

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.



COVENTRY SENIOR CENTER AARP TAX AIDE PROGRAM

February 27 (FULL), March 13 (FULL)

March 27 (FULL), April 10 (FULL)

AARP PACKETS HAVE ARRIVED!

**PLEASE STOP BY AND PICK UP YOUR PACKET PRIOR TO
YOUR SCHEDULED APPOINTMENT!**

Program Cancellations

We aim to keep costs down, so please register in advance. If you're unable to attend after registering, let us know—our food order/programs/trips are all based on final numbers.

Thank you for your understanding!

Brenda Bennett, Senior Center Coordinator

We will be closed Monday, February 16th ~ Presidents' Day

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

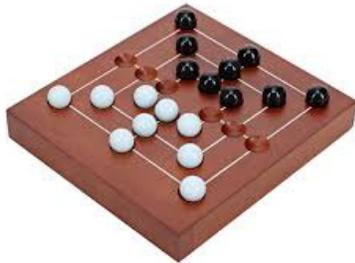


John Holmy, Coventry Town Historian Presents:

Updates on the 250th Anniversary celebrations and Coventry Historical Society

February 25th at 10:00 a.m.

Join us for a fun game of 9 Men Morris played by Nathan Hale



learn more ~

<https://www.youtube.com/watch?v=zvBIKOHikRE>

RSVP is appreciated

RSVP is appreciated

April 8th at 11:30 a.m.

**Join us for Stew & Story
Coventry Senior Center**

Also presented at the Booth & Dimock Library on March 19th



Writings & Ramblings

Wednesday, February 13th and 27th

11:30 a.m. to 1:00 p.m.

Join us for poetry or short stories.

All are welcome, just bring your creativity and/or your wish

to try something new!

See staff for more information.



Mark your calendar

**February 12th
11:00 a.m.**



For a round table Senior Center budget discussion



FOR YOUR CALENDAR



Crafternoon Valentine Hearts

Wednesday, February 11th at 11:00 a.m.

Space is limited, sign up is required!

Free Craft



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.

Sign up at the front desk!



FEBRUARY PROGRAMS



Join us 

*for Folk and Celtic
Music Jam*



*1st and 3th Wednesday
each month at 11:00 a.m.*

All are Welcome!

Also Join us

for OPEN STYLE JAM SESSION
*2nd and 4th Wednesday
each month 11:00 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.*

Out to Lunch Bunch

**Audacity
British Pub**

**829 Main Street
Manchester, CT**

Wednesday, February 18th
Weather permitting

Transportation is available!
**Departure Time: 11:30 a.m. from the
Center**

RSVP for transportation (only)
by Friday, February 13th



Fri-Yay Coffee Crew

Join us Friday,

February 6th and 20th

Meet new friends, enjoy good conversation.

Coffee will be provided!

Please bring a snack if you would like to!

All are welcome!



FEBRUARY PROGRAMS



Grief Support Group

COVENTRY SENIOR CENTER

Friday, February 13th and 27th

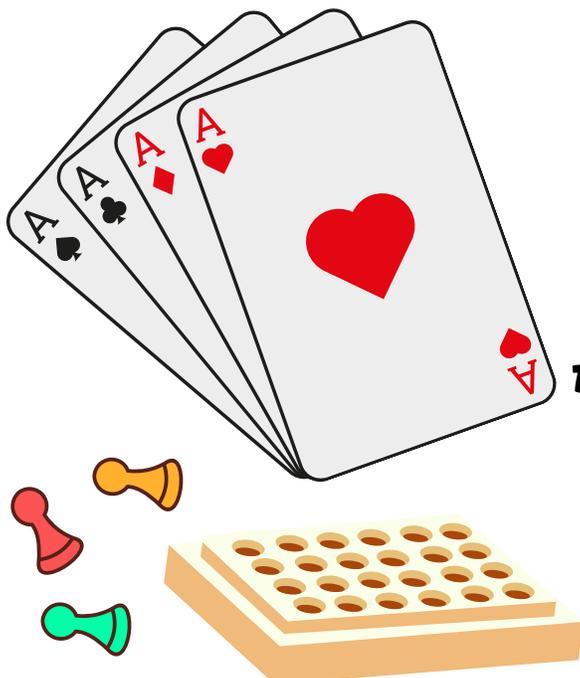
10:00 a.m. - 12:00 p.m.

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.

**The Senior Center will be closed Monday, February 16th
Cribbage will be on February 17th for this week only.**

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	FREE workout video	Tai Chi with Joe	FREE workout video	Cardio Drumming returning Spring 2026
10:00 a.m. \$5.00 no class 1/16	10:00 a.m.	9:30 a.m. \$5.00	10:00 a.m.	

Massages
with Jackie 

Monday, February 2nd
(waitlist only)
Monday, March 30th
11:00 a.m. - 3:00p.m.
by appointment only

Massage
Prices \$

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

Massages
with Andrea

Monday, February 9th;
(waitlist only)
Monday, March 9th
10:30 a.m. -3:00 p.m.
by appointment only

Foundation Foot Care
Kylie Putis, RN

Certified Foot Care Specialist

February 2 (waitlist only)

March 16 (waitlist only)

April 6 (appts. available)

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

Friday, April 10th @ 9:30a.m.

***If you are interested in being added to the
Wait List, please see staff!***

\$20 payable to vendor at time of appointment.

In-home appointments are available.

Please see staff for more information.



JUST FOR FUN!

Regular Programs



	CRIBBAGE	BINGO	BOOKCLUB	SETBACK	JAM SESSION	MAHJONGG	SEWING ETC.
	Weekly Monday 11:00 a.m.	Weekly Tuesday 1 p.m.	Monthly on Wednesday- please see calendar	Weekly Wednesday 1:00 p.m.	2 nd and 4 th Wednesday 10:45 a.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!



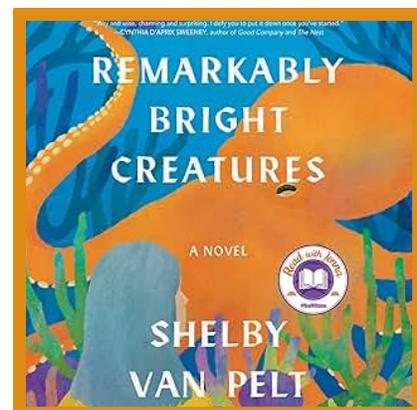
BINGO! VOLUNTEERS
NEEDED

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, February 25th
@ 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 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

CHOICES HEALTH INSURANCE COUNSELING



Questions about Medicare?

If you would like to review your health insurance options, please call us at 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) 877-552-8247-Select Prompts 1 & 3 9 a.m. - 5 p.m. Monday-Friday

TECH TUESDAY WITH KAYLA



Tuesday, February 17th
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, February 11th, 25th



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



COMMUNITY INFORMATION





April 21: Tribute to Bobby Darin & Frank Sinatra at Villa Louisa, Bolton \$90 due 3/1/26

May 14: New York BeeGees Tribute Band, Aqua Trufft family style meal \$137 due by 4/1/26

May 27-29: Joshua at Sight and Sound Theatre, Lancaster, PA, Comfort Inn & Suites, Kitchen Kettle Village, Amish dinner with family, \$699, deposit due by 3/4, balance 4/8/26

June 18: Quabbin Reservoir Beneath the Surface, Vintage Trolley tour with narration from local guide, lunch at Steaming Tender in Palmer RR Station \$162 due by 5/6/26



February 26th
11:00 a.m.-12:00 p.m.
at the Senior Center
also

February 26th
6:30 p.m.-7:30 p.m.
at the Booth & Dimock
Library



COVENTRY HISTORICAL SOCIETY BLACK HISTORY MONTH

THURSDAY, FEBRUARY 19TH @ 7:00 P.M

SECOND CONGREGATIONAL CHURCH

Presents the third presentation in our series for Black History Month in the Community House. Free and open to the public. For more information visit <https://www.facebook.com/coventryhistory/>.

Photos of Sound and Movement Program



Presented by: Joe Pandolfo and Amy Ordonez

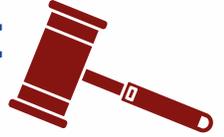


Out to Lunch Bunch group enjoying themselves at the Vernon Diner on January 21st.

January 15th Installation of Carl Zettersrom Commander, American Legion, Post 52



PHOTOS OF REPRESENTATIVE TIM ACKERT FROM THE LEGISLATIVE UPDATE JANUARY 14TH



Congratulations Manny !!!

Presented by Paul Spedaliere (former district commander) for over 2 decades of service as the Commander of American Legion Post 52

