



The Green looks peaceful in the always-busy center of Huntington on a winter afternoon.

Photo by Patricia Villers

Seymour shop owner to host Galentine's Day party

SEYMOUR - Elizabeth Anderson is hosting a celebration at her shop on the night before Valentine's Day.

A Galentine’s Day party for women will be held from 6:30-9 p.m. Feb. 13.

Anderson recently relocated Lizzie’s Corner, a consignment and gift shop, from 19 Bank St. to a larger space at 32-36 Bank St. She is planning a party that will include making a Faerie Light.



The cost is \$20, which includes materials for the craft project.

Anderson said she will donate a portion of the admission charge to the American Heart Association. February is American Heart Month.

Participants are urged to bring their own snacks and desserts to share.



No charge to attend if you don't want to make the light.

Follow Lizzie's Corner at:

<https://www.facebook.com/Lizzies-Corner-Consignment-and-Gifts-156700401356358/?fref=ts>




DO YOU HAVE **concerns** about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This FREE program teaches ways to prevent and manage falls.

YOU WILL LEARN TO:

- exercise to increase strength and balance
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

The program is open to anyone over 60 years old who is ambulatory and can problem-solve.

There is no cost for this program!

Presented by the **Naugatuck Valley Health District**

Thursdays, March 2nd – April 20th
10:00 AM – 12:00 PM
at the Seymour Community Center
20 Pine Street Seymour, CT

Classes are held once a week for 8 weeks.

Refreshments provided at every class.

Gift cards are provided to participants that attend all 8 weeks!

Registration is required. Go to www.seymourcommunityservices.com or call 203-888-0406 ext. 2
Only 12 spots available!

For questions about the program call Ali @ Naugatuck Valley Health District 203-881-3255

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