *Cleveland International Film Festival*.

Wednesday, April 26th

2:00 pm

followed by a  
Q & A with the  
film's Director

(see page 7 for more details)



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Member of Stamford Senior Center*

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**Bill Humphreys**

[bhumphreys@lpicommunities.com](mailto:bhumphreys@lpicommunities.com)

(800) 477-4574 x6634



## 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.

## ADT-Monitored Home Security

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**The Stamford Senior Center** is a non-profit, 501(c)3 tax-exempt **non-sectarian organization**.

### Our Mission:

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



**Diane Matteis, Chairperson**

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Grace Mall

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Jeannie Ricci

Esperanza Teasdale

June Walker

### To become a member of the Stamford Senior Center

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

**Open: Monday-Friday: 9am-5pm**

you can visit our website at:  
**[www.stamfordseniorct.org](http://www.stamfordseniorct.org)**

Annual dues are: \$60/single person  
or \$100/couple. Membership is  
open to anyone 60 or older .

Membership year runs  
July 1st through June 30th.



*Coffee with  
Chris*

Once a month, share a cup  
of coffee with our Director  
and have a lively discussion  
on a different topic each  
month.

**Friday, March 17**  
**Friday, April 21**

10:00 am in the Cafe

Register on  
[myactivecenter.com](http://myactivecenter.com)  
or call 203-977-5151



Fresh sandwiches and hot  
lunches can be ordered Monday  
through Friday by visiting Lucille  
or Alberto in the Senior Nutrition  
Office (on Side B).

Lunch can be ordered between  
11:00am-1:30 pm

### Lunch Options include:

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

or

The Daily Hot Lunch Special

or

Grilled Chicken, Greek Salad,  
Grilled Pita & Tzatziki Sauce

For daily specials, please visit  
our website at  
[www.stamfordseniorct.org](http://www.stamfordseniorct.org)

Suggested donation for lunch is  
\$4 for anyone 60 or older but no  
one is turned away due to  
inability to pay.

Lunches can be enjoyed in our  
**"Friends' Cafe"**  
or taken **to-go**.



## STAFF DIRECTORY

**Christina K. Crain, MSW**

President & Executive Director  
[ccrain@stamfordct.gov](mailto:ccrain@stamfordct.gov)

**Ginamarie Compollattaro**

Assistant to Executive Director  
[gcompollattaro@stamfordct.gov](mailto:gcompollattaro@stamfordct.gov)

**Ada Caro** - Front Desk, Receptionist

[acar@stamfordct.gov](mailto:acar@stamfordct.gov)

**Lili Winsor** - [lwinsor@stamfordct.gov](mailto:lwinsor@stamfordct.gov)

Hispanic Program Coordinator

**Esther Bramble** - Café Attendant

**Daylight Savings Time starts  
Sunday, March 12th, don't  
forget to set your clocks  
one hour ahead**



**The Stamford Senior Center  
will be closed on**

**Friday, April 7th in Observance of  
Good Friday**





International Women's Day



### *Celebration Luncheon Friday, March 10th*

*11:30am -1:00 pm*

*This year's theme is:  
#EmbraceEquity*

We are honored to have the Honorable Mayor, Caroline Simmons, Stamford's first female mayor as our guest speaker.

Mayor Simmons will speak at 11:30am followed by lunch

#### Menu

Minestrone Soup  
Grilled Chicken Cesar Salad  
Dessert

Please be prompt as the Mayor is on a tight schedule.

\$6 per person for lunch  
Register & prepay by March 6th



**Wednesday, March 15**

**11:30am-1:00pm**

#### Menu

Corned Beef & Cabbage, boiled potatoes, parslie carrots & dessert  
Lunch served promptly at 12 pm

**Members: \$8.00**

Deadline to register and pre-pay is Wednesday, March 8th

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

**Special performance by  
Lynn Academy Dancers  
At 12:30 pm**



### ***Demystifying the Probate Court***

**Tuesday, March 21  
1:00-2:00pm**

***Stamford Probate Judge Gerald Fox, III***

will be here to explain the role of the Probate Court. In addition to the court's role of overseeing decedents' estates and trusts, the Probate Courts handle a wide range of sensitive issues affecting children, the elderly and persons with intellectual and psychiatric disabilities. In carrying out their responsibilities, the Probate Courts strive to protect the rights of individuals while affording those involved in probate matters an approachable and consumer-friendly environment.

Don't miss this informative talk by Judge Fox

Please register on [myactivecenter.com](http://myactivecenter.com) or by calling 203-977-5151

### **Argentinian Tango Lessons**

Come experience one of the most beautiful dances in the world and unleash your passion to dance.

No partner required, just your enthusiasm and desire to learn and have fun!



**Wednesdays at 2:45 pm  
10 Week session begins April 12th  
and runs through June 14th.**

Cost is \$120 for 10 classes  
Pre-registration and payment required by April 1st.  
Must have a minimum of 12 students for class to proceed



**Tuesdays at 2:00pm**

Please register on myactivecenter  
or call the Center at 203-977-5151

Programs are at the Center.  
5 spaces are available on Zoom for those  
who cannot attend in person

March 7th - America's Battleground;  
Fredericksburg & Spotsylvania National Military  
Park

March 14th - Whiskeytown Rocks

March 21st - Abraham Lincoln Home National  
Historic Site

March 28th - Zion National Park

April 4th - Frontier Army Museum: History of Fort  
Leavenworth

April 11th - FDR's Final Last Days and Legacy

April 18th - National Mall & Memorial Parks:  
Presidential Inaugurations

April 25th - Petrified Forest National Park

## *Open Technology Session Wednesdays 1:00-2:30 pm (in the 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.

Let us know what other topics you would  
like to learn. Email us at:

**stamfordseniorcenter@stamfordct.gov**

Not comfortable coming in, call us at  
203-977-5151 and will have  
Stu, Peter or Rouja  
speak with you over the phone.

## *Beeyond* **Armchair Travel**

Explore the world from the comfort of your home or  
from the Center, with these  
live walking tours of beautiful destinations  
via Zoom.

### Tuesday March 7th: Banff & The Canadian Rockies - 2:00-3:00pm

Welcome to Banff - Canada's first and (most  
famous) national park. Nestled in over 6000 square  
kilometres of majestic wilderness, the Town of  
Banff helped to finance the trains which assured  
Canada's creation. Every visit will be different  
according to time, light, wildlife and weather. We  
will discuss the indigenous inhabitants, geology,  
wildlife and the need to reside' permit which  
restricts Town from growing.

**Tour Guide: Patrick Twomey**

### Tuesday, April 4th: Sunset Walking Tour Oia, in Santorini, Greece - 11:30am-12:30pm

Meet your tour guide at the island's most  
Insta-friendly spot and let the exploration begin.  
Get ready to explore and be amazed by Santorini's  
most enthralling island features. Tune in with  
your local guide and learn about the island's  
history. Learn how a catastrophic natural  
phenomenon affected and shaped the island's  
reality up to the present.

Get lost in Santorini's narrow alleys and take in the  
local charm and culture. Learn the facts and figures  
of life on the island and make the most of your  
Santorini Sunset Virtual Tour.

Treat yourself to the Santorini sunset live  
experience at the old castle of Oia. Leave the tour  
with the most calming and stress-relieving picture  
in mind.

**Tour Guide: Kathrin**

Register on myactivecenter.com  
or by calling 203-977-5151



**Thursday, May 11th**

Visit 3 New York food "Hot Spots" all in one fun day.

Stop at 3 locations with lunch at Carmine's, shop and bring home your Italian food favorites.

**Zabar's Upper West Side Gourmet Market**  
**Carmine's Italian Restaurant**  
**Arthur Avenue in the Bronx**

Members: \$120.00 | Non Members: \$144.00

(includes transportation, lunch at Carmine's & Tour Director)

Please call to reserve your spot at 203-977-5151

**Full payment due by May 4th**

**Bus will depart the SSC at 9:15am  
 with an estimated return time of 6:30pm**

**Sponsored by Friendship Tours**

**Thursday,  
 April 13**



This New York City exhibition is a unique narrative experience. A tale of the people aboard history's most legendary ship on its maiden & final journey. Walk in their footsteps as you explore life-size, detailed recreations of the ship's interior and 200 original objects. An audio guide will bring historical accounts to life with music, sound effects & testimonies. Bring your smartphone and headphones or audio available to rent.

Members: \$100.00  
 Non Members: \$134.00

(Includes transportation and exhibit). Lunch is on your own at Chelsea Market prior to exhibit

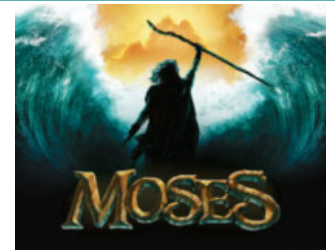
Bus will depart the SSC at 10:30am with an estimated return time of 5:30pm

**Full payment due by April 6th**



**2 Great Shows  
 Sight & Sound Theatre &  
 Dutch Apple Dinner Theatre**

**August 23-25, 2023  
 (Wednesday – Friday)**



**Day 1:** Depart for Lancaster, PA. Enjoy 2 nights at the Comfort Suites Amish Country. Enjoy a buffet dinner and show at the Dutch Apple Dinner Theatre: **Guys & Dolls**

**Day 2:** Venture out onto the roads less traveled through the heart of the Amish farmlands. Explore Kitchen Kettle Village with lunch on your own and shops jammed with simple pleasures. In the afternoon we take our reserved seats at Sight & Sound Theatre for **Moses**. Dinner at the Greenfield Restaurant

**Day 3:** Heading to Hershey, PA, "The Sweetest Place on Earth". A guided Hershey town tour that highlights the fascinating life of Milton Hershey. Next visit Wind Creek Bethlehem Casino for lunch on your own before heading home with wonderful memories of your time in the Amish Country.

**Members: \$645.00 | Non-members: \$ 675.00**

Includes: Deluxe motor coach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions as per itinerary, Friendship Tours Escort, Driver/Gratuity

**Deposit of \$150.00 due by May 31, 2023 | Final Payment is July 5, 2023**

**Please call to reserve your spot at 203-977-5151**

**Sponsored by Friendship Tours**



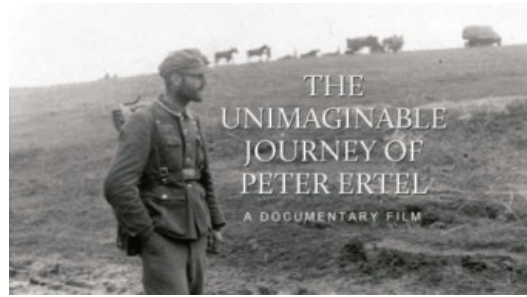
## ART CLASSES WITH RENE SOTO



Friday's at 10:30am

We are thrilled to have a talented local artist teaching at the SSC.

All mediums of art welcomed  
Please bring your own art supplies



**WEDNESDAY, APRIL 26TH**

**2:00 PM FILM (1:45 RUN TIME)**

**FOLLOWED BY A**

**Q & A WITH FILM'S DIRECTOR,  
JOSEPH CANN**

In the midst of great evil, it is the courageous man or woman who refuses to succumb and Peter Ertel was one such man. Forced to serve in the German army despite his open contempt for the Nazis and his refusal to kill the enemy. This is the true story of a man who defied insurmountable odds and later found peace in America .

### **The Unimaginable Journey of Peter Ertel**

Link to film's trailer is below:

<https://www.peterertelfilm.com/press-kit-trailer>

Popcorn and refreshments will be available  
Register on myactivecenter  
or by calling 203-977-5151



**Mah Jong  
Tuesdays  
12-3 in the Library**

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

Register on myactivecenter.com or at 203-977-5151



**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**

## **Musical Meet Up and Sing-a-long**

**Wednesdays**

**11:00am-12:00pm**

**Mural Room**

**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!



## **English as a Second Language**

*Beginners Level with Andrea*

*Thursdays: 12:00-1:00pm*

*Located in the Mural Room*

## **Conversation Spanish with Rene Soto**

**Monday's**

**10:00-10:45am**

Located in the Art Room

Please register on myactivecenter or by calling 203-977-5151



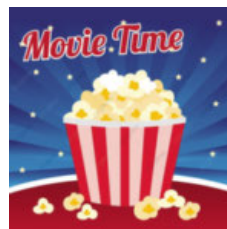
## **Haircuts by Cecilia**

**Tuesdays: 10:00am-12:00pm**

**March 7th & 21st**

**April 4th & 18th**

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



**2nd & 4th Mondays  
of the month  
2:00pm  
In the seminar room**

**MONDAYS:****Pilates Gold w/Jeannie (Zoom Only) 9:00 AM**

Pilates can help seniors regain strength, flexibility and balance and helps lessens the effects of many chronic age-related diseases.

**Latin Dance with 10:00 AM**

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

**Stretch & Tone with Linda 11:00 AM**

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**

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**

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

**TUESDAYS:****Tai Chi with Alma 9:45 AM**

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**

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**

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

**Chair Zumba with Lili 2:00 PM**

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)**

**WEDNESDAYS:****Zumba Gold with Lili 10:00 AM**

lively music that will inspire and motivate you to move. This is a great total body workout.

**Aerobics with Miriam 1:30 PM**

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

**THURSDAYS:****Tai Chi with Alma 9:00 AM**

**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**

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

**Yoga with Angelica 11:15 AM**

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**

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

**FRIDAYS:****Tai Chi with Ken 9:00 AM**

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

**Total Body Workout with Miriam 1:30 PM**

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

Just a reminder, you can find all our online classes on [myactivecenter.com](https://myactivecenter.com) and log into the class. If you have not already registered with [myactivecenter.com](https://myactivecenter.com), you will need your senior center key tag. Your key tag is the tag that you swipe in for classes on the touch screens located in the senior center.

**Just visit [www.myactivecenter.com](https://www.myactivecenter.com)** Select "Stamford Senior Center" and enter the number on the back of your key tag. Lost your key tag? Just come by the center and we will issue you a new one.



## You're as Young as you Feel

March 22  
11:00am

Bob Moore, Physical Therapist and CEO/Founder of Moore Physical Therapy and Fitness has created a lecture series, "You're as young as you feel." "Navigating through the challenges of arthritis" is one part of the series. In this seminar, the participants will learn how to best manage the challenges of Arthritis involving the Hip and Knee.

Register on [myactivecenter.com](http://myactivecenter.com) or  
by calling 203-977-5151



Tuesday, April 11  
10:00am

Dr. Laura Espinoza  
Audiologist

Do you have questions on hearing loss, hearing aids, OTC and how to clean the hearing aid? Dr. Espinoza will answer all your questions with a hands on presentation

Register on [myactivecenter.com](http://myactivecenter.com) or  
by calling 203-977-5151

## COMMUNITY RESOURCES:

### Stamford Veterans Resource Center

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



Hours of Operation:  
Tuesdays and Thursdays  
10:00 am to 12:00 pm  
Hours will expand over time

If you have any questions,  
Call 203-977-7993 or email  
[VeteransResourceCenter@stamfordct.gov](mailto:VeteransResourceCenter@stamfordct.gov)

### MENTAL HEALTH RESOURCES

These are very stressful times and many of us may be struggling with mental health issues such as anxiety, depression, substance or alcohol abuse. Know that you are not alone and there are resources that can help. The City of Stamford has launched a mental health resources page on the City's website with a list of local agencies that can assist.

Visit [www.stamfordct.gov](http://www.stamfordct.gov)  
and under the government tab, click on Dept. of Health where you can find many local resources or  
you can call  
Infoline at 2-1-1

#### **Crisis Intervention Resources:**

National Suicide Prevention Hotline - 9-8-8  
Crisis Text Line—  
Text "CONNECT" to 741741 to text with a trained counselor for individual support



## MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Technology 1:00-1:30 Western Canada Zoom Presentation 1:30-2:30 Aerobics</p>	<p>2</p> <p>9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 11:00 Focus Group Spanish 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 1:30-2:30 Strength Training</p>	<p>3</p> <p>9:00-10:00 Tai Chi w/Ken 10:00 Focus Group on your vision for a New Senior Center 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>6</p> <p>9:00-10:00 Pilates Gold 9:00-2:00 Hispanic Club 10:00-11:00 B/P Check 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch &amp; Tone 1:00-2:00 Line Dancing 1:00-2:00 Ukulele Class 2:30-3:15 Kinima Fit</p>	<p>7</p> <p>9:00-2:00 Hispanic Club 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 2:00-3:00 Beeyond Tour Banff &amp; The Canadian Rockies</p>	<p>8</p> <p>9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Technology 1:30-2:30 Aerobics</p>	<p>9</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 1:30-2:30 Strength Training</p>	<p>10</p> <p>9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene 11:30-1:00 International Women's Day Program 1:30-2:30 Total Body Workout 2:00-3:00 Bingo</p>
<p>13</p> <p>9:00-10:00 Pilates Gold 9:00-2:00 Hispanic Club 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch &amp; Tone 1:00-2:00 Line Dancing 1:00-2:00 Ukulele class 2:00-4:00 Movie 2:30-3:15 Kinima Fit</p>	<p>14</p> <p>9:00-2:00 Hispanic Club 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>15</p> <p>9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 11:30-1:00 St. Patrick's Day Party 1:00-2:30 Open Technology 1:30-2:30 Aerobics</p>	<p>16</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 Beginners ESL 1:30-2:30 Strength Training</p>	<p>17</p> <p>9:00-10:00 Tai Chi w/Ken 10:00 Coffee with Chris 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>20</p> <p>9:00-10:00 Pilates Gold 9:00-2:00 Hispanic Club 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch &amp; Tone 1:00-2:00 Line Dancing 1:00-2:00 Ukulele class 2:30-3:15 Kinima Fit</p>	<p>21</p> <p>9:00-2:00 Hispanic Club 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 1:00-2:00 Demystifying the Probate Court 2:00-2:45 Chair Zumba</p>	<p>22</p> <p>9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 You're as Young as you feel 11:00-12:00 Sing Along 1:00-2:30 Open Technology 1:30-2:30 Aerobics</p>	<p>23</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 Beginners ESL 1:30-2:30 Strength Training</p>	<p>24</p> <p>9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout 2:00-3:00 Bingo</p>
<p>27</p> <p>9:00-10:00 Pilates Gold 9:00-2:00 Hispanic Club 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch &amp; Tone 1:00-2:00 Line Dancing 1:00-2:00 Ukulele class 2:00-4:00 Movie 2:30-3:15 Kinima Fit</p>	<p>28</p> <p>9:00-2:00 Hispanic Club 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>29</p> <p>9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-1:30 Birthday Cake 1:00-2:30 Open Technology 1:30-2:30 Aerobics</p>	<p>30</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 Beginners ESL 1:30-2:30 Strength Training</p>	<p>31</p> <p>9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout</p>



APRIL



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00-2:00 Hispanic Club 9:00-10:00 Pilates Gold <b>10:00-11:00 B/P Check</b> 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch & Tone 1:00-2:00 Line Dancing 1:00-2:00 Ukulele class 2:30-3:15 Kinima Fit	<b>4</b> 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma <b>10:00-12:00 Haircuts</b> 11:15-12:00 Yoga <b>11:30-12:30 Beeyonder Tour Santorini Greece</b> 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	<b>5</b> 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Tech 1:30-2:30 Aerobics  <b>FIRST NIGHT OF PASSOVER</b>	<b>6</b> 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 Beginners ESL 1:30-2:30 Strength Training	<b>7</b> <b>CLOSED</b>  
<b>10</b> 9:00-2:00 Hispanic Club 9:00-10:00 Pilates Gold 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch & Tone 1:00-2:00 Line Dancing 1:00-2:00 Ukulele class 2:00-4:00 Movie 2:30-3:15 Kinima Fit	<b>11</b> 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma <b>10:00-11:00 Audiologist with Dr. Laura Espinoza</b> 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	<b>12</b> 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Tech 1:30-2:30 Aerobics	<b>13</b> 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 Beginners ESL 1:30-2:30 Strength Training  <b>LAST NIGHT OF PASSOVER</b>	<b>14</b> 9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout 2:30-3:30 Bingo
<b>17</b> 9:00-2:00 Hispanic Club 9:00-10:00 Pilates Gold 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch & Tone 1:00-2:00 Ukulele class 1:00-2:00 Line Dancing 2:30-3:15 Kinima Fit	<b>18</b> 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma <b>10:00-12:00 Haircuts</b> 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba	<b>19</b> 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Technology 1:30-2:30 Aerobics	<b>20</b> 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 Beginners ESL 1:30-2:30 Strength Training	<b>21</b> 9:00-10:00 Tai Chi w/Ken <b>10:00 Coffee with Chris</b> 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout
<b>24</b> 9:00-2:00 Hispanic Club 9:00-10:00 Pilates Gold 10:00-10:45 Latin Dance 10:00-10:45 Spanish w/Rene 11:00-12:00 Stretch & Tone 1:00-2:00 Ukulele class 1:00-2:00 Line Dancing 2:00-4:00 Movie 2:30-3:15 Kinima Fit	<b>25</b> 9:00-2:00 Hispanic Club 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	<b>26</b> 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Technology <b>1:00-1:30 Birthday Cake</b> <b>2:00-4:30 The Unimaginable Journey of Peter Ertel Film and Discussion</b>	<b>27</b> 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 Beginners ESL 1:30-2:30 Strength Training	<b>28</b> 9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout 2:30-3:30 Bingo





## M A R Z O

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>CELEBRACION DE SAN PATRICKS DAY</b> <b>Mércoles Marzo 15 DE LAS 11:30am-1:00pm</b> <u>Almuerzo empieza a las 12:00pm</u> <b>Menu:</b> Carne con Col, Papas, zanahorias En perejil y Postre <b>Miembros: \$8.00</b> Ultimo dia para registrarse y pagar es Miércoles, Marzo 8 Regístrese en myactivecenter.com o en persona en el Centro <b>Actuación especial de la Academia de Bailarines de Lynn</b>		<b>1</b> 9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1:30pm Aeróbics con Miriam <b>1:00pm Tour por el Oeste de Canada Via Zoom</b>	<b>2</b> 9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido <b>11am Grupo de enfoque</b> 11am Documental / Plática 12pm Almuerzo/Inf & Ref** 12pm Inglés Básico	<b>3</b> 9am Tai Chi con Ken 10:30am Arte con Rene 1:30 Ejercicio para todo el Cuerpo
<b>6</b> 9am Pilates Oro 9am Socialización, Café y + <b>10am Toma de Presión</b> 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1pm Danza en Línea 2pm Película	<b>7</b> 9am Socialización, Café y + <b>10-12Cortes de Cabello \$15</b> 10am Ejercicios con Kinima 10:30 am Ejercicios p/mente 12pm Almuerzo/Inf & Ref** 1pm Ejercicios con Kinima <u>2pm Zumba en Silla</u>	<b>8</b> 9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1:30pm Aeróbics con Miriam	<b>9</b> 9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 11am Documental / Plática 12pm Almuerzo/Inf & Ref** 12pm Inglés Básico	<b>10</b> 9am Tai Chi con Ken 10:30am Arte con Rene <b>Almuerzo por el día Internacional de la mujer 11:30am \$6</b> 1:30pm Ejercicio para todo el Cuerpo 2:30 Bingo en Inglés \$1
<b>13</b> 9am Pilates Oro 9am Socialización, Café y + 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1pm Danza en Línea 2pm Película	<b>14</b> 9am Socialización, Café y + 10am Ejercicios con Kinima 10:30 am Ejercicios p/mente 12pm Almuerzo/Inf & Ref** 1pm Ejercicios con Kinima <u>2pm Zumba en Silla</u>	<b>15</b> 9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1:30pm Aeróbics con Miriam <b>ALMUERZO DIA DE SAN PATRICIO \$8 11:30am</b>	<b>16</b> 9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 11am Documental / Plática 12pm Almuerzo/Inf & Ref** 12pm Inglés Básico	<b>17</b> 9am Tai Chi con Ken 10:30am Arte con Rene 1:30 Ejercicio para todo el Cuerpo <b>10am Cafecito con Chris</b>
<b>20</b> 9am Pilates Oro 9am Socialización, Café y + 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1pm Danza en Línea 2pm Película	<b>21</b> 9am Socialización, Café y + <b>10-12Cortes de Cabello \$15</b> 10am Ejercicios con Kinima 10:30 am Ejercicios p/mente 12pm Almuerzo/Inf & Ref** 1pm Ejercicios con Kinima 2pm Zumba en Silla	<b>22</b> 9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> <b>11am Eres tan Joven como te sientes (inglés)</b> 12pm Almuerzo/Inf & Ref** 1:30pm Aeróbics con Miriam	<b>23</b> 9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 11am Documental / Plática 12pm Almuerzo/Inf & Ref** 12pm Inglés Básico	<b>24</b> 9am Tai Chi con Ken 10:30am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo 2:30 Bingo en Inglés \$1
<b>27</b> 9am Pilates Oro 9am Socialización, Café y + 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1pm Danza en Línea	<b>28</b> 9am Socialización, Café y + 10am Ejercicios con Kinima 10:30 am Ejercicios p/mente 12pm Almuerzo/Inf & Ref** 1pm Ejercicios con Kinima 2pm Zumba en Silla	<b>29</b> 9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf & Ref** 1:30pm Aeróbics con Miriam 	<b>30</b> 9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 11am Documental / Plática 12pm Almuerzo/Inf & Ref** 12pm Inglés Básico	<b>31</b> 9am Tai Chi con Ken 10:30am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo 2:30 Bingo en Inglés \$1

Viernes, Marzo 10  
11:30-1:00

**#Abracemos la Equidad**  
Celebrando los logros de las mujeres y su visible contribución

Nuestro Invitado Especial será:  
**Alcalde, Caroline Simmons**  
A las 11:30am

Seguido por un almuerzo

**Menú**  
Sopa Minestrone  
Ensalada César de pollo a la parrilla  
Postre

**Por favor este a tiempo ya que la Alcaldesa tiene una agenda muy ocupada**

**\$6 por persona**  
Regístrese & prepague a más tardar Marzo 6

EN **B1C** VOLUNTARIOS Y LAS DISTINTAS ORGANIZACIONES DE LA COMUNIDAD OFRECEN SU EXPERIENCIA Y CONOCIMIENTOS A LOS INMIGRANTES EN UN LUGAR SEGURO Y DONDE LAS PERSONAS APRENDEN UNOS DE OTROS, Y SE SATISFACEN LAS NECESIDADES. ADQUIERE HERRAMIENTAS PARA SER AUTOSUFICIENTES, FORTALECER SUS FAMILIAS Y TODA LA COMUNIDAD. B1C PROPORCIONA SERVICIOS GRATUITOS LLAMENOS AL (203) 674-8585. VISITENOS EN: 417 SHIPPAN AVE, STAMFORD, CT 06902 LUNES A VIERNES DE 8AM A 7PM; SÁB Y DOM. DE 9-5 (1ER. PISO) EN 75 SELLECK ST, STAMFORD, CT 06902 LUN-VIE DE 9 AM-1PM Y SÁBADO DE 10AM-1PM

**PERSONA A PERSONA (P2P)** GESTIONA Y EJECUTA PROGRAMAS CRÍTICOS TODOS LOS DÍAS QUE TRANSFORMAN LA VIDA DE NUESTROS CLIENTES. LAS NECESIDADES ESENCIALES SON MÁS QUE COMIDA Y VIVIENDA PARA LOS RESIDENTES DE LA PARTE BAJA DEL CONDADO DE FAIRFIELD, QUE INCLUYEN \*ASISTENCIA ALIMENTARIA, \*ASISTENCIA DE TRABAJO SOCIAL, \*CENTRO DE OPORTUNIDADES FINANCIERAS, PROGRAMAS DE ROPA Y CUIDADO, \*ASISTENCIA FINANCIERA DE EMERGENCIA, \*BECAS Y MENTORES+ COMUNÍQUESE CON NUESTRO EQUIPO AL 203-655-0048 ACASEWORKSERVICES@P2PHELPS.ORG

## A B R I L

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>Para ayuda con información y asistencia hable con la Coordinadora del Grupo y Agende una cita. El horario de atención es entre las 12 y 1pm de Lunes a Jueves. Las citas son de 15 minutos. Llame al 203-977-5151 **</p>	 <p>CELEBRACION DE CUMPLEAÑOS PASTEL 1:00PM ULTIMO MIERCOLES DEL MES EN EL CAFE</p>	 <p>Semana Santa</p>		
<p>3</p> <p>9am Pilates Oro 9am Socialización, Café y + <b>10am Toma de Presión</b> 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm I &amp; A** / Almuerzo 1pm Danza en Línea(grupo)</p>	<p>4</p> <p>9am Socialización, Café y + <u>10-12Cortes de Cabello \$15</u> 10am <u>Ejercicios con Kinima</u> 11am Ejercicios para mente 12pm I &amp; A** / Almuerzo 2pm Zumba en Silla</p>	<p>5</p> <p>9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm I &amp; A** / Almuerzo 1-2:30 Ayuda Tecnológica. 1:30pm Aeróbics con Miriam</p>	<p>6</p> <p>9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 11am Documental / Plática 12pm I &amp; A** / Almuerzo 12pm Inglés Básico</p>	<p>7</p> <p><b>Centro Cerrado por Viernes Santo</b></p> 
<p>10</p> <p>9am Pilates Oro 9am Socialización, Café y + 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf &amp; Ref** 1pm Danza en Línea 2pm Película</p>	<p>11</p> <p>9am Socialización, Café y + 10am <u>Ejercicios con Kinima</u> <b>10am Audiología con Dr. Laura Espinoza</b> 11am Ejercicios para mente 12pm Almuerzo/Inf &amp; Ref** 2pm Zumba en Silla</p>	<p>12</p> <p>9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf &amp; Ref** 1:30pm Aeróbics con Miriam</p>	<p>13</p> <p>9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 11am Documental / Plática 12pm Almuerzo/Inf &amp; Ref** 12pm Inglés Básico</p>	<p>14</p> <p>9am Tai Chi con Ken 10:30am Arte con Rene 1:30 Ejercicio para todo el Cuerpo 2:30 Bingo en Inglés \$1</p>
<p>17</p> <p>9am Pilates Oro 9am Socialización, Café y + 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm Almuerzo/Inf &amp; Ref** 1pm Danza en Línea 2pm Película</p>	<p>18</p> <p>9am Socialización, Café y + <u>10am Cortes de Cabello \$15</u> 10am <u>Ejercicios con Kinima</u> 11am Ejercicios para mente 12pm I &amp; A** / Almuerzo 2pm Zumba en Silla</p>	<p>19</p> <p>9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm I &amp; A** / Almuerzo 1-2:30 Ayuda Tecnológica. 1:30pm Aeróbics con Miram</p>	<p>20</p> <p>9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 10:30 Ejercicios con Kinima 11am Documental / Plática 12pm I &amp; A** / Almuerzo 12pm Inglés Básico</p>	<p>21</p> <p>9am Tai Chi con Ken 10:30am Arte con Rene <b>10am Cafecito con Chris.</b> 1:30pm Ejercicio para todo el Cuerpo</p>
<p>24</p> <p>9am Pilates Oro 9am Socialización, Café y + 10am Fiesta Latina <u>11am Bingo \$1dólar</u> 12pm I &amp; A** / Almuerzo 1pm Danza en Línea(grupo)</p>	<p>25</p> <p>9am Socialización, Café y + 10am <u>Ejercicios con Kinima</u> 11am Ejercicios para mente 12pm I &amp; A** / Almuerzo 2pm Zumba en Silla</p>	<p>26</p> <p>9am Socialización, Café y + 10am Zumba Oro <u>11am Bingo \$1dólar</u> 12pm I &amp; A** / Almuerzo 1-2:30 Ayuda Tecnológica. <b>2:00 El inimaginable viaje de Peter Ertel</b></p> <p><b>Pastel para celebrar a los "cumpleañeros"</b></p>	<p>27</p> <p>9am Socialización, Café y + 9am Tai Chi con Alma <u>10am Música con Olga</u> 10:00-11:45 Tejido 10:30 Ejercicios con Kinima 11am Documental / Plática 12pm I &amp; A** / Almuerzo 12pm Inglés Básico</p>	<p>28</p> <p>9am Tai Chi con Ken 10:30am Arte con Rene 1:30pm Ejercicio para todo el Cuerpo 2:30 Bingo en Inglés \$1</p>

WE APPRECIATE OUR  
ADVERTISERS!



## CT Transit Bus Tokens

**CT Transit** bus tickets are available at the 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](http://www.norwalktransit.com)

As of March 31, 2023, the fees for rides will be  
 CT transit 2 hour bus pass - \$.85, Senior Ten Ride -\$7.65  
 Norwalk Transit/Easy Access one way tickets - \$3.50



## **Share the Fare program is for Stamford residents over the age of 62 and for disabled individuals.**

- Share the Fare offers discounted taxi vouchers to eligible individuals who reside in Stamford.
- Eligible riders can purchase Share the Fare vouchers in the Cashiering and Permitting Department just off the first floor lobby of the Stamford Government Center.
- In order to purchase vouchers, 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 disabled individuals for \$25.00.

**For more information, call 203-977-4979**

## **FISH OF STAMFORD: TRANSPORTATION**

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. You must wear a mask and show proof of vaccination to the driver.

Please call 203-348-3474 for your appointment: Monday-Thursday 9:00am-4:00pm

Information provided by: United Way of Connecticut





***Elderly / Disabled Homeowner Tax Relief Programs*****The Filing period is between February 1 - May 15, 2023**

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, 2022.

- 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 2023 will receive a notice at the end of January 2023**

**Required Documents:**

- Completed asset worksheet (blank worksheet will be available in February 2023)
- Copy of Social Security Earnings for 2022 (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 2022.

Please mail the required documents listed above to the following address by April 15, 2023: 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.

**SNAP benefits reduced to pre-COVID levels.**

Starting in March, all SNAP households will get only one SNAP benefit payment at beginning of the month.

Household Size	Maximum monthly benefit
One person	\$281
Two person	\$516
Three person	\$740

You can check your SNAP balance by visiting [www.mydss.ct.gov](http://www.mydss.ct.gov)

To apply visit the DSS office on 1642 Bedford Street

**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.

They are accepting applications

**Household's Income Limits are as follows:**

1 person household: \$39,761 yearly

2 person household: \$51,996 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

Let us help you with your pre-planning needs.



**203-325-9300**

453 Shippan Ave, Stamford, CT  
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**YOUR VOICE MATTERS!  
COME & BE HEARD**



**WE WANT TO HEAR  
YOUR THOUGHTS ABOUT THE  
SENIOR CENTER. HOW CAN  
WE IMPROVE IT? WHERE IT SHOULD BE LOCATED AND  
WHAT OTHER PROGRAMS DO YOU WISH TO SEE?**

**PLEASE JOIN US AT ANY ONE OF THE FOCUS GROUPS BELOW:**

- ⇒ **THURSDAY, MARCH 2ND 11:00 AM  
AT THE SENIOR CENTER (IN SPANISH)**
- ⇒ **THURSDAY, MARCH 2ND AT 2:00 PM  
AT THE HARRY BENNET LIBRARY BRANCH ON VINE ROAD**
- ⇒ **FRIDAY, MARCH 3RD AT 10:00 AM  
AT THE SENIOR CENTER'S AUDITORIUM**



**5th ANNUAL SENIOR OLYMPIC GAMES  
Wednesday, June 21st**

**Calling all Athletes.... Registration is now open to participate  
in our Summer Senior Olympic Games.**

Register early as space is limited to 60 senior athletes.  
All ability levels are welcome!

\$10.00 registration fee (includes team shirt and lunch)

**REGISTRATION DEADLINE IS MARCH 30TH!**

If you wish to be an Olympic sponsor call or email Chris  
at 203-977-5151 or [ccrain@stamfordct.gov](mailto:ccrain@stamfordct.gov)

### MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD ENDS MARCH 31ST

If you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch back to Original Medicare and join a Part D plan and purchase a Medigap policy if you wish.

However, you can only switch plans once during this M.A. Open Enrollment that runs from January 1st through March 31st. After March 31st, most beneficiaries are locked into their Medicare Advantage Plan until next year.

If you are currently in a Medicare Advantage Plan and wish to change your coverage,  
You can do so on  
**Medicare.gov**

Or by calling MedAssist at  
203-977-5297

### MEDICARE SAVINGS PROGRAM

MSP is a federal program that is administered at the state level. It pays the Medicare Part B premium for you, which means an extra \$170/month in your pocket. It also qualifies you for the federal low income subsidy to reduce your prescription drug costs.

The application is easy and the program can save you thousands of dollars per year.

**The Monthly Income Limits for MSP are as follows:**

Program Level	Single Person	Married Couple
QMB	2,564.00	3,468.00
SLMB	2,807.00	3,797.00
ALMB	2,989.00	4,043.00

There is no asset test to qualify in the state of CT.  
To apply, stop by the front desk for an application or download one on our website on our Helpful links tab  
**www.stamfordseniorct.org**



*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.

Where: Stamford Senior Center  
Computer Lab

Mondays & Thursdays 1:00-6:30 pm

**By appointment only - No Walk-ins**

**Please call 203-977-5151  
To schedule an appointment  
Now through April 13, 2023**

**You must bring the following**

- ⇒ 2021 Return (important)
- ⇒ Photo ID as proof of identification
- ⇒ Social Security or ITIN documentation
- ⇒ All 2021 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

**Masks are strongly recommended**







## 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.

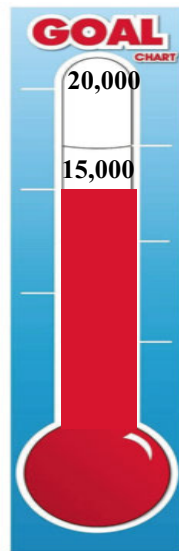
*All donations are acknowledged in our newsletter..*

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

## THANK YOU TO THE FOLLOWING INDIVIDUALS FOR THEIR DONATIONS

### Donations to Our Annual Appeal:

Aladdin Services  
Benevity Community Impact Fund  
Ellen Bromley  
Coleman Clark  
Walter & Carole Cortese  
Helga Downing  
Peter & Michelle Ebstein  
Nabor Dario Espinal  
Stephen & Arlene Fischer  
Mary Flume  
Gary Gepner  
Thomas Gizicki  
Olga Goldstein  
Richard & Ines Hamlin  
Mike & Sally Harris  
Lorraine Iacovetta  
Margie Lanier  
(In memory of Margo Haynes)  
Hortense Martin  
Mezzapelle & Associates  
Maria Millan  
Ann Murray  
Fusun Naci  
Edith Neidle  
Theresa Putz  
Joy Ramsay  
Emilienne Regan  
Jeanie Ricci  
Chuck & Bobbie Romans  
Victor Rubell  
Nicol Rupolo  
Elaine Sharlach  
Beverleigh Shaylor  
Glenda Treadway  
Roxana Valdivia  
Jane Waugh



### General Donations:

Joan Krieg  
Margaret Mason  
Ann Marie Santoro  
Ellen Slavin

### Memorial Donations in Memory of Aida Barros:

Connie & Demetri Begetis  
Leslie Bourdony  
Christina Crain  
Theresa Martino  
Israel Morales

## INSERT YOUR AD HERE



## Arthritis Foundation®

The Arthritis Foundation is boldly pursuing a cure for America's #1 cause of disability while providing life-changing resources, advocacy, and community connections for millions of arthritis sufferers. Come join our community network and help us deliver our mission here in Connecticut.

### Join us:

May 7 | Walk to Cure Arthritis | Hartford  
[www.walktocurearthritis.org/ct](http://www.walktocurearthritis.org/ct)

Local Contact: Lauren Amendola  
Executive Director | [lamendola@arthritis.org](mailto:lamendola@arthritis.org)  
Helpline: 1-800-283-7800  
Website and Resources: [www.arthritis.org](http://www.arthritis.org)



## LIVING AT HOME ON YOUR OWN TERMS

Osborn Home Care can assist you with activities like personal care, light housework and cooking. Our staff is screened and well-trained to provide you with the highest level of service.

### We can help with:

- Personal Care
- Appointments
- Meal Prep
- RN Case Management
- Light Housework
- Customized Services

## *Osborn Home Care*

FOR INFORMATION CALL 203-641-7683  
OR VISIT [OSBORNHOMECARE.ORG](http://OSBORNHOMECARE.ORG)

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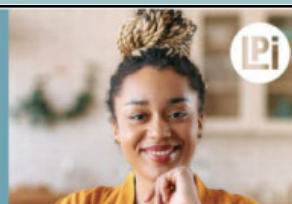
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