

COVENTRY SENIOR CENTER

November 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:

- 11/1 Out to Lunch
- 11/8 Veterans Day Reception
- 11/10 Center Closed
- 11/13 Hair & Nail Appts
- 11/16 Massage Appts
- 11/17 Wii Match
- 11/23 & 11/24 Center Closed Thanksgiving
- 11/29 Gratitude Gathering!



All,

I can't believe it but as of Nov. 21st, I have been here at the center ONE WHOLE YEAR! And what a WONDERFUL year its been! I am so grateful and so thankful for EVERYONE who has helped welcome me and make me feel at home!

We have SUCH AMAZING people giving their time and talents— to many to name them individually. These are the folks leading programs, setting up programs, emptying the dishwasher, driving the van, giving rides home, make reminder phone calls—the little things that keep this place such a special environment. Let's take this month of gratitude to be grateful for EACH OTHER and the wonderful community we have created!

See you around the center,

Emma King, MSW



Happy Thanksgiving



Annual Veterans Day Reception

Please join the Coventry Senior Center and American Legion Post 52 in honoring our Coventry Veterans at our Annual

Veterans Day Reception
Wednesday November 8th
Noon

This event welcomes any Coventry Veteran, their families, and the public at large. The free event includes a ceremony coordinated by the American Legion and a light lunch, this year being provided by the Senior Center & MACC.

Due to the popularity of this event RSVP's are required by November 3rd. Sign-up sheet is in the lobby! We hope to see you at this very special event!

Paint your Own Ceramics HOLIDAY party!

You've wanted to get creative, so join us A PAINT YOUR OWN CERAMICS PARTY with *Paints on Fire!* During the DIY extravaganza you will get creative and make an ADORABLE snowman sculpture for your winter mantle! **Wednesday, December 13th from 11:30-1:30.**



Attendees will paint their own, with instruction by *Paints on Fire* staff. All projects will be taken back to their studio and fired. Finished projects will be delivered back to the senior center for pick-up! (picture of statue is to the right)

Event costs: **\$20** (just the cost of the statue!) *Paints on Fire* will provide smocks (but wear your painting clothes!), paints, brushes, instruction, and kilning. Senior Center will provide a few sweet snacks to fuel your creativity! Seats are limited! Register with Emma (or the front desk!) by Nov. 29th!!

Ceramics Party
12/13
11:30-1:30
\$20 per person



Medicare Open Enrollment Continues!

This is your friendly senior center reminder that **MEDICARE open enrollment continues through Dec. 7th.** THIS IS THE TIME TO ENSURE YOU HAVE THE BEST PLAN FOR THE YEAR AHEAD! Talk with Emma or Penny about coming in for a screening to make sure your plans have not changed!

Greetings Senior Center Friends,

As I write this note to say farewell, it is with gratitude for having had you to visit at the center. I could never have guessed how much you'd come to mean to me ~ an extended family indeed! I want you to know that when I think of you it will not be collectively but individually. I will always think of you fondly, your distinct personalities as well as our unique relationships. Thank you for sharing your life with me and allowing me to do the same. Massage is truly a special kind of healing, since touch is way more than skin deep.

Finally, please take good care of yourselves. Breath in deeply, exhale completely and yes, don't forget to soak those feet in an epsom Salt bath!

Deb Turner ♥☐

Welcome!

Welcome Ben!

If you have been by the center on a Monday or Wednesday you may have seen a tall, younger-looking fellow hanging around—that gentleman is Ben Arpin, our WONDERFUL Eastern Connecticut State University intern! Ben is studying Social Work and will be with us until May. He will be helping with a little bit of everything—so when you see him say HELLO! He wrote a few words of welcome:

"I very much look forward to meeting with and talking to everyone! My passion for the helping the community led me here and I'm excited to share my love of writing, being out in nature, radio and conversing with others as I develop new programming here at the center. I can't wait to here your ideas!

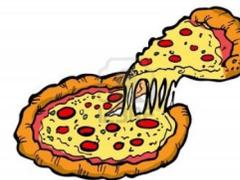
Best, Ben "

**Out to Lunch
Coventry Pizza
Coventry
11/1
Noon**

Out to Lunch Bunch!

The Lunch Bunch: Our *Out to Lunch* crew will be visiting Coventry Senior Center “Pizza Extravangza” best overall slice winner COVENTRY PIZZA this month!

Join the fun at **11:30am** on **Wednesday November 1st**. Order off the menu and pay as you go. Please sign up in the lobby by Monday, October 30th.



MACC Meals: See Gratitude Gathering below!



In keeping with this months theme of *gratitude* and *thanksgiving* let's turn our normal Wednesday Lunch on **Wednesday November 29th at Noon** into a **GRATITUDE GATHERING!** We will be welcoming new members of the *Coventry Police Department* to share a meal and welcome them to the community!

After lunch stay and spread the gratitude by painting some “Kindness Rocks” and spreading them around town! (Check out the COVENTRY ROCKS Facebook page to see what we're talking about!)

MENU: Still in development – main entrée Stuffed Pork Loin, seasonal sides & dessert
COST: \$7



Wii Bowling

You can't stop the Coventry Wii Bowl Team!
Thanks to everyone who came out to our match against Mansfield!
Join us on

Friday Nov. 17th
As we host the Windham Senior Senior Center—9:30-11:30

Practices are on Wednesdays and Fridays at 10am!



October High Scores

200 Club

- Russ
- Jules
- Judy
- Jerry
- Don
- Evelyn
- Barbara
- Maud
- Donalda
- Roland

600 Series

- Russ
- Jerry
- Judy
- Roland

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

SERIES TO BEAT: Bob Landry—**720!**



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!



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? **Packing will happen MONDAY, November 20th at 9:30am** Hope to see you there!

At this time we will be getting ready to send out Holiday care packages (so they arrive in time!) and are looking for donations of small holiday items, cookies, hard candies, and pre-packaged snacks. Please see Judy with any questions!

Packing for the Troops WISH LIST!

- Christmas and Holiday Items
- Gift cards to Dollar Tree and other stores to purchase supplies
- 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, Nov. 1st, 15th, 29th from 10:00-10:30am.** For more information contact FoodShare at 860-286-9999.

Energy Assistance—Coventry Human Services is currently accepting application for the Connecticut Energy Assistance Program. To see if you are eligible, please contact the Human Services at 860-742-5324. Appointments are available Tuesday and Thursdays, please call ahead. Applications accepted September 2017– early Spring 2018. See page 5 for more info!

YOGA For EVERYBODY!

We are entering into the wildness of the holiday season—stay calm and OM on! Class dates are going to vary a bit as we accommodate for the holidays. 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 cannot wait to share her passion for yoga with you all.*

YOGA

**\$5 per session
LODGE**

NOVEMBER

Friday 11/10:

9:30am-10:30am

Friday 11/17 3-4pm

Wed. 11/29 3-4pm



Are you in need of energy assistance this winter season?



The Human Services office is now accepting applications for energy assistance on Tuesdays and Thursdays

Call now to make your appointment

860-742-5324

The Access Agency in Willimantic has begun accepting applications for the CT Energy Assistance Program at their Willimantic office.

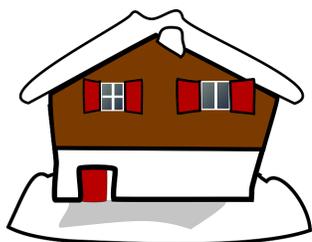
MAXIMUM INCOME ELGIBILITY:

Household Size	1	2	3	4
Annual Income	\$34,366.28	44,940.52	55,514.76	66,089.00

To apply for assistance, applicants must provide copies of the following documents for all household members:

- For everyone in the household: Dates of birth, and Social Security numbers
- Gross income: Paystubs, self-employment, unemployment for everyone in the households over 18
OR
- SS, SSI, SSDI Cash Assistance (if applicable)
- Pensions/Annuity statements
- Child support and/or alimony documents
- Rent receipt, lease or mortgage statements (or property tax bill if no mortgage)
- Current Eversource bill
- All pages from current bank accounts (checking & savings), the name of bank and your name must be on the printed statements

Benefits are determined by total household gross income and liquid assets.



Deliverable-heated households may use benefits starting November 9 through March 15.

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, Nov. 16th from 9:00-2:00.** Services cost \$20 for 25 minutes and are payable directly to Tami at 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, Nov. 13th.**

Manicures/Pedicures: Hope Mayhew of Hope and Wellness Salon will be here onto offer nail clipping on **Monday, Nov. 13th.** The price is \$15 per service. See the front desk to schedule!

Wellness Nurse: A nurse from ECHN will be available on **Thursday, Nov. 29th from 11:00-12:30pm** to provide FREE blood pressure and blood sugar screenings. No appointment necessary!

Podiatry: Dr. Morgan will be available for appointments on **Thursday, Dec. 7th.** Sign up at 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: First Friday of the month—12:30pm!

Quilting: Fridays 9:30am. Stop by, meet the group and hang out!

Writing for Fun Writers Group: Share your work with out group on Tuesdays from 1:30-3:00pm

SAVE THE DATE!

Wednesday Dec. 6th—Out to Lunch Bunch HOLIDAY Gathering! Location TBD
Monday Dec. 11th—10th Annual SPREAD THE CHEER!



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!

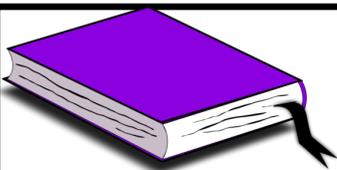
As we work to better the program and “re-launch” under Sarah’s leadership we wanted to remind everyone of the following:

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!



Congratulations to one of our own seniors who has had her first book PUBLISHED! And WE HAVE A COPY! **Prior Notice** by JA Josver (a pen name) - is a murder mystery with twist – *“I plan to murder 9 persons... you will have Prior Notice...”*

The book can be purchased on Amazon or borrowed from our lending library. You will have to figure out the authors true identity – WE AREN’T TELLING!

