

Coventry Senior Center
Program Highlights
~ JANUARY 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

Holiday Closures: The Senior Center will be closed Thursday, January 1 for New Year's Day and it will be closed Monday, January 19 in observance of Martin Luther King, Jr. Day.

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

Memoir Workshop: 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.

Wednesday, January 7, 9:30 a.m. to 11:30 a.m.

Wednesday, January 21, 9:30 a.m. to 11:30 a.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.

The Senior Center Presents

Voucher Transportation Presentation: 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.

Monday, January 12, 11 a.m.

Fun With Food

Warm Up Winter Potluck: 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.

Wednesday, January 7 at 12 p.m.

TVCCA Community Luncheons: Join us for delicious meals, now twice a month! On Wednesday, January 14, 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. Then on Wednesday, January 28, 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.

Wednesday, January 14 at 12 p.m.; reservations by January 7.

Wednesday, January 28 at 12 p.m.; reservations by January 21.

On Hold: Please note that Cook's Club and Out to Lunch are on hold. See you in the spring!

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. Dress comfortably and get ready to move!

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. Call the Center to schedule an Equipment Orientation Session.

Health And Wellness

Podiatrist: Dr. Morgan provides podiatry (foot care) services every other month by appointment only. Call the Center to register and for more information about insurance coverage.

Thursday, January 8, 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, January 14, 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, January 22, 12:30 p.m. to 2 p.m.; no appointment necessary.

Massage and Reflexology: 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 to schedule your appointment.

Tuesday, January 13, 9:30 a.m. to 2 p.m.; by appointment only

Tuesday, January 27, 9:30 a.m. to 2 p.m.; by appointment only

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

Monday, February 9; 9:30 a.m. to 12:30 p.m.; by appointment only

Crafter's Corner

Quilting: Work together to create quilts. Appropriate for any level.

Fridays from 9:30 a.m. to 10:30 a.m.

On hold: Quilling, the paper-rolling craft, will be on hold for the month of January.

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.

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: Wii bowling has been cancelled due to lack of participation. You are welcome to use the Wii games during Center hours.

Senior Club

Senior Club: The Senior Club meets the third Wednesday of every month.

Wednesday, January 21, 1 p.m.

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, January 23, 9:30 a.m.

Human Services Department

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.

Other Services

AARP Tax Aid: We regret to inform you that Tax Aid, the free tax return preparation provided by AARP, has been cancelled this year due to a lack of volunteers to run the program in this area of the state.

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 helps older adults 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.

Foodshare: Mobile Foodshare comes to First Congregational Church (1171 Main Street).
January 14, January 28, February 11, February 25; 10 a.m. to 10:30 a.m.

Coordinator's Comments

A message from Carrie: Happy New Year! It is great to come in from the cold and enjoy the smiling faces at the Center! I am so happy we have the opportunity to offer you more meals throughout the month and some new events. Please give them a try and let us know what you think! On another note, thank you to all of you who made Spread the Cheer a wonderful celebration for the youth of our community! Also, many of you met with Penny Whitaker to iron out your Medicare choices during the recent Medicare open enrollment period. Thank you, Penny!

Announcements

Communications: 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! Also, 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!

Reminder: Please try to sign in when you join us at the Senior Center or to use the fitness room.