

Wethersfield Senior Center News

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APRIL, 2019

She's Here! She's Here!—Come one, come all, to welcome our new Senior Center Coordinator, Amy Miller. Amy started in her new position on Monday, March 11 and is quickly learning “the ropes.” She’s anxious to meet all Senior Center members and plans to continue to provide outstanding service and to grow the fitness, educational and entertainments programs offered here. Amy grew up in Wethersfield and is a graduate of Wethersfield High. She comes to us with over 20 years of experience in the field of senior services, senior health care and senior living and is a Certified Therapeutic Recreation Director. So feel free to stop in and say “hello” and give Amy a warm welcome!



Musical Entertainment + 1!—On **Mon, April 1 at 1p**, the Senior Center welcomes David Gocłowski. David is an experienced solo accordionist and vocalist. But don’t be fooled... this isn’t your grandfather’s accordion! This is a digital accordion that offers the sound of a back-up orchestra and in the hand of a master like David, will amaze and astound you!



And we’ve rescheduled the wonderful performance of Jerome Riley that was scheduled in March but was cancelled due to snow! As you may recall, Jerome is the outstanding performer that honed his skills performing with Herb Reed and the Platters in the 1980s. He’ll help us take a step back in time as he presents his 50’s and 60’s musical show on **Mon, April 15 at 1pm**. Don’t miss it! No pre-registration is required. Admission is \$2 for Center members, \$4 for non-members. Snacks and door prizes are included!

Lunch & Learn—Cremation Society of Connecticut—Adrienne Drexler from the Connecticut Cremation Society will be our speaker on **Tue, April 16 at 12N**. Adrienne will talk to us about cremation, an affordable final planning option that allows you dignity and peace of mind. You’ll be able to ask all of your questions about cremations and your options. A light lunch will be served. Call 860-721-2979 by Wed, 4/10 to register. Free for Senior Center members.

\$3 Haircuts—On **Tue, April 23 from 9a-2p** the students from the International Institute of Cosmetology, 632 Silas Deane Highway (across from Rite Aid & Corpus Christi Church) will offer haircuts for \$3 for Senior Center members. Haircuts include a shampoo and blow dry. Call 860-721-2979 for an appointment.

Wethersfield Senior Golf League: New Members Wanted!—The Senior Golf League is looking for new members. The League plays every Tuesday at Goodwin Park during the spring, summer and fall. Men and women are welcome and the League is looking for both weekly and substitute players. For more information, please contact Christopher Guinan at 860-563-5761 or Rudy Kamm at 860-930-9810.



Free Legal Consultation—Attorney Joan Wilson from Wilson, Pinder & Snow LLC will return on **Wed, April 10 from 10:30a-12N** to offer 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 what your legal needs are. If she can assist you, she will provide an estimate of costs for her services. If you require advice from attorneys with other specialties, she will provide referrals. Call 860-721-2979 for an appointment.

Monthly Massages!—Licensed massage therapist, Connie Drake will make her monthly visit to the Center to offer chair and full table massages for Senior Center members on **Fri, April 12 from 10a-2p**. A 15-minute chair massage costs \$10, and a 30-minute table massage costs \$25. Call 860-721-2979 for an appointment.

Monthly Crafts—On **Fri, April 12 at 10a**, Nora Madore from Autumn Lake Health Care at Cromwell will return for her monthly craft class. Nora specializes in seasonal decorations, wreaths, frames, bird houses and more! Autumn Lake will provide all the supplies, so all you have to do is come! Call 860-721-2979 by Mon, 4/8 to sign up. Free for Senior Center members.

Computer Learning Center

The Center is pleased to offer individual and small group instruction regarding your technology needs. One-to-one assistance is available in our computer lab for \$10 per hour or \$5 per half hour by appointment. Help is also available **on the first Wednesday of each month from 1:30-3:30pm**. This month, lab will be held on **Wed, April 3**. Assistance offered includes help with iPads, iPhones, Android phones and Microsoft Office. Appointments are required for all assistance. The computer lab also remains open every Tuesday and Thursday afternoon from 2:30-4:30p for use of our laptops which are equipped with Windows 10. Call 721-2979 for appointments.



This month, the Center will also offer a series of classes called “Having Fun With Photos on Your iPad and/or iPhone” on April 17, 24 & May 1. You can sign up for one or all of these Wednesday morning sessions.

Session 1: Organizing Photos on Your iPhone and/or iPad—April 17, 9:30-11am. Cost \$10.

Love taking photos on your iPad or iPhone? Learn how to organize your pictures in folders making them easier to locate.

Session 2: Editing Photos on your iPhone and/or iPad—April 24, 9:30-11am. Cost \$10

Enhance your pictures. We will crop, brighten, change color photos to black and white and also add text to them.

Session 3: Saving and Sharing Photos in Texts or Emails—May 1, 9:30-11am. Cost \$10

Learn how to save and share photos with family and friends.

Pre-registration for these sessions is required. Call the Senior Center at 721-2979 by April 10 to register.

Senior Center Health Programs

Free Blood Sugar Testing*— **Fri, April 12, 11a-12N** in the Main Lobby. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Foot Care Clinics-Fri, April 5 & Tue, April 23—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call 721-2979 for appointments.

Free Blood Pressure Testing*— **Thur, April 25, 12:30-1:30p** outside the Senior Center office. Cedar Mountain Commons provides this service on the 4th Thursday of each month.

Wethersfield Stroke Club—A support group for stroke survivors and their families meets on the 2nd Tuesday of each month from 2-4pm in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to www/strokesupport-ct.org.

*Please note that these programs are offered on a voluntary basis by our local health partners. Occasions do arise when staffing issues do not allow these programs to occur as scheduled. Cancellations can occur with short notice. We apologize in advance for any cancellations that may arise.



Winter/Spring Senior Center Classes

Below is the Winter/Spring Semester of Senior Center classes. If you'd like to join a class, please see Amy in the Senior Center office.

Art & Mindfulness—Thursdays, 9:30-10:45a. Classes end 4/25.

Artist's Journey—Wednesdays, 10-11:30a. Classes end 5/22.

Ballroom Dance—Thursday, 10-10:45am, Classes end 4/25.

Belly Dance—Thursdays, 12:30-1:30p. Classes end 5/23.

Chair Yoga—Mondays, 11:30a-12:20p—Classes end 5/20. **Thursdays, 2-2:50p**—Classes end 5/23.

Easy Dancing for Fun with Gia—Tuesdays, 2-2:45p. Classes end 5/21.

Needle Felting—Mondays, 10-11:30a. Classes end 5/20.

Painting—Tuesdays, 10-11:30a. Classes end 5/21.

Silver Sneakers Classes—Cost: FREE for Silver Sneakers members. Non-Silver Sneakers members pay a \$3 drop-in fee per class. Pre-registration is not required... come early to your first class with your Silver Sneakers card to complete the necessary paperwork.

Mondays: Stability Class, 11-11:45a—Classes end 6/3.

Wednesdays: Strength & Balance Class, 11-11:45a—Classes end 6/5.

Fridays: Strength & Balance Class, 10-10:45a—Classes end 6/7.

T'ai Chi Qigong—Thursdays, 11a-12N. Classes end 4/25.

Walking DVD—Mondays, Wednesdays & Fridays at 10a. Free for Senior Center members. Drop-in's welcome. Pre-registration is not required. (As this session does not require registration, the group runs continuously each Mon, Wed & Fri except for holidays.)



Homeowners Property Tax Relief & Renters Rebate—Tax relief is available to financially eligible Wethersfield homeowners and renters who are elderly (aged 65 and older) and those who are permanently and totally disabled. Households whose income falls below \$36,000 for individuals and \$43,900 for married couples may qualify. Homeowners apply between February 1 and May 15. And renters must apply between April 1 and October 1. 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 Rent Rebate in the community on the following dates:

Fri, April 5—9am-12N—First Church Village, 117 Wells Road

Tue, April 16—9am-12N—100 Executive Square

Tue, April 30—9am-12N—Wethersfield Housing Authority, 60 Lancaster Road

Tue, May 7—9am-12N—100 Executive Square

Tue, June 4—9am-12N—Fuller Housing, 31 Butler Street

Tue, June 25—9am-12N—Lasher Court, 333 Maple Street

Tue, July 30—9am-12N—100 Executive Square

Tue, August 6—9am-12N—Nathan Hale Senior Housing, 1532 Berlin Turnpike

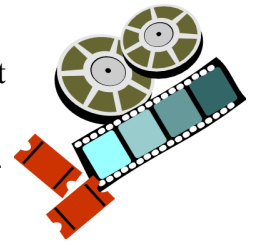
Tue, August 27—9am-12N—Nathan Hale Senior Housing, 1534 Berlin Turnpike

Senior Center Closure: The Senior Center will be closed on Friday, April 19 for Good Friday.



Monday Afternoon At The Movies!

Free movies complete with soda and snacks continue on Mondays at 1pm. Movies are subject to change depending upon availability. Showing in April:



April 8—Boy Erased. Starring Russell Crowe & Nicole Kidman. This is the courageous story of Jared Eamons, the son of a Baptist pastor in a small American town who must overcome the fallout of being outed to his parents who struggle to reconcile their love for their son with the beliefs. Fearing a loss of family, friends and community, Jared is pressured into attending a conversion therapy program. While there, Jared comes into conflict with its leader and begins his journey to finding his voice and accepting his true self! Rated R; 1h, 55min.

April 22—Adrift. Based on the inspiring true story of two free spirits, Tami & Richard whose chance encounter leads them to love and to an adventure of a lifetime. As the two set out to sail across the ocean, they couldn't anticipate sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope for rescue, Tami must find the strength and determination to save herself and the man she loves. Rated PG13; 1h, 37min.

April 29—Leave No Trace. For survivalist Will and his teenage daughter, living off the grid means residing in a nature reserve on the edge of a city, a lifestyle that suits them until they're discovered and forced into the social service system. Rated PG; 1h, 49min.

(Please note there will be no movies on April 1 & 15 due to the live musical presentations on these two Mondays this month.)

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; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **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—Wed, April 17, 10a-12N.** Our friends from Newington Rapid Recovery perform this FREE service on the third Wednesday of each month in the Banquet Room before bingo. First-come, first-served. Manicures include filing, buffing & polishing.
- ⇒ **Ping Pong**—Our regulation size table is ready for play and is available every Wednesday 11:30a-1p. Bring a friend and play or call 860-721-2979 if you're looking for a partner!
- ⇒ **Red Onion Senior Quilters** —meetings are held on the third Monday of each month at 10a. The group's next meeting is on **Mon, April 15.**
- ⇒ **The Rhythmairs Choral Group**—practices held on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes and assisted living facilities upon request.
- ⇒ **Scrabble Group** holds weekly games each Tuesday at 1:15pm. Call Miriam at 860-977-4911 if you're interested in joining!
- ⇒ **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.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm. New members welcome!
- ⇒ **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 10 and 11:30am.





Thought For the Month—Be happy for this moment.
This moment is your life!

Watch Your May Newsletter for...

- **Musical Entertainment**—On **Mon, May 6 at 1pm** the Senior Center welcomes back the-one, the-only, Brian Gillie. Brian has a new show that will “blow your socks off!” To say that Brian’s “Radio Show” is high energy, is truly an understatement. If you loved listening to radio as a teenager, this show will be a stroll down memory lane, but “on steroids!” Don’t miss this one!
- **Annual Senior Citizens Advisory Committee Educational Event**—On **Thur, May 9 at 1pm**, speaker and Life Coach, Diane Albert will present “Clutter to the Gutter!” With a touch of humor, Diane will talk about letting go of the clutter that links you to your past, but hinders you from moving forward! Snacks will be served.*



Dates to Remember: Monthly Legal Consultations—**Wed, 5/8, 10:30a-12N***
Monthly Massages—**Fri, 5/10, 10a-2p***
Monthly Craft Class with Nora from Autumn Lake—**Fri, 5/10, 10a.***
AARP Safe Driver Class—**Tue, 5/21, 9a-1p**

* Call Amy at 860-721-2979 to register for these programs.