



Wethersfield Senior Center News

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November Musical Entertainment

Join us on **Mon, Nov 6 at 1p** as we welcome singer, Samantha Goodman. Samantha is a classically trained vocalist with an amazing voice and range. She'll serenade us with the classics, show tunes and more. You won't want to miss this extraordinary talent! Snacks will be served. Admission is \$2 for Senior Center members and \$4 for non-members. No registration required.



Friday Feature: The Caregiver Roadshow

On **Fri, Nov 10 at 10a**, expert volunteers from AARP will lead us in a conversation designed specifically for family caregivers. It is estimated that 34.2 million people in the US cared for adult family members last year. The value of their service had an estimated economic value of \$470 billion, that's more than the total value of paid home care and Medicaid spending in the entire nation! Given these amazing statistics, it's fair to say that caregivers are the backbone of our healthcare system and need support as they assist their loved ones to remain safely at home. This workshop will allow attendees to learn specific tools to navigate and connect to services, understand care options and costs, and stay informed on legislative actions that impact them. Call Lisa at 721-2979 by Tue, 11/7 to register. Snacks served. Free for Senior Center members.

Knowledge & Nibbles: Being Mortal—Film Screening & Discussion

Join us on **Mon, Nov 20 at 10a** for a screening and discussion of the ground-breaking PBS Frontline documentary, Being Mortal. Based on a best-selling book by Dr. Atul Gawande, the film explores the one, inescapable reality of life... death. If you thought you were dying, what would matter most? And why is it so difficult for patients, family and medical professionals to discuss this important topic openly? This documentary follows one surgeon's journey as he strives to better help his patients navigate the final chapters of their lives with confidence, direction and purpose. Come join the discussion as we re-examine how we think about death and dying. Call Lisa at 860-721-2979 by Wed, 11/15 to register. Snacks will be served. This presentation is free for Senior Center members.

Lunch & Learn: October Kitchen presents

“Undernourished and Over 65—Five Steps to Healthy Living”

There is a silent plague affecting millions of older Americans. It's easily remedied, but left untreated can lead to deadly consequences including hospitalizations, slow healing, impaired cognition and worsening symptoms of chronic disease. Join us on **Tue, Nov 28 at 12:30p** as we discover how to improve our health and longevity. This presentation will be given by Paul Finney, owner and Chef of October Kitchen. We'll enjoy a delicious home-cooked meal prepared by Chef Finney and learn about healthy eating. Call Lisa at 860-721-2979 by Wed, 11/22 to register. This presentation is free for Senior Center members.



Other Important Programs!

Walking DVD—Now that the weather's colder, come walk indoors! Beginning on **Mon, Nov 6 at 10a**, each Monday, Wednesday & Friday, we'll follow a simple DVD to get our miles in, in the safety and warmth of the Senior Center! The DVD will have you walking in place and doing very simple exercise steps to get your heart rate up! Join us in Room S2.



\$3 Haircuts—Students from the International Institute of Cosmetology will return on **Wed, Nov 29** to offer Senior Center members \$3 haircuts. All students continue to work under the supervision of an instructor. Attendees must arrive with freshly washed hair. Call Lisa at 860-721-2979 for an appointment.

Fall Classes Continue!

The fall semester of classes continues this month! Here's a review of the classes underway. See Lisa with any questions or for more information.

Art & Mindfulness—Thursdays, 9/21-12/7, 9:30-10:45a. No class on 11/23.

The Artist's Journey—Wednesdays, 9/13-12/20, 10-11:30a. No class on 11/22.

Belly Dance Re-Imagined!—Thursdays, 9/14-12/14, 12:30-1:30p. No class on 11/23.

Chair Yoga—Mondays, 9/11-12/11, 11:30a-12:30p. And Thursdays, 9/14-12/14, 2-3p. No class on 11/23.

Dance Around the World with Gia—Tuesdays, 10/3-12/12, 1:30-2:15p.

Painting—Tuesdays, 9/12-12/19, 10-11a.

Strength & Balance—Fridays, 9/8-12/15, 10-10:45a. No class on 11/24. And 11-11:45a. Wednesdays, 10/4-12/13, 11-11:45a. Cost: FREE for Silver Sneakers members.

Non-Silver Sneaker members pay a drop-in fee of \$3 per class.

T'ai Chi Qigong—Thursdays, 9/21-12/7, 11a-12p. No class on 11/23.



Medicare Open Enrollment

Medicare's annual open enrollment period runs from **October 15 through December 7** each year. This is your annual opportunity to make changes to your Medicare insurance coverage for 2018. During open enrollment, you can choose a different Part D plan to pay for your medications, switch to a Medicare Advantage plan, or switch back to traditional Medicare from an Advantage plan. Remember, insurance plans can change the drugs they cover each year and the physicians enrolled in their networks. It's important to check that any changes your plans will make in 2018 won't adversely affect your coverage. And even if you've had good coverage in 2017, it's worth a look to see if any coverage option might be less expensive.

Federal reports indicate that many seniors make decisions about their Medicare coverage when they first become eligible and let their coverage "roll over" from year to year not realizing there may be better options. If you have questions about your current coverage or would like help exploring and understanding your Medicare options, call Lisa at 860-721-2979 or Chris Taylor at 860-721-2977 for an appointment.



Computer Learning Center Schedule

Our fall Computer Learning Center schedule is underway! Below are our November offerings. And remember, volunteers are available to provide one-to-one assistance to answer your tech questions or help you learn to use a new device or software. There is a \$10 hourly charge for one-to-one assistance. Call Lisa at 721-2979 for more information, to register for these classes or for a one-to-one appointment.

Welcome to the World of Apps for Your iPad or iPhone—Tue, 11/7, 12:30-2:30p. Cost \$10. Learn how to search the AppStore, find free and useful apps and download and manage them. Participants must bring their Apple ID and password to download Apps.

What Can You Do with YouTube?—Tue, 11/14, 12:30-2:30p. Cost \$10.

YouTube is a free video sharing website that makes it easy to watch online videos on a variety of topics. Learn how to search for and view videos and how to upload your own videos to share with others.



Senior Center Health Programs

Free Blood Pressures*— Wed, Nov 8, 10:30-11:30a in the Banquet Room. (Ellis Manor provides this BP testing on the 2nd Wed of each month.) Cedar Mountain Commons provides testing on the 4th Thur of each month but will not be here this month due to the Thanksgiving holiday.

Free Blood Sugar Testing*— Fri, Nov 10, 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, Nov 3 & Tue, Nov 28—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.



*Please note that these programs are offered on a voluntary basis by our local health partners. Occasions do arise when staffing issues do not allow these programs to occur as scheduled. Cancellations can occur with short notice. We apologize in advance for any cancellations that may arise.

Energy Assistance

Wethersfield Social Services began accepting applications for the CRT Energy Assistance program in October. This program provides financial assistance for heating expenses during the 2017/2018 heating season. Wethersfield residents can make appointments to apply by calling 860-721-2977. To be eligible, a household's gross income must fall below established guidelines based on family size and annual income. The guidelines are: for a family of one—\$34,366.28; family of 2—\$44,940.52; family of 3—\$55,514.76. If you heat with a utility you should contact that utility company to ask if you are eligible to enroll in their Matching Payment Program. You must apply for and be eligible for Energy Assistance in order to qualify for the Matching Payment Program. Staff from the Social Service Department will be taking applications at the following locations this month:

Wed, Nov 1, 9a-12N—Wethersfield Housing Authority, 60 Lancaster Road

Wed, Nov 8, 9a-12N—Nathan Hale Senior Housing, 1534 Berlin Turnpike

Wed, Nov 29, 9a-12N—Wethersfield Housing Authority, 31 Butler Street

Senior Center Closure: The Senior Center will be closed on **Thur, Nov 23** and **Fri, Nov 24** for Thanksgiving.



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 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 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are held on the third Monday of each month at 10a. The group's next meeting is on **Mon, Nov 20**.
- ⇒ **The Rhythmairs Choral Group** practices held 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 860-258-0662 for more information.
- ⇒ **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 this month. No registration is required. Movies are subject to change depending upon availability. Showing in November:

Nov 13—Still Alice. Starring Julianne Moore & Alec Baldwin. When 50 year old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early Alzheimer's which forces Alice and her family to make radical changes in their lives. PG 13, 101min.



Nov 20—Going in Style. Starring Morgan Freeman & Michael Caine. Cheated out of their pensions, three elderly friends decide to exact justice from the system by robbing a bank and then heading to Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. PG 13, 96min.

Nov 27—Walking With the Enemy. Starring Ben Kingsley. When Nazis invade Hungary, young El-ek Cohen dons a Nazi uniform to save his skin and find his family. Instead, he uncovers a terrible truth. PG 13, 113min.

Thought for the Month:

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude!

—Denis Waitley



Time to Renew Your Senior Center Membership!

It's that time of year... time to renew your annual Senior Center membership. Join the close to 900 other seniors who are current Wethersfield Senior Center members! The cost of membership remains low... just \$5 for Wethersfield residents and \$7 for non-residents. Your membership entitles you to FREE entry into many programs including our Lunch & Learns, Friday Features, and Knowledge & Nibbles series and most senior-run ongoing activities! You also pay a reduced rate for entry into our monthly Musical Entertainment on the first Monday of each month. So be sure to join or renew your membership today! See Lisa for your 2018 membership card.



Watch Your December Newsletter for...

- Musical Entertainment—**Mon, 12/4 at 1p**. Come enjoy a special holiday treat... Sally Frielle & Louis Mongillo, two elegant dancers, will dance us into the holiday spirit! No registration required.
- Senior Center Holiday Open House!—**On Fri, 12/8, at 10a** come see everything the Senior Center has to offer including brief demos of classes, art class displays, music by the Rhythmairs, free blood pressures, chair massages, holiday food and more!
- Lunch & Learn: What is Hospice Care?—**On Tue, 12/12 at 12N** a rep from Vitas Healthcare will talk to us about hospice care and offer an explanation of the Medicare hospice benefit.



Call Lisa at 860-721-2979 for more info or to register for any of these programs!