



Wethersfield Senior Center News

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AUGUST, 2018

August Musical Entertainment & Annual Ice Cream Social!

Join us on **Mon, August 6 at 12:30p** as we enjoy our Annual Senior Center Ice Cream Social. Our generous friends at Atria Senior Living will once again bring ice cream and all the fixin's for a "build-your-own sundae bar!" And then at **1pm**, our musical entertainment program will feature Janice Dompke! When Janice was here before and performed her Patsy Cline show, you would have thought Patsy was "in the house!" The crowd requested an encore performance, so here's your chance to see Janice sing some of your favorite Patsy Cline tunes! Please call Lisa at 860-721-2979 to register. Admission is \$2 for Senior Center members and \$4 for non-members at the door.



Friday Feature: Good Nutrition for Your Heart

Join us on **Fri, August 3 at 10am** when Charlotte Meucci, Registered Dietician from Hartford Hospital's Cardiology Department will visit the Senior Center. Charlotte will talk to us about the rules of heart healthy eating including how to reduce your risk of a heart attack and stroke with healthy food habits. Many seniors struggle with multiple health problems and balancing your nutritional needs can be daunting. Come learn about the American Heart Association's Healthy Diet guidelines and take the confusion out of your diet! Charlotte is also prepared to answer all your diet related questions! Call Lisa by Mon, 7/30 to register. Free for Senior Center members. Snacks will be served.

Lunch & Learn—Preventing Falls in Older Adults: The Safe Steps Program and Fall Risk Mobility Screenings!

On **Tue, August 7 at 12N**, Physical Therapist, Sharon Treat from Jefferson House will join us for our August Lunch & Learn. Sharon's 30-minute presentation will explore facts and misconceptions about falls in seniors, safety precautions, and how exercise and therapy can be instrumental in minimizing your risk of falling. The talk will include a synopsis of what the Hartford Healthcare "Safe Steps Program" offers. After the presentation Sharon will provide interested attendees with a fall risk mobility screening that will compare your performance to the average norms for your age. A light lunch will be served. Call Lisa at 860-721-2979 by Thur, 8/2 to register. Free for Senior Center members.



Great Courses Continue: Comparative Religion

We will continue showing Great Courses this month on **Wed, August 1 & 8 at 1:30p**. Great Courses is a series of lectures on DVD delivered by university professors and professional experts from around the world. This month we will continue the series we began in July, "Comparative Religions." Each lecture is 30 minutes long and provides an in-depth look at how the five great faiths (Judaism, Christianity, Islam, Hinduism and Buddhism) address core issues. Free for Senior Center members. Snacks are served.

AUGUST NOTES

\$3 Haircuts!—On **Tue, August 7 from 9a-1p**, \$3 haircuts will be offered at the International Institute of Cosmetology, 632 Silas Deane Highway (across from Rite Aid & Corpus Christi Church) for Senior Center members. Haircuts include a shampoo and blow dry. Call Lisa at 860-721-2979 for an appointment.



Monthly Crafts—On **Fri, August 10 at 10a**, Nora Madore from Autumn Lake Health Care at Cromwell will return for her monthly craft class here at the Senior Center. Nora specializes in holiday-themed crafts including seasonal decorations, wreaths, frames, bird houses and more! Autumn Lake will provide all the supplies, so all you have to do is come! Call Lisa at 860-721-2979 by Tue, 8/7 to sign up. Free for Senior Center members.

Summer Closure—The Community Center and Senior Center will be **closed the weeks of August 13 and 20** with the exception of the Community Café which will be in operation the week of August 13, but not the week of 8/20. The Center will re-open on Monday, August 27. All regularly scheduled activities are cancelled due to the closure including:

- Mini-Manicures which will return on **Wed, Sept 19 from 10a-12N**
- Monday Afternoon At the Movies which will resume on **Mon, Sept 10 at 1p**
- Free Blood Pressure Screening will next occur on **Thur, Sept 27 at 12:30p**

Lisa On Vacation!—Lisa will be on vacation for the two weeks that the Center is closed. If you require assistance during that period, please see the ladies in the Community Center office or call 860-721-2950.

Senior Center Health Programs

Free Blood Sugar Testing*— **Fri, August 10, 11a-12N** in the Banquet Room. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Foot Care Clinics—**Fri, August 3 & Thur, August 30**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appointments.



*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.

Rent Rebate

The Wethersfield Social Service Department is accepting Rent Rebate applications. Upcoming outreach to residents of senior housing include:

- 100 Executive Square on **Tue, August 21** from 9a-12N
- Nathan Hale Senior Housing, 1532 Berlin Turnpike on **Tue, August 28** from 9a-12N
- Fuller Housing, 31 Butler Street on **Tue, Sept 11** from 9a-12N
- 100 Executive Square on **Tue, Sept 18** from 9a-12N



Individual appointments and information about the program and the documents required to apply are available by calling Wethersfield Social Services at 860-721-2977.

Thought for the Month...

To thrive in this life you need three bones... a wishbone, a backbone and a funny bone!
—Reba McEntire



Summer Classes End This Month & Fall Registration Begins!

Summer session is coming to a close this month. The last days of summer classes are listed below. And fall session begins in September! Register on-line beginning August 29 at Wethersfieldct.gov or in person with Lisa or in the Community Center or Parks & Rec offices for these classes.



Art & Mindfulness—**Thursdays, 9:30-10:45a.** Fall session runs 10/4 through 12/6 (no class 11/22). Cost: \$27. Enjoy emotional and spiritual growth as you explore mindfulness. Have fun learning art basics 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, 10-11:30a.** Fall session runs 9/19 through 12/12. Cost: \$39. Begin your artist's journey with Deidre. Participants have the option to work in the media of their choice. Deidre will offer guidance with painting, drawing, mixed media, fiber arts and more! All levels of ability welcome.

Belly Dance—**Thursdays, 12:30-1:30p.** Summer session ends 8/9. Fall session runs 9/13 through 12/6 (no class on 11/22). Cost: \$36. Learn easy steps with modifications for your abilities. Have fun and enjoy a renewed sense of confidence as we perform a signature dance for the class. Join this welcoming, fun group of students!

Chair Yoga—**Mondays, 11:30a-12:20p**—Summer session ends 8/6. Fall session runs 9/17 through 12/17 (no class on 10/8). Cost: \$39. **Thursdays, 2-2:50p**—Summer session ends 8/9. Fall session runs 9/13 through 12/13 (no class on 11/22). Cost: \$39. Take both Monday & Thursday classes for \$70. 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.

Dance Around the World with Gia—**Tuesdays, 2-2:45p.** Summer session ends 8/7. Fall session runs 9/18 through 12/11. Cost: \$39. This class consists of simple dance moves to popular tunes from around the globe including home-grown favorites like Rock'n Roll, Pop and Country Western. The dances are loosely choreographed, spontaneous and can be followed without memorizing steps. Moderately paced and a great work out!

Needle Felting—**Mondays, 10-11:30a.** Fall session runs 9/17 through 12/17 (no class on 10/8). Cost: \$39. In the world of crafting, needle felting is one of the cutest activities 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!

Painting—**Tuesdays, 10-11:30a.** Summer session ends 8/7. Fall session runs 9/18 through 12/11. Cost: \$39. Join artist Faye Ahlberg as she cultivates the innate talents of her pupils. In this free-flowing class/artists' group, Faye can provide individual instruction or guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use any water-based medium including acrylics and water colors.

Silver Sneakers: Strength & Balance—**Wednesdays, 11-11:45a**— Fall session runs 9/19 through 12/19. **Fridays, 10-10:45a**— Summer session ends 8/10. Fall session runs 9/21 through 12/14. Cost: FREE for Silver Sneakers members. Non-SS members pay a \$3 drop-in fee per class. Become stronger and improve your balance. Focus is on strengthening your ankles, knees and hips to improve your reaction time and reduce falls. All fitness levels welcome as exercises are adapted for your skill level. A chair is used for balance & support.

T'ai Chi Qigong—**Thursdays, 11a-12p.** Summer session ends 8/9. Fall session runs 10/4 through 12/6 (no class on 11/22). Cost: \$27. 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 and open to all abilities.

Walking DVD—**Mondays & Wednesdays at 10am and Fridays at 9am.** Room S3. Free for Senior Center members. Come to Room S3 where we follow a simple DVD to get our miles in, in the safety and warmth of the Senior Center! The DVD will have you walking in place and doing simple exercise steps to get your heart rate up! Use light weights provided to boost your burn! Drop-in's welcome.

Computer Learning Center

The Computer Learning 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 available **on the first Wednesday of each month from 1:30-3:30pm**. This month, lab will be held on **Wed, August 1**. Assistance offered includes help with iPads, iPhones, Android phones and Microsoft Office. Appointments are required for all assistance. Contact Lisa at 721-2979 to make an appointment.

2018 Bus Trips!!

Below are our fall bus trips. Unfortunately we have a **wait list** for all trips at this point, but cancellations do happen. So if you'd like your name added to our wait list, please call Lisa at 860-721-2979. Flyers with more details are available at the Senior Center.

Thur, Sept 27—The Winnepesaukee Railroad Turkey Train. Enjoy a nostalgic train ride on the shores of Lake Winnepesaukee in New Hampshire. We'll have a home style Turkey dinner just like grandma made on the train and we'll visit Kellerhaus for ice cream and handmade chocolates, and shopping their gifts and collectibles. They'll also be a New Hampshire liquor stop. Cost: \$103.

Thur, Oct 11—Statue of Liberty & Ellis Island. Take the ferry with us to the Pedestal Museum at the base of the Statue of Liberty. The ferry will also take us to Ellis Island for an audio guided tour. Cost: \$77.

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. (NO bingo 8/15 & 22.)
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call Lisa if you're interested in starting a particular card or board game! (NO cards 8/14 & 21.)
- ⇒ **Golf League**—plays every Tuesday at Goodwin Park during the spring, summer and fall. Men and women are welcome! If you'd like to join, call Chris Guinan at 860-563-5761 or Rudy Kamm at 860-930-9810.
- ⇒ **Mah Jongg**—Tuesdays & Thursdays at 10am. Looking for new players! Instruction is available for beginners. Call Lisa at 860-721-2979 to arrange instruction.
- ⇒ **Ping Pong**—Call Lisa at 860-721-2979 if you're interested in playing!
- ⇒ **Red Onion Senior Quilters**—meetings are held on the third Monday of each month at 10a. There will be NO meeting in August. The group's next meeting is on **Mon, Sept 17**.
- ⇒ **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 livings upon request. (NO practice on 8/23.)
- ⇒ **Scrabble Group** holds weekly games each Tuesday at 1:15pm. Call Miriam at 860-977-4911 if you're interested in joining! (NO scrabble on 8/14 & 21.)
- ⇒ **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. (NO setback on 8/17 & 24.)
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm. New members welcome! (NO bowling the week of 8/13 & 8/20.)
- ⇒ **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. (NO lunches the week of 8/20.)



** A Senior Center member has expressed interest in starting a **Canasta and/or Bridge** group. If you know how to play these games and would like to participate or lead a new group, please contact Lisa at 860-721-2979!

Watch Your September Newsletter for...

- Hartford Hospital's Mobile Mammography Van—**Mon, 9/10, 9a-1:30p.** Hartford Hospital's mammography van will be in the Community Center parking lot to offer screening mammograms for women 40 years and older. Call Lisa for an appointment.
- NEW Service: Monthly Massages!—**Fri, 9/14, 10a-12N.** Licensed massage therapist, Connie Drake will begin monthly visits to the Senior Center to offer chair and full table massages at drastically discounted rates for Senior Center members! Call Lisa for more info and an appointment.
- Monthly Craft Class—**Fri, 9/14.** Call Lisa at 860-721-2979 to register.
- Lunch & Learn: Regaining Hope, Love & Laughter After Loss—**Mon, 9/17 at 12N.** Local therapist Cari Surace will talk about surviving and coping with grief and loss. Call Lisa to register.
- \$3 Haircuts—**Tue, 9/18.** Call Lisa at 860-721-2979 for an appointment.
- Friday Feature: Great Buildings of Hartford—**Fri, 9/21 at 10a.** Author Daniel Sterner will discuss and present a slide show of the beautiful buildings and variety of architecture that graced Hartford over the past century including lost buildings and surviving treasures! Snacks & door prizes. Call Lisa to register.
- Knowledge & Nibbles: Tea & Chocolate—**Tue, 9/25 at 10a.** A professional chocolatier will teach us about the health benefits and history of chocolate while we enjoy samples of her chocolate creations paired with fine teas. Call Lisa to register.
- NEW Service: Legal Advice—Also in September, Elder Law Attorney, Joan Reed Wilson from Wilson, Pinder & Snow, LLC will begin monthly visits to the Senior Center to provide FREE 15-minute legal sessions for Senior Center members! Watch your September newsletter for more info!