

COVENTRY SENIOR CENTER

February 2017 Program Newsletter

Coventry Senior Center
172 Lake St.
Coventry, CT 06238
860-742-3525

Hours:

Monday-Friday
9:00am-4:00pm

DATES to Remember:

- **TVCCA LUNCHES:** 2/8 & 2/22
- **Hair Appointments:** 2/6
- **Nail Appointments:** 2/6
- **Massage Appointments:** 2/9 & 2/21
- **Dessert Potluck:** 2/15
- **Center CLOSED:** 2/20
- **Visiting Nurse:** 2/23

Welcome to the February 2017 program newsletter! Thank you to everyone who has braved the weather, and helped make our two new programs—Mahjongg & Crafternoon—a BIG SUCCESS! As always please keep those program ideas coming! This is YOUR Center—let me know what YOU want to do!



I know February is known for Valentine's Day, but my resolution for 2017 is to CELEBRATE more. Have fun with these funny February holidays:

- Get out the ice cream scoop on Saturday Feb. 4th for *Eat Ice Cream for Breakfast Day!*
- Turn off your TV and fire up the old Radio on Monday Feb. 13th for *World Radio Day!*
- On Sunday Feb. 26th, make a cup of tea & dust off the Brothers Grimm for *Fairy Tale Day!*

See you around the Center!

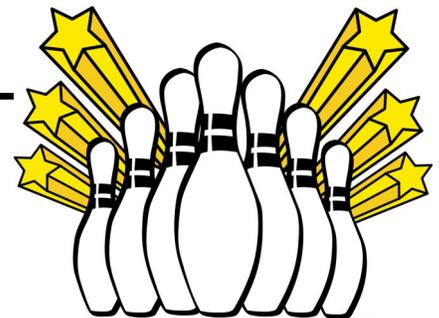
Best,

Emma King, MSW

Senior Center Coordinator

Wii Bowling is BACK!

Come out from the cold & BOWL with us! Wii Bowling is all levels, all abilities FUN. If you've never tried it, Wii Bowling is a virtual bowling video game, but its movement responsive so it "feels" like actually bowling! Movement can be done either sitting or standing so it's perfect for everyone! Join us on **Wednesdays Feb. 1st & 15th at 10am** or **Fridays Feb. 10th & 24th at 10am** in the Lounge. As interest grows more dates can be added! Sign up in the reception area or JUST COME BY!



FUN WITH FOOD



**CRAZY for
CHOCOLATE
Potluck!**

**Wed.
2/15
NOON**

Join us for our *TWO* TVCCA Bistro Lunches this month:

- **Wednesday, February 8th, NOON:** Stuffed Shells, Garden Salad, Garlic Bread & Peach Crisp. Meal costs \$6 and reservations must be made by Wednesday February 1st.
- **Wednesday February 22nd, NOON:** Meatloaf w/ Gravy, Mashed Potatoes, Broccoli & Apple Pie. Meal costs \$6 and reservations must be made by Wednesday February 15th.

WEDNESDAY, FEBRUARY 15th—Crazy for Chocolate POTLUCK! Calling all chocolate lovers! Bring your favorite CHOCOLATE dessert and celebrate February's sweetest holiday—Valentine's Day! Sign up in Lobby

As a reminder our **OUT TO LUNCH BUNCH** is on winter hiatus. See you in the Spring!

Program Highlight: *Packing for the TROOPS!*

Did you know that a group of AMAZING volunteers and donors send care packages to Coventry residents serving overseas in the armed services?? We will be featuring their work & their "wish list" in our newsletter monthly. Currently our team is sending packages to 3 individuals stationed in Korea, Germany and Afghanistan. Packing happens on **THIRD Friday of every month at 9:30am in the Cards/ Games room!** See you there!

Care packages include snacks & drink mixes, games, books, newspapers, toiletries, and CANDY. Donations are always appreciated— either monetarily or if your out shopping pick up a few items off the wish list! Items can be dropped off at the center ANY-TIME!

Correspondence from the Troops

Grant Cuprak, who is currently stationed in Afghanistan, send a "team picture" & thank you note for the care packages. Check out the photo & note on the Military Bulletin Board in the hallway!



WISH LIST

- bags of wrapped hard candy
 - 'Easy Mac' mac & cheese cups
 - Ramon Noodles
 - Snack size cookies & crackers
 - Individual bags/cans of nuts
 - Packets of chewing gum
 - Q-tips
 - Medicated Foot Powder
- THANK YOU!**



DO YOU LIKE PETER, PAUL & MARY?

Since this song group started back in September what I have learned is that folks who have joined have really enjoyed it—and only one had confidence in their singing ability—and it sure isn't the leader! We invite you to join us Tuesday Mornings at 10:30am in the "comfy room" (the lounge!). Come and listen, join in if your brave enough—songbooks are provided!

We know you'll have fun and we hope you'll come back!

- *Sandy* (leader and guitar player)

**Folk Music for
Fine Folks**

**Tuesday Mornings
10:30am
Lounge**

AARP Tax Assistance

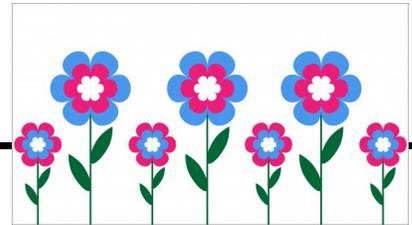
Unfortunately, due to changes in volunteer schedules, the center will be unable to host the tax clinic on site this year. It is a priority to get a site up and running for next year. In the interim, there are a number of area senior centers offering tax assistance this year.

Bolton Senior Center—104 Notch Rd. Bolton —Appointments available in February, March & April To schedule call **Carrie at 860-647-9196.**

Mansfield Senior & Wellness Center— 303 Maple Rd. Mansfield—Appointments available on Tuesdays and Thursdays from 9:00-11:00am and 1:00-3:00pm To schedule call: **860-487-9870.**

Tolland Senior Center— 674 Tolland Stage Rd. Tolland — Appointments available from February 7th—April 11th in ONE hour time slots between 12pm-4pm. To schedule call: **Fran Weigand at 860-870-3725.**

*A big **THANK YOU** to surround centers for helping us out this year!*



Community Services

Food Bank: Coventry Human Services operates a food bank at Patriots Park Community Center (120 Lake Street). **New hours: Friday 8:30 a.m. to 11:30 a.m.** by appointment only. Emergency appointments will be scheduled on an “as-needed” basis. Please call Human Services at 860-742-5324.

FoodShare: Foodshare is a FREE food assistance program. They operate a Mobile Food Pantry which comes to First Congregational Church (1171 Main Street) on every other Wednesday. This month’s dates are **January 11th and 25th.** For more information contact FoodShare at 860-286-9999.

Coventry RIDES! Transportation Program

As of the printing of this newsletter, the Human Services department is still looking for a new transportation coordinator. We **THANK YOU** for your patience and understanding during this transition. Until further notice, **WRTD, the Windham Regional Transit District**, will be scheduling and coordinating rides on behalf of the program. **If you would like to schedule a ride, call WRTD Dispatch at 860-456-2223. When you speak to a dispatch officer, PLEASE say “I’m calling to schedule a ride with the COVENTRY RIDES program”.**

Rides will still be offered on Monday, Tuesday, and Thursdays mornings between 9:00-12:30pm. Rides needed outside of those times cannot be accommodated. Rides still must be requested **BY NOON, two business days prior.**

The van will still be leaving from the Coventry Senior Center, with our program’s WONDERFUL volunteer drivers! Please call Emma King, at 860-742-3525 with any questions.



February Wellness Programs

Group Fitness: The fitness class meets **Tuesday and Thursday mornings from 9:30 a.m. to 10:30 a.m.** The cost is \$3 per class. This class is run by Mary Hurley, a Certified Fitness Instructor. This class focuses on a low impact workout just for seniors. If you have any ideas on new fitness classes you would like us to pursue please contact Emma, the Senior Center Coordinator.

Fitness Center: The Fitness Center is open during all Senior Center hours. Enjoy the equipment in a private room overlooking the lake! See the office for a fitness packet.

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 on **Thursday February 9th and Tuesday February 21st**

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here **on Monday February 6th** ; see the front desk to schedule an appointment.

Manicures/Pedicures: Hope Mayhew of Hope and Wellness Salon will be here on **Monday February 6th** to offer nail clipping (manicures or pedicures). The price is \$15 per service, payable directly to Hope at time of appointment; see the front desk to schedule!

Wellness Nurse: Visiting Nurse & Health Services (VNHSC) will here **on Thursday February 23, 2017, 12:30-2 p.m.** Have your blood pressure and blood sugar taken; no appointment is necessary.

Cards, Games and Creative Arts

Writing for Fun: Join us on **February 6th at 1:30pm** to share any current works, or just to listen to others! This is a time to share and receive feedback!

Billiards: 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: **Friday January 6th 12:30 p.m.**

Quilting: **Fridays 9:30am.** If interested in lessons please call center!

Mahjongg: Beginner Series continues thru 2/9. Once series has ended weekly date will be selected. Contact center for more information!



***Sign-up Sheets for ALL our programs are located in the Senior Center Lobby on clipboards!
Take a look next time your in!***



WANTED: Jewelry Making Enthusiasts!

The Senior Center received a donation of BEAUTIFUL jewelry making supplies and beads. Join our **CRAFTERNOON** club on **Wednesday Feb. 22** (after the lunch!) at **1:30pm** to take a look at the supplies and map out potential projects.



March 2017

Mark your calendars NOW!

- ⇒ Dr. Morgan will be available for podiatry appointments on **Thursday March 2nd.**
- ⇒ Haircuts will be available on **Tuesday March 14th.**
- ⇒ **Date TBD: Weekly Mahjongg games will continue. Call center for details!**
- ⇒ **FOLK DANCING: Begins Wednesday March 8th— see below for details!**



NEW PROGRAM HIGHLIGHT:
Folk Dancing with Veronica Craig!

Join Professional Dancer Veronica Craig for a 6 week series featuring dances from around the world. Starting with easy, walking-based dances and progressing to more advanced dances as the class is ready. Adults of all ages have found this program to be fun and good exercise. It is a good way to learn about cultural backgrounds and make new friends!

No experience necessary! No partners necessary—just wear comfortable clothes and close-toed shoes! See you on the dance floor!

6 Week Series
Classes run
March 8-April 12
2-3pm
In the Lodge
Sign up in Lobby!