



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

Sacajawea Brown-Prude
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



Get Paid To Be A Caregiver -
CT's Adult Family Living

ElderHouse is an accredited provider of Adult Family Living - a State of Connecticut program that provides monthly income and guidance to caregivers whose older loved ones qualify.

Now more than ever, family members have taken on the responsibility of caring for their older loved ones at home. The Adult Family Living program helps caregivers succeed in providing the best care possible, while allowing older adults to age in place. Caregivers receive expert advice on managing daily tasks and a monthly stipend as compensation for the care and assistance they give to an older family member or friend, helping to alleviate stress in managing expenditures.

Requirements for Caregivers

- Must be 21 years of age or older
- Can be a family relative or friend, but not a spouse
- Must reside in the home of the recipient and be able to have 24-hour response capability to meet the needs of the participant
- Must provide supervision and meet cognitive and behavioral needs of participant
- Must assist with activities of daily living
- Must work through an intermediary agency, such as ElderHouse

Requirements for Seniors

- Must be 65 years of age or older
- Need assistance with activities of daily living
- Must meet financial guidelines (Older adult must qualify for CT Home Care Program for Elders (CHCPE) as a Medicaid or Category 2 recipient)

For more details or to see whether you qualify, please call Wendy Bolton at (203) 847-1998.

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

SAVE THE DATE - ElderHouse is delighted to announce our upcoming benefit event at the Maritime Aquarium at Norwalk on Thursday, April 16. This special evening will honor several extraordinary community partners: The Bauer Family Foundation, Jill Robey of Flower Again, and Philip LiCastrì of Philonetics.

Your support makes a difference! Do you have family, friends, or colleagues who own local businesses? They may be interested in becoming event sponsors. To learn more about sponsorship opportunities available from \$250 to \$10,000, please contact Mary Beth Hogan at (203) 847-1998.

More details are coming soon. Event tables and tickets will be on sale shortly. Keep an eye on your email, or follow ElderHouse on Facebook and Instagram for the latest updates!



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

Live Music Brings Joy and Connection
to ElderHouse

Live music at ElderHouse is more than entertainment, it's an experience that enriches the lives of our participants and plays a meaningful role in our music therapy program. When participants sing along or tap their feet in rhythm, they're not just enjoying a social moment with friends; they are also engaging parts of the brain connected to long-term memory. Research shows that music can help trigger memories, promote emotional connection, and even temporarily enhance clarity and cognitive function for individuals living with dementia.

At ElderHouse, each performance brings moments of recognition, smiles, and conversation, and sometimes even stories that resurface from years past. We are grateful for Steven L. Keith (photo on left) and all our talented performers, whose nostalgic renditions of classic tunes from the '60s and '70s resonate with our participants and help create these meaningful experiences.



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.
Greens Farms Academy Students visit throughout the week.

- 3/2 Live Music with Steven K.
- 3/3 Garden Club of Darien
- 3/10 Pet Therapy with Chloe
- 3/11 Live Music with Steve A.
- 3/17 St. Patrick's Day Party
- 3/23 Live Music with Vincent
- 3/24 Pet Therapy with Chloe
- 3/31 Live Music with Gabby



3/10 Elena T.





ELDERHOUSE

ADULT DAY CENTER

A Certified Social and Medical Adult Day Center

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Therapeutic Group Discussion 11:30 Recreational Games 1:00 Live Music with Steven K. 2:00 Jingo-Bingo 3:00 Family Feud</p>	<p>3 World Poetry Month</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Garden Club of Darien 10:00 Chair Exercise 10:30 Cognitive Games 11:30 Recreational Games 1:00 Collaborative Poem Writing 2:00 Jingo-Bingo 3:00 The Price is Right</p>	<p>4</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Anagrams 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Talented Kids Videos</p>	<p>5</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 NYT Spelling Bee 11:30 Recreational Games 1:00 Chair Exercise with Phil 1:30 Top Ten Benefits of Exercise 2:00 Jingo-Bingo 3:00 Jeopardy</p>	<p>6</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 World Scramble 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 X-Box Favorites</p>
<p>9</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Games 11:30 Recreational Games 1:00 Popsicle Stick Abstract Art 2:00 Jingo-Bingo 3:00 Jeopardy</p>	<p>10</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Cognitive Games 11:00 Pet Therapy with Chloe 11:30 Recreational Games 1:00 St. Patrick's Day Wreaths 2:00 Jingo-Bingo 3:00 Funny Cat Videos</p>	<p>11</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Trivia 11:30 Recreational Games 1:00 Live Music with Steve A. 2:00 Chair Yoga with Preeti 3:00 The Price is Right</p>	<p>12</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Anagrams 11:30 Therapeutic Group Discussion 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 X-Box Favorites</p>	<p>13</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Cognitive Games 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Hobbies Discussion</p>
<p>16</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Baking Irish Soda Bread 11:00 Chair Exercise 11:30 Recreational Games 1:00 Popsicle Stick Abstract Art 2:00 Jingo-Bingo 3:00 Travelogue</p>	<p>17 St. Patrick's Day</p> <p>8:30 Coffee and Table Talk 9:00 St. Patrick's Day Placemats 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Cognitive Games 11:30 Recreational Games 1:00 St. Patrick's Day Party 2:00 Jingo-Bingo 3:00 The Price is Right</p>	<p>18</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Anagrams 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Funny Baby Videos</p>	<p>19</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Therapeutic Group Discussion 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 Name That Tune</p>	<p>20 First Day of Spring</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 NYT Spelling Bee 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Funny Animal Videos</p>
<p>23</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Trivia 11:30 Recreational Games 1:00 Live Music with Vincent 2:00 Jingo-Bingo 3:00 X-Box Favorites</p>	<p>24</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:00 Pet Therapy with Chloe 11:30 Recreational Games 1:00 Group Abstract Wall Craft 2:00 Jingo-Bingo 3:00 Funny Baby Videos</p>	<p>25</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Crossword Puzzles 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Video Travelogue</p>	<p>26</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Cognitive Games 11:30 Therapeutic Group Discussion 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 Jeopardy</p>	<p>27</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Greens Farms Academy 10:30 Chair Exercise 11:00 Active Minds 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Funny Horse Videos</p>
<p>30</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Cognitive Games 11:30 Therapeutic Group Discussion 11:30 Recreational Games 1:00 Group Abstract Wall Craft 2:00 Jingo-Bingo 3:00 X-Box Favorites</p>	<p>31</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 1:00 Live Music with Gabby 2:00 Jingo-Bingo 3:00 Funny Baby Videos</p>			

OUR MEAL PROGRAM



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



Scan QR Code for Monthly Menu

Hydration is offered throughout the day