



Wethersfield Senior Center News

FEBRUARY 2025

www.wethersfieldct.gov/senior-center
30 Greenfield Street, Wethersfield, CT 06109
860-721-2770 senior.center@wethersfieldct.gov

WETHERSFIELD SENIOR CENTER
MARDI GRAS CARNIVAL
MONDAY, FEBRUARY 27
12PM LUNCH/1PM MUSIC
Entertainment by Jose Paulo
Entertainment & Lunch
\$10 Member/\$13 Non-member
exp REALTY

**COFFEE & CONVERSATION WITH
FIRE MARSHAL & ASSISTANT CHIEF ANTHONY DIGNOTI**
FIRE SAFETY FOR SENIORS
WEDNESDAY, FEBRUARY 5 at 10AM
COFFEE & PASTRIES
WILL BE
PROVIDED

FEBRUARY HIGHLIGHTS

- Tuesday, February 4 at 3pm
Paint Party (rescheduled from January)
- Wednesday, February 5 at 10 am
Coffee Talk with Fire Marshal, Anthony Dignoti
- Thursday, February 6 at 2pm
Afternoon Tea, followed by Valentine's Craft
with WHS Interact Club; space is limited
- Tuesday, February 18 at 3pm
February Paint Party
- Wednesday, February 19 at 11:30am - \$3
CRT Lunch & Learn: Protein—Senior Café
- Monday, February 24; 12pm lunch /1pm music
Mardi Gras with Jose Paulo
- Tuesday, February 25 at 9:30am
Veteran Coffee House—Senior Café
- Tuesday, February 25 at 1pm
Collette Tours Presentation: 2025 Spain &
Portugal Senior Trip

Wethersfield Senior Center
**afternoon tea
& VALENTINE'S
CRAFT**
with the WHS Interact Club
**06 February 2025
at 2pm**
Space is limited. Please RSVP by February 4

Fitness Classes

Must have current Senior Center membership to participate.

For detailed class descriptions and more information, please visit www.wethersfieldct.gov/recreation. Questions regarding membership, programs or late registration, please contact the Senior Center. The Senior Center accepts Renew Active & Silver Sneakers Members.

Better Health & Improving Balance with Tai Chi/Qigong

In Person & Remote
Wed 10am-10:50am



Improve flexibility, strength, balance and mental focus through gentle movements from Tai Chi Chuan and Qigong. This class will help reduce pain; boost concentration & increase energy. End class with mindful meditation.



Strength Conditioning & Balance With Roba PT

In Person in the gym
Fri 10:45am-11:30am

This class will get you moving in a safe and active way while providing an exercise routine that can be done in the comfort of your own home to help with your balance and stability.



Chair Yoga

In Person & Remote
Mon 11:30am-12:20pm
Thurs 11:30am-12:20pm

Yoga basics using a program that adapts easily to individual fitness levels. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and stability and overall well-being.



Walking DVD; In Person Only
Mondays, Wednesdays & Fridays
10am-10:45am free for members



MEMBER DIRECTED. Our group of walkers follow a DVD routine that incorporates simple aerobic exercises with a continuous walk in place. Upbeat music keeps you motivated & invigorated.



SilverSneakers Strength & Balance

In Person, Zoom/Remote
Tuesdays 10am-10:45am
Thursdays 10am-10:45am

Move to the music through a variety of exercises designed to increase muscular strength & range of movement. Hand-held weights & elastic tubing are utilized for resistance training.



Pickleball Court Time

Member Directed
Beginner: Mon 8:30am-10:30am
Intermediate: Wed 8:30am-10:30am

Net is provided. Please bring Your own racquet; some may be available upon request.



ART CLASSES

Art instruction is for all abilities, from beginners to advanced artists. Register in-person or online www.wethersfieldct.gov/recreation.

ARTISTS' JOURNEY WITH BILL: THURSDAYS 10AM - 11:30AM

Join this free-flowing class, where our talented instructor is available to provide individual guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use medium of choice. Water-based paint (acrylics and water colors) brushes and canvas boards provided.

*FREE ART / PAINTING TIME: WEDNESDAYS 9:30AM-12PM

PAINT PARTY- TUESDAY, FEBRUARY 4 & 18 at 3PM

\$20 Fee includes materials and refreshments and a bite to eat while you paint. Call or register online. All abilities welcome.

Enjoy a guided paint class, similar to Paint Nights hosted at local restaurants or studios, at a fraction of the cost! Joann will help you create beautiful seasonal paintings...you don't need





WETHERSFIELD TECH HELP FOR SENIORS

WETHERSFIELD TECH HELP FOR SENIORS offers individual and small group instruction to help meet all your technology needs. Schedule one-to-one assistance with iPads, iPhones, Windows 10 computers, Android tablets and phones. Classes are also offered.



IPHONE 101 ZOOM CLASSES

February 11 - Exploring Essential Functions of the iPhone

February 25 - Exploring Standard (Pre-Installed) Apps (Part I)

March 11 – Exploring Standard (Pre-Installed) Apps (Part II)

March 25 – Tricks, Tips, And Q&A

ASK JACK: DROP IN TECH HELP FOR SENIORS THURSDAYS, 10AM-12PM FREE drop in assistance to answer all your tech questions: Android smart phones and tablets (also available for iPhone, iPad, apps, laptops, etc. First come, first served.

DROP IN HELP WITH APPLE PRODUCTS FREE drop in assistance to answer all your tech questions on your Apple products: iPhone, iPad, apps, etc. First come, first served.

For more information, to register for classes or inquire about one on one assistance, email techhelpforseniorswethersfield@gmail.com or call (860)721-2770.

WETHERSFIELD SOCIAL & YOUTH SERVICES/ELDERLY SERVICES (860)721-2880

The WS&YS Department is available to provide assistance and services if you are experiencing financial difficulties or need to access food, basic needs, or transportation. **WETHERSFIELD ELDERLY SERVICES:** Daniel Rosario, social worker and Elderly Services Coordinator, can help with you with federal, state and local assistance programs such as **ENERGY ASSISTANCE, TAX ASSISTANCE, DIAL-A-RIDE, HOUSING,** The Supplemental Nutrition Assistance Program/SNAP vouchers, Medicare CHOICES and more.

For more information, please call or email Daniel Rosari at daniel.rosario@wethersfieldct.gov.



THE SENIOR COMMUNITY CAFÉ 860-721-2773

Lunch is served Mondays & Wednesdays at 12PM to persons 60 years or older and their spouses or caregivers. The suggested donation is **\$3.00** for seniors and caregivers. **To reserve your lunch, please call the Café:** a minimum of (1) workday notice is needed to reserve your lunch
View monthly menu at: <https://wethersfieldct.gov/senior-center>

February 19 at 11:30am: Lunch & Learn: Protein

SENIOR CITIZEN ADVISORY COMMITTEE

The committee meets to discuss topics of interest for senior residents of Wethersfield. For more information or if you are interested in joining us at our next meeting, please contact the Senior Center. Meets the 3rd Thursday of the month at 3pm.

Next meeting February 20.

2025 ANNUAL MEMBERSHIP DUES

ONLY \$5 FOR WETHERSFIELD RESIDENTS - \$7 FOR NON-RESIDENTS
Membership year runs January—December 2025. We appreciate your support!



Seats reserved upon payment; first come, first served.
Questions, please contact the Senior Center.

TUESDAY, FEBRUARY 25 AT 1PM:

PRESENTATION BY COLLETTE TOURS: FALL 2025 TRIP TO SPAIN & PORTUGAL

Join Tracy O'Neil from Collette Tours as she presents information on our proposed fall 2025 trip to Spain & Portugal. Light refreshments will be served. **Please RSVP by February 21.**

DAY TRIP: 9/11 MUSEUM & MEMORIAL - THURSDAY, APRIL 3, 2025

Lunch on your own at Brookfield Place, an upscale food court in the heart of Lower Manhattan. The 9/11 Museum: The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each & every victim of both the 2001 & 1993 attacks. The Memorial: The Memorial's twin reflecting pools sit within the footprints where the Twin Towers once stood. The names of every person who died in the terrorist attacks are inscribed in bronze around the pools.

COST: \$123.pp Depart: 7:00am Estimated Return: 7:15pm.
There will be a moderate amount of walking on this trip.

OVERNIGHT TRIPS:

**ATLANTIC CITY, NJ -TROPICANA CASINO & SHOW
"BENNIE & THE JETS" MUSICAL TRIBUTE TO ELTON JOHN
WEDNESDAY-FRIDAY, APRIL 23-25, 2025**

2 night stay at the Tropicana Atlantic City North Tower located on the famous boardwalk. Tropicana is home to the Quarter, a retail and restaurant complex. There is always something exciting happening including an IMAX Theater and over a dozen restaurants to choose from. CASINO BONUS: \$30 Slot Play, 2-\$25 Food Vouchers & Matinee Show
MATINEE SHOW - April 24: "Benny & The Jets" Musical Tribute to Elton John Bennie and the Jets deliver an unforgettable experience that recreates the sights and sounds of the legendary Elton John. Prepare to be transported to what feels like an authentic Elton John concert, where the vocals capture the essence of Elton's iconic voice and the piano playing mirrors his distinct style with remarkable precision. Celebrate decades of chart-topping songs such as: "Bennie & The Jets", "Goodbye Yellow Brick Road", "Your Song", "Can You Feel the Love Tonight", "Crocodile Rock", "Candle in the Wind", "Philadelphia Freedom", and "Little Jeannie", to name a few. This show will fill you with unforgettable melodies and cherished memories as you sing along to Elton John hits you know and love.

COST: \$429 pp double/triple; \$549 pp single. Includes: Deluxe motor coach, 2 nights hotel, Casino Bonus: \$30 pp Slot, 2- \$25 Food Vouchers & Show, Friendship Tours Escort, Driver & Tour Director Gratuity. The features of the casino bonus may be changed and/or eliminated at the discretion of the casino.

DEPOSIT: \$50 pp due now; FINAL PAYMENT: March 5, 2025

SUMMERTIME IN GETTYSBURG- TUESDAY-THURSDAY, AUGUST 26-28, 2025

Gettysburg Museum & Visitors Center Battlefield Tour • Shriver House Hollabaugh Bros Farm Tour
COST: \$669 pp double/triple; \$819 pp single. INCLUDES: Deluxe motor coach, 2 nights hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity.

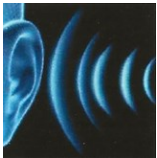
DEPOSIT: \$150 pp by June 3, 2025 FINAL PAYMENT: July 8, 2025



SERVICES For Senior Center Members: BY APPOINTMENT ONLY—NO WALK-INS.

To schedule appointments, please call 860-721-2770 or email senior.center@wethersfieldct.gov

*Appointments for Services at the Center fill up quickly, and often are booked out over a month in advance. Please plan accordingly and call early for your appointments. If you are unable to make your scheduled appointment, please cancel as soon as possible, so that another member may be able to receive services. Thank you!



FREE HEARING SCREENINGS/AUDITORY CONSULTS:

1ST THURSDAY EVERY OTHER MONTH: Auditory consultations using the newest technologies include computerized hearing assessments, video camera ear wax/canal exams & free hearing aid checks, cleanings and battery samples.



1st & 3rd WEDNESDAYS Certified RN. Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Free blood pressure screening available during Footcare clinics. Fee \$30.

THERAPEUTIC MASSAGE with CONNIE: 2nd & 4th WEDNESDAYS & 4TH FRIDAY of the month

Licensed massage therapist offers chair and full-table therapeutic massages. Therapeutic massage can be used to reduce stress, decrease pain and increase feelings of calmness and well-being.

- 15-minute chair massage-\$15
- 30-minute table massage-\$28
- 60-minute table massage-\$55.



**Cancellations: Please notify Connie a Minimum of 24 hours / one working day's notice. Thank you for your understanding and consideration.*

MORE SERVICES For Senior Center Members:

APPOINTMENTS MUST BE MADE THROUGH THE SENIOR CENTER -NO WALK-INS.

To schedule appointments, please call 860-721-2770 or email senior.center@wethersfieldct.gov



FREE LEGAL CONSULTATION: 3RD TUESDAY EACH MONTH: 10AM-12PM

Free 30 minute consultations available with an attorney from Reed, Wilson Case LLC
Call for appointment. Now booking September/October.



\$4 HAIRCUTS: Now booking August/October.

Haircuts are given at the International Institute of Cosmetology, 632 Silas Deane Hwy.
For WSC members / Wethersfield residents only.

AARP® FREE TAX PREPARATION ASSISTANCE

FEBRUARY 5—APRIL 9: BY APPOINTMENT ONLY; NO WALK-INS

FREE TAX PREPARATION ASSISTANCE will be provided by IRS certified AARP Foundation Tax-Aide Volunteers at the Senior Center, February 5- April 9. Tax help is available to low and middle-income taxpayers of all ages, with special attention to those 60 years and over.

**FOR MORE INFORMATION AND TO SCHEDULE AN APPOINTMENT,
PLEASE CALL SOCIAL SERVICES 860-721-2880 OR THE SENIOR CENTER 860-721-2770.**

MOVIE MATINEES MONDAYS,& THURSDAYS AT 1 PM; WEDNESDAYS AT 1:30PM

FOR MORE INFORMATION/MOVIE TITLES & SCHEDULE UPDATES PLEASE VISIT THE SENIOR CENTER FOR A FLYER OR VIEW ON OUR WEBSITE AT: WWW.WETHERSFIELDDCT.GOV/SENIOR-CENTER

BINGO WEDNESDAYS 12:15PM-2:45PM BANQUET ROOM

Always a fun day! \$2 admission includes 2 bingo cards.
February 12- Lunch & Dessert \$3.

SET BACK: FRIDAYS- 12:15PM-3PM BANQUET ROOM



Join our friendly group! Everyone is welcome: singles, partners, beginners, experienced players. Easy to learn. Please arrive before 12pm to register & receive a scorecard. Players must be seated and ready to play by 12:15pm. \$2 members/\$3 non-members. February 7: Super Bowl/Chili Bowl.

MAH JONGG: TUESDAYS & THURSDAYS, 9:30AM-1:00PM – ROOM F1

A fun and challenging tile game. Instruction available for beginners. Call the Center for more information. Walk-ins welcome.



Wii BOWLING TUESDAYS AT 1PM

New players welcome! Great exercise and great fun!

RED ONION SENIOR QUILTERS: 3RD MONDAY EACH MONTH 10AM- ROOM F1

All skill levels welcome. Make new friends and quilt for charity.

KNITTING CLUB 2ND & 4TH TUESDAY EACH MONTH 10AM

Sit, relax and learn a new skill. Projects donated to local charities. Beginners welcome. Knitting supplies will be provided. Experienced knitters to instruct on more advanced projects needed.



AARP SAFE DRIVER COURSE
THURSDAY, THURSDAY, FEBRUARY 20, 9AM-1PM
\$20 AARP members; \$25 NON-AARP members



SAVE THE DATE

WEDNESDAY, MARCH 5 at 10am- COFFEE TALK WITH TOWN OFFICIAL

WEDNESDAY MARCH 19 at 10am- AUTHOR BRUNCH WOMEN IN HISTORY—FREE, RSVP required

MONDAY, MARCH 24; Lunch 1pm/Music 1pm - ENTERTAINMENT WITH JOHN SKINNON

TUESDAY, MARCH 25 at 9:30am- VETERAN COFFEE HOUSE

TUESDAY, MARCH 25 at 1pm: COLLETTE TOURS PRESENTATION: TRIP TO SPAIN & PORTUGAL