

Westbrook Senior Center

866 Boston Post Rd
Westbrook, Ct 06498
860-399-2029
www.westbrookct.us
HOURS OF OPERATION
M-TH 8AM-4PM
FRI 8AM-12PM



UPCOMING EVENTS

Nov 5th “Better Breathers” 11:00am

Nov. 6th Flu Clinic

Nov. 6th Fall Prevention Program

Nov. 7th Old English Holiday Tea 2:00pm

Nov. 13th Happy Feet exercise program 11am

Nov. 14th New Horizon’s Band 1:00pm

Nov. 15th Thanksgiving Luncheon 12:00pm


Nov 26th Happy Feet exercise program 1:00pm

The mission of the Westbrook Senior Center is to improve the quality of life for Senior Citizens of Westbrook and our neighboring shoreline towns. The Senior Center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well being of our Senior community.

NOVEMBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:00 CHAIR EXERCISE 12:00 LUNCH 12:45 SITTING TAI CHI 1:00 RUMMIKUB 1:00 POOL	2 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
5 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 11:00 BETTER BREATHERS 12:00 LUNCH 1:00 HAND AND FOOT	6 7:30 BREAKFAST 9:00-1:00 FLU CLINIC 9:00 DOMINOS 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	7 8A-3P REFLEXOLOGY 8:15 SENIOR FITNESS 9:00 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 2:00 HOLIDAY TEA	8 11:00 CHAIR EXERCISE 12:00 LUNCH 12:45 SITTING TAI CHI 1:00 RUMMIKUB 1:00 POOL	9 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
12 CLOSED	13 7:30 BREAKFAST 9:00 ATTY SWEENEY 9:00 DOMINOS 10:00 LINE DANCING 11:00 CHAIR EXERCISE HAPPY FEET 1:00 POOL	14 8A-3P REFLEXOLOGY 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH 1:00 NEW HORIZON BAND	15 11:00 CHAIR EXERCISE 12:00 LUNCH 12:45 SITTING TAI CHI 1:00 RUMMIKUB 1:00 POOL	16 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
19 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT 12:00 LUNCH	20 7:30 BREAKFAST 9:00 DOMINOS 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	21 8A-3P REFLEXOLOGY 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	22 CLOSED	23 CLOSED
26 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT 12:00 LUNCH 1:00 HAPPY FEET	27 7:30 BREAKFAST 9:00 DOMINOS 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	28 8A-3P REFLEXOLOGY 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	29 11:00 CHAIR EXERCISE 12:00 LUNCH 12:45 SITTING TAI CHI 1:00 RUMMIKUB 1:00 POOL	30 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI

NOVEMBER MENU

			1 CHILI WITH CORNBREAD
5 KIELBASA & SAUERKRAUT HOMEMADE APPLE SAUCE RYE BREAD	6 BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL	7 BROCCOLI AND CHEDDAR SOUP SIDE SALAD	8 ITALIAN DAY! (Choice of or both) STROMBOLI BAKED ZITI SIDE SALAD
12 CLOSED	13 BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL	14 AMERICAN CHOP SUEY	15 THANKSGIVING LUNCHEON
19 LEMON BAKED FISH RICE ROASTED VEGGIES	20 BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL	21 FRENCH DIP FRENCH FRIES	22 CLOSED 
26 SHEPHERD'S PIE	27 BREAKFAST 7:30AM-9:00AM EGGS ANY STYLE, OMELETS, PANCAKES, FRENCH TOAST, OATMEAL	28 MEATLOAF ROASTED POTATOES GREEN BEANS	29 ITALIAN WEDDING SOUP

From the office of Westbrook Social Services ...



CRT Winter Heating Assistance Program

This federally funded program is designed to help low to moderate income households with heating costs during the winter months. Homeowners and renters may apply.

Eligible households may receive help for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood.

Households eligible for the winter heating program may also be eligible to receive weatherization assistance and some may qualify for the furnace clean tune and test program. This can help conserve energy and lower heating bills.

This winter's heating season begins in October for deliverable fuel heated households and November for utility heated households.

Applications will be taken by appointment only.

Please contact Social Services at 860-399-3090 to schedule an appointment or for general information.

WESTBROOK VISITING NURSES AND PUBLIC HEALTH

Services Include:

Skilled Nursing Care

Home Health Aide

Physical Therapy

Occupational Therapy

Medical Social Services

Community Services

Blood Pressure Clinic

Influenza Clinic

Health Education Programs

Public Health Services

Epidemiology

The WESTBROOK VISITING NURSES is one of five remaining municipal home care agencies in the state of Connecticut. That means this agency is funded by **YOUR** tax dollars and exists to serve **YOU**. Having your own town agency allows us the autonomy to tailor our services to the specific needs of our residents of WESTBROOK.

There are other home care organizations that provide care in our town however, the **Westbrook Visiting Nurses and Public Health** agency is the **only** official town agency. Many people are not aware of the **Home Care** services that we provide for our residents (services are listed to the left of this article). When you are working with the hospital, nursing home or office staff to make plans for your discharge to home or to get healthcare assistance at home, **you** will need to **ASK** for the **Westbrook Visiting Nurses** if you wish to support your **Town Organization**.

If you have questions concerning our home care or community programs please feel free to call us at **860-399-3088**.

MEDICAL EQUIPMENT LENDING CLOSET

PROVIDED BY

WESTBROOK VISITING NURSES

CALL 860-399-3088