

## 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

**Oct. 1st “Better Breathers” 11:00am**

**Oct. 24th Bird Bingo 2:00pm** *presented by the  
Roger Tory Peterson Estuary Center*


**Oct. 31st Halloween Luncheon & Party 12:00pm**  
**\*Costumes Encouraged\***

*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.*

# OCTOBER CALENDAR OF EVENTS

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| 1<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>11:00 BETTER<br>BREATHERS<br>10:30 HAND & FOOT<br>12:00 LUNCH | 2<br>7:30 BREAKFAST<br>9:00 DOMINOS<br>10:00 LINE DANCING<br>11:00 CHAIR EXERCISE<br>1:00 POOL                      | 3<br>8A-3P REFLEXOLOGY<br>9:00 HAIRCUTS<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:00 YOGA<br>12:00 LUNCH    | 4<br>11:00 CHAIR EXERCISE<br>12:00 LUNCH<br>1:00 RUMMIKUB<br>1:00 SITTING TAI CHI<br>1:00 POOL  | 5<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>9:30 TAI CHI  |
| 8<br><br><br><b>CLOSED</b>   | 9<br>7:30 BREAKFAST<br>9:00 DOMINOS<br>9:00 ATTY SWEENEY<br>10:00 LINE DANCING<br>11:00 CHAIR EXERCISE<br>1:00 POOL | 10<br>8A-3P REFLEXOLOGY<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:00 YOGA<br>12:00 LUNCH                    | 11<br>11:00 CHAIR EXERCISE<br>12:00 LUNCH<br>1:00 RUMMIKUB<br>1:00 SITTING TAI CHI<br>1:00 POOL | 12<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>9:30 TAI CHI |
| 15<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:30 HAND & FOOT<br>12:00 LUNCH                             | 16<br>7:30 BREAKFAST<br>9:00 DOMINOS<br>10:00 LINE DANCING<br>11:00 CHAIR EXERCISE<br>1:00 POOL                     | 17<br>8A-3P REFLEXOLOGY<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:00 YOGA<br>12:00 LUNCH                    | 18<br>11:00 CHAIR EXERCISE<br>12:00 LUNCH<br>1:00 RUMMIKUB<br>1:00 SITTING TAI CHI<br>1:00 POOL | 19<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>9:30 TAI CHI |
| 22<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:30 HAND & FOOT<br>12:00 LUNCH                             | 23<br>7:30 BREAKFAST<br>9:00 DOMINOS<br>10:00 LINE DANCING<br>11:00 CHAIR EXERCISE<br>1:00 POOL                     | 24<br>8A-3P REFLEXOLOGY<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:00 YOGA<br>12:00 LUNCH<br>2:00 BIRD BINGO | 25<br>11:00 CHAIR EXERCISE<br>12:00 LUNCH<br>1:00 RUMMIKUB<br>1:00 SITTING TAI CHI<br>1:00 POOL | 26<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>9:30 TAI CHI |
| 29<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:30 HAND & FOOT<br>12:00 LUNCH                             | 30<br>7:30 BREAKFAST<br>9:00 DOMINOS<br>10:00 LINE DANCING<br>11:00 CHAIR EXERCISE<br>1:00 POOL                     | 31<br>8A-3P REFLEXOLOGY<br>8:15 SENIOR FITNESS<br>9:15 SENIOR FITNESS<br>10:00 YOGA<br>12:00 LUNCH                    |   |  |

# OCTOBER MENU

|   |   |  |   |
|---|---|--|---|
| <p>1</p> <p>FETTUCINI ALFREDO<br/>W/HAM AND PEAS</p>        | <p>2</p> <p><b>BREAKFAST</b><br/><b>7:30AM-9:00AM</b><br/>EGGS ANY STYLE, OMELETS,<br/>PANCAKES, FRENCH TOAST,<br/>OATMEAL</p>  | <p>3</p> <p>MINISTRONE SOUP<br/>&amp;<br/>HAM AND CHEESE<br/>SANDWICH</p>  | <p>4</p> <p>ANTIPASTO SALAD<br/>&amp;<br/>GARLIC BREAD</p>  |
| <p>8</p> <p><b>CLOSED</b></p>                               | <p>9</p> <p><b>BREAKFAST</b><br/><b>7:30AM-9:00AM</b><br/>EGGS ANY STYLE, OMELETS,<br/>PANCAKES, FRENCH TOAST,<br/>OATMEAL</p>  | <p>10</p> <p>CHICKEN POT PIE</p>   | <p>11</p> <p>BAKED ZITI<br/>&amp;<br/>SALAD</p>             |
| <p>15</p> <p>CORN CHOWDER<br/>&amp;<br/>TURKEY SANDWICH</p> | <p>16</p> <p><b>BREAKFAST</b><br/><b>7:30AM-9:00AM</b><br/>EGGS ANY STYLE, OMELETS,<br/>PANCAKES, FRENCH TOAST,<br/>OATMEAL</p> | <p>17</p> <p>TOMATO SOUP<br/>\$<br/>GRILLED CHEESE</p>   | <p>18</p> <p>CHICKEN<br/>CACCIATORE<br/>&amp;<br/>BREAD</p> |
| <p>22</p> <p>MEDITERRANEAN<br/>FISH<br/>OVER PASTA</p>      | <p>23</p> <p><b>BREAKFAST</b><br/><b>7:30AM-9:00AM</b><br/>EGGS ANY STYLE, OMELETS,<br/>PANCAKES, FRENCH TOAST,<br/>OATMEAL</p> | <p>24</p> <p>BEEF STROGANOFF<br/>OVER<br/>EGG NOODLES</p>  | <p>25</p> <p>CHICKEN NOODLE<br/>SOUP<br/>&amp;<br/>ROLL</p> |
| <p>29</p> <p>MAC&amp;CHEESE<br/>&amp;<br/>SALAD</p>         | <p>30</p> <p><b>BREAKFAST</b><br/><b>7:30AM-9:00AM</b><br/>EGGS ANY STYLE, OMELETS,<br/>PANCAKES, FRENCH TOAST,<br/>OATMEAL</p> | <p>31</p>  <p><b>HALLOWEEN<br/>PARTY</b></p> |   |

## 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