

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

POSITION VACANT FOR
Senior Center Assistant

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...

“Autumn leaves don’t fall, they fly. They take their time and wander on this their only chance to soar.”



Delia Qwens,

Where the Crawdads Sing



Brenda Bennett, Senior Center Coordinator

**As always, see you around the Center!
Remember....if you have a story to share, we’d love to hear from you and feature in our upcoming newsletter!**



**Monday, October 13th
Senior Center closed for Columbus 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.

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

2025 Trips

Denise's Destinations:



October 15- \$134 The Corvettes Doo Wop Revue at La Bella Vista, Waterbury with Italian style meal

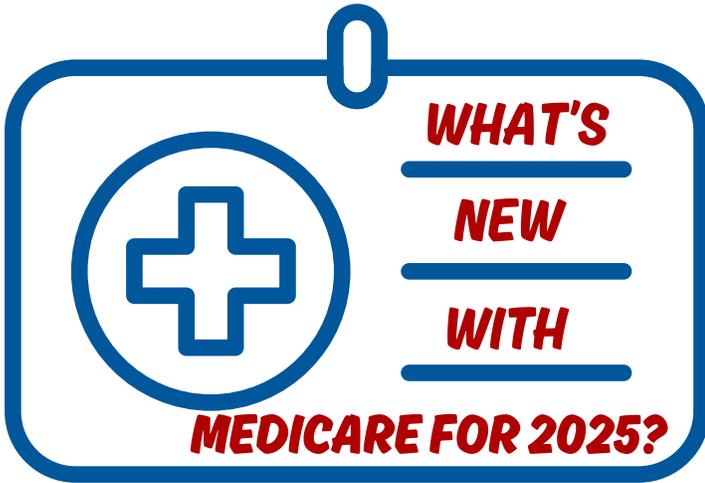
November 13th - \$155 Newport Playhouse, A Twisted Christmas Carol, with buffet

Denise's upcoming trips for 2026 will be announced in the November newsletter!

*For more info call Denise 860-377-5874
 or email: dgorka@snet.net*



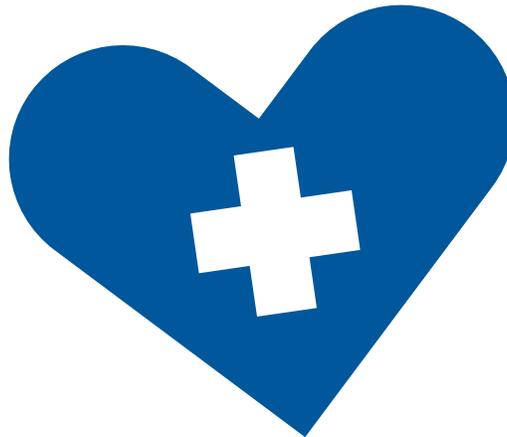
WHAT'S NEW THIS MONTH



*Join us on October 24th at 10 a.m.
Coventry Senior Center Lodge
172 Lake Street*



Join us in October to learn about Medicare, Supplemental Insurance and Prescription Drug Insurance. Our certified CHOICES Counselor will present an overview of all parts of Medicare as well as the changes in store for 2026. **RSVP is appreciated.**



CHOICES HEALTH INSURANCE COUNSELING *Medicare Open Enrollment Begins October 15th*

Medicare Open Enrollment will take place October 15th-December 7th. Since costs, coverage and health networks can change each year, this is a good time to review your current plan and options. All people on Medicare can make changes during this time period to best meet their needs for 2025. If you would like to review your health insurance options, please call us at 860-742-3525 to make a confidential appointment with a certified CHOICES Counselor.



WHAT'S NEW THIS MONTH



**EASTERN HIGHLANDS HEALTH DISTRICT
AND BEACON PHARMACY PRESENTS...**



**Thursday, October 23rd
3:00 p.m.-5:30 p.m.**

Coventry Senior Center Lodge

**For more information and how to register
contact EHHD @ 860-429-3325
or register at
<http://ehhd.org/vax>; Walk-ins Welcome!**

Attention:

BEACON

PHARMACY



Beacon Pharmacy has offered to provide at home vaccine to our homebound population. Beacon is doing clinics throughout the District and will arrange with clients to vaccinate people around the clinics. Please refer people to Todd DeGroff, RPh at tdegroff@beaconrx.com



Join us



for a fall guided walk at Creaser Park

**Lead by Eric Thomas, Chair of the Protected Spaces
Stewardship Committee**



October 16th from 10am-noon

Raindate: Oct. 17th

Sign up is required!

Transportation available!

Fresh Air Walk event at Creaser Park, 100 Case Road
Meet at the Creaser Park trailhead kiosk in the parking lot. Guided walk along the woodland trails, scenic bypass pond, tall grass meadow, and the winding Skungamaug River with a leisurely break under the shady pavilion; approximately 1.5-2 hours



HERE'S WHATS COMING



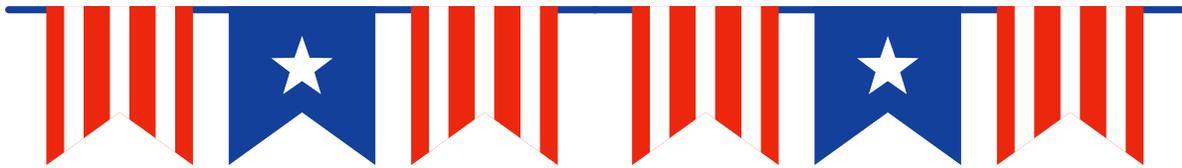
Save The Date

Hosted by the Senior Center and American Legion Post 52
Veterans Day Luncheon and Recognition Ceremony

Wednesday, November 6th

Lunch at noon followed by ceremony

RSVP is required by November 1st



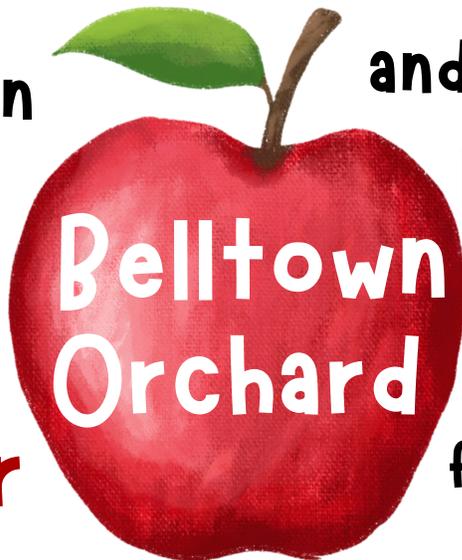
Join the fun

in apple
picking at



October

22nd



and lunch at

First and Last Tavern

in Glastonbury

leaving at 9:30 a.m.

from the Senior Center

Sign up is Required





HERE'S WHATS COMING

Lets Welcome Anna Santeli
on October 7th at 9:30 a.m.
to our fitness program!

Anna is AFAA certified group exercise instructor who has taught many different types of classes over the past 12 years. She custom designs Pilates, Barre, yoga and mat-based strength and balance classes. She loves to teach fun cardio dance classes like Zumba and BollyX. Anna is passionate about meeting people where they are at and works to building trust and confidence so that participants feel comfortable making the appropriate modifications provided throughout her classes. Welcome Anna!



CRAFTERNOON

Wednesday, October 29th @ 10:30
 Limited space, sign up is required!

Welcome Andrea Graf,
our new Massage Therapist

Andrea will be joining Jackie on Monday's of each month. Andrea brings 8 years of experience as a massage therapist and enjoys working with people who have specific areas of pain and discomfort and those that just want to relax and de-stress.

“
Chairman, Lisa Thomas
Thursday,
October 23rd
11 a.m.-noon at
Coventry Senior Center
 ”

Love setback and cribbage?

Join us for a fun morning of,
Setback, Cribbage and more!
Mondays and Wednesdays at
11a.m.





FITNESS & WELLNESS



WEEKLY FITNESS CLASS SCHEDULE

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY 1st & 3rd</u> |
|--|---|--|--|--|
| Chair Yoga with Carol 10:00 a.m. \$5.00 no class 10/13 & 10/20 | Workout with Anna 9:30 a.m. \$5.00 | Tai Chi with Joe 9:30 a.m. \$5.00 | Strength & Balance with Anna 9:30 a.m. \$5.00 | Cardio Drumming with Lisa 10:00 a.m. \$3.00 |

Foundation Foot Care Kylie Putis, RN

Certified Foot Care Specialist

October 6th (waitlist only)

November 3rd (waitlist only)

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.

Massages with Jackie



Monday, October 27th

(appts. available)

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

by appointment only

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

Did you know the Senior Center has a fitness room?

It's FREE!



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

Swing by the Fitness Room and bring a friend!

Open Daily and *FREE*!

Schedule your workout time with staff!



Hairstylist

At this time we have no dates for October.

Please, keep an eye out for November dates.



JUST FOR FUN!

Regular Programs



| | | | | | | | |
|--|--------------------------|-------------------------------------|-------------------------------------|------------------------------|--|---------------------------|-----------------------------------|
|  | BINGO | JEWELRY CLASS | KNIT AND CROCHET | MAHJONGG | OUT TO LUNCH BUNCH | SEWING ETC. | JAM SESSION |
|  | Weekly Tuesday 1 p.m. | Moved to Thursdays at 1pm weekly | Moved to Thursdays at 1pm weekly | Weekly Thursday 9:30 a.m. | One Wednesday each month 11:30 a.m. | Weekly Thursday 1 p.m. | 2nd & 4th Wednesday 10:45 a.m. |

***Billiards Table is currently not available**
****Piano ~ If you are interested in using our piano, please schedule the day and time with the Coordinator!**

Chess Club!



Welcome all Chess players, beginners and advanced.
 The 3rd Friday of each month at 11:00a.m.

BINGO! VOLUNTEERS NEEDED

Looking for a volunteer opportunity?
 We are looking for someone to call

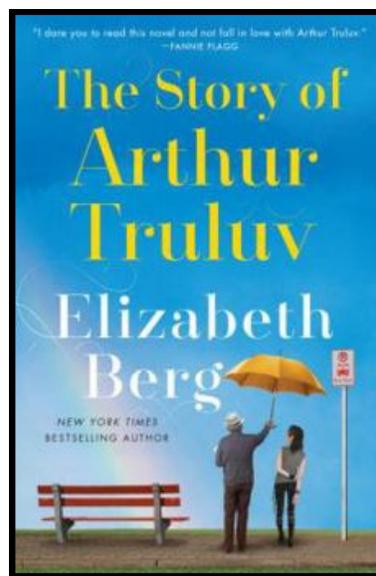
BINGO

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, October 22nd @
 1:30 p.m.

Join us for October's book selection...



The Story of Arthur Truluv
 by Elizabeth Berg
 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

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.

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

Looking for a volunteer
opportunity in the Coventry
Public School System

Contact our Youth Services
Coordinator, Madison Baranoski
@ 860-742-5324



Learn more about the opportunities available to support our students at the Coventry Grammar School.

Opportunities are reading and craft based:
Reading Buddies, Crafternoons, & Spread the Cheer

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

Grief Support Group

COVENTRY SENIOR CENTER

Friday, October 10th and

October 24th 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**

TECH TUESDAY WITH KAYLA



Tuesday, October 21st

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.**

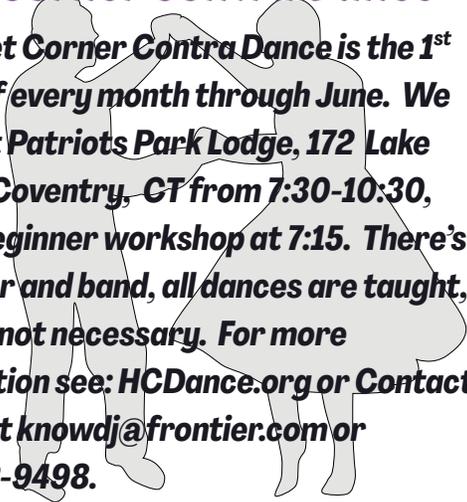


COMMUNITY INFORMATION



Quiet Corner Contra Dance

The Quiet Corner Contra Dance is the 1st Friday of every month through June. We dance at Patriots Park Lodge, 172 Lake Street, Coventry, CT from 7:30-10:30, with a beginner workshop at 7:15. There's a live caller and band, all dances are taught, partner not necessary. For more information see: HCDance.org or Contact Dennis at knowdj@frontier.com or 860-742-9498.



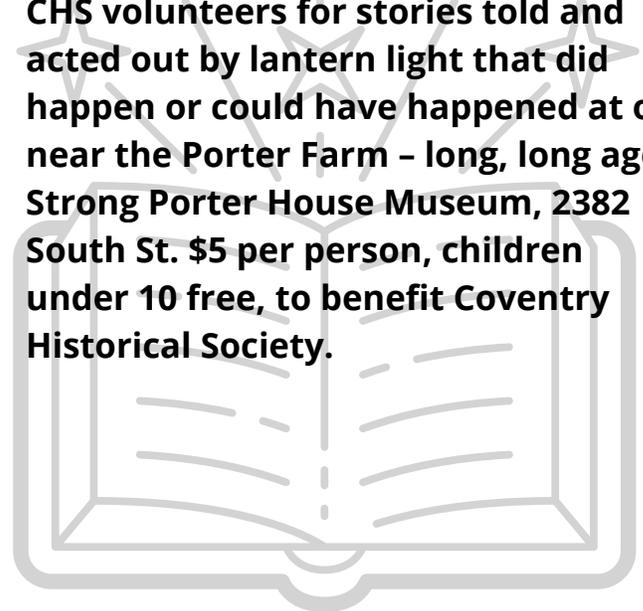
Coventry Historical Society presents.....

After Dark at Tom Porter's Place

Fri, Oct 24, 6:30pm
(Rain date Sat, Oct 25)



Join storyteller Carolyn Stearns and CHS volunteers for stories told and acted out by lantern light that did happen or could have happened at or near the Porter Farm - long, long ago. Strong Porter House Museum, 2382 South St. \$5 per person, children under 10 free, to benefit Coventry Historical Society.



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!

MOBILE FOODSHARE

10:00 - 10:30 a.m.

Wednesday, October 9th and 23rd



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

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? They are accepting donations of useable eyeglasses and hearing aids. Please consider helping this worthy cause providing devices free of charge to help individuals with their daily living needs.