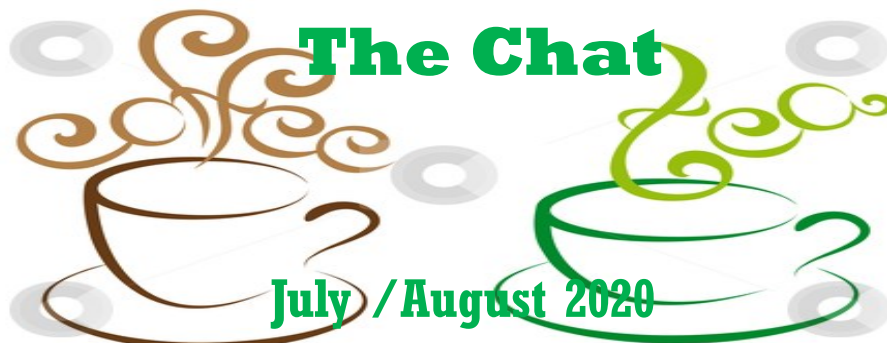




888 Washington Boulevard Stamford, CT 06901 | (203) 977-5151 | www.stamfordseniorct.org | stamfordseniorcenter.gov

Dear Friends,

We hope that you are all well and staying safe. It is hard to believe that it has been more than three months since the center closed due to COVID-19 back in March. At that time we were hopeful that we would be able to re-open by late May. However, superseding our optimism is our commitment to keep our members safe and healthy. With that in mind, the Stamford Center will be closed through the summer and not re-open before September 1, 2020. The decision to close the center was made with a considerable amount of thought and care by the Board of Directors and staff, following guidance from the CDC and state and local health officials. We will follow their recommendations with regards to re-opening the center, as soon as it is safe to do so. Although the staff has been reporting to work answering the phones, calling to check in on our members and running many of our classes online through Zoom, the center is eerily quiet. What gave it life, energy and vitality is sorely missing. We miss the sound of music coming from the auditorium, we miss the chatter of friends in the café celebrating a birthday or just enjoying each other's company. We miss the hugs and laughter of our Hispanic Club who never missed an opportunity to celebrate life with friends, food and of course, music. We miss our bridge players, our special themed lunch celebrations and just seeing your smiling faces. Our members made this center what it was and what it will be again, a safe, warm, welcoming place to nurture your mind, body and soul. We can't wait for the day when we can welcome you back to your "home away from home". But until that time, when it is safe to open our doors and welcome you all back, we want you to know what we are committed to supporting our members and creating a senior center without walls, to keep us all connected at a time when we are socially distancing to stay safe.

In addition to our weekly classes, we are partnering with our colleagues at other senior centers to offer even more online programs to all our members. We are planning more "Grab and Go Meals" like our Hamburger Dash, (check out page 10 for more details on our upcoming events) and hope to add some outside programs. What additional classes and programs you want to see offered? Call us at the center, shoot us an email or join us for our weekly Coffee Chat on Friday mornings. We want to hear from you!

As you know, July 1st is the start of our new membership/fiscal year. Although the center is not physically open, we have remained a vital resource for our seniors throughout this pandemic. In addition to the many online programs we have, the SSC has been supporting many of our members with delivering prepared meals and groceries weekly to seniors in need who had no way of getting food during this pandemic. I hope you will renew your membership today to help support your center so that we can continue to serve our members with online classes, outdoor programs, meal and grocery delivery to our most vulnerable seniors, and more in person events like our Grab and Go meals and more. Membership dues will remain level for the 4th year in a row. You can pay your dues online through our website or by check. With the cancellation of two of our annual fundraising events due to COVID, your support is more important than ever.

The staff and Board of Directors of the SSC send you best wishes for continued good health. These are trying times indeed, but what we love about our SSC family is our resilience and our mutual love and support for one another. Together, we will get through this, and I know we will come out stronger than ever before. Stay well, stay strong and know that your SSC family is here for you.

Peace and Love,
Chris, Gina, Ada & Lili



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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.

Our Board of Directors:

Clare A. Kretzman, Esq.
Chairperson

Diane Matteis, *Vice Chair*

Stephen Fischer, *Treasurer*

June Walker, *Secretary*

Gerald Bosak

Roberta Eichler

Maria Esteves

Richard Fisher, Esq.

Eden Huang

Ellen Isidro, MSW

Margie Lanier, PhD

Grace Mall

Sheryl Morrison

Judy Motta

Pilar Pelaez

Laurie Pensiero

Nicol Rupolo

Kathy Totilo

Gloria Blick - *Trustee*

Staff Directory

Christina K. Crain, MSW

President & Executive Director
ccrain@stamfordct.gov

Ginamarie Compollattaro

Assistant to Executive Director
gcompollattaro@stamfordct.gov

Ada Caro - Receptionist

acar@stamfordct.gov

Lili Winsor - lwinsor@stamfordct.gov
Hispanic Program Coordinator

Esther Bramble - Program Assistant

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. Membership year
runs July through June

The Community Café Meal Program

at the Patio Café

4th floor of Government Center

Is a federal and state funded program sponsored by Catholic Charities and funded through the Southwestern CT Agency on Aging. Enjoy lunch with friends. Choose from daily hot entrée specials or a sandwich.

You must be at least 60 years old to be eligible for this reduced fare meal program. Participants are asked to contribute in accordance with their means.

The suggested donation for lunch is \$4.00.

For more Information please call:
203-977-5151.

Important Note:

As of June 20th, the Patio Café had not yet re-opened. We are hopeful that it will re-open in the coming weeks. When it does, we will be resuming **Grab and Go** lunches where seniors over 60 years of age can drive here, and get a take-out lunch. Please stay tuned for updates on our website or make sure you are subscribed to our email list. If you are over 60 and in need of home delivered meals, please call us at 203-977-5151.

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



Helpful Tips for Zoom

Since we are now Zoom, here are a few tips to keep in mind:

1. If you haven't used Zoom before, you can download Zoom by going to the app store on your smart phone or tablet or going to zoom.us on your computer.
2. Log into zoom prior to the class and familiarize yourself with any features you may need to use on the day, such as mute/unmute microphone, stop/start video, etc.
3. Mute your microphone during class. Everyone can hear whatever is going on at your house (i.e., ringing phones, barking dogs, etc.) it can be distracting to others.
4. Log in a few minutes early to class if you'd like to ask the instructor a question or chat with friends before class begins.
5. Be sure you have enough light when it's dark we can't see you. Don't sit with your back to a window with direct sunlight.



Ask An Attorney!

Speak with a local knowledgeable Attorney

Attorney, Regina Glushakow

Private 15 minute phone appointments to ask general legal questions .

Call to reserve your 15 minute time slot

There are 4 spots on each of the days listed below, beginning with the first appointment at 10:30am.

**July 10 & July 24
August 7 & August 21**

Please call at 203-977-5151, as space is limited
Thank you to Regina for donating her time and free legal advice to our members.



STAMFORD HOSPITAL
HEALING. REIMAGINED.

Happy Feet

Speaker:

Dr. Rachel Albright, Podiatrist

Friday, August 21, 2020

12:00-1:00

Dr. Albright treats patient's with foot and ankle conditions and provides the highest quality care using evidence-based therapies and the latest advances in technology. Dr. Albright helps patients relieve pain and educates them about how to prevent future injury.

Register at www.myactivecenter.com



Advanced Spanish

Tuesdays at 2 pm

Via Zoom

Free for SSC Members

Instructor: Angeles Dam

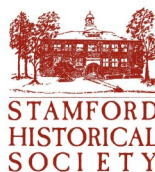
1st class will be on July 7th.

go to : zoom.us

Enter meeting ID: 833 3713 9276

Password: 418615

Call in number 646-558-8656



How well do you know the town you live in?

Did you know the original name of Stamford was Rippowam?, that's what the original inhabitants called it and the first European settlers continued the tradition. In 1642 they changed the name of their land from Rippowam to Stamford, after a town in Lincolnshire, England. More than 80% of the New England settlers were from this part of England. Stamford means Stony Ford

Want to learn more, visit their website at www.stamfordhistory.org to see all the interesting facts and virtual tours to take.



Susan Doyle
of

Oasis Senior Advisors

will treat us to a cooking demo right from her home kitchen

Monday, July 20th at 12 pm

Susan will be showing us how to make:

Quinoa, summer salads and give us ideas on what to do with all that Watermelon!

Join via zoom.us

go to our website for a direct link to demo.

Interested in learning to play ukulele while sitting at home?



Call us at 203-977-5151.

This a fun, portable and affordable instrument to learn, even if you never played. It's fun and friendly and just sounds great!

(You can link directly to these meetings via myactivecenter.com or on www.stamfordseniorct.org)



Three Kids that Changed the World

Thursday, July 16, 2020
11:00

This lecture is an inspiring collection of real-life stories concerning three young people who individually changed the landscape of compassionate generosity. Each child unsuspectingly starts a domino-event on the life of an adult; where a simple response of helping one gradually grows into local, national, and international campaigns of saving thousands. Presented in an engaging story-telling format, the goal is to see attendees encouraged to make a small investment and see a big return in their world.

Presenter: Ryan Ventura

This lecture will be via Zoom.
Meeting ID #: 815-4182-2963



All you want to know about CBD



Thursday, July 30, 2020
11:00-12:00am

*Presenter: Diane Corba, RPh
Clinical Consultant Pharmacist
Connecticut Pharmacy*

CBD is promoted as a cure for everything. Is this true? What evidence is out there that supports the use of CBD, what is it really good for and is it SAFE? We will discuss the hope and the hype around CBD.

This lecture will be via Zoom
Meeting ID #: 830-5408-4640



Friends of World Goodwill Group Meditation

Thursdays @ 9:30am

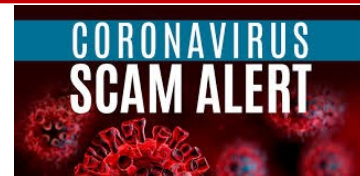
In these trying, stressful and unsettling times, the power of group meditation can have tremendous affects on our own state of mind as well as others. This short 30 minute session is the best way to start your day and set the tone and your mindset for the rest of the day and week.

Facilitator: Ginny M. DeAngelis

Join the fun! Be of service! Tell a friend.

Learn how the extraordinary power of thought can-transform consciousness and spread the lighted loving energy of goodwill.

Please log on to Zoom.us
The meeting ID#: 894-2297-3917



Lunch & Learn via Zoom

July 21, 2020 - 12:00pm

Join us while you are having lunch at home for this informative discussion.

**Presenter: Angela DeLeon of
Peoples United Bank**

Scammers have been taking advantage of the COVID-19 pandemic to defraud individuals in a variety of new ways. As with fraud at any other time, many of these schemes specifically target older adults.

This lecture will be via Zoom
Meeting ID #: 961-0105-0325
Or dial In: 1- 646 - 558 - 8656

Monday	Tuesday	Wednesday	Thursday	Friday
10:00: Stretch & Tone with Linda	10:00: Tai Chi with Ken 1:00 Zumba Gold with Lili 2:00 Advanced Spanish with Angeles	10:00: Current Events with Tom & Barbara 1:00: Open Technology get all your technology questions answered	9:30: Group Meditation with Ginny 10:00 Tai Chi with Alma 4:00 Poetry Happy Hour (on the 2nd and 4th Thursday Of the month)	11:00: Coffee Chat with SSC Staff

Zoom Classes

All classes listed above are held live on days and times indicated, via Zoom. Never tried zoom? It's super easy!
Follow these steps below:

If you have a iPad or iPhone, you can go to the app store and download the zoom app for free!
You can also just open any internet browser like google chrome, firefox or safari and type **www.zoom.us** then follow the prompts.
The direct links to all our classes are on www.stamfordseniorct.org under Virtual Programs.

SSC Exercise Programs also are available on our Youtube channel

Enjoy them at your leisure in the comfort of your own home, anytime of day.



go to youtube.com and search
for Stamford Senior Center

Chair Zumba with Lili
Fitness Classes with Miriam
Stronger Bones & Balance Beginner's Class with Phyllis
Stronger Bones & Balance Advanced Class with Phyllis
Tai Chi Classes with Ken & Alma
Zumba Gold with Lili

my active center

Just a reminder, you can find all our online classes on myactivecenter.com and log into the class.
If you have not already registered with *myactivecenter*, you will need your senior center key tag.
Your key tag is the tag that you swipe in for classes on the touch screens located in the senior center.

Just visit www.myactivecenter.com
Select "Stamford Senior Center" and enter
the number on the back of your keytag.
Once you've registered, you can log in anytime to:

- Browse all the activities happening at the Stamford Senior Center
 - Enroll in special programs and pay right online
 - Pay your membership dues online

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

Este Programa es en Español y por el momento debido a las regulaciones por el COVID-19 las clases son Virtuales. El Horario sigue siendo de Lunes a Jueves de acuerdo a las clases y horas de reuniones que tenemos via ZOOM.

Ofrecemos Asistencia e Información en asuntos variados de Salud, Vivienda, Alimentación y otros.

Nuestras Actividades son Variadas de tipo: Recreacional, Social, Educativo, Cultural e incluyen "Paseos", Clases de Ejercicio Físico, Gimnasio, Música, Canto, Charlas de Salud y Bienestar, Juegos de Mesa (damas chinas, ajedrez), Actividades Educativas para una mente mas ágil así como Juegos de Esparcimiento.

Este Programa Ofrece Pláticas Educativas, Clases de ESL "Inglés como Segundo Idioma (Básico, Medio y Avanzado) e información para la preparación para tomar el Exámen de Ciudadanía.

Los días Viernes hemos comenzado nuestra reunión virtual "La Hora Del Cine"

esto incluye una película en Español y la vemos con la aplicación ZOOM.

HORA:5PM ID deReunión: 861 4280 0130 Contraseña: peli (todo escrito en minúsculas)

¡Sitio virtual de VITA ahora disponible! La Asistencia Voluntaria al Impuesto sobre la Renta ha abierto una opción en línea para ofrecer asistencia con la preparación de sus impuestos. Necesitará entre 20 y 30 minutos para completar y enviar el formulario. Luego, VITA programará un intervalo de tiempo de una hora en el portal para tener una entrevista telefónica o de video para completar y revisar su declaración.. Vaya a: <https://www.darienlibrary.org/tax-help>

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES
9-11am	10-11 AM ZOOM CAFECITO CHAT REUNION ID: 827 7020 1635 CONTRASEÑA: Cafecito			10—11AM ESL NIVEL 1 CON EDITH TARGONSKI ID DE REUNION: 895 547 6585 CONTRASEÑA: 866022
10am-1pm		TEJIDO ZOOM CHAT 10AM REUNION ID: 873 2958 8444 CONTRASEÑA: tejido ZOOM CHAT CON HSS JUNIO 16 11AM: Temas: Viviendo con Enfermedades crónicas y como mantenernos saludables.		11am—12pm ESL NIVEL 2 CON ANDREA LEVIN ID DE REUNION: 675 746 3750 CONTRASEÑA: English
1-3pm		ZUMBA EN LA SILLA 1:00pm		
3-5pm			3PM ZOOM CHAT SALUD Y BIENESTAR CON MILDRED: Platiquemos sobre Cáncer medidas Preventivas y consejos de salud en general. ID REUNION: 891 1642 8664 CONTRASEÑA: salud	

CURSO PARA PRINCIPIANTES DEL IDIOMA INGLÉS / ELL: SIDE BY SIDE (PARTE 3) A TRAVÉS DE ZOOM EMPEZANDO EL DIA LUNES 8 DE JUNIO.

TIPO DE EVENTO: APRENDIZAJE DEL IDIOMA INGLÉS AUDIENCIA: CURSO PARA ADULTOS PARA PRINCIPIANTES APRENDICES DEL IDIOMA INGLÉS / ELL: SIDE BY SIDE (PARTE 3) A TRAVÉS DE ZOOM APRENDA LENGUAJE Y HABILIDADES PARA LA VIDA A TRAVÉS DE ACTIVIDADES DE LECTURA, HABLA, COMPRENSIÓN Y ESCRITURA. LUNES Y JUEVES A PARTIR DE LA 1 P.M. - 3 P.M. 8, 11, 15, 18, 22, 25, 29 DE JUNIO, 2 DE JULIO, 6, 9, 13, 16 SE REQUIERE REGISTRO. EL ESPACIO ES LIMITADO. REGÍSTRESE EN LÍNEA O COMUNÍQUESE CON YELENA KLOMPUS AL 203- 324-3858 O YELENA@FERGUSONLIBRARY.ORG. LOS DETALLES DE LA REUNIÓN ZOOM SE ENVIARÁN POR CORREO ELECTRÓNICO A CADA REGISTRANTE 3 HORAS ANTES DE CADA CLASE. ESTE PROYECTO ES POSIBLE EN PARTE POR EL INSTITUTO DE SERVICIOS DE MUSEOS Y BIBLIOTECAS EN VIRTUD DE LAS DISPOSICIONES DE LA LEY DE SERVICIOS Y TECNOLOGÍA DE BIBLIOTECAS, ADMINISTRADA POR LA BIBLIOTECA DEL ESTADO DE CONNECTICUT.

PUEDES TAMBIEN UNIRTE AL COFFEE CHAT LOS DIAS VIERNES A LAS 11AM POR MEDIO DE LA PAGINA DE FB DEL SSC Y BUSCANDO EL ENLACE DE ZOOM PARA LA REUNION DEL COFFEE CHAT.

Zoom Classes

Inicie una sesión en myactivecenter.com para las clases de Zoom. Si no es un miembro registrado, seleccione Nuevos usuarios y luego Stamford Senior Center. Ingrese su número de etiqueta clave (si no tiene su número, llame al centro al 203 -977-5151) ingrese su teléfono, correo electrónico y cree una contraseña. Después de que tenga esta información usted podrá escoger la actividad.

SSC Exercise Programs Youtube Channel

Tenemos varias clases de ejercicios en el canal de Youtube del SSC. Disfrútelos a su gusto en la comodidad de su hogar:

Fitness Classes conj Miriam Zumba Gold con Lili
Tai Chi Classes cin Ken & Alma Chair Zumba con Lili

Stronger Bones con Phyllis (esta clase es soóo para aquellos que anteriormente asistían a la clase de "Huesos más Fuertes" y "En Pie")

Queridos amigos,

Espero y pido en mis oraciones que todos estén bien y estén manteniéndose sanos y a salvo. Es difícil de creer que hayan pasado tres meses desde que cerramos el centro, el 12 de Marzo. En ese momento tenía la esperanza de que podríamos volver abrir a fines de Mayo. Sin embargo, mi optimismo ha estado puesto en nuestro compromiso de mantener a todos nuestros miembros seguros y saludables. Con esto en mente, el Centro de Adultos de Stamford permanecerá cerrado durante el verano y no se volverá a abrir antes del 1 de septiembre de 2020. La decisión de cerrar el centro fue tomada por La Junta Directiva y el personal después de considerarlo detenidamente y siguiendo los lineamientos de la CDC y los funcionarios de salud estatales y locales. Siguiendo sus recomendaciones con respecto a la reapertura del centro; abriremos tan pronto como sea posible y seguro hacerlo. Sé que esta no es la noticia que tal vez hayan querido escuchar y ciertamente no es la noticia que quisiera darles. Sin embargo, es lo que es necesario hacer para mantener a salvo a todos.

A pesar de que el centro está cerrado, el personal se ha reportado a trabajar contestando los teléfonos, llamando para verificar a nuestros miembros y dirigiendo muchas de nuestras clases en línea a través de Zoom. Sin embargo, el centro está super silencioso. Lo que le ha dado vida, energía y vitalidad está ausente. Extrañamos el sonido de la música proveniente del auditorio, extrañamos la charla de amigos en el café celebrando un cumpleaños o simplemente disfrutando de la compañía del otro. Echamos de menos los abrazos y las risas de nuestro Club Hispano que nunca perdió la oportunidad de celebrar la vida con amigos, comida y, por supuesto, música. Extrañamos a nuestros jugadores de bridge, nuestros almuerzos para celebraciones especiales en el año y ver sus caras sonrientes. Nuestros miembros han hecho este centro lo que ha sido y lo que será de nuevo, **un lugar seguro, cálido y acogedor** para nutrir sus mentes, cuerpos y almas. No vemos la hora y el día en que podamos darles la bienvenida a su "hogar lejos de su hogar". Pero hasta ese momento, cuando sea seguro abrir nuestras puertas y darles la bienvenida a todos, queremos que sepan que estamos comprometidos a apoyarles a ustedes nuestros miembros y a ayudarnos a mantenernos todos conectados en un momento en el que estamos distanciados socialmente para mantenernos a salvo.

Hemos hecho que muchas de nuestras clases semanales estén disponibles en línea a través de Zoom o YouTube (consulte las páginas 2-3 para obtener una lista), siéntase libre de compartirlas con sus amigos. Nos estamos asociando con nuestros colegas de otros centros para personas mayores para ofrecer aún más programas en línea a todos nuestros miembros. Estamos planeando más eventos de "comidas para llevar", como nuestro **Hamburger Dash**, (consulte la página 10 para obtener más detalles sobre nuestros próximos eventos). ¿Qué clases y programas adicionales quieren ver ofrecidos? ¿Cómo podemos apoyarlos durante este prolongado período de distanciamiento social? Estamos aquí para ustedes y queremos que nos dejen saber lo que podemos hacer para ayudarlos en estos momentos estresantes. Llámenos al centro, envíenos un correo electrónico o únase a nosotros para nuestro Coffee Chat semanal. ¡Queremos escuchar de ustedes!

Finalmente, quiero comentarles sobre nuestra Campaña Anual de Renovación de Membresía. Como saben, el 1 de Julio es el comienzo de nuestra renovación de membresía/año fiscal. Aunque el centro no está físicamente abierto, hemos seguido siendo un recurso vital para nuestros adultos mayores durante esta pandemia. Hemos creado un "centro para personas mayores sin paredes" que ofrece muchas de nuestras clases en línea. También estamos apoyando a muchos de nuestros miembros con la entrega semanal de comidas y comestibles preparados para personas mayores necesitadas que no tuvieron forma de obtener alimentos durante esta pandemia. Esperamos que renueven su membresía hoy para ayudar a apoyar a su centro para que podamos continuar sirviendo a ustedes nuestros miembros con clases en línea, entrega de alimentos y comestibles a nuestros adultos mayores más vulnerables y para realizar más eventos en persona como nuestras comidas Grab and Go (Tome y Lleve) y más. Las cuotas de la membresía se mantendrán sin cambios por el cuarto año consecutivo. Pueden pagar sus cuotas en línea a través de nuestro sitio web o mandando un cheque. Con la cancelación de dos de nuestros eventos anuales de recaudación de fondos debido a COVID, su apoyo es más importante que nunca.

En nombre de nuestro personal y de la Junta, le envío mis mejores deseos para mantenerse en buena salud. Estos son tiempos difíciles, pero lo que me encanta de nuestra familia del SSC es nuestra capacidad de recuperación y nuestro amor y apoyo mutuo. Juntos, superaremos esto, y sé que saldremos más fuertes que nunca. Manténganse bien, fuertes y sepan que su familia del SSC está aquí para ustedes.

Paz y amor, *Chris, Lili, Ada, Gina*



The CTAAlert notification system - the state's emergency alert system - provides text message notifications to users. Sign up by texting COVIDCT to 888-777. And for the most up-to-date information from the state on COVID-19 - visit ct.gov/coronavirus.

You can also find answers to general questions by calling the 2-1-1 hotline. It's available 24 hours a day with multilingual assistance and TDD/TTY access.

COVID Testing Sites:

Residents without a Primary Care Physician (PCP) or Health Care Insurance:

Residents who **DO NOT** have a PCP, but **DO** have health insurance can contact their health insurance provider to obtain names of approved PCPs to contact. Stamford Health recommends residents call 1-877-233-9355 to receive a list of all physicians who can provide prescriptions of testing.

Residents who **DO NOT** have a PCP or health care insurance can contact the following organizations:

Community Health at 203-323-8160
Family Centers Health: 203-717-1760, no walk ins.
Optimus Health Care: 203-327-5111
Stamford Health recommends residents call Stamford Health's COVID-19 hotline: 203-276-4111.

Stamford testing sites:

Stamford Hospital on Bennett Medical Center Campus:
Mon-Fri - 8:00am-4:00pm. Call 203-276-4111

Testing for Residents without symptoms (asymptomatic)

AFC Urgent Care: Mon-Fri: 8:00am-8:00pm & Sat-Sun 8:00am-5:00pm. Call 203-969-2000

Community Health Center: Mon-Fri: 10:00am-1:00pm
Call 203-323-8160.

DOCS Urgent Care: Mon-Fri: 9:00am-7:00pm & Sat-Sun: 9:00am-1:00pm. Call 203-298-4600.

Murphy Medical Associates: Mon-Fri: 7:00am-4:00pm & Sat-Sun: 9:00am-1:00pm. Call 203-658-6051.

Utility Services:

Eversource (electric) Postponed disconnections for nonpayment for residential and business customers. For information, call 1-800-286-2000.

Aquarion Water Company. Suspended shutoffs for nonpayment. For information call 203-348-2222.

Both companies are warning customers of an increase in scam activity.

Food Services (Grocery Stores)

Morning hours reserved for elderly residents:

Cingari's Grade A Shoprite in Stamford

Multiple locations in Stamford 6:00am-7:00am

Larocca's Country Market

11:00am-12:00pm. Closed Sundays

Acme Market, Long Ridge Rd: 7:00am-9:00am

Trader Joe's Long Ridge Rd: 8:00 am-9:00 am

Whole Foods, Darien: 8:00 am - 9:00 am

Community Organizations:

CT Legal Services: Call 203-348-9216.

Domestic Violence Crisis Center: 203-853-0418.

Family Centers: Call 203-324-3167.

Person-to-Person: 203-655-0048

Person-to-Person Food Assistance: Groceries and fresh produce, protein & dairy are available to residents with income below 235% . Please call 203-655-0048.

SilverSource: Provides resources to seniors. Please call 203-324-6584. Resources includes: Individual Assistance and Emergency Support, Prescription Deliveries, Grocery Deliveries, Medical Transportation and Senior Wellness Check-ins.

City of Stamford Contact Information:

Questions for COVID-19 and all other questions. Call the Health Department at 203-977-4398

City of Stamford pre-recorded COVID-19 Hotline: 203-977-8840

Stamford Health's COVID-19 hotline: 203-276-4111.

Questions about food distribution/food insecurity. Call Ellen Bromley at 203-977-4112



Grab & Go Lunch

Thursday, July 23rd
12:00 to 1:30 pm

The Stamford Senior Center invites our members to a complimentary lunch for

National Hot Dog Day!

Location: Church of the Archangels
1527 Bedford Street

This event is free to SSC members

**Please register on myactivecenter.com
or by calling 203-977-5151**

Everyone should remain in their vehicles.
Carpooling with friends is discouraged.

Drive through anytime between 12 to 1:30 pm

*Beat the Heat with our
Grab & Go
Gourmet Ice Cream*



THURSDAY, August 20th
1:30-3:00pm

Free for SSC Members!

Location to be announced
Stay tuned for more details.

Please call to register
203-977-5151

This is a grab and go event, stay in your car and
carpooling with friends is discouraged.



POETRY HAPPY HOUR
2nd and 4th Thursday of the
month at 4 pm.

Grab a favorite poem, verse or
quote and pour yourself a
beverage of your choice. Let's share a toast and
some inspiring verse with one another.

Via zoom.us
Meeting ID: 834 4458 8081



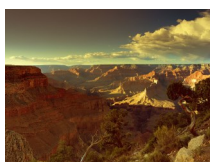
Visit a Virtual Tour of the Fraunces Tavern Museum

Enjoy a virtual tour from the comfort of your own home!
Preserving artifacts of America's cultural legacy since 1907.
Visit their website at :

frauncestavernmuseum.org/digital/exhibition



While the Botanical Garden's gates may be temporarily closed, their virtual gates are wide open. As the season unfolds, enjoy the brightness and color of our 250 acres, a reminder of how the natural world brings us joy. Visit their website at nybg.org/nybg-at-home



Bringing National Parks to you

Experience breathtaking national parks without leaving your home, and perhaps reflect on your past trips.

Visit their website at: www.parkit.npca.org



Get outside, take a walk and breathe in the fresh air
all while social distancing

Below are a few great places to walk:

Bartlett Arboretum: 151 Brookdale Rd, Stamford

Cove Island Park: 363 Weed Avenue, Stamford
(beach permits required)

Mill River Park: Washington Blvd., Stamford

Montgomery Pinetum (Bible Street Park), Cos Cob

Take some pictures and send them to us at
888 Washington Blvd or email to:
gcompolattaro@stamfordct.gov

Grab and Go Burger Dash



SSC Members
Michele DeCarlo & Lou Carrier



SSC Member Pauline Houser &
SSC Director, Chris Crain



Thank You to our Volunteers! (L to R)
Angela Spanakos, Jack Crain,
Laurie Pensiero, Diane Matteis



SSC Member Mary Prizio



SSC Member
Patricia Foston



Our Chef, Jack Crain



SSC Board Member, Roberta Eichler



Happy Birthday Wishes



Happy Birthday Coleman



Happy Birthday Lillian



Happy Birthday Teddi

Want a Birthday visit from the staff? Let us know and will come to you!! Call us at 203-977-5151



VOLUNTEER INCOME TAX ASSISTANCE

**JULY 15th is the Deadline to file
Federal and State Income Taxes**

VITA (Volunteers Income Tax Assistance) is providing free tax preparation without in person contact. This program connects tax payers with off-site, IRS certified tax preparers. The program is available to all Connecticut residents.

In order to participate you will need a smart phone or computer and Internet access.

Please visit our website at
www.stamfordseniorct.org under
Helpful Links for the link to VITA
or call 1-800-906-9887



Fairgate Farm will be opening its Farmers Market.

For the safety of our community, this season our Farmers Market will be operational through an online ordering system with curbside pickup only.

Accepting SNAP, WIC Farmers Market Nutrition Program and Senior Farmers Market Nutrition Program Checks.

Matching up to \$10.00 for all SNAP, WIC (FMNP) and Senior (FMNP) purchases

Offering a financial assistance option if SNAP is not enough or unavailable.

Please visit our website at www.stamfordseniorct.org under Helpful Links for information and the online order form

Transportation Vouchers for SSC Members:

Are you in need of some Easy Access or CT Bus tokens?

10 Ride Senior Bus tickets and Easy Access vouchers are available for Stamford Senior Center members. Please call the Stamford Senior Center for details and to arrange for pick-up at 203-977-5151.



Ask Me about the Medicare Improvement for Patients and Providers Act

You may be eligible to save money with the Medicare Savings Program (MSP). Connecticut's Medicare beneficiaries fought hard to keep the MSP available for all. If you are a Connecticut Medicare beneficiary and have income of \$2,617 or less, you may qualify to have your Medicare Part B premium paid by the state and qualify for reduced co-pays for your prescription drugs and Part D plan monthly premium.

Call the Southwestern CT Agency on Aging at (800) 994-9422 and ask about MSP.

This publication/project was supported by the CT State Unit on Aging with financial assistance, in whole or in part.
Through a grant from the Administration on Community Living.

To our volunteers who have delivered groceries and meals to seniors in need during this pandemic, we can't **THANK YOU** enough for your selfless service.



Angelica Gorrio
Ricky Gorrio
Eden Huang
Peter Koutroubis
Steve Koutroubis
Heather LaFantano

Laurie Pensiero
Brooke Pensiero
Nicol Rupolo
Angela Spanakos
Esperanza Teasdale



SPECIAL THANKS TO:

The Southwestern CT Agency on Aging (SWCAA)
for supporting our most vulnerable seniors across
Southwestern CT with the Grocery Bag Initiative.
Together, we provided over 1,000 bags of groceries,
with food for over 10,000 meals to feed seniors in need.



Thank you to the following individuals and organizations
For your generous donations.
Your support is greatly appreciated

Celeste Baranowski
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Rouja Brzozowski
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Lillian O'Neill
Paula Pappas
Laurie Pensiero
Susan Pfister
Karen Pierce
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Patricia Ransom
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Julia Rosa
Tara Rubin
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Douglas Sharp
Beverleigh Shaylor

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Michele Thomas
Jocelyne Thomasset
Frank Tunick
Feliza Uy
Betty Volpe
Ruth Weinstein
Angela Wical
Francisca Widono
Women's Club Stamford
Susan Wruble
Altie Zelniker
Zion Lutheran Church
United Way of Western
Connecticut

In Memoriam



Our deepest sympathies to the
families of the friends
we have lost:

Gerald Fishman
Adolfo Flores
Maria Pena
Lois PontBriant
Joseph Sia
Roger Watts

May their memory be eternal.



Membership Application



Stamford Senior Center Membership Form (July 1, 2020 – June 30, 2021)
888 Washington Blvd. Stamford, CT 06901 * (203) 977-5151 * www.stamfordseniorct.org

Single Individual (\$50) _____

Couple (\$80) _____
(Must reside in same household)

Member One:

Last Name:

First Name

Date of Birth (mm/dd/yyyy)

Gender: Male ☐ Female ☐

Non-Binary ☐

Race/Ethnicity: American Indian ☐ Asian/Pacific Islander ☐

Black ☐ Caucasian ☐ Hispanic ☐ Other _____

Member Two:

Last Name

First Name

Date of Birth (mm/dd/yyyy)

Gender: Male ☐ Female ☐

Non-Binary ☐

Race/Ethnicity: American Indian ☐ Asian/Pacific Islander ☐

Black ☐ Caucasian ☐ Hispanic ☐ Other _____

Home Address

Home Phone Number

Cell Phone Number

City/Town

Postal Code

E-mail

Please check a box

Living arrangements: With someone ☐ Alone ☐

Mode of transportation: Drive ☐ Family/Friends ☐ Bus ☐ Easy Access ☐ Taxi/Uber ☐ Walk ☐

Are you interested in volunteer opportunities at the Center Yes ☐ No ☐

Emergency Contact Information

Last Name

First Name

Phone Number

Alternate Phone Number

Relationship

As a 501(c)3 not-for-profit organization, the Stamford Senior Center counts on the generous support of individuals to help support all the programs we offer. Any donation above your membership fee is greatly appreciated and will help support our programs and services.

Yes, I'd like to donate: ____\$10 ____\$20 ____\$50 ____\$100 \$____ (enter another amount)



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

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