

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 THURSDAY & FRIDAY, NOVEMBER 28 & 29**

**COMMUNITY CENTER RENOVATION PLANNING & INPUT**

**MONDAY, NOVEMBER 4<sup>TH</sup> 12:30PM**

Join Vlada Ragonese, Director of Capital & Strategic Initiatives, and consultants from Kaestle Boos Associates (KBA) for a community input session to discuss the future of the William J. Pitkin Community Center. The Community Center renovation project is currently in the very beginning stages of the planning phase and seeking community input that will help shape the desired outcomes of the project. Come share your thoughts and ideas for what you would like to see in a newly renovated Community Center.

**COFFEE TALK WITH FRED PRESLEY, TOWN MANAGER**

**WEDNESDAY, NOVEMBER 6<sup>TH</sup> 10AM – 11AM**

Join us for coffee and pastries for an informal get-together with our Town Manager, Fred Presley. Fred will discuss the current town projects that may be of interest to our seniors. There will be time for questions and answers as well.

**LUNCH & LEARN: EXPLORING THE BENEFITS OF AMAZON ALEXA & OTHER HOME TECHNOLOGY**

**THURSDAY, NOVEMBER 7<sup>TH</sup> 12:30PM**

Presented by Jack Driscoll, Wethersfield Tech Help for Seniors

This presentation will introduce Amazon's Alexa, a voice-activated assistant, and demonstrate how it can enhance the lives of seniors. Learn how Alexa simplifies daily tasks, promotes independence, provides entertainment, ensures safety, and helps maintain social connections. With its hands-free interface, Alexa is an accessible and convenient tool that can support seniors in managing their health, home, and overall well-being. Jack will also briefly discuss other home automation apps (Garage Door, Rumba, motion sensor lights, etc.) Light lunch provided. **Please RSVP by November 5th.**

**VETERAN COFFEE HOUR**

**TUESDAY, NOVEMBER 12; 9:30AM**

We welcome all Veterans to the Center for coffee, donuts and conversation. We hope to get some ideas on continuing Veteran Coffee Hour each month and invite guest speakers. Co-sponsor: Visiting Angels

**FALL CRAFT WITH WHS INTERACT CLUB**

**THURSDAY, NOVEMBER 14; 2:30PM-4PM**

Create a fall craft with help from WHS students. Space limited. RSVP by November 11<sup>th</sup>. Free. Details to follow.

**\*\*FALL FESTIVAL WITH CLASSIC CROONER, RANDY COPPOLA**

**MONDAY, NOVEMBER 18<sup>TH</sup>; LUNCH 12PM / ENTERTAINMENT 1PM**

We are in for a treat with Classic Crooner, Randy Coppola, who specializes in standards from classic legends like Frank Sinatra, Dean Martin, Tony Bennett and other artists in the same genre.

LUNCH: Pasta, salad, roll and dessert.

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

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 NOVEMBER 13<sup>TH</sup>**

**LUNCH & LEARN: CHOOSING ELECTRIC SUPPLIER**

**TUESDAY, NOVEMBER 26<sup>TH</sup> - 1 PM**

Come join Arthur Marcelynas, retired Regulator with the CT Public Utilities Regulatory Authority (PURA) as he talks about the electric supply market and how to switch suppliers to lower your electric bill. Light lunch will be provided. Arthur will return in 6 months when rates change again. **Please RSVP by November 19<sup>th</sup>.**

**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.

- **NEWPORT PLAYHOUSE & CABARET RESTAURANT- WEDNESDAY, NOVEMBER 13<sup>TH</sup>**  
**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<sup>TH</sup>** 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: 3<sup>RD</sup> TUESDAY EACH MONTH: 10AM-12P, FREE FOR WSC MEMBERS.**

**FOOTCARE CLINICS: 1<sup>ST</sup> & 3<sup>RD</sup> 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. Rotating Wednesdays and Fridays. No walk-ins.**

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

**FREE HEARING SCREENINGS/AUDITORY CONSULTATIONS: 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.

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

**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](mailto:techhelpforseniorswethersfield@gmail.com) or call the Senior Center at (860) 721-2770.

## **ZOOM CLASS: NOVEMBER 12 AT 3PM: USING YOUR IPHONE SAFELY & KEEPING YOUR INFORMATION SECURE**

### **ASK JACK: DROP IN TECH HELP FOR SENIORS: THURSDAYS, 10AM-12PM**

FREE drop in assistance to answer all your tech questions: smart phones, tablets (Androids, iPhone, iPad), apps, laptops, operating systems, security, etc.

**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. **For more information, please call or email Danny Rosario at: 860.721.2880 or [daniel.rosario@wethersfieldct.gov](mailto:daniel.rosario@wethersfieldct.gov).**

## **EXERCISE & ART CLASSES**

Registration for Fall B session is open. Classes run from November 1-December 31. For detailed class descriptions and more information, please visit [www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center) and [www.wethersfieldct.gov/recreation](http://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, 10AM -11:30AM**
- **TAI CHI-BETTER HEALTH & IMPROVING BALANCE: WEDNESDAYS, 10:30AM -11:30AM** in person & remote.
- **CHAIR YOGA: MONDAYS & THURSDAYS 11:30AM-12:20PM** in person & remote.
- **SILVERSNEAKERS STRENGTH & BALANCE: TUESDAYS & THURSDAYS 10AM -10:45AM**  
Silver Sneakers instructor, Rikki, teaches remotely. Class is held in the Fitness Room and uses Zoom.
- **STRENGTH CONDITIONING AND BALANCE WITH ROBA PT: FRIDAYS 10:30AM -11:30AM**
- **WALKING/AEROBIC DVD: MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM -11:00 AM**

### **PAINT PARTY: TUESDAY, NOVEMBER 19<sup>TH</sup> 4:00PM - 6:00PM**

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. Classroom S2.

## **GAMES, ACTIVITIES & CLUBS**

### **KNITTING CLUB: TUESDAY, NOVEMBER 12<sup>TH</sup> & 26<sup>TH</sup> 10:00AM - 11:30AM**

Meets 2<sup>nd</sup> and 4<sup>th</sup> Tuesday month. Beginners welcome. Knitting supplies will be provided. Looking for experienced knitters to instruct on more advanced projects. Sit, relax and learn a new skill.

### **BOOKS & BANTER – A READER'S CHOICE BOOK CLUB**

#### **MONDAY, NOVEMBER 4<sup>TH</sup> AT 12:30PM**

Held monthly on 1<sup>st</sup> 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, NOVEMBER 18TH 10AM – 12PM** 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 10AM - 12PM TECH HELP DROP-IN**
- **12/3 – MAKEUP FOR MATURE WOMEN FORUM**
- **12/4 – COFFEE TALK WITH WETHERSFIELD POLICE CHIEF, RAFAEL MEDINA**
- **12/9 – HOLIDAY CRAFT WITH ANNETTE**
- **12/11- CRT LUNCH & LEARN: MAGNESIUM THE MAGNIFICENT MINERAL**
- **12/12- IPHONE SECURITY & PRIVACY**
- **12/16 – HOLIDAY PARTY- BACK BY POPULAR DEMAND: SINGER, TOMACA**
- **12/19-AARP SAFE DRIVE**
- **CLOSED FOR HOLIDAY: THURSDAY, DECEMBER 25 & FRIDAY, DECEMBER 26**