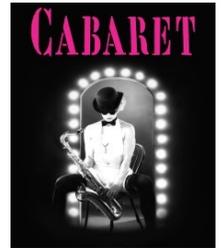


# Wethersfield Senior Center News

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## NOVEMBER, 2018

**Musical Entertainment**—On **Mon, November 5 at 1p**, the Senior Center welcomes the one-and-only Ashley Cruz! Ashley is a Connecticut native who graduated from Carnegie Mellon University's musical theater drama department. Ashley puts her musical and drama skills to work in her provocative Cabaret Show which is not to be missed! No pre-registration required. Admission is \$2 for Center members, \$4 for non-members. Snacks & door prizes included!



**Knowledge & Nibbles: Medicare 101**—On **Tue, November 6 at 10a**, David MacNiven from Anthem Blue Cross Blue Shield will visit the Senior Center to present basic information about Medicare. Learn how traditional Medicare differs from Medicare Advantage Plans and how to find the least expensive coverage for your medications. You'll learn the basics of Medicare and have time to ask your Medicare questions. This is NOT a sales presentation. Call Lisa at 860-721-2979 by Wed, 10/31 to register. This presentation is free.

**Lunch & Learn: Reincarnation & Karma**—Are you fascinated by stories of past lives and reincarnation? Barbara Gay will visit the Senior Center on **Tue, Nov 13 at 12N** to explain the Karmic laws that guide us through our lives and discuss why and when we choose to reincarnate and for what purposes. You'll learn how and to what extent our lives are affected by prior incarnations and the laws of Karma. Light lunch served. Call Lisa by Wed, 11/7 to register. Free for Senior Center members.



**Dial-A-Ride Forum**—On **Wed, Nov 14 at 10:30a**, the Senior Center will host an informational session about the Town's Dial-A-Ride service. If you are not a Dial-A-Ride customer, you'll learn about this service including when and where you can go, how much it costs, and how to apply. If you already participate in Dial-A-Ride, this is an opportunity to provide feedback about how the program is working. Representatives from Curtin Transport, the current contracted provider, will be present to hear from you and answer questions. Staff from Town Hall will also be there to hear your input. Call Lisa at 860-721-2979 by Fri, 11/9 to register. This presentation is free.

**NEW—Let's Dance!**—Is "Dancing With the Stars" one of your favorite shows? Did you love watching Fred Astaire and Ginger Rogers trip the light fantastic? If so, our new dance class might be just the thing for you! On **Thursdays, 11/15, 11/29, 12/6 & 12/13 at 10am**, dance instructor Marianna Lacusta will teach us the basics of Waltz, the 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 will now grace our Senior Center! Let's try to recreate those fun and carefree dancing days! Call Lisa at 860-721-2979 to register. Cost: \$5 per class.



**Friday Feature: "Islam"**—Do you have questions about Islam? Do you wonder whether TV news tells the whole story? On **Fri, November 16 at 10a**, World Religions instructor, Christine Marchett and Tasneem Hussain will lead this presentation on the Islamic faith. You'll learn about Muslim beliefs and practices and there will be time for questions. America is still the "melting pot" and people of many religious traditions are your next-door neighbors. The best way to get to know your neighbors, is to meet them! Call Lisa at 860-721-2979 by Mon, 11/12 to register. Free for Senior Center members.



## **MORE NOVEMBER PROGRAMS!**

### **NEW—Sharing Memories & Laughter with Others Around the Holidays Even After Loss—**

In September, local therapist Cari Surace visited the Senior Center to present a lunch and learn about regaining hope, love and laughter after loss. Cari is a licensed clinical social worker certified in Gerontology. She will return to the Center this month on **Fri, November 30 at 10am** to facilitate a group for those who have suffered loss and are looking for a group where they can share thoughts and feelings that can be especially difficult during the holiday season. The group will offer a supportive setting and will be a hopeful place to share reminiscences and remembrances of happy holiday memories with the ones we loved. Call Lisa at 860-721-2979 by Mon, 11/26 to register. Attendance is free.



**November Cooking Classes**—Join us on **Tue, November 13 & 27 from 11a—1p** for Star Mader's cooking classes. Come for the fun, food and recipes! On **Tue, November 13** we'll make Pasta Faggioli and Cheesy Garlic Bread... so delicious and satisfying! And on **Tue, November 27** we'll learn how to use the turkey bones and leftover turkey to make Tasty Turkey Soup and Double Cranbury Muffins. They'll be plenty to enjoy during class and to take home... just bring a container! Call Lisa at 860-721-2979 to register. Cost: \$15 per class which includes the cost of food.

**AARP Safe Driver Course**—On **Thur, Nov 8 from 9a-1p**, the Senior Center will offer the AARP Safe Driver Course. This is a great opportunity to refresh your driving skills and qualify for at least a 5% reduction in your car insurance premiums. Call Lisa at 860-721-2979 to register.

**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, Nov 9 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, Nov 9 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, 11/5 to sign up. Free for Senior Center members.

**Monthly Legal Help**—Attorney Joan Wilson from Wilson, Pinder & Snow LLC will return on **Wed, Nov 14 from 10:30a-12N** to offer free 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 860-721-2979 for an appointment.



### **Computer Learning Center**

#### **Lunch & Learn: "Using the Web to Get Stuff Done"**—Thur, November 8 at 12N.

You can use the Internet to do just about anything these days! Come learn from our Computer Learning Center volunteers as they teach you how to complete everyday tasks such as buying and selling, researching topics of interest, finding recipes, searching for Town information or making travel plans on-line. Learn to access media including music, podcasts and audiobooks. Call Lisa at 860-721-2979 by Fri, 11/2 to register. A light lunch will be served.



The Center is also 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, November 7**. 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.

**Great Courses: A Brief History of the World**—On **Wednesdays in November, 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 welcome.

### **Fall Classes Continue!**

Below are the classes in progress at the Senior Center. Remember, it’s never too late to join a class! Register in person with Lisa or in the Community Center or Parks & Rec offices.



**Art & Mindfulness**—**Thursdays, 9:30-10:45a**. Fall session runs through 12/6 (no class 11/22). Cost: \$27.

**Artist’s Journey**—**Wednesdays, 10-11:30a**. Fall session runs through 12/12. Cost: \$39.

**Belly Dance**—**Thursdays, 12:30-1:30p**. Fall session runs through 12/6 (no class on 11/22). Cost: \$33.

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

**Dance Around the World with Gia**—**Tuesdays, 2-2:45p**. Fall session runs through 12/11. Cost: \$39.

**Needle Felting**—**Mondays, 10-11:30a**. Fall session runs through 12/17. Cost: \$35.

**Painting**—**Tuesdays, 10-11:30a**. Fall session runs through 12/11. Cost: \$39.

**Silver Sneakers: Strength & Balance**—**Wednesdays, 11-11:45a**— Fall session runs through 12/19. **Fridays, 10-10:45a**— Fall session runs through 12/14. 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 runs through 12/6 (no class on 11/22). Cost: \$27.

**Walking DVD**—**Mondays, Wednesdays & Fridays at 10a**. Room S3. Free for Senior Center members. Drop-in’s welcome. Pre-registration is not required.

### **Senior Center Health Programs**

**Free Blood Sugar Testing\***— **Fri, Nov 9, 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, Nov 2 & Tue, Nov 13**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appointments.

**Free Blood Pressure Testing\***— There will be no blood pressure testing this month due to the Thanksgiving holiday. 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](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.

### **Energy Assistance**

Wethersfield Social Services is accepting applications for the CRT Energy Assistance program. This program 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 the coming months:

**Wed, November 7, 9am-12Noon**—Nathan Hale Senior Housing, 1532 Berlin Turnpike

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

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



### Medicare Open Enrollment

Don't forget that Medicare's annual open enrollment runs through **December 7**. This is your annual opportunity to make changes to your Medicare insurance coverage for 2019. During open enrollment you can choose a different Part D plan to pay for your medications, switch to a Medicare Advantage plan, or switch back to traditional Medicare from an Advantage plan. Remember, insurance plans can change the drugs they cover each year and the physicians enrolled in their networks. 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. There will also be a free "**Medicare 101**" presentation offered at the Senior Center to explain your options on **Tue, November 6 at 10am**. Call Lisa at 860-721-2979 to register.

### 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 November:

**Nov 12—Little Boy.** An 8-yr old boy with developmental challenges is devastated when his devoted father and lone friend, is drafted during WWII. With his dad out of the picture, the youngster is determined to fight the bullies who torment him at school. Rated PG13; 1h, 47min.

**Nov 19—5 Flights Up.** Starring Diane Keaton & Morgan Freeman. Married for 4 decades, New Yorkers Ruth and Alex have had a wonderful life together, most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them. Rated PG13; 1h, 32min.

**Nov 26—The Meddler.** Starring Susan Sarandon. On the heels of her husband's death, Marnie Minervini moves to LA and begins interfering with her daughter Lori's life. But after Marnie's chance encounter with a charismatic security guard, she turns her attention in a different direction! Rated PG13; 1h, 43min.



### 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, November 21 from 10a-12N** in the Banquet Room before bingo. Our friends from Newington Rapid Recovery perform this FREE service on the third Thursday of each month. 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, November 19**.
- ⇒ **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.

### Senior Center Closure

The Senior Center will be closed on **Thur, November 22 & Fri, November 23** for the Thanksgiving holiday. Happy Thanksgiving to all!



### Watch Your December Newsletter for...

- **Musical Entertainment**—**Mon, 12/3 at 1pm**. Come see a talented young folk duo that specializes in truly beautiful harmonic vocals! They call themselves “Belle of the Fall.”
- **Lunch & Learn: South Africa Travelogue**—**Thur, 12/6 at 12N**. World travelers Donna Brown and Judy Keane traveled to South Africa recently and will recall their trip and share pictures of their adventure! Light lunch served.\* (Snow date: Tue, 12/11 at 12N)
- **Knowledge & Nibbles: Forgiveness & Resolution**—**Mon, 12/10, 10a**. We are born with an innate joy of living but can become prisoners to toxic emotions after a lifetime of hurts, disappointments, regrets and fears. Come learn from Annaita Gandhi, spiritual counsellor, how to become free again and to live with love in our hearts!\*
- **Cooking Classes**—**Tue, 12/11 & 12/18 from 11a-1p**. Join Star Mader as the class cooks and enjoys seasonal cuisine!\*

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

Monthly Massages—**Fri, 12/14, 10a-2p\***

Monthly Craft Class with Nora from Autumn Lake—**Fri, 12/14, 10a.\***

\$3 Haircuts—**Tue, 12/18, 9a-2p\***

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

