



Wethersfield Senior Center News

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MARCH, 2016

Monthly Musical Entertainment!

On **Mon, March 7 at 1pm** the Senior Center will celebrate St. Patrick's Day a little early as we enjoy the Irish music of Tom Callinan. Tom is a Connecticut State Troubadour and performs songs of land and sea and will treat us to his St. Patrick's Day Show! There will be snacks and door prizes. The cost remains \$2 for Senior Center members and \$4 for non-members.



Friday Feature: Travel to Africa!

On **Fri, March 18 at 10:30a** we'll travel to Africa without ever leaving the comfort of the Senior Center! Come join us as we welcome Rita Wagener who will entertain and educate us as she talks about her extensive travels throughout the continent of Africa. Rita will bring artifacts she's collected over the years and demonstrate African music and dance. Rita is an energetic story teller and performer. Her presentation is educational and fun! So come broaden your horizons as we learn about African culture! Call Lisa at 860-721-2979 to register. Snacks will be served before the performance. Cost—free for Senior Center members, all others \$5.



Monday Afternoon at the Movies—March Theme: LUCK!

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

March 14 --The Mighty Macs starring Ellen Burstyn. Based on a true story, this charming drama tells the story of Cathy Rush who becomes the head women's basketball coach of Immaculata College in PA. Despite long odds, Cathy whips her team into shape and wins the first women's basketball national championship game ever played. G, 99min.

March 21--Saint Ralph. In this charming tale, Ralph is a typical teenager who wants a miracle to help his mother whose fallen into a coma. The 14-year old sets his sights on winning the 1954 Boston Marathon in a deal with God to make his mother well. PG13, 115min.

March 28—Just the Ticket starring Andy Garcia and Andie McDowell. Ace ticket scalper Andy can get his hands on almost anything... floor-level seats for a NY Knicks' game and front-row concert tickets. But his skill earns him no points with the lovely Linda. If he could only make one last score scalping tickets for the Pope's mass in Yankee Stadium, he can go legitimate and win the girl! R (some foul language), 112min.

Workshop: Stress Management Techniques Using Guided Imagery & Hypnosis!



Join us on **Tue, March 15 from 10:30a-12:30p** for an exciting new workshop! For decades, hypnosis has helped thousands of people successfully make behavior changes, eliminate unhealthy & unwanted behaviors, reduce stress, manage pain, improve concentration and clarify goals. Through a combination of guided imagery and hypnosis, you'll learn how to reduce stress and anxiety and promote feelings of peace and calm in your life. The workshop will encourage hope and confidence and help you face any stressful situation. It will include information about guided imagery, a hypnosis session to help reduce stress, and an introduction to self-hypnosis. Our teacher is Mary Jo Conti, MBA and consulting hypnotist from West Hartford. Call Lisa at 860-721-2979 to register. This workshop is free for Senior Center members. All others \$5.

Classes Continue!

The following classes are underway, but if you'd like to join, contact Lisa for more info.

Belly Dance Practice—

Thursdays at **12:45p**—Please note time change. This practice session began 1/7 and registration is not required. Classes with the instructor will begin 4/14.

Chair Yoga—Classes are Mondays at 11:30a and Thursdays at 2p. Monday classes began 1/25 & cost \$30. Thursday classes began 1/21 & cost \$36. Mondays & Thursdays—\$60!

Good Life Functional Fitness—Classes are Mondays & Wednesdays at 1:45p and began 1/25. Cost \$30.

Movin' To the Music—Classes are Mondays at 10:30a. Began 2/1. Cost \$26.

T'ai Chi Qigong—Classes are Thursdays at 11am. They began 1/21 and cost \$36.

Painting—Classes meet Tuesdays at 10am. They began 2/16 and cost \$28.

Art & Mindfulness—Classes meet Thursdays at 9:30a and began 1/21. Cost \$36.



Upcoming Bus Trips!

Join your friends from the Senior Center on these upcoming trips! Call Lisa at 721-2979 for info & registration.



Tue, 5/24—The Will & Anthony Show and lunch at the Aqua Turf. Cost \$91pp.

Sun, 6/26—Spamalot at the Stageloft Theatre in Sturbridge, MA & lunch at the Salem Cross Inn. \$80pp.

Tue, 7/12—All You Can Eat Lobster & Show at the Delaney House in Holyoke, MA. Musical performance by tenor Michael McGeehan. Cost \$96pp.

Wed, 8/31—The Duprees Show and lunch at the Aqua Turf. Cost \$94.

Tue, 9/13-Thur, 9/15—Samson. Our first overnight trip to the Sight & Sound Theater in Lancaster, PA. Cost \$441pp double occup. (20 seats available.)

Sun, 10/23—Oktoberfest with the German band, the Jolly Kopperschmidts & the unbeatable buffet at the Log Cabin. Cost \$82.

Transportation Meeting Invitation

The Wethersfield Advisory Committee for Persons with Disabilities would like to invite seniors to attend a transportation meeting on **Wed, March 16 at 7p** at First Church Village, 117 Wells Road. A representative from Curtin Transportation will be there and a rep from ADA has been invited. If you need transportation to the meeting or would like to communicate your thoughts regarding transportation services in town, please call Natalie Morrison at 860-721-2952.

COMPUTER LEARNING CENTER

Register for these classes on-line at Wethersfieldct.gov or in person with Lisa or in the Parks & Rec office.

Using Your iPad—Beginners—This 4-session course will help you start using your iPad with IOS 9. We'll cover basic iPad operations, email & surfing the web.

Tue/Thur, 3/1-3/10, 9:30-12N. Fee \$40 (includes text)

Using Your iPad—Intermediate—This 4-session class, for those who've mastered basic iPad operations, will cover organizing your desktop, texting, printing, photos, video, ebooks & working with apps. **Tue/Thur, 3/22-3/31, 9:30-12N.** Fee \$40 (includes text). \$5 discount for graduates of iPad—Beginner's.

Facebook—Come see what your friends are up to on Facebook! Bring your own tablet or laptop. Set up an account & join the fun! **Mon, 3/14, 12:30-3p.** Fee \$10.

Mouse Skills—It's very normal to feel uneasy when trying to use a mouse for the first time. This workshop will teach you to feel adept using the mouse with any computer. **Mon, 4/4, 12:30-3p.** Fee \$10.

Touch Screen Skills—Windows 10 supports touchscreen technology. Learn to use the many features of a touchscreen adeptly. **Tue, 4/5, 12:30-3p,** \$10

Windows 10 Overview—For new Windows 10 users, those considering an upgrade or planning to purchase a new computer. We'll use a tutorial from GCFLearn-Free.org to view Win10. Learn how this system differs from other versions, receive tips for personalizing your desktop & managing windows, learn about user accounts & security features. **Fri, 4/1, 10a-12p.** Fee \$10.

Welcome to Windows 10—Learn to work with the Windows 10 desktop, open & close apps and have fun with the calculator, help & support, weather, news & solitaire apps. **T/Th, 4/12 & 14, 10a-12p,** Fee \$20.

Word Pad—Learn how to use the computer's Word Pad App to compose & edit a document. Learn to save & copy to email and sharpen your word processing skills. **T/Th, 4/19 & 21, 12:30-3p,** Fee \$20.

iPhone for New Users I—For new users of iPhone 4, 5, or 6. Learn about the home screen, how to make & receive calls, review settings, customize your phone & connect to WiFi. Bring your fully-charged iPhone. **Mon, 4/11, 12:30-2:30p,** Fee \$10.

iPhone for New Users II—A continuation of iPhone 1, we'll get into detail of texting, taking & sharing photos, creating & using contacts and emailing on your phone. **Mon, 4/18, 12:30-2:30p,** Fee \$10. Bring charged iPhone.

iPhone Intermediate—If you've been using your iPhone for awhile but want to know what else your phone can do, we'll learn to use the calendar and introduce you to apps. **Mon, 4/25, 12:30-2:30p,** Fee \$10.



Free Tax Assistance

The AARP Tax Aide Program is available to assist taxpayers of all ages, with special attention to those 60 and older. The program will operate each **Wednesday through April 13** at the Senior Center. Taxpayers should **call 721-2977 for an appointment** and bring the documents listed below:

- Proof of identity—driver's license or other official photo ID
- Social Security cards
- 2015 income forms (W-2s & 1099s for pensions, social security, interest/dividends, wages & all other income)
- Proof of mortgage interest, student loans & child care expenses if itemizing deductions
- Expense documents (alimony payments, medical expenses, real estate and personal property taxes & charitable contributions)
- 2014 Federal & State tax returns
- A check showing routing & account numbers for direct deposit of a return
- Form 1095-A, Health Insurance Marketplace Statement

Senior Center Activities

- ⇒ **Bingo** meets every Wednesday, 12:30pm in the Banquet Room.
- ⇒ **Duplicate Bridge** meets some Thursdays, 1:15pm, Room S4. Contact Everett Costa at 860-563-0400 for dates of play and more information.
- ⇒ **Golf League** plays in Goodwin Park during the summer and fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**-offered by Newington Health Care on **Wed, March 16**, 10a-12N. Manicure includes filing, buffing & polishng. Call Lisa at 860-721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needle crafts to sell at the bingo group's annual fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, March 21** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **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 Health Programs

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

Free Blood Pressures— **Wed, March 9** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, March 24**, 12:30-1:30p outside the Senior Center office, Cedar Mountain Commons provides testing on the 4th Thur of each month.

Foot Care Clinics-**Fri, March 4 & Tue, March 22**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appt.



IMPORTANT REMINDERS:

- The Senior Center will be closed on **Friday, March 25** for Good Friday.
- In the event of inclement weather, Senior Center cancellations are posted on WFSB-TV Channel 3.

Energy Assistance

The Wethersfield Department of Social & Youth Services continues to accept applications for the CRT Energy Assistance Program. To be eligible for assistance with your heating bills, a household's gross annual income must fall below \$33,132.22 for a family of one; \$43,326.74 for a family of two; \$53,521.27 for a family of 3. Call 860-721-2977 for information about what documents are required to apply and for an appointment.



Watch your April Newsletter for...

Musical Entertainment—On **Mon, 4/4 at 1p** we welcome the Willie & Jan Band. This twosome performs professionally in local clubs. You'll be amazed at their imitations of Sonny & Cher and Archie & Edith Bunker! Don't miss this professional & talented duo!

Safe Transitions—Beginning **Fri, 4/8-4/29, 1p**, this four-session workshop, taught by a registered nurse will provide vital information that will keep you safe should you require hospitalization and in your transition home.

Friday Feature—On **Fri, 4/15 at 10:30a** we'll enjoy some April Fool's Day humor provided by Sara Shea. This young woman is from Avon and does clean, family-friendly stand-up comedy! Come enjoy something different... remember, laughter is the best medicine!



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