

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>

BRENDA BENNETT
Senior Center Coordinator
bbennett@coventry-ct.gov

SARAH LEETE
Transportation Coordinator
sleete@coventry-ct.gov

SARAH BAEZ
Senior Center Assistant
sbaez@coventry-ct.gov

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...

*We wish you and yours a happy holiday season.
As always, see you around the Center!*

Brenda Bennett, Senior Center Coordinator



ROBO CALL SYSTEM!

The Senior Center will occasionally send out a ROBO call/announcement with program cancellations and inclement weather. The phone number # is 855-754-0108 (toll free). If you would like to be added to the contact list, please see a staff person.



INCLEMENT WEATHER



Information regarding program cancellations will be shared on the Coventry Senior Center Facebook page as well as WFSB Channel 3 news. The Town Manager will announce building closures due to inclement weather.

**December 24th, December 25th, December 26th
and January 1st the Center will be closed.**

TRIPS & TRAVEL



Transportation Ride program will be closed the week of Christmas and New Years!



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.



Seeking Driver for the
Senior Rides Program

Town of Coventry - Part time. Starting salary \$19.00 per hour, hours vary per week based on demand. No benefits. Provide comprehensive, efficient transportation for the Town's elderly and/or persons with a disability. This includes driving a handicapped accessible van and/or bus up to 8 passengers. A valid Driver's License is required. Apply online or send completed Town application form to Office of Town Manager, Coventry Town Hall, 1712 Main Street, Coventry, CT 06238. Position open until filled.

Dial-A-Ride service to Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington and Windham.
www.wrtd.org, info@wrtd.org, 860-456-2223. For TTY service, please call 1-800-842-9710



FOR YOUR CALENDAR



Holiday Music. Sing-Along and brunch with Song-a-Day Music

Friday, December 19th, 10am Brunch followed by

Music from 10:00-11:30am

sign in is required!



Save the Date!

January 14th

Healing Sound and Movement



Enjoy a morning of gentle tai chi
and sound bath meditation,
with Amy Ordonez & Joe Pandolfo.
Start your new year on a positive note!



FOR A
LEGISLATIVE UPDATE

WITH TIM ACKERT

JANUARY 14TH

12:00 - 1:30

REPRESENTATIVE ACKERT WILL PROVIDE
LEGISLATIVE UPDATES AND PUBLIC ACTS
AFFECTING SENIORS.

A LIGHT LUNCH WILL BE SERVED.

RSVP IS APPRECIATED.



DECEMBER PROGRAMS



Come and join us for the Holiday
Out to Lunch Bunch
at Georgina's



275 Boston Turnpike, Bolton, CT

Wednesday, December 17th

Take our Senior Van or drive yourself!

Departure Time: 11:30 a.m. Meet at restaurant at noon.

Please sign up at the Front Desk! RSVP by Monday, December 15th

*Save the
Date*



AARP TAX AIDE PROGRAM COVENTRY SENIOR CENTER

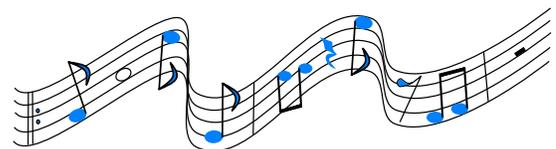
We are pleased to bring you FREE tax preparation assistance for your Federal and State tax returns. A team of highly trained tax volunteers will be here (weather permitting).

**Fridays ~ February 27, March 13
March 27 and April 10**

There are multiple appointments available on each day from 9:00 a.m.-noon.

**By appointment only, no walk-ins please
Call the front desk to schedule your
appointment 860-742-3525.**

Join us 
for Jam Session



**2nd and 4th Wednesday
each month at 10:45 a.m.**

What's it all about?

It's about learning songs of your choice as a group and having fun! Bring any beginner to intermediate level songs you'd like to learn and we'll put together a playlist and learn these songs as a group.

All are Welcome!



DECEMBER PROGRAMS



Grief Support Group

COVENTRY SENIOR CENTER

Friday, December 12th 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**



Crafting

Angel Ornament

December 15th @ 11:15am



**Space is limited,
sign up is required!
Free Craft**



**Setback and Cribbage
are making a comeback!**

Join us....

**Mondays - Cribbage at 11:00 a.m. and
Wednesdays - Setback at 1p.m.**

Contact us if you need more details.



FITNESS & WELLNESS



WEEKLY FITNESS CLASS SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Chair Yoga with Carol 10:00 a.m. \$5.00 no class 12/8, 12/29	FREE workout video 10:00 a.m.	Tai Chi with Joe 9:30 a.m. \$5.00	FREE workout video 10:00 a.m. no class 12/25	Cardio Drumming returning Spring 2026

Foundation Foot Care Kylie Putis, RN

Certified Foot Care Specialist

December 1st (waitlist only)

January 5th 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.

Haircuts by Cecile

Friday, December 19 @ 9:30 a.m.

Friday, January 23 @ 9:30 a.m.

\$20 payable to vendor at time of appointment.

In-home appointments are available, please call for more information.

Massages with Jackie

Monday, December 22nd

11:00 a.m. - 3:00p.m.

by appointment only



\$40 for 30 mins or \$60 for 60 mins

Cash payment is due at the time of appointment.

Massages with Andrea

Monday, December 8th

10:30 a.m. -3:00 p.m.

by appointment only





JUST FOR FUN!

Regular Programs



	BINGO	BOOKCLUB	CRIBBAGE	MAHJONGG	SETBACK	SEWING ETC.	JAM SESSION
	Weekly Tuesday 1 p.m.	Monthly on Wednesday- please see calendar	Monday's weekly at 11:00 a.m.	Weekly Thursday 9:30 a.m.	Wednesday weekly 1:00 p.m.	Weekly Thursday 1 p.m.	December 3rd and 17th

***The Billiard Table and Piano are available, please check with staff to schedule your day and time!**

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!

With the onset of inclement weather, we know you are anxious to exercise indoors.

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



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, December 17th @ 1:30 p.m.

Join us this month as 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](tel:860-742-3525) or Human Services at [860-742-5324](tel: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

CHOICES HEALTH INSURANCE COUNSELING



Questions about Medicare?

If you would like to review your health insurance options, please call us at [860-742-3525](tel:860-742-3525) to make a confidential appointment with our certified CHOICES Counselor. Tuesday appointments from 9am-noon.



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>)

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.

Statewide, Connecticut Behavioral Health Partnership Warm line (ctbhp.com) 877-552-8247-Select Prompts 1 & 3 9 a.m. - 5 p.m. Monday-Friday

STARTING IN THE NEW YEAR! 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 the new year! Interested?

Let us know!



Contact our Youth Services Coordinator, Madison Baranoski @ [860-742-5324](tel: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

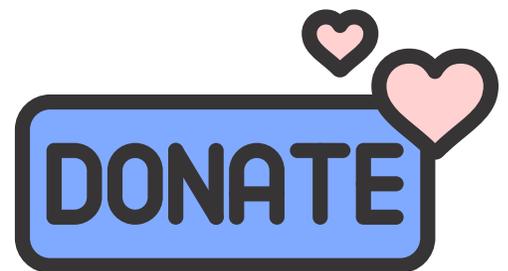
(860) 645-4198

TECH TUESDAY WITH KAYLA



Tuesday, December 16th
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 to everyone who has made a donation!

MOBILE FOODSHARE

10:00 - 10:30 a.m.

Wednesday, December 3, 17, 31



St. Mary's Church
1600 Main Street,
Coventry, CT
Bring your own bags!



COMMUNITY INFORMATION



Human Services Holiday Program 2025



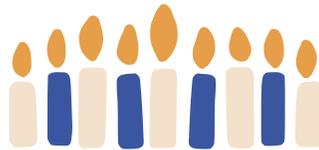
Holiday Food Donations
at the Community Center,
120 Lake Street

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*



SNEAKERS GOOD™

Collecting your gently used sneakers until January 2026. Bring them to the drop off boxes located at the **Coventry Senior Center**



Fri-Yay Coffee Crew

Join us Friday, December 5th and the 19th for a social hour. Coffee will be provided! Please bring a snack if you would like to! All are welcome!



COMMUNITY INFORMATION



VETERANS DAY LUNCHEON

