

WETHERSFIELD SENIOR CENTER

email: senior.center@wethersfieldct.gov www.wethersfieldct.gov/senior-center #860-721-2770

ALL PROGRAMMING & SERVICES REQUIRE 2024 WETHERSFIELD SENIOR CENTER MEMBERSHIP

2024 MEMBERSHIP DUES: \$5 for Wethersfield Residents - \$7 for Non-Residents

Visit our website for more information on all our programming and special events.

CENTER CLOSED MONDAY, SEPTEMBER 2ND

SOCK HOP WITH JUKEBOX 45!

MONDAY, SEPTEMBER 16; LUNCH 12PM/ENTERTAINMENT 1PM

Connecticut's Premier Show Band featuring songs we love from the 50s-70s. You will be entertained with hits from artists such as The Comets, Johnny Cash, the Monkeys, Chuck Berry, plus many others. An afternoon of fun, music and dancing you will not want to miss!

LUNCH & ENTERTAINMENT: M/\$10, NM/\$13; ENTERTAINMENT ONLY M/\$5, NM/\$8

LUNCH: HOT DOG, HAMBURGER OR VEGGIE BURGER, COLESLAW, FRENCH FRIES, SODA FLOAT & DESSERT.

ADMISSION INCLUDES FREE RAFFLE. BONUS POT OF GOLD RAFFLE \$2 FOR 3 TICKETS. PAY AT THE DOOR ON THE DAY OF THE SHOW – WALK-INS WELCOME. **LUNCH: PLEASE RSVP BY SEPTEMBER 13TH.**

ASK JACK: DROP IN TECH HELP FOR SENIORS

THURSDAYS; 10AM-12PM

Tech Help for Seniors will be providing FREE drop in assistance to answer all your tech questions: smart phones, tablets (Androids, iPhone, iPad), apps, laptops, operating systems, security, etc. Also available to members during drop-in hours: onsite use of laptops, iPads and Fire tablets. First come, first served.

LUNCH & LEARN: INTRO TO ARTIFICIAL INTELLIGENCE

THURSDAY, SEPTEMBER 12 AT 12:30PM

Co-sponsor: Wethersfield Tech Help for Seniors

Artificial Intelligence (AI) has improved our lives in many ways, while it has also been used for criminal and corrupt activities. If you own a smart phone, or tablet, this discussion will be very helpful to you. Learn about the background of AI as well as the ChatGPT APP. The mystery will be taken out of the many acronyms associated with the technology and a demo of CHATGPT will be shown. A Light lunch will be provided. **Please RSVP by September 10.**

MAKE YOUR OWN PHOTOBOOK: APPLE TECH HELP WITH PHOTOS WORKSHOP

SEPTEMBER 10-OCTOBER 22; TUESDAYS 10AM-11:30AM

Create your own photobook, start to finish. Learn all about the controls on the iPad and iPhone, how to use and edit photos and create your own photobook during this 7 week workshop.

\$25 for all 7 classes and \$10 gift card towards a photobook upon completion of the workshop.

Registration required. Class limit: 10. *Tech Help for Seniors Workshop*

LUNCH & LEARN: SENIOR SKINCARE WITH MASSAGE ENVY

THURSDAY, SEPTEMBER 26 AT 12:30PM

Licensed Estheticians from Massage Envy will discuss senior skincare tips, offer skin consultations, hand scrubs and mini facial demos and free samples. All participants will be included in a free raffle.

Please RSVP by September 24.



MEN'S BEREAVEMENT SUPPORT GROUP

THURSDAYS, SEPTEMBER 12-OCTOBER 17; 10:00AM – 11:30AM

Led by Masonicare Hospice & Palliative Care. Learn & support one another on the journey through grief. **Please register no later than September 12 by calling Masonicare 860.500.4002.**
Pastries and coffee will be served at the first meeting.

DAY & OVERNIGHT TRIPS: SEATS RESERVED UPON PAYMENT. FIRST COME FIRST SERVED. PLEASE REGISTER TODAY. BUS SHARED WITH ROCKY HILL SR. CTR. *PLEASE NOTE, SOME TRIPS WILL SELL OUT QUICKLY, BEFORE DEADLINES FOR PAYMENT. CALL TODAY IF INTERESTED IN SUMMER TRIPS BEFORE SEATS ARE SOLD OUT.

- **THEATRE BY THE SEA, 42ND STREET – THURSDAY, SEPTEMBER 12** Come and meet those dancing feet in 42nd Street, the glamorous Tony Award winning, 1930's musical spectacular! With sensational tap numbers, lavish costumes, and one show-stopping tune after another, 42nd Street is Broadway razzle-dazzle at its finest! Delicious pre-show lunch at George's of Galilee on the waterfront. Cost: \$172M Depart: 8:15am Return: 7:00pm
- **WINNIPESAUKEE RAILROAD TURKEY TRAIN – MONDAY, OCTOBER 7** Relax on board the train as we watch the boats on the lake and enjoy the scenery as we travel from Meredith, NH. We will make a liquor store stop prior to boarding to the train. Enjoy Hart's turkey farm dinner on the board the train. Following our train ride, visit Kellerhaus for delicious ice cream, handmade chocolates, and gifts. Cost \$164M Depart 8:30am Return: 7:30pm
- **NEWPORT PLAYHOUSE & CABARET RESTAURANT- WEDNESDAY, NOVEMBER 13**
MUSICAL: KEN LUDWIG'S LEND ME A SOPRANO. Enjoy a play based on Ludwig's hit comedy, Lend Me A Tenor, the roles are reversed, and the ladies take the lead in this madcap screwball comedy. This unique dinner theatre is a favorite for locals & visitors since 1983 and famous for its delicious buffet. All food is prepared on the premises: 16 Hot Entrees, Salads, Veggies, Dessert, Fruit and Beverages! After dining, take your reserved seats in the theater. When the Play is over, return to the dining room for the Cabaret Show. COST: \$152M Depart 8:30am Return: 6:30pm
- **NEW YORK BOTANICAL GARDEN HOLIDAY TRAIN SHOW – THURSDAY, DECEMBER 5** Wrapped in the glow of twinkling lights, model trains and trolleys zip along winding tracks past scaled replicas of New York landmarks. See the gingerbread houses and ongoing demonstrations. Following our time at the Garden, we'll enjoy lunch at Ann & Tony's, a popular Italian restaurant on Arthur Avenue, the "Little Italy of the Bronx". Cost \$162M Depart: 8:00am Return: 6:00pm

AFTERNOON MOVIES: MONDAYS, WEDNESDAYS & THURSDAYS AT 1 PM

For more information/movie titles, visit the senior center website, or pick up a flyer at the senior center.

SERVICES:

SERVICES LISTED BELOW ARE FOR SENIOR CENTER MEMBERS ONLY & REQUIRE APPOINTMENTS: NO WALK-INS: PLEASE CALL OR EMAIL WSC TO SCHEDULE ALL APPOINTMENTS.

FREE LEGAL CONSULTATION: 3RD TUESDAY EACH MONTH: 10AM-12PM; FREE FOR WSC MEMBERS.

FOOTCARE CLINICS: 1ST & 3RD WEDNESDAY. Certified APRN. Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$30.

DISCOUNTED MASSAGE WITH LICENSED MASSAGE THERAPISTS- WSC members only

Please call to schedule appointment. No walk-ins.

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

FREE HEARING SCREENINGS/AUDITORY CONSULTATIONS: 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.

\$4 HAIRCUTS FOR WETHERSFIELD RESIDENTS/CENTER MEMBERS; *APPOINTMENTS MUST BE MADE THROUGH THE SENIOR CENTER BY CALLING 860.721.2770 Limited availability.

SENIOR COMMUNITY CAFÉ: Lunch is served Monday-Friday at 12PM to persons 60 years or older and their spouses or caregivers. Suggested donation is **\$3.00** for seniors/caregivers. *To reserve your lunch, please call the Cafe at **860-721-2773** minimum one work day notice (Mon-Fri). View menus online or pickup copy at the Senior Center.

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 in person and via Zoom throughout the year. For more information, to register for classes or inquire about one on one assistance, please email techhelpforseniorswethersfield@gmail.com or call the Senior Center at (860) 721-2770.

WETHERSFIELD SOCIAL & YOUTH SERVICES: 860-721-2880- WS&YS is available to provide assistance and services if you are experiencing financial difficulties or need access to food, basic needs, or transportation. Call for information on Energy Assistance, SNAP vouchers, Dial-a-Ride and CHOICES. **WETHERSFIELD ELDERLY SERVICES:** Daniel Rosario, social worker and Elderly Services Coordinator can assist with federal, state and local assistance programs and housing resources.

EXERCISE & ART CLASSES

Registration for Fall classes is open. For detailed class descriptions and more information, please visit www.wethersfieldct.gov/senior-center and www.wethersfieldct.gov/recreation. Questions regarding membership or programs, please contact the Center. The Senior Center accepts Renew Active & Silver Sneakers Members.

- **ARTIST'S JOURNEY: BEGINNERS AND EXPERIENCED PAINTERS WELCOME-Thursdays, 10-11:30am**
- **TAI CHI-BETTER HEALTH & IMPROVING BALANCE: WEDNESDAYS, 10:30-11:30** in person & remote.
- **CHAIR YOGA: MONDAYS & THURSDAYS 11:30AM-12:20PM** in person & remote.
- **SILVERSNEAKERS STRENGTH & BALANCE: TUESDAYS & THURSDAYS 10-10:45AM**
Silver Sneakers classes are remote only on Tuesdays. Thursdays in person with Rikki & remote.
- **STRENGTH CONDITIONING AND BALANCE WITH ROBA PT: TUESDAY AND FRIDAY 10:30-11:30AM**
- **WALKING/AEROBIC DVD: MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM -11:00 AM**

PAINT PARTY; TUESDAY, SEPTEMBER 17; 4-6PM

Step by step paint classes have become quite popular but can also be expensive. Enjoy our guided paint class led by our talented instructor Joann at just a fraction of the cost. Create a beautiful seasonal painting in one session! All abilities welcome. \$20 Fee includes light dinner and all painting materials. Classroom S2. Next class October 15.

GAMES, ACTIVITIES & CLUBS

NEW! KNITTING CLUB- FIRST MEETING: TUESDAY, SEPTEMBER 12 10:00-11:30am.

Meets 2nd and 4th Tuesday month. Beginners welcome. Knitting supplies will be provided. We will start by making scarves for the homeless shelters.

BOOKS & BANTER – A READER’S CHOICE BOOK CLUB

MONDAY, SEPTEMBER 9 AT 12:30PM

Held monthly on 1st Monday (unless holiday conflict). Join us for a unique book club where participants choose their own book and then meet once a month to share and discuss their individual selections with the group. Walk-ins welcome.

BINGO: WEDNESDAYS - 12:15PM – Always a fun day! Players are asked to be seated and ready to play by 12:15pm. \$2 admission includes 2 bingo cards.

SET BACK: FRIDAYS- 12:15PM-3PM - 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. \$2 members/\$3 non-members.

MAH JONGG PLAY: TUESDAYS & THURSDAYS, 9:30AM-1:00PM - A fun way to exercise your brain; come for one day or both. Beginners welcome. Room F1.

WII BOWLING: TUESDAYS AT 1PM - The fun of bowling without the heavy ball. New players welcome, no experience necessary. Classroom S3.

RED ONION SENIOR QUILTERS; MONDAY, SEPTEMBER 16TH 10:00AM – 12:00PM Share your love of quilting and sharpen your skills. The group shares quilting techniques, works on a 'block of the month' and quilts for charity.

SAVE THE DATE:

- **ONGOING: THURSDAYS 10A-12P TECH HELP DROP-IN**
- **10/3 – MEDICARE EDUCATION WITH MEDI MIKE**
- **10/5 – FREE SHREDDING EVENT & FOOD DRIVE**
- **10/8 – DRIVE THRU FLU CLINIC**
- **10/10 – INDOOR FLU CLINIC**
- **10/17 – AARP SAFE DRIVE COURSE**
- **10/17 - LUNCH & LEARN: ALL ABOUT IPAD APPS PART I**
- **10/28 – HALLOWEEN PARTY WITH ASHLY CRUZ**
- **10/17 - LUNCH & LEARN: ALL ABOUT IPAD APPS PART II**
- **11/6 – MOBILE MAMMOGRAPHY VAN; call for an appointment**
- **11/7 – LUNCH & LEARN: HOME TECH**
- **11/14 – CUT THE CABLE: ABOUT STREAMING**
- **11/18 – ENTERTAINMENT**
- **11/26 – LUNCH & LEARN: SAVE \$ - CHOOSING AN ELECTRIC SUPPLIER**
- **12/16 – HOLIDAY PARTY**

CLOSED FOR HOLIDAY: MONDAY, OCTOBER 14