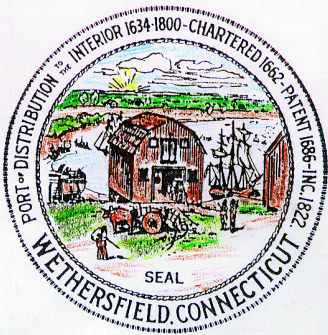


Wethersfield Senior Center News



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DECEMBER, 2018

Musical Entertainment—On **Mon, December 3 at 1p**, the Senior Center welcomes a duo that calls themselves “Belle of the Fall.” This young man and woman folk duo specializes in harmony vocals and play guitar and upright bass. Both are extremely talented and you’ll be happy you made the effort to come see them! No pre-registration is required. Admission is \$2 for Center members, \$4 for non-members. Snacks and door prizes are included!



Lunch & Learn: South Africa Travelogue—South Africa is a multi-ethnic society encompassing a wide variety of cultures, languages and religions. On **Thur, December 6 at 12N**, world travelers and Senior Center members Donna Brown and Judy Keane will recall their recent trip to South Africa and share a slide show of their adventure! A light lunch will be served. Call Lisa by Mon, 12/3 to register. Free for Senior Center members.



Knowledge & Nibbles: Forgiveness & Resolution—We are all born with an innate joy of living and a desire to explore. However we accumulate hurts, disappointments, regrets, fears and insecurities throughout our lives. These can influence our choices and create a future of fear, doubt and disease. Living with these toxic emotions, we risk becoming their prisoners. On **Mon, December 10 at 10-11:30a**, spiritual counselor and guide, Annaita Gandhi, will teach us how to become free again, and to live with love and joy in our hearts. Call Lisa at 860-721-2979 by Tue, 12/4 to register. Snacks will be served. This presentation is free for Senior Center members.

December Cooking Classes—Join us on **Tue, December 11 & 18 from 11a—1p** for Star Mader’s cooking classes. Come for the fun, food and recipes! On **Tue, December 11** our theme will be “Before the Turkey, Let’s Dip” so we’ll make holiday appetizers including 7-layer dip, guacamole and shrimp deviled eggs. And on **Tue, December 18**, it’s “Nothing But Chocolate!” when we make chocolate covered strawberries, chocolate crepes rolled around chocolate ice cream and topped with red raspberry sauce and double coffee chocolate brownies with chocolate chips and chocolate drizzle! They’ll be plenty to enjoy during class and to take home... so bring a container! Call Lisa at 860-721-2979 to register. Cost: \$15 per class which includes the cost of food.



Let’s Dance!—Last month, our newest dance instructor, Marianna Lacusta began a series of classes to help you learn to “trip the light fantastic!” On **Thurs, December 13 at 10am**, Marianna will offer the last in this series of classes that included learning the Waltz, Tango, Foxtrot and Swing. Marianna has been dancing and teaching dance for 20 years. She competed in several championship dance contests in Europe and New England and now graces our Senior Center stage! Come recreate your fun and carefree dancing days! Call Lisa at 860-721-2979 to register. Cost: \$5 per class.

MORE DECEMBER PROGRAMS!

Free Legal Consultation—Attorney Joan Wilson from Wilson, Pinder & Snow LLC will return on **Wed, December 12 from 10:30a-12N** to offer free half-hour consultations on legal matters to Senior Center members regarding 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 Lisa at 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, December 14 from 10a-2p**. A 15-minute chair massage costs \$10 and a 30-minute table massage costs \$25. Call Lisa at 860-721-2979 for an appointment.

Monthly Crafts—On **Fri, December 14 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 Lisa at 860-721-2979 by Mon, 12/10 to sign up. Free for Senior Center members.



Great Courses: A Brief History of the World—On **Wednesdays in December, from 1:30-2:30p**, we will continue our Great Course DVD lecture series “A Brief History of the World.” This course provides the “big picture” of world history from the invention of agriculture in the Neolithic era to the urbanized, technological world of the 21st century. It examines and compares the peoples, cultures and nations of Europe, Asia, Africa and the Americas to explain how peoples all over the world have connected and interacted, traded goods and technology and conquered and learned from each other. Free to Center members. Drop-ins are welcome.

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, December 5**. 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. Contact Lisa at 860-721-2979 for appointments.



Don't Forget Other Town Resources!

Wethersfield Seniors are reminded that Chris Taylor, a member of the Social & Youth Services Department at Town Hall, stands ready to assist with your social service needs and questions. Chris is the Town's Municipal Agent for the Elderly and veteran's resource person. She can meet with you in your home or at Town Hall to discuss federal, state and local assistance programs such as energy assistance, renters rebate, tax assistance, food stamps, housing resources and more. She is a certified CHOICES counselor so can help with your Medicare questions and decisions and link seniors in need to volunteers who can provide friendly visits and assist with shopping. She can also help you obtain services to remain in your home and offer supports for caregivers. If you have questions or concerns, don't hesitate to contact Chris at 860-721-2977.

Senior Center Closure

The Senior Center will be closed on **Mon, December 24 & Tue, December 25** for the holiday. Happy Holidays to all!



Fall Classes End This Month; Winter Classes Start in January!

Below are the end dates for our fall classes and a sneak-peak at the class schedule for the Winter/Spring Semester of Senior Center programs! Registration for Winter classes opens on January 9. You can register on-line at Wethersfieldct.gov or in person in the Community Center or Parks & Rec offices.

Art & Mindfulness—**Thursdays, 9:30-10:45a.** Fall session ends 12/6. Winter/Spring session runs 1/24 through 4/25. Cost: \$42

Artist's Journey—**Wednesdays, 10-11:30a.** Fall session ends 12/12. Winter/Spring session runs 1/23 through 5/22. Cost: \$54

Belly Dance—**Thursdays, 12:30-1:30p.** Fall session ends 12/6. Winter/Spring session runs 2/14 through 5/23. Cost: \$45

Chair Yoga—**Mondays, 11:30a-12:20p**—Fall session ends 12/17. Winter/Spring session runs 1/28 through 5/20. Cost: \$48. **Thursdays, 2-2:50p**—Fall session ends 12/13. Winter/Spring session runs 1/31 through 5/23. Cost: \$51

Dance Around the World with Gia—**Tuesdays, 2-2:45p.** Fall session ends 12/11. Winter/Spring session runs 1/29 through 5/21. Cost: \$51

Needle Felting—**Mondays, 10-11:30a.** Fall session ends 12/17. Winter/Spring session runs 1/28 through 5/20. Cost: \$48

Silver Sneakers: Strength & Balance—**Wednesdays, 11-11:45a**— Fall session ends 12/19. Winter/Spring session runs 1/23 through 6/5. **Fridays, 10-10:45a**— Fall session ends 12/14. Winter/Spring session runs 1/25 through 6/7. 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 to complete the necessary paperwork.

T'ai Chi Qigong—**Thursdays, 11a-12N.** Fall session ends 12/6. Winter/Spring session runs 1/24 through 4/25. Cost: \$42

Walking DVD—**Mondays, Wednesdays & Fridays at 10a.** Room S3. 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 Monday and Wednesday except for holidays and inclement weather days.)



Senior Center Health Programs

Free Blood Sugar Testing*— **Fri, Dec 14, 11a-12N** in the Main Lobby. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Foot Care Clinics—**Tue, Dec 11 & Fri, Dec 14**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call 721-2979 for appointments.

Free Blood Pressure Testing*— **Thur, Dec 27, 12:30-1:30p** outside the Senior Center office. Cedar Mountain Commons usually 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.

Medicare Open Enrollment Ends!—Don't forget that Medicare's annual open enrollment period ends on **Fri, December 7**. If you haven't taken advantage of this annual opportunity to make changes to your Medicare insurance coverage for 2019, there's only a few days left to take action. If you have questions about your current coverage or would like help exploring and understanding your Medicare options, call Chris Taylor at 860-721-2977 for an appointment.

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 December:



Dec 10—Last Holiday. Starring Queen Latifah, LL Cool J & Timothy Hutton. Enjoy yourself; it's later than you think... its advice salesclerk Georgia Byrd decides to follow when she's led to believe she has less than a month to live. When Georgia jets off on a dream vacation, she has a series of misadventures and shakes up a glamorous European resort embracing a new look, new moves and a new attitude! Rated PG13; 1h, 51min.

Dec 17—The Man Who Invented Christmas. Starring Christopher Plummer. In 1843 London, author Charles Dickens finds himself in financial trouble after writing three unsuccessful novels in a row. Desperate for a hit, Dickens relies on real-life inspiration and his vivid imagination to bring Scrooge, Tiny Tim and other classic characters to life, forever changing the holiday season! Rated PG; 1h, 44min.

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. (There will be NO bingo on 12/19 due to the holiday banquet.)
- ⇒ **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**—There will be no manicures this month due to the Bingo banquet. Our friends from Newington Rapid Recovery generally 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 Lisa 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, December 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 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.

Energy Assistance

Wethersfield Social Services continues to accept applications for the CRT Energy Assistance program which provides financial assistance for heating expenses during the 2018/2019 heating season. Wethersfield residents can get eligibility information, make appointments, and find out what documents are required to apply by calling 860-721-2977. Staff will provide outreach to take applications at the following locations in December:

Wed, December 5, 9am-12Noon—Nathan Hale Senior Housing, 1534 Berlin Turnpike

Wed, December 26, 9am-11am—Lasher Court, 333 Maple Street



Weather Cancellations—In the event of inclement weather, cancellations for the Senior Center are posted on WFSB-TV Channel 3. Please review this information carefully as the Center may close for the day or just for the morning or afternoon. In most instances, Senior Center activities will be cancelled if Wethersfield schools are closed. If there is a delayed opening, the Center will open at 10am. If there is an early dismissal, afternoon programs will be cancelled. Please be aware that cancellations of the Community Café, Bingo and Setback are all posted separately on WFSB.



Watch Your January Newsletter for...

- **Musical Entertainment**—**Mon, 1/7 at 1pm.** We always have wonderful performers for our monthly shows. But this month we'll enjoy an exceptional talent, Keely Baisden who has performed professionally in musical theater in the US and internationally. She performed most recently at the Tropicana in Atlantic City!
- **AARP Safe Driver Class**—**Wed, 1/16, 9am-1pm.***
- **Lunch & Learn: The Opioid Crisis**—**Tue, 1/22 at 12N.** Learn about the opioid crisis in our area, what is being done to combat the problem, and ways you can properly dispose of prescription drugs to keep yourself and your loved ones safe. Light lunch served. (Snow date: Tue, 1/29 at 12N)*
- **Free Dental Cleanings**—**Wed, 1/23 & Thur, 1/24** for those 60 years and older who are residents of Wethersfield, Rocky Hill, Berlin & Newington.*

Dates to Remember: Monthly Legal Resource—**Wed, 1/9, 10:30a-12N***

Monthly Massages—**Fri, 1/11, 10a-2p***

Monthly Craft Class with Nora from Autumn Lake—

Fri, 1/11 10a.*

\$3 Haircuts—**Mon, 1/28, 9a-2p***

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

