

# Wethersfield Senior Center News

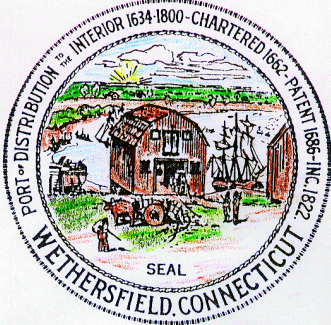
Wm. J. Pitkin Community Center

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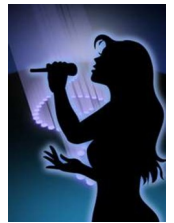
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## FEBRUARY, 2018

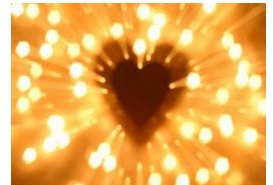
### February Musical Entertainment!

On **Mon, Feb 5 at 1p**, the Senior Center welcomes an extremely talented young musician, Jeanette Wheeler. Jeanette is a singer, pianist, flutist and composer! She will demonstrate her talents for us as she sings and plays some time-honored hits including Broadway tunes from Phantom of the Opera and some of her original compositions! As always, snacks will be served, no pre-registration is required and admission is \$2 for Senior Center members and \$4 for non-members at the door!



### Lunch & Learn: Aligning with the Source—The Heart of 2018!

Do you ever feel overwhelmed by life, especially in these ever changing and challenging times? If so, this presentation may be just the thing for you! On **Tue, Feb 13 at 12N**, the Senior Center welcomes speaker Annaita Gandhi, a spiritual counsellor and guide from India. Annaita grew up in Bombay and worked with the under-privileged in Indian hospitals and slums. Her work revealed to her the great need to empower those she served. Today she empowers others by sharing her deep understanding of life, holism and spirituality. Her goal is to enable you to rise above life's challenges and to help you live a healthy, fulfilled and confident life. In this presentation and meditation, Annaita will shed light on what we can expect in 2018, how to make it a positive, hopeful time and give us insight on our role in the new year! Call Lisa at 860-721-2979 by Wed, 2/7 to register. A light lunch will be served. Free for Senior Center members. Snow date: Tue, 2/27.



### Friday Feature: Safety Day!

Join us for "Safety Day" on **Fri, Feb 23 at 10a**. A representative from the Wethersfield Volunteer Ambulance will speak to us about their experience helping seniors in emergencies and what you can do to assure you'll receive the best possible service from first responders when you need them most. We'll also see a demonstration of the use of the automatic defibrillator available in the Community Center and hear about the MedGuard Alert system, an emergency response button with built-in fall detection and GPS for use outdoors. All attendees will receive a free File of Life packet you can complete and post in your home to help first responders provide the most appropriate emergency care for you. And you'll receive information about the Wethersfield Police Department's new Special Needs Registry. Call Lisa at 721-2979 to register. Free for Senior Center members. Snow date Fri, 3/2.

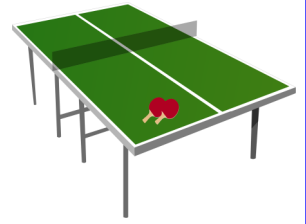


### AARP Tax Assistance Program

AARP will offer free tax assistance every **Wednesday, 2/7 through 4/11** at the Pitkin Community Center. Assistance is available to low and middle-income taxpayers of all ages with special attention to those 60 years and older. Taxes are prepared by trained AARP volunteers. If you are married, both husband and wife should be present for your appointment. You must bring several documents to your appointment. Call 860-721-2977 to make your appointment. You will be sent a confirmation and the list of documents you need to bring.

### **Other Important February Programs!**

**Ping Pong Anyone?!**—A regulation size ping pong table was recently donated to the Senior Center by two active members, Richard and Mildred Cournoyer. The Center would like to thank the Cournoyers for their generosity and show our appreciation by getting a game going! In reviewing our increasingly busy schedule, a room appears to be available for play on Monday mornings, and/or Wednesday and Thursday afternoons. If anyone is interested in playing, please call Lisa at 860-721-2979 and we'll schedule some competitive matches!



**Free Dental Clinics**—The Central CT Health District is again sponsoring free dental health clinics at the Senior Center. Dental cleanings are performed by a professional hygienist. Remember, in order to qualify you must be at least 60 years old, a resident of Wethersfield, Rocky Hill, Newington or Berlin and you must not have received a free cleaning in the past year. Only one appointment remains available on **Wed, Feb 7**, so call Lisa at 860-721-2979 today! Future clinics will be offered in June and July.

**AARP Safe Driver Course**—On **Wed, Feb 14 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 at least a 5% discount! Call Lisa at 860-721-2979 to register. The class costs \$15 for AARP members and \$20 for non-members.

**IMPORTANT CHANGE TO \$3 HAIRCUT PROGRAM!!**—We are sorry to report that students from the International Institute of Cosmetology will NO longer be able to offer haircuts at the Senior Center because in 2018, the school's accreditation body will no longer allow "off-site events." Fortunately, the School has agreed to continue to offer \$3 haircuts for our members **at the School**—so **just the location has changed!** So on **Wed, Feb 21, between 9am and 1pm**, \$3 haircuts will be offered at the International Institute of Cosmetology, located at 632 Silas Deane Highway (across from Rite Aid). And haircuts will now **include a shampoo and blow dry** at no additional cost! You **must still call Lisa at 860-721-2979 for an appointment and you must be a Senior Center member** to participate. (Please note, in case of inclement weather on a haircut date, watch WFSB, Channel 3 for closings of the "International Institute of Cosmetology".)

### **Winter Session Is In Full Swing!**

The Senior Center's Winter session began in January, though some classes begin this month! Whichever class you choose, you're not too late to register! Below are the dates for all Senior Center classes. You can register in person with Lisa or in the Park & Rec or the Community Center offices.

**Art & Mindfulness**—**Thursdays, 9:30-10:45a**, 1/25-5/17. Cost \$34. Enrollment limit: 8.

**The Artist's Journey**—**Wednesdays, 10-11:30a**, Winter session will run 1/24-3/21. Cost \$18. Spring session will run 4/11-6/6. Cost \$18.

**Belly Dance**—**Thursdays, 12:30-1:30p**. Winter/spring session runs 2/8-5/17. Cost \$30. You'll learn easy dance steps with modifications for your abilities. Have fun and enjoy a renewed sense of confidence as we create a signature dance for the class. Come join this welcoming, fun group of new students and our new instructor!

**Chair Yoga**—**Mondays, 11:30a-12:20p**, 1/22-5/21. No class on 2/19. Cost \$34. And **Thursdays, 2-2:50p**, 1/25-5/24. Cost \$36. Register for both Monday & Thursday classes for \$65.

**Dance Around the World with Gia**—**Tuesdays, 2-2:45p**, 1/23-5/22. Cost \$36.

**Painting**—**Tuesdays, 10-11:30a**. There will be no Winter session. Spring session will run 4/10-6/5. Cost \$18.

**Strength & Balance**—**Wednesdays, 11-11:45a**. Winter session runs 1/24-3/21. Spring session runs 4/11-6/6. And **Fridays, 10-10:45a**. Winter session runs 1/26-3/23. 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 721-2979 to register for this class.

**T'ai Chi Qigong**—**Thursdays, 11a-12p**, 1/25-5/17. Cost \$34.

**Walking DVD**—Every **Monday and Friday at 10a in February & March**. Room S3. Call Lisa at 860-721-2979 to register. It is free for Senior Center members.

**WELCOME  
BACK!!**

### Computer Learning Center

The Computer Learning Center is pleased to offer individual and small group instruction regarding your technology needs. One-to-one assistance is available for \$10 per hour or \$5 per half hour. **Beginning on February 7 and on the first Wednesday of each month going forward, from 1:30-3:30pm**, tech help will be available in our computer lab. Below is a list of topics for which volunteers can provide instruction. If you have other areas of need, please let us know. 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 with Windows 10. (Please note that **lab times have changed!**)



Possible Topics for iPad or iPhones: Introduction, Surfing the Web, Email, Working with Photos, Exploring Contacts and the Calendar Apps, Using Productivity Apps—Notes, Pages & Word, Using the Facebook App, Reading books on your Tablets, Welcome to the World of Apps, and YouTube. Basic instruction for Android phones, Windows 10 and Microsoft Office is also available.

### Senior Center Health Programs

**Free Blood Pressures\***— **Thur, Feb 22, 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, Feb 9, 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, Feb 2 & Tue, Feb 13**—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 February:

**February 12—The Glass Castle.** Starring Woody Harrelson. This family drama follows future writer Jeannette Walls who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. PG-13; 2h, 7min.

**February 26—All Saints.** Starring John Corbett. In this uplifting true story, pastor Michael Spurlock receives a directive to close tiny All Saints Church which can't pay its mortgage. Instead, he turns to a group of Southeastern Asian refugees to help create a working farm that pays the bills! PG; 1h, 48min.



**Senior Center Closure:** The Center will be closed on **Mon, February 19** for President's Day.

**Weather Cancellations:** In the event of inclement weather, cancellations for the Senior Center are posted on WFSB-TV Channel 3. Please review this information carefully as the Center may close for the day or just for the morning or afternoon. If there is a delayed opening, the Center will open at 10am. In most instances, Senior Center activities will be cancelled if Wethersfield schools are closed. Please be aware that cancellations of the Senior Center, Community Café, Bingo and Setback are all **posted separately** on WFSB.



### 2018 Bus Trips!!

Spring is around the corner, 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!



**Thur, April 5—Newport Playhouse.** This unique dinner theater offers a great buffet and you'll see the comedy "Exit Laughing." The show is best described as "Golden Girls" meets "Steel Magnolia's." It features three lifelong, bridge playing friends in the South dealing with a crisis that turns humorously uplifting! After the play, we'll return to the dining room for a Cabaret show! Cost: \$92.

**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.

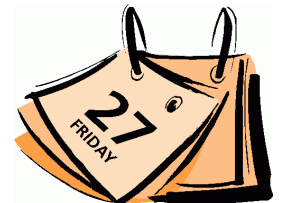
**Tue, July 24—Block Island.** We'll take the ferry from Pt Judith to Block Island, enjoy a delicious lunch at the famous National Hotel and have a guided tour of the island and time to relax and explore the Old Harbor! Lunch is your choice of Lemon Basil Chicken Breast, Seafood Cakes or Grilled Salmon. 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** continues on Tuesdays & Thursdays at 10am. Looking for new players! Instruction is available for beginners. Call Lisa at 860-721-2979 to arrange instruction.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits and does needlework crafts to donate to charity.
- ⇒ **Red Onion Senior Quilters** —meetings are held on the third Monday of each month at 10a. Due to the holiday on 2/19, the group's next meeting is on **Mon, February 26**.
- ⇒ **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.



**Don't Forget...**

**Membership Renewal**—There's still time to renew your annual Senior Center membership! The cost remains just \$5 for Wethersfield residents and \$7 for non-residents. Your membership entitles you to FREE or reduced-rate entry into many Senior Center programs. See Lisa for your 2018 membership card today!

**Energy Assistance**—Wethersfield Social Services continues to accept applications for the CRT Energy Assistance program this month. This program provides financial assistance for heating expenses during the 2017/2018 heating season. To be eligible, a household's gross income must fall below established guidelines based on family size and annual income. For more information or to apply, Wethersfield residents should call Social & Youth Services at 860-721-2977.

**Watch Your March Newsletter for...**

- **March Entertainment**—on **Mon, 3/5 at 1p**, we'll welcome back, by popular demand, the always fun and talented singer, Michael Ciulla.
- **Lunch & Learn: What to do When Your Family Receives a Dementia Diagnosis**—**Tue, 3/13, 12N**. An elder law attorney from Czepiga, Daly & Pope will help us navigate the road ahead when a family member is diagnosed with dementia. We'll learn about qualifying for homecare services, their cost and how to plan for these expenses.
- **Knowledge & Nibbles: Final Planning**—**Tue, 3/20, 10a**. Janet Klett from D'Esopo's Funeral Home will speak to us about pre-planning our final arrangements. She'll also answer those nagging questions you might previously have been afraid to ask a funeral home professional!

