

Wethersfield Senior Center News

OCTOBER 2024

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

WETHERSFIELD SENIOR CENTER
HALLOWEEN PARTY

OCTOBER 28 | MONDAY
12PM LUNCH/1 PM ENTERTAINMENT

LUNCH & ENTERTAINMENT: \$10 M/\$13 NM

RSVP BY OCTOBER 21
WALK-INS FOR ENTERTAINMENT ONLY WELCOME

COSTUMES ENCOURAGED; PRIZE FOR BEST COSTUME
ENTERTAINMENT BY ASHLY CRUZ

HALLOWEEN PARTY
Co-sponsor: **MapleView**
Health & Rehabilitation Center

LUNCH: Soup, salad & loaded baked potato bar. Devilishly delicious dessert and beverage.

Admission includes free raffle. Bonus Pot of Gold Raffle \$2 for 3 tickets.

Prize for Best Costume.

VOLUTEERS needed for setup and cleanup for this event. Please contact Annette at the Senior Center to sign up to Volunteer for this event and future events.

SENIOR CENTER OCTOBER RAFFLE

AMAZON FIRE 10 TABLET & COVER: \$180 VALUE

Tickets \$5 for 1, \$10 for 3, \$20 for 10.

Tickets can be purchased at Senior Center events throughout October.

Drawing will be held at the Halloween Party on October 28.

Winner will also receive one free tutoring session with Tech Help for Seniors if you need help getting started with your new tablet!

OCTOBER HIGHLIGHTS

Wednesday, October 2; 10am-11am
Coffee & Conversation: October guest: Kathy Bagley Director Parks & Rec, and Social & Youth Services

Thursday, October 3; 6pm-8pm:
Medicare Education Dinner with Michael Andrews.

Saturday, October 5; 9:30am-12:30 pm
FREE Shredding Event & Food Drive

FLU SHOT CLINIC Tuesday, October 8; 2pm-6pm
Drive-thru Flu Clinic

Thursday, October 10; 10am-2pm
Indoor Flu Clinic

AARP Thursday, October 17; 9am-1pm
AARP Safe Drive Course \$20M/\$25 NM

Thursday, October 17; 1pm
All About iPhone & iPad Apps Part I

Monday, October 28; lunch 12pm/music 1pm
Halloween Party: costumes encourage

Thursday, October 31; 1pm
All About iPhone & iPad Apps Part II

DRIVE-THRU SHREDDING EVENT & FOOD DRIVE

SATURDAY, OCTOBER 5TH 9:30AM -12:30PM
PITKIN COMMUNITY CENTER - 30 GREENFIELD STREET

SHREDDING: Drive right up and volunteers will remove your shredding and food donation from your trunk.

- For Wethersfield Residents and Wethersfield Senior Center Members only
- Limit 4 boxes/8 small bags per household.
- Paper products only- no notebooks, metal ring binders, etc.

FOOD BANK DONATIONS:
Donations to the Wethersfield Food Bank are voluntary. Monetary and non-perishable food donations accepted. Expired food will be discarded

Questions, please call the Senior Center.

2024 ANNUAL MEMBERSHIP DUES
ONLY \$5 FOR WETHERSFIELD RESIDENTS - \$7 FOR NON-RESIDENTS

Fitness Classes

Fall A classes in session.
 Fall B classes run Nov 1– Dec 31. Registration now open.

For detailed class descriptions and more information, please visit www.wethersfieldct.gov/recreation. Questions regarding membership or programs, please contact the Center. The Senior Center accepts Renew Active & Silver Sneakers Members. *All our exercise classes can be adapted for all fitness levels.

Better Health & Improving Balance with Tai Chi/Qigong

In Person & Remote
 Wed 10am-10:50am \$32 9/11-10/30

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.



Strength Conditioning & Balance New

In Person
 Fri 10:30am-11:20am \$32 9/10-10/29

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. Instruction provided by Robo PT.



Chair Yoga

In Person & Remote
 Mon 11:30am-12:20pm \$28 9/9-10/28 FULL
 Thurs 11:30am-12:20pm \$32 9/12-10/31

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

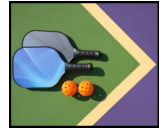
Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are utilized for resistance training. A chair may also be used for seated exercises or standing support.

Remote & with class on Zoom at the Center
 Tuesdays 10am-10:45am \$32 9/9-10/28
 Thursdays 10am-10:45am \$32 9/11-10/30

Senior Pickleball Court Time

Member Directed
 Net is provided. Please bring your own racquet.

Beginner: Mon 8:30am-10:30am \$16 9/9-11/4
 Interm: Wed 8:30am-10:30am \$16 9/11-10/30



2024 SENIOR CENTER 8 WEEK WALKING COMPETITION

It's not too late to join our walking completion with nearby senior centers and Avery Heights, Competition concludes with a catered awards breakfast & team trophy award on Monday November 18. Contact the Center to participate.



ART CLASSES

Art instruction is for all abilities, from beginners to advanced artists.



ARTISTS' JOURNEY- PAINTING WITH BILL:

THURSDAYS 10AM - 11:30AM \$60 9/12-10/31
 Class is full. Registration open for Fall B class.

PAINT PARTY- TUESDAY, OCTOBER 15, 4PM –6PM "PUMPKIN & BIRCH"
TUESDAY, NOVEMBER 19, 3PM-5PM "WINTER LAKE AT DUSK"

\$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!



OPEN ART TIME, WEDNESDAYS 9:30-11:30am No instructor; member directed. The Senior Center Art Room S1 will be open for Senior Center artists on Wednesdays, September-October.



Seats reserved upon payment; first come, first served.
If you are interested in any of our day trips, please register ASAP. Trips sell out quickly.
Questions, please contact the Senior Center.



NEWPORT PLAYHOUSE & CABARET RESTAURANT
WEDNESDAY, NOVEMBER 13

MUSICAL: KEN LUDWIG'S LEND ME A SOPRANO. Based on Ludwig's hit comedy, this madcap screwball comedy features ladies in the leading roles... guaranteed to leave audiences teary-eyed with laughter. 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



WINNIPESAUKEE RAILROAD TURKEY TRAIN, NEW HAMPSHIRE
MONDAY, OCTOBER 7

Cost: \$164M Depart: 8:30am Return: 7:30pm



NEW YORK BOTANICAL GARDEN HOLIDAY TRAIN SHOW/ARTHUR AVENUE
THURSDAY, DECEMBER 5

Cost: \$172M Depart: 8:00am Return: 6:00pm



THE SENIOR COMMUNITY CAFÉ 860-721-2773

Lunch is served Monday thru Friday 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 (Monday—Friday).

View monthly menu at: <https://wethersfieldct.gov/senior-center>

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, Supplemental Nutrition Assistance Program/ SNAP vouchers, Medicare CHOICES and more.

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

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. **Next meeting October 15.**

2024 ANNUAL MEMBERSHIP DUES

ONLY \$5 FOR WETHERSFIELD RESIDENTS - \$7 FOR NON-RESIDENTS

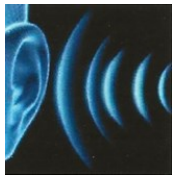
Membership year runs January—December 2024. We appreciate your support!



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

*Please book early; appointments for are often are booked out over a month in advance.. **If you need to cancel**, notify us as soon as possible, so that we can fill your spot from the wait list.



FREE HEARING SCREENINGS/AUDITORY CONSULTS:

1ST THURSDAY EVERY OTHER MONTH: Now booking October.

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, Pam Rowe.



Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Free blood pressure screening available during Foot Care clinics. Foot care: \$30. BP screening: free

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



SWEDISH MASSAGE with HOLLY: 1ST & 3RD MONDAYS

- 60-minute table massage -\$55.

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.

***Cancellations: Please notify Holly or Connie a minimum of 24 hours/one working day's notice.**

Massages are provided at a discount to our seniors, and we need be considerate of the therapists time. Members who are habitually late, or cancel without notice, may be removed from client list at the therapist's discretion. Thank you for your understanding. Contact information for Holly & Connie provided upon request.



FREE LEGAL CONSULTATION: 3RD TUESDAY: 10am-12pm

Free 30 minute consultations available with Atty. Joan Wilson from Reed, Wilson Case LLC
Call for appointment. Now booking October - December.



\$4 HAIRCUTS: Now booking October & December.

Haircuts are given at the International Institute of Cosmetology, 632 Silas Deane Hwy.



AARP SAFE DRIVER COURSE

THURSDAY, OCTOBER 17; 9A-1P OR THURSDAY, DECEMBER 21 9AM-1PM

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

Coffee & Conversation 


WEDNESDAY, OCTOBER 2 at 10am
IN THE BANQUET ROOM

WITH KATHY BAGLEY,
DIRECTOR, PARKS & RECREATION, and
SOCIAL & YOUTH SERVICES

Get an update on all that is available to you & what is happening in town from our Parks & Rec Director. Time for questions and suggestions. Coffee & pastries provided.



MEDICARE EDUCATION
with **MIKE ANDREWS**
THURSDAY, OCTOBER 3
6PM-8PM
In the Banquet Room



Please join Medi-Mike for a discussion and presentation that will give you a clearer understanding between original Medicare & Managed Medicare Advantage Plans.

A light dinner from Nardelli's will be provided.
Limited seating; please RSVP by October 1 Free.



MOVIE MATINEES MONDAYS, WEDNESDAYS & THURSDAYS AT 1 PM

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



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

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



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 ROOM S3

New players welcome! Great exercise and great fun!

BOOKS & BANTER – A READER'S CHOICE BOOK CLUB

1ST MONDAY; 12:30PM-1:30PM



RED ONION SENIOR QUILTERS: 3RD MONDAY AT 10AM ROOM S2

All skill levels welcome. Make new friends and quilt for charity. No meeting July/August.



KNITTING CLUB: 2ND & 4TH TUESDAY AT 10AM ROOM S3

Beginners welcome. Contact Annette at the Center for more information.

THE SENIOR CENTER ROOM/FREE LIBRARY ROOM S3

Join your friends for a game, cards, make a puzzle, watch TV. Borrow, donate or swap books, DVDs, puzzles for our free library. Contact the Senior Center for room availability..

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.

FREE IN-PERSON CLASSES:

- Thursdays; 10am-12pm: Drop in Tech Help with Jack
- Thursdays, October 17 & 31 at 1pm: All About iPhone & iPad Pre-Installed Apps



FREE ZOOM CLASSES:



- October 15 at 3pm- Accessibility Features for Everyone
- October 29 at 3pm- iOS18 - What's New!

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



The Wethersfield Senior Center



HELP NEEDED FOR SPECIAL EVENTS:
DECORATING, SET-UP, SERVING AND CLEAN UP.

**Contact Annette at the Senior Center
for more information.
860.721.2770
senior.center@wethersfieldct.gov**

FLU CLINICS



Drive-Thru Clinic: October 8, 2-6 PM
Walk-In Clinic: October 10, 10-2 PM

Appointment required.

For more information & to make an appointment, visit www.ccthd.org/flu or call 860.785.8380 ext. 216

In the event of inclement weather, the drive-thru clinic on October 8 will be moved indoors.

SAVE THE DATE

- 11/6 MOBILE MAMMOGRAPHY VAN; *call for an appointment*
- 11/6 COFFEE & CONVERSATION WITH TOWN MANAGER, FRED PRESLEY; 10AM
- 11/7 LUNCH & LEARN: HOME TECH; 1PM
- 11/12 VETERAN'S COFFEE HOUSE; 9:30AM
- 11/14 CUT THE CABLE: WHAT YOU NEED TO KNOW ABOUT STREAMING; 1PM
- 11/18 FALL FESTIVAL LUNCH & ENTERTAINMENT *with Crooner,, Randy Coppola*
- 11/26 LUNCH & LEARN: CHOOSING AN ELECTRIC SUPPLIER; 1PM
- 12/3 LUNVH & LEARN: MAKE-UP FOR MATURE WOMEN; 11AM *limited seating*
- 12/4 COFFEE & CONVERSATION WITH WPD CHIEF RAFAEL MEDINA; 10AM
- 12/16 HOLIDAY PARTY: *back popular demand, the fabulous Tomaca*