

Come Lunch with the Darien Senior Programs at Mather Center
The best value in Town!

Chicken Cacciatore, Lamb Kabobs w/ Couscous, Vegetable Lasagna, Roast Beef w/ Lyonnaise Potatoes, Seafood Gumbo, Meat Loaf w/mashed potatoes—all complete with a vegetable side and dessert. These delicacies and more are prepared by our Master Chef Tom Mirto, a graduate of the Culinary Institute of America. Not only are the meals nutritious and delicious but they are an incredible value at \$4.00 each.

Research shows that eating your main meal at noontime, especially as we grow older, has actual health benefits. We have more time to digest and metabolize the meal. Eating lighter fare in the evening meal can aid in a better night's sleep and help with weight control.



Eating at the Center also has the added benefit of socializing with peers and attending some of the wonderful programming offered before or after lunch.

Cooking for one can also be stressful. The cost saving of only having to shop for breakfast and a lighter evening meal is also significant.

So give a meal at the Center a try. Call in for our weekly menu on Mondays 203-656-7490. **To reserve a meal, call by 11:15 the day of.... Lunch is served at 12:00 sharp!**

Don't forget that **At Home in Darien** is available to take you to appointments, shopping, visiting and of course, to the Senior Programs. Rides are available **Monday - Friday, 9am - 4pm**. Call **203-655-2227** to reserve your ride. A suggested donation is **\$5**.

January Save the Date *

- Jan 2 **CLOSED - HAPPY NEW YEAR**
- Jan 3 Art Gottlieb Historical Series
- Jan 4 Crafts
- Jan 4 Pleasure Through Plants
- Jan 4 Visiting Nurse & Hospice of Fairfield County Lunch & Learn **Complimentary Lunch**
- Jan 5 Touch of Sinatra
- Jan 11 Crafts
- Jan 12 Great Decisions with Erik Rambusch
- Jan 17 Stamford Hospital, "Care Management"
- Jan 18 Crafts
- Jan 18 Walgreens Pharmacy
- Jan 18 Caregivers Support Group
- Jan 19 Blood Pressure
- Jan 24 Darien Library
- Jan 25 Crafts
- Jan 25 Betsi Mufson on "Good Lit, Good Life"
- Jan 27 Ask a Lawyer
- Jan 31 Fairfield University, "Matter of Balance"

***Remember to check current month's newsletter for accurate dates and time.**

Woodshop Repair Program

Woodshop volunteers will repair small wooden items, chairs, drawers, tables, etc., for a recommended donation. Bring your item into the woodshop any Monday or Tuesday between 9:30 - 11:30 a.m. and one of our volunteers will discuss the cost to repair, including supplies.

Senior Trips

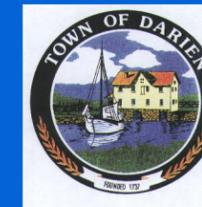
Darien Parks and Recreation is offering exciting trips. For your convenience, brochures are located next to the sign up counter. To sign up for any trip, please contact the Parks and Recreation department at 203-656-7325.

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The Voice
Darien Senior Programs
 At
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2 Renshaw Road
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203-656-7490
www.darienct.gov



December 2016
Hours of Operation
9 am - 3 pm

From the Desk of Beth Paris

"There are those who give with joy, and that joy is their reward"...Khalil Gibran

The most important aspect of the holiday season, no matter what holiday you are celebrating, is the time we take to stop, reflect, count our collective blessings and cherished moments spent with family and friends. On Wednesday, December 14th, as is the tradition at Darien Senior Programs, we end the year with our Circle of Light Celebration. This is a wonderful opportunity to celebrate friendship and wish each other well this Holiday Season!

On behalf of Marcy, Tom, Eileen, Nino, Michael and myself a Happy Healthy Holiday Season to you and yours!!!

Holiday Celebration Details:

Our Master Chef Tom Mirto will prepare a sumptuous feast on December 14th for \$4.00 (promptly served at 12:00) that even Santa would not want to miss! And speaking of Santa, he will arrive about 11:15 to hear the wishes and dreams of those young at heart. Be ready for a photo shoot, if you wish. We will conclude this lovely gathering with a candlelight sing-a-long led by our very own group of volunteers with Bonnie Leidner accompanying on piano. It promises to be an event worthy to start your festivities off for the season! Please call in advance for a reservation. *****Sign up by Friday, December 9th***** Reminder: Voice Mail is on 24 hours, 7 days a week. Just leave your name and telephone number, and staff will get back to you to confirm you are on the list. We encourage you to come in a bit early to get settled in.

Darien Senior Programs will be CLOSED for the Holidays on Friday, December 23rd, Monday, December 26th, and Monday, January 2nd

Girl Scouts of Darien CT: Bridge the Gap
Friday, December 9th @ 1:00 pm

The Girl Scouts of Darien, ages 8-13, will be here on Friday, December 9th. This is a great opportunity for the Girl Scouts and seniors to enjoy a shared experience and great conversation.

Musical Treats Concert
Thursday, December 29th @ 12:30

Musical Treats is a group consisting of five siblings from New Canaan, CT. The Musical Treats concert will feature string performances by the Haley family – using violin, viola, and bassoon. After the concert will be a meet-and-greet with refreshments and an opportunity to meet these talented young people.



INCLEMENT WEATHER DELAYS AND CLOSINGS

When Darien Schools are **CLOSED** Senior Programs is **CLOSED**. When Darien Schools are **DELAYED** the Senior Programs is **DELAYED** and will open at 11:00. All morning activities before 11:00 are cancelled. Tune into News 12, Channel 3 or 8 for updates of area closings. We ask that you use good judgment throughout the winter season and only drive when roads are clear and passable.

**RVNA: Staying Strong with Arthritis
Monday, December 5th @ 11:00 am**

While the effects of arthritis can sometimes seem overwhelming, an active lifestyle can benefit people living with the disease. Exercise protects the joints by strengthening the muscles around them. When you have strong muscles, they absorb the extra force that your joints normally would take. Plus, moving the joints keeps them fluid and limber. Katherine Lasberg, RN of Ridgefield Visiting Nurse Association will present a program on just how to stay strong with arthritis.

**Visiting Nurse and Hospice of Fairfield County: New Beginnings
Wednesday, December 7th**

Complimentary Lunch @ Noon * Program begins @ 12:30

We are all faced with new beginnings or fresh starts: changes like finding new interests in retirement, downsizing, and moving out of the area, or adult children moving in or away. Sometimes these changes are unexpected and sometimes they are planned. Join Melody Matheny Orpen, RN,BSN, our friend and nurse from Visiting Nurse and Hospice of Fairfield County, as we discuss how we can face these new beginnings and get the most out of the experience.

**Stamford Hospital: Spine and Back Health
Tuesday, December 20th @ 12:30**

As we get older, it's not uncommon to experience increased aches, pains and joint stiffness. Many of us assume this discomfort just goes with the territory – and, in fact, when it comes to the spine, *some* decline in function and flexibility may be expected as the bones and intervertebral disks begin to deteriorate over time. Dr. Sharma of Stamford Hospital will be here to discuss common spinal conditions in older adults and ways to alleviate the pain and discomfort.

**Walgreens Pharmacy: Flu and Pneumonia
Wednesday, December 21st @ 12:30**

Suffering through the sniffles, coughs, and fatigue lasts from a few days to a few weeks. But for seniors, winter maladies such as a bad cold, the flu, or pneumonia can be deadly. According to the National Institutes of Health, 35 to 50 million Americans come down with the flu during each flu season. For adults aged 65 and older, the flu can trigger complications or worsen existing health conditions. Bacterial infections such as pneumonia, bronchitis, and sinus and ear infections may develop just when you feel like you are getting better. Brian from Walgreens Pharmacy will discuss ways of preventing the flu and pneumonia as well as ways of identifying symptoms that should have you calling your doctor.

**Flu Season Continues
Steps to protect you from getting the flu**

Flu season is still here and the virus is still very prevalent in Connecticut. According to flu.gov, there are steps to take to prevent your chances of catching the flu virus in addition to getting your vaccine. Always wash your hands often with soap and water or an alcohol-based hand rub, avoid touching your eyes, nose or mouth – germs spread that way. Last, practice good health habits like getting plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food. Don't lose sight of the fact that spring is in just 4 short months!

**Medicare Open Enrollment
Starts October 15th – Ends December 7th
CHOICES counselors available in Town Hall Room 109
Darien Residents: Call 203-656-7328 for an appointment**

It is that time of year when you should compare plans and make sure you have the right health and prescription drug plan for you. Premiums change from year to year, as well as co-pays, your prescriptions, and formularies – so be certain you have the best plan for coverage starting January 1, 2017. If you find the available choices confusing and need help navigating the medicare.gov site, free confidential consultation is available in Town Hall for Darien residents. Ask for Olive Hauser or Ali Ramsteck, trained CT CHOICES counselors.

Energy Assistance Upcoming Program Reminders

Darien Human Services will begin taking Energy Assistance applications 9/15/2016, you can call to make an appointment beginning 9/1/2016.
Open Enrollment: Medicare part D open enrollment is 10/15/2016 thru 12/7/2016, you can call to make an appointment beginning 10/1/2016.
If you are a Darien resident and have questions regarding eligibility for either program please call 203-656-7328.

New Eligibility Guidelines for MSP (Medical Savings Program)

As of March 2016, a single senior can have \$2,413 in monthly income and qualify to have the \$104 deducted for Part B put back in their Social Security check. For a couple, the income limit is \$3,266. There is no asset limit for MSP. **If your single income is less than \$2,069**, you may also qualify for QMB and have your part D premiums paid and lower co-pays for your drugs. For a couple, the income limit is \$2,802. If you think you qualify, or have any questions, please do not hesitate to call Ali at 203-656-7328 at Darien Human Services.

“Ask the Social Worker”

Every Wednesday at 11:00 a.m., Ali Ramsteck will be at the Senior Programs to answer any questions you may have about available government benefits, town services, or to have a confidential chat about anything of concern to you. For Darien residents only.

Medical Equipment Loan Closet

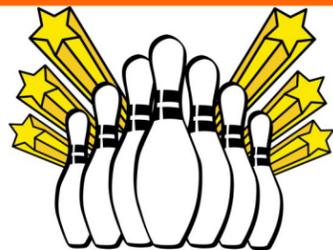
If Darien residents are in need of a walker, wheelchair, crutches, or a cane, you can borrow them, on a short term basis, from Darien Human Services Loan Closet. Just call 203-656-7328 to reserve what you need. You, or someone on your behalf, can stop by to pick up the equipment. There is no charge for this service. **Please spread the word!**



SPECIAL EVENTS AND ACTIVITIES

Senior Wii Bowling League Progressed to the Semifinals!

The Darien Pin Heads had a fantastic fall season! Ron Heinbaugh, Cathy Oberle, and Herb and Ethel Vernal lead the team all the way to the semifinals of the National Wii Bowling Tournament. The 2016 National Senior Bowling League featured 1,593 bowlers making up 288 teams from 31 different states. Congratulations to the Darien Pin Heads! Now on to the spring season which begins the week of February 12th. If anyone is interested in forming a team of 4, please let Marcy know.



Read and Tell: Good Lit; Good Life! Last Wednesday of every month December 28th @ 12:30

Join Betsi Mufson, LCSW of the Center for HOPE/Family Centers, Darien, for a monthly (last Wednesday) literary treat (poem, story, philosophical or inspirational essay) as springboard into sharing from our own stories and concerns. As meetings progress, participants will also be invited (although not obliged) to share their own narratives, spoken or written, biographical or fictional and to share their own truths. We will explore how creativity motivates, comforts, unsettles and keeps us on our toes. We will share the stories which most move and keep us going, the ideas which nurture a good life and help us through tough times. Come listen, interact, share inspiration and have fun!

Wednesday Crafts @ 9:30

We are inviting all crafty folks to come and enjoy each other's company while working on crafts. Every week, the "crafters" will have a different craft on hand to work on. Stay for an hour or stay all morning! Cost of the program will be \$4.00 unless otherwise specified.



How to ACCESS Darien Senior Programs:

On Line: Go to darienct.gov click on **Departments and Services** and then click on **Darien Senior Center**. Here you will find the current monthly Newsletter, weekly menu, and even a membership card!



By Phone: Call the main number **203-656-7490**. This number is for general information and daily lunch reservations. If you happen to call after regular office hours (3:00pm), please feel free to leave a detailed voice mail message, and be sure to include your name and phone number. You may also leave a voice mail to sign up for programs. Staff will call you back to confirm.



AARP Smart Driver Course offered this spring Tuesday, March 14th — 10:00 - 2:30

The AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass - just useful information to keep you safe on the road! Learn about normal age-related physical changes and how to adjust your driving to compensate. Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured. Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Some states may have restrictions on accepting an online driver improvement course for insurance discounts. Please consult your insurance agent for more information about discounts in your state.) Cost of the Smart Driver Course is **\$15.00 for members** and **\$20.00 for non-members**. There will be a half-hour lunch break for all participants. Bag lunch can be brought or purchased (\$4.00). Reservations for lunch must be made by 11:15 the day of the course.

ENTERTAINMENT

Reminiscence with Geri Genovese Thursday, December 1st @ 12:45

Geri will lead the group in lively discussions about the most wonderful time of the year. Bring your memories and share your experiences!

Karen Wagner Entertains! Monday, December 5th Lunch @ Noon, Performance @ 12:30

Karen Wagner is back to kick off the season with some favorite holiday songs! She has been the lead singer for many Boston and Connecticut based bands, including Route 66, a 1940s singing group. Karen currently performs throughout the country with her one-woman cabaret act, singing hits from the 20s-70s, including today's music and a little of everything in between. Lunch (\$4.00) will be served at noon, and entertainment (free of charge) will begin at 12:30. To make reservations, please call 203-656-7490.

Art Gottlieb, LCSW: Times Square Tuesday, December 6th @ 12:30

Located in the heart of New York City, Times Square is world famous for its huge billboards, stores, and restaurants. On New Year's Eve in 1907, crowds gathered there to witness New York's first "ball drop," a tradition that continues to this day, and a celebration that draws over one million people annually.

Garden Club of Darien Pleasure through Plants Wednesday, December 7th @ 10:00am

Volunteers with the Garden Club of Darien's Pleasure through Plants program will be here on Wednesday, December 7th to host a wonderful cut flower arranging group. Flowers are generously donated by the Garden Club. Participants will finish with a beautiful arrangement to bring home free of charge. Please see Marcy to sign up - space is limited and fills up quickly.



Great Decisions Facilitated by Erik Rambusch Second Thursday of the Month * Thursday, December 8th @ 10:00 a.m.

Great Decisions is America's largest discussion program on world affairs. Published annually by the Foreign Policy Association, Thursday, December 8th will be the fourth class. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. We will meet **once a month on the second Thursday** to discuss one topic per session. It is important that you read the appropriate section of the briefing book (approximately 8 to 10 pages) to prepare for these discussions. These sessions are not lectures. The leader will facilitate the process.

The next 4 topics are as follows: The Koreas, The United Nations, Climate Change, and Cuba and the U.S.



Blue Notes Tuesday, December 13th @ 12:30



The Blue Notes will be visiting the Senior Programs on Tuesday, December 13th at 12:30. The Blue Notes are a group of women who volunteer to bring the joy of music to the community. The Blue Notes have been a part of the Darien Community Association since 2004.

Don't miss out - for more programs see page 6

Weekly Classes at the Senior Programs

MONDAY

9:00 Pinochle/Cards—Room 133
 9:00 Tai Chi \$4/Class—Room 211
 9:30 Newplicate Bridge Play—Room 129B
 9:30 - 11:30 Woodshop—Room 123
 10:00 Acrylic Painting, \$4/Class—Room 128A
 10:00 - 12:00 Knitting—Library, Room 134
 10:00 - 10:45 Senior Aerobics, \$4/Class—Room 210/211
 10:30 Mahjong—Room 205
 10:30 - 12:00 Wii Team Play—Room 201
 11:30 Ballet for Seniors, \$4/Class—Room 210/211
 12:30 Spanish Conversation, \$4/Class—Room 134
 12:40 Zumba, \$4/Class—Room 210/211

* TBA = To Be Announced

TUESDAY

9:00 Pinochle/Cards—Room 133
 9:05 Pilates, \$4/Class—Room 210/211
 9:30 Open Pickleball—Town Hall Gym (all levels)
 9:30 - 2:00 Open Wii Bowling—Room 201
 9:30 Woodshop—Room 123
 10:00 Computer Help—Room 135
 10:00 Open Art Studio—Room 128A
 10:00 Writing Class—Room 134
 10:00 Sittercise—Room 133
 11:00 Feldenkrais Movement Class, \$4/Class—Room 211
 12:30 Line Dancing—(No class on 3rd Tuesday)—Room 210/211

WEDNESDAY

9:00 Pinochle/Cards—Room 133
 9:30 - 2:00 Open Wii Bowling—Room 201
 9:30 Crafts, \$4 unless otherwise stated—Room 205
 10:00 - 12:00 Intermediate Watercolor—Room 128A
 10:00 Yoga, \$4/Class—Room 211

THURSDAY

1:00 Tai Chi, \$4 Class—Room 211
 9:00 Pinochle/Cards—Room 133
 9:05 Pilates, \$4/Class—Room 210/211
 9:30 Stained Glass—Room 129B
 9:30 Intermediate Bridge Instruction—Room 129B
 9:30 Open Pickleball (all levels)
 10:15 Low Impact Aerobics with Linda—Room 210/211
 10:30 Mahjong—Room 205
 11:15 Jazzercise Lite, \$4/Class—Room 210/211
 12:00 - 2:00 Wii Team Play—Room 201
 12:30 Mahjong—Room 205
 12:30 Senior Fitness—Room 135
 1:00 Short Story Discussion—Room 134

FRIDAY

1:00 Open Pickleball—Town Hall Gym (intermediate level)
 1:00 QiGong, \$4/Class—Room 210/211
 9:30 - 2:00 Open Wii Bowling—Room 201
 10:00 Yoga, \$4/Class—Room 211
 10:00 Oil Painting, \$4/Class—128A
 10:00 Italian, \$4/Class —
 10:00 Beginner Spanish, \$5/Class—Room 134
 11:00 Spanish, \$5/Class—Room 134
 11:00 Ballet for Seniors, \$4/Class—Room 210/211
 12:30 Current Events—Room 134
 12:30 Brain Twisters & Teasers—Auxiliary Café, Room 113

December Special Programs

Thurs 1st	Reminisce with Geri Genovese	12:45
Mon 5th	Blood Pressure	9:30 - 11:00
Mon 5th	Ridgefield Visiting Nurses, "Staying Strong with Arthritis"	11:00
Mon 5th	Karen Wagner Entertains - Christmas/Holiday music	12:30
Tues 6th	Art Gottlieb "Times Square"	12:30
Wed 7th	Crafts	9:30
Wed 7th	Pleasure Through Plants	10:00
Wed 7th	Visiting Nurse and Hospice of Fairfield County "New Beginnings" <i>Complimentary Lunch-and-Learn Lunch Promptly at 12 Noon — Program at 12:30</i>	
Thurs 8th	Great Decisions with Erik Rambusch	10:00
Fri 9th	Girl Scouts "Bridge the Gap"	1:00 - 2:30
Tues 13th	Blue Notes	12:30
Wed 14th	Crafts	9:30
Wed 14th	Holiday Luncheon	12:00
Thurs 15th	Blood Pressure	1:00
Tues 20th	Stamford Hospital, "Spine and Back Health"	12:30
Wed 21st	Crafts	9:30
Wed 21st	Walgreens Pharmacy, "Flu and Pneumonia"	12:30
Fri 23rd	CLOSED - HAPPY HOLIDAYS	
Mon 26th	CLOSED - HAPPY HOLIDAYS	
Tues 27th	Darien Library	12:30
Wed 28th	Crafts	9:30
Wed 28th	Betsi Mufson on "Good Lit, Good Life"	12:30
Thurs 29th	Musical Treats	12:30
Fri 30th	EARLY CLOSING	



For more info see pages 2, 3 & 6