



CHESHIRE SENIOR CENTER FRONT PORCH NEWS DECEMBER 2024



Cheshire Senior Center 240 Maple Avenue, Cheshire, CT 06410

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

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

www.cheshirect.org/senior-services



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*Kick off the Season on
December 4th:*

Holiday Jingle Mingle
with Sal

at 1:30pm with
refreshments

**Jingle
Mingle**



Holiday
Chorus
Concert



Friday,
December 20th at
10:30am with
refreshments to follow

From the Desk of Stefanie

Happy Holidays! Wishing you and your family a very happy holiday season. In observance of the Holiday Season, the Senior Center will be closed on Tuesday, December 24th, Wednesday, December 25th and Wednesday, January 1st. This month we have many celebrations taking place at the Senior Center. Join us for our annual holiday Jingle Mingle with Sal, Gingerbread House Making, our Holiday Party at Cascade, and the Keynote Singers Holiday Chorus Concert.

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.

Save the date! Our Winter Session exercise class registration begins on December 16th at 8:30am. We have some changes to our classes and refund policies starting this session. Please see the new class schedule for details.

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**

December 1, 2024

Happy Holidays! We wish you and your family a wonderful Holiday Season. In observance of the winter holidays, the Senior Center will be closed on Tuesday, December 24th, Wednesday, December 25th and on Wednesday, January 1st. Enjoy your holidays!

Below are other important things to make note of:

- **The Foxwoods Casino and Outlet trip scheduled for Friday, December 6th has been cancelled.** We apologize for any inconvenience that this may cause.
- **Fun Dancing Classes are on hold until further notice.** We apologize for the inconvenience.
- **Please note the 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. Additionally, the transportation schedule is created in the afternoon prior to the scheduled pick-up day. **The dispatcher will always call you in the afternoon with your scheduled pick-up time.** Thank you for being mindful of this.
- **Our Winter Class Schedule begins next month and please note that no refunds will be given for exercise classes after the first week of classes.** We encourage members to take a free sample class prior to registering for any new class. Class credit will be given on a case-by-case basis. Thank you for your understanding.
- **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 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 stop at the front desk 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 and follow us on Facebook.



Cheshire Police

Community Service Bulletin



The Cheshire Police Department would like to make the public aware of several common scams that have victimized and defrauded Cheshire residents in the past three months. In total, three residents have collectively lost \$169,000 to predators targeting them using scams. In the three recent cases, the victims were aged 67, 79, and 81. The criminals responsible for these scams are known to target senior citizens.

In September, a resident was targeted using the “grandparent” scam. The victim received a phone call from a person claiming to be her grandson saying that he was involved in a car accident and had injured a pregnant woman. The “grandson” told the victim that his attorney would be calling her with further information. The perpetrator, posing as the grandson’s lawyer, told the victim that \$25,000 was needed to bail her grandson out of jail. The victim was instructed to withdraw the money from her bank so it could be picked up by a “bail bondsman”. The victim complied with the instructions and provided \$25,000 in cash to a person who came to her residence. Later that same day, the same perpetrator called the victim back, told her that her grandson had been rearrested for talking about his case after being released, and that an additional \$20,000 cash was needed to secure his release. The victim complied with the second demand also. In both instances, the victim was questioned by a bank employee about the large cash withdrawals. The scammers told the victim that this may happen and instructed her to tell the bank that she was buying a car for her grandson. After the second cash payment had been picked up, the victim called her grandson and learned that he was fine and that she was the victim of a scam.

Scams like this are becoming increasingly sophisticated using artificial intelligence (AI). Some reporting indicates that AI is being used to mimic the voice of the loved one who is allegedly in trouble.

The two incidents that occurred in November are variations on the “technical support” scam where predators pretend to be technical support employees of known companies who can help with a computer problem. In one case, the victim used a common online search portal to contact technical support for her computer. The website she located was designed to look like a legitimate technical support provider for a well know technology company. In fact, it was a fake site run by scammers who stole \$95,000 from the victim. The second case involved a victim who clicked on a “pop-up” message on her computer claiming that her anti-virus protection had expired. The link lead to scammers who ultimately stole \$29,000 from the victim.

These scams are also becoming more sophisticated. The victims received official looking, but false, correspondence claiming to be from the Federal Trade Commission and the United States Treasury Department. The letters had names and official sounding titles and in one case the victim spoke on the phone multiple times with a person claiming to be a “fraud investigator”.

There are two major red flags that should make anyone suspicious. The first is providing usernames and passwords or other information that a third party can use to access your computer and accounts remotely. The second is any request or instruction that you withdraw cash or precious metals like gold or silver to make a payment or secure your funds.



Cheshire Police

Community Service Bulletin



As the criminal organizations behind these scams have become more sophisticated, so has the law enforcement and private sector response. Law enforcement has become more adept at recovering money that is being transferred through electronic means. That is why scammers often insist that cash or precious metals are the only way to complete the fraudulent transactions. Retail and financial sector employees have been trained to spot potential scams victimizing their customers, such as large cash withdrawals or large purchases of gift cards. That is why scammers provide victims with reasons to support their activity, such as one of the Cheshire victims telling the bank employee that she was buying a car for her grandson.

If you have any doubt about the validity of solicitation you receive, please do not hesitate to contact the Cheshire Police Department or a trusted family member to discuss the issue before engaging in any financial transaction.

The following bulletin was produced by the FBI that contains further information about common criminal scams.



Public Service Announcement

FEDERAL BUREAU OF INVESTIGATION



**Alert Number: I-012924-PSA
January 29, 2024**

Scammers Use Couriers to Retrieve Cash and Precious Metals from Victims of Tech Support and Government Impersonation Scams

The FBI is warning the public about scammers instructing victims, many of whom are senior citizens, to liquidate their assets into cash and/or buy gold, silver, or other precious metals to protect their funds. Criminals then arrange for couriers to meet the victims in person to pick up the cash or precious metals. From May to December 2023, the FBI Internet Crime Complaint Center (IC3) saw an uptick in this activity with aggregated losses of over \$55 million.

Step 1: Scammers Instruct Victims to Liquidate Assets into Cash and/or Buy Precious Metal

Scammers pose as tech support or US government officials. Scammers sometimes use a multi-layered approach, posing, in succession, as a technology company, a financial institution, and a US government official (e.g., [the "Phantom Hacker" scam](#)). Scammers inform victims their financial accounts were hacked or are at risk of being hacked, and, as a result, their funds need to be protected. Scammers instruct victims to liquidate their assets into cash and/or purchase gold, silver, or other precious metals. Sometimes, scammers instruct victims to wire funds to a metal dealer who will ship the precious metals to victims' homes.

Step 2: Scammers Use Couriers to Retrieve Cash and/or Precious Metals from Victim

Once victims obtain the cash and/or precious metals, the scammers send couriers to retrieve the items at victims' homes or public locations. Scammers may direct victims to authenticate the transaction with the courier using a passcode, such as the serial number of a US dollar bill. Scammers tell victims they will safeguard the assets in a protected account on behalf of the victims. In reality, victims never hear back from the scammers and lose all their money.

TIPS TO PROTECT YOURSELF

- The US Government and legitimate businesses will never request you purchase gold or other precious metals.

- Protect your personal information. Never disclose your home address or agree to meet with unknown individuals to deliver cash or precious metals.
- Do not click on unsolicited pop-ups on your computer, links sent via text messages, or email links and attachments.
- Do not contact unknown telephone numbers provided in pop-ups, texts, or emails.
- Do not download software at the request of unknown individuals who contact you.
- Do not allow unknown individuals access to your computer.

REPORT IT

The FBI requests victims report these fraudulent or suspicious activities to the FBI IC3 at www.ic3.gov as quickly as possible. Be sure to include as much transaction information as possible:

- The name of the person or company that contacted you.
- Methods of communication used, including websites, emails, and telephone numbers.
- Any bank account number(s) to which you wired funds and the recipient name(s).
- The name and location of the metal dealer company and the account to which you wired funds, if you were instructed to buy precious metals.

Victims aged 60 or over who need assistance with filing an IC3 complaint, can contact the DOJ Elder Justice Hotline, 1-833-FRAUD-11 (or [833-372-8311](tel:833-372-8311)).

For additional information on similar scams or fraudulent activity, please see the previous Public Service Announcements:

- [IC3 | "Phantom Hacker" Scams Target Senior Citizens and Result in Victims Losing their Life Savings](#)
- [IC3 | Technical and Customer Support Fraud](#)
- [IC3 | Increase in Tech Support Scams Targeting Older Adults and Directing Victims to Send Cash through Shipping Companies](#)
- [IC3 | Scammers Using Computer-Technical Support Impersonation Scams to Target Victims and Conduct Wire Transfers](#)



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 12/25 or 1/1**



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.

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.

Limited Space is available, Senior Center members only, register today!



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.

NAME _____

Payment _____

Cheshire Senior Center Menu / Pick up 11-12

Pick Up Dec 4th	Pick Up Dec 11th
<p>Eggplant Parm <input type="checkbox"/>Single <input type="checkbox"/>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>Vegetable Lasagna <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p><input type="checkbox"/>Lentil</p>	<p>Lasagna <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Stuffed Peppers <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Roast Beef <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Tuscan Chicken <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p><input type="checkbox"/>Beef Barley</p>
<p>Pick Up Dec 18th</p> <p>Sausage & Peppers <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Pork Loin <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Swedish Meatballs <input type="checkbox"/>Single <input type="checkbox"/>Family</p> <p>Eggplant Parm <input type="checkbox"/>Single <input type="checkbox"/>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 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.

Cheshire Senior Center & Transportation Services are CLOSED on:



Tuesday, December 24th & Wednesday, December 25th and Wednesday, January 1st.

Please call by 11:00am on Monday,

December 23rd for rides on Thursday, December 26th.

Also, please call by 11:00am on Tuesday, December 31st for rides on Thursday, January 2nd.



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.

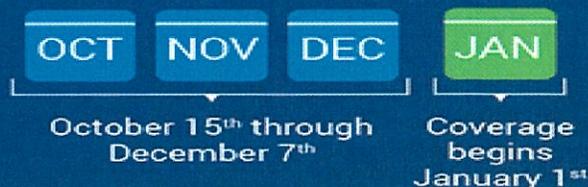


If you are interested in learning more about any benefits you might be eligible for please call Andrea Sidoruk, Senior Services Social Worker at 203-272-8030

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?



Falls Prevention Management for Older Adults

Falls are progressively problematic for an aging society. Falls are a threat to the health of older adults and can reduce their ability to remain independent. However, falls don't have to be inevitable as you age. You can reduce your chance of falling or help a loved one prevent falls. There are proven ways to reduce and prevent falls, even for older adults. Each year, approximately 20–30 percent of injuries and 10–15 percent of emergency room visits worldwide are the result of falls. A growing number of older adults (65 years of age and older) fear falling and as a result, limit their activities and social life. This can result in further physical decline, depression, social isolation and feelings of helplessness.

Stay active and prevent falls.

Older adults and anyone with balance issues or at risk of falling can take a variety of steps to improve their physical health and well-being to stay active and prevent falls. The tips and strategies below can help prevent falls and advise you on what to do in the event you have fallen.

Improving Balance with Exercise

Exercise can be one of the most effective ways to improve your balance. Any simple movement that develops strength in the lower limbs may be worthwhile. Beyond losing weight, exercise can also help enhance joint flexibility, develop muscle and improve coordination. Before starting, be sure to speak with your physician, a physical therapist, or a trainer at a gym to advise you on what particular techniques to focus on.

Preventative Measures at Home

It's important to identify any safety hazards at home and make the changes or modifications required to prevent falls. To make your home safer, you can: use nonslip mats in the bathtub or shower, or a bath seat. Repair loose, wooden floorboards and carpeting; eliminate throw rugs or secure them with slip-resistant backing. Move tables, racks, plants and other objects away from commonly-used areas. Keep electrical and phone cords away from walkways and make clear paths to light switches.

Risk factors for falls among older adults can include environmental hazards, medication interactions, and physical inactivity. Strategies to prevent falls include home safety assessments to identify and correct injury hazards, provision of safety supplies, fall prevention seminars and exercise classes, medication safety reviews, and training for service providers. Preventing falls is the most effective means of treating them.

References: Albert, S. M., King, J., Boudreau, R., Prasad, T., Chyongchiou J. Lin, & Newman, A. B. (2014). Primary Prevention of fall: Effectiveness of a Statewide Program. *American Journal of Public Health, 104*(5), e77–e84. <https://doi.org/scsu.idm.oclc.org/10.2105/AJPH.2013.301829> Ott, L. D. D. (2017). An Andragogic Approach to Fall-prevention Education for the Elderly in Community-based Settings. *International Journal of Aging & Society, 7*(3), 1–8.

Connecticut Original Medicare 2025 Cost-Sharing

Medicare Part A (Inpatient Hospital Coverage)

Deductible

Per Benefit Period Deductible:	\$1,676 per benefit period
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Hospitalization Copays

Days 1-60	\$0 per day
Days 61-90	\$419 per day
Days 91-150	\$838 per day

Skilled Nursing Facility Copays

(After a 3-day qualifying in-patient hospitalization stay)	
Days 1-20	\$0 per day
Days 21-100	\$209.50 per day
Days 100 +	NO Medicare Coverage

Part A Premium

40+ work quarters	\$0
30-39 work quarters	\$285 per month
Fewer than 30 work quarters	\$518 per month

Medicare Part B (Medical Coverage)

Deductible:

Annual Deductible:	\$257 per year
After Deductible, Medicare pays 80% for most covered services	

Part B Premium:

Standard Premium	\$185 per month
Individuals who earn more than \$106,000 per year or married couples who earn more than \$212,000 per year will pay higher Medicare Part B premiums. Contact CHOICES for more information.	



Connecticut Original Medicare 2025 Cost-Sharing

Medicare Supplemental Plans (also known as MediGap)

Consider purchasing a Medicare Supplemental plan (sold by private insurance companies at an additional monthly cost) to help pay Part A and Part B deductibles, copays, and co-insurance. Plans range in coverage and monthly premiums. Please call CHOICES to compare Medigap plan options.

Medicare Part D

Consider purchasing a Medicare Part D plan (drug coverage) to help pay for prescriptions if *you do not have other creditable drug coverage*. Failure to enroll in a Medicare Part D plan when eligible may result in lifetime late enrollment penalties.

In 2025, there are **16 standalone prescription drug plans** sold in CT, ranging in monthly premiums from **(\$12.40-\$190.80)** and yearly deductibles **(\$0 - \$590)**. Please call CHOICES for more information.

Need help paying for Medicare costs?

There is help to pay for Medicare premiums and cost-sharing for those whose income falls below a certain amount. If your monthly income falls below **\$3,088** for an individual or **\$4,191** for a couple*, you may qualify for the Medicare Savings Program. If you are still working, you may be able to earn more and still qualify. The **Medicare Savings Program** assists individuals with paying the monthly Medicare Part B premium, and may also pay for co-insurance, deductibles, and other Medicare cost-sharing under Medicare Part A and Part B. It also provides financial assistance with Medicare Part D drug costs, through the **Low-Income Subsidy/Extra Help** program. Please call CHOICES for more information.

** MSP income limits effective 3/1/24-2/29/25.*

Need more help understanding Medicare benefits?

Call your local Area Agency on Aging at **1-800-994-9422** and ask to speak with a CHOICES Counselor. CHOICES Counselors help Connecticut's older adults and other people with Medicare understand their Medicare coverage and healthcare options. CHOICES Counselors are highly trained in the field of Medicare eligibility and options and will provide you information *free of charge*. CHOICES counselors do not sell insurance; however, they can provide you the information you need to make an informed decision on your Medicare options.



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December Programs

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

Monthly Programs

Monthly Reflexology with Kim

Monday, December 2nd



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 Tuesday, December 17th at 11:00am



Book choice for discussion is "Absolution" By Alice McDermott

New members welcome!

Happy
Holidays

Sit Down with Stefanie

Tuesday, December 17th 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, December 19th
at 1:00pm



Join us and please read *Moriarty* by Anthony Horowitz for discussion. *New members, visitors & guests are always welcome.* For additional information contact Andy Tranquilli at tranquilli@hotmail.com

Special Programs

Holiday Card Placemat Craft

Monday, December 16th
at 1:00pm

Come make one of these festive placemats for an easy fun way to decorate your holiday table. Cost \$3.00, all supplies will be provided. Space is limited Registration is required.



Gingerbread House Making Thursday, December 19th at 1:30pm

Join us as we create our own individual Gingerbread House to then take home and share with family & friends. Cost \$5.00 All supplies will be provided. Space is limited and registration is required.



Chorus Holiday Concert Friday, December 20th at 10:30am

Join us as the Keynote Singers perform their Holiday Concert. Refreshments will be served. Registration is requested.



Afternoon Movie Matinee Thursday, December 23rd at 1:30pm

Join us for A Christmas Story Christmas; Ralphie Comes Home. The family comedy "A Christmas Story Christmas" is the long-awaited follow-up to annual holiday favorite, "A Christmas Story." This time, Ralphie is all grown up and must deal with Christmas and all that comes with it... as a dad. Peter Billingsley returns to the role that has made kids of all ages anticipate Christmas morning like no other. Starring- Peter Billingsley, Erin Hayes and River Drosche. 1:38mins (PG) Register today.



DECEMBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>2</p> <p>Reflexology Sessions by appointment only</p> <p>10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p>7:00 Senior Bingo at St. Bridget</p>	<p>3</p> <p>9:30 Zumba Gold</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Intermediate Spanish</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p>	<p>4</p> <p>9:00-11:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>Generations Table pickup</p> <p>11:00 Beginner Spanish</p> <p>11:30 Get Fit with Brenda</p> <p>12:30 Mah Jongg</p> <p>1:00 Knit & Crochet Together</p> <p>1:30 Discover Italian Culture</p> <p>1:30 Holiday Jingle Mingle with Sal</p>	<p>5</p> <p>10:30 Moderate Exercise-Drop In</p> <p>10:30 Pathway through Grief</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p>	<p>6</p> <p>9:00 Casino trip</p> <p>10:00 Chorus</p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</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. 1</p>
<p>9</p> <p>10:30 Fun Dancing</p> <p>12:30 Canasta</p>	<p>10</p> <p>9:30 Zumba Gold</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Intermediate Spanish</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p>	<p>11</p> <p>9:00-11:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>Generations Table pickup</p> <p>11:00 Beginner Spanish</p> <p>11:30 Get Fit with Brenda</p> <p>11:30 Veterans Coffee House</p> <p>Holiday Lunch at Wallingford Senior Center</p> <p>12:30 Mah Jongg</p> <p>1:00 Knit & Crochet Together</p> <p>1:30 Discover Italian Culture</p>	<p>12</p> <p>9:45 Blood Pressure Screening</p> <p>10:30 Moderate Exercise-Drop In</p> <p>10:30 Pathway through Grief</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p> <p>4:00 Pizza & Holiday Lights</p>	<p>13</p> <p>10:00 Chorus</p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>11:00 Advanced Italian</p> <p>11:30 Holiday Party at Cascade in Hamden</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p> 	<p>Sat. 14</p> <p>Sun. 15</p>

<p>16 8:30 Winter Class Registration starts 10:30 Fun Dancing 12:30 Canasta 1:00 Holiday Card Placemat Craft</p>	<p>17 10:00 Probate Q & A 10:30 Moderate Exercise-Drop In 11:00 Cheshire Readers Book Club 11:00 Sit Down with Stefanie 1:00 Bingo 1:00 Chair Yoga</p> 	<p>18 9:00-11:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 2:45 PTC Support Group</p>	<p>19 10:30 Moderate Exercise-Drop In 10:30 Pathway through Grief 10:30 Healthy Living, Mind, Body & Spirit 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Cheshire Sherlock Holmes Society 1:30 Gingerbread House Making</p>	<p>20 10:15 Golf card game 10:30 Chorus Holiday Concert 10:30 Balance Screenings 12:30 NO Set Back 12:30 NO Bridge 1:00 NO Discussion Group</p> <p>Senior Center Closing at 12:00pm</p> <p>Sat. 21</p>
<p>23 10:30 Fun Dancing 12:30 Canasta 1:30 Afternoon Movie Matinee</p>	<p>24 SENIOR CENTER CLOSED FOR HOLIDAY</p> 	<p>25 SENIOR CENTER CLOSED FOR HOLIDAY</p> 	<p>26 10:30 NO Pathway through Grief 10:30 NO Moderate Exercise 11:00 Technology Help 1:00 Scrabble</p> 	<p>27 10:00 NO Chorus 10:15 Golf card game 12:30 Set Back 12:30 Bridge 1:00 Discussion Group 1:30 New Years Eve Party</p> <p>Sat. 28</p>

30
10:30 Fun Dancing
12:30 Canasta

31
10:30 Moderate Exercise-Drop In
1:00 Bingo

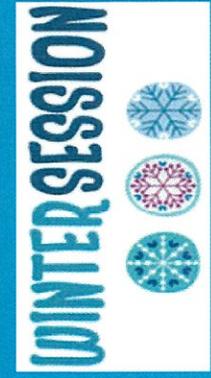


Please Note:
Listings in Green are paid programs / classes



Winter Class Registration—Monday, December 16th starting at 8:30am

See insert for class listings & information about our updated refund policy.



Reminder: Call in to the Transportation Office at 203-272-0047 by 11:00am on Monday, December 23rd for rides on Thursday, December 26th & by 11:00am on Tuesday, December 31st for rides on Thursday, January 2nd.

2025 Winter Class Schedule

Registration will begin on Monday, December 16th at 8:30am

Classes begin the week of January 6th. Classes end the week of March 10th.

CLASS	DAYS	TIME	# OF CLASSES	MEMBER FEE	INSTRUCTOR
Barre Class	Wednesday	10:30 - 11:15 am	10	\$35.00	Brenda Martin
A workout technique inspired by ballet and Pilates. This full body workout also develops agility and flexibility.					
Chair Yoga	Tuesday	1:00 - 1:45 pm	10	\$35.00	Helene Korchin
Improve Balance, Strength and Inner Peace. Please bring own Yoga Mat					
Discover Italian	Wednesday	1:30 - 2:30 pm	10	\$40.00	Anna Sincavage
Discover the Languages, Traditions, Customs, Foods and Rituals of Italy.					
Gentle Therap.	Thursday	12:15 - 1:15pm	10	\$40.00	Kim Stewart
Easy exercise movements to help increase ROM, balance, flexibility and strength. Includes a hand Reflexology Session.					
Get Fit with Brenda	Wednesday	11:30 am - 12:15 pm	10	\$35.00	Brenda Martin
Improve balance, eye-hand coordination and flexibility.					
Pilates	Wednesday	9:30 - 10:15 am	10	\$35.00	Brenda Martin
Improve overall endurance and flexibility through core strengthening.					
Pound	Friday	9:45 - 10:15am	10	\$30.00	Cookie Rosado
Cardio class utilizing drumming sticks to promote higher cardio energetic moves for toning and conditioning.					
<i>Drumsticks are available for purchase in the office, \$3.00.</i>					
Advanced Spanish	Tuesday	11:00am - 12:00pm	10	\$40.00	Anne Marie Boulade-Perigois
Continued Conversational Spanish.					
Beginner Spanish	Wednesday	11:00am - 12:00pm	10	\$40.00	Anne Marie Boulade-Perigois
Learn basic conversational Spanish from an experinced language teacher.					
Tai Chi Easy	Friday	10:30 -11:15 am	10	\$35.00	Matt Dempsey
Tai Chi Easy is a carefully developed practice that makes Tai Chi approachable, fun and easy.					
Zumba Gold	Tuesday	9:30 - 10:15 am	10	\$35.00	Cookie Rosado
Choreography that focuses on Balance, ROM and Coordination. Leaving you feeling empowered and strong.					

Please look over the class schedule carefully for class descriptions.

Please see someone in the office if you have any questions.

In-Person class registration will begin on Monday, December 16th at 8:30am. Everyone who registers in person on December 16th will receive a numbered registration form which will be handed out, starting at 8:30am. Registration will be held in the Multi-Purpose Room. To hold your spot for in-person classes, fees will be collected at time of registration.

Please note: No refunds will be given for exercise classes after the first week of classes. We encourage members to take a free sample class prior to registering for any new classes. Class credit will be given on a case-by-case basis.

Drop in Moderate Exercise Class is held on Tuesday and Thursday mornings, 10:30 - 11:15am. No registration is required, there is no charge for this class.

You must be present to register for an in-person class.

The class fees are:

\$3.00 per class for 30 min classes.

\$3.50 per class for 45 min classes.

\$4.00 per class for 60 min classes.

Sign up today for these upcoming programs....

Cheshire / Wallingford Senior Center Holiday Party

Friday, December 13th
11:30am to 3:30pm at Cascade
480 Sherman Ave Hamden

Sign up
by Dec. 2nd!



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 2nd

Healthy Living, Mind, Body and Spirit: Self Care

Thursday, December 19th
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!



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.



Blood Pressure - December 12th
Drop In between 9:45-11:15am



Balance Screenings - December 20th
10:30am -12:00pm, by appointment



Knit & Crochet Together 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.



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

Appointments recommended.



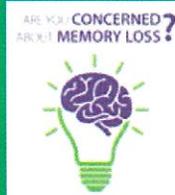
Probate Question & Answer with Judge Jalowiec

Tuesday, Dec. 17th 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!



Memory Screenings
with Stefanie are available throughout the month, to set an appointment, please call 203-272-3165 or email stheroux@cheshirect.org



**Veteran's Coffee House
Holiday Luncheon**
Wednesday, December 11th

From 11:30am to 1:30pm
at the Wallingford Senior Center
238 Washington St.

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

Boogie Boys
New Year's
Dance Party

Friday,
December 27th
1:30 to 3:00pm



Come help us celebrate the
New Year by dancing away the
afternoon with **music by the Boogie
Boys!**

Refreshments
available,
cost is \$5.00 per
person.
Sign up today!



Balance Screenings

Friday, December 20th
from 10:30am to 12:00pm

**FREE
BALANCE
SCREENING**

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
Doctor of physical therapy.
Register today!



Cheshire Senior Center - Travel Opportunities:

**We have flyers available if you would like more information on the following trips,
contact Laura Gravel, Program Supervisor at 203-272-8286**

**Washington, DC & The Cherry
Blossom Festival**
April 11—13th, 2025

Highlights include: Arlington Cemetery Tram
Tour, Mount Vernon, Reserved Grandstand
tickets to the Cherry Blossom Parade and more.

\$ 1,199pp Double / \$1,589.00 Single



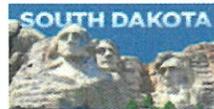
Optional Insurance is
an extra Charge.

See Laura for more information
or to sign up.

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,
see Laura for more details.

Imperial Cities
October 15 – 25th, 2025

Highlights include: Prague,
Prague Castle, Cesky
Krumlov, Vienna, Budapest, and more.



\$ 4,799* pp Double / \$ 5,699* pp Single

*if booked by April 15th See Laura for more
details or to sign up.



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

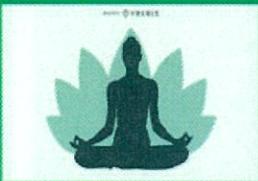
JANUARY

Yoga for Stress Relief 4 weeks on Mondays at 4:30pm (new start time), starting January 6th



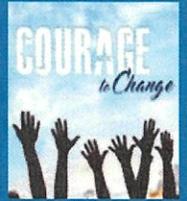
Join us for a four week-long session of Yoga on 1/6, 1/13, 1/27 & 2/3 (no class 1/20) that is designed to help us breathe and release stress. This 45-minute gentle floor yoga class is perfect for all levels. The class will be led by Nancy Boudreau, RYT-500.

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.

Feel Overwhelmed or Anxious? Trying to Develop Healthy Coping Strategies?



Would you like to learn more healthy coping skills? Are you interested in looking at your behaviors / habits so you can decide what challenges or changes need your attention? Would you benefit from interacting with others who can provide mutual support?

Courage to Change is an 8-week long skill building, solution focused group that can help you develop self-management and coping skills to make and maintain positive changes in your life.

The next 8-week long class will be held every Tuesday at 10:30am at the Senior Center beginning Tuesday, Jan. 7th through Feb. 25th.

Facilitated by Kevin Lardner, LCSW with Cheshire Human Services. Class size is limited and registration is required. Please contact Laura at 203-272-8286 to sign up today!



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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.



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.