



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

Jennifer Hough
Administrative Bookkeeper

Dani Abraham
Certified Nursing Assistant

Sacajawea Brown-Prude
Certified Nursing Assistant

Gladys Panjon
Program Aide

Elsie Simon
Nutrition Aide

Jane Nolan, RN
Part-Time Staff Nurse

Gary Dunn
Lead Driver

Paul Zislis
Driver

Esther Abramov
Off-site Outreach Coordinator



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

This special evening will bring together our supporters for a fun and meaningful night of fundraising in support of the vital services ElderHouse provides to older adults and their family caregivers. We will also proudly honor three extraordinary community partners whose generosity and dedication have made a lasting impact on ElderHouse and the lives of those we serve.

The Bauer Family Foundation

We are honored to recognize The Bauer Family Foundation for its generous support of so many vital institutions in our community, including ElderHouse. Their commitment enables us to continue providing essential services that help older adults age in place with dignity, independence, and confidence.

Jill Robey, Founder of Flower Again

Jill Robey is a longtime community partner of ElderHouse whose mission is to spread joy and hope through repurposed flower arrangements. As the founder and board chair of Flower Again, a New Canaan-based nonprofit, Jill is dedicated to giving flowers a second life while brightening the days of older adults. ElderHouse is deeply thankful for Jill's kindness and her commitment to bringing beauty and joy to our participants.

Philip LiCastrì, Owner of Philonetics, LLC

Philip LiCastrì, a personal trainer for over 35 years, has a true passion for helping older adults remain active and healthy as they age. Phil leads a chair exercise program at ElderHouse that helps participants maintain strength and balance. A dedicated ElderHouse volunteer for more than three decades, we are profoundly grateful for Phil's ongoing commitment and support.



New Therapeutic Discussion Group at ElderHouse

ElderHouse has recently introduced an optional Therapeutic Discussion Group to our program, offering participants a safe, comfortable, and validating space to express their feelings, share current experiences, and reflect on past life events. Participants explore common age-related challenges while receiving encouragement and understanding from peers and group leader Kathy Fitzgerald. The group also focuses on developing healthy coping skills, with an emphasis on social connection and maintaining an active, healthy lifestyle.



P: 203-847-1998
Norwalk, CT 06851
7 Lewis Street
ElderHouse Adult Day Center

A Certified Social and Medical Adult Day Center

ELDERHOUSE

ADULT DAY CENTER

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.

- 4/6 Live Music with Steven K.
- 4/7 Garden Club of Darien
- 4/15 Live Music with Steve A.
- 4/16 Night at the Aquarium Benefit Event
- 4/21 Pet Therapy with Chloe
- 4/21 ElderHouse Art Show and Open House
- 4/24 Live Music with Vincent
- 4/28 Live Music with Gabby
- 4/29 Live Music with Paul



4/7 Elena L.
4/29 Mary Mc



ElderHouse Adult Day Center
Monday - Friday 8:30am - 3:30pm
7 Lewis Street | Norwalk, CT 06851 | P: 203-847-1998 | elderhouse.org

ELDERHOUSE
ADULT DAY CENTER

ART SHOW

AND OPEN HOUSE

JOIN US!
**TUESDAY
APRIL
21**

FREE and OPEN TO THE PUBLIC

All are welcome to attend a tour of our adult day center and view participants' artwork created during art therapy program.

ElderHouse Adult Day Center
7 Lewis Street in Norwalk, CT
Tuesday, April 21, 2026
Between 3:00pm - 5:00pm

REGISTER TODAY, OR CALL 203-847-1998

ElderHouse is a 501(c)(3) not-for-profit certified medical and social adult day center serving Darien, New Canaan, Norwalk, Stamford, Weston, Westport, and Wilton.
ElderHouse Adult Day Center | 7 Lewis Street, Norwalk CT 06851 | 203-847-1998 | elderhouse.org

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APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Earth Day April 22</p>	<p>1 April Fool's Day</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 Family Feud</p>	<p>2 First Day of Passover</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>3 Good Friday</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Word Scramble 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 X-Box Favorites</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 Brain Games 11:30 Recreational Games 1:00 Live Music with Steven K. 2:00 Jingo-Bingo 3:00 The Price is Right</p>	<p>7</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Garden Clube of Darien 10:00 Chair Exercise 10:30 Cognitive Games 11:30 Recreational Games 1:00 Group Abstract Wall Art 2:00 Jingo-Bingo 3:00 Funny Cat Videos</p>	<p>8</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 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Family Feud</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 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>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 NYT Spelling Bee 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Hobbies Discussion</p>
<p>13 Plant Appreciation Day</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Planting 11:30 Recreational Games 1:00 Group Abstract Wall Art 2:00 Jingo-Bingo 3:00 Travelogue</p>	<p>14</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 Chair Yoga with Preeti 1:00 Flower Watercolor Painting 2:00 Jingo-Bingo 3:00 The Price Is Right</p>	<p>15</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 Live Music with Steve A. 2:00 Jingo-Bingo 3:00 Funny Baby Videos</p>	<p>16 Emancipation Day</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 Chair Exercise with Phil 1:30 Emancipation Proclamation 2:00 Jingo-Bingo 3:00 X-Box Favorites 6:30 Night at the Aquarium Benefit</p>	<p>17</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 NYT Spelling Bee 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Funny Dog Videos</p>
<p>20</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 Therapeutic Group Discussion 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 X-Box Favorites</p>	<p>21 ElderHouse Art Show</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 Earth Day Craft 2:00 Jingo-Bingo 3:00 Art Show and Open House</p>	<p>22 Earth Day</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 11:00 Earth Day Discussion 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Video Travelogue</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 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>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 Active Minds 11:30 Recreational Games 1:00 Live Music with Vincent 2:00 Jingo-Bingo 3:00 Funny Horse Videos</p>
<p>27</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 Reminiscing / Storytelling 2:00 Jingo-Bingo 3:00 X-Box Favorites</p>	<p>28</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 Live Music with Gabby 2:00 Jingo-Bingo 3:00 Funny Baby Videos</p>	<p>29</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 Chair Yoga with Preeti 2:00 Live Music with Paul 3:00 Family Feud</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 Baking Oatmeal Cookies 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 Jeopardy</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