

**Coventry Senior Center
Program Highlights
~ November 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
Email Leigh: lwajda@coventryct.org
Social Work Intern: Sean Hunt (Wednesdays/Thursdays)
Email Sean: shunt@coventryct.org

Holiday Closures: The Center will be closed **Wednesday, November 11** for Veterans Day and **Thursday, November 26 and Friday, November 27** for Thanksgiving.

Special Events

Veterans Day Program: Our annual program in collaboration with the American Legion will be held on **Monday, November 9 at 11:30 a.m.** The program includes lunch. Sign up at the front desk.

Health Seminar: Come hear a presentation about preventing nutritional deficiencies without supplements and the importance of staying active on **Friday, November 13 at 10 a.m.** Our guest speakers are Public Health students from the University of Connecticut. Sign up at the front desk.

Author Faire: We are hosting an Author Faire in collaboration with Booth and Dimock Library on **Saturday, November 14 from 10 a.m. to 1 p.m.** at the Senior Center. This will include local authors and a panel discussion about the publishing process. Sign up at the front desk.

Hearing Screenings: Audiology students from University of Connecticut will be here **Monday, November 23 from 9 a.m. to 12 p.m.** to conduct free hearing screenings by appointment. Sign up at the front desk. The students will also be conducting research if you would like to participate by answering a few questions to contribute to their education (optional).

Legislative Update: We welcome our State Representative Tim Ackert to discuss an update of the last legislative session. Join us on **Monday, November 23 at 12 p.m.** Sign up at the front desk.

Thanksgiving Bingo: Bingo is coming! Join us for the first game on **Tuesday, November 24 from 1 p.m. to 4 p.m.**, with a special Thanksgiving theme! Bring your quarters to play; all money is given out as prizes!

Discussion Groups

Let's Talk: Meet for comfortable conversation on **Monday, November 2 and Monday, November 16 from 11 a.m. to 12:30 p.m.** The group will discuss a variety of topics; bring a bag lunch (optional).

Recipe Refresh: Join us on **Tuesday, November 17 at 10:30 a.m.** for a discussion group about new and healthy ways to reinvent your favorite recipe classics. You can bring a printed recipe 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: Join us **Wednesday, November 4 at 11:30 a.m.** for lunch at Willington Pizza. Sign up at the front desk by **Friday, October 30.** This will be the last Out to Lunch Bunch until the spring.

TVCCA Community Lunch: There are no TVCCA lunches in November due to the holidays. Join us on **Wednesday, December 2 at 12 p.m.** to enjoy oven roasted salmon, jeweled rice, sugar snap peas and apple crisp. The salmon lunch is \$7. Tickets need to be purchased by **Monday, November 23.**

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 \$10 total to attend the four classes in November. Please note: there is no class on Monday, November 30 and class will be on hold for December and January.

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 November (four classes). Please note: class will be on hold for December and January.

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: A nurse from Visiting Nurse and Health Services of Connecticut (VNHSC) are available **Wednesday, November 18 from 12:30 p.m. to 1:30 p.m.** to 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, November 3 and Tuesday, November 17 from 9 a.m. to 2 p.m.** See the front desk for available appointments.

Extra Haircut: Michelle DeLuco of Kennedy & Co. Salon & Spa will be here for haircuts on **Thursday, November 5 from 9 a.m. to 12 p.m.** by appointment for anyone who does not want to wait until the next Spa Day for a haircut. Sign up at the front desk.

Spa Day: Enjoy a morning of pampering on **Monday, December 14 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, November 18 at 12:30 p.m.**

Crafter's Corner

Quilling: This paper rolling craft is on hold for the month of November.

Quilting: Create beautiful quilts **every Friday, 9:30 a.m to 11:30 a.m..**

Games Galore

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

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

Duplicate Bridge: The next game is **Friday, November 6 at 12:30 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, November 20 at 9:30 a.m.**

Volunteer Opportunity

Spread the Cheer: Our annual inter-generational program will be held here during the afternoon on **Wednesday, December 9**. Children select gifts for their loved ones and we help them wrap. There is a need for volunteers to run the gift table, help wrap presents, serve refreshments and for set-up and clean-up. Please sign up at the front desk. There are also opportunities to help ahead of time to organize the gift items and wrapping supplies. See our intern Sean Hunt for more details.

Other Services

CHOICES: We offer free unbiased guidance about health insurance and other benefit programs so that you can make an informed choice about your healthcare options. We have three certified CHOICES counselors: Carrie Concatelli, volunteer Penny Whitaker and our intern Sean Hunt. All are available by appointment; see the front desk. Carrie is also available for referral to any other community resources as needed. **Reminder: Medicare Open Enrollment ends December 7.**

Energy Assistance: Human Services is accepting applications for energy assistance 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.

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, November 4 and Wednesday, November 18 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!