



Wethersfield Senior Center News

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March Musical Entertainment!

On **Mon, March 5 at 1p**, the Senior Center welcomes back the talented Michael Ciulla. Michael was here in 2015 and put on a wonderful show! He has a lovely voice, a smooth presentation and a great sense of humor... he's a guaranteed hit! 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: What To Do When Your Family Receives a Dementia Diagnosis

When someone in your family is diagnosed with dementia, your world turns upside down! Will you still be able to live at home? Who will provide care? How much will care cost? On **Tue, March 13 at 12N**, the Senior Center welcomes an elder law attorney from Czepiga, Daly & Pope who will answer these questions and offer planning suggestions to help navigate the road ahead. We'll receive advice about coping with the financial and legal hurdles that come with a family member's dementia diagnosis and with the stressors encountered along the way. Call Lisa at 860-721-2979 by Thur, 3/8 to register. A light lunch will be served. Free for Senior Center members.

Knowledge & Nibbles: Final Planning

On **Tue, March 20 at 10a**, Janet Klett from D'Esopo's Funeral Home will speak to us about making final arrangements. Why wait until you or your family is under extreme stress to make these decisions? This is an opportunity to learn more about your options when it comes to final arrangements and Janet will answer all those nagging questions you might previously have been afraid to ask a funeral home professional. Call Lisa at 721-2979 by Thur, 3/15 to register. Free for Senior Center members. Breakfast snacks served. Snow date Fri, 3/27.

Let's Get Crafty!

Who said being "crafty" was a bad thing?! On **Fri, March 16 & 23 from 10a-12n**, the Senior Center's one-and-only Deidre will lead a craft workshop in which you'll create a St. Patrick's day and/or Easter decoration and in the process learn the art of needle-felting! You can needle felt a charming leprechaun, fairy or shamrock for St. Patrick's Day or an adorable lamb, bunny, chick or egg for Easter that you can proudly display for the holiday or give away as a gift! Call Lisa at 860-721-2979 by Fri, 3/9 to register. Fee: \$5.



Valuable Program Offered by First Church of Christ!

The First Church of Christ located at 250 Main Street in Wethersfield will be offering two informative seminars of special interest to seniors this month. These seminars will be led by Esther Corcoran, the North Central Regional Program Director for the Alzheimer's Association. On **Sat, March 10 at 10a**, the presentation "Memory Loss, Dementia, and Alzheimer's Disease" will cover detection, the causes and risk factors of dementia and Alzheimer's disease. And on **Sat, March 24 at 10a**, the presentation "Effective Communication Strategies" will teach us what to do when the ability to use words is lost and families need a new way to connect. You'll learn how to connect and communicate at each stage of the disease. Please RSVP to Diane Galloway, Caring Ministries at 860-529-1575 or email care@firstchurch.org.

Other Important Programs!

Ping Pong Anyone?!—If you were told there was a fun game you could play that would improve your mental acuity, your reflexes and your hand-eye coordination but was easy on your joints and burned calories... wouldn't you want to play?! Well, the Senior Center is still looking for ping-pong players to utilize our newly donated, regulation-size ping pong table. The game has all of these benefits, and more! Call Lisa at 860-721-2979 if you're interested in playing!

\$3 Haircuts!—On **Wed, April 4, between 9am and 1pm**, \$3 haircuts will be offered at the International Institute of Cosmetology, 632 Silas Deane Highway (across from Rite Aid & Corpus Christi Church). Haircuts **include a shampoo and blow dry** at no additional cost! You must 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".)

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 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.



AARP Tax Assistance Program—AARP will offer free tax assistance every **Wednesday 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. Call 860-721-2977 to make your appointment. You will be sent a confirmation and the list of documents you need to bring.

Winter Session Continues!

Below is pertinent information about Senior Center classes in progress. You can join classes at any time and can register in person with Lisa or in the Park & Rec or Community Center offices.

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

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.

Chair Yoga—**Mondays, 11:30a-12:20p**, 1/22-5/21. 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 March**. Room S3. Call Lisa at 860-721-2979 to register. Free for Senior Center members.

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.



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 **on the first Wednesday of each month from 1:30-3:30pm**. 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 which are equipped 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, and YouTube. Basic instruction for Android phones, Windows 10 and Microsoft Office is also available.



Senior Center Health Programs

Free Blood Pressures*— **Thur, March 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, March 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, March 2 & Tue, March 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.



*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 March:

March 12—Still Mine. His home in disrepair, elderly farmer Craig Morrison must build a better shelter for his wife whose health is deteriorating rapidly. He faces the wrath of an overzealous government inspector but refuses to back down. PG-13; 1h, 43min.

March 19—Louder Than Words. Starring David Duchovny & Timothy Hutton. Based on an inspiring true story... after the unexpected death of their daughter, couple Stephanie and John Fareri work to build a state of the art children's hospital where families are welcomed into the health process. PG-13; 1h, 35min.

March 26—People Like Us. When Sam flies home for his estranged father's funeral, the reading of the will reveals a sister he never knew he had and an order that Sam must bring his sibling and her young son their inheritance. PG-13; 1h, 55min.



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!

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. The group's next meeting is on **Mon, March 19**.
- ⇒ **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... Energy Assistance—Wethersfield Social Services continues to accept applications for the CRT Energy Assistance program this month which provides financial assistance for heating expenses. To be eligible, a household's gross income must fall below established guidelines based on family size and annual income. For more info or to apply, Wethersfield residents should call Social & Youth Services at 860-721-2977.

Watch Your April Newsletter for...

- April Entertainment—on **Mon, 4/2 at 1p**. Mark Lanzieri will “wow” us with his booming voice and “Rat Pack” repertoire! He'll be accompanied by his amazing pianist!
- Knowledge & Nibbles—Stress Management Techniques: Using Guided Imagery & Hypnosis—**Tue, 4/17, 1p**. Presenter Mary Jo Conti, a certified hypnotist from West Hartford, will teach us how to use self-hypnosis to reduce stress, manage pain, and change unwanted behaviors!
- Friday Feature—Attracting Birds & Butterflies—**Fri, 4/20, 10a**. Naturalist, Jim Root will teach us how to welcome songbirds, hummingbirds & other beneficial organisms to our yards!
- SCAC Annual Educational Event: CT Partnership for Long Term Care—**Tue, 4/24, 6-8pm**. Speakers from the State of CT Partnership will teach us about the State's alliance with private insurance to help you meet your future long-term care needs without depleting your assets. We'll learn how certain long-term care insurance policies provide Medicaid asset protection. “Younger” seniors are especially encouraged to attend!
- CarFit Event—**Sat, 4/28** in the Pitkin Community Center parking lot. Representatives from AAA & AARP will make adjustments to your car to ensure a good “fit” for you and increase your safety and mobility.
- SAVE THE DATE! The Wethersfield High School Interact Club will be holding “A Night for Seniors” at the High School featuring food, fun and music on **Saturday, May 19**. More details will follow, but mark your calendars now!

