





## WINTER-SPRING 2022 ART & EXERCISE CLASSES

For detailed class descriptions and to learn more about taking a class and 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.

**SPRING SESSION BEGINS MARCH 28th - please register prior to first day of class.**

### SCULPTING & NEEDLE FELTING WITH DEIDRE:

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

WEDNESDAYS: 10AM-11:30AM (IN-PERSON)

### ARTIST'S JOURNEY WITH DEIDRE:

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

WEDNESDAYS: 10AM-11:30AM (IN-PERSON)



### CHAIR YOGA WITH GIA:

MONDAYS: 11:30M-12:20PM (IN-PERSON & REMOTE)

THURSDAYS: 2PM-2:50PM (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 (IN-PERSON & REMOTE)

### SILVERSNEAKERS STRENGTH & BALANCE:

TUESDAYS: 11AM-11:45AM (REMOTE)

THURSDAYS: 11AM-11:45AM (REMOTE)

SILVERSNEAKERS STABILITY: FRIDAYS; 9AM-9:45AM; (REMOTE)

### BELLY DANCE WORKSHOPS WITH DONNA:

THURSDAYS: 11AM-11:50AM (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**



**FREE TAX PREPARATION ASSISTANCE** is available 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.**

**AFTERNOON****1 PM IN ROOM F3****MONDAY, MARCH 7: "THE BEST EXOTIC MARIGOLD HOTEL"**

COMEDY (PG-13) 2011 2hrs 4 mins - To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably.

**MONDAY, MARCH 14: "RGB" BIOGRAPHICAL DOCUMENTARY (PG) 2018 1hr 37mins**

In honor of Ruth Bader Ginsburg's March birthday: an illuminating look at the life of the trailblazer RBG-- including her career-defining work-- this engaging documentary charts her journey to becoming a justice on America's highest court.

**MONDAY, MARCH 28: "THE OLD MAN AND THE GUN"** Crime thriller (PG-13) 2018 1hr 33mins starring Robert Redford- Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78.

**NEW- THURSDAYS AT 1PM- MARCH 3, 17, 24: COMEDY SERIES: GRACE & FRANKIE**

Finding out that their husbands are not just work partners, but have also been romantically involved for the last 20 years, two women with an already strained relationship try to cope with the circumstances together. Starring Lily Tomlin, Jane Fonda, Martin Sheen, Tom Watson...

**TECH HELP FOR SENIORS**

The Wethersfield Computer Learning Center now has a new name to more accurately reflect the services we provide. **TECH HELP FOR SENIORS** continues to provide **ONE ON ONE TECHNOLOGY INSTRUCTION** on iPhones, iPads, Android phones, Android notebooks and tablets; Windows10 and Microsoft Office. Sessions are based on your individual needs and questions. \$10/hour suggested donation.

For more information, to scheduled 1:1 instruction or to register for any of the WCLC classes please email:

[techhelpforseniorswethersfield@gmail.com](mailto:techhelpforseniorswethersfield@gmail.com)

or call the Senior Center.

**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

**TUESDAYS AT 2PM - LEARN A NEW GAME, MAKE NEW FRIENDS**

Senior Center Activity Room S3: Similar to the card game Rummy, Rummikub is great fun and easy to learn. Amy will be teaching members who have never played before, and we hope to continue to grow the program and play against other centers down the road. Call or email the center if you are interested in joining us. Walk-ins welcome.



**RED ONION SENIOR QUILTERS: 3<sup>RD</sup> MONDAY : MARCH 21 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.

## 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– 1<sup>ST</sup> THURSDAYS– MARCH 3; 9AM-12PM



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

### FOOT CARE CLINICS ~ 1<sup>ST</sup> & 3<sup>RD</sup> WEDNESDAYS- MARCH 2 & 16; 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 ~ 3<sup>RD</sup> TUESDAY- MARCH 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 ~ 2<sup>ND</sup> & 4<sup>TH</sup> WEDNESDAY- MARCH 9 & 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. We hope to have in person dining at the Senior Café return soon.

**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: VIRTUAL CLASS: MARCH 10; 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, 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.**

### 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://ce.ccsu.edu/scholars-for-life-speaker-series>
- <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)

### WHS PRODUCTION OF CINDERELLA

FREE FOR SENIORS—SENIOR NIGHT MARCH 10— PRE-REGISTRATION REQUIRED  
LIMITED SEATS AVAILABLE – CONTACT THE SENIOR CENTER FOR YOUR TICKET



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



HCA#0000791

**VisitingAngels**  
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>Medicaid / Title 19 Probate Conservatorships Elder Law</p>	<p>Estate Planning Powers of Attorney Wills Real Estate</p>
---	---

Joan Reed Wilson Attorney      Kristen B. Prout Attorney

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)




Health & Rehabilitation Center

**PASSPORT**  
REHABILITATION  
Your Way Home



**Maria PARKER**

TRANSFORMING YOUR DREAMS TO REALITY

C. 860.306.6040 | O. 860.258.6202  
[Maria.Parker@raveis.com](mailto:Maria.Parker@raveis.com) | [MariaParker.raveis.com](http://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