

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

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

Senior Center Coordinator: Carrie A. Concatelli, MSW
Email Carrie: cconcatelli@coventryct.org

Senior Transportation Coordinator: Leigh H. Wajda
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Social Work Intern: Sean Hunt (available Wednesdays/Thursdays)
Email Sean: shunt@coventryct.org

Holiday Closure: The Center will be closed **Monday, October 12** for Columbus Day.

Special Events

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

Meet the Candidates: Candidates for Town Council were invited to join us on **Thursday, October 15 from 5:30 p.m. to 7:30 p.m.** Each candidate will be given 10 minutes to speak and then there will be time for questions. Refreshments will be served. Sign up at the front desk.

Pillow Project: Help sew pillows for chemotherapy patients at the Manchester Hospital Cancer Center. Join us on **Friday, October 16 at 10:30 a.m.** Beginners welcome. Fabric and batting will be provided and several sewing machines will be available.

Pumpkin Creations: We're having a pumpkin decorating contest on **Wednesday, October 28 at 9:30 a.m.** Bring a miniature or small pumpkin. We will have a variety of craft supplies available. You can work individually or with a partner. Then name your creation and bring it to the Halloween Party to see if you win a prize. Sign up at the front desk to let us know you will participate.

"Soup to Nuts" Halloween Party: Celebrate Halloween on **Wednesday, October 28 at 12 p.m.** for a "Soup to Nuts" luncheon featuring a selection of homemade crock pot soups and delicious seasonal quick breads and nut breads made by our staff and volunteers. A complete menu will be posted closer to the date. Come dressed in your Halloween finest if you choose!

Discussion Groups

NEW! Let's Talk: Meet for comfortable conversation on **Monday, October 5 and Monday, October 19 from 11 a.m. to 12:30 p.m.** The group will discuss a variety of topics; bring a bag lunch if you please.

Recipe Refresh: Join us on **Tuesday, October 13 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.

Fun with Food

Out to Lunch Bunch: Please note the Out to Lunch Bunch gathering this month is the Fall Foliage trip to the Steaming Tender Restaurant in Palmer, MA on **Wednesday, October 7.** This trip is currently waiting list only. Join us for the last Out to Lunch Bunch of the season on **Wednesday, November 4 at 11:30 a.m.** for lunch at Willington Pizza. Sign up at the front desk by **Friday, October 30.**

TVCCA Community Lunch: Join us on **Wednesday, October 14 at 12 p.m.** to enjoy a cup of soup, meatloaf with gravy, mashed potatoes and fudge brownie for dessert. The meatloaf lunch is \$5. Tickets need to be purchased by **Wednesday, October 7.**

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.

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; to check if you are covered, call 1-866-584-7389. All other participants pay \$4 per class or \$6 total to attend both of the two classes in October. There is no class on Monday, October 5 due to Spa Day or Monday, October 12 due to Columbus Day.

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; to check if you are covered, call 1-866-584-7389. For other participants, each class is \$4 or \$10 when paying for the full month of October (four classes).

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. or Gladys Morgan, R.N. from Visiting Nurse and Health Services of Connecticut (VNHSC) are available **Wednesday, October 14 from 12:30 p.m. to 1:30 p.m. and Thursday, October 22 from 12:30 p.m. to 2 p.m.** They provide free blood sugar and blood pressure checks and 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, October 6 and Tuesday, October 20 from 9 a.m. to 2 p.m.** See the front desk for available appointments.

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, October 21 at 12 p.m.** and enjoy a pot luck lunch.

Crafter's Corner

Quilling: Enjoy this paper rolling craft **every Monday at 12:30 p.m.**

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

Games Galore

Duplicate Bridge: The next game is **Friday, October 2 at 12:30 p.m.**

Cribbage: Join in **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, October 23 at 9:30 a.m.** We would love to have your help.

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 community 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, October 7 and Wednesday, October 21 from 10 a.m. to 10:30 a.m.**

Community Happenings

Seniorhood Fair: The Vernon Multi-Disciplinary Team is hosting a Seniorhood Fair on **Saturday, October 24 from 10 a.m. to 2 p.m.** at Vernon Center Middle School, 777 Hartford Turnpike (Rt. 30) in Vernon.

Save the Date!

Veteran's Day Program: Our annual Veteran's Day Program in collaboration with the American Legion will be held on **Monday, November 9 at 11:30 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!

See attached for more information on Medicare Open Enrollment!

All about Medicare Open Enrollment

What is open enrollment? Every year there is a chance for you to change Medicare Part D and Medicare Advantage plans. Medicare Part D is prescription drug coverage. There are many plans that differ in cost. All plans have different lists of covered medications, called formularies. Medicare Advantage is Medicare coverage administered by an insurance company.

When in Open Enrollment? October 15 through December 7. Any change would go into effect January 1, 2016.

Why would I want to participate in open enrollment? This is an opportunity to consider if your Medicare coverage is best meeting your needs. Think about what your health needs were like this past year. Did you start seeing any new doctors? Were you prescribed any new medications? Did you change pharmacy providers? Can you afford the costs associated with your current plan? Please note: even if you didn't have any changes, there could be a change in what the plan covers.

What do I do if I am completely happy with my Medicare coverage? If you feel your Medicare plans are perfect the way they are, simply do nothing and you will remain with the same coverage you have this year.

What if I want to explore what else is out there? There are many ways you can consider different plans for your Medicare coverage. You or a family member can call 1-800-Medicare. You or a family member can go to the website Medicare.gov to use the plan finder. Or you can make an appointment at the Coventry Senior Center! Senior Center Coordinator Carrie Concatelli, Volunteer Penny Whitaker and Social Work Intern Sean Hunt are available by appointment only. Call 860-742-3525 to schedule an appointment.

What would I need to have with me to consider all of the plans? Bring your Medicare card, a list of your current medications, the name of your pharmacy and the names of your doctors. You will be given a list of possible plans based on your personal medical information. **It is up to you to make the decision about which plan you pick or whether you stay with your current plan.**

Is this something that I even need to consider? You may not necessarily need to worry about making this decision during open enrollment if you are on one of the following programs: Medicare Savings Program, Low Income Subsidy or Medicaid (T19). Participation in these programs means you are eligible to change your coverage at any time during the year with the change going into effect the first day of the following month.

Medicare is so confusing! I still have questions! Make an appointment at the Senior Center!