



Our ElderHouse Staff

Julia Schwartz-Leeper, LMSW  
Executive Director

Wendy Bolton, LMSW  
Director of Client Services

Mary Beth Hogan  
Director of Operations  
and Marketing

Donna Madalon, RN  
Staff Nurse

Kathy Fitzgerald  
Therapeutic Activities  
Coordinator

Dani Abraham  
Certified Nursing Assistant

Anita Palmer  
Certified Nursing Assistant

Amanda Frazier  
Certified Nursing Assistant

Elsie Simon  
Nutrition Aide

Jane Nolan, RN  
Part-Time Staff Nurse

Gary Dunn  
Lead Driver

Paul Zislis  
Driver

Esther Abramov  
Off-site Outreach Coordinator



FLIP THE SCRIPT ON AGING: MAY 2025

May is Older Americans Month (OAM). The "Flip the Script on Aging" theme aims to transform how society perceives, talks about, and approaches aging, recognizing the contributions of older Americans and highlighting aging trends. The observance is led by the Administration for Community Living (ACL) and serves as a time to reaffirm the commitment to serving older adults.

Night at the Aquarium - A Celebration of Community to Benefit ElderHouse

ElderHouse held its benefit event in April - *A Night at The Aquarium*, where we celebrated community partners who support our programs. Honorees included: Richard Tavella, President of Rick's Main Roofing, and longtime ElderHouse Board Member who chairs our Building Committee; and Greens Farms Academy Community Service Program, coordinated by Susan Wilchinsky. Sue has brought hundreds of students to ElderHouse over the past 26 years, encouraging mutual learning and love among students and ElderHouse clients. Charlie Carroll, ElderHouse Board President introduced Julia Schwartz-Leeper, Executive Director of ElderHouse and welcomed our guests. Julia shared the important roles of our community partners and thanked our generous sponsors.



Community leaders, business sponsors and supporters heard inspiring speeches by caregiver Beth Zucker and GFA Student Chair, Sadie Luth. GFA acapella groups wowed the audience with a variety of songs that filled Maritime Aquarium's beautiful Newman Hall. Glen LeBlanc from Fairfield County Bank, was the emcee for the evening and led a paddle raise to support our subsidy program for low-income families.



With a full house, delicious food, fabulous prizes, it was a beautiful celebration of community, amongst the seals, jellyfish and sharks. ElderHouse is so grateful for the love and support of our older adult community and their families!



Crafty Earth Day Creations

Kathy Fitzgerald, our Therapeutic Activities Coordinator, led an eco-friendly art therapy session using upcycled water bottles to create fish in honor of Earth Day. Participants thoroughly enjoyed selecting bright colors and designs to personalize their fish, which promotes independent thinking and creates a sense of accomplishment. After a light conversation, many agreed that it reminded them of painting model airplanes when they were young.

ELDERHOUSE  
ADULT DAY CENTER  
A Certified Social and Medical Adult Day Center  
ElderHouse Adult Day Center  
7 Lewis Street  
Norwalk, CT 06851  
P: 203-847-1998

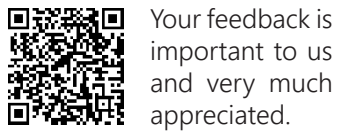
Special Events and Birthdays at ElderHouse

Chair Exercise with Phil LiCastrì is offered every Thursday.  
Chair Yoga with Preeti is offered every Wednesday and Friday.  
GFA Students joins us every Tuesday and Friday.

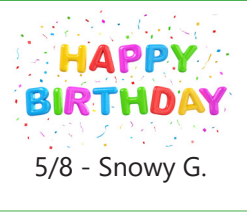
- 5/5 Cinco de Mayo  
Soap Making with Leslie  
Live Music with Steve K.
- 5/6 Garden Club of Darien
- 5/8 Live Music with Lizzie
- 5/16 GFA Year End Party  
Live Music with Steve A.
- 5/22 Live Music with Lizzie
- 5/27 GFA Planting Activity  
Memorial Day BBQ
- 5/28 Live Music with Steve A.



Providing the highest quality of care and service for your loved one is our top priority. And, we truly value the relationships we share with our family caregivers. Are you having a favorable experience at ElderHouse? Please leave a review.




Your feedback is important to us and very much appreciated.








### OUR MEAL PROGRAM



ElderHouse serves:  
Coffee at 8:30am  
Lunch at 12:00noon  
Snack at 2:00pm

Hydration is offered throughout the day

MEAL CALENDAR  
SCAN HERE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Movement and Stretching 10:30 Active Minds 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 Progressive Muscle Relaxation 02:00 Jingo-Bingo 03:00 Jeopardy</div>	<div>2</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Stress Management Discussion 01:30 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 Funny Baby Videos</div>
<div>5</div> <div>Cinco de Mayo 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Soap Making with Leslie 11:30 Recreational Games 01:15 Live Music with Steven K. 02:30 Cinco de Mayo Trivia 03:00 Family Feud</div>	<div>6</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:30 Garden Club of Darien 10:30 Chair Exercise 11:00 Active Minds with Idioms 11:30 Recreational Games 01:00 Spring Flower Craft 02:00 Jingo-Bingo 03:00 The Price Is Right</div>	<div>7</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 Funny Baby Videos</div>	<div>8</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:15 Live Music with Lizzie 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 Name That Tune 02:00 Jingo-Bingo 03:00 Video Travelogue</div>	<div>9</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Greens Farms Academy 10:45 Active Brain Games 11:30 Recreational Games 01:00 Mother's Day Activity 01:30 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 X-Box Favorites</div>
<div>12</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:00 Watercolor Painting 02:00 Jingo-Bingo 03:00 Jeopardy</div>	<div>13</div> <div>Nat'l Apple Pie Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Touch Therapy 02:00 Apple Pie Snack Celebration 02:15 Jingo-Bingo 03:00 Video Travelogue</div>	<div>14</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds Word Games 11:30 Recreational Games 01:00 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 The Price Is Right</div>	<div>15</div> <div>Nat'l Sliders Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Importance of Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 Earth Day Celebration 02:00 Jingo-Bingo 03:00 Name That Tune</div>	<div>16</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 GFA End of the Year Party and Live Music w/ Steve A. 11:30 Recreational Games 01:00 Progressive Muscle Relaxation 01:30 Chair Yoga with Preeti 02:15 Jingo-Bingo 03:00 X-Box Favorites</div>
<div>19</div> <div>Vegetable Garden Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:00 Planting Vegetable Seedlings in Garden Boxes 02:00 Jingo-Bingo 03:00 Video Travelogue</div>	<div>20</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Art Therapy 02:00 Jingo-Bingo 03:00 The Price Is Right</div>	<div>21</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds Word Games 11:30 Recreational Games 01:00 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 Family Feud</div>	<div>22</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:15 Live Music with Lizzie 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 Active Minds 02:00 Jingo-Bingo 03:00 50's Music Discussion</div>	<div>23</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 11:00 Active Minds with Idioms 11:30 Recreational Games 01:00 Stress Management Discussion 01:30 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 X-Box Favorites</div>
<div>26</div> <div>ElderHouse is Closed</div> <div><div>MEMORIAL DAY</div><div>REMEMBER AND HONOR</div></div> 	<div>27</div> <div>Memorial Day BBQ 08:30 Coffee and Table Talk 09:30 GFA Planting Activity 11:30 Recreational Games 12:00 Memorial Day BBQ 01:00 Lavender Hand Massages 02:00 Jingo-Bingo 03:00 Funny Baby Videos</div>	<div>28</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Pet Therapy 11:00 Active Minds 11:30 Recreational Games 01:00 Chair Yoga with Preeti 01:45 Live Music with Steve A. 03:00 Jeopardy</div>	<div>29</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Stretching 10:30 Active Minds 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 Brain Teasers 02:30 Jingo-Bingo 03:00 Family Feud</div>	<div>30</div> <div>International Jazz Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds with Jazz 11:30 Recreational Games 12:30 Greens Farms Academy 01:00 Stress Mgmt Discussion 01:30 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 Funny Baby Videos</div>