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## **Understand Your Medicaid Benefits Better at a Presentation Thursday Morning at Darien Senior Center**

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Even if you've been on Medicare, you may not know all you need to know. But you'll know more if you attend a presentation, "Know Your Medicare Benefits," Thursday, Jan. 23 at Darien Senior Center.

Waveny LifeCare Network will present the program, starting at 12:30 p.m.. Come with questions and concerns about what is covered, guideline, and policy.

You can combine it with lunch at the Senior Center, in Mather Center, right at the lower parking lot in the Town Hall complex at 2 Renshaw Road.

*A recent announcement in the Darien Senior Center January newsletter said:*

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

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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 (the best bargain in town).

Call in for our weekly menu on Mondays 203-656-7490. To reserve a meal, call by 11:15 a.m. on the day you're coming in Lunch is served at 12 noon sharp!