

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

**Happy National Senior Center Month!**

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

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**Holiday Closure:** The Center will be closed on **Monday, September 7** for Labor Day.

**Coordinator's Comments**

**A Note from Carrie:** September is National Senior Center Month. This year's theme is "**Celebrate L.I.F.E. at your Center.**" **L.I.F.E. stands for Learning, Independence, Friends, Energy.** We asked some of our visitors how the Coventry Senior Center helps them celebrate L.I.F.E. We have included their answers throughout this newsletter. We hope you enjoy this special feature.

Please check out our regular events and special events. We hope to have something for everyone this month and in the coming months. Feel free to call for more information or stop by for a tour. We welcome you!

**Leigh:** Our fantastic transportation coordinator stated the best part of the Senior Center is "being with wonderful people." She finds L.I.F.E. at the Center by "keeping busy and needed, having a group of friends, and getting out of the house."

**Reminder: End of Summer Ice Cream!**

**Ice Cream Social:** We're kicking off Senior Center Month at the end of August with a traditional ice cream social. Make your own sundae with all the toppings. If you are a regular, are a newcomer, or just haven't visited in a while, we can't wait to enjoy some ice cream creations. Feel free to bring a friend! Tours will be available all day. The ice cream is free. Please sign up so we have enough! Transportation is available.

## Special Events

**Bingo Meeting:** Is Bingo a program you wish to have here? We are exploring if there is interest in adding Bingo to the regular schedule. Come to an informal meeting on **Tuesday, September 1 at 1 p.m.** to be part of the discussion.

**Smartphones Made Easy:** Tyler Wagoner from Verizon Wireless in Mansfield is coming on **Thursday, September 10 at 12 p.m.** to teach you about using smartphone technology. He will provide lots of tips and tricks. The program is free. Sign up at the front desk.

**All about SNAP (Supplemental Nutrition Assistance Program):** September is Hunger Action Month. Are you qualified for SNAP? Need help getting started? Brian Johnson from End Hunger, Connecticut will give a presentation on **Thursday, September 17 at 11 a.m.** All ages welcome. Sign up at the front desk.

**MSP and ME:** If you have Medicare coverage and you are not already enrolled in one of the **Medicare Savings Programs (QMB, SLMB, ALMB)**, then this is a must-see! Brian Naylor from Independence Northwest will give an informative presentation on how the program works and why it is so important. The presentation will be **Wednesday, September 23 at 10:30 a.m.** All ages welcome. Sign up at the front desk.

**Energy Assistance Appointments:** Courtney Chan and Brenda Bennett from Coventry Human Services will be visiting the Senior Center on **Friday, September 25 and Friday, October 9 between 9 a.m. and 12 p.m. by appointment only.** Sign up at the front desk.

**Fall into Fall Prevention:** It may only take a few seconds, but a fall can lead to many health complications. How can you do your best to prevent falls, whether during everyday activities or during slippery conditions? Join us for a dynamic presentation on **Wednesday, September 30 at 10:30 a.m.** We will be looking at falls from several perspectives. Our special guests are Karla Vince from Visiting Nurse and Health Services of Connecticut (VNHSC), Nancy Cucca, Lifeline Manager at A Caring Hand, certified personal trainer Mary Hurley from Sunshine-N-Daisies (and our Group Fitness Class!) and physical therapist Bruce Langevin from Bolton PT. Sign up at the front desk.

## Fun with Food

**Out to Lunch Bunch:** Join us for a trip to Maggie McFly's in Manchester on **Wednesday, September 2 at 11:30 a.m.** Sign up at the front desk by Friday, August 28.

**Claudette:** You may find Claudette at the front desk, decorating, or in the kitchen as a hospitality volunteer. Claudette also coordinates Out to Lunch Bunch. Claudette loves meeting new people. The Center brings her L.I.F.E. by "opening up new avenues of interest and being able to laugh and help others enjoy life with a smile and a kind word."

**Recipe Refresh Discussion Group:** Welcome cooks and eaters! Join us on **Tuesday, September 8 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.

**Claire:** Claire helps lead the Recipe Refresh Discussion Group. Claire loves to share her culinary creations and says, "Heal the world: cook dinner tonight!"

**TVCCA Community Luncheons:** Join us on **Wednesday, September 9 at 12 p.m. to** enjoy a hearty hot dinner. The selection is **baked stuffed chicken with ham and cheese, mashed potatoes, bean medley, a hot dinner roll and peach cobbler.** The chicken lunch is \$7. Tickets need to be purchased by Wednesday, September 2.

**TVCCA Community Luncheons:** Join us on **Wednesday, September 23 at 12 p.m.** In honor of the first day of autumn we are having **roasted turkey and gravy, stuffing, baby carrots, a hot dinner roll and a slice of apple pie.** The turkey lunch is \$7. Tickets need to be purchased by Wednesday, September 16.

**Betsy:** You'll find Betsy at the front desk or volunteering at the TVCCA lunches. Betsy says, "There are so many incredible people at the Senior Center with so many wonderful and different personalities. That's what makes it so rewarding to be able to share and help out everyone."

### **Let's Get Moving**

**Group 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.

**Mary:** Mary brings her energy to the group exercise class. Her favorite part of the Center is the seniors; she feels they are warm and friendly and bring her energy and fill her day with joy.

**Strength and Balance (Silver Sneakers):** Certified Instructor Patty Flubacher guides participants through a series of exercises to increase strength and improve balance and flexibility. Class is held **every Monday from 9:30 a.m. to 10:30 a.m.** Strength and Balance is covered through several health insurance companies. For other participants, each class is \$3. There is no class on Monday, September 7 due to Labor Day.

As a gift to the seniors, Patty is offering a **FREE class** for all participants (new or existing) on **Monday, September 14.** Try this class and let us know what you think!

**ZUMBA Gold (Silver Sneakers):** 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.

As a gift to seniors, Patty is offering a **FREE class** for all participants (new or existing) on **Tuesday, September 15.**

**Patty:** Patty has been a great addition to the Senior Center. Patty loves the view of the lake and feels the Senior Center brings her L.I.F.E by building lasting friendships.

**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, November 19 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, September 16 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, September 24 from 12:30 p.m. to 2 p.m.** to answer any medical questions.

**Carol:** Carol reflected on the “the wonderful people I get to meet that become friends and the fun, excellent staff at the Center. They are very helpful and caring.” (Thanks! We love to help!) In her role as our Wellness Nurse, Carol stated, “It gives me a chance to share information that’s important to me with others and to hopefully make a difference in their health and independence and wellbeing.”

**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, September 8 and Tuesday, September 22 from 9 a.m. to 2 p.m.** See the front desk for available appointments.

**Haircuts:** Michelle DeLuco of Kennedy & Co. Salon & Spa will be here an extra day. We realize many people may not want to wait as long between haircuts. Michelle provides a professional haircut at a value price of \$15. Michelle will be here **Tuesday, September 1 from 10 a.m. to 2 p.m.** See the front desk for available appointments.

**Michelle:** Michelle stated she loves to come visit us. She feels the Center “provides a chance to meet people in your neighborhood while enjoying services filled with useful information.”

**Spa Day:** Enjoy a morning of pampering on **Monday, October 5 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 appointments.

### **Senior Club**

**Senior Club:** Come for the club meeting **Wednesday, September 16 at 12 p.m.** and enjoy a pizza party.

### **Crafter's Corner**

**Quilling:** We are happy to announce the paper rolling craft will return to our regular schedule, **every Monday at 12:30 p.m. starting September 14.** Welcome back!

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

### **Games Galore**

**Duplicate Bridge:** The next game is **Friday, September 4 at 12:30 p.m.**

**Cribbage:** Join in **every Monday at 9:30 a.m.**

**Donalda:** Donalda wears many hats and helps out anywhere and anytime she is needed. She is active in cribbage, exercise and the lunches and is often the first person here to help set-up. Donalda stated the Senior Center brings her L.I.F.E by all the friends she has made.

**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, September 18 at 9:30 a.m.** We would love to have your help.

**Judy:** Judy is involved in many events, especially for set-up and clean-up. She also contributes a lot of energy to Packing for the Troops. This is a program we are thrilled to support as a community. Judy states she finds L.I.F.E. by being with “fun loving seniors.”

### **Other Services**

**CHOICES:** CHOICES offers seniors assistance on health insurance concerns and helps them 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. Carrie is also available for CHOICES appointments or for referral to any other resources as needed.

**Energy Assistance:** Human Services is accepting applications for energy assistance as of September 14 on Tuesdays and Thursdays by appointment. Income limits are \$33,132 for individuals or \$42,327 for a couple. Call Human Services at 860-742-5324 to schedule an appointment at Town Hall or call our front desk to schedule an appointment at the Senior Center.

**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, September 9 and September 23 from 10 a.m. to 10:30 a.m.**

### **Communications**

**Mailing List:** Please let us know if you want to receive our communications by mail or email or if you are receiving them and no longer wish to be included. Also, if you are a Facebook participant, please “like” our page!

### **Coordinator’s Comments**

**A Second Note from Carrie:** How do I find L.I.F.E. at the Center? I love being part of a caring community of bright, energetic people; our seniors have great ideas and bring their dedication to the programming you see here. Thank you for all that you do; it makes our community stronger.

Thank you to all who participated in this activity. An anonymous comment was made, “We have lots of laughs and that is awesome medicine for a delicious taste of life.”

***How does the Coventry Senior Center bring you L.I.F.E.?***