

Winter Class Line-Up!

In case you missed it, winter classes began in late January. But here at the Senior Center, it's never too late to join a class. Here's another look at our Winter/Spring class line-up. If your favorite class has already started, you can still sign up in person with Lisa or in the Parks & Rec office.

NEW—Dance Around the World with Gia!—Tuesdays, 1/24 through 3/7. 1:30-2:30pm. Fee: \$14 & Tuesdays, 4/4 through 5/30. 1:30-2:30pm. Fee: \$18. If you like dancing and fun music, this is the class for you! The class consists 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 can be followed without memorizing steps! Each class is similar, yet different, moderately paced and a great work out!

NEW—The Many Ways of Mindfulness Workshop—Wednesdays, 3/8-29. 1:30-2:30p. Fee: \$10. 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 4-session 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!

Art & Mindfulness—Thursdays, 1/26 through 5/11. 9:30-10:45am. Fee: \$32. Come foster your artistic side while having fun learning art basics. You'll also enjoy emotional and spiritual growth by simultaneously exploring the facets of mindfulness. All levels of ability welcome.

The Artist's Journey—Wednesdays, 1/25 through 5/10. 10-11:30am. Fee: \$32. Explore your interests and abilities by making a series of art pieces using different media including drawing, painting and sculpture. The class will utilize different media in 2-3 week segments. Participants will have the option to continue in the media of their choice. All levels of ability welcome.

Belly Dance Practice—Thursdays, 1/5 through 3/30. 12:30-1:30pm. Come learn this graceful dance form native to the Middle East. This low-impact, weight bearing exercise is fun and helps firm and tone muscles.

Chair Yoga—Mondays, 1/23 through 5/8. 11:30am-12:30pm. Fee: \$30 & Thursdays, 1/26 through 5/11. 2-3pm. Fee: \$32; Fee for both Monday & Thursday classes: \$60. Learn yoga basics using a program that adapts easily to any fitness level. All movements are done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation.

Painting with Faye—Tuesdays, 1/24 through 5/9. 10-11:30am. Fee: \$32. In this free-flowing class/artist group, artist Faye Ahlberg provides individual instruction and guidance for your burgeoning self-expression in multiple mediums. Beginners and experienced painters welcome.

T'ai Chi Qigong—Thursdays, 1/26 - 5/11. 11a-12p. Fee: \$32. Class includes movements from T'ai Chi Chuan along with the ancient healing system Qigong. Research indicates that T'ai Chi eases pain, improves balance and reduces blood pressure and cholesterol. Mindfulness, meditation and acupressure are all incorporated.

NOTE—**Good Life Functional Fitness** classes begin in March and **Belly Dance** classes start in April!

Bus Trip Are Back!

Bus trips will begin again this spring. Keep your eyes peeled for more information on the following trips. New trips may also be added to the schedule in the coming months! Call Lisa at 860-721-2979 for more information or to sign up for a trip!



- **Monday, May 15**—Swing into spring with the world famous **Glenn Miller Orchestra**. We'll have a delicious lunch and show at the Aqua Turf. Cost \$92.
- **Friday, June 23**—Join us as we visit the **Newport Flower Show** at Rosecliff Mansion in Rhode Island. Cost \$64.
- **Thursday, August 17**—Enjoy the songs of **Frankie Valli** performed by Broadway veterans at the Aqua Turf. Lunch and show cost \$91.
- **Tuesday, September 19**—Come see today's leading Elvis tribute artist, Ray Guillemette, in his show "**A Ray of Elvis**" at the Grand Oak Villa. Lunch and show cost \$84.

Computer Learning Center Schedule

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

- **iPad Beginner**—Did you recently receive an iPad and aren't sure how to use it? This 4-session course will help you use your iPad with iOS10. Topics covered include basic operations, email and surfing the web. Text included. **2/13, 15, 17 & 22, 12:30-2:30p.** Fee: \$40.
- **Facebook Workshop**—Wishing you were on Facebook but not sure how to get there? Come see what your family and friends are up to. Bring your cell phone, tablet or laptop with the Facebook App and learn about Facebook. **Tue, 2/28, 12:30-2:30p.** Fee: \$10.
- **iPad: Notes, Pages & Word Apps**—Want to get more out of your iPad? Come learn about the built-in Notes App. Create folders for organization, convenience and fun! We'll also demonstrate the Pages and Word Apps (paid apps) and how to create and edit documents. **Wed, 3/1, 12:30-2:30p.** Fee \$10.
- **Kindle App Workshop**—This App is free for most major smartphones, tablets & computers. Buy or borrow a book and read it on any device with the Kindle App! Learn how to download and read a book and how to use the controls. **Thur, 3/9, 12:30-2:30p.** Fee \$10.

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.** Bilal can help you with Windows 10, Apple and Android tablets & smartphones, digital cameras and other high tech devices. Be sure to take advantage of his invaluable assistance which is available by appointment only. Call Lisa at 860-721-2979 for appointments!



AARP Tax Aid

Free tax preparation assistance will be available once again this year to low and middle-income taxpayers of all ages with special attention to those 60 years and over. Services will be offered by trained AARP volunteers at the Community Center every Wednesday during tax season beginning **Wed, February 1.**

If you are married, both husband and wife should be present for your appointment. Taxpayers must bring the following documents to their appointments: proof of identity including drivers licenses or other official photo identification, social security cards, 2016 income forms including W-2s & 1099s for pensions, social security, interest, dividends, wages & all other income, proof of mortgage interest, student loans & child care expenses, expense documents including alimony payments, medical expenses, real estate & personal property taxes and charitable contributions, 2015 Federal and State tax returns, a check showing routing & account number for direct deposit of a return and Form 1095-A, Health Insurance Marketplace Statement. Call Wethersfield Social Services at 860-721-2977 for an appointment.

Thought For the Month

You cannot do a kindness too soon, for you never know how soon it will be too late.

—Ralph Waldo Emerson



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, February 15, 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, February 27** 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 February:



February 13—Brooklyn. After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations and two men. PG-13, 111min.

February 27—The Man Who Knew Infinity. Starring Jeremy Irons. This absorbing true story recounts the life of self-taught Indian mathematician Srinivasa Ramanujan who made his way to Trinity College at Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy. PG-13, 108min.

Reminders:

- The Senior Center will be closed on **Monday, February 20** for Presidents Day.
- **Energy Assistance**—The Energy Assistance program continues to provide assistance for heating expenses incurred in the 2016/2017 heating season. Wethersfield residents should call 860-721-2977 for information about what documents are required to apply and for appointments.
- **Weather Cancellations**—In the event of inclement weather, cancellations for the Senior Center are posted on the WFSB-TV Channel 3 First Alert system. Please be aware that cancellations of the Community Café, Bingo and Setback are posted separately on WFSB.



Senior Center Health Programs

Free Blood Pressures— **Wed, Feb 8**, 10:30-11:30a (Ellis Manor provides this BP testing on the 2nd Wed of each month in the Banquet Rm.) And **Thur, Feb 23**, 12:30-1:30p outside the Senior Ctr office (Cedar Mountain Commons provides this BP testing on the 4th Thur of each month.)

Free Blood Sugar Testing— **Fri, Feb 10** 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, Feb 3 & Mon, Feb 27**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 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 March Newsletter for...

- **Musical Entertainment**—on **Mon, 3/6 at 1p**, we'll enjoy the music of singer and Broadway veteran Shelley Taylor-Boyd. Don't miss it!
- **Good Life Functional Fitness** class begins **Mon, 3/6 at 1:30p**. Register on-line or with Lisa.
- **Many Way to Mindfulness Workshop** begins **Wed, 3/8, 1:30p**. Register on-line or with Lisa.
- **\$3 Haircuts** on **Fri, 3/10**. Call Lisa for an appointment.
- **AARP Safe Driver Class** will be held on **Mon, 3/13, 9a-1p**. Call Lisa to register.

