



*Senior Center Serving Adults Age 55+*

### **Stay Safe on the Road**

**Friday, October 15th at 10:00 AM**

Join AAA for defensive driving course that will give you a refresher on your driving skills, strategies, and new traffic laws.

To RSVP, please call the office at (203) 452-5199.

### **Café Program:**

#### **Health Literacy & Mental Health Awareness**

**Tuesday, October 19th at 11:30 AM**

Join our Director of EMS, Leigh Goodman for an informative presentation on health literacy and mental health awareness.

**Receive half off of your lunch that day when you attend this program, your cost will be \$4.** To reserve lunch, please call (203) 452-5199 ext 3. Last day to RSVP is Monday, October 18th. Please check in at the front desk to receive your lunch discount.

**Lunch Special for Tuesday, October 19th:** Stuffed Cabbage (farm fresh cabbage stuffed with beef & rice simmered in a tomato sauce)

### **Falls Assessments & Balance Testing**

**Wednesday, October 20th at 11:00 AM**

Join Christina Cylwik, PT (and Trumbull resident) and Gigi Weiss, MSPT, Director of Rehabilitation Services at RVNAhealth for a hands-on Falls Assessment and Balance Testing session. You'll leave the session armed with information and techniques to help keep you safe. To RSVP, please call (203) 452-5199.