

# Wethersfield Senior Center

**THE SENIOR CENTER CONTINUES TO BE CLOSED.**

**All Activities, Programs & Entertainment are held REMOTELY.**

**ALL SERVICES & BUS TRIPS ARE CURRENTLY UNAVAILABLE.**

Members will be notified when the Center reopens for in-person classes and services or you can visit [www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center) for the latest updates and announcements.

The Wethersfield Senior Center serves adults age 55 and over.

**ANNUAL MEMBERSHIP FEE:**

**ONLY \$5 FOR WETHERSFIELD RESIDENTS AND \$7 FOR NON-RESIDENTS**

*Your membership fee allows us to continue to provide much needed programming and services to our seniors.*

**MEMBERSHIPS CAN BE RENEWED BY MAIL:**

Wethersfield Senior Center  
30 Greenfield Street, Wethersfield, CT 06109

For updates and current schedules, please see our monthly Senior Center Newsletter online at:

**[www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center)**

or posted monthly in the Rare Reminder. For more information regarding The Wethersfield Senior Center, please contact Senior Center Coordinator, Amy Miller, at 860-721-2979 or email: [amy.miller@wethersfieldct.gov](mailto:amy.miller@wethersfieldct.gov).

## **WETHERSFIELD SOCIAL SERVICES: HOW MAY WE HELP YOU?**

Wethersfield offers many services to our senior community; some you may be familiar with, others you may not. If you are experiencing FINANCIAL DIFFICULTY & seeking INFORMATION ON ACCESS TO FOOD AND BASIC NEEDS, or have questions regarding TRANSPORTATION, please contact us at 860- 721-2977 or email Chris Taylor at [chris.taylor@wethersfieldct.gov](mailto:chris.taylor@wethersfieldct.gov).

## **DIAL-A-RIDE**

Do you no longer drive or need reliable transportation to stay independent? Dial-A-Ride may be your answer! To learn more about this valuable service, how it works, who is eligible and how to get started, please call Social & Youth Services at 860-721-2977.



## **VOLUNTEERS**

If you are interested in helping the Senior Center by volunteering your time, please call or email Amy. Opportunities include, but not limited to, making friendly phone calls, simple administrative assistance, special projects, or help with the Computer Learning Center... volunteer to teach seniors how to use their smartphones, tablets or email... many different opportunities available

## **SENIOR CAFÉ / CRT GRAB N' GO LUNCH PROGRAM**

Each week on Mondays, pick up 5 delicious meals at the Pitkin Community Center provided by the Community Renewal Team of Hartford.

Suggested donation: \$15.00 for

5 meals, Registration is required. Age 60+.

Please call 860-721-2979 for more information and to reserve your meals.



## **MONTHLY LEGAL RESOURCE**

Atty. Joan Wilson, of Wilson, Pinder & Snow LLC, offers free consultations on legal matters to Senior Center members regarding estate planning, elder law and probate issues. Atty. Wilson determines your legal needs and provides an estimate of costs for her services or a referral for advice from attorneys with other specialties. Call Amy at 860-721-2979 to arrange a phone consult.

## **WETHERSFIELD STROKE CLUB**

A support group for stroke survivors and their families. Contact Joan Haines at 860-529-2281 or go to [www.strokesupport-ct.org](http://www.strokesupport-ct.org) for more information.

## **RED ONION SENIOR QUILTERS**

Red Onion Senior Quilters continue to work from home and quilt for charity. Each year our group donates a large number of beautiful quilts to the Children's Hospital and other charities in need. Stay connected and share your love of quilting! Call Amy if you are interested in learning more.



# EXERCISE CLASSES

**REGISTRATION BEGINS JANUARY 6<sup>TH</sup>**

The Senior Center is now accepting the **Renew Active Fitness Program offered by UnitedHealthcare**. Members of UnitedHealthcare may register for classes using the codes ending in 90 and 99. These programs are free through your provider. You will be required to provide your Renew Active membership to register.

## EASY DANCING FOR FUN

Age 55+. Follow Gia in easy dance steps to lively music from around the world, including oldies and classic favorites. A great hour of movement and fun. Class will be offered remotely through the Zoom App. Min/Max: 6/50. Remote.

Date	Day	Time	Fee	Code
1/22-3/19	F	11:00-11:50A	\$36	436102-19
<i>UnitedHealthcare Renew Active Members</i>				
1/22-3/19	F	11:00-11:50A	FREE	436102-99

## CHAIR YOGA

Age 55+. 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. Class will be offered remotely through the Zoom App. Min/Max: 10/60. Remote.



Date	Day	Time	Fee	Code
1/18-3/15	M	11:30A-12:20P	\$36	436235-19
1/21-3/18	Th	2:00-2:50P	\$36	436235-20
<i>UnitedHealthcare Renew Active Members</i>				
1/18-3/15	M	11:30A-12:20P	FREE	436235-99
1/21-3/18	Th	2:00-2:50P	FREE	436235-90

## T'AI CHI

T'ai Chi, a mind-body practice, focuses on building strength and improving balance, coordination, mental focus, and cognitive function. Research shows that T'ai Chi also enhances the immune system, and improves sleep quality and a general sense of well-being. Learn Tai Chi form (Chen style) movements, agility exercises, and meditation practices. You'll leave with a routine and tips for sustaining a daily practice. Classes will be offered remotely through the Zoom App.

Date	Day	Time	Fee	Code
1/20-3/17	W	10:30-11:20A	\$36	436252-19
<i>UnitedHealthcare Renew Active Members</i>				
1/20-3/17	W	10:30-11:20A	FREE	436252-99



## IMPROVING MOVEMENT AND BALANCE

Improve your mobility, flexibility, and balance. This class integrates body posture, movement, breathing and meditation using easy to learn Qigong techniques (pronounced "chee gung"), an ancient Chinese practice related to T'ai Chi. The gentle movements boost energy, calm the mind, and invigorate and strengthen the whole body. You'll leave with a routine and tips for sustaining a daily practice. Classes will be offered remotely through the Zoom App.

Date	Day	Time	Fee	Code
1/19-3/16	Tu	1:00-1:50P	\$36	436253-19
<i>UnitedHealthcare Renew Active Members</i>				
1/19-3/16	Tu	1:00-1:50P	FREE	436253-99

## BELLY DANCING

Age 55+. This senior belly dance class involves easy steps to follow with modifications for all abilities. Enjoy a renewed sense of confidence as we create beautiful signature dances. Look forward to each week with a fabulous group of ladies. Beginners welcome! Class will be offered remotely through the Zoom App. Min/Max: 6/50. Remote.

Date	Day	Time	Fee	Code
1/20-3/17	W	2:00-2:50P	\$36	436095-19
<i>UnitedHealthcare Renew Active Members</i>				
1/20-3/17	W	2:00-2:50P	FREE	436095-99

**SilverSneakers**  
FITNESS



## SILVER SNEAKERS CLASSES

Age 55+. Silver Sneakers classes are designed to increase strength and improve balance. Focus on strengthening ankles, knees and hips to improve reaction time and reduce falls. Classes are suitable for all fitness levels as exercises are adapted for each individual's skill level. A chair is used for balance and support. Class will be offered remotely through the Zoom App. Min/Max: 1/40. Remote.

## SILVER SNEAKERS STRENGTH & BALANCE

Date	Day	Time	Fee	Code
1/19-3/16	Tu	11:00-11:45A	\$36	436260-19
1/21-3/18	Th	11:00-11:45A	\$36	436260-20

### *Silver Sneakers Members*

1/19-3/16	Tu	11:00-11:45A	FREE	436260-89
1/21-3/18	Th	11:00-11:45A	FREE	436260-80

### *UnitedHealthcare Renew Active Members*

1/19-3/16	Tu	11:00-11:45A	FREE	436260-99
1/21-3/18	Th	11:00-11:45A	FREE	436260-90

## SILVER SNEAKERS STABILITY

Date	Day	Time	Fee	Code
1/22-3/19	F	9:00-9:45A	\$36	436261-19

### *Silver Sneakers Members*

1/22-3/19	F	9:00-9:45A	FREE	436261-89
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### *UnitedHealthcare Renew Active Members*

1/22-3/19	F	9:00-9:45A	FREE	436261-99
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## **REMOTE LEARNING**

### **FROM THE WETHERSFIELD COMPUTER LEARNING CENTER (WCLC):**

For more information and to register for any of the following remote programs, please contact:  
Amy Miller at amy.miller@wethersfieldct.gov or call 860-721-2979

#### **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 connect to your friends and family. **It's easier than you think!**

The Wethersfield Computer Learning Center offers **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 call you and 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 welcome.

#### **INTRO PHOTOS ON IPAD**

**TUESDAY, JANUARY 12 at 1:00P**

Do you find your photos need some organization? Now is a perfect time to learn how your photos are organized in the Apple Photos App, search for particular photos, mark photos as favorites, and create albums with your photos.

#### **EDIT PHOTOS ON IPAD**

**TUESDAY, JANUARY 19 at 1:00P**

The edit tools in the Photos app allow you to make many different changes to your photos. Learn how to straighten, crop, and adjust your photos.

#### **SHARE PHOTOS ON IPAD**

**TUESDAY, JANUARY 26 at 1:00P**

Learn how to save photos and videos from texts and emails and share your photos and videos with others. Learn how iCloud can be used to help with your photos.

#### **MICROSOFT USER SETUP**

**THURSDAY, JANUARY 28 at 1:00P**

Do you share your Microsoft 10 computer with other users? Do you want more safety on the internet? Learn how to create and define Users on Windows 10 in this 1 hour Zoom class, plus 30 minutes for your questions.

#### **PAGES ON THE IPAD**

**MONDAY, FEBRUARY 8 at 1:00P**

Pages is a powerful word processor that lets you create stunning documents, and comes included with most Apple devices or can be downloaded from the App Store for free. Learn the basics and build from there!

#### **WORKING WITH MUSIC ON THE IPHONE & IPAD**

**WEDNESDAY, FEBRUARY 10 at 1:00P**

Want to listen to just a few songs from multiple albums? Build a playlist! Add to or delete from an existing playlist. Keep your music organized.

#### **NOTES ON THE IPHONE & IPAD**

**MONDAY, FEBRUARY 15 at 1:00P**

Come learn about the built in Notes App. Create folders for organization, convenience and fun!

#### **INTRO TO MICROSOFT WORD**

**THURSDAY, MARCH 4 at 1:00P**

Overview of the capabilities of Microsoft Word. An introduction to: document formats, templates, drawing, labels, and more.

#### **MAPS ON THE IPHONE & IPAD**

**TUESDAY, MARCH 16 at 1:00P**

Learn about the many features of Apple Maps. In this workshop you will learn how to view maps, find a location, find directions, view indoor maps of malls and airports, see information about a place and take a virtual tour of a city.

#### **SAFARI & NEWS APPS ON THE IPHONE & IPAD**

**TUESDAY, MARCH 23 at 1:00P**

Learn more about these pre-installed Apps. In Safari, browse the web, use tabs, bookmark favorite sites and hide ads and distractions on webpages. Using the News App, learn how you can read the latest news and customize your news sources. Download the News App. Both the App and iTunes Stores are for users of an Apple device(s) (Mac, iPhone, iPad, iPod).



## **IN PERSON SERVICES & GROUP ACTIVITIES:**

**FOR THE SAFETY OF OUR MEMBERS, THE WETHERSFIELD SENIOR CENTER CONTINUES TO BE CLOSED TO THE PUBLIC AND ALL PROGRAMMING IS BEING HELD REMOTELY.**

As soon as we are able to safely do so, we will once again begin to reopen the Senior Center. Some programs will most likely return sooner than others. Updates will be posted on the Senior Center website, monthly newsletter and in the Rare Reminder.

- Members will be notified when we begin scheduling appointments for one on one, in person services:
  - Footcare,
  - Auditory Services/Hearing Screenings
  - Legal Assistance
  - Technology / Computer lessons
  - Massage Therapy
- Haircuts at the International School of Cosmetology are currently unavailable until further notice. Tentatively appointments may resume in April or May.
- AARP has extended the cancellation of any in person Safe Driving Courses until April 2021. AARP Driver Safety is extending the 25% discount on the Smart Driver On-Line course until April 1, 2021.
  - Course Registration: [aarpdriversafety.org](http://aarpdriversafety.org)
  - Promotion Code: DRIVINGSKILLS
- Clubs, entertainment, bus trips, in person group programs and exercise programs continue to be held remotely through the winter months. Members will be notified when these programs resume at the Senior Center.

ENTERTAINMENT, WEBINARS & EDUCATIONAL REMOTE PROGRAMMING is updated more frequently. Members are notified of new programs available to members via weekly emails and when possible, posted on the WSC website.

[www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center)

