

WETHERSFIELD SENIOR CENTER SEPTEMBER PROGRAMS

860-721-2979

www.wethersfieldct.gov/senior-center

THE SENIOR CENTER CONTINUES TO BE CLOSED.

ALL ACTIVITIES PROGRAMS & ENTERTAINMENT WILL BE HELD REMOTELY.

**ALL SERVICES (FOOTCARE, HAIRCUTS, ETC.) & BUS TRIPS
ARE CURRENTLY UNAVAILABLE THROUGH SEPTEMBER.**

VISIT WWW.WETHERSFIELDCT.GOV/SENIOR-CENTER FOR THE LATEST UPDATES AND ANNOUNCEMENTS.

STAY HOME, STAY SAFE

**IF YOU ARE 65 OR OLDER, OR HAVE UNDERLYING MEDICAL CONDITIONS,
THE CDC STRONGLY RECOMMENDS YOU CONTINUE TO STAY HOME & STAY SAFE**

REMOTE LEARNING & ENTERTAINMENT at HOME

Grab a bite to eat, and log on to a FREE Remote Workshop!

All programs can be viewed on a computer, iPad, tablet or smart phone.

No access to technology? MANY PROGRAMS CAN ALSO BE LISTENED TO OVER THE PHONE.

**FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THE REMOTE CLASSES,
PLEASE CONTACT: AMY MILLER at amy.miller@wethersfieldct.gov or call 860-721-2979**

***Please note, Amy will be away and unavailable September 9-September 20.**

Questions regarding registration for classes during this time, please leave a message at 860-721-2979 and your call will be returned by a staff member.

REMOTE LEARNING FROM WETHERSFIELD COMPUTER LEARNING CENTER:

DO YOU WANT TO ZOOM?! EASILY ACCESS REMOTE CLASSES, MEETINGS & SOCIAL INTERACTIONS WITH VIDEO CONFERENCING

Much of the Senior Center's programming is now done remotely during this time of social distancing. If you have a computer, laptop, smart phone or iPad/tablet, you can easily join in the fun, stay busy at home, and connected to your friends and family! **It's easier than you think!**

The Wethersfield Computer Learning Center continues to offer **FREE** one on one, remote tutoring. Learn how to use the most popular videoconferencing platforms: Zoom, Google Meet and GoToMeeting, to name a few. Volunteers are available to explain, access and use the technology.

FREE ONE ON ONE TECHNOLOGY INSTRUCTION

Even while the Senior Center is closed, the WCLC is offering **individual instruction on iPhones, iPads, Android phones, Android notebooks and tablets.**

- * Sessions are based on your individual needs and questions.
- * Volunteers are available to assist you remotely via phone and through videoconferencing applications
- * Sessions are up to one hour and are **FREE** of charge during this time. Donations to WCLC are welcomed.

SETTINGS ON THE IPHONE AND IPAD

TUESDAY, SEPTEMBER 8 AT 1:00PM

Ever wonder what that 'Settings App' (or icon) is about? Learn how to brighten and/or darken your screen, change the size of the font, hook up to WiFi or turn on Airplane Mode or Bluetooth and much, much more!

NEWS APP ON THE IPHONE AND IPAD

TUESDAY, SEPTEMBER 29 AT 1:00PM

Learn how the News app on your iPhone or iPad can be used to collect stories and topics that you are interested in viewing.

UPCOMING OCTOBER CLASSES:

OCTOBER 6: INTRO PHOTOS ON IPAD

OCTOBER 13: EDIT PHOTOS ON IPAD

OCTOBER 20: SHARE PHOTOS ON IPAD

MORE REMOTE LEARNING/ENTERTAINMENT:

WHAT YOU NEED TO KNOW ABOUT VASCULAR DISEASE

WEDNESDAY, SEPTEMBER 2 AT 10:30AM

Vascular Disease lecture by Dr. Bing Shue from the Vascular Experts of Connecticut

UNITED WE STAND: ENTERTAINMENT WITH BRIAN GILLIE

FRIDAY, SEPTEMBER 11 AT 1:00PM

Enjoy a lively, upbeat show with Brian Gillie. Entertainment in the comfort of your own home!

**Must register by Tuesday, September 8th.

HOW TO MAKE THE MOST OF YOUR DOCTOR'S APPOINTMENT

WEDNESDAY, SEPTEMBER 16 AT 12:30PM

Free. On average, doctor appointments are only 15 minutes long! Learn how to make the most out of your appointment through various tips and strategies to ensure the optimal visit with your physician. Presented by Nicholas Arsenault, Transitional tips Care Nurse, Hartford HealthCare Center for Healthy Aging. For more information call Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1 (1.877.424.4641). Registration required. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.

AARP CONNECTICUT ROAD TO LIVABILITY

MONDAY, SEPTEMBER 18 AT 1:00PM

This interactive presentation examines "What You Have" vs. "What You Need" when it comes to your HOME, CAR and COMMUNITY. Geared toward the whole family, participants will gain an understanding of the tools and resources available to create a home where you can live in comfort and safety, no matter what your stage of life. Registration is required. Registration: <https://aarp.cvent.com/LivableSept18Wethersfield> or call Erica Michalowski, AARP, at (860) 548-3163

PREPARING FOR MEDICARE OPEN ENROLLMENT

WEDNESDAY, SEPTEMBER 23 AT 1:00PM

Whether you are new to Medicare or have been on Medicare for many years, did you know you can change your plan every year during the Medicare Open Enrollment period (October 15 to December 7). Selecting the right plan for you is not difficult. It just requires some preparation. But where do you begin??

This presentation will be led by a Certified Employee Specialist (CEBS) with years of experience in evaluating and selecting health plans, including her own Medicare plan. THIS PRESENTATION IS TO ASSIST YOU BEFORE EVALUATING AND SELECTING A PERSONAL MEDICARE PLAN. THIS IS NOT A SALES PRESENTATION. NO PLAN(S) WILL BE ENDORSED. Please register by September 21.

AARP DRIVER SAFETY: The AARP Smart Driver courses have been cancelled through Dec 31, 2020. The online course is still available at www.aarpdriversafety.org (promotion code: DRIVINGSKILLS). The 25% discount has been extended through Dec 31, 2020.

STAYING FIT & HEALTHY AT HOME

IT'S NOT TOO LATE TO START YOUR AT HOME EXERCISE ROUTINE WITH ONE OF OUR ZOOM EXERCISE PROGRAMS!

Please note, due to Covid19 and social distancing, **all September classes will continue to be held remotely via ZOOM.** For question on how to register receive meeting IDs and Passwords please contact Amy at 860-721-2979 or email amy.miller@wethersfieldct.gov.

***Please note, Amy will be away and unavailable September 9-September 20.**

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BELLY DANCE: WEDNESDAYS, 2-2:50PM \$12

Have fun, stay fit and enjoy a renewed sense of confidence! Learn easy steps with modifications for all abilities.

CHAIR YOGA: MONDAYS, 11:00-11:50AM AND THURSDAYS, 2:00-2:50PM \$12

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.

EASY DANCING FOR FUN: FRIDAYS, 11-11:50AM \$12

Exercise should be fun, and this class will demonstrate that having fun and exercise are one in the same! Dances are simple & easy to follow... no memorizing steps or dance moves. Enjoy upbeat music and a great workout!

SILVER SNEAKERS CLASSES: TUESDAYS & THURSDAYS: 11-11:50AM – FRIDAYS, 9-9:50AM FREE

A wonderful workout for all ages!

QIGONG: SIMPLES MOVES FOR BETTER HEALTH: TUESDAYS, 1-2PM \$12

Experience the benefits of movement, meditation and mindfulness. Qigong integrates body posture, movement, coordinated breathing and meditation. Its low-impact exercises are designed to boost energy and increase balance, flexibility, mobility, and relaxation. Learn several Qigong forms as well as the Cloud Hands movement of T'ai Chi, which is often practiced individually for internal balance, coordination, and energy flow.

T'AI CHI: FLOWING MOVEMENT FOR BETTER BALANCE: WEDNESDAYS, 10:30AM-11:30AM \$12

T'ai chi, a mind-body practice, focuses on building strength and improving balance and flexibility through slow, fluid movement. Described as meditation in motion. Learn T'ai Chi form (Chen Style) movements, agility exercises, and several Qigong forms designed to invigorate and strengthen the whole body.

T'ai Chi and Qigong can be adapted for all fitness levels. Sessions include both important components of standing and/or sitting meditation. Students will leave with a routine and tips for sustaining a daily practice.

***REGISTRATION FOR FALL CLASSES BEGINS SEPTEMBER 16:**

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WETHERSFIELD SOCIAL & YOUTH SERVICES

If you are experiencing **FINANCIAL DIFFICULTY** & seeking **INFORMATION ON ACCESS TO FOOD AND BASIC NEEDS**, or have questions regarding **RENTERS REBATE** or **TRANSPORTATION**, please contact us at **(860) 721-2977** or email Chris Taylor at chris.taylor@wethersfieldct.gov

RENTERS REBATE: Tax relief is available to financially eligible Wethersfield renters who are elderly (aged 65 and older) and those who are permanently and totally disabled. Households whose income falls below \$37,000 for individuals and \$45,100 for married couples may qualify. Renters apply between April 1 and September 30. Wethersfield residents can get eligibility information, ask questions regarding required documents needed, and how to apply by calling the Wethersfield Social Service Department at 860-721-2977.

WETHERSFIELD FOOD BANK: Wethersfield Department of Social Services' Food Bank and Special Needs Fund accepts monetary donations online. The fund is used to assist eligible residents with different needs in addition to food insecurities. Donations are processed safely and securely through the town's online registration system: <https://rec.wethersfieldct.gov/wbwsc/webtrac.wsc/donation.html>

CLOTH FACE MASKS. Wethersfield Senior Center has **CLOTH FACE MASKS for our WETHERSFIELD SENIORS.** To request a mask, please call Amy at 860-721-2979 or amy.miller@wethersfieldct.gov.

WETHERSFIELD SENIOR CENTER

Please visit our **WSC WEBSITE** for all the latest Senior Center information and updates:

CLASS SCHEDULES, CONTINUED LEARNING PROGRAMS, SERVICES AVAILABLE

Our website also has on-line resources for

HEALTH PROGRAMS FOR SENIORS, VIRTUAL TOURS AND LEARNING WEBSITES

to help keep your mind and body active!

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