



Wethersfield Senior Center News

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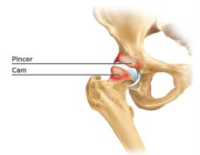
JUNE, 2017

Musical Entertainment!

On **Mon, June 5 at 1pm**, the Senior Center welcomes performer Joe Cadena, better known as “East Chicago Joe!” Joe could have been another member of the Rat Pack! He’ll entertain us with classics from Frank, Dean, Sammy and more! Admission is \$2 for Senior Center members and \$4 for non-members. Snacks will be served.

Knowledge & Nibbles: Prepare for Surgery, Heal Faster™ Overview

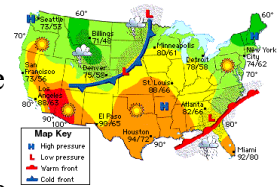
Are you anticipating having surgery? On **Tue, June 6 at 10am**, the Senior Center welcomes Mary Jo Conti, a Certified Consulting Hypnotist to St. Francis & Hartford Hospitals and private practitioner from West Hartford. Mary Jo will present an overview of techniques developed by Peggy Huddleston, of Harvard Divinity School that will empower you physically, emotionally and spiritually as you prepare for and recover from surgery. You’ll learn the easy steps that lower anxiety, minimize fear, reduce your use of pain medications, and help you sleep and recover faster from surgery! Call Lisa at 721-2979 by 6/2 to register. This presentation is free for Senior Center members. Breakfast snacks served. (Not a member? Join before any presentation... \$5 for Wethersfield residents/\$7 for non-residents.)



Lunch & Learns x2!

Come Meet Your Local Weatherman, Bruce DePrest!

Have you ever thought about who you rely on most (besides your spouse) to help plan your day? When you stop to think about it, it may be your local weatherman! He helps you plan what to wear, tells you if it’s safe to drive in a storm, when to hold your party indoors, and when to carry an umbrella! Well, on **Tue, June 20 at 12Noon** you’ll have the opportunity to meet one of the men who helps you plan your day, as the Senior Center welcomes WFSB’s Chief Meteorologist, Bruce DePrest! Bruce will talk about his 39-year career as a meteorologist in Connecticut, predicting hurricanes, blizzards and tornadoes. This is your chance to ask all those weather-related questions you’ve been saving up! This presentation is free for Senior Center members. A light lunch will be served. Call Lisa at 860-721-2979 by 6/16 to register.



Plan Now to Protect Your Savings if You Enter a Nursing Home!

Did you know that CT has the second highest cost of long-term care in the nation? So unless you plan to leave the State, you’ll need to protect yourself and your retirement assets from long-term care costs. On **Tue, June 27 at 12Noon** the Senior Center welcomes Attorney Lara Bomzer from the firm Czepiga, Daly & Pope. Atty Bomzer will teach us how to protect our assets from the devastating effects of long-term care costs. She’ll discuss how to qualify for Medicaid while preserving assets and answer questions such as... Should you give your home to your children? What is a 5-year lookback period? How can you spend down for Medicaid? And, Is long-term care insurance a good idea? If you know the rules and plan ahead, you can protect yourself. Come learn how it’s done! Contact Lisa by 6/23 at 860-721-2979 to register. This presentation is free for Senior Center members. A light lunch will be served.



Get Your Tickets NOW for July's Summer Celebration!

The Senior Center and WACPD (Wethersfield Advisory Committee for People with Disabilities) will be celebrating summer again this year with a special evening of live music! On **Mon, July 24 from 6-7:30pm** we'll enjoy the music of the four-piece band, The Cartells. The band features lead singer Karin Barth and several members with renowned careers. The saxophonist, Bill Holloman played with Bruce Springsteen, Paul Simon & Diana Ross. The guitarist, Tom Majesky appeared on NBC's Today Show. And keyboardist, Joe Grieco was singer/songwriter on Phoebe Snow's 2003 album. There is limited seating for this event and tickets will NOT be sold at the door. 100 FREE tickets have been allotted for Senior Center members and will be distributed on a first-come, first-serve basis. So **members should see Lisa for their tickets in June!** Any remaining tickets will be sold to the community beginning in July (adults-\$5; kids under 10-free). Bring your own snacks to this event. Bottled water will be available.

AARP Smart Driver Class

The AARP Smart Driver class will be offered on **Mon, June 26, from 9a-1p** at the Senior Center. This is a great opportunity to refresh your driving skills and reduce your car insurance premium. By State law, insurance companies are required to provide graduates of the class a 5% discount. Some offer more! Call Lisa at 860-721-2979 to register. Breakfast snacks will be served.



Dental Clinics

The Central CT Health District will sponsor free dental cleanings at the Senior Center in July and August. Cleanings are performed by professional hygienists and are available to those 60 and older. Participants must reside in Wethersfield, Rocky Hill, Newington or Berlin and must not have received a free cleaning in the past year. Appointments are available on **July 20, July 21, Aug 29 and Aug 31**. Call Lisa for an appointment.

\$3 Haircuts

Students from the International Institute of Cosmetology will return to the Senior Center on **Fri, June 9** to offer haircuts for \$3. All students work under the supervision of an instructor. Participants must arrive with freshly washed hair for their appointments. You must call Lisa at 860-721-2979 for an appointment and become a member of the Senior Center if you are not currently a member. Annual membership costs \$5 for Wethersfield residents and \$7 for non-residents.

Summer Session Begins!

Summer classes begin this month! Register on-line at Wethersfieldct.gov or in person with Lisa or in the Parks and Recreation office for the following classes.

The Artist's Journey—Wednesdays, 6/28-8/9, 10-11:30am. Cost \$18. Begin your artist's journey with Deirdre. She'll highlight sculpture but participants can work in the media of their choice. All ability levels welcome.

Belly Dance Practice—Thursdays, 12:30-1:30pm. Come practice the moves you learned in the Spring session and learn new moves with your fellow classmates!

Chair Yoga—Mondays 6/26-8/7, 11:30am-12:30pm. Cost \$18. And Thursdays 6/29-8/10, 2-3pm. Cost \$21. Join Gia as you learn yoga basics using a program that adapts to any fitness level. All movements are done seated and will work your core and extremities.

NEW Class—Core Strength—Monday & Wednesdays 7/5-8/9, 1:30-2:15p. Cost \$30. Build core strength to enhance movement and protect joints. Class will include standing and floor exercises. This will be a small class with lots of direct coaching by an exercise physiologist from the Hartford Healthcare System.

Dance Around the World with Gia—Tuesdays 6/27-8/8, 1:30-2:15pm. Cost \$18. This class consists of simple dance moves put to popular tunes from around the globe. Dances are loosely choreographed and spontaneous and can be followed without memorizing steps.

Painting—Tuesdays 7/11-8/8, 10-11:30am. Cost \$15. Join this free-flowing class/artist's group where the instructor is available to provide individual guidance as needed. All skill levels welcome.

T'ai Chi Qigong—Thursdays 6/29-8/10, 11a-12p. Cost \$21. Explore the ancient forms of T'ai Chi Chuan and the Chinese healing rituals of Qigong that include mindfulness, medication and acupuncture.

Computer Learning Center Schedule

The Computer Learning Center is here to empower you for the computer age! Register for these classes on-line at Wethersfieldct.gov or in person with Lisa or in the Parks & Recreation office. Open lab times continue on Tuesday and Thursday afternoons from 2:30-4:30pm. During this time you can work on the labs laptops equipped with Windows 10.

- **iPhone for New Users I**—Smartphones are powerful and useful. Apple's iPhone is one of the easiest to learn and use. This workshop is for the new user of an iPhone 4, 5, 6 or 7. Learn about the home screen, how to make and receive calls, review settings, customize phones and connect to WiFi. Bring your fully charged iPhone. **Mon, 6/19, 12:30-2:30p**. Fee: \$10.
- **iPhone for New Users II**—This workshop is a continuation of iPhone for New Users I. Emphasis on texting, taking and sharing photos, creating and using contact lists and getting emails on your phone. Bring your fully charged iPhone. **Tue, 6/20, 12:30-2:30p**. Fee: \$10.
- **iPhone Intermediate**—Have you been using your iPhone for a while 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. There's also an introduction to the world of apps, including how to search and download apps. Bring your fully charged iPhone. **Wed, 6/21, 12:30-2:30p**. Fee: \$10.
- **Keeping in Touch with Email**—Email is a great way to stay in touch with friends and family. Participants will use their own email accounts during this 2-session class that starts off with the basics including creating, sending and receiving emails and learning how to manage junk messages in your mailbox. The second session will concentrate on sending files and photos and creating an address book and lists. Participants must bring their log-on and password information to be able to access their email accounts on the computer lab's laptops or they may bring their own laptop. **M/W, 6/26 & 6/28, 12:30-2:30p**. Fee: \$20.



Upcoming Bus Trips!

The Senior Center continues to work with Friendship Tours to bring you bus trips in the coming months! Call Lisa at 860-721-2979 for more information or to sign up for a trip! Trip flyers are available at the Senior Center.



- **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.
- **Tuesday, October 24**—Enjoy a day of entertainment, food, games and dancing at **Krucker's Octoberfest** in Pomona, NY. Cost \$89.

Senior Center Health Programs

Free Blood Pressures— **Wed, June 14**, 10:30-11:30a in the Banquet Room. (Ellis Manor provides this BP testing on the 2nd Wed of each month.) And **Thur, June 22**, 12:30-1:30p outside the Senior Center office. (Cedar Mountain Commons provides this testing on the 4th Thur of each month.)

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

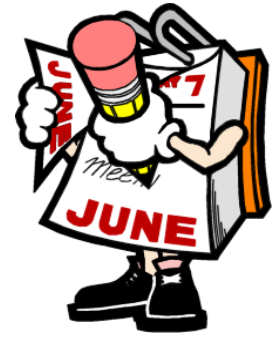
Foot Care Clinics—**Fri, June 2 & Tue, June 27**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appointments.

Wethersfield Stroke Club—A support group for stroke survivors and 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.



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.
- ⇒ **Golf League** plays in Goodwin Park spring through fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call Lisa if you're interested in starting a particular card or board game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Instruction is available for beginners. Call Lisa at 860-721-2979 to arrange instruction.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for the annual bingo fundraiser. Contact Pam Silva at 721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, June 19** at 10a. All levels of ability welcome.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes and assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles and partners, beginners and 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. New members welcome!
- ⇒ **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 June:

June 12—LaLa Land. Starring Ryan Gosling & Emma Stone. While pursuing showbiz fame, jazz pianist Sebastian, falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray. PG-13, 128min. (Snacks provided this week by Maplevew Health & Rehab Center.)

June 19—Hidden Figures. Starring Octavia Spencer, Kevin Costner & Kirsten Dunst. In this true story about the race to space between the United States & the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space. PG, 127min.

June 26—Jackie. Starring Natalie Portman. Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy and to define her own. Rated R, 100min.



Rent Rebate

The Rent Rebate program continues through October 1. In order to qualify, renters must have been 65 as of 12/31/16 or over 18 and permanently & totally disabled. Income must fall below \$35,200 for a single person and \$42,900 for a couple. Applicants must provide proof of all income, rent, and utility expenses for 2016. Forms 1099 from all sources of income are required. And you must provide a copy of your 2016 Federal income tax return if you filed. Those under 65 with a disability must provide a current statement from Social Security with proof of disability. Wethersfield Social Service staff will visit **Wethersfield Housing Authority, 60 Lancaster Road on Tue, June 20 from 9a-12N** and **Lasher Court, 333 Maple Street on Tue, June 27 from 10a-12N** to take applications. Wethersfield residents can also call 860-721-2977 for an appointment to apply at Town Hall.

Watch Your July Newsletter for...

- Summer Celebration—**Mon, 7/24 at 6-7:30p**. Live performance by the four-piece band, The Cartells! Tickets become available to the public on 7/1.
- Lunch & Learn: Travel to Taiwan— **Wed, 7/12, 12N**. Travelogue complete with artifacts and Taiwanese snacks! Presented by Wethersfield resident and Senior Center member, TzouMin Hsiung. Call Lisa at 860-721-2979 to register.
- \$3 Haircuts—**Fri, 7/14**. Must be a Senior Ctr member & appointment required. Call Lisa.

