

Class Schedule!

Some Senior Center classes will begin in March & April. Others began in January and will continue straight through til spring! Here's a reminder of what's happening. Sign up on-line at Wethersfieldct.gov prior to the start of classes or in person with Lisa or the Parks & Rec office staff after classes have begun.

BEGINNING SOON....

Good Life Functional Fitness—Monday & Wednesdays, 3/6 - 5/24. 1:30-2:15p. Fee: \$35. This structured exercise group will be run by an exercise physiologist from the Hartford Healthcare system. The two 45-minute sessions weekly help you maintain functional mobility and strength using a series of progressive exercise routines focused on improving posture, balance, agility & strength.

The Many Ways of Mindfulness Workshop—Wednesdays, 3/8 - 3/29. **10-11am (PLEASE NOTE THIS IS A TIME CHANGE)**. 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!

Dance Around the World with Gia!—Spring semester starts Tuesday, 4/4 through 5/30. 1:30-2:15pm. 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 moderately paced and a great work out!

Belly Dance Class—Thursdays, 4/6 through 5/25. 12:30-1:30pm. Fee: \$16. 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.



ALREADY IN PROGRESS....

Art & Mindfulness—continues on Thursdays through 5/11. 9:30-10:45am. Fee: \$32.

The Artist's Journey—continues on Wednesdays through 5/10. 10-11:30am. Fee: \$32.

Chair Yoga—continues on Mondays, through 5/8. 11:30am-12:30pm. Fee: \$30 and on Thursdays through 5/11. 2-3pm. Fee: \$32; Fee for both Monday & Thursday classes: \$60.

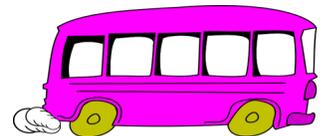
Painting with Faye—continues on Tuesdays through 5/9. 10-11:30am. Fee: \$32.

T'ai Chi Qigong—continues on Thursdays through 5/11. 11a-12p. Fee: \$32.



Bus Trip Are Back!

Bus trips will begin again this spring! Keep your eyes peeled for more information on the following trips and for new trips that may be added to the schedule! 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. Lunch on your own in downtown Newport. Cost \$64.
- **Wednesday, July 12**—**CT Lighthouse Cruise**. This is a 2-hour cruise aboard the Sea Jet, a smooth sailing catamaran equipped with modern-airline style seating on two enclosed, air-conditioned passenger decks. We'll see nine CT lighthouses and enjoy dinner at the Steak Loft in Olde Mistick Village. Cost \$94.
- **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.

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 also continue on Tuesday and Thursday afternoons from 2:30-4:30pm.

- **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.
- **iPad Intermediate**—This four-session class, for people who already know the basic iPad operations, will cover organization of your desktop, texting, photos, video, eBooks and working with a variety of pre-installed and purchased Apps. Fee includes text. \$5 discount for iPad Beginner graduates. **M/W, 3/27-4/5.** Fee: \$40.
- **Welcome to Windows 10**—In this four-session class, we'll learn to work with the Windows 10 desktop, open and close Apps, use the calculator, help with support, weather, news, solitaire and the Word Pad App. Use File Explorer and learn to save and find documents. Text included. **T/Th, 4/11-4/20.** 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.** 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!

\$3 Haircuts

The students from the International Institute of Cosmetology return to the Senior Center on **Friday, March 10** to offer haircuts at the bargain price of \$3. All students work under the supervision of an instructor. You must call Lisa at 860-721-2979 for an appointment.



Intergenerational Pen Pal Program

Are you a senior who thinks the “younger generation” could benefit from a little old-fashioned wisdom? If so, a new Intergenerational Pen Pal Program in town could be just the thing! If you would be interested in communicating via letter or email with a sixth grader from the Wethersfield School system, there are 31 sixth-graders ready and waiting to be your Pen Pal! If you're interested, contact Heather at 860-529-1955.



Senior Center Health Programs

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

Free Blood Sugar Testing— **Fri, March 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, March 3 & Tue, March 28**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appointments.

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.



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, March 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, March 20** 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 March:

March 13—**Wild Oats**. Starring Shirley MacLaine, Jessica Lange & Demi Moore. In this outrageous comedy, Eva, a widow and retired history teacher enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5 million instead of the expected \$50,000. At the not-so-gentle urging of her best friend, Eva deposits the money and the two friends head to the Canary Islands where mayhem ensues! PG-13, 91min.

March 20—**The Sea of Trees**. Starring Matthew McConaughey. In this drama, Arthur Brennan is ready to end it all. But when he travels to Japan's famed "suicide forest" his plan is disrupted by the arrival of another lost soul, and what begins as a quest to kill themselves, instead becomes a tale of survival. PG-13, 110min.

March 27—**Money Monster**. Starring George Clooney & Julia Roberts. Directed by Jodie Foster. Landing in dire financial straits after following a stock tip from a television personality, Kyle Budwell takes the TV host hostage on live television and threatens to kill him unless he turns the stock price around before the closing bell. Rated R (due to violence), 98min.



Reminders...

- **AARP Tax Aid**—Free tax preparation assistance continues through April 12 for low and middle-income taxpayers of all ages with special attention to those 60 years and over. Services are provided by trained AARP volunteers at the Pitkin Community Center every Wednesday during tax season. Call Wethersfield Social Services at 721-2977 for an appointment and to learn what you must bring with you to your appointment.
- **Energy Assistance Program**—This program provides assistance with heating expenses. Wethersfield residents should call 721-2977 for info about what documents are required to apply and for an appointment.
- **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.

Watch Your April Newsletter for...

- **Musical Entertainment**—on **Mon, 4/3 at 1p**, we'll feature singer/guitarist Kat Kennedy.
- **Hearing Screenings** on **Mon, 4/17**. Register with Lisa.
- **Knowledge & Nibbles**—**Tue, 4/18, 10a**—Learn about the Newington Rapid Recovery facility and their Cardiac Care Unit. Register with Lisa
- **\$3 Haircuts** on **Fri, 4/21**. Call Lisa for an appointment.
- **Soul Collage Workshop**—**Fri, 4/21-5/5. 10a-12N**. Join this 3-session workshop on a journey of self-exploration as you create personal affirmation cards using symbols and pictures. Call Lisa to register.
- **Lunch & Learn**— **Tue, 4/25, 12N**, "Estate, Asset & Legacy Planning" presented by Michael Alimo of USA Financial. Call Lisa to register.

