



## CHESHIRE SENIOR CENTER FRONT PORCH NEWS NOVEMBER 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](http://www.cheshirect.org/senior-services)**



### Staff:

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Coleen Bankowski, Transportation Manager / ENP Lunch Reservations: 203-272-0047; [cbankowski@cheshirect.org](mailto:cbankowski@cheshirect.org)

Tracey Kozlowski, Administrative Assistant: 203-272-8286; [trkozlowski@cheshirect.org](mailto:trkozlowski@cheshirect.org)

### Mini-Bus Drivers and Building Supervisors:

Eric Granoth, Nick Halkias, David Sheehan, Joe D'Eugenio, Bill Gormbard, Bill Halkias,

Andy Lucibello, Joe Villani, Ken Boynton, Michael Dunn and Tasman Fox

### Coming this Month....

- Police Perspectives 11/14
- Paint Along with Me 11/15
- Brain Activity 11/20
- Cooking Demo 11/21



- Healthy Living, Mind, Body & Spirit 11/21
- Veterans Coffee House in Wallingford 11/26
- History of Thanksgiving documentary 11/27

### ***From the Desk of Stefanie***

Happy Veteran's Day and Happy Thanksgiving! In observance of these Holidays, the Senior Center will be closed on Monday, November 11th, Thursday, November 28th and Friday, November 29th.

The annual Medicare open enrollment period began on October 15<sup>th</sup> and ends on December 7<sup>th</sup>. Now is the time to review your Medicare coverage for the 2025 calendar year. The Certified CHOICES Counselors at the Senior Center will be happy to help you review your Medicare coverage and make any necessary changes.

Also, as we head into the colder weather please look for storm closings on our Facebook page and local news channels. Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled our buses and programs are cancelled.

Please note some upcoming changes to our Transportation services beginning in January 2025. On Fridays our buses will no longer go to Southington for medical appointments. Buses will be available starting in January to go to Wallingford for medical appointments on both Wednesdays and Fridays each week.



## TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

November 1, 2024

Happy Veteran's Day and Happy Thanksgiving! In observance of these holidays, the Senior Center will be closed on Monday November 11<sup>th</sup>, Thursday November 28<sup>th</sup> and Friday November 29<sup>th</sup>. Enjoy your holidays!

Below are some other important things to make note of:

- **Now is the time to review your Medicare coverage for the 2025 calendar year. Medicare Open Enrollment begins on October 15<sup>th</sup> and ends on December 7<sup>th</sup>.** The Certified CHOICES counselors at the Senior Center are happy to review your Medicare coverage and answer any questions that you might have.
- **Please note some upcoming changes to our Transportation services beginning in January 2025.** On Fridays, our buses will no longer go to Southington for medical appointments. Buses will be available starting in January to go to Wallingford for medical appointments on both Wednesdays and Fridays each week.
- **As we head into the colder weather, please look for storm closings on our Facebook page and local news channels.** Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled our buses and programs are cancelled.
- **Memory Screenings are now available by appointment.** Please call 203-272-3165 or email [stheroux@cheshirect.org](mailto:stheroux@cheshirect.org) to make your appointment.
- **Connecticut Energy Assistance Program applications are now being accepted at the Human Services office at 14 Wallingford Road.** Please contact 203-271-6690 for details.
- **File of Life packets are available at the Senior Center.** This is a wonderful item to have in the event of an emergency. Please call 203-272-8286 or stop by the Senior Center to learn more about this program or to request a packet.
- **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 speakers 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!
- **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 on Tuesday and Thursday mornings.** 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](http://www.cheshirect.org) and follow us on Facebook.

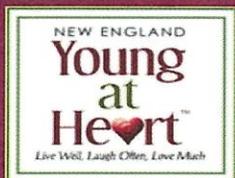
# News From the Senior Center

## 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. **\*\* No Pick-up on 11/27**



Bridge Instruction Class  
Wednesdays  
Nov. 6th, 13th, 20th & 27th 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.

*Just a reminder.....*

**as Winter approaches,** reminder that if Cheshire schools close early, our programs & buses will be cancelled as of Noon. If Cheshire schools have delayed openings, our programs & buses will not start until 10:00am. If Cheshire schools are closed for the day, our programs & buses are cancelled for the day.



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

Healthy Living, Mind, Body and Spirit:  
Managing Relationships  
Thursday, Nov. 21st 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!

NAME \_\_\_\_\_

Payment \_\_\_\_\_

Cheshire Senior Center Menu / Pick up 11-12

Pick Up Nov 6th	Pick Up Nov 13th
<p>Eggplant Parm <input type="checkbox"/>Single__Family</p> <p>Meat Loaf <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Stuffed Shells /Meatballs <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Sausage &amp; Peppers <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p><input type="checkbox"/>Lentil</p>	<p>Swedish Meatballs__Single <input type="checkbox"/>Family</p> <p>Pork Loin <input type="checkbox"/>Single__Family</p> <p>Crab Cakes__Single__Family</p> <p>Tuscan Chicken__Single__Family</p> <p><input type="checkbox"/>Beef Barley</p>
<p>Pick Up Nov 20th</p> <p>Roast Beef <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Lasagna <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Turkey Dinner <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Chicken Parm__Single__Family</p> <p>Minestrone _____</p>	

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

Family Meals are the Main Meal only & serve 2/ \$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](mailto: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.

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

## 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**

## Transportation Changes Beginning January 2025

On Fridays our buses will no longer go to Southington for Medical Appointments. Buses will be available beginning in January to go to Wallingford for Medical Appointments on both Wednesdays & Fridays each week.



## Foxwoods Casino and Outlet trip Friday, December 6th

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.



## Pizza Night and Holiday Lights

*(weather permitting)*

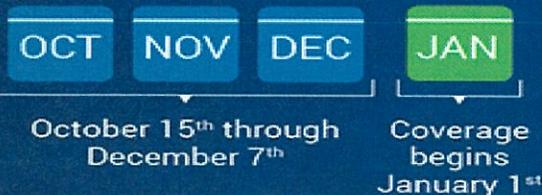
**on Thursday, December 12th at 4:00pm**

Join us for pizza at the Senior Center and then board the bus to see the Holiday Lights. \$10.00 per person for dinner & entrance fee. Space is limited, registration required **by Nov 22nd.**



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

## WHEN and WHAT is Open Enrollment?



## 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

## How to Survive Through the Holidays



In these upcoming months, the holiday season can be quite challenging to many. This may be because for older adults, the holidays can be a stressful time. It is hard to manage self-care through the holidays as everyone is worrying about other things but according to AARP, there are ways to thrive through these troubling times. One way of taking care of yourself during the holidays is nourishing the body through portion control. It is important to make sure that you are eating fruits, whole grains, healthy fats and especially protein in order to have fuel for your body. It is important that one stays hydrated as it helps maintain one's energy and increases alertness. AARP believes staying active such as light yoga or walking can help with the stress. One should be mindful of icy paths and wear non-slip shoes and use a cane and walker if necessary. Not only staying active is important, but also knowing when it is time to relax and unwind is key. Set self-care goals to maintain a healthy balance between stress and feeling relaxed. You should remember to take your medications because the daily routines might be changed during the holidays so it's important to keep the medication schedule.

Maintaining self-care during the holidays will help one survive and even thrive through the holiday season. It is okay to take time for yourself and talk to others if you need help. It can be stressful if one lives alone but there is always someone you can talk to you. For those experiencing loneliness during the holiday season it is important to make community a commitment. This can be done through Zoom or a phone call. Reach out to your peers and neighbors when you can. You can also join group activities such as at a church or here at the senior center. We always have activities so come join us if you are feeling by yourself! Finally, explore new hobbies and other areas of interest that can help you figure out other ways to have self-care through the holidays. These tips serve as a guide to help one combat stress during the holiday season and if you need more help, we are here to help! We hope to see you soon!



Hartford HealthCare 



# CHESHIRE HEALTH & WELLNESS FAIR



## LOCATION:

150 Cook Hill Road, Cheshire, CT

## WHEN:

Thursday, November 7th from 9:00 am - 12:00 pm

## WHAT:

This community event will feature a variety of health and wellness professionals from the Cheshire area. Discover resources in our area, receive free health screenings, and attend a presentation by dementia specialist Mary Underwood about *Exploring Normal vs Concerning Memory Loss* at 11:00 am in Nelson Hall at Elim Park.

+ + + + +  
This event is free to attend!



# November Programs

Call 203-272-8286 or email [LGravel@cheshirect.org](mailto:LGravel@cheshirect.org) to register

## Monthly Programs

### Monthly Reflexology with Kim Monday, November 4th



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 Readers Book Club

**\*\* NEW START TIME \*\***

Tuesday, Nov. 19th at 11:00am



Book choice for discussion is "Tom Lake" By Ann Patchett

*New members welcome!*

### Sit Down with Stefanie

Wednesday, Nov. 20th at 11:00am

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

### Cheshire Sherlock Holmes Society

Thursday, Nov. 21st  
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](mailto:tranquilli@hotmail.com)

## Special Programs

### Afternoon Movie Matinee Thursday, Nov. 7th at 1:00pm



Join us for the oldie but goodie - **Hannah and Her Sisters**. Three successive family Thanksgiving dinners mark time for Hannah (Mia Farrow), her younger sisters Lee (Barbara Hershey) and Holly (Dianne Wiest) and the men (Michael Caine, Max von Sydow & Woody Allen) in their lives. Registration is required, this movie is rated PG-13 and is 1 hour 42 minutes long.



### Trip Presentation

Tuesday, November 12th  
at 10:30am

Tracy O'Neill from Collette travel will join us to talk about our upcoming trip "Spotlight on South Dakota". Come hear and see all the wonderful highlights of this trip. Registration is requested.

### Police Perspectives: Intro to Senior RAD

Thursday, Nov. 14th at 1:00pm



This month we will be talking with members of the Cheshire Police Department about the Senior RAD Program for self defense and personal safety. Sign up today.

*You will also be able to dispose of unused prescription medications in original containers (no sharps).*



### Afternoon Craft

Thursday, Nov. 14th at 1:30pm

Join us for an easy fun fall craft. Cost \$5.00 all supplies provided. Space is limited. Payment is required with registration.

### Home for the Holidays - The History of Thanksgiving Documentary Wednesday, Nov. 27th at 1:00pm



Register today!

# THANKS GIVE

# NOVEMBER ACTIVITY CALENDAR

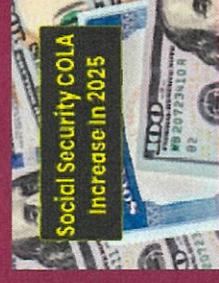


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN	
<p><b>Please Note:</b></p> <p>Listings in Green are paid programs / classes</p>	<p><b>4</b></p> <p>Reflexology Sessions by appointment only</p> <p>10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p><b>5:00 Yoga for Stress Relief</b></p>	<p><b>5</b></p> <p><b>9:30 Zumba Gold</b></p> <p>Moderate Exercise-Drop In</p> <p><b>10:30 Powerful Tools for Caregivers</b></p> <p><b>11:00 Intermediate Spanish</b></p> <p>1:00 Bingo</p> <p><b>1:00 Chair Yoga</b></p>	<p><b>6</b></p> <p>9:00-11:00 Arts &amp; Craft drop in</p> <p><b>9:30 NO Pilates</b></p> <p>10:00 Wii Bowling</p> <p><b>10:30 NO Barre</b></p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p><b>11:00 Beginner Spanish</b></p> <p><b>11:30 NO Get Fit with Brenda</b></p> <p>12:30 Mah Jongg</p> <p>1:00 Knit &amp; Crochet Together</p> <p><b>1:30 Discover Italian Culture</b></p>	<p><b>7</b></p> <p>9:45 Blood Pressure Screening</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p><b>12:15 Gentle Therapeutic Exercises with Kim</b></p> <p>1:00 Scrabble</p> <p><b>1:00 Afternoon Movie Matinee</b></p>	<p><b>8</b></p> <p><b>9:00 Silver Street Glass Blowing Trip &amp; Lunch</b></p> <p><b>10:00 Chorus</b></p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	<p>Sat. 2</p> <p><b>10:00 Chorus</b></p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>
<p><b>11</b></p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p> 	<p><b>12</b></p> <p><b>9:30 Zumba Gold</b></p> <p>Moderate Exercise-Drop In</p> <p><b>10:30 Spotlight on South Dakota Trip Presentation</b></p> <p>Powerful Tools for Caregivers</p> <p><b>11:00 Intermediate Spanish</b></p> <p>1:00 Bingo</p> <p><b>1:00 Chair Yoga</b></p>	<p><b>13</b></p> <p>9:00-11:00 Arts &amp; Craft drop in</p> <p><b>9:30 Pilates</b></p> <p>10:00 Wii Bowling</p> <p><b>10:30 Barre</b></p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p><b>11:00 Beginner Spanish</b></p> <p><b>11:30 Get Fit with Brenda</b></p> <p>12:30 Mah Jongg</p> <p>1:00 Knit &amp; Crochet Together</p> <p>1:00 Memory Screens</p> <p><b>1:30 Discover Italian Culture</b></p>	<p><b>14</b></p> <p>Pathway through Grief</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p><b>12:15 Gentle Therapeutic Exercises with Kim</b></p> <p>1:00 Scrabble</p> <p><b>1:00 Police Perspective</b></p> <p><b>1:30 Afternoon Craft</b></p>	<p><b>15</b></p> <p><b>10:00 Chorus</b></p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p><b>10:30 Balance Screenings</b></p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p> <p><b>1:00 Paint Along with Me</b></p>	<p>Sat. 16</p> <p><b>10:00 Chorus</b></p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p><b>10:30 Balance Screenings</b></p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p> <p><b>1:00 Paint Along with Me</b></p>	
					<p>Sun. 3</p> <p><b>10:00 Chorus</b></p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	
					<p>Sun. 10</p> <p><b>10:00 Chorus</b></p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	
					<p>Sat. 9</p> <p><b>9:00 Silver Street Glass Blowing Trip &amp; Lunch</b></p> <p><b>10:00 Chorus</b></p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	
					<p>Sun. 17</p> <p><b>10:00 Chorus</b></p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p><b>10:30 Balance Screenings</b></p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p> <p><b>1:00 Paint Along with Me</b></p>	

<p>18 10:30 Fun Dancing 12:30 Canasta 5:00 <b>Yoga for Stress Relief</b></p>	<p>19 9:30 <b>Zumba Gold</b> 10:30 <b>Powerful Tools for Caregivers</b> Moderate Exercise-Drop In Cheshire Readers Book Club 11:00 <b>Intermediate Spanish</b> 1:00 Bingo 1:00 <b>Chair Yoga</b></p>	<p>20 9:00-11:00 Arts &amp; Craft drop in 9:30 <b>Pilates</b> 10:00 Wii Bowling 10:30 <b>Barre</b> 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 Sit Down with Stefanie 11:00 <b>Beginner Spanish</b> 11:30 <b>Get Fit with Brenda</b> 12:30 Mah Jongg 1:00 Knit &amp; Crochet Together 1:30 <b>Discover Italian Culture</b> 1:30 <b>Brain Activity Group</b></p>	<p>21 10:30 Pathway through Grief 10:30 Moderate Exercise-Drop In 10:30 <b>Healthy Living, Mind, Body &amp; Spirit</b> 11:00 Technology Help 12:15 <b>Gentle Therapeutic Exercises with Kim</b> 1:00 Cheshire Sherlock Holmes Society 1:00 <b>Scrabble</b> 1:30 <b>Cooking Demo</b></p>	<p>22 10:00 <b>Chorus</b> 10:00 Beginner Italian 10:15 Golf card game 10:30 <b>Tai Chi Easy</b> 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sat. 23  Sun. 24</p>
<p>25 10:30 Fun Dancing 12:30 Canasta</p>	<p>26 9:30 <b>Zumba Gold</b> 10:00 Veterans Coffee House at Wallingford Senior Center 10:00 Probate Q &amp; A 10:30 <b>Powerful Tools for Caregivers</b> Moderate Exercise-Drop In 11:00 <b>Intermediate Spanish</b> 1:00 Bingo 1:00 <b>Chair Yoga</b></p>	<p>27 9:00-11:00 Arts &amp; Craft drop in 9:30 <b>Pilates</b> 10:00 Wii Bowling 10:30 <b>Barre</b> 11:00 Nickel, Nickel 11:00 NO Generations Table 11:00 <b>Beginner Spanish</b> 11:30 <b>Get Fit with Brenda</b> 12:30 Mah Jongg 1:00 NO Knit &amp; Crochet Together 1:00 <b>Thanksgiving Documentary</b> 1:30 <b>Discover Italian Culture</b> 2:45 PTC Support Group</p>	<p>28  29  30</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p> 	

## Social Security Announces 2.5 Percent Benefit Increase for 2025

Social Security benefits and Supplemental Security Income (SSI) payments will increase 2.5% in 2025. On average, Social Security retirement benefits will increase by about \$50 per month starting in January. Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment (COLA) beginning in January 2025. Increased payments to people receiving SSI will begin on December 31, 2024.



Medicare Open Enrollment: Now until December 7th, for Coverage starting Jan. 1st  
Contact Andrea at the Senior Center for an appointment at 203-272-8030  
to review your Medicare coverage & make any necessary changes for 2025.

# Sign up today for these upcoming programs....



## Cooking Demo: Fall Favorites Re-imagined Thursday, Nov. 21st at 1:30pm

Join Jessica Dorner, Registered Dietitian for a fun and informative cooking demonstration. Jessica will demonstrate new ways to make and prepare a few popular Fall recipes. Attendees will be able to sample each recipe and take home copies of the recipes as well as healthy handouts. Registration is required.

## Paint Along with Me Friday, November 15th at 1:00pm



Join us as Megan Jeffery leads another "Paint Along With Me" program. You will be painting an 11x14 acrylic autumn themed painting consisting of Pumpkins and Autumn leaves. Step by step instruction will be given. No painting experience necessary. All supplies will be provided. Cost is \$5.00. Space is limited, payment is required with registration.

## Home for the Holidays - The History of Thanksgiving



Wednesday, November 27th at 1:00pm

Join us for an Afternoon documentary on the History of Thanksgiving. From the Pilgrims at Plymouth Rock to Lincoln's 1863 declaration naming it a national holiday, to turkey, parades and football, we'll share an abundant feast of Thanksgiving history.

HOME FOR THE HOLIDAYS  
THE HISTORY OF  
**THANKSGIVING**

This documentary is 50 minutes long. Register today!

## Healthy Living, Mind, Body and Spirit: Managing Relationships



Thursday, November 21st 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!



Blood Pressure - Nov. 14th Drop In between 9:45-11:15am

Balance Screenings - Nov. 15th  
10:30am-12:30pm, by appointment



## Knit & Crochet Together

Wednesdays at 1:00pm  
\*\* No group on 11/27 \*\*

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.



## Brain Activity Group

Wednesday, Nov. 20th at 1:30pm

This month we will be putting our brains to the test with Fun Games. 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, Nov. 26th at 10:00am



## 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!

ARE YOU CONCERNED?  
ABOUT MEMORY LOSS?



Memory Screenings  
with Stefanie are available by appointment, please call 203-272-3165 or email [stheroux@cheshirect.org](mailto:stheroux@cheshirect.org) to make your appointment.



***Do you love the theater?***

**Do you picture yourself on stage?**

**Were you ever involved in theater and wish you could perform again?**

**Or are you just curious about all things theatrical?**

**If you answered **YES** to any of those questions, then why not join us for our **free** theater workshop?**

**We meet at 10:30 am every Friday at the  
Cheshire Senior Center  
STARTING JANUARY 10, 2025**

Free to members

Membership for Cheshire residents is only \$5-  
\$10 for non-residents

Please call the senior center at 203-272-8286 to register.

**Email Lynne Gannon at  
[lynne.gannon@gmail.com](mailto:lynne.gannon@gmail.com) with any questions.**

# Cheshire/Wallingford Senior Center Holiday Party

Friday, December 13, 2024

11:30 a.m. – 3:30p.m.

Cascade

480 Sherman Ave, Hamden, 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**

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**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.**

## "A Pathway Through Grief"

This program is for those who have lost a loved one or dear friend. This program affords one the opportunity to share and discuss those issues that are of greatest concern at this time. It is intended to help you understand your emotions and problems; support and comfort for those who have shared the same experiences and to cope within the mainstream society. Through our journey together, you will discover that life can be satisfying, rewarding and full of joy.

*If you have had a recent or previous loss and are having difficulty coping, please join us.*



**Thank you to Alderson-Ford Funeral Homes, Inc.** for offering this bereavement support program at no charge to participants.

**Thursdays: 10:30am to 12:00pm at Cheshire Senior Center  
November 14th thru January 2nd (no class 11/28 or 12/26)**

Facilitators will be: **Bob Havens and Catherine Szerszen**

To sign up please RSVP to: **Bob Havens (860)480-1655 or havensvo67@aol.com**

**MEDICARE**  
OPEN ENROLLMENT

**OCTOBER 15th**  
TO  
**DECEMBER 7TH**



**Veteran's Coffee House**  
**Tuesday, November 26th**  
**Coffee starts at 9:30am, speaker**  
**starts at 10:00am @ Wallingford**  
**Senior Center 238 Washington St.**

**Cheshire members are encouraged to attend the meeting in Wallingford.**

### Balance Screenings

Friday, Nov. 15th from 10:30am to 12:30pm

Connect Physical Therapy will be here to offer participants 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!



## **Cheshire Senior Center - Travel Opportunities:**

### 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

### 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 \*\***

### Pizza Night and Holiday Lights

*(weather permitting)*

**on Thursday, December 12th**  
**at 4:00pm**

Join us for pizza at the Senior Center and then board the bus to see the Holiday Lights. \$10.00 per person for dinner & entrance fee. Space is limited, registration required by Nov 22nd.



Check back here for more Travel Opportunities coming soon or on our Travel Wall, near the Admin Offices at the Senior Center.

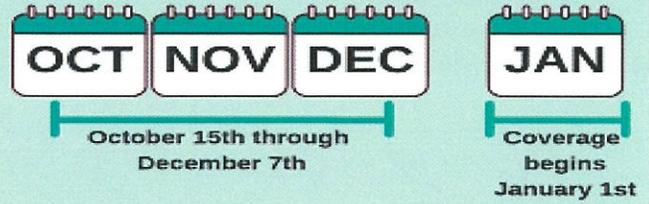


**Holiday Jingle Mingle with Sal**  
**Wednesday, December 4th at 1:30pm**

Join us for an afternoon of Holiday cheer and light refreshments as we celebrate the Holiday season with a performance by Sal Anastasio. Registration required, by December 2<sup>nd</sup>



**MEDICARE OPEN ENROLLMENT PERIOD**



**Cheshire / Wallingford Senior Center Holiday Party**

**Friday, December 13th**  
**11:30am to 3:30pm**  
 at Cascade  
 480 Sherman Ave Hamden  
**More information on insert, sign up by Dec. 2nd!**



**Senior Bingo at St. Bridget of Sweden Church**

**Monday, December 2nd**  
 starts at 7:00pm,  
 doors open at 6:30pm

The Women's Society of St. Bridget of Sweden is hosting a Senior Bingo night in the Parish Hall. All are welcome, bingo prizes will be awarded, there will be a raffle, dessert & coffee. This is a free event. No Registration needed for this event. Limited bus transportation available, call 203-272-0047.

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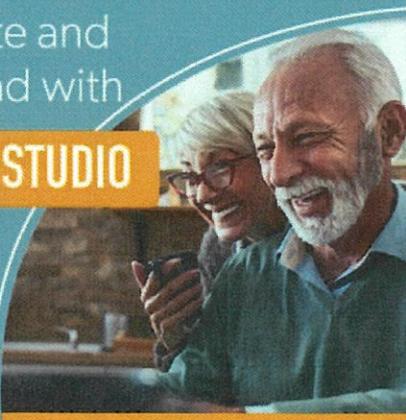
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**CHESHIRE SENIOR CENTER  
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CHESHIRE, CT 06410**

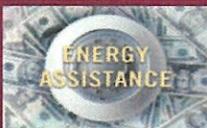
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### **Human Services—Adopt a Family Holiday Program Donations:**



The Holiday Season is fast approaching and will be here before we know it! The Human Services Department will be continuing our Annual Adopt a Family Holiday Program.

We understand that many of you prefer to donate gifts and toys, but in consideration of families and the importance of choice, we are asking for gift card donations which we will distribute to Cheshire families facing financial hardship during the Holidays. Several popular retailers are: Target, Walmart, Marshalls, Dunkin, Kohl's, Amazon, Stop & Shop and Big Y, and of course, we always encourage supporting Cheshire's local businesses. We are so grateful to be a part of such a generous and compassionate community. Please contact Kristen Cherry at Cheshire Human Services at 203-271-6690 with any questions you may have. We thank you for your understanding and kindness during this challenging time.



### **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.**