

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

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

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**Coordinator's Comments**

**A Note from Carrie:** I am pleased to announce that we have an intern joining us for the academic year! Sean Hunt is a senior at Eastern Connecticut State University, where he is completing a Bachelor's degree in Social Work. Sean will primarily be at the Senior Center but will also work in collaboration with Human Services, where Sean's classmate Janay Gonzalez will be interning. We can't wait to welcome both of them! Sean will be attending CHOICES training in September to learn more about Medicare and other programs for seniors.

**Special Events**

**AARP Fraud Watch:** Are you really doing everything you can to protect yourself from scams? We are thrilled to be hosting a new program on **Tuesday, August 4 at 11 a.m.** Come to this valuable presentation; it is free and all ages are welcome. Please sign up in advance at the front desk so we can provide enough seating.

**Ice Cream Social:** It's time to come together on **Friday, August 28 at 1 p.m.** for an ice cream social! Meet new people, take a tour, welcome our student intern, and help us kick-off National Senior Center Month in September. Bring a friend! This event is free; please sign up at the front desk so we can have plenty of tasty treats for everyone! Transportation will be available for those who do not drive.

**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, August 6 and August 13, 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. On **August 6**, enjoy music from the 60s, 70s and 80s with "Nightshift." **August 13** is soul music with "Memphis Soul Spectacular." Transportation is available.

## Fun with Food

**Out to Lunch Bunch:** Join us for a trip to Coventry Pizza on **Wednesday, August 5 at 11:15 a.m.** Meet at the Senior Center at 11 a.m. to carpool. Sign up at the front desk by Friday, July 31.

**Recipe Refresh Discussion Group:** Welcome cooks and eaters! Join us on **Tuesday, August 11 at 10:30 a.m.** for a discussion group about new, refreshing and healthy ways to reinvent your favorite recipe classics! 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. The group will also discuss healthy eating and share hints about what works for them.

**TVCCA Community Luncheons:** Join us on **Wednesday, August 12 at 12 p.m.** to enjoy some classics: **chicken Marsala, rice pilaf, green beans and chocolate cake.** The chicken lunch is \$5. Tickets need to be purchased by Wednesday, August 5.

**TVCCA Community Luncheons:** Join us on **Wednesday, August 26 at 12 p.m.** for an end-of-summer **spinach, bacon and cheese quiche, Caesar salad, green beans and carrot cake.** The quiche lunch is \$5. Tickets need to be purchased by Wednesday, August 19.

## Let's Get Moving

**Exercise Class:** Join certified instructor Mary Hurley for a low-impact class **every Tuesday and Thursday from 9:30 a.m. to 10:30 a.m.** The class focuses on stretching, light resistance and improving balance. Weights and exercise bands are provided. Each class is \$3 or participants can purchase a pre-paid card redeemable for any 10 classes for \$30. Cards can be purchased in the Senior Center office.

**Silver Sneakers:** Certified Instructor Patty Flubacher guides participants through exercises to increase strength and improve balance and flexibility. Class is held **every Monday from 9:30 a.m. to 10:30 a.m.** Please note: there is no class on Monday, August 10 due to Spa Day. 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 August when paid during the first class of the month.

**ZUMBA Gold:** Certified Instructor Patty Flubacher guides participants through dance moves for improved cardiovascular health. Class is held **every Tuesday from 12:30 p.m. to 1:15 p.m.** 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 August when paid during the first class of the month.

**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.

## Health And Wellness

**Podiatrist:** Dr. Morgan provides podiatry (foot care) services by appointment only. His next visit is **Thursday, September 3 from 9:30 a.m. to 12 p.m.** See the front desk for available appointments.

**Wellness Nurse:** Carol LaVigne, R.N. from Visiting Nurse and Health Services of Connecticut (VNHSC) will be available **Wednesday, August 19 from 12:30 p.m. to 1:30 p.m.** to check blood sugar and blood pressures.

**Ask the Nurse:** Gladys Morgan, R.N. from Visiting Nurse and Health Services of Connecticut (VNHSC) will be available **Thursday, August 27 from 12:30 p.m. to 2 p.m.** to answer any medical questions.

**Massage and Reflexology:** Deb Turner, L.M.T. from Harmony Massage in Storrs provides 25 minute table massages for all over relaxation or reflexology sessions to treat tired and sore feet. 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. Deb will be here **Tuesday, August 4 and Tuesday, August 18 from 9 a.m. to 2 p.m.** See the front desk for available appointments.

**Spa Day:** Enjoy a morning of pampering on **Monday, August 10 from 9 a.m. to 12:30 p.m.** 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. See the front desk for available appointment.

## Senior Club

**Senior Club:** Come for the club meeting **Wednesday, August 19 at 12:30 p.m.** and enjoy entertainment by Country Duo.

## Crafter's Corner

**Quilting:** Create beautiful quilts every **Friday at 9:30 a.m.** Appropriate for all levels.

## Games Galore

**Duplicate Bridge:** The next game is **Friday, August 7 at 12:30 p.m.**

**Cribbage:** Every **Monday at 9:30 a.m.**

**Setback and Kaluki:** Every **Thursday and Friday at 1 p.m.**

## Veteran And Military Services

**Veteran's Advocate:** The Veteran's Advocate is available by appointment.

**Packing for the Troops:** Create care packages for local members of the armed services on **Friday, August 21 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) on **Wednesday, August 12 and August 26 from 10 a.m. to 10:30 a.m.** Transportation can be arranged with advance notice.

## 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.