

Come Lunch with the Darien Senior Program 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!**

January Save the Date

- Jan 1 **CLOSED FOR HOLIDAY**
- Jan 4 Blood Pressure 9:30 - 11:00
- Jan 4 Ridgefield Visiting Nurse Assoc. 12:30
- Jan 5 Art Gottlieb Historical Series 12:30
- Jan 6 Crafts 9:30
- Jan 6 Garden Club of Darien 10:00
- Jan 6 Visiting Nurse & Hospice of Fairfield County - Lunch & Learn **Complimentary Lunch 12:00 Program 12:30**
- Jan 12 Bob Mel 12:30
- Jan 13 Crafts 9:30
- Jan 13 Darien High Jazz Group 10:00
- Jan 13 CT Pharmacy 12:30
- Jan 18 **CLOSED FOR HOLIDAY**
- Jan 20 Crafts 9:30
- Jan 20 Walgreens "Coughs & Cold In Seniors" 12:30
- Jan 26 Darien Library 12:30
- Jan 27 Crafts 9:30
- Jan 27 Amanda Geffner 12:30
- Jan 29 Ask A Lawyer 11:00 - 12:00

Woodshop Donation Program

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

Senior Trips

Information on senior trips offered through the Norwalk Senior Center will be available in our front lounge by the Welcome Desk. For additional information or to make reservations for upcoming events, contact Joan Theroux at (203) 847-3115, ext. 109 to leave a message 24 hours a day at the Norwalk Senior Center.

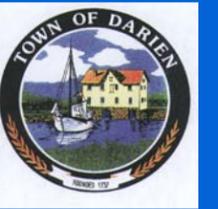
Don't forget that **At Home in Darien** is available to take you to appointments, shopping, visiting and of course, to the Senior Program. Rides are available **Monday - Friday, 9am - 4pm**. Call **203-655-2227** to reserve your ride. A suggested donation is **\$5**.

Elizabeth Paris
 Director Senior Program
 Email: eparis@darienct.gov

Marcy Rand
 Program Specialist
 Email: mrand@darienct.gov

Kathleen Meehan
 Receptionist
 Email: kmeehan@darienct.gov

The Voice
Darien Senior Program
 At
The Mather Center
2 Renshaw Road
Darien, CT 06820
203-656-7490
www.darienct.gov/seniors



December 2015
Hours of Operation
 9 am - 3 pm

From the Desk of Beth Paris

It's not how much we give but how much love we put into giving...Mother Theresa

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 we spend with family and friends...On **Wednesday December 16th** as is tradition at the Darien Senior Program, we close 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, Kathleen, Angelo, Michael and myself a Happy Healthy Holiday Season to you and yours!!!

Holiday Celebration Details Wednesday, December 16th

Our Master Chef Tom Mirto will prepare a sumptuous feast \$4 (**promptly served at 12:00**) even Santa would not want to miss. Speaking of **Santa** he will arrive about **11:15** to hear the wishes and dreams of those young at heart and ready for a photo shoot if you wish. We will conclude this lovely gathering with a candle lit sing-a-long led by our very own group of volunteers with **Bonnie Liedner** accompanying on piano... it promises to be an event worthy to start your festivities off for the Season. Please call in advance for reservations. *****Sign up by Friday December 11th** to be sure to reserve a spot. Remember Voice Mail is on 24 hours per day. Just leave your name and phone number and we will get back to you to confirm you are on the list. We encourage you to come a bit early to get settled in.



*The Senior Center will be **CLOSED** for the Holidays on Thursday, December 24, Friday, December 25 and Friday, January 1*



INCLEMENT WEATHER DELAYS & CLOSINGS



When Darien Schools are **CLOSED** the Senior Program is **CLOSED**.

When Darien Schools are **DELAYED** the Senior Program is **DELAYED** and will open at 11:00am - **all morning activities before 11:00 am are cancelled**. Tune in to News 12, Channel 3 or Channel 8 for updates of area closings. Call the Center at **203 656-7490** for questions or concerns. We ask that you use good judgment throughout the winter season and only drive when roads are clear and passable.

Visiting Nurse and Hospice of Fairfield County
“Forgiveness”
Wednesday, December 2 @ 12:30
Complimentary Lunch and Learn

Understanding forgiveness is learning what it is and is not. Melody of VNH will be here to present an in depth program on forgiveness. By embracing forgiveness, you can also embrace peace, hope, gratitude, and joy. Melody will explain how forgiveness can bring you to a place of physical and emotional well being. **A complimentary lunch will be served promptly at noon and the program will begin at 12:30.**

Home Safety Jeopardy
Thursday, December 3 @ 12:30

Megan Haque, LCSW, and Randi Kestenbaum, RN, of Family & Children’s Agency will be hosting a home safety jeopardy game on Thursday, December 3 at 12:30. During this game, players will learn facts and tips about fall prevention, in-home safety and how to recognize changes in physical and mental health that may increase the risk of injury. This game is intended to provide participants with easy tips that can help you or your loved one age safely and independently at home.

Energy Assistance Program

Homeowners and renters may be eligible to get assistance with their winter heating bills. Assistance varies with income, liquid assets, and family size. Please call the Darien Human Services office to see if you are eligible. All calls are confidential. The Town website also has the guidelines for eligibility.

Applications accepted at Darien Human Services, Room 109 in Town Hall.
 Call 203-656-7328 to schedule an appointment.

Ridgefield Visiting Nurse
“Holiday Stress Busters”
Monday, December 7
11:00 am

Are the fast approaching holidays filling you with visions of stress and dread rather than family, friends, and happiness? Make an early New Year’s resolution to simplify your life! RVNA will be here to present some simple strategies to diffuse the stress - from mood-brightening foods to survival strategies! Come and prepare to actually enjoy your holidays!

Stamford Hospital Lunch and Learn
Strokes explained by Dr. Resor
Tuesday, December 15
Complimentary Lunch at noon
Program at 12:30

Dr. Resor of Stamford Hospital will be here to present an informative program on strokes and their impact on older adults. Dr. Resor will present and overview of several types of strokes, their effects and the prognosis for stroke victims. **A complimentary lunch will be served promptly at noon and the program will begin at 12:30.**

MEDICARE OPEN ENROLLMENT

Ends December 7th
 CHOICES counselors available in Town Hall, Room 109
 Call 203-656-7328 for an appointment.

It is that time of the 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 Jan. 1, 2016. If you find the available choices confusing, and need help navigating the **medicare.gov** site, free confidential consultation is available at Town hall for Darien residents. Ask for Inta Adams or Ali Ramsteck, trained Ct CHOICES counselors.

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 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!

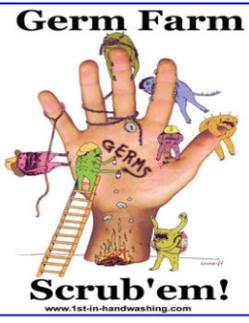
Caregivers Educational Support Group

The Caregiver Education Support Group will begin again on Wednesday, January 27th at 1:00p.m. If you provide care to a family member or a friend with multiple needs, especially related to cognitive impairments such as Alzheimer’s Type Dementia, this group could be beneficial. For more information or if you wish to meet before January 27th contact Beth Paris at 203-656-7490.

“Ask the Social Worker”

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

Germ Farm



Hand Hygiene is very important to stop the spread of germs. It can help prevent you catching flu, norovirus and lots of other nasties! The CDC says you need to wash your hands—with soap!—for at least 20 seconds in order to kill disease-causing germs. As winter flu season approaches and concern about the spread of illness remains on the front pages of newspapers and in the front of many people’s minds, it’s important to know how to protect yourself and others from the flu and other contagious diseases. Remember, if you’re not feeling well, stay away from crowds and vulnerable friends and family.

New Eligibility Guidelines for MSP (Medical Savings Program)

As of March, 2015 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 or Inta at 203-656-7328 at Darien Human Services.

**December Crafts
Wednesdays at 10:00 am**

We are inviting all folks crafty 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. Our December Schedule is as follows:

- December 2: Holiday Iris Folding Cards
- December 9: Quilted Ornaments
- December 16: Folded Fabric Trees
- December 23: Gingerbread Houses
- December 30: Finish up projects day

**Garden Club of Darien
Pleasure through Plants
Wednesday, December 9th
10:00**

A group of dedicated volunteers from the Garden Club of Darien will lead a flower arranging class each month from October 2015 – May 2016 – the program is called "Pleasure through Plants." They graciously provide all the flowers and the containers to highlight occasions or special holiday themes that month. They also offer instructions on making arrangements as well as valuable information on the flowers used at each class. **Class size is limited - sign up required – please see Marcy.**

Take A Look

Want to explore your creative genius – the following programs offered weekly at Darien Senior Program might just reveal the hidden artist within and foster the talented artist that already exists. Check out these wonderful classes on a drop in basis...

Mondays: Acrylic Painting with Nobuko Miki
Knitting Class in the Library

Tuesdays: Intermediate Water Color with Elizabeth Linehan

Wednesdays: Creative and Seasonal Craft Class

Thursdays: Stained Glass Class with Rose Warren

Fridays: Oil Painting with Althea Ericsson

**Monthly Monday Movies
Monday, December 21 & December 28
12:30**



Join us in the café extension Monday, December 21st and December 28th at 12:30. We will be offering a popular movie streaming on Netflix for the Month. See you at the movies!

**Art Gottlieb, LCSW
Tuesday December 1@ 12:30
N. Y. World's Fair: 1964-1965**

Dominated by the 12 story high stainless steel "Unisphere", the 1964-65 New York

World's Fair's theme was "Peace through Understanding", dedicated to "Man's Achievement on a Shrinking Globe in an Ever Expanding Universe". Art will present both an oral history and a beautiful slide show of this historic event.



**Sophistication Band Entertains
Wednesday, December 9
12:30**

Patrick and Jane Marino will be here to perform the sounds of big band jazz, ballroom music, 50's, Latin, and pop music. Come kick off the season with some fun, friends, and dancing!



**Ox Ridge School
4th Grade Brownie Troop
Friday, December 4th at 1:00 p.m.**

The Ox Ridge School Fourth grade Brownie Troop will be here to visit! They are bringing along a craft that they are very excited to share with you – we will be decorating trees and ornaments for the Yearwood Center in Stamford for their annual Holiday Party for low income families. A fun afternoon to start off the holiday season! Last year was so well attended and fun – please come and welcome these girls again!

**New Class - Zumba!
Fridays at 12:30 Beginning December 4th**

Ginger Corbett a certified Personal Trainer and Zumba instructor will begin a weekly Zumba class beginning Friday, December 4th at 12:30. Ginger teaches Zumba at local YMCA's as well as privately. Zumba incorporates different rhythms and beats from various parts of the world. Ginger will have you up following steps and having fun! Free introductory class will be December 4th. Class will be \$4.00 beginning December 11th. Come try Zumba – it's fun, gets you in shape, releases stress, and enhances your agility and coordination!

**Writing Group
Tuesdays 10am-11:30am**

An invitation: Writing Instructor Elsie Ferrara invites you to take a look at the writing group. No experience needed. Beginners welcomed, that's how we all started! Memories, facts, creative fiction, poetry—anything you want to preserve before it is forgotten. Experience the cathartic value of this form of self-expression. Prompts provided. Join us once just to observe and you may want to come back again and again! We do NOT critique—only share, encourage and enjoy each other.

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

Weekly Classes at the Senior Program

MONDAY

* TBA = To Be Announced

9:00 Pinochle/Cards—Room 133
 9:30 Newplicate Bridge Play—Room 129B
 9:30 - 11:30 Woodshop—Room 123
 10:00 Mahjong—Room *TBA
 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 - 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
 12:30 Stretch & Strength Class—Room 210/211

TUESDAY

9:00 Pinochle/Cards—Room 133
 9:05 Pilates, \$4/Class—Room 210/211
 9:30 Open Pickleball—Town Hall Gym
 9:30 - 2:00 Open Wii Bowling—Room 201
 9:30 Woodshop—Room 123
 10:00 Intermediate Water Color—Room 128A
 10:00 Computer Help—Room 135
 10:00 Writing Class—Room 134
 10:00 Sittercise—Room 133
 11:00 Feldenkrais Movement Class, \$4/Class—Room 211
 12:30 Senior Fitness—(No class on 3rd Tuesday) Room *TBA
 1:00 Italian Conversation—Room 205

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 Yoga, \$4/Class—Room 211
 1:00 Tai Chi, \$4 Class—Room 211

THURSDAY

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
 10:15 Low Impact Aerobics with Steve—Room 210/211
 11:15 Jazzercise Lite, \$4/Class—Room 210/211
 12:00 - 2:00 Wii Team Play—Room 201
 12:30 Mahjong—Room 133
 12:30 QiGong, \$4/Class—Room 210/211
 12:30 Senior Fitness—Room *TBA
 1:00 Short Story Discussion—Room 134
 1:00 Open Pickleball—Town Hall Gym

FRIDAY

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 Intermediate Bridge, \$15/Class—Room 133
 10:00 Beginners 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
 12:30 Zumba, \$4/Class—Room 210/211 (New Class)

December Special Programs

- | | | | | |
|-------|------|--|--------------|---|
| Tues | 1st | Art Gottlieb Historical Series: “New York World’s Fair 1964-1965” | 12:30 | |
| Wed | 2nd | Craft: Holiday Iris Folding Cards | 9:30 | |
| Wed | 2nd | Visiting Nurse and Hospice of Fairfield County
“Forgiveness”
Complimentary Lunch and Learn
Lunch Promptly at 12 Noon — Program at 12:30 | 12:30 |  |
| Thurs | 3rd | Family & Children’s Aid: “Fall Prevention” | 9:30 | |
| Fri | 4th | Ridgefield Visiting Nurses Association: “Holiday Stress Busters” | 11:00 | |
| Fri | 4th | Zumba Begins - “New Class” | 12:30 |  |
| Fri | 4th | Ox Ridge School 4th Grade Brownie Troop | 1:00 | |
| Mon | 7th | Blood Pressure | 9:30 - 11:00 |  |
| Mon | 7th | Ridgefield Visiting Nurses Association: “Holiday Stress Busters” | 11:00 | |
| Wed | 9th | Craft: Quilted Ornaments | 9:30 |  |
| Wed | 9th | Garden Club of Darien: “Pleasure Through Plants” | 10:00 |  |
| Wed | 9th | Sophistication Band Entertains | 12:30 | |
| Thurs | 10th | Reminisce with Geri Genovese: “Home for the Holiday” | 12:30 | |
| Tues | 15th | Stamford Hospital Lunch & Learn
“Strokes”
Complimentary Lunch and Learn
Lunch Promptly at 12 Noon — Program at 12:30 | 12:30 |  |
| Wed | 16th | Craft: Folded Fabric Trees | 9:30 |  |
| Wed | 16th | Circle of Light with Bonnie Leidner | 12:00 | |
| Mon | 21st | Monday at the Movies | 12:30 |  |
| Wed | 23rd | Craft: Gingerbread Houses | 9:30 | |
| Thurs | 24th | CLOSED FOR HOLIDAY | | |
| Fri | 25th | CLOSED FOR HOLIDAY | | |
| Mon | 28th | Monday at the Movies | 12:30 |  |
| Wed | 30th | Craft: Finish Up Projects Day | 9:30 | |

For more info see pages 2, 3 & 6