

# Wethersfield Senior Center News

## APRIL 2025

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

Wethersfield Senior Center

# SPRING FLING

**MONDAY, APRIL 14**  
12PM LUNCH/1PM ENTERTAINMENT  
BLAISE SINGS THE AMERICAN SONGBOOK

ENTERTAINMENT & LUNCH: M \$10/ NM \$13  
MUSIC ONLY: M \$5 / NMS\$8  
PAY AT THE DOOR

Orechiette Primavera, Penne ala Vodka,  
Caesar Salad & Cucumber & Tomato Salad  
Roll, Dessert. Catered by D&D Market  
**LUNCH: RSVP BY APRIL 8**

RSVP by April 8

## LUNCH & LEARN

Thursday  
April 10 at 12:30 PM

Turkey Sandwich, chips, cookie, bottle of water

# STOP SENIOR BULLYING

Take a moment to picture a bully. Do you picture a young kid or adolescent bullying a smaller child? What happens when an adult becomes the victim of bullying?

Bullying among seniors has been making news in recent years. Join us for a discussion on the realities of bullying amongst seniors and the impact it has on everyone.

Co-Sponsor: MapleView  
Health & Rehabilitation Center

RSVP: 860.721.2770 or senior.center@wethersfieldct.gov

### April Highlights

- Wednesday, April 2 at 10am  
Coffee Talk with Social Services
- Thursday, April 10 at 12:30pm Lunch  
and Learn: Senior Bullying
- Monday, April 14; 12pm/1pm  
Spring Fling Lunch & Music
- Tuesday, April 15; 4pm-6pm Paint  
Party "Tulips by Moonlight"
- Thursday, April 17; 9am-1pm  
AARP Safe Drive Course
- Friday, April 18: CLOSED HOLIDAY
- Tuesday, April 22 at 1pm  
Flower Arranging Workshop
- Tuesday, April 22 at 9am Vet-  
eran Coffee House
- Tuesday, April 29 at 1pm  
Kentucky Derby Horse Racing
- Tuesday April 29 at 3pm:  
Zoom iPhone 101 class;  
Great Features to use when Traveling

## Coffee & Conversation

WEDNESDAY, APRIL 2  
AT 10:30AM

WETHERSFIELD SOCIAL  
& YOUTH/ELDERLY  
SERVICES

Coffee, pastries & information on:

- Dial-a-Ride,
- Renters Rebate
- Tax Abatement
- Energy Assistance
- SNAP vouchers
- Medicare CHOICES  
and more.

Questions: Contact the Senior Center at  
860.721.2770 or email  
senior.center@wethersfieldct.gov

**CENTER CLOSED FRIDAY, APRIL 18<sup>TH</sup>**

**\*PLEASE RSVP EARLY TO SPECIAL EVENTS.**

# Fitness Classes

Registration for Spring (April—May) and Summer (June-August) sessions are now open. Must have current Senior Center membership to participate. **\*Please register for classes PRIOR TO the first day of class.** For dates , fees & details, please visit [www.wethersfieldct.gov/recreation](http://www.wethersfieldct.gov/recreation). The Senior Center accepts Renew Active & SilverSneakers 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. Class ends with mindful meditation.



## Strength Conditioning & Balance With Roba Physical Therapy

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

**Pickleball Beginner Clinic**  
Monday, April 14 at 3:00pm



# ART CLASSES

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

## ARTISTS' JOURNEY WITH BILL: THURSDAYS 10AM - 11:30AM (April 4-June 5; \$83)

Join this free-flowing class, where our talented instructor is available to provide individual guidance for your burgeoning self-expression. We welcome beginners and experienced painters individuals who are free to work in the medium of their choice and explore painting or new artistic creations. Water-based paint (acrylics and water colors) brushes and canvas boards provided.

## OPEN ART/PAINT TIME: WEDNESDAYS 9:30AM-12PM

\*Free for members currently enrolled in Senior Center Art Classes.

## PAINT PARTY- TUESDAY, APRIL 15; 4 PM "light"

\$20 Fee includes materials and refreshments and a bite to eat while you paint. Call or register online. Our amazing instructor, Joann, will help you create a beautiful seasonal painting in one night! You don't need to be an "artist" to have a fun experience

## "Tulips by Moon-



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



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

Always a fun day! \$2 admission includes 2 bingo cards.

April 2: Bingo luncheon: sandwich & Zeppoles. RSVP required for lunch.

### 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.

### 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.



### TUESDAYS AT 1PM

New players welcome! Great exercise and great fun!

### BOOKS & BANTER A READER'S CHOICE BOOK CLUB; 1<sup>ST</sup> MONDAY AT 12:30PM

### RED ONION SENIOR QUILTERS: 3<sup>RD</sup> MONDAY EACH MONTH 10AM

Join us to share your ideas and love of quilting. We donate our small quilts to Connecticut Children's Medical Center.



### KNITTING CLUB: 2<sup>ND</sup> & 4<sup>TH</sup> 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.

## 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 RENTERS REBATE, ENERGY ASSISTANCE, TAX ASSISTANCE, DIAL-A-RIDE, HOUSING, SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM/SNAP VOUCHERS, MEDICARE CHOICES and more.

**SENIOR ADVISORY COMMITTEE MEETS 3RD TUESDAY at 3PM:** call Center for more information.



## 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>





**TRIPS & TRAVEL:** Seats reserved upon payment; first come, first served. Seats selling quickly on summer trips; call today. Questions, please contact the Senior Center.

**EXPERIENCE THE BLACKSTONE RIVER-ABOARD THE EXPLORER-Thursday, May 22**

Enjoy lunch at Wright's Farm in Nasonville, RI, a family owned restaurant serving their famous Chicken Dinner for 45 years. The family style menu includes: tossed salad, pasta, french fries, Wright's famous roasted chicken, dessert & coffee. You then board the Blackstone Valley Explorer (Pontoon Boat) for a narrated journey along the Blackstone River in Central Falls, Cumberland, and Lincoln, Rhode Island. Your tour ends with a brief stop at Wright's Dairy Farm & Bakery to shop for dairy & bakery specialties.

**Cost: \$121.pp Depart: 9:30am Estimated Return: 6:30pm**

**GILDED AGE OF THE BERKSHIRES-HOUSE TOUR & VICTORIAN TEA LUNCH-Wednesday, June 18 (new date)**

Tour Ventort Hall in Lenox, MA one of the last remaining Gilded Age Cottages. Savor a special Lunch & Tea in the Hall's elegant dining room. Enjoy sandwiches, Fruit, Cake & Cookies, Cider and of course, Hot Tea! Your afternoon takes you on a riding tour through the Stockbridge-Lenox countryside. Your guide will highlight how and why artists, writers, musicians and others flock to the Berkshires over the last 150 years to make this area "America's Premier Cultural Resort." Your afternoon will also include a walking tour of the Tanglewood campus, home of the Boston Symphony Orchestra. **Cost: \$134 Member Depart: 9:15am Estimated Return: 5:30pm**

**CHARLES RIVERBOAT CRUISE-Tuesday, July 8**

It's all about for a great day in Boston! Enjoy a Narrated Cruise on the legendary Charles River. Cruise highlights include: sights of Boston, Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats & rowers....and much more. Prior to your cruise enjoy lunch at The Cheesecake Factory a unique, upscale casual dining, high energy atmosphere. Choose an Entrée of your choice from the group menu and get ready to dive into your dessert choice of Original, Chocolate Mousse or Dulce deLeche Caramel cheesecake.

**Cost: \$136.pp Depart: 9:00am Estimated Return: 6:00pm**

**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**

**SPAIN TRIPS: SPAIN'S CLASSICS AND PORTUGAL: OCTOBER 25-NOVEMBER 8, 2025**

Go to <https://gateway.gocollette.com/link/1317708> to see the full details!

**FLAVORS OF SPAIN AND PORTUGAL FEATURING THE DOURO RIVER: OCTOBER 21-NOVEMBER 5, 2025**

Small Group tour. Go to <https://gateway.gocollette.com/link/1317703> to see full details!

Wethersfield Senior Center

# FLOWER Arranging Class

22 APRIL | AT 1:00 PM

WORKSHOP WITH  
GORDON BONETTI FLORIST.

Class space limited. RSVP by April 14.  
\$8 for materials



**DERBY DAY  
WITH ANNETTE**

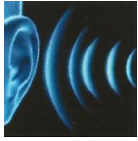
**TUESDAY, APRIL 29 AT 12:30PM**

A fun-filled day with friends, food & laughter!  
Pick your favorite horse to win while enjoying  
appetizers & delicious derby mocktails.



**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](mailto:senior.center@wethersfieldct.gov)  
 \*Appointments fill up quickly. Cancellations: please cancel as soon as possible, so that another member may be able receive services. Thank you!



**FREE HEARING SCREENINGS/AUDITORY CONSULTS:**

**1<sup>ST</sup> 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.

FOOT CARE CLINIC



& BLOOD PRESSURE SCREENINGS



**1<sup>st</sup> & 3<sup>rd</sup> 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: 2<sup>nd</sup> & 4<sup>th</sup> WEDNESDAY; 4<sup>TH</sup> 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.

• 30-minute table massage-\$28



**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](mailto:senior.center@wethersfieldct.gov)



**FREE LEGAL CONSULTATION: 3<sup>RD</sup> TUESDAY EACH MONTH: 10AM-12PM**

Free 30 minute consultations available with an attorney from Reed, Wilson Case LLC

**Call for an appointment.**



**\$4 HAIRCUTS** Haircuts are given at the International Institute of Cosmetology.

Appointments must be made with the Senior Center

**For WSC members / Wethersfield residents only.**



**MEETS ON THE 4TH TUESDAY EVERY MONTH**  
**COFFEE, DONUTS & CONVERSATION**  
**COME AND JOIN US!**



OPEN TO ALL VETERANS ~ SENIOR CENTER MEMBERSHIP NOT REQUIRED  
 APRIL 22: MEMBERS FROM WETHERSFIELD VETERANS COMMISSION WILL  
 BE IN ATTENDANCE TO PROVIDE INFORMATION



## 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

#### IPHONE 101 – TIPS, TRICKS, AND Q&A APRIL 15 at 3PM (ZOOM)

We will open with a brief discussion of the newest iPhone 16e: Next we continue with iPhone-related questions and comments from participants. Submit your questions in advance, or ask them during the session. No question about an iPhone feature is off limits!

#### IPHONE 101 – HELPFUL FEATURES TO USE WHEN TRAVELING APRIL 29 at 3PM (ZOOM)

Learn some helpful tips and tricks for easing all the stress of travel and for making travel more fun. AirTags; what are they and how to use them. Securely store important documents on your iPhone and use the Wallet app for storing credit cards, tickets, and boarding passes, and much more.

**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. **\*NO TECH HELP THURSDAY, APRIL 17<sup>TH</sup> OR APRIL 24<sup>TH</sup>**

**DROP IN HELP WITH APPLE PRODUCTS: TUESDAYS, 1- 3PM** FREE drop in assistance to answer all your tech questions on your Apple products: iPhone, iPad, apps, etc. First come, first served.



Find us on

**Facebook : Tech Help for Seniors Wethersfield**

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

## MAY Save the Date

THURSDAY, MAY 1:	COOKING DEMO WITH MIDDLEWOODS OF NEWINGTON
THURSDAY, MAY 8:	AUTHOR TALK WITH AUTHOR EMILY FRANKLE
MONDAY, MAY 12:	FUN & FASHION; FASHION SHOW & TEA PARTY
TUESDAY, MAY 13:	IPHONE 101: SECURITY; KEEPING YOUR PHONE & INFO SECURE (ZOOM)
THURSDAY, MAY 15:	ANNUAL SENIOR CITIZEN ADVISORY COMMITTEE SPRING EVENT FREE LUNCH & LEARN; LUNCH 12:30PM/PRESENTATION 1PM PERSONAL SAFETY PRESENTED BY THE WETHERSFIELD POLICE DEPT.
SATURDAY, MAY 17:	ANNUAL SENIOR NIGHT WITH WHS INTERACT CLUB
MONDAY, MAY 19:	ENTERTAINMENT WITH TRES JOHNSON
TUESDAY, MAY 20:	PAINT PARTY
THURSDAY MAY 22:	KNOWLEDGE & NIBBLES: CHOOSING AN ELECTRIC SUPPLIER
MONDAY, MAY 26:	CLOSED IN OBSERVANCE OF MEMORIAL DAY
TUESDAY, MAY 27:	VETERAN COFFE HOUSE
TUESDAY, MAY 27:	IPHONE 101: PROTECTING YOUR PRIVACY (ZOOM)



**2025 ANNUAL MEMBERSHIP DUES: \$5 WETHERSFIELD RESIDENTS - \$7 NON-RESIDENTS**