

# Wethersfield Senior Center News

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**JULY, 2018**

## **July Musical Entertainment & Annual Picnic!**

On **Mon, July 2** our afternoon will begin at **12 Noon** with our Annual Senior Center Picnic catered by The Cove Deli! The Cove will provide traditional picnic fare including hotdogs, hamburgers, cheese burgers, potato salad, beans, dessert and drinks. And then at **1pm**, our musical entertainment program will feature Ragtime Jack Radcliffe! Jack is a master of ragtime who plays the piano, guitar, fiddle and is a powerful vocalist. He has travelled more than a million miles on the back roads of our nation, singing and promoting the old-time music of America! **Tickets must be purchased in advance** for this event. See Lisa for your ticket by Mon, June 25!



## **Make Your Own Greeting Cards!**

Are you tired of paying \$4 or \$5 for store-bought greeting cards? While your friends, children and grandchildren certainly appreciate the well wishes, we all know that those expensive cards wind up in the trash a few days after their special day. So stop paying top-dollar for greeting cards. Join us on **Mon, July 16 & 23 from 10-11:30a**. Instructor Pat Dotson will teach us how to make hand-created cards you'll be proud to give to family and friends! Each student will leave this two-week workshop having made 6 cards and 2 bookmarks. The cards are high quality and all supplies will be provided by the instructor. Call Lisa at 860-721-2979 by 7/9 to register. Cost: \$10.



## **Lunch & Learn: State of CT Family Caregiver Program**

CT's "Adult Family Living Program" helps seniors remain at home as they age. The program works by providing financial assistance and support to families and friends that can serve as paid, live-in caregivers. A representative from Caregiver Homes, an agency that provides training, oversight and support to live-in caregivers will talk to us about the program and how to qualify. Join us for this Lunch & Learn on **Tue, July 17 at 12:30p** to learn more about this valuable State program. Contact Lisa at 860-721-2979 by Mon, 7/9 to register. A light lunch will be served. Free for Senior Center members.

## **Knowledge & Nibbles: What You Need to Know About Ticks & Lyme Disease!**

On **Tue, July 24 at 10a**, two representatives from the Windsor-based non-profit agency "Voices Against Lyme Disease" will present invaluable information about ticks and Lyme Disease. Agency President, Bonnie Waterhouse and Prevention Director, Fred Grilli will share what every person in the State of CT should know for your own protection and to share with family members, especially your children and grandchildren who are frequently the most vulnerable to Lyme's Disease! This agency has made it their mission to advocate with State officials to increase awareness, education, and funding for research around Lyme Disease. They spread the word about the short and long-term effects and personal costs of the disease. It's important that you know the early signs and symptoms of the disease because delayed diagnosis can lead to serious, debilitating problems. This presentation is open to the public and free to all. Handouts will be provided. Please call Lisa at 860-721-2979 by Thur, 7/19 to register. Snacks will be served.



## MORE JULY PROGRAMS...!

### Great Courses Continue: Comparative Religion

We will continue showing Great Courses **every Wednesday at 1:30p in July (July 11, 18 & 25)**. Great Courses is a series of lectures on DVD delivered by university professors and professional experts from around the world. In May and June we viewed a lecture series exploring the world's greatest geological wonders. In July we'll begin a new Great Course, "Comparative Religion."

Each lecture is 30 minutes long and provides an in-depth look at how the 5 great faiths (Judaism, Christianity, Islam, Hinduism and Buddhism) address core issues. Free for Senior Center members. Snacks are served.



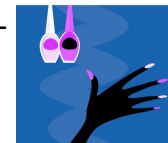
### Fun Summer Craft Workshop!

Join Deidre for a special summer craft experience! She will lead a class creating a summer décor craft project. Options include working with clay to make a figure, needle felting, 3-D papier-mâché or another craft of your choosing. Examples of sculptures will be provided so you can follow along or design your own! The class will meet for three weeks in July on **Wed, July 11, 18 & 25 from 10a-12noon**. The cost is \$10 for the three classes.



**Crafts**—On **Fri, July 13 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, 7/10 to sign up. Free for Senior Center members.

**Mini-Manicures**—On **Wed, July 18 from 10a-12N**, our friends from Newington Rapid Recovery will return to the Senior Center to perform mini-manicures. Sit back and relax while getting your nails filed, buffed and polished for **FREE!** No appointment required—first come, first serve basis, in the Banquet Room prior to Bingo.



**Dental Cleanings**—On **Tue, July 31 & Thur, August 2**, the Central CT Health District will sponsor free dental cleanings performed by a professional hygienist at the Senior Center. To qualify you must be 60 years old, a residents of Wethersfield, Rocky Hill, Newington or Berlin and must not have received a free cleaning in the past year. Call Lisa at 860-721-2979 for an appointment. (All appointment slots for these cleanings have been filled, but please call if you'd like to be placed on a waiting list or a list for future cleanings.)

**\$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.



### Rent Rebate

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

- Lasher Court, 333 Maple Street on **Tue, July 10** from 9a-12N
- Nathan Hale Senior Housing, 1534 Berlin Turnpike on **Tue, July 31** from 9a-12N
- 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.



### Class Updates!

Summer session is finally underway! Register in person with Lisa or in the Community Center or Parks & Rec offices for these classes.

**Belly Dance**—Thursdays, 12:30-1:30p. Summer session runs 6/28-8/9. Cost \$10.

**Chair Yoga**—Mondays, 11:30a-12:20p—Summer session runs 6/25-8/6. Cost \$14. And on **Thursdays, 2-2:50p**—Summer session runs 6/28-8/9. Cost \$14. Take both Monday and Thursday classes for only \$25.

**Dance Around the World with Gia**—Tuesdays, 2-2:45p. Summer session runs 6/26-8/7. Cost \$14.

**Painting**—Tuesdays, 10-11:30a. Summer session runs 6/26-8/7. Cost \$14.

**Silver Sneakers: Strength & Balance**—Fridays, 10-10:45a— Summer session runs 6/29-8/10. Cost: FREE for Silver Sneakers members. Non-Silver Sneaker members pay a drop-in fee of \$3 per class. Come 10 minutes early to your first class to register.

**T'ai Chi Qigong**—Thursdays, 11a-12p. Summer session runs 6/28-8/9. Cost \$14.

**Walking DVD**—In July, walkers will meet at **10am on Mondays & Wednesdays and at 9am on Fridays**. Room S3. Free for Senior Center members.

### Monday Afternoon at the Movies!

Free movies complete with soda and snacks continue on Mondays in July. Please note that **we will meet at 1:30pm in Room S4** this month! No registration is required. Movies are subject to change depending upon availability. Showing in July:

**July 9—Spare Parts.** Starring George Lopez & Jamie Lee Curtis. This is the inspiring true story of the journey of four undocumented Mexican-American high school students from Arizona who form a robotics club and are led by their teacher with nothing but spare parts and a dream to compete against MIT in a national robotics competition. PG13; 1h, 55min.

**July 16—Truth.** Starring Cate Blanchette & Robert Redford. In this re-creation of news anchor Dan Rather's fall from grace, his stellar career comes to an abrupt end after erroneously reporting that President George W. Bush received preferential treatment that kept him from serving in Vietnam. R; 2h.

**July 23—Parental Guidance.** Starring Billy Crystal & Bette Midler. In this hilarious classic comedy, two old-school grandparents are saddled with their three high-tech grandchildren for a week. Someone needs to adapt quickly, but who will it be?! PG; 1h, 44min.

**July 30—The Light Between Oceans.** A lighthouse keeper and his spirited wife are living a life of married bliss on a remote island off the coast of Australia until they learn Isabel can't bear a child. When a drifting life-boat brings a crying baby to their shore, the couple faces a dilemma that will echo far beyond their island. R; 2h, 13min.

\*\*There will be NO August movies.\*\*



### Special Program Offered by First Church of Christ

As you may recall, First Church of Christ in Wethersfield offered several educational seminars in March presented by the Alzheimer's Association. Now First Church is offering a Caregiver Support Group for those affected by Alzheimer's at 250 Main Street, Wethersfield. The group will meet on the **first Monday of each month from 10:30-11:30am**. These meetings will provide a safe place to exchange practical information on caregiving challenges and solutions and provide an environment to talk through issues and ways of coping. The Alzheimer's Association will provide resources to build a support system with people who understand. For more information or to register, call Caring Ministries at 860-529-1575, extension 210.



## 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 also available **on the first Wednesday of each month from 1:30-3:30pm**. This month, lab will be held on **Wed, July 11**. Assistance offered includes help with iPads, iPhones, Android phones and Microsoft Office. Appointments are required for all assistance. Contact Lisa at 860-721-2979 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.
- ⇒ **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!
- ⇒ **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. The group's next meeting is on **Mon, July 16**.
- ⇒ **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.
- ⇒ **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 10am and 12N.

\*\* 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!

### **Senior Center Health Programs**

**Free Blood Pressures\***— **Thur, July 26, 12:30-1:30p** outside the Senior Center office. Cedar Mountain Commons provides this testing on the 4th Thur of each month.

**Free Blood Sugar Testing\***— **Fri, July 13, 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, July 6 & Mon, July 23**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appointments.

**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](http://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.

### **Watch Your August Newsletter for...**

- August Entertainment & Ice Cream Social!—on **Mon, 8/6 at 12:30p** we'll make our own ice cream sundaes thanks to the generous folks at Atria Senior Living and be entertained by Janice Dompke and her Patsy Cline show! Call Lisa to register.
- Lunch & Learn—Fall Prevention & Screenings—on **Tue, 8/7 at 12N** Physical Therapist, Sharon Treat from Jefferson House will talk about fall prevention & perform screenings. Call Lisa to register.
- \$3 Haircuts—**Tue, 8/7**. Call Lisa at 860-721-2979 for an appointment.
- Craft Class—**Fri, 8/10**. Call Lisa at 860-721-2979 to register.

