

# Wethersfield Senior Center News

Wm. J. Pitkin Community Center  
30 Greenfield Street, Wethersfield, CT 06109  
Tel.: (860) 721-2979 FAX (860) 721-2956  
Lisa Galipo, Senior Center Coordinator  
Lisa.galipo@wethersfieldct.gov

**APRIL, 2018**

## **April Musical Entertainment!**

On **Mon, April 2 at 1p**, the Senior Center welcomes singer Mark Lanzieri and his pianist. Mark performed here in June, 2016 and everyone raved and said we had to have him back! Mark has a booming voice and could easily have been a member of the original Rat Pack! He is accompanied by an extremely talented pianist that you just have to hear! So join us for music and snacks. No pre-registration required. Admission is \$2 for Senior Center members and \$4 for non-members at the door!



## **Free Hearing Screening**

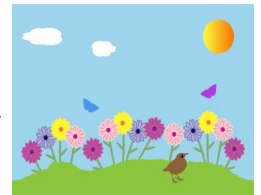
On **Mon, April 16** the Hearing Wellness Center will come to the Senior Center to offer free hearing screenings and hearing aid cleanings. This is an initial screening which can tell you if your hearing loss is a simple issue of ear wax or something more complicated that may require hearing aids. Further testing and follow-up is done in the Rocky Hill office of the Hearing Wellness Center. Contact Lisa at 721-2979 for a screening appointment.

## **April Workshop: Stress Management Techniques—Guided Imagery & Self-Hypnosis!**

For decades, hypnosis has helped people make behavior changes, eliminate unhealthy and unwanted behaviors, reduce stress, manage pain, improve concentration and clarify goals. On **Tue, April 17 at 1p**, Mary Jo Conti, a certified hypnotist from West Hartford will teach us how to use self-hypnosis and guided imagery to eliminate stress and anxiety and promote feelings of peace and calm in our lives. Join us for this remarkable program. Call Lisa at 860-721-2979 by Wed, 4/11 to register. Free for Senior Center members.

## **Friday Feature: Attracting Birds & Butterflies to Your Garden!**

On **Fri, April 20 at 10a**, Naturalist, John Root will teach us how to welcome songbirds, hummingbirds, butterflies and other beneficial organisms to our gardens, yards and neighborhoods! John brings a wealth of knowledge about birds and the natural world to his talks. This is a terrific presentation for anyone interested in the beauty and wonder of the world around us! Call Lisa at 721-2979 by Mon, 4/16 to register. Free for Senior Center members. Breakfast snacks served.



## **SCAC Annual Educational Event: The Missing Link in Retirement Planning— Why & When to Consider Long-Term Care Insurance**

Each year, the Wethersfield Senior Citizens Advisory Committee presents an annual educational symposium. This year, on **Tue, April 24 from 6-8pm**, the Committee has invited speakers from the State of Connecticut to talk to us about the CT Partnership for Long-term care. The presentation will explain how the State partners with private insurance companies to offer certain long-term care insurance policies with Medicaid Asset protection. These policies can help you meet your future long-term care needs including home care and nursing home care, without depleting your assets. The Committee is providing this forum in the early evening so “younger” seniors who work can attend as this program may be especially helpful to them. This is not an insurance sales presentation and it is FREE and open to the public. Snacks will be provided. Doors to the Pitkin Community Center Banquet Room will open at 5:30pm. To register for this program, call 1-800-547-3443.

## **MORE APRIL PROGRAMS!**

**NEW—Calling All Crafters!**—On **Fri, April 13 at 10a**, Nora Madore from Autumn Lake Health Care at Cromwell will sponsor a craft class here at the Senior Center. Autumn Lake has begun sponsoring craft classes at many local Centers and specializes in holiday-themed crafts including mason jar seasonal decorations, wreaths, frames, bird houses and more! Autumn Lake will provide all the supplies, so all you have to do is come! Call Lisa at 860-721-2979 by Mon, 4/9 to sign up. Free for Senior Center members.

**“CAR FIT” Returns!**—Car Fit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road! The program will be offered in the parking lot of the Pitkin Community Center on **Saturday, April 28 from 9a-2p**. During your appointment, you’ll learn how to use and adjust your safety devices when experts from AAA and AARP review the 12 key areas of your fit to your car, such as adequate space from the steering wheel, proper seat belt use and head restraint and mirror adjustments. To schedule an appointment call 860-255-4170.

**\$3 Haircuts!**—On **Wed, April 4, from 9a-1p**, \$3 haircuts will be offered at the International Institute of Cosmetology, 632 Silas Deane Highway (across from Rite Aid & Corpus Christi Church) for Senior Center members. Haircuts include a shampoo and blow dry. Call Lisa at 721-2979 for an appointment.

**AARP Safe Driver Course**—On **Thur, April 19 from 9a-1p** the Senior Center will offer the AARP Safe Driver class. This is an excellent opportunity to review your driving skills and reduce your car insurance premiums. By State statute, insurance carriers must offer graduates of this class who are 60 years and older, at least a 5% discount! Call Lisa at 721-2979 to register. Fee: \$15 for AARP members and \$20 for non-members.

**Still Searching for Ping Pong Players!**—A few seniors have come forward to play ping pong, but we’re still looking for players to utilize our newly donated, regulation-size table. Studies show ping pong improves mental acuity, reflexes and hand-eye coordination and is easy on your joints and burns calories! Call Lisa at 860-721-2979 if you’re interested in joining this small but enthusiastic group!

**Golf League Looking for New Players!**—The Senior Center Golf League is looking for new weekly and substitute players. The League plays every Tuesday at Goodwin Park during the spring, summer and fall. Men and women are welcome! If you’d like to join, call Chris Guinan at 563-5761 or Rudy Kamm at 578-9364.



### **Winter Session Continues & Spring Begins!**

Winter Senior Center classes are still in progress. Due to snow make-up days, please note the new winter class end dates below. The dates for Spring Session classes are also listed. Register in person with Lisa or in the Park & Rec or Community Center offices.

**Art & Mindfulness**—**Thursdays, 9:30-10:45a**. Classes continue through 5/17. Cost \$34.

**The Artist’s Journey**—**Wednesdays, 10-11:30a**. Due to snow make-up days, winter session ends on 4/4. Spring session will run 4/11-6/6. Cost \$18.

**Belly Dance**—**Thursdays, 12:30-1:30p**. Classes continue through 5/31. Cost \$30.

**Chair Yoga**—**Mondays, 11:30a-12:20p**—Classes continue through 5/21. Cost \$34. And on **Thursdays, 2-2:50p**—Classes continue through 6/7. Cost \$36. Register for both Monday & Thursday classes for \$65.

**Dance Around the World with Gia**—**Tuesdays, 2-2:45p**. Classes continue through 6/12. Cost \$36.

**Painting**—**Tuesdays, 10-11:30a**. Spring session will run 4/10-6/5. Cost \$18.

**Strength & Balance**—**Wednesdays, 11-11:45a**—Spring session runs 4/11-6/6. And on **Fridays, 10-10:45a**—Spring session runs 4/13-6/8. Cost: FREE for Silver Sneakers members. Non-Silver Sneaker members pay a drop-in fee of \$3 per class. Call Lisa at 860-721-2979 to register for this class.

**T’ai Chi Qigong**—**Thursdays, 11a-12p**. Classes continue through 5/17. Cost \$34.

**Walking DVD**—Due to ever-increasing popularity, we’ve extended this program through April! We’ll meet at **10am every Monday & Friday in April, and on Wed, 4/18 & 25**. Room S3. Free for Senior Center members.

### Computer Learning Center

The Computer Learning Center is pleased to offer individual and small group instruction regarding your technology needs. Classes offered this month include:

- ♦ **Welcome to Windows 10**. **Mon/Wed, April 9-18, 12:30-2:30p. Fee: \$40.** In this four-session class, you'll learn to work with the Windows 10 desktop, how to open and close Apps, use the Calculator, use the Help and Support functions, get the Weather and News, play Solitaire and use WordPad. You'll also work with File Explorer and learn to save and find documents. A text is included.
- ♦ **Windows 10 Intermediate**. **Mon/Wed, April 23-May 2, 12:30-2:30p. Fee: \$40.** In this four-session class, we'll explore the internet. You'll learn to search, create favorites, print web pages and we'll discuss privacy and security. You'll open, view, edit, print and save photos using the Windows 10 photo app, become acquainted with the Movies and TV App and listen to music with Windows Media Player. You'll also learn to customize your computer by changing background photos, font size and volume. A text is included.



One-to-one assistance is available in our computer lab for \$10 per hour or \$5 per half hour **on the first Wednesday of each month from 1:30-3:30pm**. This month, lab will be held on **Wed, April 4**. Assistance is available regarding the use of iPads, iPhones, Android phones and Microsoft Office. Appointments are required for all assistance. Contact Lisa at 860-721-2979 to make an appointment. The computer lab also remains open on Tuesday and Thursday afternoons from 2-4pm for use of the Center's laptops which are equipped with Windows 10.

### Senior Center Health Programs

**Free Blood Pressures\***— **Thur, April 26, 12:30-1:30p** outside the Senior Center office. Cedar Mountain Commons provides this testing on the 4th Thur of each month.

**Free Blood Sugar Testing\***— **Fri, April 13, 11a-12N** in the Banquet Room. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

**Foot Care Clinics**-**Fri, April 6 & Mon, April 23**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appointments.

**Wethersfield Stroke Club**—A support group for stroke survivors and their families meets on the 2nd Tuesday of each month from 2-4pm in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to [www.strokesupport-ct.org](http://www.strokesupport-ct.org).

\*Please note that these programs are offered on a voluntary basis by our local health partners. Occasions do arise when staffing issues do not allow these programs to occur as scheduled. Cancellations can occur with short notice. We apologize in advance for any cancellations that may arise.

### Monday Afternoon at the Movies!

Free movies continue on Mondays at 1pm this month. No registration is required. Movies are subject to change depending upon availability. Showing in April:

**April 9**—**Wonder**. Starring Julia Roberts. Entering 5th grade will be momentous for Auggie because at last he'll get to be ordinary! While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face! PG; 1h, 53min.

**April 16**—**Darkest Hour**. Starring Gary Oldman. Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Hitler's relentless army during WWII's early days. PG-13; 2h, 5min.

**April 23**—**Murder on The Orient Express**. Starring Penelope Cruz & Johnny Depp. In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for a murder when an American passenger is slain and almost everyone on board is a suspect. PG-13; 1h, 54min.

**April 30**—**The Mountain Between Us**. Starring Kate Winslet & Idris Elba. In this sweeping, suspenseful drama based on Charles Martin's novel, two strangers must trust each other to survive when the plane they've chartered to beat a storm crashes in a remote mountain area. The two endure extreme elements with little hope of rescue as they begin a perilous journey that will shape the course of their lives. PG-13; 1h, 52min.



**2018 Bus Trips!!**

Spring is here, as are our 2018 bus trips! Below are the trips we're planning this year. Flyers with more details are available at the Senior Center. Call Lisa at 860-721-2979 for more information or to register!

**Wed, May 30—Best of Boston: Boston Duck Tour & the New England Aquarium.** It's the ride of your life on the amphibious Duck! You'll enjoy a narrated tour of Boston on land and on the Charles River! There'll be time for shopping at Quincy Market, lunch on your own, and a visit to the NE Aquarium. \$103pp.

**Sun, June 10—Dine & Cruise Aboard the Beauport Princess.** We'll cruise on the Beauport Princess, enjoy a luncheon buffet, music and a narrated tour of one of New England's most photogenic harbors, Gloucester, MA. We'll also enjoy time in Rockport, MA for shopping and visits to the many art galleries. Cost: \$97.

**Mon, July 9—All-You-Can-Eat-Lobster at the Delaney House.** Enjoy all the lobster you can eat and laughs with musical entertainment by Jimmy Mazz. His impressions of Tom Jones, The Temptations, Tony Orlando, Bobby Darin, John Wayne, Ed Sullivan and more will have you laughing in your seat! Cost: \$98.

**Tue, July 24—Block Island.** We'll take the ferry from Pt Judith to Block Island, enjoy a delicious lunch at the famous National Hotel and have a guided tour of the island and time to relax and explore the Old Harbor! Lunch is your choice of Lemon Basil Chicken Breast, Seafood Cakes or Grilled Salmon. Cost: \$110.

**Thur, Sept 27—The Winnepesaukee Railroad Turkey Train.** Enjoy a nostalgic train ride on the shores of Lake Winnepesaukee in New Hampshire. We'll have a home style Turkey dinner just like grandma made on the train and we'll visit Kellerhaus for ice cream and handmade chocolates, and shopping their gifts and collectibles. They'll also be a New Hampshire liquor stop. Cost: \$103.

**Thur, Oct 11—Statue of Liberty & Ellis Island.** Take the ferry with us to the Pedestal Museum at the base of the Statue of Liberty. The ferry will also take us to Ellis Island for an audio guided tour. Cost: \$77.

**On-Going Senior Center Activities**

- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call Lisa if you're interested in starting a particular card or board game!
- ⇒ **Mah Jongg** —Tuesdays & Thursdays at 10am. Looking for new players! Instruction is available for beginners. Call Lisa at 860-721-2979 to arrange instruction.
- ⇒ **Red Onion Senior Quilters** —meetings are held on the third Monday of each month at 10a. The group's next meeting is on **Mon, April 16**.
- ⇒ **The Rhythmairs Choral Group** practices held on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes and assisted livings upon request.
- ⇒ **Scrabble Group** holds weekly games each Tuesday at 1:15pm. Call Miriam at 860-977-4911 if you're interested in joining!
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles and partners, beginners and experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 860-258-0662 for more information.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm. New members welcome!
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

**Rent Rebate**—It's that time of year again! The Wethersfield Social Service Department will once again be accepting Rent Rebate applications beginning April 2. Outreach will be provided to residents of **First Church Village on Tue, May 8 from 9a-12N**. Other housing sites will be visited in future months. Individual appointments and information about the program and the documents required to apply are available by calling Wethersfield Social Services at 860-721-2977.

### **A Night For Seniors!**

The Wethersfield High School Interact Club wants to do something special for Wethersfield's seniors. So on **Saturday, May 19 from 4-8pm** the Club will hold "A Night for Seniors" at the High School featuring food, fun and music! The Club is working hard to transform the High School's cafeteria into a "dinner club" for the evening! The kids have planned the decorations, music, food and all the details. So it's sure to be a wonderful, fun spring evening! Lisa will be selling tickets for this event at the Senior Center during the month of April. Tickets cost \$10 if purchased before May 4, and \$15 if you purchase after May 4. So get your tickets now and let's thank the kids for all their efforts by having blockbuster attendance!



### **Watch Your May Newsletter for...**

- May Entertainment—on **Mon, 5/7 at 1p**, a tremendous talent, Justyna Giermola will entertain us. She is a world-class soprano who has toured the world singing Broadway and opera. Don't miss this show!
- Friday Feature—UFO Evidence!—**Fri, 5/11, 10:30a**. Local Attorney, Dyke Spear is a spokesman and field investigator for the CT Chapter of the Mutual UFO Network. He had a personal UFO encounter at a young age that set him on this path. Come hear his extraordinary story! Call Lisa to register.
- Knowledge & Nibbles—MDC's Big Dig—**Tue, 5/15, 10a**. Come hear about MDC's Conveyance & Storage Tunnel dig, a 4-mile long deep rock tunnel moving 900,000 tons of earth with the goal of minimizing sewer overflows during storm events. Call Lisa to register.
- \$3 Haircuts—**Tue, 5/15**. Call Lisa at 860-721-2979 for an appointment.
- AARP Safe Driver Class—**Wed, 5/30, 9a-1p**. Call Lisa to register.

