

**Coventry Senior Center  
Program Highlights  
~ April 2015 ~**

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

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**Holiday Closures:** The Senior Center will be closed Friday, April 3 in observance of Good Friday.

**Look What's New**

**Computer Classes:** Christopher Carney from Booth & Dimock Library will be at the Senior Center two afternoons this month. Whether you are a beginner or an advanced computer user, he will answer questions based on audience request.

***April 8, April 22: 1:30 p.m. to 2:30 p.m.; sign up at the front desk.***

**The Senior Center Presents**

**Hips & Knees:** It is common to go to a nursing home following a knee replacement or a hip replacement. Our guest speaker is Karen Duhamel, Director of Admissions for Vernon Manor HealthCare Center. She will discuss what it is like during the recovery period after replacement surgery.

***Thursday, April 2 at 10:30 a.m.; sign up at the front desk.***

Note: This presentation was rescheduled from an earlier date due to the weather.

**Money Smarts:** Find out how to prevent financial exploitation and how to make informed financial decisions. The guest speaker is Eric Judge from Edward Jones.

***Tuesday, April 14 at 1 p.m.; sign up at the front desk.***

**Heart Healthy Cooking:** How do you keep food flavorful without too much salt or fat? Our guest speaker is Laura Falt, Director of Community Relations for Marlborough Health & Rehabilitation Center. She is hosting a cooking demonstration; she will share how to make a healthy and cost-effective turkey chili and provide tips on making additional meals using leftovers.

***Friday, April 24 at 11 a.m.; sign up at the front desk.***

Note: This presentation was rescheduled from an earlier date due to the weather.

**ZUMBA Gold Demonstration:** Do you like to dance? Zumba Gold is a fitness class using dance moves and upbeat music. It is meant for active participants but the class is less intense than a traditional ZUMBA class. ZUMBA Gold is coming to Coventry Senior Center in May! Join us for a demonstration to see if it is a good fit for you. The FREE demonstration will be 30 minutes of movement, please dress accordingly.

***Monday, April 27 at 9 a.m.; sign up at the front desk.***

## Fun With Food

**TVCCA Community Luncheons:** On Wednesday, April 22, enjoy **cheese manicotti, garden salad, garlic bread and chocolate cake**. The manicotti lunch is \$5. Tickets need to be purchased at the Senior Center by Wednesday, April 15. 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 cannot offer refunds after the reservation deadline. If you are unable to attend, we will save your meal in the refrigerator for up to 48 hours (until Friday). Please note: there is only one TVCCA lunch in April due to a scheduling conflict, but we will return to two lunches next month!

***Wednesday, April 22 at 12 p.m.; reservations by April 15.***

**Out to Lunch Bunch:** Join us for a trip to the Vernon Diner.

***Wednesday, April 1 at 11 a.m.; sign up at the front desk by Monday, March 30.***

**SPECIAL EVENT: Volunteer Appreciation:** April is National Volunteer Appreciation Month! Help us say thank you to the people who help Coventry Seniors! We invite all volunteers to enjoy a special luncheon. The lunch is also open to anyone else who would like to honor the work these dedicated individuals provide throughout the year.

***Wednesday, April 29 at 12 p.m.; sign up at the front desk by Friday, April 24.***

## 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.

***Tuesdays and Thursdays, 9:30 a.m. to 10:30 a.m.***

**NEW CLASS! Silver Sneakers:** Starting Monday, May 4, our Silver Sneakers class will meet every Monday at 9:30 a.m. to help you start the week off right! Certified Instructor Patty Flubacher guides participants through a series of exercises to increase strength and improve balance and flexibility. Exercises can be modified for all levels. Please wear comfortable clothing and athletic shoes. Silver Sneakers is covered through several health insurance companies. For those without qualifying insurance, the class is \$2 per week when paying in advance for the month, or \$3 per class for drop-in participants. The advance price for May is \$6 (three classes) since there is no class on Monday, May 25 (Memorial Day). Advance payment due the first class of the month.

***Mondays: May 4, May 11, May 18, 9:30 a.m. to 10:30 a.m.***

**NEW CLASS! ZUMBA Gold:** Love to dance and want to join the fun? Starting Tuesday, May 5 we will be offering an ongoing ZUMBA Gold class every Tuesday at 12:30 p.m. with Certified Instructor Patty Flubacher. Wear comfortable clothes and appropriate shoes and be ready to move! This class is covered under Silver Sneakers for those with qualifying health insurance. Other participants are welcome: classes are \$2 per class when paid in advance for the month and \$3 per class for drop-in participants. The advance price for May is \$8 (four classes). Advance payment due the first class of the month.

***Tuesdays: May 5, May 12, May 19, May 26, 12:30 p.m. to 1:15 p.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. See Carrie to schedule an Equipment Orientation Session.

## Health And Wellness

**Podiatrist:** Dr. Morgan provides podiatry (foot care) services by appointment only.  
***Thursday, June 18, 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, April 15, 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, April 23, 12:30 p.m. to 2 p.m.; no appointment necessary.***

**Massage and Reflexology:** Deb Turner, L.M.T. provides 25 minute table massages or reflexology sessions. 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.  
***Tuesday, April 21, 9 a.m. to 2 p.m.; by appointment only***  
***Thursday, April 30, 9 a.m. to 2 p.m.; by appointment only***

**Spa Day:** Michelle DeLuco of Kennedy & Co. Salon & Spa will be here for 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 for nail clipping (manicure or pedicure). Nails are \$15, payable directly to Hope at the time of the appointment.  
***Monday, April 13; 9 a.m. to 12:30 p.m.; by appointment only***

## Games Galore

**NEW! Duplicate Bridge:** There is an established traveling duplicate bridge group in the area. We are happy to announce that Duplicate Bridge is coming to Coventry Senior Center once a month on the first Friday of the month starting Friday, May 1. Come join the fun!  
***Friday, May 1, 12:45 p.m.***

**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.***

## Crafter's Corner

**Quilting:** Create beautiful quilts. Appropriate for all levels.  
***Fridays from 9:30 a.m. to 10:30 a.m.***

**Quilling:** The paper-rolling craft is on hold until further notice due to a scheduling conflict.

## Senior Club

**Senior Club:** The Senior Club meets the third Wednesday of every month.  
***Wednesday, April 15 at 12:30 p.m.; entertainment provided by John Gundstrum.***

## 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, April 17 at 9:30 a.m.*

## Other Services

**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 to help 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. Carrie is also available for CHOICES appointments or for referral to any other resources as needed.

## Human Services Department

**Grief and Loss Group:** Human Services Intern, Paige McNichols is a senior at Eastern Connecticut State University, currently finishing her Bachelor's degree in Social Work. As part of her education, Paige would like to learn more about coping with grief and loss. Paige would like to know if you would be willing to share your experience with her. If you would be interested in speaking with Paige please leave your name and phone number with the Senior Center staff.

## Town Happenings

**Superintendent Visit:** Join Coventry Superintendent of Schools David Petrone at the Senior Center, Monday, April 27 at 9:30 a.m.

**High School Concert:** Coventry High School Band Spring Concert April 9, 7 p.m. in Veterans Auditorium, \$5.

**Box Tops:** The Coventry Senior Center is now collecting Box Top Labels on behalf of the Coventry Grammar School PTO. The container is at the Senior Center front desk.

**Homeowner Program:** The Tax Assessor's office is accepting applications until May 15 for individuals with incomes less than \$34,600 and couples with incomes less than \$42,200.

**Town-Wide Tag Sale:** The Parks and Recreation Department is organizing a town-wide tag sale on Saturday, May 2. Host the tag sale at your home and the town will advertise for you and provide a road side sign. Registration is \$20 prior to April 17.

**Foodshare:** Mobile Foodshare comes to First Congregational Church (1171 Main Street).  
*April 8, April 22; 10 a.m. to 10:30 a.m.*

## News From Our Neighbors

**Pharmacy Delivery:** Price Chopper Pharmacy in Mansfield is offering free medication delivery to Coventry residents. If you would like to inquire about this service, call 860-553-6556.

## AARP Tax Aide

We are thrilled we had a successful tax season with AARP Tax Aide. The Senior Center has been buzzing on Friday mornings and we lucked out with several sunny days! A special thank you goes to the team of volunteers from AARP Tax Aide who came from surrounding towns to allow us to hold this valuable program. We have had two volunteers step forward to help us next year and would love some more helping hands to assure we can continue to offer this program in Coventry. Please speak with Carrie to learn more.

## Senior Center Survey

There is still time to return the Senior Center Survey. We appreciate all of you who have taken the time to complete it. Voting for events that interest you gives us valuable information to help develop programming that meet the interests and needs of Coventry Seniors. The suggestions received so far have been incredible and we will give each idea strong consideration.

On that note, participation is also a form of voting for an event! You may have noticed a few programs removed from the calendar this month. This time of year it is very hard to tell if the participation rate is due to the weather or disinterest. Please let us know if you value these programs and we will consider adding them back in. Also, please make an effort to sign up for presentations in advance so we can have an accurate count. Presentations with low attendance are at risk of cancellation.

## Coordinator's Comments

**A message from Carrie:** April is the time of year when we reflect on the value of volunteering. Volunteers are an instrumental part of the Coventry Senior Center every single day! I couldn't even try to list all of the ways you help, but every action is noticed and appreciated. Thank you for sharing your time, your kindness, and your gifts and talents with us.

## Communications

**Mailing List:** 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, email, or e-blast.

**Telephone:** 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!

**Facebook:** We are trying to add more information to the Coventry Senior Center Facebook page. Please "like" us on Facebook.

**Volunteers:** We love our front desk volunteers and would love some more. Please see Carrie or Leigh if you would like to join us. Or ask us about other volunteer opportunities at the Center.

**Reminder:** Please sign in when you join us at the Senior Center! This is very important, not only for safety but also for planning purposes. In addition, please sign in to the fitness log when you use the fitness center, and sign in for attendance at the fitness class. We understand that these are extra steps but we greatly appreciate your efforts!