

Coming to Darien Senior Center: Arthritis and Shoulder Pain, Saving on Meds, Literary Discussion

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Here's what's coming up at the Darien Senior Activities Center at Mather Community Center, 2 Renshaw Road.

If you have questions about any of these programs, call the Senior Center at 203-656-7490.

STAMFORD HOSPITAL:

SHOULDER AND ARTHRITIS PAIN

Tuesday Feb. 20, 12:30 p.m.

For the senior population, should disorders are a sometimes underestimated cause of pain and disability, affecting approximately 20 percent of the community.

Dr. VanBeek of Stamford Hospital will present a program on the different types of Shoulder pain and its cause as well as treatment issues. Dr. VanBeek will discuss holistic, conservative, and surgical options for shoulder injuries.

WALGREENS PHARMACY:

COST SAVING MEDICATION

Darienite

News for Darien

<https://darienite.com>

Wednesday Feb. 21, 12:30 p.m.

Rising medication costs puts major financial pressure on seniors. To save money, Brian of Walgreens Pharmacy will have tips that help seniors lower their prescription drug costs.

READ AND TELL:

GOOD LIT, GOOD LIFE

Wednesday Feb. 28 12:30 p.m.

Join James McGinn, LPN, NCC of the Center for HOPE/Family Centers, Darien, for a monthly (last Wednesday) literary treat (poem, story, philosophical or inspirational essay) as springboard into sharing from our own stories and concerns.

As meetings progress, participants will also be invited (although not obliged) to share their own narratives, spoken or written, biographical or fictional and to share their own truths.

We will explore how creativity motivates, comforts, unsettles and keeps us on our toes. We will share the stories which most move and keep us going, the ideas which nurture a good life and help us through tough times. Come listen, interact, share inspiration and have fun!