

Wethersfield Senior Center News

www.wethersfieldct.gov/senior-center

30 Greenfield Street, Wethersfield, CT 06109

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APRIL



SPECIAL EVENTS

COFFEE & CONVERSATION WITH CONGRESSMAN JOHN LARSON THURSDAY, APRIL 4 AT 2:30PM

Join Congressman Larson to discuss the future of Medicare and Social Security, and the Benefits available to you. Coffee & refreshments; open to all. No RSVP needed.

APRIL ENTERTAINMENT WITH THE HOT CAT JAZZ BAND MONDAY, APRIL 8: LUNCH AT 12:30PM, ENTERTAINMENT BEGINS AT 1PM

The HCJ band will take you back through the decades with songs going back to the Dixieland Jazz era, early swing standards from the Great American Songbook, to Big Band Jazz, early Rock and Roll, Motown favorites and the music of the Beatles.

**LUNCH & ENTERTAINMENT: M/\$8, NM/\$11; ENTERTAINMENT ONLY M/\$4, NM/\$7
To reserve your lunch, please RSVP BY FRIDAY, APRIL 5.**

LUNCH: APPETIZER, SALAD, ASSORTED STUFFED BREAD LOAVES, DESSERT & BEVERAGE.

ADMISSION INCLUDES FREE RAFFLE. BONUS RAFFLE \$2 FOR 3 TICKETS.

PAY AT THE DOOR ON THE DAY OF THE SHOW – WALK-INS WELCOME.



LUNCH & LEARN: THE BENEFITS OF A REVERSE MORTGAGE TUESDAY, APRIL 16 AT 1:00PM

FREE presentation and luncheon provided by Norcom Mortgage and RWC, LLC Attorneys at Law.

Learn all about reverse mortgages; experts will explain the benefits and debunk the myths. A light lunch of sandwiches, chips & cookie will be served.



KNOWLEDGE & NIBBLES WITH MAYOR KEN LESSER, 2024-2025 TOWN BUDGET THURSDAY, APRIL 18 AT 1:00PM

Join Mayor Lesser for an update on the upcoming fiscal year town budget. Coffee & pastries will be served. No RSVP needed.



EXERCISE & ART CLASSES

Spring class are in session; registration for summer session is open. Register in-person or online. For detailed class descriptions and more information, please visit www.wethersfieldct.gov/recreation. Please note, to register for exercise and art programs **current senior center membership is required**. Questions regarding membership or programs, please contact the Center. The Senior Center accepts Renew Active Members.

STAY ACTIVE

TAI CHI-BETTER HEALTH & IMPROVING BALANCE IN PERSON & REMOTE
WEDNESDAYS, 10:00AM-10:50AM; 4/10-6/5 \$36; 6/12-8/14 \$36



CHAIR YOGA IN PERSON & REMOTE
MONDAYS 11:30AM-12:20PM; 3/25-6/10 \$36; 6/17-8/12 \$36
THURSDAYS 11:30AM-12:20PM; 3/28-6/6 \$44; 6/13-8/15 \$36

WALKING DVD; IN PERSON ONLY
MONDAYS, WEDNESDAYS & FRIDAYS, 10AM-10:45AM

A FUN, AEROBIC ACTIVITY THAT COMBINES WALKING & EASY AEROBIC MOVES
MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM—FREE FOR MEMBERS



SILVER SNEAKERS STRENGTH & BALANCE
IN PERSON VIA ZOOM/REMOTE
10AM-10:45AM
TUESDAYS 3/26-6/4 \$44; 6/11-8/13 \$40
THURSDAYS 3/28-6/6 \$44; 6/13-8/15 \$36

SILVER SNEAKERS STABILITY
REMOTE ONLY
FRIDAYS 10AM-10:45AM
3/29-6/7 \$44



SENIOR PICKLEBALL Nets are provided. Bring your own racquet. Please arrive at the start time to ensure inclusion in the rotation. A general knowledge of Pickleball is required.

Pickleball is currently full for the Winter/Spring season.
Summer: Beginners: Mondays 4:15-5:45pm \$16
 Intermediate: Wednesdays 4:15-5:45pm \$16

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.rosario@wethersfieldct.gov.

2024 ANNUAL MEMBERSHIP DUES (JANUARY—DECEMBER)
ONLY \$5 FOR WETHERSFIELD RESIDENTS - \$7 FOR NON-RESIDENTS
RENEW TODAY!

ART CLASSES

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

ARTISTS' JOURNEY:

Our talented instructor, Deidre, is available to guide you on projects of your choice; skilled in all mediums. painting, sketching, watercolor...

WEDNESDAYS 10-AM11:30AM; 4/10-6/5 \$60; 6/26-8/14 \$45

THURSDAYS 10-AM11:30AM; 4/11-6/6 \$60; 6/27-8/15 \$45



SCULPTING -NEEDLE FELTING/CLAY:

Sculpt amazing figurines using traditional sculpting clay or needle felting techniques using wool.

Starter kits \$13

WEDNESDAYS 10-AM11:30AM; 4/10-6/5 \$60; 6/26-8/14 \$45

THURSDAYS 10-AM11:30AM; 4/11-6/6 \$60; 6/27-8/15 \$45



PAINT PARTY - TUESDAY, APRIL 9; 5:00PM-7:00PM

\$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 to be an "artist" to have a fun experience and create something amazing in one session!



Seats reserved upon payment; first come, first served.
Payment due one month before trip date while seats available. Summer trips sell out quickly; register early.

TINA TURNER MUSICAL TRIBUTE & RESORT CASINO OVERNIGHT TRIP TUESDAY, MAY 14 - WEDNESDAY MAY 15.

Overnight Lodging at the Adler, Resorts World Catskills, New York with bonus package: \$50 Slot Play, \$20 Food Comp, Live Show, Full Buffet, and Luxury Transportation. All Service Charges and Taxes included. Cost: Double \$299pp, Single \$350, Triple \$250pp.

SARATOGA RACES GRANDSTAND RESERVED SEATING, NATIONAL MUSEUM OF RACING AND HALL OF FAME - WEDNESDAY, JULY 31 - THURSDAY, AUGUST 1 |

INCLUDES: Deluxe motor coach, 1 night hotel, 1 breakfast, 1 dinner, sightseeing & reserved tickets, Friendship Tours Escort, Driver & Tour Director Gratuity. DEPOSIT: \$150pp by May 1; FINAL PAYMENT due by June 12 COST: \$419 pp double or triple; \$499pp single.

YARD GOATS, HARTFORD - SUNDAY, JUNE 2

View the game from the Party Deck with plenty of shade and amazing views of Hartford's beautiful downtown skyline, and of Dunkin' Donuts Park. Great seats on the third base side for the 1:10pm game. During the game enjoy a 2.5 hour buffet, YG Club Entrance with access to all cash bar and VIP Lounge and table/stadium seating available. Cost: \$128

NEWPORT, CRUISE ABOARD THE COASTAL QUEEN, - THURSDAY, JUNE 13

View the historic sites of Newport Harbor and the East Passage of Narragansett Bay up close on this narrated tour. Free time on Bowen's Wharf and lunch at Johnny's Restaurant at the Wyndham included. Cost: \$138

UPCOMING TRIPS:

CRUISE TO SHEFFIELD ISLAND & CLAM BAKE- August 29 | THEATRE BY THE SEA, 42nd Street- September 12 | TURKEY TRAIN, New Hampshire – October 7 | NEWPORT'S GILDED AGE- November 19 | BOTANICAL GARDEN, New York – December 5

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.WETHERSFIELDCT.GOV/SENIOR-CENTER

**BINGO**

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

Always a fun day! \$2 admission includes 2 bingo cards.
 April birthday celebration: April 24.

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

Join our friendly group; everyone welcome: singles, partners, beginners, experienced players. easy to learn. Please arrive before 12pm to register/receive scorecard. Players must be seated and ready to play by 12:15pm.
 \$2members/\$4 non-members.

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

Instruction available for beginners. Call the Center for more information.
 Walk-ins welcome.

**Wii BOWLING TUESDAYS AT 1PM – CLASSROOM S3**

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...

THE SENIOR CENTER ROOM OPEN MONDAY –FRIDAY:

Games, books, puzzles, watch tv/videos or just get together with friends.

**THE SENIOR COMMUNITY CAFÉ 860-721-2773**

Lunch is served Monday, Wednesday & Friday at 12PM to persons 60 years or older and their spouses or caregivers. The suggested donation is **\$3.00** for seniors/caregivers.
***To reserve your lunch, please call the Café;** minimum (1) workday notice Mon-Fri.

SENIOR CITIZEN ADVISORY COMMITTEE

The committee meets each 3rd Thursday of the month at 3pm 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. **Next meeting April 18**

**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 Security Zoom classes: April 9 & April 16 at 3pm

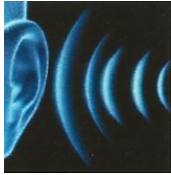
For more information, to register for classes or inquire about one on one assistance, email techhelpforseniorswethersfield@gmail.com or call **(860)721-2770**.

HEALTH & WELLNESS

Appointments are for Wethersfield Senior Center members only.

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

THE FOLLOWING SERVICES ARE BY APPOINTMENT ONLY—NO WALK-INS. APPOINTMENTS FILL QUICKLY... BOOK TODAY



FREE HEARING SCREENINGS/AUDITORY CONSULTS: 1ST THURSDAY EVERY OTHER MONTH: Now booking June & August. Auditory consultations using the newest technologies include computerized hearing assessments, video camera ear wax/canal exams & free hearing aid checks, cleanings and battery samples.



& BLOOD PRESSURE SCREENINGS

1st & 3rd WEDNESDAYS Certified RN. Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$30.

Free blood pressure screening available during Footcare clinics.



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

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-\$10
- 30-minute table massage-\$25
- 60-minute table massage-\$50.



SWEDISH MASSAGE HOLLY: 1st & 3rd MONDAYS

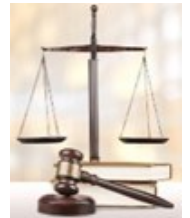
Licensed massage therapist offers 60-minute full table massages \$50.

Swedish Massage is a gentle full-body massage that's great for people who are new to massage, want to release tension and desire gentle touch. Massage can help release knots and Swedish massage is also a good choice for when you want to fully relax during a massage.

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

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

Free 30 minute consultations available with Atty. Joan Wilson from Wilson, Pinder & Snow LLC. Call for appointment. Now booking April and May.



\$4 HAIRCUTS: NOW BOOKING MARCH & MAY

****Appointments must be made through the Senior Center - NO Walk-Ins****

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



AARP SAFE DRIVER COURSE

THURSDAY, MAY 23; 12PM-4PM

\$20 AARP members; \$25 NON-AARP members



MAY 2 at 1PM: FREE LUNCH & LEARN "PEARLS FROM CAROL"

Book Presentation & Music: Thought-provoking and "laugh out loud" funny short stories, as well as music and sing-a-long. Free lunch included.

MAY 7 at 1PM: FREE: FALL PREVENTION WORKSHOP

With Roba Physical Therapy & Wellness

Join physical therapists from Roba Pt of Newington for a presentation followed by a Strength Conditioning and Balance class. The class will be offered as a weekly exercise program in the fall.

MAY 9 at 12:30PM: DERBY DAY with ANNETTE

Off to the races! Come pick your favorite horse to be the winner!

MAY 13 at 12:30PM: AFTERNOON TEA with ANNETTE/DOWNTON ABBEY

Learn all about English tea traditions and etiquette, followed by a viewing of Downton Abbey: A New Era.

MAY 16 at 1:00 PM: BUILDING COMMUNITY IN AN ISOLATED WORLD

FREE Workshop presented by Maggie Downie, Personal Euphoria.

We live in a world directed at small, handheld screens that isolate us. We are hungry for and require a sense of community. In this busy, hectic world, how can we help build the community people so desperately need? The answers to building community may be quirker and produce more wonder and attention than you think. Selecting unique programming and ideal locations can build lasting bonds. This workshop will review in-person and virtual tools to bring people together. Free presentation includes lunch and take away gift at end of the presentation.

This event is open to the public. Walk-ins for the presentation welcome.

Please RSVP by May 10 to reserve lunch.

Sponsored by the Wethersfield Senior Citizen Advisory Committee.

SATURDAY, MAY 18; 5-PM: INTERGENERATIONAL DANCE WITH WHS

An evening of great food, fun, and music! Tickets in advance \$10.

MAY 20 at 1PM: LUNCH & ENTERTAINMENT: TOMACA PERFORMING

CENTER CLOSED MONDAY, MAY 27