



Wethersfield Senior Center News

www.wethersfieldct.gov/senior-center

30 Greenfield Street, Wethersfield, CT 06109

(o) 860-721-2979 senior.center@wethersfieldct.gov (c) 860-781-0300

January

THE SENIOR CENTER IS OPEN FOR MOST PROGRAMS.

AT THIS TIME, MASKS ARE REQUIRED TO BE WORN WHILE IN THE COMMUNITY CENTER.

FOR MORE INFORMATION & TO REGISTER FOR PROGRAMS
please call 860-721-2979 or email senior.center@wethersfieldct.gov.

In the event a program is cancelled, registered members will be notified by phone or email.

ACTIVITIES & EVENTS

JANUARY ENTERTAINMENT at THE SENIOR CENTER CABARET SHOW WITH ASHLEY CRUZ MONDAY, JANUARY 31 AT 1PM

The dynamic Ashly Cruz will wow us with her fabulous Cabaret Show, perfect for chasing away the winter blues! A Connecticut favorite, Ashly performs all over the state and is back by popular demand at the Wethersfield Senior Center. Enjoy an afternoon of song and dance... she sings in English, Spanish and French; she will have you singing along to favorites such as Vie en Rose and Volare. Come join us for an afternoon of music and laughter. \$3 for WSC members; \$6, non-WSC members: includes admission, beverage, snack and raffle prizes. Staff will also be available to process your annual membership dues and provide you with your 2022 membership card.

FREE EXERCISE WORKSHOP WEEK: JANUARY 10-13 REGISTER FOR WINTER CLASSES & ANNUAL MEMBERSHIP

The Center offers a great variety of classes that you are sure to enjoy, but may have been hesitant to commit to registering for a whole session. The classes below are being offered for free during the break between our fall and winter session. Try a new class on us. Contact the Senior Center to sign up for one or all the free exercise classes.

***Staff will be available ½ hour before and after free workshops to assist you with signing up for Winter and Spring classes, and to update your annual senior center membership.**

- Monday, January 10 at 11AM: Fit & Fabulous with Gia
- Tuesday, January 11 at 11AM: Better Health & Improving Balance with Lisa
- Wednesday, January 12 at 10:30AM: Better Health & Improving Balance with Lisa
- **CANCELLED:** Thursday, January 13 Belly Dancing with Donna

WINTER-SPRING 2022 ART & EXERCISE CLASSES

Registration opens January 5.

For detailed class descriptions or to learn more about taking a class, please or visit
www.wethersfieldct.gov/senior-center

To view the Winter/Spring brochure & to Register online: <https://wethersfieldct.gov/recreation>

SCULPTING & NEEDLE FELTING WITH DEIDRE:

MONDAYS: 10AM-11:30AM \$54 01/24-03/21 (IN-PERSON)

ARTIST'S JOURNEY WITH DEIDRE:

WEDNESDAYS: 10AM-11:30AM \$60 01/24-03/21



CHAIR YOGA WITH GIA:

MONDAYS: 11:30M-12:20PM \$32 01/24-03/21 (IN-PERSON & REMOTE)

THURSDAYS: 2PM-2:50PM \$40 01/20-03/24 (IN-PERSON & REMOTE)

IMPROVING BALANCE & BETTER HEALTH WITH T'AI CHI/QIGONG WITH LISA:

WEDNESDAYS: 10:30AM-11:30AM \$40 01/19-03/23 (IN-PERSON & REMOTE)

FIT & FABULOUS WITH GIA:

FRIDAYS: 1130AM-12:20PM \$40 01/21-03/25 (REMOTE ONLY)

SILVER\$NEAKERS STRENGTH & BALANCE:

TUESDAYS: 11AM-11:45AM \$44 01/18-03/22 (IN-PERSON & REMOTE)

THURSDAYS: 11AM-11:45AM \$44 01/20-03/24 (IN-PERSON & REMOTE)

SILVER\$NEAKERS STABILITY: FRIDAYS; 9AM-9:45AM; \$44 1/21-3/25 (REMOTE)

BELLY DANCE WORKSHOPS WITH DONNA:

THURSDAYS: 11AM-11:50AM \$16 03/03-03/24 (IN-PERSON)

THURSDAYS: 11AM-11:50AM \$16 03/31-04/28 (IN-PERSON)

THURSDAYS: 11AM-11:50AM \$16 05/05-05/26 (IN-PERSON)

Walk Your Way to Health

WALKING DVD: FREE CLASS FOR SENIOR CENTER MEMBERS - CLASSES ONGOING MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM- CALL SENIOR CENTER FOR INFORMATION

**Holiday Schedule: The Senior Center will be CLOSED
Monday, January 3 & Monday, January 17**

AFTERNOON



1 PM IN ROOM F3

THURSDAY, JANUARY 6: "ENOUGH SAID" ROMANTIC COMEDY (PG-13) 2013 1hr 33 mins

WEDNESDAY, JANUARY 12: "THE ART OF RACING IN THE RAIN"
Heartfelt Drama based on Book (PG) 2019 1hr 49 mins

THURSDAY, JANUARY 20: "MRS. HENDERSON PRESENTS" Comedy (R) 2005 1hr 43mins

MONDAY, JANUARY 24: "THE COURIER" Real life Espionage Thriller (PG-13) 2021 1hr 51mins

THURSDAY, JANUARY 27: "THAT'S ENTERTAINMENT" Classic musicals (G) 1974 1hr 10mins

WETHERSFIELD COMPUTER LEARNING CENTER

To scheduled 1:1 instruction or to register for any of the WCLC classes please email:
wethcomputerlearningctr@gmail.com

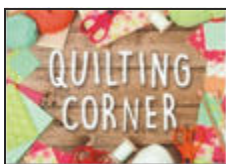
ONE ON ONE TECHNOLOGY INSTRUCTION: We also offer individual instruction on iPhones, iPads, Android phones, Android notebooks and tablets; Windows10 and Microsoft Office and Remote Learning. Sessions are based on your individual needs and questions. Tutoring can be done over the phone or in person. \$10/hour suggested donation for in-person instruction.



We are looking for volunteers to help seniors learn to use their smart phones or tablets. Please contact the WCLC if you are interested in teaching the basics on Android devices or Apple iPhones and iPads.

Wii BOWLING TUESDAYS AT 1PM – New players welcome!

No experience necessary... Always a great group of people and a fun time!



RED ONION SENIOR QUILTERS: MONDAY, JANUARY 24 AT 10AM
Share your love of quilting and sharpen your skills. All skill levels welcome. The group shares quilting techniques, works on a 'block of the month' and quilts for charity.

CALL OR EMAIL THE SENIOR CENTER
for more information on how you can help...
Onsite at the Senior Center or work on projects
from home; many volunteer opportunities available!



COMMUNITY PROGRAMS & HEALTH SERVICES

PLEASE EMAIL senior.center@wethersfieldct.gov OR CALL 860-721-2979
TO SCHEDULE AN APPOINTMENT FOR ANY OF THE FOLLOWING SERVICES/PROGRAMS

THE FOLLOWING SERVICES ARE BY APPOINTMENT ONLY FOR SENIOR CENTER MEMBERS... PLEASE CALL OR EMAIL FOR AN APPOINTMENT.

FREE AUDIOLOGY SERVICES

Hearing screenings, consultations, hearing-aid checks and cleaning; video camera ear wax exam; battery checks & free battery replacement.



FOOT CARE CLINICS ~ WEDNESDAYS, JANUARY 12; 9AM-2PM

APRN provided Foot Care Services: Cleaning, filing, trimming toenails, reducing corns & calluses .
Unable to provide foot care services for people with Diabetes. Fee: \$30

FREE LEGAL CONSULTATION ~ TUESDAY, JANUARY 18; 10AM-12PM

Atty. Joan Wilson from Wilson, Pinder & Snow LLC offers FREE half-hour consultations on legal matters including estate planning, elder law and probate issues. During your consultation, Atty. Wilson will determine your legal needs, if she can assist you and an estimate of costs for her services.
If you require advice from attorneys with other specialties, she will provide referrals.

MASSAGE ~ WEDNESDAYS, JANUARY 19 & 26; 9:30AM-2PM

Licensed massage therapist, Connie Drake offers chair and full table massages
15-minute chair massage - \$10, 30-minute table massage- \$25 60-minute table massage- \$50

CRT LUNCH PROGRAM: CRT continues to offer weekly pickup of (5) frozen prepared meals for suggested donation of \$15. Please contact the Senior Center for more information. At this time the Senior Café remains closed.

WETHERSFIELD STROKE CLUB: Looking for a support group for stroke survivors and their families? Contact Joan Haines at 860-529-2281 or visit www/strokesupport-ct.org for more information.

AARP SMART DRIVER COURSE: IN PERSON VIRTUAL CLASS: JANUARY 26; 12:30-4:30PM ~ PRE-REGISTRATION REQUIRED



Refresh your driving skills and qualify for at least a 5% reduction in your car insurance premiums. No computer/technical experience needed. Limited space available. \$20 AARP members/\$25 non-members. This class can be taken at home, or at the Senior Center, classroom setting with live stream. All materials provided. Video communication will be set up for you to communicate with instructor in real time. For more information and to register, contact the Center. 860-721-2979 or email senior.center@wethersfieldct.gov.

WETHERSFIELD SOCIAL & YOUTH SERVICES (860)721-2977

If you are experiencing FINANCIAL DIFFICULTY, FOOD INSECURITY or having trouble MEETING YOUR BASIC NEEDS please call for more information on how we can help.

ELDERLY SERVICES (860) 721-2977 chris.taylor@wethersfieldct.gov

Wethersfield seniors are reminded that Christine Taylor, social worker and Elderly Services Coordinator can assist with your social service needs and questions. Chris is the Town's Municipal Agent for the Elderly and Veteran's Resource contact person. She can discuss **federal, state and local assistance programs** such as **energy assistance, renters rebate, tax assistance, food stamps, housing resources and more.**

FREE REMOTE LEARNING & ENTERTAINMENT AT HOME!

Assistance available to access remote programming... call or email the Center for more information.

EDUCATIONAL, FUN, FREE REMOTE PROGRAMS

<https://local.aarp.org/virtual-community-center>

<https://states.aarp.org/connecticut/events-ct/>

<https://hartfordhealthcare.org/health-wellness/classes-events>

Energy Assistance

Wethersfield Social Services is accepting applications for the CRT Energy Assistance program which provides financial assistance for heating expenses during the 2021/2022 heating season. For more information on how to apply, please call Chris Taylor at 860-721-2977.

*ALL EVENTS AND PROGRAMS ARE SUBJECT TO CHANGE PENDING COVID GUIDELINES. PLEASE CALL THE SENIOR CENTER OR VISIT OUR WEBSITE FOR UPDATES, CANCELLATIONS, TIME CHANGES, MASK WEARING AND SOCIAL DISTANCING PROTOCOLS.

2022 MEMBERSHIP ANNUAL DUES ONLY \$5 FOR WETHERSFIELD RESIDENTS - \$7 FOR NON-RESIDENTS



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<p>Joan Reed Wilson Attorney</p> <p>Medicaid / Title 19 Probate Conservatorships Elder Law</p>	<p>Kristen B. Prout Attorney</p> <p>Estate Planning Powers of Attorney Wills Real Estate</p>
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