

**Coventry Senior Center  
Program Highlights  
~ June 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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**Communications**

**Parking Pass:** Senior Center parking passes are available at the front desk. The beach will be open for the season on June 20 so you will need your pass to park at the Center from Monday, June 22 through Friday, September 4 during Senior Center hours. There is no charge for the pass.

**Special Events**

**Coventryfest:** The Senior Center will be open to enjoy Coventryfest events. Check out the activities and vendors in Patriot's Park and watch the fireworks from the lounge. Off-site parking with shuttle service will be available for \$5. Limited transportation will be available for non-drivers.

***Saturday, June 27 (rain date June 28); 6 p.m. until end of fireworks.  
Sign up by Monday, June 22.***

**AARP Smart Driver:** The AARP Smart Driver course is designed for drivers over age 50. It will help you learn the current rules of the road and how to safely navigate your vehicle. This is a four-hour classroom course and does not involve a written or driving test. Many auto insurance companies offer a discount to drivers for completing the course. The cost is \$15 for AARP members and \$20 for non-members.

***Monday, June 29; 12 p.m. to 4 p.m.  
Reservation and payment due by Wednesday, June 24.***

**Information Session**

**AARP Tax-Aide:** We are pleased to announce that Paul Watson, a local retired CPA, has agreed to be the Local Coordinator for the AARP Tax-Aide Program! We are looking for more volunteers to serve as tax preparers! Join District Coordinator Bert Carbaugh and Local Coordinator Paul Watson for an information session. They will answer questions and tell you what it is like to be part of this program.

***Thursday, June 18 at 10:30 a.m.***

## Out and About

**Museum and Elizabeth Park Trip:** Join us for a trip to the CT State Library Museum. Lunch will be at Fernwood Restaurant, followed by a visit to Elizabeth Park. 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.

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

**CT Fastrak:** Anyone who would like to take an introductory “field trip” on the new CT Fastrak and learn how to ride the busses, please call Senior Center and leave your name and telephone number. The group will decide on a destination and use Fastrak to get there and back. Fastrak tickets are \$1.50 for a one-way ride.

## Let's Get Moving

**Exercise Class:** 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.***

**Silver Sneakers:** Certified Instructor Patty Flubacher guides participants through exercises to increase strength and improve balance and flexibility. Silver Sneakers is covered through several health insurance companies. For other participants, each class will be \$3 in June for the two classes offered. There is no class on June 8 due to Spa Day and no class June 15 and June 22 due to instructor vacation.

***Monday, June 1 and Monday, June 29; 9:30 a.m. to 10:30 a.m.***

***No class June 8, June 15, June 22.***

**ZUMBA Gold:** Certified Instructor Patty Flubacher guides participants through dance moves for improved cardiovascular health. This class is covered under Silver Sneakers for those with qualifying health insurance. For other participants, each class will be \$3 in June for the three classes offered. There is no class on June 16 and June 23 due to instructor vacation.

***Tuesdays: June 2, June 9, June 30; 12:30 p.m. to 1:15 p.m.***

***No class June 16 and June 23.***

**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 an Equipment Orientation Session is mandatory before using the Fitness Center.

***Next Orientation: Thursday, June 11 at 11 a.m.; sign up at the front desk.***

**Walking Club:** Unfortunately we have suspended the walking club due to lack of participation.

## Fun With Food

**TVCCA Community Luncheons:** On Wednesday, June 10 enjoy **oven roasted top round of beef, jeweled rice, bean medley and peach cobbler**. The beef lunch is \$7. Tickets need to be purchased at the Senior Center by Wednesday, June 3. On Wednesday, June 24, enjoy **spaghetti and meatballs, garlic bread, Caesar salad and apple pie**. The spaghetti lunch is \$5. Tickets need to be purchased at the Senior Center by Wednesday, June 17. 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, June 10 at 12 p.m.; reservations by June 3.***

***Wednesday, June 24 at 12 p.m.; reservations by June 17.***

**Out to Lunch Bunch:** Join us for a trip to Ruby Tuesday.

***Wednesday, June 3 at 11 a.m.; sign up at the front desk by Friday, May 29.***

## 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.***

**Ask the Nurse:** Gladys Morgan, R.N. from Visiting Nurse and Health Services of Connecticut (VNHSC) is available to answer any medical questions.

***Thursday, June 25, 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, June 9, 9 a.m. to 2 p.m.; by appointment only***

***Tuesday, June 23, 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***

## Senior Club

**Senior Club:** The Senior Club meets the third Wednesday of every month. For the month of June, come at 12 p.m. for a potluck lunch.

***Wednesday, June 17 at 12 p.m.***

### Crafter's Corner

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

### Games Galore

**Duplicate Bridge:** This traveling duplicate bridge group comes once a month.  
*Friday, June 5, 12:30 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.**

### 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, June 19 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). Transportation can be arranged with advance notice.  
*Wednesdays, June 3 and June 17; 10 a.m. to 10:30 a.m.*

### Coordinator's Comments

**A message from Carrie:** I will be on vacation June 4 through June 12. Thanks to Leigh, the Volunteers and Human Services for their help during that time. If you are heading somewhere special, we wish you safe travels!