

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

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

Senior Center Coordinator: Carrie A. Concatelli, MSW
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Senior Transportation Coordinator: Leigh H. Wajda
Email Leigh: lwajda@coventryct.org

March is National Social Work Month!

Holiday Closures: We are closed **Friday, March 25** for Good Friday.

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.nbcconnecticut.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 on Fridays in the winter and spring (weather permitting). Appointments are available on **March 4, March 11, March 18, April 1 and April 8 by appointment only**. There are multiple appointments each day from **9 a.m. to 12 p.m.** Transportation is available. Everyone is welcome! **Please schedule your appointment in advance: see the front desk or call 860-742-3525.**

Special Event

Downton Tea: We're having a tea party in honor of the end of the popular television program Downton Abbey! You are encouraged to dress up or wear a hat! Join the fun on **Wednesday, March 30 at 12 p.m.** We will have a variety of sandwiches and desserts. **Sign up at the front desk by Wednesday, March 23.**

Fun with Food

TVCCA Bistro Lunch: Join us on **Wednesday, March 9 at 12 p.m.** for cheese manicotti, garlic bread, Caesar salad and fudge brownie. **This meal is \$5 and must be ordered by Wednesday, March 2** in the Senior Center Office.

TVCCA Quick Bite Lunch: Join us on **Wednesday, March 23 at 12 p.m.** for a bowl of clam chowder, a buttermilk biscuit, and chocolate chip cookies. **This meal is \$3 and must be ordered by Wednesday, March 16** in the Senior Center Office.

Out to Lunch Bunch: Join us on **Wednesday, April 6 at 11:30 a.m.** to go to Nita's in Willimantic. Sign up at the front desk by Wednesday, March 30.

Discussion Groups

Let's Talk: Meet for comfortable conversation on **Monday, March 14 and Monday, March 28 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, March 8 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.

Please note: The Silver Sneakers classes, Strength and Balance on Monday and Zumba Gold on Tuesday, have both been cancelled due to lack of participants.

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, March 15 and Thursday, March 24 from 9 a.m. to 2 p.m.** See the front desk for available appointments.

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. She will be here on **Tuesday, March 15 from 9 a.m. to 12 p.m.** and **Monday, April 11 from 9 a.m. to 12 p.m.** Haircuts are \$15, payable directly to Michelle. See the front desk for available appointments.

Nail Clipping: Hope Charette of Hope & Wellness Salon will be here on **Monday, April 11 from 9 a.m. to 1 p.m.** 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, March 16 from 12:30 p.m. to 1:30 p.m.** and **Thursday, March 24 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, April 28 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: The next game is **Friday, March 4 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, March 16 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, March 18 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 two certified CHOICES counselors: Carrie Concatelli, volunteer Penny Whitaker. All are available by appointment; see the front desk.

Elderly Services: Carrie Concatelli is an elderly services social worker and is available to answer questions or for referral to community resources. For in-depth assistance, please request an appointment.

Community Services

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

New to Medicare: A presentation for anyone preparing to transition to Medicare will be held at Access Agency, 1315 Main Street, Willimantic on **Thursday, April 14 from 2 to 4 p.m.**

Social Work Intern

A note from Carrie: We regret to inform you that our Social Work Intern had to leave before the end of the semester and we had to postpone the previously advertised Support Group. We are happy to announce that Janay, the Social Work Intern from Coventry Human Services, will run a six-week grief and loss group at the Senior Center this spring. Please join me in welcoming Janay to the Senior Center! Here is a note from Janay about the group she is running.

Grief and Loss Group: Losing someone is never an easy thing to experience. Through this group we will explore numerous emotions and go on a personal journey. We will be writing, doing hands-on activities, listening to music, and engaging in conversation. The loss does not have to be a recent one, because a loss of a loved one never truly leaves our hearts. The group will be held on **Wednesdays from 10:30 a.m. to 11:30 a.m., March 9, March 16, March 30, April 6, April 13 and April 20.** Please note: there is no group on March 23. In case of a weather cancellation, the group will meet on Thursday at 12:30 p.m. Anyone is welcome. **Please sign up at the front desk by March 7.** Please keep in mind that each session will build from the last, so I would love to see you every week to ensure that you will get as much as you can from the group!

Save the Date

Volunteer Luncheon: We have so many talented and dedicated volunteers at the Senior Center. Come celebrate them on **Wednesday, April 13 at 12 p.m.** Sign up at the front desk.

AARP Driver Safety: The AARP Driver Safety Course is one of our most popular requests. We are offering this classroom course on **Tuesday, May 3 from 9 a.m. to 1 p.m.** The cost is \$15 for AARP Members/\$20 for Non-Members. You may be eligible for an auto insurance discount for taking this course. Sign up at the front desk.

***See the Front Desk to join our Mailing List!
"Like" Coventry Senior Center on Facebook!***