



## COVENTRY COMMUNITY UPDATE:

**January 2015**

...a periodic update of news and events around town.

### MANAGER'S MONTHLY MEMO:

Best wishes for the New Year. We hope that we have been able to serve you well and thank all the volunteers who make this town a great place. We continue to ask you to help us share important information by signing up for "[Notify Me](#)" on our web page. Choose the information you want to receive. We also will be strengthening our Facebook presence, so we will ask you to "friend" us at [Town of Coventry, CT, Manager's Office](#) (and [Coventry Recreation](#) and [Coventry Human Services](#)).

We had a very good year in obtaining grants and I want to remind people we have CDBG Block Grants for code improvements to your home for income-eligible persons. (Click [here](#) for information.) More information on grants will be included in the upcoming newsletter, due in homes the third week in January.

Finally, please share with us what you love about Coventry. We want to hear your thoughts on what places, people and events make this town special. Share your civic pride by sharing your story. Email [lovecoventry@coventryct.org](mailto:lovecoventry@coventryct.org).

### UPCOMING TOWN MEETINGS:

- Mon, 1/5: Town Council Meeting: 7:30 PM, Town Hall Annex.
- Thurs, 1/8: Board of Education, 7:30 PM, School Admin. Building
- Mon, 1/12: Planning & Zoning Commission, 7 PM, Town Hall Annex
- **Tues**, 1/20: Town Council Meeting: 7:30 PM, Town Hall Annex
- Weds, 1/28: Inland Wetlands Agency, 7:30 PM, Town Hall Annex
- Thurs, 1/29 Board of Education, 7:30 PM, School Admin. Building

For a complete monthly calendar of other Board & Commission events, click [here](#).

### HOLIDAYS:

**Thursday, 1/1:** New Year's Day holiday. Town Hall offices, Senior Center and schools closed. Trash pick-up on [holiday](#) schedule for remainder of week.

**Monday, 1/19:** Martin Luther King Day holiday. Town Hall offices, Senior Center and schools closed. Trash pick-up on regular schedule.

### COMING EVENTS:

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| Sun  | 1/4 | <b>Coventry Regional Farmers' Market, Winterfresh Market</b> , 11 AM – 2 PM, Coventry High School cafeteria, 78 Ripley Road. Indoor market featuring local produce and artisan wares. <a href="#">Website</a> .  |
| Tues | 1/6 | <b>Exercise Class</b> , 9:30 – 10:30 AM, Coventry Senior Center, 172 Lake Street. 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! <i>Tuesdays and Thursdays</i> . Info: 860-742-3525. |
| Weds | 1/7 | <b>Memoir Workshop</b> , 9:30-11:30 AM, Coventry Senior Center, 172 Lake Street. 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 there is 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. 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. January's theme is "Something New." Was there ever a time you tried something new? How did it turn out? Were you surprised at your new skill or was it a complete disaster? Was it a new location, a new baby, a new car? The possibilities are endless! No prior writing experience is needed to participate, and join in at any time.

- Weds 1/7 **Warm Up Winter Potluck**, 12 PM, Coventry Senior Center, 172 Lake Street. Chase away the winter chill with a warm meal with friends at the Senior Center. Bring a warm comfort food, such as soup, stew, a side dish or dessert, or just bring yourself. Sign up at the front desk to attend.
- Thurs 1/8 **Podiatrist**, 9:30 AM – 12 PM, Coventry Senior Center, 172 Lake Street. Dr. Morgan provides podiatry (foot care) services every other month by appointment only. Call the Center at 860-742-3525 to register and for more information about insurance coverage.
- Sun 1/11 **Coventry Regional Farmers' Market, Winterfresh Market**, 11 AM – 2 PM, Coventry High School cafeteria, 78 Ripley Road. Indoor market featuring local produce and artisan wares. [Website](#).
- Mon 1/12 **Voucher Transportation Presentation**, 11 AM, Coventry Senior Center, 172 Lake Street. 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 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 taxi, livery, or wheelchair accessible rides to enrolled participants. Sign up at the front desk to attend.
- Tues 1/13 **Massage and Reflexology**, 9:30 AM – 2 PM, Coventry Senior Center, 172 Lake Street. 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 at 860-742-3525 to schedule your appointment.
- Tues 1/13 **Coventry Garden Club**, 7 PM, Presbyterian Church, corner of Trowbridge Rd. and Rt. 44. Topic: "Birds and their Nesting Habits." **Andy Rzeznikiewicz**, Sanctuary Manager for the Connecticut Audubon Society in Pomfret shares his encyclopedic knowledge of birds and their nesting habits, including bluebirds, tree swallows, house wrens, wood ducks and others, as well as preservation efforts at the Edwin Way Teale Memorial Sanctuary. Contact Carole Miller for any additional information at [carole@topmostherbfarm.com](mailto:carole@topmostherbfarm.com).
- Weds 1/14 **Mobile Foodshare**, 10-10:30 AM, First Congregational Church, 1171 Main Street. An outdoor food distribution service for persons of low income. Please bring your own grocery bag. More [info](#).
- Weds 1/14 **TVCCA Community Luncheon**, 12 PM, Coventry Senior Center, 172 Lake Street. Join us for delicious meals, now twice a month! Warm up with some **pot roast and gravy, mashed potatoes, bean medley, and apple pie**. The pot roast lunch will be \$7. Tickets need to be purchased at the Senior Center by Wednesday, January 7. 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 until Friday. Please call the Senior Center at 860-742-3525 for more information.

- Weds 1/14 **Wellness Nurse**, 12:30 – 1:30 PM, Coventry Senior Center, 172 Lake Street. 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. No appointment necessary.
- Sun 1/18 **Coventry Regional Farmers' Market, Winterfresh Market**, 11 AM – 2 PM, Coventry High School cafeteria, 78 Ripley Road. Indoor market featuring local produce and artisan wares. [Website](#).
- Weds 1/21 **Memoir Workshop**, 9:30-11:30 AM, Coventry Senior Center, 172 Lake Street. 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 there is 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. 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. January's theme is "Something New." Was there ever a time you tried something new? How did it turn out? Were you surprised at your new skill or was it a complete disaster? Was it a new location, a new baby, a new car? The possibilities are endless! No prior writing experience is needed to participate, and join in at any time.
- Thurs 1/22 **Ask the Nurse**, 12:30 – 2 PM, Coventry Senior Center, 172 Lake Street. Gladys Morgan, R.N. from Visiting Nurse and Health Services of Connecticut (VNHSC) is available to answer any medical questions. No appointment necessary.
- Fri 1/23 **Packing for the Troops**, 9:30 AM, Coventry Senior Center, 172 Lake Street. Help create care packages for local members of the armed services. Info: 860-742-3525.
- Sat 1/24 **CGS PTO PAINT SIP FUNdraiser**, 7-9 PM, Ackert Hall, 1265 Main Street. Enjoy a fun night out of painting and help us to raise money for the CGS Cultural Arts Program. This event is BYOB. There will be coffee, water, assorted desserts as well as a chocolate fountain to enjoy while you paint! Space is limited so buy your tickets today by visiting the website at [www.PaintSipFun.com](http://www.PaintSipFun.com) where you can also view the painting.
- Sun 1/25 **Coventry Regional Farmers' Market, Winterfresh Market**, 11 AM – 2 PM, Coventry High School cafeteria, 78 Ripley Road. Indoor market featuring local produce and artisan wares. [Website](#).
- Tues 1/27 **Massage and Reflexology**, 9:30 AM – 2 PM, Coventry Senior Center, 172 Lake Street. 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 at 860-742-3525 to schedule your appointment.
- Weds 1/28 **Mobile Foodshare**, 10-10:30 AM, First Congregational Church, 1171 Main Street. An outdoor food distribution service for persons of low income.
- Weds 1/28 **TVCCA Community Luncheon**, 12 PM, Coventry Senior Center, 172 Lake Street. Join us for delicious meals, now twice a month! Enjoy **ham and cheese quiche, rice pilaf, Caesar salad, and a chocolate chip cookie**.

The ham and cheese quiche lunch is \$5. Tickets need to be purchased at the Senior Center by Wednesday, January 21. 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 until Friday. Please call the Senior Center at 860-742-3525 for more information.

Sat 1/31 **Ice Fishing Derby**, 9:00 AM – 12:00 PM, Patriots Park Lodge. CT Department of Environmental Protection is holding their annual ice fishing derby! Ice fishing jigs will be available for use or you can bring your own, and fishing instruction and demos will be available. Free! Fun for the whole family. More [info](#).

**WANT NOTICES OF WEATHER-RELATED CLOSINGS AFFECTING TOWN SERVICES?** Sign up to receive automatic alert notices on the “[Notify Me](#)” section of the Town’s website. Lots of other subscription options available here too, including job postings, newsletters, bid notices, meeting agendas and more.

**WHAT TO DO WITH THAT CHRISTMAS TREE:** Don’t feel like making a trip to the Transfer Station? For a donation to First Congregational Church’s mission trip group, we will pick up and get rid of your Christmas tree for you in January. For more information call or text Fred North III at 860-208-8796.

**WINTER READING BINGO:** Booth & Dimock Memorial Library, 1134 Main Street. During the months of January and February, teens in grades 6-12 can participate in the Winter Blues Reading Bingo. Complete squares on the board – by reading – to win prizes! Visit the Teen Desk to sign up or for more information.

**PROMAGANZA!** Now accepting donations of prom dresses, shoes, accessories and services (hair, nails, alternations, etc.) for the 2<sup>nd</sup> annual Promaganza! This event helps offset expenses for youth at CHS who otherwise might not be able to attend the Junior and Senior proms. Items can be dropped off at Coventry Human Services, 1712 Main Street. Sponsored by Coventry Youth Services. For more information, call 860-742-5324.

**PRESCRIPTION DRUG DROP BOX AVAILABLE:** The Coventry Police Department would like to announce the placement of a permanent prescription Drug Drop Box in the Police Department front lobby. It is accessible 24 hours a day, 7 days a week. The prescription Drug Drop Box will allow residents to dispose of potentially dangerous, expired, unused and unwanted prescription drugs in a safe and environmentally responsible way. The Police Department was able to secure the box through a grant from CVS Pharmacy. The Coventry Police Department would like to thank CVS for their participation in what we view as a vital public safety and public health function to our community. People wishing to dispose of unwanted, expired, or unused prescription drugs can drop them in the prescription Drug Drop Box in the front lobby at the Coventry Police Department. The service is free and anonymous.

The following will not be accepted in the Drug Drop Box:

1. Opened containers of liquid will not be accepted unless they are completely sealed.
2. Syringes shall not be placed into the drop box.
3. No medications or other waste shall be permitted to be left outside of the drop box.

The following are accepted in the Drug Drop Box:

1. Prescriptions
2. Prescription Patches

3. Over-the-counter medications
4. Vitamins
5. Sample medications
6. Pet medications
7. Properly sealed liquid, lotion and/or ointment medication

**To list your event in next month's bulletin, contact Laura Stone at [LStone@coventryct.org](mailto:LStone@coventryct.org) by the 15<sup>th</sup> of the month.**