

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

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

*Senior Center Coordinator: Carrie A. Concatelli, MSW
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Senior Transportation Coordinator: Leigh H. Wajda
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Holiday Closures: The Senior Center will be closed Monday, May 25 for Memorial Day.

Fun With Food

TVCCA Community Luncheons: On Wednesday, May 13, enjoy **meatloaf with gravy, mashed potatoes, Caesar salad and carrot cake**. The meatloaf lunch is \$5. Tickets need to be purchased at the Senior Center by Wednesday, May 6. On Wednesday, May 27, enjoy **chicken sausage with peppers and onions, rice pilaf, garden salad, and fudge brownie**. The sausage lunch is \$5. Tickets need to be purchased at the Senior Center by Wednesday, May 20. 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).

Wednesday, May 13 at 12 p.m.; reservations by May 6.

Wednesday, May 27 at 12 p.m.; reservations by May 20.

Out to Lunch Bunch: Join us for a trip to Marco Polo Restaurant in East Hartford.
Wednesday, May 6 at 11 a.m.; sign up at the front desk by Friday, May 1.

SPECIAL EVENT: Enjoy a free lunch in honor of Older American's Month. The lunch is sponsored by October Kitchen, a company in Manchester specializing in chef prepared home delivered meals.

Friday, May 22 at 12 p.m.; reservations due by Friday, May 15. Limited to 30 people.

SPECIAL EVENT: Let's honor our Veterans and celebrate the unofficial beginning of summer with a Memorial Day Cook Out!

Friday, May 29 at 11:30 a.m. (rain date: Monday June 1 at 11:30 a.m.)

Reservations due by Friday May 22.

Cook's Club: Our recent survey indicated that many of you have an interest in cooking. We would like to revive the Cook's Club. If you are interested in forming a new club to plan some upcoming events, please add your name to a list that will be available at the front desk throughout the month of May.

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.

Walking Club: Nice weather is finally here! According to the recent survey we conducted, there appears to be a lot of interest in walking or hiking. We are offering a walking group every Monday and Wednesday at 2 p.m. Gather at the Senior Center; the group will determine the pace and location of the actual walk depending on group interest. Please note: walks will not be held in the event of rain.

Mondays and Wednesdays: 2 p.m.; no walk Monday, May 25.

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, May 20, 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, May 28, 12:30 p.m. to 2 p.m.; no appointment necessary.

Health And Wellness (continued)

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, May 12, 9 a.m. to 2 p.m.; by appointment only

Tuesday, May 26, 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 be here for nail clipping (manicure or pedicure). Nails are \$15, payable directly to Hope at the time of the appointment.

Monday, June 8; 9 a.m. to 12:30 p.m.; by appointment only

Out and About

Harkness Trip: Join us for a trip to beautiful Harkness State Park in Waterford. Lunch includes a variety of sandwiches, homemade soup, salads, fruit, dessert and beverage. There will be a stop for ice cream on the way home. The cost of the trip is \$5 per person (ice cream not included). A \$2 driver tip will be collected on the day of the trip. Transportation for this trip is sponsored by a grant from the Connecticut Department of Transportation and the Town of Coventry. Reservations must be made by Friday, May 15. Note: the trip date was changed after previous publications.

Tuesday, May 19; reservations due by Friday, May 15.

Note: Due to popular demand, this trip is currently waiting list only!

Museum and Elizabeth Park Trip: Join us for a trip to a museum at the CT State Library in Hartford. Lunch will be at Fernwood Restaurant in West Hartford, followed by a visit to Elizabeth Park in Hartford to see the roses in full bloom. The cost of the trip is \$5 (lunch not included). Transportation for this trip is sponsored by a grant from the Connecticut Department of Transportation and the Town of Coventry. Reservations must be made by Wednesday, June 10.

Monday, June 15; reservations due by Wednesday, June 10.

Games Galore

NEW! Duplicate Bridge: There is an established traveling duplicate bridge group in the area. Duplicate Bridge is coming to Coventry Senior Center once a month on the first Friday of the month. 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, 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, May 20 at 12:30 p.m.; entertainment provided by Perfect Partners.

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, May 22 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.

Food Bank: Coventry Human Services operates a food bank at Patriots Park Community Center (120 Lake Street) Tuesdays 8:30 a.m. to 10:30 a.m. and Thursdays 12 p.m. to 1:30 p.m. by appointment only. Call 860-742-5324.

Foodshare: Mobile Foodshare comes to First Congregational Church (1171 Main Street).
Wednesdays, May 13 and May 27; 10 a.m. to 10:30 a.m.

Town Happenings

Mailboxes: Does your mailbox need repair? Coventry Girl Scouts would like to help. Minor repairs are free and include: painting the mailbox, adding numbers, fixing the flag, straightening the post, or reattaching the mailbox to the post. For more information, email silvermailboxes@gmail.com or call 860-771-0259.

Farmers' Market: A forum about the Coventry Farmers' Market will be held on Thursday, May 7 at 7 p.m. at Patriots Park Lodge.

Concerts: The Choir Spring Concert is Wednesday, May 27 at 7 p.m. in Veterans Auditorium. The Coventry High School Band Contemporary Music Concert is Thursday, May 28 at 7 p.m. in Veterans Auditorium.

Volunteer Opportunity

AARP Tax Aide: We had a successful tax season with our volunteers from AARP Tax Aide and were very lucky to have good weather during the tax appointments. We need more volunteers to join us next year! Training is provided. Please see Carrie for more information.

Coordinator's Comments

A message from Carrie: May was designated "Older American's Month" by President Kennedy. The Administration for Community Living celebrates this month as a way to recognize the contributions Older Americans make in our communities. This year is the 50th Anniversary of the Older Americans Act, therefore the theme is "Get into the Act" to raise awareness of the importance of community engagement. Last month we celebrated our volunteers who are truly valuable to the Senior Center. This month we want to highlight how much Seniors support our community as a whole. Many of our Seniors are responsible for Foodshare distributions, coordinate charity races, or write elected officials in support of important legislation, among many other important roles. Thank you for all that you do!

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. We have been reviewing our current mailing list for accuracy and appreciate the feedback we have received!

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 classes. We understand that these are extra steps but we greatly appreciate your efforts!