

**Coventry Senior Center
Program Highlights
~ May 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

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Holiday Closure: We are closed **Monday, May 30** for Memorial Day.

A note from Carrie: May is Older Americans Month, a designation that started over fifty years ago. Here at the Senior Center, the focus is not on age, but rather attitude and action. This year's theme is "Blaze a Trail" which is defined as "an emphasis on the ways older adults are reinventing themselves through new work and passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages." **How are you blazing a trail?** Submit your answer by May 16 and we will announce the winner next month.

AARP Tax Aide

Thank you: As you may have heard, we had a dynamic year with our AARP Tax Aide program! We more than doubled the number of appointments from last year! We would like to give our thanks to our amazing volunteers: Regional Coordinator Bert Carbaugh (Glastonbury), Local Coordinator Paul Watson (Coventry), Bill Wajda (Coventry), Kathy Ward (Mansfield), Beth Piwoski (Tolland), Claire Gates (Mansfield), Sandra Gallo (Mansfield), Roswell Hall (Mansfield), John Horan (Vernon) and Marshall Atwater (Tolland). They gave us over 200 hours of time and dedication. We cannot thank them enough! As you can see, many of our volunteers come to us from out of town. We desperately need more people next year as we have a strong sense that we will need to expand even further. If you would like to consider joining our team please see the Senior Center Office.

The TWIN Program

The TWIN Program (Trust When In Need): We have noticed some wonderful partnerships forming between seniors and want to help build 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 at the front desk. We will start the matching process as soon as we receive a few more applications. Join this program any time!

Upcoming Events

AARP Driver Safety: 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; payment accepted during the class. You may be eligible for an auto insurance discount for taking this course. Sign up at the front desk.

Memorial Day Cookout: Our annual luncheon with all the grilling favorites will be held on **Monday, May 23 at 12 p.m.** There is a rain date of Friday, May 27 in case of downpour. Sign up at the front desk.

End of Spring Fling: Put on your dancing shoes for a performance of Hits of the 20th Century by Entertainer Brian Gillie on **Wednesday, June 8 from 1 p.m. to 2 p.m.** Sign up at the front desk.

Welcome Summer Ice Cream Social: On **Monday, June 20 from 1 p.m. to 2 p.m.,** start the summer right with make-your-own sundaes. Sign up at the front desk.

Groups

Writing for Fun: Join Coventry Senior Carol Tellier **every Monday from 1:30 p.m. to 2:30 p.m.** for short writing exercises. All experience levels welcome. No sign up necessary.

Let's Talk: Meet for comfortable conversation on **Monday, May 9 and Monday, May 23 from 11 a.m. to 12:30 p.m.** The group will discuss a variety of topics; no sign up necessary.

Recipe Refresh: Join us on **Tuesday, May 10 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. No sign up necessary.

Fun with Food

Out to Lunch Bunch: Join us on **Wednesday, May 4 at 11:30 a.m.** to go to Elmo's Dockside Restaurant in Vernon. Sign up at the front desk by Wednesday, April 27.

TVCCA Bistro Lunch: Join us on **Wednesday, May 11 at 12 p.m.** for chicken Marsala, mashed potatoes, peas and carrot cake. This meal is **\$5 and must be ordered by Monday, May 2** in the Senior Center office. Join us on **Wednesday, May 25 at 12 p.m.** for spinach, bacon and cheese quiche with garden salad, potato salad and apple pie. This meal is **\$5 and must be ordered by Monday, May 16** in the Senior Center office. Please note: Due to a change in policy at TVCCA, we must give the meal counts at an earlier date and cannot make any changes. Please plan ahead so you do not miss out on the delicious meals!

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. See the front desk for available appointments in May.

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, May 10 and Monday, June 13 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, June 13 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, May 18 from 12:30 p.m. to 1:30 p.m.** and **Thursday, May 26 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, July 7 from 9:30 a.m. to 12 p.m.** See the front desk for available appointments.

Cards and Crafts

Billiards: Our pool table is well loved and recently received a much needed makeover. We are always looking for more pool players! Come play **Tuesdays, Thursdays and Fridays at 9:30 a.m.** Beginners welcome, the pool sharks don't bite!

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, May 6 at 12:30 p.m.**

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

Mahjong: Do you play mahjong? A beautiful set was recently donated to the Center. We would love to start a group. Let us know at the front desk and we will pick a time!

Senior Club

A note from Carrie on behalf of the Senior Club: The next meeting of the Senior Club is **Wednesday, May 18 at 12:30 p.m.** The Senior Club is seriously considering . There has been a significant decline in participation and therefore a lack of membership dues to fund events. There are no officers currently in place and no nominees have stepped forward. At the May meeting there will be a vote; you must attend the meeting to vote.

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, May 20 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, May 4 and May 18 from 10 a.m. to 10:30 a.m.**

Volunteer Opportunities

Join Our Team: Our office is bustling and we struggle to accommodate all of the needs of our growing Center. We need more receptionists and more van or private car drivers. See the Senior Center Office for information.

Communications

Find Out More: We spend a lot of time publishing our newsletter every month. Did you know it is available many ways? You can hear about us by mail, by email and by e-blast through the coventryct.org website. Or you can pick up a newsletter at the Senior Center. You can also hear about up-to-date information on the Coventry Senior Center Facebook page. Please let us know if you would like to be added to our mailing list! We appreciate your help to keep our mailing list up-to-date!

COVENTRY RIDES HANDICAPPED ACCESSIBLE SENIOR VAN PROGRAM May 2016

Note: Memorial Day, May 30th – Center Closed - No Transportation

Ongoing Trips:

Medical/Personal Errands – Mondays, Tuesdays or Thursdays mornings
CT Fastrak Introductory Field Trip – Please call
Senior Club – Third Wednesday of the month

May Trips:

Norman Rockwell Trip, Tuesday, May 3 (Wait List Only)
Harkness Picnic Trip, Tuesday, May 17
Lunch Bunch, Wednesday, May 4, Elmo's Dockside Restaurant
TVCCA Lunch – Senior Center, Wednesday, May 11
Memorial Day Lunch – Senior Center, Monday, May 23
TVCCA Lunch – Senior Center, Wednesday, May 25

Trips for medical appointments and personal errands can be scheduled for Monday, Tuesday and Thursday mornings. Please call Senior Center **by noon, two business days before your trip,** so that we can map out our routes. Last minute requests cannot be accommodated. Please call the Coventry Senior Center at 742-3525 for more information and for reservations.

Dial-A-Ride Transportation. Regular Dial-A-Ride service to Coventry is provided to the Windham, Mansfield, and Willimantic areas. (860-456-1462)

Requests for Extended Dial-A-Ride hours (before 10:00 and after 2:00) are funded under the DOT Transportation Grant. Please call WRTD for more information.

Coventry's Senior Van Program is funded in part by grants from the Department of Transportation and the Town of Coventry. All schedules are subject to change.