

COVENTRY SENIOR CENTER

August 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:

- 8/2 - Out to Lunch Bunch
- 8/3, 8/7, 8/15, 8/21—YOGA
- 8/9 & 8/23—TVCCA Lunch
- 8/9—Understanding Memory Loss
- 8/14—Hair & Nail Appts.
- 8/16 Florence Griswold Trip
- 8/18—BYOP Ice Cream Social
- 8/23—Nurse

I HAVE THE MOST WONDERFUL ANNOUNCEMENT! (See Below!) It's another busy month here at the Center. Senior Yoga is been VERY successful and I'm excited to report that Anna is holding classes once a week this month! I'm looking forward to our trip to the Florence Griswold Museum. There are still tickets available—see the front desk for details! THANK YOU to everyone who has filled out their updated contact sheet—keep them coming! If you haven't updated your mailing, phone and email information, the form is also included in this newsletter (See Last Page!).

On a sadder note, we have lost two members of the Coventry Senior Center Community over the past few months—Lestor Rizer and Vernon Smith. I am humbled that I was able to get to know them both and have come to see what an integral part they both played in this community. Please keep their family and friends in your thoughts.

See you around the center!

Emma King, MSW

Senior Center Coordinator



HUGE Welcome to Sarah Leete! Our NEW Transportation Coordinator!

The Senior Center is BEYOND excited to announce that we have a wonderful, amazing NEW transportation coordinator—Sarah Leete! Sarah grew up in Coventry and still lives locally with her family. She brings a wealth of knowledge to the community and we can't wait for you to get to know her!

We thank you for your continued understanding as Sarah is trained in her new role and we transition to her leadership. **Until August 1st rides should continue to be scheduled with WRTD.** Please contact the center with any questions. Sarah will be in the office Mondays, Tuesdays and Thursdays—stop by and say hello!

More details to follow in our September newsletter!

Understanding Memory Loss

Understanding Memory Loss

Wed. 8/9
1:30pm
FREE

Please join *Suzanne Sorensen* of the Brookdale Buckingham Memory Care Community, for an important discussion on *Understanding Memory Loss*. Talk will include how to tell when memory loss is more than just forgetfulness, understanding early onset, local programs for assistance and how to speak with friends and family.



We know this is not always a fun topic to discuss, but it is very important. Please consider coming to the TVCCA lunch and then staying for Suzanne's talk! Please RSVP by August 4th. Sign up is in the lobby.



BOYP—Bring your Own PINT Ice Cream Social

Is there any better way to spend an afternoon than with a big bowl of ice cream? DOUBT IT! Come celebrate summer at our *BYOP (BRING YOUR OWN PINT!)* Ice Cream Social on **Friday August 18th at 1:00pm**.

Bring a pint (or two!) of Ice cream to share and the center will provide ALL the toppings! Enjoy your sundae while listening to music by students from the **SONG-A-DAY** music center in Coventry!



Ice Cream Social
with Musical Guests!
Friday 8/18
1:00pm
FREE

Quilling: the Art of Paper Curling—Tuesday August 29th

Join the Senior Center in a VERY special event showcasing the unique art of Quilling—the rolling and curling of paper into intricate & ornate designs. On **Tuesday August 29th** from **12:00-1:30pm** the center will be a host to a number of designs from a local artisan. The event will honor her work and celebrate this unique art form. Light refreshments will be served.

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

All genres & all levels welcome – fiction, poetry, memoir, 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! The group is being coordinated by local writer Claudia McGhee!





Let's Eat!

**LUNCH
BUNCH**
**Wednesday
8/2**
**TGI Friday
Manchester**

The Lunch Bunch: Join the crew this month on **August 2nd** at TGI Fridays! 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 August 9th NOON— Pot Roast with Onion & Carrots, Mashed Potatoes, & Apple Pie. Meal Cost—\$4! Reservations required by August 2nd.

Wednesday August 23rd, NOON— Ravioli's with Meatballs, Garden Salad & Chocolate Cake. Meal Cost—\$4. Reservations required by August 16th.

Summer Parking Passes are still available!

Wii Bowling

You can't stop the Coventry Wii Bowl team! Thanks to everyone who came out to our match against Windham!

There are no matches scheduled for August, but that's only because we need to PRACTICE for our upcoming matches:

**Sept. 18th @ Chaplin Senior Center
9:30-11:30**

**Oct. 23rd Vs Mansfield @ HOME
9:30-12:30**

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!



JULY HIGH SCORES

200 Club

- Mary S.—FIRST TIME
- Russ H.— FIRST TIME
- Terry C.—FIRST TIME
- Donalda M.
- Evelyn H.
- Judy R.
- Bob L.
- Louise L.

600 Series

- Bob L.

SCORE TO BEAT: Jules Bessette all time high of **289!**
SERIES TO BEAT: Judy Ringuette—**670!**



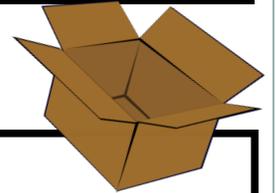
Packing for the Troops

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.

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 the **third Friday of the month 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 (124 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: **August 9th and 23rd.** For more information contact FoodShare at 860-286-9999.



Coventry RIDES! Transportation Program

See the FRONT PAGE! We are so excited to have Sarah Leete on the team! As noted, **please continue to call WRTD to schedule rides until August 1st.**

After that time, you can call the office at 860-742-3525 and we will assist you.

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. Fitness instruction is lead 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 will NOT be scheduling appointments in August. She will be **BACK on September 21st.** Sign up in lobby!

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here on **Monday August 14th.** See the front desk to schedule!

Manicures/Pedicures: Hope Mayhew of Hope and Wellness Salon will be here onto offer nail clipping on **Monday August 14th.** 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 August 23rd from 11:00-12:30pm** to provide FREE blood pressure and blood sugar screenings. No appointment necessary!

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!

SENIOR CENTER TRIPS—SUMMER/FALL 2017

Thank you to everyone who has signed up for a trip! **Payment for each excursion must be made at time of registration—just see Emma!**
Additional trips are being schedule and suggestions are always welcome!

*Thank
You*

THANK YOU to everyone who made our 1st trip to The Jorgenson a roaring success! **EXTRA HUGE THANKS** goes out to **Howard Haberern, Bus Driver Extraordinaire** who navigated **UCONN Traffic AND Mother Nature's thunderstorms** to get us there safe and sound!
THANK YOU, THANK YOU!

Trips like this are easier to plan than day-long outings so as you come across theater listings that interest you—LET EMMA KNOW! Let's start seeing shows all over CT!

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!

YOGA For EVERYONE!

THANKS to everyone who came to yoga in June! The first few sessions were a success—so mark calendars for August (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 done 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

Thursday August 3rd 1:00pm-2:00pm
 Monday August 7th 11:00am-12:00pm
 Tuesday August 15th 1:00pm-2:00pm
 Monday August 21st 11:00am-12:00pm

\$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