

**Coventry Senior Center  
Program Highlights  
~ December 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 **Thursday, December 24** and **Friday, December 25**.

**Inclement Weather Policy:** We will post information regarding cancellations, late openings and early closings on WFSB TV Channel 3, WVIT TV Channel 30 and their respective websites: [www.wfsb.com](http://www.wfsb.com) and [www.nbc30.com](http://www.nbc30.com). When in doubt, call before you venture out!

**Special Events**

**Spread the Cheer!** Our annual inter-generational program will be held on **Wednesday, December 9 from 3 p.m. to 5 p.m.** This is a chance for children to select gifts for their loved ones and have them wrapped. 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. Donations of gifts and wrapping supplies will be accepted on **Wednesday, December 2 and Thursday, December 3**.

**Library Information Session:** The Building Committee will be at the Senior Center on **Monday, December 14 at 11 a.m.** to discuss proposed plans for the expansion at Booth and Dimock Library. Come ask questions and hear more about the plans. Sign up at the front desk.

**Holiday Party and Caroling Extravaganza!** Join us on **Monday, December 21** at **11:30 a.m.** for a spectacular holiday meal. Then stay tuned at **12 p.m.** when we will be joined by special guests, the **Connecticut Yuletide Carolers**. They will fill the air with festive songs and even teach us a little history of these familiar tunes. In order to make sure we have enough food and seats for everyone **please call or stop at the front desk to pick up your free "ticket" to this event.**

## Discussion Groups

**Let's Talk:** Meet for comfortable conversation on **Monday, December 7 and Monday, December 21 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, December 8 at 10:30 a.m.** for a discussion group about new and healthy ways to reinvent your favorite recipe classics. December's meeting will focus on learning how to cook greens! You do not need to cook to participate.

## 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.

**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.

**Silver Sneakers Programs:** Please note that Strength and Balance (Mondays at 9:30 a.m.) and Zumba Gold (Tuesdays at 12:30 p.m.) are **on hold for December and January.** We wish Patty a speedy recovery! We plan for these classes to return in February. However, we need a commitment from at least five participants per class to continue these classes; **sign up at the front desk if you want these classes to remain on the schedule!** The 2016 rate will be \$4 per class when paid in full in advance and \$5 walk-in. To find out if these classes are covered under your health insurance, call 1-866-584-7389.

## Health and Wellness

**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, December 15 and Tuesday, December 22 from 9 a.m. to 2 p.m.** See the front desk for available appointments.

**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. Hope Charette of Hope & Wellness Salon will be here for nail clipping (manicure or pedicure). Nails are \$15, payable directly to Hope. See the front desk for available appointments.

### Cards and Crafts

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

**Bingo:** Every **Tuesday from 1 p.m. to 4 p.m.** On **Tuesday, December 22** we will have special theme cards. Bring your quarters to play; all money given out as prizes!

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

**Duplicate Bridge:** The next game is **Friday, December 4 at 12:30 p.m.** Duplicate Bridge will be on hold in January due to New Years Day.

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

### 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.**

**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, December 2, 16 and 30 from 10 a.m. to 10:30 a.m.**

***See the Front Desk to join our Mailing List!  
"Like" us on Facebook!***