



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+

Wellness Talk

Friday, January 10th

11:15 AM

Join our Wellness Nurse, Tori, for a discussion on New Year's dieting. To RSVP, please call (203) 452-5199.

Caregiver Support Group

Monday, January 6th

Monday, January 27th

2:00 PM

Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support.

To RSVP, please call Cornelia Morris at (203) 452-5193.

Caregiving For Your Loved Ones

Open to the Public

Tuesday, January 14th 10:30 AM

Join Katie Regan, Care Manager from the Southwest-ern Connecticut Agency on Aging, to learn more about the Connecticut Statewide Respite Care Program, National Family Caregiver Support Program, and Connecticut Home Care Program. Caregivers will learn how each program can help provide a break in the constant role of caregiving by providing either home care assistance and/or funding for Adult Day

Upcoming Programs Please join us!

To RSVP for any programs call (203) 452-5199



Brown Bag Event

Tuesday, January 7th

10:30 AM

Join Kaitlyn McCarthy, PharmD, Community Pharmacy Resident from St. Vincent's Medical Center, for a brown bag event where participants can bring in all their medications and receive information such as how to take the medication, what it is used for, and side effects. Participants will also make a list of their current medications that they could utilize to carry with them in case of emergencies. For more information and to RSVP, please call (203) 452-5199.