



Wethersfield Senior Center News

www.wethersfieldct.gov/senior-center

30 Greenfield Street, Wethersfield, CT 06109

Amy Miller, Senior Center Coordinator

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AUGUST

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

Our Dial a Ride program has a new provider of services: Ambassador Transportation. Join us for a light lunch and information about this service, how it works, and who is eligible .

MONTHLY ARMCHAIR TRAVEL: JAPAN THURSDAY, AUGUST 11 AT 3:00 PM

Summertime in Japan is a special season, delicious foods, historic traditions, and fun activities. Join our host who will show us the unique cultural traditions and how to enjoy summer in Japan like a local.



MEET THE MAYOR – THURSDAY, AUGUST 25 AT 10:00 AM COFFEE & CONVERSATION WITH MAYOR MICHAEL RELL

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

ENTERTAINMENT: CHRISTINE COONEY & ICE CREAM SOCIAL MONDAY, AUGUST 15 AT 1PM

WSC members: \$3; Non-WSC members: \$6: includes admission, refreshments & prizes.

An Extraordinary Jazz Diva with Soul, Mastery and Brilliance

Christine Cooney's voice fills the room with passion, heart, love and laughter.

Transporting her audiences to music from the jazz greats, from Ella Fitzgerald to Rosemary Clooney. *Co-sponsored by Lori Shaer, EXP Realty*



KNOWLEDGE & NIBBLES: IMPROVING BALANCE & OVERALL HEALTH THROUGH TAI CHI WEDNESDAY, AUGUST 24 AT 10AM

Join us for a FREE discussion on the many health benefits of Tai Chi Chuan and Qigong and have a little "taste" of Asian culture! After the discussion we invite you to join our Better Health & Improving Balance class: join in or feel free to observe. Please RSVP by calling or emailing the Center. Walk ins are welcome.





ART & EXERCISE CLASSES in session....

Fall registration begins August 31. 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>.

ART CLASSES WITH DEIDRE:

ARTFUL CREATIONS ~ MONDAYS: 10AM-11:30AM

Learn to sculpt miniature to life size sculptures for Halloween (dragons, witches, goblins) using materials we find around the house: aluminum foil, masking tape, newspaper, plastic or string. Deidre will guide you as you mold, bend, twist, and stretch materials into amazing three-dimensional creations for your Halloween decor or share with your grandkids for them to display

SCULPTING & NEEDLE FELTING ~ WEDNESDAYS: 10AM-11:30AM

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



ARTIST'S JOURNEY ~ WEDNESDAYS: 10AM-11:30AM

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

PAINT PARTY ~ THURSDAYS 10AM-11:30AM... SUNFLOWERS AUGUST 4, 11 & 18

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.

STAY
ACTIVE



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

**Please contact Senior Center if you are interested in taking Silver Sneakers classes in person at the Center with a live instructor or streamed live on our large screen, beginning in September*

BELLY DANCE: THURSDAYS 11AM-12PM

WALKING DVD: **FREE** CLASS FOR SENIOR CENTER MEMBERS:

MONDAYS, WEDNESDAYS & FRIDAYS AT 10AM



MOVIE MATINEES

MONDAYS: NEW RELEASES & VARIED MOVIES

AUGUST 1: "THE DESCENDANTS" DRAMA BASED ON BOOK (R) 2011 1hr 55mins

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

AUGUST 3: "NO TIME TO DIE" ACTION THRILLER (PG-13) 2021 2hrs 43mins

AUGUST 17: "THREE KINGS" ACTION THRILLER (R) 1999 1hrs 55Fmins

COMEDY SERIES: "SCHITT'S CREEK": THURSDAYS, AUGUST 4 & 18

AARP SMART DRIVER COURSE:

THURSDAY, AUGUST 18; 9AM-1PM ~ 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.



WETHERSFIELD TECH HELP FOR SENIORS

TECH HELP FOR SENIORS provides **ONE ON ONE TECHNOLOGY INSTRUCTION** on iPhones, iPads, Android phones, Android notebooks and tablets; fun and useful applications, Windows, Microsoft Office and more. 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 – ROOM S1— returns in September



TUESDAYS AT 2PM - ROOM S1— returns in September

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

Looking for new players...instruction available for beginners. Walk-ins welcomed.



WEDNESDAYS— 12:15PM—2:30/3:00PM - BANQUET ROOM

\$2 admission includes 2 bingo cards.

SET BACK: FRIDAYS- 12:15PM-3PM — BANQUET ROOM



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

RED ONION SENIOR QUILTERS: 3RD MONDAY OF THE MONTH

All skill levels welcome. Make new friends and quilt for charity...returns in September.

SENIOR CENTER ACTIVITY ROOM CLOSED FOR AUGUST. Return in September for games and books loans; tv, puzzles and meet with friends.

COMMUNITY PROGRAMS & HEALTH SERVICES

The following services for Senior Center Members are by appointment only ...

Please email senior.center@wethersfieldct.gov or
call 860.721.2979 to schedule an appointment

\$4 HAIRCUTS: TUESDAY, AUGUST 16;

Appointments must be made through the Senior Center... no Walk-Ins

International Institute of Cosmetology, 632 Silas Deane Highway (across from Christ the King Church) will offer \$4 haircuts for Senior Center Members. Haircuts include a shampoo and blow dry.

FREE AUDIOLOGY SERVICES— 1ST THURSDAYS— AUGUST 4; 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— AUGUST 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— AUGUST 16; 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- AUGUST 10 & 24; 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

HARTFORD HOSPITAL'S DIGITAL MOBILE MAMMOGRAPHY VAN: TUESDAY, OCTOBER 25

BY APPOINTMENT ONLY. PLEASE CALL OR EMAIL SENIOR CENTER FOR AN APPOINTMENT... NO WALK-INS

Hartford Hospital's digital mobile mammography van will be at Pitkin Community Center to provide screening mammograms for women 40 years and older who have not had a mammogram in at least one year and not currently experiencing breast problems. Most insurance plans will be accepted. If you do not have insurance, other resources may be used to cover the cost of your mammogram. Bring a photo ID and your health insurance cards to your appointment.

THE SENIOR COMMUNITY CAFÉ

Lunch is served Monday-Friday 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**.

*A minimum one work day in advance (Monday-Friday).



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.

WETHERSFIELD SOCIAL & YOUTH SERVICES (860)721-2977

Please call us for information regarding federal, state and local assistance programs such as renters rebate, energy assistance, food stamps, and housing resources. Also, if you are experiencing FINANCIAL DIFFICULTY, FOOD INSECURITY or having trouble MEETING YOUR BASIC NEEDS please call for available resources and information on how we can help. Currently accepting applications for Renters Rebate program.



DAY TRIPS WITH FRIENDSHIP TOURS

Thursday, September 8; \$109 —Thimble Islands Cruise /Lunch Chowder Pot III

Saturday, October 1; \$128 - Taste of Italian NYC: Zabar’s, Carmine’s, Arthur Ave.

DAY TRIPS WITH WANDERLUST

Tuesday, October 25; \$60 — Encore Boston Harbor Casino

Tuesday, December 6; \$115 — Christmas Cabaret and Lunch

ANNUAL MEMBERSHIP DUES ONLY

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



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