



Wethersfield Senior Center News

www.wethersfieldct.gov/senior-center

30 Greenfield Street, Wethersfield, CT 06109

Amy Miller, Senior Center Coordinator

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



“STAYING HEALTHY AS WE AGE – LIVE YOUR BEST LIFE”

TUESDAY, MAY 24 AT 1 PM

We invite you to an afternoon presentation and discussion on general health and well-being. Presented by the Central Connecticut Health District.

Free presentation, open to the public. Light refreshments and raffle prizes/giveaways will be provided. For more information, please contact the Senior Center at 860.721.2979 or email senior.center@wethersfieldct.gov

We will discuss best practices for staying active and healthy, updates on Covid-19 and seniors, making the most of doctor visits and making smart choices. Free presentation. Light refreshments and raffle prizes will /giveaways will be provided. For more information, please contact the Senior Center at 860.721.2979 or email senior.center@wethersfieldct.gov. Open to all; non-members and non-residents welcome.

MONTHLY ARMCHAIR TRAVEL: JERUSALEM, ISRAEL DISCOVER THE TEMPLE MOUNT; THE HOLIEST PLACE ON EARTH ~ WEDNESDAY, MAY 25 AT 10:00 AM

Welcome to Mount Moriah! We will see the Western Wall from an unusual angle, Al-Aqsa mosque, the Golden Dome, and the Golden Gate (Gate of Mercy) where Jesus entered the city on multiple occasions. We will talk about the Jewish, Christian, and Muslim traditions on the mountain and see the strong connection between the three Abrahamic faiths.



BUS TRIPS WITH FRIENDSHIP TOURS

PLEASE CONTACT THE SENIOR CENTER FOR MORE INFORMATION AND TO RESERVE YOUR SEAT TODAY; LIMITED SEATING.

Newport Flower Show	Friday, June 17; \$89
Log Cabin	Tuesday, July 19; \$118
Lake George	Wednesday, August 3; \$12
Thimble Island	Thursday, September 8; \$109
Taste of Italian NY	Saturday, October 1; \$128



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

*registration for summer open now

senior.center@wethersfieldct.gov or visit www.wethersfieldct.gov/senior-center.

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

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



WSC accepts UHC Renew Active Members – please contact the Center for more information.

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: 11:30AM-1:50AM (IN-PERSON & REMOTE)

BELLY DANCE WORKSHOPS WITH DONNA:

THURSDAYS: 11AM-11:50AM (IN-PERSON)

SILVERSNREAKERS STRENGTH & BALANCE:

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

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



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

* WSC is actively looking for a SilverSneakers instructor to conduct in-person classes.

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

LUNCH & LEARN: THE BATTLE OF ANTIETAM CREEK TUESDAY, MAY 10 AT 2PM



Maj. John Callahan returns for another thought-provoking presentation about the Civil War. You will be captivated with John's wonderful story-telling abilities. View displayed artifacts, including an authentic union flag.

This month we learn about the Battle "Antie-Dam," a day that will forever be remembered as "America's Bloodiest Day." The conflict will have great historical impact, changing the nature of American society, and Lincoln's Emancipation Proclamation. Q&A following lecture. RSVP by May 9th to reserve lunch.

AFTERNOON**1 PM IN ROOM F3****MONDAYS: NEW RELEASES & VARIED GENRES****MAY 2: "CALENDAR GIRLS"** COMEDY 2003 (PG-13) 1hr 48 mins**MAY 16: "QUEEN BEES"** Romantic Comedy (PG-13) 2021 1hr 41mins**MAY 23: "HERE TODAY"** COMEDY (PG-13) 2021 1hrs 57mins**WEDNESDAYS: MOVIES FOR MEN****(WOMEN WELCOME AS WELL: ACTION, THRILLER & WAR MOVIES)****MAY 4: "13 HRS: SECRET SOLDIERS OF BENGHAZI"** ACTION MILITARY (R) 2016 2hrs 24mins**MAY 11: "THE NICE GUYS"** CRIME ACTION (R) 2016 1hrs 56mins**MAY 18: "SUM OF ALL FEARS"** ESPIONAGE THRILLER (PG-13) 2002 2hrs 3mins**MAY 25: "BAD BOYS"** ACTION COMEDY (R) 2016 2hrs 24mins**THURSDAYS: COMEDY SERIES GRACE & FRANKIE****MAY 5, 12, 19, 26:** 1hr 45MINS (4 EPISODES ON EACH DATE)**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 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. New players welcome to come early to learn how to play! No Bowling on May 10.

**TUESDAYS AT 2PM - Rummikub is great fun and easy to learn. Experienced players or beginners welcomed.****WEDNESDAYS— PLAY BEGINS AT 12:30PM -**

Players are asked to be seated and ready to play by 12:15pm.
\$2 admission includes 2 bingo cards.



SET BACK: FRIDAYS- 12:15PM-3PM - Join our friendly group; everyone welcomed: singles, partners, beginners, experienced players. easy to learn. Please arrive before 12pm to register/receive scorecard. Players must be seated and ready to play by 12:15pm. \$1 members/\$2 non-members

MAH JONGG: TUESDAYS & THURSDAYS, 9:30AM-1:00PM – ROOM F1

Looking for new players...instruction available for beginners. Call for more information



FUN & GAMES: Scrabble, Rummikub, puzzles... stop in, bring a friend, play a game, enjoy a puzzle or grab a book in the Senior Center Activity Room. Donation of puzzles/books, videos welcomed. Contact Amy at the Center.

COMMUNITY PROGRAMS & HEALTH SERVICES

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

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

FREE AUDIOLOGY SERVICES— 1ST THURSDAYS— MAY 5; 9AM-12PM

Sam from Nova Hearing is at the Center monthly to offer free hearing screenings, includes video scope ear wax checks, hearing aid cleanings, adjustments and repairs, batteries, complete testing and evaluations on most hearing devices. Nova Hearing also offers new technology trials, & rechargeable hearing aids.

FOOT CARE CLINICS ~ 1ST & 3RD WEDNESDAYS— MAY 4 & 18 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 ~ 3RD TUESDAY— MAY 17; 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 ~ 2ND & 4TH WEDNESDAY- MAY 11 & 25; 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

COVID-19 BOOSTER CLINIC: JUNE 14: BY APPOINTMENT ONLY-

AVAILABLE TO RESIDENTS WHO RECEIVED THEIR MODERNA VACCINATION AND/OR 1ST BOOSTER AT THE COMMUNITY CENTER.

We are unable to schedule appointments for anyone who received their first vaccinations elsewhere. To schedule your Moderna booster shot, please contact the Center 860-721-2979.

All clinics provided by the Central Connecticut Health District.

SENIOR COMMUNITY CAFE: MONDAY—FRIDAY

Lunch from CRT is served Monday-Friday at 12 noon to continues to persons 60 years or older and their spouses or caregivers. The suggested donation is \$3.00 for seniors. To reserve your lunch, please call a minimum of one work day in advance when you wish to dine with us. 860.721.2979.

WETHERSFIELD STROKE CLUB: Support group for survivors and their families?

Contact Joan Haines at 860-529-2281 or visit www/strokesupport-ct.org for more information.

RED ONION SENIOR QUILTERS: 3RD MONDAY : MAY 16 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.

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.**

ENTERTAINMENT WITH THE ELDERLY BROTHERS ~ MONDAY, MAY 9 AT 1PM
 \$3 for WSC members; \$6, non-WSC members includes admission, refreshments and raffle prizes.



Long-time popular solo artists, T-Bone Stankus (guitar) and Brian Gillie (keyboards) have teamed up as **The Elderly Brothers**, serving up mint-condition “oldies” rock ‘n’ roll with pitch-perfect harmonies & soulful improvisations as fresh as the originals.

No sleepwalk down memory lane with these guys! Their radiant renditions, audience interaction, dancing groove and dose of mischief make their ‘50s and ‘60s rock-hop repertoire a unique and contagious kind of fun, and a joyous celebration of some good ol’ fashioned shake, rattle and roll. *sh BOOM!*

Community Center & Senior Center Closed: Monday, May 30

RENTERS REBATE

Wethersfield Social Services will begin processing application beginning **JUNE 1 -OCTOBER 1** For Wethersfield residents by mail, fax, email or delivered to Town Hall. Questions, please contact Christine Taylor, 860.721.2977 or email chris.taylor@wethersfieldct.gov.

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

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