

WETHERSFIELD SENIOR CENTER PROGRAMS & EVENTS: JUNE 2025

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

ALL PROGRAMMING & SERVICES REQUIRE WETHERSFIELD SENIOR CENTER MEMBERSHIP: MEMBERSHIP

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

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

SPECIAL EVENTS



KNOWLEDGE & NIBBLES: PALACE THEATER PRESENTATION

MONDAY, JUNE 9 at 1 PM

Tour Coordinator at the Palace Theater, Meg Luddy, will lead us through the history and monumental restoration of the Palace Theater with the help of a beautiful slideshow, historical photos, and drone footage. **PLEASE RSVP BY JUNE 6.** FREE. Appetizers/light snacks will be provided.

SOCK HOP WITH JUKE BOX 45 & BBQ LUNCH

MONDAY, JUNE 16; LUNCH 12 PM / ENTERTAINMENT 1 PM

Back by popular demand! This year we have the full band to kick it up a notch! Connecticut's Premier Show Band featuring songs we love from the 50s-70s. You will be entertained with hits from artists such as The Comets, Johnny Cash, the Monkeys, Chuck Berry, plus many others. An afternoon of fun, music and dancing you will not want to miss! Pull out your poodle skirts, prizes for best Sock Hop attire.

Please RSVP by JUNE 12. Lunch: Hamburgers, Hot dogs with all fixings, side dishes and dessert.

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

Pay at the door on the day of the show. Raffle drawings \$2/3 tickets.

LUNCH & LEARN: PLANNING FOR THE FUTURE: ESTATE PLANNING 101 & PROBATE ESSENTIALS

TUESDAY, JUNE 24; LUNCH SERVED AT 12 PM / PRESENTATION 12:15PM

Presented by Atty. Craig of RWC, LLC Attorneys and Counselors at Law



Join us for an informative session on the fundamentals of estate planning and a brief overview of the probate process. Learn how to protect your assets, ensure your wishes are honored, and make the process smoother for your loved ones. Whether you're starting from scratch or updating an existing plan, this session will provide key insights to help you make informed decisions. Don't leave your future to chance—plan with confidence. **PLEASE RSVP BY JUNE 17.** Free presentation; Pasta Lunch: suggested donation \$4.

AARP SAFE DRIVER COURSE

THURSDAY, JUNE 19; 9 AM – 1 PM \$20 AARP MEMBERS, \$25 NON-AARP MEMBERS

Refresh your driving skills and qualify for at least a 5% reduction in your car insurance premium. Call or email the Center to register.

LUNCH & LEARN: CRT COOKING WITH HERBS & SPICES

MONDAY, JUNE 30; 12PM - DISCUSSION FOLLOWED BY LUNCH



Flavoring foods with herbs & spices instead of salt is an easy heart-healthy strategy to lower an individual's sodium intake. Herbs and spices not only boost the flavor, aroma and color of food & beverages, but they also offer many beneficial health properties too! Herbs and spices are wonderful, exciting sources of vitamins and anti-inflammatory compounds, including blood-sugar and digestive health, as well. A recipe and handout will be provided to all participants. Please join us for an enjoyable discussion topic! Seating limited. Lunch: Vegetarian lasagna with alfredo sauce, bread, Caesar salad and dessert. Suggested donation \$4.

Please RSVP by June 23 by calling 860.781.2773 or 860.721.2770.

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. **Check schedule for any conflicts, cancellations or movie start times.



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: JUNE 24, JULY 15, NO APPTS IN AUGUST: 10AM-12P, FREE FOR WSC MEMBERS; BY APPOINTMENT ONLY. Att. Craig from RWC, LLC. offers free 30-minute consultations on legal matters to Wethersfield Senior Center members regarding estate planning, elder law and probate issues. RWC will determine your legal needs and provide an estimate of costs for services or refer you to another attorney that can assist you.

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

MASSAGE WITH CONNIE, LICENSED MASSAGE THERAPIST - WSC members only. Limited appointments available through the summer. 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.

\$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.

- **DROP IN HELP FOR APPLE PRODUCTS WITH TECH HELP FOR SENIORS**
EVERY TUESDAY 1PM – 3PM

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 THURSDAY, 10AM-12PM

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.



ZOOM CLASS: TUESDAY, JUNE 24 at 3PM: iPhone 101 - Using the App and iTunes Stores

There's an app for that! The session begins with a discussion of what an Apple Account ID and password are; how they are different from your device's password, why they are important, and how to keep them secure. Your Apple Account ID and password are your key to all things Apple, including the App and iTunes stores. Join us as we discuss how to navigate the App and iTunes stores, how to find and select apps and music, and how to download them to your iPhone. Most apps are free, but others are not. Learn about the various and secure methods of making any required payments and learn how to organize the apps loaded on your device.



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. Follow us on Facebook.

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 Renters Rebate, SNAP vouchers, Dial-a-Ride, CHOICES and many other services. **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

Summer registration open. For detailed class descriptions and more information, please visit www.wethersfieldct.gov/recreation. Questions regarding membership or programs, please contact the Center. To register for Renew Active or Silver Sneakers: members please contact the Senior Center coordinator to confirm active plan membership and any plan restrictions.

- **ARTIST'S JOURNEY: THURSDAYS, 10AM -11:30AM;** 6/12-8/14 \$75
- **CHAIR YOGA: MONDAYS 11:30AM-12:20PM** in person & remote. 6/9-8/11 \$40
- **CHAIR YOGA: THURSDAYS 11:30AM-12:20PM** in person & remote. 6/12-8/14 \$40
- **SILVERSNEAKERS STRENGTH & BALANCE: TUESDAYS 10AM -10:45AM** Silver Sneakers classes are remote or via zoom in fitness room. 6/10-8/12 \$40
- **SILVERSNEAKERS STRENGTH & BALANCE: THURSDAYS 10AM -10:45AM** Silver Sneakers classes are remote or via zoom in fitness room. 6/12-8/14 \$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. 6/13-8/15 \$40
- **WALKING/AEROBIC DVD: MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM -11:00 AM** ongoing, free
- **SENIOR PICKLEBALL: BEGINNER/INTERMEDIATE: MONDAYS 4:15-5:45PM ;** 6/2-8/11 \$30
- **SENIOR PICKLEBALL: BEGINNER/INTERMEDIATE: WEDNESDAY 4:15-5:45PM ;** 6/4-8/13 \$30

PAINT PARTY: 2 DATES IN JUNE:

TUESDAY, JUNE 17; 5:00PM - 7:00PM

TUESDAY, JUNE 24; 5:00PM - 7:00PM

SUMMERTIME FIREFLIES



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

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: MONDAY, JUNE 2 AT 12:30PM – current book club members only. Last meeting until fall.

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. July 2 Pasta lunch & dessert \$4.

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. Meeting in the Café until further notice.

WII BOWLING: TUESDAYS AT 1PM - The fun of bowling without the heavy ball. New players welcome, no experience necessary. Classroom S3.

RED ONION QUILTERS; 3RD MONDAY 10:00AM – 12:00PM Join us to share your ideas, designs and love of quilting. We donate our small quilts to Connecticut Children's Medical Center. No meeting July/August.



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.

GILDED AGE OF THE BERKSHIRES, HOUSE TOUR & VICTORIAN TEA LUNCH – TUESDAY, JUNE 17

Tour Ventort Hall in Lenox, MA. Savor a special lunch & tea in their dining room. Your afternoon consists of a riding tour through the Stockbridge countryside and a walking tour of Tanglewood. Only a few seats left!

COST: \$134.pp Depart: 9:15am Estimated Return: 5:30pm

CHARLES RIVERBOAT CRUISE – TUESDAY, JULY 8

Enjoy a Narrated Cruise on the legendary Charles River. Cruise highlights include: sights of Boston. Prior to your lunch enjoy lunch at The Cheesecake Factory. Waitlist only.

COST: \$136.pp Depart: 9:00am Estimated Return: 6:00pm

SUMMERTIME IN GETTYSBURG- TUESDAY-THURSDAY, AUGUST 26-28, 2025: CANCELLED



Save the Date

- TUESDAY, JULY 1 - PAINT PARTY AT 5PM—AMERICANA
- FRIDAY, JULY 4- CLOSED INDEPENDENCE DAY
- TUESDAY, JULY 8 - FLOWER ARRANGING WITH GORDON BONNETTI FLORIST
- TUESDAY, JULY 15 - PAINT PARTY AT 5PM— TRANQUIL BRIDGE & FLOWERS
- THURSDAY, JULY 17 - SECRET ENGLAND
- MONDAY, JULY 28 – ENTERTAINMENT / LUNCH WITH ASHLY CRUZ
- MONDAY, AUGUST 11 LUNCH & ENTERTAINMENT: KARAOKE WITH PATTY SHOCK

