

COVENTRY SENIOR CENTER

Coventry Senior Center
172 Lake St.
Coventry, CT
06238
860-742-3525

Hours:

Monday-Friday
9:00am-4:00pm

DATES to Remember:

- 10/4– Out to Lunch
- 10/9—CENTER CLOSED
- 10/11– LUNCH
- 10/16—Hair & Nail Appts.
- 10/18– Zoo Trip
- 10/19 – Massage Appts.
- 10/19– Line Dancing
- 10/24—Dental Clinic
- 10/25—Core Strength
- 10/30– HALLOWEEN BLAST PARTY!



October 2017 Program Newsletter

HAPPY OCTOBER! The leaves are turning, the mornings are chilly and we FINALLY got rid of the flies in the kitchen! HOORAY!

I wanted to take a minute to SHOUT OUT our FABULOUS, AMAZING front desk volunteer **Betsy!** The center would not be the same without her—her design work has amped up our program flyers (and made our bulletin boards AMAZING), and we could NOT serve a lunch without her help! Please send some “thanks” her way this month!

Please read this newsletter COVER to COVER—we have SO MUCH HAPPENING! Lunches are BACK on October 11th, take up line dancing on the 19th and Medicare Open Enrollment begins on October 15th!

See you around the Center!

Emma King, MSW

Senior Center Coordinator

Medicare Open Enrollment is Oct. 15-Dec. 7th—you have CHOICES!

CHOICES is a FREE counseling program that helps Connecticut residents understand their Medicare coverage and other healthcare options. CHOICES counselors can help review Medicare documents, and insure that you are enrolled in plan that meets your healthcare needs, including Medicare Supplemental Plans, Medicare Advantage Plans and Medicare Part D Drug Plans. Additionally counselors can also help enroll individuals into the Medicare Savings Program, which can assist in the payments of Medicare benefits.

The Coventry Senior Center has TWO counselors who can assist you during Open Enrollment—Penny Whitaker & Emma King! Many of you know Penny, who volunteers on Wednesday, and Emma, well she is here every day! Open enrollment is a great time to check if medications are still covered by a prescription drug plan or identify other coverage to meet changing healthcare needs. *Penny will be taking appointments on Wednesdays and Emma will be taking appointments on Mondays and Fridays.* Please call the center to schedule!



LUNCHES ARE BACK! Welcome to MACC!

The Senior Center is excited to announce a new partnership with **MACC** (Manchester Area Conference of Churches) **Community Catering (MACCchefs!!** MACC is a Manchester based non-profit that was founded in 1943 to serve the community and help families break the cycle of poverty. Their **MACCchefs Program** is an intensive, hands-on culinary and hospitality training program to help individuals in the community find long-term sustainable employment. **MACCchefs** has recently begun serving daily meals at the Manchester Senior Center, and has agreed to bring meals out here to Coventry! We are looking forward to having them serve a meal on **Wednesday Oct. 11th at NOON. Please RSVP by FRIDAY OCTOBER 6th**

MENU: Chicken Parmigiana, Pasta with Tomato Sauce & Parmesan, Seasonal Vegetable, Garden Salad with House Dressing & Fresh Fruit Dessert

COST: \$7.00



Core Strength

Wed. 10/25
10:30-11:30
FREE

Integrated Rehab: CORE STRENGTH WORKSHOP

Always wanted abs of steel? Now's your chance! Join Integrated Rehab staff on **Wed. October 25th at 10:30am** to discuss the importance of core strength on balance and overall health! Workshop participants will be provided with simple exercises to do daily to increase strength and information on the importance of working those abs! We are excited to welcome Integrated back for a fall health series!



Intro to Line Dancing!

Get your cowboy boots out of the closet! The Coventry Senior Center is SUPER excited to welcome local line dancing teacher Susan Beeching for an **Intro to Line Dancing Class** on **Thursday October 19th from 4:00-5:00pm** (yes! An AFTER HOURS PARTY!). Class will be \$3 (due at the door) but please sign up in the lobby (so we know how many to expect!)

Line Dancing

Thurs, 10/19
4:00-5:00pm

\$3



Dental Clinic

10/24
11:00am

FREE!

Goodwin Dental Hygiene Clinic

Dental health needs change as you age, conditions like dry mouth and receding gums become more common. **Join Goodwin College Dental Hygiene students for a presentation on oral health, aging and how dental health impacts overall health!** Students will also provide information about Goodwin College's **FREE** dental hygiene clinic in East Hartford. *Participants will leave with a toothbrush, toothpaste and have an opportunity for a free oral cancer screening and fluoride treatment!* The senior center is VERY excited to welcome these students and partner with them as they work to serve the community through their free dental clinic! Don't miss this unique opportunity—Sign up in the lobby!

Out to Lunch
The Main Pub
Manchester

10/4
Noon

Out to Lunch Bunch!

The Lunch Bunch: Our out to lunch crew is heading to a Manchester landmark—**THE MAIN PUB** at 306 Main St. Manchester, CT on **Wednesday October 4th @ noon**. Please sign up by Monday October 2nd so Claudette can coordinate rides!

Monthly meals—As noted earlier in the newsletter the center is excited to welcome MACCchefs catering as our NEW meal provider! Join us on Oct. 11th for our inaugural meal!



HALLOWEEN BLAST PARTY!

(and Soup Potluck!)

It's the SPOOKIEST time of year! Join us on **MONDAY October 30th at NOON** for the center's annual HALLOWEEN party and soup potluck!

Come dressed in your **BEST costume** and bring along a soup or seasonal bread to share! Sign up to attend & bring a dish in the lobby—we can't wait to see your costumes!



Wii Bowling

You can't stop the Coventry Wii Bowl team! Thanks to everyone who came out to our match against Windham!

This month we are going to the Chaplin Senior Center

Join us on

Monday October 23rd
we will be HOSTING the Mansfield Senior Center from 9:30-11:30

We will carpool from the Center. Be here at 8:45am!

Practices are on Wednesdays and Fridays at 10am!



September High Scores

200 Club

- Donalda
- Bev
- Judy
- Jerry
- Don
- Bob
- Russ
- Jules
- Roland
- Maud

600 Series

- Donalda
- Russ
- Judy
- Don

700 Series

- Bob

SCORE TO BEAT: Jules Bessette all time high of **289!**

SERIES TO BEAT: Bob Landry—**720!**



Packing for the Troops

Did you know that a group of AMAZING volunteers and donors send care packages to Coventry residents serving overseas in the armed services? Packing happens on **THIRD Friday of every month at 9:30am in the Cards/Games room!** Hope to see you there!

At this time we will be getting ready to send out Holiday care packages (so they arrive in time!) and are looking for donations of small holiday items, cookies, hard candies, and pre-packaged snacks. Please see Judy with any questions!

Packing for the Troops WISH LIST!

- Christmas and Holiday Items
- Gift cards to Dollar Tree and other stores to purchase supplies
- Hard Candy

Community Services

Food Bank: Coventry Human Services operates a food bank at Patriots Park Community Center (124 Lake Street). **Appointments can be made on FRIDAYS from 8:30-11:30am.** Emergency appointments will be scheduled on an “as-needed” basis. Please call Human Services at 860-742-5324.

FoodShare: Foodshare is a **FREE food assistance program.** They operate a Mobile Food Pantry which comes to First Congregational Church (1171 Main Street) on **Wednesday, Oct. 4th and 18th from 10:00-10:30am.** For more information contact FoodShare at 860-286-9999.

Energy Assistance—Coventry Human Services is currently accepting application for the Connecticut Energy Assistance Program. To see if you are eligible please contact the Human Services at 860-742-5324. Appointments available Tuesday and Thursdays. Please call ahead. Applications accepted September 2017– Early Spring 2018. See page 5 for more info!

YOGA For EVERYBODY!

School is back in session for our wonderful Yoga teacher Anna—so classes will be moving to **Fridays from 3:00-4:00pm.** Stay in shape this fall by joining us for a class! This Senior Yoga class is for individuals of any ability. We will do stretches and poses to aid in relaxation, flexibility, and strength. Each class is **\$5** and payment is due to Anna at the beginning of each class.

About Anna: *Anna Glowacki has been practicing yoga for ten years and has been teaching yoga the past three years. She completed her training at The Yoga Shop in South Windsor, is YTT 200 certified and a part of the Yoga Alliance. Anna has experience teaching yoga to a variety of individuals. Anna teaches classes weekly but also enjoys putting together workshops and programs such as Senior Yoga. Anna practices living a yogic lifestyle both on and off the mat and can not wait to share her passion for yoga with you all.*

YOGA

**\$5 per session
LODGE**

OCTOBER DATES

Friday 10/13

Friday 10/20

Friday 10/27

3:00-4:00PM



Are you in need of energy assistance this winter season?



The Human Services office is now accepting applications for energy assistance on Tuesdays and Thursdays

Call now to make your appointment

860-742-5324

The Access Agency in Willimantic has begun accepting applications for the CT Energy Assistance Program at their Willimantic office.

MAXIMUM INCOME ELGIBILITY:

Household Size	1	2	3	4
Annual Income	\$34,366.28	44,940.52	55,514.76	66,089.00

To apply for assistance, applicants must provide copies of the following documents for all household members:

- For everyone in the household: Dates of birth, and Social Security numbers
- Gross income: Paystubs, self-employment, unemployment for everyone in the households over 18
OR
- SS, SSI, SSDI Cash Assistance (if applicable)
- Pensions/Annuity statements
- Child support and/or alimony documents
- Rent receipt, lease or mortgage statements (or property tax bill if no mortgage)
- Current Eversource bill
- All pages from current bank accounts (checking & savings), the name of bank and your name must be on the printed statements

Benefits are determined by total household gross income and liquid assets.



Deliverable-heated households may use benefits starting November 9 through March 15.

Monthly Wellness Programs

Group Fitness: The fitness class meets **Tuesday and Thursday mornings from 9:30 a.m. to 10:30 a.m.** The cost is \$3 per class. Fitness instruction is lead by Mary Hurley, a Certified Fitness Instructor. This class focuses on a low impact workout just for seniors.

Massage or Reflexology: **Tami Toscano will be here on Thursday Oct. 19th from 9:00-2:00.** Services cost \$20 for 25 minutes and are payable directly to Tami at time of appointment. See front desk to schedule!+

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here on **Monday October 16th.**

Manicures/Pedicures: Hope Mayhew of Hope and Wellness Salon will be here onto offer nail clipping on **Monday October 16th.**The price is \$15 per service. See the front desk to schedule!

Wellness Nurse: A nurse from ECHN will be available on **Wednesday, Oct. 25th from 11:00-12:30pm** to provide FREE blood pressure and blood sugar screenings. No appointment necessary!

Cards, Games and Creative Arts



Mahjonn: Thursday 9:00-11:30 am in Lounge—All levels welcome!

Billiards: Play **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: *Has moved to the **FOURTH** Friday of the month! 12:30-4:00!*

Quilting: **Fridays 9:30am.** Stop by, meet the group and hang out!

Writing for Fun Writers Group: Share your work with out group on Tuesdays from 1:30-3:00pm



Last Night I Had the Strangest Dream....

That YOU joined our folk music group! Come on down and sing your heart out!
Tuesday mornings at 10:30am in the lounge! Just follow the music!



Coventry Rides! Transportation Program Update

We hope everyone has had a chance to meet Sarah, our new transportation coordinator, either by phone or in the office! We are so happy she has joined the senior center team!

As we work to better the program and “re-launch” under Sarah’s leadership we wanted to remind everyone of the following:

Rides are scheduled **Mondays, Tuesday, & Thursday from 9:00-12:00**. The program has an ALL VOLUNTEER team of drivers (who are the most amazing people EVER!), so service may not be available if a driver is not available. **We are ALWAYS looking for new volunteer drivers! All we ask is for 1-2 mornings a month! Ask Sarah or Emma for details!**

- Rides can be requested no later that **48 hours prior** and no more than **2 weeks in advance**.
- The van service travels to points outside Coventry, to communities not served by the WRTD (Windham Region Transit District) Dial-a-Ride program. Examples include Manchester, Tolland, Vernon, & Bolton. We are working to expand our geographical region.
- Rides for senior center programs (such as hair cuts or massage appointments) **MUST** still be scheduled by calling in advance, just like any other ride.
- As a reminder, WRTD (Windham Region Transit District) Dial-a-Ride services are available for Coventry to Coventry Rides. This means any local Coventry transportation. They are our town’s designated transit service. Rides can be requested by calling **860-456-2223 ext. 4**.

We thank you, in advance, for your patience and understanding as we work to make the program stronger. Coventry is lucky to have established such an amazing program. Sarah, Emma and the whole Human Service department is working to identify ways to make it stronger—by serving more people, going to further distances and expanding service days.

ALSO—the Senior Center has upgraded its phone systems and all ride request calls should be made to 860-742-3525. We know alternative numbers have been used in the past, please update your phone books!

SAVE THE DATES! - Mark your calendars for our upcoming events!

Annual Veterans Day Luncheon—Wednesday Nov. 8th

Thanksgiving Lunch with Coventry Police Department—Wed. Nov. 29th

*HOLIDAY PAINT YOUR OWN CERAMICS PARTY—Early December
(watch the Bulletin Boards!)*