





**FREE TAX PREPARATION ASSISTANCE** will be provided by IRS certified AARP Foundation Tax-Aide Volunteers at the Senior Center. Tax help is available to low and middle-income taxpayers of all ages, with special attention to those 60 years and over. For your safety, and the safety of our volunteers, masks are required while in the Center.

**By Appointment Only ~ No Walk-Ins. For more information and to schedule an appointment, please call Wethersfield Social Services 860-721-2977.**



## WINTER-SPRING 2022 ART & EXERCISE CLASSES



For detailed class descriptions and to learn more about taking a class/late registration, please contact the Center at 860-721-2979 / [senior.center@wethersfieldct.gov](mailto:senior.center@wethersfieldct.gov) or visit [www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center).

WSC also accepts Renew Active Members- call the Center for more information.

### SCULPTING & NEEDLE FELTING WITH DEIDRE:

Sculpting is a relaxing, creative process. Sculpt using clay or try something new: needle felting!

WEDNESDAYS: 10AM-11:30AM 01/19-03/23 (IN-PERSON)

### ARTIST'S JOURNEY WITH DEIDRE:

Find your inner Artist; work in the medium of your Choice.

WEDNESDAYS: 10AM-11:30AM 01/19-03/23 (IN-PERSON)

### CHAIR YOGA WITH GIA:

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

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

### FIT & FABULOUS WITH GIA:

An energetic, fun class that will help you stay healthy & fit. Great for all fitness levels.

TUESDAYS: 11:00AM-1:50AM 01/25-03/29 (IN-PERSON & REMOTE)

### SILVERSNREAKERS STRENGTH & BALANCE:

TUESDAYS: 11AM-11:45AM 01/18-03/22 (REMOTE)

THURSDAYS: 11AM-11:45AM 01/20-03/24 (REMOTE)

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

### BELLY DANCE WORKSHOPS WITH DONNA:

THURSDAYS: 11AM-11:50AM 03/03-03/24 (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**

**AFTERNOON****1 PM IN ROOM F3**

**THURSDAY, FEBRUARY 3: "RESPECT"** MUSCI/BIOGRAPHICAL DRAMA (PG-13) 2011 2hrs 25min

**WEDNESDAY, FEBRUARY 9: "MRS. HENDERSON PRESENTS"** Comedy (R) 2005 1hr 43mins

**MONDAY, FEBRUARY 14: "WHERE'D YOU GO BERNADETTE?"** COMEDY(PG-13) 2019 1hr 49 m

**WEDNESDAY, FEBRUARY 16: "42"** SPORTS DRAMA/SOCIAL ISSUES (PG-13) 2013 2hrs 8 mins

**THURSDAY, FEBRUARY 24: "HARRIET"** Biopic/Drama (PG-13) 2019 2hrs 5mins

**MONDAY, FEBRUARY 28: "THE BEST EXOTIC MARIGOLD HOTEL"** COMEDY(PG-13) 2011 2hrs

## WETHERSFIELD COMPUTER LEARNING CENTER

To scheduled 1:1 instruction or to register for any of the WCLC classes please email:  
[wethcomputerlearningctr@gmail.com](mailto:wethcomputerlearningctr@gmail.com) or call the Senior Center.

**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. No experience needed... basic knowledge to help beginners.

**Wii BOWLING** TUESDAYS AT 1PM – New players welcome!

All the fun of bowling without the heavy ball! Meet new friends, rekindle an old pastime in a new way, and get the added benefit of exercise and balance.



**RED ONION SENIOR QUILTERS: MONDAY, FEBRUARY 28 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.

## Understanding Your Grief

**New Support Group begins Monday, February 28<sup>th</sup>.**

**Understanding Your Grief** is designed to lead participants towards hope and healing. 10-week Grief Support Group meets Mondays, at 1:30pm at First Church beginning February 28. For more information, please call 860.529.1575

## COMMUNITY PROGRAMS & HEALTH SERVICES

PLEASE EMAIL [senior.center@wethersfieldct.gov](mailto: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 FEBRUARY 9; 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, FEBRUARY 15; 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, FEBRUARY 16 & 23; 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](http://www/strokesupport-ct.org) for more information.

### AARP SMART DRIVER COURSE: IN PERSON VIRTUAL CLASS: FEBRUARY 23; 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](mailto: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](mailto: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.**



The Senior Center will be **CLOSED** Monday, February 21<sup>st</sup>

**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 contact Chris Taylor at 860-721-2977 or [chris.taylor@wethersfieldct.gov](mailto:chris.taylor@wethersfieldct.gov)

**2022 MEMBERSHIP ANNUAL DUES ONLY**

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



**Visiting Angels**  
LIVING ASSISTABLE SERVICES

America's Choice in Home Care

Specializing in Live-In and 24 Hour Care!

Flexible Hourly Care Available

**860.372.4429**

[www.visitingangels.com/newington](http://www.visitingangels.com/newington)




**RWC**  
Attorneys and Counselors at Law

<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>
--	--

Rocky Hill (860)-669-1222 Middletown  
[www.ReedWilsonCase.com](http://www.ReedWilsonCase.com)

Featuring

**The Passport Short-Term Rehabilitation Program**

- The area's Premier Short-term Rehabilitation Program
- Post-Hospital Care & Rehabilitation
- Respite Care
- Hotel-like Amenities

856 Maple Street, Rocky Hill, CT 06067  
(860) 563-2861  
[www.MapleViewRehab.com](http://www.MapleViewRehab.com)




Your Way Home



**Maria PARKER**

TRANSFORMING YOUR DREAMS TO REALITY

C. 860.306.6040 | O. 860.258.6202  
 Maria.Parker@raveis.com | MariaParker.raveis.com  
 990 Silas Deane Highway | Wethersfield CT 06109  
 Licensed in CT & MA

I am here for all your Real Estate needs  
 - One Stop Shopping -  
 Over 13 years experience with proven results focusing on your needs

I CAN HELP YOU:  
 DOWNSIZE • STAGE YOUR HOME TO SELL  
 RELOCATE OUT-OF-STATE • REFER CONTRACTORS

Please call, Text or E-Mail me for a Personal No Obligation Conversation. I look forward to speaking with you.

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## Farley-Sullivan Funeral Homes

34 Beaver Rd.  
Wethersfield, CT 06109  
860-563-9999

50 Naubuc Ave.  
Glastonbury, CT 06033  
860-633-2521

[www.Farleysullivan.com](http://www.Farleysullivan.com)

Kevin Sullivan Tom Sullivan Brendan Sullivan

## Jay Belanger

Free consultation

**860-432-4803**

- Medicare Advantage • Medicare Supplement •
- Part D & Prescription Drug Plans •

"Medicare Insurance Made Easy"



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad today!  
[dbudelier@lpicommunities.com](mailto:dbudelier@lpicommunities.com) or (800) 950-9952 x2525



## D'ESOPO FUNERAL CHAPEL

Nationally Recognized for Excellence

277 Folly Brook Boulevard, Wethersfield ~ 30 Carter Street, East Hartford  
860-563-6117 860-568-9420

[www.desopofuneralchapel.com](http://www.desopofuneralchapel.com)

Caring for families since 1905

George J. D'Esopo, CFSP Michael A. Klett, CFSP Lionel J. Lessard, Jr., CFSP

## APPLE REHAB

*You have a life to live...  
We'll get you back there!*

- Specializing in short-term subacute care
- Orthopedic Rehabilitation
- Long-term Nursing Care
  - Dementia Unit

**860-529-8661**

Fax: 860-563-6639

**45 Elm Street  
Rocky Hill, CT 06067**

# Atria

## GREENRIDGE PLACE

Senior Living & Memory Care

One Elizabeth Court | Rocky Hill

860-222-2041 | [AtriaGreenridgePlace.com](http://AtriaGreenridgePlace.com)



## Medicare Made Easy!

Advantage, Supplemental, Prescription Drug Plans

*You have choices!*

**Lisa Krawczyk, CLTC • 860-529-0656**  
[lisakrawczyk@img-sis.com](mailto:lisakrawczyk@img-sis.com)

*Lifelong resident, serving our community since 1996 | Never a fee or obligation*



## WETHERSFIELD MONUMENT CO.

526 Silas Deane Highway  
Wethersfield, CT 06109

**860-372-4020**

*Located right across from  
Town Hall*



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Wethersfield Senior Center, Wethersfield, CT 06-5044