

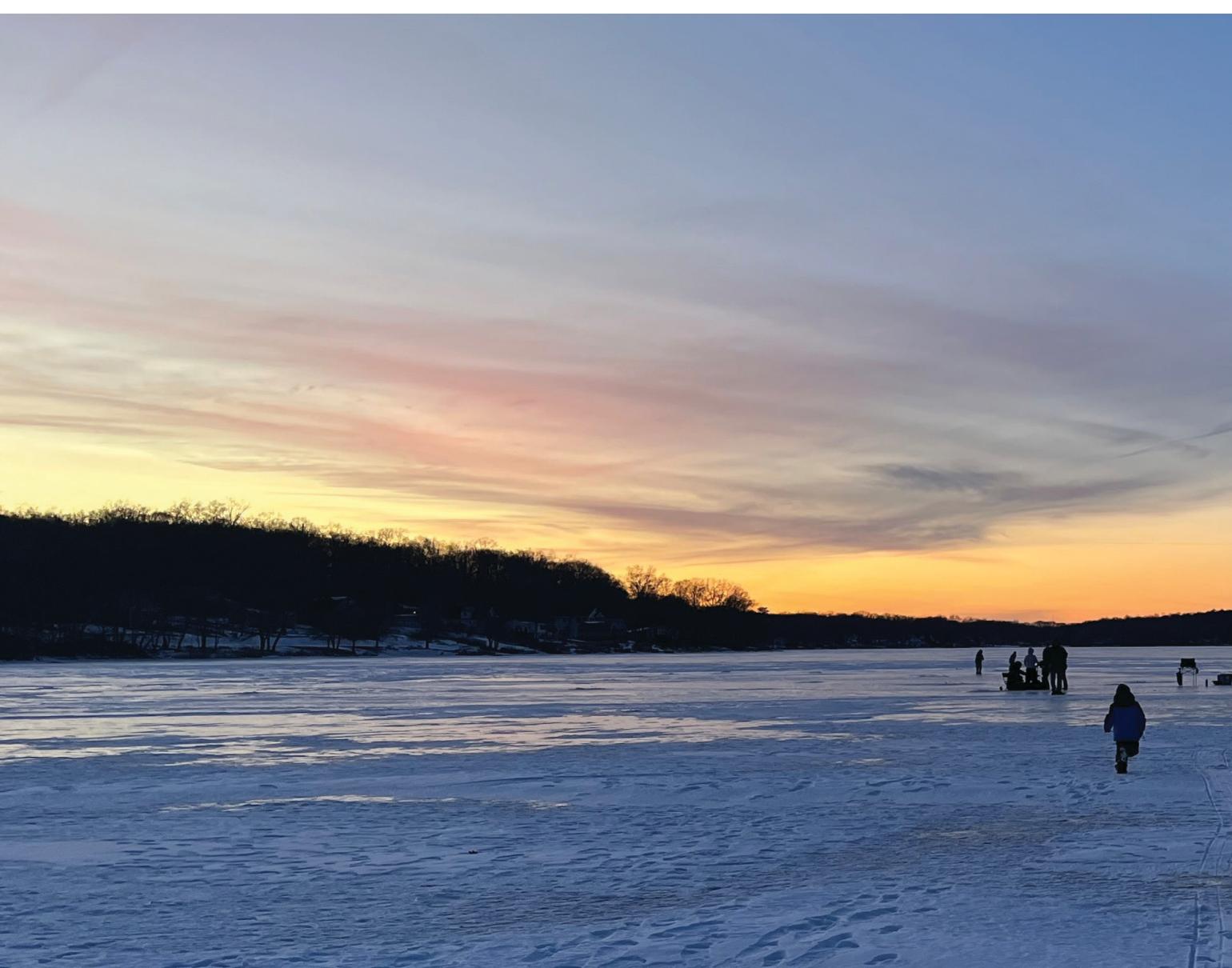
# 06238

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Parks & Recreation  
Senior Center

WINTER/SPRING 2026

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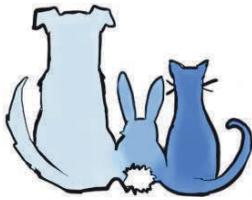
The Coventry Parks & Recreation Department and Coventry Senior Center staff have made every effort to ensure the accuracy of the programs & information included in this publication. Despite our best efforts, errors may make their way to print. Additionally, circumstances may require changes or adjustments to program dates, fees, etc. We reserve the right to make such changes and apologize for any inconvenience.

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## Office Information:

### Staff:

**Lesley Munshower**, Director

**Megan Yanez**, Assistant Director

**Josh Anderson**, Recreation Assistant

### Location:

Town Hall, First Floor, 1712 Main Street  
Coventry, CT 06238

### Office Hours:

**Mon-Wed:** 8:30am - 4:30pm

**Thurs:** 8:30am - 6:30pm

**Fri:** 8:30am - 1:30pm

### How to Contact:

**Phone:** (860) 742-4068

**Fax:** (860) 742-8911

[rec@coventry-ct.gov](mailto:rec@coventry-ct.gov)

### Find Us Online:

**Website:** [www.coventry-ct.gov](http://www.coventry-ct.gov)

**"Friend" Us:** [www.facebook.com/CoventryParksandRecreation](https://www.facebook.com/CoventryParksandRecreation)

## Parks & Recreation Commission:

This Commission is charged with the development and supervision of recreational programs and the maintenance of recreational facilities and advancement of cultural and art activities within the Town of Coventry. The Parks & Recreation Commission meets the **2<sup>nd</sup> Thursday of every month at 6:30pm in Town Hall Conference Room B** (unless otherwise noted).

**Jennifer Rodgers**, Chair

**Jillian Minor**, Vice Chair

**Bob Martin**, Secretary

**Pam Miller**, Member

**Beverly Carlson**, Member

**Ashlee Pascarelli**, Alternate Member

**McKenna Considine**, Alternate Member

## Park Maintenance:

### Department of Public Works:

100 Olsen Farms Road, Coventry, CT 06238

**Phone:** (860) 742-6588

## Registration/ Reservation Information

### How to Register:

- **Online:** Go to [www.coventry-ct.gov](http://www.coventry-ct.gov), click on "Recreation," then click on "Online Registration/Reservation." Then Log in using your username & password, or create your account. Your registration is complete once your credit card\* information has been entered and accepted.

- **In Person:** Stop by the Parks & Recreation Office anytime during our office hours to complete a registration/reservation form & pay using cash, check or credit card\*.

- **By Mail:** Print & complete the appropriate registration/reservation form from the Recreation webpage and mail it with your check payment to:  
Coventry Parks & Recreation  
1712 Main Street,  
Coventry, CT 06238

## Payment

- Payments are accepted by check, cash, or credit card\* (Visa, MasterCard or Discover). \*All credit card transactions incur a 3% processing fee.
- Please make all checks payable to "Town of Coventry."
- Returned checks are subject to a \$20 service charge.

## Important Information:

- All registrations and reservations are accepted on a first-come, first-served basis. If a program is already filled, you will be placed on a waitlist. You will be contacted if any openings become available.
- Registered participants will be notified via emailed\* receipt when a registration is completed. Once the initial registration is made, no other correspondence will be sent unless there are cancellations.
- Coventry Parks & Recreation reserves the right to cancel any program due to low enrollment, or facility reservation due to unforeseen conflict or inclement weather. Please register/reserve early to avoid cancellations. If a program is cancelled, we will contact you up until 3 days prior to the scheduled start of the program. You will have the option of a refund, household credit, or transfer, when applicable.
- Coventry Parks & Recreation reserves the right to combine program sessions, change dates, times and/or location when necessary. Coventry Parks & Recreation and our instructors will make every effort to make-up classes when cancelled due to inclement weather and/or instructor scheduling. In cases when classes cannot be made up, a household credit or partial refund will be issued.

## Class Locations:

- **Patriots Park (Lodge & Community Center):**  
124 Lake Street, Coventry, CT
- **Mill Brook Place:** 1267 Main Street, Coventry, CT
- **Creaser Park Pavilion:** 100 Case Road, Coventry, CT

For turn-by-turn directions, head to [www.coventry-ct.gov/482/Town-Parks-Trail-Maps-Brochures](http://www.coventry-ct.gov/482/Town-Parks-Trail-Maps-Brochures)

# General Information

## Inclement Weather Policy:

In the event of inclement weather, programs may be cancelled, and a make-up date scheduled. Updates will be posted on our website and Facebook.

## Refund Policy:

Since programs are self-supporting and commitments need to be made to instructors and staff, the following is Coventry Parks & Recreation's Refund Policy:

### All cancelations must be submitted in writing (email)

**RENTALS:** A security deposit (\$100) and twenty five percent of your rental fee is due at the time of booking, this is refundable if you cancel 60 days or more before your facility rental date. Your total rental fee is due 30 days prior. If you cancel your facility rental within 30 days of your event you will not receive a refund except the security deposit. The security deposit is refunded after your rental as long as there is no damage to the building and equipment and you clean up according to the cleaning check list.

**TRIPS:** Refunds are NOT given for trips. Once you have made payment it is non refundable.

**CAMP:** A \$25 deposit is due at the time of registration. This deposit is non refundable and non transferable. The remaining balance for each session (week) is due two weeks prior to the first day of the session. No refunds are given if you cancel within two weeks of the session start date, unless a doctors note is provided by a doctor. No refunds will be given if you cancel a field trip registration within two weeks of the field trip.

**PROGRAMS (Including Vacation Days):** Full payment for all programs is due at the time of registration. No refunds will be given if you cancel within 7 days of the start of a program, unless a doctors note is provided.

## Recreation Scholarships:

The Coventry Department of Parks and Recreation tries to keep its program fees at an affordable level for all residents. If you have a financial situation that limits your participation due to the fee, please contact the Recreation Department to make arrangements for assistance. Scholarships are available for some (but not all) programs.

### Inclusive Statement: *(Programs for all abilities)*

The Coventry Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities.

The Coventry Parks & Recreation Department is complying with the Americans With Disabilities Act, Public Law 101-336. The law addresses issues of accessibility of facilities and programs. Provision of reasonable program accommodations will be made on a case by case basis to allow people with disabilities to both participate in, and benefit from programs. Documentation of disability or special need is required when requesting reasonable modifications.

### Coventry Parks & Recreation - Endorsed Sports Leagues:

**Coventry Little League (Softball and Baseball):**

[www.coventrylittleleague.org](http://www.coventrylittleleague.org)

**Coventry Youth Basketball:** [www.coventry-ct.gov](http://www.coventry-ct.gov)

**Coventry Soccer Inc.:** [www.csisoccer.org](http://www.csisoccer.org)

### Other Area Sports Organizations:

**Coventry Waterski Club**

<http://coventrylakewaterski.weebly.com/>

**Coventry Lake Community Rowing:**

<https://coventrylakerowing.com>

**CT Junior Huskies Hockey:** <https://www.ctjruskies.org/>

# Spotlight: Town Parks & Facilities

## Winter at Town Parks:

Town Parks are not just for spring & summer; feel free to visit any Town Park/Trail facility this winter for your favorite outdoor activities like cross country skiing, snowshoeing, sledding and more! Love to Ice Fish? Check out Coventry Lake\* via Lisicke Beach or Patriots Park!

**\*Here are some safety tips from CT DEEP Fisheries Division: Tips and Pointers for Safe and Fun Ice Fishing**

### Safety First:

A rule of thumb for ice safety is "there is no 100% guarantee." Ice thickness and strength will vary from place to place. Be sure to "test" the thickness as you go – do not assume. Generally, four to five inches or more of clear ice is acceptable for a small group ice fishing. Learn more about ice safety at <https://portal.ct.gov/DEEP/Outdoor-Recreation/Ice-Safety>.

**Ice formation depends on the combination of many things including:**

- the size of the water (small pond versus large lake),
- the depth of the water,
- objects sticking out of the water like boulders and logs,
- proximity to moving water (like the inlet and outlet),
- amount and angle of the sun
- recent weather conditions (air temperatures and precipitation).

### Be Prepared – just in case:

- Tell someone where you will be.
- Carry hand ice picks, a throw-able rope, a flotation device, whistle, and a cell phone.
- Take a friend or two.

### Dress the part:

- Dress in layers and avoid cotton.
- Wear a windproof outer layer, waterproof boots, and thick wool socks.
- Mittens and a hat are a must.
- Sunglasses are recommended to protect the eyes from the glare.

- Use creepers or other traction devices for your boots (ice can be very slick).

For more safety info & tips, go to <https://portal.ct.gov/DEEP/Fishing/General-Information/Ice-Fishing>

For those new to the sport & looking to learn the basics, check out page ... for information on this year's Ice Fishing Classes (via ZOOM) & In-Person Fishing events\*, brought to you by CT DEEP CARE Learn to Fish. \*Subject to change.

## List of Town Parks & Amenities

**Patriots Park:** 124 Lake Street - Waterfront, Lodge (rental facility), playscape & basketball courts, pavilion, picnic tables and open fields. Home to Camp *Wangumbaug & Recreation Daze. After School Program, Coventry Senior Center* and UCONN Crew teams, E.O. Smith Crew and Coventry Lake Community Rowing LLC.

**Lisicke Beach (Resident Parking Only):** Corner of Main Street & Cheney Lane - Waterfront, basketball courts, playscape & pavilion.

**Creaser Park:** 100 Case Road - Dog Friendly\*, Disc Golf Course, pavilion (rental facility) & various walking trails. Home to the *Coventry Community Garden*.

**Laidlaw Park:** Merrow Road - Dog Friendly\*, Soccer Fields,

playscape, walking trails.

**Miller Richardson Field:** Corner of Main Street & South Street Ext. - Dog Friendly\*, Baseball, softball and soccer fields.

**Mill Brook Park:** 1267 Main Street - Dog Friendly\*, Gazebo, Mill Brook Place (rental facility), open space and walking trail. Home to Mill Brook.

**Mill Pond Park:** Depot Road near the intersection with Old Eagleville Road - Enjoy scenic views of the pond, waterfall and the ruins of Rawitzer Mill. A great spot for sitting & relaxing, enjoying a picnic, fishing and even kayaking!

**\*Dog Walking at Town Parks:** All dogs MUST be leashed at all times; please clean up after your dogs; no dogs permitted on athletic fields and adjoining spectator areas.

### Park Rules & Regulations:

1. Parks are open from sunrise to sunset;
2. No camping or overnight parking;
3. Park only in designated areas, please keep off grass;
4. No alcohol, glass containers, open fires, fireworks or firearms;
5. Do not feed the wildlife;
6. No riding of horses, bicycles, skateboards, rollerblades or motorized vehicles;
7. No littering. Take out what you bring in;
8. Clean up after your pets;

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- 9. No pets on athletic fields and adjoining spectator areas;
- 10. No fishing, hunting or trapping.

## Town Walking Trails:

For printable trail brochures, complete with specific trail rules, maps & neighboring attractions, go to: <https://www.coventryct.org/482/Town-Parks-Trail-Maps-Brochures>

**Mill Brook Trail:** 1267 Main Street, behind Mill Brook Place  
It is part of the Mill Brook Greenway system which extends North & South & is approx. 35 miles long. Mill Brook Park is a terrific place for families to enjoy beautiful scenery, picnics, or a quiet place to read in nature. There is a large area for children to play and a wide variety of wildlife to see and photograph.

**Creaser Park Trails:** 100 Case Road  
The Park supports a variety of passive recreation uses, such as: hiking, fishing, bird watching and biking. There are four differently marked trails that offer varying lengths and access to the overall property, but in total are approximately 2 miles in length.

**Riverview Trail:** Riverview Drive & Mellow Road  
The Riverview Trail is approximately 3,500' in length. The Park possesses a high natural resource value due to its significant frontage along the Willimantic River as well as the associated wetlands, uplands and flood plain areas. The Park offers many recreational opportunities, such as: fishing, canoeing, kayaking, bird watching and hiking. Along the trail are numerous environmental and cultural interpretive signs that help to tell the intricate story of this property.

**Thornton Brook Preserve:** Pucker Street  
The Preserve consists of several loop trails that provide a variety of options for the user.

Do you have a hidden talent? An amazing skill? Are you interested in teaching a class? Coventry Parks and Recreation is seeking part time quality instructors for a variety of programs! Whether your passion is dog training, line dancing, children's workshops, gardening, or some other gem, we would love to hear from you! If you have an idea for a class, let us know! Submit a proposal to [rec@coventry-ct.gov](mailto:rec@coventry-ct.gov).

## Someone Special Valentines Dance

Kids and their adult "someone special" will not want to miss this special, semi-formal event where lasting memories are made! A professional DJ provides the music for dancing, and refreshments will be for sale. Event open to kids in grades K-5 accompanied by their someone special who is 18 or older. **Adult must stay with the child during the event.** Returning this year is a sensory friendly pre-event where your child can come and enjoy all the event has to offer in a sensory friendly environment. Stay for the hour or as long as you like. This time is reserved for children who need the sensory friendly hour. **Pre-registration REQUIRED. Registration will close on 2/9 or when registration is full.**

**Date:** Fri., 2/13  
**Snow Date:** Fri., 2/20  
**Time:** Sensory Friendly 6pm -7pm  
 7pm - 9pm  
**Location:** CNH Gym  
**Fee:** \$25 Per Adult  
 \$5 Per Child

## Town-Wide Tag Sale!

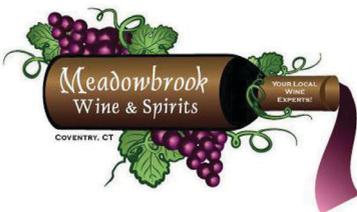
Do you have an excess of clothing, shoes, handbags, jewelry, furniture, and/or toys not being used and taking up valuable space in your basement or garage? Have a tag sale! You host it, we'll promote it! Parks & Rec. will do the advertising for you. Each participating home will receive 1 road-side sign (the logos and sign designs will be made available upon request). Ads will appear on our website, the Town of Coventry website, flyers at area businesses and in local newspapers The Courant, The Chronicle and the Journal Inquirer. A printable Town road map with the complete listing of participating homes will also be made available. Reach more people and join your neighbors for a fun day! **EVENT IS HELD RAIN OR SHINE**, so please plan accordingly!

**Date:** Sat., 5/2  
**Time:** 8am - 4pm  
**Location:** Your Home!  
**Fee:** \$25 Per Location  
**Reg. Deadline:** Wed., 4/22

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## Recreation Daze, Before School & After School Program

This affordable program is for **kids in grades K-5, and will be held at the Patriots Park Community Center, Monday-Friday.** During "Rec. Daze", your children will enjoy time with friends doing homework, playing group games, participating in art projects, free play and snack-time! Check [www.coventryct.org](http://www.coventryct.org) for more info, or call Parks & Rec. for an official brochure and registration form.

**1-Time Registration Fee:** \$50 Per Child

**Monthly Fees:** **AM:** \$120 Per Child /  
**PM:** \$300 Per Child

**Daily Fees:** **AM:** \$15 Per Child, Per Day /  
**PM:** \$30 Per Child, Per Day

**Registration also available for scheduled Early Release Days:**

**Early Release Days:** 1/30, 2/13, 3/25-3/27, 6/11

**Fee: \$50 Per Day**

**Contact Parks & Rec. for more info at 860-742-4068.**

## Kids Night Out

Attention Parents! Enjoy a night out on the town without having to find a babysitter. Kids in **grades K-5** will hang out with friends, and make new ones while playing group games, making seasonally themed arts and crafts projects, a movie & more! Pizza Party included! Pre-Registration encouraged. Max 20 participants.

**Instructor:** Camp Wangumbaugh/Rec. Daze Staff

**Dates:** **Fri., A:** 1/23  
**B:** 2/27  
**C:** 3/20  
**D:** 4/24  
**E:** 5/15

**Time:** 6:30pm – 9pm

**Location:** Patriots Park Community Center

**Fee:** Pre. Registration Required - \$18 Residents/\$28 Non-Res.



## CGS Craft & BINGO

Kids in grades K-2 are invited to join their friends and Parks and Rec for some after school BINGO and a sessional craft. A drink and snack will be provided.

**Date:** **A:** 1/21  
**B:** 2/18  
**C:** 3/18  
**E:** 4/8  
**F:** 5/13  
**Time:** 3:10pm - 4:30pm  
**Location:** CGS  
**Fee:** \$12 Per Child

## Food Explorers: Desserts Around the World (4 weeks)

Get ready for a delicious journey with Food Explorers! In this hands-on dessert class for kids, young chefs will explore flavors and treats from across the globe—no passport required! Along the way, kids will learn basic baking techniques and explore new ingredients. You'll be making: Black Forest Cupcakes, Banoffee Pies, Scotch Pancakes, and Mini Matcha Donuts. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.

**Dates:** **Friday's March 3-27**  
**Times:** 4:30pm – 5:30pm  
**Location:** Mill Brook Place  
**Fee:** \$85 Residents/\$95 Non-Res. (4 weeks)

## Skyhawks Multi Sport TOTS

Give your little superstar an awesome first step into sports with Multi-SportTots! This class uses age-appropriate games and activities across multiple sports to explore balance, hand/eye coordination, fitness, sport skills and child development. *\*Parent participation required for ages 2-3.5 years*

**Dates:** **Wed., 2/18-3/25**  
**Times:** 5pm – 5:45pm (2's and 3's)  
6pm-6:45pm (4's and 5's)  
**Location:** CGS Gym  
**Fee:** \$89 Residents/\$99 Non-Res. (6 weeks)

## Youth Karate

This course will introduce fundamental concepts of karate. Karate practice has many benefits including physical fitness, improved concentration, confidence, and self-defense. Students will learn basic combination blocking, striking and kicking techniques, dynamics of movement on stance, artistry of kata and no contact sparing. Students learn individually and through partner exercises. No experience necessary. All skill levels welcome. Classes are taught in traditional Shotokan style by instructors who are internationally certified by the Japan Karate Association. For ages 8-12 years old. 8 weeks.

**Instructor:** Karate Spirit LLC  
**Dates:** Mondays 2/02 – 3/30 (No Class 2/16)  
**Times:** 6pm – 7pm  
**Location:** Karate Spirit 1060 Mellow Road, Coventry  
**Fee:** \$100 Residents/\$110 Non-Res.

# Youth Programs

## Teen and Adult Karate

This course will introduce fundamental concepts of karate. Karate practice has many benefits including physical fitness, improved concentration, confidence, and self-defense. Students will learn basic combination blocking, striking and kicking techniques, dynamics of movement on stance, artistry of kata and no contact sparing. Students learn individually and through partner exercises. No experience necessary. All skill levels welcome. Classes are taught in traditional Shotokan style by instructors who are internationally certified by the Japan Karate Association. For ages 13 years old and up. 8 weeks.

**Instructor:** Karate Spirit LLC  
**Dates:** Mondays 2/2 – 3/30 (No Class 2/16)  
**Times:** 7:15pm – 8:15pm  
**Location:** Karate Spirit 1060 Mellow Road, Coventry  
**Fee:** \$100 Residents/\$110 Non-Res.

## Vacation Daze

Designed for kids in grades K-5, this program is chock-full of fun indoor and outdoor activities including nature walks, group games, arts and craft. Please bring warm outdoor clothes, boots, extra socks, a bagged lunch and a water bottle each day.

**Instructors:** Camp Wangumbaug/Rec. Daze Staff  
**Dates:** Feb. 17th  
Mar. 13th  
**Times:** 8am - 5pm  
**Location:** Patriots Park Community Center  
**Fee:** \$60 per day Residents/\$70 Non-Residents

## April Vacation Daze

Designed for kids in grades K-5, this program is chock-full of fun indoor and outdoor activities including nature walks, group games, arts and craft. Please bring warm outdoor clothes, boots, extra socks, a bagged lunch and a water bottle each day.

**Instructors:** Camp Wangumbaug/Rec. Daze Staff  
**Dates:** April 13-17  
**Times:** 8am - 5pm  
**Location:** Patriots Park Community Center  
**Fee:** \$210 Residents/\$220 Non-Residents  
Daily- \$60 Per Day Residents/  
\$70 Non-Residents

## Summer Jobs

The Department of Parks & Recreation is NOW accepting applications for summer positions, including Camp Counselors, Lifeguards, Park Maintainers and Gatekeepers. Positions are available for full-time & part-time work. Download the application at [Coventry-ct.gov](http://Coventry-ct.gov), or pick one up in our office. **Application Deadline: March 30th.**

## Coming Soon: Camp Wangumbaug!

Parks and Rec. is gearing up for the 2026 Camp Wangumbaug season at Patriots Park! Look for more details to be released in February. Registration will open on March 5th for residents and March 12th for Non-Residents!

**\*Bonus Week:** June 15-17  
**Week A:** June 22-26  
**Week B:** June 29-July 2 (No Camp Friday July 3rd)  
**Week C:** July 6-10  
**Week D:** July 13-17  
**Week E:** July 20-24  
**Week F:** July 27-31  
**Week G:** Aug. 3-7  
**Week H:** Aug. 10-14

For more info, check out [www.coventry-ct.gov](http://www.coventry-ct.gov) > Recreation

**\*Bonus week will run with a minimum of 20 registrations and a max of 40 and is dependent on last day of school.**

Trips are planned and offered in a cooperative effort with the Towns of Ashford, Mansfield, Tolland and Bolton. Residents of these towns are encouraged to register in their own Town first. Please be advised: Trip fees are **non-refundable**, due to transportation commitments.

**Check the Parks and Rec Web site for more information on Upcoming Trips:**  
**Coventry-ct.gov>recreation**

## Register Online! [www.coventry-ct.gov](http://www.coventry-ct.gov)

Simply go to [www.coventryct.org](http://www.coventryct.org), and create your household. You'll then be able to register and pay for any and all recreation programs and special events from the convenience of your own home!

**OOPS!** Despite our best efforts, sometimes errors make their way into this publication. We apologize for any inconvenience!

FIND US ON:



## Community Gardens at Creaser Park

The community gardens are located at Creaser Park on Case Road. The 10X20 foot plots are available to Town residents with a maximum of one per person. Priority will be given to returning gardeners. Water will be available for watering cans or hoses. Plots will be available for use on or about Memorial Day weekend. (weather dependent); we will notify you directly when they are ready. You may begin using your plot when the numbered stakes marking plot boundaries are in place. Some materials (mulch, etc.) may be provided when available. \*Gardeners may volunteer 5 hours of their time to help keep the garden in good condition, in lieu of the maintenance fee. Registration opens for those new to the Garden on February 3rd. Returning Gardeners may register now, by calling 860-742-4068. Online registration will become available on 2/3.

**Fee:** \$30 Per Plot  
\$25 Maintenance Fee

## Daytime Qigong & Tai Chi

Come join us for an introduction to the Chinese Healing art of Qigong and an exploration of the fundamentals and principles of Yang Style Tai Chi the ancient Chinese moving meditation. Achieve balance, serenity and improved health with the gentle movements of this flowing exercise system. Learn to direct your life force, "Chi", to relax and energize the mind and body, increase flexibility, reduce stress and move toward a healthier you.

**Instructor:** George Hoffman, Silver Dragon Tai Chi  
**Dates:** **Thurs., A:** 2/12 - 4/9  
**B:** 4/23 - 6/18  
**Times:** 11:00am-12:15pm  
**Location:** Patriots Park Lodge  
**Fee:** \$75 Residents/\$85 Non-Res. (9-Week Session)

## Intermediate Tai Chi

Designed for experienced participants to help bring their "Tai Chi" skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy awareness and enhanced body-mind connection using more complex form movements, advanced qigong and other exercises. Pre-Requisite: one-and-a-half years' experience or instructor's permission.

**Instructor:** George Hoffman, Silver Dragon Tai Chi  
**Dates:** **Tues., A:** 1/27- 3/24  
**B:** 4/7 - 6/2  
**Time:** 6:30pm-7:45pm  
**Location:** Patriots Park Lodge  
**Fee:** \$85 Residents/\$95 Non-Res. (9-Week Session)

## Tai Chi Advanced Topics

This class is designed for intermediate and above tai chi practitioners interested in exploring a more detailed understanding of the fundamentals of movement, standing meditation, push hands, qi cultivation and other aspects of the ancient arts of tai chi & qigong. Attendees should currently be attending an intermediate or equivalent tai chi training class. Prerequisite: 2 years of tai chi experience or permission of the instructor.

**Instructor:** George Hoffman, Silver Dragon Tai Chi

**Dates:** **Tues., A:** 1/27 - 3/24  
**B:** 4/7 - 6/2  
**Times:** 8pm - 9pm  
**Location:** Patriots Park Lodge  
**Fee:** \$65 Residents/\$75 Non-Res.\*  
\*Register for both Intermediate & Advanced Topics and get a \$10 Discount!

## All Levels Yoga

Join this energizing practice for every level student! Music, movement and breath work to release stagnant energy and internal obstructions so you feel free in your body! Head out feeling recharged and back in control!

**Instructor:** Jennifer Daniels  
**Dates:** Wednesdays  
**A:** 12/10 - 1/28 (No Yoga 12/24 or 12/31)  
**B:** 2/4 - 3/11  
**C:** 3/18 - 4/22  
**Times:** 6pm - 7pm  
**Location:** Patriots Park Lodge  
**Fee:** \$75 Residents/\$85 Non-Res. (6-Week Session)

## Yoga Punch Card Available!

Not sure of your schedule? Purchase a 6-week punch card to attend any class! All Levels, Gentle and Yinstorative Yoga.  
\$75 Res/\$85 Non-Res.

## Sunday Morning Men's Basketball

For adults ages 18+, this informal basketball league will allow you the opportunity to stay active, while enjoying a fun game of basketball on Sunday mornings! 18 weeks

**Dates:** Sun., 2/1-6/7 (No BBall on 4/5)  
**Times:** 35+: 8am - 10am  
18+: 10am - 12pm  
**Location:** GHR Gym  
**Fee:** \$75 Residents/\$85 Non-Res.  
\* **Space is limited, so register early!\***  
*No Smoking or Alcohol on School Grounds*

## Sunday Women's Basketball

For women ages 30+, this informal basketball league will allow you the opportunity to stay active, while enjoying a fun game of basketball on Sunday evenings! 18 Weeks

**Sunrise Session:**  
**Dates:** Sun., 2/1-6/21 (No BBall 3/22, 4/5, 5/10)  
**Times:** 6pm-8pm  
**Location:** CHS Old Gym  
**Fee:** \$75 Residents/\$85 Non-Res.  
\* **Space is limited, so register early!\***  
*No Smoking or Alcohol on School Grounds*

# Facility Rentals



**Patriots Park Lodge & Mill Brook Place** are available for rent for your next private function! We also have outdoor pavilions available for rent at Patriots Park & Creaser Park, weather permitting. Our Rental Facilities are perfect for your next bridal & baby shower, family reunion, holiday party, wedding, birthday party, graduation & more! Also ideal for corporate functions, trainings and retreats.

**Amenities:** Tables & chairs, kitchen and bathroom facilities. The Lodge includes a deck overlooking picturesque Coventry Lake, and Mill Brook Place includes the charm of being a converted Mill building.

**Note:** There is no smoking permitted in public facilities

and both locations are handicap-accessible.

**Fees:** \$100 Refundable Security Deposit + Hourly Rental Fee:

- **Residents:** \$55 Per Hour
- **Non-Residents:** \$95 Per Hour
- **Alcohol Permit:** \$50 Residents/\$100 Non-Residents
- **Non-Profit & Corporate Rates also available** - for more information, contact Parks & Rec. at 860-742-4068.

For availability of facilities, please call our office at 860-742-4068

**Inclement Weather** Watch for program cancellation notices via email (for registered participants), our Facebook page [www.facebook.com/CoventryParksandRecreation](http://www.facebook.com/CoventryParksandRecreation)

**FIND US ON:**





**The Coventry Senior Center** is committed to providing adults 55+, a welcoming, inclusive and supportive environment to participate in recreational, educational and wellness programs. The Center is committed to these core principles, focusing on the integration of best practices in program development and continued community collaboration. We are here to meet the needs of our adult citizens of Coventry. There is no membership fee, all are welcome!

**Address:** Patriots Park, 172 Lake Street, Coventry, CT 06238

**Mailing Address:** 1712 Main Street, Coventry, CT 06238

**Phone:** 860-742-3525

**Websites:** [www.coventryct.org/SeniorCenter](http://www.coventryct.org/SeniorCenter)

**"Friend" Us:** [www.facebook.com](http://www.facebook.com)

**Staff:** **Brenda Bennett**, Senior Center Coordinator

[bbennett@coventry-ct.gov](mailto:bbennett@coventry-ct.gov)

**Sarah Baez**, Senior Center Assistant, [sbaez@coventry-ct.gov](mailto:sbaez@coventry-ct.gov)

**Hours of Operation:** Monday, Tuesday, Wednesday, Thursday  
9am-4pm and Friday 9am-1pm

## Sign up for our Digital Newsletter

The Senior Center has gone paperless! Help us go green by signing up with your email. To update your information and/or receive the monthly newsletter, please call (860) 742-3525.

No computer, no problem! Paper copies of the newsletter can be picked up at the Senior Center during our operation hours.

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# Coventry Senior Center

## Inclement Weather

**PLEASE BE ADVISED**

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.

The Senior Center will occasionally send out a ROBO call/announcement with all program cancellations, and inclement weather the area code no. is 855-754-0108 (toll free)

## NEED HELP PAYING YOUR HOME HEATING BILLS?

### Connecticut Energy Assistant Program (CEAP)

The Connecticut Energy Assistance Program (CEAP) is open for the season. Coventry Human Services and the Coventry Senior Center are agency sites accepting applications for Coventry residents.

To file an application with the Senior Center Coordinator, call 860-742-3525 or Human Services at 860-742-5324.

Deliverable fuel began November 1st. For more information and eligibility visit: <https://portal.ct.gov/dss/economic-security/winter-heating-assistance/energy-assistance---winter-heating/who-is-eligible>

CEAP is administered by the Connecticut Department of Social Services in partnership with local Community Action Agencies (CAAs).



# FOODSHARE SCHEDULE 2026

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

Every other Wednesday from 10:00 -10:30am

For more information, contact FoodShare @ 860-286-9999

<https://mobilefoodpantry.ctfoodshare.org/series/coventry-1st-congregational-st-marys/>

**\*Please bring your own bags!**

January 14, 28

February 11, 25

March 11, 25

April 8, 22



## COVENTRY



# Food Bank

## Thank you

Thank you to everyone who dropped off food to make the holiday program a huge success! Without your support and assistance, we could not have done it without you. If you would like to donate items to the food bank, outside of the drop-offs schedule, please arranged through the Human Services Office by calling 860-742-5324.

**Food Bank Dropoff Location:**  
**Community Center, 124 Lake Street**

**Days/Times: Thursdays 4-6pm;**  
**Fridays 9am-1pm**



## Grief Support Group

**The 1st and 3rd Friday of each month; 10a.m. - noon**

Located at the Coventry Senior Center

### 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**

## AARP Tax Aide for 2025 Tax Season

**Coventry Senior Center, 172 Lake Street**

We are pleased to bring our **senior community** FREE tax preparation assistance for your **“simple”** 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 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.

## Technology Set Up

Do you need help connecting your computer, smart phone, tablet, iPad? Let us assist you with questions and set-up. Call the Center for a one-on-one appointment the 3rd Tuesday of each month.

## CHOICES Health Insurance Counseling

The Coventry Senior Center is host to a certified CHOICES counselor. CHOICES is a *FREE* counseling program that helps Connecticut residents understand their Medicare coverage and other healthcare options. A CHOICES counselor can help review Medicare documents, and insure that you are enrolled in plan that meets your healthcare needs, including Medicare Supplemental Plans, Medicare Advantage Plans and Medicare Part D Drug Plans. Additionally, counselors can also help enroll individuals into the Medicare Savings Program, which can assist in the payments of Medicare benefits.

If you would like to review your health insurance options, call to make a confidential appointment with a certified CHOICES Counselor.



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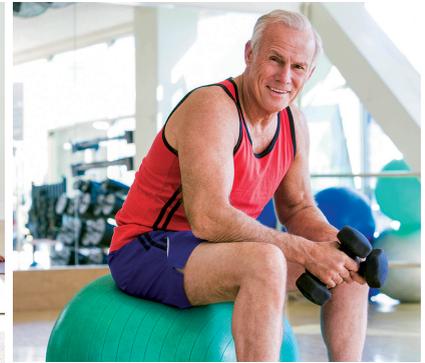
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# Coventry Senior Center

## WEEKLY LEISURE ACTIVITIES

| Bingo          | Setback              | Cribbage       | Mahjongg           | Book club                                | Jam Session                       | Sewing Group    | Out to Lunch Bunch                 |
|----------------|----------------------|----------------|--------------------|--|-----------------------------------|-----------------|------------------------------------|
| Tuesday<br>1am | Wednesday<br>11:30am | Monday<br>11am | Thursday<br>9:30am | 4th Wednesday<br>of each month<br>1:30pm | 2nd & 4th<br>Wednesday<br>10:45am | Thursday<br>1pm | Wednesday of each<br>month 11:30am |



## WEEKLY FITNESS CLASS SCHEDULE

| <u>Monday</u><br>Chair Yoga | <u>Tuesday</u><br>FREE Video Workout | <u>Wednesday</u><br>TAI CHI | <u>Thursday</u><br>FREE Video Workout |
|-----------------------------|--------------------------------------|-----------------------------|---------------------------------------|
| 10am                        | 10am                                 | 9:30am                      | 10am                                  |

Cost \$5.00 each

## PERSONAL CARE

### Haircuts by Cecile

One Friday each month. \$20 payable directly to the vendor at the time of your appointment. Call the office to schedule, space is limited

### Massage Appointments

#### 2nd & 4th Monday of each Month

Schedule your appointment with Jackie Marion and/or Andrea Graf for either a \$40 for ½ appointment or \$60 for 1 hour. Call to schedule your appointment, payment is made directly to the vendor on the day of the appointment.

### Foundation Foot Care

#### 1st Monday of each month 9:30am-3:30pm

**Cost:** \$40 cash or check per 30-minute appointment, payable directly to provider. Kylie Putis, RN from Foundations Foot Care, LLC Specializing in elder care and persons with disabilities, some services include:

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!

Call to schedule your next appointment.

### Fitness Room

We have made some upgrades to our fitness room! We have added a new recumbent bike to the fitness room!

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 you are anxious to exercise indoors.

Overlooking Lake Wangumbaug, enjoy use of the fitness room, it's FREE and open daily! The fitness room offers commercial grade equipment: 2 recumbent bikes, 1 treadmill, an elliptical machine and weights!

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

**Schedule your workout time with staff!**



## Lending Library

Check out the Senior Center's FREE lending library of puzzles, books and DVDs. We have a wide selection. You don't need to check out-just grab one and go!

***We love donations!***

## Donate!

We are looking for donations of unused prized for our bingo group. Small items, lotions, candles, mugs, etc. If you have donations or any questions, please contact the Coordinator. Thank you!

## 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? The Lion's Club is accepting donations of usable eyeglasses and hearing aids.

Please consider helping this worthy cause providing devices free of charge to help individuals with their daily living needs.



## Join our Out to Lunch Bunch

Each month we pick a different local restaurant, good food and good company. Meet at the Senior Center and take the bus or drive yourself! Call the office to sign up and find out where we're heading next!

## Trips with Denise's Destinations

The Center is happy to announce our collaboration with Denise's Destinations and present the following trips in 2026:

**April 21:** Tribute to Bobby Darin & Friend at Villa Louisa, Bolton, drive on your own. \$90

**May 14:** New York Bee Gees at Aqua Turf; price TBD

**May 27-29:** Josua Breakstone Trio, Sight & Sound Theatre, Lanchester PA, new show! Price TBD

**Departure Locations: Walmart, north and /or Morancey Road, Bolton. Seats are limited!**

## Join us in Welcoming State Representative Tim Ackert to the Coventry Senior Center

**Wednesday, January 14th from noon-1:30pm**

Representative Ackert will provide Legislative updates and Public Acts affecting seniors.

*A light lunch will be served. RSVP is appreciated.*

**OOPS!** Despite our best efforts, sometimes errors make their way into this publication. We apologize for any inconvenience!

# Transportation

## Coventry Rides Transportation Program

**Staff:** Sarah Leete, Transportation Coordinator;  
[sleete@coventry-ct.gov](mailto:sleete@coventry-ct.gov)

**Van Driver:** VACANCY

**Hours:** Call and leave a message. Your call will be returned within 48 hours.

Rides must be schedule at least 48 business hours in advance and no later than noon on Thursday for a Monday ride!

**Telephone #:** 860-742-3525

Coventry Rides Transportation Program provides FREE handicap-accessible service for Coventry Seniors and residents with disabilities to the towns of Bolton, Tolland, Vernon, and Manchester.

Coventry Rides is funded with grants from the CT Department of Transportation and the Town of Coventry.

## 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 14 passengers. Valid Driver's License 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.

<https://www.coventry-ct.gov/Jobs.aspx?UniqueId=100&From=All&CommunityJobs=False&JobID=Senior-Center-VanBus-Driver-175>



## WRTD – Dial-A-Ride (Windham Region Transit District)

Dial-a-Ride services are available for Coventry-to-Coventry transit, as well as to the 9 towns within the Windham region. Reservations can be scheduled a minimum of one business day in advance and up to two weeks prior.

To schedule a ride or for more information call 860-456-2223.

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