

Wethersfield Senior Center News

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JUNE, 2018

June Musical Entertainment & July Annual Picnic!

On **Mon, June 4 at 1p**, the Senior Center welcomes back “The Elderly Brothers.” This duo of Tom “T-Bone” Stankus and his partner-in-crime Brian Gillie, will nock your socks off! The two have been here before and we haven’t had a more fun, uplifting performance of oldies and classic rock’n roll EVER... don’t miss it! No pre-registration is required. Snacks served. Admission is \$2 for Senior Center members and \$4 for non-members at the door! Our July program on **Mon, July 2** will feature musical entertainment by Ragtime Jack Radcliffe and our Annual Senior Center Picnic catered by The Cove Deli! **Tickets must be purchased in advance** for the July event. See Lisa for your ticket today!

Friday Feature: The Benefits of Therapeutic Massage

Did you know that therapeutic massage can increase blood flow to your limbs and soften and strengthen your muscles and tissues? On **Fri, June 8 at 10a**, professional massage therapist, Connie Drake will teach us about these and other benefits of therapeutic massage for seniors. Come learn how massage can stimulate your nervous system, increase your flexibility, improve sleep, and decrease pain and anxiety! Door prizes will include a free 10-minute chair massage immediately following the presentation and a gift card for a 30-minute massage! Call Lisa at 860-721-2979 by Mon, 6/4 to register. Free for Senior Center members. Snacks will be served.

Lunch & Learn: Aging in Place—Should I Stay or Should I Go?

Join us for this Lunch & Learn on **Tue, June 12 at 12N** as we welcome a panel of speakers including an attorney, realtor and senior specialist who will lead us in a discussion about housing options as you age including 55-and-over communities, assisted living and continuing care retirement communities. We’ll discuss the pros and cons of renting versus remaining in your own home and learn about resources that can support you in whatever setting is the best fit for you. We’ll also discuss the basics of reverse mortgages as a way to supplement your retirement income. Contact Lisa at 721-2979 by 6/6 to register. A light lunch will be served. Free for members.

Visit from Hartford Hospital’s Mobile Mammography Van

Since 2005, Hartford Hospital’s “Take the Time” digital mobile mammography program has been a vital community resource and is the only program of its kind serving central Connecticut. On **Tue, June 19 from 9a—1:45p**, Hartford Hospital’s mammography van will be in the parking lot of the Pitkin Community Center to provide screening mammograms for women 40 years and older who haven’t had a mammogram in at least one year and aren’t currently experiencing breast problems. The program furnishes the same high-quality mammograms as those available at imaging centers. Each mammogram takes less than 15 minutes, is conducted in a private and comfortable setting and is read by a board-certified radiologist at Hartford Hospital. Most insurances will be accepted and if you don’t have insurance, donated funds may be available to cover the cost of your mammogram. You must bring a photo ID and your health insurance cards to your appointment. Limited appointments are available. Walk-ins are welcome on a first come, first serve basis until capacity is reached. For more info or to schedule an appointment, call Lisa at 860-721-2979 by 6/4.

MORE JUNE PROGRAMS...!

Crafts—On **Fri, June 8 at 10a**, Nora Madore from Autumn Lake Health Care at Cromwell will return for her monthly craft class here at the Senior Center. Nora specializes in holiday-themed crafts including 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, 6/4 to sign up. Free for Senior Center members.



Shredding Day!—On **Sat, June 16 from 9a-1p**, the Town of Wethersfield will sponsor a shredding day. Come to the Town Hall parking lot with your materials to be shred.

Mini-Manicures—On **Wed, June 20 from 10a-12N**, our friends from Newington Rapid Recovery will return to the Senior Center to perform mini-manicures. Sit back and relax while getting your nails filed, buffed and polished for FREE! No appointment required—first come, first serve basis, in the Banquet Room prior to Bingo.

Dental Cleanings—On **Tue, June 26, Thur, June 28, Tue, July 31 & Thur, August 2**, the Central CT Health District will sponsor free dental cleanings performed by a professional hygienist at the Senior Center. To qualify you must be 60 years old, a residents of Wethersfield, Rocky Hill, Newington or Berlin and must not have received a free cleaning in the past year. Call Lisa at 860-721-2979 for an appointment.



\$3 Haircuts!—On **Wed, June 27 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 860-721-2979 for an appointment.

Great Courses Continue: The World's Greatest Geological Wonders!

We will continue showing Great Courses **every Wednesday at 1:30p in June**. Great Courses is a series of lectures on DVD delivered by university professors and professional experts from around the world. We began the lecture series “The World’s Greatest Geological Wonders” in May and will continue this month. Each class is 60-90 minutes long and cover the geological formations of the Himalayas, Amazon Basin, Antarctica, the Rock of Gibraltar, the Bay of Fundy, Hawaii and Yellowstone. Call Lisa at 860-721-2979 to register. Free for Senior Center members. Snacks are served.



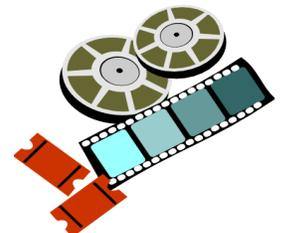
Monday Afternoon at the Movies!

Free movies complete with soda and snacks continue on Mondays at 1pm this month! No registration is required. Movies are subject to change depending upon availability. Showing in June:

June 11—Just Getting Started. Starring Morgan Freeman & Tommy Lee Jones. In this comedy, it takes all kinds to make a community, which is why an ex-lawman and a former mob lawyer find themselves on the same side when it comes to fending off a threat to a tiny senior resort where they both live. PG13; 1h, 31min.

June 18—The Post. Starring Tom Hanks & Meryl Streep. When the Washington Post agrees to publish the leaked Pentagon Papers which point to a secret escalation of the Vietnam War, the Nixon administration tries to block publication, setting off an epic legal and political battle. PG13; 1h, 55min.

June 25—Stronger. Starring Jake Gyllenhaal. In this true story, life changes irrevocably for Jeff Bauman when a bomb goes off at his feet as he’s celebrating completing the 2013 Boston Marathon. Despite losing his legs, Bauman is determined to help find the culprits. R; 1h, 59min.



Senior Center Health Programs

Free Blood Pressures*— **Thur, June 28, 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, June 8, 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, June 1—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.



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 in our computer lab for \$10 per hour or \$5 per half hour by appointment. Help is also available **on the first Wednesday of each month from 1:30-3:30pm**. This month, lab will be held on **Wed, June 6**. Assistance offered includes help with 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.

Class Updates!

Spring Session classes end this month and summer sessions begin! Register on-line or in person with Lisa or in the Community Center or Parks & Rec offices for these upcoming classes.

The Artist's Journey—**Wednesdays, 10-11:30a**. Last day of spring class is 6/6. There is no summer session.

Belly Dance—**Thursdays, 12:30-1:30p**. Summer session runs 6/28-8/9. Cost \$10.

Chair Yoga—**Mondays, 11:30a-12:20p**—Summer session runs 6/25-8/6. Cost \$14. And on **Thursdays, 2-2:50p**—Last day of spring class is 6/7. Summer session runs 6/28-8/9. Cost \$14. Take both Monday and Thursday classes for only \$25.

Dance Around the World with Gia—**Tuesdays, 2-2:45p**. Last day of spring class is 6/12. Summer session runs 6/26-8/7. Cost \$14.

Painting—**Tuesdays, 10-11:30a**. Last day of spring class is 6/5. Summer session runs 6/26-8/7. Cost \$14.

Silver Sneakers: Strength & Balance—**Wednesdays, 11-11:45a**—Last day of spring class is 6/6. There will be NO Wednesday class in the summer. And on **Fridays, 10-10:45a**— Last day of spring class is 6/8. Summer session runs 6/29-8/10. Cost: FREE for Silver Sneakers members. Non-Silver Sneaker members pay a drop-in fee of \$3 per class. Come 10 minutes early to your first class to register.

T'ai Chi Qigong—**Thursdays, 11a-12p**. Summer session runs 6/28-8/9. Cost \$14.

Walking DVD—**Mondays, Wednesdays & Fridays 10a**. Room S3. Free for Senior Center members.



2018 Bus Trips!!

Below are the trips we're planning for summer & fall. Unfortunately we have a **wait list** for all trips at this point, but cancellations do happen. So if you'd like your name added to our wait list, please call Lisa at 860-721-2979. Flyers with more details are available at the Senior Center.

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!
- ⇒ **Golf 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 860-563-5761 or Rudy Kamm at 860-930-9810.
- ⇒ **Mah Jongg**—Tuesdays & Thursdays at 10am. Looking for new players! Instruction is available for beginners. Call Lisa at 860-721-2979 to arrange instruction.
- ⇒ **Ping Pong**—Call Lisa at 860-721-2979 if you're interested in playing!
- ⇒ **Red Onion Senior Quilters**—meetings are held on the third Monday of each month at 10a. The group's next meeting is on **Mon, June 18**.
- ⇒ **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.



Rent Rebate

The Wethersfield Social Service Department is accepting Rent Rebate applications. Upcoming outreach to residents of senior housing include:

- Executive Square on **Tue, June 5** from 9a-12N
- Wethersfield Housing Authority, 60 Lancaster Road on **Tue, June 26** from 9a-12N
- Lasher Court, 333 Maple Street on **Tue, July 10** from 9a-12N

Individual appointments and information about the program and the documents required to apply are available by calling Wethersfield Social Services at 860-721-2977.

Watch Your July Newsletter for...

- July Entertainment & Picnic!—on **Mon, 7/2 at 12N**. Come enjoy a traditional summer picnic complete with hotdogs, hamburgers and all the fixins catered by The Cove Deli. We'll also be entertained by Ragtime Jack Radcliffe who plays piano, guitar and fiddle! **Tickets must be purchased in advance** for this event from Lisa.
- Summer Craft Workshop with Deidre—**Wednesdays, 7/11, 18 & 25, 10a**. Join Deidre as you create a fun summer craft piece. Call Lisa at 860-721-2979 to register.
- Lunch & Learn—Family Caregiver Program—**Tue, 7/17, 12:30p**. CT's Adult Family Living Program helps seniors remain at home as they age by providing financial assistance and support to families and friends that can serve as paid, live-in caregivers. Come learn more about this State program. Call Lisa to register.
- Dental Clinics—**Tue 7/31 & Thur 8/2**. Free cleanings for those 60 years and older who are residents of Wethersfield, Rocky Hill, Newington or Berlin. Call Lisa at 860-721-2979 for an appointment.
- \$3 Haircuts—**Tue, 8/7**. Call Lisa at 860-721-2979 for an appointment.

