



Wethersfield Senior Center News

DECEMBER 2024

www.wethersfieldct.gov/senior-center

30 Greenfield Street, Wethersfield, CT 06109

(O) # 860-721-2770 senior.center@wethersfieldct.gov (C) 860-781-0300

PLEASE JOIN US FOR OUR

WINTER HOLIDAY PARTY

DECEMBER 16 MONDAY

Live Music - Food - Drink

Back by popular demand, the fabulous, Tomaca!

12 PM LUNCH ~ 1 PM ENTERTAINMENT

Rsvp at 860.721.2770 or senior.center@wethersfieldct.gov

Let's celebrate together!

www.wethersfieldct.gov/senior-center

Hartford Yard Goats

DEC 19TH
FROM 11 AM - 12 PM

WINTER WONDERLAND SOCIAL

WETHERSFIELD SENIOR CENTER

Donuts - Coffee - Caroling

MEMBERSHIP RENEWAL 2025

- > Membership Drive Drop-In: December 5, 12p-1p
- > Before Holiday Party: December 16, 11a-12p
- > Before Bingo: December 11 & 18, 11:30a-12p
- > Before Setback: December 13 & 20, 11:30a-12p
- > Cocoa & Caroling: December 19, 11a

Renew your membership for 2025 during one of the above membership drives and be entered to win \$25 Village Pizza gift card.

Bring a monetary donation or unused gift wrap for the Wethersfield Holiday Gift Program on or before December 16 to be entered to win \$75 Stop & Shop gift card.

DECEMBER HIGHLIGHTS

- Tuesday, December 3 at 11am
Makeup for Mature Women Workshop
- Wednesday, December 4 at 10 am
Coffee Talk with WPD Chief, Rafael Medina
- Monday, December 9 at 10am
Holiday Craft with Annette: centerpieces
- Wednesday, December 11
Bingo luncheon
- Wednesday, December 11 at 11:45am
CRT Lunch & Learn: Magnificent Magnesium
- Monday, December 16; 12pm lunch/1pm music
Holiday Party with the Fabulous Tomaca
- Thursday, December 19 at 11am
Donuts, Cocoa & Caroling with the Yardgoats
- Tuesday, December 17 at 3pm - \$20
Paint Party, "Snowy Night" registration required
- Wednesday, December 18 at 12pm
Bingo Holiday Extravaganza

Fitness Classes

Next session begins January 21.

Must have current Senior Center membership to participate.

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.

Better Health & Improving Balance with Tai Chi/Qigong

Wed 10am-10:50am

In Person & Remote

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

Mon 10:30am-11:20am

Fri 10:30am-11:20am

In Person

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

Mon 11:30am-12:20pm

Thurs 11:30am-12:20pm

In Person & Remote

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

Tuesdays, Thursdays 10am-10:50am
In Person, Zoom/Remote

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.

Pickleball Court Time

Member Directed

Beginner: Mon 8:30am-10:30am

Intermediate: Wed 8:30am-10:30am

Net is provided. Please bring Your own racquet; some may be available upon request.



ART CLASSES

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

ARTISTS' JOURNEY: THURSDAYS 10AM - 11:30AM

Join this free-flowing class, where our talented instructor is available to provide individual guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use medium of choice. Water-based paint (acrylics and water colors) brushes and canvas boards provided.

*FREE ART / PAINTING TIME: WEDNESDAYS 9:30AM-12PM

PAINT PARTY- TUESDAY, DECEMBER 17 at 3PM

\$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!





Seats reserved upon payment; first come, first served.
2025 Trip schedule will be available in January.
Questions, please contact the Senior Center.



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

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



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

TUESDAY, DECEMBER 3, 3PM: PROTECTING YOUR PRIVACY

TUESDAY, DECEMBER 17, 3PM: TIPS, TRICKS and Q&A

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.

STARTING JANUARY 21: DROP IN HELP WITH APPLE PRODUCTS FREE drop in assistance to answer all your tech questions on your Apple products: iPhone, iPad, apps, etc. First come, first served.

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

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

For more information, please call Daniel Rosari at 860.721.2880 or
email: daniel.rosario@wethersfieldct.gov.



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.

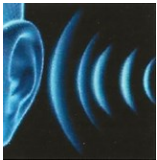
View monthly menu at: <https://wethersfieldct.gov/senior-center>



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

*Appointments for Services at the Center fill up quickly, and often are booked out over a month in advance. Please plan accordingly and call early for your appointments. If you are unable to make your r scheduled appointment, please cancel as soon as possible, so that another member may be able receive services. Thank you!



FREE HEARING SCREENINGS/AUDITORY CONSULTS:

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.



& BLOOD PRESSURE SCREENINGS



1st & 3rd 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: 2nd & 4th WEDNESDAYS & 4TH FRIDAY of the month

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 HOLLY: 1st & 3rd FRIDAYS

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.

- 60-minute table massage -\$55.

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

The Center will do its best to find someone to fill the appointment if able and advanced notice is given.

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 and consideration. Contact the Center if you need contact information for Connie and Holly. Thank you for your understanding and consideration.

MORE SERVICES For Senior Center Members:

APPOINTMENTS MUST BE MADE THROUGHT THE SENIOR CENTER -NO WALK-INS.

To schedule appointments, please call 860-721-2770 or email senior.center@wethersfieldct.gov



FREE LEGAL CONSULTATION: 3RD TUESDAY EACH MONTH: 10AM-12PM

Free 30 minute consultations available with an attorney from Reed, Wilson Case LLC
Call for appointment. Now booking September/October.



\$4 HAIRCUTS: Haircuts are given at the International Institute of Cosmetology, 632 Silas Deane Hwy. Appointments are made with the Senior Center only. No walk-ins.
For WSC members / Wethersfield residents only.

Coffee & Conversation



WEDNESDAY, DECEMBER 4 at 10am
IN THE BANQUET ROOM
CHIEF RAFAEL MEDINA, WETHERSFIELD POLICE DEPARTMENT

Join us on the first Wednesday of each month at 10am for coffee & pastries with town officials and department heads. Monthly speakers will provide updates and information of interest to our seniors. Time for questions and answers.

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.WETHERSFIELDCT.GOV/SENIOR-CENTER



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

Always a fun day! \$2 admission includes 2 bingo cards.
Lunch December 11; Holiday Extravaganza Bingo, December 18.

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.



Wii BOWLING TUESDAYS AT 1PM

New players welcome! Great exercise and great fun!

RED ONION SENIOR QUILTERS: 3RD MONDAY EACH MONTH 10AM- ROOM F1

All skill levels welcome. Make new friends and quilt for charity.

CARDS & GAMES/FREE LIBRARY: Bring a friend for a game of cards, Scrabble, Rummikub or other board game. Visit our free library for a book or puzzle. Contact the Center to schedule a new game or join an existing one.. Call the Center for more information.

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 January 16.**



CENTER CLOSED JANUARY 1

WEDNESDAY, JANUARY 8: COFFEE TALK WITH MAYOR KEN LESSER


THURSDAY, JANUARY 9: ANDROID 101 WITH JACK: THE BASICS PART I

TUESDAY JANUARY 14, LUNCH & LEARN: YOUR LEGACY MATTERS WITH D'ESOPOS

WEDNESDAY, JANUARY 15: BINGO PIZZA PARTY


MONDAY, JANUARY 27: WINTER BEACH PARTY WITH THE BOOMERS

TUESDAY, JANUARY 28: MONTHLY VETERAN COFFEE HOUSE



KNITTING CLUB


MEETS EVERY 2ND & 4TH TUESDAY
OF EACH MONTH AT 10AM
BEGINNERS WELCOME...
FOR MORE INFORMATION CONTACT ANNETTE
AT THE SENIOR CENTER



AARP DRIVER SAFETY

AARP SAFE DRIVER COURSE
THURSDAY, THURSDAY, DECEMBER 2, 9AM-1PM
\$20 AARP members; \$25 NON-AARP members

Books & Banter
• A READER'S CHOICE BOOK CLUB •



HELD ON THE
FIRST MONDAY,
OF EACH MONTH
AT 12:30pm

QUESTIONS/RSVP
860.721.2770
senior.center@wethersfieldct.gov

The Wethersfield Senior Center



**VOLUNTEERS
NEEDED**

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**