

Wethersfield Senior Center News

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MAY, 2018

Lunch & Learn Rescheduled: What to Do When Your Family Receives A Dementia Diagnosis

This presentation was previously scheduled in March but was postponed due to snow. So, on **Tue, May 1 at 12N** an elder law attorney from Czepiga, Daly and Pope will come to the Senior Center to teach us about the financial and legal hurdles that come with a family member's dementia diagnosis. Will you still be able to live at home? Who will provide care and how much will it cost? These and other questions will be answered and we'll receive suggestions to help navigate the road ahead when dementia becomes an issue. Contact Lisa at 860-721-2979 by 4/26 to register. (If you registered for this program in March, there is no need to register again.) A light lunch will be served. Free to Senior Center members.

NEW—Great Courses: The World's Greatest Geological Wonders!

Beginning on **Wed, May 2 at 1:30p** and occurring weekly on **Wednesdays**, the Senior Center will begin a series of lectures on DVD called "Great Courses." These lectures are delivered by university professors and professional experts from around the world. We will begin with the lecture series "The World's Greatest Geological Wonders." Each class is 60-90 minutes long. On May 2, we'll learn about the **Grand Canyon**. Future Topics covered include the geological formations of the Himalayas, Amazon Basin, Antarctica, the Rocky of Gibraltar, the Bay of Fundy, Hawaii and Yellowstone. Call Lisa at 860-721-2979 to register. Free for Senior Center members.

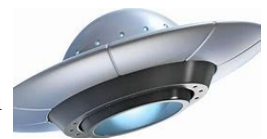


May Musical Entertainment!

On **Mon, May 7 at 1p**, the Senior Center welcomes singer Justyna Giermola. Justyna is a world class soprano who sang at Carnegie Hall and has toured the world singing opera, Broadway and classic sentimental favorites. Her voice will blow you away! So join us for music and snacks. No pre-registration required. Admission is \$2 for Senior Center members and \$4 for non-members at the door!

Friday Feature: Evaluating UFO Evidence!

On **Fri, May 11 at 10:30a**, local attorney Dyke Spear will visit the Senior Center to share an insightful analysis of the UFO phenomenon. This lecture is fact-based and anecdotal. Atty Spear will tell us about his personal close encounter when he found himself within 200 feet of a craft twice the size of a greyhound bus, hovering silently 50 feet in the air! The encounter set him on his current path, interacting with UFO researchers from around the world. This presentation is sure to be "out of this world!" Call Lisa at 860-721-2979 by Mon, 5/7 to register. Free for SC members. Snacks will be served.



Knowledge & Nibbles: MDC's "Big Dig"

Everyone's heard about Boston's Big Dig. Well on **Tue, May 15 at 10a** come hear about a "dig" happening in your own back yard! MDC is involved in a "big dig" of its own. The South Harford Conveyance and Storage Tunnel is a four-mile long deep rock tunnel set to remove 900,000 tons of material! The resulting tunnel will extend from Hartford to West Harford with the goal of minimizing sewer overflows into local waterways during major storm events. Call Lisa at 860-721-2979 by Thur, 5/10 to register. Snacks will be served. Free for Senior Center members.



MORE MAY PROGRAMS...!**A Night For Seniors!**

On **Saturday, May 19 from 4-8pm** the Wethersfield High School Interact Club will hold “A Night for Seniors” at the High School featuring food, fun and music! The Club is working hard to transform the High School’s cafeteria into a “dinner club” for the evening! The kids have planned all the details, so it’s sure to be a wonderful, fun spring evening! The buffet dinner will include chicken, pasta and all your favorites! Music will include live performances by the students and a student DJ! Lisa is selling tickets for this event at the Senior Center. Tickets are \$10 if purchased before May 4, and \$15 if purchased after May 4. So get your tickets now and let’s thank the kids for all their efforts by having blockbuster attendance!

**Lunch & Learn: Colorectal Cancer 101**

Colon cancer is the third most common cancer in the United States. Approximately 140,000 people are diagnosed annually and 50,000 die from it. 75-95% of all colon cancers occur in people with little or no genetic history and approximately 25% of all cases occur in those aged 65-84. On **Thur, May 24 at 12N** the Senior Center welcomes Dorely Roldan, a Community Outreach Educator for Hartford Hospital’s Cancer Institute. Dorely will teach us the basics of colorectal cancer, screening options and treatment. Don’t miss this important presentation. Contact Lisa at 860-721-2979 by 5/17 to register. A light lunch will be served. Free for Senior Center members.

Calling All Crafters—2 Craft Opportunities!

♦ On **Fri, May 11 at 10a**, Nora Madore from Autumn Lake Health Care at Cromwell will sponsor a craft class here at the Senior Center. Autumn Lake is sponsoring craft classes at many local Centers and specializes in holiday-themed crafts including mason jar 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, 4/9 to sign up. Free for Senior Center members.

♦ And on **each Monday in May from 10-11:30a**, Deidre will hold **Needle Felting** classes. During our pilot class in March, participants needle felted adorable birds, flowers and other holiday decorations. Come try your hand at these adorable creations. Cost \$5 for supplies. Call Lisa at 860-721-2979 to register.



\$3 Haircuts!—On **Tue, May 15 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 721-2979 for an appointment.

Mini-Manicures Are Back!—On **Wed, May 16 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.



AARP Safe Driver Course—On **Wed, May 30 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 who are 60 years and older, at least a 5% discount! Call Lisa at 860-721-2979 to register. Fee: \$15 for AARP members and \$20 for non-members.

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 May:

May 14—Trumbo. Starring Bryan Cranston & Diane Lane. This is the story of famed 1940s screenwriter Dalton Trumbo whose refusal to testify before the Congressional House Un-American Activities Committee resulted in a prison sentence and being blacklisted as a Communist. R; 2h, 5min.

May 21—The Greatest Showman. Starring Hugh Jackman & Zac Efron. This is the story of one of history’s greatest showmen, P.T. Barnum. The musical centers on Barnum’s creation of the 3-ring circus and his infatuation with Swedish songbird Jenny Lind. PG; 1h, 45min.



Senior Center Health Programs

Free Blood Pressures*— **Thur, May 24, 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 11, 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 4 & Tue, May 15—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 **on the first Wednesday of each month from 1:30-3:30pm**. This month, lab will be held on **Wed, May 2**. Assistance is available regarding the use of 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.

Spring Session Continues & Summer Registration is Underway!

Spring Session classes continue this month. The final dates for all classes are listed below. Registration for summer classes is underway! Register on-line or in person with Lisa or in the Comm Center or Parks & Rec offices.

Art & Mindfulness—**Thursdays, 9:30-10:45a**. Last day of spring class is 5/17. There is no summer session.

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**. Last day of spring class is 5/31. Summer session 6/28-8/9. Cost \$10.

Chair Yoga—**Mondays, 11:30a-12:20p**—Last day of spring class is 5/21. 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**. Last day of spring class is 5/17. Summer session runs 6/28-8/9. Cost \$14.

Walking DVD—**Mondays, Wednesdays & Fridays in May. 10-11a-Low** impact walking; **11a-12n-Moderate** impact walking. (No classes on 5/11 & 5/28) Room S3. Free for Senior Center members.



2018 Bus Trips!!

Spring is here, as are our 2018 bus trips! Below are the trips we're planning for summer & fall. Flyers with more details are available at the Senior Center. Call Lisa at 860-721-2979 for more information or to register!

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!
- ⇒ **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 563-5761 or Rudy Kamm at 578-9364.
- ⇒ **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, May 21**.
- ⇒ **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:

- First Church Village on **Tue, May 8** from 9a-12N
- Executive Square on **Tue, June 5** from 9a-12N
- Wethersfield Housing Authority, 60 Lancaster Road on **Tue, June 26** 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 June Newsletter for...

- June Entertainment—on **Mon, 6/4 at 1p**, The Elderly Brothers return to entertain us. This duo put on easily one of the most talent-filled and fun shows our Senior Center has ever had. Don't miss it!
- Friday Feature—The Benefits of Therapeutic Massage—**Fri, 6/8, 10a**. Come hear from a professional massage therapist about the many benefits of massage for seniors. Snacks served. Call Lisa to register.
- Lunch & Learn—Aging in Place—**Tue, 6/12, 12N**. A group of professionals including an attorney, realtor and senior specialist will help us answer the question, "Should I stay or should I go?" Call Lisa to register.
- Hartford Hospital's Mobile Mammography Van— **Tue, 6/19, 9a-1:30p**. Hartford Hospital's mammography van will be in the parking lot of the Pitkin Comm Center to provide screening mammograms for those 40 years and older who haven't had a mammogram in the past year. Call Lisa for an appointment.
- \$3 Haircuts—**Wed, 6/27**. Call Lisa at 860-721-2979 for an appointment.
- Dental Clinics—**Tue 6/26 & Thur 6/28**. 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.