



Wethersfield Senior Center News

www.wethersfieldct.gov/senior-center

30 Greenfield Street, Wethersfield, CT 06109

Amy Miller, Senior Center Coordinator

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JULY

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MONTHLY ARMCHAIR TRAVEL: BELGIUM “WALKING TOUR OF BRUGES” WEDNESDAY, JULY 14TH AT 3:00 PM

Bruges has a perfectly preserved medieval centre that reflects its golden age when it was the most important city of commerce in Europe, and has a deep interesting history. Explore its beautiful Market Square and Burg Square. These areas are home to the dramatic Belfry tower and the best piece of gothic civic architecture in Belgium, Burges town hall. Our visit will include viewing the beautiful canals, quaint bridges and all the beauty Bruges has to offer.

MEET THE MAYOR – THURSDAY, JULY 21, 10:00 AM

COFFEE & CONVERSATION WITH MAYOR MICHAEL RELL

Stop in for a cup of coffee, pastry and an open conversation with Mayor Rell.

Look for upcoming Coffee & Conversation programs with town management, council and staff.

ENTERTAINMENT: BLAISE SINGS THE AMERICAN SONG BOOK ~ MONDAY, JULY 25 AT 1PM

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

Blaise Tramazzo will be performing all the greats, songs we know and love from the American Song Book!



AMERICAN CIVIL WAR SERIES ~ TUESDAY, JULY 26 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. A light lunch will be served at 1:30pm. Please RSVP by July 19th if you would like to reserve a lunch. No reservation needed to attend the program. Walk-ins welcome.



SUMMER ART & EXERCISE CLASSES in session....

For detailed class descriptions and information, or to try a class for free, please visit www.wethersfieldct.gov/senior-center or contact the Senior Center.

Registration can be done in person or online at <https://rec.wethersfieldct.gov/wbWSC/webtrac.wsc/SPLASH.html>.

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)



PAINT PARTY: THURSDAYS 10AM-11:30AM...

Deidre will lead a step by step, instructional guided painting class to create beautiful paintings. You don't need to be an "artist" to have a fun experience and create something amazing in this class. All abilities welcome. Light refreshments will be served. Class size limited; reserve your spot today! Register online or in-person. Walk-ins will be welcome as room allows. Only \$17 for 3 session workshop!

BEACH SUNSET: JULY 14, 21 & 28

SUNFLOWERS: AUGUST 4, 11 & 18

CALL OR STOP IN TO TRY A CLASS BEFORE REGISTERING FOR THE SUMMER

**STAY
ACTIVE**



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

*TAI CHI WITH LISA: WEDNESDAYS, 10:30AM-11:30AM...

Participating in this class has physical, mental and emotional benefits including improved flexibility, strength, balance and mental focus. Additional benefits include reduced pain, and boost concentration and energy. Can be adapted for all fitness levels.

CHAIR YOGA: MONDAYS, 11:30-12:20PM; THURSDAYS, 2:00-2:50PM;

FIT & FABULOUS WITH GIA: TUESDAYS, 11:30AM-12:20PM;

SILVERSNEAKERS STRENGTH & BALANCE:

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

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

*we hope to have SilverSneakers in person beginning in September

BELLY DANCE WORKSHOPS: THURSDAYS 11AM-12PM

WALKING DVD: FREE CLASS FOR SENIOR CENTER MEMBERS:

MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM



MOVIE MATINEES

MONDAYS: NEW RELEASES & VARIED MOVIES

JULY 4: HOLIDAY

JULY 11: "KING RICHARD" SPORTS DRAMA/BIOGRAPHY (PG-13) 2021 2hr 25mins

JULY 18: "MARRY ME" ROMANTIC COMEDY (PG-13) 2022 1hrs 52mins

WEDNESDAYS: ACTION-PACKED MOVIES: THRILLERS, ACTION, WESTERN & WAR MOVIES

JULY 6: "SHOOTER" ACTION THRILLER (R) 2007 2hrs 6mins

JULY 13: "HOT FUZZ" ACTION COMEDY (R) 2007 2hrs 1min

JULY 20: "LAW ABIDING CITIZEN" ACTION THRILLER (R) 2009 1hr 50mins

JULY 27: "CENTRAL INTELLIGENCE" ACTION COMEDY (R) 2010 1hr 35mins

THURSDAYS IN JULY: COMEDY SERIES: "SCHITT'S CREEK" : SEASON 3 & 4

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.

WiiBOWLING TUESDAYS AT 1PM – ROOM S1— 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.



Rummikub 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.



***SENIOR CENTER ACTIVITY ROOM CLOSED FOR JULY & AUGUST.**
Games and books available to loan.

COMMUNITY PROGRAMS & HEALTH SERVICES

APPOINTMENTS FILL UP QUICKLY. PLEASE EMAIL senior.center@wethersfieldct.gov OR

THE SENIOR COMMUNITY CAFÉ IS OPEN.

Lunch is served Mon-Fri at 12N 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 860-721-2959 *minimum one work day in advance (Mon-Fri).



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

FREE AUDIOLOGY SERVICES— 1ST THURSDAYS— JULY 7; 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— JULY APPTS. FULL

APRN provided Foot Care Services: Cleaning, filing, trimming toenails, reducing corns & calluses. Please call or email for appointments in August and September. Services unavailable for Diabetics. Fee: \$30

FREE LEGAL CONSULTATION ~ 3RD TUESDAY— JULY 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 ~ 2ND & 4TH WEDNESDAY- JULY 13 & 27; 9:30AM-2PM

Licensed massage therapist, Connie Drake offers chair and full table massages JULY ALMOST FULL. 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 for more information.

RED ONION SENIOR QUILTERS: 3RD MONDAY : NO MEETINGS JULY/AUGUST

All skill levels welcome. Make new friends and quilt 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.**

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.



BUS TRIPS WITH FRIENDSHIP TOURS

PLEASE CONTACT THE SENIOR CENTER FOR MORE INFORMATION AND TO RESERVE YOUR SEAT.

Log Cabin	Tuesday, July 19; \$118..... 1 seat left!
Lake George	Wednesday, August 3; \$129 FULL
Thimble Island	Thursday, September 8; \$109 1 seat left!
Taste of Italian NY	Saturday, October 1; \$128..... almost full!



SAVE THE DATE: TUESDAY, AUGUST 9TH AT 12:30PM
LUNCH & LEARN WITH DIAL-A-RIDE/AMBASSADOR TRANSPORTATION

ANNUAL MEMBERSHIP DUES ONLY

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



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