



# Wethersfield Senior Center News

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**MAY, 2017**

## **Musical Entertainment!**

On **Mon, May 1 at 1pm**, the Senior Center welcomes James Michael, a Broadway veteran with a powerful baritone voice. James has an engaging performance style and will share some stories of his time on Broadway with us! Don't miss this show... you'll think you traveled to New York City rather than the Senior Center! Admission remains \$2 for Senior Center members and \$4 for non-members. Snacks will be served.



## **Senior Citizens Advisory Committee Annual Event: "Spring Cleaning!"**

On **Thur, May 11 at 1pm**, the Senior Citizens Advisory Committee will present our annual educational event. This year's theme is "Spring Cleaning!" As many of us attempt to downsize, we'll learn what to do with all that "stuff" we've accumulated over the last 50 or so years! A representative from the Wethersfield Police Department will be collecting unused medications during the event. The Lion's Club will collect old eye glasses and hearing aides and a representative from the Library will be present to collect your old books. An Infoshred truck will also be available in the parking lot to shred your confidential documents! You'll also learn how to dispose of things large and small at the Town's Transfer Station and with the Town's contracted vendor, Paine's, and information will be available about recycling tech gadgets, paint products, hazardous household waste and more! Admission is free. Snacks will be served and door prizes awarded, so don't miss this opportunity to "Spring Clean" with your friends at the Senior Center! Call Lisa at 860-721-2979 to register.



## **Workshop: Angels, Symbols & Intuition**

Did you know that angels are all around us? Join us for a four-week workshop, **Thur, May 18—June 8 from 1-2pm**. We'll explore the language of angels and the symbols that are active in our surroundings and in our lives! Together we'll embark on a quest for greater self-knowledge using new intuitive tools! Deirdre will be our guide as we learn to recognize angelic messages and learn about hand analysis and card reading. Contact Lisa by 5/11 at 860-721-2979 to register. Cost \$10.



### **Friday Feature: Last Wishes—How to Plan Your Own Funeral**

On **Fri, May 19 at 10am** the Senior Center welcomes Psychologist Kathleen Cairns. During this presentation, Kathleen will attempt to take the fear out of death and dying and empower us as we contemplate this final stage of life. We'll learn how to write our own obituaries, choose memorial prayers, music, flowers, readings and charities. We'll document our last wishes and learn to face this stage of life before its actually needed. Call Lisa at 860-721-2979 by 5/17 to register. Breakfast snacks will be served. This presentation is free.



### **Dental Clinics**

The Central CT Health District will sponsor free dental cleanings at the Senior Center in May, July and August. Cleanings are performed by professional hygienists and are available to those 60 years and older. Participants must reside in Wethersfield, Rocky Hill, Newington or Berlin and must not have received a free cleaning in the past year. The clinics scheduled in May are already full, but appointments are available on **Thur, July 20, Fri, July 21, Tue, Aug 29 and Thur, Aug 31**. Call Lisa at 860-721-2979 for an appointment.



### **\$3 Haircuts**

Students from the International Institute of Cosmetology will return to the Senior Center on **Fri, June 2** to offer haircuts at the bargain price of \$3. All students work under the supervision of an instructor. Participants must arrive with freshly washed hair for their appointments. You must call Lisa at 860-721-2979 for an appointment and become a member of the Senior Center if you are not currently a member. Annual membership costs \$5 for Wethersfield residents and \$7 for non-residents.



### **Spring Classes Wrap Up!**

Wondering when your class ends after we add on make-up dates for all the snow days we endured this winter? See the final dates for on-going classes below. And be sure to look for next month's newsletter when we'll announce the starting dates for summer classes!

**Art & Mindfulness**—continues on Thursdays through 5/18, 9:30-10:45am.

**The Artist's Journey**—continues on Wednesdays through 5/17, 10-11:30am.

**Belly Dance Class**—continues on Thursdays through 5/25, 12:30-1:30pm.

**Chair Yoga**—continues on Mondays through 5/8, 11:30am-12:30pm. And on Thursdays through 5/18, 2-3pm.

**Dance Around the World with Gia!**—continues on Tuesdays through 5/30, 1:30-2:15pm.

**Good Life Functional Fitness**—continues Monday & Wednesdays through 6/7, 1:30-2:15p.

**Painting with Faye**—continues on Tuesdays through 5/23, 10-11:30am.

**T'ai Chi Qigong**—continues on Thursdays through 5/18, 11a-12p.

The Senior Center will be closed on **Monday, May 29** for Memorial Day.



## Computer Learning Center Schedule

The Computer Learning Center is here to empower you for the computer age! Register for these classes on-line at [Wethersfieldct.gov](http://Wethersfieldct.gov) or in person with Lisa or in the Parks & Recreation office. Open lab times continue on Tuesday and Thursday afternoons from 2:30-4:30pm.

- **Windows 10 Intermediate**—In this four-session class, students will explore the internet, search, create favorites, print web pages and discuss privacy and security. You'll also open, view, edit, print and save photos using the Windows 10 Photo App, become acquainted with the Movies and TV App and listen to music with Windows Media Player. Learn how to customize your computer by changing background photos, font size and volume. Text included. \$5 discount for Welcome to Windows 10 class graduates. **T/Th, 5/2-5/11, 12:30-2:30p.** Fee: \$40.
- **YouTube Workshop**—YouTube is one of the most popular sites on the web. In this demonstration, you'll learn how to search for topics of interest to you, view videos and share with others! **Wed, 5/17, 12:30-2:30p.** Fee: \$10.



### Tech Gadget Assistance Continues!

Our high school senior volunteer, Bilal Nizami continues to provide one-to-one assistance on **Tuesdays & Thursdays from 4-5pm**. Bilal can help you with Windows 10, Apple and Android tablets and smartphones, digital cameras and other high tech devices. Be sure to take advantage of his invaluable assistance which is available by appointment only. Call Lisa at 860-721-2979 for appointments!

## Bus Trips Are Back!

Bus trips begin again this spring! Call Lisa at 860-721-2979 for more information or to sign up for a trip!



- **Friday, June 23**—Join us as we visit the **Newport Flower Show** at Rosecliff Mansion in Rhode Island. Trip includes time to shop and lunch on your own in downtown Newport. Cost \$64.
- **Wednesday, July 12**—**CT Lighthouse Cruise**. This is a 2-hour cruise aboard the Sea Jet, a smooth sailing catamaran equipped with modern-airline style seating on two enclosed, air-conditioned passenger decks. We'll see nine CT lighthouses and enjoy dinner at the Steak Loft in Olde Mystic Village. Cost \$94.
- **Thursday, August 17**—Enjoy the songs of **Frankie Valli** performed by Broadway veterans at the Aqua Turf. Lunch and show. Cost \$91.
- **Tuesday, September 19**—Come see today's leading Elvis tribute artist, Ray Guillemette, in his show "A Ray of Elvis" at the Grand Oak Villa. Lunch and show. Cost \$84.
- **Tuesday, October 24**—Enjoy a day of entertainment, food, games and dancing at **Krucker's Octoberfest** in Pomona, NY. Cost \$89.

## Senior Center Health Programs

**Free Blood Pressures**— **Wed, May 10, 10:30-11:30a** in the Banquet Room. (Ellis Manor provides this BP testing on the 2nd Wed of each month.) And **Thur, May 25, 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, May 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, May 5 & Tue, May 23**—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).



## 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.
- ⇒ **Golf League** plays in Goodwin Park spring through 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 card or board game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Instruction available for beginners.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for the annual bingo fundraiser. Contact Pam Silva at 721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, May 15** at 10a. All levels of ability welcome.
- ⇒ **The Rhythmairs Choral Group** practices 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 258-0662 for more info.
- ⇒ **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.



### Monday Afternoon at the Movies!

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



**May 8—Concussion.** Starring Will Smith & Alec Baldwin. This true story recounts the work of Dr. Bennet Omalu, whose autopsy studies led him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many US football players. His work faces harsh resistance from the NFL establishment. PG-13, 123min. (Snacks provided this week by Mapleview Health & Rehab Center.)

**May 15—Lion.** Starring Dev Patel. In this heart wrenching true story, 5 year old Indian child, Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata, India. More than two decades later, new mapping technology prompts Saroo to search for his lost family. PG-13, 118min.

**May 22—Collateral Beauty.** Starring Will Smith. With his life shattered by personal tragedy, advertising executive Howard Inlet is unable to break out of his deep depression. To help him, Howard's colleagues concoct an elaborate and unorthodox plan. Rated PG-13, 96min.



### **Rent Rebate**

The Rent Rebate program continues through October 1. In order to qualify, renters must have been 65 as of 12/31/16 or over 18 and permanently & totally disabled. Income must fall below \$35,200 for a single person and \$42,900 for a couple. Applicants must provide proof of all income, rent, and utility expenses for 2016. Forms 1099 from all sources of income are required. And you must provide a copy of your 2016 Federal income tax return if you filed. Those under 65 with a disability must provide a current statement from Social Security with proof of disability. Wethersfield Social Service staff will visit **Executive Square on Tue, May 9 from 9a-12N** and **First Church Village on Tue, May 23 from 9a-12N** to take applications. Wethersfield residents can also call 860-721-2977 for an appointment to apply at Town Hall.



### **Watch Your June Newsletter for...**

- Musical Entertainment—on **Mon, 6/5 at 1p**, we'll feature Joe Cadena and his Rat Pack standards!
- Knowledge & Nibbles: Prepare for Surgery & Heal Faster— **Tue 6/6, 10a**. Presented by Mary Jo Conti, a Certified Consulting Hypnotist to St. Francis Hospital. Call Lisa to register.
- Lunch & Learn: Ways to Protect Your Savings if You Enter a Nursing Home—**Tue, 6/27, 12N**. Presented by Atty. Lara Bomzer from the law firm of Czepiga, Daly & Pope. Call Lisa to register.
- Computer Learning Center Programs—iPhone for New Users I, II & Intermediate—**6/19, 6/20 & 6/21, 12:30p**, Cost: \$10 each & Keeping in Touch with Email—**6/26 & 28, 12:30p**, Cost: \$20.
- Summer Classes begin in June including: The Artists' Journey with Deirdre, Chair Yoga & Dance Around the World with Gia, T'ai Chi Qigong & *NEW* Class—Core Strength with Robert Schmelzer.