



Adults 60 & Over



NORTH BRANFORD SENIOR CENTER

The Senior Center is currently at 1675 Foxon Road in North Branford. This is a wonderful place where independently functioning adults can get together for recreation events, participate in trips, enjoy cultural presentations, engage in volunteer services and enjoy a nutritious noontime meal for only \$2 Monday - Friday.

- Programs include: Bingo, Exercise, Card Tournaments, Intergenerational Events, Birthday Celebrations, Health & Wellness Clinics, Massage Therapy & More!
- Services for Transportation to and from the Center, Wednesday grocery shopping.
- Senior Scholarships are available to participants who are unable to afford activities.
- Subscription available to our monthly newsletter for just \$8 per calendar year.

WORKSHOPS & SEMINARS & EXERCISE CLASS

Planning your great escape: **RETIREMENT**

Who: Adults 55 & over
When: Tuesday, October 11th @ 6:00 p.m.
Where: NB Senior Center
Fee: FREE
Instructor: George Sloan of Axa Advisors
Description: With increased market volatility and economic uncertainty achieving a great retirement seems harder all the time. This seminar realistically discusses the challenges ahead and provides time-tested solutions that can be implanted.

STAYING HOME FOR THE LONG HAUL

Who: Adults 55 & Over
When: Tuesday, Oct. 18th @ 10:45 a.m.
Where: NB Senior Center
Fee: FREE
Instructor: VNA Community Health Care
Description: Join us for this informational seminar on tips to stay at home. Learn safety precautions, find out about local resources, and more.

FOOD SAFETY:

“To toss or not to toss”

Who: Adults 55 & over
When: Thursday, Nov. 10th @ 10:45 a.m.
Where: NB Senior Center
Fee: FREE
Instructor: VNA Community Health Care
Description: Take a walk through the “do’s and don’ts” of food handling. Learn the safe way to prepare and store food, how to keep leftovers safe, what to do with those “doggie bags”, and determine when it’s time to toss those items from the refrigerator and freezer.

ELDERLY LAW WORKSHOPS

Who: Adults 55 & over
When: 2nd Tue. of every month, 6 p.m.
Where: NB Senior Center **Fee:** FREE
Presenter: Matthew Stillman, Attorney at Law
Description: Once a month Attorney Stillman will be available to answer any and all of your questions. Whether it is about Medicaid, Wills, Power of Attorney, Conservatorship, etc. Attorney Stillman will provide you with all the Information you need. Please call ahead to register.

ENHANCE YOUR BENEFITS WITH PENSION MAXIMIZATION

Who: Adults 55 & over
When: Tuesday, Nov. 15th @ 6:00 p.m.
Where: NB Senior Center **Fee:** FREE
Instructor: George Sloan of Axa Advisors
Description: Pension Maximization is a retirement planning strategy that can secure a pension for a spouse and possibly increase income during retirement. This presentation reviews decisions required at retirement for pension plan assets and how the strategy works.

GET FIT

Who: Adults 55 & over
Session I: September 13th ~ November 15th
Session II: November 29th ~ January 31st
Time: Tuesdays, 10:30 - 11:30 am
Where: NB Senior Center **Fee:** \$20
Instructor: Gert Alteri
Description: Whether you’ve joined other group fitness classes or are trying it out for the first time, you can customize this class to meet your individual needs. Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout that meets the needs of virtually any senior citizen.