

## **Darien Senior Programs for Jan 31 to Feb 8**

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

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Here's what's coming at the Darien Senior Activities Center:

*Darien Senior Programs can be reached at 203-656-7490 if you have any questions.*

### **Fairfield U School of Nursing: 'A Matter of Balance'**

Eight week session beginning 10 a.m., **Tuesday, Jan. 31**, Darien Senior Program 2 Renshaw Road  
203-656-7490

*A Matter of Balance* is designed to reduce fear of falling and increase activity levels among older adults. The program was developed and formally evaluated by the Royal Center for Enhancement of Late-Life Function at Boston University with a grant from the National Institute on Aging.

*A Matter of Balance* acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern. Trained facilitators, students from Fairfield University School of Nursing, conduct eight 1 1/2-hour sessions for a group of 10-12 participants.

During the class, participants learn to view falls and fear of falling as controllable and set realistic goals for increasing activity. They will also find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance. Sign up is mandatory.

### **Wednesday Crafts: Felt Valentine Hearts**

**February 1, and 8 @ 9:30 a.m.**

We are inviting all folks crafty to come and enjoy each other's company while working on crafts. Every week the "crafters" will have a different craft on hand to work on. Stay for an hour or stay all morning! Cost of the program will be \$4.00 unless otherwise specified.

**The Pitchpipers Entertain**

**Thursday February, 2 @ 12:30 p.m.**

The Pitchpipers are a women's volunteer, non-denominational four-part harmony singing group dedicated to entertaining seniors. The women are from many communities all over Fairfield County. Please come enjoy their beautiful voices and wonderful entertainment!

**RVNA: Depression and Seasonal Blues**

**Monday February, 6 @ 11 a.m.**

When do normal feelings of stress, fatigue, irritability, sadness or anxiety become a serious problem? Many treatable mental health disorders are misunderstood by the general public including depression, bipolar disorder, generalized anxiety disorder, and post-traumatic stress disorder. Katherine Lasberg of RVNA will be here to present a program on seasonal blues, depression, treatment options, and coping skills.

**Art Gottlieb, LCSW: Rockefeller Center**

**TUESDAY, Feb. 7 @ 12:30**

Covering 22 acres of midtown Manhattan, and named for John D. Rockefeller Jr. who privately undertook this project during the Great Depression, Rockefeller Center is a tour de force of Art Deco architecture, sculpture, and artwork. Famous for its Christmas tree, skating rink, and music hall, this National Historic Landmark remains one of New York's most favorite attractions.