



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

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



Let's Dance!

ElderHouse's music therapy program gives participants the chance to experience the joy of dance while they move to familiar tunes. This low-impact activity offers older adults a fun way to socialize, stimulate cognitive function, and improve mobility, flexibility, and balance. Dancing can also boost cardiovascular fitness and endurance, reduce stress and anxiety, and promote overall mental and emotional well-being.



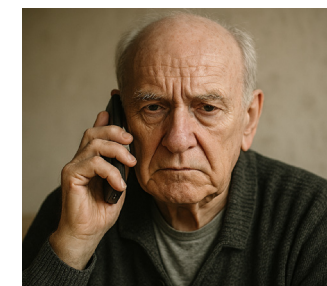
Resistance Band Training

Led by Preeti Nema, our Chair Yoga Instructor, ElderHouse participants are staying strong and active with a great resistance band workout. Gentle on the joints yet highly effective, this low-impact strength training helps improve strength, balance, and flexibility, making it a perfect fit for older adults!

Lightweight, portable and easy to store, resistance band strength training can be done almost anywhere! And, just like free weights, exercise bands come in a range of resistance levels, from highly stretchable to heavy-duty strength to accommodate different fitness levels and physical conditions. Scan QR Code for easy and effective resistance band workouts for older adults. Consult your physician before getting started!



Be Aware of Scams Targeting Older Adults



Studies show that there is an increase in scammers targeting older adults because they most likely have savings, retirement accounts, or home equity. These scams can show up in many ways, including fake bank alerts, bogus medical offers, Medicare enrollment scams, free coupon offers, and sweepstakes schemes, to name a few. With the advancement in technology and AI, such as voice cloning, these scams are becoming more sophisticated. The good news is that learning what to watch for can help you stay safe and protect your personal information. To find out more about common scams, warning signs, and ways to avoid them, scan the QR code or visit Senior Safety Advice online.



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.
Greens Farms Academy Students will return in the fall.

- 6/2 Pet Therapy with Chloe
- 6/3 Drumming with Steve A.
- 6/8 Live Music with Steven K.
- 6/11 Certified Nurse's Assistants Day
- 6/16 Pet Therapy with Chloe
- 6/17 Live Music with Steve A.
- 6/19 Barbecue Lunch
- 6/22 Ice Cream Social
- 6/23 Live Music with Vincent
- 6/24 Live Music with Paul
- 6/29 Live Music with Gabby
- 6/30 Pet Therapy with Chloe



- 6/4 Sarah C.
- 6/5 David M.
- 6/18 James L.
- 6/28 Charlotte P.



Summer Is On It's Way!



DRINK PLENTY OF WATER	EAT FRESH FOOD	AVOID ALCOHOL AND CAFFEINE	AVOID USING STOVE AND OVEN
STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM	USE SUNSCREEN TO AVOID SUNBURN	AVOID STRENUOUS ACTIVITIES, GET RESTED	KEEP YOUR HOUSE COOL, OR SPEND TIME IN PLACES WITH AIR CONDITIONING
TAKE COOL SHOWERS AND BATHS	PLACE A COOL WASHCLOTH ON THE BACK OF YOUR NECK	WEAR SUNGLASSES OUTDOOR	WEAR LIGHT-COLORED LOOSE CLOTHING



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</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 Travelogue: Cooking in Italy</p>	<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 Anagrams 11:00 Pet Therapy with Chloe 11:30 Recreational Games 1:00 Father's Day Craft 2:00 Jingo-Bingo 3:00 Gratitude Lists</p>	<p>3</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 Drumming with Steve A. 2:00 Jingo-Bingo 3:00 X-Box Favorites</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 Cognitive Games 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 Name That Tune</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 Word Scramble 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Jeopardy</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 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>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 Cognitive Games 11:30 Recreational Games 1:00 Flower Arranging 2:00 Jingo-Bingo 3:00 Funny Animal Videos</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 Trivia 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Relaxation Techniques</p>	<p>11 National CNA 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 Exercise with Phil 2:00 CNA Celebration 2:30 Jingo-Bingo 3:00 X-Box Favorites</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 NYT Spelling Bee 11:30 Recreational Games 1:00 Chair Yoga with Preeti 2:00 Jingo-Bingo 3:00 Healthy Coping Skills</p>
<p>15 World Elder Abuse Awareness 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 Yoga with Preeti 2:15 Jingo-Bingo 3:00 Gratitude</p>	<p>16</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 Abstract Flower Painting 2:00 Jingo-Bingo 3:00 Family Feud</p>	<p>17</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 Jeopardy</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 NYT Spelling Bee 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 X-Box Favorites</p>	<p>19 Juneteenth</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Juneteenth Discussion/Video 11:30 Recreational Games 12:00 BBQ 1:00 Father's Day Storytelling 2:00 Jingo-Bingo 3:00 Positive Affirmations</p>
<p>22</p> <p>8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Father's Day Discussion 11:30 Recreational Games 1:00 Summer Celebration 1:30 Ice Cream Social 2:00 Jingo-Bingo 3:00 The Price Is Right</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 Brain Teasers 11:30 Recreational Games 1:00 Live Music with Vincent 2:00 Jingo-Bingo 3:00 Reducing Anxiety Discussion</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 NYT Spelling Bee 11:30 Recreational Games 1:00 Jingo-Bingo 2:00 Live Music with Paul 3:00 Family Feud</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 Cognitive Games 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 Jeopardy</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 Active Minds 11:30 Recreational Games 1:00 Summer Craft 2:00 Jingo-Bingo 3:00 Funny Horse 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 Trivia 11:30 Therapeutic Discussion Group 11:30 Recreational Games 1:00 Live Music with Gabby 2:00 Jingo-Bingo 3:00 X-Box Favorites</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 NYT Spelling Bee 11:00 Pet Therapy with Chloe 11:30 Recreational Games 1:00 Fourth of July Craft 2:00 Jingo-Bingo 3:00 Funny Baby Videos</p>	 <p>FLAG DAY JUNE 14TH</p>	 <p>Juneteenth FREEDOM DAY 19 JUNE</p>	 <p>HAPPY FATHER'S DAY JUNE 21</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