



Wethersfield Senior Center News

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AUGUST 2019

THE WETHERSFIELD SENIOR CENTER & PITKIN COMMUNITY CENTER
WILL BE **CLOSED AUGUST 10TH –AUGUST 25TH**
& MONDAY, SEPTEMBER 2ND



BROADWAY SHOW TUNES, JAZZ STANDARDS, MOTOWN & MORE!!

MONDAY, AUGUST 5TH AT 1PM

The Center welcomes MS. CHRISTINE COONEY, a spectacular entertainer with many years of experience entertaining all over New England! She will be here to perform some of our favorite show tunes from Broadway, Jazz standards from the Great American Songbook, R&B and Motown! Light snacks will be served. **GET READY FOR ANOTHER GREAT SHOW!**

ADMISSION IS ONLY \$2 FOR MEMBERS, \$4 NON-MEMBERS



LUNCH & LEARN: "THE BENEFITS OF DOWNSIZING"

TUESDAY, AUGUST 6TH AT 12:30PM

Samantha Khan, of Keller Williams Realty & Tyler Armstrong, of Santander Bank Mortgage Office will be discussing the current real estate market in Wethersfield and showing us how to maximize our property investment! Please join us for a **complementary lunch** and learn with the right experts to make your next transition the best transition. **FREE**, but please **RSVP** by the morning of August 5 to reserve your spot! Call Amy at 860-721-2979.



END OF SUMMER SOCIAL & VOLUNTEER SIGN-UP WITH AMY

TUESDAY, AUGUST 27TH AT 12PM

Stop in to visit with friends and see what Amy has in store for our seniors in the upcoming months! We will enjoy a cool treat and discuss some of the **VOLUNTEER OPPORTUNITIES** at the Senior Center! Please **RSVP** so that Amy brings enough treats for everyone! 860-721-2979.

AARP SAFE DRIVER CLASS— THURSDAY, AUGUST 29TH 12PM-4PM Refresh your driving skills and qualify for a reduction in your car insurance premiums. Under State Statute, participants who are over 60 years old will receive at least a 5% discount on their auto insurance premiums after completing the class. The fee is \$15 for AARP members and \$20 for non-members. To register, please call 860-721-2979.

SENIOR CENTER ANNUAL MEMBERSHIP: RESIDENT \$5 NON-RESIDENT \$7

For less than 2¢ a day, you can enjoy all the wonderful programs that the Wethersfield Senior Center offers!

FALL SENIOR CENTER CLASSES BEGINNING IN SEPTEMBER!

SUMMER CLASSES END AUGUST 9 - REGISTRATION FOR FALL CLASSES BEGINS AUGUST 28 FOR RESIDENTS.

You can register on-line at Wethersfieldct.gov or in person at the Community Center or Parks & Rec offices.

ART & MINDFULNESS: THURSDAYS, 9:30-10:45AM (9/19-11/21) Cost: \$30. Enjoy emotional and spiritual growth as you explore mindfulness through art. Have fun learning the basics of art as your creativity and artistic expression soars. Art basics include drawing techniques using wet and dry drawing mediums, design elements and principles, and various subject matters such as portraits. All levels of ability welcome.

ARTIST'S JOURNEY: WEDNESDAYS, 10-11:30AM (9/18 - 12/11) Cost: \$39. Begin your artist's journey with Deidre. Participants have the option to work with the medium of their choice. Deidre offers her expertise and guidance with painting, drawing, mixed media, fiber arts and more! All levels of ability welcome.

BELLY DANCE: THURSDAYS, 12:30-1:30PM. (9/19-12/5: no class on 11/28). Cost: \$33. Have fun, stay fit and enjoy a renewed sense of confidence! Learn easy steps with modifications for all abilities. Join this welcoming, fun group of students, you'll be glad you did!

CHAIR YOGA: MONDAYS, 11:30A-12:20PM (9/9-12/16) COST: \$42

THURSDAYS, 2-2:50PM. COST: \$21 (9/5-12/19: no class on 11/28) COST: \$45

***SAVE \$\$ WHEN YOU REGISTER FOR BOTH MONDAY & THURSDAY CLASSES: COST: \$80**

Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation.

EASY DANCING FOR FUN: TUESDAYS, 2-2:45PM (9/17-12/10) COST:\$39

Want to stay fit without feeling like your exercising? Exercise should be fun, and this class will demonstrate that having fun and exercise are one in the same! Dances are simple to follow... no memorizing steps and dance moves. Enjoy upbeat music that will keep you going throughout the class, and for the rest of your day! Moderately paced for a fantastic work out.

NEEDLE FELTING: MONDAYS, 10-11:30AM. (9/16-12/9) COST:\$36 Needle felting is one of the easiest yet fun art/crafting mediums around! It's simple in concept and results in elaborate sculptures made completely of wool. You'll learn to use special needles to fuse fibers together creating woolen sculptures of your choosing including adorable animals or other decorative or holiday items!

GUIDED PAINTING: TUESDAYS, 10-11:30AM. (9/17-11/12) COST: \$27

A great class for both beginners and experienced painters! We will be creating 3 canvas seasonal paintings, through step-by-step guidance from our in-house trained art instructor, Deidre. Who needs paint night at a crowded bar, when we have Guided Painting at the Senior Center!

SILVER SNEAKERS CLASSES: COST: FREE FOR SILVER SNEAKERS MEMBERS. NON-SILVER SNEAKERS MEMBERS PAY A \$3 DROP-IN FEE PER CLASS.

MONDAYS, STABILITY CLASS: 11-11:45am. (9/9-12/16)

WEDNESDAYS, STRENGTH & BALANCE CLASS: 11-11:45am. (9/11-12/18)

FRIDAYS, STRENGTH & BALANCE CLASS: 10-10:45am. (9/13-9/20)



Pre-registration is not required...come early to your first class to complete the necessary paperwork.

T'AI CHI QIGONG: THURSDAYS, 11AM-12NOON. (9/12-12/12: no class on 11/28) COST: \$18 Explore the ancient forms of T'ai Chi Chuan and the Chinese healing rituals of Qigong that include mindfulness, meditation and acupressure. Benefits include improved flexibility, balance and mental focus. Easy to learn and open to all abilities.

MONDAY AFTERNOON AT THE MOVIES!

MONDAYS AT 1PM, FREE movies complete with soda and snacks!



AUGUST 5TH - NO MOVIE- ENTERTAINMENT WITH CHRISTINE COONEY

AUGUST 12TH & 19TH - SENIOR CENTER/COMMUNITY CENTER CLOSED

AUGUST 25TH - "FOREVER MY GIRL" (PG) 2018 1HR 44MINS DRAMA -BASED ON BOOK

A high school gridiron star with sky-high ambitions jilts his fiancée and leaves his hometown in the dust. Ten years later, he's a country music star, but he misses the home and the woman he left behind.

SEPTEMBER 2ND - LABOR DAY, SENIOR CENTER/COMMUNITY CENTER CLOSED

SEPTEMBER 9TH-"A STAR IS BORN" (R) 2018 1HR 44MINS SHOBIZ DRAMA/MUSICAL

Seasoned musician Jackson Maine (Bradley Cooper) discovers, and falls in love with, struggling artist Ally (Lady Gaga). She has just about given up on her dream to make it big as a singer... until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons.

**Movies are subject to change depending upon availability.*

ON-GOING SENIOR CENTER ACTIVITIES



⇒ WALKING DVD: MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM.

FREE FOR SENIOR CENTER MEMBERS. Drop-in's welcome. A fun, low-impact aerobic class.

⇒ 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.

⇒ 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.

⇒ RUMMIKUB EVERY TUESDAY AT 1PM IN THE SENIOR CAFE... BEGINNERS WELCOME!!

STARTING AUGUST 27 we will meet every Tuesday for this fun tile game. Exercise your Brain, Join us for a Game! Instruction available... call Amy for more information or to reserve your spot in the next game.

⇒ INFORMAL CARD GROUP holds weekly games EACH TUESDAY at 1:15pm. Bring a friend and start your own card or board game!

⇒ MAH JONGG —TUESDAYS & THURSDAYS at 10AM. Looking for new players! Instruction is available for beginners. Call Lisa at 860-721-2979 to arrange instruction.

⇒ FREE MINI-MANICURES— WEDNESDAY, AUGUST 7TH, 10A-12N. Our friends from Newington Rapid Recovery perform this FREE service one Wednesday of each month in the Banquet Room before bingo. First-come, first-served. Manicures include filing, buffing & polishing.

⇒ RED ONION SENIOR QUILTERS —meetings are held on the THIRD MONDAY of EACH MONTH at 10A. The group's next meeting is on MONDAY, SEPTEMBER 16. NO AUGUST MEETING

⇒ THE RHYTHMAIRS CHORAL GROUP—practices the 2ND & 4TH THURSDAYS OF EACH MONTH at 1PM. The group sings at local nursing homes and assisted living facilities upon request.

AUGUST PRACTICE SCHEDULE: AUGUST 8 & 29 (AUGUST CHANGE DUE TO CENTER CLOSED ON 22ND)

⇒ WII BOWLING meets on TUESDAYS AND THURSDAYS at 1PM. New members welcome!

⇒ THE COMMUNITY CAFÉ serves lunch MONDAY-THURSDAY 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 10 and 11:30am.

THE CAFÉ WILL BE OPEN AUGUST 12-15. THE CAFÉ WILL BE CLOSED AUGUST 19-23

MARK YOUR CALENDARS: UPCOMING ENTERTAINERS:

MONDAY, SEPTEMBER 30: TOM "T-BONE" STANKUS

MONDAY, OCTOBER 28TH:  FALL FESTIVAL WITH JOHN BANKER



MONDAY, NOVEMBER 18TH: CARNIVAL JOSE PAULO



MONDAY, DECEMBER 30TH: NEW YEAR'S EVE PARTY WITH LARRY BATTER

RENTERS REBATE— Wethersfield residents can get eligibility information, make appointments to apply, and find out what documents are required to apply for these programs by calling the Town Social Service Department at 860-721-2977.

Social Service personnel will take **APPLICATIONS FOR RENTERS REBATE** in the community on the following



TUESDAYS, 9AM-12PM:

AUGUST 6 Nathan Hale Senior Housing, 1532 Berlin Tpke

****NEW DATE: AUGUST 20** Nathan Hale Senior Housing, 1534 Berlin Tpke

SENIOR CENTER BUS TRIPS

DAY TRIPS

- ◆ **NOVEMBER 6** WESTCHESTER BROADWAY THEATER, "AN AMERICAN IN PARIS" ~ \$107
- ◆ **DECEMBER 4** NEWPORT PLAYHOUSE, "A CHRISTMAS CACTUS" (PLAY & CABARET) ~ \$97

OVERNIGHT TRIPS

- ◆ **AUGUST 23-25** MARTHA'S VINEYARD & NANTUCKET ISLAND HOPPING
- ◆ **OCTOBER 8-10** OGUNQUIT MAINE LIGHTHOUSE TOUR

EXTENDED TRIPS (INCLUDING FLIGHTS): OCTOBER 19-26 HEART OF IRELAND

