

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...

Happy holidays! We are thankful to have each of you and thankful for our wonderful Center.

Hopefully by now, you have met our new Senior Center Assistant, Sarah Baez. Sarah has been a wonderful addition to the Center and has a lot of great program ideas which we can't wait to share with you! If you haven't already stopped by to say "hello" please take a minute to welcome her aboard. She is going to make a fabulous addition to our team!

However you celebrate the holiday, the Senior Center staff would like to wish you and yours a joy-filled holiday season! Wishing you warmth and joy this holiday season.



Brenda Bennett, Senior Center Coordinator

**January 1st and January 19th
the Center will be closed.**

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.

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.

*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*



SAVE THE DATE



A Love Cabaret

featuring Ashly Cruz



Thursday, February 19th at 1:00 p.m.

Ashly Cruz is an International Cabaret Singer who performs a variety of shows including French, Latin, Italian, Patriotic, Jazz, Marilyn Monroe, Elvis Presley, Dolly Parton and Special Holiday Themes.

COVENTRY SENIOR CENTER AARP TAX AIDE PROGRAM



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.***

 **Mark your calendar for new and returning programs!**



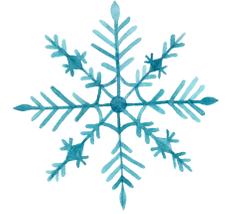
Chess Club and

Writings and Ramblings





FOR YOUR CALENDAR



Fri-Yay Coffee Crew

Join us Friday,

January 16th and 30th at 10:30AM

for a social hour.

Coffee will be provided!

Please bring a snack if you would like to!

All are welcome!

Save the Date!

Healing, Sound's and Movement

January 14th 9:30 a.m.-11:00 a.m.

Joe Pandolfo will be leading the group into simple Tai Chi exercises accompanied by sound healing featuring soothing vibrations of gongs and singing bowls. Please bring a mat or one will be provided as Amy Ordonez settles us into immersive sound to both relax the nervous system, quiet the mind and promote deep focus and clarity.



<https://www.facebook.com/amystudio13/>
<https://www.joeptaichi.com/>



JANUARY PROGRAMS



FOR A LEGISLATIVE UPDATE

JANUARY 14TH 12:00 - 1:30

WITH TIM ACKERT

REPRESENTATIVE ACKERT WILL PROVIDE LEGISLATIVE UPDATES AND PUBLIC ACTS AFFECTING SENIORS. A LIGHT LUNCH WILL BE SERVED. RSVP IS APPRECIATED.

Out to Lunch Bunch Vernon Diner

275 Boston Turnpike,
Bolton, CT

Wednesday, January 21st

Weather permitting

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, January 12th

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!

JANUARY PROGRAMS

Grief Support Group

COVENTRY SENIOR CENTER

Friday, January 9th and 23rd

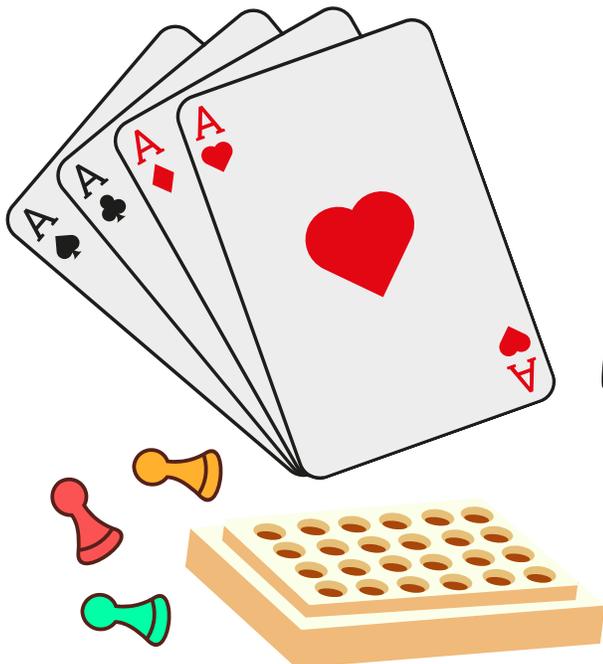
10:00 a.m. - 12:00 p.m.

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***



Setback and Cribbage are making a comeback!

Join us...

Mondays - Cribbage at 11:00 a.m.

Wednesdays - Setback at 1:00 p.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

January 5th (waitlist only)

February 2nd limited appointments

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, January 5th

Monday, February 2nd

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.

Haircuts by Cecile

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

Friday, February 27th @ 9:30 a.m.

\$20 payable to vendor at time of appointment.

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



Monday, January 12th

Monday, February 9th

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

by appointment only



JUST FOR FUN!

Regular Programs



	CRIBBAGE	BINGO	BOOKCLUB	JAM SESSION	SETBACK	MAHJONGG	SEWING ETC.
	Weekly Monday 11:00 a.m.	Weekly Tuesday 1:00 p.m.	4th Wednesday- each month	2 nd and 4 th Wednesday 10:45	Weekly Wednesday 1:00 p.m.	Weekly Thursday 9:30 a.m.	Weekly Thursday 1 p.m.

**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!



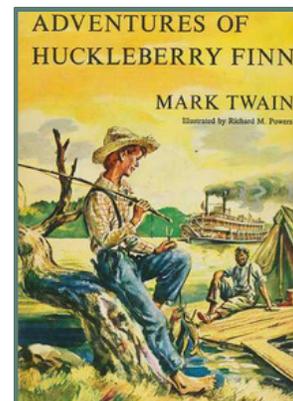
BINGO! VOLUNTEERS NEEDED

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, January 28th @ 1:30 p.m.





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.



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(<http://ctbhp.com>) [877-552-8247](tel:877-552-8247)-Select Prompts 1 & 3 9 a.m. - 5 p.m. Monday-Friday

TECH TUESDAY WITH KAYLA



Tuesday, January 20th
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.

MOBILE FOODSHARE

10:00 - 10:30 a.m.

Wednesday, January 14th, 28th



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



COMMUNITY INFORMATION



Coventry Historical Society's January program

Thomas Knowlton and Knowlton's Rangers

January 15th 7:00 p.m.

Knowlton's Rangers was the first Intelligence organization in the American military, formed in 1776 by General George Washington, led by Colonel Thomas Knowlton and included Nathan Hale. Join us at the Booth & Dimock Library for a program on the life of Thomas Knowlton, see the typical "uniform" and associated accoutrements used by the Rangers, and listen to period music by members of the Nathan Hale Fife & Drum Corps. Free and open to the public. For more information visit <https://www.facebook.com/coventryhistory/>.

*Conversations
with Town
Council Chair,
Lisa Thomas*



*January 22th 11:00-12:00
at Senior Center
6:30-7:30at Library*



*February 26th
11:00-12:00 at Senior Center
6:30-7:30 at Library*

Quiet Corner Contra Dance

**Quiet Corner Contra Dance,
Friday, January 2, 2026
Patriots Park Lodge,
172 Lake Street, Coventry, Ct
Dance 7:30 – 10:30,
beginner workshop at 7:15.
Live Caller and band. All dances are
taught. Partner not necessary..
For more information
see HCDance.org or
contact Dennis at 860-742-9498 or
knowdj@frontier.com**

