

STAMFORD
Senior Center



**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

Platinum
Transparency
2024

Candid.



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

It's May and that means, it's time to Celebrate **OLDER AMERICANS MONTH!** But then again, here at the Stamford Senior Center, we celebrate Older Americans everyday! Established in 1963, Older Americans Month (OAM) is celebrated in May, every year across America. OAM is a time to recognize Older Americans' contributions, highlight aging trends, and reaffirm our commitment, as a nation, to older adults across our communities.

This year's theme, "**Powered by Connection,**" focuses on the profound impact that meaningful connections have on our overall health and well-being. It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. Here at the Stamford Senior Center, it's at the forefront of what we do. We foster meaningful connections, encourage community engagement and provide opportunities that enhance the well-being of our members. Whether it's the ability to take a fitness class among your peers where you motivate and encourage one another to do that extra bicep curl, sharing stories with new friends over a cup of coffee, sitting down with one of our tech volunteers to help you connect with your family and friends, you are fostering the power of connection. We invite you to share your thoughts and stories of how you feel connected at the SSC, on your social media pages. Use hashtag [#PoweredByConnection](#) and [#stamfordseniorcenter](#) to tag us in your post.

We want to thank everyone who has supported our 8th Annual Lives Blossom Spring Fundraiser. Whether you are a sponsor, donor to our silent auction or bought a ticket to attend, your support helps us fulfill our mission of empowering seniors to thrive physically, mentally and socially. We are most grateful for your support.

Finally, you may have noticed a new look to our logo and new name for our newsletter. Thank you to our members who came up with the name at one of our Friday Coffee Chats. We are also very excited to unveil a newly designed website in the coming weeks, as a way to better connect with all of you and with the greater community. Check it out (website address is above) and let us know what you think!

-Happy Older Americans Month, Chris

If you love our work then tell the world! You have an opportunity to help us make even more of a difference in our community. Great Nonprofits a review site, is honoring highly reviewed nonprofits with their 2024 Top-Rated Awards. Won't you help us raise visibility for our work by posting a review of your experience at the SSC? It's easy and only takes 3 minutes!

Go to:

<https://greatnonprofits.org> and search for The Stamford Senior Center to write your review.

Follow us on Social Media:



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The Stamford Senior Center is a Non-profit 501(C)3 organization

OUR MISSION

To engage and empower seniors of all backgrounds to thrive physically, emotionally and socially.

BOARD OF DIRECTORS

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To become a member of the Stamford Senior Center

Visit us at:
888 Washington Blvd., 2nd Fl.
Stamford, CT 06901

Open: Monday-Friday: 9am-5pm

Please visit our website at:
www.stamfordseniorct.org

Membership Dues:

Silver Membership: \$30.00
Includes 5 free fitness classes (see page 8 for details). All other fitness classes are \$2 per class.

Gold Membership: \$120
Includes all fitness classes with no per class fee

Scholarships are available to anyone who needs one

Senior Lunch Program for anyone 60 and older

Fresh sandwiches and hot lunches are available Monday through Friday. Lunch can be ordered between 11:00am-1:30pm At the reception desk.

Lunch Options Include:

Daily Hot Lunch Special
or
Grilled Chicken over Greek Salad
or
Roast Turkey, Tuna Salad, Egg Salad, Chicken Salad or Ham & Cheese sandwich

For daily specials, please visit our website at www.stamfordseniorct.org

Suggested donation for lunch is \$4, but no one is turned away due to inability to pay.

Lunches can be enjoyed in our [Friends Café](#) or on our [Catwalk Café](#) overlooking the lobby or on our patio.

Funded by Title III of Older Americans Act Through Southwestern CT Agency on Aging

The SSC will be closed on:

Monday, May 27
in observance of
Memorial Day



and

Wednesday, June 19th in observance of Juneteenth



Stamford Veterans Resource Center

is at
Stamford Town Hall
175 Atlantic Street, Stamford

Hours of Operation

Tuesdays & Thursdays
10:00am-12:00pm

If you have any questions, call 203-977-7993 or email veteransresource-

MENTAL HEALTH RESOURCES

Crisis Intervention Resources:

National Suicide Prevention
Hotline: 9-8-8
Crisis Line : text
"CONNECT" to 741741 to speak with a trained counselor

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

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



MOTHER'S DAY Luncheon



Friday, May 10th

11:00 am-1:00 pm

Plated Lunch followed by:

A Very Special Musical Performance by:

Los Ciegos Del Barrio

Cost: \$20 per person

This event will be held at

The Stamford Hotel

700 East Main Street

Thank you to our Sponsor

Partner Re Asset Management Corporation

Register on myactivecenter.com
or in person at the Center

Celebrate the most popular sandwich in America



It's National Hamburger Day!!

Friday, May 31st

11:45 am to 1:00pm

Join us for a Charcoal Grilled Hamburger with Pasta Salad & Chips

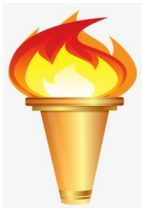
Followed by everyone's favorite ice cream

From Ice Cream Emergency

\$12.00 per person

Register on [myactivecenter](http://myactivecenter.com) or in person at the Center

Thank you to our Sponsor:



6th Annual Senior Olympic Games

Friday, June 21st

(rain date: June 28th)

Athletes:

Please be at the Center by 9 am

Opening Ceremony begins at 9:30 am.

Games conclude at 12 pm and are followed by lunch in the auditorium.

This event is full, but if you wish to participate, please ask Ada to put you on our waitlist.

If you wish to be an

Olympic sponsor call or email

Chris at 203-977-5151 or ccrain@stamfordct.gov



National Hot Dog Day & National Ice Cream Day

It's a Two For One Celebration!

Friday, July 19th

11:45 am to 1:00 pm

It's a two for one celebration! Charcoal grilled, foot long, all beef hot dogs (chili optional) served with potato chips And yes..... More ice cream from Ice Cream Emergency!

\$10 per person

Must Pre-Register at [myactivecenter](http://myactivecenter.com) or in person at the Center.



Tuesdays at 2:00pm

Please register on myactivecenter.com or in person at the Center. Programs are at the Center and 5 spaces are available on Zoom for those who cannot attend in person

[May 7](#): Star Lore of the Ojibwe: Treworgy Planetarium
Mystic Seaport

[May 14](#): Great Basin National Park Foundation

[May 21](#): FDR the Hobbyist: FDR Presidential Library & Museum

[May 28](#): Plaza of Presidents: National Museum of the Pacific War

There will be no programs for the months of June & July

Art with Rosa Colon



Mondays at 2 pm
Art Room

This class will teach you various techniques
With an array of art forms.

Register on myactivecenter.com
or in person at the Center

Limit of 12 people per class



ART CLASSES WITH RENE SOTO

Fridays at 11:00am
in Art Room



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

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



**Open Technology Session
Wednesdays: 1:00-2:30 pm
(Computer Lab)**

**Having any problems or questions with your
computer, tablet or smart phone issues?
You are not alone!**

Our Amazing Technology Wizards are here to help answer
all your questions.

**May 8th - Security
1:15-2:30**

Facilitator: Stu

Learn how to understand and put into practice security
measures to protect your personal information
(e.g. passwords, credit cards, bank accounts) from being
used by unauthorized people

**June 5th - AI - Artificial Intelligence Apps
1:15-2:30**

Facilitator: Support Techs

What they are, what they can do & how you can use them.

Please register on myactivecenter.com
or in person at the Center

ESL Class Level One Beginner's With Robin

Mondays 12:00-1:00pm

Wednesdays 12:00-1:00pm

Level Two Beginners with Daina

Mondays 12:00-1:00pm

Wednesdays 12:00-1:00pm

Intermediate Class with Andrea

Thursdays 12:00-1:00pm



**Spanish Classes With Angeles
In the Mural Room**

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

Next course will be in July
(July 3 - August 21)
\$30 for the 8 week course

SSC Members only

*Afternoon Social
In the Friends
Cafe*

**Thursdays;
May 9th & June 13th
3:00 pm**

Join us for a fun social hour to meet people and get to know other members. New members are encouraged to stop by. It's a great way to meet other members and learn more about The SSC . Beverages and snacks will be served



Coffee with Chris

Once a month, share a cup of coffee with our Director and have a lively discussion on a different topic each month.

Do you have something on your mind?
We want to hear from you!

**Fridays: May 3rd & June 7th
10 am in the Cafe**

Register on myactivecenter.com



Current Events - Mural Room

1st & 3rd Monday of the Month
10:00 -11:00 am

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

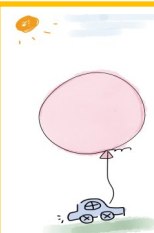
Discussion Leader: Len Kulkarni

Register on myactivecenter.com or in person



**Mah Jong
Tuesdays
12:00-3:00 pm
In the Mural Room**

Whether you're an experienced player or new to the game and want to learn, join this friendly group for this ancient game of skill, strategy and a bit of luck.



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

2nd & 4th Fridays 10:00am

Facilitator: Frank Troise

Does the idea of happiness and personal growth appeal to you? Would you like to have more of both?

If so, I invite you to join me, and other fellow travelers, as we share with one another those experiences that have enabled us to find happiness and personal growth in our lives.

Let's learn from each other and have some fun

Register on myactivecenter.com

**Musical Meet Up and Sing-a-long - Library
Wednesdays 11:00am-12:00pm**

Facilitator: Daina Schuman

Are you interested in joining a musical meet up group?
Come and bring your musical instrument to play or just come and sing along. Either way, we promise a fun time!

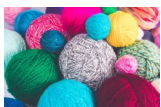
**Movie MONDAYS
2nd & 4th Monday of the Month
2:30pm - Auditorium**



May 13: The Iron Orchard - A young man is introduced to the vibrant and sometimes brutal world that exists in the oil fields of Texas in 1939.

June 10: Maestro - On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.

June 24: The Hill -The true story of Rickey Hill, the son of a traveling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.



Knitting & Crocheting Group

Thursdays at 10:00 am
in the Mural Room

Join us for friendly conversation and learn from one



NICKEL BINGO

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

5 cents per card per game. Win Cash prize!

No game on Wednesday, May 8th

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

New York Botanical Garden

Thursday, May 23rd



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

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

Time on Arthur Avenue for shopping at the Italian Markets.

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

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

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

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

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

**Casino Bonus: \$30 Slot Play
\$50 Food Voucher & Matinee Show**

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

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

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

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

Deposit by 5/29 - Final due: 7/3
Please call 203-977-5151 for reservations



**Lobsters & Lighthouses & Laughter
The beautiful sights of Maine
September 16-20, 2024**

Enjoy this spectacular getaway to Maine and so much more!!

Starting the day with Nubble Light. Stop for a photo-op at Maine's most photographed Lighthouse. Dinner included. Arrive at your Portland Maine Area Accommodations - 2 night stay

- Day 2 - Full or Deluxe Continental Breakfast. Kennebunkport Tour, Kennebunkport on the Water, Shipyard Brewery & Lighthouse Lover's Cruise
- Day 3 - Full or Deluxe Continental Breakfast. L.L. Bean, Boothbay Harbor Tour & Center, Maine Lighthouse Experience - 2 night stay
- Day 4 - Full or Deluxe Continental Breakfast. Bar Harbor Downtown & Acadia National Park. Maine Lobster Dinner included
- Day 5 - Full or Deluxe Continental Breakfast. Depart for home

Package Includes:

- Roundtrip Motorcoach Transportation
- Four Nights Accommodations in Maine
- 2 nights in the Portland Area
- 2 nights in the Bangor Area
- Four Breakfasts, Four Complete Dinners including One Maine Lobster Dinner
- Meal Tax & Meal Gratuity
- All Attractions & Guide Service Listed
- All State & Local Guest Room Taxes, Roundtrip Baggage Service

Package Price:

Single: \$1,250.00 | Double: \$994.00
1/2 deposit due upon reservation

Trip Insurance \$77.00 per person

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

MONDAYS

Latin Fiesta with Lili 10:00 AM FREE

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

Stretch & Tone with Linda 11:15 AM \$2.00

Class includes stretching and toning exercises targeting the entire body. Please bring your own mat. (This class also streamed on Zoom)

Line Dancing with Tina 1:00 PM FREE

A fun hour for anyone that loves to dance. Tina will have you moving to all genres of music from country, rock, pop and latin music.

KINIMA Fit 2:30 PM FREE

A virtual class designed to build strength, increase flexibility and stabilize the core.

TUESDAYS

Tai Chi with Alma 9:45 AM \$2.00

Chinese form of martial arts that involves slow, controlled and low impact movements that help improve balance and hand eye coordination. (This class also streamed on Zoom)

Yoga with Angelica 11:15 AM \$2.00

Traditional yoga positions to increase strength and flexibility and reduce stress. Please bring your mat. (This class also streamed on Zoom)

KINIMA Fit 1:00 PM FREE

A virtual class designed to build strength, increase flexibility and stabilize the core.

Chair Zumba with Lili 2:00 PM FREE

Developed for those who are unable to tolerate the rigors of a standard class, it's performed in a seated position with lively music. (This class also streamed on Zoom)

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

Learn how to strengthen & tone without weights, while having fun. (This class also streamed on Zoom)

WEDNESDAYS

Zumba Gold with Lili 10:00 AM \$2.00

Lively music that will inspire and motivate you to move. This is a great total body workout. (This class also streamed on Zoom)

Pilates Sculpt with Andrea 11:00 AM \$2.00

It focuses on postural alignment, strengthening and balancing muscles around the spine, as well as focusing on core muscles (This class also streamed on Zoom)

WEDNESDAYS (continued)

Aerobics with Miriam 1:30 PM \$2.00

Energetic exercises to strengthen your heart, muscles and bones. (This class also streamed on Zoom)

Tai Chi with Ken 3:00 PM \$2.00

Chinese form of martial arts that involves slow, controlled and low impact movements. (This class also streamed on Zoom)

THURSDAYS

Tai Chi with Alma 9:00 AM \$2.00

This class is in Scalzi Park (weather permitting)

Chinese form of martial arts that involves slow, controlled and low impact movements that help improve balance and coordination.

KINIMA Fit 10:15 AM FREE

A virtual class designed to build strength, increase flexibility and stabilize the core.

Strength Training with Miriam 1:30 PM \$2.00

A program of muscle building exercises. (This class also streamed on Zoom)

FRIDAYS

Tai Chi with Ken 9:00 AM \$2.00

This class is in Scalzi Park (weather permitting)

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

Chair Zumba with Lili 10:00 AM FREE

Performed in a seated position with lively music and Lili's magnetic energy. (This class also streamed on Zoom).

Total Body Workout with Miriam 1:30 PM \$2.00

A chair based class that provides head to toe exercises to build strength and improve flexibility. (This class also streamed on Zoom)

- **\$2.00 fee only applies to Silver Members**
- **All fitness classes are free for Gold Members**

Register on myactivecenter.com or in person at the Center

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

The Art of Forgiveness

Thursday, May 23rd
12:00pm-1:00pm

Speaker: Frank Troise

Would you like more happiness in your life? Not the type of happiness you can buy with money, anyone can do that, but the type of happiness that is internal and a happiness you can carry with you all the time. Learn how forgiveness increases and decreases internal happiness.

Long Term Care, Fixed Annuities and Grandchild Gifting

Wednesday, May 29th
12:15 pm-1:00pm

Speaker: Elaine Fowler, New York Life

Hear strategies on how to ensure you never out live your retirement savings. Long Term Care is one way to do so but also making sure if/when a long term care event happens, the cost won't deplete that saving. Leave a tax-free investment for your grandchildren

History of Ageism in our Society

Thursday, June 6th
11:30-1:00pm

*Speaker: Marie Allen - CEO,
Southwestern Connecticut Agency on Aging*

Join us for an insightful discussion on the history of Ageism in our society and its impact on economic security, healthcare outcomes, social division and policy implications as well as tips on how we can help combat it

Mastering The Emotions Mindfully

Thursday, June 13th
12:00-1:15

Speaker: Monica Jain

Do you want to be liberated from the shackles of emotions such as anger, frustration, or fear? Do you want to navigate life's every challenge with calmness and clarity? Then this session is for you. In this session Monica will share her simple yet powerful practice to experience emotional independence.

Improving Your Balance & Strength

Thursday, June 20th
12:00-1:00pm

*Speaker: Bob Moore
Collins Medical*

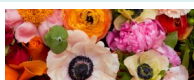
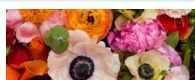
Learn ways in which you can work on maintaining and improving your strength and balance

Elder Abuse Prevention

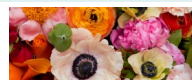
Wednesday, June 26th
12:15-1:15pm


*Speaker: Laura Robinson
Mozaic Senior Living*

June is Elder Abuse Prevention Month. Elder abuse comes in many forms from financial, Physical and verbal abuse. It is estimated that 1 in 10 older adults experience mistreatment. It is even higher if you have a cognitive challenge, such memory loss. We all can play a role in preventing abuse and helping others.



MAY



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>OLDER AMERICANS MONTH</p> <p>POWERED BY CONNECTION: MAY 2024</p>		<p>1</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>2</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 12:00-1:00 ESL Intermediate 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training</p>	<p>3</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Coffee w/Chris 10:00-10:45 Chair Zumba 11:00-12:00 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>6</p> <p>10:00-11:00 B/P Check 10:00-10:45 Latin Fiesta 10:00-11:00 Current Events 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00-2:00 Ukelele Lessons 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit</p>	<p>7</p> <p>9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba 3:00-4:00 Fitness w/Linda L</p>	<p>8</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:15-2:00 Security Apps 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p> <p><i>Lives Blossom Fundraiser</i></p>	<p>9</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 11:30-12:30 Brain Health Beyond Sudoku Presentation 12:00-1:00 ESL Intermediate 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training 3:00-4:00 Afternoon Social</p>	<p>10</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-10:45 Chair Zumba 10:00-11:00 Journey to Happiness 11:00-12:00 Art with Rene 11:00-1:00 Mother Day Luncheon Stamford Hotel 1:30-2:30 Total Body Workout</p>
<p>13</p> <p>10:00-10:45 Latin Fiesta 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Line Dancing 1:00-2:00 Ukelele Lessons 2:00-3:00 Art with Rosa 2:30-4:30 Movie: The Iron Orchard 2:30-3:15 Kinima Fit</p>	<p>14</p> <p>9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba 3:00-4:00 Fitness w/Linda L</p>	<p>15</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>16</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 12:00-1:00 ESL Intermediate 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training</p>	<p>17</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-10:45 Chair Zumba 11:00-12:00 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>20</p> <p>10:00-10:45 Latin Fiesta 10:00-11:00 Current Events 11:15-12:00 Stretch & Tone 12:00-1:00 ESL Beginners 1:00-2:00 Ukelele Lessons 1:00-2:00 Line Dancing 2:00-3:00 Art with Rosa 2:30-3:15 Kinima Fit</p>	<p>21</p> <p>9:45-10:45 Tai Chi w/Alma 10:00-12:00 Haircuts 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba 3:00-4:00 Fitness w/Linda L</p>	<p>22</p> <p>10:00-10:45 Zumba Gold 10:45-11:45 Spanish Class 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 1:00-2:30 Open Technology 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken 3:00-4:30 Nickel Bingo</p>	<p>23</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 12:00-1:00 The Art of Forgiveness 12:00-1:00 ESL Intermediate 1:00-3:00 Drop In Bridge 12:45-1:45 Jewelry Class 1:30-2:30 Strength Training</p>	<p>24</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-11:00 Journey to Happiness 10:00-10:45 Chair Zumba 11:00-12:00 Art with Rene 1:30-2:30 Total Body Workout</p>
<p>27</p> <p>CLOSED</p> <p>IN OBSERVANCE OF MEMORIAL DAY</p>	<p>28</p> <p>9:45-10:45 Tai Chi w/Alma 11:15-12:00 Yoga 12:00-3:00 Mah Jong 1:00-1:30 Kinima Fit 2:00-2:45 Chair Zumba 3:00-4:00 Fitness w/Linda L</p>	<p>29</p> <p>10:00-10:45 Zumba Gold 11:00-12:00 Pilates Sculpt 11:00-12:00 Sing Along 12:00-1:00 ESL Beginners 12:15-1:00 Long Term Care 1:00-1:30 Birthday Cake 1:30-2:30 Aerobics 3:00-4:00 Tai Chi with Ken</p>	<p>30</p> <p>9:00-10:00 Tai Chi w/Alma 10:00-11:45 Knitting 10:15-11:00 Kinima Fit 12:00-1:00 ESL Intermediate 12:45-1:45 Jewelry Class 1:00-3:00 Drop In Bridge 1:30-2:30 Strength Training</p>	<p>31</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park 10:00-10:45 Chair Zumba 11:00-12:00 Art with Rene 11:45-1:00 Hamburger Day Luncheon 1:30-2:30 Total Body Workout</p>



JUNE



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00-11:00 B/P Check</p> <p>10:00 -10:45 Latin Fiesta</p> <p>10:00-11:00 Current Events</p> <p>11:15-12:00 Stretch & Tone</p> <p>12:00-1:00 ESL Beginners</p> <p>1:00-2:00 Line Dancing</p> <p>1:00-2:00 Ukelele Lessons</p> <p>2:00-3:00 Art with Rosa</p> <p>2:30-3:15 Kinima Fit</p>	<p>4</p> <p>9:45-10:45 Tai Chi w/Alma</p> <p>10:00-12:00 Haircuts</p> <p>11:15-12:00 Yoga</p> <p>12:00-3:00 Mah Jong</p> <p>1:00-1:30 Kinima Fit</p> <p>2:00-2:45 Chair Zumba</p> <p>3:00-4:00 Fitness w/Linda L</p>	<p>5</p> <p>10:00-10:45 Zumba Gold</p> <p>11:00-12:00 Pilates Sculpt</p> <p>11:00-12:00 Sing Along</p> <p>12:00-1:00 ESL Beginners</p> <p>1:00-2:30 Open Technology</p> <p>1:15-2:30 AI Apps</p> <p>1:30-2:30 Aerobics</p> <p>3:00-4:00 Tai Chi with Ken</p>	<p>6</p> <p>9:00-2:00 Hispanic Club</p> <p>9:00-10:00 Tai Chi w/Alma</p> <p>10:00-11:45 Knitting</p> <p>10:30-11:00 Kinima Fit</p> <p>11:30-1:00 History of Ageism in our Soceity</p> <p>12:00-1:00 ESL Intermediate</p> <p>12:45-1:45 Jewelry Class</p> <p>1:00-3:00 Drop In Bridge</p> <p>1:30-2:30 Strength Training</p>	<p>7</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park</p> <p>10:00-11:00 Coffee w/Chris</p> <p>10:00-10:45 Chair Fitness w/Lili</p> <p>11:00-12:00 Art with Rene</p> <p>1:30-2:30 Total Body Workout</p>
<p>10</p> <p>10:00 -10:45 Latin Fiesta</p> <p>11:15-12:00 Stretch & Tone</p> <p>12:00-1:00 ESL Beginners</p> <p>1:00-2:00 Line Dancing</p> <p>2:00-3:00 Art with Rosa</p> <p>2:30-4:30 Movie: Maestro</p> <p>2:30-3:15 Kinima Fit</p>	<p>11</p> <p>9:45-10:45 Tai Chi w/Alma</p> <p>11:15-12:00 Yoga</p> <p>12:00-3:00 Mah Jong</p> <p>1:00-1:30 Kinima Fit</p> <p>2:00-2:45 Chair Zumba</p> <p>3:00-4:00 Fitness w/Linda L</p>	<p>12</p> <p>10:00-10:45 Zumba Gold</p> <p>11:00-12:00 Pilates Sculpt</p> <p>11:00-12:00 Sing Along</p> <p>12:00-1:00 ESL Beginners</p> <p>1:00-2:30 Open Technology</p> <p>1:30-2:30 Aerobics</p> <p>3:00-4:30 Nickel Bingo</p> <p>3:00-4:00 Tai Chi with Ken</p>	<p>13</p> <p>9:00-10:00 Tai Chi w/Alma</p> <p>10:00-11:45 Knitting</p> <p>10:30-11:00 Kinima Fit</p> <p>12:00-1:00 ESL Intermediate</p> <p>12:00-1:15 Mastering the Emotions Mindfully</p> <p>12:45-1:45 Jewelry Class</p> <p>1:00-3:00 Drop In Bridge</p> <p>1:30-2:30 Strength Training</p> <p>3:00-4:00 Afternoon Social</p>	<p>14</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park</p> <p>10:00-10:45 Chair Fitness w/Lili</p> <p>10:00-11:00 Journey to Happiness</p> <p>11:00-12:00 Art with Rene</p> <p>1:30-2:30 Total Body Workout</p>
<p>17</p> <p>10:00 -10:45 Latin Fiesta</p> <p>10:00-11:00 Current Events</p> <p>11:15-12:00 Stretch & Tone</p> <p>12:00-1:00 ESL Beginners</p> <p>1:00-2:00 Line Dancing</p> <p>2:00-3:00 Art with Rosa</p> <p>2:30-3:15 Kinima Fit</p>	<p>18</p> <p>9:45-10:45 Tai Chi w/Alma</p> <p>10:00-12:00 Haircuts</p> <p>11:15-12:00 Yoga</p> <p>12:00-3:00 Mah Jong</p> <p>1:00-1:30 Kinima Fit</p> <p>2:00-2:45 Chair Zumba</p> <p>3:00-4:00 Fitness w/Linda L</p>	<p>19</p> <p>CLOSED</p> <p>IN OBSERVANCE OF</p> <p>JUNETEENTH</p> 	<p>20</p> <p>9:00-10:00 Tai Chi w/Alma</p> <p>10:00-11:45 Knitting</p> <p>10:30-11:00 Kinima Fit</p> <p>12:15-1:15 Improving your Balance & Strength</p> <p>12:00-1:00 ESL Intermediate</p> <p>12:45-1:45 Jewelry Class</p> <p>1:00-3:00 Drop In Bridge</p> <p>1:30-2:30 Strength Training</p>	<p>21</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park</p> <p>9:30-1:0 Sr. Olympics</p> <p>10:00-10:45 Chair Fitness w/Lili</p> <p>11:00-12:00 Art with Rene</p> <p>1:30-2:30 Total Body Workout</p>
<p>24</p> <p>10:00 -10:45 Latin Fiesta</p> <p>11:15-12:00 Stretch & Tone</p> <p>12:00-1:00 ESL Beginners</p> <p>1:00-2:00 Line Dancing</p> <p>2:30-4:30 Movie: The Hill</p> <p>2:00-3:00 Art with Rosa</p> <p>2:30-3:15 Kinima Fit</p>	<p>25</p> <p>9:45-10:45 Tai Chi w/Alma</p> <p>11:15-12:00 Yoga</p> <p>12:00-3:00 Mah Jong</p> <p>1:00-1:30 Kinima Fit</p> <p>2:00-2:45 Chair Zumba</p> <p>3:00-4:00 Fitness w/Linda L</p>	<p>26</p> <p>10:00-10:45 Zumba Gold</p> <p>11:00-12:00 Sing Along</p> <p>11:00-12:00 Pilates Sculpt</p> <p>12:00-1:00 ESL Beginners</p> <p>12:15-1:15 Elder Abuse</p> <p>1:00-2:30 Open Technology</p> <p>1:00-1:30 Birthday Cake</p> <p>1:30-2:30 Aerobics</p> <p>3:00-4:30 Nickel Bingo</p> <p>3:00-4:00 Tai Chi with Ken</p>	<p>27</p> <p>9:00-10:00 Tai Chi w/Alma</p> <p>10:00-11:45 Knitting</p> <p>10:30-11:00 Kinima Fit</p> <p>12:00-1:00 ESL Intermediate</p> <p>12:45-1:45 Jewelry Class</p> <p>1:00-3:00 Drop In Bridge</p> <p>1:30-2:30 Strength Training</p>	<p>28</p> <p>9:00-10:00 Tai Chi w/Ken Scalzi Park</p> <p>9:30-12:30 Sr. Olympics Raintdate</p> <p>10:00-10:45 Chair Fitness w/Lili</p> <p>10:00-11:00 Journey to Happiness</p> <p>11:00-12:00 Art with Rene</p> <p>1:30-2:30 Total Body Workout</p>



**"CLUB HISPANO"
"BINGO 1PM
NUEVO HORARIO**



MAYO



**"CLUB HISPANO"
"BINGO 1PM
NUEVO HORARIO**



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
FELIZ CUMPLEAÑOS A:				
<p>Florinda González 05/04 Nancy Wong 05/05 Edna Caraballo 05/06 Cecilia Jara 05/08 Amparo Valencia 05/11 America Márquez 05/11 Maria Carllel 05/11</p>	<p>Blanca Vázquez 05/15 Maria Londoño 05/17 Flora Bejarano 05/18 Josefa Cacho 05/20 Elizabeth Rayo 05/20 Nelson Estrella 05/24 Alicia Freire 05/24</p>	<p>9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Medicare Patrol Talk 12pm Inglés Básico 1pm BINGO \$1 dólar (4to Piso)</p>	<p>9am KINIMA/Máquinas/Gym 10am Música con Olga 11am Platica, Video, Juegos 12pm Inglés Intermedio 12pm Tiempo Libre 1pm Juegos / Plática</p>	<p>9am Tai Chi con Ken 10am Zumba en Silla 10am En Inglés: Cafecito con Chris 11am Arte con Rene</p>
<p>6 9am KINIMA/Máquinas/Gym 10am Chequeo Tensión 10am Fiesta Latina (4to Piso) 11am Platica, Juegos, Video 12pm Inglés Básico 1pm BINGO \$1 dólar 2pm Arte con Rosa</p>	<p>7 9am KINIMA/Máquinas Gym 10-12 Cortes de Cabello 10am Practicando Inglés. 11am Video: Mes del Adulto Mayor en Estados Unidos 12pm Tiempo Libre. 1pm KINIMA/Juegos/Plática 2pm Zumba Silla con Lili</p>	<p>8 9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Nuestro Cabello y más con Ceci Jara(4to Piso). 12pm Inglés Básico 1pm BINGO \$1 dólar 1:15-2:15 Clase de Tecnología Aplicaciones de Seguridad "En Inglés"</p>	<p>9 9am KINIMA/Máquinas/Gym 10am Música con Olga 11am Platica, Video, Juegos 12pm Inglés Intermedio 12pm Tiempo Libre 1pm Juegos / Plática 3-4pm Tarde Social</p>	<p>10 9am Tai Chi con Ken 10am Zumba en Silla 10am (En Inglés) Viaje a la felicidad 11am Arte con Rene 11:30AM -1:00PM Día de Las Madres \$20 Hotel Stamford</p>
<p>13 9am KINIMA/Máquinas/Gym 10am Fiesta Latina (4to Piso) 11am Lia Diaz. Enriqueciendo Nuestro Bienestar 12pm Inglés Básico 1pm BINGO \$1 dólar 2pm Arte con Rosa</p>	<p>14 9am KINIMA/Máquinas Gym 10-12pm Película en Español 12pm Tiempo Libre 1pm KINIMA/Juegos/Platica 2pm Zumba Silla con Lili</p>	<p>15 9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Video: Lives Blossom. 12pm Inglés Básico 1pm BINGO \$1 dólar Día de la Conciencia Financiera de la 3ra Edad</p>	<p>16 9am KINIMA/Máquinas/Gym 10am Música con Olga 11am Practicando Inglés. 12pm Tiempo Libre 12pm Inglés Intermedio 1pm Juegos / Plática</p>	<p>17 9am Tai Chi con Ken 10am Zumba en Silla 11am Arte con Rene</p>
<p>20 9am KINIMA/Máquinas/Gym 10am Fiesta Latina (4to Piso) 11am Platica, Juegos, Video 12pm Inglés Básico 1pm BINGO \$1 dólar 2pm Arte con Rosa 2:30pm Kinima Fit</p>	<p>21 9am KINIMA/Máquinas Gym 10-12 Cortes de Cabello 10-10-12pm Practicando Inglés. Película en Inglés 12pm Tiempo Libre 1pm KINIMA/Juegos/Plática 2pm Zumba Silla con Lili</p>	<p>22 9am KINIMA/Máquinas Gym 10am Zumba Oro 11am Platicando con Inga Sobre Nutrición. 12pm Inglés Básico 1pm BINGO \$1 dólar</p>	<p>23 9am KINIMA/Máquinas/Gym 10am Música con Olga 11pm Video/Juegos/Plática 12:15-1:15 (En Inglés) El Arte De Perdonar 12pm Inglés Intermedio 1pm Juegos / Plática</p>	<p>24 9am Tai Chi con Ken 10am Zumba en Silla 10am (En Inglés) Viaje a la Felicidad 11am Arte con Rene</p>
<p>27 CENTRO CERRADO OBSERVANCIA DE MEMORIAL DAY</p>	<p>28 9am KINIMA/Máquinas Gym 10am Enriqueciendo nuestro Bienestar. Con Lia Diaz 11am Video / Documental 12pm Tiempo Libre 1pm KINIMA/Juegos/Plática 2pm Zumba Silla con Lili</p>	<p>29 9am KINIMA/Máquinas Gym 10am Zumba Oro Celebración de Cumpleaños 11am-2pm (4to Piso) 12pm Cuidados a Largo Plazo "En Ingles" Pastelito de Cumpleaños en nuestro Cafe 1pm</p>	<p>30 9am KINIMA/Máquinas/Gym 10am Música con Olga 11am Platicando con Josie del cuidado de la Piel 12pm Inglés Intermedio 1pm Practicando Inglés.</p>	<p>31 9am Tai Chi con Ken 10am Zumba en Silla 11am Arte con Rene 12 - 1pm \$12 Almuerzo Celebración Día de la Hamburguesa</p>



**MES DEL
ADULTO MAYOR
ESTADOUNIDENSE**



ATRIBUCIONES DE CONNECTION MAYO 2024





LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>3</p> <p>9am KINIMA/Máquinas/Gym 10am Chequeo de Tensión 10am Fiesta Latina 4to Piso 11am Plática/Juegos y más 12pm Inglés Básico 1pm BINGO \$1dólar 2pm Arte con Rosa</p>	<p>4</p> <p>9am KINIMA/Máquinas Gym 10-12pm Cortes de Cabello 10am Película en Español 1pm KINIMA/Juegos/Plática 2pm Zumba Silla con Lili</p>	<p>5</p> <p>9am KINIMA/Máquinas/Gym 10am Zumba Oro 11am Juegos / Platica / Video 12pm Inglés Básico 1pm BINGO \$1 1:15pm Tecnología. "Todas las Aplicaciones" (En Ingles)</p>	<p>6</p> <p>9am KINIMA/Máquinas/Gym 10am Música con Olga 11am Cabello y más/Ceci Jara 11:30am Historia de la discriminación por edad en nuestra Sociedad (En Inglés) 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos</p>	<p>7</p> <p>9am Tai Chi con Ken 10am Zumba en Silla 10am Cafecito con Chris (en Inglés) 11am Arte con Rene</p>
<p>10</p> <p>9am KINIMA/Máquinas/Gym 10am Fiesta Latina 4to Piso 11am Lia D. Enriqueciendo nuestro Bienestar. 12pm Inglés Básico 1pm BINGO \$1dólar 2pm Arte con Rosa / Movie</p>	<p>11</p> <p>9am KINIMA/Máquinas Gym 10am Película en Inglés. 12pm Tiempo Libre. 1pm KINIMA/Juegos/Plática 2pm Zumba Silla con Lili</p>	<p>12</p> <p>9am KINIMA/Máquinas/Gym 10am Zumba Oro 11am Platicando con Inga Sobre Nutrición. 4to piso. 12pm Inglés Básico 1pm BINGO \$1</p>	<p>13</p> <p>9am KINIMA/Máquinas/Gym 10am Música con Olga 12:15pm Dominando emociones de forma consciente. Inglés 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos 3-4pm Tarde Social</p>	<p>14</p> <p>9am Tai Chi con Ken 10am Zumba en Silla 10am En Ingles: Viaje a la felicidad 11am Arte con Rene</p>
<p>17</p> <p>9am KINIMA/Máquinas/Gym 10am Fiesta Latina 4to Piso 11am Plática/Juegos y más 12pm Inglés Básico 1pm BINGO \$1dólar 2pm Arte con Rosa</p>	<p>18</p> <p>9am KINIMA/Máquinas Gym 10am Cortes de Cabello. 11am Practiando Inglés 11am Manualidades 12pm Tiempo Libre 1pm KINIMA/Juegos/Plática 2pm Zumba Silla con Lili</p>	<p>19</p> <p style="text-align: center;">CERRADO EN OBSERVANCIA DE JUNETEENTH</p>	<p>20</p> <p>9am KINIMA/Máquinas/Gym 10am Música con Olga 11am Plática/Juegos y más 12pm Mejorando el equilibrio y la fuerza (En Inglés) 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Juegos</p>	<p>21</p> <p>9am Tai Chi con Ken 10am Zumba en Silla 11am Arte con Rene 9AM - 1PM OLIMPIADAS</p>
<p>24</p> <p>9am KINIMA/Máquinas/Gym 10am Fiesta Latina 11am Plática/Juegos y más 12pm Inglés Básico 1pm BINGO \$1dólar 2pm Arte con Rosa 2:30pm Película (En Ingles)</p>	<p>25</p> <p>9am KINIMA/Máquinas Gym 10am Enriqueciendo nuestro Bienestar con Lia Diaz 11am Manualidades 12pm Tiempo Libre. 1pm KINIMA/Juegos/Plática 2pm Zumba Silla con Lili</p>	<p>26</p> <p>9am KINIMA/Máquinas/Gym 10am Zumba Oro 12pm Inglés Básico 12:15pm Abuso de ancianos (En inglés) Celebración de Cumpleaños 11am - 2pm Pastelito de Cumpleaños en nuestro café 1pm</p>	<p>27</p> <p>9am KINIMA/Máquinas/Gym 10am Música con Olga 11am Plática con HSS 12pm Inglés Intermedio 12:30 Clase de Joyería 1pm Platicando con Josie del cuidado de la Piel</p>	<p>28</p> <p>9am Tai Chi con Ken 10am Zumba en Silla 10am En Ingles: Viaje a la felicidad 11am Arte con Rene</p>
<p>OLIMPIADAS</p> <p>VIERNES 21 DE JUNIO DE 9AM - 1PM</p> <p>EN CASO DE LLUVIA</p> <p>VIERNES 28 DE JUNIO DE 9AM-1PM</p>		<p>FELIZ CUMPLEAÑOS A:</p> <p>Amparo Cano 06/05 Margot Seas-Nuñez 06/12 Roberto Colón 06/05 Martha E. Villabona 06/19 Francisco Sánchez 06/06 Delia Irizarry 06/24 José Rosario 06/09 Leonidas Mejía 06/23 Tibisay Dawidowicz 06/12 Zoila Tirado Aguilera 06/27</p>		

Boosting your brain beyond Sudoku and Crosswords

Come learn what brain exercises Really look like and how you can boost your brain health.

Thursday, May 9th
11:30-12:30
(bring your brown bag lunch)

with
Heather Gately, CEO of
Lifted, Brain Wellness Center



Jewelry Class with Laure

Thursdays 12:45-1:45pm
In Art Room

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

Drop Ins are Welcome!



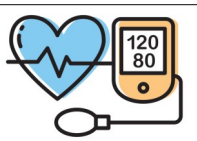
We are proud to partner with *Pickleball America* to offer SSC members significant discounts on open play as well as group Pickleball lessons.

Open Play for SSC Members is available on Tuesdays and Thursdays from 10 am to 12 pm. SSC Member fee is \$10 for 2 hours of play.

If you are interested in taking a lesson, the fee is \$25 for a one hour lesson.

Please call or stop by the Center to register.

Pickleball America is located at Stamford Town Center (at the old Saks off 5th location)



Blood Pressure Check With Christine

10:00-11:00am

1st Monday of month in the library

May 6th & June 3rd

Sponsored by:

Visiting Nurse & Hospice of Fairfield County



Haircuts by Cecilia

Tuesdays: 10:00am-12:00pm

May 7th & 21st

June 4th & 18th

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

Thank you to Ark Healthcare & Rehabilitation who sponsors our monthly Birthday Cake



Last Wednesday of the month at 1:00pm





**We are thrilled to welcome our newest staff member:
Stacy Ferber, as our Program Coordinator**

Please come by our May Afternoon Social on May 9th at 3 pm to meet Stacy

I am thrilled to be joining the Stamford Senior Center staff as your Program Coordinator. I grew up in Stamford and attended Low-Heywood Thomas High School (now King), Washington University in St. Louis, and Hunter College School of Social Work where I earned my Masters degree. I have certification in nonprofit management from a joint program of Columbia University School of Business & UJA Federation. Throughout my career, I have served as a Director, Program Manager, and Camp Director at The Educational Alliance, the 92nd St Y, Riverdale YM-YWHA, and most recently, UJA-Federation of New York. For the majority of my career, I have had the privilege and pleasure of working with older adults, and special populations, providing creative programming, community organizing, program administration and fundraising. My personal interests include hiking, yoga, traveling, and attending theater; I enjoyed completing the Great Saunter (32 mile walk around Manhattan), and I recently kayaked with the penguins in Antarctica. I am excited to meet and get to know the Stamford Senior Center members!

Welcome
to our
New Members

- | | |
|------------------------|----------------------|
| Alam, Hoda | Mortimer, Marylou |
| Amiel Burns, Linda | Park, Jeong Soon |
| Anilema, Juan Benigno | Prudnik, Natalia |
| Augustus, Donald | Psychodeda, Patricia |
| Ayala, Maria | Rivera, Rosita |
| Biase, Christine | Rustici, Loretta |
| Bischoff, Gary | Scofield, John |
| Callahan, Joann | Scofield, Lisa |
| Camino, Marcelo | Simonsen, Neil |
| Cappucci, Bonnie | Stephenson, Michael |
| Cinque, Lori | Suarez-Hammond, |
| Cole, Donald | Sonya |
| Darois, Katherine | Tan, Depu |
| Feinland Katz, Laura | Valdes, Josefina |
| Forero, Ligia | Violette, Robert |
| Gambini, Dolores | Wenner, Nancy |
| Heller, Larry | |
| Joseph, Marie | |
| Lewicki, Halina | |
| Lizcano, Jose | |
| Magistro, Pat | |
| Mahoney, Kristie | |
| Mahoney, Sean | |
| Marimow, Eileen | |
| Martinez, Claudia | |
| Morales Del Rio, Sonia | |



PANTRY WISH LIST

**Want to help stock the
SSC café?**

**Here is a list of items
we are always in need of:**

- ◆ Paper Towels
- ◆ Dish soap
- ◆ Sponges
- ◆ Napkins

**Want to sponsor a month of coffee
For our members?**

**\$100 donation will help us purchase a month's
supply of coffee for our café.**

**Want to cover the cost of the coffee cups,
creamer, sweeteners and the coffee?**

**A \$200 donation will sponsor a month of
Full Coffee / tea service for our members.**

Elderly / Disabled Homeowner Tax Relief Programs

The Filing period is between February 1 - May 15, 2024

The City of Stamford offers biennial tax credit programs for totally disabled homeowners (with proof of disability from Social Security office) or seniors who have been 65 years of age as of December 31, 2023.

- The income maximums are \$108,000 for married couples and \$91,800 for single individuals.
- Assets cannot exceed \$400,000 for unmarried applicants or \$600,000 for married applicants exclusive of an allowance of up to \$1,000,000 off of the equity value of the residence for which the tax relief is sought.
- Applicants **must have no past due real property or motor vehicle taxes** owed to the City of Stamford unless they are participating in a City approved payment plan and are less than sixty (60) days past due on such payment plan.
- The property must be the permanent residence/domicile of the applicant.

Past participants who are required to re-apply in 2024 will receive a notice at the end of January 2024

Required Documents:

- Completed asset worksheet (blank worksheet will be available in February 2024)
- Copy of Social Security Earnings for 2023 (Form SSA-1099)
- A copy of 2022 Federal Tax Return (if filed, a copy must be submitted)
- If not required to file federal tax return, please provide copies of income for 2023.

Please mail the required documents listed above to the following address by April 15, 2024: City of Stamford Tax Assessor’s Office, Homeowner Tax Abatement Program, 888 Washington Blvd., 6th Floor, Stamford, CT 06901

Please call 203-977-5888 to schedule an appointment. Homeowners may qualify for this exemption in addition to the State Circuit Breaker exemption. Applicants are required to file biennially.

MEDICARE SAVINGS PROGRAM (MSP)

MSP is a federal program that is administered at the state level. It pays the Medicare Part B premium for you, which means an extra \$174.70/month in your pocket. It also qualifies you for the federal low income subsidy to reduce your prescription drug costs.

The application is easy and the program can save you thousands of dollars per year.

The Monthly Income Limits for MSP are as follows:

Program Level	Single Person	Married Couple
QMB	2,649.00	3,595.00
SLMB	2,900.00	3,935.00
ALMB	3,088.00	4,191.00

There is no asset test to qualify in the state of CT. To apply, stop by the front desk for an application or download one on our website on our Helpful links tab www.stamfordseniorct.org



New Monthly Income Limits:

\$2,265- single
\$3,287 - couple

What counts as income?

Your income is all the money you make, including money from working, cash assistance, Social Security, unemployment, and child support.

To apply visit the DSS office on 1642 Bedford Street or apply online at

www.connect.ct.gov



CT Transit Bus Tokens

CT Transit bus tickets are available at the SSC's front desk for SSC members. Ten ride bus passes are available to anyone on Medicare with a suggested donation of \$4.00. Those not on Medicare can get 2 single ride tickets per day for a \$1.00 suggested donation.



Norwalk Transit Easy Access

Easy Access is a door-to-door para transit service. Everyone must complete an application and have a phone interview for approval. Please call 203-299-5180 or at www.norwalktransit.com

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

Share the Fare Taxi Program

- Discounted taxi vouchers to those 62 & older or under 62 with a disability, who reside in Stamford.
- Eligible riders can purchase Share the Fare vouchers in the Cashiering Department just off the first floor lobby of the Stamford Government Center.
- Participants must provide identification and proof of eligibility age or disability to the cashier.
- Each Share the Fare voucher book contains ten (10) vouchers and has a total face value of \$50.00. Books are sold to seniors and individuals who are disabled for \$25.00.

For more information, call 203-977-4979



FISH of Stamford

All volunteer transportation program provides rides to medical appointments for Stamford residents who have no other means of reaching health facilities.

Wheelchairs cannot be accommodated.

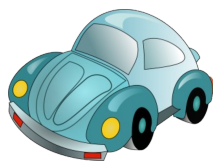
At least 2 business days advanced notice required. Rides are provided within Stamford only.

Please call 203-348-3474

for a ride

Monday-Thursday

9:00am-4:00pm



SilverSource Ride to Wellness

Free transportation to and from medical/dental appointments within Stamford for older residents (60+). Wheelchair accessible transportation is available.

All Rides available
Monday – Friday 9am to 2pm

Please call to schedule your ride in advance.

203.324.6584

**Voluntary Donations
Requested**



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 (February 10th - April 8, 2024)

- | | |
|-------------------------|-----------------------|
| Donald Augustus | Sandra Lefkowitz |
| Gary Bischoff | Susana Palacios |
| Vernita Brown | Susan Plutzer |
| Marcelo Camino | Rosita Rivers |
| Anita Dembiczak | Stamford Women's Club |
| Mary Ann Dunnell | Robert Violette |
| Gregory & Julia Gilbert | Nancy Wenner |
| Misa Huang | |
| Laura Feinland Katz | |
| Maureen King | |

THANK YOU TO OUR LIVES BLOSSOM SPONSORS

MEDIA SPONSOR:



GOLD SPONSOR:



CENTRIC REALTY

SILVER SPONSORS:



BRONZE SPONSORS:



Robert & Clare Kretzman





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

And the journey continues.....