



**CHESHIRE SENIOR CENTER
FRONT PORCH NEWS
OCTOBER 2024**



Cheshire Senior Center 240 Maple Avenue, Cheshire, CT 06410

Phone: 203-272-8286 Fax: 203-272-6296

OPEN TO THE PUBLIC: Monday - Friday, 9:00 am - 3:30 pm

www.cheshirect.org/senior-services



Staff:

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Tracey Kozlowski, Administrative Assistant: 203-272-8286; trkozlowski@cheshirect.org

Mini-Bus Drivers and Building Supervisors:

Eric Granoth, Nick Halkias, David Sheehan, Joe D'Eugenio, Bill Gorbard, Bill Halkias, Andy Lucibello, Joe Villani, Ken Boynton, Michael Dunn and Tasman Fox

So many Spooktacular things happening this month:

- New-Accessible Exercise Class
- Learn to Play Bridge
- Healthy Living, Mind, Body & Spirit Group
- Veteran Coffee House
- Medicare Open Enrollment
- Poetry & Drama Workshop
- Causes & Management of Knee Pain
- Scrabble
- Halloween Party

From the Desk of Stefanie

Happy October! This month we are pleased to bring you our caregiver program, Powerful Tools for Caregivers. This evidenced based, six week class series is designed to give caregivers the confidence and support to take better care of their loved ones and themselves. Please see the newsletter for class times and registration details.

It is also time to think about your Medicare coverage. The annual Medicare open enrollment period begins on October 15th and ends on December 7th. Now is the time to review your Medicare coverage for the 2024 calendar year. The Certified CHOICES Counselors at the Senior Center will be happy to help you review your Medicare coverage and answer any questions that you might have.

We also have a new social worker! Let's welcome Andrea Sidoruk. Andrea has her master's degree in social work and is also a CHOICES certified counselor. She will be at the Senior Center on Tuesdays, Wednesdays, and Thursdays and will be available by appointment only. Andrea has several years experience working with older people in many areas including Medicare counseling, caregiver counseling, and navigating community based services and resources. We are so happy to have her as part of our team.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

240 Maple Avenue, CHESHIRE, CONNECTICUT 06410
Telephone (203) 272-8286 FAX (203) 272-6296

October 1, 2024

Happy October! We have many new happenings this month including a new accessible exercise class; a poetry and drama workshop; a new monthly group Healthy Living for Mind, Body, and Spirit; and our annual Halloween Party with the Boogie Boys. Also, we still have spots available for our fall exercise class session. Now might be the time to try that class that you've always been thinking about.

Below are some other important things to make note of:

- **The Senior Center is closed on Monday, October 14th. Enjoy your long weekend!**
- **Let's extend a warm welcome to our new Social Worker, Andrea Sidoruk, LMSW.** Andrea will be at the Senior Center on Tuesdays, Wednesdays, and Thursdays. We are so happy to have her as part of our team!
- **Now is the time to review your Medicare coverage for the 2025 calendar year. Medicare Open Enrollment begins on October 15th and ends on December 7th.** The Certified CHOICES counselors at the Senior Center are happy to review your Medicare coverage and answer any questions that you might have.
- **Please be mindful of your cell phone usage when in the building and on the buses.** We ask that you please refrain from taking personal calls on speaker and watching videos at a high volume when in occupied rooms in the building and on the buses. We understand the need to stay connected and to use your phone, and if it is necessary to be on speaker or watch a video, we ask that you find a more private or unoccupied room within the building. Thank you for your cooperation!
- **We are excited to announce that Brass City Harvest Mobile Farmers Market will be at the Cheshire Senior Center on Wednesday, October 9th, noon-1pm.** This Market is open to all and will accept cash, credit/debit and SNAP/EBT payments, and Farmers Market Nutrition Program debit cards* (senior, WIC).
- **Yoga for Stress Relief returns on October 21st.** Join us for this four-week yoga series designed to help us breathe and release stress. This 45-minute gentle floor yoga class is perfect for all levels. The class will be held on Monday October 21st, October 28th, November 4th, and November 18th at 5:00pm. There is no class on Monday, November 11th due to the Veterans Day Holiday. The class fee is \$15 for the four-week session and payment is due prior to the first class.
- **Powerful Tools for Caregivers begins on Tuesday October 22nd at 10:30am.** This evidenced based, six-week class series will give you the confidence and support to take better care of yourself and your loved one. Please see the newsletter for the complete class schedule and for registration details.
- **Join us on Tuesday, October 22nd at 5:30pm for Gongs and Himalayan Singing Bowls.** Experience the soothing sounds of Gongs and Himalayan Singing Bowls and leave all the stress of the day behind. This inclusive program is open to all and is offered as part of the LGBTQ+ MSC initiative. Space is limited. Register today!
- **Happy Halloween! Join us for our annual Halloween Party on Thursday, October 31st from 1:30pm-3:00pm with the Boogie Boys!** Come in costume and dance the afternoon away. Please see the newsletter for cost and registration details.
- **Please remember to sign in when entering the building.** It is important for us to have an accurate accounting of everyone who is in the building and utilizing our programs and services.
- **The pool table and the lower level are not available for use on Tuesday mornings and all day on Thursdays.** We apologize for the inconvenience.

For the most up to date information regarding our programs and services, please visit our page on the Town of Cheshire website www.cheshirect.org and follow us on Facebook.



News From the Senior Center

Support for the Senior Center

Financial support for the Senior Center is very much appreciated and provides additional assistance to the Center in serving our seniors today and throughout the coming years. A gift can be made anonymously, in recognition of the donor(s) or in honor of, or in memory of a friend or loved one. Gifts can be made in the following way:

Donations can be made payable to the *Town of Cheshire Senior Center* and can be designated for a specific purpose or as an undesignated gift, which will be used at the discretion of the staff. Donations to the Senior Center will be held in a gift account to support the mission of the Senior Center.

All donations should be sent to:

The Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410

Generations Table Meal Program

Generations Table sources their produce and fruit locally when available. Everything is prepared fresh from scratch daily. Although they cannot cater to diet restrictions, they use no or low salt in their meals.

Meals are packaged in containers that can be put in the freezer or microwave. Through this meal program you have the option of ordering a Single Serve Meal that includes main dish, starch and vegetable or ordering a Family Meal that is a larger portion and does not include the sides.

Pick up your meal at the Cheshire Senior Center on Wednesdays from 11:00am-12:00pm.
You can order weekly or monthly and as many meals as you would like.



See insert for meal options & ordering details.



Bridge Instruction Class
Wednesdays
Oct. 9th, 16th, 23rd & 30th at
1:00pm

Back by popular demand.....Have you always wanted to learn the basics of the card game Bridge? Join us for this class and you will learn the game of Bridge in a small group, relaxed atmosphere, with our member Brahm. Additional learning sessions may be added depending on need. Space is limited, registration is required.

**POETRY
AND DRAMA**

Poetry & Drama
Workshop
Friday, October 18th
at 10:30am

Are you interested in Poetry and Drama. Join us for discussions about poetry, drama, acting and potential performance opportunities. This group will meet on a weekly basis, provided there is interest. Registration is requested.

**** New Drop-In Group ****

Healthy Living, Mind,
Body and Spirit: Healthy Holiday
Eating Survival Tips



Thursday, Oct. 24th at 10:30am

If you are looking to change up some things in your life, join us on a journey to live a healthy and positive lifestyle. This drop-in group will meet monthly to discuss different topics covering all aspects of "healthy living". We look forward to seeing you!

****New Drop in Class****

Accessible Exercise
for All



A Seated Exercise Class

Every Tuesday 10:00 - 10:30am
starting October 8th

No registration necessary, there is no charge for this class.

NAME _____

Payment _____

Cheshire Senior Center Menu / Pick up 11-12

Pick Up October 2nd

Eggplant Parm Single Family

Porchettia Single Family

Stuffed Shells /Meatballs Single Family

Vegetable Lasagna Single Family

Lentil

Pick Up October 9th

Swedish Meatballs Single Family

Pork Loin Single Family

Cavatelli Broccoli & Sausage Single Family

Tuscan Chicken Single Family

Beef Barley

Pick Up October 16th

Roast Beef Single Family

Sausage & Peppers Single Family

Grandma Rosie's Chicken Single Family

Chicken Parm Single Family

Minestrone _____

Pick Up October 23rd

Meatloaf Single Family

Stuffed Shells/meatballs Single Family

BBQ Pulled Chicken Single Family

Eggplant Parm Single Family

_____ Pasta Fagioli

Pick Up October 30th

Chicken Cacciatore Single Family

Turkey Dinner Single Family

Crab Cakes Single Family

Lasagna Single Family

sweet potato kale soup

All Single Portion Meals are served with starch and vegetable \$8 each

Family Meals are the Main Meal only & serve 2-3 \$15 each

Soups are Pint size \$4

Meals are made fresh then frozen

All Meals must be paid prior to pick up

Orders can be made via email justlikemomcooks@gmail.com or calling 475-300-7690

*please note we will not return calls that are placed via phone message

Make Check Payable to Young at Heart or Venmo @Elaine615

*** REMINDER: CUT OFF FOR MEAL ORDERS IS NOON ON THURSDAY,**
OF THE WEEK PRIOR TO PICK UP. ORDERS PLACED AFTER THIS DEADLINE WILL NOT BE FILLED *

Transportation Services

Please call Coleen in the Transportation Office at 203-272-0047 for information and reservations.



Transportation is Available for:

- Medical Appointments in Service Area
- Grocery Shopping and Pharmacy
- Visits to Cheshire Senior Center
- Personal Appointments, based on availability

Ride requests are accepted 2 weeks in advance. Any request made after 11:00am the day before a ride is needed, is subject to availability.

**Please allow a 10 minute window on both sides of your scheduled pick up time for the bus to arrive. Thank you!*

Don't Forget to call in by 11:00am the day before, for your Transportation needs

**** Bus drivers accept cash donations as you step on the bus. ****

Pricing is \$1.00 each way for in town rides and \$3.00 each way for out of town appointments.

Dial-A-Ride is available on Fridays for the Waterbury area.

Schedule for Out of Town Medical Appointments:

MONDAY – Meriden

TUESDAY – North Haven & Hamden

WEDNESDAY – Wallingford

THURSDAY – New Haven & West Haven VA

FRIDAY – Southington & Waterbury Outpatient VA Clinic

Rides are accepted for Out of Town appointments between 10:00am and 2:00pm

Check out our Travel Wall for information on all current trips.

Gongs & Himalayan Singing Bowls

Tuesday, October 22nd at 5:30pm

Have you ever wanted to try or learn about a sound Bath? Join us in a peaceful setting, experience the soothing sounds of Gongs & Himalayan Singing Bowls and float blissfully away into a deep meditative state where the tumultuous stresses of everyday life are cleared, cleansed, and washed away. Sound Baths are an invitation to slip into a deeper state of consciousness & opportunity to unplug from external stimuli and gain perspective on what's going on inside of you. Presented by Priscilla Gale of Crystals Sound Healing. Space is limited. Register today.



Please bring a yoga mat if you would like to participate on the floor, chairs will be available as well.

Foxwoods Casino and

Outlet trip

Friday, October 25th

Join us for a day at the casino. Take a chance with Lady Luck or enjoy some shopping. Bus departs Senior Center no later than 9:00am. Bus will depart Foxwoods at 3:00pm. Registration is required, space is limited. Cost \$12.00.

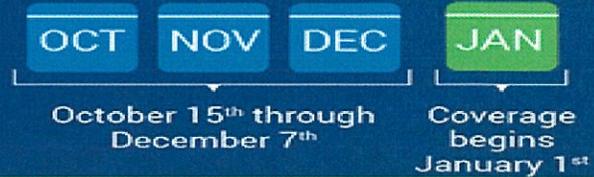


If you are interested in learning more about any benefits you might be eligible for please call Andrea Sidoruk, Senior Center Social Worker at 203-272-8030

Social Services:

- Caregiver Support Services
- Community Based Services and Resources, Meals on Wheels
- Medicare, Medicare Assistance Program, Medicaid, and Long Term Planning Energy Assistance, Supplemental Nutrition Assistance Program

WHEN and WHAT is Open Enrollment?



Navigating Medicare During the Fall Open Enrollment Period

During Medicare's Open Enrollment Period, which runs October 15 through December 7 each year, beneficiaries can make changes to their Medicare coverage. During this time a beneficiary can: Join a different Medicare Advantage Plan; join a different stand-alone Part D plan; and switch from Original Medicare to a Medicare Advantage Plan, and vice versa. Any changes a beneficiary makes will take effect on January 1st of the following year.

Tip #1: Read important notices

Because plan coverage and costs change every year, you should read your plan notices to make sure your coverage still fits your needs. Beneficiaries receive a lot of mail during Medicare's Open Enrollment Period, so it is important to know which mailings include information about your current coverage. If you have Original Medicare, you can visit www.medicare.gov or read the Medicare & You handbook to learn about Original Medicare. If you have a Medicare Advantage Plan or a stand-alone Part D plan, you should look out for your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). The ANOC lists changes in a plan's coverage, costs, and network. The EOC is a comprehensive description of all the plan benefits. Beneficiaries should receive these notices in September. Beneficiaries should review the notices for any changes in the plan's benefits, coverage rules, costs, or drug formulary.

Tip #2: Review current Medicare health and drug coverage

Review your current coverage and consider: Access to health care providers you want to see; access to pharmacies in your area; access to needed benefits and services; and the total costs for insurance premiums, deductibles, co-insurance charges, and co-payments. If you think your coverage will not meet your needs for the coming year, you can use Medicare's Open Enrollment Period to enroll in Original Medicare or a new Medicare Advantage or Part D plan.

Tip #3: Shop around

Even if you are satisfied with your current Medicare coverage, you should look at other Medicare options in your area. There may be options that better suit your individual needs in the coming year.

Tip #4: Watch out for misleading marketing or enrollment fraud

Remember that Medicare has rules about how plans and their agents can and cannot communicate with beneficiaries during Medicare's Open Enrollment to market their insurance products. Although plans are allowed to send beneficiaries emails and/or direct mailings, they are not allowed to call beneficiaries or visit them in person to market their products without the beneficiary's permission.

October Programs

Call 203-272-8286 or email LGravel@cheshirect.org to register

Monthly Programs

Monthly Reflexology with Kim

Monday, Oct. 7th



Please contact Laura for more information or to schedule your appointment.

Please note: if you cannot make your appointment and you do not call to cancel, you will be responsible for the payment of your session.



Fun Dancing Mondays at 10:30am

Join us for a free, relaxed, instructional weekly class on popular dances & some line dancing. All levels welcome, modifications can be provided.

Drop ins welcome!

Cheshire Sherlock Holmes Society

Thursday, Oct. 17th
at 1:00pm



Join us and please read "The Adventure of the Sussex Vampire" by Sir Arthur Conan Doyle for discussion. *New members, visitors & guests are always welcome.* For additional information contact Andy Tranquilli at tranquilli@hotmail.com

Cheshire Readers Book Club

** NEW START TIME **

Tuesday, Oct. 15th at 11:00am

Book choice for discussion is "Have You Seen Luis Velez" By Catherine Ryan Hyde
New members welcome!



Sit Down with Stefanie

Thursday, Oct. 24th at 11:15am

Join Stefanie who will be available to answers questions that you have on Senior Services and programs. Sign up today!

Special Programs

"What Keeps You Up at Night"

Monday, Oct. 7th at 10:30am



Join George Watson and Will Nadwairski of American Senior Benefits for an informational session on "What keeps you up at Night?" Outliving my retirement savings. Worrying if I have enough health insurance. Draining my nest egg to pay for home health care or nursing home care are some of the questions that will be discussed. Registration is requested.

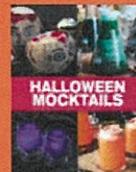


Gourd-ous Nails and Spooky Mocktails

Wednesday, Oct. 9th

10:00am to 12:00pm

Get ready for a hauntingly good time with Jessica from the Orchards at Southington. Have your Boo-Tiful nails painted while sipping on Fang-Tastic Mocktails. Space is limited, registration is required.



Afternoon Craft Thursday, Oct. 17th at 1:30pm

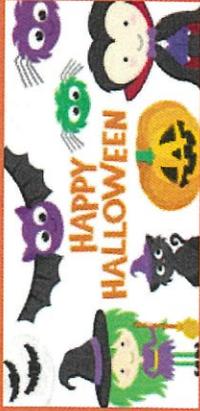


Join us to make a pumpkin door decoration. Registration is required, space is limited. Cost is \$5.00, all supplies will be provided.

Afternoon Movie Matinee Wednesday, Oct. 30th at 1:00pm

Join us for a viewing of "The Fabulous Four", a romance movie starring Susan Sarandon, Bette Midler, and Megan Mullally and Sheryl Lee Ralph. The film tells the story of two friends who travel to be bridesmaids in a surprise wedding of their college girlfriend. Four friends, One wedding, Lots of baggage. The movie is 1hr 39mins and is rated R. Sign up today!





OCTOBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>1</p> <p>10:30 Moderate Exercise-Drop In 1:00 Bingo</p>	<p>2</p> <p>9:00-12:00 Arts & Craft drop in 10:00 NO Wii Bowling 11:00 Nickel, Nickel 11:00 Generations Table 12:30 Mah Jongg 1:00 Knit & Crochet Together</p>	<p>3</p> <p>10:30 Pathway through Grief 10:30 Moderate Exercise-Drop In 11:00 Technology Help 1:30 Pathway through Grief 1:00 Scrabble</p>	<p>4</p> <p>10:00 Chorus 10:15 Golf card game 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 5</p> <p>10:00 Chorus 10:15 Golf card game 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	
<p>7</p> <p>Reflexology Sessions by appointment only 10:30 Fun Dancing 10:30 What Keeps You Up at Night presentation 12:30 Canasta 1:00 Handwriting Analysis 5:00 Yoga for Stress Relief</p>	<p>8</p> <p>9:30 Zumba Gold 10:00 Accessible Exercise 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p>	<p>9</p> <p>9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 NO Wii Bowling 10:00 Spooky Nails & Spooky Mocktails 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:15 Beginner Spanish 11:30 Get Fit with Brenda 12:00 Pop Up Farmers Market 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Discover Italian Culture</p>	<p>10</p> <p>10:30 Pathway through Grief 9:45 Blood Pressure Screening 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:30 MATT on the Go</p>	<p>11</p> <p>9:30 Breathe, Stretch & Strength 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 12</p> <p>9:30 Breathe, Stretch & Strength 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>
<p>14</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>15</p> <p>9:30 Zumba Gold 10:00 Accessible Exercise 10:30 Moderate Exercise-Drop In 11:00 Cheshire Readers Book Club 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p>	<p>16</p> <p>9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:15 Beginner Spanish 11:30 Get Fit with Brenda</p>	<p>17</p> <p>10:30 Pathway through Grief 10:30 Moderate Exercise-Drop In 11:00 Technology Help 11:15 Sit Down with Stefanie 12:15 Gentle Therapeutic Exercises with Kim 1:00 Cheshire Sherlock Holmes Society</p>	<p>18</p> <p>9:30 Breathe, Stretch & Strength 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Poetry & Drama Workshop</p>	<p>Sat. 19</p> <p>9:30 Breathe, Stretch & Strength 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Poetry & Drama Workshop</p>



<p>21</p> <p>10:30 Fun Dancing 12:30 Canasta 12:30 Causes & Management of Knee Pain 1:00 Handwriting Analysis 5:00 Yoga for Stress Relief</p>	 <p>22</p> <p>9:30 Zumba Gold 10:00 Accessible Exercise 10:00 Veterans Coffeehouse at Wallingford Senior Center 10:30 Powerful Tools for Caregivers 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga 5:30 Gongs & Himalayan Singing Bowls</p>	<p>12:30 Mah Jongg 1:00 Hearing Screening 1:00 Knit & Crochet Together 1:00 Memory Screens 1:30 Discover Italian Culture</p> <p>23</p> <p>9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:15 Beginner Spanish 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Discover Italian Culture 1:30 Brain Activity Group</p>	<p>1:00 Scrabble 1:30 Afternoon Craft</p> <p>24</p> <p>10:30 Pathway through Grief 10:30 Moderate Exercise-Drop In 10:30 Healthy Living, Mind, Body & Spirit 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble</p>	<p>10:30 Balance Screenings 11:00 Advanced Italian 12:00 Fascia's & Lunch Out 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>25</p> <p>9:00 Foxwoods Trip 9:30 Breathe, Stretch & Strength 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sat. 26</p> <p>Sun. 27</p>
<p>28</p> <p>10:30 Fun Dancing 12:30 Canasta 1:00 Handwriting Analysis 5:00 Yoga for Stress Relief</p>	<p>29</p> <p>9:30 Zumba Gold 10:00 Accessible Exercise 10:00 Probate Q & A 10:30 Powerful Tools for Caregivers 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p>	<p>30</p> <p>9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:15 Beginner Spanish 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:00 Afternoon Movie Matinee 1:30 Discover Italian Culture</p>	<p>31</p> <p>10:30 Pathway through Grief 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:30 Halloween Party</p> 	

Medicare Open Enrollment: October 15th to December 7th for Coverage starting Jan. 1st
Contact Andrea at the Senior Center for an appointment at 203-272-8030
to review your coverage & suggest changes for 2025.

Sign up today for these upcoming programs....

MATT on the Go: Genealogy Thursday, Oct. 10th at 1:30pm



October is National Family History Month. Join us for a Genealogy presentation and how to use the Mattatuck Library and Archive to learn more about your ancestors. This presentation will also explore digital resources. Register today.



Causes & Management of Knee Pain Monday, Oct. 21st at 12:30pm

Let's kick knee pain to the curb. Join Evan Menze, DPT from Connect Physical Therapy of Prospect for an educational seminar on management of knee pain and improving your quality of life. Registration is required.

Powerful Tools for Caregivers

6 weeks, starting Tuesday October 22nd
from 10:30am to 12:00pm

The evidence-based, six-week class series that will give you the confidence and support to take better care of your loved one – and yourself. In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues. Due to limited class size, we ask that you commit to all six classes.
Register today!

Powerful Tools
FOR Caregivers

Knit & Crochet Together

Every Wednesdays at 1:00pm



Bring your own projects to work on or Sally can teach you basic steps for either knitting or crocheting. Limited supplies will be provided. All levels are welcome.

Yoga for Stress Relief Mondays at 5:00pm, Oct. 21st to Nov. 18th



Join us for a four week-long session of Yoga designed to help us breathe and release stress. This 45-minute gentle floor yoga class is perfect for all levels. The class will be led by Nancy Boudreau, RYT-500. The class fee is \$15 for the four-week session and payment is due prior to the first class. Space is limited, register today.
Please bring your own yoga mat.

Blood Pressure Screening Drop In—Thursday, Oct. 10th from 9:45am to 11:15am



Hearing Screenings Wednesday October 16th 1:00 – 3:00pm

Best Life Hearing Center will be offering Hearing Screenings and Hearing Aid checks. Registration is required.

Balance Screenings

Friday, Oct. 18th from 10:30am to 12:30pm

Connect Physical Therapy will be here to offer participates an active balance screening to determine their fall risk. Also, learn proper use of canes / walkers and have your questions answered by a Dr. of physical therapy. Register today!



Memory Screening By Appointment Wednesday, Oct. 23rd from 1:00 - 3:00pm



Brain Activity Group

Wednesday, Oct. 23rd at 1:30pm



This month we will be putting our brains to the test with Matching puzzles. Sign up today, registration is required.



Technology Help with Jared Thursdays from 11:00am—1:00pm

Appointments recommended.

Probate Question & Answer with Judge Jalowiec

Tuesday, Oct. 29th at 10:00am



Cheshire/Wallingford Senior Center Holiday Party

Friday, December 13, 2024

11:30 a.m. – 3:30p.m.

Cascade

480 Sherman Ave, CT.

Menu includes Harvest Table: Vegetable Crudit , Cheese Displays, Bruschetta.

First Course: **Penne alla Vodka.**

Main Course Choice of: **Chicken Florentine, Salmon with Wine and Butter Sauce, or Eggplant Parmigiana.**

Tea, Coffee, Soda & Dessert. A cash bar will be available.

Music by The Coconuts

For the past forty years the Coconuts have been entertaining audiences with their unique blend of music and humor. Their show is a fast-paced mix of rock song parodies, comedy numbers, sing-alongs, and straight up rock'n'roll mostly from 50's 60's and 70's

We will also be awarding a prizes for the person wearing a fun Christmas sweater and the most festively dressed. Bring some money for our raffle which we will award cash prizes to the winners.

Join us for a very festive afternoon!

Tickets: \$40.00 Cash Only

Registration deadline: December 2, 2024

Holiday Party – December 13, 2024,

Tickets: \$40.00 **CASH ONLY**

Name: _____

Meal Choice: _____

Limited Transportation available upon request

Please provide Meal Choice and Payment at time of registration.



**Halloween Party
with The Boogie Boys**
Thursday, October 31st
from 1:30—3:00pm

Join us for an afternoon of dancing Halloween style. Come in costume or wear Halloween colors. Halloween themed refreshments! Cost is \$5.00 Registration is required by Oct 25th.

**Scrabble Group
Thursdays at 1:00pm**



The group will meet weekly on Thursdays at 1:00pm in the Card Room. Join in for some creative word fun!



Veteran's Coffee House
Tuesday, October 22nd
at 10:00am

held at Wallingford Senior Center
238 Washington St.

Cheshire members are invited & encouraged to attend the meeting in Wallingford.

Beginner Italian
Fridays 10:00 – 11:00am



Have you ever wanted to speak Italian? Now is your chance with a 10-week course, Friday mornings from October 11th to December 20th. The course features the basics of reading, writing, understanding and speaking Italian. Instructor, *Andrea Renzoni Bascetta*, is an experienced teacher who will use effective techniques to help participants succeed in a fun and interesting way. There is no charge for this class but you **must register in advance**.

Book Requirement: "Learn Italian The Fast and Fun Way", Barron's *Fourth Edition* by Marcel Dansi (Author), Heywood Wald (Author)
Find it online: Amazon.com

Advanced Conversational Italian
Fridays 11:00am – 12:00pm

Starting October 11th, join Dea DiTomasso in an engaging 10-week class with Italian language. Some knowledge of Italian language is required. Space is limited. Registration is required.

MEDICARE
OPEN ENROLLMENT

OCTOBER 15th
TO
DECEMBER 7TH

Cheshire Senior Center - Travel Opportunities:

Silver Street Glass & Lunch Trip
Friday, November 8th at 9:00am

Join us on a trip to Silver Street Glass to create your own beautiful, glass blown ornament. Space is limited, cost is \$40.00. We will then go to Antonio's Restaurant for lunch; lunch & gratuity will be paid directly to the restaurant. Sign up today!



**Radio City
Christmas Spectacular**

Wednesday, December 11th, 2024

Bus departs at 8:00am. Price includes Reserved Orchestra Seats at Radio City, Round Trip Motor Coach, Tour Director & some free time in NYC to explore the city's Holiday Displays. Sign up today! \$199 pp

**A Nashville & Smokey Mountain
Christmas**

November 29th to December 6th, 2024
7 Days 13 Meals

Start the Holidays Southern Style. Highlights include: Belle Meade mansion, the Grand Ole Opry, Dollywood's Christmas Show, tour the Great Smokey Mountain National Park, and wander amid the holiday opulence of the Biltmore - America's Castle. Sign up today!
\$3,629 pp Double, \$4,519 pp Single

Spotlight on South Dakota
June 20—26th, 2025

Highlights include: Mount Rushmore, Badlands National Park, Deadwood and more
\$2,999* pp Double, \$ 3,799* pp Single
*if booked by December 20th

** Trip presentation: Tuesday, November 12th
at 10:30am **

**** New Drop-In Group ****

Healthy Living, Mind, Body and Spirit: Healthy Holiday Eating Survival Tips

Thursday, Oct. 24th at 10:30am



If you are looking to change up some things in your life, join us on a journey to live a healthy and positive lifestyle. This drop-in group will meet monthly to discuss different topics covering all aspects of "healthy living". We look forward to seeing you!

Free Health Screenings in October:

Blood Pressure - Oct 10th 9:45-11:15am

Hearing - Oct 16th 1:00-3:00pm

Balance - Oct 18th 10:30am-12:30pm

Memory - Oct 23rd
1:00-3:00pm



****New Drop in Class****

Accessible Exercise for All

A Seated Exercise Class



**Every Tuesday 10:00 - 10:30am
starting October 8th**

**No registration necessary, there is
no charge for this class.**



**Age-Friendly Communities
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**The Cheshire Senior Center is
proud to announce we have been
approved by AARP for renewal of our
Age-Friendly States & Communities
designation, through
August 22, 2027.**



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**Brass City Harvest Mobile Farmers Market
at the Cheshire Senior Center**

Wednesday, October 9, noon-1pm



The Mobile Farmers Markets are open to all!

We accept cash, credit/debit and SNAP/EBT payments and Farmers Market Nutrition Program debit cards* (Senior, WIC)

CT Grown produce will vary based on season and may include lettuce, leafy greens, cucumbers, peppers, eggplant, beets, tomatoes, peaches, nectarines, apples, pears and more!

CT Dairy: milk, eggs, yogurt, cheese, ice cream, sour cream, butter

CT Made: jams, pickles, tomato sauce, salsa, honey, maple syrup

Farm Fresh CT Meat: sausage, ground beef and pork, chicken, stew beef

*SFMNP cards for fruit, vegetables, eggs and honey **only**.

WIC FMNPA cards cannot be used to purchase honey.

www.brasscityharvestwaterbury.com



Connecticut Energy Assistance Program

Applications are open for the 2024-2025 heating season. Applications are now being accepted by appointment or through the mail. This is a supplemental heating program, meaning a *portion* of your heating bill can be paid. Payments are made directly to the vendor, whether the heat source is oil, electric, gas, or propane. Income and household size are taken into consideration determining eligibility. Remember that CEAP is an annual benefit so you need to apply each year to receive assistance.

November 1, 2024 First day for fuel deliveries; April 1, 2025 Deadline for fuel delivery authorizations
May 30, 2025 Last day a household can establish eligibility for benefits.

Please contact Kristen Cherry at 203-271-6690 for more information.