

# DEPARTMENT ON AGING NEWSLETTER



263 GOLDEN HILL ST  
BRIDGEPORT, CONNECTICUT 06604

December 2012

DEPARTMENT ON AGING

TELEPHONE 203-576-7993

DECEMBER 7  
PEARL HARBOR DAY



*"A date that will live in infamy"*  
*Franklin D. Roosevelt*



**WE WILL BE CLOSED**  
**December 25**  
**CHRISTMAS DAY**  
**HOLIDAY**

**DECEMBER 25**  
**CHRISTMAS DAY**





**The Hairdresser will be  
at the Eisenhower Senior  
Center on Wednesday,  
Dec. 5, 2012 at  
10:00 a.m.  
Donation: \$10.00**

**December Birthdays**



**Wishing our Seniors  
born in December  
a very  
Happy Birthday!**

**GRANDPARENTS  
GROUP**



**Meets every Thursday  
10 A. M.-2 P.M.**

**To become a member or  
for more information call  
Sheila at 203-707-4873**



**WATER AEROBICS  
MONDAY THROUGH  
FRIDAY  
8:30 and 10:00 A.M.  
EISENHOWER CENTER  
263 GOLDEN HILL ST.  
BRIDGEPORT, CT 06604  
203-576-7993**



**Line Dancing**

**Every Friday  
11:00 a.m.-12 p.m.  
Eisenhower Gym  
\$2.00 Donation**



**CERAMICS**

**EISENHOWER  
CENTER**

**Monday – Friday**

**10 a.m.-3 p.m.**



**Red Hat Christmas  
Party**

**December 6, 2012  
Cost: \$30.00  
11:00 A.M.**

**Call Sheila at:  
203-707-4873**



**The "Foot Doctor" will  
be at the Eisenhower  
Senior Center on Thurs.  
Dec. 13, 2012  
8:30 a.m.  
Sign up at the Front  
Desk.**





*Merry Christmas  
&  
Happy New Year  
English*



*Feliz Navidad  
y  
Próspero Año Nuevo  
Spanish*



*Joyeux Noël et Bonne Année  
French*



*Fröhliche Weihnachten und ein  
glückliches Neues Jahr!  
German*



*Buon Natale e Felice Anno Nuovo  
Italian*



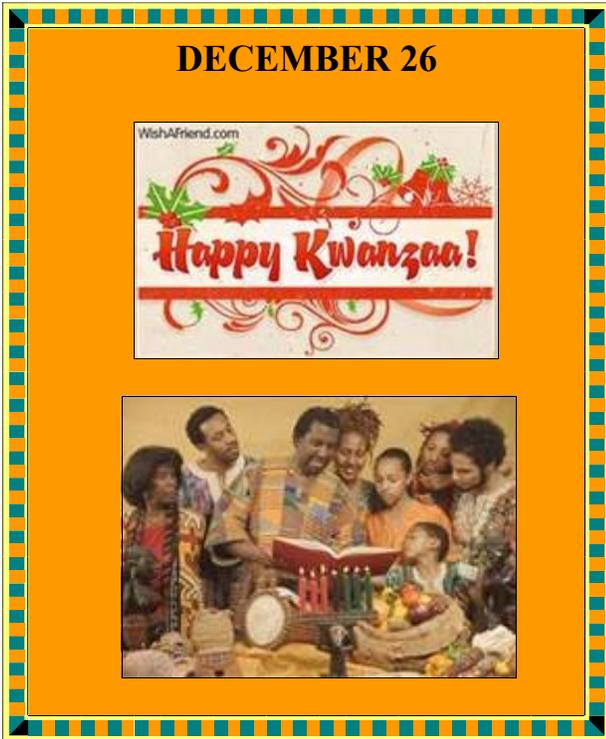
*Nollaig Shona Dhuit  
Irish*

*Wesołych Świąt i Szczęśliwego  
Nowego Roku  
Polish*



*Boas Festas e um feliz Ano Novo  
Portuguese*






**Knitting & Crochet  
Classes**

**Monday,**  
10 to 11 A.M.



**TAI CHI  
CLASSES**

**TUESDAY,**  
11:00 A.M. IN  
THE EISEN-  
HOWER GYM



## HEALTH & WELLNESS

### "Why You Should Drink Warm Water & Lemon"



#### 1. Boosts you're immune system

Lemons are high in Vitamin C and potassium. Vitamin C is great for fighting colds and potassium stimulates brain & nerve function and helps control blood pressure.

#### 2. Balances pH

Lemons are an incredibly alkaline food, believe it or not. Yes, they are acidic on their own, but inside our bodies they're alkaline (the citric acid does not create acidity in the body once metabolized). As you wellness warriors know, an alkaline body is really the key to good health.

#### 3. Helps with weight loss

Lemons are high in pectin fiber, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet lose weight faster. And, my experience is that when I start the day off right, it's easier to make the best choices for myself the rest of the day.

#### 4. Aids digestion

The warm water serves to stimulate the gastrointestinal tract and peristalsis—the waves of muscle contractions within the intestinal walls that keep things moving. Lemons and limes are also high in minerals and vitamins and help loosen ama, or toxins, in the digestive tract.

#### 5. Acts as a gentle, natural diuretic

Lemon juice helps flush out unwanted materials because lemons increase the rate of urination in the body. Toxins are, therefore, released at a faster rate which helps keep your urinary tract healthy.

#### 6. Clears skin

The vitamin C helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps keep skin clear as well.

#### 7. Hydrates the lymph system

This cup of goodness helps start the day on a hydrated note, which helps prevent dehydration (obviously) and adrenal fatigue. When your body is dehydrated, or deeply dehydrated (adrenal fatigue) it can't perform all of its proper functions, which leads to toxic buildup, stress, constipation, and the list goes on. Your adrenals happen to be two small glands that sit on top of your kidneys, and along with your thyroid, create energy. They also secrete important hormones, including aldosterone. Aldosterone is a hormone secreted by your adrenals that regulates water levels and the concentration of minerals, like sodium, in your body, helping you stay hydrated. Your adrenals are also responsible for regulating your stress response. So, the bottom line is that you really don't want to mess with a deep state of dehydration!

**TRIVIA**

**Russia and Japan still haven't signed a peace treaty to end World War II.**

**When Alexander Graham Bell passed away in 1922, every telephone served by the Bell system in the USA and Canada was silent for one minute.**

**The word "Machiavellian" is named after Niccolo Machiavelli, who was friends with Leonardo da Vinci.**

**The US has the highest documented per capita rate of imprisonment of any country in the world. About 2% of white males, 4% of Hispanic males and 10% of black males are incarcerated. There are more black males in prison than in colleges in the US.**

**An atomic clock is accurate to within 1 second in 1,7 million years.**

**For 3000 years, until 1883, hemp was the world's largest agricultural crop, from which the majority of fabric, soap, paper,**

**medicines, and oils were produced.**

**A lobsters blood is colorless but when exposed to oxygen it turns blue**

**The 3 most common languages in the world are Mandarin Chinese, Spanish and English**

**The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet**

**Hummingbirds are the only bird that can fly backwards**

**Pop corn was invented by the Aztec Indians**

**Apples are more effective at waking you up in the morning than coffee**

**There are only 4 words in the English language which end in 'dous' (they are: hazardous, horrendous, stupendous and tremendous)**

**PEARL HARBOR**  
 DECEMBER 7, 1941, A DATE WHICH WILL LIVE IN INFAMY... NO MATTER HOW LONG IT MAY TAKE US TO OVERCOME THIS PREMEDITATED INVASION, THE AMERICAN PEOPLE, IN THEIR RIGHTEOUS MIGHT, WILL WIN THROUGH TO ABSOLUTE VICTORY.  
PHOTOGRAPH BY G. ROOSEVELT



**COMPUTER CLASSES**

**TUES. & WED.**

**1ST CLASS AT 1 P.M.**  
**2ND CLASS AT 1:30 P.M.**

Crabby Road 12-7-07

*There's nothing like a gift card to say, "This is how much I'm willing to spend on you."*



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**Department of Aging Mission Statement**

To make certain that all Bridgeport Seniors will be able to reach their full potential by providing opportunities for socialization, volunteerism, information, referral and by assuring that they can utilize available nutrition, social services, health, swim aerobics, and transportation programs.

**SCHEDULING OF ACTIVITIES AND PROGRAMS**

**EISENHOWER CENTER:** Rosemarie Hoyt, 263 Golden Hill Street, Bpt., CT. 06604.

Open daily from 8:30 a.m. – 4:30 p.m. 203-576-7993.

Nutritious Lunch offered Monday through Friday,  
call for reservations at (203) 335-6175.

Also available: Computer Room, Information and Referrals, Social Services, and (RSVP) Retired and Senior Volunteer Program.

**Monday**  
8:30— 11:30  
Swim/Exercise  
Wii Practice Daily  
9:00-2:00  
Movies  
Lunch  
10:00-3:00  
Ceramics

**Tuesday**  
8:30— 11:30  
Swim/Exercise  
9:00-2:00  
Movies  
Lunch  
10:00-3:00  
Ceramics

**Wednesday**  
8:30—11:30  
Swim/Exercise  
9:00-2:00 Movies  
Lunch: Hot Dog &  
Popcorn  
1:00-3:00 Bingo  
10:00-3:00 Ceramics

**Thursday**  
8:30—11:30  
Swim/Exercise  
9:00-2:00  
Movie  
Lunch  
10:00-3:00  
Ceramics

**Friday**  
8:30 – 11:30  
Swim/Exercise  
9:00-2:00  
Movies  
11:00 – 12:00  
Line Dancing  
\$2.00 per person  
Lunch  
1:00-3:00 Bingo

**BLACK ROCK SENIOR CENTER:** Bonnie Roach, 2676 Fairfield Avenue, Bpt., CT 06605 Tel. 203-576-7258. Open Daily 9:00 a.m.-4:00 p.m. Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323. Blood Pressure Screening, last Wednesday of the month.

**Monday**  
10:00-12:00  
Line Dancing  
Lunch  
12:30-2:30  
Movie Matinee

**Tuesday**  
10:30-12:00  
Wii Practice  
Lunch

**Wednesday**  
10:30-12:00  
Wii Practice  
Lunch  
12:30-3:00  
Bingo

**Thursday**  
10:00-11:00  
Zumba

**Friday**  
9:30-12:00  
Wii Practice  
Art w/Melody  
11:30-12:15  
Zumba  
Lunch

**NORTH END BETHANY SENIOR CENTER:** Carrie Taylor, 20 Thorme Street, Bpt., CT Tel. 203-576-7730 Open Daily 9:00 a.m.-4:00 p.m. Daily Nutrition Program, call for registration.

**Monday**  
9:00-10:30  
Gab Session  
10:30-12:00  
Wii Practice  
Lunch  
1:00-3:00  
Bingo

**Tuesday**  
9:00-10:30  
Gab Session  
10:00-10:30  
Exercise Class  
10:20-12:00  
Craft Classes  
Lunch  
2:00-3:00  
Line Dancing

**Wednesday**  
9:00-10:30  
Gab Session  
11:00-12:00  
Line Dancing  
Lunch  
1:00-3:00

**Thursday**  
9:00-10:30  
Gab Session  
9:30-10:30  
Wii Practice  
11:00-12:00  
Line Dancing  
Lunch  
1:00-3:00  
Pinochle

**Friday**  
9:30-12:00  
Pinochle  
Lunch  
1:00-3:00  
Bingo