WETHERSFIELD
SOCIAL YOUTH & SENIOR SERVICES

WETHERSFIELD SENIOR CENTER NEWSLETTER

NOVEMBER 2026



MONDAY, NOVEMBER 9

A Veteran Tribute; One Man's Heartfelt Story of WWII



THURSDAY, NOVEMBER 12



MONDAY, NOVEMBER 16

Entertainment: Unforgettable Melodies Keir White



MONDAY, NOVEMBER 23

Entertainment: Acoustic Cafe with John Morra

Connect with us!

30 Greenfield Street,
Wethersfield, CT 06109

860-721-2770

senior.center@wethersfieldct.gov

Senior Center Coordinator:
Amy Miller Dignoti

Program Assistants:
Annette Bowman
Jennifer Stevens

MEMBERSHIP DUES:

$5 Wethersfield Residents
$7 Non-Residents

Senior Center Memberships Run
January 1 - December 31

Senior Center Closed
Thursday, November 26
Friday, November 27

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www.wethersfieldct.gov/340/Senior-Center

FITNESS CLASSES

For detailed class descriptions & to register online, please visit www.wethersfieldct.gov/recsignup.
Members with Renew Active or Silver Sneakers insurance plans please contact the Senior Center for information on eligibility, restrictions and how to register.

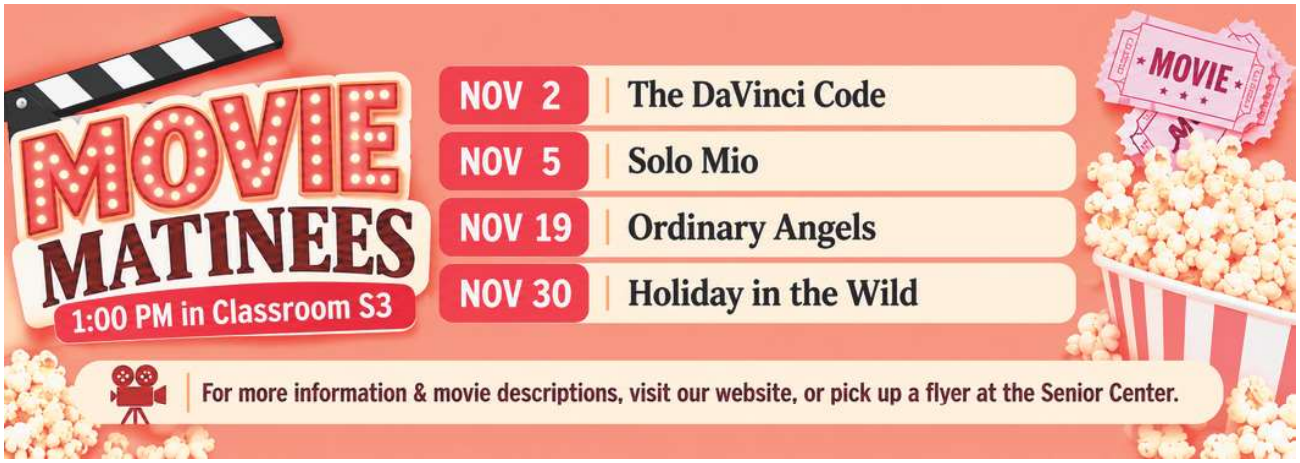
FALL B SESSION BEGINS NOVEMBER 2.



- **CHAIR YOGA with KRISSY: MONDAYS 11:30AM-12:30PM; THURSDAYS 11:30AM-12:30PM**
  - Learn yoga basics using a program that adapts easily to any fitness level. This class will work your core and extremities. Benefits include increased flexibility, strength, and relaxation.
- **CHAIR TAP DANCING with CAROLYN: TUESDAYS 11AM-12PM**
  - A unique movement workshop that blends rhythm, music, and seated choreography for safe, accessible dance. For anyone who wants to dance regardless of flexibility, stamina, or physical limitations. Great exercise and a lot of fun! Strengthen your mind and ankles, one tap at a time!
- **CANCELLED: HOLISTIC CHAIR EXERCISE (YOGA/TAI CHI QIGONG): WEDNESDAYS 10AM-10:50AM**
- **TAI CHI FOR SENIORS with MIKE: WEDNESDAYS 11:00AM – 11:50AM**
  - Tai Chi, often called meditation in motion, is known for promoting balance, flexibility, and relaxation, while also supporting overall health and well-being. No prior experience required; suitable for all fitness levels. Movements can be performed seated; modifications for all abilities.
- **STRENGTH CONDITIONING, BALANCE & STABILITY: FRIDAYS 10:45AM – 11:30AM**
  - Our instructor, Jillian, a Certified Geriatric Specialist and Physical Therapist from PTSMC will help you strengthen the core, hips and legs, improve joint mobility, enhance your posture and reduce fall risk through purposeful, low-impact exercises using light resistance.
- **SilverSneakers STABILITY: TUESDAYS 10:00AM – 10:45AM; THURSDAYS 10:00AM – 10:45AM**
  - Stability class focuses on movements that will make you stronger, improve balance and reduce fall risks. Exercises may include using hand-held weights, resistive tubing, and your own body's weight for resistance while also using your core muscles
  - ***SilverSneakers classes are held remotely via zoom, streamed live at the Community Center.***
- **WALKING/AEROBIC DVD: MONDAYS, WEDNESDAYS & FRIDAYS AT 10:00AM – 11:00 AM; FREE, ongoing.**
  - Member-directed. Follow a DVD that incorporates simple aerobic exercises with a continuous walk-in place. Upbeat music keeps you motivated and invigorated.
- **SENIOR PICKLEBALL: BEGINNER/INTERMEDIATE: MONDAYS 8:30-10:30AM; WEDNESDAYS 8:30-10:30AM**
  - Net is provided. Please bring your own racquet. Open to all skill levels. Learn by playing and observing
- **SENIOR PICKLEBALL CLINIC: THURSDAY, NOVEMBER 19, 5PM – 7PM * EQUIPMENT PROVIDED**
  - Join Certified Pickleball Instructor, Ahmad Elliot, as he teaches you to dink, serve, return, and score.











Bingo - Wednesdays 12:15PM-2:30/3:00PM, seated by 12:15 PM - Banquet Room
💵 $2 admission, includes 2 cards, 50¢ each additional card.



Set Back - Fridays 12:15 PM – 3:00 PM - All skill levels welcome! -Banquet Room
Arrive before 12 PM to register & receive score card.
💵 $3 members / $4 non-members



Mah Jongg Play - Tuesdays & Thursdays 9:30 AM – 1:00 PM - Room S4
Great brain exercise! Beginners welcome; come one or both days.



Wii Bowling - Tuesdays 1:00 PM - Room S3
Bowling without the heavy ball! Fun, social, and great exercise.



Books & Banter - Reader's Choice Book Club - First Monday - November 2- 1:00 PM
Fireside Room 🚫 At this time the book club is full.
Please call the Senior Center if you are interested in joining.



Knitting - 2nd & 4th Tuesday - November 10 & 24 - 10:00 AM - Room S3
Sit, relax & learn a new skill. Projects donated to local charities. All skill levels welcome



Red Onion Quilters - 3rd Tuesday - November 16 - 10:00AM - Room S2
Share ideas & quilt together ❤️ Donates to CT Children's Medical Center



Life in Focus

iOS 27 Photo Workshop

Wethersfield Tech Help for Seniors
Instructors: Donna Brown and Pat Richardson

Tuesdays, November 10 & 17
1:00–3:00 pm

Make the most of the photos on your iPhone! Explore new features in iOS 26 and iOS 27, learn easy ways to organize, edit, and share your pictures, and create a personal project with your own photos.



Two-session workshop

FREE

Light refreshments will be served.

Please RSVP by November 9.
860.721.2770
senior.center@wethersfieldct.gov

TECH HELP FOR SENIORS OF WETHERSFIELD



iPhone – Introducing iOS 27

TUESDAY, NOVEMBER 3
3:00 PM | View at the Senior Center – Classroom S3 or join via Zoom.

Discover what's new on your iPhone!
Updates to Siri, apps, and new Apple Intelligence features.

Learn which features are available and explore helpful ways to get more from your device.

KNOWLEDGE & NIBBLES



MONDAY, NOVEMBER 9 • 1:00PM

A SPECIAL PROGRAM:

A VETERAN TRIBUTE:
ONE MAN'S HEARTFELT STORY

Presented by historian/storyteller, Arnold Pritchard.



12:30PM LUNCH: Quiche, Donuts and Coffee. | **$5**

1:00PM PRESENTATION FREE

A Guided Tour of MEDICARE





November 12, 2026 ✦1:00 pm

Wethersfield Senior Center
30 Greenfield Street
Wethersfield, CT

Whether you're getting ready to retire or already on Medicare, you need information to make the best choices for your health.

WE'LL COVER

- Medicare basics
- Changes in Medicare for 2027
- Medicare Advantage vs Medicare Supplements
- What questions you need to ask every year
- How to compare Medicare plans for your best coverage

Please RSVP by November 9. Call 860-721-2770 or email senior.center@wethersfieldct.gov Presentation is FREE.
Lunch $5: BBQ Pulled Pork with Chips & Cookie



GUEST SPEAKER: LYNN BISHEL
Certified Insurance Consultant, Life & Health
Author of Medicare 101: The Good, The Bad & The Gotcha

Wethersfield Senior Center

Unforgettable Melodies

with Keir White



MONDAY, NOVEMBER 16

LUNCH 12:00 PM | **ENTERTAINMENT 1:00 PM**

$10

Lunch: "Gobbler" Sandwich (turkey, stuffing & cranberry sauce), Chips, & Dessert



WETHERSFIELD SENIOR CENTER

ACOUSTIC CAFÉ
with
JOHN MORRA



MONDAY, NOVEMBER 23
LUNCH 12PM | ENTERTAINMENT 1PM

LUNCH Chili, Cornbread & Fall Dessert
$10 MEMBER | **$15** NON-MEMBER

ENTERTAINMENT with John Morra

RAFFLE DRAWINGS $2 for 3 tickets or $5 for 10 tickets.

Please RSVP by November 18.

WELLNESS SERVICES

SERVICES LISTED BELOW ARE FOR SENIOR CENTER MEMBERS ONLY & REQUIRE APPOINTMENTS. NO WALK-INS.
Please call or email Wethersfield Senior Center to schedule all appointments.

FOOTCARE CLINICS: 1st & 3rd WEDNESDAY of the month.
Certified RN, Pam, provides cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee $30.

MASSAGE with LICENSED MASSAGE THERAPIST 2nd & 4th WEDNESDAY; 1st & 4th FRIDAY of the month.
Therapeutic massage can be used to reduce stress, decrease pain, and increase feelings of calmness and well-being. Licensed massage therapist: 60-minute full-table massages: $65

FREE HEARING SCREENINGS/AUDITORY CONSULTATIONS: 1ST THURSDAY EVERY OTHER MONTH
Auditory consultations with Sam from Nova Hearing Systems using the newest technologies include computerized hearing assessments, video camera ear wax/canal exams & free hearing aid checks, cleanings, and battery samples. December 3.

ADDITIONAL SERVICES

$4 HAIRCUTS FOR WETHERSFIELD RESIDENT SENIOR CENTER MEMBERS
***APPOINTMENTS MUST BE MADE THROUGH THE SENIOR CENTER BY CALLING 860.721.2770.**
Limited dates, limited availability. Must be Wethersfield Resident and Wethersfield Sr. Center Member.

FREE LEGAL CONSULTATION: 3RD TUESDAY OF THE MONTH; BY APPOINTMENT
Atty. Craig from Reed Wilson Case LLC. offers free 30-minute consultations on legal matters to Wethersfield Senior Center members regarding estate planning, elder law, and probate issues RWC, LLC will determine your legal needs and provide an estimate of costs for services, or refer you to another attorney who can assist you

SENIOR COMMUNITY CAFÉ
Lunch is served on Mondays and Wednesdays at 12 PM 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 in advance (by 12p previous day Café is open: Mon or Wed). View menus online, by email request, or pick up a copy at the Senior Center. If you have questions, please contact the Café or the Senior Center.

WETHERSFIELD SOCIAL YOUTH & SENIOR SERVICES
860-721-2880 daniel.rosario@wethersfieldct.gov
WSY&SS 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 federal, state and local assistance programs and housing resources: Tax & Energy Assistance, Renters Rebate, SNAP vouchers, Dial-a-Ride, CHOICES, and more.

SENIOR CITIZENS ADVISORY COMMITTEE
The committee meets to discuss topics of interest for senior residents of Wethersfield. For more information or to join us at our next meeting, please contact the Senior Center.
Meets 3rd Thursday at 3PM; next meeting November 19.

WETHERSFIELD TECH HELP FOR SENIORS



WETHERSFIELD TECH HELP FOR SENIORS offers individual and small group instruction to help meet all your technology needs. For more information, to register for classes or inquire about one on one assistance, please email techhelpforseniorswethersfield@gmail.com, follow us on Facebook or call the Senior Center at (860) 721-2770.



TUESDAYS 1PM – 3PM — **ONE ON ONE HELP BY APPOINTMENT: APPLE PRODUCTS**

THURSDAYS 10AM – 12PM — **FREE DROP IN HELP WITH ANDROID PRODUCTS: with JACK**

UPCOMING ZOOM CLASSES: TUESDAYS AT 3PM

- **TUESDAY, NOVEMBER 3 – Introducing iOS 27**
  Join class via Zoom from home or the Center in classroom S3.



Day Trips

All trips are first-come, first-served.
Payment is due at the time of registration.
Trips are non-refundable unless we are able to fill your seat. **SIGN UP TODAY!**

***RADIO CITY CHRISTMAS SPECTACULAR Saturday, November 7; $234pp *Waitlist only**

CHRISTMAS CHARM IN MASSACHUSETTS TUESDAY, DECEMBER 1 $148PP

- Enjoy a delicious lunch at the charming Steaming Tender Restaurant, a beautifully restored 19th-century railroad station in Palmer, MA. Surrounded by train memorabilia and rustic décor, it's the perfect setting for a festive holiday show!
- Menu: Salad, Choice of Chicken Pot Pie, Meatloaf, or Haddock Florentine, Vegetable, Dessert & Coffee/Soda. (Entrée choice required in advance.) Enjoy a lively holiday show with Sinatra crooner Patrick Tobin.
- Stop at Randall's Farm Market in Ludlow for seasonal treats, then experience the dazzling Bright Nights at Forest Park — a 2½-mile holiday light spectacular from the comfort of our deluxe motorcoach!
- Depart 11:15am Pitkin Community Center, 30 Greenfield St. Estimated Return: 6:15pm, Wethersfield

Save the Date

WEDNESDAY, DECEMBER 2	BOXWOOD TREE HOLIDAY DECORATING
THURSDAY, DECEMBER 3	10 EVENTS THAT CHANGED AMERICA WITH DR. BENFIELD
TUESDAY, DECEMBER 8	SAVE MONEY ON YOUR ELECTRIC BILL
WEDNESDAY, DECEMBER 9	LIGHTS, LATKES, AND LAUGHS: A CELEBRATION OF HANUKKAH
THURSDAY, DECEMBER 10	SMART & SAFE ONLINE – PASSWORDS AND ACCOUNT SECURITY
MONDAY, DECEMBER 14	HOLIDAY PARTY WITH SHADED SOUL
THURSDAY, DECEMBER 17	AARP SAFE DRIVE
TUESDAY, DECEMBER 22	PERFORMANCE BY WHS MUSIC DEPT
MONDAY, DECEMBER 28	CRT LUNCH & LEARN – WHY IS THE NEW FOOD PYRAMID UPSIDE DOWN?

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Fax: 860.519.1574
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914 Main Street, Suite 200
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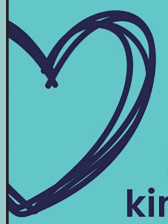


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