

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

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

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Thank You

A note from Carrie: April is Volunteer Appreciation Month! This year our theme is "You're the Key to Our Success!" This is true more than ever with our growing Center! We have so many talented and dedicated volunteers here. You may interact with volunteers at the front desk, during a luncheon, or on a ride in and out of town. Many of you had your taxes completed, came for a CHOICES appointment, or attended a group led by one of your peers. Not to mention all of the elves who come out for Spread the Cheer! You may not be aware of all the volunteers working behind the scenes; they decorate, water the plants, empty the dishwasher, stuff envelopes, and deliver the newsletters door-to-door at Orchard Hills. And this only scratches the surface!

It can be said that volunteering is good for your health and is good for the health of our community! In support of all that these individuals bring to our community, I cordially invite all of you to our **Volunteer Luncheon**. Please help extend our thanks. **You do not need to be a volunteer to attend this event!** Come celebrate with us on **Wednesday, April 13 at 12 p.m.** As a special treat, after lunch we will enjoy a performance by musical duo **We Got Rhythm from 1 p.m. to 2 p.m.** We request that you sign up at the front desk by April 6 so we have enough seating.

Introducing the TWIN Program!

The TWIN Program (Trust When In Need): We have noticed some wonderful partnerships forming between seniors and want to help build even more! We are hoping to find you a TWIN, who is someone you can Trust When In Need. What does a TWIN do? Some of the tasks could be friendly phone calls, safety checks, social visits (in home, out to lunch, shopping, outings, etc.) Who would make a great TWIN? Everyone! It is a mutually beneficial relationship, whether you are living alone and want more socialization or if you are already very active and want to keep busy! Applications are available in the Senior Center office.

New Program

Writing for Fun: Starting on April 4, join Coventry Senior Carol Tellier **every Monday from 1:30 p.m. to 2:30 p.m.** for short writing exercises. Remember, it is just for fun, so all experience levels welcome. She says, "You'll like it!"

Upcoming Events

AARP Tax Aide: This is your last chance for free tax preparation on **Friday, April 1 and April 8 by appointment only**. We strongly encourage you to sign up in advance as appointments fill very quickly. See the front desk for the most up-to-date information.

Grief and Loss Group: The last three sessions of the group will be held **Wednesday April 6, April 13 and April 20 from 10:30 a.m. to 11:30 a.m.**

Spring Clean Your Medications: Do you take a lot of prescription medications and need some guidance about what you are taking? We are happy to welcome Pharmacist Katie Mattox from Medical Pharmacy on **Friday, April 29 from 12 p.m. to 3 p.m.** Sign up at the front desk for an individual appointment. Remember, medication disposal is free and available any time at the Coventry Police Station.

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.

Fun with Food

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.

TVCCA Bistro Lunch: Join us on **Wednesday, April 27 at 12 p.m.** for **oven roasted top round of beef, jeweled rice, bean medley and peach cobbler**. This meal is **\$7 and must be ordered by Wednesday, April 20** in the Senior Center office.

Discussion Groups

Let's Talk: Meet for comfortable conversation on **Monday, April 11 and Monday, April 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, April 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.

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, April 19 and Tuesday, April 26 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 **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, April 20 from 12:30 p.m. to 1:30 p.m.** and **Thursday, April 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, 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, April 1 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, April 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, April 22 at 9:30 a.m.**

Other Senior Center 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 and volunteer Penny Whitaker. Both 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 Happenings

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, April 6 and April 20 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.**

AARP We Need to Talk Family Conversations with Older Drivers: This free class offers guidance for anyone who needs to talk to a loved one about his or her driving abilities. The class is **Saturday, April 23 from 10 a.m. to 11:30 a.m. at Manchester Memorial Hospital.** Call 860-533-6550 to register.

Town Wide Tag Sale: Coventry Parks and Recreation is coordinating a town wide tag sale on **Saturday, May 7** to benefit the Camp Scholarship Fund. Host at your house and they provide all of the advertising. Registration is \$20 prior to April 18.

More Volunteer Opportunities

Join Our Team: We need more receptionists and van or private car drivers. Also, after a phenomenally successful Tax Program this year we are planning for expansion next year and will need more tax volunteers. See Carrie for information on how to get started

***See the Front Desk to join our Mailing List!
Check out our Facebook page!***