



# Wethersfield Senior Center News

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## SEPTEMBER, 2016

### Don't Miss These September Programs!

**Friday Feature: "Way to Go Connecticut"**—The State of CT's Regional Mobility Management Program was created to help seniors, veterans and persons with disabilities learn about their transportation options. Program staff will come to the Senior Center on **Fri, September 30 at 10am** to explain the transportation services available in Connecticut and Wethersfield when driving is no longer an option. Come learn more about these valuable services! Call Lisa at 860-721-2979 by Wed, 9/28 to register. Refreshments will be served. FREE to Senior Center members.

**\$3 Haircuts Return!**—They're back! Those talented students from the International Institute of Cosmetology will return to the Senior Center to provide haircuts for the extremely reasonable price of **ONLY \$3** on **Fri, September 23**. If demand continues, our goal remains to offer this service every 6 weeks. Both men and woman are welcome and all student-stylists work under the supervision of an instructor. Come take advantage of this incredible offer! Call Lisa at 860-721-2979 for an appointment.

**Dental Clinics Return**—The Central CT Health District is offering free dental cleanings performed by professional hygienists to those 60 years and older on **Fri, Sept 9 and Mon, Sept 12**. Clinics are open to residents of Wethersfield, Rocky Hill, Newington & Berlin. Attendance is limited to one clinic per year. Call Lisa at 860-721-2979 for an appointment.



**Hearing Screening**—On **Mon, Sept 19 at 10am**, Richard Mancini from the Hearing Wellness Center in Rocky Hill, will provide free hearing screenings & hearing aide cleanings at the Senior Center. An initial hearing screening can tell you if your hearing loss is a simple issue, like ear wax, or if your situation is more complicated and may require a hearing aid. Further testing and follow-up is done in the Rocky Hill office. Call Lisa at 860-721-2979 for an appointment.

**AARP Safe Driver Class**—The AARP Smart Driver Class will be offered on **Mon, Sept 12, 8:30a-12:30p**. This is a great opportunity to refresh your driving skills and reduce your car insurance premium! Cost: \$15 for AARP members and \$20 for non-members. Call Lisa at 721-2979 to register.

**Last Bus Trip of the Season!**—**Sun, 10/23**—**Log Cabin Oktoberfest**. Enjoy the fall foliage on our trip to the Pioneer Valley. We'll enjoy the German band, the Jolly Kopperschmidts & the unbeatable buffet at the Log Cabin! \$82pp. Call Lisa at 860-721-2979 for information or to register.

## Fall Classes & Workshops!



Come try a class or workshop, or try two... there's lots to choose from! For more information, call Lisa at 860-721-2979. You can register in person with Lisa or in the Parks & Recreation office or on-line at [Wethersfieldct.gov](http://Wethersfieldct.gov).

- **NEW—The Artist's Journey**—Wed, 9/14-12/14, 10-11:30a. This course allows you to explore your interests & abilities by making a series of art pieces using different media including drawing, painting & sculpture. We'll explore what makes each artist's work unique and build on skills. The class will utilize different media in 2-3 week segments but participants will have the option to continue in the media of their choice. All levels of ability welcome. Cost: \$28
- **NEW—Lively Minds Roundtable**—Mon, 9/19-10/31, 1:30-2:30p. Lively Minds is a participatory roundtable moderated by Jim Gregory. This long-time philosophy teacher will lead discussions finding the patterns and connections across a wide range of topics. Your expertise and life experience furthers the conversation. Every idea is treated like a building block, whether it involves the arts, sports, advertising or political issues. We'll incorporate humor, puzzles, insights and issues of the day. Lively Minds will get you thinking! Cost: \$12
- **NEW—Healthy Soups by Star**—Tue, 9/20 & 27, 11a-1p. Come join our first-ever cooking class! What better time to learn the recipe for a delicious, simple & healthy soup than the fall! Star Mader will teach us to make two healthy soups. On Sept 20 we'll make tomato bisque soup and corny corn muffins and on Sept 27 we'll try our hands at ginger carrot soup and carrot ginger muffins with raisins & sunflower seeds. Come hungry and bring a container to bring leftovers home! A \$10 food fee must be paid to the instructor before class. Call Lisa by 9/14 at 860-721-2979 to register.
- **NEW—Live Well with Diabetes**—Mon, 9/19-10/31, 1-3:30p. If you have diabetes, are pre-diabetic or the caregiver for someone with diabetes, this workshop could make all the difference! This 6-week self-management workshop led by an RN will cover, managing your blood sugars, communicating with healthcare professionals, caring for your feet, fighting fatigue, eating healthier & building your confidence. Come learn how to control your diabetes so it doesn't control you! Cost: FREE. Call Lisa by 9/13 at 860-721-2979 to register.
- **Art & Mindfulness**—Thurs, 9/22-12/15, 9:30-10:45a. Students in this class enjoy emotional and spiritual growth, experientially exploring all facets of mindfulness. Come foster your artistic growth while having fun learning art basics. You'll be encouraged to "break all the rules" as your creativity and unique artistic expression soars! Art basics covered will include drawing techniques using wet & dry drawing mediums, design elements & principles, and various subject matters such as portraits. All levels of ability welcome. Cost: \$24
- **Painting with Faye**—Tue, 9/13-12/13, 10-11:30a. Join artist Faye Ahlberg as she cultivates the innate talents of her pupils. In this free-flowing class/artist group, Faye provides individual instruction and guidance for your burgeoning self-expression! Beginners and experienced painters welcome. Students are free to use water-based mediums including acrylics and water colors. Cost: \$28
- **Belly Dance**—Thur, 9/8-11/17, 12:30-1:30p. This class begins with a guest instructor, Tiare Kahana of Kahana Hula on 9/8 & 9/15 from whom you'll learn the ancient and beautiful art of the hula dance! The last 9 weeks of class will be with instructor Roseanne who will continue her instruction of the artful & graceful belly dance. This is low impact, weight bearing exercise that's fun and helps firm and tone muscles. Cost: \$22.
- **Chair Yoga**—Mondays, 9/12-12/19, 11:30a-12:30p. Thursdays, 9/8-12/15, 2-3p. Learn yoga basics using a program for all fitness levels. All movements are done seated and will work your core & extremities. Benefits include increased flexibility, strength & relaxation! Cost: \$28 for Mondays or Thursdays, or \$50 for both! This class is generously supported by the Keane Foundation.

## Classes (Contd.)

- **Good Life Functional Fitness**—Mon/Wed, 9/19-12/14, 1:30-2:15p. This structured exercise group will be run by an exercise professional from the Hartford Healthcare system. The two 45-minute sessions weekly will help you maintain functional mobility and strength using a series of progressive exercise routines focused on improving posture, balance, agility & strength. Cost: \$30
- **T'ai Chi Qigong**—Thur, 9/22-12/15, 11a-12N. This class includes movements from T'ai Chi Chuan along with teachings from the ancient healing system, Qigong. Recent research indicates that T'ai Chi eases pain, improves balance and reduces blood pressure & cholesterol. A study by the American Geriatric Society showed that after taking T'ai Chi classes for one month, seniors were 50% less likely to fall! Mindfulness, meditation & acupuncture are also incorporated in this class. Cost: \$24

### Computer Learning Center Fall Schedule

The Computer Learning Center is here to empower you for the computer age! In addition to classes, volunteer staff provides one-to-one assistance upon request. For more information or an appointment, call Lisa at 860-271-2979. Register for the classes below in person with Lisa or in the Parks & Rec office or on-line at [Wethersfieldct.gov](http://Wethersfieldct.gov).



- **Windows 10 Overview Workshop**—This workshop is for new users of Windows 10, those considering upgrading their PC to Windows 10, and those planning to purchase a new Windows 10 computer. We'll use a tutorial from the free learning site GCFLearn-Free.org to take a brief look at how Windows 10 differs from its predecessors and how to use this version. Tips are provided for personalizing your desktop, managing windows and we'll discuss user accounts and security features. Thur, 9/8, 10A-12P. Cost: \$10
- **Welcome to Windows 10**—Concerned about working with Windows 10? Learn to work with the desktop, open and close apps and have fun using the calculator, help and support, weather, news and solitaire apps. We'll use File Explorer to save & find documents. Fee includes text. Mon/Wed, 9/12, 14, 19, 21, 9:30A-12P. Cost: \$40
- **Windows 10 Intermediate**—Using Windows 10, we'll explore the internet, search, create favorites, print web pages and discuss privacy & security. We'll open, view, edit, print & save photos using Windows 10 photo app, become acquainted with the Movies & TV app and listen to music with Windows Media Player. Text included. \$5 discount for Welcome to Windows 10 class graduates. Tue/Thur, 10/4, 6, 11, 13, 9:30A-12P. Cost: \$40
- **Email Basics & Beyond**—Email is a great way to stay in touch with friends and family. Participants will use their own email accounts during this 2-session class. We'll learn the basics including creating, sending, and receiving emails and learn how to manage junk messages. The second session will concentrate on sending files and photos and creating an address book and lists. Participants must bring their log-on and password information to be able to access their email accounts on the computer lab's laptops or bring their own laptops. Tue/Thur, 9/13 & 9/15, 12:30-2:30P. Cost: \$20
- **Cyber Resources Workshop II**—This is part two of a workshop offered last spring. The internet is a big place with lots of content—about 180 million websites that are always changing! We've made things a little easier for you by compiling a list of the best websites in 14 categories. Instructor Keith Rafaniello will highlight the most useful sites to help you find what you're looking for online! Call Lisa at 860-721-2979 to register. Wed, 9/28, 3-5P. Cost: Free for Senior Center members. All others--\$2.

## 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 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, Sept 21, 10a-12N**. Manicures include filing, buffing & polishing. Call Lisa at 721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for a bingo 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, Sept 19** 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, Sept 9** 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, Sept 14** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, Sept 22**, 12:30-1:30p outside the Senior Ctr office, Cedar Mountain Commons provides testing on the 4th Thur of each month.

**Foot Care Clinics**-**Fri, Sept 2 & 30**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appt.

## Don't Forget...

- **Holiday Reminder**—The Senior Center will be closed on **Mon, Sept 5** for the Labor Day holiday. There will be NO musical entertainment this month due to the holiday.
- The **Renters Rebate** program runs through October 1st. Wethersfield Social Service staff will take applications at **100 Executive Square on Tue, 9/13** from 9am-12N. Wethersfield residents can also call 860-721-2977 for an appointment to apply.



### **Monday Afternoon at the Movies!**

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

**Sept 12—The Letters: The Epic Life Story of Mother Teresa.** This inspiring biographical drama portrays the remarkable life of Mother Teresa through the lens of her decades-long correspondence with her confidant and spiritual mentor, Father Celeste vanExem. PG, 119min.

**Sept 19—My Big Fat Greek Wedding 2.** Starring John Corbett. In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan and with it comes a new assortment of family crises and secrets! PG-13, 94min.

**Sept 26—Hello, My Name is Doris.** Starring Sally Field. Inspired by insights gained through a self-help seminar, 60year old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker and inadvertently becomes a hit with his hipster friends. R, 90min.

#### **Watch Your October Newsletter for...**

- Musical entertainment on **Mon, October 3 at 1pm** will feature Martin Swinger, a very talented singer/songwriter/guitar player.
- Lunch & Learn—On **Tue, October 25 at 12N** we'll hear the true, touching story of the real-life Korean War Horse "Reckless" from author Janet Barrett.



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