



Wethersfield Senior Center News

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October Musical Entertainment

Join us on **Mon, Oct 2 at 1p** as we enjoy the musical talent of Robert Lupi. Robert has entertained us before and is back by popular demand! He has a wonderful voice and a sense of humor to match! He'll perform favorites from the 50s and 60s and you won't want to miss his fun Elvis impersonations! Snacks will be served. Admission is \$2 for Senior Center members and \$4 for non-members. No registration required.

Computer Learning Center/Wethersfield Library Lunch & Learn: On-Line Library Resources!

Presented by the Computer Learning Center and the Wethersfield Public Library, come learn about on-line library resources in this presentation on **Wed, Oct 11 from 12-1:30p**. You'll learn that you don't always have to go the library to take advantage of their services and resources. You can access databases including Consumer Reports, Morning Star, Ancestry, AtoZ, Hoopla, Lynda.com, Freegal and many more sites from the comfort of your own home! Come learn about the array of resources you can access on-line. A free light lunch will be served. Call Lisa at 860-721-2979 by Fri, 10/6 to register.

Friday Feature: What Is Chiropractic Care?

Do you have friends who swear by their Chiropractor but you'd like to know more about the service before you consider an appointment? Come meet Chiropractor, Dr. William McEvoy on **Fri, Oct 13 at 10a** for this month's Friday Feature. We'll learn what training chiropractors receive, what they do and the health problems they can help with. Snacks will be served. Call Lisa at 860-721-2979 by Tue, 10/10 to register. This presentation is free for Senior Center members.



Senior Center Lunch & Learn: The Road to Liveability

Sponsored by AARP, join us for a Lunch & Learn on **Tue, Oct 24 at 12N**. This is an interactive presentation that examines "what you have" vs. "what you need" when it comes to your home, car and community in order to remain in place as you age. Participants will gain an understanding of the tools and resources available to create a home where you can live safely and comfortably no matter what age. A light lunch will be served. Call Lisa at 721-2979 by Fri, 10/20 to register. This presentation is free for Senior Center members.

Knowledge & Nibbles: Crop Circles!

What better day than Halloween Day to explore the mystery and majesty of crop circles! Join us on **Tue, Oct 31 at 10a** as naturalist and educator, John Root teaches us about the powerful and mysterious energies at work in these intricate formations that have been appearing in farmers' fields for decades! Many crop circles occur near ancient sacred sites and refer to mystical traditions! Come celebrate Halloween with us! Call Lisa at 860-721-2979 by Fri, 10/27 to register. Halloween snacks served! This presentation is free for Senior Center members.



October Workshops!

Live Well with Diabetes—Join us on **Wednesdays beginning Oct 11 at 1:30p** for this highly-acclaimed 6-week workshop for people with diabetes, pre-diabetes or the caregiver for someone with diabetes. This workshop will be led by an RN who will cover topics of special interest to those managing their diabetes including: managing your blood sugars, communicating with healthcare professionals, caring for your feet, fighting fatigue, eating healthier and building your confidence. Learn how to control your diabetes today! Call Lisa at 860-721-2979 by Wed, 10/4 to register.

Creating Adorable Pop-Up Cards!—Feeling crafty? Join Kathleen, a retired art teacher as she teaches us to create adorable and simple pop-up greeting cards. Your grandkids will love to receive them for Halloween and Christmas! They're simple to make and you'll have creative fun during this 3-week workshop on **Fridays beginning Oct 13, 10-11:30a**. Call Lisa at 860-721-2979 by Fri, 10/6 to register. Cost: \$10.



Fall Classes Underway!

Most fall classes began last month! Here's a review of the classes underway. And remember... it's not too late to join. See Lisa for more information or to register.

Art & Mindfulness—**Thursdays, 9/21-12/7, 9:30-10:45a**. Cost \$33. No class on 11/23.

The Artist's Journey—**Wednesdays, 9/13-12/20, 10-11:30a**. Cost \$28. No class on 11/22.

NEW—Belly Dance Re-Imagined!—**Thursdays, 9/14-12/14, 12:30-1:30p**. Cost \$24. No class on 11/23. Join our re-vamped Belly Dance class with Donna, our new instructor. If you're not sure about joining, just drop in... this social group of ladies will welcome you!

Chair Yoga—**Mondays 9/11-12/11, 11:30a-12:30p**. Cost \$26. And **Thursdays 9/14-12/14, 2-3p**. Cost \$26. (Take both Monday & Thursday classes for the reduced price of \$50.) No class on 10/9 & 11/23.

Dance Around the World with Gia—**Tuesdays 10/3-12/12, 1:30-2:15p**. Cost \$22. This class, taught by Gia, 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 9/12-12/19, 10-11a**. Cost \$30.

NEW—Strength & Balance—Two Friday sessions of this class are already full. Call Lisa if you're interested in joining a possible third session! Cost: FREE for Silver Sneakers members. Non-Silver Sneaker members pay a drop-in fee of \$3 per class; buy 11 classes and get the 12th free!

T'ai Chi Qigong—**Thursdays 9/21-12/7, 11a-12p**. Cost \$22. No class on 11/23.

Important Dates to Remember!

Bingo Craft Fair—The Annual Bingo Craft Fair will be held on **Wed, Oct 11 from 9:30a-1p** in the Community Center Lobby. The craft group has been busy all year long creating lovely hand-made items that you'll be happy to display in your home or give as gifts. So come prepared to shop!

\$3 Haircuts—Students from the International Institute of Cosmetology will return on **Wed, Oct 11** to offer Senior Center members \$3 haircuts. Call Lisa at 860-721-2979 for an appointment.

AARP Safe Driver Class—The October 27 Safe Driver class is full. Our next class will be offered on **Mon, Dec 11, 9a-1p**. Cost: \$15 for AARP members; \$20 for non-members. Come refresh your driving skills and earn a discount on your car insurance. Call Lisa at 860-721-2979 to register.

Flu Shots—The Central CT Health District will be offering flu shots again this fall. Shots will be offered at the Pitkin Community Center on **Tue, Oct 3 from 9a-12N and on Thur, Oct 12 from 2:30-6p**. For more information, please visit www.ccthd.org or call 860-721-2822.

Energy Assistance—Staff from the Town Social Service Department will be taking applications for the energy assistance program this month on **Wed, Oct 18 at Nathan Hale Apts from 9am-12N**. Wethersfield residents can also call 860-721-2977 to make an appointment to apply at Town Hall.



Computer Learning Center Schedule

Our fall Computer Learning Center schedule is underway! Below are our October offerings! Call Lisa at 860-721-2979 for more information and to register for these classes.



LUNCH & LEARN: On-Line Library Services—Wed, 10/11 from 12-1:30p. Presented by the Computer Learning Center and the Wethersfield Public Library, come learn about on-line library resources. See page 1 of this newsletter for more details.

Welcome to Windows 10—Mon/Wed, 10/16-10/25, 9:30-11:30a. Cost \$40. Learn to work with the Windows 10 desktop, open and close Apps, use the Calculator, Help and Support, Weather, News, Solitaire and WordPad. Work with File Explorer and learn to save and find documents. Fee includes text.

Using Productivity Apps on Your iPad: Notes, Pages & Word—Mon, 10/16, 12:30-2:30p. Cost \$10. Learn about the built-in Notes App and how to create folders for organization, convenience and fun. A demonstration of Pages and Word will also be covered.

Using Facebook on Your iPad or iPhone—Tue, 10/17, 12:30-2:30p. Cost \$10. Familiarize yourself with Facebook basics so you can see what your family and friends are up to! This class is for beginners and is limited to five students.

Organizing Photos on Your iPad or iPhone—Wed, 10/18, 12:30-2:30p. Cost \$10. Learn how to manage your photos and videos by creating albums that make sense to you using the built-in Photos App.

Apps on Your iPad or iPhone—Tue, 10/24, 12:30-2:30p. Cost \$10. Learn more about the apps that come with your phone such as Maps, Siri, News, FaceTime, Clock, iTunes and Messages.

Reading Books on Your Tablet—Fri, 10/27, 10a-12N. Cost \$10. Discover how to use the iBooks and Kindle Apps on your Apple or Android device to download and read books. Learn how to borrow books from the library and read them on your device.

Last Call for a Bus Trip!

Join your fellow Senior Center members on the last trip of 2017! Call Lisa at 860-721-2979 for more information or to sign up. Trip flyers are available at the Senior Center.

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



Senior Center Health Programs

Free Blood Pressures— Wed, Oct 11, 10:30-11:30a in the Banquet Room. (Ellis Manor provides this BP testing on the 2nd Wed of each month.) And **Thur, Oct 26, 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, Oct 13, 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, Oct 13 & Tue, Oct 24—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.



Senior Center Closure: The Senior Center will be closed on **Mon, Oct 9** for Columbus Day.

Come Hula With Us!

Join us on **Thur, Oct 26 at 12:30p** when we'll enjoy a special treat... a visit from Tiare Kahana who will be our guest instructor for a Hula class! Tiare has been here before and is a talented and beautiful hula dancer. Tiare learned from her mother who was trained in the traditional and sacred art of the hula dance and was chosen to dance with Elvis Presley in his movie, Blue Hawaii! Tiare will teach us a little about the history of the islands and how every dance tells a story. We'll learn a dance or two from Tiare and enjoy the nostalgic music of Don Ho and Elvis! This class is free for Senior Center members. Call Lisa at 860-721-2979 to register.



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 held on the third Monday of each month at 10a. The group's next meeting is on **Mon, Oct 16**.
- ⇒ **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 October:

Oct 16—The Great Gilly Hopkins. Starring Kathy Bates & Glenn Close. Spirited and rebellious, 12-year old Gilly has been in and out of a long string of foster homes. When she's sent to live with the unorthodox Maime Trotter (Kathy Bates), Gilly doesn't intend to stay long. But Maime isn't about to quit on her young charge! PG, 97min.

Oct 23—The Odd Life of Timothy Green. Starring Jennifer Garner. A childless couple buries a box filled with wishes for their dream son. That night a mysterious young boy arrives to fill their lives with magic! PG, 104min.

Oct 30—Queen of Katwe. A movie based on the true story of a Ugandan girl's life that is changed forever when she discovers she has an amazing talent for chess. A celebration of the human spirit. PG, 124min.



Watch Your November Newsletter for...

- Musical Entertainment—**Mon, 11/6 at 1p**. You won't want to miss classically trained vocalist, Samantha Goodman! No registration required.
- Walking DVD—Now that the weather's colder, come walk indoors! Beginning on **11/6 at 10a**, each Monday, Wednesday & Friday, we'll follow a simple walking DVD to get our miles in, in the safety and warmth of the Senior Center!
- Computer Learning Center Classes—Windows 10 Intermediate (**M/W, 11/6-11/15, 12:30p**), Welcome to the World of Apps for Your iPad or iPhone (**Tue, 11/7 at 12:30p**), and What You Can Do With YouTube! (**Tue, 11/14, 12:30p**)
- Friday Feature: The Caregivers' Roadshow—On **Fri, 11/10 at 10a**, come join a conversation designed for caregivers. You'll learn tools to navigate and connect to much needed services.
- Knowledge & Nibbles: Being Mortal—Film Screening & Discussion—**Mon, 11/20 at 10a-12N**. Come view the ground-breaking PBS Frontline documentary, Being Mortal featuring Dr. Atul Gawande as we face the one, inescapable reality of life... death.
- Lunch & Learn: October Kitchen presents "Undernourished & Over 65: Five Steps to Healthy Living"—**Tue, 11/28 at 12:30p**. Owner and Chef of October Kitchen will prepare a delicious meal for us and teach us how to improve our health and longevity through proper nutrition.
- \$3 Haircuts—offered **Wed, 11/29**. Call Lisa for an appointment.



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