

Coventry Senior Center
Program Highlights
~ MARCH 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

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

Computer Classes: Christopher Carney from Booth & Dimock Library is offering four classes to help with any topics related to computers, such as internet, email, Facebook, tablets, etc. Come learn something new and get your questions answered.

March 11, March 25, April 8, April 22: 1:30 p.m. to 2:30 p.m.; sign up at the front desk.

From Here to There

March Trip: Join us for a trip to Manchester Community College to hear about the iconic G. Fox Building in Hartford. ***From Hula Hoops to High Fashion: G. Fox Co. in the 1950s*** is a presentation by Joe Waxman from the Connecticut Historical Society Museum and Library. He will guide you on a floor-by-floor "tour" of G.Fox and talk about Beatrice Fox Auerbach.

Friday, March 20; trip departs at 12:30 p.m.; sign up at the front desk.

The Senior Center Presents

Voucher Transportation: This presentation was rescheduled due to the weather. Our guest speaker is Ginger Morris from Eastern Connecticut Transportation Consortium, Inc. (ECTC), a non-profit organization that offers The Eastern Connecticut Travel Voucher Program. She will speak about subsidized taxi, livery or wheelchair accessible rides for enrolled participants.

Monday, March 2 at 10 a.m.; sign up at the front desk.

Heart Healthy Cooking: March is National Nutrition Month! Our guest speaker is Laura Falt, Director of Community Relations for Marlborough Health & Rehabilitation Center. She is hosting a cooking demonstration; she will share how to make a healthy and cost-effective turkey chili and provide tips on making additional meals using leftovers.

Thursday, March 5 at 11 a.m.; sign up at the front desk.

The Senior Center Presents (continued)

Silver Sneakers: Silver Sneakers is a fitness program covered through several health insurance plans. We are thinking about bringing Silver Sneakers to you! Join us for a free demonstration with certified group instructor Patricia Flubacher. She will show us what a Silver Sneakers class is all about! We would also like to know if there is interest to schedule an ongoing class, which would be in addition to our current exercise class. This class would be open to anyone, either billed directly through qualifying insurance plans or at a cost of \$2 per class.

Monday, March 9 at 9 a.m.; sign up at the front desk.

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. Guest speakers include Eric Judge and Kara Mastay of Edward Jones and Attorney Paul A. Nicolas Jr.

Tuesday, March 17 at 1 p.m.; sign up at the front desk.

Connecticut Women: March is Women's History Month and the Coventry Senior Center is pleased to announce "300 Years of Connecticut Women." A phenomenal presentation by Bambi Mroz of the Connecticut Women's Hall of Fame, learn about notable figures in the state's history, from Prudence Crandall to Katherine Hepburn!

Friday, March 20 at 11 a.m.; sign up at the front desk.

Creating Memories

Memoir Workshop: Creative writing is a great way to tell stories, and what better subject than you? Here is 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. No prior writing experience is needed to participate and you can join in at any time. 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. March's suggested theme is "Friendship." What role has friendship played in your life? Do you have any lifelong friends or maybe long lost? Has a member of your family become a best friend or maybe this special friend is covered in fur? The possibilities are endless!

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

Wednesday, March 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, March 11, enjoy **oven roasted salmon, baked potato, broccoli and peach cobbler**. The salmon lunch is \$7. Tickets need to be purchased at the Senior Center by Wednesday, March 4. Then on Wednesday, March 25, enjoy a **steak burger, baked beans, potato salad and apple crisp**. The burger lunch is \$5. Tickets need to be purchased at the Senior Center by Wednesday, March 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, March 11 at 12 p.m.; reservations by March 4.

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

Out to Lunch Bunch: Join us for a trip to Nita's in Willimantic.

Wednesday, March 4 at 11 a.m.; sign up at the front desk by Monday, March 2.

Fun With Food (continued)

Cook's Club: Join us for a recipe swap. March's theme is potatoes. Bring your favorite recipe for a potato dish and discuss hints to get the best results! Or bring some for sampling (optional).

Tuesday, March 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.

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 by appointment only.

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

Massage and Reflexology: Deb Turner, L.M.T. provides 25 minute table massages or reflexology sessions. Both 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.

Tuesday, March 10, 9 a.m. to 2 p.m.; by appointment only

Tuesday, March 24, 9 a.m. to 2 p.m.; by appointment only

Spa Day: Michelle DeLuco of Kennedy & Co. Salon & Spa will be here for 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 for nail clipping (manicure or pedicure). Nails are \$15, payable directly to Hope at the time of the appointment.

Monday, April 13; 9 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. Pizza will be served.
Wednesday, March 18, 12 p.m.; entertainment provided by We Got Rhythm.

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, March 20 at 9:30 a.m.

Save The Date- Coming in April

Hips & Knees: This presentation was rescheduled due to the weather. It is common to go to a nursing home following a knee replacement or a hip replacement. Our guest speaker is Karen Duhamel, Director of Admissions for Vernon Manor HealthCare Center. She will discuss what it is like during the recovery period after replacement surgery.
Thursday, April 2 at 10:30 a.m.; sign up at the front desk.

Money Smarts: Find out how to prevent financial exploitation and how to make informed financial decisions. The guest speaker is Eric Judge from Edward Jones.
Tuesday, April 14 at 1 p.m.; sign up at the front desk.

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 to help 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).
March 11, March 25, April 8, April 22; 10 a.m. to 10:30 a.m.

Other Services (continued)

AARP Tax Aid: We are thrilled to offer AARP Tax Aid for tax preparation assistance. Appointments are available on the following Fridays: **March 6, March 13 and March 27**. The appointments are offered at **9 a.m., 10 a.m., 11 a.m. and 12 p.m.** Please call to schedule your appointment in advance and plan for at least one hour per appointment. Please indicate if you will need transportation.

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

Box Tops: The Coventry Senior Center is now collecting Box Top Labels on behalf of the Coventry Grammar School PTO. The container is at the Senior Center front desk.

Chorus Concert: The Coventry High School Chorus is presenting a Choir Cabaret on Sunday, March 22 at 3 p.m. in the Coventry High School Cafeteria.

Textile Recycling: Two collection boxes are 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 until May 15 for individuals with incomes less than \$34,600 and couples with incomes less than \$42,200.

Town-Wide Tag Sale: 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

Grief and Loss Group: Human Services Intern, Paige McNichols is a Senior at Eastern Connecticut State University, currently finishing her Bachelor's degree in Social Work. As part of her education, Paige would like to learn more about coping with grief and loss. Paige would like to know if you would be willing to share your experience with her. If you would be interested in speaking with Paige please leave your name and phone number with the Senior Center staff.

Human Services Department (continued)

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.

News From Our Neighbors

Pharmacy Delivery: Price Chopper Pharmacy in Mansfield is offering free medication delivery to Coventry residents. If you would like to inquire about this service, call 860-553-6556.

Coordinator's Comments

A message from Carrie: What a wild winter we have had! It is a very difficult time of year when plans are dictated by the weather! Thank you for your patience as many events have been shuffled around. Also, it has been great to see many of you checking in with each other during the storms. This subtle gesture demonstrates the special relationships developed here at the Center.

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. Or ask us about other volunteer opportunities at the Center.

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!