

COVENTRY SENIOR CENTER

June 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:**

- 6/1 Garden Clean-Up
- 6/5 Crafternoon
- 6/8 & 6/12 Massage Appts.
- 6/12 Hair & Nail Appointments
- 6/12 Pancakes!
- 6/14 & 6/28 TVCCA Lunches
- 6/14 & 6/28 Yoga
- 6/14 Housing Talk
- 6/21 Golf Workshop
- 6/28 Nurse

Happy Summer Everyone! Thank you to EVERYONE who attended, helped out, brought a dish, sang a song, and danced like crazy at our Memorial Day Cook-Out! IT WAS SUCH A BLAST! This month I hope you will join us for a **PANCAKE BRUNCH on Monday June 12th at 10:00am**. Let's keep the fun going!



There is SO MUCH GOING ON HERE THIS SUMMER. We have YOGA back on the schedule this month and special workshop for golfers. I know I say this EVERY month but read this newsletter COVER to COVER. I know you won't be disappointed! (HINT—TRIPS ARE BACK!)

See you around the center,

Emma King, MSW

Senior Center Coordinator

Summer Parking Passes



Senior Summer parking passes for Patriots Park and Lisicke Beach will be available to residents on **JUNE 1st**. These FREE passes allow for parking at both beaches Monday—Friday. Coventry Senior Center members can obtain a beach parking pass from Emma beginning on June 1st. Passes will be required on both beaches from June 17th-September 4th.

If you would like to access town beaches on weekends, consider buying a full season pass from the Parks and Recreation Department. They are \$20 for the first vehicle in your household, and then only \$10 for each additional vehicle. These funds help support the park!

THANK YOU to the Parks and Rec Department for making these FREE passes available to Coventry Seniors!

Dynamic Warm-Up for Golfers

**Wednesday
6/21
Dynamic Warm-
Up for Golfers
10:30am
FREE**

Trying your hand at joining the PGA this summer? Join *Jennifer Fritts, DPT, FAFS, CMP, NG30 golf specialist, 3D MAPS*, of Integrated Rehab on **June 21st at 10:30am** for a very special programmer just for golfers! Get advice from a licensed physical therapist and avid golfer on the best way to prepare your body for golf, and potentially reduce your risk for injury. Handouts with a proper dynamic warm-up will be available.



Crafternoon: Bead Bonanza

After a bit of a break BEAD BONANZA is BACK! Get artsy during an afternoon of free crafting using a wonderful donation of beads and jewelry materials. This is self-led afternoon— come see where your creativity take you! If you have any materials at home—please feel free to bring them!

**Crafternoon
Monday 6/5
1:00
FREE**

WRITING FOR FUN: Tuesdays—1:30-3:00—Lounge

All Genres & all levels welcome – Fiction, poetry, memoir, other non-fiction. This newly formed writers group is a safe open place to share, with discussion focusing on what the words on the page will accomplish. The group meets weekly but drop-ins are WELCOME! Group is being coordinated by local writer Claudia McGhee! Join us!



End of Spring Pancake Breakfast

**Pancake
Brunch
Monday 6/12
10am**

Celebrate the end of spring with a pancake brunch **on June 12th at 10:00am!** Pancakes will be served up hot with the fixings—bacon, sausage, syrup and toppings! Just bring yourself & your appetite! Sign up in the lobby!

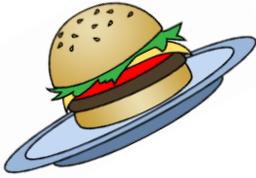


Senior Center Garden CLEAN-UP



Thank you to the few folks who came out to our FIRST Garden Club meeting in May! We have a plan, and now we need to get GROWING! We are ready to get our hands dirty and get the space READY FOR FLOWERS! Join us on Thursday **June 1st at 10:00am** for garden clean up! We will be pulling out rocks, breaking up the soil and saving some of those beautiful daffodils for replanting!

**GARDEN
CLEAN-UP
Weds. 6/1
10am**



Let's Eat!

The Lunch Bunch: Join the crew this month on **June 7th** at Willimantic Brewing Company, 967 Main St. Willimantic, CT. ! The meal begins a noon, please RSVP by JUNE 5th so that Claudette can coordinate with the restaurant.

Join us at our two TVCCA Bistro Lunches this month:

Wednesday June 14th, NOON— Chicken Marsala, Rice Pilaf, Butter Milk Biscuit & Peach Crisp. Meal is \$6 & reservations are needed by June 7th.

Wednesday June 28th, NOON—PICNIC @ the Center! CHOICE of either Roast Beef or Tuna Grinder (with Lettuce, Tomato & Cheese), Potato Salad & Fudge Brownie. Meal is \$4 and reservations are needed by June 21st

**LUNCH
BUNCH**
**Wed. 6/7
NOON**
**Willimantic
Brewing Co.**

Senior-Led Housing Discussion

The final discussion of Housing Options for Coventry Seniors and Millennials will be on **Wednesday, June 14, 1 PM** at the Senior Center. The Planning and Zoning Commission is currently working on the housing section of our town's Plan of Conservation and Development and has asked for a report on our discussions. This is our opportunity to recommend to the regulation writers what kind of housing we want and where we think it should be built. For more information, contact Christine Pattee, 860-742-6511, c2pattee@aol.com.

**Housing
Discussion**

**Wed. 6/14
1:00pm**

Wii Bowling

You can't stop the Coventry Wii Bowl team! We had a BLAST playing the Willimantic Senior Center and the traveling continues this month! Thanks to everyone who came out!

Join the team on **Tuesday June 9th at 9am** as we visit the **Mansfield Senior Center—303 Maple St. Mansfield**—for a morning of competition!

If you are new to Wii Bowling join the fun before and after any TVCCA lunch on **Wednesdays or on Friday mornings at 10am! No experience necessary!**



MAY HIGH SCORES

200 CLUB

Jane H—FIRST TIME!
Paula M—FIRST TIME!
Donalda—FIRST TIME!
Terry—FIRST TIME!
Evelyn—FIRST TIME!

Jules B
Maud S
Roland
Bob L
Judy R
Don W

SCORE TO BEAT: Jules Bessette all time high of 289!

Packing for the Troops

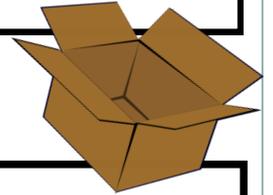
The packing from the troops team is VERY HAPPY to share the following email from Grant Cuprak's (a Coventry soldier we have been supporting) mother:

"Hi Judy—An important notice.... You don't need to send anymore boxes to Grant as their replacements from Ft. Lewis have arrived in Afghanistan so within a month he and his men will be back at Ft. Riley!! Praise the Lord!! Thank you so very much for all you do for the soldiers, I know they appreciated it. Keep in Touch.—Peggy"

If you would like to join our team of volunteers who put together care boxes for Coventry residents serving overseas stop by the lounge on **Friday June 16th at 9:30am!** Donations for the program can be dropped off any time the center is open.

Packing for the Troops WISH LIST!

- Gift cards to CVS/ Walgreens/Dollar Tree (to purchase supplies!)
- Local newspapers or magazines
- Hard candy



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: **June 14th and 28th** For more information contact FoodShare at 860-286-9999.

Fuel Assistance: If you need assistance with home heating costs please contact Human Services at 860-742-5324. Program deadlines are approaching in late April/ Early May.



Coventry RIDES! Transportation Program

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.

April 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.

Fitness Center: The Fitness Center is open during all Senior Center hours. 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 on **June 8th and 20th**. Massage or reflexology is \$20 (*price change) per session payable at the time of a appointment. Sign up at front desk.

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here on **Monday June 12th**. See the front desk to schedule an appointment.

Manicures/Pedicures: Hope Mayhew of Hope and Wellness Salon will be here onto offer nail clipping on **Monday June 12th**. The price is \$15 per service, payable directly to Hope at time of appointment; see the front desk to schedule!

Wellness Nurse: A nurse from ECHN will be available on **Wednesday June 28th from 11:00-12:30pm** to provide FREE blood pressure and blood sugar screenings. No appointment necessary!

Cards, Games and Creative



Mahjongg: Thursday 9:00-11:30 am in Lounge—All levels welcome!

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: *On Summer Break! See you in the fall!*

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

Writing for Fun Writers Group: Tuesdays from 1:30-3:00pm

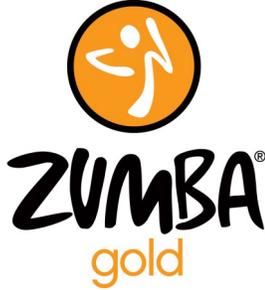


Last Night I Had the Strangest Dream....

That YOU joined our folk music group! Come on down and sing your heart out.
Tuesday Mornings at 10:30am in the lounge! Just follow the music!

NEW! Wellness Collaboration with Coventry Parks and Recreation!

After receiving a number of requests for additional fitness and wellness opportunities the Coventry Senior Center is excited to announce a new collaboration with Coventry Parks & Recreation to offer senior-friendly programs, in the Lodge, at times convenient for everyone! **Registration for these programs is through Coventry Parks and Recreation. Registration can be done online at www.coventryrec.com, or by paper registration form. Forms will be available in the senior center lobby, but all payment must be made to Coventry Parks & Recreation.**



Zumba Gold®

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of this class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Benefits include all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Please wear sneakers, and bring a water bottle with you to each class.

Instructor: Patty Flubacher, Certified Zumba Gold Instructor

Dates: Wed.,

B: 6/21 – 7/26

C: 8/9 – 9/13

Times: 4:30pm – 5:30pm

Location: Patriots Park Lodge

Fee: \$46 Residents/\$56 Non-Res.

Code: 202312A, B, or C

Mindful Meditation for Seniors

Meditation & yoga style stretching done in a chair! This class consists of increasing your flexibility & calming your mind using supported chair postures & mindful meditation. Please bring a bottle of water with you to each class!

Instructor: Patty Flubacher, Certified Instructor

Dates: Mon.,

B: 6/19 – 7/24

C: 8/7 – 9/18 (No Class 9/4)

Times: 11am-12pm

Location: Patriots Park Lodge

Fee: \$46 Residents/\$56 Non-Res.



YOGA For EVERYONE!

After MANY requests, we are bringing back YOGA! The center is excited to offer sessions on **June 14th & 28th from 9:30-10:30am for just \$3 a class!** Join local yoga teacher, Anna Glowacki for a senior specific yoga class! This Senior Yoga class is for individuals of any ability. Some students will use props such as blocks and chairs during class while others will be comfortable getting up and down from the floor. We will do stretches and poses to aid in relaxation, flexibility, and strength. Come on down and try YOGA this summer! Payment will be made to Anna at the beginning of each class.

About Anna: Anna Glowacki has been practicing yoga for ten years and has been teaching yoga the past three years. She completed her training at The Yoga Shop in South Windsor, is YTT 200 certified and a part of the Yoga Alliance. Anna has experience teaching yoga to a variety of individuals. Anna teaches classes weekly but also enjoys putting together workshops and programs such as Senior Yoga. Anna practices living a yogic lifestyle both on and off the mat and can not wait to share her passion for yoga with you all.

YOGA

June 14th & 28th

9:30-10:30am

In the right side of the Lodge
(behind the fireplace!)

\$3 per session



DO YOU KNOW ABOUT UCONN's Center for Learning in Retirement?

UConn Extension's Center for Learning in Retirement (CLIR) provides meaningful and serious intellectual activities for retirees and other adults from all walks of life, conducted in an informal and relaxed atmosphere. There are no academic requirements. A single class is one and a half hours; a course consists of two or more classes scheduled in successive weeks. All classes will be held at the Vernon Cottage on the Mansfield Depot Campus at the University of Connecticut, most from 1:15pm-2:45pm. Sample a class or two at no charge, and then consider paying the voluntary registration fee that covers CLIR's administrative expenses.

Upcoming classes include:

Math, Music, and the Mind	Thursday	June 1
Pudd'nheads: Childhood in Colonial America	Tuesday	June 6
Climate and Hunter-Gatherers: How the Environment Shaped Prehistory	Thursday	June 8

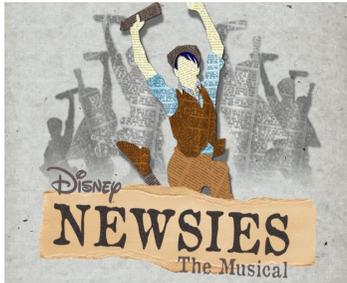
Class descriptions are available online at clir.uconn.edu or pick up a CLIR Program Booklet in the Senior Center Lobby!

SENIOR CENTER TRIPS—SUMMER/FALL 2017

The Coventry Senior Center is excited to announce that TRIPS ARE BACK! We thank everyone for their patience! Additional trips are being worked on, keep an eye on the newsletter & senior center bulletin board. To sign up call Emma King at 860-742-3525!

Wednesday July 12th—2:00pm

NEWSIES the Musical @ Jorgenson Theater in Mansfield



Join us on this local trip to see a 2:00pm Matinee showing of **Newsies, the Musical**, presented by the Connecticut Repertory Theater, at the Jorgenson Theater on the UCONN Campus. Following the show we will stop for ICE CREAM at the UCONN Dairy Bar. Transportation is available. **Tickets cost \$25, payable in advance.** RSVP is requested by May 31st.

Wednesday August 16th

Visit to Florence Griswold Museum & Lunch at Lenny & Joe's Fish Tales in Westbrook

Join us on a visit to the Florence Griswold Museum in Old Lyme to see their new exhibit *Flora & Fauna* and for lunch at the FAMOUS Lenny & Joe's Fish Tales in Westbrook. Trip also includes a one hour docent led museum tour.

Tickets cost \$8, lunch pay as you go.

Bus will leave at 8:30am returning around 3:30pm



FLORENCE GRISWOLD MUSEUM
Home of American Impressionism

Citizens Bank
presents

**Jack-o-Lantern
& Spectacular**
at Roger Williams Park Zoo

DATE TBD—OCTOBER 2017

Details of this trip are still being finalized, but we are looking forward to coordinating an afternoon/early evening trip to the Roger Williams Park Zoo's Jack-o-Lantern spectacular exhibit! In addition to the animals, the zoo is decorated with over 5000 hand carved pumpkins! More details will be released as soon as they are available.

Additional trips are being considered, including a visit to the casinos and to local museums/theaters! Please pass along any suggestions to Emma!