



Wethersfield Senior Center News

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Musical Entertainment—On **Mon, December 5 at 1pm**, the Senior Center will do our part to get you in the holiday spirit by hosting a performance of the Connecticut Yuletide Carolers! These traditionally-garbed Victorian carolers will fill the air with the bright sounds of the season. The talented group performs acapella in four-part harmony. Don't miss this standout performance! Admission is \$2 for Senior Center members and \$4 for non-members. Snacks will be served.



Bus Travel Training—The Senior Center recently offered a Lunch & Learn called “Way to Go Connecticut.” During the presentation, we learned about the many transportation options available to seniors and the disabled when they decide driving is no longer an option. Many in the audience expressed the desire to learn more about the CT Transit system of buses that crisscross our State and Town. Many admitted they didn't know how to use the bus or where it goes in Town. So on **Tue, December 6 at 1pm**, a representative of the Transit System will come to the Senior Center with a CT Transit bus and offer our seniors a ride! We'll learn everything you need to know to ride the bus from the cost, to the bus schedule and routes. We'll also learn about the new Fast Track system and how to apply for individualized transportation services if riding the bus is difficult for you. If you'd like to join us on the bus, call Lisa at 860-721-2979 by 11/29 to register. (In case of inclement weather this program will be postponed.)



Free Lunch & Show—On **Thur, December 8** our neighbors at Atria Senior Living in Rocky Hill have generously offered to host Wethersfield seniors for a FREE lunch and a holiday musical performance! There will also be gifts for all in attendance and Atria will provide a bus to transport us there! The bus will depart the Wethersfield Senior Center at 12Noon and return at 4pm and can accommodate 25 seniors. You must register with Lisa at 860-721-2979 by 12/5 if interested. Why not take advantage of this generous offer made in the spirit of the holiday season... call to register today!

\$3 Haircuts—Those talented students from the International Institute of Cosmetology will return to the Senior Center on **Fri, December 16** to offer haircuts at the bargain price of \$3. All students continue to work under the supervision of an instructor. You must call Lisa at 860-721-2979 for an appointment.



More December Offerings!

AARP Safe Driver Class—the AARP Smart Driver Class will be offered on **Mon, December 12 from 9am-1pm**. This is a great opportunity to refresh your driving skills and reduce your car insurance premium! Cost: \$15 for AARP members and \$20 for non-members. Call Lisa at 860-721-2979 to register.



Cooking with Star—Our soup cooking classes with Star will continue this month! On **Tue, December 13 at 11am** we'll make Creamy Potato Leak Soup with Sweet Red Pepper Oatmeal muffins. And on **Tue, December 20 at 11am** we'll make Butternut Squash Soup with Cranberry Walnut scones. A \$10 food fee is due to the instructor on the day of class. Call Lisa at 860-721-2979 to register. And watch for classes in the new year when we'll spread our culinary wings beyond making soup!



Come Sing Along!—On **Thur, December 22 at 11am**, the Senior Center will once again welcome the Wethersfield Mom's Club and their adorable children. These youngsters trick-or-treated with us on Halloween and they'll be back for an old fashioned holiday sing-along! Our senior choral group, the Rhythmairs will lead the children in festive song. So join us for this charming annual tradition. Snacks will be served.

Limelite Dance Performance!—On **Tue, December 27 at 1pm** students from the Limelite Dance Studio will put on a special holiday performance for the Senior Center! The dance troupe consists of students from six to sixteen years old. Don't miss this adorable annual tradition and come support Wethersfield's youth! Snacks will be served.

Winter/Spring Sneak Peek!

Soon all your favorite classes will start again for our Winter & Spring sessions. The brochure containing all the new Senior Center, Parks & Rec & Nature Center programming will arrive inside your Rare Reminder at your door on December 22nd and registration for classes begins January 4th! Here's a sneak peek at some new Senior Center offerings!

Dance Around the World with Gia! If you like dancing and fun music, this is the class for you! The class will consist of simple dance moves to popular tunes from around the globe including home-grown favorites like Rock'n Roll, Pop and Country Western. The dances are loosely choreographed and spontaneous and can be followed without memorizing steps! Each class will be similar, yet different, moderately paced and a great work out!



The Many Ways of Mindfulness—In the fast pace of life these days, we all need to learn to relax, center ourselves, and become mindful. But one size doesn't fit all. There are many techniques we can practice that lead to mindfulness including meditation. This class will explore the different meanings and uses of mindfulness and we'll practice various ways to attain it. It's easy and anyone can do it! Come join Gia as she guides us to become our better, mindful selves!

Computer Learning Center Schedule

The Computer Learning Center is here to empower you for the computer age! Register for these upcoming classes on-line or in person with Lisa or in the Parks & Recreation office.

- **iPhone Intermediate**—Have you been using your iPhone for awhile to make calls, text and take photos, but want to know what else your phone can do? Learn to use the calendar for scheduling events and learn about the world of apps, including how to search and download apps. Bring a fully charged iPhone. **Thur, 12/1, 12:30-2:30p.** Fee: \$10
- **iPad Intermediate**—This four-session class is for people who already know the basic iPad operations. Learn to organize the desktop, text, take photos and videos, read ebooks and work with a variety of pre-installed and purchased apps. Fee includes text. \$5 discount for iPad Beginner class graduates. **Mon/Wed, 12/5-12/14, 9:30a-12N.** Fee: \$40.



Tech Gadget Assistance Continues!

Our high school senior volunteer, Bilal Nizami continues to provide one-to-one assistance during lab times on **Tuesdays & Thursdays from 4-5pm** this month. Bilal can help you with Windows 10, Apple and Android tablets & smartphones, digital cameras and other high tech devices. He's been using computers since he was 3-years old, so like many young people, he's grown up with this technology! Be sure to take advantage of his invaluable assistance which is available by appointment only. Call Lisa at 860-721-2979 for appointments!

Don't Forget...

Senior Center Membership-Don't forget, the end of the calendar year means it's time for many seniors to renew their Senior Center memberships!

Check your membership card expiration date and if your time's up, come on in to renew today! Registration for Wethersfield residents remains \$5 and \$7 for non-residents.



Energy Assistance—The Energy Assistance program continues this month to provide assistance for heating expenses incurred in the 2016/2017 heating season. To be eligible, a household's gross annual income must fall below \$33,132 for a family of 1, \$43,326 for a family of 2, and \$53,521 for a family of 3. Renters may have \$12,000 or less in liquid assets and homeowners may have \$15,000 or less. Energy application outreach dates are as follows:

—Lasher Court—Wed, 12/14, 9-11a

—Fuller Housing (31 Butler Street)—Tue, 1/10, 9a-12N

Wethersfield residents should call 860-721-2977 for information about what documents are required to apply and for appointments.

Medicare Open Enrollment—Medicare's annual open enrollment period ends on **December 7**. If you haven't taken advantage of this annual opportunity to make changes to your Medicare insurance coverage for 2017, time is running out! If you have questions or would like help exploring your options, call Lisa at 860-721-2979 or Chris Taylor at 860-721-2977 for an appointment.

On-Going Senior Center Activities

- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**-offered by Newington Health Care on **Wed, Dec 21, 10a-12N**. Manicures include filing, buffing & polishing. Call Lisa at 860-721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for a bingo fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, Dec 19** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.



Monday Afternoon at the Movies!

Free movies continue on Mondays at 1pm. No registration is required. Movies are subject to change depending upon availability. Showing in December:

December 12—How About You. When the manager of a retirement home takes leave for the holidays, four mischievous residents take advantage and turn the place upside down. 100min.

December 19—The Christmas Candle. A progressive new minister's arrival in a small village threatens to end an age-old tradition that brings a yuletide miracle to one of its residents. PG, 100min.



Holiday Closure

The Senior Center will be closed on **Friday, December 23** & **Monday, December 26** for the Christmas Holiday.

Happy
Holidays

Senior Center Health Programs

Free Blood Pressures— **Wed, Dec 14** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, Dec 22**, 12:30-1:30p outside the Senior Ctr office, Cedar Mountain Commons provides BPtesting on the 4th Thur of each month.

Free Blood Sugar Testing— **Fri, Dec 9** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Foot Care Clinics-**Fri, Dec 2 & 30**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for an appointment.

Wethersfield Stroke Club—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4pm in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to www.strokesupport-ct.org.

Watch Your January Newsletter for...

- \$3 Haircuts offered on **Fri, Jan 27**. Call Lisa for an appointment.
- Friday Feature on **Fri, Jan 27 at 10am**. We'll celebrate the Chinese New Year with a stunning performance by an authentic Chinese ribbon and fan dancer accompanied by a Grammy Award nominee for singing.
- All of your favorite classes will begin again in January including Chair Yoga, T'ai Chi, Art & Mindfulness, Painting with Faye, and the Artist's Journey with Deirdre. Watch for details!

JANUARY