

# COVENTRY SENIOR CENTER

## September 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:**

- 9/4—Center Closed
- 9/6—Out to Lunch Bunch
- 9/11—Hair & Nail Appts.
- 9/12 & 9/19—Orchard Hills
- 9/15 Luau Lunch @ Mansfield S.C
- 9/18—Wii Bowling @ Chaplin S.C.
- 9/20—PIZZA PARTY!
- 9/21—Massage with Tami
- 9/27—WRTD Q&A

Hi All,

As you will see in this newsletter September's theme is CHANGE. The first big change is that TVCCA (Thames Valley Council for Community Action) has discontinued the BISTRO lunch program beginning September 1st. This means that you will not see our twice monthly lunches on the calendar. I am very disappointed, but am hopeful that with one door closing, another, more exciting door will open.

Additionally, Friend of the Senior Center Deb Turner, who has been providing massage therapy services here for many years, has moved to Nevada to be closer to family. We wish her the best of luck in her new endeavors! I am happy to announce that she has highly recommended another massage therapist, Tami Toscano, to continue offering massages and reflexology here at the center. Complete details about both BIG changes are detailed further in the newsletter—Please read!

See you around the Center,

*Emma King, MSW*

Senior Center Coordinator

### **TVCCA Senior Nutrition Bistro Program** **being discontinued**

In a letter to the Coventry Senior Center, TVCCA (Thames Valley Council for Community Action) staff write:

*"The Bistro Program was created to offer an alternative meal, for a small fee, to ensure local seniors could come together for a meal even when the need was greater than the program funds could support...Since the Bistro meals consist of specialty items not found on the regular Café menus, the kitchen must dedicate a Chef just to this task, which is not feasible to continue as we look towards the future needs of the program."*

While there will be no meals scheduled for the month of September. We will be hosting a pizza party on 9/20 and have been invited to the Mansfield Senior Center's Luau Lunch on 9/18. More details on both events are on pages 2 & 3!

Emma is excited to report that the center is exploring a partnership with MACC Community Catering in Manchester and they will be serving a meal on October 11th—mark your calendars! More details will be in the next newsletter!



## Massage Therapy At the Senior Center



The Senior Center's long time Massage Therapist, Deb Turner, announced in July that she moving to Nevada to be closer to family. She expressed a huge THANKS to everyone who has supported her over the years, and while she is saddened to be leaving, she is excited about spending time with her grandkids!

For those who had scheduled appointments with her on **September 21st**, please consider keeping your appointment and meeting our NEW massage therapist **Tami Toscano!** Tami comes to the center at the recommendation of Deb and we look forward to having her here!

### **About Tami :**

Tami has taught yoga and practiced Massage Therapy for people in all kinds of physical condition since 1991 when she studied with Ruth Bender and Dottie Hart of Avon, Ct. She holds a 200 hour YTT from Kripalu Center for Yoga & Health since 1993 and taught for 13 years in the W.Htfd. area. In 2003 she became a Nationally Certified Massage Therapist with over 600 hours and graduated from Ct. Center for Massage Therapy in Newington Ct. Tami became an Ayurvedic Yoga and Massage Therapist in 2005 and worked for an Ayurvedic Center in Newport Beach Ca. until 2015 when she relocated back to Ct. Her skills include Swedish Massage, Deep Tissue, Aroma therapy, Therapeutic stretching using therapy balls and a yoga block, Reiki, and Reflexology. She currently takes Tang Soo Do with her son and has a massage practice at Massage Envy in Glastonbury Ct.

*"From my experience of sharing this over 5000-year-old Art and science it is my great joy to help people feel their best through customizing each session to bring healing and balance to body, mind, and heart."*

Tami will be with us MONTHLY beginning on September 21st offering discounted senior pricing of \$20 for 25 minutes. Payment is due directly to Tami at time of appointment., Sign up sheet for appointments will be in the lobby—just like always!



### **Pizza PARTY**

**Wed. 9/20**

**11:30pm**

**\$3**

## **WHO HAS Coventry's BEST PIZZA?**

For a small town Coventry has a PLETHORA of PIZZA POSSIBILITIES (a little alliteration there!) - Let's see which PIZZA PLACE REIGNS SUPREME! On **Wednesday September 20th at 11:30** we will host a blind TASTE TEST of the classic pizza styles—cheese, pepperoni & margherita—and see which restaurant will be named Coventry's BEST! Pizza will be from Dimitri's, Coventry Pizza and Wicked Slice! Lunch will be \$3 and include salad and cookies (to cleanse the palate!)

**RSVP by September 13th so we order enough!**



**LUAU LUNCH & HULA DANCERS!** We have been invited to the Mansfield Senior Center for their **Luau Lunch** with Hula Dancers! **Meal is costs \$7.00** and includes pulled pork sandwiches, green beans, Hawaiian rolls, coleslaw and ice cream! THEN A LIVE HULA DANCING SHOW! Emma will have Mansfield Senior Center registration forms beginning on Aug. 28th. She will be coordinating registration with Mansfield Center staff. **Coventry Center will be providing transportation.** *We thank Mansfield for their invitation!*



**Luau Lunch @  
Mansfield  
Senior Center  
Friday 9/15  
Noon  
Rides Provided**

**The Lunch Bunch:** Join the crew at an Eastern CT institution—the Vernon Diner! The Waffle Fries are LEGENDARY! Meal begins around NOON, but PLEASE RSVP attendance so Claudette can let the restaurant know! **Vernon Diner—453 Hartford Turnpike, Vernon.** Rides will be coordinated by Claudette, so please sign up by Monday Sept. 4th!

### *An Note on the Kitchen —*

As we work to identify a new lunch program options (and work to keep the RIDICULOUSLY pesky flies at bay), we will be implementing a new food policy in the kitchen. All food kept in the kitchen must be wrapped, labeled and dated. Any food left in the refrigerator will be discarded after 2 days. The freezer will be ONLY for food purchased by the center for specific activities. Thank you!

## Wii Bowling

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

This month we are going to the Chaplin Senior Center

Join us on

**Sept. 18th @ Chaplin Senior Center  
(132 Chaplin St.  
Chaplin, CT) - 9:30-11:30am**

We will carpool from the Center. Be here at 8:45am!

Practices are on Wednesdays and Fridays at 10am!



*If you ordered a TSHIRT and need it embroidered please get it to Emma ASAP!*

## AUGUST HIGH

### 200 Club

Don W.  
Russ H.  
Evelyn H.  
Donalda M.  
Judy R.  
Bob L.  
Maud S.

### 600 Series

**Donalda—690!  
BOB— 720!**  
Jules B.  
Bob L.

**SCORE TO BEAT:** Jules Bessette all time high of **289!**  
**SERIES TO BEAT:** Bob Landry—**720!**



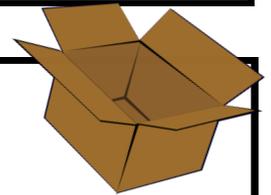
## Packing for the Troops

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 **September 22nd 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). **Appointments can be made on FRIDAYS from 8:30-11:30am.** 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 **Wednesday, Sept. 6th & 20th from 10:00-10:30.** For more information contact FoodShare at 860-286-9999.

## **YOGA For EVERYBODY!**



School is back in session for our wonderful Yoga teacher Anna—so classes will be moving to **Fridays from 3:00-4:00pm.** Stay in shape this fall by joining us for a class! This Senior Yoga class is for individuals of any ability. We will do stretches and poses to aid in relaxation, flexibility, and strength. Each class is **\$5** and payment is due 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

**\$5 per session  
LODGE**

**Friday 9/1—3:00-4:00  
Friday 9/15—3:00-4:00  
Friday 9/22—3:00-4:00**



# 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:** **Tami Toscano will be here on Thursday Sept. 21st from 9:00-2:00.** Services cost \$20 for 25 minutes and are payable directly to Tami at time of appointment. See front desk to schedule!

**Haircuts:** Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here on **Monday September 11th** . See the front desk to schedule!

**Manicures/Pedicures:** Hope Mayhew of Hope and Wellness Salon will be here onto offer nail clipping on **Monday September 11th.**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 September 27th 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:** *Has moved to the **FOURTH** Friday of the month! 12:30-4:00!*

**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!

*The Senior Center Goes to ORCHARD HILLS*  
**TRANSPORTATION PROGRAM UPDATE!**

To all our members at Orchard Hills— **WE ARE COMING TO YOU!** Come meet Sarah Leete, Transportation Coordinator (along with Emma King, Center Coordinator!) and learn about some of the updates we hope to make over the new few months!

We will be onsite **Tuesday September 12th at 10am in the front community room** (in the same building as the office) and **Tuesday September 19th at 10am in the back community building.**

Hope to see you there!

**SENIOR CENTER TRIPS—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!

 Citizens Bank

presents



Thank you to everyone who came to the Florence Griswold Museum!

It was a great day and a wonderful trip! **A huge huge thanks to Claudette Polhemus for assisting in the coordination of Emma's FIRST senior trip! She couldn't have done it without her!**

**Wednesday OCTOBER 18th—Roger Williams Zoo**

Get in the Halloween spirit and join us for a visit to the *Roger Williams Zoo Jack-O-Lantern Spectacular!* In amongst the animals are over 5000 carved pumpkins! This will be an evening trip (the pumpkin walk opens at 6pm) so please plan accordingly.

**Trip Ticket INCLUDES:**

- Entrance to the Pumpkin Walk at Roger Williams Zoo
- Buffet Dinner (Choice of Oven Roasted Turkey & Pot Roast, along with sides and desert) at *Chelo's Restaurant in Cranston, RI*
- Round Trip transportation on a Peter Pan Bus

**TICKET COST: \$45**

The center will be reserving 30 tickets, and they will be sold on first come first serve basis. Payment will be required upon reservation. There will be no refunds issued for this trip, except for medical reasons upon receipt of physician's note.

**Bus will be leaving the Senior Center at 2:30pm and will return around 9:00pm.**

*\*this will be an evening trip with a substantial amount of walking. Please wear comfortable shoes and bring a water bottle\**



## *Coventry Rides! Transportation Program Update*

We hope everyone has had a chance to meet Sarah, our new transportation coordinator, either by phone or in the office! We are so happy she has joined the senior center team!

As we work to better the program and “re-launch” under Sarah’s leadership we wanted to remind everyone of the following:

Rides are scheduled **Mondays, Tuesday, & Thursday from 9:00-12:00**. The program has an ALL VOLUNTEER team of drivers (who are the most amazing people EVER!), so service may not be available if a driver is not available. **We are ALWAYS looking for new volunteer drivers! All we ask is for 1-2 mornings a month! Ask Sarah or Emma for details!**

- Rides can be requested no later that **48 hours prior** and no more than **2 weeks in advance**.
- The van service travels to points outside Coventry, to communities not served by the WRTD (Windham Region Transit District) Dial-a-Ride program. Examples include Manchester, Tolland, Vernon, & Bolton. We are working to expand our geographical region.
- Rides for senior center programs (such as hair cuts or massage appointments) **MUST** still be scheduled by calling in advance, just like any other ride.
- As a reminder, WRTD (Windham Region Transit District) Dial-a-Ride services are available for Coventry to Coventry Rides. This means any local Coventry transportation. They are our town’s designated transit service. Rides can be requested by calling **860-456-2223 ext. 4**.

We thank you, in advance, for your patience and understanding as we work to make the program stronger. Coventry is lucky to have established such an amazing program. Sarah, Emma and the whole Human Service department is working to identify ways to make it stronger—by serving more people, going to further distances and expanding service days.

**ALSO—the Senior Center has upgraded its phone systems and all ride request calls should be made to 860-742-3525. We know alternative numbers have been used in the past, please update your phone books!**



### **Q&A with WRTD Representatives**

On **Monday September 25th at 11:30am** the Coventry Senior Center will be welcoming representatives from the Windham Regional Transit District to answer ALL your questions about the Dial-a-Ride service. We know that there have been concerns expressed regarding the service provided by Dial-a-Ride and this is your chance to voice your opinion!