

**Coventry Senior Center
Program Highlights
~ August 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
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There is no membership at the Coventry Senior Center!
We welcome you to come see what we have to offer!

August Events

Special Event: Cub Scout Pack 65 is hosting a picnic and field day on **Wednesday, August 17**. Assorted lawn games (weather permitting) or board and card games will start at **11 a.m.** and stay for a picnic lunch at **12 p.m.** The Scouts are generously providing all of the grilling favorites and Shady Glen coleslaw. Seniors are welcome to bring salads or desserts. Due to limited seating we strongly encourage you to sign up at the front desk by Friday, August 12.

Dementia Education: Do you have a loved one who is showing signs of memory problems? You are not alone! We invite you to a special presentation on **Wednesday, August 24 at 1 p.m.** Our guest speaker is Suzanne Sorensen from Brookdale Buckingham Alzheimer's and Memory Care Community in Glastonbury. She will present **I Can't Remember! When Forgetfulness Becomes Serious For You Or A Loved One**. Registration is required at the front desk by Friday, August 19. All ages are welcome!

NEW! Folk Music for Fine Folks: We had a request to start a folk singing group! Come by on **Tuesday, August 16 and Tuesday, August 30 at 10:30 a.m.** to sing along. No equipment or experience needed, just bring yourself and a love of music!

Fun with Food

Out to Lunch Bunch: Join us on **Wednesday, August 3 at 11 a.m.** to go to Angellino's Restaurant in Vernon. Sign up at the front desk by Wednesday, July 27.

Bistro Lunch: The meal on **Wednesday, August 24 at 12 p.m.** for baked salmon, scalloped potatoes, sugar snap peas and peach cobbler. **The meal is \$7 and must be ordered by Monday, August 15** in the Senior Center office. No late meal requests will be accepted.

Bistro Lunch: Join us on **Wednesday, August 31 at 12 p.m.** for Swedish meatballs with buttered noodles, Caesar salad, green beans and chocolate cake. **The meal is \$5 and must be ordered by Monday, August 22** in the Senior Center office. No late meal requests will be accepted.

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 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.

Health and Wellness

Massage or Reflexology: Deb Turner, L.M.T. from Harmony Massage provides 25 minute table massages for all over relaxation or reflexology sessions to treat tired and sore feet. Massage or reflexology is \$15. Deb will be here **Thursday, August 11 and Tuesday, August 23**; see the front desk to schedule an appointment.

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here **Monday, August 8 and Tuesday, September 13**; see the front desk to schedule an appointment.

Nail Clipping: Hope Mayhew of Hope & Wellness Salon provides nail clipping (manicure or pedicure) for \$15. Hope will be here **Monday, August 8**; see the front desk to schedule an appointment.

Wellness Nurse: A nurse from Visiting Nurse & Health Services (VNHSC) will be here **Thursday, August 25 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, September 29**; see the front desk to schedule an appointment.

Cards and Crafts

Writing for Fun: Come on **Monday, August 1 from 1:30 p.m. to 2:30 p.m.** for short writing exercises. All experience levels welcome. No sign up necessary.

Billiards: Come play **Fridays at 9:30 a.m.** All levels welcome.

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, August 5 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!

Coloring: A new trend in relaxation! We have coloring pages available in the Lounge.

Books and Puzzles: We receive many generous donations of books and puzzles and our shelves are overflowing! We encourage you to curl up with a book or magazine in the comfort of our Lounge or join the community puzzle! Need an activity for after hours? You are welcome to borrow books or puzzles for in-home use.

Veteran and Military Services

Veteran's Advocate: The Veteran's Advocate is available by appointment.

Packing for the Troops: Create care packages on **Friday, August 19 at 9:30 a.m.** for local members of the armed services who are currently overseas.

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.

The TWIN Program: A TWIN is a partnership between two seniors, someone you can Trust While In Need (TWIN). What does a TWIN do? Some possibilities are friendly phone calls, safety checks, social visits (in home, out to lunch, shopping, outings, etc.) It is a mutually beneficial relationship and is open to anyone, whether you live alone and want more socialization or you are already very active and want to stay busy. Join the program any time, we would be happy to help you find your TWIN!

Volunteer Opportunities

Help Wanted: We are seeking volunteers to become tax preparers for the AARP Tax Aide Program this winter at Coventry Senior Center. The program provides FREE Federal and State tax filing. Complete training and support is provided. Computer skills required. See the Senior Center Office for more information.

Join Our Team: Our office is bustling and we struggle to accommodate all of the needs of our growing Center. We strive to give the best in customer service, whether by welcoming you to our Center on the phone or in person, or by getting you where you need to go. We would love more volunteer receptionists for the front desk and more van or private car drivers. See the Senior Center Office for information.

Community Happenings

Food Bank: Coventry Human Services operates a food bank at Patriots Park Community Center (120 Lake Street). **Summer hours Wednesdays 2 p.m. to 4 p.m.** by appointment only. Call 860-742-5324.

Foodshare: Mobile Foodshare comes to First Congregational Church (1171 Main Street) on **Wednesday August 10 and August 24 from 10 a.m. to 10:30 a.m.**

Communications

Find out More: Did you know our newsletter is available many ways? You can hear about us by mail, by email and by e-blast through “notify me” on 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!

NEW! Check out the brand new 06238 Calendar on the town website! Find it by clicking on “Come Visit.” This calendar features events from many groups all over town!

A note from Carrie: Carrie will be on vacation August 8 through August 15.

COVENTRY RIDES HANDICAPPED ACCESSIBLE SENIOR VAN PROGRAM

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)

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.

Upcoming Fall Trips!

September – Join us for a Fall Foliage Trip to the Northwest Corner of Connecticut to the Sloane Museum including a Fall Cookout – Burgers and Dogs with all the works. Date to be announced!

October – We will travel to Lyme, Connecticut to the Wee Fairy Gardens Exhibit at the beautiful Florence Griswold Museum. Enjoy lunch at Lenny and Joe's Fish Tale. Date to be announced!