



Wethersfield Senior Center News

Wm. J. Pitkin Community Center
30 Greenfield Street, Wethersfield, CT 06109
Tel.: (860) 721-2979 FAX (860) 721-2956
Lisa Galipo, Senior Center Coordinator
Lisa.galipo@wethersfieldct.gov

SEPTEMBER, 2017

Computer Learning Center Lunch & Learn: iPad Demo!

Our dedicated Computer Learning Center volunteers will present a Lunch & Learn on **Tue, Sept 5 at 12N**. Are you considering purchasing an iPad? Would you like to know how you can use it? This presentation will provide an overview of the many uses of an iPad. Learn about built-in Apps (programs) such as photos, email, texting, maps, books and other free and purchased apps. A free light lunch will be served. Call Lisa at 860-721-2979 by Thur, 8/31 to register.

Knowledge & Nibbles: Decluttering!

Are you tired of living with clutter? Join us on **Tue, Sept 12 at 10am** as we learn how to “tame the beast!” This presentation will help guide, motivate and inspire you in your quest to transform chaos into calm! With a “judgement free” approach, expert Jeannette Westwood, owner of Let’s Get Organized Today, LLC, will help you create balance and harmony so you feel “at home” in your home! Call Lisa at 860-721-2979 by Fri, 9/8 to register. Snack will be served. This presentation is free for Senior Center members.



Free Hearing Screening

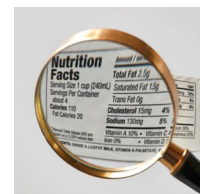
On **Mon, Sept 18** the Hearing Wellness Center will come to the Senior Center to offer free hearing screenings and hearing aid cleanings. This is an initial screening which can tell you if your hearing loss is a simple issue of ear wax or something more complicated that may require hearing aids. Further testing and follow-up is done in the Rocky Hill office of the Hearing Wellness Center. Contact Lisa at 860-721-2979 for a screening appointment.

Friday Feature: Car Insurance “101”

Are you over or under-insured? Do you understand all the jargon in your auto policy? Have you ever read the “fine print?” Do you question why your premiums keep rising as you age? On **Fri, Sept 22 at 10am** Stephanie Whiteway from Liberty Mutual Insurance will answer all of your questions about auto and other types of insurance. This presentation is strictly educational. Snacks will be served. Call Lisa at 860-721-2979 by Wed, 9/20 to register. The presentation is free for Senior Center members.

Senior Center Lunch & Learn: Understanding Food Labels

Do you have trouble reading and understanding the nutrition facts on those confusing food labels? On **Tue, Sept 26 at 12N**, Registered Dietitian for the Wethersfield Schools Food Service, Joanne Morillo, will teach us how to break down the components of food labels in an interactive presentation. You’ll learn an easy way to quickly read and understand nutrition labels and about the upcoming changes planned for labelling. A light lunch will be served. Call Lisa at 721-2979 by Fri, 9/22 to register. The presentation is free for Senior Center members.



AARP Safe Driver Class—Our September Safe Driver class is full, but space is available in our next class on **Fri, 10/27, 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. Snacks served.

Workshops!

Sculpting Portraits—**Thursdays, 9/14-10/19, 10-11:30a**. Cost: \$25. Ready to stretch your artistic wings? Join Deidre as she teaches us to sculpt clay portraits. No need to be intimidated. This class is for beginners or those who want to improve their understanding of the anatomy of the head and face and capture likenesses. This is a comprehensive, hands-on, fun 6-week workshop. Call Lisa at 860-721-2979 to register.

Matter of Balance—**Thursdays, 9/21-11/19, 1:30-3:30p**. Many seniors experience concerns about falling and therefore restrict their activities. This workshop is an award-winning program designed to help you manage falls and increase your activity level. You'll learn to view falls as controllable, make changes to reduce falls and set goals for increasing your activity. Call Lisa to register. Cost: Free to Senior Center members.

Fall Classes Begin!

Fall classes begin this month! Here's the fall line-up. Registration for classes begins on August 30th for Wethersfield residents and August 31st for non-residents. Register for classes on-line at Wethersfieldct.gov or in person with Lisa or in the Parks & Rec Office.



Art & Mindfulness—**Thursdays, 9/21-12/7, 9:30-10:45a**. Cost \$33. Artist Denise Gander will lead this class as we learn to enjoy emotional and spiritual growth by exploring all facets of mindfulness. You'll foster artistic growth while having fun learning art basics. Let your creativity soar! No class on 11/23.

The Artist's Journey—**Wednesdays, 9/13-12/20, 10-11:30a**. Cost \$28. Begin your artist's journey with our highly talented artist, Deidre. She'll highlight sculpture but participants can work in the media of their choice. All ability levels welcome. No class on 11/22.

NEW—Belly Dance Re-Imagined!—**Thursdays, 9/14-12/14, 12:30-1:30p**. Cost \$24. Join our re-vamped Belly Dance class with Donna, our NEW instructor. You'll learn easy steps with modifications for your abilities. You'll have fun and enjoy a renewed sense of confidence as we create a signature dance for the class. You'll be looking forward to the next class each week with this very social group of ladies! If you're not sure about joining, drop-in; we're waiting to welcome you! No class on 10/26 & 11/23.

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) 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. 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. Join this free-flowing class/artist's group where the instructor is available to provide individual guidance as needed. All skill levels welcome.

NEW—Strength & Balance—**Fridays, 9/8-12/15, 10-10:45a**. Welcome to the Senior Center's first **Silver Sneakers class!** This class is designed to help you become stronger and improve balance. The movements taught focus on specific exercises to improve the strength and power around your ankles, knees and hips while improving your reaction time. The class is designed for fall prevention and is suitable for nearly every fitness level. Exercises will be adapted depending on the skill of individual participants. A chair can be used for balance and support. (No exercises on the floor.) 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! Call Lisa at 860-721-2979 to register.

T'ai Chi Qigong—**Thursdays 9/21-12/7, 11a-12p**. Cost \$22. Join our instructor Denise, as we learn to perform the ancient forms of T'ai Chi Chuan and the Chinese healing rituals of Qigong that include mindfulness, meditation and acupuncture. No class on 11/23.

Computer Learning Center Schedule

Our Computer Learning Center volunteers are back and here's their September schedule! Call Lisa at 860-721-2979 for more information and to register for these classes.

LUNCH & LEARN: iPad Demo—Tue, 9/5, 12N. If you're considering purchasing an iPad, this Lunch & Learn is for you! See Page 1 of this newsletter for details!

Intro to iPad—Fri, 9/8, 12:30-2:30p. Cost \$10. Did you recently receive an iPad and aren't sure how to begin using it? Come explore the basic operations of your iPad. This workshop will prepare you to explore future iPad workshops!

Surfing with Your iPad—Mon, 9/11, 10a-12N. Cost \$10. Learn to surf the web and strengthen your searching skills using Safari, the iPad's built-in browser. You'll learn how to customize Safari for your use and bookmark favorite sites.

Emailing with Your iPad—Mon, 9/18, 12:30-2:30p. Cost \$10. Email is a great way to stay in touch with family and friends. We'll go over the basics of email including creating, sending and receiving emails. You must have an email account set up on your iPad to take this class.

Working with Photos on Your iPad—Wed, 9/20, 12:30-2:30p. Cost \$10. Learn how to take pictures and videos on your iPad. We'll locate and edit pics and videos using the iPad photo editing options.

Exploring Contacts & the Calendar Apps on Your iPad or iPhone—Thur, 9/21, 12:30-2:30p. Cost \$10. Learn how to manage and create new contacts. Never forget a birthday again! You'll learn how to keep track of appointments and set up alerts on your calendar.



Upcoming Bus Trips!

The Senior Center continues 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.



- **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 Oktoberfest** in Pomona, NY. Cost \$89.

Senior Center Health Programs

Free Blood Pressures— Wed, Sept 13, 10:30-11:30a in the Banquet Room. (Ellis Manor provides this BP testing on the 2nd Wed of each month.) And **Thur, Sept 28, 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, Sept 8, 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, Sept 8 & Tue, Sept 26—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appointments.

Free Hearing Screening—Mon, Sept 18—free hearing screenings and hearing aid cleanings performed by the Hearing Wellness Center. This is an initial screening which can tell you if your hearing loss is a simple issue of ear wax or something more complicated. Further testing and follow-up done in their Rocky Hill office. Call Lisa at 860-721-2979 for a screening appointment.

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, Sept 4** for Labor Day.



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, Sept 18**.
- ⇒ **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 resume on Mondays at 1pm this month. No registration is required. Movies are subject to change depending upon availability. Showing in September:

Sept 11—**The Zookeeper's Wife**. Starring Jessica Chastain. This is the powerful, true story of 1939 Poland, when Antonina Zabinska and her husband run the Warsaw Zoo and raise their family in an idyllic existence. Their world is overturned when the country is invaded by the Nazis and they are forced to report to the Reich's newly appointed zoologist. The Zabinskis risk everything by covertly working with the Resistance to save families from Nazi brutality. PG-13, 126min.

Sept 18—**Gifted**. When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7 year old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy and his mother suddenly gets involved. PG-13, 101min.

Sept 25—**The Founder**. Starring Michael Keaton. The concept and expansion of McDonald's global fast food empire represents one of the great success stories of American business. This story profiles the company's founder, Ray Kroc whose canny instincts turned McDonald's into a golden brand. PG-13, 115min.



Rent Rebate Reminder—The Rent Rebate program continues through October 1. Applicants must meet eligibility requirements and provide proof of all income, rent, and utility expenses for 2016. Wethersfield Social Service staff will take applications at Executive Square on **Tue, Sept 12 from 9a-12N**. Residents can also call 860-721-2977 for an appointment to apply at Town Hall.

Watch Your October Newsletter for...

- \$3 Haircuts—offered **Wed, 10/11**. Call Lisa for an appointment.
- Joint Computer Learning Center & Wethersfield Library Lunch & Learn: “On-Line Library Services”—**Wed, 10/11 at 12-1:30p**. You don’t always have to go to the library to take advantage of their services and resources. Come learn about the array of library resources you can access on-line!
- Live Well with Diabetes Workshop—**Wed, 10/11-11/15 at 1:30p**. This is a 6-week workshop, led by an RN that will help you take control of your diabetes.
- Creating Adorable Pop-Up Cards—**Fri, 10/13-27 at 10a**. During this 3-session workshop, taught by a retired art teacher, you’ll learn to make adorable, simple pop-up cards that your family members, friends and grandkids will love to receive!
- Friday Feature: What is Chiropractic Care?—On **Fri, 10/13 at 10a**, Chiropractor, Dr. William McEvoy will answer all our questions about what chiropractors do.
- Lunch & Learn: The Road to Livability—**Tue, 10/24 at 12N**. Come learn about the resources available in the community (and what you need to advocate for) so that you can live safely and comfortably at home no matter what your age!
- AARP Smart Driver Class will be offered on **Fri, 10/27 at 9a**.
- Knowledge & Nibbles—Join us on Halloween Day, **Tue, 10/31 at 10a** for an exploration of crop circles! Learn about their mysterious energies and mystical traditions from naturalist, John Root!

