

# COVENTRY SENIOR CENTER

172 LAKE STREET  
COVENTRY, CT 06238  
860-742-3525

MAILING ADDRESS:  
1712 MAIN STREET  
COVENTRY, CT 06238

MONDAY-THURSDAY  
9:00 A.M.- 4:00 P.M.  
FRIDAY  
9:00 A.M.- 1:00 P.M.

WEBSITE: <https://www.coventry-ct.gov/136/Senior-Center>

FACEBOOK <https://www.facebook.com/profile.php?id=100057527714694>



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Senior Center Coordinator  
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**POSITION VACANT FOR**  
Van Driver

**PENNY WHITAKER**  
Volunteer Medicare  
CHOICES Counselor

**BETSY FITZGERALD**  
Graphic Designer  
Volunteer Receptionist

## ALL TOWNS WELCOME HERE!

*The Coventry Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.*

## A MESSAGE FROM THE COORDINATOR...

### Buzzing Blessings

*Beneath the gentle hum, they weave, Every wish a golden thread to believe. Every flower kissed, every hope set free, Harmony in hives, a symphony we see. Infinite dreams are nurtured with care, Vows to the earth, whispered in the air. Eagerly they dance, a collective delight, Soon to blossom bright, in the warm, golden light.*

*-author unknown*

*Brenda Bennett,  
Senior Center Coordinator*



*Photo courtesy of T. & J. Thayer  
Beehive located behind  
the Senior Center*

**As always, see you around the Center!**



**November 11<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> Senior Center will be closed for the Holidays.**

# TRIPS & TRAVEL



*The goal of the Coventry Rides Transportation Program is to meet the transportation needs of Coventry Seniors and residents with disabilities in order for them to live as independently as possible.*

## Trip Signups and Cancellations

Signups for trips are on a 1st come basis. Sometimes the size is restricted due to transportation seating limitations, or may depend on venue capacity.

**POLICY FOR DINE OUT:** Prior signup is required. Due to venue size and van seating availability, space is sometimes limited. If you sign up and are not able to participate, please call ASAP as there may be a wait list. Please note, some dine outs require cash only and do not offer individual checks. These instructions will always be provided to you prior; we ask that you are prepared! **REMINDER:** Even if you plan to meet us at the restaurant, we still need to know the # of attendees.

**CANCELLATIONS:** If you cancel a trip or any program for any reason and we are able to give you a refund, we will. If we have already purchased tickets, we may not be able to refund you unless we are able to fill your spot. If you cancel the day of a trip, you will not be given a refund. We will not run a trip if we have too few participants! We count on you to give us sufficient cancellation notice to allow wait list participants to attend.

*As always, if you should have any questions, please feel free to speak to our Transportation Coordinator, Sarah Leete.*

*Dial-A-Ride service to Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington and Windham. [www.wrtd.org](http://www.wrtd.org), [info@wrtd.org](mailto:info@wrtd.org), 860-456-2223. For TTY service, please call 1-800-842-9710*



**November 13<sup>th</sup> - \$155 Newport Playhouse, A Twisted Christmas Carol, with buffet**  
**Stay tune for Denise's upcoming trips for 2026!**

*For more info call Denise 860-377-5874 or email: [dgorka@snet.net](mailto:dgorka@snet.net)*



# NOVEMBER PROGRAMS



## Grief Support Group

**COVENTRY SENIOR CENTER**

**Friday, November 14th 10a.m. - noon**

### What is Grief Support?

A support group is designed to be inter-spiritual, facilitating current psychological methods of providing a therapeutic opportunity.

**ALL ARE WELCOME!**

**Presented by Jim Mercurio  
Counselor, Hartford Healthcare**



## CRAFTERNOON

*Holiday Card Marking*

*Monday, November 17th @ 11am*

*\$3.00 donation due at the time  
of the craft.*

**Limited space,  
sign up is required!**



## Love setback and cribbage?

**Join us for a fun  
morning of Setback,  
Cribbage and more!  
Mondays and  
Wednesdays at  
11a.m. (Except for  
11/5)**





# NOVEMBER PROGRAMS



## FREE VIDEO WORKOUTS TUESDAYS & THURSDAYS



*Starting Tuesday, November 4th at 9:30 a.m. and Thursday, November 6<sup>th</sup> 9:30am join us each week for FREE video workouts. Sign up is not required, bring your energy and enthusiasm as we explore different workouts. Thank you for your patience! as we look for a fitness instructor.*



*Farewell and Good Luck Anna Glowacki.*

*Thank you for your years of service!*

## Look What's New in the Fitness Room!

**We have made some upgrades to our fitness room!  
Our new recumbent bike has been installed and waiting for you!**

**See staff to learn more about the fitness room and use of the equipment, it's FREE!**

**With the onset of inclement weather, we know your are anxious to exercise indoors. Thank you for your patience as we await the repair of the treadmill. We will keep you posted when the repair is completed.**





# FITNESS & WELLNESS



## WEEKLY FITNESS CLASS SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Chair Yoga with Carol</b> <b>10:00 a.m.</b> <b>\$5.00</b> no class 10/13 & 10/20	<b>Free Workout Video</b> <b>9:30 a.m.</b>	<b>Tai Chi with Joe</b> <b>9:30 a.m.</b> <b>\$5.00</b>	<b>Free Workout Video</b> <b>9:30 a.m.</b>	<b>Cardio Drumming</b> returning Spring 2026

### Foundation Foot Care Kylie Putis, RN

*Certified Foot Care Specialist*

*November 3<sup>rd</sup> (waitlist only)*

*December 1<sup>st</sup> (waitlist only)*

*By appointment only*

*30 minute appointments; 9:30-3:30 p.m.*

*Specializing in:*

*Nail & Foot Assessment and Care, Diabetic Foot Health & Nail Care, Ingrown Nail Care Callus/Corn Care, Prevention Education Wound Prevention, Fall Prevention and much more!*

*\$40 is due to the provider at the time of your appointment.*

### Massages with Jackie



*Monday, November 24th*

*11:00 a.m. - 3:00 p.m.  
by appointment only*

*\$40 for 30 mins or \$60 for 60 mins  
Cash payment is due at the time of appointment.*

### Welcome Andrea Graf, our new Massage Therapist

**Andrea will be joining us this month on  
*Monday, November 10<sup>th</sup> from 10am-2:30pm.***

**Andrea brings 8 years of experience as a massage therapist and enjoys working with people who have specific areas of pain and discomfort and those that just want to relax and de-stress.**

**Sign up at the front desk or call the office for more information! Appointments are available.**

### Hairdresser

**Welcome**

**Cecile Ellsworth!**

**She will be starting  
Friday, November 21<sup>st</sup>  
at 9:30 a.m. (waitlist)**



# JUST FOR FUN!

## Regular Programs



	<b>BINGO</b>	<b>JEWELRY CLASS</b>	<b>KNIT AND CROCHET</b>	<b>MAHJONGG</b>	<b>OUT TO LUNCH BUNCH</b>	<b>SEWING ETC.</b>	<b>JAM SESSION</b>
	Weekly Tuesday 1 p.m.	Moved to Thursdays at 1pm weekly	Moved to Thursdays at 1pm weekly	Weekly Thursday 9:30 a.m.	One Wednesday each month 11:30 a.m.	Weekly Thursday 1 p.m.	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of November

**\*Billiards Table is currently not available**  
**\*\*Piano ~ If you are interested in using our piano, please schedule the day and time with the Coordinator!**



**Did you know the Senior Center has a fitness room? It's FREE!**



**How Do I Join?**

- \*You must be a member of the Senior Center
- \*Complete a fitness packet
- \*Provide medical clearance by your doctor
- \*Schedule an orientation with staff

Swing by the Fitness Room and bring a friend!

Open Daily and **\*FREE!**

Schedule your workout time with staff!



**BINGO! VOLUNTEERS NEEDED**

Looking for a volunteer opportunity? We are looking for someone to call

**BINGO**

Tuesdays from 1:00 p.m.-3:00 p.m. Please see the Coordinator for more information. Thank you in advance for your support!

**BOOK CLUB**  
**Wednesday, November 19th @ 1:30 p.m.**

Join us for November's book selection...



**Demon Copperhead**  
 by Barbara Kingsolver

Available for pickup at the Booth & Dimock Library!

Join us on Wed., December 17<sup>th</sup> at 1:30pm when we make our book selection for 2026! Bring your recommendations!



# RESOURCES



## Connecticut Energy Assistance Program (CEAP)

### NEED HELP PAYING YOUR HOME HEATING BILLS?

Appointments for the 2025-2026 heating season will begin September 2, 2025 and will be available during the Area Action Agency's (Access) normal business hours of 8:00 a.m. – 4:00 p.m. Applications can be done either by phone, by Mail, In-person, or directly online at CEAP. Households must apply seasonally. Deliverable fuel begins November 1st. Access in Willimantic at [860-450-7400](tel:860-450-7400).

**To file an application with the Senior Center Coordinator after September 22nd call 860-742-3525 or Human Services at 860-742-5324 to schedule an appointment.**

For more information and eligibility visit: [https://portal.ct.gov/heatinghelp/Connecticut-Energy-Assistance-Program-CEAP?language=en\\_US](https://portal.ct.gov/heatinghelp/Connecticut-Energy-Assistance-Program-CEAP?language=en_US)

## CHOICES HEALTH INSURANCE COUNSELING

### Medicare Open Enrollment October 15th-December 7th

The cost, coverage and health networks can change each year, this is a good time to review your current plan and options. All people on Medicare can make changes during this time period to best meet their needs for 2026. If you would like to review your health insurance options, please call us at 860-742-3525 to make a confidential appointment with a certified CHOICES Counselor.



State of Connecticut  
introduces

Warm Lines

through the Department  
of Mental Health and  
Addiction Services

For general questions about warm lines, please contact **Elsa Ward, MS, CAC, Director, 860-418-6989, [Elsa.Ward@ct.gov](mailto:Elsa.Ward@ct.gov) (mailto:Elsa.Ward@ct.gov)**

Warm Lines are telephone support services staffed by people who have experience/expertise with mutual support. These lines are not crisis lines and the days/hours of operation vary.

**State wide, Connecticut Behavioral Health Partnership Warmline ([ctbhp.com](http://ctbhp.com)(<http://ctbhp.com>) 877-552-8247-Select Prompts 1 & 3 9 a.m. - 5 p.m. Monday-Friday**

## Looking for a volunteer opportunity in the Coventry Public School System

We are currently looking for volunteers to read to elementary students once a month starting in January 2026! Interested?

Let us know!



Contact our Youth Services  
Coordinator, Madison Baranoski  
@ 860-742-5324

# OTHER PROGRAMS AND SERVICES



## World-Wide Lighthouse Missions

(WWM), Inc.



Medical on-loan option provides durable medical equipment such as walkers, commodes, and wheelchairs for individuals who do not have the means to obtain these on their own.

Services this program provides:

Medical supplies, assistive technology, baby supplies, clothing, home goods.

## DONATION CENTER

Our Donation Center & Warehouse facilities collect, process, and distribute gift-in-kind donations.

We are located right in the center of Manchester, CT, allowing us to personally interact with, collect, and distribute these donations to those in need within our local community, and we are also able to ship items to communities & organizations within the U.S. and around the world!

**11 Bissell St, Manchester, CT 06040**

**Tuesday-Thursday: 9:30 AM - 4 PM**

**(closed 12 - 1 PM) Monday: 7 - 9 PM**

**(860) 645-4198**

## TECH TUESDAY WITH KAYLA



*Tuesday, November 18th*

Appointments begin at 2 p.m.

**Need help setting up your  
computer, ipad or tablet?**

**Call the Center to schedule your  
one-on-one appointment.**



*We are looking for donations of unused prizes  
for our Bingo group. Small items, lotions,  
candies, mugs, etc. If you have donations  
please drop them off to the Coordinator.*

*Thank you!*

## MOBILE FOODSHARE

**10:00 - 10:30 a.m.**

**Wednesday, November 5 and 19**



**St. Mary's Church  
1600 Main Street,  
Coventry, CT**

**Bring your own bags!**



# COMMUNITY INFORMATION



*Coventry Historical Society presents.....*

## COVENTRY'S RAPID TURN OF THE CENTURY TECHNOLOGICAL TRANSFORMATION

THURSDAY, NOVEMBER 20TH AT 7:00 P.M.

Join the Coventry Historical Society for an overview of Coventry's late 19th/early 20th century rapid technological transformation. Our program will place emphasis on Coventry's manufacture of the windmill and accelerate through the transgression of transportation, communication and energy sectors through this short time period. Free program, open to the public at Second Congregational Church Community House. For more information visit <https://www.facebook.com/coventryhistory/>.



## SNEAKERS

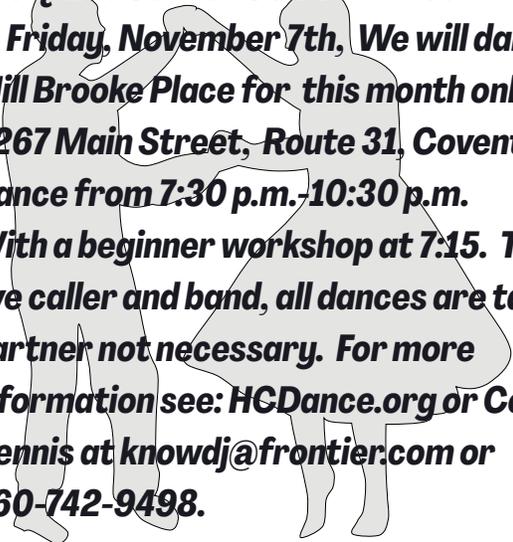


Collecting your gently used sneakers. Bring them to the drop off boxes located at the **Coventry Senior Center** or at the **CT Veterans Day Race** held Saturday, November 8th at Patriots Park. Ceremony at 9:45am, Race begins at 10am.



## Quiet Corner Contra Dance

*The Quiet Corner Contra Dance is Friday, November 7th, We will dance at Mill Brooke Place for this month only, 1267 Main Street, Route 31, Coventry, CT Dance from 7:30 p.m.-10:30 p.m. With a beginner workshop at 7:15. There's a live caller and band, all dances are taught, partner not necessary. For more information see: [HCDance.org](http://HCDance.org) or Contact Dennis at [knowdj@frontier.com](mailto:knowdj@frontier.com) or 860-742-9498.*



# COMMUNITY INFORMATION



## Human Services Holiday Program 2025



**\*Holiday Food Donations\***  
**at the Community Center, 120 Lake Street**

**Thanksgiving Food Drop Off Times:** November 12th, 9:00 a.m.-4:00 p.m.,  
November 13th, 9:00 a.m.-6:00 p.m., November 14th, 9:00 p.m.-1:00 p.m.

**Community Center, 120 Lake Street**

**Holiday Food Drop Off Times:** December 10th, 9:00 a.m.-4:00 p.m., December 11th,  
9:00 a.m.-6:00 p.m., December 12th, 9:00 a.m.-1:00 p.m.



**\*Holiday Gifts\***

**\*Adopt-A-Family\***



*For more information/details, make a donation or to receive assistance,  
contact the Human Services Office at 860-742-3525*



## WREATHS *across* AMERICA

**December 7th - 12:00-4:00 p.m.**  
This year's Christmas in the Village will be held on Sunday, December 7th from noon to 4:00 p.m. This event brings the community and businesses together to welcome the holiday season. The traditional lighting of the Christmas tree at 4:30p.m. will be the culmination of the day's activities. Interested in participating, sponsoring, or volunteering? Call one of the coordinators at 860-803-7163, 860-803-7163 or 860-918-5957.



## Lion's Club Donation Box

*Did you know the Lions Low Vision Program of Eastern CT has a donation box in the lobby of the Center? They are accepting donations of useable eyeglasses and hearing aids. Please consider helping this worthy cause providing devices free of charge to help individuals with their daily living needs.*



# COMMUNITY INFORMATION



Photo courtesy of  
Eric Thomas

**A great day for a trail walk at Creaser Park! Thank you to Eric Thomas, who lead the hike with our patrons. We will be creating more hiking opportunities for the spring of 2026.**



**Stay tuned!**



*Christmas*



**in the Village**

***Sunday, December 7th***



This year's Christmas in the Village will be held on Sunday, December 7th from noon to 4 p.m. This event brings the community and businesses together to welcome the holiday season. Popular events include the fire department's Torchlight Parade, Santa's visitation, music, dance, pony rides as well as special events held on Main Street. The Festival of Trees, the Lions Club Christmas Boutique and crafters will be at the Community Center. The traditional lighting of the Christmas tree at 4:30 p.m. will be the culmination of the day's activities. Christmas in the Village began in 2003 by the Coventry Village Improvement Society. This is the 22nd year for the event Interested in participating, sponsoring, or volunteering? Call one of the coordinators at 860-803-7163, 860-617-3588 or 860-918-5957

