

# CHESHIRE SENIOR CENTER FRONT PORCH NEWS NOVEMBER 2026

**Cheshire Senior Center 240 Maple Avenue, Cheshire, CT 06410**
**Phone: 203-272-8286 Fax: 203-272-6296**
**OPEN TO THE PUBLIC: Monday - Friday, 9:00am - 3:30pm**
**www.cheshirect.gov/senior-services**




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Mini-Bus Drivers and Building Supervisors:
Eric Granoth, Nick Halkias, Noel Martinez, Joe D'Eugenio, Bill Gormbard, Bill Halkias, Andy Lucibello, Joe Villani, Bert Martus, and Max Cheek

## *We are Thankful to Offer these Programs:*




- Healthy Living Group
- Medicare Made Simple series
- Laughing with Nurse Nancy
- Sacred Song Reiki
- Tech Help—Frauds & Scams

*& more this month*










**Contact the Cheshire Senior Center at 203-272-8030 or by email at asidoruk@cheshirect.gov to make an appointment to review your options during Medicare Open Enrollment.**




## From the Desk of Stefanie

**Happy Veteran's Day and Happy Thanksgiving! In observance of these Holidays, the Senior Center will be closed on Wednesday, November 11th, Thursday, November 26th and Friday, November 27th.**

**The annual Medicare open enrollment period began on October 15th and ends on December 7th. Now is the time to review your Medicare coverage for the 2027 calendar year. There are many changes this year and the Certified CHOICES Counselors at the Senior Center will be happy to help you review your Medicare coverage and make any necessary changes.**

**We are also providing Benefit Check Ups. This web based program created by the National Council on Aging helps people 55 and older find and enroll in public and private benefits. We will go through a series of questions to help you identify all the benefits that you might be eligible for, including federal, state, and private benefit programs to help you save money on health care, food, prescriptions, utilities and more. Contact the main office to learn more.**

**Also, as we head into the colder weather please look for storm closings on our Facebook page and local news channels. Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled, our buses and programs are cancelled.**

# News From the Senior Center

## Support for the Senior Center

**Financial support for the Senior Center is very much appreciated and provides additional assistance to the Center in serving our seniors today and throughout the coming years. A gift can be made anonymously, in recognition of the donor(s) or in honor of, or in memory of a friend or loved one. Gifts can be made in the following way:**
**Donations can be made payable to the *Town of Cheshire Senior Center* and can be designated for a specific purpose or as an undesignated gift, which will be used at the discretion of the staff. Donations to the Senior Center will be held in a gift account to support the mission of the Senior Center.**

**All donations should be sent to:**
**Cheshire Senior Center**
**240 Maple Avenue**
**Cheshire, CT 06410**

La Cucina Catering Co.
*From our kitchen to your table*

**Cheshire Senior Center is excited to announce our new partnership with La Cucina Catering Co. of Cheshire for our weekly meal program.**

*Please see the newsletter insert for our December menu, orders for the month of December will need to be placed by 11/24/2026;* weekly meal pick up will be Wednesdays between 12-1pm

*Single serving meals will be $ 10 and pint size soups are $ 4 plus tax.* Payment is due in advance, by credit card only.

**Please place your order for the entire month by submitting your order form to the Administrative Office at the Cheshire Senior Center by 2:00pm on 11/24/26.**

*Please reach out with any questions.*

*** REMINDER, NO PICK UP Wed. Nov. 25th****

***Save the Date*… Thursday, Dec 10th** *See insert for more details*




*Just a reminder……*

**as Winter approaches**,
reminder that if Cheshire schools close early, our programs & buses will be cancelled as of Noon.

If Cheshire schools have delayed openings, our programs & buses will not start until 10:00am.




If Cheshire schools are closed for the day, our programs & buses are cancelled for the day.

# HEALTH SCREENINGS

at the Cheshire Senior Center this Month:



## Blood Pressure Checks:

**Thursday, Nov. 12th**
**9:45am to 11:15am**
With Civita Care Center

**Thursday, Nov. 19th**
**12:45pm to 1:45pm**
With Chesprocott



**FREE BLOOD PRESSURE SCREENING**

## Balance Screening

CONNECT PHYSICAL THERAPY

**Friday, Nov. 20th**
10:30am -12:30pm,
by appointment with
Connect Physical Therapy




## Memory Screenings




with Stefanie are available throughout the month, to set an appointment, please call 203-272-3165 or email stheroux@cheshirect.gov.

## Veteran's Coffee House

**Tuesday, November 24th at 9:30am**



**Starting at 9:30am** at Wallingford Senior Center located at 238 Washington Street. *Coffee starts at 9:30am, guest speaker starts at 10:00am.* ***Cheshire members are encouraged to attend.***

# Transportation Services

**Please call Coleen in the Transportation Office at 203-272-0047 for information and reservations.**



## Transportation is Available for:

- **Medical Appointments in Service Area**
- **Grocery Shopping and Pharmacy**
- **Visits to Cheshire Senior Center**
- **Personal Appointments, based on availability**

Ride requests are accepted 2 weeks in advance. Any request made after 11:00am the day before a ride is needed, is subject to availability.

***Please allow a 10 minute window on both sides of your scheduled pick up time for the bus to arrive. Thank you!***

***Reminder...*** calls will be made to confirm a pick up time by the Transportation office in the afternoon, of the day before your scheduled ride. Please only reach out if you have not received a call by 3:00pm.

## Schedule for Out of Town Medical Appointments:

**MONDAY – Meriden**
**TUESDAY – North Haven & Hamden**
**WEDNESDAY – Wallingford**
**THURSDAY – New Haven & West Haven VA**
**FRIDAY – Wallingford**

**Rides are accepted for Out of Town appointments between 10:00am and 2:00pm**

## Attention New Transportation Users:

All new potential bus passengers are required to begin the transportation application process by contacting the Cheshire Senior Center Transportation Office at 203-272-0047. During the initial application, the Transportation Office will take your basic information, initiate a property evaluation, and contact our Social Worker who will then arrange a face-to-face appointment with you to best assess your needs. Please note that this process may take as long as two weeks to complete.

Please note the Senior Center is not responsible for items left behind on the vans, we encourage you to check for belongings before exiting.

**** Bus drivers accept cash donations as you step on the bus. ****

***Pricing is $1.00 each way for in town rides and $3.00 each way for out of town appointments.***

**Dial-A-Ride is available on Fridays for the Waterbury area.**

Don't Forget to ***call in by 11:00am the day before***, for your Transportation needs

Check our Travel Wall, near the Admin Offices, for upcoming Travel Opportunities.



# Social Services News

988 SUICIDE & CRISIS LIFELINE

If you are interested in learning more about any benefits you might be eligible for please call Andrea Sidoruk, Senior Services Social Worker at 203-272-8030

## Social Services:

- **Caregiver Support Services**
- **Community Based Services and Resources, Meals on Wheels**
- **Medicare, Medicare Assistance Program, Medicaid, and Long Term Planning**
- **Energy Assistance, Supplemental Nutrition Assistance Program**

## Medicare Open Enrollment

**runs until December 7th**

**Call 203-272-8030 today to schedule an appointment with one of our CHOICES Counselors at the Cheshire Senior Center to review your coverage and options for coverage starting January 1, 2027.**




**Important 2027 Medicare/ Insurance update!** If you have a Connecticare, CarePartners, or a Silverscript plan please note that it is confirmed that these plans are leaving Connecticut in 2027. Please note that you will not be auto enrolled in anything else and you must enroll in a new plan this open enrollment period. If you don't enroll in a new plan you may go without coverage until 2028. **It is very important that every Medicare beneficiary review their coverage for the 2027 calendar year.**

## A Law Establishing Affordable Broadband-Internet Service for Eligible Households

The law began October 1, 2026, which will require internet service providers that "contract with the state" to offer a low-cost plan of $40 per month or less to eligible households that receive government assistance. The Net Equality Program will provide an affordable service that provides minimum speeds of one hundred megabits per second (MBPs) download speed and 20 (Mbps) upload speed.

To be eligible for the Net Equality program, one member of the household must qualify or participate in a public assistance program, which includes Connecticut Energy Assistance Program, Supplemental Nutrition Assistance Program (SNAP), Husky Health (Medicaid), Temporary Family Assistance (TFA), residents living in group homes or congregate care facilities and the National School Lunch Program. It is important for a person in the household to establish and maintain a telephone number that eligible households may use to contact trained personnel to sign up for affordable broadband. The participating internet service providers must maintain a 30-minute sign-up phone line, provide enrollment procedures on their websites, and advertise in multiple languages. Please contact your major internet service provider operating in the Cheshire Connecticut area. For example, Spectrum, Frontier, GoNetspeed, T-Mobile Home Internet, and other internet service providers. If you have any questions, please contact Andrea L. Sidrouk, LMSW, at (203) 272-8030 or at asidoruk@cheshirect.gov.



References: AARP (November 1, 2025). Program to Help Lower-Income Connecticut Residents Afford Internet. https://www.aarp.org/states/connecticut/program-lower-income-connecticut-residents-afford-internet/ Connecticut General Assembly. An Act Establishing a New Equality Program (March 3, 2025). www.cga.ct.gov Lee, Kelcie. (March 12, 2026). Connecticut Law to Require Affordable Broadband for Eligible Households. BroadbandBreakfast. https://broadbandbreakfast.com/connecticut-law-to-require-affordable-broadband-for-eligible-households/

# November Programs

**Call 203-272-8286 or email LGravel@cheshirect.gov to register**

## Monthly Programs

### Monthly Reflexology with Kim
**Monday, November 2nd**

Please contact Laura for more information or to schedule your appointment. *Please note: if you cannot make your appointment & you do not call to cancel, you will be responsible for the payment of your session.*

### Fun Line Dancing
**Mondays at 10:00am & Wednesdays at 1:00pm**



Join us for a free relaxed instructional twice weekly class of line dancing. All levels are welcome. No registration is needed. *All are welcome*!

### Cheshire Readers Book Club
**Tuesday, November 17th at 11:00am**



Book choice for discussion is "The Stolen Queen" by Fiona Davis

*New members are welcome !*

### Sherlock Holmes Society
**Thursday, Nov. 19th at 1:00pm**



You are invited to the monthly meeting of the Cheshire Sherlock Holmes Society. Please read the short story: "The Adventure of the Three Students " by Arthur Conan Doyle for discussion. *Visitors & guests are always welcome.* For additional information, contact Andy at tranquilli@hotmail.com.

### Afternoon Craft
**Monday, Nov. 23rd at 1:00pm**



Join us to create a Embroidery Ring Ornament. Cost is $5.00 for all supplies needed. Registration is required.

### Sit Down with Stefanie
**Tuesday, November 24th at 11:00am**

Join Stefanie who will be available to answers questions that you have on Senior Services and programs. Sign up today!

## Special Programs

### Medicare Made Simple: When Can I Enroll or Make Changes?




**Thursday, November 5th**
**1:00pm to 2:30pm**

Join us for the second session in our three-part Medicare Made Simple series as we will clearly show you different Medicare enrollment periods, when you can sign up, when you can change plans, and what happens when your circumstances change.

We'll begin with a quick review of Part 1, so even if you missed the first talk, please come! Bring all your Medicare questions. Presented by Anne Lee, MSW Intern and Certified CHOICES Counselor. *Register today for this important program!*

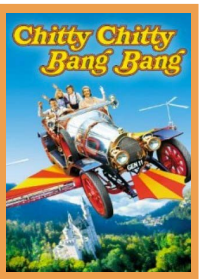
### Reiki Tummo




**Monday, Nov. 16th at 1:30pm**

Come learn about Reiki Tummo. Join us for deep relaxation and to feel the peace, joy, and calmness of the heart. Cost is $ 5.00. Registration is required.

### Afternoon Movie
**Monday, November 30th at 1:00pm**




Join us for a viewing of Chitty Chitty Bang Bang. Starring: Sally Ann Howes, Dick Van Dyke and Gert Frobe. While truant from school, young siblings Jeremy and Jemima meet the beautiful Truly Scrumptious, who falls for their widowed father, Caractacus Potts, and his various oddball inventions, including the family's noisy rebuilt car, Chitty Chitty Bang Bang. One day at the beach, Caractacus tells Truly and the children a fanciful fable about the villainous Baron Bomburst and his evil designs on the Potts family car. This movie is 2hrs 25minutes and is Rated (G). Registration is requested.




# NOVEMBER ACTIVITY CALENDAR




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT & SUN |
|---|---|---|---|---|---|
| **Please Note:**<br>**Listings in Green are paid programs / classes** | | | | | **Sat. 31**<br>**Sun. 1** |
| **2**<br>**Reflexology Sessions by appointment only**<br>10:00 Fun Line Dancing<br>**11:45 Tai Chi Easy**<br>12:30 Canasta<br>**4:30 Yoga for Stress Relief** | **3**<br>**9:30 Zumba Gold**<br>10:45 Moderate Exercise-Drop In<br>**12:00 Sacred Reiki by Appointment**<br>12:30 Mah Jongg<br>12:30 Bridge<br>1:00 Bingo<br>**1:00 Chair Yoga**<br> | **4**<br>**9:30 Pilates**<br>10:00 Wii Bowling<br>**10:30 Healthy Living Group**<br>**10:30 Barre**<br>11:00 Nickel, Nickel<br>11:00 Chess Drop In<br>**11:30 Get Fit with Brenda**<br>**12:00 La Cucina Meal Pick up**<br>12:30 Knit & Crochet Together<br>1:00 Fun Line Dancing<br>**1:30 Discover Italian Culture** | **5**<br>**10:00 Caregiver Support Group**<br>10:45 Moderate Exercise-Drop In<br>**12:15 Gentle Therapeutic Exercises with Kim**<br>12:30 Scrabble<br>**1:00 Medicare Made Simple: Part 2**<br>2:00 Rummikub | **6**<br>**10:00 Vet Clinic by appointment**<br>**10:00 Chorus**<br>**10:00 Beginner Italian**<br>10:15 Golf card game<br>12:30 Set Back<br>12:30 Bridge<br>1:00 Discussion Group | **Sat. 7**<br>**Sun. 8** |
| **9**<br>10:00 Fun Line Dancing<br>**11:45 Tai Chi Easy**<br>12:30 Canasta<br>**4:30 Yoga for Stress Relief** | **10**<br>**9:30 Zumba Gold**<br>10:45 Moderate Exercise-Drop In<br>**12:00 La Cucina Meal Pick up**<br>12:30 Mah Jongg<br>12:30 Bridge<br>1:00 Bingo<br>**1:00 Chair Yoga** | **11**<br>**SENIOR CENTER CLOSED FOR HOLIDAY**<br> | **12**<br>**9:45 Blood Pressure Screening**<br>10:45 Moderate Exercise-Drop In<br>**12:15 Gentle Therapeutic Exercises with Kim**<br>12:30 Scrabble<br>**1:00 Medicare Made Simple: Part 3**<br>2:00 Rummikub | **13**<br>**10:00 Chorus**<br>**10:00 Beginner Italian**<br>10:15 Golf card game<br>12:30 Set Back<br>12:30 Bridge<br>1:00 Discussion Group | **Sat. 14**<br>**Sun. 15** |
| **16**<br>10:00 Fun Line Dancing<br>**11:45 Tai Chi Easy**<br>12:30 Canasta<br>**1:30 Reiki Tummo**<br>**4:30 Yoga for Stress Relief** | **17**<br>**9:30 Zumba Gold**<br>10:45 Moderate Exercise-Drop In<br>11:00 Cheshire Readers Book club<br>12:30 Mah Jongg<br>12:30 Bridge<br>1:00 Bingo<br>**1:00 Chair Yoga** | **18**<br>**9:30 Pilates**<br>10:00 Wii Bowling<br>**10:30 Barre**<br>11:00 Nickel, Nickel<br>11:00 Chess Drop In<br>**11:30 Get Fit with Brenda**<br>**12:00 La Cucina Meal Pick up** | **19**<br>**10:00 Tech Series: Frauds & Scams**<br>10:45 Moderate Exercise-Drop In<br>**12:00 Tech Help by Appointment**<br>**12:15 Gentle Therapeutic Exercises with Kim**<br>12:30 Scrabble<br>**12:45 Blood Pressure Screening** | **20**<br>**9:00 Casino Day Trip**<br>**10:00 Chorus**<br>**10:30 Balance Screenings**<br>10:15 Golf card game<br>12:30 Set Back<br>12:30 Bridge<br>1:00 Discussion Group<br>**1:00 Karaoke Dance Party** | **Sat. 21**<br>**Sun. 22** |

| | | | | | |
|---|---|---|---|---|---|
| | | 12:30 Knit & Crochet Together<br>1:00 Fun Line Dancing<br>**1:30 Discover Italian Culture**<br>**1:30 Laughing with Nurse Nancy** | **1:00 Cheshire Sherlock Holmes Society meeting**<br>2:00 Rummikub | | |
| **23**<br>10:00 Fun Line Dancing<br>**11:45 Tai Chi Easy**<br>12:30 Canasta<br>**1:30 Afternoon Craft**<br>**4:30 Yoga for Stress Relief** | **24**<br>9:30 Veterans Coffeehouse at Wallingford Senior Center<br>**9:30 Zumba Gold**<br>**10:00 Probate Q & A**<br>10:45 Moderate Exercise-Drop In<br>**11:00 Sit Down with Stefanie**<br>12:30 Mah Jongg<br>12:30 Bridge<br>1:00 Bingo<br>**1:00 Chair Yoga**<br>**2:00 La Cucina Meal Orders Due at Cheshire Senior Center** | **25**<br>9:00 AARP Safe Driver Class<br>**9:30 Pilates**<br>10:00 NO Wii Bowling<br>**10:30 Barre**<br>11:00 Nickel, Nickel<br>11:00 Chess Drop In<br>**11:30 Get Fit with Brenda**<br>**12:00 NO La Cucina Meal Pick up**<br>12:30 Knit & Crochet Together<br>1:00 Fun Line Dancing<br>**1:30 Discover Italian Culture** | **26**<br>**SENIOR CENTER CLOSED FOR HOLIDAY** | **27**<br>**SENIOR CENTER CLOSED FOR HOLIDAY** | **Sat. 28**<br><br>**Sun. 29** |
| **30**<br>10:00 Fun Line Dancing<br>**11:45 Tai Chi Easy**<br>12:30 Canasta<br>**1:00 Afternoon Movie Matinee**<br>**4:30 Yoga for Stress Relief** | | | | | |




**November 1st,**
turn your clock
Back one hour.







***Save the Date…..***

**Thursday, December 10th**

**Look for the insert in this newsletter for more details!**



# Sign up today for these upcoming programs….

## Healthy Living Group
**Wednesday, Nov. 4th at 10:30am**

### Sharing Holiday Traditions—Part 1
*Food, Family and Fun*

The Healthy Living Group is Back, Come to share your ideas or experiences! This group will meet monthly to discuss different topics covering all aspects of "healthy living". We look forward to seeing you! Registration is requested.

***Next Meeting is: December 16th***

## Medicare Made Simple: Could You Get Help Paying Your Medicare Premiums?
**Thursday, Nov. 12th 1:00pm to 2:30pm**

Are you paying your Medicare Part B premium with a monthly income at or below $3,272 for one person or $4,437 for a married couple?




Come to our third Medicare talk and we'll focus on Connecticut's Medicare Savings Program (MSP). This state program helps eligible residents pay their Medicare Part B premium and Part D prescription drug premiums and costs. We'll explain how the program works and help you complete an application. *Register today for this important program!*




If you cannot attend, call Anne Lee, your MSW intern, to make an appointment.

## Laughing with Nurse Nancy: Healing Thru Humor
**Wednesday, November 18th at 1:30pm**

Do you ever feel like you could use a good laugh? Then I would bet that others feel that way too. Join Nurse Nancy Bergvik, for 45 minutes of laugh sharing, *No funny bone required*! Registration is requested.



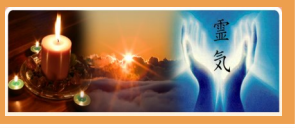

## Knit & Crochet Together
**Wednesdays between 12:30 – 2:30pm**



Drop in on Wednesday afternoons with your own project to work on or Sally can teach you basic steps for either knitting or crocheting. Limited supplies available, All levels welcome.

## One to One Sacred Song Reiki
**Tuesday, November 3rd starting at 12:00pm, by Appointment Only**

Sign up today for a gentle, safe and professional Sacred Song Reiki session with Sound Healer Priscilla Estelle. This session will offer a tailored private session designed entirely around your individual needs. These sessions provide peaceful pathways to restore health and harmony. Registration is required for a 45 minute appointment and will be *offered the 1st Tuesday of each month*. Cost is $ 45.00 per appointment.



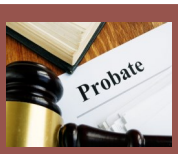

## Monthly Tech Class Series
**Thursday, November 19th at 10:00am**

Presented by Michelle Puzzo of UR Community Cares. Join us for a new monthly tech class — This month's topic will be:

### Understanding Frauds & Scams

*"Are you scam savvy? Come to this lecture to learn about fraud and scams and how to protect yourself against them."* The ability to spot a scam is an essential digital skill. In this lecture, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll look at sample emails, texts, and deep fakes to see how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams. Registration is requested.

## One on One Tech Help
***by Appointment Only***
**Thursday, Nov. 19th 12:00pm-1:00pm**




## Probate Question & Answer
**with Judge Jalowiec**
**Tuesday, Nov. 24th**
**at 10:00am**



## Tech Help with Anne
**Available on Thursdays by Appointment**

Contact the Cheshire Senior Center today to be put on a list for Anne Lee, our MSW Intern, to call and schedule your appointment by calling 203-272-8286 or stopping by the front desk. There will be no drop ins, all appointments will be set up in advance.

## AARP Smart Driver Course
**Wednesday, November 25th**
**9:00am to 1:00pm**

AARP's driving course teaches evidence-based strategies to keep you safe behind the wheel. Pre-registration is required. *Payment will be taken the morning of class*. The fee is $20 for AARP members and $25 for non-members. Limited seating.






## Holiday Lights & Pizza
**Wednesday, Dec. 2nd at 4:00pm**
*(weather permitting)*

Join us for pizza at the Senior Center & then board the bus to see the Holiday Lights. $10.00 per person for pizza & entrance fee. Limited seats, register by Nov 25th.

*Save the Date…*

## Holiday Party
**Thursday, December 10th**
**12:00pm to 3:00pm**

Join us at the Cheshire Senior Center for a sit down luncheon, raffle, festive dancing & Sing Along Party with music from the 50's & 60's. Cost is $ 25.00 / person.

*See insert for more details!*

## Foxwoods Casino & Outlet Trip
**Friday, November 20th**

Join us for a day at the casino. Take a chance with Lady Luck or enjoy some shopping. Bus departs Senior Center at 9:00am. Bus will depart Foxwoods at 3:00pm. Registration is required, space is limited. Cost is $12.00.

## Karaoke Dance Party
**Friday, Nov 20th 1:00-2:30pm**

Join us for an afternoon of singing and dancing. Hannah Bellows will lead us in a fun, stress free karaoke session. Guests are welcome to join or just enjoy the entertainment as others perform their favorite tunes. Refreshments will be available. Registration is requested.

# Cheshire Senior Center - Travel Opportunities:

**We have flyers available if you would like more information on the following trips, contact Laura Gravel, Program Supervisor at 203-272-8286**

## Tribute to the Platters
**Wednesday, December 9th**
**at 11:30am**
at the Aqua Turf
Cost is $ 99 / pp,
*Wait List Only*




## Day Trip
New Selection of Day Trips coming in January

Check our Travel Wall, near the Admin Offices, for upcoming Travel Opportunities.




## collette Upcoming 2027 Trips:

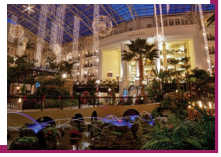
**South Pacific Wonders: April 13 - 27, 2027**
A 15 day journey through Australia and New Zealand with airfare out of NY.
***LAST CALL***—Registration based on availability





**Reflections of Italy: October 26 - November 4th, 2027**
A 10 day journey through Rome, Florence, Venice and more. Designed for the on the go traveler.
Cost is: $ 4,999/pp Double if booked by 4/27/27

**Nashville & Smoky Mountains Holiday: December 1 - 8, 2027**
An 8 day journey through Nashville, Gatlinburg and Asheville to visit Dollywood, Grand Ole Opry, Biltmore Estate and more.
Cost is: $4,399/pp Double or $ 5,399/pp Single



See ***Travel Board for Fliers***

# Caregiver Support Group

at the Cheshire Senior Center on
**Thursday, November 5th at 10:00am**
**Thursday, December 3rd at 10:00am**

The complexity of caregiving can severely impact care recipients, caregivers, and their families. This support group provides an opportunity to find and engage support throughout the caregiving journey.

**This open group will be held the first Thursday of each month by Randi Bellemere of The Village at East Farms.**

This will be a space to share ideas, experiences, and emotions, while offering support through the caregiving journey. Our goal is to help improve one's quality of life through social support, information sharing, and education.

The Village AT EAST FARMS
A Benchmark Senior Living Community

**Please register today to be a part of this important group.**

# Practical A. I.

**Thursday, December 3rd**
**1:00pm to 2:30pm**

**Learn to Use ChatGPT and Gemini**

**Curious about A.I. (Artificial Intelligence)? Join Anne Lee, MSW Intern, for a beginner-friendly session on using ChatGPT and Gemini to ask questions and get useful answers.**

Gemini

ChatGPT

**Please bring:**
**Your fully charged smartphone and, if you have one, a fully charged laptop. Your Google email address and password.**

AI FOR BEGINNERS

**Please register today to learn about this exciting technology.**


DON'T BE ONE OF THE *MANY*

**80% of those with hearing loss** let it go untreated, that doesn't have to be you.



Silvana Tellerico
Au.D., CCC-A
Doctor of Audiology

Solinsky Hearing Center

SCAN TO SCHEDULE ONLINE!

Call or Text: (860) 325-4117 • SolinskyHearing.com
**Wallingford** | 85 Barnes Rd, Wallingford, CT 06492
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Wallingford & Yalesville Funeral Homes

Record-Journal READERS' CHOICE AWARDS 2023



**No Obligation Pre-Arrangement Consultation Available**

We specialize in Traditional and Cremation Funeral Services. Veteran's Benefits Assistance and Medicaid Approved Prepaid Funeral Trusts available. Visit www.wallingfordfh.com to download a free copy of our Funeral Planning Guide

Yalesville Funeral Home
203-269-2222

WALLINGFORDFH.COM

Wallingford Funeral Home
203-269-7777

HEARING CONNECTS US



***to What Matters Most***

At Best Life Hearing Center, we believe in hearing excellence. Improving your hearing is about more than just wearing hearing aids. Our team works collaboratively to explore various ways to improve your hearing and provide ongoing, personalized support tailored just for you.

**Don't wait, call one of our offices to make an appointment today!**

BEST LIFE HEARING CENTER

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## Human Services—Adopt a Family Holiday Program Donations:

The Holiday Season is fast approaching and will be here before we know it! The Human Services Department will be continuing our Annual Adopt a Family Holiday Program. We understand that many of you prefer to donate gifts and toys, but in consideration of families and the importance of choice, we are asking for gift card donations which we will distribute to Cheshire families facing financial hardship during the Holidays. Several popular retailers are: Target, Walmart, Marshalls, Dunkin, Kohl's, Amazon, Stop & Shop and Big Y, and of course, we always encourage supporting Cheshire's local businesses. We are so grateful to be a part of such a generous and compassionate community. Please contact Kristen Cherry at Cheshire Human Services at 203-271-6690 with any questions you may have.

*We thank you for your understanding and kindness.*

## Connecticut Energy Assistance Program

Applications are open for the 2026-2027 heating season. Applications are now being accepted online at: https://portal.ct.gov/heatinghelp/, through the mail or by appointment with Kristen Cherry. This is a supplemental heating program, meaning a *portion* of your heating bill can be paid. Payments are made directly to the vendor, whether the heat source is oil, electric, gas, or propane. Income and household size are taken into consideration to determine eligibility.

*REMINDER: CEAP is an annual benefit so you will need to apply each year to receive assistance.*

Important Dates: November 2, 2026 First day for fuel deliveries; April 1, 2027 Deadline for fuel delivery authorizations; May 31, 2027 Last day a household can establish eligibility for benefits; June 17, 2027 Last day to submit deliverable fuel bills.




**Please contact Kristen Cherry at 203-271-6690 for more information.**