

# Wethersfield Senior Center News

[www.wethersfieldct.gov/social](http://www.wethersfieldct.gov/social)

William J. Pitkin Community Center

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## SEPTEMBER 2019

### **SENIOR CENTER FALL CLASSES BEGIN SEPTEMBER 9<sup>TH</sup>**

REGISTRATION BEGINS AUGUST 28 FOR RESIDENTS/AUGUST 29 FOR NON-RESIDENTS

YOU CAN REGISTER ON-LINE AT [WETHERSFIELDCT.GOV](http://WETHERSFIELDCT.GOV)

OR IN PERSON AT THE COMMUNITY CENTER OR TOWN HALL/PARKS & RECREATION OFFICE.



**WETHERSFIELD SENIOR CENTER CLOSED LABOR DAY, MONDAY, SEPTEMBER 2<sup>ND</sup>**



### **ENTERTAINMENT: TOM "T-BONE" STANKUS**

**MONDAY, SEPTEMBER 30<sup>TH</sup> AT 1PM**



Get ready for "America's Musical Pied-Piper!" T-Bone delivers a fun, high-energy, foot-stomping show with our favorite songs from the 50s & 60s, and more! Some of you may know the talents of T-Bone from one of our locally favorite groups, The Elderly Brothers, featuring T-Bone & Brian Gillie. Light snacks will be served.

**JOIN US FOR A GREAT SHOW, LIGHT SNACKS & RAFFLE! ADMISSION:\$2 FOR MEMBERS/\$4 NON-MEMBERS**

### **SENIOR FAIR WITH REP. JOHN LARSON**

**THURSDAY, SEPTEMBER 5<sup>TH</sup> 10AM-12PM**

REPRESENTATIVES FROM STATE, FEDERAL & LOCAL SERVICE PROVIDERS  
WILL BE IN ATTENDANCE TO PROVIDE INFORMATION & RESOURCES.

**RSVP TO REP. LARSON'S OFFICE AT 860-278-8888**

The Senior Fair will feature a panel discussion with experts on senior issues, along with more than a dozen tabled organizations that provide services and support to seniors. Light refreshments will be provided.

### **LUNCH & LEARN: "CREATING A STRONG ESTATE PLAN"**

**TUESDAY, SEPTEMBER 10<sup>TH</sup> AT 12PM**

**RSVP by Sunday, September 8<sup>th</sup> at 860-721-2979.**

*Presented by Czepiga Daly Pope & Perri:* Atty. Masse will explain estate planning basics and provide answers to questions like: What is the difference between a Will and a trust? Do I need a power of attorney? What are health care directives? Walk away knowing what you need to do to build an estate plan that will protect what you've worked for in life! Complimentary lunch served.

### **KNOWLEDGE & NIBBLES: "HEARING WELLNESS"**



**WEDNESDAY, SEPTEMBER 18<sup>TH</sup> AT 10AM**

**RSVP by Monday, September 16<sup>th</sup> at 860-721-2979.**

LEARN ABOUT THE LATEST TECHNOLOGIES IN HEARING TESTS, DEVICES & AIDES. Also, receive information on **FREE** monthly services for Senior Center Members provided by NOVA HEARING, which includes: computerized hearing test, ear wax exam, hearing aid checks & cleaning, replacement batteries. Closed Caption will also be present with latest technology in communications. Coffee & pastries will be served.



## SENIOR CENTER *Health & Wellness* PROGRAMS

**FREE BLOOD PRESSURE TESTING**— SEPTEMBER 4, 11AM-12PM IN THE COMMUNITY CENTER LOBBY. 1<sup>ST</sup> WEDNESDAY OF EACH MONTH; service provided by CEDAR MOUNTAIN COMMONS

**FREE BLOOD SUGAR TESTING**— SEPTEMBER 13, 11AM -12PM IN THE COMMUNITY CENTER LOBBY. 2<sup>ND</sup> FRIDAY OF EACH MONTH; service provided by APPLE REHAB OF ROCKY HILL

**FOOT CARE CLINICS**- FRIDAY, SEPTEMBER 13 & TUESDAY, SEPTEMBER 17, BY APPOINTMENT 8:30AM-4PM Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee: \$29. Call 721-2979 for appointments.

**MONTHLY MESSAGES**- FRIDAY, SEPTEMBER 13 ~ BY APPOINTMENT 10AM-1PM

Licensed massage therapist, Connie Drake offers chair and full table massages for SENIOR CENTER MEMBERS. 15-minute chair massage costs \$10, and a 30-minute table massage costs \$25.

**FREE DENTAL CLINIC**: TUESDAY, SEPTEMBER 17 & THURSDAY, SEPTEMBER 19.

BY APPOINTMENT ONLY. LIMITED SPACE AVAILABLE. Must be over 60 years old, a resident of Wethersfield, Berlin, Rocky Hill or Newington and have not had a free cleaning within the past year. Call 860-721-2979 for appointments; service provided by CENTRAL CONNECTICUT HEALTH DISTRICT

**WETHERSFIELD STROKE CLUB** - TUESDAY, SEPTEMBER 10, 2-4 PM IN THE FIRESIDE ROOM.

2<sup>ND</sup> TUESDAY OF EACH MONTH; a support group for stroke survivors and their families.


Contact Joan Haines at 860-529-2281 or go to [www/strokesupport-ct.org](http://www/strokesupport-ct.org) for more information .



### MONTHLY SERVICES:

**FREE LEGAL CONSULTATION** SEPTEMBER 11<sup>TH</sup> 10:30AM-12 PM: 2<sup>ND</sup> WEDNESDAY OF THE MONTH Attorney Joan Wilson from Wilson, Pinder & Snow LLC offers free half-hour consultations to SENIOR CENTER MEMBERS on legal matters including estate planning, elder law and probate issues. During your consultation, Atty. Wilson will determine your legal needs, if she can assist you and an estimate of costs for her services. If you require advice from attorneys with other specialties, she will provide referrals. **BY APPOINTMENT. 860-721-2979**

**FREE MONTHLY CRAFTS** FRIDAY, SEPTEMBER 13<sup>TH</sup> AT 10AM 2<sup>ND</sup> FRIDAY OF THE MONTH THIS MONTH'S CRAFT: DECOPAUGE FRAMES THANK YOU to AUTUMN LAKE HEALTH CARE for providing all the supplies & instruction, free of charge. **PLEASE REGISTER BY MONDAY, SEPTEMBER 9<sup>TH</sup>. 860-721-2979**

 **\$3 HAIRCUTS** TUESDAY, OCTOBER 1<sup>ST</sup> 9AM-1PM **BY APPOINTMENT ONLY. 860-721-2979** (NO SEPTEMBER APPOINTMENTS) Students from the INTERNATIONAL INSTITUTE OF COSMETOLOGY, 632 Silas Deane Hwy. offer SENIOR CENTER MEMBERS haircuts for \$3. Haircuts include a shampoo and rough blow dry. If you would like to have your hair styled/full blow dry, the cost is an additional \$10. NO WALK-INS.

**FREE MINI-MANICURES** WEDNESDAY, SEPTEMBER 18<sup>TH</sup> 10AM-12PM IN THE BANQUET ROOM 3<sup>RD</sup> WEDNESDAY OF THE MONTH Our friends from NEWINGTON RAPID RECOVERY perform this FREE service

**For more information on the many wonderful special events, programs & outings being offered at the Wethersfield Senior Center, please call 860-721-2979 or email [amy.miller@wethersfieldct.gov](mailto:amy.miller@wethersfieldct.gov).**

## FALL SENIOR CENTER CLASSES BEGIN!

**REGISTRATION FOR FALL CLASSES BEGINS AUGUST 28 FOR RESIDENTS/AUGUST 29 FOR NON-RESIDENTS.**

You can register on-line at [www.wethersfieldct.gov](http://www.wethersfieldct.gov) or in person at the **Community Center** or **Town Hall Parks & Rec.**

**NEW!**

**AMERICAN SIGN LANGUAGE: TUESDAYS, 11AM-12PM (9/10-10/29) Cost: \$24.** It's never too late to learn a second language! Learning American Sign Language is not only good for your brain, but very useful and a lot of fun too. Join Connie Davids for an 8 week course of ASL basics and simple conversation.

**NEW!**

**SENIOR VOICES~ EXPRESS YOURSELF: 1ST & 3RD MONDAYS, 10:30-11:30AM (9/16-12/2) Cost: \$30.** A fun, educational writing experience. Through non-threatening, non-obligatory, simple writing exercises, with an atmosphere of total emotional group support, participants find themselves writing truly beautiful, expressive poems that allow everyone to "walk with them" through this cathartic painting created in words.

**NEW!**

**GUIDED PAINTING: TUESDAYS, 10-11:30AM:**  
**SESSION 1 (9/17-10/22) COST: \$18      SESSION 2 (10/29-12/10) COST: \$18**  
 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!

**ART & MINDFULNESS: THURSDAYS, 9:30-10:45AM (9/19-11/21: no class on 11/28) Cost: \$30.** Enjoy emotional and spiritual growth as you explore mindfulness through art. Learn the basics of art as your creativity and artistic expression soars. All levels of ability welcome.

**ARTIST'S JOURNEY: WEDNESDAYS, 10-11:30AM (9/18 - 12/11: no class on 11/27) Cost: \$36.** 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. (9/12-12/5: no class on 11/28). Cost: \$36.** Have fun, stay fit and enjoy a renewed sense of confidence! Learn easy steps with modifications for all abilities. Join our welcoming, fun group of ladies, you'll be glad you did!

**CHAIR YOGA: MONDAYS, 11:30A-12:20PM (9/9-12/16) COST: \$42  
 THURSDAYS, 2-2:50PM. (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** Exercise should be fun, and this class will demonstrate that having fun and exercise are one in the same! Dances are simple and easy to follow...no memorizing steps and dance moves. Enjoy upbeat, moderately paced music 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 create woolen sculptures of your choosing including decorative or holiday items!

**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 acupuncture. Benefits include improved flexibility, balance and mental focus. Easy to learn; for all abilities.



## MONDAY AFTERNOON AT THE MOVIES!

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



**SEPTEMBER 2<sup>ND</sup> - LABOR DAY, SENIOR CENTER/COMMUNITY CENTER CLOSED**

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



A musician (Bradley Cooper) helps a young singer (Lady Gaga) find fame as age, alcoholism and his ongoing battle with his own internal demons send his own career into a downward spiral.

**SEPTEMBER 16<sup>TH</sup> - "OPERATION FINALE"** (PG-13) 2018 2HRS 3MINS HISTORY/BIOGRAPHICAL DRAMA  
Operation Finale follows the thrilling true story of the secret mission to infiltrate Argentina and capture one of Hitler's deadliest Lieutenants, who helped mastermind the Holocaust, and bring him to justice.

**SEPTEMBER 23<sup>RD</sup> - "VICTORIA & ABDUL"** (PG-13) 2017 1HR 51MINS HISTORY/BIOGRAPHICAL DRAMA  
The extraordinary true story of an unexpected friendship between Queen Victoria and a young Indian clerk named Abdul Karim. As the friendship deepens, the Queen begins to see a changing world through new eyes.

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

## ON-GOING SENIOR CENTER ACTIVITIES

- ⇒  **THE COMMUNITY CAFÉ** serves lunch **MONDAY-FRIDAY** 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 The Café at 860-721-2955 one day in advance between 10 and 11:30am.*
- ⇒ **BINGO** **WEDNESDAYS** in the Banquet Room. Arrive 10:30-11:45a to get your cards, raffle ticket, and snack before Bingo begins. Officers: Agnes Bolasevich-President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **BUS TRIPS** Day & Overnight trips available. For more information on upcoming trips, call Amy 860-721-2979.
- ⇒ **CARDS & GAMES** **TUESDAYS at 1:15pm** Members meet weekly for a friendly, informal game of cards and/or board games. Looking to start a new group game of Scrabble and Rummikub. For more information call Amy at 860-721-2979.
- ⇒ **MAH JONGG** —**TUESDAYS & THURSDAYS at 10AM. LOOKING FOR NEW PLAYERS!** Instruction is available for beginners. Call Amy at 860-721-2979 to arrange instruction.
- ⇒ **RED ONION SENIOR QUILTERS** **THIRD MONDAY** of EACH MONTH at **10A. (SEPTEMBER 16).** NEW MEMBERS ALWAYS WELCOME! For more information call Amy at 860-721-2979.
- ⇒ **THE RHYTHMAIRS CHORAL GROUP** **2ND & 4TH THURSDAYS OF EACH MONTH at 1PM.** The group enjoys entertaining and singing at local senior living communities and centers upon request.
- ⇒ **RUMMIKUB** **EVERY TUESDAY AT 1PM IN THE SENIOR CAFE... BEGINNERS WELCOME!!** Exercise your brain and join us for a game that will sure to get you hooked! Instruction available... call Amy at 860-721-2979 for more information or to reserve your spot in the next game.
- ⇒ **SETBACK** **FRIDAYS, 12N,** in the Banquet Room. Join our friendly group! Everyone is 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.
- ⇒ **VOLUNTEERING** Plenty of volunteer opportunities at our Center. Call Amy for more information 721-2979.
- ⇒ **WALKING DVD** **MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM. FREE FOR SENIOR CENTER MEMBERS** Drop-in's welcome. Get your day started with this fun, low-impact aerobic class! 
- ⇒ **WiiBOWLING** **TUESDAYS AND THURSDAYS at 1PM.** All the fun of regular bowling without throwing your back out using a heavy ball! New members welcome! No experience necessary; drop-ins welcome... we will be happy to get you started!



**THE WETHERSFIELD COMPUTER LEARNING CENTER**

*The Center offers individual and small group instruction to help meet all your technology needs!*

**DROP-IN ASSISTANCE: ON THE FIRST WEDNESDAY OF EACH MONTH, WEDNESDAY, JULY 3<sup>RD</sup> 1:30-3:30PM**

**ONE-TO-ONE ASSISTANCE** is available **BY APPOINTMENT**: The cost is \$10 per hour session. **CALL 860-721-2979**

**THE COMPUTER LAB** is open **EVERY TUESDAY AND THURSDAY 2:30-4:30PM** for use of our laptops.

**COMPUTER CLASSES**

**\$10 FEE FOR EACH CLASS. ... REGISTRATION REQUIRED; CALL 860-721-2979.**

**MANAGING FILES AND FOLDERS WINDOWS 10 ~ THURSDAY, SEPTEMBER 19; 10AM-12PM**

Learn to organize your files and folders electronically, create and delete files and folders, restore files that have been temporarily deleted or deleted by mistake, and rename a file and a folder, etc.

**WINDOWS 10 PHOTOS AND PICTURES ~ TUESDAY, OCTOBER 1; 10AM-12PM**

Learn to work with Photos using the Windows 10 Photos app.

**IPAD APPS SESSION1: CONTACTS, FACETIME VIDEO CALLS ~ WEDNESDAY, OCTOBER 2; 9:30A-11A**

Add and manage Contacts to use with email, texting and video calls. Learn to do video calls with FaceTime; plus more apps!

**IPAD APPS SESSION 2: CALENDAR AND MAPS ~ WEDNESDAY, OCTOBER 16, 9:30AM-11AM**

Add meetings, appointments, birthdays to Calendar. Use Maps for real-time traffic information & explore new places.

**IPAD APPS SESSION 3: MORE APPS! ~ WEDNESDAY, OCTOBER 23, 9:30AM-11AM**

Have questions about Apps on your iPhone or iPad? Join this informative session where we share Apps and answer questions.

**ONLINE SECURITY - TIPS AND TECHNIQUES ~ TUESDAY, NOVEMBER 5, 10AM-12PM**

How to read email and not get hacked. How to use public Wi-Fi (if you must). What is a VPN and why would I need one?

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