

**Coventry Senior Center
Program Highlights
~ January 2016 ~**

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

Email Sean: shunt@coventryct.org

Holiday Closures: We are closed **Friday, January 1** for New Year's Day and **Monday, January 18** in observance of Martin Luther King, Jr. Day.

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 and www.nbc30.com. When in doubt, call before you venture out!

Tax Preparation

AARP Tax Aide: We are pleased to bring you **FREE** tax preparation assistance for your Federal and State tax returns. Our amazing team of highly trained tax volunteers will be here eight Fridays in the winter and spring (weather permitting). Appointments will be available on **February 12, February 19, February 26, March 4, March 11, March 18, April 1 and April 8 by appointment only**. There are multiple appointments available each day from **9 a.m. to 12 p.m.** Transportation is available. Everyone is welcome!

On the day of your appointment, please plan to be here for at least one hour. Both spouses need to be present if you are filing jointly. You will be required to complete an interview questionnaire and bring a form of photo identification. Please bring the following documents as applicable to your financial situation: copy of last year's tax return, proof of all income sources (W2 for earned wages, unemployment compensation, SSA-1099 for Social Security, 1099-MISC for miscellaneous income, 1099-R for pension or annuity income), proof of interest or dividends (all 1099 forms), all forms indicating federal income tax paid, dependent care provider information, all receipts or cancelled checks for itemized deductions (such as property tax, car tax, medical expenses), and Social Security cards for you and all dependents. You will need a check with printed bank information if direct deposit of refund is requested.

Discussion Groups

Let's Talk: Meet for comfortable conversation on **Monday, January 11 and Monday, January 25 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, January 12 at 10:30 a.m.** for a discussion about new and healthy ways to reinvent your favorite recipe classics. 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. Join anytime!

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 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.

Fun with Food

Warm up Winter Potluck: Out to Lunch Bunch is on hold for the winter so we're moving the meal here. On **Wednesday, January 6 at 12 p.m.** bring a pot luck dish if you choose, or just bring yourself or a friend! Sign up at the front desk.

TVCCA Bistro Lunch: Join us on **Wednesday, January 13 at 12 p.m.** for Swedish meatballs and buttered noodles, garden salad, green beans and chocolate cake. **This meal is \$5 and must be ordered by Tuesday, January 5.**

TVCCA Quick Bite Lunch: Join us on Wednesday, January 27 at 12 p.m. for a grilled cheese sandwich, a bag of chips and a chocolate chip cookie. **This meal is \$3 and must be ordered by Tuesday, January 19.**

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, January 5 and Thursday, January 28 from 9 a.m. to 2 p.m.** See the front desk for available appointments.

Extra Haircuts: Don't wait until Spa Day to have your hair cut! Michelle DeLuco of Kennedy & Co. Salon & Spa will be here **Tuesday, January 12 from 9 a.m. to 12:30 p.m.** Haircuts are \$15, payable directly to Michelle. See the front desk for available appointments.

Spa Day: Enjoy a morning of pampering on **Monday, February 8 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.

Wellness Nurse: A nurse from Visiting Nurse & Health Services (VNHSC) will be here **Wednesday, January 20 from 12:30 p.m. to 1:30 p.m.** and **Thursday, January 28 from 12:30 p.m. to 2 p.m.** Have your blood pressure and blood sugar taken; no appointment is necessary.

Podiatrist: Dr. Morgan provides podiatry (foot care) services by appointment only. His next visit is **Thursday, February 18 from 9:30 a.m. to 12 p.m.** See the front desk for available appointments.

Cards and Crafts

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

Bingo: Games **every Tuesday from 1 p.m. to 4 p.m.** Bring your quarters to play; all money given out as prizes!

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

Duplicate Bridge: This program is on hold in January due to New Year's Day. The next game is **Friday, February 5 at 12:30 p.m.**

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

Senior Club

Senior Club: The next meeting is **Wednesday, January 20 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, January 22 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.

Elderly Services: Carrie is our elderly services social worker and is available to answer questions or for referral to community resources.

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, January 13 and January 27 from 10 a.m. to 10:30 a.m.**

Social Work Intern

Our Social Work Intern is on winter break but will return to the Senior Center for the spring semester from January 20 until May 12. Sean will be at the Senior Center **Mondays from 9:30 a.m. to 12:30 p.m. and Wednesdays and Thursdays from 9:30 a.m. to 3:30 p.m.** Here is a note from Sean about a group he is running.

Support Group for Older Adults: As we continue through the darkest and coldest months of the year, life may seem to get gloomy and dull; especially if we are dealing with the loss of a loved one. Coping with the death of a loved one can be difficult for anyone, and can have an impact on our daily lives. But we must not forget all of the positive memories we have shared with the person we have lost! This support group is designed to offer both men and women a chance to talk in a warm, friendly, and open minded environment about their experiences and memories of the person they have lost. This is an opportunity to come together as a community and provide each other with friendship, inspiration, and encouragement as we all learn to live without the person we loved. Join us on **Wednesday, February 3 at 10:30 a.m.** for our first meeting. This group will meet **every Wednesday in the month of February.** If there is a weather cancellation, the group will meet on Thursday. Sign up at the front desk.

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