

COVENTRY SENIOR CENTER

July 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:

- 7/4 Center Closed
- 7/5 Out to Lunch
- 7/13 Massage Appts.
- 7/10 Spa Appts.
- 7/12& 7/26 TVCCA lunch
- 7/7, 7/19 & 7/25 Yoga
- 7/14 4th of July Cook-Out
- 7/26 Hydration Workshop
- 7/26 Medicare Boot-Camp
- 7/20 Podiatry Appts.

Happy Summer Everyone! As always, we have tons of new and exciting programming coming up in July! BUT the most important news is in the box right below—WE NEED TO UPDATE OUR CONTACT LISTS! *Please please* complete the form on the last page of this newsletter so that we can make sure newsletters are going to the right places!

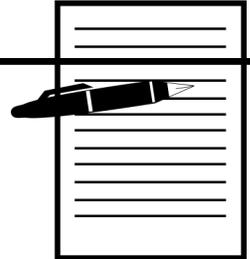
AND—did you know you can get your newsletter DIGITALLY?! I have been working like crazy to learn how to use the town's e-blast email notification system AND how to update the websites. Newsletters and calendars are always available online for download anytime! Ask me how to sign up!

See you around the center,

Emma King, MSW

Senior Center Coordinator

About THE NEWSLETTER!



Did you know that the Coventry Senior Center newsletter gets mailed & delivered to OVER 237 households each month?! ***That's A LOT OF PEOPLE!***

Recently, however, we have been receiving a number of the newsletters returned from the post office for invalid addresses. In order to insure that our newsletter is getting to folks that REALLY want (and to save a little \$\$ on postage!) Emma will be 're-compiling' our newsletter mailing list and in the process update our senior center contact list.

The LAST PAGE of the newsletter is the updated contact information sheet. Please complete it with your current contact information and let us know how you would like to continue to receive the newsletter— either by MAIL or EMAIL (yes! Copies will still be available at the center). But either way—we want to update our records!

We will begin using the newly compiled mailing list in early Fall so please return the form ASAP! THANKS FOR YOUR UNDERSTANDING!



Hydration Station

Warm weather and increased outdoor activity can put anyone at risk for dehydration. However, not getting enough fluids can be very dangerous for seniors. As you age, your body's ability to conserve water is reduced and your sense of thirst diminishes. Dehydration can cause a number of symptoms such as headache, confusion or extreme fatigue. Join *Julie Dutton, PTA, ATC, LAT* for a workshop on how to stop the signs of dehydration and some CREATIVE ways to stay hydrated (there will be samples!) **Wednesday July 26th at 11:00m—FREE!** HUGE thanks to Integrated Rehab for sponsoring this summer series!

**Hydration
Station
Wed. 7/26
11:00am
FREE!**



Medicare Bootcamp: understand your benefits



Join *Laura Crews*, Director of Benefits Access at Senior Resources

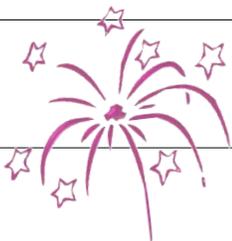
Area Agency on Aging for a *Medicare Bootcamp* on **July 26th from 1:30-3:30 (after the TVCCA lunch!)**. Whether you have had Medicare for years or are just turning 65 this session can answer all your questions! Laura will be going over the different parts of Medicare (A, B, C & D), avoiding enrollment penalties, alternative Medicare options, impacts on retiree benefits and premium assistance programs. If you have ever looked at your Medicare benefits statement and said "I don't know what that means" - THIS IS THE SESSION FOR YOU! Laura is a CHOICES counselor training, with MANY years of counseling experience—she is the best! Sign up in the lobby!

**Medicare
Bootcamp
Wed. 7/26
1:30-3:30
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



4th of July - "Clean-out Cook-Out"

Join us for a 4th of July "CLEAN OUT—COOK OUT" on **July 14th at 11am** where we clean out the freezer and have lunch for breakfast and breakfast for lunch! There will be pancakes, hamburgers, hotdogs—and whatever else we find! As has been done in the past—this will be a partial potluck—please consider bringing a side dish! Sign ups for both potluck items AND to attend at the front desk!

**7/14
11:00am
FREE
Potluck!**



**LUNCH
BUNCH**

Wed. 7/5

**Country Buffet
Manchester**

Let's Eat!

The Lunch Bunch: Join the crew this month on **July 5th** at **Hometown Buffet** (165 Slater St. Manchester, CT) ! The meal begins a noon, please RSVP by July 3rd so that Claudette can coordinate with the restaurant.

Join us at our two TVCCA Bistro Lunches this month:

Wednesday July 12th NOON— Vegetable Quiche, Clam Chowder, Garden Salad & a Fudge Brownie. Meal Cost— \$6. Reservations required by July 5th.

Wednesday July 26th, NOON— Meatloaf and Gravy with Mashed Potatoes & Carrot Cake. Meal Cost—\$4. Reservations required by July 19th.

Quick Note

Many thanks to the wonderful people who donate puzzles and books to the Senior Center library!

- from a fellow puzzle lover

Wii Bowling

You can't stop the Coventry Wii Bowl team! We had a BLAST playing the Mansfield Senior Center in June! Thanks to everyone who came out!

The team is planning a REMATCH with the Willimantic Senior Center on **Friday July 21st at 9:00am @ the Willimantic Senior Center—47 Crescent St. Willimantic, Ct.** Sign – up in lobby to come along!

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!**



JUNE HIGH SCORES

200 Club

- Louise L.—@Mansfield
- Don W.—@Mansfield
- Bob L.—@Mansfield
- Jane H.
- Roland S.
- Maud S.
- Judy R.
- Bob L.
- Bev M.
- Jules B.

600 Series

- Judy R.
- Bob L.

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

SERIES TO BEAT: Judy Ringuette—**670!**

Packing for the Troops

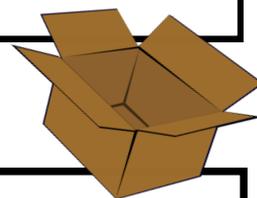
The packing from the troops team is VERY HAPPY to share the following email from Grant Cuprak's (a Coventry soldier we have been supporting) mother:

"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 July 21st 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: Tuesdays 9:00-11:30** 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: **July 12th and 26th.** For more information contact FoodShare at 860-286-9999.



Coventry RIDES! Transportation Program

Hopefully by the time this newsletter is delivered to mailboxes the Senior Center will have a NEW transportation coordinator! We look forward to welcoming this person, and can't wait to welcome them to the Senior Center team!

HOWEVER, until the hiring process is complete, **WRTD, the Windham Regional Transit District**, will still 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.**

Thank you all for your patience and understanding during this transition.

Monthly 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.

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 **Thursday July 13th** Massage or reflexology is \$20 (*price change) per session payable at the time of appointment.

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here on **Monday July 10th**. 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 July 10th**. 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 July 26th from 1:00-12:30** to provide FREE blood pressure and blood sugar screenings. No appointment necessary!

Podiatry: Dr. Morgan will be available for appointments on **Thursday July 20th**. Sign up a front desk, new patients should contact Dr. Morgan's office at 860-537-5520 prior to appointment.

Cards, Games and Creative Arts



Mahjonn: 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!

Wellness Collaboration with Coventry Parks and Recreation!

LAST SUMMER SESSION BEGINS IN AUGUST! 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.,

C: 8/9 – 9/13

Times: 4:30pm – 5:30pm

Location: Patriots Park Lodge

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

Code: 202312C

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.,

C: 8/7 – 9/18 (No Class 9/4)

Times: 11am-12pm

Location: Patriots Park Lodge

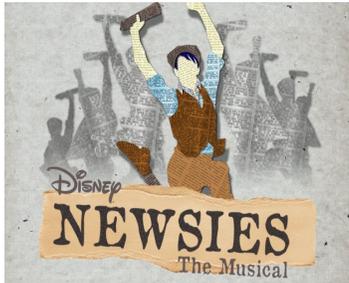
Fee: \$46 Residents/\$56 Non-Res.

Code: 202313C



SENIOR CENTER TRIPS—SUMMER/FALL 2017

Thank you to everyone who has signed up for a trip! **Payment for each excursion can be made at any time—just see Emma!** (She thanks you for your patience!) Additional trips are being schedule and suggestions are always welcome!



SOLD OUT! Wednesday July 12th—2:00pm **NEWSIES the Musical @ Jorgenson Theater in Mansfield**

Our Newsies trip is SOLD OUT! This is our FIRST trip out to see a musical at the Jorgenson and we did our best to gauge interest before purchasing tickets. We look forward to booking more trips to local theaters! If there is a show coming up you would like to see—PLEASE LET EMMA KNOW!

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-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!

YOGA For EVERYONE!

THANKS to everyone who came to yoga in June! The first few sessions were a success—so mark calendars for July (dates below)! We are trying classes on a couple of different days to see which works best for folks! 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

Friday July 7th 9:30-10:30am
Wednesday July 19th 9:30-10:30am
Tuesday July 25th 1:00-2:00pm

\$3 per session
LODGE



COVENTRY SENIOR CENTER CONTACT INFORMATION SHEET!

Please complete and return to the Senior Center. THANK YOU! (PRINT PLEASE!)

NAME: _____

ADDRESS: _____

TOWN, ZIP: _____

BEST PHONE TO REACH YOU: (_____) _____ - _____

EMAIL ADDRESS: _____ @ _____

How would you like to receive the newsletter –select ONE!

MAIL EMAIL PICK UP AT CENTER