

COVENTRY SENIOR CENTER

January 2018 Program Newsletter

Coventry Senior Center
172 Lake St.
Coventry, CT
06238
860-742-3525

Hours:

Monday-Friday
9:00am-4:00pm

DATES to Remember:

- 1/1 CENTER CLOSED
- 1/3 Out to Lunch
- 1/10 & 1/24 MACC Lunch
- 1/10 Housing Rehab Program
- 1/12 Wii Bowl Match
- 1/15 Hair & Nail Appointments.
- 1/18 Massage Appointments
- 1/19 Mall Trip
- 1/24 Wellness Nurse

As you will see below, the Senior Center is having a BIRTHDAY this year! I could not be more excited to celebrate the 10th anniversary of the Coventry Senior Center this coming April. The creation of this senior center came from years of work by committed members of the community. During this year we will be taking time to honor the past, have fun in the present and plan the future!

We have over 150 households on our monthly mailing list, and dozens more who receive the newsletter by email. I CHALLENGE all of you to come visit if you haven't been down in a while or BRING A FRIEND and show them all the fun we have here! Whether its our weekly offerings, special events or trips (which will be BACK in a BIG way), there is really something for everyone at the center. I want us to break ALL attendance and visitor records this year!!

Get excited! I know I am!

See you around the center,

Emma King, MSW

Senior Center Coordinator



10th Anniversary Year!

Can you believe our little oasis by the lake is turning **TEN** this year??? Get ready for a fun-filled year of CELEBRATION and REMEMBRANCE as we honor where we've come from, where we are now, and what's to come!

Mark Your Calendars!

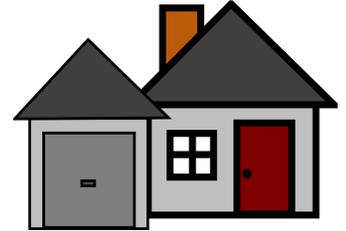
Our 10th anniversary celebration year will begin on **Monday February 26th** with a **Volunteer Appreciation Brunch at 11am** where we will honor all our members and all the individuals who make this such a special place! Brunch will be served by Senior Center & Human Services staff (and that means the dishes too!) Following the meal **Bruce John** will be here to play a few songs (so wear your dancing shoes & show off those line dancing moves!)

More details will be forthcoming but DO NOT PLAN ANYTHING FOR FRIDAY MAY 18, 2018!

Coventry Housing Rehabilitation Loan Program

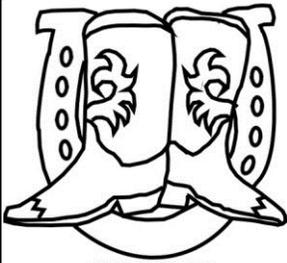
Join us for an informational session on the *Coventry Housing Rehabilitation Loan Program!* The program is designed for low to moderate income homeowners to address safety and code violations through funding for necessary home repairs. Requested funds can be used for common repair projects including septic system repairs, sewer connection, roofing/siding, replacement windows, plumbing, electrical and heating systems. This program is meant to provide financial assistance through alternative repayment models. Funding for the program is provided by a Community Development Block group from the US Department of Housing and Urban Development.

1/10
After the
MACC Lunch!
1pm
FREE



Program Administrator Peter Huckins will be here on **Wednesday January 10th at 1:00pm (right after the MACC LUNCH!** to go over program details and the application process. Even if you do not have immediate project needs, this is a GREAT program to know about for the future!

LINE DANCING!



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If you haven't been to line dancing on **Thursdays at 4:00pm—YOU ARE MISSING OUT!** This beginner level class is for everyone! Though the moves may seem complicated at first—the more you dance the easier they become! Instructor Susan Beeching breaks down each dance step by step, and guides you through each song. \$3 per session payable at the door!

LIRBARY TECH TOPICS PARTNERSHIP!

Join Booth and Dimock staff HERE at the center for TECH TOPICS this winter!

January 17th—10am-11am—New Device Q&A— Get a new device as a gift and need a hand getting started? Chris is here to help! Bring device, charging cords and instruction manuals!



EMPOWERING LIVES THROUGH BETTER HEARING

2/8
Audiology
Concierge
2pm
FREE



The Senior Center is excited to welcome *Audiology Concierge* here on **Thursday February 8th at 2:00pm** for a hearing clinic and seminar. This seminar will feature information on the importance of treating hearing conditions, the anatomy and physiology of hearing, advances in technology AND the opportunity for a one on one hearing screening!

Audiology Concierge features licensed Master's and Doctorate degree of Audiologists. Services are offered in the comfort of a patient's home or through quarterly visits to the Senior Center.

Sign up for one on one appointments in the lobby which begin at 3:00, immediately following the clinic.

FOOD is the
ingredient
that binds us
TOGETHER

www.etenvolgenmij.com

Out to Lunch Bunch & MACC MEALS

Wednesday January 3rd—Dimitris Restaurant in Coventry. Meal starts at noon! Please RSVP by Wednesday December 27th.

MACC LUNCHES

Wednesday January 10th—Noon—RSVP by Friday Jan. 5th

Wednesday January 24th—Noon—RSVP by Friday Jan. 19th

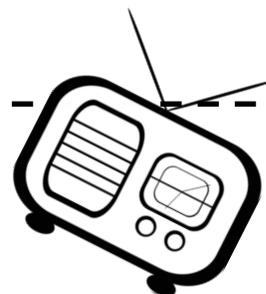
*Due to the timing of when our newsletter needs to be printed and when MACC chef's select their menu meal selections *may* not be available at time of printing. PLEASE CALL THE SENIOR CENTER for monthly menus and pricing. We apologize for any inconvenience this may cause*

Runaway RADIO hour!

Hello Coventry!

The holiday season is rolling around which means we are only a month away from our Runaway Radio Hour! That's right! On **January 18th at 12 noon** you can join myself and others as we casually share our favorite stories and media from our past over coffee, tea, and doughnuts! Feel free to bring your favorite programs to share if they are available; some of mine are: *The shadow, Orson Welles: War of the Worlds, the Red Skelton and Have Gun Will Travel!* **Come for the snacks and stay for the laughs this January 18th!**

Looking forward to seeing you there! --Intern Ben



Wii Bowling

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

We are taking a well deserved month off from matches. But PRACTICE IS STILL ON!

Join us on Wednesdays and Fridays at 10am!

January 12th—NOON vs Coventry Vocational School.

Sign up to play in the lobby!



December HIGH Scores

200 Club

Roland
Jerry
Maud
Bob L.
Terry C.
Russ H.
Louise L.
Judy R.
Jules B.
Jane H.

600 Series

Judy R
Jerry R.
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? Join us on **Friday January 19th at 9:30am**—Hope to see you there!

Hopefully you saw the AWESOME article on this group in the Chronicle! If not, check out the bulletin board! Please see Judy with any questions!

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, January 10th and 24th** from 10:00-10:30am. For more information contact FoodShare at 860-286-9999.

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

YOGA For EVERYBODY!



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.

YOGA
\$5 per session
LODGE
Fridays
1/12
1/19
1/26

AARP TAX PREPARATION

Unfortunately the Senior Center will not be host to the AARP Tax Clinic again this year. **HOWEVER, the Bolton Senior Center will be!** Appointments will run from Feb. 5-April 11th on Monday/Wednesday Mornings & Thursday afternoons. Scheduling will begin January 1st—please call 860-647-9196 to schedule an appointment. A Huge THANK YOU to Bolton for welcoming our Members!



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.

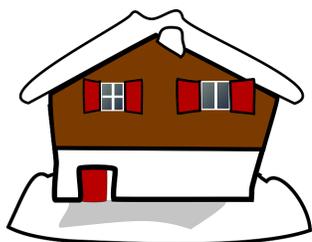
MAXIMUM INCOME ELGIBILITY:

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 Thurs. Jan. 25th.** 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, Jan. 22nd.**

Manicures/Pedicures: Hope Mayhew of Hope and Wellness Salon will be here onto offer nail clipping on **Monday, Jan. 22nd.**The price is \$15 per service. See the front desk to schedule!

Wellness Nurse: A nurse from ECHN will be available on **Wednesday Jan. 24th from 11:00-12:30** to provide FREE blood pressure and blood sugar screenings. No appointment necessary!

Podiatry: Dr. Morgan will be available for appointments on **Thurs. Feb. 15th.** 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 our group on 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!



Coventry Rides! Transportation Monthly Update

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.

Notice some new and SHINY in our parking lot? IT’S OUR NEW TRANSPORT VAN!

Isn’t she BEAUTIFUL! After a YEAR of waiting we are SO happy to have our new bus! This state of the art vehicle seats 9, and doesn’t require a special license to drive! We will be showing her off around town all month—so keep your eyes out!



NEW: MONTHLY SHOPPING TRIP

What a better way to celebrate than a SHOPPING TRIP? The center has been piloting monthly Friday shopping trips and the response has been overwhelmingly positive! Join us on **Friday January 19th for a trip to the EASTBROOK MALL. Pick up will be around 9:30am, either from the Senior Center OR Orchard Hills Estates**. Participation is first come first serve, please call Sarah to reserve spot. Trip is weather dependent.

HUGE THANK YOU TO OUR DRIVERS FOR VOLUNTEERING—WE LOVE YOU!