

The ocean, our waterways and our groundwater levels have risen a foot in the last fifty years, and they are projected to rise 1.5 feet or more in the next fifty years. This is a legacy that our children and grandchildren will inherit, and we need to hear from you in order to make it the right legacy.

The City has a major Sea Level Rise study underway. We are determining the future impacts to our city and beginning to look at alternative actions and adaptation strategies. Please help us determine what those actions and strategies should be. We need your input. The time spent on January 22 to let us hear from you will be your time well spent.

Emergency Captains Meeting

Wednesday, Jan. 24 9:00 am

We need to gather to assess our readiness in case of a winter storm, so come out for a brief meeting to see that our status is current and timely. If you can, plan to stay for the training program which follows at 10 a.m.

Basic Defense Training Program for SRC Volunteers

Wednesday, Jan. 24 10:00-11:30 am
Pot Luck to Follow

MPO Allan Perry will give those who regularly volunteer at SRC some pointers regarding safety in public buildings. Please bring a dish to share over pot luck which will follow the meeting.

see
say **SOMETHING**

Tai Chi and Balance Lecture and Pot Luck

Wednesday, Jan. 31 11:00 am

Described by Harvard University as “meditation in motion,” Tai Chi has also been shown to improve balance, enhance flexibility and range of motion, reduce stress, expand breathing capacity and decrease anxiety and fatigue.

tai chi
FOR BALANCE

Recently retiring to our community, Gary Donovan invites you to learn about this evidenced-based Health Art. He brings more than 23 years of study and practice of Tai Chi. He has taught tai chi full-time for 15 years in Connecticut to seniors and to those wishing to improve their health, function and feelings of wellbeing. Gary will answer questions and demonstrate a short tai chi form known as “Tai Chi Chuan for Better Balance,” which is the most effective of movement exercises designated by the New England Journal of Medicine to improve practitioners’ balance. Following the talk and presentation, there will be a pot luck luncheon. All are welcome

Should Your Elderly Mom Or Dad Drive a Car?

By Carolyn Rosenblatt
(AgingCare.com)

If you've noticed that Mom and/or Dad just isn't safe behind the wheel anymore, I would like to encourage you to get involved. Older individuals who are losing their ability to drive