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While the Town of Coventry appreciates that the advertising in this brochure offsets the expense of publication, the solicitation and selection is made by the Publisher. The appearance of advertisements and product or service information does not constitute an endorsement by the Town of Coventry, Coventry Recreation or the Coventry Senior Center.
GENERAL INFORMATION

SUMMER JOBS
Starting on January 30th, the Department of Parks & Recreation will be accepting applications for summer positions, including Camp Counselors, Lifeguards, Park Maintainers and Gatekeepers. Positions are available for full-time & part-time work. Download the application at www.coventryct.org, or pick one up in our office.

Application Deadline: March 19th.

Message from Parks & Recreation Staff:

Happy New Year! We hope the holiday season was a joyful one for everyone!

As many of you know, a proposed bill to increase the minimum wage to $15/hour by 2023 was passed by the General Assembly, and subsequently signed into law by Governor Lamont in May, 2019. The minimum wage will increase by $1 every year until reaching $15 in 2023, with the first increase as of October 1, 2019 to $11/hour. This new state mandate will have a dramatic impact on municipal budgets, and Coventry is no exception. This is a nearly 50% increase, which will have detrimental effect on our payroll budget necessary to maintain our current roster of programs and services.

The vast majority of our 40+ seasonal employees are between the age of 16 and 22, and serve in positions such as Camp Counselor, Gatekeeper, Lifeguard & Park Maintainer, earning at least minimum wage. The impact of this change is not just at the entry level however; it has and will continue to have a tremendous “domino” effect on proportionate wage increases necessary for veteran and supervisory seasonal employees. We have estimated an additional $110,000 in labor costs alone to meet the $15 threshold.

Staff are currently evaluating ways to accommodate this increase in ways that are both thoughtful and practical, with the least possible impact to our ability to remain affordable. However, as a Town Agency that is approx. 85% self-supporting, unfortunately, there will be some impact to user fees that we simply cannot avoid. In addition to increasing program fees, other cost-savings we are also considering include, possible reduction in services/decreases in hours of operation, a decrease in park & facility maintenance funding, to name a few.

Stay tuned for updates as we continue to monitor and work on this issue. We will have more info on how this impacts our summer operations, in the Summer edition of the 06238 Magazine, out in April. We thank you for your patience and cooperation.

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Facility Rentals
The Coventry Parks & Recreation Department has facilities available for rent at Patriots Park, Mill Brook Park & Creaser Park for your next birthday party or family get-together! For availability, pricing and to book, please check out www.coventryct.org.
Office Information:

Staff:
Wendy L. Rubin, CPRP, Director
Caterina T. Merriam, Recreation Supervisor

Location:
Town Hall, First Floor, 1712 Main Street, Coventry, CT 06238

Office Hours:
Mon-Wed: 8:30am - 4:30pm
Thurs: 8:30am - 6:30pm
Fri: 8:30am - 1:30pm

How to Contact:
Phone: (860) 742-4068
Fax: (860) 742-8911
Email: rec@coventryct.org

Find Us Online:
Website: www.coventryct.org
“Friend” Us: www.facebook.com/CoventryParksandRecreation
Tweet Us: http://twitter.com/Coventry_PaR
Watch Our Videos: www.youtube.com/user/CoventryPaR
Re-Pin our Pins: www.pinterest.com/CoventryRecreation

Parks & Recreation Commission:
This Commission is charged with the development and supervision of recreational programs and the maintenance of recreational facilities and advancement of cultural and art activities within the Town of Coventry. The Parks & Recreation Commission meets the 2nd Thursday of every month at 7pm in Town Hall Conference Room B (unless otherwise noted).

Marie Gallo Hall, Chair
Jillian Miner, Vice Chair
Jennifer Bynes, Secretary
Jennifer Rodgers, Secretary
Bob Martin
Beverly Carlson

Registration/Reservation Information

How to Register:
• Online: Go to www.coventryct.org, click on “Recreation,” then click on “Online Registration/Reservation.” Then log in using your username & password, or create your account. Your registration is complete once your credit card* information has been entered and accepted.

• In Person: Stop by the Parks & Recreation Office anytime during our office hours to complete a registration/reservation form & pay using cash, check or credit card*.

• By Mail: Print & complete the appropriate registration/reservation form from the Recreation webpage and mail it with your check payment to:
  Coventry Parks & Recreation
  1712 Main Street
  Coventry, CT 06238

Payment
• Payments may be made by check, cash, or credit card* (Visa, MasterCard or Discover). *All credit card transactions incur a 3% processing fee.

• All checks should be made payable to “Town of Coventry.”
• Returned checks are subject to a $20 service charge.

Important Information:
• All registrations and reservations are accepted on a first-come, first-served basis. If a program is already filled, you will be placed on a waitlist. You will be contacted if any openings become available.

• Registered participants will be notified via emailed receipt when a registration is completed. Once the initial registration is made, no other correspondence will be sent unless there are cancellations/changes.

• Coventry Parks & Recreation reserves the right to cancel any program due to low enrollment, or facility reservation due to unforeseen conflict or inclement weather. Please register/reserve early to avoid cancellations. If a program is cancelled, we will contact you up until 3 days prior to the scheduled start of the program. You will have the option of a refund, household credit, or transfer, when applicable.

• Coventry Parks & Recreation reserves the right to combine program sessions, change dates, times and/or location when necessary. Coventry Parks & Recreation and our instructors will make every effort to make-up classes when cancelled due to inclement weather and/or instructor scheduling. In cases when classes cannot be made up, a household credit or partial refund will be issued.
**Inclement Weather Policy:**
In the event of inclement weather, programs may be cancelled. Updates will be posted on our website, Facebook & Twitter pages. Cancellations will also be listed on WFSB-3 TV, NBC-30 TV, FOX CT, and their websites.

**Cancellation/Refund Policy:**
If any rental, program, trip or special event is cancelled by the Department of Parks and Recreation, a full refund will be issued.

1) If any participant cancels their rental, or enrollment in any program/special event 30+ days prior to the program/event date, a full refund will be issued.

2) If any participant cancels their rental, or enrollment in a program/special event within 30 days of the program/event date, a refund will be issued minus a 20% processing fee, unless the participant has a valid doctor’s note.

3) No refund will be issued if a participant cancels their rental, or enrollment in a program/special event once the program has started or ended, unless the participant has a valid doctor’s note (for programs/events ONLY).

4) Trip registration fees are non-refundable, due to transportation commitments.

5) Refunds will not be issued for credit card transaction fees.

If any participant would like to cancel their enrollment in any Parks and Recreation offering, they MUST complete a “Refund Request Form.” These forms can be found at the Parks and Recreation Office, and online at www.coventryct.org.

**Recreation Scholarships:**
The Coventry Department of Parks and Recreation tries to keep its program fees at an affordable level for all residents. If you have a financial situation that limits your participation due to the fee, please contact the Recreation Department to make arrangements for assistance. Scholarships are available for some (but not all) programs.

**Inclusive Statement:** (Programs for all abilities)
The Coventry Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities.

The Coventry Parks & Recreation Department is complying with the Americans With Disabilities Act, Public Law 101-336. The law addresses issues of accessibility of facilities and programs. Provision of reasonable program accommodations will be made on a case by case basis to allow people with disabilities to both participate in, and benefit from programs. Documentation of disability or special need is required when requesting reasonable modifications.

**List of Town Parks & Amenities:**

- **Patriots Park:** 124 Lake Street — Waterfront, Lodge (rental facility), Senior Center, playscape, pavilion, picnic tables, open fields, bandshell, basketball & pickleball courts.

- **Lisicke Beach (Resident Parking Only):** Corner of Main Street & Cheney Lane — Waterfront, basketball courts, playscape, pavilion.

- **Creaser Park:** Case Road — Dog Friendly Park (dogs must be leashed), pavilion, trails.

- **Laidlaw Park:** Merrow Road — Soccer fields, playscape, baseball field, trails.

- **Miller-Richardson Field:** Corner of Main Street & South Street Ext. — Baseball & football fields.

- **Mill Brook Park:** 1267 Main Street – Gazebo, Mill Brook Place (rental facility), open space & walking trail.

**Trails:** Walking trails are available at Mill Brook Park, Laidlaw Park, Patriots Park Woods, Creaser Park, Thornton Brook Preserve & Riverview. For more information, go to http://bit.ly/1M3Mmmt

- **Mill Pond Park:** Depot Road – Pond & waterfall, historical signage, picnic tables.

**Town Sports Leagues Info:**

- **Coventry Youth Baseball:** www.coventrybaseball.org
- **Coventry Youth Basketball:** www.coventryct.org
- **Coventry Soccer Inc.:** www.csisoccer.org
- **Coventry Youth Softball:** www.coventrysoftball.org
Family Ice Fishing Class & Practice

Ice fishing is a great way to enjoy time outdoors, while getting some fresh air and exercise with family and friends during the winter. The Department of Energy and Environmental Protection - Connecticut Aquatic Resources Education (CARE) program offers a FREE in-depth ice fishing class that introduces you to this fun wintertime sport! State certified fishing instructors will pass along knowledge they have gained through years of ice angling. Instructors will cover ice safety, clothing, rules and regulations, local fishing spots, fish identification, and bait and tackle. Ice fishing equipment, cold-weather clothing, ice safety equipment, and more will be displayed for you to inspect at the class and fishing event. *If ice conditions are safe, an outside ice fishing practice will be offered on Coventry Lake with all equipment and bait provided, following the class. It is very important to dress in layers for the weather conditions and to wear boots for the afternoon practice – no sneakers are allowed. All bait and tackle are provided!

Pre-registration is required to ensure that there is interest and room for all who wish to attend. Pre-register at www.coventryct.org! If you wish to avoid being stuck inside this winter with nothing interesting to do, register for a class today!

**Date:** Saturday, February 8th

**Times:** 10am-3pm

**Location:** Patriots Park Lodge/Coventry Lake*

**Fee:** FREE!

**Code:** 120302A

---

Father Daughter Valentines Dance

Any parent, guardian, grandparent or “special someone” and their daughters are invited to this special, semi-formal event where lasting memories are made! A professional DJ will provide the music for dancing, and Capstone Photography will be on hand to capture this special evening in portrait sittings (nominal cost). Refreshments will also be for sale. Pre-register & save/avoid the lines at the door!

**Date:** Friday, February 7th

**Snow Date:** Friday, February 21st

**Time:** 7pm – 9:30pm

**Location:** CNHS Gym

**Fee:** $12 Pre-Register/$15 At the Door (Fathers)

Daughters are FREE!

**Code:** 120301A Fathers/120301B Daughters

---

Town-Wide Tag Sale!

Do you have an excess of clothing, shoes, handbags, jewelry, furniture, and/or toys not being used and taking up valuable space in your basement or garage? Have a tag sale! You host it, we’ll promote it! Parks & Rec. will do the advertising for you, and your contributions will help benefit a good cause.* Each participating home will receive 1 road-side sign. Ads will appear on the Town of Coventry website, flyers at area businesses and in local newspapers The Courant, The Chronicle and the Journal Inquirer. A printable Town road map with the complete listing of participating homes will also be made available. Reach more people and join your neighbors for a fun day!

**Date:** Saturday, May 2nd

**Time:** 8am - 4pm

**Location:** Your Home!

**Fee:** $20 Before 4/15; $25 4/16-4/23

**Reg. Deadline:** 4/23

*To Benefit the Camp Scholarship Fund

---

SCHEDULE:

| 10am-11:30am: | Indoor class, Attendance is required |
| 11:30am – 12pm: | Bring your own lunch |
| 12pm – 3pm: | Outdoor practice --ONLY if the ice is safe |

---

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Recreation Daze, Before School & After School Program
This affordable program is for kids in grades K-6, and is held at the Patriots Park Community Center, Monday-Friday. During "Rec. Daze," your children will enjoy time with friends doing homework, playing group games, participating in art projects, free play and snack-time! Check www.coventryct.org for more info, or call Parks & Rec. for an official brochure and registration form.

**For current availability, please call the Parks & Recreation office at 860-742-4068.

April Vacation Program
Designed for kids in grades K-5, this program will run during the April school vacation week. Some of the activities kids will enjoy are: outdoor sports such as soccer, baseball and flag football, as well as arts & crafts and other Camp-style games and activities.

Instructor: Camp Wangumbaug & Rec. Daze Staff
Dates: M - F, 4/13 – 4/17
Reg. Deadline: Wed., 4/1
Time: 9am-4pm*
Location: Patriots Park Community Center & Grounds
Fee: Full Day: $150 Per Child
Half Day (w/Minecraft Camp): $75 Per Child
Code: Full Day: 120106A
Half Day + Minecraft Camp: 120106B

*Before Care: 7am-9am, $34 per week; After Care: 4pm-5:30pm, $24 Per Week. Be sure to indicate your enrollment in these programs on your registration form.

Minecraft Master Engineering Camp
Bring Minecraft to life using LEGO® parts! Build an Iron Golum, the Nether Portal and the Ender Dragon. Students will explore real-world concepts in physics, engineering and architecture while building their favorite Minecraft objects! For grades K-4.

Instructor: Play-Well Teknologies
Dates: M – F, 4/13 – 4/17

Times: 9am – 12pm*
Location: Patriots Park Community Center
Fee: $130 Residents/$140 Non-Res.
*Add April Vacation Camp: $75 Per Child
Code: 120107A

*Interested in a Full-Day experience? Add April Vacation Camp for the afternoon, at a discounted rate: $75 for care until 4pm. Before care and After care also available at an additional cost; see April Vacation Camp info for details!

Home Alone Safety for Kids
Brought to you by Parks & Rec. in conjunction with Coventry Youth Services, Home Alone Safety for Kids is a unique class for boys and girls ages 8-13 who are left home alone. This interactive 2-hour course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers that they could face when they are alone. Each student will receive a workbook that covers house key safety, indoor and outdoor (including kitchen) safety, gun safety, fires and gas leaks. We will also review first aid kit essentials and phone, door and internet safety.

The class size is limited to 12 students to allow optimal opportunities for participation, so be sure to register early. Parents are asked to attend the last 10 minutes of the course. They will receive a workbook with conversation starters such as creating a family fire escape plan and the importance of an emergency contact list.

Instructor: Sarah Mauffiolini
Date: Fri., March 20
Times: 5:30pm – 7:30pm
Location: Mill Brook Place
Fee: $10 Per Child
Code: 120108A

Skyhawks Mini-Hawk Sports Program
This multi-sport program was developed to give children ages 4-6 a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

Instructor: Skyhawks Sports Coaches
Dates: Wed., 5/6 – 6/3
Times: A: 4 – 5 Year Olds: 5pm – 5:45pm
B: 5 – 6 Year Olds: 6pm – 6:45pm
Location: CGS Gym
Fee: $75 Residents/$85 Non-Res.
Code: 120109A

For current availability, please call the Parks & Recreation office at 860-742-4068.
Community Gardens at Creaser Park
Become a member of the Coventry Community Garden & realize the benefits!

- Grow your own high quality food
- Improve your overall physical health
- Reduce stress, increase your sense of wellness & belonging
- Interact and share with a diverse community
- Learn & share about gardening, cooking, nutrition & health

Garden is located at Creaser Park and 10x20 plots are available (1 per person max). Plots will be available for use on or around Memorial Day weekend (weather dependent). *Gardeners may volunteer 5 hours of their time to help keep the Garden in good condition, in lieu of the maintenance fee.

Fee: $25 Per Plot
$20 Maintenance Fee*

Stop the Bleed
Join Coventry Deputy Fire Chief DJ Figiela for this 90-minute course, including a formal presentation and hands-on practice of direct pressure application, wound packing, and use of a tourniquet. The course was developed for a non-medical audience to address the needs of the immediate responder to control life-threatening bleeding until help arrives.

Instructor: DJ Figiela, Deputy Fire Chief
Dates: Tues., A: 2/11
       B: 3/10
       C: 4/14
Times: 7pm – 9:30pm

Resolution: Relax
Join Simply Fit instructor, Jillian Miner, for a unique relaxation class designed with busy women in mind. No matter our circumstances, life can feel busy, chaotic, stressful, and overwhelming at times. Make your health and well-being a priority this year by setting aside this one hour (only 4% of your day!) to re-center, rebalance, and relax. Find a moment of calm amongst the chaos, creating a positive, peaceful memory you can revisit any time you need! Please bring a mat, pillow, and blanket, and wear comfortable clothes. **Space is limited, so to ensure your participation, please register online at www.coventryct.org!

Instructor: Jillian Miner, ACE Certified Fitness Instructor
Date: Sunday, February 9th
Time: 7pm – 8pm
Location: Patriots Park Lodge
Fee: $10 Per Person
Code: 120202A

Register Online!
www.coventryct.org
Simply go to www.coventryct.org, click on “Recreation” and create your household. You’ll then be able to register and pay for any and all recreation programs and special events from the convenience of your own home!
Class Descriptions

For complete schedule & fees, check out page 12.

Simply Fit
As women we spend so much time caring for those around us. This is an opportunity to focus on taking care of YOU, while surrounding yourself with women who will support & encourage you. Join instructor Jillian Miner for a quick, fun, heart-pumping workout that will leave you full of energy for the weekend ahead! We will alternate short bursts of cardiovascular activity with targeted toning exercises to build endurance and strengthen from head to toe. Please bring water, a set of 3-8 LB dumbbells, and a mat or beach towel. *Classes available for registration in sessions, or 7-class punch cards.

Instructor: Jillian Miner, ACE Certified Group Fitness Instructor

Simply HIIT
Love Simply Fit but want something more? Looking to increase your endurance? Have a busy Saturday and just want to get your workout done early and in a short amount of time? Come try Simply HITT (High Intensity Interval Training)! This 30-minute class will include short periods of intense cardiovascular exercise designed to improve cardiac function, increase energy and endurance, burn stress and have fun! Bring water and a mat or towel. *Classes available for registration in sessions, or 7-class punchcards.

Instructor: Jillian Miner, ACE Certified Group Fitness Instructor

All Levels Hatha Yoga
Hold & Unfold! Classes are for the beginning student who wants to create a strong foundation and the more experienced student who wants to deepen their practice. During these classes you will connect body and mind through the breath as you increase your strength, flexibility and sense of well-being. Learn a series of poses and breathing designed to restore you both physically and mentally and create a feeling of harmony and balance. Please bring a yoga mat and water bottle.

Instructor: Susan Schardt, Certified Instructor

Zumba Gold
Perfect For: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Instructor: Sheila Carroll, Zumba Licensed & ACA Certified

All Levels Yoga @ Senior Center
Yoga is widely regarded in the fitness world as the best in rest and relaxation. Suitable for both beginners and more experienced students, this class will help you build muscle strength, improve flexibility & balance, and increase energy. Just 1 class can lift your spirits and brighten your day! *Punch Cards are available in 6-class or 10-class increments: Purchase 5 classes and get the 6th for FREE, or purchase 9 classes and get the 10th for FREE!

Instructor: Tami Toscano, Certified Instructor

First Year Tai Chi
This ancient Chinese art, sometimes called a “meditation in motion,” relaxes the mind and energizes the body. Learn simple movements that will help you alleviate stress, improve physical,
ADULT & SENIOR FITNESS/SPORTS

emotional and energetic balance, improve circulation and increase flexibility. Come see what this is all about!

Instructor: George Hoffman, Silver Dragon Tai Chi

Intermediate Tai Chi
Designed for experienced participants to help bring their “Tai Chi” skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy awareness and enhanced body-mind connection using more complex form movements, advanced qigong and other exercises. Pre-Requisite: one-and-a-half years’ experience or instructor’s permission.

Instructor: George Hoffman, Silver Dragon Tai Chi

Tai Chi Advanced Topics
This class is designed for intermediate and above tai chi practitioners interested in exploring a more detailed understanding of the fundamentals of movement, standing meditation, push hands, qi cultivation and other aspects of the ancient arts of tai chi & qigong. Attendees should currently be attending an intermediate or equivalent tai chi training class.

Instructor: George Hoffman, Silver Dragon Tai Chi

Daytime Tai Chi
Discover the secret of how this ancient Chinese exercise can help you manage stress, reduce blood pressure, decrease pain associated with arthritis, and improve balance.

Instructor: George Hoffman, Silver Dragon Tai Chi

Chair Yoga
Chair yoga is a modified form of yoga and a great workout for beginners. The workout is concentrated in the arms and shoulders and performed while sitting in or holding on to a chair. It’s both fun and challenging!

Instructor: Tami Toscano, Certified Yoga Instructor

Sunday Morning Men’s Basketball
For adults ages 18+, this informal basketball league will allow you the opportunity to stay active, while enjoying a fun game of basketball on Sunday mornings!

* Space is limited, so register early!*  
No Smoking or Alcohol on School Grounds

The Coventry Parks & Recreation Department and Coventry Senior Center staff have made every effort to ensure the accuracy of the programs & information included in this publication. Despite our best efforts, errors may make their way to print. Additionally, circumstances may require changes or adjustments to program dates, fees, etc. We reserve the right to make such changes and apologize for any inconvenience.

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Here’s a peek at the full 2020 trip schedule:
*Descriptions, fees & registrations coming soon!

SPRING/SUMMER: March (Date TBD): Day on Your Own in Boston
July 4th: James Taylor @ Tanglewood

FALL/WINTER: October: TBD
December 1st: Day on Your Own in NYC

www.thechronicle.com
Coventry Parks & Rec WINTER & SPRING 2019
## ADULT & SENIOR FITNESS/SPORTS

### FITTING CALENDAR

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<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>Sunday AM</strong></td>
<td><strong>Men’s BBall</strong></td>
<td>10am – 12pm</td>
<td><strong>Chair Yoga ◊</strong></td>
<td>10am – 11am</td>
<td><strong>SC Fitness, Level 1 ◊</strong></td>
<td>9:30am – 10:30am</td>
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<td>A: 2/2 – 5/10</td>
<td>Ongoing</td>
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<td>$3 Drop-In</td>
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<td>@ GHR Gym</td>
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<td><strong>First Year Tai Chi ★</strong></td>
<td>5pm – 6:15pm</td>
<td><strong>All Levels Yoga ◊ @ SC ◊ ★</strong></td>
<td>3pm – 4pm</td>
<td><strong>Daytime Tai Chi ◊</strong></td>
<td>11am – 12:30pm</td>
<td><strong>Intermediate Tai Chi ★</strong></td>
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<td>A: 1/7 – 3/3</td>
<td>Ongoing</td>
<td>$6 Per Class/$5 Drop-In</td>
<td>A: 2/20 – 4/16</td>
<td>B: 3/17 – 5/12</td>
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<td><strong>Tai Chi Advanced Topics</strong></td>
<td>8pm – 9pm</td>
<td><strong>Simply Fit</strong></td>
<td>8:30am – 9:15am</td>
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<td>A: 1/7 – 3/3</td>
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<td>$57New Reg/$39 Int. Students</td>
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### KEY:
- ★ Punchcard Available*
- R Coventry Resident
- NR Non-Resident
- ◊ Ideal for Senior Citizens/Low Impact

Classes are held at the Patriots Park Lodge, unless otherwise indicated.

*Classes are available by purchasing session dates, or a punchcard which can be used anytime.

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**Registration Begins January 13!**

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F: 860-429-1663
www.MFPStorrs.com
The Coventry Senior Center is committed to providing adults 55+, a welcoming, inclusive and supportive environment to participate in recreational, educational and wellness programs. The Center is committed to these core principles, focusing on the integration of best practices in program development and continued community collaboration. We are here to meet the needs of our active adult citizens in Coventry.

Address: Patriots Park, 172 Lake Street, Coventry, CT 06238  
Phone: 860-742-3525; Fax: 860-742-3506  
Websites: www.coventryct.org/SeniorCenter  
“Friend” Us: www.facebook.com

Staff  
Brenda Bennett, Coordinator; bbennett@coventryct.org  
Catherine Alfano, Admin. Asst.; callfano@coventryct.org

Hours of Operation  
Mon-Wed, 9am-4pm; Thurs, 9am-6pm, Fri 9am-1pm

Health and Wellness Programs

Ask The Nurse  
Each month from 11am-noon; blood pressure checks and general health questions a FREE service sponsored by ECHN Visiting Nurse & Health Services of CT. 1/22, 2/26, 3/25, 4/22

Spa Day – Hair & Nails  
Hope Mayhew and Amy Brewer from Hope & Wellness Salon offers monthly pedicures and spray bottle haircuts for $15 and payable directly to Hope and Amy at the time of your appointment. 1/13, 2/24, 4/6

Massage Appointments  
Tami Toscano – schedule a 25 minute appointment (3rd Wed. of the month) for $22, payable at time of appointment. Tami specializes in Swedish and deep tissue massage, therapeutic stretching, reiki and reflexology.  
Michelle Rach – schedule a 25 minute appointment (2nd Thurs. of the month) for $20, payable at time of appointment. Michelle has been practicing massage for 6 years and specializes in Deep Tissue, Trigger Point, Sports and Myofascial Release.

Podiatrist  
Appointments are available with Anthony Morgan, D.P.M. for complete foot care, podiatric evaluations and nail clippings. Dates: March, May, July, October, December. Call the front desk to schedule. 2/20 & 4/30

Entertainment/Leisure/Social Activities

Our groups are self-lead by a participant facilitator.

Book Club - The group meets on the 2nd Wednesday of each month from 1pm-2pm. Call the Center for details on the month’s selection. Books may be picked up from the Booth & Dimock Library.

Folk Song Group - Join us on Tuesdays, 10:30am-11:30am, singing folk songs popularized in the 1960s.

Painting with Nina - Nina, a resident of Coventry and an Art student at ECSU will be offering watercolor and acrylic workshops this Fall. All levels welcome, no experience required. Materials and supplies provided. Bring an open and creative mind! Call the Center for dates.

Crafternoon - Join us making monthly seasonal crafts. All levels welcome. RSVP is appreciated. Free or nominal fee based on the craft. Call the Center for dates.

Jewelry Making with Cheryl - Join us monthly to create bracelets, earrings and necklaces. All levels are welcome. Call the Center for dates.

Movie & Popcorn - Join us for a popcorn and a movie on the 3rd Thursday of each month beginning at 1pm. RSVP is not required.

AARP Tax Aide - FREE  
For over 50 years, AARP Foundation Tax-Aide has been helping low to moderate income taxpayers file their taxes for free. The volunteer-based program not only helps taxpayers with their taxes but also fosters community engagement. The Center is proud to announce four dates, 4 appointments per hour from 9am-1pm, on February 24, March 9, March 23, April 6.
Participants are encouraged to get to their appointments a few minutes early to fill out their paperwork. Appointments can be scheduled by calling the Center at 860-742-3525.

COVENTRY RIDES TRANSPORTATION PROGRAM

Staff: Sarah Leete, Transportation Coordinator; sleete@coventryct.org

Hours: Mon, Tues, Thurs 8:30am-1:30pm

Telephone #: 860-742-3525

Coventry Rides Transportation Program provides free handicap-accessible service for Coventry Seniors and residents with disabilities to the towns of Bolton, Tolland, Vernon, and Manchester. The program has an all-volunteer team of drivers who are available Monday, Tuesday and Thursday from 9-1pm. Rides can be requested no later than 48 hours prior (and by noon on Thursday for a Monday ride) and no more than two weeks in advance. Priority will be given to those with medical appointments; however rides can be scheduled for errands, shopping, the bank, employment etc. For more information or to schedule a ride please call 860-742-3525.

Coventry Rides is funded with grants from the CT Department of Transportation and the Town of Coventry.

VOLUNTEER DRIVERS NEEDED! In order to make the Coventry Rides program a continued success we need individuals who are willing to volunteer one morning per month. A valid driver’s license is required and training is provided. Please call 860-742-3525 to find out more about being part of a great team of volunteers!

WRTD – Dial-a-ride WRTD (Windham Region Transit District) Dial-a-Ride services are available for Coventry-to-Coventry transit, as well as to the 9 towns within the Windham region. Reservations can be scheduled a minimum of one business day in advance and up to two weeks prior. To schedule a ride or for more information call 860-456-2223.

AARP Safe Driving Course

Wednesday March 11th from 9am-1pm; Senior Center Lodge

Offered by AARP Driver Safety, the nation’s 1st and largest refresher course designed specifically for older drivers. If you, your friends or family members may benefit from the course, we encourage you to take the opportunity to update your driving knowledge and skills. No written or road tests! You may qualify for a discount on your auto insurance. $15 with AARP membership cards, $20 non-members. Pre-registration and payment is required.

Veteran’s Coffee Hour

Please join us in February, date/time to be announced. at the Center for coffee and conversation to promote info sharing, camaraderie and benefits education and entitlements for Veterans. The coffee hour will be led by Manny Rodriguez. Post Commander, The American Legion. RSVP is appreciated.

Technology

Tech Monday – with Kayla: Have a question about your smart phone, tablet, iPad? Let Kayla, Reference Librarian from Booth & Dimock Library assist you with your questions here at the Center. Schedule your one-on-one appointments beginning at 10am the 3rd Monday of each month. Sign up at the front desk.

CHOICES Health Insurance Counseling

The Coventry Senior Center is host to a certified CHOICES counselor. CHOICES is a FREE counseling program that helps Connecticut residents understand their Medicare coverage and other healthcare options. A CHOICES counselor can help review Medicare documents, and insure that you are enrolled in a 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.

If you would like to review your health insurance options, please call us at 860-742-3525 to make a confidential appointment with a certified CHOICES Counselor.

Monthly Luncheons

Join us the 2nd and 4th Wednesday of each month, offering healthy, nutritious and affordable luncheons in collaboration with Coventry Food Service, dining in the lodge.

Cost: varies based on menu

RSVP is required 1 week prior to luncheon

Out to Lunch Bunch – the 1st Wednesday of each month bringing seniors to local restaurants. Please sign up at the front desk, RSVP is required.
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