

Winter Session Begins!

We begin our Winter session of classes this month! Below are the dates for all Senior Center classes. Wethersfield residents received the full Winter/Spring Park & Rec brochure which includes Senior Center programs in their Rare Reminder on 12/28. Registration for Winter and Spring classes begins on **January 10** for Wethersfield residents and **January 11** for non-residents. You can register on-line at Wethersfieldct.gov or in person with Lisa or in the Park & Rec office at Town Hall or the Community Center office. See Lisa with any questions or for more information about the classes below.

Art & Mindfulness—**Thursdays, 9:30-10:45a.** Winter/spring session will run 1/25-5/17. Cost \$34. Enjoy emotional and spiritual growth, exploring all facets of mindfulness. Have fun learning art basics and being encouraged to “break all the rules” as your creativity and unique artistic expression soars. Art basics include drawing techniques using wet and dry mediums, design element and principles and various subject matters such as portraits. All levels of ability welcome. 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. Begin your artist's journey with Deidre. Participants have the option to work in the media of their choice. Deidre will offer guidance with painting, drawing, mixed media, fiber arts and more! All levels of ability welcome.

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.** Winter/spring session runs 1/22-5/21. No class on 2/19. Cost \$34. And **Thursdays, 2-2:50p.** Winter/spring session runs 1/25-5/24. Cost \$36. Register for both Monday & Thursday classes for \$65. Learn yoga basics using a program that adapts easily to any fitness level. All movements are done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation.

Dance Around the World with Gia—**Tuesdays, 2-2:45p.** Winter/spring session runs 1/23-5/22. Cost \$36. Dance to popular tunes from around the globe including home-grown favorites like Rock'n Roll, Pop and Country Western. The dances are loosely choreographed and spontaneous and can be followed without memorizing steps. Each class will be similar, yet different, moderately paced and a good workout.

Painting—**Tuesdays, 10-11:30a.** There will be no Winter session. Spring session will run 4/10-6/5. Cost \$18. Join this free-flowing class/artist group. The instructor, Faye Ahlberg, is available to provide individual guidance for your burgeoning self-expression. Students are free to use any water-based medium including acrylics and water colors.

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. This class is designed to help you become stronger and improve balance. We will focus on strengthening ankles, knees and hips to improve your reaction time and reduce falls. Class is suitable for all fitness levels and exercises will be adapted for each individual's skill level. A chair is used for balance and support. Call Lisa at 721-2979 to register for this class.



T'ai Chi Qigong—**Thursdays, 11a-12p.** Winter/spring session runs 1/25-5/17. Cost \$34. Class includes movements from T'ai Chi Chuan along with teachings from the ancient healing system, Qigong. The program has physical, mental and emotional benefits including improved flexibility, strength, balance and mental focus. Mindfulness, meditation and acupressure are all incorporated in this class.

Walking DVD—Every **Monday, Wednesday & Friday at 10a in January.** And on **Monday and Fridays at 10a in February & March.** Come to Room S3 where we follow a simple DVD to get our miles in, in the safety and warmth of the Senior Center! The DVD will have you walking in place and doing very simple exercise steps to get your heart rate up! Call Lisa at 860-721-2979 to register. It is 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. One-to-one assistance is available for \$10 per hour or \$5 per half hour. Also, **beginning in February, on the first Wednesday of each month 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 2:30-4:30pm for use of the Center's laptops with Windows 10.



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, YouTube

Basic instruction for Android phones, Windows 10 and Microsoft Office is also available.

Senior Center Health Programs

Free Blood Pressures*— **Thur, Jan 25, 12:30-1:30p** outside the Senior Center office. Cedar Mountain Commons provides testing on the 4th Thur of each month.

Free Blood Sugar Testing*— **Fri, Jan 12, 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, Jan 5 & Mon, Jan 22**—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.



*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 January:



January 8—**Paris Can Wait**. Starring Diane Lane & Alec Baldwin. When her daughter goes to college and her workaholic husband is perpetually absent, Anne Lockwood is ripe for the wooing. It's then that one of her spouse's associates offers to give her a lift from Cannes to Paris, and a 7-hour journey turns into two days! PG; 1h, 32min.

January 22—**Megan Leavey**. In this affecting true-life drama, US Marine Megan Leavey and her bomb-sniffing dog build a bond of trust and loyalty that sees them through more than 100 missions during the Iraq war. But everything changes when an improvised explosive device injures them both. PG-13; 1h, 56min.

January 29—**I'll See You In My Dreams**. Starring Blythe Danner & Sam Elliott. With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Peterson, who hasn't dated in 20 years, unexpectedly finds herself involved with two very different men! PG- 13; 1h, 35min.

Senior Center Closure: The Center will be closed on **Mon, January 1** for New Years and **Mon, January 15** for Martin Luther King 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.

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; Carol Tedone-Vice 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 1/15, the group's next meeting is on **Mon, January 22**.
- ⇒ **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.
- ⇒ **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.

*** Senior Center member Miriam (860-977-4911) is interested in starting a **Scrabble group**. If you're interested, call Miriam to discuss the possibilities!

Update Regarding State Budget Cuts to Medicare Savings Programs

Last month in this newsletter we wrote about cuts made to the Medicare Savings Programs by the State Legislature as part of the recent State budget. We are happy to report that these pending cuts did not go unnoticed. Thousands of seniors and senior advocates inundated their local legislators with complaints. Legislators did hear and it appears many were unaware of the impact these cuts would have on so many seniors. As a result, the State Department of Social Services posted an update on their website on December 6 indicating they were delaying implementation of these cuts for two months. The announcement indicates the cuts **WILL** be implemented after this delay. Therefore we encourage seniors to continue to make your voices heard! Tell legislators to stop cuts to the Medicare Savings Programs. Below is the posting on the State's website regarding this delay.

“The State Dept of Social Services announced that in response to concerns raised by beneficiaries, advocates and legislators, it will slow down the implementation of eligibility reductions in the Medicare Savings Programs contained in the bipartisan budget. The State budget adopted in October included reduced eligibility levels to qualify for help in paying Medicare Part B premiums and other Medicare out-of-pocket costs. As a result, up to 113,000 seniors and citizens with disabilities may be affected with full or partial benefit loss.

“Since the passage of the budget in October, we have heard from many seniors who have concerns about these changes,” DSS Commissioner Bremby said. “Members of the General Assembly and health care advocates have also expressed concerns about this part of the budget. We want them to know that we are listening. Over the coming weeks, we will explore possible coverage alternatives to MSP for beneficiaries. While most are not likely to qualify for other coverage, we hope this effort will alleviate the financial loss for some.”

The DSS review will result in postponing the date of changes to the Medicare Savings Program. We expect the review process will take two months to complete, **at which time the reduced income limits will go into effect.** DSS will continue to keep beneficiaries informed. While current beneficiaries will receive some temporary relief, this longer phase-in of the MSP eligibility changes will reduce the savings anticipated in the budget. The impact of the increased cost on the overall budget will be addressed in forthcoming deficit mitigation.”

Don't Forget...

Membership Renewal—It's 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 February Newsletter for...

- **February Entertainment**—on **Mon, 2/5 at 1p**, we'll welcome a young, talented musician, Jeanette Wheeler who is a singer, pianist, flutist and composer!
- **AARP Tax Assistance Program**—AARP will offer free tax assistance every **Wednesday, 2/7 through 4/11**. Call 721-2977 for more info and to make an appointment.
- **Lunch & Learn: Aligning with the Source in These Challenging Times**—**Tue, 2/13 at 12N**. If you're feeling overwhelmed these days, come hear our speaker, Annaita Gandhi, a spiritual & holistic healer from India.
- **AARP Smart Driver Class**—**Wed, Feb 14, 9a-1p**. Call Lisa to register.
- **\$3 Haircuts**—**Wed, 2/21, 9:30a & 10:30a**. Call Lisa for an appointment.
- **Friday Feature: "Safety Friday"**—**Fri, 2/23, 10a**. A rep from Wethersfield's Volunteer Ambulance Service will talk to us about their experience helping seniors in emergencies. We'll see a demonstration of the Center's automatic defibrillator, and learn about Emergency Response Systems and the Police Dept's new Special Needs Registry. Attendees will receive a free "File of Life" packet.

