

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

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

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Holiday Closure: The Senior Center is closed on Friday, July 3 for Independence Day.

Save the Date

AARP Fraud Alert: You've heard about scams and try your best to protect yourself. But are you really doing everything you can? And what happens if you need to report a suspicious phone call or even worse, become a victim of a scam? We are thrilled to host a new program called AARP Fraud Watch. Come to this valuable presentation; it is free and all ages are welcome. Please sign up in advance so we can provide enough seating.

Tuesday, August 4 at 11 a.m.; sign up at the front desk.

Look What's New

NEW! Recipe Refresh Discussion Group: Welcome cooks and eaters! A member of the former "Cook's Club" is starting a group about new, refreshing and healthy ways to reinvent your old favorite recipe classics! Based on the television show "Recipe Rehab" you can bring a printed recipe that you like and others in the group will help you plan ingredient substitutions. You do not need to cook to participate in this group. The group will discuss healthy eating and share hints about what works for them. Whether you are watching your weight or just want to learn new ideas, come join the fun!

Tuesday, July 14 at 10 a.m.

Summer Concerts: Coventry Recreation Department is hosting Sunset Sounds 2015, a series of outdoor summer concerts at Patriots Park. The concerts are held on Thursday evenings from 6:30 p.m. to 8:30 p.m. with rain dates for the following Tuesday. Bring a picnic dinner and blankets or lawn chairs. July 23 features "Eight to the Bar" for swing, boogie-woogie and R&B. On July 30 hear a party band called "42nd Street." On August 6, enjoy music from the 60s, 70s and 80s with "Nightshift." Finally, August 13 is soul music with "Memphis Soul Spectacular."

Thursdays, July 23, July 30, August 6, August 13; 6:30 p.m. to 8:30 p.m.

Fun With Food

TVCCA Community Luncheons: Have you tried a TVCCA lunch yet? The food is delicious! We always have a great time and would love to have more people join us! We encourage you to bring a friend!

In honor of Independence Day we have selected a summer time favorite! On Wednesday, July 8 enjoy a **barbeque pulled pork sandwich, baked beans, potato salad and apple pie!** The barbeque lunch is \$7. Tickets need to be purchased by Wednesday, July 1.

Thinking about the heat of summer, we have picked some more summer classics! On Wednesday, July 22 enjoy a **chicken salad grinder, a bowl of clam chowder and a chocolate chip cookie.** The chicken salad lunch is \$5. Tickets need to be purchased by Wednesday, July 15.

Out to Lunch Bunch: Join us for a trip to Home Town Buffet in Manchester.
Wednesday, July 1 at 11 a.m.; sign up at the front desk by Friday, June 26.

Health And Wellness

Podiatrist: Dr. Morgan provides podiatry (foot care) services by appointment only.
Thursday, September 3, 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) is available to check blood sugar and blood pressures.
Wednesday, July 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, July 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.

Thursday, July 16, 9 a.m. to 2 p.m.; by appointment only
Tuesday, July 28, 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, August 10; 9 a.m. to 12:30 p.m.; by appointment only

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. **Please note, effective Thursday, July 2, the cost of the class will be \$3 per person.** Participants can purchase a pre-paid card redeemable for any 10 classes for \$30. Cards can be purchased in the Senior Center office.

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 is \$3 for drop-ins or \$8 total for the four classes offered in July when paid during the first class of the month.

Monday, July 6, July 13, July 20, July 27; 9:30 a.m. to 10:30 a.m.

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 is \$3 for drop-ins or \$8 total for the four classes offered in July when paid during the first class of the month.

Tuesday, July 7, July 14, July 21, July 28; 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 an Equipment Orientation Session is mandatory before using the Fitness Center. See Carrie to schedule an orientation session.

Senior Club

Senior Club: Come for the club meeting and enjoy entertainment by Bruce John.

Wednesday, July 15 at 12:30 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: Bridge is on hold in July for the holiday.

Next game: August 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 and 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, July 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.

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, July 1, July 15, July 29; 10 a.m. to 10:30 a.m.

Volunteer Opportunity

AARP Tax Aide: It may sound early, but we are already preparing to host AARP Tax Aide appointments this winter. This is a wonderful program that provides free tax preparation. It is a great service and everyone also has a great time (when was the last time you had fun doing your taxes?) Would you like to volunteer for this program? Volunteers need to be comfortable with numbers (no advance math skills needed) and have some familiarity with computers. Training is provided; for more information call or visit the front desk!

Out and About

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.

Reminder

Parking passes are needed to park at the Senior Center during regular business hours. Passes are free and available at the front desk.