

**Coventry Senior Center
Program Highlights
~ June 2016 ~**

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

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

A note from Carrie: We frequently hear people say “I am not a member of the Coventry Senior Center” or “How do I become a member?” The answer is: there is NO membership. We welcome you to come for a tour and see what we have to offer!

Senior Center Volunteer

Summer Volunteer: Rachel Runkle, a college student at Eastern, will be volunteering Tuesday afternoons and Thursday mornings for the summer. She will be working on a few projects to help our Senior Center. Welcome Rachel!

Summer Parking

Parking Permits: We welcome you to enjoy all that Patriots Park has to offer: the Senior Center, the beach and the park. The gate attendants will be at the parking lot entrance from **Saturday, June 18 to Monday, September 5**. Free parking passes will be available at the Senior Center Front Desk **starting on Wednesday, June 1**. You must show your driver’s license. The parking passes allow access to **both Patriots Park and Lisicke Beach for weekdays only**. Seasonal and daily passes are available through the Recreation Department.

Upcoming Events

End of Spring Fling: Put on your dancing shoes or come have a listen for a performance of Hits of the 20th Century by Entertainer Brian Gillie on **Wednesday, June 8 from 1 p.m. to 2 p.m.** Sign up at the front desk.

Pharmacist Appointments: We hope you take the opportunity to **schedule a 15-minute appointment** with Pharmacist Katie Mattox on **Friday, June 10 from 9 a.m. to 11 a.m.** Have a private one-on-one consultation without needing to stand in line at a busy pharmacy counter. She can answer questions and help you understand and organize your medications. Sign up at the front desk.

Welcome Summer Ice Cream Social: On **Monday, June 20 from 1 p.m. to 2 p.m.**, start the summer right with make-your-own sundaes. Sign up at the front desk.

Groups

Writing for Fun: Come on **Monday, June 6 from 1:30 p.m. to 2:30 p.m.** for short writing exercises. All experience levels welcome. No sign up necessary.

Let's Talk: Meet for comfortable conversation on **Monday, June 13 and Monday, June 27 from 11 a.m. to 12:30 p.m.** The group will discuss a variety of topics; no sign up necessary.

Recipe Refresh: Come on **Tuesday, June 14 at 10:30 a.m.** for a discussion about new and healthy ways to reinvent your favorite recipe classics. You do not need to cook to participate. No sign up necessary.

Fun with Food

Out to Lunch Bunch: Join us on **Wednesday, June 1 at 11:30 a.m.** to go to Toast in Mansfield. Sign up at the front desk by Wednesday, May 25.

TVCCA Bistro Lunches: Join us on **Wednesday, June 8 at 12 p.m.** for penne and meatballs, garlic bread, Caesar salad and chocolate cake. This meal is **\$5 and must be ordered by Friday, May 27** in the Senior Center office. Join us on **Wednesday, June 22 at 12 p.m.** for BBQ pulled chicken sandwich, macaroni salad, coleslaw and apple crisp. This meal is **\$7 and must be ordered by Monday, June 13** in the Senior Center office. Please note: Due to a change in policy at TVCCA, we must give the meal counts at an earlier date and cannot make any changes. **Please plan ahead so you do not miss out on the delicious meals!**

Let's Get Moving

Group Exercise Class: Join certified instructor Mary Hurley for a low-impact class **every Tuesday and Thursday from 9:30 a.m. to 10:30 a.m.** The class focuses on stretching, light resistance and improving balance. Weights and exercise bands are provided. **Each class is \$3** or participants can purchase a pre-paid card redeemable for any 10 classes for \$30. Join anytime!

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 an Equipment Orientation Session is mandatory before using the Fitness Center. See Carrie to schedule an orientation session.

Health and Wellness

Massage and Reflexology: Deb Turner, L.M.T. from Harmony Massage in Storrs provides 25 minute table massages for all over relaxation or reflexology sessions to treat tired and sore feet. 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. See the front desk for available appointments in June.

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. She will be here on **Monday, June 13 from 9 a.m. to 12 p.m. and Tuesday, July 12 from 9 a.m. to 12 p.m.** Haircuts are \$15, payable directly to Michelle. See the front desk for available appointments.

Nail Clipping: Hope Charette of Hope & Wellness Salon will be here on **Monday, June 13 from 9 a.m. to 1 p.m.** for nail clipping (manicure or pedicure). Nails are \$15, payable directly to Hope. See the front desk for available appointments.

Wellness Nurse: A nurse from Visiting Nurse & Health Services (VNHSC) will be here **Thursday, June 23 from 12:30 p.m. to 2 p.m.** Have your blood pressure and blood sugar taken; no appointment is necessary.

Podiatrist: Dr. Morgan provides podiatry (foot care) services by appointment only. His next visit is **Thursday, July 7 from 9:30 a.m. to 12 p.m.** See the front desk for available appointments.

Cards and Crafts

Billiards: Our pool table is well loved and recently received a much needed makeover. We are always looking for more pool players! Come play **Tuesdays, Thursdays and Fridays at 9:30 a.m.** All levels welcome.

Cribbage: Join in **every Monday at 9:30 a.m.**

Bingo: Games **every Tuesday from 1 p.m. to 4 p.m.** Bring your quarters to play; all money given out as prizes!

Setback and Kaluki: Every **Thursday and Friday at 1 p.m.**

Duplicate Bridge: The next game is **Friday, June 3 at 12:30 p.m.**

Quilting: Create beautiful quilts **every Friday, 9:30 a.m. to 11:30 a.m.**

Mahjong: Do you play mahjong? A beautiful set was recently donated to the Center. We would love to start a group. Let us know at the front desk and we will pick a time!

Coloring: A new trend in relaxation! We have coloring pages available in the Lounge.

Senior Club

A note from Carrie: The Coventry Senior Club made the difficult decision to officially disband. The Club has been a fixture in this town for decades. We honor your dedication to our community.

Veteran and Military Services

Veteran's Advocate: The Veteran's Advocate is available by appointment.

Packing for the Troops: Create care packages on **Thursday, June 16 at 9 a.m.** for local members of the armed services who are currently overseas.

Other Senior Center Services

CHOICES: We offer free unbiased guidance about health insurance and other benefit programs so that you can make an informed choice about your healthcare options. We have two certified CHOICES counselors: Carrie Concatelli and volunteer Penny Whitaker. Both are available by appointment; see the front desk.

Elderly Services: Carrie Concatelli is an elderly services social worker and is available to answer questions or for referral to community resources. For in-depth assistance, please request an appointment.

The TWIN Program (Trust When In Need): We have noticed some wonderful partnerships forming between seniors and want to help build more! We are hoping to find you a TWIN, who is someone you can Trust When In Need. What does a TWIN do? Some of the tasks could be friendly phone calls, safety checks, social visits (in home, out to lunch, shopping, outings, etc.) Who would make a great TWIN? Everyone! It is a mutually beneficial relationship, whether you are living alone and want more socialization or if you are already very active and want to keep busy! Applications are available at the front desk. We will start the matching process as soon as we receive a few more applications. Join this program any time!

Community Happenings

Food Bank: Coventry Human Services operates a food bank at Patriots Park Community Center (120 Lake Street) **Tuesdays 8:30 a.m. to 10:30 a.m. and Thursdays 12 p.m. to 1:30 p.m.** by appointment only. Call 860-742-5324.

Foodshare: Mobile Foodshare comes to First Congregational Church (1171 Main Street) on **Wednesday June 1, June 15 and June 29 from 10 a.m. to 10:30 a.m.**

Whale Watch: Coventry Recreation Department is offering a trip to Plymouth, Massachusetts for a whale watch on **Friday, July 29**. The trip is \$89 and the registration deadline is July 7. Call 860-742-4068 for more information.

Volunteer Opportunities

Join Our Team: Our office is bustling and we struggle to accommodate all of the needs of our growing Center. We need more receptionists and more van or private car drivers. See the Senior Center Office for information.

Communications

Find out More: We spend a lot of time publishing our newsletter every month. Did you know it is available many ways? You can hear about us by mail, by email and by e-blast through the coventryct.org website. Or you can pick up a newsletter at the Senior Center. You can also hear about up-to-date information on the Coventry Senior Center Facebook page. Please let us know if you would like to be added to our mailing list! We appreciate your help to keep our mailing list up-to-date!

Coventry Seniors are “Blazing a Trail!”

A note from Carrie: In May we asked you to tell us how you are blazing a trail. The winner is: Jerry Ringuette! Jerry told us he is blazing a trail by supporting his grandchildren and by providing transportation to those who no longer drive.

COVENTRY RIDES HANDICAPPED ACCESSIBLE SENIOR VAN PROGRAM June 2016

Ongoing Trips:

Medical/Personal Errands – Mondays, Tuesdays or Thursdays mornings
CT Fastrak Introductory Field Trip – Please call

June Trips:

Out to Lunch Bunch – Wednesday, June 1
TVCCA Lunch – Senior Center, Wednesday, June 8
Entertainment – Senior Center, Wednesday, June 8
Ice Cream Social – Senior Center, Monday, June 20
TVCCA Lunch – Senior Center, Wednesday, June 22

Trips for medical appointments and personal errands can be scheduled for Monday, Tuesday and Thursday mornings. Please call Senior Center **by noon, two business days before your trip,** so that we can map out our routes. Last minute requests cannot be accommodated. Please call the Coventry Senior Center at 742-3525 for more information and for reservations.

Dial-A-Ride Transportation. Regular Dial-A-Ride service to Coventry is provided to the Windham, Mansfield, and Willimantic areas. (860-456-1462)

Requests for Extended Dial-A-Ride hours (before 10:00 and after 2:00) are funded under the DOT Transportation Grant. Please call WRTD for more information.

Coventry’s Senior Van Program is funded in part by grants from the Department of Transportation and the Town of Coventry. All schedules are subject to change.

UPCOMING TRIPS!

Wednesday, July 20: Trolley Museum and Lunch at Cracker Barrel, East Windsor, CT.
Save the date and stay tuned for more information in the July newsletter!

September 2016: Kent, CT.

October 2016: Florence Griswold Museum, Lyme CT.