



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

Lives Blossom

Annual Reception to benefit the
Stamford Senior Center

Honoring the
AARP Tax Aide Volunteers

MAY 8, 2024
6-8PM

KNOBLOCH FARMHOUSE AT
STAMFORD MUSEUM & NATURE CENTER
151 SCOFIELD ROAD
STAMFORD, CT



Sponsorship
opportunities and
tickets are
available now!



CATERING BY
Marcia Selden
CATERING

Join us for an evening with cocktails, great food and camaraderie. Your support helps us nourish the minds, bodies and souls of Stamford's senior community.

If you love our work then tell the world! You have an opportunity to help us make even more of a difference in our community. Great Nonprofits a review site is honoring highly reviewed nonprofits with their 2024 Top-Rated Awards. Won't you help us raise visibility for our work by posting a review of your experience with us?

It's easy and only takes 3 minutes! Go to:

<https://greatnonprofits.org/org/stamford-senior-center-inc>
to get started!

Table of Contents

Directory	Page 3
Special Events	Page 4
Lifelong Learning	Page 5
Enrichment Programs	Page 6
Travel	Page 7
Fitness Classes	Page 8
Lunch & Learn Series	Page 9
Calendars	Pages 10 & 11
Hispanic Club	Pages 12 & 13
Programs & News	Page 14
Federal & State Programs	Page 15
Transportation	Page 16
Community Partnerships	Page 17
Thank You to our Donors	Page 18



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203.324.6584

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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 are
available Monday through Friday. 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 or on our **Catwalk Café**
overlooking the lobby
or on our patio.

Funded by Title III of Older Americans Act
Through Catholic Charities

**Daylight Savings Time starts
on Sunday, March 10th.
Don't forget to set your
clocks ahead one hour**



**Center will be closed on
Friday, March 29th in
Observance of Good Friday**

Stamford Veterans Resource Center

is 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 741741 to speak
with a trained counselor

**CT Fair Housing Center
Legal Advice Office Hours
Tenant & Homeowner
Rights for adults 60 plus.**

The Center is offering free virtual
Office hours in partnership with
The Southwestern CT
Agency on Aging.
Scan QR code for an appt.





Happy St. Patrick's Day!

Friday,
March 15th
11:15am-1:00pm

Menu

Corned Beef & Cabbage, Boiled Potatoes,
Parslied Carrots & Dessert

Lunch served promptly at 12:00pm

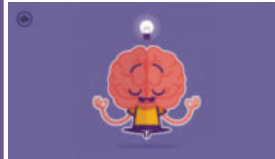
Members: \$8.00

Deadline to register and prepay is
Wednesday, March 6th

Special Performance by the
Lynn Academy Dancers at
11:30 am



Register on myactivecenter.com
or in person at the Center



**Sunday Matinee
Documentary Premier
at the Senior Center**

**Super Charge Your Brain;
Maximizing your Cognitive Abilities**

**Sunday March 10th
11:30 am to 2:00 pm**

Join neuroscientist and bestselling author Dr. Lisa Genova to discover ways to enhance brain health for the rest of your life. Packed with actionable, science-backed steps, the program is a roadmap for improving brain health through lifelong learning.

Following the film, we will have a Q & A with
The Co-Producer and Writer; *Andy Ames*
and SSC members featured in the film:

Sheelandra "Len" Kulkarni

Genie Camacho

Arline Gewanter

*Please register on Myactivecenter.com
Brunch pastries and refreshments will be served*

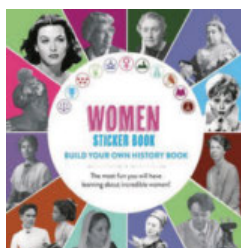
**Celebrate International Women's Day
with an Interactive Lunch & Learn**

**Wednesday, March 6th
12:00-1:15pm**

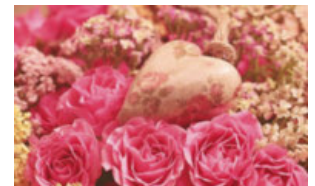
Let's celebrate inspiring women.
Join us for an
entertaining, test-your-knowledge program
where you'll reminisce, learn and "Build
Your book on Women's History"

Fee \$20.00 (includes lunch and the book)

Register on
myactivecenter.com
or in person at the Center



**MOTHER'S DAY
Luncheon**



**Friday, May 10th
11:30 am-1:30 pm**

Plated Lunch followed by:

**A Very Special Musical Performance by:
*Los Ciegos Del Barrio***

Cost: \$20 per person

**This event will be held at
*The Stamford Hotel
700 East Main Street***

Thank you to our Sponsor
Partner Re Asset Management Corporation

Register on myactivecenter.com
or in person at the Center



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

March 5: Happy Lunar New Year: Smithsonian's National Museum of Asian Art

March 12: The Marriage of Ulysses & Julia Grant: Warmed in the Sunshine of Love

March 19: Sacrifice, Unity & Victory - WWII Memorial/FDR Memorial

March 26: Portraits of the West: James Bama

April 2: Soldiers in Skirts: Army Women in Vietnam

April 9: Connecting with Ancient Civilizations at Hearst Castle

April 16: The Life & Times of Will Rogers

April 23: Whales in North Carolina: Diversity, Distribution, Conservation

April 30: To be announced

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 11:00am
in Art room**



**Open Bridge
Thursdays- Mural Room
1:00-3:00pm**

**Join us for a friendly
Game of Bridge**



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.

Technology Class on - Podcasts Wednesday, March 13th - 1:15pm

*What are podcasts, how do you access them
and how to listen to them on mobile devices.*

Facilitator: Rouja

Technology Class - on Music Apps Wednesday, April 10th - 1:15pm

What are the best apps to stream and discover music

Facilitator: Larry

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
In the Mural Room**

**Wednesdays at 10:45-11:45am
Must pre-register**

**\$25 for 8 week course (4/3- 5/22)
SSC Members only**

Afternoon Social In the Friends Cafe

Thursdays
March 14 & April 11
3:00-4:00pm

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



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?

Let's hear it!

Friday, March 1st & April 5th
10 am in the Cafe

Register on myactivecenter.com



Current Events - Mural Room
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



Mah Jong
Tuesdays
12:00-3:00 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.



**Journey to Happiness
and Personal Growth**
Mural Room

2nd & 4th 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

Musical Meet Up and Sing-a-long - Library
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!

Movie MONDAYS

2nd & 4th Monday of the Month
2:30pm - Auditorium



March 11: Shotgun Wedding - Darcy and Tom gather their families for a destination wedding, but the ceremony gets put on hold when gunmen take everyone hostage. Now, they must do everything they can to save their loved ones, if they don't wind up killing each other first.

March 25: A Million Miles Away - Jose M Hernandez was born in Mexico. While working in the fields, he co-developed the first digital mammography imaging system. He then persevered to become a crew member on Space Shuttle mission STS-128.

April 8: Nyad - The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.

April 22: Woman in Gold - Sixty years after fleeing Vienna, Maria Altmann an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Randy Schoenberg, Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.



Knitting & Crocheting Group

Thursdays at 10:00 am
in the mural room

Join us for friendly conversation and learn from one another. Bring your own supplies.



NICKLE BINGO
2nd & 4th Wednesday of the
month in the Mural Room
3:00-4:30 pm

5 cents per card per game. Win Cash prize!

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

New York Botanical Garden

Thursday, May 23rd



We're bound for the NY Botanical Gardens & a special exhibit inspired by *Alice's Adventure in Wonderland*. See mind bending horticultural display & mesmerizing art installations of outside scale in & around the Conservatory.

All Garden pass admissions include access to the Garden's grounds, Tram and entry to the Mertz Library. Grab a bite at one of the eateries and stop in the beautiful Garden Shop.

Time on Arthur Avenue for shopping at the Italian Markets.

Members: \$120.00 | Non-members \$135.00

Departing the SSC at 8:45am
with an estimated return time of 5:30pm.

Register at 203-977-5151 or in person at the Center

Tropicana Atlantic City Casino & Musical Performance August 21-23, 2024

2 night stay at the Tropicana Atlantic City located on the famous Boardwalk

Casino Bonus: \$30 Slot Play

\$50 Food Voucher & Matinee Show

Matinee Show - "Bachelors of Broadway"
Gentlemen of the Theatre

Take a trio of dashing men, add soaring melodies from stage and screen with songs from modern & classic musicals. This brand new 3 man show includes songs from Wicked, Phantom of the Opera, Jersey Boys, 42nd Street and so much more. Starring New York City's top theatrical talent, Bachelors of Broadway offers a fresh take on audience favorites

Single: 679.00/per person | \$499.00/double & triple

Price includes: Deluxe Motorcoach, 2 night hotel, Casino Bonus, Friendship Tours Escort, Driver & Tour Director Gratuity

Deposit by 5/29 - Final due: 7/3

Please call 203-977-5151 for reservations



Rails & Sails of New England - 5 Days & 4 Nights With stops in Mystic, Boston, New Hampshire and Maine September 16-20, 2024

Enjoy this spectacular getaway of New England

Starting the day with an Essex Steam Train ride through the beautiful countryside of the CT River valley on vintage rail cars, stopping in Mystic Seaport. Arriving in Dover, New Hampshire for a 4 night stay.

Day 2 - Winnepesaukee Scenic Railroad & a wonderful cruise & lunch on Lake Winnepesaukee

Day 3 - Boston City Tour and Boston Harbor Cruise

Day 4 - Railroad & Museum in Maine, lunch & shopping in Old Port, Portland, lighthouse lover's cruise, nubble light and finishing off with a Main Lobster Bake dinner with entertainment...and so much more

Package Includes:

- Roundtrip Motorcoach Transportation
- Four Night's Accommodations
- All State & Local Guest Room Taxes
- Round Trip Baggage Service, Throughout
- Four Expanded Continental Breakfasts with Hot Choices
- One Luncheon Cruise
- Three Completer Dinners Including:

Package Price:

Single: \$1,275.00 | Double: \$1,020.00

Trip Insurance \$77.00 per person

For information & reservations contact:
Gina Compo at 203-977-5151

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)

NEW Fitness with Linda Lombardo 3:00 PM \$2.00

Learn how to strengthen & tone without weights, while having fun. (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

If you wish to order lunch from the Patio Café for any of our brown bag lunch & learns, please order the day before or by 10 am the morning of the program

Live to be 100 - Secrets of the Blue Zones

Part 1 of a 2 part series

Friday, March 8th:

11:30am-1:00pm

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

The Journey Begins

Dan travels to Okinawa, Japan, where the island's oldest residents still share a serene way of life motivated by a sense of purpose

An Unexpected Discovery

From the mountain villages of Sardinia to a sunny suburb in California, Dan explores what contributes to the long lifespans of the people in these communities.

The Blue Zones; Part Two

Friday, March 22nd

11:30 am to 1:00 pm

The End of the Blue Zones

People in two very different Blue Zones, the Greek island Ikaria and Costa Rica's Nicoya Peninsula thrive thanks to their unique diets and traditions.

The Future of Longevity

Dan visits Singapore and shares his discoveries in the U.S. to find out if it's possible to create new Blue Zones in a rapidly changing world.

Safeguard Your Independence

Fall Prevention

Wednesday, March 20

12:15-1:15pm

Facilitator: Dr. Joseph Rendina, PT DPT, OCS
Board Certified Specialist

Discover....

The truth about falls
Are you at risk for falls
How to exercise to prevent falls
The internal side of falls

Community Health Center

Healthy Living Session

Wednesday, April 3

12:15-1:15pm

Need help managing your healthcare and want to know how to build a healthy lifestyle and protect yourself from getting sick? Join us to talk about ways to stay healthy and get connected with care

Speakers:

Brandi Richardson & Bella Livingston

Stay for the entire program and receive a Stop & Shop gift card!!

The Benefits of Speech Therapy

Wednesday, April 17th

12:15-1:15pm

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. Speech therapy can help with these challenges as well as others! In this presentation, you will gain useful communication tips that anyone can use to improve their quality of life and better their relationships.

Jewish Family Services of Greenwich

Compassionate Companions

Friday, April 19th

12:00-1:00pm

Speaker: Nyisha M. Vaughn BHSM, C-FDP

Our newly developing program, "Compassionate Companions" (available for Greenwich & Stamford residents) is designed to assist seniors as well as adults with identified disabilities, with the assistance of a volunteer to attend non-emergency medical appointments. This program offers free, door to door service, including seeing the client's home.



MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't forget to set your clocks an hour ahead on Sunday, March 10th</p>				<p>1</p> <p>9:00-10:00 Tai Chi w/Ken 10:00-11:00 Coffee w/Chris 10:00-10:45 Chair Fitness 11:00-12:00 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>4</p> <p>10:00-11:00 B/P Check 10:00 -10:45 Latin Fiesta 10:00-11:00 Current Events 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00-2:00 Ukelele Lessons 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit</p>	<p>5</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 3:00-4:00 Fitness w/Linda L</p>	<p>6</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Women's Day Lunch 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>7</p> <p>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 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training</p>	<p>8</p> <p>9:00-10:00 Tai Chi w/Ken 10:00-10:45 Chair Fitness 10:00-11:00 Journey to Happiness 11:00-12:00 Art with Rene 11:30-1:00 How to Live to be 100 Part I 1:30-2:30 Total Body Workout</p>
<p>11</p> <p>10:00 -10:45 Latin Fiesta 10:00 Trivial Pursuit 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00-2:00 Ukelele Lessons 2:00-3:00 Art with Rosa 2:30-4:30 Movie 2:30-3:15 Kinima Fit</p>	<p>12</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 3:00-4:00 Fitness w/Linda L</p>	<p>13</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:15-2:15 Technology Class All about Podcasts 1:30-2:30 Aerobics 3:00-4:30 Nickle Bingo 3:00-4:00 Tai Chi with Ken</p>	<p>14</p> <p>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 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training 3:00-4:00 Afternoon Social</p>	<p>15</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-10:45 Chair Fitness 11:00-12:00 Art with Rene 11:15-1:00 St. Patrick's Celebration 1:30-2:30 Total Body Workout</p>
<p>18</p> <p>10:00 -10:45 Latin Fiesta 10:00-11:00 Current Events 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Ukelele Lessons 1:00-2:00 Line Dancing 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit</p>	<p>19</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 3:00-4:00 Fitness w/Linda L</p>	<p>20</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Safeguard Your Independence Fall Prevention 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>21</p> <p>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 1:00-3:00 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training</p>	<p>22</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Journey to Happiness 10:00-10:45 Chair Fitness 11:00-12:00 Art with Rene 11:30-1:00 How to Live to be 100 Part II 1:30-2:30 Total Body Workout</p>
<p>25</p> <p>10:00 -10:45 Latin Fiesta 10:00 Trivial Pursuit 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Ukelele Lessons 1:00-2:00 Line Dancing 2:30-4:30 Movie 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit</p>	<p>26</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 3:00-4:00 Fitness w/Linda L</p>	<p>27</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:30-1:15 Mindfulness Practices 1:00-2:30 Open Technology 1:00-1:30 Birthday Cake 1:30-2:30 Aerobics 3:00-4:30 Nickle Bingo 3:00-4:00 Tai Chi with Ken</p>	<p>28</p> <p>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 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training</p>	<p>29</p> <p>CLOSED Good Friday</p>

APRIL



Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00-11:00 B/P Check 10:00 -10:45 Latin Fiesta 10:00-11:00 Current Events 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00-2:00 Ukelele Lessons 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit	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 3:00-4:00 Fitness w/Linda L	3 10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Healthy Living 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken	4 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 1:00-3:00 Drop In Bridge 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 w/Lili 11:00-12:00 Art with Rene 1:30-2:30 Total Body Workout
8 10:00 -10:45 Latin Fiesta 10:00 Trivial Pursuit 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 2:30-4:30 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 3:00-4:00 Fitness w/Linda L	10 10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:30-1:15 Body Scan Meditation 1:00-2:30 Open Technology 1:15-2:15 Computer Class Music Apps 1:30-2:30 Aerobics 3:00-4:30 Nickle Bingo 3:00-4:00 Tai Chi with Ken	11 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 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training 3:00-4:00 Afternoon Social	12 9:00-10:00 Tai Chi w/Ken 10:00-10:45 Chair Fitness w/Lili 10:00-11:00 Journey to Happiness 11:00-12:00 Art with Rene 12:00-1:00 Cookoff 1:30-2:30 Total Body Workout
15 10:00 -10:45 Latin Fiesta 10:00-11:00 Current Events 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 2:30-3:15 Kinima Fit	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 3:00-4:00 Fitness w/Linda L	17 10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:15 Benefits of Speech Therapy 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 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 ESL Intermediate 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training	19 9:00-10:00 Tai Chi w/Ken 10:00-10:45 Chair Fitness w/Lili 11:00-12:00 Art with Rene 12:00-1:00 JFS Compassionate Companions 1:30-2:30 Total Body Workout
22 10:00 -10:45 Latin Fiesta 10:00 Trivial Pursuit 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 2:30-4:30 Movie 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit HAPPY PASSOVER	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 3:00-4:00 Fitness w/Linda L	24 10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Sing Along 11:00-12:00 Pilates Sculpt 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:00-1:30 Birthday Cake 1:30-2:30 Aerobics 3:00-4:30 Nickle Bingo 3:00-4:00 Tai Chi with Ken	25 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 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training	26 9:00-10:00 Tai Chi w/Ken 10:00-10:45 Chair Fitness w/Lili 10:00-11:00 Journey to Happiness 11:00-12:00 Art with Rene 1:30-2:30 Total Body Workout 2:30-3:30 Bingo
29 10:00 -10:45 Latin Fiesta 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 2:30-3:15 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 3:00-4:00 Fitness w/Linda L	HAPPY PASSOVER		



Monday	Tuesday	Wednesday	Thursday	Friday
<p>RECUERDA: EL DIA DOMINGO MARZO 10 DEL 2024 ADELANTA TUS RELOJES UNA HORA</p> <p>RECUERDA REGISTRARTE PARA LAS OLIMPIADAS!! \$5 HASTA MARZO 15 \$10 DE MARZO 16 - ABRIL 1</p>	<p>"BINGO CLUB HISPANO" NUEVO HORARIO 1PM LUNES Y MIERCOLES</p> <p>"EN INGLES" Todos los Miércoles de 1 a 2:30 pm Asesoría de Tecnología</p>	<p>FELIZ CUMPLEAÑOS A:</p> <p>Rosa Bejarano 03/01 Ana Ma. Pineda 03/01 Gloria Viteri 03/01 Hecta Jaquez 03/02 Victoria Aguirre 03/06 Victoria Pérez 03/10 Graciela Flores 03/11 Josefina Robles 03/18</p>	<p>Teresa Gómez 03/20 Aida Ortega 03/23 Erlinda Oropeza 03/25 Rosa Costales 03/26 Lidia Castro 03/27 Ana Gualteros 03/27 Juanita Ramirez R 03/27</p>	<p>1</p> <p>9am Tai Chi con Ken 10am Zumba en Silla</p> <p>10am En Inglés: Cafecito con Chris</p> <p>11am Arte con Rene</p>
<p>4</p> <p>9am Kinima/Máquinas/Gym 10am Chequeo de Tensión 10am Fiesta Latina 11am BINGO \$1dólar 12pm Inglés Básico 2pm Arte con Rosa</p>	<p>5</p> <p>9am KINIMA/Máquinas Gym 10am Salud con Ceci Ríos 10am Manualidades y + Doris 12pm Tiempo Libre. 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili</p>	<p>6</p> <p>9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Platica, Video, Docum. 12:15-1:15pm Almuerzo por el Día de la Mujer \$20 (Incluye Libro que TU misma crearás)</p> <p>12pm Inglés Básico 1:30pm BINGO \$1 dólar</p>	<p>7</p> <p>9am KINIMA/Máquinas Gym 10am Música con Olga 11am Mejorando Nuestro Bienestar con Lía Díaz 12pm Inglés Intermedio 12pm Tiempo Libre 12:30 Clase de Joyería 1pm Juegos / Platica</p>	<p>8</p> <p>9am Tai Chi con Ken 10am Zumba en Silla 10am (En Inglés) Viaje a la felicidad 11am Arte con Rene 11:30am (En Inglés) Cómo vivir para llegar a los 100 años. Parte 1. 2:30pm Bingo (En Inglés)</p>
<p>11</p> <p>9am Kinima/Máquinas/Gym 10am Fiesta Latina 11am BINGO \$1dólar 12pm Inglés Básico 2pm Arte con Rosa 2pm Película (En Inglés) 2:30pm Kinima Fit</p>	<p>12</p> <p>9am KINIMA/Máquinas Gym 10am Manualidades y + Doris 11am Platicando del Cabello, cuidado y más con Ceci Jara. 12pm Tiempo Libre 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili</p>	<p>13</p> <p>9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Platica, Video, Juegos. 12pm Inglés Básico 1:15-2:15 Clase de Tecnología Todo acerca de los Podcasts "En Inglés" 1:30pm BINGO \$1dólar</p>	<p>14</p> <p>9am KINIMA/Máquinas Gym 10am Música con Olga 11am Platica, Video, Juegos 12pm Tiempo Libre 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos / Platica 3-4pm Tarde Social</p>	<p>15</p> <p>9am Tai Chi con Ken 10am Zumba en Silla</p> <p>11:15AM -1:00PM Almuerzo para Celebrar el Día de San Patricio \$8</p>
<p>18</p> <p>9am Kinima/Máquinas/Gym 10am Fiesta Latina 11am BINGO \$1dólar 12pm Inglés Básico 2pm Arte con Rosa 2:30pm Kinima Fit</p>	<p>19</p> <p>9am KINIMA/Máquinas Gym 10am Platicando con Inga sobre Nutrición. 10am Manualidades y + Doris 12pm Tiempo Libre 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili</p>	<p>20</p> <p>9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Juegos, Peli, Plática + 12pm Tiempo Libre 12:15-1:15 (En Inglés) Proteja su Independencia Prevención de Caídas 12pm Inglés Básico 1:30pm BINGO \$1 dólar</p>	<p>21</p> <p>9am KINIMA/Máquinas Gym 10am Kinima Fit 10-11:45am Grupo de Tejido 10am Música con Olga 11am Plática con Gaby del HSS 12pm Tiempo Libre 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos / Platica</p>	<p>22</p> <p>10am Zumba en Silla 10am (En Inglés) Viaje a la Felicidad 11am Arte con Rene 11:30am (En Inglés) Cómo vivir para llegar a los 100 años. Parte 2. 2:30pm Bingo (En Inglés) Termina Registro Temporal de a \$5 para participar en Olimpiadas</p>
<p>25</p> <p>9am Kinima/Máquinas/Gym 10am Fiesta Latina 11am Plática/Juegos y más 11am BINGO \$1dólar 12pm Inglés Básico 2pm Arte con Rosa 2pm Película (En Inglés) 2:30pm Kinima Fit</p> <p>Comienza Registro a \$10 para participar en las Olimpiadas</p>	<p>26</p> <p>9am KINIMA/Máquinas Gym 10am Video / Platica / juegos 10am Manualidades y + Doris 11am Hablando de Finanzas con Manuel Rdgz 12pm Tiempo Libre 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili</p>	<p>27</p> <p>9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Mejorando Nuestro Bienestar con Lía Díaz Celebración de Cumpleaños del Grupo Hispano 12-2pm 12pm (En Inglés) Almuerce y Aprenda: "Prácticas de Bienestar Pleno" Pastelito de Cumpleaños en nuestra Cafeteria 1pm</p>	<p>28</p> <p>9am KINIMA/Máquinas Gym 10am Kinima Fit 10-11:45am Grupo de Tejido 10am Música con Olga 11am Platicando con Josie del cuidado de la Piel 12pm Tiempo Libre 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos / Platica</p>	<p>29</p> <p>CENTRO CERRADO CELEBRACION DE VIERNES SANTO</p>

**Abril 1ro Termina el Registro para
participar en las Olimpiadas**



ABRIL



**Abril 1ro Termina el Registro para
participar en las Olimpiadas**

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1 9am Kinima/Máquinas/Gym 10am Chequeo de Tensión 10am Fiesta Latina 11am BINGO \$1dólar 12pm Inglés Básico 2pm Arte con Rosa "Fin de Registro Olimpiadas"	2 9am KINIMA/Máquinas Gym 10am Hablando de Finanzas con Manuel Rodríguez 11am Manualidades y + Doris 12pm Peli /Plática/Docum. 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili	3 9am Kinima/Máquinas/Gym 10am Zumba Oro 11am Juegos y Mandalas 12pm Tiempo Libre 12:15pm Viviendo Saludable (En Ingles) 12pm Inglés Básico 1:30pm BINGO \$1	4 9am KINIMA 10am Música con Olga 11am Plática/Juegos y más 12pm Tiempo Libre 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos / Plática	5 9am Tai Chi con Ken 10am Zumba en Silla 10am Cafecito con Chris (en Inglés) 11am Arte con Rene
8 9am Kinima/Máquinas/Gym 10am Chequeo de Tensión 10am Fiesta Latina 11am BINGO \$1dólar 12pm Inglés Básico 2pm Arte con Rosa 2:30pm Pelicula (En Ingles)	9 9am KINIMA/Máquinas Gym 10am Manualidades y + Doris 11am Platicando del Cabello, cuidado y más con Ceci Jara. 12pm Tiempo Libre. 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili	10 9am Kinima/Máquinas/Gym 10am Zumba Oro 11am Juegos y Mandalas 12pm Tiempo Libre 12:30-1:15pm (En Inglés) Body Scan Meditation 12pm Inglés Básico 1:30pm BINGO \$1 Clase de Computación Aplicaciones de Música 1:15-2:15 (EN INGLES)	11 9am KINIMA 10am Música con Olga 11am Enriqueciendo nuestro Bienestar con Lia Diaz 12pm Peli /Plática/Docum. 12pm Inglés Intermedio 12:30 Clase de Joyería 3-4pm Tarde Social	12 9am Tai Chi con Ken 10am Zumba en Silla 10am En Ingles: Viaje a la felicidad 11am Arte con Rene 12:00-1:00 Concurso de cocina 2:30-3:30 Bingo (En Inglés)
15 9am Kinima/Máquinas/Gym 10am Chequeo de Tensión 10am Fiesta Latina 11am BINGO \$1dólar 12pm Inglés Básico 2pm Arte con Rosa	16 9am KINIMA/Máquinas Gym 10am Platicando con Inga sobre Nutrición. 11am Manualidades y + Doris 12pm Peli / Plática/Docum. 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili	17 9am Kinima/Máquinas/Gym 10am Zumba Oro 11am Juegos y Mandalas 12pm Tiempo Libre 12:15-1:15 Beneficio de la Terapia de Lenguaje (Inglés) 12pm Inglés Básico 1:30pm BINGO \$1	18 9am KINIMA 10am Música con Olga 11am Plática/Juegos y más 12pm Tiempo Libre 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos / Plática	19 9am Tai Chi con Ken 10am Zumba en Silla 11am Arte con Rene 12-1pm Plática con JFS Compassionate Companions
22 9am Kinima/Máquinas/Gym 10am Fiesta Latina 11am Plática/Juegos y más 12pm Inglés Básico 1:30pm BINGO \$1dólar 2pm Arte con Rosa 2:30pm Pelicula (En Ingles)	23 9am KINIMA/Máquinas Gym 10am Salud con Ceci Ríos 11am Manualidades y + Doris 12pm Tiempo Libre. 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili	24 9am Kinima/Máquinas/Gym 10am Zumba Oro 11am Enriqueciendo nuestro Bienestar con Lia Diaz 12pm Inglés Básico Celebración de Cumpleaños del mes de Abril 12-2pm Pastelito de Cumpleaños en nuestra cafetería 1pm	25 9am KINIMA 10am Música con Olga 11am Platicando con Josie del cuidado de la Piel 12pm Plática con Gaby del HSS 12pm Inglés Intermedio 12pm Peli /Plática/Docum. 12:30 Clase de Joyería	26 9am Tai Chi con Ken 10am Zumba en Silla 10am En Ingles: Viaje a la felicidad 11am Arte con Rene 2:30-3:30 Bingo (En Inglés)
29 9am Kinima/Máquinas/Gym 10am Fiesta Latina 11am Plática/Juegos y más 12pm Inglés Básico 1:30pm BINGO \$1dólar 2pm Arte con Rosa	30 9am KINIMA/Máquinas Gym 10am Juegos, Mandalas y más 11am Manualidades y + Doris 12pm Peli /Plática/Docum. 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili	FELIZ CUMPLEAÑOS A: <div> Ceci Ríos Niño 04/07 Apolonia Ferreras 04/10 Zocimo González 04/13 Trinidad Gutierrez 04/15 Galdino Velasco 04/18 </div> <div> Edith Peralta 04/18 Pedro Sigler 04/19 Doris Dominguez 04/20 Domitila Untiveros 04/20 Lilian Serrano 04/24 </div>		

SUPPORT OUR ADVERTISERS!

Meditation with Monica**Informal Mindfulness Practices**

March 27 - 12:30-1:15pm

How many of you think meditation is not your cup of tea? Well, you will be surprised to see how easy it is to bring mindfulness into your daily life with the informal mindfulness practices. And, for those who love meditation, you will explore one more fun way of bringing mindfulness in your routine.

Body Scan Meditation

April 10 - 12:30-1:15pm

Do you want to improve your quality of sleep or want to alleviate general aches and pains? If yes, join in to explore Body Scan meditation technique.

Register on myactivecenter.com
or in person at the Center

Jewelry Class with LaureThursdays 12:45-1:45pm
In Art Room

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

Drop Ins are Welcome!

**NEW
TRIVIAL PURSUIT**

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

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

March 5th & 19th
April 2nd & 16th

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

*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****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.

MEDICARE SAVINGS PROGRAM (MSP)

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 \$174.70/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	2,649.00	3,595.00
SLMB	2,900.00	3,935.00
ALMB	3,088.00	4,191.00

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

**New Monthly Income Limits:**

\$2,430 - single

\$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

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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 \$4.00. 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

The SSC will cover 50% of the transportation fees for members to come to and from the Center.

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**



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)

Pictured on the right are SSC members:
Nancy, Cathy, Janet, Lisa & Sherry



6th Annual Senior Olympic Games

Friday, June 21st
(rain date, June 28th)

Calling all Athletes!!...

Registration is now open to participate in our
Summer Senior Olympic Games.
All ability levels are welcome!

Early Bird Registration- \$5 till March 15th.
After March 15th, registration will be \$10.00

**Registration is limited to 50 participants, so
register early
DEADLINE IS APRIL 1st!!**

If you wish to be an
Olympic sponsor call or email
Chris at 203-977-5151 or
ccrain@stamfordct.gov



Special Discounted Swim Hours for SSC Members

The Stamford YMCA, located across the
street (on Bell Street) is offering Senior
swim hours on :

Mondays, Wednesdays & Fridays
6:00am-12:00pm

&
includes Aqua Fit Class from
9:00-10:00am (M,W,F)

Purchase a Senior Pass for just
\$25 (good for 12 visits)

You can purchase a swim pass at the YMCA

You must bring your
SSC Membership card and
photo ID to purchase the
Senior Swim Pass



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 donation to the Stamford Senior Center

Carol Bellizzi	Frank Troise
Clare Bolduc	Betty Volpe
Marcia Braunstein	June Walker
John Carriero	Ken Wiegand
Frank & Theresa Dell	Ruth Weinstein
Anne Downey	(In honor of Marvin Weinstein)
Ed & Barbara Drotman	
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