

COVENTRY SENIOR CENTER

February 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:

- 2/8 Hearing Clinic
- 2/12 Anniversary Planning Cmte
- 2/15 Runaway Radio Hour
- 2/7 & 2/26 Massage
- 2/12 Hair & Nail Appts
- 2/15 Podiatry
- 2/16 Walmart Trip
- 2/19 CENTER CLOSED
- 2/23 Wii Bowl vs. Windham
- 2/26 Volunteer Brunch

This month is full of both celebration and disappointment.

After working for 5 months to identify and roll out a new arrangement for our monthly meals program, we have been told by the Eastern Highlands Health District that we can no longer serve meals until our facilities are brought up to code. I believed that working with MACC was going to be the solution to this problem, but the lack of a commercial kitchen in the building means we are still in violation. The agreement made with TVCCA exempted us, but a similar arrangement is unattainable with MACC.

As we look to celebrate how far the center has come, this is a continued reminder that we have so much more to accomplish. While this is merely a road block, it is nonetheless very disappointing and very frustrating.

I am committed to finding a solution, but I ask for your patience and understanding as I continue to do so.

Best,

Emma King, MSW
Senior Center Coordinator

Thank You

Volunteer Appreciation Brunch

Join us on **Monday February 26th** for a **Volunteer Appreciation Brunch at 11am!** **ALL ARE INVITED!** *This will be a time where we celebrate EVERYONE who makes this such a special community. Here at the Coventry Senior Center EVERYONE is a volunteer & member! This will kick off our 10th anniversary celebration year! Look for more events to come!*

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!)

Just bring yourself!

10th Anniversary Planning Committee

**Planning
Committee**

2/12

10am

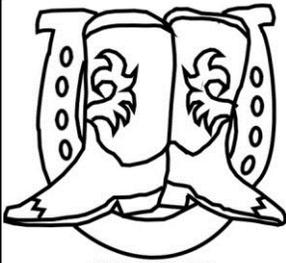


It's time to CELEBRATE! As we look to celebrate how far the center has come, we need to look back to the past—and Emma needs YOUR help! As we identify event priorities for the year—we need YOUR input!

If you are interested in helping to plan events surrounding our 10th anniversary PLEASE, PLEASE, PLEASE join us on **Monday, February 12th, at 10am for a PLANNING COMMITTEE Meeting!** We will be lining up a YEARS worth of SUPER FUN TIMES, and figuring out what else we would like to do to HONOR our 10th anniversary!

We will aim to meet MONTHLY as the year goes on—so this is a bit of a commitment!

LINE DANCING!

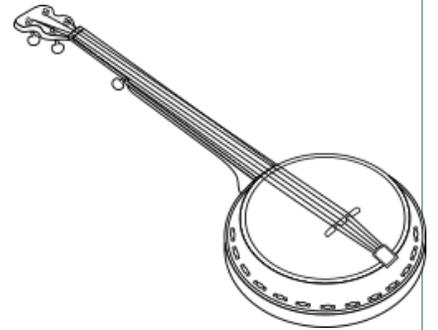


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If you haven't been to line dancing on **Thursdays at 4:00pm**—YOU ARE MISSING OUT! This beginner level class is for everyone! Though the moves may seem complicated at first—the more you dance the easier they become! Instructor Susan Beeching breaks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

FOLK MUSIC

If you've been to the center on Tuesdays then you've heard the SWEET SOUNDS of our music group—*Folk Music for Fine Folks!* Join the fun on **TUESDAYS at 10:30am.** HUGE THANKS to Sandy Hall, musical mastermind, who leads this group faithfully every week!



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 immediately following the clinic at 3:00 p.m.

FOOD is the
ingredient
that binds us
TOGETHER

www.etenvolgenstmj.com

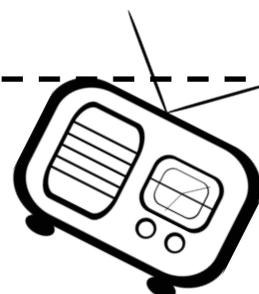
Out to lunch bunch is on hiatus for the month of February!

NO MORE MACC LUNCHES

As many of you know, the senior center will no longer be offering lunches for the foreseeable future. Until an arrangement can be made with the Eastern Highlands Health District to bring the center into compliance with health district code.

Runaway RADIO hour!

It's great to be back after a very enjoyable holiday season! Kicking off the new year we had a very enjoyable Runaway Radio Hour! Now coming **February 15th** Runaway Radio Hour IS BACK! This time around you can join myself and others for another casual conversation over Coffee and doughnuts. *This month we will be talking about events that shaped the decades and reminisce about how they affected both ourselves and the nation.* These events include elections, celebrities, politics and anything else that was impressionable on us through our lives.



Come for the snacks and stay for the laughs this February 15th at 11am!

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 the Coventry VOTECH program! We had such a fun afternoon!

This month we welcome back our friends from the Windham Senior Center!

FRIDAY February 23rd
vs. Windham @ HOME

Sign up to play in the lobby!



January HIGH Scores

200 Club

- Jules
- Don
- Jerry
- Russ
- Roland
- Judy
- Donalda

600 Series

- Jerry
- Roland
- Judy

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, February 16th 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 **the 2nd and 4th Wednesdays** 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

2/2

2/9

2/16

3:00-4:00pm

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.

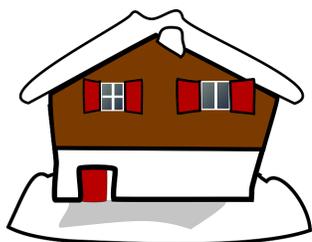
MAXIMUM INCOME ELGIBILITY:

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 **February 7th and February 26th.** Services cost \$20 for 25 minutes and are payable directly to Tami at time of appointment.

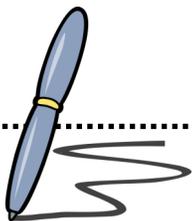
Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here on **Monday, February 12th.**

Manicures/Pedicures: Hope Mayhew of Hope and Wellness Salon will be here offer nail clipping on **Monday, February 12th.**The price is \$15 per service. See the front desk to schedule!

Wellness Nurse: A nurse from ECHN will be available on **Wednesday, Feb. 21st 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: Fourth 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

Writing for Fun! Local Writers Group

Want to be the next Shakespeare? Or Roald Dahl? Stop by our peer-led writing club on **TUESDAYS from 1:30-3:00.** Bring a piece you've written recently or just listen! The group aims to help writers better use the words on each page! Come and be inspired!



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 areas 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 to Coventry for 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 areas 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!



Walmart Shopping Trip! Friday February 16th

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 Feb. 16th for a trip to the Walmart in Windham. 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!