



# Wethersfield Senior Center News

[www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center)

30 Greenfield Street, Wethersfield, CT 06109

Amy Miller, Senior Center Coordinator

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## SENIOR ROUND-TABLE WITH CONGRESSMAN LARSON – THURSDAY, JUNE 2, 11:30AM

HOSTED BY STATE REPRESENTATIVES, MORRIN BELLO, WOOD AND TURCO

Discussion: Programs and rebates on the state and federal levels that may be available to seniors.

## ENTERTAINMENT: SUMMER FUN WITH SISTER FUNK! MONDAY, JUNE 13 AT 1PM



**\$3 for WSC members; \$6, non-WSC members  
includes admission, refreshments and raffle prizes.**

Sister Funk has been belting out a huge variety of rock n' roll, dance, pop & country songs as well as spreading their upbeat original creations. The members all hail from CT but travel regionally headlining clubs, festival stages and opening for national acts for almost 2 decades. Sister Funk will have you singing, dancing and reliving some amazing memories.

## MONTHLY ARMCHAIR TRAVEL: "THE CASBAH"~ ALGERIA WEDNESDAY, JUNE 1<sup>ST</sup> AT 10:00 AM

Join us in exploring the one of kind, old city of The Casbah, the old city and capital of Algiers, and a world heritage site. The tour begins from the top of the Casbah and walk through its narrow streets discovering the many unique corners and shops. The tour concludes in a spot called the "place" or the Square of the Martyrs.



## **BUS TRIPS WITH FRIENDSHIP TOURS**

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

Log Cabin	Tuesday, July 19; \$118..... 2 seats left!
Lake George	Wednesday, August 3; \$129 ..... 6 seats left!
Thimble Island	Thursday, September 8; \$109 ..... 2 seats left!
Taste of Italian NY	Saturday, October 1; \$128..... filling up quickly



### 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](mailto:senior.center@wethersfieldct.gov) or visit [www.wethersfieldct.gov/senior-center](http://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!

**MONDAYS:** 10AM-11:30AM (IN-PERSON)



#### ARTIST'S JOURNEY WITH DEIDRE:

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

**MONDAYS:** 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)

#### SILVERSNEAKERS STRENGTH & BALANCE:

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

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



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

- **WSC is actively looking for a SilverSneakers instructor to conduct in-person classes.**
- **Please contact the Senior Center if you are interested in SilverSneakers classes in-person and/or Tai Chi in person at the Senior Center**

## 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**

### RENTERS REBATE

Wethersfield Social Services will begin processing applicaton 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](mailto:chris.taylor@wethersfieldct.gov).

### 2022 MEMBERSHIP ANNUAL DUES ONLY

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



# MOVIE MATINEES

**MONDAYS: NEW RELEASES & VARIED GENRES (ROOM F3)**

- JUNE 6: BELFAST-** DRAMA 2021 (PG-13) 1HR 37 MINS
- JUNE 20: FATHERHOOD-** DRAMA BASED ON BOOK (PG-13) 2021 1HR 50MINS
- JUNE 27: SPY-** COMEDY (R) 2015 1HRS 55MINS

**WEDNESDAYS: ACTION-PACKED MOVIES: THRILLERS, WESTERNS & WAR MOVIES (ROOM S3)**

- JUNE 1: EYE IN THE SKY-** THRILLER MILITARY DRAMA (R) 2015 1hrs 42mins
- JUNE 8: MIDNIGHT RUN-** ACTION COMEDY (R) 1988 2hrs 7mins
- JUNE 15: JACK RYAN; SHADOW RECRUIT-** ACTION THRILLER (PG-13) 2014 1hr 45mins
- JUNE 22: THE SPY NEXT DOOR -** ACTION COMEDY (R) 2010 1hr 35mins
- JUNE 29: MISSION IMPOSSIBLE: ROUGUE NATION:** ACTION THRILLER(PG-13) 2015 2hrs11mins

**THURSDAYS: COMEDY SERIES: SCHITT'S CREEK (ROOM S3)**

- JUNE 2, 9, 16, 23, 30** - approximately 1hr 45mins-2hrs.

## 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.

## WiiBOWLING 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** - 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. Walk-ins welcomed.



**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. Donations of puzzles/books, videos welcomed. Contact Amy at the Center.

## COMMUNITY PROGRAMS & HEALTH SERVICES

APPOINTMENTS FILL UP QUICKLY. PLEASE EMAIL [senior.center@wethersfieldct.gov](mailto:senior.center@wethersfieldct.gov) OR

**COVID-19 BOOSTER CLINIC: JUNE 14:** BY APPOINTMENT ONLY- 860-721-2979.

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

We are unable to schedule appointments for anyone who received their first vaccinations elsewhere.  
All clinics provided by the Central Connecticut Health District.

**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— JUNE 2; 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 ~ 1<sup>ST</sup> & 3<sup>RD</sup> WEDNESDAYS— JUNE 1 & 15 9AM-2PM**

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



**FREE LEGAL CONSULTATION ~ 3<sup>RD</sup> TUESDAY— JUNE 21; 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- JUNE 8 & 22; 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

**SENIOR COMMUNITY CAFE: LUNCH SERVED MONDAY—FRIDAY 12NOON**

Suggested donation is \$3.00 for persons 60 years or older and their spouses or caregivers. . 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](http://www/strokesupport-ct.org) for more information.

**RED ONION SENIOR QUILTERS: 3<sup>RD</sup> MONDAY : JUNE 20 AT 10AM**

Share your love of quilting and sharpen your skills. All skill levels welcome.

## 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.**

# AMERICAN CIVIL WAR SERIES ~ TUESDAY, JUNE 21 AT 2PM

## “THE TURNING POINT: GETTYSBURG”



In July of 1863 Confederate forces of General Robert E. Lee met with the Union Army of the Potomac under the command of General George Meade in a small Pennsylvania town called Gettysburg.

Let Major John Callahan take you back in time to Connecticut’s role in this pivotal battle with music, drama and stories. Q&A following lecture.

Light lunch available for \$2, served at 1:30pm. Please RSVP by June 17th if you would like to reserve a lunch. No reservation needed to attend the program.

# AARP SMART DRIVER COURSE ~ JUNE 27; 9:00AM-1:00PM

**PRE-REGISTRATION REQUIRED.** \$20 AARP members/\$25 non-members. Refresh your driving skills and qualify for at least a 5% reduction in your car insurance premiums.



## VOLUNTEERS NEEDED:

**BINGO CALLERS:** Wednesdays 12:00pm-2:30pm; 1-2 Times each Month



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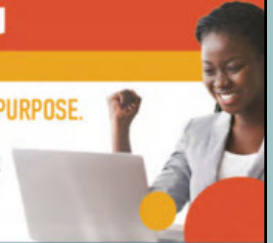
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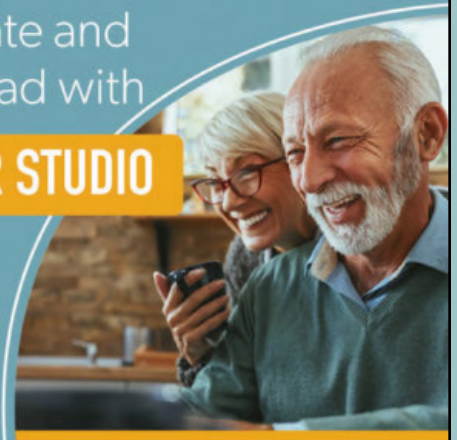
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