

WETHERSFIELD SENIOR CENTER: JANUARY PROGRAMMING

DON'T FOR GET TO REGISTER FOR 2025:

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

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

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

**ALL PROGRAMMING & SERVICES REQUIRE WETHERSFIELD SENIOR CENTER MEMBERSHIP
CENTER CLOSED JANUARY 1 & JANUARY 20**

WINTER BEACH PARTY with THE BOOMERS

MONDAY, JANUARY 27TH; LUNCH 12PM / ENTERTAINMENT 1PM

For over 20 years, The Boomers have been one of Connecticut's top duos, playing pop and rock favorites from the 60's through today. The songs they play are well known and loved by people of all ages. The Boomers music will have us dancing in the sand under the warm January sun!

LUNCH: Hot dogs, pork sliders, fries, coleslaw, cake & ice cream; please **RSVP by January 20th**.

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

ADMISSION INCLUDES FREE RAFFLE. PAY AT THE DOOR ON THE DAY OF THE SHOW.

SPECIAL RAFFLE 32" SMART HD TV WITH VOICE REMOTE - \$130 VALUE. TV RAFFLE TICKETS CAN BE PURCHASED THROUGHOUT THE MONTH OF JANUARY OR AT ENTERTAINMENT. SEE SENIOR CENTER STAFF.

COFFEE TALK WITH WETHERSFIELD MAYOR, KEN LESSER

WEDNESDAY, JANUARY 8TH 10:00AM – 11:00AM, BANQUET ROOM

Join us for coffee and pastries with our Mayor, Ken Lesser. Mayor Lesser will discuss what is going on in town that may be an interest for seniors. There will be time for questions and answers. Every first Wednesday, (2nd Wednesday in the event we are closed for holiday) join us for Coffee Talk with a different town official or department head to keep up with what's new in Wethersfield and of importance to our seniors.

LUNCH & LEARN: YOUR LEGACY MATTERS: WRITING YOUR STORY FOR FUTURE GENERATIONS

TUESDAY, JANUARY 14TH 12:30PM, BANQUET ROOM

Join us for a meaningful and enriching workshop hosted by D'Esopo Funeral Chapels. This engaging event is designed to help you reflect on your life experiences and share your unique story in a way that can be treasured by your loved ones for years to come. During this interactive session, participants will explore the importance of legacy writing, learn practical techniques for storytelling, and receive guidance on how to capture memories, values, and lessons learned throughout their lives. Whether you're a seasoned writer or just beginning to put pen to paper, this workshop will provide you with the tools and inspiration to create a lasting testament to your journey. Refreshments will be provided. Come ready to share, connect, and discover the power of your story! This event is open to all seniors in the community—bring a friend and make it a memorable afternoon together. **Lunch & Workshop free; RSVP required. Please RSVP by January 8.**

ANDROID 101: PART I WITH JACK DRISCOLL – TECH HELP FOR SENIORS

THURSDAY, JANUARY 9TH: LUNCH 12:45PM/LECTURE 1 PM

FREE: This beginner-friendly course is designed for those new to Android smartphones and covers the essentials needed to get started with confidence. Participants will learn how to navigate their Android phone's interface, utilize key apps, and understand core functions, including: Home Screen Navigation, Essential Gestures, Google Account Setup and Basic Apps. **Please RSVP by January 7.**

ANDROID 101: PART II WITH JACK DRISCOLL – TECH HELP FOR SENIORS

THURSDAY, JANUARY 23RD AT 1PM

Building on the foundations from Android 101: Basics I, this follow-up Basics II course delves deeper into organizing, personalizing, and managing your Android phone. This session includes a review of key concepts from the first class, along with a Q&A to address any lingering questions. Participants will then explore additional topics, including: App Management, Contacts Management, Internet Connections, Storage & Backup and a review of other essential settings. Light snacks provided.

DROP IN HELP FOR APPLE PRODUCTS WITH TECH HELP FOR SENIORS

EVERY TUESDAY 1PM – 3PM BEGINNING JANUARY 21ST – ROOM S1

Donna and Pat from Tech Help for Seniors provides FREE drop in assistance to answer all your questions with iPhones and iPads. First come, first served.

DROP IN HELP FOR ANDROID PRODUCTS WITH TECH HELP FOR SENIORS

EVERY THURSDAYS, 10AM-12PM - ROOM S4

Jack from Tech Help for Seniors provides FREE drop in assistance to answer all your questions with Android smart phones and tablets. First come, first served.

CRT LUNCH & LEARN – MAGNESIUM THE MAGNIFICENT MINERAL

WEDNESDAY, JANUARY 22ND 11:30AM, SENIOR CAFE

Magnesium is the fourth most abundant mineral in the body and essential for good health. Magnesium cannot be made in the body and must therefore be plentiful in our diet for us to remain healthy. Learn about the functions, benefits and good sources of magnesium.

Lunch: suggested donation \$3. Take home Word Search and recipes.

RSVP required: call 860.721.2773 by January 15th

VETERAN COFFEE HOUSE: TUESDAY JANUARY 28TH

MEETS MONTHLY ON 4TH TUESDAY AT 9:30AM, ROOM S3

Get together once a month with fellow Veterans for coffee and donuts/pastries. We will be scheduling guest speakers throughout the year to speak at upcoming Veteran Coffee House get togethers.

AFTERNOON MOVIES: MONDAYS, WEDNESDAYS & THURSDAYS AT 1 PM, ROOM S3

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

**Check schedule for any conflicts/late start of movies. 1st Monday of month movie begins at 1:30pm.

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-12P, FREE FOR WSC MEMBERS. Room S3

FOOTCARE CLINICS: 1st & 3rd WEDNESDAY. Certified APRN. Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$30. Room F1

DISCOUNTED MASSAGE WITH CONNIE, LICENSED MASSAGE THERAPIST - WSC members only

Please call to schedule appointment. No walk-ins. Room F1

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. Room S3

\$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 and Wednesday** 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** by previous Wednesday for Monday meal, and previous Monday for Friday meal. 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.

In Person Classes:

- **January 9 & 23 at 1pm: Android Part I & II**

Zoom Classes:

- **January 28 at 3pm: Organizing and Managing Your Photos in the Photos App**

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

Winter registration begins January 8. Classes begin week of January 13 or 21. 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. To register for Renew Active or Silver Sneakers, members please see Senior Center coordinator to confirm active plan membership.

- **ARTIST'S JOURNEY: THURSDAYS, 10AM -11:30AM;** 1/23-3/26 \$83 (WEDNESDAY CLASS WILL BE ADDED IF WE HAVE ENOUGH INTEREST FOR A 2ND CLASS)
- **TAI CHI-BETTER HEALTH & IMPROVING BALANCE: WEDNESDAYS, 10AM -10:50AM** in person & remote. 1/22-3/26 \$40
- **CHAIR YOGA: MONDAYS 11:30AM-12:20PM** in person & remote. 1/13-3/24 \$36
- **CHAIR YOGA: THURSDAYS 11:30AM-12:20PM** in person & remote. 1/23-3/27 \$36
- **SILVERSNEAKERS STRENGTH & BALANCE: TUESDAYS 10AM -10:45AM** Silver Sneakers classes are remote or via zoom in fitness room. 1/21-3/25 \$40
- **SILVERSNEAKERS STRENGTH & BALANCE: THURSDAYS 10AM -10:45AM** Silver Sneakers classes are remote or via zoom in fitness room. 1/23-3/27 \$40
- **STRENGTH CONDITIONING AND BALANCE WITH ROBA PT: FRIDAYS 10:45AM -11:30AM** In person only. Instructor is a Licensed Physical Therapist from Roba PT. 1/24-3/28 \$40
- **WALKING/AEROBIC DVD: MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM -11:00 AM** FREE



PAINT PARTY: TUESDAY, JANUARY 21ST 3:00PM - 5:00PM

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.

GAMES, ACTIVITIES & CLUBS

KNITTING CLUB: 2ND & 4TH TUESDAYS; 10:00AM - 11:30AM Room S3

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.

BOOKS & BANTER – A READER’S CHOICE BOOK CLUB

MONDAY, JANUARY 6TH AT 12:30PM

Held monthly on 1st Monday. 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. Fireside room.

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. January 8 - Bingo & Pizza. Banquet room

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. Room S3.

RED ONION QUILTERS; 3RD MONDAY 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. Room S2.

SAVE THE DATE:

- **WEDNESDAY, FEBRUARY 5TH – COFFEE TALK WITH TOWN OFFICIAL**
- **THURSDAY, FEBRUARY 6TH – VALENTINE CRAFT WITH WHS INTERACT CLUB**
- **WEDNESDAY FEBRUARY 19TH - CRT LUNCH & LEARN: PROTEIN**
- **MONDAY, FEBRUARY 24TH – MARDI GRAS PARTY WITH JOSE PAULO**
- **TUESDAY, FEBRUARY 25TH - VETERAN COFFEE HOUSE**

- **DATE TO BE ANNOUNCED: PRESENTATION BY COLLETTE TOURS:
PROPOSED FALL 2025 TRIP TO SPAIN & PORTUGAL**
- **APRIL DAY TRIP; APRIL & AUGUST OVERNIGHT TRIPS**

DAY & OVERNIGHT TRIPS: Trips are scheduled for our members and we typically share a bus with the Rocky Hill Senior Center. All trips are first come, first serve, and are non-refundable unless we are able to fill your seat. Payment is due at time of registration. Please choose your bus seat, travel companion and meal choice at time of registration. We also need your cell phone number for the day. Register early if you need to be in the front of the bus. Trips depart from and return to the Pitkin Community Center/Wethersfield Senior Center. Please pick up flyers at the Center in the office for full itineraries and details.

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: 7:30am Estimated Return: 6:45pm. There will be a moderate amount of walking on this trip.

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 with reservations by February 5, 2025, 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