

Wethersfield Senior Center

THE SENIOR CENTER CONTINUES TO BE CLOSED.

All Activities Programs & Entertainment are held REMOTELY.

ALL SERVICES & BUS TRIPS ARE CURRENTLY UNAVAILABLE.

Members will be notified when the Center reopens for in-person classes and services or you can visit www.wethersfieldct.gov/senior-center for the latest updates and announcements.

The Wethersfield Senior Center serves adults age 55 and over.

Annual membership fee: \$5 for Wethersfield residents and \$7 for non-residents

Membership is required to participate in all classes and programs.

Program information can be found below or updated in our monthly Senior Center Newsletter, online at wethersfieldct.gov/senior-center and in the Rare Reminder on the last Thursday of each month.

Wethersfield Senior Center has CLOTH FACE MASKS for our WETHERSFIELD SENIORS.

For more information regarding The Wethersfield Senior Center, please contact Senior Center Coordinator, Amy Miller, at 860-721-2979 or email: amy.miller@wethersfieldct.gov.

AARP SMART DRIVING COURSE

AARP has cancelled all Driver Safety programs: Smart Driver courses and in-person events through Dec 31, 2020. The on-line course is available at www.aarpdriversafety.org. Use promotion code: DRIVINGSKILLS. The 25% discount has been extended through Dec 31, 2020.

RED ONION SENIOR QUILTERS

Red Onion Senior Quilters continue to work from home and quilt for charity. Each year our group donates a large number of beautiful quilts to the Children's Hospital and other charities in need. Stay connected and share your love of quilting! All skill levels welcome.

SENIOR CAFÉ / CRT GRAB N' GO LUNCH PROGRAM

Each week on Mondays, pick up 5 delicious meals at the Pitkin Community Center. Suggested donation: \$12.50 for 5 meals, Registration is required. Ages 60+. Please call 860-721-2979 for more information and to reserve your meals.

MONTHLY LEGAL RESOURCE

By Appointment. Atty. Joan Wilson, of Wilson, Pinder & Snow LLC, offers free consultations on legal matters to Senior Center members regarding estate planning, elder law and probate issues. Atty. Wilson determines your legal needs and provides an estimate of costs for her services or a referral for advice from attorneys with other specialties. Call Amy at 860-721-2979.

WETHERSFIELD SOCIAL SERVICES: HOW MAY WE HELP YOU?

Wethersfield offers many services to our senior community; some you may be familiar with, others you may not. If you are experiencing FINANCIAL DIFFICULTY & seeking INFORMATION ON ACCESS TO FOOD AND BASIC NEEDS, or have questions regarding TRANSPORTATION, please contact us at 860- 721-2977 or email Chris Taylor at chris.taylor@wethersfieldct.gov.

DIAL-A-RIDE

Do you no longer drive or need reliable transportation to stay independent? Dial-A-Ride may be your answer! To learn more about this valuable service, how it works, who is eligible and how to get started, please call Social & Youth Services at 860-721-2977.

HARTFORD HOSPITAL'S DIGITAL MOBILE MAMMOGRAPHY VAN

Hartford Hospital's digital mobile mammography van will be in the parking lot of the Pitkin Community Center to provide screening mammograms for women 40 years and older who have not had a mammogram in at least one year and not currently experiencing breast problems. Most insurance plans will be accepted. If you do not have insurance, other resources may be used to cover the cost of your mammogram. Bring a photo ID and your health insurance cards to your appointment. Limited appointments are available. Call Amy at 860-721-2979 to schedule an appointment.



Date	Day	Time
10/6	Tu	9:00A-1:30P

REMOTE LEARNING FROM THE WETHERSFIELD COMPUTER LEARNING CENTER (WCLC):

For more information and to register for any of the following remote programs, please contact:
Amy Miller at amy.miller@wethersfieldct.gov or call 860-721-2979.



DO YOU WANT TO ZOOM?

Easily access Remote Classes, Meetings & Social Interactions with VIDEO CONFERENCING

Much of the Senior Center's programming is now done remotely during this time of social distancing. If you have a computer, laptop, smart phone or iPad/tablet, you can easily join in the fun, stay busy at home, and connected to your friends and family. **It's easier than you think!**

The Wethersfield Computer Learning Center offers **FREE** one on one, remote tutoring. Learn how to use the most popular videoconferencing platforms: Zoom, Google Meet and GoToMeeting, to name a few. Volunteers are available to call you and explain, access and use the technology.

FREE ONE ON ONE TECHNOLOGY INSTRUCTION

Even while the Senior Center is closed, the WCLC is offering individual **instruction on iPhones, iPads, Android phones, Android notebooks and tablets.**

* Sessions are based on your individual needs and questions.

* Volunteers are available to assist you remotely via phone and through videoconferencing applications.

* Sessions are up to one hour and are **FREE** of charge during this time. Donations to WCLC are welcome.

SETTINGS ON THE IPHONE AND IPAD **TUESDAY, SEPTEMBER 8 AT 1:00P**

Ever wonder what that 'Settings App' (or icon) is about? Learn how to brighten and/or darken your screen, change the size of the font, hook up to WiFi or turn on Airplane Mode or Bluetooth and much, much more!

NEWS APP ON THE IPHONE AND IPAD **TUESDAY, SEPTEMBER 29 AT 1:00P**

Learn how the News app on your iPhone or iPad can be used to collect stories and topics that you are interested in viewing.

INTRO PHOTOS ON IPAD **TUESDAY, OCTOBER 6 AT 1:00P**

Do you find your photos need some organization? Now is a perfect time to learn how your photos are organized in the Apple Photos App, search for particular photos, mark photos as favorites, and create Albums with your photos.

EDIT PHOTOS ON IPAD **TUESDAY, OCTOBER 13 AT 1:00P**

The edit tools in the Photos app allow you to make many different changes to your photos. Learn how to straighten, crop, and adjust your photos.

SHARE PHOTOS ON IPAD **TUESDAY, OCTOBER 20 AT 1:00P**

Learn how to save photos and videos from digital cameras, texts and emails and share your photos and videos with others. Learn how iCloud can be used to help with your photos.

INTRO PHOTOS ON IPHONE **TUESDAY, NOVEMBER 3 AT 1:00P**

Do you find your photos need some organization? Now is a perfect time to learn how your photos are organized in the Apple Photos App, search for particular photos, mark photos as favorites, and create Albums with your photos.

EDIT PHOTOS ON IPHONE **TUESDAY, NOVEMBER 10 AT 1:00P**

The edit tools in the Photos app allow you to make many different changes to your photos. Learn how to straighten, crop, and adjust your photos.

SHARE PHOTOS ON IPHONE **TUESDAY, NOVEMBER 17 AT 1:00P**

Learn how to save photos and videos from texts and emails and share your photos and videos with others. Learn how iCloud can be used to help with your photos.

WINDOWS 10 & INTERNET SECURITY **THURSDAY, NOVEMBER 19 AT 1:00P**

Learn about the security settings in Windows 10 and on your Internet browser. This class will describe some of the most used Internet browsers. User opportunities for careful browsing and disaster will also be presented.

SAFELY USE THE INTERNET **WEDNESDAY, DECEMBER 2 AT 1:00P**

Shopping and banking can be done efficiently, quickly, and safely on the Internet. Many people fear inputting financial information into their computers and smart phones because they are worried about getting hacked. There are things people can do to safely use the Internet and to reduce the chances of becoming a victim of identity theft. Do you want to enjoy the conveniences of online shopping and banking safely? Join us for a lively discussion and learn more about how to be smart while using your smart devices!

USING THE ITUNES APP & THE ITUNES STORE **WEDNESDAY, DECEMBER 9 AT 1:00P**

There's an App for that(!) and for anything else you want to do. Don't miss out on any of the best 2.2 million apps in the App Store. Many are free! You also don't want to miss out on downloading music, movies, and TV shows from the iTunes Store. Many genres and artists are available.

Learn how to search for apps and entertainment, make a purchase by credit card or gift card (if required), and download. The App and iTunes Stores are for users of an Apple device(s) (Mac, iPhone, iPad, iPod).



FREE REMOTE LEARNING & ENTERTAINMENT AT HOME

Grab a bite to eat, and log on to one of the following **FREE REMOTE PROGRAMS!** All programs can be viewed on a computer, iPad, tablet or smart phone. **No access to technology? Many programs can also be listened to over the phone.** Unless otherwise noted, for more information and to register for any of the following remote programs, please contact: Amy Miller at amy.miller@wethersfieldct.gov or call 860-721-2979.

UNITED WE STAND:

ENTERTAINMENT WITH BRIAN GILLIE

FRIDAY, SEPTEMBER 11 AT 1:00P

Enjoy a lively, upbeat show with Brian Gillie. Entertainment in the comfort of your own home!

****Must register by Tuesday, September 8.**

HOW TO MAKE THE MOST OF YOUR DOCTOR'S APPOINTMENT

WEDNESDAY, SEPTEMBER 16, 12:30P

Presented by Nicholas Arsenault, Transitional Care Nurse,

Sponsor: Hartford HealthCare Center for Healthy Aging

On average, doctor appointments are only 15 minutes long. Learn how to make the most out of your appointment through various tips and strategies to ensure the optimal visit with your physician. For more information call Hartford HealthCare Center for Healthy Aging, 1-877-4AGING1 (1-877-424-4641).

Registration required by calling

1-855-HHC-HERE / 1-855-442-4373

or visit HartfordHealthCare.org/Events.

Zoom Link: <https://hartfordhealthcare.zoom.us/j/95500475105>

Phone: 646-876-9923

Meeting ID: 995-0047-5105#.

AARP CONNECTICUT ROAD TO LIVABILITY

MONDAY, SEPTEMBER 18 AT 1:00P

This interactive presentation examines “What You Have” vs. “What You Need” when it comes to your HOME, CAR and COMMUNITY. Geared toward the whole family, participants will gain an understanding of the tools and resources available to create a home where you can live in comfort and safety, no matter what your stage of life. **Registration is required.** To register: <https://aarp.cvent.com/LivableSept18Wethersfield> or call Erica Michalowski, AARP at 860-548-3163.

PREPARING FOR MEDICARE OPEN ENROLLMENT

WEDNESDAY, SEPTEMBER 23 AT 1:00P

Presented by Phyllis Garcia, Sponsored by the Wethersfield Computer Learning Center

Whether you are new to Medicare or have been on Medicare for many years, did you know you can change your plan every year during the Medicare Open Enrollment period (October 15 to December 7). Selecting the right plan for you is not difficult. It just requires some preparation. But where do you begin?

This presentation will be led by a Certified Employee Specialist (CEBS) with years of experience in evaluating and selecting health plans, including her own Medicare plan. **THIS PRESENTATION IS TO ASSIST YOU BEFORE EVALUATING AND SELECTING A PERSONAL MEDICARE PLAN. THIS IS NOT A SALES PRESENTATION. NO PLAN(S) WILL BE ENDORSED.**

Please register by September 21.

To register call 860-721-2979 or email phyllis.garcia@cox.net.

FREE REMOTE LEARNING & ENTERTAINMENT AT HOME CONTINUED....

“BOB STEELE ON THE RADIO THE LIFE OF CONNECTICUT’S BELOVED BROADCASTER” MONDAY, OCTOBER 12 AT 1:00 P

Presented by Connecticut author, Paul Hensler

Author of the first ever biography on Bob Steele, beloved broadcaster, radio voice of Southern New England will be here to share history, home-life and award-winning career of this Connecticut media legend. Registration required.



VIRTUAL MUSICAL TRIP ‘60S SATISFACTION AND GRAB & GO psychedelic, bubblegum & Motown favorites WEDNESDAY, NOVEMBER 18, 2020 1:30-2:30P

Relive the musical era we all loved with former CT State Troubadour and Woodbury native, Pierce Campbell, on guitar and vocals, Tony Pasqualoni on bass. This fun duo will have you on your feet singing and dancing from start to finish and leave you smiling at the end of the show! It's the perfect party band! Enjoy hearing your favorite '60s tunes from all the great artists like The Beatles, The Stones, Santana, Credence, Sam Cooke, Steam, The Boxtops, Procol Harem, The Moody Blues, The Foundation, The Turtles, The Doors, The Animals, Cream, Roy Orbison, Wilson Pickett and many more! Tie dye attire optional!

GRAB & GO: Pick up your Treat prepared by Arden Courts Executive Chef at 10:00A the morning of the show at the PITKIN COMMUNITY CENTER PARKING LOT. Please wear your facemask and remain in your car during pick up.

Registration required by November 9. To register and reserve your treat, email amy.miller@wethersfieldct.gov or call 860-721-2979.



NEW! MULTI-GENERATIONAL COMMUNITY PEN PALS

***Pilot Program**

Grow the community you know!

Connect with others in the community. Take a moment to write a letter by email to a youth and get to know your neighbor. You may even broaden their understanding of history by exchanging letters.

Register to become a Pen Pal!

Contact Amy Miller, Senior Center Coordinator amy.miller@wethersfieldct.gov.

Sponsored by the Wethersfield Parks and Recreation Department and Social & Youth Services Department.



Senior Center Exercise Classes

All classes will be held remotely via Zoom.

To register for any of the following exercise classes, please visit: www.wethersfieldct.gov/recreation.

BELLY DANCING

Age 55+. This Senior Belly Dance Class involves EASY steps to follow with modifications for your abilities. Enjoy a renewed sense of confidence as we create beautiful signature dances. Look forward to each week with a fabulous group of ladies. Beginners welcome. Min/Max: 6/30. **Remote.**

Date	Day	Time	Member Fee	Code
9/30-11/18	W	2:00-2:50P	\$32	236095-19

CHAIR YOGA

Age 55+. 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.

Min/Max: 12/50. **Remote.**

Date	Day	Time	Member Fee	Code
9/28-11/16	M	11:30A-12:20P	\$32	236235-19
10/1-11/19	Th	2:00-2:50P	\$32	236235-20



TAI CHI: FLOWING MOVEMENT FOR BETTER BALANCE

Age 55+. T'ai chi, a mind-body practice, focuses on building strength and improving balance and flexibility through slow, fluid movement. Described as meditation in motion. Learn T'ai Chi form (Chen Style) movements, agility exercises, and several Qigong forms designed to invigorate and strengthen the whole body. T'ai Chi and Qigong can be adapted for all fitness levels. Sessions also include standing and/or sitting meditation, important components of Qigong and T'ai Chi training. Students will leave with a routine and tips for sustaining a daily practice Min/Max: 7/30. **Remote.**

Date	Day	Time	Member Fee	Code
9/30-11/18	W	10:30-11:20A	\$32	236252-19



QIGONG: SIMPLE MOVES FOR BETTER HEALTH

Age 55+. Experience the benefits of movement, meditation and mindfulness.

Qigong integrates body posture, movement, coordinated breathing and meditation.

Its low-impact exercises are designed to boost energy and increase balance, flexibility, mobility, and relaxation. In this class, students will learn several Qigong forms as well as the Cloud Hands movement of T'ai Chi, which is often practiced individually for internal balance, coordination, and energy flow. T'ai Chi and Qigong can be adapted for all fitness levels. Sessions also include standing and/or sitting meditation, important components of Qigong and T'ai Chi training. Students will leave with a routine and tips for sustaining a daily practice. Min/Max: 7/30. **Remote.**

Date	Day	Time	Member Fee	Code
9/29-11/17	T	1:00-1:50P	\$32	236253-19



Senior Center Exercise Classes Continued...

EASY DANCING FOR FUN

Age 55+. Follow Gia in easy dance steps to lively music from around the world, including oldies and classic favorites. A great hour of movement and fun. Min/Max: 7/40. **Remote.**

Date	Day	Time	Member Fee	Code
10/2-11/20	F	11:30A-12:20P	\$32	236102-19

SILVER SNEAKERS:

Silver Sneakers classes are designed to increase strength and improve balance. Focus on strengthening ankles, knees and hips to improve reaction time and reduce falls.

Classes suitable for all fitness levels as exercises are adapted for each individual's skill level. A chair is used for balance and support. **Remote.**

SILVERSNEAKERS STRENGTH & BALANCE

Date	Day	Time	Member Fee	Code
9/29-11/17	T	11:00-11:45A	FREE	236260-19
10/1-11/19	Th	11:00-11:45A	FREE	236260-20



SILVER SNEAKERS STABILITY

Date	Day	Time	Member Fee	Code
10/2-11/20	F	9:00-9:45A	FREE	236261-19