



THE CHAT

November/December 2022

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

Dear Friends:

As we enter the holiday season, there is much to be thankful for. I reflect back on the past year and look at how far we have come. 2022 was a year of rebirth as life began returning to normal post COVID. At the SSC, we were thrilled to bring back our summer Olympic games with 60 SSC athletes taking part. In July, we undertook a community beautification project and over 40 members braved the heat to paint a beautiful seascape mural on the Cove Island bridge. Each month we've welcomed more and more members back to the Center and have met many new friends as well.

On September 9th, twenty of us joined the SSC team and took part in the Alzheimer's Walk in Norwalk. It was a beautiful event with perfect weather and together we raised over \$2,000 for the Alzheimer's Association. We are so proud of everyone who walked and /or supported us with donations to this most worthy cause.

Thank you to all of our members for your enthusiasm, kindness and generosity throughout the year!

From our family to yours, we wish you a peaceful, joyous holiday season full of love and light.

*Happy Holidays
Chris, Gina, Ada, Lili and Esther*



TABLE OF CONTENTS

Directory	Page 3
Special Events	Page 4
Lifelong Learning	Page 5
Trips	Page 6
Enrichment Programs	Page 7
Fitness Programs	Page 8
Health & Wellness	Page 9
Calendars	Pages 10 & 11
Hispanic Club	Pages 12 & 13
Transportation Options	Page 14
Federal & State Benefits	Page 15
Photos	Page 16
Medicare Update	Page 17
Thank you to our Donors	Page 18

HOLIDAY CRAFT & ART BAZAAR

December 7th

Handmade crafts, knitted and crocheted items, original art work all done by our talented SSC members.

Join us on December 7th from 10 am to 1 pm.
Finish up your holiday gift shopping and support the SSC in the process.
Email or call Gina to reserve your vendor table.
gcompolattaro@stamfordct.gov 203-977-5151





Pasquale J. Cardone REALTOR®

*Resident of Stamford and
Member of Stamford Senior Center*

C. 203.858.0108 | O. 203.762.8300
Pasquale.Cardone@raveis.com
PasqualeCardone.raveis.com
44 Old Ridgefield Road, Wilton CT 06897

WILLIAM RAVEIS



Ride to Wellness Medical Transportation
Professional Guidance and Benefits Check Ups
Emergency Financial Assistance

Call for Information or an Appointment
203.324.6584

www.silversource.org
2009 Summer Street, Stamford, CT 06905

CONSULTATION AND SERVICES ARE FREE OF CHARGE

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Bill Humphreys

bhumphreys@lpicommunities.com

(800) 477-4574 x6634

**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

SUPPORT OUR ADVERTISERS!

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**
- Laurie Pensiero, Vice Chair**
- Stephen Fischer, Treasurer**
- Clare Bolduc, Esq., Secretary**

- Roberta Eichler
- Charles Failla
- Richard Fisher, Esq.
- Eden Huang
- Ellen Isidro, MSW
- Carole Kirk
- Clare A. Kretzman, Esq.
- Grace Mall
- Sheryl Morrison
- Judy Motta
- Jeannie Ricci
- Esperanza Teasdale
- June Walker

STAFF DIRECTORY

- Christina K. Crain, MSW**
President & Executive Director
ccrain@stamfordct.gov
- Ginamarie Compolattaro**
Assistant to Executive Director
gcompolattaro@stamfordct.gov
- Ada Caro** - Front Desk, Receptionist
acar@stamfordct.gov
- Lili Winsor** - lwinsor@stamfordct.gov
Hispanic Program Coordinator
- Esther Bramble** - Café Attendant

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

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.



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

For sandwiches choose from:

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

or

The Daily Hot Lunch Special

For specials, please visit our website at 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"**



In case of Inclement Weather

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

Call the Center at 203-977-5151 or check Channel 12 News on Optimum or visit the SSC's Facebook page for announcements

The Stamford Senior Center will be closed on

Friday, November 11th in observance of Veterans Day

Thursday & Friday, November 24th & 25th in observance of Thanksgiving

Friday, December 23rd the Senior Center will close at 12:00pm and will be closed & New Year Holiday December 26th through January 2, 2023 We will be open on January 3rd.





Thanksgiving Comedy Lunch

Friday, November 18th
11:30-1:00



Lunch served at 12 pm and includes:

Roast Turkey, Mashed Sweet Potatoes, Stuffing, Cranberry Sauce
& Pumpkin Pie

Featuring Stand-up Comedians Laurie Newkirk, Eileen Fickes,
Matt Orefice & Joe Aulogia

\$10 per person for lunch & please bring a toy to donate to Toys for Tots

Please register on myactivecenter.com or by calling 203-977-5151 by November 11th



Holiday Party

Wednesday, December 21
11:30-1:00 with lunch served at 12:00pm

Menu: Chicken Francese with Mashed Potatoes & Vegetable
SSC Members: \$10.00

Please register on myactivecenter.com
or by calling 203-977-5151 by December 16th

Entertainment: The Cukes Ukulele Band

Performing hit songs and holiday tunes from across the decades with a fun ukulele
twist creating an interactive sing-along experience for all.

*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.

**The Ukraine War & Vladimir Putin
Consequences Expected and Unintended
What's Next**

Tuesday, November 1st at 10:00am

A presentation by Henry Quinlan, who has 35 years of experience in dealing with the former Soviet Union and Russia, including living in Moscow for five years and making more than 60 trips to Russia since 1986, the most recent in 2018. Henry sets forth the origins of the war between Russia and Ukraine and the prospects for a negotiated end to the war. There are many intended and unintended consequences of the war that are not acknowledged publicly. He relates the impact of the sanctions on daily life in Russia. To combat the misinformation available about the war he points to an American source that contains daily, the most accurate information about the war.

[This is a Zoom only lecture](#)

Register on myactivecenter or by calling 203-977-5151



**English as a
Second Language**

*Beginners Level with Andrea
Thursdays: 12:00-1:00pm
Located in the Mural Room*



Don't miss out on these live and interactive virtual travel experiences to over 50 countries by fun and qualified professional tour guides over Zoom.

Costa Rican Coffee Farm - Tuesday, November 29th - 3:30pm: Live Walking Tour

Visit a coffee farm and learn all about coffee, the plant, the history, the production, even the chemistry of caffeine, and of course the preparation of a delicious cup of coffee in the old fashion way

Your Tour Guide: Alejandro Cano Ospina

**Tuesday, December 6th - 10:00am
Norway Holiday Lights: Live Walking Tour**

One of the key elements of the Norwegian winter season is Christmas markets, renowned for their beautiful gifts, warming alcohol drinks, and cheerful ambience. Witnessing such a vivid, full of life and happiness event with your own eyes is priceless, beyond doubt. This country completely transforms itself in the winter season and gets its unforgettable, exceptional Christmas vibe.

Your Tour Guide: Nordiva Tours

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

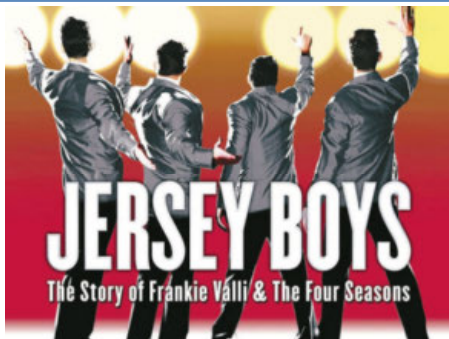
Homeowners Property Revaluation & Senior Property Tax Relief Program

Friday, Dec. 9th at 12:00pm

Greg Stackpole from the City of Stamford Tax Assessors Office will speak about the Homeowners Property Revaluation and Senior Property Tax Relief program



Register on myactivecenter or by calling 203-977-5151



White Plains Performing Arts Center Thursday, January 5th

Jersey Boys is a jukebox musical with music by Bob Gaudio, lyrics by Bob Crewe. It is presented in a documentary-style format that dramatizes the formation, success and eventual break-up of the 1960s rock 'n' roll group The Four Seasons.

Followed by lunch at: Grecca Mediterranean Kitchen & Bar

Lunch Menu: Soup & Choice of:

1. Choice of Roasted Veggie Panini (grilled zucchini & Eggplant porobello mushroom, fresh mozzarella, argula, balsamic vinegar, choice of fries or bulgur wheat salad)
2. Chicken-in-Pita (Grilled Chicken w/Tzatziki, red onions, tomatoes, choice of fries or salad)
3. Golden Beet Salad (baby kale, goat cheese, candied walnuts, pickled onions, while balsamic with grilled chicken
Includes a soft drink or coffee

SSC Members \$90 | Non-members \$100

Includes show, lunch & transportation

Bus leaves the Senior Center promptly at 10 am. and returns around 4 pm

Register online at myactivecenter or pay in person at the Center



Washington, DC Springtime April 14-17, 2023

4 Days / 5 Meals

- Deluxe Motorcoach
- 3 Nights Hilton Crystal City
- Monuments & Memorials Tour
- New National Museum of the United States Army
- Arlington National Cemetery
- 2 Afternoons at Leisure to Explore the Smithsonian Museums
- 5 Meals: 3 breakfasts, 2 dinners

\$1159.00/per person - Single
\$829.00/per person - Double

Additional information to follow



1000 Islands, Clayton, NY October 4-6, 2023

3 Days / 4 Meals

- Deluxe Motorcoach
- 2 Nights 1000 Islands Harbor Hotel
- Uncle Sam Two Nation Cruise
- Boldt Castle
- Wine Tasting at the Thousand Islands Winery
- Antique Boat Museum
- 4 Meals: 2 breakfasts, 2 dinners

\$849.00/per person - Single
\$829.00/per person - Double

Additional information to follow

ART CLASSES WITH RENE SOTO



Monday's at 1:00pm
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



Tuesdays at 2:00pm

Please register on [myactivecenter](http://myactivecenter.com) 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

Tuesday, Nov. 1st - Everglades 101, Live from Everglades National Park

Tuesday, Nov. 8th - Flight 93 National Memorial, American Attacked

Tuesday, Nov. 15th - LBJ Presidential Library & Museum Virtual Tour

Tuesday, Nov. 22nd - Valley Forge National Historic Park

Tuesday, Nov. 29th - The Printing Museum

Tuesday, Dec. 6th - FDR Presidential Library & Museum

Tuesday, Dec. 13th - The National Archives: Rightfully Hers

Tuesday, Dec. 20th - Virtual Tour of St. Paul's Church National Historic Site, Nt. Vernon, NY



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



With Rene Soto
Monday's
10:00-10:45am
Located in the Art Room

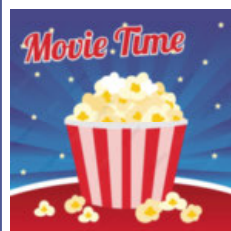
Please register on [myactivecenter](http://myactivecenter.com) or by calling 203-977-5151



Musical Meet Up and Sing-a-long Wednesdays 11:00am-12:00pm Mural Room Facilitator: Daina Schuman

Are you interested in joining a music meet up group?

Come and bring your musical instrument to play or just come and sing along. Either way, we promise a fun time!



2nd & 4th Mondays of the month
Located in the Seminar Room
2:00pm



Haircuts by Cecilia
Wednesdays: 10:00am-12:00pm
November 9th & 23rd
December 7th & 21st

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

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 Angela 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

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**

This class is in Scalzi Park

In event of rain will be held at the Center

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

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 and log into the class. If you have not already registered with 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 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.



Worried But Well

Brain Health - You are what you Eat

Wednesday, November 16
11:00-12:00

We all grew up with the old adage, 'You are what you eat' but, what does that mean for your brain health? Are you doing all you can to help your brain thrive year after year? Please join us to learn helpful hints and tips on how you can help your brain health and fitness for years to come!

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



Presented by:
Heather Gately



Worried But Well

Tips for Successful Engagement



Wednesday, December 14
11:00-12:00

It's that time of year when we meet up with friends, new and old, and sing songs of goodwill and cheer! Now, if only you can remember their names, faces and lyrics to the songs! No need to despair!!! Please join in this month's class to learn how to take the stress out of social engagement situations in order to feel more confident about being in familiar and/or new situations!!

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



Presented by:
Heather Gately



American Sign Language
Review & Basic Signs

Thursday, November 3
10:00-11:00am

This class will touch on the basic language foundation in ASL. This includes the alphabet, numbers, common signs, greetings, and conversational phrases.

Presented by Cari Ventura

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

Joint Protection Techniques

Friday, December 9th
10:00-11:00am





Physical Therapists and Occupational Therapists discuss non-surgical ways to help preserve joints to delay or prevent joint replacement surgery.

Presented by: Hospital for Special Surgery

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



NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 10:00-11:00 The Ukraine War Zoom Presentation 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 Advanced Spanish	2 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	3 9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:00 ASL Review 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 1:30-2:30 Strength Training	4 9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene 1:30-2:30 Total Body Workout
7 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 & Tone 1:00-2:00 Art with Rene 1:00-2:00 Line Dancing 2:30-3:00 Kinima Fit	8 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 2:00-3:00 Advanced Spanish Election Day	9 9:00-2:00 Hispanic Club 10:00-12:00 Haircuts 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Technology 1:30-2:30 Aerobics	10 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	11 CLOSED 
14 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 & Tone 1:00-2:00 Art with Rene 1:00-2:00 Line Dancing 2:00 Movie 2:30-3:00 Kinima Fit	15 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 2:00-3:00 Advanced Spanish	16 9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 You Are What You Eat 11:00-12:00 Sing Along 1:00-2:30 Open Technology 1:30-2:30 Aerobics	17 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	18 9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene 11:30-1:00 Thanksgiving Celebration 1:30-2:30 Total Body Workout
21 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 & Tone 1:00-2:00 Line Dancing 1:00-2:00 Art with Rene 2:30-3:00 Kinima Fit	22 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 2:00-3:00 Advanced Spanish	23 9:00-2:00 Hispanic Club 10:00-12:00 Haircuts 10:00-10:45 Zumba Gold 11:00-12:00 Sing Along 1:00-2:30 Open Technology 1:30-2:30 Aerobics	24 CLOSED 	25 CLOSED
28 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 & Tone 1:00-2:00 Line Dancing 1:00-2:00 Art with Rene 2:00 Movie 2:30-3:00 Kinima Fit	29 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 2:00-3:00 Advanced Spanish 3:30-4:30 Beeyond - Costa Rican Coffee Farm Tour	30 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	Daylight Saving Time Ends  	



DECEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>9:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:30-11:00 Kinima Fit 11:15-12:00 Yoga 12:00-1:00 Beginners ESL 1:30-2:30 Strength Training</p>	<p>2</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>
<p>5</p> <p>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 Art with Rene 1:00-2:00 Line Dancing 2:30-2:45 Kinima Fit</p>	<p>6</p> <p>9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 10:00-11:00 Beeyonder Norway Holiday Lights Tour 11:00-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba 2:00-3:00 Advanced Spanish</p>	<p>7</p> <p>9:00-2:00 Hispanic Club 10:00-12:00 Haircuts 10:00-1:00 Holiday Craft and Art Bazaar 11:00-12:00 Music 1:00-2:30 Open Tech 1:30-2:30 Aerobics</p>	<p>8</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>9</p> <p>9:00-10:00 Tai Chi w/Ken 10:00-11:00 Joint Protection Techniques 10:30-11:30 Art with Rene 12:00-1:00 Property Tax Revaluation Presentation 1:30-2:30 Total Body Workout 2:30-3:30 Bingo</p>
<p>12</p> <p>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 Art with Rene 1:00-2:00 Line Dancing 2:00 Movie 2:30-2:45 Kinima Fit</p>	<p>13</p> <p>9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 11:00-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba 2:00-3:00 Advanced Spanish</p>	<p>14</p> <p>9:00-2:00 Hispanic Club 10:00-10:45 Zumba Gold 11:00-12:00 Tips for a Successful Engagement 11:00-12:00 Music 1:00-2:30 Open Technology 1:30-2:30 Aerobics</p>	<p>15</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>16</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>
<p>19</p> <p>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 Art with Rene 1:00-2:00 Line Dancing 2:30-2:45 Kinima Fit</p>	<p>20</p> <p>9:00-2:00 Hispanic Club 9:45-10:45 Tai Chi w/Alma 11:00-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba 2:00-3:00 Advanced Spanish</p>	<p>21</p> <p>9:00-2:00 Hispanic Club 10:00-12:00 Haircuts 10:00-10:45 Zumba Gold 11:00-1:00 Holiday Party 11:00-12:00 Music 1:00-2:30 Open Technolgy 1:30-2:30 Aerobics</p>	<p>22</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>23</p> <p>9:00-10:00 Tai Chi w/Ken 10:30-11:30 Art with Rene</p> <p>Center to close at 12:00 pm</p>
<p>26</p> 	<p>27</p> 	<p>28</p> 	<p>29</p> 	<p>30</p> 

The Stamford Senior Center will be closed
 Monday, December 26th through Tuesday, January 2, 2023.
 Wishing everyone a Merry Christmas, Happy Hanukkah & Happy Kwanza
 Happy New Year 2023!!!

NOVIEMBRE

LUNES
7,14,21,28

MARTES
1,8,15,22,29

MIERCOLES
2,9,16,23,30

JUEVES
3,10,17,24

09am Cafecito y Socialización
10-11 **Clinica Toma de Presión**
10am Fiesta Latina
11am B I N G O
12pm Almuerzo
12pm Inf. y asistencia *C
02pm La Hora del Cine

09am Cafecito y Socialización.
10am Noticias en la comunidad
11am Habilidades,Juegos,Arte,
Talentos, ejercicios y más.
12pm Almuerzo
12pm Inf. y asistencia *C
02pm Zumba en Silla

09am Cafecito y Socialización
10am Zumba Gold
11am B I N G O
12pm Almuerzo
12pm Inf. y asistencia*C
03pm Plática/Video de Salud
y Bienestar

09am Cafecito y Socialización
10m Habilidades,Juegos,Arte,
Talentos, música y más.
12pm Almuerzo
12am Inglés Nivel 1
12pm Inf. y asistencia *C
03pm Documental Temas Varios

C: Para inf y asistencia por favor pidz una citz con Lili Winsor 203-977-5151
Clínica de toma de Presión: Lunes, Noviembre 7 & Diciembre 5 de 10-11am

Cortes de Cabello por Cecilia

Miércoles: 10:00-12:00pm

Noviembre 9 Y 23

Diciembre 7 Y 21

(Salón de Arte y Manualidades)

Todos los cortes \$15.00

Por favor llame al 203-977-5151 para agendar cita.

Programas de Ejercicios Grabados en el canal de YouTube del SSC

Tenemos varias clases de ejercicios. Disfrútelos a gusto y a la hora que pueda en la comodidad de su hogar: Vaya al canal del senior **center** en www.youtube.com y busque:

- * Ejercicios con Miriam
- * Tai Chi con Ken & Alma,
- * Chair Zumba con Lili
- * Zumba Gold con Lili



DICIEMBRE



Lunes 5,12,19, 26	Martes 6,13,20, 27	Miércoles 7,14,21, 28	Jueves 1,8,15,22, 29
09am Cafecito y Socialización 10-11 <u>Clinica Toma de Presión</u> 10am Fiesta Latina 11am B I N G O 12pm Almuerzo 12pm Inf. y asistencia *C 02pm La Hora del Cine	09am Cafecito y Socialización 10am Noticias en la comunidad. 11am Habilidades,Juegos, Arte, Talentos, ejercicios y más 12pm Almuerzo 12pm Inf. y asistencia *C 02pm Zumba en silla	09am Cafecito y Socialización 10am Zumba Gold 11am B I N G O 12pm Almuerzo 12pm Inf. y asistencia*C 03pm Temas Salud y Bienestar	09am Cafecito y Socialización 10m Habilidades,Juegos,Arte, Talentos, música y más. 12pm Almuerzo 12pm Inf. y asistencia *C 03pm Documental Temas Varios

El Stamford Senior Center estará cerrado del Lunes 26 de Diciembre al Martes 2 de enero de 2023.

Fiesta Navideña - Miércoles 21 de Diciembre

11:30-1:00

Almuerzo servido a las 12:00pm

Menú: Pollo a la Francesa con Puré de Papas y Vegetales

Miembros del SSC: \$10.00

Regístrese en myactivecenter.com

o llamando al 203-977-5151 antes del 16 de Diciembre

Entretención: Cukes Ukulele Band

Interpretando canciones exitosas de todas las décadas con un divertido toque de ukelele creando una experiencia interactiva de canto para todos.





CT Transit Bus Tokens

CT Transit is offering free rides through the end of November 2022.
No tickets needed during this time,

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

**Norwalk Transit is offering free rides through the end of November
No tickets needed**



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 increase as of October 2022.

Governor Lamont and the state legislature have approved an increase to SNAP benefits and eligibility guidelines so more people can qualify and get an increase in benefits.

New Monthly Income Limits:
\$2,265 / single person

Eligible individuals will see a 12% increase in their SNAP benefits.

To apply visit the DSS office on 1642 Bedford Street or apply online at www.connect.ct.gov

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, Stamford
203-357-0720 ext. 401

Note: Intakes can be done over the phone for homebound

Let us help you with your pre-planning needs.



Bosak
FUNERAL HOME & CREMATION
Family Owned and Operated Since 1919

203-325-9300

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



The Four Queens



Janice Burke



Residence at Selleck Woods



Anthony Miller & America Marquez



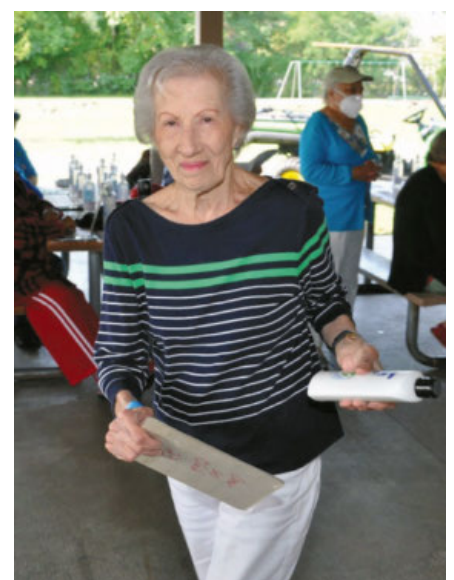
(L to R) Judy, Lisa, Teddi, Barbara, Susan & Gloria



Manuel Flores



Ingrid Haughton



Anne Meyer

MEDICARE'S ANNUAL ENROLLMENT PERIOD

Medicare's Annual Enrollment Period began on October 15th and ends on December 7th. This is the only time during the year that Medicare beneficiaries can make a change in their Part D plan coverage and the time to enroll in Part D or a Medicare Advantage Plan. It is important that everyone takes the time to review their coverage every year, even if you are happy with the coverage you have. Why? Because plans change their premiums, drug costs and formularies from year to year. So, a plan that is good for you this year may not be good next year

You can review your coverage on Medicare.gov or meet with a certified volunteer counselor at the senior center to help you review your coverage and find the best plan for next year. To schedule an appointment, Call us at 203-977-5151

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	2,390.00	3,220.00
SLMB	2,617.00	3,525.00
ALMB	2,786.00	3,754.00

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

MEDICARE PART D SCREENINGS

MedAssist volunteer counselors are available by appointment only
Mondays & Fridays
9:00 - 11:15am

Please call us at 203-977-5151 to schedule an appointment.

Please bring your Medicare card, Part D or Advantage plan card and all Your prescription medications.

MEDICARE CHANGES FOR 2023

Some good news for Medicare beneficiaries in 2023...

- ◆ Part B premium will decrease from \$170.10 in 2022, to \$164.90 in 2023.
- ◆ Part B annual deductible will decrease from \$233 in 2022 to \$226 in 2023

In President Biden's Inflation Reduction Act,

- ◆ Insulin, under Part D plans will be capped at \$35 co-pays
- ◆ Co-pays for adult vaccines like Shingles will be eliminated for those with Medicare

To learn more about changes to Medicare In 2023, visit

Medicare.gov



*Thank you to our
Mini Golf Sponsors*

Master Sponsor

Soverign Financial

Eagle Sponsors

Waterstone on High Ridge
Oasis Senior Advisors
AJM Real Estate
Atria Senior Living
Assisted Living Locators

Birdie Sponsors

Osborn Homecare
Compass Realty
Frank & Maria Lovello
Marie Allen
Pensiero Family
Sunrise Senior Living
Len Schwartz
Silversource

Hole Sponsors

RVNA
Judy Motta
Clare Bolduc
Ellie Isidro
Esperanza Teasdale
Roberta Eichler
Robin Staver Care Management
Liz Sue Bagels
Stephen & Arlene Fischer
Law Office of Muhlbaum & Rosen
DiMare Pastry Shop
Visiting Angels
Brightview on New Canaan
Westy's Storage

Thank you to the following individuals for their donations to the Stamford Senior Center (through October 7, 2022)

Jairo Bejarano	Camille Pirilli
Mary Childs	Inger Ruffels
Richard Fisher	(Memory of Diane Bull)
(Honor of Stu Madison)	Anne Smith-Young
Mary Flume	Patrick Soldano
Arline Gewanter	(Memory of Adele Soldano)
Mary Howansky	Union Memorial Church
Isaura Jiron	Mary Anne Wittenberg
Gloria Mallozzi	Altie Zelniker
Deborah Miller	

PLEASE SUPPORT OUR ANNUAL APPEAL!

In this season of giving, we hope you will include the SSC in your year end charitable contributions

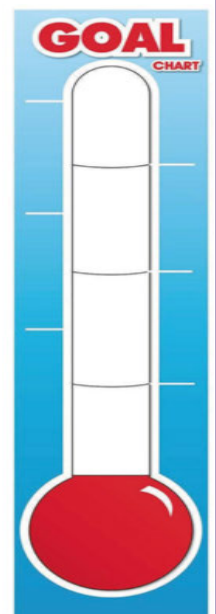
Checks can be mailed to:

**Stamford Senior Center
888 Washington Blvd. Stamford, CT 06901**

For your added convenience, you can donate online at www.stamfordseniorct.org

All donations are tax deductible to the fullest extent allowed by law.

**Fundraising Goal
\$20,000**





COVID-19
VACCINATIONS ARE
REQUIRED FOR ALL
OSBORN HOME
CARE STAFF AND
CAREGIVERS!

**LIVING AT HOME
ON YOUR OWN TERMS**

We all need a helping hand from time to time.
At Osborn Home Care we're here to help. You can rest assured that all of our home health aides are carefully screened and receive our extensive five-star training.

- Assistance with Personal Care
- Coordination of Appointments
- Meal Preparation
- Access to your RN Case Manager
- Customized Services Based on Your Needs
- Light Housework

Osborn Home Care
(203) 641-7683
125 MASON STREET, GREENWICH, CT 06830
CT LICENSE HCA 0000933
For information visit OSBORNHOMECARE.ORG

Short Term Rehab and Long Term Care at



**HEALTHCARE & REHABILITATION
AT ST. CAMILLUS**

**personalized care • beauty salon
diverse recreational programs**

*“our passion is quality care,
provided with compassion”*

203.325.0200
494 ELM ST, STAMFORD, CT 06902
www.arkstcamillus.com

WE'RE HIRING!



AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**



- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers



**CLEAN, SAFE, AFFORDABLE
VEIN CARE**

**HABLAMOS
ESPAÑOL**

SPANISH SPEAKING OFFICE



MARK A. EDELMAN
MD, DABVLM



Scan to make
an appointment



40 Cross Street, Suite 320
Norwalk, CT 06851



1290 Summer Street, Suite 2100
Stamford, CT 06905

800-349-5347
Schedule an appointment near you



www.centerforvein.com



888 Washington Boulevard, 2nd Floor
Stamford, CT 06901
www.stamfordseniorct.org

Non-Profit Org.
U.S. POSTAGE
PAID
Stamford, CT
Permit # 1016



**SUPPORT THE
ADVERTISERS**
that Support our
Community!