



Wethersfield Senior Center News

Wm. J. Pitkin Community Center
30 Greenfield Street, Wethersfield, CT 06109
Tel.: (860) 721-2979 FAX (860) 721-2956
Lisa Galipo, Senior Center Coordinator
Lisa.galipo@wethersfieldct.gov

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Re-Scheduled—Visit from Hartford Hospital's Mobile Mammography Van

On **Mon, Sept 10 from 9a—1:45p**, Hartford Hospital's mammography van will be in the parking lot of the Pitkin Community Center to provide screening mammograms for women 40 years and older who haven't had a mammogram in at least one year. The program furnishes the same high-quality mammograms as those available at imaging centers. Each mammogram takes less than 15 minutes, is conducted in a private and comfortable setting and is read by a board-certified radiologist at Hartford Hospital. Most insurances will be accepted and if you don't have insurance, other resources may be used to cover the cost of your mammogram. You must bring a photo ID and your health insurance cards to your appointment and limited appointments are available. For more information or to schedule an appointment, call Lisa at 721-2979 by Tue, 9/4.



Lunch & Learn—Regaining Hope, Love & Laughter After Loss

Join us on **Mon, Sept 17 at 12N** when our speaker will be local therapist, Cari Surace from Stepping Stones Holistic Psychotherapy on the Silas Deane Highway. Cari has been in the mental health field for over 20 years. She helps adults in the areas of grief and loss, the complexities of aging, loneliness, chronic pain, caregiver burnout, depression and anxiety. During this talk, Cari will focus on surviving and coping with grief and loss. A light lunch will be served. Call Lisa at 860-721-2979 by Wed, 9/12 to register. Free for Senior Center members.

Friday Feature: The Great Buildings of Hartford!

Early 19th century illustrations of Hartford, show church steeples towering over Victorian homes and the brownstone facades of businesses around them. The modern skyline of Hartford has lost many of these elegant steeples, facades and quaint smaller neighbors. The city has evolved in the name of progress, allowing treasured buildings to pass into history. And some buildings that survive have been repurposed. Yet the memory of bygone landmarks and scenes is not lost. On **Fri, Sept 21 at 10am** the Senior Center welcomes local historian and author, Daniel Sterner. In words and pictures, Daniel will help us recall the lost face of downtown and show us the historic landmarks that remain in this nostalgic exploration of the city's structural evolution. Call Lisa at 721-2979 by Mon, 9/17 to register. Free for Senior Ctr members. Mr. Sterner's books will be offered as door prizes.



Knowledge & Nibbles: Tea & Chocolate!

Finally, a program for the chocolate lovers and choc-aholics among us! On **Tue, Sept 25 at 10a**, professional chocolatier Kim Larkin will teach us about the many health benefits and the history of chocolate while we enjoy samples of her delicious chocolate creations paired with fine teas. Bring your sweet tooth! Call Lisa at 721-2979 by Wed, 9/19 to register. Free for SC members.



AARP Smart Driving Course—On **Mon, Sept 17 from 9a-1p**, come refresh your driving skills and qualify for at least a 5% reduction in your car insurance premiums for those 60 years and older. Call Lisa at 860-721-2979 to register. Fee: \$15 for AARP members and \$20 for non-members.

MORE SEPTEMBER PROGRAMS!

NEW—Monthly Legal Resource!—Attorney Joan Wilson from the firm Wilson, Pinder & Snow LLC will offer free consultations on legal matters to Senior Center members regarding estate planning, elder law and probate issues beginning this month on **Wed, Sept 12 from 10:30a-12N**.

Atty Wilson will determine what your legal needs are and if she can assist you, 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.



NEW—Monthly Massages!—In June, Licensed massage therapist, Connie Drake came to the Senior Center and made a presentation about the many benefits of therapeutic massage for seniors. Connie has now agreed to begin monthly visits to the Center to offer chair and full table massages at discounted rates for Senior Center members. Her first visit will be on **Fri, Sept 14 from 10a-12N**. A 15-minute chair massage will cost \$10 and a 30-minute table massage will cost \$25. Call Lisa at 860-721-2979 for an appointment.



Monthly Crafts—On **Fri, Sept 14 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 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, 9/11 to sign up. Free for Senior Center members.

\$3 Haircuts!—On **Tue, Sept 18 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.

Great Courses: Comparative Religions Continues—On **Wednesdays throughout September from 1:30-2:30p**, we will continue with our DVD lecture series providing an in-depth look at how the 5 great faiths (Judaism, Christianity, Islam, Hinduism & Buddhism) address core issues. Drop-ins welcome.

Have you heard about the new website that is fast becoming the informational hub of Wethersfield?! Events & Happenings, Wethersfield News, a Calendar of Events, Town Resources, Sports, Wethersfield Clubs & Groups and Senior Activities! It's all there!

Visit www.theGreatElm.com for everything Wethersfield...

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Senior Center Health Programs

Free Blood Sugar Testing*— **Fri, Sept 14, 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, Sept 14—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appointments.

Free Blood Pressure Testing*— **Thur, Sept 27, 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.

Fall Classes Begin!

Our fall session of classes begins this month! Register on-line beginning August 29 at Wethersfieldct.gov or 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. Enjoy emotional and spiritual growth as you explore mindfulness. Have fun learning art basics as your creativity and artistic expression soars. Art basics include drawing techniques using wet and dry drawing mediums, design elements and principles and various subject matters such as portraits. All levels of ability welcome.



Artist's Journey—Wednesdays, 10-11:30a. Fall session runs 9/19 through 12/12. Cost: \$39. Begin your artist's journey with Deidre. Participants have the option to work in the media of their choice. Deidre will offer guidance with painting, drawing, mixed media, fiber arts and more! All levels of ability welcome.

Belly Dance—Thursdays, 12:30-1:30p. Fall session runs 9/13 through 12/6 (no class on 10/18 & 11/22). Cost: \$33. Learn easy steps with modifications for your abilities. Have fun and enjoy a renewed sense of confidence as we perform a signature dance for the class. Join this welcoming, fun group of students!

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. Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation.

Dance Around the World with Gia—Tuesdays, 2-2:45p. Fall session runs 9/18 through 12/11. Cost: \$39. This class consists of simple dance moves to popular tunes from around the globe including home-grown favorites like Rock'n Roll, Pop and Country Western. The dances are loosely choreographed, spontaneous and can be followed without memorizing steps. Moderately paced and a great work out!

Needle Felting—Mondays, 10-11:30a. Fall session runs 9/17 through 12/17 (no class on 10/8). Cost: \$35. In the world of crafting, needle felting is one of the cutest activities around! It's simple in concept and results in elaborate sculptures made completely of wool. You'll learn to use special needles to fuse fibers together creating woolen sculptures of your choosing including adorable animals or other decorative or holiday items!

Painting—Tuesdays, 10-11:30a. Fall session runs 9/18 through 12/11. Cost: \$39. Join artist Faye Ahlberg as she cultivates the innate talents of her pupils. In this free-flowing class/artists' group, Faye can provide individual instruction or guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use any water-based medium including acrylics and water colors.

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. Become stronger and improve your balance. Focus is on strengthening your ankles, knees and hips to improve your reaction time and reduce falls. All fitness levels welcome as exercises are adapted for your skill level. A chair is used for balance & support. (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. Explore the ancient forms of T'ai Chi Chuan and the Chinese healing rituals of Qigong that include mindfulness, meditation and acupressure. Benefits include improved flexibility, balance and mental focus. Easy to learn and open to all abilities.

Walking DVD—Mondays & Wednesdays & Fridays at 10am. Room S3. Free for Senior Center members. We follow simple DVDs to get our miles in, in the safety and warmth of the Senior Center. The DVDs will have you walking in place and doing simple exercise steps to get your heart rate up. Use light weights provided to boost your burn! 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, September 5**. 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.



Monday Afternoon At The Movies!

Free movies complete with soda and snacks return on Mondays in September at 1pm. Movies are subject to change depending upon availability. Showing in September:

Sept 10—The Leisure Seeker. Starring Helen Mirren & Donald Sutherland. A runaway couple go on an unforgettable journey in their faithful old RV they call The Leisure Seeker. Travelling from Boston to Key West they recapture their passion for life and their love for each other on a road trip that provides revelation and surprises. Rated R; 1h, 52min.

Sept 17—Last Flag Flying. Starring Steve Carell, Bryan Cranston & Laurence Fishburne. Three grizzled Vietnam-era veterans travel together up the East Coast on a mournful personal mission—to hold an appropriate burial for one of their sons who perished in the opening stages of the Iraq invasion. Rated R, 2h, 4min.

Sept 24—Book Club. Starring Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburger. Four friends and members of the 60-plus set have seen it all when it comes to relationships. But after reading “Fifty Shades of Gray” they’re inspired to make bold choices in the romance department with hilarious results. Rated PG-13, 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.
- ⇒ **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, Sept 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.



** 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!

Trip to Foxwoods Casino!—Join your Senior Center friends for our first trip to Foxwoods Casino! On **Fri, Oct 19** the bus will depart from the Senior Center 10am. The trip package includes \$10 for food and \$10 bet. There'll be plenty of time for gambling, eating and shopping as the bus departs the casino at 4pm! The passenger coach is equipped with a bathroom. Cost: \$20 **payable by Fri, 9/14**. Call Lisa to register.

Watch Your October Newsletter for...

- **Musical Entertainment**—**Mon, 10/1 at 1pm**. Come hear tenor soloist Kenneth Capetta. He'll amaze you with his stunning voice!
- **Friday Feature: Vegan 101—An Intro to A Whole Food, Plant-Based Diet**—**Fri, 10/12 at 10a**. Have you heard about the benefits of vegetarian and vegan diets? Would you like to incorporate one or two meatless meals into your week? Come hear Chef Mary Lawrence as she teaches us the basics of a whole food, plant-based diet. Vegan snack will be served. Call Lisa to register.
- **Lunch & Learn: Life Care Planning with Elder Law Atty Weatherby**—**Tue, 10/16 at 12N**. Elder Law Atty Henry Weatherby will talk about the special assistance his firm offers senior clients and their families. Their Life Care Planning program can help you when facing complex medical, legal & financial decisions. Light lunch served. Call Lisa to register.
- **Computer Learning Center Lunch & Learn: Using the Web to Get Stuff Done!**—**Tue, 10/23, 12N**. You can use the internet to do just about anything these days! Come see how to complete everyday tasks on your device. Light lunch served. Call Lisa to register.

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

Monthly Massages—**Fri, 10/12, 10a-12N**

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

