

Wethersfield Senior Center News

www.wethersfieldct.gov/senior-center

30 Greenfield Street, Wethersfield, CT 06109

Amy Miller Dignoti, Senior Center Coordinator

new phone # 860-721-2770 senior.center@wethersfieldct.gov

*Annual Dues: \$5 resident~\$7 non resident

SEPTEMBER

MONDAY, SEPTEMBER 18 at 1:00PM – LUNCH AT 12:30PM
COCONUTS – THE BOOMER COMEDY ROCKS BAND

ADMISSION INCLUDES
LUNCH: PIZZA, SALAD,
ICE CREAM & COFFEE
TRUCK, GIVEAWAYS,
RAFFLE PRIZES & GREAT
ENTERTAINMENT!



\$7 FOR WSC MEMBERS
\$12 NON- MEMBERS

An afternoon of entertainment not to be missed! Hilarious parodies, singalongs, and good ol' rock and roll! Celebrating over 40 years of entertaining audiences from Cape Cod to Key West with a high-energy blend of comedy and music from the 50s to the 70s. Comments frequently heard after a COCONUTS show: "I haven't laughed this much in years!" What better way to spend your day than with good food, friends, laughter, upbeat music and dancing. Ice Cream and Coffee truck provided by Maple View Health & Rehab.

COFFEE & CONVERSATIONS WITH MAYOR MICHAEL RELL
SEPTEMBER 11 at 10:00am



Stop in for a cup of coffee, pastry and an open conversation with Mayor Rell. We will be discussing issues brought to the town council, current town projects that may be of interest to our seniors, as well as answer any questions.

DISCOVER, DINE, AND DECODE MEDICARE
THURSDAY, SEPTEMBER 28 AT 6:00PM

Join us for an evening of enlightenment and exquisite dining at our Medicare Education Seminar Dinner. Say goodbye to confusion and hello to clarity! Michael Andrews of Wethersfield will unravel the complexities of Medicare, guiding you through the maze of plans, options, and coverage. Leave with confidence in your understanding; indulge in a delectable dinner while soaking in essential insights. **Limited seating. RSVP required.**

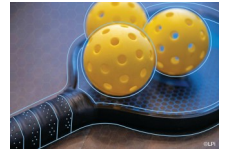
Co-sponsor:  MapleView
Health & Rehabilitation Center

EXERCISE & ART CLASSES

Fall registration is open; register in-person or online. For detailed class descriptions and more information, please visit www.wethersfieldct.gov/recreation. Please note, to register for exercise and art programs current senior center membership is required. Questions regarding membership or programs, please contact the Center. The Senior Center accepts Renew Active Members.

**STAY
ACTIVE**

PICKLEBALL CLINIC: Come find out what all the excitement is about! Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Join certified Pickleball Instructor, Ahmad Elliot, as he teaches you to dink, serve, return and score. All equipment provided. Sept. 11 & 13– 8:30am-10:30am - each session \$15



SENIOR PICKLEBALL Register for one of our indoor Pickleball play court times on Monday and Wednesday. Nets will be provided. Bring your own racquet. Please arrive at the start time to ensure inclusion in the rotation. A general knowledge of Pickleball is required. Space is limited.
Sept. 18-11/8, Mondays & Wednesdays \$25 R/\$30 NR

CHAIR YOGA
IN PERSON & REMOTE
MONDAYS & THURSDAYS
11:30AM-12:20PM
SEPT. 11– NOV. 2;
MON. \$28 - THURS. \$32



FIT & FABULOUS
IN PERSON & REMOTE
TUESDAYS
11:30AM-12:20PM
SEPT. 12 – OCT. 31; \$32



TAI CHI-BETTER HEALTH & IMPROVING BALANCE
IN PERSON & REMOTE— WEDNESDAYS, 10:30-11:30AM
Sept. 18-11/8, Mondays & Wednesdays \$25 R/\$30 NR

WALKING DVD; IN PERSON ONLY

A FUN, AEROBIC ACTIVITY THAT COMBINES WALKING & EASY AEROBIC MOVES
MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM—FREE FOR MEMBERS



8-WEEK 2023 SENIOR CENTER WALKING COMPETITION: SEPTEMBER 11- OCTOBER 30

Join us as we compete with the Rocky Hill, West Hartford, East Hartford, and Newington Senior Centers. 20 participants from each Center will track their weekly walking: every minute walking will be converted into 1 mile. We will join your fellow competitors for an Awards Luncheon at the Heights at Avery Heights at the end of the competition. Contact the Senior Center for more information and to register.

SILVERSNEAKERS STRENGTH & BALANCE
REMOTE ONLY
TUESDAYS & THURSDAYS, 10AM-10:45AM
\$32/SILVERSNEAKERS \$0



SILVERSNEAKERS STABILITY
REMOTE ONLY
FRIDAYS, 10AM-10:45AM
\$32/SILVERSNEAKERS \$0

ART CLASSES

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

Register in-person or online www.wethersfieldct.gov/recreation



ARTISTS' JOURNEY:

WEDNESDAYS & THURSDAYS 10-11:30AM; \$58

Our talented instructor, Deidre, is available to guide you on projects of your choice; skilled in all mediums. Painting, sketching, watercolor...

SCULPTING -NEEDLE FELTING/CLAY:

WEDNESDAYS & THURSDAYS , 10-11:30AM; \$58

Sculpt amazing figurines using traditional sculpting clay or needle felting techniques using wool. Starter kits \$13.



PAINT NIGHTS: TUESDAYS: 5:00—7:00PM; \$20
 SEPTEMBER 12—SUNFLOWERS & DRAGONFLIES
 OCTOBER 10 & NOVEMBER 14 - AUTUMN THEME
 DECEMBER 12 - WINTER/HOLIDAY THEME

Enjoy a guided paint class, similar to Paint Nights hosted at local bars, restaurants or studios, at a fraction of the cost. Our talented instructor, 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 night! Fee includes materials and refreshments and a bite to eat while you paint.



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.

In-person classes; Tuesdays 11:30AM- 1:00PM (RSVP REQUIRED)

September 19 -Use Safari to Search the Web - Use Apple's web browser Safari to search the web, enter Reading Mode and avoid advertisements, open, close and delete tabs, save bookmarks and much more!

September 26 - Take Photos with your iPad Camera

We will take Photos with your iPad Camera and learn how and where Photos are saved, group photos into albums, and share them with family and friends.

Zoom classes: Tuesdays at 3pm

September 12: iPad 101: Using the App and iTunes Stores

September 19 - iPhone - Tips, Tricks, and Q&A



For more information, to register for classes or inquire about one on one assistance,

email techhelpforseniorswethersfield@gmail.com

or call the Senior Center at (860)721-2770.



MOVIE MATINEES

AFTERNOON MOVIES BEGIN AT 1 PM

FOR MORE INFORMATION/MOVIE TITLES, VISIT THE SENIOR CENTER OR OUR WEBSITE.

MONDAYS - SEPTEMBER 11, 25; WEDNESDAYS - SEPTEMBER 6, 20; THURSDAYS: SEPTEMBER 7, 14



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

Always a fun day! \$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.

\$1 members/\$2 non-members. **NO SETBACK-SEPTEMBER 1 & 8**

MAH JONG: TUESDAYS & THURSDAYS, 9:30AM-1:00PM – Room F1

Instruction available for beginners. Call the Center for more information. Walk-ins welcome.



TUESDAYS AT 1PM – CLASSROOM S3

New players welcome! Great exercise and great fun!

RED ONION SENIOR QUILTERS: 3RD MONDAY OF EACH MONTH AT 10AM: MAY 15.

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

THE SENIOR CENTER ROOM OPEN MONDAY –FRIDAY: Games, books, puzzles, watch tv or just get together with friends. Please call Center for questions or more information.

TUESDAY, SEPTEMBER 26 AT 12 NOON

THE PRICE IS RIGHT FOR YOUR HEALTH : LUNCH & LEARN

Who would like to save money on groceries and still eat a healthy diet ? Healthy eating does not have to be expensive ! The discussion will include. Low-cost protein options along with tips on maintaining a budget while still including healthy low-cost foods. Take home a recipe or two to try yourself. Limited seating. Lunch provided by Community renewal Team. Space limited. RSVP required, no later than Friday, 9/22/23.



THE SENIOR COMMUNITY CAFÉ

Lunch is served Monday-Friday at 12PM to persons 60 years or older and their spouses or caregivers. The suggested donation is **\$3.00** for seniors/caregivers. ***To reserve your lunch, please call the Café** minimum one work day notice Monday-Friday

860-721-2773

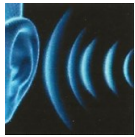
HEALTH & WELLNESS



THE FOLLOWING SERVICES ARE **BY APPOINTMENT ONLY—NO WALK-INS.**

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

Appointments are for Wethersfield Senior Center members only.



FREE HEARING SCREENINGS/AUDITORY CONSULTS: 1ST THURSDAY EVERY OTHER MONTH: 10/5, 12/7; Auditory consultations using the newest technologies include computerized hearing assessments, video camera ear wax/canal exams & free hearing aid checks, cleanings and battery samples.



NOW SCHEDULING THROUGH DECEMBER. Fee \$30

Certified APRN. Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics.

MASSAGE with CONNIE: 2ND & 4TH WEDNESDAYS & 4TH FRIDAY

Please call for appointments. Licensed massage therapist offers chair and full table massages.



15-minute chair massage-\$10
30-minute table massage-\$25
60-minute table massage-\$50.



MASSAGE HOLLY: 1st & 3rd MONDAYS

Please call for appointments.

Licensed massage therapist offers 60-minute full table massages \$50.

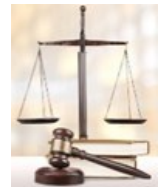
BLOOD PRESSURE SCREENINGS with Infinity Home Care:- contact Senior Center for schedule.

MORE SERVICES For Senior Center Members:

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

Now scheduling September-December. Free 30 minute consultations available with Atty. Joan Wilson from Wilson, Pinder & Snow LLC.

For Wethersfield Senior Center members only.



\$4 HAIRCUTS: NOW BOOKING SEPTEMBER & NOVEMBER

****Appointments must be made through the Senior Center - NO Walk-Ins****

Haircuts are given at the International Institute of Cosmetology, 632 Silas Deane Highway. For Wethersfield senior residents only.



AARP SAFE DRIVER COURSE

SEPT. 27, NOV. 1; 9AM-1PM

CALL 860.721.2770 to register. \$20 AARP members; \$25 NON-AARP members

SENIOR CITIZEN ADVISORY COMMITTEE

The committee meets each 3rd Thursday of the month at 3pm 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 September 21.



BUS TRIPS

Trips are filling up quickly. Seats reserved upon payment; first come, first served.

For more information: www.wethersfieldct.gov/senior-center

Pricing includes gratuities. Trips are non-refundable, however, we will make every effort to find a replacement if you need to cancel. Trips are scheduled for our members and we share a bus with the Rocky Hill Senior Center.

★ September 21: Providence Italian Style- lunch, gondola ride & sightseeing - \$177

Head to Providence's Little Italy,! The day begins with a behind the scenes tour of Providence's Historic Federal Hill, "one of the top ten Little Italy's in America." Your senses will be intoxicated with the smells, flavors, sights and sounds of Italy. Next enjoy a delicious, authentic, three course lunch, including coffee and dessert at Cassarino's Restaurant. The Italian experience continues onboard an original Venetian Gondola, with singing gondolier and views of the historical riverfront of the Renaissance City from a truly unique vantage point

- Sept. 27-29: Sight & Sound Theatre, PA: \$615 pp/dbl, \$745 single: waiting list only
- October 12: Culinary Institute of America (CIA) - tour & luncheon- \$142
Full course luncheon, authentic regional Italian cuisine , and behind the scenes tour of the CIA.
- November 28: Radio City Music Hall: Rockette's Holiday Spectacular & lunch - \$207
America's favorite holiday tradition! Lunch at Bill's Burgers, followed by Holiday Spectacular.
- December 5: Silver Bells & the Best of the Diamonds, Aqua Turf - \$116
Delicious lunch & fabulous entertainment by The Diamonds—a memorable holiday show.
- December 14: Holiday Tea & Concert at Caramoor Center for Music & the Arts- \$152
Tour the historic Rosen House, decorated for the holidays, followed by a lovely tea luncheon.

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, Renters' Rebate, Tax Assistance, The Supplemental Nutrition Assistance Program/SNAP vouchers, housing resources, Medicare CHOICES and more. For more information and to set up an appointment, please call or email daniel.rosario@wethersfieldct.gov.

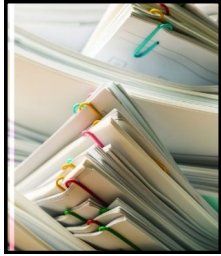
Save the Date

• October 5-November 2: Thursdays at 11am: **HEALTHY BRAIN SERIES**

Free: RSVP required - co-sponsor Center for Healthy Aging Hartford Health Care

• October 24: **Wethersfield Strategic Plan Update**

• October 30, 1pm: **HALLOWEEN PARTY & ENTERTAINMENT**



FREE DRIVE-THRU SHREDDING EVENT & FOOD DRIVE

Saturday, October 28, 2023 ~ 9:30AM-12:30PM

Pitkin Community Center

***Shredding service is for Wethersfield Residents or Senior Center Members only**

- Donations to Wethersfield Food Bank is voluntary, but greatly appreciated.



Questions? Please call the
Wethersfield Senior Center at 860-721-2770

Thank you to our co-sponsors:



Wethersfield Senior Center & Wethersfield Senior Advisory Committee

Tuesday, October 31, 2023 ~ 8am – 1 pm

Take the Time

Mobile Mammography



Mammogram Screenings are offered to women age 40 and older, who have not had a mammogram in over a year.

**For more information and to schedule an appointment
please contact the Wethersfield Senior Center:**

860-721-2770 or email: senior.center@wethersfieldct.gov

***Please schedule your appointment by**

October 6th



ANNUAL MEMBERSHIP DUES ONLY

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