



Our ElderHouse Staff

Lucia Riviuccio, LCSW
Interim 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

Minerve Jeunes
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



Dear ElderHouse Family and Friends

A Heartfelt Transition

It is with a full heart that I am stepping down as Executive Director of ElderHouse. It is time for me to create space in my life for family, friends and other interests. It has truly been an honor to work alongside a community so devoted to helping older adults age in place, at home, with dignity. I am in awe of the families, caregivers and professionals I have met. Caregiving is no small task, and it is one that we make possible by working together.

Gratitude for This Community

The donors, volunteers, board members and staff have all committed their time and compassion to make ElderHouse a place where older adults can continue to participate in all that life has to offer. Some of my favorite moments have been spending time in the program with clients and staff. As a social worker who has worked with older adults for more than 30 years, that is where my heart has always been.

What We Have Accomplished Together

Together, we have honored our long-standing community partners and welcomed new ones—all of whom have enhanced programming and brought the world into the lives of our clients. We have worked hard to strengthen our internal administrative processes so that every dollar is used as efficiently and thoughtfully as possible. I believe we have planted many seeds that will continue to flourish for many years to come.

Looking Ahead

As the saying goes, "The only way that we can live is if we grow. The only way that we can grow is if we change." I am excited to know that ElderHouse will be in good hands with our Interim Executive Director, Lucia Riviuccio, LCSW

It has been an honor to work with all of you. Please keep up the good work. You are all valued and cherished as essential parts of this important community organization.

With immense gratitude, Julia *Julia*

Keep Cool and Stay Hydrated This Summer!

As the summer months arrive, staying hydrated becomes especially important for older adults. Warmer weather can increase the risk of dehydration, and drinking enough fluids throughout the day supports cognitive performance, cardiovascular health, kidney function, digestion, joint flexibility, and healthy skin.

A simple way to build hydration into your routine is to connect it with daily habits. Try drinking a glass of water with medications or at meals—morning, noon, and evening. If plain water feels unappealing, add a refreshing twist with citrus slices, mint, or cucumber.

Hydrating foods can also help. Soups, smoothies, melon, cucumbers, and frozen fruit popsicles are tasty options that contribute to fluid intake. Visual reminders such as a brightly colored cup, a labeled water bottle, or smartphone reminders can make it easier to keep track. Rotating beverage flavors and recording intake can also help hydration feel less like a chore and more like a healthy daily habit.

This summer, a few small steps can go a long way toward helping older adults feel their best, stay energized, and enjoy the season safely.

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.

- 7/6 Summer BBQ
- 7/13 Live Music with Steven K.
- 7/14 Pet Therapy with Chloe
- 7/20 Live Music with Gabby
- 7/21 Watercolor with Colleen
- 7/27 Live Music with Vincent
- 7/28 Pet Therapy with Chloe
- 7/29 Live Music with Paul



7/13 Maria P. 7/20 Raul R.



KEEP COOL AND HYDRATE!

Staying hydrated is essential to maintaining the health and well-being of older adults!



• Appetite and thirst tend to diminish with age.

• Body composition changes over time that leave older adults with less water in their bodies to start with.

• Older adults' bodies don't regulate temperature as efficiently as those of younger people.

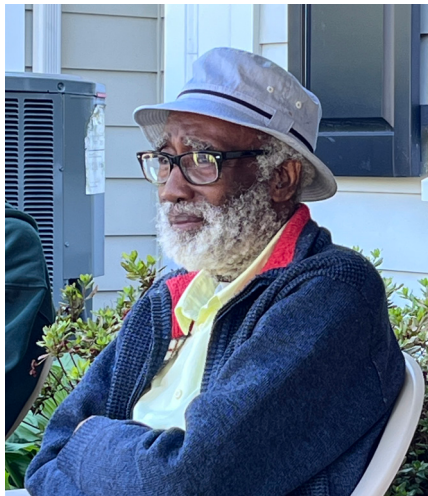
• Seniors are more likely to take medications that increase the risk of dehydration.

• Dehydration is a common cause of hospitalization among those 65 and over.

• Not staying hydrated can have serious health consequences.

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

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JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 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 Ice Cream Celebration 2:15 Jingo-Bingo 3:00 X-Box Favorites	 7 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 Wooden Floral Craft 2:00 Strawberry Sundaes 2:30 Trivia 3:00 Funny Animal Videos	8 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 X-Box Favorites	9 8:30 Coffee and Table Talk 9:00 Adult Coloring / Word Games 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Baking Sugar Cookies 11:30 Recreational Games 1:00 Chair Exercise with Phil 2:00 Jingo-Bingo 3:00 Steve Harvey Talented Kids	3 ElderHouse is Closed 
6 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 12:00 Summer BBQ 1:00 Watercolor Painting 2:00 Jingo-Bingo 3:00 The Price is Right	14 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 Pet Therapy with Chloe 11:30 Recreational Games 1:00 Summer Collage 2:00 Jingo-Bingo 3:00 Family Feud	15 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 Jeopardy	16 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	10 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 Pina Coladas 2:00 Jingo Bingo 3:00 Jeopardy
13 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 Steve K. 2:00 Jingo-Bingo 3:00 You be the Judge	21 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 Watercolor with Colleen 2:00 Jingo-Bingo 3:00 Family Feud	22 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 X-Box Favorites	23 Gorgeous Grandma Day 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 Exercise with Phil 2:00 Jingo-Bingo 3:00 Grandma Day Discussion	17 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 Jingo-Bingo 3:00 Name That Tune
20 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 X-Box Favorites	28 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 Pet Therapy with Chloe 11:30 Recreational Games 1:00 Jingo-Bingo 2:00 Summer Storytelling 3:00 Family Feud	29 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 Live Music with Paul 3:00 X-Box Favorites	30 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 Exercise with Phil 2:00 Jingo-Bingo 3:00 Steve Harvey Talented Kids	24 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 The Price is Right
27 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 Live Music with Vincent 2:00 Jingo-Bingo 3:00 Funny Baby Videos				31 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 Jeopardy

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