

**October/ November 2021**

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

Dear Friends,

What a great summer we had. The SSC re-opened its doors to welcome our members back on June 28th, since then more and more of our members have returned to the Center and we have welcomed many new members who joined for the first time. We have made every effort to keep everyone safe, enforcing the city’s mask mandate, encouraging social distancing and sanitizing furniture and fitness equipment between classes. I think we have all done a great job adapting to the “new normal”. As great as it is to see so many of our members back at the Center, we know that there are many of you who are still reluctant to return. We understand and respect your decisions and we will continue offering many of our fitness classes through Zoom for your enjoyment. Please know that we are here to answer any questions and address any concerns you may have. Don’t hesitate to reach out to us by phone or email.

One of the issues on many people’s minds is the booster shots for COVID-19. There has been much back and forth on the need for boosters and the timeline for administering them. We assure you, we are staying on top of this and are actively working with local providers to arrange for a booster clinic for our members in the coming months. I was hoping to have more specific information for you to include in this newsletter, but we are still waiting to hear when the boosters will be available. Therefore, please read the weekly email blasts we send out as we will include any information on booster clinics in our email blasts. If you don’t have email, you can call the Center in early October for more information.

We had hoped to resume our monthly celebrations and lunches this fall, but with the Delta variant, we decided to hold off on those for the time being. Therefore, we will continue our drive through themed lunches for Hispanic Heritage month, Halloween and Thanksgiving (see details on page 4). To our Bridge players, we have been searching extensively for a Bridge director to resume our duplicate bridge games. Unfortunately, we have had no success in finding a new director. We will keep searching and if you have any leads, please send them to us.

In the coming weeks, we will be sending out our Annual Appeal mailing. We hope you will support us with a donation to help support all our programs and services. This year we hope we can raise enough monies to replace the carpeting in the hallways, as we continue to enhance the Center for the enjoyment of our members.

Stay well and Stay safe!

- Chris, Gina, Ada, Lili and Esther

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Like us and follow us on social media



**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
- Maria Esteves
- Charles Failla
- Richard Fisher, Esq.
- Eden Huang
- Ellen Isidro, MSW
- Carole Kirk
- Clare A. Kretzman, Esq.
- Grace Mall
- Sheryl Morrison
- Judy Motta
- Nicol Rupolo
- Esperanza Teasdale
- Kathy Totilo
- 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

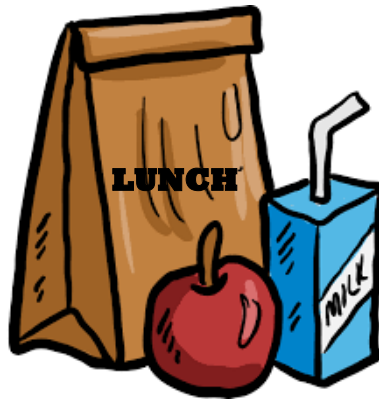
**To become a member of the Stamford Senior Center**

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

Open: Mon-Fri.: 9am-5pm or you can visit our website at:

**www.stamfordseniorct.org**

Annual dues are: \$50/single person or \$80/couple. Age to join is 60. 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-1:45pm

***For sandwiches choose from:***

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

For hot lunch specials, please visit our website

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

Lunches can be enjoyed in our **"Friends' Cafe"** or eaten outside on the patio.



Inclement Weather Policy

We value the safety and well being of our members, therefore, if there is inclement weather, please confirm that we are open before leaving home. Call the Center at 203-977-5151. Check Channel 12 News on Optimum or visit the SSC's Facebook page for announcements.

**Are you getting our weekly email blasts?**

Please let us know if you are not receiving them. Be sure to check your spam/junk email folder as it sometimes gets labeled as spam or junk mail (especially for those with gmail addresses).

To be added to our email list, please email us at:

**stamfordseniorcenter@stamfordct.gov**  
or call us with your email address

**The SSC will be closed on:**

**Monday, October 11th in observance of Columbus Day**



**Thursday, November 11th in observance of Veteran's Day**



**Thursday, November 25th in Observance of Thanksgiving**

**Friday, November 26th day after Thanksgiving**





**Friday, October 8th**  
**12:00-1:00pm**

Lunch: Chicken Quesadilla

Cost: \$5 for SSC members - \$8 for non members

Drive thru at the Senior Center  
 3rd floor of parking garage

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



Monday, November 22  
 12:00-1:00pm

Traditional Thanksgiving meal

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

Cost: \$6 for SSC members - \$8 for non members

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

Drive thru at the Senior Center



## Trunk or Treat Drive Thru

**Friday, October 29th**

**12:30-1:30pm**

### CHOICE OF LUNCH

**Meatball 3 Cheese Squeeze:** (Meatballs in marinara, fresh mozzarella, pecorino romano, parmigiana and fresh basil on Tuscan bread )

**The Svelt Melt:** (Lowfat Jarlsberg, oven roasted Turkey, roma tomatoes, whole grain honey mustard on grilled seven grain)

**Short Rib Melt:** (Braised beef short ribs, caramelized onions on an original melt)

**White Truffle Melt:** (Fortina, mascarpone, chives, white truffle oil, sautéed cremini mushrooms served on a Grilled Tuscan bread)

**Location: JCC - 1035 Newfield Avenue**

**SSC Members: \$7.00 | Non members \$10.00**

**Come in costume or face mask or decorate your car. Prizes awarded!**

Please register on [myactivecenter.com](http://myactivecenter.com) or by calling 203-977-5151  
 along with your choice of sandwich




Financiado en parte por la Agencia del Envejeciente del Suroeste de CT y Título III de la Ley de los Americanos

## OCTUBRE

Lunes	Martes	Miércoles	Jueves
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Estamos felices de poder seguir teniendo el Centro para Adultos abierto después de 16 meses de encierro. Nos llevará un ratito para regresar a la normalidad y lo haremos paso a pasito. Estos son los calendarios para Octubre y Noviembre por el momento. Les mantendremos informados de cambios que ocurran. Recordemos que para participar en nuestros eventos y almuerzos dentro y fuera "al aire libre" les pedimos que nos llamen a la oficina al teléfono 203-977-5151 para reservar y avisar que participarán para poder planear con tiempo en el caso de los eventos que requieren preparación de comida. Recuerden que para participar en dichos eventos y actividades les pedimos que tengan o renueven su membresía. (El año de membresía va del 1ro de Julio al 30 de Junio del siguiente año). Necesitaremos que llenen la aplicación para actualizar su información en nuestra base de datos, traiga consigo la aplicación llena, su pago ya sea para membresía individual o pareja y su prueba de que ha sido totalmente vacunado. Gracias por ayudarnos a mantener la información actualizada para poder seguir comunicándonos con ustedes y saber como están y poder ayudarles en caso necesario. Esperamos que la nueva variante de Covid no cause más estragos y que podamos seguir abiertos para brindarles un lugar que les de un poquito de distracción y entretenimiento y tengan un sitio para reunirse y poder conversar nuevamente frente a frente con los amigos. Manténganse saludables y a salvo.

<p><b>4</b></p> <p>10am Cafecito, Socialización, noticias y más (S+Z)  <b>10am Toma de Presión</b>                      11am Habilidades, Juegos, Arte, talentos y más (S)                      12pm Almuerzo                      01pm Inf. y asistencia *<u>C</u>                      02pm La Hora del Cine (S+Z)                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>5</b></p> <p>10am Bailando al compás de nuestra música latina (PA)                      11am Bingo (S)                      12pm Almuerzo                      01pm Inf. y asistencia *<u>C</u>                      02pm Zumba silla (A&amp;Z)                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>6</b></p> <p>10am Zumba Gold en Parque Scalzi (P&amp;Z)                      11am Bingo/Parque Scalzi (P)                      12pm Almuerzo/Caminata (P)                      01pm Inf. y asistencia*<u>C</u>                      02:30 Ayuda con Tecnología*<u>C</u>                      03:00 <u>Plática/Video de Salud y Bienestar (S+Z)</u></p>	<p><b>7</b></p> <p>10m Habilidades, Juegos, Arte, talentos y más S+Z)                      12pm Almuerzo                      12am Inglés Nivel 1                      01pm Inf. y asistencia *<u>C</u>                      3:00 <u>Video Documental Temas Varios (S+Z)</u>                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>NUMEROS PARA LAS REUNIONES EN ZOOM</b></p> <p><b>Cafecito</b>  <a href="tel:82770201635">D: 827 7020 1635</a>  <b>Salud y Bienestar ID:</b>  <a href="tel:89639079987">896 3907 9987</a>  <b>Zumba Oro</b>  <a href="tel:86052628118">ID:860 5262 8118</a>  <b>Zumba en la Silla ID:</b>  <a href="tel:89989806352">899 8980 6352</a>  <b>La Hora Del Cine ID:</b>  <a href="tel:81468581057">814 6858 1057</a>  <b>ESL Nivel 1 Básico</b>  <a href="tel:81746745005">ID: 817 4674 5005</a>  <b>ESL Nivel 1 Intermedio</b>  <a href="tel:82452839196">ID: 824 5283 9196</a>  <b>Documentales</b>  <a href="tel:86021284104">ID:860 2128 4104</a></p>
<p><b>11</b></p> <p><b>CENTRO CERRADO</b></p>  <p>Happy Columbus Day!</p>	<p><b>12</b></p> <p>10am Bailando al compás de nuestra música latina (PA+Z)                      11am Bingo (S)  <b>12:00 Mes de la Hispanidad Lunch \$5 M \$8 no miembros</b>                      01pm Inf. y asistencia *<u>C</u>                      02pm Zumba silla (A&amp;Z)                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>13</b></p> <p>10am Zumba Gold en Parque Scalzi (P&amp;Z)                      11am Bingo/Parque Scalzi (P)                      12pm Almuerzo/Caminata (P)                      01pm Inf. y asistencia*<u>C</u>                      02:30 Ayuda con Tecnología*<u>C</u>                      03:15 <u>Plática/Video de Salud y Bienestar (S+Z)</u></p>	<p><b>14</b></p> <p>10m Habilidades, Juegos, Arte, talentos y más S+Z)                      12pm Almuerzo                      12am Inglés Nivel 1                      01pm Inf. y asistencia *<u>C</u>                      3:00 <u>Video Documental Temas Varios (S+Z)</u>                      02:30 Ayuda con Tecnología *<u>C</u></p>	
<p><b>18</b></p> <p>10am Cafecito, Socialización, noticias y más (S+Z)                      11am Habilidades, Juegos, Arte, talentos y más S+Z)                      12pm Almuerzo                      01pm Inf. y asistencia *<u>C</u>                      02pm La Hora del Cine (S+Z)                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>19</b></p> <p>10am Bailando al compás de nuestra música latina (PA+Z)                      11am Bingo (S)                      12pm Almuerzo                      01pm Inf. y asistencia *<u>C</u>                      02pm Zumba silla (A&amp;Z)                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>20</b></p> <p>10am Zumba Gold en Parque Scalzi (P&amp;Z)                      11am Bingo/Parque Scalzi (P)                      12pm Almuerzo/Caminata (P)                      01pm Inf. y asistencia*<u>C</u>                      02:30 Ayuda con Tecnología*<u>C</u>                      03:00 <u>Plática/Video de Salud y Bienestar (S+Z)</u></p>	<p><b>21</b></p> <p>10m Habilidades, Juegos, Arte, talentos y más S+Z)                      12pm Almuerzo                      12am Inglés Nivel 1                      01pm Inf. y asistencia *<u>C</u>                      02:30 Ayuda con Tecnología *<u>C</u>                      3:00 <u>Video Documental Temas Varios (S+Z)</u></p>	
<p><b>25</b></p> <p>10am Cafecito, Socialización, noticias y más (S+Z)                      11am Habilidades, Juegos, Arte, talentos y más S+Z)                      12pm Almuerzo                      01pm Inf. y asistencia *<u>C</u>                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>26</b></p> <p>10am Bailando al compás de nuestra música latina (PA+Z)                      11am Bingo (S)                      12pm Almuerzo                      01pm Inf. y asistencia *<u>C</u>                      02pm Zumba silla (A&amp;Z)                      02:30 Ayuda con Tecnología *<u>C</u></p>	<p><b>27</b></p> <p>10am Zumba Gold en Parque Scalzi (P&amp;Z)                      11am Bingo/Parque Scalzi (P)                      12pm Almuerzo/Caminata (P)                      01pm Inf. y asistencia*<u>C</u>                      02:30 Ayuda con Tecnología*<u>C</u>                      03:00 <u>Plática/Video de Salud y Bienestar (S+Z)</u></p>	<p><b>28</b></p> <p>10m Habilidades, Juegos, Arte, Talentos y más S+Z)                      12pm Almuerzo                      12am Inglés Nivel 1                      01pm Inf. y asistencia *<u>C</u>                      3:00 <u>Video Documental Temas Varios (S+Z)</u></p> <p><b>Viernes 29 de 12:30 a 1:30 Lunch Halloween \$7 Miembro / \$10 No Miembro</b></p>	

Los códigos para saber dónde se darán las clases son como sigue y están indicados a lado de cada clase en el calendario.

A: Auditorio,	OCGH: Oficina Coordinador Grupo Hispano	Z: Zoom
AS:Salón de Arte,	P: Parque,	
C: Salón de Cómputo	R: Salón de Recreación	
L: Biblioteca	RPA: Patio Salón de Recreación	
M: Salón Mural	S: Salón Seminario	

\*C El asterisco y la letra C significan que usted debe llamar al centro de adultos al 203-977-5151 Ext. 6 y pedir una cita para que se le atienda sólo a usted (cita individual) en el tiempo establecido en el calendario.  
 1. Citas de información y asistencia serán entre la 1 y las 2 pm.  
 2. Citas de ayuda con tecnología serán entre las 2:30 pm y las 3:30pm..



NOVIEMBRE




<b>Lunes Noviembre 1,8,15,22,29</b>	<b>Martes Noviembre 2,9,16,23,30</b>	<b>Miércoles Noviembre 3,10,17,24</b>	<b>Jueves Noviembre 4,11,18,25</b>
10am Cafecito, Socialización, noticias y más (S+Z) 10am <b>Clinica Toma de Presión</b> 11am Habilidades, Juegos, Arte, talentos y más (S) 12pm <b>Almuerzo \$6 M / \$8 No Miembro</b> 01pm Inf. y asistencia *C 02pm La Hora del Cine (S+Z) 02:30 Ayuda con Tecnología *C	10am Bailando al compás de nuestra música latina (PA) 11am Bingo (S) 12pm Almuerzo 01pm Inf. y asistencia *C 02pm Zumba silla (A&Z) 02:30 Ayuda con Tecnología *C <b>Lunes Nov 22 de 12 a 1pm Almuerzo del día de Acción de Gracias</b>	10am Zumba Gold en Parque Scalzi (P&Z) 11am Bingo en el Parque Scalzi (P) 12pm Almuerzo/Caminata (P) 01pm Inf. y asistencia *C 02:30 Ayuda con Tecnología *C 03pm <u>Plática/Video de Salud y Bienestar (S+Z)</u>	10am Habilidades, Juegos, Arte, talentos y + con Olga (AS) 12pm Almuerzo 12pm Inglés Nivel 1 01pm Inf. y asistencia *C 02:30 Ayuda con Tecnología *C 03pm <u>Video Documental Temas Varios (S+Z)</u> <b>Día de los Veteranos y Thxgiving</b>

**Clinica de toma de Presión:**  
Lunes 8 de Noviembre, 10 -11am

- FELICIDADES A NUESTROS CUMPLEAÑEROS DEL MES DE NOVIEMBRE:**
- Ricardo Astudillo (01)
  - Mario Villamarín (06)
  - Honorio Cuevas (07)
  - Miriam Urbaz (09)
  - Maria Zakas (12)
  - Soledad Estrada (14)
  - Laura Cruz (15)
  - Maria Yambay (15)
  - Isabel Loaiza (18)
  - Juan Toro (23)
  - Gilberto Vasconez (23)
  - Maria Acosta (24)
  - Ramón Macassi (28)

**Los Titulos de Películas para**  
Lunes Oct. 4, Lunes Oct.18  
Lunes Nov 1ro., Lunes Nov 15  
y Lunes Nov 29.  
Serán anunciados en Whatsapp,  
Email o Texto. De igual manera los vi-  
deos de Salud y Documentales. Gracias



**Arte con Anne**  
Lunes y Viernes  
Instructor:  
Anne Salthouse  
10:00am a 12:00pm

**ART CLASS**  
Todos los medios de arte son bienvenidos. Por favor traiga sus propios materiales.

**Días festivos en Noviembre**  
**El centro estará Cerrado los días :  
Jueves 11, Jueves 25 y Viernes 26**

**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](http://www.youtube.com) y busque:

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

**Códigos para los salones de clases son como sigue y están indicados a lado de cada clase en el calendario.**

A: Auditorio,  
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L: Biblioteca  
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OCGH: Oficina Coordinador Grupo Hispano  
P: Parque,  
R: Salón de Recreación  
RPA: Patio Salón de Recreación  
S: Salón Seminario,  
Z: Zoom



**Quiere Festejar su Cumpleaños con nosotros vía Zoom?**  
Regístrese llamando al 203-977-5151  
El festejo es a las 3pm el segundo Miércoles del mes.  
Tendremos cup cakes que podrá venir a recoger de 9am-2pm en el 3er. Piso del estacionamiento por la puerta trasera de entrada a nuestro Centro. A las 3pm nos conectaremos al zoom, ahí cantaremos y comeremos los cup cakes con ustedes.

**Cortes de Cabello por Cecilia**  
Miércoles: 10:00-12:00pm  
Octubre 13 y 27  
Noviembre 10 y 24  
(Salón de Arte y Manualidades)  
Todos los cortes \$15.00 | Servicio a Domicilio: \$25.00

**Persona a Persona (P2P) Mercado una vez al mes.**  
Si usted esta registrado con P2P, recuerde llamar cada mes para agendar su próxima entrega de Mercado al **203-655-0048** Lunes a Viernes de 9-1pm.

**Aprende Inglés por tu cuenta,** Visite el enlace:  
<https://idiomas.gcfglobal.org/es/curso/ingles/>

**Building one Community "B1C"**  
El Centro de oportunidades para el inmigrante ofrece diversos servicios. Conozca como puede obtener asistencia en caso que este necesitando de un acompañante para sus padres; asistencia con trámites de inmigración, preparación para el exámen de ciudadanía, clases de ESL y más. Para más información llame al **(203) 674-8585.**

**Caridades Católicas Trámites de Ciudadanía y más**

Servicios de Inmigración  
Alex Arévalo, Gerente del Programa.  
Dirección: 238 Jewett Avenue, Bridgeport, CT 06606  
Clientes actuales y sólo hispanohablantes (203) 416-1306  
Citas nuevas y solo en Inglés (203) 416-1311  
Envío de Documentos via Fax: 203-373-0835  
Horas del atención: Lunes a viernes de 9:00 am-5 pm.  
**Se ofrecen también citas por la tarde.**



**Friday, November 5  
11:30-12:30**

With Christy Perone from  
Bridges by Epoch

One of the best ways to give your brain and your mood a boost is by enjoying some fun and games! Join us to partake in some friendly, brain-healthy competition

Test your skills with trivia, boggle your mind with brain teasers and socialize with your team as you compete against others for a Stop & Shop gift card!

Register on myactivecenter  
or by calling 203-977-5151

Sponsored By:  **Bridges**  
BY EPOCH  
MEMORY CARE ASSISTED LIVING  
AT NORWALK



**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 or at 203-977-5151



**1st & 3rd Friday of the month  
3:00pm - On Zoom**

This Bingo is a little different than our normal Bingo, this is Bingo with music! Hear a song clip and guess the song.

There will be paper Bingo sheets (each will get 2 sheets) with the titles of music with larger print which makes it easier to read. You can either have them mailed directly to you or emailed to you whichever is easier. These will be mailed to you a week in advance.

Be sure to register on myactivecenter.com  
or call at 203-977-5151



**Tuesdays at 2:00pm**

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

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

Tuesday, October 5: Scotts Bluff National Monument

Ponder the travels of the pioneers who saw the bluffs here as a landmark on their travels to Oregon, CA and the Salt Lake City of Utah. Enjoy the scenery of the North Platte River Valley from the summit of the bluff.

Tuesday, October 12: Return to Hearst Castle

Join in a unique presentation with a guide from Hearst Castle who highlights the achievements of the architect and the fascinating, 28 year- long building process of the estate.

Tuesday, October 19: Jimmy Carter Presidential Library

This presentation will examine civic engagement and discuss the primary sources of the Center Library and National Archives.

Tuesday, October 26:

National Mall & Memorial Parks in Washington, DC

We will explore the history and symbolism of memorials, such as Lincoln, Thomas Jefferson, Franklin D. Roosevelt and Martin Luther King, Jr. and more.

Tuesday, November 2: Eisenhower Presidential Library

Join us at the Presidential Library & Museum as we discover more about our 34th President.

Tuesday, November 9: National Museum of the Pacific War

In honor of Veteran's Day, we will visit the National Museum of the Pacific War.

Tuesday, November 16: Elephant Sanctuary

Visit amazing Elephants and hear their stories as we gain an understanding of how they are cared for in captivity.

Tuesday, November 23: Hoover Presidential Library & Museum

Herbert Hoover was a mining engineer, humanitarian, U.S. Secretary of Commerce and the 31st President of the USA. In addition to public service he devoted his post presidential years to social causes such as the Boys Clubs of America. He also wrote more than 40 books during those years.

*Open Technology Session  
Wednesdays 1 to 2pm  
(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.

Please let us know what other topics you would like to learn. Email us and let us know.



Not comfortable coming in, call and let us know and will have Stu or Peter speak with you over the phone.



Join this lively group as you tackle all the latest breaking news, including local, state, nationwide and global events!

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

**Discussion Leader: Tom**

This will continue on Zoom for those who cannot come to the Center.

*Candid Conversations about Race  
with Joan Madison*

The 2nd and 4th Tuesdays  
of the month  
at 11:00am



Candid conversations about race are not easy. They often elicit feelings of grief, anger, frustration and a fear of being judged or misunderstood. Join us in a safe, non judgmental space that allows perspectives to be exchanged, insights to be shared and beliefs and assumptions to be addressed in positive ways. Productive conversations create understanding, growth and empathy. Most importantly, they are the first step in generating ideas and solutions for social change.

Joan is a retired clinical social worker who has been on her own journey of increased self-awareness regarding racism and has led several groups on the topic of race.

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



**English as a Second Language**

Beginners Level w/ Andrea  
Thursdays from 12:00-1:00 pm

Located in the Mural Room



**Advanced Spanish**

Tuesdays at 2 pm  
7 week semesters

***Instructor: Angeles Dam***  
***This will continue via Zoom***

\$25.00 for SSC members  
\$80.00 for non members

Class Sessions:  
October 5th - November 16th  
November 23 - January 4, 2022



**ART CLASS**

**Art with Anne  
Mondays & Fridays**

**Instructor:  
Anne Salthouse  
10:00am-12:00pm**

*All mediums of art welcome*  
*Please bring your own supplies*



Supplemental  
Nutrition  
Assistance  
Program

**SNAP benefits  
increasing as of  
October 1, 2021**

**Monthly Income Limits for individuals 60 or older or for persons with a disability are:**

**\$1,968.00/ single person  
\$2,658.00/ couple**

Monthly benefits can range from a maximum of \$234.00 a month for a single person or a maximum of \$430.00 for a couple. Minimum benefit is \$16 / month.

To apply visit the DSS office on 1642 Bedford Street or apply online at [www.connect.ct.gov](http://www.connect.ct.gov)

**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 \$135/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	2,265.00	3,064.00
SLMB	2,480.00	3,354.00
ALMB	2,641.00	3,572.00

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](http://www.stamfordseniorct.org)

**CT Energy Assistance Program**

Now Accepting Applications

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.

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

1 person household: \$39,027/annual  
2 person household: \$51,035/annual

**Asset Limits:**

\$15,000 for Homeowners  
\$12,000 for Renters

To schedule an appointment to apply for help with your heating bills, please call:

Community Action Agency  
34 Woodlawn Avenue, Stamford, CT  
203-357-0720 ext. 401

**Note:** Intakes can be done over the phone for homebound individual's who cannot apply in person

**Financial "Hardship"  
(Winter Shut-Off Protection):**

Shut-off protection is available from November 1, 2021 to May 1, 2022.

**If not already coded for COVID hardship,  
GET CODED NOW!**

**The following electric and gas customers may be eligible for winter shut-off protection:**




- Those receiving local, state or federal public assistance; if sole source of financial support is: Social Security, Veterans Benefits; If head of household is unemployed and income is less than 300% of FPL; If seriously ill or has a family member who is seriously ill; If income falls below 125% of FPL; If circumstances threaten a deprivation of food and the necessities of life if payment is required.
- Customer must be coded "hardship" with the utility to get this shut-off protection - it is not automatic.
- Customer may contact his/her utility or a community action agency to get coded.
- Customer is not relieved of paying the bill eventually, but cannot get shut-off during this time period.





OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 1:30-2:30 Total Body Workout 2:00-3:00 Bingo</p>
<p>4</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/ Linda 1:00-2:00 Line Dancing</p>	<p>5</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:15-12:00 Yoga w/Angelica 12:00-3:00 Mah Jong 2:00-2:45 Chair Zumba 2:00-3:00 Advanced Spanish</p>	<p>6</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-10:45 Zumba Gold 11:30-12:30 Meditation 1:00-2:00 Open Tech 1:30-2:30 Aerobics</p>	<p>7</p> <p>10:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 11:15-12:00 Yoga w/Angie 12:00-1:00 Begin ESL 1:30-2:30 Strength Training w/Miriam</p>	<p>8</p> <p>10:00-2:00 Hispanic Club 9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 10:30-11:30 Coffee Chat 12:00-1:00 Hispanic Heritage Lunch Drive thru 1:30-2:30 Total Body Workout (A&amp;Z)</p>
<p>11</p> <p><b>SSC CLOSED</b></p>  <p>Happy Columbus Day</p>	<p>12</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:00 Candid Conversations 11:15-12:00 Yoga w/Angelica 12:00-3:00 Mah Jong 2:00-2:45 Chair Zumba 2:00-3:00 Advanced Spanish</p>	<p>13</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-10:45 Zumba Gold 11:30-12:30 Meditation 1:00-2:00 Open Tech 1:30-2:30 Aerobics 3:00-3:30 Monthly Bday Celebration</p>	<p>14</p> <p>10:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 11:15-12:00 Yoga w/Angie 12:00-1:00 Begin ESL 1:30-2:30 Strength Training w/Miriam</p>	<p>15</p> <p>9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 1:30-2:30 Total Body Workout 2:00-3:00 Bingo</p>
<p>18</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/ Linda 1:00-2:00 Line Dancing</p>	<p>19</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:15-12:00 Yoga w/Angelica 12:00-3:00 Mah Jong 2:00-2:45 Chair Zumba 2:00-3:00 Advanced Spanish</p>	<p>20</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-10:45 Zumba Gold 11:30-12:30 Meditation 1:00-2:00 Open Tech 1:30-2:30 Aerobics 3:00-4:00 A Smarter Way to Give</p>	<p>21</p> <p>10:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 11:15-12:00 Yoga w/Angie 2:00-1:00 Begin ESL 1:30-2:30 Strength Training w/Miriam</p>	<p>22</p> <p>9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 10:30-11:30 Coffee Chat 10:30-11:30 Zumba Gold 1:30-2:30 Total Body Workout</p>
<p>25</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/ Linda 1:00-2:00 Line Dancing 2:00-4:00 Movies</p>	<p>26</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:00 Candid Conversations 11:15-12:00 Yoga w/Angelica 12:00-3:00 Mah Jong 2:00-2:45 Chair Zumba 2:00-3:00 Advanced Spanish</p>	<p>27</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-10:45 Zumba Gold 1:00-2:00 Open Tech 1:30-2:30 Aerobics</p>	<p>28</p> <p>10:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 11:15-12:00 Yoga w/Angie 12:00-1:00 Begin ESL (M) 1:30-2:30 Strength Training w/Miriam</p>	<p>29</p> <p>9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 10:30-11:30 Zumba Gold 12:00-1:00 Trunk or Treat 1:30-2:30 Total Body Workout</p>



## NOVEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/Linda 1:00-2:00 Line Dancing</p>	<p>2</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Intermediate ESL 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:00-12:00 Yoga w/Angelica 2:00-3:00 Advanced Spanish 2:00-2:45 Chair Zumba</p> 	<p>3</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-10:45 Zumba Gold 11:30-12:30 Meditation 1:00-2:00 Open Tech 1:30-2:30 Aerobics</p>	<p>4</p> <p>10:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 11:15-12:00 Yoga w/Angelica 12:00-1:00 Begin ESL 1:30-2:30 Strength Training w/Miriam</p>	<p>5</p> <p>9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 11:30-12:30 Brain Games 1:30-2:30 Total Body Workout 2:00-3:00 Bingo</p>
<p>8</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/Linda 1:00-2:00 Line Dancing 2:00-4:00 Movie</p>	<p>9</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Intermediate ESL 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:00-12:00 Yoga w/Angelica 11:00 -12:00 Candid Conversations 2:00-3:00 Advanced Spanish 2:00-2:45 Chair Zumba</p>	<p>10</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-12:00 Haircuts 10:00-10:45 Zumba Gold 11:30-12:30 Meditation 1:00-2:00 Open Tech 1:30-2:30 Aerobics 3:00-3:30 Monthly Bday Celebration</p>	<p>11</p> <p><b>SSC CLOSED</b></p> 	<p>12</p> <p>9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 10:30-11:30 Coffee Chat 11:30-12:30 Medicare Update 1:30-2:30 Total Body Workout</p>
<p>15</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/Linda 1:00-2:00 Line Dancing</p>	<p>16</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Intermediate ESL 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:00-12:00 Yoga w/Angelica 2:00-3:00 Advanced Spanish 2:00-2:45 Chair Zumba</p>	<p>17</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-10:45 Zumba Gold 11:30-12:30 Meditation 1:00-2:00 Open Tech 1:30-2:30 Aerobics</p>	<p>18</p> <p>10:00-2:00 Hispanic Club 9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 11:15-12:00 Yoga w/Angelica 12:00-1:00 Begin ESL 1:30-2:30 Strength Training w/Miriam</p>	<p>19</p> <p>9:30-10:30 Tai Chi w/Ken 10:00-11:30 Art w/Anne 2:00-3:00 Bingo</p>
<p>22</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/Linda 12:00-1:00 Thanksgiving Drive Thru Lunch 1:00-2:00 Line Dancing 2:00-4:00 Movie</p>	<p>23</p> <p>10:00- 2:00 Hispanic Club 10:00-11:00 Intermediate ESL 10:00-11:00 Tai Chi w/Alma 10:00 Latin Dance w/ Lili 11:00-12:00 Yoga w/Angelica 11:00 -12:00 Candid Conversations 2:00-3:00 Advanced Spanish 2:00-2:45 Chair Zumba</p>	<p>24</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Current Events 10:00-12:00 Haircuts 10:00-10:45 Zumba Gold 1:00-2:00 Open Tech 1:30-2:30 Aerobics</p>	<p>25</p> <p><b>CLOSED FOR THANKSGIVING</b></p> 	<p>26</p> <p><b>CLOSED FOR THANKSGIVING</b></p> 
<p>29</p> <p>10:00-2:00 Hispanic Club 10:00-11:30 Art w/Anne 11:00-12:00 Stretch &amp; Tone w/Linda 1:00-2:00 Line Dancing</p> 	<p>30</p> <p>10:00-2:00 Hispanic Club 10:00-11:00 Tai Chi w/Alma 10:00-11:00 Inter. ESL 10:00 Latin Dance w/ Lili 11:00-12:00 Yoga w/Angelica 2:00-3:00 Advanced Spanish 2:00-2:45 Chair Zumba</p>			<p>Daylight Saving Time ends on Sunday, November 7th, don't forget to change your clocks back one hour on Saturday, November 6th</p>



### CT Transit Bus Tokens

**CT Transit** bus tickets are available at the front desk for SSC members. Ten ride bus passes are available to anyone on Medicare with a suggested donation of \$2.00. Those not on Medicare can get 2 single ride tickets per day for a \$1.00 suggested donation.



### Norwalk Transit Easy Access

**Easy Access** is a door-to-door para transit service. Please note there are no more paper tickets for Easy Access. Everyone must set up an account with their new RMP online payment system.

To register for the new online fare payment system called **RMPay** please see below

- Go to the NTD website: [www.norwalktransit.com](http://www.norwalktransit.com)
- Click on the "Services" link at the top of the home page
- Click on the "Door to Door" link under the Elderly/Disabled section on the right.
- Click on the **RMPay** login
- Select the blue register button below login
- Enter your email, primary phone number and customer ID on file with Norwalk Transit
- Once your account is created, please navigate to the email you registered with and verify your email address by clicking on the link from your email.
- Once you have verified your email, you can now login
- If you need further assistance, please call 203-299-5180 or at [www.rmpay@norwalktransit.com](mailto:www.rmpay@norwalktransit.com)

If you still have unused paper tickets, you may still use them however, they will be gradually phased out with the transition to the **RMPay** payment system.

You may continue to use your existing tickets, or you may contact Norwalk Transit at 203-299-5160 to convert and add the value of your unused NTD tickets to your **RMPay** registered account.

**SSC members will receive a monthly stipend deposited into their RTM account to subsidize the cost of their rides to and from the SSC. Seniors must set up their own accounts.  
The Center will no longer have paper tickets to give out.**

### **SHARE THE FARE**

**The 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**

**All classes are in the SSC auditorium unless otherwise noted in description.  
Classes that are held in auditorium will also be streamed on Zoom.**

**Mondays at 10 am**

**Latin Dance with Lili**

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

**Mondays at 11am**

**Stretch & Tone with Linda:** Class includes stretching and toning exercises targeting the entire body. Please bring your own mat.

**Mondays at 1:00pm**

**Line Dancing with Tina:** 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.

**Tuesdays at 10:00am**

**Tai Chi with Alma:** Chinese form of martial arts that involves slow, controlled and low-impact movements that help improve balance and hand eye coordination.

**Tuesdays at 11:00am**

**General Exercise with Miriam in Scalzi Park:** Easy to learn exercise that targets multiple muscle groups by using bands and light aerobics which increases strength and muscle tone. (Sponsored by Over 60 Club)

**Tuesdays at 11:15am**

**Yoga with Angelica:** Traditional yoga positions to increase strength and flexibility and reduce stress. Please bring your mat.

**Tuesdays at 2pm**

**Chair Zumba with Lili:** Developed for seniors who are unable to tolerate the rigors of a standard class and is performed in a seated position with lively music. This class effectively lowers body weight and fat.

**Wednesdays at 10am**

**Zumba Gold with Lili in Scalzi Park:** Easy to follow choreography to lively music that will inspire and motivate you to move. This is a great total body workout.

**Wednesdays at 1:30pm**

**Aerobics with Miriam:** Energetic exercises to strengthen your heart, muscles and bones.

**Thursdays at 9:00am**

**Tai Chi with Alma in Scalzi Park:** Chinese form of martial arts that involves slow, controlled and low-impact movements that help improve balance and hand eye coordination.

**Thursdays at 11:15am**

**Yoga with Angelica:** Traditional yoga positions to increase strength and flexibility and reduce stress. Please bring your mat.

**Thursdays at 1:30pm**

**Strength Training with Miriam:** A program of muscle building exercises.

**Fridays at 9:30am**

**Tai Chi with Ken in Scalzi Park:** Chinese form of martial arts that involves slow, controlled and low-impact movements that help improve balance and hand eye coordination.

**Fridays at 1:30pm**

**Total Body Workout with Miriam:** A chair based class that provides head to toe exercises to build strength and improve flexibility.



**Coffee Chat**

Join us for lively discussions

2nd & 4th Friday  
of the month at 10:30am

Via Zoom. Link is available  
on myactivecenter.com



**Virtual Cooking Program with Susan Doyle  
Monday's at 3:00pm on Zoom**

**October 18th**

**November 15th (Thanksgiving menu)**

It's hard to cook for one or two. This cooking demo will solve the problem of how to enjoy cooking on a smaller scale. Learn to prepare tasty treats from the comfort of your own home

**Zoom Meeting ID#: 889 1355 2335**

**A SMARTER WAY TO GIVE**

**Wednesday, October 20th at 3 pm**

Still giving with your checkbook? Instead, consider funding your philanthropy with a more strategic giving vehicle. This session will help you discover the charitable landscape and how donors like you give today. Learn the differences among common giving strategies, and understand how you can maximize your impact while minimizing the tax burden. It's a smarter way to give!

**Presented by: Julina Ogilvie, of**

This program will be on Zoom. Please register on myactivecenter.com



**Haircuts by Cecilia**

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

October 13th & 27th  
November 10th & 24th

All cuts - \$15.00

Haircuts will be done in the Art Room  
Call 203-977-5151 for an appointment

**Group Meditation  
Wednesday's at 11:30am**

(does not meet the last  
Wednesday of the month)

We invite you to join us in a safe space to participate in the weekly Stamford Seniors World Goodwill Meditation Group!

We will discuss, visualize and meditate upon the healing power of goodwill to transform lives in wondrous ways!

Come and experience for yourself these energies of joy and sharing!

This group will meet in person at the Senior Center

Register at [www.myactivecenter.com](http://www.myactivecenter.com) or by calling the Center at 203-977-5151



Facilitated by:

Ginny DeAngelis



**Knitting & Crocheting  
for a cause**

**Thursdays  
10:00am-11:45am**

This group will meet every Thursday. Beginners welcome. Come together, make new friends, and learn from each other!

Work on your own projects or contribute to the community by making hats and scarves to be donated to local non profits for newborns, cancer patients, anyone in need.

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



**Medicare Part D  
Screenings with  
MedAssist  
Counselors**

**Need help evaluating your Medicare drug plan for 2022? We can help!**

**October 15th - December 6, 2021**

Mondays & Fridays  
9:00am - 11:30 am  
By appointment only  
Please call 203-977-5151

MedAssist Counselors will help you evaluate and choose a Part D drug plan that works for you.

Please remember to bring your Medicare card, Medicare Part D card and all your prescriptions

**MEDICARE UPDATE for 2022  
Friday, November 12th  
11:30 a.m.**

Come hear and learn about the important changes to Medicare for 2022 including:

- 2022 Part D Plans and costs
- 2022 Medicare Advantage Plans
- Medicare Supplement Insurance Rates
- Premiums and Deductibles for Medicare Parts A & B

***Presented by:  
SSC's Director, Chris Crain***

Register online at [myactivecenter.com](http://myactivecenter.com)  
or by calling 203-977-5151  
This will be streamed on Zoom as well.



Just a reminder, you can find all our online classes on [myactivecenter.com](http://myactivecenter.com) and log into the class. If you have not already registered with [myactivecenter](http://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](http://www.myactivecenter.com)**  
Select "Stamford Senior Center" and enter the number on the back of your keytag.



**Blood Pressure Clinics**  
 Located in the Library  
 (no appointment needed)

Monday, October 4th  
 10:00-11:00

Sponsored by: **Visiting Nurse & Hospice of Fairfield County**  
a member of Waveny LifeCare Network

Monday, November 8th  
 10:00-11:00

Sponsored by:   
Osborn Home Care  
 From The Osborn to Your Home

**PLEASE SUPPORT OUR ANNUAL APPEAL!**

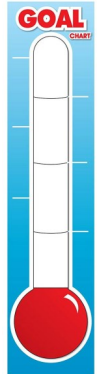
As a non-profit organization, donations are crucial to the SSC and in helping us meet our annual operating budget and maintain the breadth of programs offered to our members to keep them active & healthy.

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

For your added convenience, you can donate online at [www.stamfordseniorct.org](http://www.stamfordseniorct.org)

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

**\$15,000**



**Monthly Birthday Celebration**  
 2nd Wednesday of the month  
 3:00pm via Zoom

To celebrate birthdays, drive up to the Senior Center that morning between 9:00am and 2:00pm to pick up your cupcake.

Join us on Zoom to sing Happy Birthday and enjoy our cupcakes together.

Please pre-register by the preceding Friday on myactivecenter or by calling 203-977-5151

Zoom meeting ID# 339 504 9940

**Free Shopping Trip to Stew Leonard's in Norwalk**  
 2nd & 4th Mondays of the month at 10am



Our friends at the Norwalk Senior Center have kindly offered to transport our members to Stew Leonard's in Norwalk on Mondays at 10:00am.

The bus will pick you up here at the Center, bring you to Stew's to shop and then bring you back to the SSC. All members who register will receive a \$10.00 shopping coupon to use at Stews. Limit of no more than 4 grocery bags per shopper.

Please be at the Center by 9:45am

Space is limited so call early to register at 203-977-5151

**With Fall approaching, get outside, take a walk and breathe in the fresh air.**

Here are a few great places to walk:

Bartlett Arboretum: 151 Brookdale Road

Cove Island Park: 363 Weed Avenue

Mill River Park: Washington Blvd.

Montgomery Pinetum (Bible Street Park)  
 Cos Cob



*Legacy Gift Giving*

Has the Stamford Senior Center made a positive impact on your life or someone you care about? If so, please help support our programs and services with a donation.

[Here are some of the ways to contribute:](#)

**Tribute Donations** - In honor of someone who is celebrating a birthday, anniversary or other event.

**In Memory or Tribute** - A loving way to donate. A personalized card will be sent on your behalf in memory or as a living tribute.

**Bequests** - Leave a charitable bequest in your will to the Stamford Senior Center and create a personal legacy that endures forever.

*All donations are acknowledged in our newsletter Donations can be made by check or through our website using Paypal or a credit card.*



***Thank you to the following individuals for their donations to the Stamford Senior Center (through 8/31/21)***

- Carol Ann Bakinowski
- Maria Diaso Bermudez
- Roseline Bernier
- Cynthia Bowser
- Debbie Bozek
- Joseph Chan
- Lila Croen
- Lenore DiPalma
- Therese Fix
- Joan Ginnetty
- Marge Hogan
- Mary Howinsky
- Ellie Isidro (In memory of Peter Conetta)
- Carole Kirk
- Robin Kurtz
- Ling Lee
- Ernie & Marion Lim
- Catherine Milke
- Lindsey Miller
- Marie O'Reilly
- Laurie Pensiero
- Julio Poma
- Mary Rachinsky
- Wilma Ramazzini
- Harold Rosenbaum
- Vince & Nicol Rupolo
- Celmira Sedano
- Miriam Shaw
- Beverleigh Shaylor
- Marybelle Suczek
- Marilyn Tague
- Kay Woodard
- Anne Smith-Young

**GIVING  
TUESDAY**

November 30, 2021

We have two days for getting deals:

Black Friday and Cyber Monday. On **#GivingTuesday**, we have a day for giving back. It is the opening day of the giving season.

**#GivingTuesday** is a global giving movement that has been built by communities in countries around the world. Millions of people have come together to support and champion the causes they believe in and the communities in which they live.

If you supported our Annual Appeal with a donation, we thank you, if not please consider giving on **#GivingTuesday**.

Donate at [www.stamfordseniorct.org](http://www.stamfordseniorct.org)





Hilda Woodson & Gerry Russo



Delores Donahue, Ingrid Haughton  
Carolyn Meloni & Anna Meyer



Joan & Pamela Hall



Maria Acosta, Joy Ramsay, Tibisay Dawidowicz &  
Albetina Hensley



Mah Jong Group



Zumba Chair Class



Gloria Adams



888 Washington Boulevard, 2<sup>nd</sup> Floor  
Stamford, CT 06901  
[www.stamfordseniorct.org](http://www.stamfordseniorct.org)

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