

# BLACK ROCK SENIOR CENTER

2676 FAIRFIELD AVE, BPT CT 06605  
(ACROSS FROM THE BLACK ROCK LIBRARY)

203-576-7258

JOIN TODAY 55 AND OLDER

## UPCOMING EVENTS NOVEMBER/DECEMBER

THIS IS IN ADDITION TO OUR WEEKLY REGULAR SCHEDULE  
PLEASE NOTE EVENTS ARE ADDED OFTEN, PLEASE CALL OR VISIT US FOR MORE INFO

### LIFESTYLE CHANGE PROGRAM. TO HELP MAKE HEALTHIER DECISIONS FOR YOUR LIFE!!!!

**WEEKLY TUESDAYS STARTING NOVEMBER 5, 2024 through MAY 13, 2024**

This 26-week FREE program is designed for participants 60+ who are looking to make healthier lifestyle changes or who are at risk for diabetes. This program includes a comprehensive team of professionals to support participants, including:

- 1 **A LIFESTYLE COACH** to guide and motivate positive habit changes
- 2 **A FITNESS INSTRUCTOR** to tailor physical activities that suit various abilities
- 3 **A REGISTERED DIETICIAN** to provide personalized meal planning and nutritional advice
- 4 **A RESOURCE SUPPORT SPECIALIST** to assist with any additional needs

STARTS NOVEMBER 5, 2024

**Tuesday Nov 5 Nov 12 Nov 19 Nov 26. Dec 3 Dec 10 Dec 17 (off Dec 24 and Dec 31) Then back Tuesdays through May 13, 2025**

LOCATION: BLACK ROCK SENIOR CENTER

**12:30 PM TO 2:30 PM**

### CLINTON CROSSING BUS TRIP

Thursday November 14, 2024

**BUS LEAVES BLACK ROCK SENIOR CENTER 10:00 AM**

### UNITED HEALTHCARE MEDICARE/MEDICAID WITH TONY MEDINA

Monday November 18 and December 2 2024

1pm to 3pm

**LOCATION: BLACK ROCK SENIOR CENTER**

1pm to 3pm

### BRAIN GAMES WITH HEALTH EDUCATOR LEILY AYALA

CITY OF BRIDGPORT DEPARTMENT OF HEALTH AND  
SOCIAL SERVICES

Monday November 18, 2024

**LOCATION: BLACK ROCK SENIOR CENTER**

11:00 AM.

### THANKSGIVING LUNCHEON TURKEY STUFFING SIDES AND DESSERTS!! (Free)

Thursday November 21, 2024 11AM

**LOCATION: BLACK ROCK SENIOR CENTER**

11:00 AM

### DANBURY MALL BUS TRIP

Thursday December 5, 2024

**BUS LEAVES BLACK ROCK SENIOR CENTER 10:00 AM**

### RALPH AND RICH'S HOLIDAY LUNCHEON

Tuesday December 10, 2024

**MEET AT RESTAURANT 11:30**

*Deposit of \$15 by November 1, 2024*

### HOLIDAY SAFETY

**INCLUDES CPR HANDS ONLY DEMO)**

**HEALTH EDUCATOR LEILY AYALA**

CITY OF BRIDGPORT DEPARTMENT OF HEALTH  
AND SOCIAL SERVICES

Thursday December 12, 2024

**LOCATION: BLACK ROCK SENIOR CENTER**

11:00 AM

### COOKIE SWAP LUNCHEON

**PASTA BOLOGNESE \$3**

Thursday December 19, 2024 11AM

**LOCATION: BLACK ROCK SENIOR CENTER**

11:00 AM

### NEW YEAR'S EVE LUNCHEON

Tuesday December 31, 2024

**LOCATION: BLACK ROCK SENIOR CENTER**

11:00 AM

**POOL TABLE/BOOK EXCHANGE/CHAT SESSIONS/LOCAL**