



Wethersfield Senior Center News

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Musical Entertainment!

On **Mon, April 3 at 1pm**, the Senior Center welcomes singer, songwriter and guitarist, Kat Kennedy. Kat is a young Connecticut native trying to make her way as a professional musician. She has a lovely voice and her songs are reminiscent of the folk songs of the 60s. She performs locally and in the Boston area and has agreed to come to Wethersfield to treat us to a show. Come support a native rising star! Admission remains \$2 for Senior Center members and \$4 for non-members.



Soul Collage® Workshop

Come play, have fun, be an artist, and discover something new! This three-session workshop will be held on **Fri, April 21, 28 and May 5 from 10a-12noon**. SoulCollage®, developed by author Seena Frost, is a method of creating a multi-layered visual image from a variety of gathered magazine images on a 5"x8" card. Bypassing our thinking mind, we select images that appeal to us at the moment and use our imagination to create a personal expression. You'll discover what's original, unique and ready to emerge from the layers of your creative spirit! Come join the discovery! Contact Lisa by 4/17 at 860-721-2979 to register. Cost \$20.



Lunch & Learn: Estate, Asset & Legacy Planning

We all have an estate comprised of everything we own... our car, home, bank accounts, investments, life insurance and belongings. No matter how large or modest, you'll need to provide instructions stating whom will receive your possessions upon your death. On **Tue, April 25 at 12N** the Senior Center welcomes Michael Alimo of USA Financial. Michael will teach us how to ensure we leave the legacy we intend while paying the least amount in taxes, legal fees and court costs. You'll learn how to provide instructions for your own care should you become disabled before you die and how to provide for family members with special needs or for those who might be irresponsible with money and need protection for creditors or divorce. You'll learn how to make life insurance, disability insurance and long-term care insurance a part of your plan and why it's necessary to update your plan from time to time as laws change. Call Lisa at 860-721-2979 by 6/23 to register. A light lunch will be served. This presentation is free and is strictly educational.

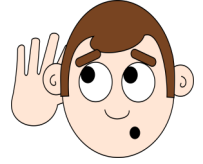


Cooking Classes

Our cooking classes continue this month. On **Tue, April 11 at 11am** we'll be cooking up Eggplant Rollatini stuffed with cheese, and Caesar Salad with homemade Caesar dressing (Cost \$12). So join us and bring your appetite! Fee is due to Lisa one week prior to class.

Hearing Screening

The Hearing Wellness Center will come to the Senior Center on **Mon, April 17** to offer free hearing screenings and hearing aid cleanings. This is an initial screening which can tell you if your hearing loss is a simple issue of ear wax or something more complicated that may require hearing aids. Further testing and follow-up is done in the Rocky Hill office of the Hearing Wellness Center. Contact Lisa at 860-721-2979 for a screening appointment.



\$3 Haircuts

The students from the International Institute of Cosmetology return to the Senior Center on **Fri, April 21** to offer haircuts at the bargain price of \$3. All students work under the supervision of an instructor. You must call Lisa at 860-721-2979 for an appointment.

Join the Golf League!

The Senior Center Golf League begins play this month and will continue to visit the greens through October! The league is looking for new members and encourages anyone interested to call Chris Guinan at 860-563-5761 or Jim McNamara at 860-563-4586. So dust off those clubs and join the league today!



Classes, Classes, Classes...!

Don't forget that classes are on-going here at the Senior Center and it's never too late to join. Here's a look at what's starting this month and what's already underway! Sign up on-line at Wethersfieldct.gov prior to the start of classes or in person with Lisa or the Parks & Rec office staff for those classes that have already begun.

BEGINNING IN APRIL....

Dance Around the World with Gia!—Spring semester runs Tuesday, 4/4 through 5/30. 1:30-2:15pm. Fee: \$18. If you like dancing and fun music, this is the class for you! The class consists of simple dance moves to popular tunes from around the globe including home-grown favorites like Rock'n Roll, Pop and Country Western. The dances are loosely choreographed and can be followed without memorizing steps! Each class is moderately paced and a great work out!

Belly Dance Class—Thursdays, 4/6 through 5/25. 12:30-1:30pm. Fee: \$16. Come learn this graceful dance form native to the Middle East. This low-impact, weight bearing exercise is fun and helps firm and tone muscles.



ALREADY IN PROGRESS....

Art & Mindfulness—continues on Thursdays through 5/18. 9:30-10:45am. Fee: \$32.

The Artist's Journey—continues on Wednesdays through 5/17. 10-11:30am. Fee: \$32.

Chair Yoga—continues on Mondays, through 5/8. 11:30am-12:30pm. Fee: \$30 and on Thursdays through 5/18. 2-3pm. Fee: \$32; Fee for both Monday & Thursday classes: \$60.

Good Life Functional Fitness—continues on Monday & Wednesdays through 5/31. 1:30-2:15p. Fee: \$35.

Painting with Faye—continues on Tuesdays through 5/16. 10-11:30am. Fee: \$32.

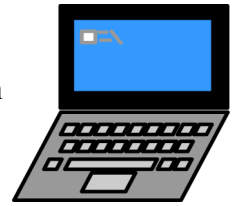
T'ai Chi Qigong—continues on Thursdays through 5/18. 11a-12p. Fee: \$32.

The Senior Center will be closed on **Friday, April 14** for Good Friday.



Computer Learning Center Schedule

The Computer Learning Center is here to empower you for the computer age! Register for these classes on-line at Wethersfieldct.gov or in person with Lisa or in the Parks & Recreation office. Open lab times also continue on Tuesday and Thursday afternoons from 2:30-4:30pm.



- **Welcome to Windows 10**—In this four-session class, we'll learn to work with the Windows 10 desktop, open and close apps, use the calculator, help and support, weather, news, solitaire and the Word Pad App. Use File Explorer and learn to save and find documents. Text included. **T/Th, 4/11-4/20, 12:30-2:30p.** Fee: \$40.
- **Windows 10 Intermediate**—In this four-session class students will explore the internet, search, create favorites, print web pages and discuss privacy and security. Open, view, edit, print and save photos using the Windows 10 Photo App, become acquainted with the Movies and TV App and listen to music with Windows Media Player. Learn how to customize your computer by changing background photos, font size and volume. Text included. \$5 discount for Welcome to Windows 10 class graduates. **T/Th, 5/2-5/11, 12:30-2:30p.** Fee: \$40.

Tech Gadget Assistance Continues!

Our high school senior volunteer, Bilal Nizami continues to provide one-to-one assistance during lab times on **Tuesdays & Thursdays from 4-5pm.** Bilal can help you with Windows 10, Apple and Android tablets & smartphones, digital cameras and other high tech devices. Be sure to take advantage of his invaluable assistance which is available by appointment only. Call Lisa at 860-721-2979 for appointments!

Bus Trips Are Back!

Bus trips begin again this spring! Call Lisa at 860-721-2979 for more information or to sign up for a trip!

- **Monday, May 15**—Swing into spring with the world famous **Glenn Miller Orchestra.** We'll have a delicious lunch and show at the Aqua Turf. Cost \$92.
- **Friday, June 23**—Join us as we visit the **Newport Flower Show** at Rosecliff Mansion in Rhode Island. Lunch on your own in downtown Newport. Cost \$64.
- **Wednesday, July 12**—**CT Lighthouse Cruise.** This is a 2-hour cruise aboard the Sea Jet, a smooth sailing catamaran equipped with modern-airline style seating on two enclosed, air-conditioned passenger decks. We'll see nine CT lighthouses and enjoy dinner at the Steak Loft in Olde Mystic Village. Cost \$94.
- **Thursday, August 17**—Enjoy the songs of **Frankie Valli** performed by Broadway veterans at the Aqua Turf. Lunch and show. Cost \$91.
- **Tuesday, September 19**—Come see today's leading Elvis tribute artist, Ray Guillemette, in his show "A Ray of Elvis" at the Grand Oak Villa. Lunch and show. Cost \$84.
- **Tuesday, October 24**—Enjoy a day of entertainment, food, games and dancing at **Krucker's Octoberfest** in Pomona, NY. Cost \$89.

Senior Center Health Programs

Free Blood Pressures— **Wed, April 12, 10:30-11:30a** (Ellis Manor provides this BP testing on the 2nd Wed of each month in the Banquet Rm.) And **Thur, April 27, 12:30-1:30p** outside the Senior Center office (Cedar Mountain Commons provides this testing on the 4th Thur of the month.)



Free Blood Sugar Testing— There will be **NO** testing this month due to the Good Friday holiday. (Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month from 11a-12N in the Banquet Room.)

Foot Care Clinics—**Fri, April 7 & Tue, April 25**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appointments.

Wethersfield Stroke Club—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4pm in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to www.strokesupport-ct.org.

On-Going Senior Center Activities

- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for a bingo fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, April 17** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.



Monday Afternoon at the Movies!

Free movies continue on Mondays at 1pm. No registration is required. Movies are subject to change depending upon availability. Showing in April:

April 10—*Florence Foster Jenkins*. Starring Meryl Streep & Hugh Grant. Despite her horrid singing voice, New York City heiress, Florence Foster Jenkins is certain she can become an opera star! Her partner and manager does all he can to shield her from the truth but his task may prove impossible in this touching comedy. PG-13, 110min.

April 17—*Fences*. Starring Denzel Washington & Viola Davis. Working as a trash collector in 1950s Pittsburgh, Troy Mason struggles to raise a family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race. PG-13, 139min.

April 24—*Manchester by the Sea*. Starring Casey Affleck & Michelle Williams. While working as a handyman in Boston, taciturn loner Lee Chandler gets word that his brother Joe has died of a coronary. After returning to his hometown, he receives another shock. He's been named legal guardian of Joe's 16 year old son. Rated R, 135min.



Helpful Programs

- **The CRT Energy Assistance Program ends May 1st.** Call Social & Youth Services at 860-721-2977 for information about what documents are required to apply and for an appointment.
- **The Rent Rebate Program** begins April 1. In order to qualify, renters must have been 65 as of 12/31/16 or over 18 and permanently & totally disabled. Income must fall below \$35,200 for a single person and \$42,900 for a couple. Applicants must provide proof of all income, rent and utility expenses for 2016. Forms 1099 from all sources of income are required. And you must provide a copy of your 2016 Federal income tax return if you filed. Those under 65 with a disability must provide a current statement from Social Security with proof of disability. Outreach to Wethersfield housing sites will begin in May. Social Service staff will visit **Executive Square on Tue, May 9 from 9a-12N** and **First Church Village on Tue, May 23 from 9a-12N**. Wethersfield residents can also call 860-721-2977 for an appointment to apply at Town Hall.

Watch Your May Newsletter for...

- Musical Entertainment—on **Mon, 5/1 at 1p**, we'll feature a phenomenal baritone, James Michael.
- Angels, Symbols & Intuition Workshop—**Thur, 5/18-6/8. 1-2p**. Join this 3-session workshop where you'll learn to trust your intuition, and to recognize angelic messages. Also learn about hand analysis and card reading. Cost \$10. Call Lisa to register.
- Friday Feature— **Fri, 5/19, 10a**, "Last Wishes: How to Plan Your Own Funeral" presented by Psychologist Kathleen Cairns. We'll learn how to plan a celebration of your life and help you face the final stage of life before its needed! Call Lisa to register.
- YouTube Workshop—presented by the Computer Learning Center on **Wed, 5/17. 12:30p**. Cost: \$10
- Dental Clinics—free cleanings on **Thur, 5/25** provided by the Central CT Health District. Call Lisa for appt.