

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

**LISA BAKER and
SANDRA PROCTOR**
Van Drivers

PENNY WHITAKER
Volunteer Medicare
CHOICES Counselor

BETSY FITZGERALD
Graphic Designer
Volunteer Receptionist



Photo by C. Zetterstrom

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.

On behalf of the Coventry Senior Center staff and patrons, we extend a warm welcome to our new transportation team, Lisa Baker and Sandra Proctor. We happy to have you on our team and look forward to making amazing things happen, the road ahead is exciting! YOUR input is always important to us, please consider filling out a Transportation Survey. What trips and travels would you like to see moving forward? We will do our best to accommodate! The survey questionnaire is located at the front desk. Thank you in advance for taking the time to share your thoughts!

Brenda Bennett, Senior Center Coordinator



COVENTRY SENIOR CENTER AARP TAX AIDE PROGRAM

WAITLIST ONLY, ALL 4 DATES FILLED!

AARP PACKETS HAVE ARRIVED!

PLEASE STOP BY AND PICK UP YOUR PACKET



OFFICE AND GENERAL INFORMATION



OTHER IMPORTANT PHONE NUMBERS

TOWN MANAGER
860-742-6324

HUMAN SERVICES
860-742-5324

YOUTH SERVICES
860-742-5324

PARKS AND RECREATION
860-742-4068

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.

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!

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.



*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!*

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.



Denise's Destinations:

For more info call: 860-456-4737

2026 Trips

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 Truft 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

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



Safe Driving Class



Monday, May 11th at 11a.m.

Sign up at the front desk!

**\$20.00 for AARP Members,
\$25.00 for Non-Members**

**Refresh your driving skills and explore the latest traffic laws.*

**Learn research-based driving strategies to help you stay safe behind the wheel.*

**Discover proven driving methods to help keep you and your loved ones safe on the road.*

John Holmy, Coventry Town Historian Presents: *April 8th at 11:30 a.m.*

Coventry's Mill Brook, a modest stream and its mighty mills. How this babbling burbling brook impacted our Town's development and history. Join Town Historian John Holmy at the Coventry Senior Center for this fascinating presentation.



Rowing 101 Returns



When: TBD stay tuned for more information in upcoming newsletters

Where: Lake Wangumbaug, Coventry Senior Center, 172 Lake Street

The Senior Center is happy to announce our collaboration with Coventry Lake Community Rowing to be able to offer this unique opportunity to our older adult community. All are welcome, no experience necessary. This is a FREE program and space is limited. No equipment is needed, just bring yourself!

FOR YOUR CALENDAR



Fri-Yay Coffee Crew

Friday, March 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!

Out to Lunch Bunch The Main Pub

306 Main Street
Manchester, CT

Wednesday, March 25th

Weather permitting

Transportation is available!

Departure Time: 11:00 a.m.

from the Center

Arrive at 11:30am

RSVP for transportation (only)

by Friday, March 20th



Writings & Ramblings

Friday, March 27th (ONLY)

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.



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

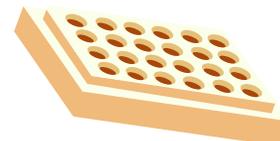
Join us....

Mondays - Cribbage at 11:00 a.m.

Tuesdays- Setback at 11:00 a.m.



**Contact us if you need
more details.**





MARCH PROGRAMS



Come and join us for * * * * *

Irish Music

Wednesday, March 18

***Come Celebrate St. Patrick's Day
at the Coventry Senior Center***

11:30 AM: Light refreshments will be served

**12:15 PM: Listen to live music, from Coventry's
very own Nathan Hale Storm Band!**



Coventry High School Jazz Band



Presents....Senior Spring Fling

Friday, March 13th at 11a.m.

Light refreshments will be served!



MARCH PROGRAMS



Join us 

*for Folk and Celtic
Music Jam*



*1st and 3rd 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 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.*

Grief Support Group will be cancelled



March 13th only for this month.

Grief Support Group

COVENTRY SENIOR CENTER

Friday, March 27th (ONLY)

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***





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 3/16	FREE workout video 10:00 a.m.	Tai Chi with Joe 9:30 a.m. \$5.00	FREE workout video 10:00 a.m.	Cardio Drumming returning Spring 2026



Massages with Jackie

Monday, March 30th
Monday, April 27th
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, March 9th
Monday, April 6th
10:30 a.m. -3:00 p.m.
by appointment only

Foundation Foot Care
Kylie Putis, RN

Certified Foot Care Specialist
April 6th (Appts. available)
May 4th (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, 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	SETBACK	BINGO	BOOKCLUB	JAM SESSION	MAHJONGG	SEWING ETC.
	Weekly Monday 11:00 a.m.	Weekly Tuesday 11:00am	Weekly Tuesday 1 p.m.	Monthly on Wednesday- please see calendar	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!

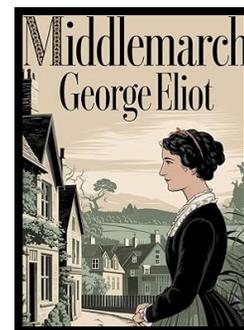


Crafternoon Spring Planter

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

*Space is limited,
sign up is required!*
*Please plan to bring an empty
32 oz tomato sauce can or
terracotta pot! We will provide
the embellishments!*

BOOK CLUB
Wednesday, March 25th
@ 1:30 p.m.



March's book selection will be
Middlemarch by George Eliot
*Available for pickup at the Booth
& Dimock Library*



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



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-Select Prompts 1 & 3 9 a.m. - 5 p.m. Monday-Friday

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.

TECH TUESDAY WITH KAYLA



Tuesday, March 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, March 11th and 25th



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



COMMUNITY INFORMATION



In Remembrance...

The Center honors all those we lost in 2026 and most recently

*Charlie Prior,
son of Gloria Prior*

*Our thoughts are with
the Prior family.*



*Conversations
with Town
Council Chair,
Lisa Thomas*



**Thursday, March 26th
NEW TIME ~ 10am!**

Senior Center, 172 Lake Street



Elderly and Disabled Property Tax Relief

This program is based on income and gives you a percentage off your taxes. Proof of income is required by law. This proof may consist of a copy of your 2025 income tax return, form 1099 – INT (bank interest income), 1099 – DIV (dividends), Form W-2P (pension), bank statements or passbooks, form 1099 – Social Security statement, etc. for the calendar year 2025.

Applications will be accepted from Monday, February 2, 2026 through Thursday, May 15, 2026. You may come into the Assessor's Office during regular business hours (8:30 a.m.-4:30 p.m. Monday through Wednesday, 8:30 a.m. – 6:30 p.m. Thursday and 8:30 a.m. – 1:30 p.m. Friday) and we will assist you in filling out your application.

The Town Council added a Local Option Elderly Homeowner's or Totally Disabled Tax Program that you may be eligible for. It follows the same guidelines as the State program. Please feel free to inquire about the additional program when you come into the office or by calling the number below.

If you have any questions, please do not hesitate to contact our office at (860) 742-4067, or email: assessor@coventry-ct.gov

- **You may qualify for the relief if:** You are married and your income is not above \$56,500
- You are single and your income is not above \$46,300

All income, including social security, must be documented. The filing period is February 1 to May 15. You must be 65 years of age or older by December 31 preceding the year of application or 100% documented disability by December 31 preceding the year of application.



HEALTH & WELLNESS CLINIC



LOW COST!

**March
20th**

10AM - 1PM

Coventry Senior Center Lodge
172 Lake St
Coventry, CT 06238

Register by March 17th to Reserve Your Spot (Limited to 30) (Cash/Check Only)

PRE-REGISTRATION REQUIRED

\$60 per pet for qualifying Seniors and Veterans
\$100 per pet for all others

Register **Online** at:
VetCareEverywhere.org

Or Call: 860-742-5324

INCLUDED SERVICES:

- + Wellness check
- + Rabies vaccines
- + Basic deworming
- + Heartworm testing (dogs only)
- Free** + Distemper combo vaccines

courtesy of



* Additional services such as nail times and non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee



ATTENTION -

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate

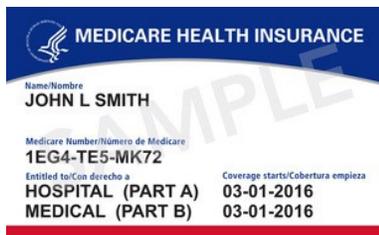


VETCAREEVERYWHERE.ORG



New to Medicare? Know your options!

2026 Webinar Dates



*March 11th, April 8th, May 13th, June 10th,
July 8th, August 12th, September 2nd,
October 14th, December 9th*

Topics Covered:

- An overview of the Medicare Program
- Employment and insurance beyond the age of 65 ?
- How to avoid penalties: Understanding enrollment timelines
- Exploring your Medicare options
- Making Medicare more affordable through assistance programs
- Reporting Medicare fraud



Navigating Medicare

CHOICES/SHIP
provides free
unbiased information
and does not sell
insurance



*Monthly webinars
2nd Wednesday's
10 a.m. - 12 p.m.*



Presented by:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

