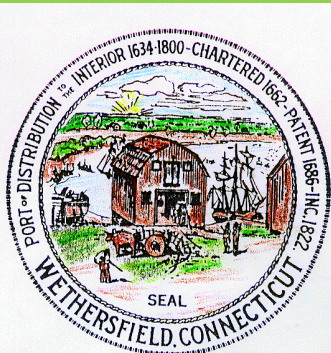


# Wethersfield Senior Center News



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## MARCH, 2019

**Musical Entertainment**—On **Mon, March 4 at 1p**, the Senior Center welcomes Jerome Riley. Jerome honed his skills while performing with Herb Reed and the Platters in the 1980s! He is an outstanding showman who will help us take a step back in time as he presents his 50's and 60's musical show for us! No pre-registration is required. Admission is \$2 for Center members, \$4 for non-members. Snacks and door prizes are included!



**Lunch & Learn—Home Care 101: How To Choose A Home Care Agency**—Some day, in the not too distant future, we all may need a little help around the house! Choosing an agency to provide home care services can be daunting and confusing. Is the homecare agency you're considering licensed by the State? Does the agency do background checks on its employees? Are their caregivers drug tested and insured? These are important questions you need the answers to before you let someone into your home. Michele DiBella from CT In-Home Assistance will be our speaker on **Tue, March 19 at 12N**. Michele will review the questions you need to ask to make a good decision regarding a homecare agency. A light lunch will be served. Call 860-721-2979 by Wed, 3/13 to register. Free for Senior Center members. (Snow date: Tue, March 26)



**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, March 8 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.

**AARP Safe Driver Class**—On **Tue, March 12 from 9a-1p**, the Senior Center will offer the AARP Safe Driver Course. Come refresh your driving skills and qualify for a reduction in your car insurance premiums. Under State Statute, participants who are at least 60 years old must receive at least a 5% discount on their auto insurance premiums. The fee is \$15 for AARP members and \$20 for non-members. Call 860-721-2979 to register.



**\$3 Haircuts**—On **Wed, March 13 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.



**Free Legal Consultation**—Attorney Joan Wilson from Wilson, Pinder & Snow LLC will return on **Wed, March 13 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.

**AARP Foundation Free Tax Aide Continues**—The AARP Foundation continues to offer free tax preparation assistance at the Senior Center on **Wednesdays through April 10**. Assistance is available to low and middle-income taxpayers of all ages with special attention to those 60 years and over. Services are provided by trained AARP volunteers. Call Wethersfield Social Services at 860-721-2977 for an appointment. Once you have made an appointment, you will receive a confirmation letter in the mail which will explain what documents you must bring to your appointment.

**Monthly Crafts**—On **Fri, March 8 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, 3/4 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, March 6**. 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 860-721-2979 for appointments.



### **Senior Center Health Programs**

**Free Blood Sugar Testing\***— **Fri, March 8, 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, March 1 & Tue, March 12**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call 721-2979 for appointments.

**Free Blood Pressure Testing\***— **Thur, March 28, 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](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.

### **Special Presentation About Intergenerational Programs!**

Generations United, a Washington, DC based nonprofit, will be coming to speak in Wethersfield on **Mon, March 11 from 4:30-6:30pm in the Town Council Chambers**. Generations United works to “improve the lives of children, youth and older people through intergenerational collaboration, public policies and programs for the enduring benefit of all.” They focus on expanding intergenerational programs and spaces, building intergenerational communities and supporting grand families. Generations United will be talking about how Wethersfield, and other communities in Connecticut, can incorporate an intergenerational focus into our existing programs and spaces to better connect all the citizens to our community! Refreshments will be served. To RSVP, contact Lisa Puglielli at [lpuglielli@wethersfield.me](mailto:lpuglielli@wethersfield.me).



### Winter Classes Underway!

Below is the Winter/Spring Semester of Senior Center classes. Most classes started in January but it's never too late to join a Senior Center class! You can register in person in the Community Center or Parks & Rec offices.

**Art & Mindfulness**—Thursdays, 9:30-10:45a. 1/24 through 4/25. Cost: \$42.

**Artist's Journey**—Wednesdays, 10-11:30a. 1/23 through 5/22. Cost: \$54.

**Ballroom Dance**—Thursday, 10-10:45am, Winter semester—1/24 through 3/7, Cost \$30; Spring semester—3/21 through 4/25, Cost: \$30.

**Belly Dance**—Thursdays, 12:30-1:30p. 2/14 through 5/23. Cost: \$45.

**Chair Yoga**—Mondays, 11:30a-12:20p—1/28 through 5/20. Cost: \$48. **Thursdays, 2-2:50p**—1/31 through 5/23. Cost: \$51. Register for both Monday & Thursday class for only \$90.

**Easy Dancing for Fun with Gia**—Tuesdays, 2-2:45p. 1/29 through 5/21. Cost: \$51. Follow Gia in an hour of movement to music from around the world. No steps to memorize. Go at your own pace. It's easy & fun!

**Needle Felting**—Mondays, 10-11:30a. 1/28 through 5/20. Cost: \$48.

**Painting**—Tuesdays, 10-11:30a. 1/22 through 5/21. Cost: \$54.

**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**—2/25 through 6/3

**Wednesdays: Strength & Balance Class, 11-11:45a**— 1/23 through 6/5

**Fridays: Strength & Balance Class, 10-10:45a**— 1/25 through 6/7.

**T'ai Chi Qigong**—Thursdays, 11a-12N. 1/24 through 4/25. Cost: \$42.

**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 and inclement weather days.)



### Financial Assistance Programs

**CRT Energy Assistance & Operation Fuel**—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. Assistance is also available from Operation Fuel which assists with deliverable fuel and utilities for households that fall outside the CRT Energy Assistance eligibility guidelines or who exhaust government assistance. Households with incomes within 75% of the State median income may qualify for a maximum grant of up to \$500.

**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.

### 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 March:

**March 11—Same Kind of Different As Me.** Starring Greg Kinnear, Renee Zellweger, Jon Voight. In a bid to save his marriage, successful art dealer Ron Hall extends a helping hand to an eccentric homeless man he meets through his wife. As the relationship between the men evolves into a bond, it opens up new perspectives for them both! Rated PG13; 1h, 59min.

**March 18—The Bookshop.** In England, 1959, free-spirited widow, Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through the works of Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive book loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is not a town at all! Rated PG; 1h, 53min.

**March 25—The Children Act.** Starring Emma Thompson & Stanley Tucci. In an absorbing drama, British high court judge Fiona Maye faces two daunting issues... at home her marriage is crumbling, while in court, she must decide whether a young man's parents are entitled to deny him a life-saving blood transfusion. Rated R; 1h, 45min.



### 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, March 20, 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, March 18.**
- ⇒ **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.



### 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 April Newsletter for...

- **Musical Entertainment**—On **Mon, April 1 at 1pm** the Senior Center welcomes David Goclowski, an experienced solo accordionist and vocalist. This isn't your grandfathers accordion! This is a digital accordion that offers the sound of a back-up orchestra! Come hear it for yourself and be amazed!
- **Lunch & Learn: Affordable Final Planning**—On **Tue, 4/16 at 12N**, speaker Adrienne Drexler from the CT Cremation Society will talk to us about an affordable final plan affording you dignity and peace of mind. Come ask your questions about cremation options. Light lunch served.\*



**Dates to Remember:** Monthly Legal Consultations—**Wed, 4/10, 10:30a-12N\***  
 Monthly Massages—**Fri, 4/12, 10a-2p\***  
 Monthly Craft Class with Nora from Autumn Lake—**Fri, 4/12, 10a.\***  
 \$3 Haircuts—**Tue, 4/23, 9a-2p** at the International Institute of Cosmetology

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