

October 2023

*The
Baldwin Beacon*



“ FALL, FUN & FESTIVITIES”
A Message from the Director

page 2

Let's break out the apple cider, and even a few apple cider doughnuts, to welcome October! Be sure to include Baldwin Center activities, classes and programs in your fall line-up of festivities. You don't want to miss the second annual Art of Aging Senior Healthy Living Expo on October 20th from 10:00 am - 12:00 pm. Bring your photo ID and insurance card to get your vaccine, compliments of the Stratford Health Department.

This summer, we wished Janice Niper, The Baldwin Center's Dispatcher/Scheduler, a fond farewell to pursue a full-time career with the Town of Trumbull Tax Collector's Office. We are grateful for Janice's years of providing kind and professional service to Baldwin passengers. We also welcomed back to the position, former Dispatcher/Scheduler Karen Sullivan. Karen jumped right back in to the job, not missing a beat. She is also here in the mornings.

The Baldwin Center also proudly joined the community celebration of Hispanic Heritage Month at the Annual Latin Music Festival at Paradise Green, where Baldwin members and staff chatted with old friends, and made new acquaintances at our table of materials. We are also looking forward to celebrating Hispanic Heritage Month here at The Baldwin Center on October 11th, with a special Latin Dance performance, along with some basic instruction with Dance Instructor Quincy Davis from *Baila Conmigo-Dance With Me*. Don't miss this opportunity to *Cha-Cha* with your Baldwin Buddies!

- Tammy Trojanowski

The Stratford Health Department & The Baldwin Center
Present

ART OF AGING SENIOR HEALTHY LIVING EXPO

FRIDAY OCTOBER 20, 2023

10AM - 12PM

BALDWIN SENIOR CENTER

GIVEAWAYS, HEALTHY
SNACKS, REIKI, CHAIR
MASSAGES, COOKING
DEMO, AROMATHERAPY,
MEDITATION, CPR DEMO.

ncoa
national council on aging

The Stratford
Health Department
will be offering
flu shots at The Art
of Aging Senior
Healthy Living
Expo on October
20th from
1 pm - 3 pm.

**Please bring
Photo ID
and
Insurance
Information.**

More information :

Baldwin Center: 203-385-4050

Stratford Health Department: 203-385-4090





October 2023

Activities & Events Calendar



REGISTRATION FOR SEPTEMBER PROGRAMS WILL BE OPEN MONDAY, SEPTEMBER 25TH @ 8 AM

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right; font-weight: bold;">2</p> 9: Strength & Balance 9:30-11:30: The Knit & Crochet Club 10: Sit & Dance 11:15: Dance Machine Dance Club 12:15-1:45: Bingo	<p style="text-align: right; font-weight: bold;">3</p> 9: Writing Club 9:15: Yoga with the Y 10: Walking Club 10:30: BOOM Move 10:30: Line Dancing 11:30: Watercolors (ML) 1: Watercolors (Adv) 1: Tap Rehearsal 1-4: Mahjong 2: Ping Pong Club 2:30: Watercolors (Beg)	<p style="text-align: right; font-weight: bold;">4</p> 9:30-11:30: The Knit & Crochet Club 9:45: The Joy of Art 10: Book Club 10: Sit & Dance 11:30: Piano & Theory 1: Tap 1-4: Mahjong	<p style="text-align: right; font-weight: bold;">5</p> 9: Yoga with the Y 10: Tai Chi Easy 11: Ballads & Serenades 11: Spanish Class 11:30: Watercolor Art with Miss Pat 1-4: Chess Club 1: Stress Less 1: Wii Bowling 1: Coed Pinochle League 2: Corn Hole Free Play	<p style="text-align: right; font-weight: bold;">6</p> 9: Men's Club 9: And The Beat Goes On 10:15: Strength & Cardio 11:15: Chair Yoga 1:00: Baldwin Players Rehearsal
<div style="text-align: center;">  <p>Baldwin Center Closed</p> </div> <p style="text-align: right; font-weight: bold;">9</p>	<p style="text-align: right; font-weight: bold;">10</p> 9: Writing Club 9:15: Yoga with the Y 10: COA Meeting 10: Walking Club 10:30: BOOM Move 10:30: Line Dancing 11:30: Watercolors (ML) 1: Watercolors (Adv) 1: Tap Rehearsal 1-4: Mahjong 2: Ping Pong Club 2:30: Watercolors (Beg)	<p style="text-align: right; font-weight: bold;">11</p> 9:30-11:30: The Knit & Crochet Club 9:45: The Joy of Art 10: Sit & Dance 11:30: Piano & Theory 12:30: Baila Conmigo - Dance with Me 1: Tap 1-4: Mahjong 1:45 pm: Movie: Hocus Pocus	<p style="text-align: right; font-weight: bold;">12</p> 9-11: BP Screenings 9: Yoga with the Y 10: Spooky Rock Painting 10: Tai Chi Easy 11: Spanish Class 11:30: Watercolor Art with Miss Pat 12: Ballads & Serenades Concert 1: Stress Less 1-4: Chess Club (BI) 1: Wii Bowling 1: Coed Pinochle League 2: Corn Hole Free Play	<p style="text-align: right; font-weight: bold;">13</p> 9: And The Beat Goes On 10:15: Strength & Cardio 11:15: Chair Yoga
<p style="text-align: right; font-weight: bold;">16</p> 9: Strength & Balance 9:30-11:30: The Knit & Crochet Club 10: Sit & Dance 11:15: Dance Machine Dance Club 12:15-1:45: Bridges by Epoch Bingo	<p style="text-align: right; font-weight: bold;">17</p> 9: Writing Club 9:15: Yoga with the Y 10: Walking Club 10:30: BOOM Move 10:30: Line Dancing 11:30: Watercolors (ML) 1: Watercolors (Adv) 1: Tap Rehearsal 1-4: Mahjong 2: Ping Pong Club 2:30: Watercolors (Beg)	<p style="text-align: right; font-weight: bold;">18</p> 9:30-11:30: The Knit & Crochet Club 9:45: The Joy of Art 10: Book Club 10: Sit & Dance 11:30: Piano & Theory 1: Tap 1-3: "Keep Your Brain Sharp" - Session 1 1-4: Mahjong 1:45: Movie: We Have A Ghost	<p style="text-align: right; font-weight: bold;">19</p> 9-11: BP Screenings 9: Yoga with the Y 10: Tai Chi Easy 11: CG Support Group 11: Spanish Class 11:30: Watercolor Art with Miss Pat 1: Stress Less 1-4: Chess Club (BI) 1: Wii Bowling 1: Coed Pinochle League 2: Corn Hole Free Play	<p style="text-align: right; font-weight: bold;">20</p> 9: Men's Club 9: And The Beat Goes On 10: Art of Aging Senior Healthy Living Expo 10: Stew Leonard's 10:15: Strength & Cardio 11:15: Chair Yoga 1:00: Baldwin Players Rehearsal
<p style="text-align: right; font-weight: bold;">23</p> 9: Strength & Balance 9:30-11:30: The Knit & Crochet Club 10: Sit & Dance 11:15: Dance Machine Dance Club 12:15-1:45: Bingo	<p style="text-align: right; font-weight: bold;">24</p> 9: Writing Club 9:15: Yoga with the Y 10: Walking Club 10:30: BOOM Move 10:30: Line Dancing 11:30: Watercolors (ML) 1: Watercolors (Adv) 1: Tap Rehearsal 1-4: Mahjong 2: Ping Pong Club 2: SC Dance Party 2:30: Watercolors (Beg)	<p style="text-align: right; font-weight: bold;">25</p> 9:30-11:30: The Knit & Crochet Club 9:45: The Joy of Art 10: Sit & Dance 11:30: Piano & Theory 1: Tap 1-3: "Keep Your Brain Sharp" - Session 2 1-4: Mahjong	<p style="text-align: right; font-weight: bold;">26</p> 9: Yoga with the Y 10: Tai Chi Easy 10:30: Brain Games/Trivia 11:30: Watercolor Art with Miss Pat 12-2: Wellness On Wheels 11: Spanish Class 11: Ballads & Serenades 1-4: Chess Club 1: Stress Less 1: Wii Bowling 1: Coed Pinochle League 2: Corn Hole Free Play	<p style="text-align: right; font-weight: bold;">27</p> 9: And The Beat Goes On 10:15: Strength & Cardio 11:15: Chair Yoga 1:30: Baldwin Players Halloween Show
<p style="text-align: right; font-weight: bold;">30</p> 9: Strength & Balance 9:30-11:30: The Knit & Crochet Club 10: Sit & Dance 11:15: Dance Machine Dance Club 12:15-1:45: Bingo 2: Friendship Club	<p style="text-align: right; font-weight: bold;">31</p> 9: Writing Club 9:15: Yoga with the Y 10: Walking Club 10:30: BOOM Move 10:30: Line Dancing 11:30: Watercolors (ML) 1: Watercolors (Adv) 1: Tap Rehearsal 1-4: Mahjong 1:45: Movie: Hocus Pocus 2 2: Ping Pong Club 2:30: Watercolors (Beg)	<div style="font-size: 4em; font-weight: bold; color: purple;"> HAPPY Halloween </div>		

KMA

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Baldwin Café
203-377-4991

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hearty Vegetable Soup Unsalted Crackers Chicken Marsala Mashed Potato Green Beans</p> <p>100% Whole Wheat</p> <p>Cinnamon Applesauce</p>	<p>3</p> <p>Sliced Ham with Pineapple Glaze Sweet Potato Geneva Blend Veggies</p> <p>Rye Bread</p> <p>Pineapple Cup</p>	<p>4</p> <p>Apple Juice Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Ranch Dressing</p> <p>Corn Muffin</p> <p>Chocolate Pudding</p>	<p>5</p> <p>Broiled Fish with Garlic Butter Cracker Crumbs Cheesy Rice Brussel Sprouts</p> <p>Wheat Bread</p> <p>Banana</p>	<p>6</p> <p>Homemade Meatloaf with Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread</p> <p>Tropical Fruit Cup</p>
<p>9</p>  <p>COLUMBUS DAY</p>	<p>10</p> <p>Chicken Picatta Linguini Brussel Sprouts</p> <p>Dinner Roll</p> <p>Brownie</p>	<p>11</p> <p>Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble Egg Bake Spinach</p> <p>Biscuit</p> <p>Pear Cup</p>	<p>12</p> <p>Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread</p> <p>Banana</p>	<p>13</p> <p>Grape Juice Turkey Divan Brown Rice California Blend Veggies</p> <p>Whole Wheat Roll Banana Pudding with Whipped Topping</p>
<p>16</p> <p>Lazy Stuffed Cabbage (Beef/Pork) Mashed Potato Meadow Blend Veggies</p> <p>Italian Bread</p> <p>Plum</p>	<p>17</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Baked Apples with with Topping</p>	<p>18</p> <p>Open Faced Turkey Sandwich Turkey Gravy Stuffing Carrots and Broccoli</p> <p>Warm Peach Cobbler with Whipped Topping</p>	<p>19</p> <p>Roast Pork with Cranberry Glaze Sesame Noodles Spinach and Red Peppers</p> <p>Whole Wheat Bread</p> <p>Banana</p>	<p>20</p> <p>Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Tartar Sauce Oatmeal Bread</p> <p>Fresh Apple</p>
<p>23</p> <p>Apple Juice Philly Cheesesteak Sloppy Joe with Peppers and Onions Tater Tots Carrots</p> <p>Hamburger Bun</p> <p>Rice Pudding</p>	<p>24</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos and Black Eye Peas Tortilla</p> <p>Pears</p>	<p>25</p> <p>Orange Juice Spaghetti with Meatballs Garden Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Pie</p>	<p>26</p> <p>Chicken and Sausage Gumbo Rice Mixed Vegetables</p> <p>Corn Bread</p> <p>Mandarin Oranges</p>	<p>27</p> <p>Roast Turkey with Turkey Gravy Mashed Potato Brussel Sprouts Cranberry Sauce</p> <p>Dinner Roll</p> <p>Oatmeal Cookies</p>
<p>30</p> <p>Apple Juice Bean and Veggie Chili Brown Rice</p> <p>Corn Muffin</p> <p>Tapioca Pudding</p>	<p>31</p> <p>Growling Grape Juice Creepy Country Fried Chicken with Crawling Country Gravy Moaning Mashed Potato Ghoulish Green Beans and Monster Mushrooms 12 Grain Beastly Bread Halloween Treat</p>			

Special Programs in October

BAILA CONMIGO-DANCE WITH ME



Wednesday, October 11th @ 12:30 pm

Join us in celebrating Hispanic Heritage Month with this special Latin Dance Performance!!!

Dance Instructor Quincy Davis of **Baila Conmigo-Dance With Me** will perform and offer basic instruction.

There is no fee to participate. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

“Keep Your Brain Sharp”

Memory Workshop Seminars presented by

1973 CELEBRATING 50 YEARS OF SERVICE TO SENIORS 2023



Thursday, October 18th &

Thursday, October 25th

1:00 - 3:00 pm

at

The Baldwin Center!

This program is for:

- ◆ Individuals who are concerned about changes in memory or have a diagnosis of **Mild Cognitive Impairment**
- ◆ Individuals who are willing to speak about their concerns, diagnosis, and experience living with memory loss.

The program will include education on memory loss and prevention, brain games and cognitive exercises, health and wellness presentations, group discussions and specialized chair exercises.

***** It is highly recommended that those who sign up attend both sessions *****

There is no fee to participate. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Wellness on Wheels

Thursday, October 26th

12:00 - 2:00 pm

The Bridges Healthcare WOW vehicle will be at The Baldwin Center to provide accessible, street-side health care treatment to those 18 and over. The vehicle is staffed with a nurse practitioner and medical assistant, and offers physical exams, health screenings and tests, mental health and addiction screenings, referrals, and follow-ups.

NO APPOINTMENTS NECESSARY!



Special Programs in October

October Movie Matinees

There are no fees for these programs. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.



Hocus Pocus

Wednesday, October 11th
@ 1:45 pm

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.



We Have a Ghost

Wednesday, October 18th
@ 1:45

Finding a ghost named Ernest haunting their new home turns Kevin's family into overnight social media sensations. But when Kevin and Ernest investigate the mystery of Ernest's past, they become a target of the CIA.



Hocus Pocus 2

Tuesday, October 31st
@ 1:45 pm

Two young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world.

Ballads & Serenades

October Concert

Thursday, October 12, 2023
@ 12:00 pm

The Baldwin Center Main Lobby
Registration is NOT required

Stratford *Phone-A-Friend*

The Baldwin Center is launching a pilot “*Phone-A-Friend*” program! This telephone companionship program matches interested Stratford residents ages 55+ with trained, adult volunteers who provide friendly phone calls once a week for 20 minutes.



This program is most appropriate for socially isolated older adults who might live alone and want to boost social and community engagement. Registration for this program requires a pre-screening. Please call Olivia at (203) 385-4050 by October 11th to be screened for program participation. The pilot program runs from mid-October through mid-December.



Bus Trip to Stew Leonard's in Norwalk! Friday, October 20, 2023 @ 10:00 am - 1:00 pm

Norwalk Senior Center Transportation will depart from the Baldwin Center at 10:00 am sharp. Each trip is limited to 10 passengers, and there is a 3 bag maximum. There is no fee to participate. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Bridges by Epoch
Presents...

Monday, October 16th
@ 12:15 pm



Same place, same time, same game...but special giveaways for the first 10 winners, and...CAKE!

Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

FOOD DONATION BOX **@ THE BALDWIN CENTER**



Help us fill up the “*Baldwin Box of Food*” this month for delivery to Stratford community pantries. Food donations can be accepted by volunteers at our greeter's window in the lobby.



The Baldwin Players
Halloween Show
Friday, October 27th
@ 1:30 pm

Art Programs in October

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Spooky Rock Painting

Thursday, October 12th @ 10:00 am

Make your own Spooky Halloween Rocks! As always, no previous art experience required! Bring only yourself, your smile, and your imagination!

There is no fee for this program. Donations are welcome. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Watercolors with Sabine

October 24th - November 28th

Tuesdays @ 11:30 am (Mixed Level Class)

Tuesdays @ 1:00 pm (Advanced Class)

Tuesdays @ 2:30 pm (Beginner Class)



Pre-Registration is required. \$45 Enrollment Fee (\$7.50/class) is due prior to start of first class. Fee can be paid by cash or check. Please call (203) 385-4050 to reserve your spot. Online registration is **NOT** available for this class.

Wednesdays @ 9:45 - 11:15 am

October 4th - November 8th

*The Joy
of
Art*



Join artist Gayle Caro and explore the many facets of art including drawing, painting, collage, photography, sculpting, swirl painting, and more! This 6 week session will be project oriented. Work will be done individually and collectively on projects that will be fun, as well as rewarding.

Bring a sketch book and pencils to get you started!

Pre-Registration is required. \$45 Enrollment Fee (\$7.50/class) is due prior to start of first class. Fee can be paid by cash or check. Please call (203) 385-4050 to reserve your spot. Online registration is **NOT** available for this class.

Watercolor Art with Miss Pat

Thursdays 11:30 am - 1:00 pm

Pre-Registration is required. \$3 class fee is due prior to start of each class. Fee can be paid by cash or check. Please call (203) 385-4050 OR register online at MYActiveCenter.com to reserve your spot.

Baldwin Center Program Highlights

Caregiver Support Group



If you are caring for someone living with **Alzheimer's Disease or other dementia**, you are not alone. Find support, guidance and share experiences with peers, and discover helpful information and resources.

Every 3rd Thursday of the month
@ 11:00 am

This Month: Thursday, October 19th, 2023



This is a professionally facilitated support group and is affiliated with The Alzheimer's Association. There is no fee for this program. Screening and pre-registration are required. Please call The Baldwin Center at (203) 385-4050 and speak with Erin or Olivia if you are interested in joining. Online registration is NOT available for this group.

LEARN TO PLAY PINOCHLE! COED PINOCHLE LEAGUE

Thursdays @ 1:00 pm

The Baldwin Center's CoEd Pinochle League invites those who want to learn to play to join them on Thursdays at 1:00 pm in the Main Lobby!



Baldwin Center Writing Club

Tuesdays @ 9:00 - 11:00 am

The Writing Club is for those interested in various types of writing, including the essay, short story, novel, memoir, poetry, and so on. All levels are welcome. Bring paper, a pen, and a willingness to create original work! There is no fee to attend this club and no registration is required. Please call (203) 385-4050 to reserve your spot.



Spanish Classes

Thursdays @ 11:00 am

\$5 class fee is due prior to start of class. Fee can be paid by cash or check. Pre-Registration is required. Please call (203) 385-4050, OR register online at MyActiveCenter.com to reserve your spot.



Piano & Theory Lessons

Wednesdays 11:30 - 1:00

If you are interested in signing up for Piano & Theory Lessons, please call (203) 385-4050. Provide your name and contact information to Baldwin Center Staff, who will then pass your information along to our Volunteer Instructors. They will reach out to you directly to coordinate lessons.

Chess Club

The Baldwin Center Chess Club meets EVERY Thursday from 1:00 - 4:00 pm. The second Thursday of the month is a basic instruction session. If you are interested in joining The Chess Club, please call The Baldwin Center at (203) 385-4050.



Baldwin Center Program Highlights



Every Monday @ 12:15 pm

Disposable cards will be provided. Play is for fun!...No cash prizes. Donations are welcome. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Every Tuesday @ 10:00 am

Walking Club



*October 3: Stratford Seawall (10 Washington Parkway, Stratford)
October 10: Stratford Greenway (609 Main Street, Stratford)
October 17: Longbrook Park (103 Glendale Road, Stratford)
October 24: Short Beach (1 Dorne Drive, Stratford)
October 31: Shakespeare (1850 Elm Street, Stratford)*

There is no fee to participate. Donations are welcome. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Every 3rd Thursday @ 10:30 - 11:30 am

This month: October 19, 2023



Join Danielle Ramos, CDP of Milford Health and Rehabilitation Center, for an hour of "Brain Games & Trivia". Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Tuesday, October 24th @ 2:00 pm

Just bring your dancin' shoes!

There is no fee for this program. Donations are welcome. Pre-Registration is required. Please call (203) 385-4050, OR register online at MyActiveCenter.com to reserve your spot.



Every Monday & Wednesday @ 10:00 am

Sit & Dance

Join this upbeat, seated dance and exercise class. You get your workout while having a blast! There is no fee to participate. Donations are welcome. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

"And The Beat Goes On..."

Cardio Drumming

Every Friday @ 9:00 am



There is no fee to participate. Donations are welcome. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

***** There is a class capacity of 35 participants *****

Every Thursday @ 1:00 pm



Join the Senior Connection Crew for 30 minutes of seated dance, followed by 30 minutes of relaxation & meditation

There is no fee to participate. Donations are welcome. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Baldwin Center Fitness Programs

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Strength & Balance with Bobbi

Mondays @ 9:00 am

\$3 class fee is due prior to start of class. Fee can be paid by cash or check. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Yoga with the Y

Tuesdays @ 9:30 am & Thursdays @ 9:00 am

Class is free for YMCA Members who have Renew Active. For those who do not, there is a \$3 class fee due prior to the start of class. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

~Namaste~



BOOM Move

Tuesdays @ 10:30 am

This is a higher intensity dance workout class that improves cardio endurance and burns calories.

\$3 class fee is due prior to start of class. Fee can be paid by cash or check. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Line Dancing *with Tom Mohyde*

Tuesdays @ 10:30 am

\$5 class fee is due prior to start of class. Fee can be paid by cash or check. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Tap with Deb

Wednesdays @ 1:00 pm

\$5 class fee is due prior to start of class. Fee can be paid by cash or check. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.



HEALTH • VITALITY • INNER PEACE

Tai Chi Easy with Phyllis

Thursdays @ 10:00 am

There is no fee to participate. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.

Strength & Cardio with Virginia

Fridays @ 10:15 am

\$3 class fee is due prior to start of class. Fee can be paid by cash or check. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.



Chair Yoga with Virginia

Fridays @ 11:15 am

\$3 class fee is due prior to start of class. Fee can be paid by cash or check. Pre-Registration is required. Please call (203) 385-4050 OR register online at MyActiveCenter.com to reserve your spot.



Baldwin Center Club News & Free Play Activities

The Knit & Crochet Club



Mondays & Wednesdays
9:30 - 11:30 am

The Knit & Crochet Club is happily accepting donations of yarn, knitting needles and crochet hooks.



The Baldwin Center Library is happily accepting book donations published after the year 2000.



Thursdays
@ 1:00 pm



Cornhole Free Play
Thursdays
@ 2:00 pm: Great Hall



Mah Jong

Tuesdays 1:00 - 4:00 pm
Wednesdays 1:00 - 4:00 pm

Senior Men's Club

The Baldwin Senior Men's Club meets the 1st and 3rd Friday of the month.

October Meeting Dates:

Friday, October 6, 2023 @ 9:00 am
Friday, October 20, 2023 @ 9:00 am

Men's Club Pinochle League will start Tuesday, October 3rd.



FREE BLOOD PRESSURE SCREENINGS!!!

Thursday, October 12th
9:00 - 11:00 am

Screenings conducted by Stratford Health Department



COED PINOCHLE LEAGUE

THURSDAYS @ 1:00 pm
If you are interested in joining the league, please call The Baldwin Center at (203) 385-4050.



"Dance Machine" Dance Club

Mondays
@ 11:15 am
Come join the fun!



Book Club

The Baldwin Center's Book Club meets the 1st and 3rd Wednesday of the month from 10:00 - 11:00 am.

October Meeting Dates:

Wednesday, October 4, 2023 @ 10:00 am
Wednesday, October 18, 2023 @ 10:00 am
If you are interested in joining the Book Club, please contact please contact The Baldwin Center at (203) 385-4050.



Ping Pong Club

Tuesdays
2:00 pm - 4:00 pm

Friendship Club

The Friendship Club meets the 2nd Monday of the month at 2:00 pm.
NEW MEMBERS WELCOME!



October Meeting Date:

Monday, October 30th @ 2:00 pm
If you are interested in joining the Friendship Club, please contact The Baldwin Center at (203) 385-4050.

Ballads & Serenades

Thursdays @ 11:00 - 12:30 pm

Call to all Seniors!

We are looking for musicians interested in playing baroque and classical music, ballads and serenades, as well as some popular tunes. Bring your wind, brass, strings and percussion instruments and LET'S PLAY MUSIC!



Social Service Notes

ENERGY ASSISTANCE

Applications for Energy Assistance for **electric** customers are being accepted beginning **Thursday, November 2, 2023**. If you applied last year, we will be contacting you to schedule a telephone appointment. If you are new to this program, please contact us at 203-385-4055.

The following are the income guidelines for 2023

1 person: \$37,645 / **2 people:** \$49,228 / **3 people:** \$60,811 / **4 people:** \$72,394 /
5 people: \$88,977

When applying, you must have the Social Security numbers for everyone living in your household and have the following documentation for each person over the age of 18 living in the household:

- **Monthly Social Security Benefits-** If your Social Security or disability benefits are direct deposit to your bank account, you can bring in your most recent bank statement showing the amount of the deposit. If you do not have direct deposit, then bring in the document from the Social Security Administration which states the current amount of your monthly check or bring in a copy of the current monthly check.
- **Pension/Annuity- We cannot accept a bank statement for proof of your pension.** Please provide the most recent pension check stub or copy of your pension check. You can also provide a document from the pension company stating the monthly amount that you are paid or the most recent 1099 from the pension company.
- **Utility Bill-** If you heat with OIL, please provide your most recent electric bill. If you heat with GAS, please provide your most recent gas and electric bill. If you heat with ELECTRICITY, please provide your electric bill.
- **Water Bill-** water bill regardless of how you heat your home.
- **Employment-** You must submit four (4) consecutive weekly paystubs, two consecutive bi-weekly or semi-monthly or one monthly stub for any time during the past 3 months prior to application date. If you are missing paystubs, you must bring in a statement from your employer on company letterhead signed by either the employer or the payroll department, stating the gross wages for the missing pay period. (Paystubs will only be accepted if they list your name and/or social security number).
- **Unemployment-** A printout of benefits from the unemployment office or from the Department of Labor (DOL) website at www.ctdol.state.ct.us, showing the last 30 days of income.
- **DSS-SAGA/Cash Assistance-** Current budget sheet/DSS statement
- **DSS-SNAP-** Current budget sheet/DSS statement
- **Alimony/Child Support-** Divorce decree or Family Relation Court letter or lawyer verifying amount and frequency of alimony and/or child support, child support enforcement letter, printout or bank statement if payments go directly to the bank or written statement from legally liable relative if voluntary cash support payments are made directly to you.
- **Self Employment-** A form will be given to you at the time of your appointment to complete for the last 6 calendar months from the date of the application. This form must be notarized and returned with a current copy of your 1040 IRS form Including all relevant Schedules (C, D, S, E, K, etc.) and a balance sheet showing how your self-employment earnings supported your household.



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Do You Know About Medicare Savings Program

The Medicare Savings Program will pay for your Part B Premium and may help pay Medicare deductibles and co-insurance. Medicare Beneficiaries with a monthly income less than \$2,989 and \$4,043 per couple will qualify for the Medicare Savings Program. Assets are not considered.

For more information or application assistance, contact SWCAA's CHOICES Department at 1-800-994-9422



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DIRECTOR OF COMMUNITY & SENIOR SERVICES

Tammy Trojanowski

SOCIAL SERVICES SUPERVISOR

Shirley Dominguez

SENIOR CENTER & HUMAN SERVICES SUPERVISOR

Erin McLeod

SOCIAL SERVICES COORDINATOR

Nancy Lombard

HUMAN SERVICES SOCIAL WORKER

Olivia Donnelly

SECRETARY

Maureen Barstow

HUMAN SERVICES COORDINATOR

Mio Vázquez Ramos

SENIOR CONNECTION COORDINATOR

Caitlyn Koripsky

DISPATCH/SCHEDULER

Karen Sullivan (203) 385-4051

DRIVERS

Alfredo Serrano

Marvin Patrick

CUSTODIAN

Samuel T. Baldwin

CW RESOURCES NUTRITION PROGRAM

Christian Mejai (203) 377-4991

VOLUNTEER TRIP COORDINATOR

Mary Ellen Cisero

ADA INFORMATION/REFERRALS

Susan M. Pawluk (203) 385-4020

MEDICARE OPEN ENROLLMENT REMINDER

Open Enrollment for Medicare will be **October 15th - December 7th.**

During this time you can explore options for your 2024 Medicare Insurance coverage. By looking into new Medicare Advantage Plans and Part D Plans, you may be eligible to increase your coverage as well as save money. Contact Social Services Nancy Lombard for a one-on-one counseling session at (203) 385-4050.

Rotary Club Shred Events at The Baldwin Center

Saturday, October 14, 2023 @ 9:00 am - 12:00 pm

Saturday, April 20, 2024 @ 9:00 am - 12:00 pm



The Great Pumpkin Festival

Sunday, October 15th

**12:00 - 4:00 pm at Boothe Memorial Park,
5800 Main Street, Stratford, CT**

The Shakespeare Market

October 1st & October 15th

10:00 am - 2:00 pm

Do you have questions about Veterans Services or Benefits?

If so, please call:

Molly Ryan

**Municipal Veterans Representative
(203) 385-4001**

Meals on Wheels

If you are interested in receiving Meals on Wheels, please call (203) 332-3264