

WETHERSFIELD SENIOR CENTER APRIL PROGRAMS

860-721-2770 email: senior.center@wethersfieldct.gov www.wethersfieldct.gov/340/Senior-Center
MEMBERSHIP DUES: \$5 for Wethersfield Residents - \$7 for Non-Residents

SPECIAL EVENTS

CENTER CLOSED: GOOD FRIDAY, APRIL 3

CANCELLED: APRIL 7 - RETIREMENT PLANNING SEMINAR WITH AMERICAN SENIOR BENEFITS

New Date and Time will be listed in May Newsletter

SOCIAL SECURITY AND UPDATES FROM CONGRESSMAN JOHN LARSON

THURSDAY, APRIL 9; 10AM

Join Congressman John B. Larson for a discussion about the future of Social Security, lower drug costs for seniors on Medicare, and his work to invest in the community and make life more affordable for Wethersfield families. All are welcome. **Please RSVP by April 6.**

SPRING SILK FLOWER WREATH WORKSHOP with JENNIFER FROM GORDON BONETTI FLORIST

TUESDAY APRIL 14 AT 5PM Cost: \$30 Space is limited. RSVP by April 8.

MOTOWN & MORE WITH TOMACA

MONDAY, APRIL 20; LUNCH 12PM / ENTERTAINMENT 1PM

Back by popular demand, join Tomaca will captivate you with her powerful vocals while delivering a soul-stirring performance. Get ready for an unforgettable show! LUNCH & ENTERTAINMENT: M/\$10, NM/\$15; ENTERTAINMENT ONLY: M/\$5, NM/\$8. **Lunch: Fried chicken & Fixins'** Raffle drawings \$2/3 or \$5/10 tickets. **RSVP by April 15.**

LUNCH & LEARN: SENIOR SAVVY – OUTSMARTING CRIMINALS IN THE REAL AND DIGITAL WORLD

TUESDAY, APRIL 28; LUNCH 12:30PM / 1PM PRESENTATION

Retired Wethersfield Detective, Allison Sullivan, will be here to share tips on personal safety in the real world and preventing online fraud. Learn to become senior savvy, so that you don't fall victim to a scam. Donation \$5. **RSVP by April 22.**

AFTERNOON MOVIES: MONDAYS & THURSDAYS at 1 PM; WEDNESDAYS at 1:30 PM

For more information & movie titles, visit the senior center website, or pick up a flyer at the senior center. ****Check schedule for any conflicts, cancellations or movie start times.**

Thursdays: April 2, 9, 16, 23, 30 - Love Story: JFK Jr. & Carolyn Bessette (series)

Wed. April 1: The Stranger

Wed. April 15: Wolfs

Mon. April 6: Joy

Wed. April 22: Spencer Confidential

Wed. April 8: Shot Caller

Mon. April 27: The Roses

Mon. April 13: The Storied Life of AJ Fikry

Wed. April 29: Play Dirty

SERVICES

SERVICES LISTED BELOW ARE FOR SENIOR CENTER MEMBERS ONLY & REQUIRE APPOINTMENTS: NO WALK-INS. Please call or email WSC to schedule all appointments.

FREE LEGAL CONSULTATION: 3RD TUESDAY OF THE MONTH; 10AM – 12PM

Atty. Craig from **Reed Wilson Case LLC.** offers free 30-minute consultations on legal matters to Wethersfield Senior Center members regarding estate planning, elder law and probate issues. RWC will determine your legal needs and provide an estimate of costs for services or refer you to another attorney that can assist you

FOOTCARE CLINICS: 1ST & 3RD WEDNESDAY of the MONTH. Certified APRN, Pam provides cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$30.

MASSAGE WITH LICENSED MASSAGE THERAPIST - Therapeutic massage can be used to reduce stress, decrease pain and increase feelings of calmness and well-being. Licensed massage therapist, Connie, offers 60-minute full-table massages: \$60. Massages are scheduled on the 2nd & 4th Wednesday, and 1st and 4th Friday each month.

FREE HEARING SCREENINGS/AUDITORY CONSULTATIONS: 1ST THURSDAY EVERY OTHER MONTH; APRIL 2. Auditory consultations with Sam from **Nova Hearing Systems** using the newest technologies include computerized hearing assessments, video camera ear wax/canal exams & free hearing aid checks, cleanings and battery samples.

\$4 HAIRCUTS FOR WETHERSFIELD RESIDENT SR. CENTER MEMBERS; *APPOINTMENTS MUST BE MADE THROUGH THE SENIOR CENTER BY CALLING 860.721.2770. Limited dates, limited availability.

SENIOR COMMUNITY CAFÉ: Lunch is served Monday and Wednesday at 12PM to persons 60 years or older and their spouses or caregivers. Suggested donation is \$3.00 for seniors/caregivers. *To reserve your lunch, please call the Cafe at 860-721-2773 in advance (by 12p previous day Café is open: Mon or Wed). View menus online, by email request or pick up a copy at the Senior Center. Questions, contact the Café or the Senior Center.

WETHERSFIELD SOCIAL YOUTH & SENIOR SERVICES: 860-721-2880 daniel.rosario@wethersfieldct.gov WSY&SS is available to provide assistance and services if you are experiencing financial difficulties or need access to food, basic needs, or transportation. Call for information on federal, state and local assistance programs and housing resources: Tax & Energy Assistance, Renters Rebate, SNAP vouchers, Dial-a-Ride, CHOICES, and more.

SENIOR CITIZENS ADVISORY COMMITTEE: 3rd THURSDAY of the MONTH at 3PM

The committee meets to discuss topics of interest for senior residents of Wethersfield. For more information or to join us at our next meeting, please contact the Senior Center. **Next meeting: April 16.**

AARP SAFE DRIVER COURSE

THURSDAY, APRIL 16; 9AM – 1PM \$20 AARP MEMBERS, \$25 NON-AARP MEMBERS

Refresh your driving skills and qualify for at least a 5% reduction in your car insurance premium. Registration required.

BEREAVEMENT SUPPORT GROUP

TUESDAYS APRIL 7-MAY 26, 2-4PM

Facilitator: Enhabit Home Health & Hospice

The group will cover topics like Signs and Symptoms of Grief, Is my Grief Normal, Change of Relationships in Grief, Creating a New Normal, as well as provide participants with emotional support as questions arise from these topics and check-ins. Space is limited. Please call or email the Center to register.

WETHERSFIELD TECH HELP FOR SENIORS offers individual and small group instruction to help meet all your technology needs. Schedule one-to-one assistance with iPads, iPhones, Windows computers, Android tablets and phones;. Suggested donation for scheduled 1:1 assistance: \$10/hour. Classes are also offered in person and via Zoom throughout the year. **For more information, to register for classes or inquire about one on one assistance,** please email techhelpforseniorswethersfield@gmail.com, follow us on Facebook or call the Senior Center at (860) 721-2770.

- **TUESDAYS 1PM – 3PM: ONE ON ONE HELP BY APPOINTMENT: APPLE PRODUCTS**
- **THURSDAYS 10AM-12PM: FREE DROP IN HELP WITH ANDROID PRODUCTS: with JACK**

- **UPCOMING ZOOM CLASSES: TUESDAYS AT 3PM**
 - **APRIL 14: IPHONE – HELPFUL TIPS WHEN TRAVELLING**
 - **APRIL 28: IPHONE – INSTAGRAM; USING THE APP**
 - **MAY 26: IPHONE – ORGANIZING and MANAGING YOUR PHOTOS**

EXERCISE & ART CLASSES

Register online or in person for Spring Session. For detailed class descriptions and more information, please visit www.wethersfieldct.gov/recreation. Members with Renew Active or Silver Sneakers insurance plans: please contact the Senior Center for information on eligibility, restrictions, classes available for individual plans and how to register. **REGISTRATION OPEN FOR SPRING & SUMMER SESSIONS.** Below is the spring schedule. There will be some changes in the summer. Please refer to the Summer Brochure.

- **CHAIR YOGA WITH GIA: MONDAYS & THURSDAYS 11:30AM-12:30PM** in person & remote.
- **INTRODUCTION TO TAI CHI FOR SENIORS: WEDNESDAYS 11AM – 12PM** in person.
- **SILVERSNEAKERS STRENGTH & BALANCE: TUESDAYS/THURSDAYS 10-10:45AM**
Silver Sneakers classes are held remotely via zoom, streamed in live at the Community Center.
- **WALKING/AEROBIC DVD: MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM -11:00 AM** ongoing, free.
- **SENIOR PICKLEBALL: BEGINNER/INTERMEDIATE: MONDAYS & WEDNESDAYS 8:30AM -10:30AM**
- **PAINTING 101: 4 WEEK WORKSHOPS; WEDNESDAYS 10AM-11AM (SPRING ONLY)**
- **ARTISTIC CREATIONS PAINT CLASS with BILL: THURSDAYS 10AM -11:30AM**
- **GUIDED PAINTING PAINT PARTY: TUESDAY, APRIL 21 5PM – 7PM “FIELD OF FLOWERS”**

GAMES, ACTIVITIES & CLUBS

BINGO: WEDNESDAYS - 12:15PM - 2:30P/3P Always a fun day! Players are asked to be seated and ready to play by 12:15pm. \$2 admission includes 2 bingo cards.

SET BACK: FRIDAYS - 12:15PM - 3PM -Join our friendly group; everyone welcome: singles, partners, beginners, experienced players. Easy to learn. Please arrive before 12pm to register/receive scorecard. Players must be seated and ready to play by 12:15pm. \$3 members/\$4 non-members. No Set Back Good Friday, April 3.

MAH JONGG PLAY: TUESDAYS & THURSDAYS, 9:30AM - 1PM - A fun way to exercise your brain; come for one day or both. Beginners welcome.

WII BOWLING: TUESDAYS AT 1PM - The fun of bowling without the heavy ball. New players welcome, no experience necessary. Great exercise; lots of comradery & laughs! Room S3 - **No Wii Bowling April 7 or April 28.**

BOOKS & BANTER-A READER'S CHOICE BOOK CLUB: APRIL 13 AT 1PM

At this time the book club is full. Please call the senior center if you are interested in joining.

KNITTING: APRIL 14 AT 10AM. No Knitting April 28.

Sit, relax and learn a new skill. Projects donated to local charities. All skill levels. Seeking experienced knitters to assist beginners. Meets 2nd & 4th Tuesday each month.

RED ONION QUILTERS; APRIL 20 - 10AM Join us to share your ideas, designs and love of quilting. We donate our small quilts to Connecticut Children's Medical Center. *Usually meets on 3rd Monday of the month unless conflicts with a holiday.

DAY & OVERNIGHT TRIPS

Trips are scheduled for our members and we typically share a bus with the Rocky Hill Senior Center. All trips are first come, first serve. Payment is due at time of registration. Trips are non-refundable unless we are able to fill your seat. **SIGN UP TODAY!**

The Gardens at Blithewold Mansion!

The gardens at Blithewold are among my favorite in New England and are definitely worth a visit. They also hold a Daffodil Days during the spring which I still need to attend myself. These photos are from Blithewold Mansion in the summer.



View from Blithewold
Mansion's porch.



- **DAFFODIL DAYS AT BLITHWOLD; FRIDAY, APRIL 24**

Visit includes a guided tour of the famous garden covering the 33-acre seaside estate with over 50,000 daffodils. Enjoy grand views of Narragansett Bay from the magnificent 45 room mansion filled with family heirlooms. Begin your visit at Blithewold with a lovely Tea Lunch on the heated porch. COST: \$152pp Depart: 8am Estimated Return: 5:30pm.

- **THIMBLE ISLAND CRUISE; FRIDAY, MAY 29**

Delicious lunch at the Amarante's Sea Cliff on the water in New Haven. Next enjoy the Thimble Islands Cruice aboard the Sea Mist along the Rocky Islesoff Stony Creek Coast in Branford, CT. See the wonderful estates and learn the stories of these beautiful islands. COST: \$156 pp Depart: 11am Estimated Return: 6pm.

SAVE THE DATE:

- **THURSDAY, MAY 7: "SPRING CLEANING, TIME TO DECLUTTER" WITH PREFEQ REALTY**
- **THURSDAY, MAY 14: "10 TIPS TO MANAGE STRESS" with DR. WENDY HOROWITZ, co-sponsor Bright Star**
- **SATURDAY, MAY 16: (TENTATIVE) SHREDDING EVENT**
- **MONDAY, MAY 18: ENTERTAINMENT & LUNCHEON WITH TRES JOHNSON**
- **THURSDAY, MAY 21: SENIOR ADVISORY COMMITTEE SPRING EVENT:
ARMCHAIR HIKING THROUGH HISTORY, PRESENTED BY THE MUSEUM OF CONNECTICUT HISTORY**
- **MONDAY, MAY 25: CLOSED, MEMORIAL DAY**
- **THURSDAY, MAY 28: ACOUSTIC CAFÉ WITH ELANA**
- **THURSDAY, JUNE 4: FROM STORE TO DOOR: A SIMPLE GUIDE TO ONLINE ORDERING**