

## Coming Events at the Darien Senior Activities Center

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**Categories :** [Seniors](#)

**Tagged as :** [Darien Senior Activities Center 2016](#), [Darien Senior Activities Center Events 2016](#), [Darien Senior Center 2016](#), [Darien Senior Center Activities 2016](#)

**Date :** September 10, 2016



These events will take place at the Darien Senior Activities Center, 2 Renshaw Road:

### **LIVE WELL CHRONIC DISEASE SELF MANAGEMENT PROGRAM SERIES**

**Begins Tuesday September 13<sup>th</sup> @ 9:30 Darien Senior Programs at the Mather Center 2 Renshaw Road 203-656-7490**

Developed by Stamford University “Live Well/Chronic Disease, Self-Management Program is a 6 week series for anyone dealing with a chronic health issues (diabetes arthritis, heart disease high blood pressure, depression, anxiety) or caring for someone with a chronic health issue. Live Well introduces participants to new tools and techniques which help in managing their health issues. Workshops are highly interactive and the activities are kept short and engaging. They meet once a week 2 ½ hours with a break included. We ask that you make every effort to attend the 6 sessions. Space is limited to 16 with an 8 person minimum. Sign up is required

**Dates:** TUESDAY: September 13<sup>th</sup> and 20<sup>th</sup> - October 4<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> - November 1<sup>st</sup>

**Time:** 9:30 am- 12:00 pm, with a 20 minute break

### **REMINISCE WITH GERI GENOVESE: ICE CREAM SOCIAL AND CONVERSATION**

**Thursday September 15<sup>th</sup> @ 12:45 Darien Senior Programs at the Mather Center 2 Renshaw Road**

**September 15<sup>th</sup>:** Geri will reminisce about Music – the trends, the sounds, and favorites. From Rock and Roll and Big Band to Country. Enjoy a delicious ice cream treat immediately after both programs!

#### **ART GOTTLIEB, LCSW: 9/11 PHOTO REMEMBRANCE**

**Monday (PLEASE NOTE NEW DAY THIS MONTH ONLY) September 12<sup>th</sup> @ 12:30 Darien Senior Programs at the Mather Center 2 Renshaw Road 203-656-7490**

September 11, 2016 will mark 15 years since the day that terrorists flew two hijacked airliners into the World Trade Center, one into the Pentagon with a fourth aircraft diverted from its target only after passengers seized control and crashed it into a field in Shanksville PA. This program will feature a photo-collage of this terrible day. There will be no political discussion during this presentation, as it is intended only as a solemn remembrance of those who lost their lives. Note: Some photographs may be disturbing for some viewers.

#### **CT PHARMACY: FOOD/DRUG INTERACTIONS**

**Wednesday September 14<sup>th</sup> @12:30 Darien Senior Programs at the Mather Center 2 Renshaw Road 203-656-7490**

What you eat and drink can affect the way your medicines work. A food – drug interaction is a change in how a medicine works. The change is caused by food, caffeine, or even alcohol. Food-drug interactions can prevent a medicine from working the way it should. The Diane from CT Pharmacy will help you learn what you can do to prevent a food – drug interaction.