



# EAST END NRZ Market & Cafe SENIOR NEWS

**WE ARE HERE  
TO HELP YOU!**

- WE PROMOTE
- ✓ PARTNERSHIPS
  - ✓ HEALTHY LIVING
  - ✓ INFORMATION
  - ✓ EMPOWERMENT



**BUILDING  
resilient inclusive  
COMMUNITIES**

*"Aging is not lost youth, but  
a new stage of opportunity  
and strength."*

... provides funding to 20 states to promote healthy living and reduce social isolation during the COVID pandemic through the Building Resilient Inclusive Communities (BRIC) Program. BRIC supports state health departments and other organizations as they work with local communities on improving safe access to physical activity, promoting healthy eating through improved nutrition security, and reducing isolation and loneliness. All of these actions focus on improving people's lives during this pandemic



📍 1851 Stratford Avenue  
Bridgeport, CT 06607    📞 (203) 612-7150    ✉ info@eastendnrzmarket.org    🌐 www.eastendnrzmarket.org

THIS NEWSLETTER IS SUPPORTED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) AS PART OF A FINANCIAL ASSISTANCE AWARD TOTALING \$219,250 WITH 100 PERCENT FUNDING BY CDC/HHS. THE CONTENTS ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF, NOR AN ENDORSEMENT, BY CDC/HHS, OR THE U.S. GOVERNMENT.



**Department on Aging**  
[www.bridgeportct.gov/aging](http://www.bridgeportct.gov/aging)  
**CONTACT INFORMATION**

City of Bpt - Senior Services  
 Eisenhower Center  
 307 Golden Hill Street  
 Bridgeport, CT 06604  
[marie.heller@bridgeportct.gov](mailto:marie.heller@bridgeportct.gov)  
 Phone: 203-576-7993  
 Fax: 203-576-7235

# Freebies and Discounts

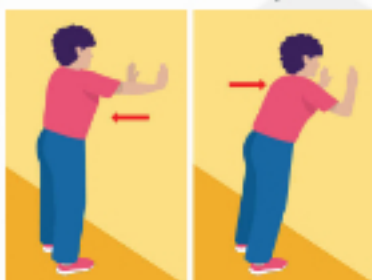
(Varies by location)



Listed below is a compilation of senior discount lists

## Senior Fitness

As long as you've got a wall, you can do this strength training exercise.



- Stand an arm's length in front of a wall.
- Lean forward & put your palms flat on the wall at the height and width of your shoulders.
- Keep your feet planted as you slowly bring your body towards the wall.
- Gently push yourself back so that your arms are straight.



### EASY BREAKFAST MEALS

- \* Hard boiled eggs
- \* Yogurt or Yogurt parfaits
- \* Crockpot oatmeal
- \* Whole grain pancakes or waffles
- \* Toast and peanut butter

- **Amtrak: 10% discount on most trains (65 +)**
- **Applebee's: 10-15% off (60+)**
- **Boston Market: Discount (65+)**
- **Burger King: 10% off (60+)**
- **Chick-fil-A: free refillable drink, not coffee**
- **Chili's Restaurant: 10% discount (55+)**

## DID YOU KNOW?

### BRIDGEPORT CT: Department on Aging

#### Mission:

- To ensure that all Bridgeport Seniors will be able to reach their full potential by providing supportive services, as well as opportunities for socialization, elderly education, information & referrals.
- To increase awareness of social services, preparedness, nutrition, health and wellness.
- To provide transportation, recreation, fitness and leisure activities that promotes an appropriate level of independence available to Bridgeport's active senior population.