THE STAMFORD SENIOR CENTER BOARD OF DIRECTORS CORDIALLY INVITES YOU TO

Lives Blossom
A Celebration of the Stamford Senior Center

Thursday, April 30, 2020 • 6:00 - 8:30 pm
Stamford Marriott Hotel  243 Tresser Blvd. Stamford CT

HORS D’OEUVRES • BEER & WINE OPEN BAR • SILENT AUCTION
To benefit the Stamford Senior Center
Tickets $125 per person

For sponsorship opportunities, tickets to event, or to place an ad in our program book, please visit our website at stamfordseniortct.org or call us at 203-977-5151.

~ HONORING ~

Roberta Eichler
Stamford Senior Center Board Member

Donna Berman
Executive Director, Roman Hruska ADL Day Center

THANK YOU TO OUR ALL OF OUR SPONSORS

Follow us on Social Media:

Find us on Facebook

Instagram
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
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Laurie Pensiero
Nicol Rupolo
Kathy Totilo
Gloria Blick - Trustee

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
Is a federal and state funded program sponsored by Catholic Charities and funded through the Southwestern CT Agency on Aging. 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 Information call: 203-977-5151.Get your meal ticket in Senior Nutrition Office on 2nd floor between 10am and 2pm.

Dear Friends,
I want to thank everyone who took the time to complete our member survey. Your valuable feedback is so important to us and will help guide us as we plan programs for the coming year. I hope you can join us for our member meeting on Friday, March 27th at 11:30 am. We will summarize the results of our member survey and discuss changes for the coming year. Please call the center to register and stay for a complimentary lunch.

Our Annual Lives Blossom Spring Gala will be held on Thursday, April 30th at the Marriott Hotel. This is our biggest fundraiser of the year and all proceeds help fund many of the programs and services provided to our members throughout the year. We need everyone’s support to help make this a successful event.

How can you help you ask? Here’s some easy things you can do to make this a successful event and support your senior center and all the programs you enjoy:

♦ Buy tickets to attend the event
♦ Ask local businesses you know to take out an ad in the program book
♦ Ask your favorite local restaurant or a local business for a donation or gift certificate to include in the silent auction.

Thank you for supporting your “home away from home”

Chris

Just a reminder, now you can register for the classes you want right on line with 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
* Keep track of your upcoming activities on your personal “My Activities Calendar” page

Don’t forget to turn your clocks ahead 1 hour on Sunday, March 8th for Daylight Savings Time
SPECIAL EVENTS

Celebration & Luncheon
Wednesday, March 11
11:30 am to 1:00 pm

2020 Theme is #EachforEqual

International Women’s Day

An equal world is an enabled world. Individually, we’re all responsible for our own thoughts and actions - all day, every day. We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. Collectively, each one of us can help create a gender equal world. Let’s all be #EachforEqual.

2020 marks 100 years since the 19th Amendment was ratified giving women the right to vote.

This Year’s Guest Speaker:
The Honorable, Mary Sommer,
Superior Court Judge of the Fairfield County District Court

SSC Members: $5.00 | Non-members: $7.00
Register at 203-977-5151 or at www.myactivecenter.com

ST. PATRICK’S DAY PARTY

Friday, March 13, 2020
11:30am - 1:00 pm

Traditional Irish meal of:
Corned Beef & Cabbage with soda bread

Special Musical Performance by Keltic Kick
Energized traditional Irish music

Members: $5 | Non-members: $8
Call to register at 203-977-5151
or at www.myactivecenter.com
IMPORTANT NEWS

What you need to Know!

Monday, March 9th at 10:00am
Presenter: Edith Targonski,
Census Coordinator for the City of Stamford

Don’t miss this informative presentation to learn what the government does with the data collected, how to protect yourself from scammers posing as US Census workers and how your information is protected and NOT shared with other entities.

TIMELINE FOR CENSUS 2020

<table>
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<tr>
<th>On or Between</th>
<th>You Will Receive</th>
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<tr>
<td>March 12-20</td>
<td>An invitation to respond online to the 2020 Census.</td>
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<td>(Some households will also receive paper questionnaires.)</td>
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<td>March 16-24</td>
<td>A reminder letter.</td>
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<td>April 1</td>
<td>National Census Day</td>
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<td>If you haven’t responded yet:</td>
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<tr>
<td>March 26 - April 3</td>
<td>A reminder postcard.</td>
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<tr>
<td>April 8 - 16</td>
<td>A reminder letter and paper questionnaire.</td>
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<tr>
<td>April 20 - 27</td>
<td>Final reminder postcard before Census Bureau follows up in person.</td>
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The United States Census is mandated by the U.S. Constitution to count every resident of all states and U.S. territories every ten years.

Census data is the basis for the number of seats each state gets in the House of Representatives; Connecticut, lost a seat after the 2010 Census. The Census also guides federal assistance, particularly for grants supporting infrastructure and the social safety net. Medicaid alone accounts for 58 percent of census-guided funding.

You can complete your Census by mail, on-line or by phone.

To complete your census online, you can come to the Senior Center on Wednesday afternoons between 1-3 pm. Our IT Volunteers will help you log into the US Census secure portal for you to complete your census. You must bring the letter you received with your unique ID in order to log in to the portal to complete the census.

Real ID- New Aircraft Law effective
October 1st, 2020

Starting October 1st, 2020 every adult boarding an aircraft in the United States including all domestic flights will need a REAL-ID Compliant Driver’s License or a REAL-ID State Issued ID

REAL-ID Compliant Driver’s Licenses are generally marked with a STAR located in the upper portion of the card / Enhanced driver’s licenses are generally marked with a flag

Passengers who do not provide a REAL-ID with a star or a valid passport will not be permitted through the security checkpoint and will not be allowed to fly

If you do not have a REAL-ID License you may use a different form of ID including passports check specific airline websites for a complete list of acceptable forms of ID

Travelers who are not sure if their State-Issued ID is compliant should check with their State Driver’s License Agency. State-issued enhanced driver’s licenses are marked with a flag. Please check your local DMV for the documents needed to receive a REAL-ID.

AARP
Tax-Aide™

It’s that time of year again…. Tax time! Don’t fret though… AARP’s Tax Aide volunteers are here to help you file your taxes painlessly and effortlessly.

Where: Stamford Senior Center Computer Lab
Mondays & Thursdays 1 pm to 7 pm
Fridays 1 pm to 4pm
Walk ins only (first come first serve)
February 3 through April 15, 2020

You must bring the following
⇒ 2018 Return (Important!!)
⇒ Photo ID as proof of identification
⇒ Social Security or ITIN documentation
⇒ All 2019 tax forms (W-2s, 1099s, etc)
⇒ Proof of Health Insurance - 1095A Form if applicable
⇒ Bank account and routing numbers (for direct deposit), blank check is permitted
The SSC offers beginners and beginner/intermediate ESL classes at no charge, for SSC members to help them learn basic English language skills.

**ESL Classes Schedule:**

**Level 1:** Meets Thursdays 11am to 12pm  
Instructor: Edith Targonski

**Level 2:** Meets Thursdays 12pm to 1pm  
Instructor: Andrea Levine

**Level 3:** Meets Tuesdays 9:45am to 10:45am  
Instructor: Betty Volpe

**Level 4:** Meets Tuesdays 11:00am to 12pm  
Instructor: Betty Volpe

If you are not sure of which ESL level you have been assigned, please ask a staff member for assistance.

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**OPEN TECHNOLOGY SESSION**

Every Wednesday from 1 to 3 pm in computer lab

SSC Members can bring their smart phone, tablet or laptop and get expert advice from one of our IT Volunteers  
No appointments needed, Walk-ins welcome!

Any other topics you would like or interests  
Email or Call Gina with your interests  
gcompolattaro@stamfordct.gov

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**Beginner’s Spanish**

Wednesdays 1:00 –2:00 pm  
6 week semester

**Advanced Spanish**

Wednesdays 2:15-3:15 pm  
6 week semester

$25 for SSC Members / $80 Non members  

*Instructor: Angeles Dam*

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**Meet with a local knowledgeable attorney**

Attorney, Clare Bolduc  
Thursday, March 5th 9:30-10:30 am.

Attorney, Regina Glushakow  
Tuesday, April 14th  1:00-2:00pm

Private 15 minute appointments to ask general legal questions.

Please call ahead at 203-977-5151 to reserve a 15 minute time slot.  
Space is limited!

Thank you to Clare & Regina for donating their time and free legal advice to our members.

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**Current Events**

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

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

*Discussion Leader: Tom or Barbara*

Located in the Seminar Room
Please note, you must be a member of the Stamford Senior Center to partake of the programs listed.

**Art Class**

Mondays & Fridays  
Instructor: Anne Salthouse  
10:00am-12:00pm

Thursdays  
Instructor: Ray DeLuca  
10:00am-12:00pm

All mediums of art welcome

**Duplicate Bridge**

Tuesdays from 12:15 to 4:00pm with Joan

A competitive form of bridge in which the same hands are played successively by different partners.  
New Players are Welcome!

$8.00 SSC Members  
$12.00 Non-members

**Friendly Bingo**

1st & 3rd Fridays of the month  
2:00 pm-4:00pm  
$1 for two bingo cards

**New Program!**

Friends of World Goodwill  
Group Meditation Introduction Class  
Friday, March 20th  
10:30—11:00 am

Instructor: Ginny DeAngelis

Join the fun! Be of service! Bring a friend.  
Brief talk about the extraordinary power of thought to transform consciousness and spread the lighted loving energy of goodwill.

Weekly group meditation begins on March 31st  
And will be every Tuesday from 12:30-1:00 pm  
Donations are welcome and will support Friends of Goodwill who is providing all the

**Haircuts by Gloria**

Wednesdays: 10:00am-12:00pm  
(Art Room)  
March 18 & 25 and April 15 & 22  
All Cuts: $15.00

Call 203-977-5151 for an appointment
**SSC ‘s 4th Annual Olympic Games**

*June 24, 2020*

*9:30 am to 12:00 pm*

Registration is now open and the deadline to register is April 6th. *Don’t miss out on a morning of friendly competition and great fun with friends.*

The event is limited to the first 60 people so register early to guarantee your spot on a team!

$5 Registration Fee to reserve your spot (includes team t-shirt and lunch after the games)

All ability levels are welcome to participate!

Teams will be announced on Friday, April 17th

Must be a SSC member to participate

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**Tuesday, April 7, 2020**

**Bartlett Arboretum**

with **Michelle Vitaglione**

Learn how to make and use natural dye utilizing botanicals and everyday items from the kitchen. Experiment using the dyes on a variety of materials such as eggs and stationary.

The program is 90 minutes.

Please wear clothes that are ok to get stained or bring an apron.

Dyes for the program will be pre-made, but instructions will be given so they can be made at home.

Fee: $20.00
(materials and transportation included)

Bus will leave the center at 1:00pm and return at 3:00pm.

Please register by March 30th in person or at myactivecenter.com

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**Friday, March 6th**

**10:00am**

Deirdre Virvo, a local CT author of *Home to Home, The Step by Step Senior Housing Guide* will be giving a presentation on how to help seniors and their families create a housing roadmap when they may need help coping with dementia, Alzheimer’s or other cognitive issues.

At the end of the presentation, there will be ample time for Q & A and as a special thank you, all guests will receive an autographed complimentary copy of *Home to Home The Step By Step Senior Housing Guide*.

**The Housing Guide outlines what to do**

* When help is needed at home, how and where to find it.
* If you want to stay in your home but need money to help pay for care.
  * If you need to sell, what are your options.
  * If you need to move, but don’t know where to go.

Please register on myactivecenter.com
Or call the SSC at 203-977-5151

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**U.S. Congressman, Jim Himes**

**Monday, April 6, 2020**

**10:30-11:30**

Congressman Jim Himes along with The CT Dept. of Consumer Protection will be hosting a fraud prevention workshop highlighting scams targeting seniors. Join us and learn how you can protect yourself and loved ones from these practices.

Register at www.myactivecenter.com or by calling 203-977-5151
**NOT TO MISS PROGRAMS**

**Safeguarding your Identity**

Monday, March 23, 2020
11:30 am - 12:30 pm

This presentation will focus on preventing, recognizing and recovering from identity theft.

*Presenters:* Chris Manimbo, Financial Advisor
Edward Jones
Sal Amato, Regional V.P. of Ivy Distributors

Register at 203-977-5151 or www.myactivecenter.com

Lunch provided by:

**All you want to know about CBD**

Wednesday, March 18, 2020
10:00 - 11:00 am

*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.

Register at 203-977-5151 or www.myactivecenter.com

**Three Kids that Changed the World**

Monday, April 27, 2020
10:00 - 11:00 am

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

Register at 203-977-5151 or www.myactivecenter.com

**A Climate Reality**

Monday, April 20
10:30 - 11:30 am

April 22nd is Earth Day. Join us for this eye opening presentation on Climate Change.

Dawn Henry is one of thousands of volunteers around the globe who have been personally trained by former US Vice President Al Gore to educate the public on climate change. Her presentation will cover the science of climate change, the impacts being seen today all around the world in terms of extreme weather, droughts, floods, fires and impacts on ecosystems, our food supply, and human health.

The program will also include the latest information on the shift to clean renewable energy. The lecture concludes with suggestions on how to take action at the national and local level, as well as in your day-to-day life.

*Speaker:* Dawn Henry

Register at 203-977-5151 or www.myactivecenter.com
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<td>9:45-10:45 Stronger Bones</td>
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<td>8:45-9:45 Stronger Bones</td>
<td>9:45-10:30 Chair Zumba</td>
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<td>9:30-11:30 Blood Pressure and ask the Pharmacist</td>
<td>9:45-10:45 Level Three ESL</td>
<td>10:00-12:00 Current Events</td>
<td>9:45-10:30 Tai Chi Beginners</td>
<td>10:00-11:00 Home to Home</td>
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<td>10:00-12:00 Art w/Anne</td>
<td>9:45-10:30 Tai Chi Beginners</td>
<td>10:00-12:00 Technology Assist</td>
<td>9:45-10:30 Art w/Anne</td>
<td>10:00-12:00 Art w/Anne</td>
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<td>11:00-12:00 Yoga</td>
<td>10:45-11:30 Tai-Chi Intermediate</td>
<td>1:00-2:00 Beginner’s Spanish</td>
<td>10:00-12:00 Level One ESL</td>
<td>1:30-2:30 Total Body</td>
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<td>12:45-1:30 Beginners Line Dancing</td>
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<td>11:15-12:15 Stretch &amp; Tone</td>
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<td>1:30-2:30 Line Dancing</td>
<td>12:00-3:00 Mah Jong</td>
<td>2:15-3:15 Advanced Spanish</td>
<td>12:00-1:00 Level Two ESL</td>
<td>2:30-4:30 Movie Matinee</td>
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<td>3:30-4:15 Tai Chi</td>
<td>12:15-4:00 Duplicate Bridge</td>
<td>2:45-3:30 Zumba Gold</td>
<td>1:30-2:30 Conditioning &amp; Strength Training</td>
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<td>10:00-12:00 Art w/Anne</td>
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<td>10:45-12:00 U.S. Census</td>
<td>9:45-10:30 Tai Chi Beginners</td>
<td>11:30-1:00 International Women’s Day</td>
<td>9:45-10:30 Art w/ Ray</td>
<td>11:30-1:00 Tap Dancing</td>
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Happy St. Patrick’s Day

10:45-10:45 On Your Feet | 8:45-9:45 Stronger Bones | 9:00-9:45 Morning Yoga | 8:45-9:45 Stronger Bones | 9:45-10:30 Chair Zumba |
| 9:00-9:45 Morning Yoga | 9:45-10:45 Level Three ESL | 10:00-12:00 Current Events | 9:45-10:30 Tai Chi Beginners | 10:00-12:00 Art w/Anne |
| 9:30-11:30 Blood Pressure and ask the Pharmacist | 9:45-10:30 Tai Chi Beginners | 11:30-1:00 CBD Presentation | 10:00-12:00 Art w/ Ray | 11:30-1:00 Meditation Intro |
| 10:00-12:00 Art w/Anne | 10:45-11:30 Tai-Chi Intermediate | 10:00-12:00 Level One ESL | 10:00-12:00 Level One ESL | 11:30-1:00 Aging of the Eye - Stamford Hospital |
| 11:00-12:00 Yoga | 11:00-12:00 Level Four ESL | 10:00-12:00 Current Events | 11:15-12:15 Stretch & Tone | 1:30-2:30 Total Body |
| 12:45-1:30 Beginners Line Dancing | 12:00-3:00 Mah Jong | 1:00-3:00 Technology Assist | 12:00-1:00 Level Two ESL | 2:00-4:00 Bingo |
| 1:30-2:30 Line Dancing | 12:15-4:00 Duplicate Bridge | 1:00-2:00 Beginner’s Spanish | 1:30-2:30 Conditioning & Strength Training | 2:30-4:30 Movie Matinee |
| 3:30-4:15 Tai Chi | | 1:30-2:30 Aerobics | |
| | | 2:15-3:15 Advanced Spanish | |
| | | 2:45-3:30 Zumba Gold | |

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| 9:00-9:45 Morning Yoga | 9:45-10:30 Tai Chi Beginners | 10:00-12:00 Spring Boutique | 9:45-10:30 Tai Chi Beginners | 10:00-12:00 Art w/Anne |
| 9:30-11:30 Blood Pressure and ask the Pharmacist | 10:45-10:30 Tai Chi Beginners | 10:00-12:00 Haircuts | 10:00-12:00 Art w/ Ray | 11:30-1:00 Member Meeting |
| 10:00-12:00 Art w/Anne | 10:45-11:30 Tai-Chi Intermediate | 10:00-12:00 Current Events | 10:00-12:00 Level One ESL | 1:30-2:30 Total Body |
| 11:00-12:30 Safeguarding Your Identity | 11:00-12:00 Level Four ESL | 1:00-3:00 Technology Assist | 11:15-12:15 Stretch & Tone | 2:30-4:30 Movie Matinee |
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| | 12:30-1:00 Group Meditation | 2:15-3:15 Advanced Spanish | |
| | | 2:45-3:30 Zumba Gold | |

Spring Forward Daylight Saving Time

Red: Special Programs
Green: Technology Classes
Blue: Trips
Please register for anything in color
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<td>1:30-2:30 Total Body Workout</td>
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<td>1:30-2:30 Line Dancing</td>
<td>12:15-4:00 Duplicate Bridge</td>
<td>1:30-2:30 Aerobics</td>
<td>12:00-1:00 Level Two ESL</td>
<td>2:30-4:30 Movie Matinee</td>
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<tr>
<td>3:30-4:15 Tai Chi</td>
<td>12:30-1:00 Group Meditation</td>
<td>2:15-3:15 Advanced Spanish</td>
<td>1:30-2:30 Strength Training</td>
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<td>10:00-12:00 Art w/Anne</td>
<td>8:45-9:45 Stronger Bones</td>
<td>9:00-9:45 Morning Yoga</td>
<td>8:45-9:45 Stronger Bones</td>
<td>9:45-10:30 Chair Zumba</td>
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<td>10:00-12:00 Art w/Anne</td>
<td>9:45-10:30 Tai Chi Beginners</td>
<td>9:30-11:30 Blood Pressure Ask the Pharmacist</td>
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<td>12:45-1:30 Beginners Line Dancing</td>
<td>10:00-12:00 Current Events</td>
<td>9:30-11:30 Blood Pressure Ask the Pharmacist</td>
<td>10:00-12:00 Art w/Anne</td>
<td>10:30-11:30 National Healthcare Decisions Day</td>
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<td>1:30-2:30 Line Dancing</td>
<td>10:00-12:00 Haircuts</td>
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<td>11:00-12:00 Level One ESL</td>
<td>11:30-1:00 Podiatry Stamford Hospital</td>
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<td>3:30-4:15 Tai Chi</td>
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<td>9:45-9:45 Stronger Bones</td>
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### SENIOR HISPANIC CLUB

**Funded in part by The Southwestern CT Agency on Aging and Title III of The Older Americans Act**

**CLUB HISPANO PARA ADULTOS MAYORES**

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.

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

Nuestras Actividades son Variadas de tipo: Recreativo, 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 Educationales para una mente más ágil así como Juegos de Esparcimiento. (BINGO y Binguito)

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Este Programa es en Español y el Horario es de Lunes a Jueves 9am - 2pm.

<table>
<thead>
<tr>
<th>HORA</th>
<th>LUNES</th>
<th>MARTES</th>
<th>MIERCOLES</th>
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<td>10-11</td>
<td>EJERCICIOS:</td>
<td>ESL NIIVEL 3</td>
<td>CLUB DEL AMIGO:</td>
<td>CLUB de TEJIDO Y CROCHET</td>
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<td>Estriramientos corporales Al compás de Ritmos Latinos Juegos para una MENTE SANA Y AGIL (Salón de Seminarios)</td>
<td>(Salón Mural) 9:45-10:45am</td>
<td>HABLANDO SOBRE CIVISMO KARAOKE Celebración de Cumpleaños “Ultimo Miércoles del mes” 10-AM-12PM (Auditorio)</td>
<td>(Salón de Seminarios)</td>
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<td>CLUB DE TEJIDO, CHOCET (Salón de Arte)</td>
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<td>CLUB DE COSTURA (Salón de Arte)</td>
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<td>11-12</td>
<td>BINGO</td>
<td>ESL NIIVEL 4 “Principiantes” (Salón Mural) 11AM-12pm Discusión de Noticias Locales/Internacionales (Salón de Seminarios)</td>
<td>Charla Educativa De Salud y Bienestar (Auditorio)</td>
<td>BINGO Club del Libro, Charla Informativa; Película y/o Documental</td>
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<td>Plática de Concientización Comunitaria REMINISCENCIAS ULTIMO LUNES DEL MES (Salón de Seminarios)</td>
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<td>Información y Referencia (Salón de Seminarios) ALMUEZRO (Cafeteria 4to Piso)</td>
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<td>Información y Referencia (Auditorio) ALMUEZRO (Cafeteria 4to Piso)</td>
<td>ESL NIIVEL 2 (Salón Mural) 12-1pm</td>
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<td>1-2</td>
<td>AYUDA CON SUS TAXES FEB 3—ABR 15 1-7 PM SALA DE COMPUTO</td>
<td>ACTIVIDADES DESPUÉS DEL ALMUEZRO</td>
<td>2:45 ZUMBA GOLD Auditorio</td>
<td>AYUDA CON SUS TAXES FEB 3—ABR 15 1-4 PM SALA DE COMPUTO</td>
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**RECUERDE:**

- PASAR todos los días su tarjetita con código de barras debajo del escaner que esta debajo de la pantalla y presionar el botón(es) del Programa(s), Clase(s) y/o Evento(s) al cual asistirá en el día.
- Si en la pantalla que esta viendo NO ENCUENTRA LA OPCION/TITULO de lo que quiere hacer en el día, presione el botón "NEXT" "SIGUIENTE EN ESPAÑOL," y verá más opciones.
- PRESIONAR la opción de "Rifa" = “ENTER TO WIN” para tener la oportunidad de ganar un "Almuerzo Gratuito".
- Un ganador será elegido cada mes!! Cuanto más días presione el botón de rifa, más oportunidades tendrá de ganar!!

**VIAJES PROXIMOS:** MUSICAL “ALL SHOOK UP” MARZO 5, MOHEGAN CASINO MARZO 16. PREGUNTE EN RECEPCION.**

**EVENTOS PROXIMOS:** VENGA Y CONOZCA MAR 6; DIA INTERNA-CIONAL DE LA MUJER MAR 11; FESTEJANDO SAN PATRICIO LUNCH MAR 13.; BOUTIQUE DE PRIMAVERA MAR 25. PREGUNTE EN RECEPCION POR COSTO Y DETALLES.
Have your blood pressure checked and stop by to see Stanley to ask all your important questions about your medications with an experienced and trusted pharmacist with over 50 years of experience.

- Check for potential interactions and adverse side effects, especially with over-the-counter products.
- Evaluate which of your medications might be interfering with falling asleep at night and which of your medications might be causing you to feel tired during the day.
- Save money on your prescriptions.

**Blood Pressure Screenings and Pharmacy Consultation** will take place in the Computer Lab

**Blood Pressure Screenings**

1st Monday of month
9:30-11:30 am
Sponsored by:
Visiting Nurse & Hospice of Fairfield County

3rd Wednesday of month
9:30-11:30 am
Sponsored by:
Osborn Homecare

**Aging of the Eye**
Friday, March 20, 2020
11:30-1:00pm

**Speaker: Dr. Omar Shakir**
As we age, there are natural changes such as cataracts and difficulty seeing up close (presbyopia). There are also aging changes that put us at risk for glaucoma and macular degeneration. We will discuss what is actually changing inside your eye and what you can do to minimize your risk.

Register at www.myactivecenter.com or in person at the center

**Happy Feat**
Speaker: Dr. Rachel Albright, Podiatrist
Friday, April 17, 2020
11:30-1:00

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 or in person at the center

**Looking Ahead**
Friday, April 17, 2020
10:30am – 11:30am

One of the greatest gifts you can give yourself and your loved ones is the act of planning ahead and making important health care decisions in times of calm not crisis.

Join Keri Linardi, RN, BSN, Chief Clinical Officer, RVNAhealth; Cindy Merritt, LCSW, and a local attorney to discuss:
- Advanced Care Planning – why it’s so important;
- Documenting your Decisions – what to consider, include, and who to include in the process

Questions and Answers to follow

Planning ahead ensures that you get what you want and removes stressful decisions from others.

Sponsored by Union Savings Bank

Snacks will be served!

Register on myactivecenter.com
MONDAYS

YOGA: 11:00am-12:00pm with Miriam - Traditional yoga positions to increase strength & flexibility and reduce stress. Yoga mat required.

BEGINNERS LINE DANCING with Tina
12:45PM – 1:30PM - An intro to Line Dancing for anyone who is new and wants to learn the steps

LINE DANCING: with Tina 1:30pm to 2:30pm
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.

TAI CHI: 3:30-4:15 pm - Chinese form of martial arts that involves slow, controlled and low impact movements that help improve balance and hand-eye coordination.

TUESDAYS

STONGER BONES & BETTER BALANCE: 8:45-9:40am with Phyllis
This is class is 2 days/ week and costs $25 for ten weeks (20 classes). Must pre-register. No walk-ins
Increase bone density and reduce your chance of falling and serious injury by increasing muscle strength using light weights, doing balance exercises, and gently stretching. Phyllis works one-on-one with all students, considering each person’s physical limitations and needs, helping you exercise safely and effectively.

TAI CHI (beginners): 9:45am to 10:30am with Ken
Chinese form of martial arts that involves slow, controlled and low impact movements that help improve balance and hand-eye coordination.

TAI CHI (intermediate): 10:45am to 11:30am with Ken

WEDNESDAYS

YOGA: 9:00am to 9:45am with Miriam - Traditional Yoga positions to increase strength & flexibility and reduce stress. Yoga mat required.

AEROBICS: 1:30pm to 2:30pm with Miriam
Energetic exercises to strengthen your heart, muscles and bones.

ZUMBA GOLD 2:45-3:30pm with Lili - Easy to follow choreography to lively music that will inspire and motivate you to move! A great total body workout.

THURSDAYS

STONGER BONES & BETTER BALANCE: 8:45-9:40am with Phyllis
(Fee:$25.00 for 10 weeks - 20 classes)
Must pre-register, no walk-ins

TAI CHI (beginners): 9:45am-10:30am with Ken
on 1st, 3rd and 4th Thursdays of the month

TAI CHI (with Alma on 2nd Thursday of the month 9:45am-10:30am)
Chinese form of martial arts that involves slow, controlled and low-impact movements that help improve balance and hand eye coordination.

STRETCH & TONE: 11:15am to 12:15pm with Linda - Class includes stretching & toning exercises targeting the entire body. Exercise mats required.

STRENGTH TRAINING: 1:30pm to 2:30pm with Miriam - A program of muscle building exercises.

FRIDAYS

CHAIR ZUMBA with Lili: 9:45am-10:30am
Developed for seniors who are unable to tolerate the rigors of a standard class and is performed in a seated position with lively music. This class effectively lowers body weight and fat.

TAP DANCING: 10:30am to 11:30am with Erica (2nd Friday of every month) in the rec room.

TOTAL BODY WORKOUT: 1:30pm to 2:30pm with Miriam - A chair based class that provides head to toe exercises to build strength & improve flexibility.

All classes (except Strong Bones ) are on a first come, first serve basis and are capped at a certain level, for the safety of the participants.

Rules for Fitness classes:

⇒ All participants must sign waiver to take classes
⇒ Proper footwear must be worn for all classes
⇒ No dress shoes, heels or boots allowed
⇒ Please be courteous and …
⇒ Do not barge into a class that is in session, wait for class to end before entering auditorium
⇒ Do not carry on conversation with others during the class.

The SSC reserves the right to bar a participant from classes if they don't adhere to the rules above.
Miriam Shaw has been teaching fitness classes to older adults in Stamford before there was even a Stamford Senior Center. An avid dancer for many years, Miriam performed with dance companies in NYC and Hartford prior to stopping to start a family. Her family relocated from Hartford to Stamford in 1978, when her husband, Jay became the Publisher of the Stamford Advocate and Greenwich Times. Miriam took a course by John Gawlak former head of physical fitness at the YMCA, on how to conduct exercise classes for seniors. That started her on a path and what describes as a mission to help seniors stay physically active.

Miriam started teaching a Total Body Workout class on Friday afternoons at the Stamford Senior Center in 1997, she was asked to fill in for an instructor to teach yoga on a temporary basis that quickly became permanent, from there she added strength training and then aerobics. Today, Miriam teaches 5 fitness classes a week to a packed house every class. She instills in her students the simple fact that physical exercise is as important to healthy living as what we eat. When asked what motivates her to keep doing this at this point in her life, without hesitation she responds, “It’s the people”; I’ve never had anyone in a class in all the years I’ve been doing this, that was difficult to teach. I am determined to help them live a long and healthy life through exercise.” Miriam recently had a birthday and her students surprised her with cake and flowers. The question everyone in her class wants to know is, how old is Miriam? She won’t tell, but the question we should be asking is….How does she stay so young? The answer may be in the fact that she teaches 15 classes a week from Norwalk through Rye Brook NY. How many of us can say we exercise 15 hours a week? If you haven't tried any of her classes, come by the Center and try one, you'll be happy you did! Miriam is a true gem and we are so fortunate to have her teaching at the center and empowering our members to live healthier, happier lives through exercise.

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**The Cookbook Project**

Our members come up with some great ideas and we are so excited to launch this project.

We want your best and favorite recipe(s) to include in our Cookbook that will be printed and sold by our members. All proceeds from sale of cookbook will support the SSC. We envision the cookbook to be filled with ethnic recipes from all over the world, and to represent the wonderful diversity of our members.

Please email your recipes and cooking instructions to: Lisa at: lisa.magoun@gmail.com

If you don’t have email, you can drop your recipes off at the front desk of the senior center, but they must be typed not hand written. If you have a photo of your dish, send that along with your recipe.

Deadline to submit your recipes is Monday, March 30th.

Let’s get cooking!

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**SSC MEMBER MEETING**

Friday, March 27th
11:30 am to 1:00 pm

We will discuss:

- New Programs Coming up as a result of the feedback received from the Member Survey.
- Changes for the new Membership Year

Complimentary lunch provided

Please register on myactivecenter.com or call 203-977-5151 to register by: Friday March 13th.
Go Go Grandparent is a transportation service using Lyft/Uber drivers with just a phone call.

No smartphone or app required!

We order rides that are usually up to 25% less expensive than a taxi and no charge for extra passengers (up to 4 total riders). No pre-scheduling is required and can request a ride 15 minutes in advance. This is a 24/7 service in over 7000 + cities.

We charge a small concierge fee plus Lyft/Uber fare. We quote the cost every time you call. Rates can change when demand is high. You do not pay the driver, and they do not know the total cost of the trip. After the trip we'll charge the card you have on file and call or email you with how much was charged. Tipping is encouraged and expected especially in the cases where you ask a driver to wait or lift something up.

Call 1-855-464-6872 to speak to an operator or call 1-855-850-5221 for a free informational brochure with no obligation.

Register for free at: www.gogograndparent.com

CT Transit Bus Tokens

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

Norwalk Transit Easy Access

Easy Access is a door-to-door para transit service. Please call Norwalk Transit/Easy Access at (203) 299-5180 to see if you meet the eligibility requirements. You must call Norwalk Transit to arrange for transportation. Two Easy Access tickets are provided each day for SSC members to get to and from the Center for a suggested donation of $2.00. Additional tickets to use for other destinations can be purchased in the Cashiering & Permitting Dept. on the 1st floor. The cost is $3.50 per one way voucher or $28 for a book of ten rides.

Applications for Easy Access are available at the front desk at the SSC for your convenience.

SHARE THE FARE

The Share the Fare program is for Stamford residents over the age of 62 and for disabled individuals.

- Share the Fare offers discounted taxi vouchers to eligible individuals who reside in Stamford.

- Eligible riders can purchase Share the Fare vouchers in the Cashiering and Permitting Department just off the first floor lobby of the Stamford Government Center.

- In order to purchase vouchers, participants must provide identification and proof of eligibility age or disability to the cashier.

- Each Share the Fare voucher book contains ten (10) vouchers and has a total face value of $50.00. Books are sold to seniors and disabled individuals for $25.00.

For more information, call 203-977-4979

AARP Driver Safety

Save money on your auto insurance

Saturday, March 28th
Saturday, May 9th

9 am to 1 pm in seminar room
$15 AARP Members / $20 non members

Open to the public
Call 203-977-5151 to reserve your spot.
March 6: Suffragette (2015 Drama/Historical Period 1:46) In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts (Carey Mulligan). Galvanized by political activist Emmeline Pankhurst (Meryl Streep), Watts joins a diverse group of women who fight for equality and the right to vote. Faced with increasing police action, Maud and her dedicated suffragettes must play a dangerous game of cat-and-mouse, risking their jobs, homes, family and lives for a just cause.

March 13: Rocketman (2019 Fantasy/Drama 2:02) Young Reginald Dwight changes his name to Elton John and collaborates with singer-songwriter Bernie Taupin to become one of the most iconic figures in pop history. Set to his most beloved songs, it's the epic musical story of Elton John, his breakthrough years in the 1970s and his fantastical transformation from shy piano prodigy to international superstar.

March 20: Fried Green Tomatoes (1991 Drama/Comedy 2:17) On one of trapped housewife Evelyn Couch's Wednesday nursing home visits, she encounters Ninny Threadgoode (Jessica Tandy), a colorful old woman who brightens Evelyn's outlook by sharing tales from her past. As Ninny recounts the exploits of her free-spirited sister-in-law Idgie (Mary Stuart Masterson), owner of a small Alabama café in the 1920s, and the bond Idgie shared with her friend Ruth (Mary-Louise Parker), Evelyn gains the confidence to change her own life for the better.

March 27: 1917 (2019 Drama/Fantasy 1:50) During World War I, two British soldiers -- Lance Cpl. Schofield and Lance Cpl. Blake -- receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades including Blake's own brother.

April 3: The Lighthouse (2019 Fantasy/Romance 1:49) Two lighthouse keepers try to maintain their sanity while living on a remote and mysterious New England island in the 1890s.

April 17: Yesterday (2019 Drama/Fantasy 1:57) Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

April 24: Knives Out (2019 Drama/Thriller 2:10) When renowned crime novelist Harlan Thrombey dies just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc arrives at his estate to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Thrombey's untimely demise.

Wednesday, March 25, 2020
10:30 am - 12:30 pm

Whether your looking for your next spring outfit or unique and fun items for excellent prices, stop at the Stamford Senior Center for great bargains.

If you wish to purchase a table to sell your gently used clothing, jewelry and/or housewares, contact Gina at: gcompolattaro@stamfordct.gov

Tables are $20 for a 6 foot table
Vendors keep all proceeds from their sales.
Vendors responsible for packing up and removing anything that didn’t sell by 1:00 pm.
**Monday, March 16, 2020**

$30 for members | $40.00 non-members
Includes a $15 voucher to use for:
for food, merchandise & gambling
Tickets are non-refundable
Register online or in person

Bus will depart the SSC promptly at 9:00am
Bus will depart Mohegan Sun Casino promptly at 4:00pm and arrive back by 6:30pm

www.stamfordseniorct.org

Photo ID Required - Heavy Walking

**Friday, June 19, 2020**

**Rosecliff Mansion, Newport - Voices in the Garden**

The magnificent Rosecliff Mansion provides a delightful backdrop for the 25th Newport Flower Show. Begin by touring the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore a wonderful shopper’s marketplace with incredible views. Spend the rest of the day in downtown Newport, shopping and restaurants on Bowen’s & Bannister’s Wharf.

**Heavy Walking**

Members: $80.00 | Non-members: $95:00

Depart Stamford Senior Center at 6:45am
Estimated Return 7:30pm
Register at 203-977-5151

**The Delaney House**

Holyoke, MA

**Thursday, July 16, 2020**

*All you can eat Lobster*

Served at your table: Cheese & Vegetable platter, shrimp cocktail and salad, bread basket

Buffet Menu: Lobster, Lobster, Lobster!! A variety of salads, fruit, pork Marengo, focaccia, haddock, chicken marsala, baked ziti, vegetables, dessert and beverage.

Showtime: Lou Villano presents the best of Paul Anka

Members: $112.00 | Nonmember: $124.00

Depart SSC at 9:00am with estimated return time of 5:30pm
Register at 203-977-5151 or www.myactivecenter.com

Moderate walking
Stamford Senior Center & Collette Vacations
Presents..............

Spectacular South Africa
October 8 - 21, 2020

Book now and save $250.00 per person

Optional 3 night Dubai Pre Tour Extension
Optional 3 night Victoria Falls Post Tour Extension

Rates per person: Single $5,699, Double $4,999.
Includes RT air fare from JFK, RT group transportation from Stamford to JFK, air taxes and fees/surchargers, hotel transfers.

Not included in price: Cancellation Waiver and Insurance of $385 per person

Featuring: Johannesburg, Soweto, Panoramic Route, Kruger National Park, Safari Game Drives, Garden Route, Knysna, Featherbed Nature Reserve, Choice on Tour, Stellenbosch, Wine Tasting & Dinner, Cape Town & Table Mountain.

Spotlight on South Dakota
June 5 - 11, 2020
Featuring Mount Rushmore & The Badlands

Rates per person: Single $3,349, Double $2,699
Includes RT air fare from New York, air taxes and fees/surcharges, hotel transfers, group transportation to/from the airport.


Alaska Discovery Land & Cruise
August 1 - 12, 2020
Featuring a 7 night Princess Cruise

Rates per person: Inside Cabin: Single $8,649, Double $5,649
Outside Cabin: Single: $10,699, Double $6,840
Balcony Cabin: Single: $11,349, Double $7,149
Includes RT air fare from New York, air taxes and fees/surcharges, hotel transfers, group transportation to/from the airport.

Highlights: Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau,
MEDICARE SAVINGS PROGRAM

MSP is a federal program that is administered at the state level. It pays the Medicare Part B premium for you, which means an extra $135/month in your pocket. It also qualifies you for the federal low income subsidy to reduce your prescription drug costs.

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

The Monthly Income Limits for MSP are as follows:

<table>
<thead>
<tr>
<th>Program Level</th>
<th>Single Person</th>
<th>Married Couple</th>
</tr>
</thead>
<tbody>
<tr>
<td>QMB</td>
<td>2,196.51</td>
<td>2,972.99</td>
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<td>SLMB</td>
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<td>3,254.79</td>
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<tr>
<td>ALMB</td>
<td>2,560.86</td>
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Income limits get adjusted on April 1st

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

CT Energy Assistance Program

The Connecticut Energy Assistance Program helps households pay for primary heating bills. Even if the households primary heating costs are included in your rent, you may also apply for assistance.

**Household’s Income Limits are as follows:**
- 1 person household: $36,171/month
- 2 person household: $47,300/month

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

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

**Note:** Intakes can be done over the phone for homebound individual’s who cannot apply in person
Thank you to our Sponsors

Thank you to our Lives Blossom Sponsors to date:

Gold Sponsor:

First County Bank

It’s where you belong.

Silver Sponsors:

AJM

Real Estate Services, Inc.

Bankwell


Osborn Home Care

From The Osborn to Your Home

T&G & Company LLC

Media Sponsor:

STAMFORD MAGAZINE

MOFFLY MEDIA

Robert & Clare Kretzman

Judy Motta

Ads and Sponsorship opportunities are still available. Call 203-977-5151

Thank you to the local chefs who took part in our Stew Cook-off!

Congratulations to the Winners:
1st Place: Chef Robert from Bridges by Epoch
2nd Place: Chef Henry from The Residence on Summer Street
3rd Place: Chef Sorin from Sunrise Senior Living

Honorable Mentions:
Chefs Jake and Steve from Waveny Care Network
Chefs Laurie and Chris from the Stamford Senior Center
THANK YOU TO OUR DONORS

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 generous donations during our Annual Appeal Campaign. Your support is greatly appreciated
(list includes donations received through January 31, 2020)

Marylen Almerino
Aysel Aslansan
Carol Ann Bakinowski
Jairo Bejarano
Maria Bermudez
Susan Carson
Coleman Clark
Walter Croen
Arlene DeSilva
Barbara Drotman
Nicholas Dubiago
Deger Dubman
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Hilda Woodson
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To all our Volunteers who generously give their time and talents

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Clare Bolduc, Esq.
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