

**Coventry Senior Center
Program Highlights
~ FEBRUARY 2015 ~**

**Senior Center Hours
Monday - Friday, 9 a.m. - 4 p.m.
860-742-3525**

*Senior Center Coordinator: Carrie A. Concatelli, MSW
Senior Transportation Coordinator: Leigh H. Wajda*

Holiday Closures: The Senior Center will be closed Monday, February 16 in observance of President's Day.

Inclement Weather Policy: In case of inclement weather, the Coventry Senior Center will post information regarding cancellations, late openings and early closings on the following radio stations, television stations, and websites. When in doubt, call before you venture out!

<u>Radio</u>	<u>TV</u>	<u>Websites</u>
WILI 1400 AM	WVIT TV Channel 30	www.nbc30.com
WILI 98.3 FM	WFSB TV Channel 3	www.wfsb.com

Look What's New

February Movie Mondays: Come celebrate some of the February holidays with Movie Mondays in the Senior Center Lounge. Starting the month on February 2, we will be showing **Groundhog Day**, starring Bill Murray and Andie MacDowell. Next, on February 9, we celebrate Valentine's Day with the classic **Sleepless in Seattle**, with Tom Hanks and Meg Ryan. Finally, in honor of our Presidents, enjoy the charming feature **The American President** starring Michael Douglas and Annette Bening. This movie will be shown on the last Monday of the month, February 23.

February 2, Groundhog Day; 1:30 to 3:30 p.m.

February 9, Sleepless in Seattle; 1:30 to 3:30 p.m.

February 23, The American President; 1:30 to 3:30 p.m.

The Senior Center Presents

Voucher Transportation (re-scheduled from January): Do you ever want to attend special events but don't have a way to get there after hours? Are you tired of relying on family or friends for unexpected appointments? Do you want the flexibility of a taxi but can't afford the full cost? We are lucky to have a great transportation system at the Senior Center, but there are times when drivers are not available. Here is a chance to learn about an alternative program. Join us for a presentation by Eastern Connecticut Transportation Consortium, Inc. (ECTC), a non-profit organization that offers The Eastern Connecticut Travel Voucher Program, a flexible transportation system that provides subsidized (lower-cost than normal) taxi, livery, or wheelchair accessible rides to enrolled participants. Sign up at the front desk.

Wednesday, February 4 at 11:30 a.m.

The Senior Center Presents (continued)

Hips & Knees! What is your image of a nursing home? Do you think of it as a place for long term care? While nursing homes can provide that care, short-term “sub-acute” stays are becoming the norm for most people, as they work with physical and occupational therapists to return to the community. In fact, it is very common to go to a nursing home following a knee replacement or a hip replacement! Join us for a presentation on Hips & Knees by guest speaker Karen Duhamel, MSN, MS, RN, the new Director of Admissions for Vernon Manor HealthCare Center. She will discuss what it is like during the recovery period after replacement surgery and show a brief video to show you the recent renovations at Vernon Manor. Sign up at the front desk.

Thursday, February 5 at 10:30 a.m.

Senior to Senior Groups

Meet with Page: Paige McNichols is a different kind of Senior; she is a Senior at Eastern Connecticut State University, currently finishing her Bachelor’s degree in Social Work. She is an intern in the Coventry Human Services Department. Paige would like to plan some groups for the Coventry Seniors during March and April and would like to meet with you to find out what would interest you most! Come meet Paige and spend some time with her – we promise she is a delight!

Wednesday, February 11 at 11 a.m.

Creating Memories

Memoir Workshop: Creative writing is a great way to tell stories, and what better subject than you? Memoir workshops are an opportunity to share your best stories. Each month we will offer a different theme to start your creativity flowing, or select a topic of your own! Memoirs can be any length, from a paragraph to several pages. This is a self-directed group. Bring some of your writing and work on it with the help of your peers. Also, feel free to share your finished pieces during the workshop, or gather them together to form a collection for yourself or your loved ones. February’s suggested theme is “A time I fell in love.” Was it a person, a place, or something else? Was it a brief moment or the love of your life? When you think of this time, is it heartwarming or heartbreaking? The possibilities are endless! Or come with finished writing to continue January’s theme “Something New” or a second theme the group developed called “What I would tell my 21-year-old self.” No prior writing experience is needed to participate, and join in at any time.

Wednesday, February 4, 9:30 a.m. to 11:30 a.m.

Wednesday, February 18, 9:30 a.m. to 11:30 a.m.

Fun With Food

TVCCA Community Luncheons: Join us for delicious meals twice a month! On Wednesday, February 11, enjoy **crab stuffed flounder, sweet potato fries, sugar snap peas and fudge brownie**. The flounder lunch will be \$7. Tickets need to be purchased at the Senior Center by Wednesday, February 4. Then on Wednesday, February 25, enjoy a **roast beef sandwich on a Kaiser roll, minestrone soup and a chocolate chip cookie**. The roast beef sandwich lunch is \$5. Tickets need to be purchased at the Senior Center by Wednesday, February 18. If you are joining us for a TVCCA lunch, you can also purchase a ticket for takeout to bring a meal home with you for later. Please note that final meal counts are needed a week prior to the lunch and we can no longer offer refunds after the reservation deadline. We will save your meal in the refrigerator for 48 hours (until Friday).

Wednesday, February 11 at 12 p.m.; reservations by February 4.

Wednesday, February 25 at 12 p.m.; reservations by February 18.

Fun With Food (continued)

Out to Lunch: Save the date, our monthly outings for dining and conversation return in March! Join us for a trip to Nita's in Willimantic. Sign up at the front desk by Monday, March 2.

Wednesday, March 4.

Cook's Club: Join us for a recipe swap. February's theme will be muffins. Bring your favorite recipes and discuss hints to get the best baked good! Or bring some for sampling (optional).

Tuesday, February 17 at 11 a.m.

Let's Get Moving

Exercise Class: Exercise class encompasses many movements that can be modified to fit your current ability. Join certified instructor Mary Hurley for this low-impact class focused on stretching, light resistance and improving balance. Weights and exercise bands are provided. Dress comfortably and get ready to move!

Tuesdays and Thursdays, 9:30 a.m. to 10:30 a.m.

Fitness Center: The Fitness Center is open during all Senior Center hours. Enjoy the equipment in a private room overlooking the lake! Completion of a Fitness Center Packet and attendance at an Equipment Orientation Session is mandatory before using the Fitness Center. See Carrie to schedule an Equipment Orientation Session.

Health And Wellness

Podiatrist: Dr. Morgan provides podiatry (foot care) services every other month by appointment only. Call the Center to register and for more information about insurance coverage.

Thursday, March 26, 9:30 a.m. to 12 p.m.; by appointment only.

Wellness Nurse: Carol Levine, R.N. from Visiting Nurse and Health Services of Connecticut (VNHSC) offers blood pressure and blood sugar testing to help keep you on track. Even if you test at home, bring your numbers to compare.

Wednesday, February 18, 12:30 p.m. to 1:30 p.m.; no appointment necessary.

Ask the Nurse: Gladys Morgan, R.N. from Visiting Nurse and Health Services of Connecticut (VNHSC) is available to answer any medical questions.

Thursday, February 26, 12:30 p.m. to 2 p.m.; no appointment necessary.

Massage and Reflexology: Twice a month Deb Turner, L.M.T. provides 25 minute table massages or reflexology sessions. Both services are a great way to increase blood flow and relieve muscle tension. The \$15 fee is payable directly to Deb at the time of the appointment. Please call the Center to schedule your appointment.

Tuesday, February 10, 9:30 a.m. to 2 p.m.; by appointment only

Tuesday, February 24, 9:30 a.m. to 2 p.m.; by appointment only

Spa Day: Michelle DeLuco of Kennedy & Co. Salon & Spa will be here to offer spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. Haircuts are \$15, payable directly to Michelle at the time of the appointment. Hope Charette of Hope & Wellness Salon will also be here to offer nail clipping (manicure or pedicure). Nails are \$15, payable directly to Hope at the time of the appointment. Please call the Center to make an appointment or for more information.

Monday, February 9; 9:30 a.m. to 12:30 p.m.; by appointment only

Crafter's Corner

Quilting: Create beautiful quilts. Appropriate for all levels.
Fridays from 9:30 a.m. to 10:30 a.m.

Quilling: Learn this beautiful paper-rolling craft. Beginners welcome.
Mondays at 12:30 p.m.

Games Galore

Cribbage: A card game: add up your points and get further around the cribbage board.
Mondays, 9:30 a.m. to 12 p.m.

Dominoes: A classic game: create a train of dominoes and watch out for a closed track!
Mondays, 1 p.m. to 4 p.m.

Setback and Kaluki: Card games and good company!
Thursdays, 1 p.m. to 4 p.m.
Fridays, 1 p.m. to 4 p.m.

Wii Games: All are welcome to use the Wii games during Center hours. See Carrie to set up a tournament.

Senior Club

Senior Club: The Senior Club meets the third Wednesday of every month.
Wednesday, February 18, 12:30 p.m.; entertainment provided by Bruce John

Veteran And Military Services

Veteran's Advocate: The Veteran's Advocate is available by appointment. Please call the Senior Center for more information.

Packing for the Troops: Help create care packages for local members of the armed services.
Friday, February 20 at 9:30 a.m.

Save The Date- Coming in March

Heart Healthy Cooking: Watch a demonstration of how to make a healthy and cost-efficient meal and have a sample too.
Thursday, March 5 at 11 a.m.

Defining Your Legacy: Learn about how to properly leave instructions so your loved ones can handle all the details, whether small-scale sentimental items or a whole estate.
Tuesday, March 17 at 1 p.m.

300 Years of Connecticut Women: March is Women's History Month and the Coventry Senior Center is pleased to announce a presentation with The Connecticut Women's Hall of Fame. Transportation will be available for this special event.
Friday, March 20 at 11 a.m.

Other Services

CHOICES: CHOICES is the name of Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling and Eligibility Screening. This program offers Seniors assistance on health insurance concerns and helps Seniors understand and exercise their rights, receive benefits to which they are entitled, and to make informed choices about life concerns. Penny Whitaker, our Volunteer CHOICES counselor is available by appointment at the Senior Center. Carrie is also available for CHOICES appointments or for referral to any other resources as needed.

Foodshare: Mobile Foodshare comes to First Congregational Church (1171 Main Street).
February 11, February 25, March 11, March 25; 10 a.m. to 10:30 a.m.

AARP Tax Aid: As mentioned in last month's highlights, Coventry had a severe lack of volunteers to run our AARP Tax Aid site. However, we understand there is a great need for this service in our community. We are happy to inform you that we have been able to arrange appointments to meet the anticipated need. The addition of these appointments is due to the generosity of volunteers from surrounding towns, who are already "over-taxed" (pun intended) with the returns in their own towns. We are greatly appreciative of the help they are providing. We understand some of our Seniors have already arranged appointments at other nearby locations; AARP Tax Aid will honor these appointments.

Appointments will be available on the following Fridays: **February 13, February 27, March 6, March 13, and March 27.** We have a back-up date reserved in case of inclement weather. There will be three appointments per hour available on each date, and the appointments will be offered at **9 a.m., 10 a.m., 11 a.m. and 12 p.m.** Appointments must be made in advance. Please plan for at least one hour per appointment. Please indicate if you will need transportation when you make your appointment. Please note: for joint returns, both spouses need to be present.

On the day of your appointment you will be required to complete an interview questionnaire, bring a form of photo identification, and bring the following documents as applicable to your financial situation: copy of last year's tax return, proof of all income sources (which could include W2 for earned wages, unemployment compensation, SSA-1099 for Social Security, 1099-MISC for miscellaneous income, 1099-R for pension or annuity income), proof of interest or dividends (all 1099 forms), all forms indicating federal income tax paid, dependent care provider information, all receipts or cancelled checks for itemized deductions (such as property tax, car tax, medical expenses), and Social Security cards for you and all dependents.

Please note: AARP Tax Aid is free and is only possible due to the generosity of time given by these dedicated volunteers. In order for AARP Tax Aid to be offered in the future, Coventry will need to have our own volunteers make the commitment and be trained for next year's tax season. If you or anyone you know would be interested in offering this service to directly help our community, please see Carrie to get more information. Thank you for your consideration.

Town Happenings

Valentine's Dance: The Coventry High School Jazz Band is hosting a Valentine's Day Dance on Friday, February 13 from 6:30 to 9 p.m. in the Coventry High School Cafeteria. Tickets are \$5. Coventry High School student Tanner Wilson extended an invitation to Coventry Seniors to attend. The event will feature dance classics performed by the Jazz Band and refreshments will be served.

Boy Scout Fundraiser: Boy Scout Troop 65 is selling five-gallon buckets of sand and salt for \$8. They are offering free delivery for Coventry Seniors with a two bucket minimum purchase. To order, email Kristin at kristintingey@gmail.com. If you are not an email user we will help you contact her.

Textile Recycling: Two collection boxes are now available, at the transfer station and at 100 Olsen Farm Road, for unwanted textiles. See Carrie for a complete list of accepted items.

Drug Drop Box: A collection box for unwanted prescription and over-the-counter medications is now available at the Police Station.

Homeowner Program: The Tax Assessor's office is accepting applications from February 1 to May 15 for individuals with incomes less than \$34,600 and couples with incomes less than \$42,200.

Town-Wide Tag Sale: This spring, the Parks and Recreation Department is organizing a town-wide tag sale on Saturday, May 2. Host the tag sale at your home and the town will advertise for you and provide a road side sign. Registration is \$20 prior to April 17.

Human Services Department

Energy Program: The Human Services Office is accepting energy applications for winter heating on Tuesdays and Thursdays by appointment only. Please contact the Human Services Office at 860-742-5324 for further information about the Access Fuel Assistance Program.

Coordinator's Comments

A message from Carrie: Coventry Seniors are fortunate to have our Veteran's Advocate, Maurice "Moe" Collin. We were delighted to hear that Moe was recently honored at the Connecticut Veterans Hall of Fame for his service to Veterans. We would all like to say congratulations and thank you!

Communications

Mailing List: Please let us know if you would like to be added to our mailing list. You may receive our monthly calendar and highlights by mail or email. Better yet, sign up to get an automatic e-blast from the town of Coventry. See Carrie, Leigh or Penny to learn how!

Telephone: If you haven't already, please make sure we have your phone number so we can contact you to inform you of any changes to programs you are scheduled to attend. Thank you for your consideration!

Facebook: We are trying to add more information to the Coventry Senior Center Facebook page. Our goal is to reach 100 "likes" this spring. Please "like" us on Facebook.

Volunteers: We love our front desk volunteers and would love some more. Please see Carrie or Leigh if you would like to join us.

Reminder: Please sign in when you join us at the Senior Center! This is very important, not only for safety but also for planning purposes. In addition, please sign in to the fitness log when you use the fitness center, and sign in for attendance at the fitness class. We understand that these are extra steps but we greatly appreciate your efforts!