



**CITY OF BRIDGEPORT
SENIOR CENTERS
NEWSLETTER**

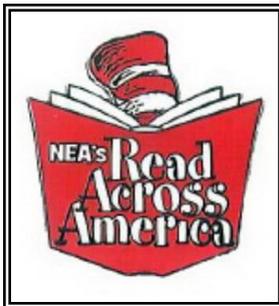
**307 GOLDEN HILL ST
BRIDGEPORT, CONNECTICUT 06604**

March 2016

DEPARTMENT ON AGING

TELEPHONE 203-576-7993

**March 2
Read Across America
Day**



**March 13
Daylight Savings**



**March 17
St. Patrick's Day**



**March 20
March Equinox**



**SENIOR CENTERS
WILL BE CLOSED**

**FRIDAY, MARCH 25
GOOD FRIDAY**



**March 25
Good Friday**



**March 27
Easter
Sunday**



How to Prevent Leg Cramps



Understand what they are and what causes them. Leg cramps are muscle contractions, typically in the hamstrings, calves, and quadriceps. There are a number of

things that may be causing your leg cramps, including medications you may be taking, muscle exhaustion or fatigue, dehydration or nutritional imbalances. Consider which of these may be causing them. Sometimes there are unknown causes of muscle contractions, so if you can't seem to figure it out, that's okay.



Avoid extremely vigorous exercising. Train up to it gradually, and always pace yourself. Also stretch before (warm-up) and after (cool-down) workouts.



Stay hydrated. Get enough water and replenish after exercising.



Eat nutritionally. Make sure you get enough of the 'big' vitamins: A, the B vitamins, C, and D.



Stretch regularly. Some good stretches for the legs: the calf stretch (stand on a raised platform, such as the steps, a stool, a chair, etc, and let your heels hang off

the edge; you should feel this fairly intensely in your calves) the hamstring stretch (on that same platform, step on with one heel and your foot flexed, keep your leg and back straight and lean forward at the hips), the straddle (keep your back straight as you spread your legs out to the sides), and the splits (you may already be familiar with this stretch; step forward with one foot and slide forward as your other leg spreads back).



If you do get a leg cramp anyway, there are several remedies that may help.

Try stretching the muscle that is contracting, this may help. Taking a hot bath or

shower also helps relax the muscle, as well as massaging the affected area.



When walking, curl your toes a bit up to put your weight on the ball of your foot. Check the bottom of your foot and shoe and notice how you have been walking. Shifting

your weight from your toes to the ball of your foot will decrease the stress on your calf.



Wear sweatpants, pajamas or leg warmers when sleeping.

If you are not using leg warmers, do not use long shorts. When using long shorts and your calves get too cold, be-

cause it is such a small area you will usually not awaken from the cold which can cause a cramp and especially if combined with muscle fatigue.

**FROM THE TAX ASSESSORS OFFICE
SENIOR TAX RELIEF PROGRAM**

**SENIOR CITIZEN & S.S. DISABILITY TAX RELIEF PROGRAM
(OCTOBER 1, 2015 GRAND LIST)**

Applications will be accepted in the Tax Assessor's Office, **Room 103**, City Hall, from **March 1 to May 13, 2016**

REQUIREMENTS

Age 65 by December 31, **2015**

(IF UNDER 65 YOU MAY APPLY IF YOU ARE CONSIDERED DISABLED BY THE SOCIAL SECURITY ADMINISTRATION. YOU MUST PROVIDE VERIFICATION WITH A CURRENTLY DATED "CERTIFICATE OF AWARD/TPQY FROM SSA. CONTACT OUR OFFICE AT 332-3023 TO RECEIVE A SAMPLE OF THE REQUIRED DOCUMENT.)

Applicant must own and reside in the real estate beginning on **October 1, 2015**. The 2015 Maximum Qualifying Income (which includes Social Security Income)

Individual \$35,200

Married \$42,900

Please bring the following documents for income verifications:

2015 Federal Income Tax Return (Please check with IRS for their income requirements on filing a return.) **If you file a tax return, you must do so BEFORE you come to our office.**

AND

2015 Social Security Benefit Statement (SSA1099, if applicable)

OR

Any 1099 INT, 1099DIV, 1099R, W-2, etc. for 2014 plus 2014 Social Security Statement (SSA1099) and any statements showing non-taxable income such as a VA pension, Tax Free Interest, etc. Any of these would have been received in January 2015.

IF YOU HAVE ANY QUESTIONS PLEASE CALL KATHY AT 332-3023.

Feeling tired? Go to a park.

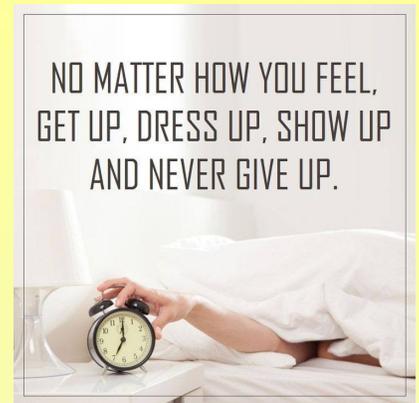
Nature wakes up your brain. That's according to University of Rochester scientists. They found that people who spent at least 20 minutes a day outdoors felt up to 20% more physical and mental energy than those who stayed inside.



Tesh.com



May every sunrise hold more promise,
and every sunset hold more peace.



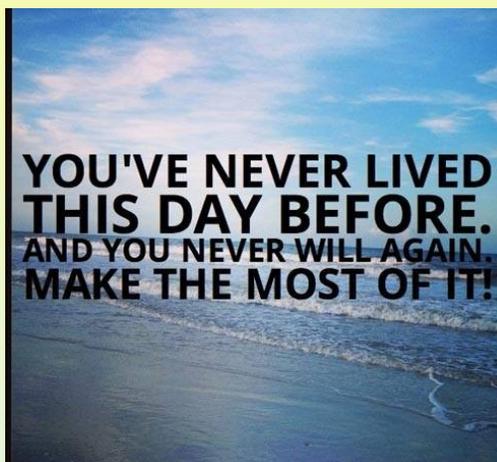
NO MATTER HOW YOU FEEL,
GET UP, DRESS UP, SHOW UP
AND NEVER GIVE UP.

Don't throw out your potato peels – they're the healthiest part!



They're loaded with *fiber, iron, B vitamins and potassium*. Instead, toss them in *olive oil*, sprinkle them with *Parmesan cheese and fresh chives* and *roast them until they're crisp*.

IntelligenceForYourLife.com



YOU'VE NEVER LIVED THIS DAY BEFORE. AND YOU NEVER WILL AGAIN. MAKE THE MOST OF IT!



Be as a bird perched on a frail branch that she feels bending beneath her, still she sings away all the same, knowing she has wings.

-Victor Hugo

IntelligenceForYourLife.com

Need a snack? Grab an orange:

An orange is one of the most satisfying foods you can eat because it's loaded with fiber. Researchers released a "satiety index" – ranking foods from most to least filling – and oranges were the highest-ranking fruit on the list.



IntelligenceForYourLife.com



For wrinkle-free skin, consume more OLIVE OIL!

People who eat 2tsp or more daily have significantly fewer signs of skin aging than those who get 1tsp or less per day.

IntelligenceForYourLife.com

EISENHOWER SENIOR CENTER
307 GOLDEN HILL STREET
BRIDGEPORT, CT 06604
203-576-7993
Rosemarie Hoyt, Executive Director

Open daily from 8:30 a.m. – 4:30 p.m.
Nutritious Lunch offered Monday through Friday,
call for reservations at (203) 335-6175.

Daily Activities: Ceramics, Dominos, Cards, Billiards, Wii Practice
Also available: Computer Room, Information, Referrals, and Social Services.

Grandparents & Senior Events

- 3/3 Christmas Tree Shop (10 a.m.-12:30 p.m.)**
- 3/10 Dollar Tree Store (10 a.m.-12:30 p.m.)**
- 3/17 Milford K-Mart (10 a.m.-12:30 p.m.)**
- 3/31 Bullard Havens 10:30 a.m.**
- Buffett Cost: \$7.00**



GRANDPARENTS GROUP

**To become a member/
 information call Sheila at
 203-414-9625**



**Every Friday
 9:30 a.m.—10:30 a.m.**



Red Hat Gathering

**Call Sheila at:
 203-414-9625**

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.
Chair Exercise 10:00-11:00 a.m.	Art Therapy 10:00-11:00 a.m.,	Zumba 10:00-11:00 a.m.,	Art Therapy 10:00-11:00 a.m.,	Ceramics 9:30 a.m.-3:30 p.m.
Ceramics 9:30 a.m.-3:30 p.m.	Ceramics 9:30 a.m.-3:30 p.m.	Ceramics 9:30 a.m.-3:30 p.m.	Ceramics 9:30 a.m.-3:30 p.m.	Line Dancing 11:00 - 12 noon
Lunch	Lunch	Lunch Bingo 1:30 - 2:30 p.m.	Lunch	Lunch

**SOCIAL SERVICE
ROSEMARY WONG
203-576-7993**

The **applications for Energy Assistance** program at our site will end March 1st 2016. Anyone seeking assistance can call the main agency at ABCD (203)384-6904.

You are invited to a free seminar on **Medicare Savings Program** on **Thursday, March 24th 2016**, at 10:30am. **Please sign-up in advance to reserve your seat. RSVP by March 15th 2016**, Come and join us and learn how to save on your Medicare premiums cost every month plus more.

Get ready to prepare your documents for the renters rebate program year 2015. All renters rebate intakes will be located at the Margaret Morton City Annex building, by appointment only. You can request for an appointment after April 1st 2016, by calling (203) 576-7520.

**PRE- PUBLIC NOTICE FROM THE
EISENHOWER CENTER, SENIOR
SOCIAL SERVICES**

THE HOUSING AUTHORITY CITY OF BRIDGEPORT PARK CITY COMMUNITIES will open the Section 8 Housing Choice Voucher (HCV) Program waiting list on, April 4, 2016. **Pre-applications will only be accepted by mail and must be postmarked between the dates of April 4, 2016 and April 8, 2016.**

Filling out the pre-application form will put the household in a lottery for placement on the waiting list. The Two Thousand Five Hundred (2,500) applications will be chosen by lottery and placed on the waiting list.

The pre-application form will appear in area newspapers for three consecutive days starting April 4, 2016. Pre-applications will also be available for download on the Park City Communities websites,

www.parkcitycommunities.org

OPEN SWIMMING FOR BRIDGEPORT SENIORS

LOCATION:

CARDINAL SHEHAN CENTER

1494 MAIN STREET

BRIDGEPORT, CT 06604

**EVERY MON., TUES., WED., &
THURS.**

8:30 AM TO 10:00 AM

**Seniors must provide own
transportation**

Personal belongings cannot be left at the Pool



EISENHOWER FOOD PANTRY

HEALING TREE ECONOMIC DEVELOPMENT (HTED)

Founded in 1990 by Mrs. Cynthia Gee West, the Healing Tree Economic Development Inc. (HTED) is committed to providing quality services that target areas of feeding, educating and housing for those members of the Bridgeport community who are in need.

HTED's program, the King's Pantry, has been feeding the homeless in the greater Bridgeport area for over 25 years. The King's Pantry currently provides weekly onsite (on the street) feeding and has two food pantries at 30 Florence St. and the Eisenhower Senior Center.

The King's Pantry at Eisenhower was started King's Pantry Director, Mrs. Charlene Chambers and is operated by Mrs. Doris Robinson, the site's Chief Operating Officer.

The Pantry is open every
Thursday, 9:00 a.m. - 12:00 p.m.



Bridgeport Nutrition Café Site

In order to ensure your dining experience a pleasant one, the following are a reservation and meal site guidelines

- Menus will be posted at the meal site and will be printed in the senior center newsletter.
- Please make a reservation 2 days in advance. Meals are ordered ahead of time and we can only guarantee meals for those who have registered.
- If you are not able to make it for lunch and have already registered, please call the café manager to let her know you will not be there.
- Those who register for lunch and do not call or show up for two (2) consecutive days will have all other reservations cancelled until he/she calls to reserve a meal again
- Lunches must be eaten at the meal site. The only items allowed to be removed from the meal site are bread and fruit. All other food items must be eaten or disposed of before leaving

If you have any questions or concerns, please contact our office at 203-332-3264. Laura or Barbara will be happy to answer any questions you may have.

NORTH END BETHANY SENIOR CENTER
20 Thorne Street
Bridgeport, CT 06606
Tel. 203-576-7730
Carrie Taylor, Coordinator

Open 8:30 a.m. to 4:30 p.m.
Daily Nutrition Program, call for registration.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Current Events 9:00-11:00	Good Old Days 9:00-11:00	Be Heard Discussion 9:00-11:00	Poetry & Prose 9:00-11:00	Now & Then 9:00-11:00
Wii Practice 10:30-12:00	Craft Classes 10:30-12:00	Billiards 11:00-12:00	Wii Practice 9:30-10:30	Pinochle 9:30-12:00
Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00
Bingo 1:00-3:30	Pinochle/Bingo 1:00-3:00	Pokeno 1:00-3:00	Pokeno 1:00-3:00	Bingo 1:00-3:30

BLACK ROCK SENIOR CENTER
2676 Fairfield Avenue
Bridgeport, CT 06605
Tel. 203-576-7258
Bonnie Roach, Coordinator

Open from 8:30 a.m. to 4:30 p.m.
Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323.
Last Thursday of the month: and also rotating stores for Shopping trips.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Line Dancing with Gloria 10:00-11:30	Pinochle 10:00-12:00	Poker 9-11:30	Zumba \$1.00 per person 10:30-11:30	Crafts/Knitting 9:30-12:00
Lunch TV Open discussion on current events 12:30—3:00	Zumba \$1.00 per class 12:00-1:00	Lunch	Lunch	Lunch
	Lunch	Bingo 12:30-3:00	Movie Matinee 12:30-2:30	Chat Session T.V. 12:30-3:00

HEALTH AND WELLNESS

Ravioli with Garlic-Herb Oil



Total Time: 0:20
Prep: 0:10
Level: Easy
Serves: 4

For a restaurant-quality Italian meal that will be ready in minutes, toss store-bought four-cheese ravioli in olive oil kicked up with garlic, crushed red pepper flakes, chives and parsley.

Ingredients

- 1 package refrigerated cheese ravioli
 - ¼ c. olive oil
 - 1 large clove garlic
 - ¼ tsp. crushed red pepper flakes
 - ¼ c. flat leaf parsley
 - 2 tbsp. snipped chives
- kosher salt

Directions

1. Cook the ravioli according to package directions. Drain and return them to the pot. Meanwhile, in a small saucepan, heat the oil, garlic and crushed red pepper flakes over medium heat until the garlic turns light golden, about 1 minute. Remove from heat and add to the ravioli. Add the chives, parsley and 1/4 tsp salt and gently toss to combine.



Salmon Burgers with Lemon-Basil Mayo



Total Time: 0:20
Level: Moderate

Ingredients

- 2 ear corn
 - 1 lb. skinless salmon fillet
 - 3 green onions
 - 1 large egg white
 - ½ c. plain bread crumbs
 - ¾ tsp. salt
 - ½ tsp. finely grated lemon peel
 - Cooking spray
 - ¼ c. mayonnaise
 - 1 tbsp. chopped basil
 - ½ tsp. finely grated lemon peel
 - 4 buns
- Bibb lettuce

Directions

1. Prepare grill for direct grilling on medium-high.

2. Meanwhile, cut kernels off ears of corn; place in large bowl. Finely chop salmon fillet; add to bowl. With fork, gently mix in green onions, egg white, 1/4 cup plain bread crumbs, salt, and 1/2 teaspoon finely grated lemon peel. Firmly pack into 4 (3 1/2 inches each) patties; dredge in 1/4 cup plain bread crumbs and spray with cooking spray.

3. Grill burgers 6 to 8 minutes or until cooked through, turning over once. In small bowl, mix mayonnaise, basil, and 1/2 teaspoon finely grated lemon peel.

Serve burgers on buns with Bibb lettuce and lemon-basil mayonnaise.

EAST SIDE SENIOR CENTER
1057 EAST MAIN STREET (Corner of Arctic St.)
Bridgeport, CT 06608
(203) 576-7212
MARTHA SANTIAGO, PROJECT COORDINATOR

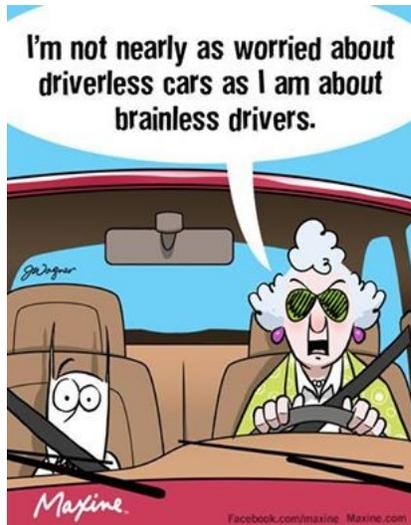
Open Daily 9:00 a.m.-4:00 p.m.
Daily Nutrition Program, call for registration.
Daily activities are Dominos, Billiards,& Television—9a.m.-11:30a.m.
Various Field Trips are offered once a month.
Summer walking is offered once a week.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Chair Yoga 10:30-11:30 Lunch 11:30-23:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Ballroom Dancing 9:30-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00

**I miss the old-time stars.
You know, the ones who
wore clothes and had talent.**



**I'm not nearly as worried about
driverless cars as I am about
brainless drivers.**



**Apparently sitting
is bad for you.
Especially sitting too
close to me.**

