



Wethersfield Senior Center News

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October Musical Entertainment—On **Mon, October 1 at 1p**, the Senior Center welcomes singer Kenneth Cappetta. Kenny is a tenor soloist with an exceptional voice. In honor of the Columbus Day holiday, he'll perform some Italian favorites for us along with Rat Pack and American songbook classics. Kenny is a fun and talented performer who you'll certainly want to hear! No pre-registration required. Admission remains \$2 for Senior Center members and \$4 for non-members. Snacks will be served and door prizes awarded!

Cooking Classes Return!—Join us on **Tue, October 9 & 23 from 11a—1p** as Star Mader returns to offer fall cooking classes! Come for the fun, food and new recipes. When there's a chill in the air there's nothing like homemade soup and muffins or biscuits. On **Tue, October 9** we'll make Cream of Broccoli Soup with Cheddar Biscuits. And on **Tue, October 23** we'll celebrate the month of the pumpkin by making a delicious Pumpkin Lentil Soup and warm Pumpkin Muffins. Call Lisa at 860-721-2979 to register. Cost: \$15 per class which includes the cost of food.



Friday Feature—Vegan 101: An Introduction to a Whole-Food, Plant-Based Diet—You've probably heard in the news how good a vegetarian or vegan diet is for your health. But what is a vegan diet and is it too late in our lives to try something new? On **Fri, October 12 at 10a**, Chef Mary Lawrence will talk to us about the benefits of incorporating one or two meatless meals into our week. She'll explain how to make quick and easy vegan meals that are tasty and nutritious. You'll learn how to incorporate protein, calcium and iron into your diet and how to make food substitutions in your own recipes so that the transition to a whole food diet is an adventure! Call Lisa at 860-721-2979 by Tue, 10/9 to register. Free for Senior Ctr members. Chef Lawrence's books will be offered as door prizes and a vegan snack served!



Lunch & Learn: Life Care Planning with Elder Law Attorney Weatherby—Join us on **Tue, October 16 at 12N** when our speaker will be Attorney Henry Weatherby from the law firm Weatherby and Associates. This firm offers special assistance to senior clients and their families through their Life Care Planning Program. The firm's team includes attorneys and a social worker whose combined knowledge and experience can help you with complex medical, legal and financial decisions. Come hear how this program could help you preserve and protect your assets. A light lunch will be served. Call Lisa at 860-721-2979 by Wed, 10/10 to register.

October Workshop: Numerology In Our Lives—Numerology is an age-old system used by ancient cultures to understand the influence of the universe in our lives and the corresponding energies we attract. Like astrology, understanding numerology helps us gain insight into our life path, understand why events occur and how to embrace and overcome them. On **Mondays, Oct 22, Nov 5 & Nov 12 at 10a**, spiritual counsellor and guide, Annaita Gandhi will lead this 3-session workshop which will be light and fun. You'll need to bring your exact birthdate and accurately spelled birth name as it appears on your birth certificate. Call Lisa by Tue, 10/16 to register. Cost: \$20.



MORE OCTOBER PROGRAMS!



Great Courses: A Brief History of the World—On **Wednesdays in October, from 1:30-2:30p**, we will begin a new 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, throughout history, peoples all over the world have connected and interacted, traded goods and technology and conquered and learned from each other. Free to Senior Center members. Drop-ins welcome.

Monthly Legal Help—Attorney Joan Wilson from Wilson, Pinder & Snow LLC will return on **Wed, Oct 10 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.

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, Oct 12 from 10a-12N**. 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, Oct 12 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 Tue, 10/9 to sign up. Free for Senior Center members.

\$3 Haircuts!—On **Tue, Oct 30 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.

Senior Center Health Programs

Free Blood Sugar Testing*— **Fri, Oct 12, 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, Oct 5 & Tue, Oct 16—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appointments.

Free Blood Pressure Testing*— **Thur, Oct 25, 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.

*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.



Alzheimer's Programming at First Church of Christ Continues

First Church of Christ located at 250 Main Street in Wethersfield is working with the Urban Alliance and the Alzheimer's Association in sponsoring a 3-part seminar, **Living with Alzheimer's for Middle-Stage Caregivers** on Saturday, October 13, 20 & 27 from 10am to 12Noon at First Church. This series is designed for those who are hands-on caregivers. Professionals and other caregivers will discuss helpful strategies to provide, safe, effective and comfortable care for your loved ones. Call Caring Ministries at First Church of Christ at 860-529-1575 with questions or to register.



Fall Classes Are Underway!

Most of our fall classes began in September. But it's never too late to join a Senior Center class! Register 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.

Artist's Journey—Wednesdays, 10-11:30a. Fall session runs 9/19 through 12/12. Cost: \$39.

Belly Dance—Thursdays, 12:30-1:30p. Fall session runs 9/13 through 12/6 (no class on 10/18 & 11/22). Cost: \$33.

Chair Yoga—Mondays, 11:30a-12:20p—Fall session runs 9/17 through 12/17 (no class on 10/8). Cost: \$39.
Thursdays, 2-2:50p—Fall session runs 9/13 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 9/18 through 12/11. Cost: \$39.

Needle Felting—Mondays, 10-11:30a. Fall session runs 9/17 through 12/17 (no class on 10/8). Cost: \$35.

Painting—Tuesdays, 10-11:30a. Fall session runs 9/18 through 12/11. Cost: \$39.

Silver Sneakers: Strength & Balance—Wednesdays, 11-11:45a— Fall session runs 9/19 through 12/19.
Fridays, 10-10:45a— 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. Pre-registration is not required. Come early to your first class to complete paperwork.

T'ai Chi Qigong—Thursdays, 11a-12p. Fall session runs 10/4 through 12/6 (no class on 11/22). Cost: \$27.

Walking DVD—Mondays & Wednesdays & Fridays at 10am. Room S3. Free for Senior Center members. Drop-in's welcome. Pre-registration not required.



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, October 3**. 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.



Please note that the **Lunch & Learn “Using the Web to Get Stuff Done”** that was scheduled for October 23 has been postponed. Please watch your November newsletter for the new date and time.

Energy Assistance

Wethersfield Social Services will begin accepting applications for the CRT Energy Assistance program this month. This program provides financial assistance for heating expenses during the 2018/2019 heating season. Wethersfield residents can get more 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, October 3, 9am-12Noon—Wethersfield Housing Authority, 60 Lancaster Road
Wed, October 31, 9-11am—Wethersfield Housing Authority, 31 Butler Street
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, 9-11am—Lasher Court, 333 Maple Street



Medicare Open Enrollment

Medicare's annual open enrollment period runs from **October 15 through December 7** each year. 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. It's important to check that any changes your plans will make in 2019 won't adversely affect your coverage. And even if you've had good coverage in 2018, it's worth a look to see if any coverage option might be less expensive. 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 October:



Oct 15—The Good Lie. Starring Reese Witherspoon. A young Sudanese war refugee wins a lottery that allows him to start a new life in the US. But adapting to his new home presents challenges! Rated PG13; 1h, 50min.

Oct 22—Little Pink House. This fact-based drama tells the story of the CT nurse who became a national hero after daring to go up against corporate giant Pfizer in a fight to keep her home in New London from being taken by eminent domain and bulldozed to accommodate redevelopment. Not Rated; 1h, 39min.

Oct 29—Learning to Drive. Starring Ben Kingsley. When soon-to-be divorced Wendy Shields signs up for driving lessons, her instructor is Darwan, a Sikh immigrant to America. Though their cultural perspectives are poles apart, the two begin to develop a bond that transcends their differences. Rated R; 1h, 30min.

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!
- ⇒ **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**—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, Oct 15**.
- ⇒ **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.

Watch Your November Newsletter for...

- **Musical Entertainment**—**Mon, 11/5 at 1pm**. The lovely, talented and provocative Ashley Cruz returns with her Cabaret Show! Don't miss it!
- **Knowledge & Nibbles: Medicare 101**—**Tue, 11/6, 10a**. David MacNiven from Anthem Blue Cross will teach us the basics of Medicare and answer questions. This is NOT a sales presentation.*
- **Lunch & Learn: Reincarnation & Karma**—**Tue, 11/13 at 12N**. Come learn about Karmic laws and how they guide us through our lives. We'll learn why and when we choose to reincarnate and to what extent our lives are affected by prior incarnations & Karmic laws. Light lunch served.*
- **Cooking Classes**—**Tue, 11/13 & 11/27 from 11a-1p**. Join Star Mader as the class cooks and enjoys seasonal cuisine!*
- **Friday Feature: Islam**—**Fri, 11/16 at 10am**. America is still the "melting pot" and people of many religious traditions are your next-door neighbors. Come learn about Islam from World Religions instructor Christine Marchett and Tasneem Hussain.*
- **Computer Learning Center Lunch & Learn: Using the Web to Get Stuff Done!**—**November date to be announced, 12N**. Come learn how to safely complete everyday tasks on-line.*



Dates to Remember: Monthly Massages—**Fri, 11/9, 10a-12N***

Monthly Craft Class with Nora from Autumn Lake—**Fri, 11/9, 10a.***

Monthly Legal Resource—**Wed, 11/14, 10:30a-12N***

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