

Darien Senior Center This Week: Find Out About Darien's Wild Birds, Housing, Health Decisions, Irish-Americans

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Here's what's coming up this week, April 2 to 6, 2018, at the Darien Senior Activities Center in Mather Community Center, 2 Renshaw Road.

If you have questions about any of these programs, call the Senior Center at 203-656-7490. The following information comes from "The Voice" Senior Center newsletters for [March](#) and [April](#).

From the Senior Center Newsletter:

Come Lunch with the Darien Senior Programs at Mather Center

- The best value in Town! Research shows that eating your main meal at noontime, especially as we grow older, has actual health benefits. We have more time to digest and metabolize the meal. Eating lighter for the evening meal can aid in a better night's sleep and help with weight control.
- Eating at the Center also has the added benefit of socializing with peers and attending some of the wonderful programming offered before or after lunch. Cooking for one can also be stressful.
- The cost saving of only having to shop for breakfast and a lighter evening meal is also significant. So give a meal at the Center a try for \$5.
- Call in for our weekly menu on Mondays 203-656-7490. To reserve a meal, call by 11:15 the day you're coming. Lunch is served at 12:00 sharp!

Every Monday and Tuesday

Woodshop Repair Program Woodshop volunteers will repair small wooden items, chairs, drawers, tables, etc., for a recommended donation. Bring your item into the woodshop any Monday or Tuesday between 9:30 -11:30 a.m. and one of our volunteers will discuss the cost to repair, including supplies.

Tuesday, April 3

12:30 p.m. — Art Gottlieb, LCSW: Irish Americans — One of the largest and influential groups of immigrants to arrive on these shores, an estimated 46 million Americans can trace their ancestry back to Ireland, in addition to 3 million more who identify as Scotch-Irish.

Present since pre-colonial days, large numbers of Irish arrived during the 19th century. Irish-Americans are part of the very fabric of the American Identity with notable figures represented in all aspects of life including politics and entertainment.

Wednesday, April 4

12:30 p.m. — VNH of Fairfield County: **Health Care Decisions--Planning for No Regrets** — **Complimentary Lunch at Noon & Program @ 12:30** April is National Health Care Decisions Month. The goal during this month is to help Americans understand that making future healthcare decisions includes more than deciding what care they would or would not want; it starts with expressing preferences clarifying values, identifying care preferences and selecting an agent to express health care decisions if patients are unable to speak for themselves.

The National Healthcare Decisions Day initiative is a collaborative effort of national, state and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information and opportunity to communicate their health care decisions.

Thursday, April 5

11 a.m. — Ask the Social Worker — Every Thursday, Ali Ramsteck or Cynthia Hall will be at the Senior Programs to answer any questions you may have about available government benefits, town services, or to have a confidential chat about anything of concern to you. For Darien residents only

12:30 p.m. — Darien Housing Options Seminar — Jeremy Ginsberg, Darien's Planning and Zoning Director, and Steve Olvany, a member of the Darien Planning and Zoning Commission, will discuss housing options for seniors and Darien's regulations relating to the same. This presentation will be moderated by Joe Pankowski, chair of the Darien Commission on Aging.

Friday, April 6

12:30 p.m. — Wild Birds of Darien and Their Habitat — Presentation — Darien resident Thais Gherardi will be presenting a program on the birds of Darien and their habitats around town and especially around the Town Hall campus.

After the presentation, Thais will offer a birdhouse workshop to be held for three weeks on April 26, May 3, and May 10 at 9:30 a.m. Participants will be making and painting small bird houses that will be hung around the Town Hall property.

Thais will then return after the nesting season to present what species have nested in what house. Thais is an active volunteer with the Darien Land Trust, the Darien Nature Center, as well as the Environmental Protections Commission. There will be a fee for the bird house program to be announced at the April 6 presentation.