



CHESHIRE SENIOR CENTER FRONT PORCH NEWS JANUARY 2025



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



Staff:

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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



The **AARP Income Tax Program** is returning to the Cheshire Senior Center.

The first day to call and book your appointment will be **Tuesday, January 21st;**

Tax appointments start on Monday, February 3rd.

AARP Volunteers will be at the Cheshire Senior Center from 9:00am until 12:00pm on Mondays & Thursdays beginning February 3rd.

From the Desk of Stefanie

Happy New Year! I hope that you and your families had a wonderful holiday season! This month the Senior Center will be closed on Wednesday, January 1st in observance of New Year's Day and on Monday, January 20th in observance of Martin Luther King Day.

Our AARP Income Tax Program begins this month. We will begin scheduling appointments on Tuesday, January 21st for tax appointments beginning on Monday, February 3rd. Unfortunately, no telephone calls or emails requesting appointments will be accepted prior to the January 21st start date.

Thank you for your understanding.

As winter continues along, don't forget to check our Facebook page and local news channels for storm closings. Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled our buses and programs are cancelled.

Reminder, to better serve our members needs, please note some upcoming changes to our Transportation services beginning this month. On Fridays our buses will no longer go to Southington for medical appointments. Beginning January 2nd, our buses will be available 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

January 1, 2025

Happy New Year! We hope that you had a wonderful holiday season and that 2025 brings you peace and happiness. We will be closed on Wednesday, January 1st in observance of New Year's Day and on Monday, January 20th in observance of Martin Luther King Day.

Below are other important things to make note of:

- **New meal pickup policy effective this month.** Beginning January 1st, due to limited freezer space, any remaining meals in the freezer at the Senior Center after one week will be donated to someone in need. As a reminder, the weekly meal pickup time is on Wednesdays from 11am-noon.
- **Please note the changes to our Transportation services beginning this month.** On Fridays, our buses will no longer go to Southington for medical appointments. Buses will be going 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 AARP Income Tax Program begins this month.** We will begin scheduling appointments on Tuesday, January 21st for tax appointments beginning on Monday, February 3rd. Unfortunately, no telephone calls or emails requesting appointments will be accepted prior to the January 21st start date.
- **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.
- **Best Life Hearing will be offering free hearing screens to our members on Thursday, January 16th from 2pm- 4pm by appointment only.** Please call 203-272-8286 to schedule an 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 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.

News From the Senior Center

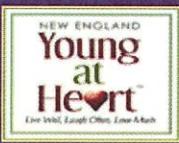
Support for the Senior Center

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 between 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.



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.

UPDATE ON MEAL PICKUP:

Beginning January 1st, due to limited freezer space, any meals remaining in the freezer at the Senior Center after one week will be donated to someone in need. *Thank you for your understanding.*



Imperial Cities Trip Presentation Thursday, January 23rd at 1:00pm

Join us as Tracy O'Neill from Collette Travel talks about this upcoming trip for October

2025. Highlights include: Prague, Prague Castle, Cesky Krumlov, Vienna, Budapest, and more. Registration is requested.

Classes for the Winter Session start the week of January 6th 2025

WINTERSESSION



NAME _____

Payment _____

Cheshire Senior Center Menu / Pick up 11-12

Pick Up Jan 8th

Eggplant Parm __Single__Family

Meat Loaf __Single __Family

Pork Loin__Single __Family

BBQ Chicken Thighs __Single __Family

__Lentil

Pick Up Jan 15th

Swedish Meatballs__Single __Family

Stuffed Shells /Meatballs__Single__Family

Crab Cakes__Single__Family

Tuscan Chicken__Single__Family

__Beef Barley

Pick Up Jan 22nd

Roast Beef __Single __Family

Lasagna __Single __Family

Turkey Dinner __Single __Family

Chicken Parm__Single__Family

Minestrone _____

Pick Up Jan 29th

Sausage & Peppers __Single __Family

Chicken Cacciatore over linguine __Single __Family __

Stuffed Shells __Single__Family

Roasted Chicken Thighs __Single__Family

Sweet Potato Kale____

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 *
*****Meals not picked up after 1 week will be donated to someone in need.*****

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 – Wallingford & 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.

Coming in March:

St. Patrick's Day Celebration at Aqua Turf Club
Tuesday, March 11th, 11:00am – 3:30pm

St. Patrick's Day celebration featuring :
The McLean Avenue Band; Lunch will be Corned Beef & Cabbage / Baked Cod.

\$55.00pp Cash or Check made out to Cheshire Senior Center.

Sign up now, space is limited.

Transportation available upon request.



We are excited to offer the **Senior Dine program**

for Cheshire Senior Residents ages 60 and older. If you are interested in learning more about this program, please contact Coleen in our Transportation office at 203-272-0047.



NEW OPPORTUNITIES, INC.

Building Relationships to End Poverty

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

Connecticut Energy Assistance Program

Applications are open for the 2024-2025 heating season. April 1, 2025 is the deadline for fuel delivery authorizations; May 30, 2025 is the last day a household can establish eligibility for benefits.

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

Cognitive Health

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graph LR; CH[Cognitive Health] --- MR[Memory & Recall]; CH --- FL[Focus & Learning]; CH --- MH[Mental Health];
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What is Cognitive Health?

Cognitive health is just as important to aging as overall physical health. Cognitive health is the ability to learn, think, and remember clearly. It helps one carry out their day to day functioning. There are many different factors that can affect cognitive health.

These include genetics, environmental, and lifestyle factors. Research suggests there are different steps one can take to reduce one's risk in cognitive decline. These are helping your overall physical health like health screenings, managing chronic diseases, treat age-related sensory issues, and being mindful of your diet. Research shows that managing blood pressure can help cognitive health as studies have found high blood pressure increases the risk of cognitive decline. There is evidence that shows certain diets can preserve cognitive functioning like the Mediterranean diet and DASH (Dietary Approaches to Stop Hypertension). Another way to help cognitive health is to keep the mind engaged like music, creative writing, quilting, knitting, and even different trainings can help. An important aspect to cognitive health is understanding the medications you take that can affect cognitive functioning. If you have any issues or side effects with medications, always report them to a doctor.

As one ages one may believe that cognitive decline is a sign of normal aging. However, this is not the case. There may be mild symptoms of cognitive change like attention and speed but if you are experiencing more severe symptoms you should see a doctor. These are the symptoms you should watch for: getting lost in familiar areas, repeating questions, inappropriate behaviors, personality changes, decline in planning and organization, changes in diet and hygiene, and language. If you have questions about your cognitive health, always ask a doctor. Keeping up with your cognitive health can play an important role in how you feel overall!

We hope to see you soon!

January Programs

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

Monthly Programs

Monthly Reflexology with Kim Monday, January 6th



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, January 21st at 11:00am



Book choice for discussion is "The First Ladies" By Marie Benedict and Victoria Christopher Murray. *New members welcome!*

Sit Down with Stefanie

Thursday, January 23rd 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, January 16th at 1:00pm



Join us for the January 2025 installment of Cheshire Sherlock Holmes Society. *New members, visitors & guests are always welcome.* For additional information & reading assignment, contact Andy Tranquilli at tranquilli@hotmail.com.

Special Programs

Lung Cancer Bingo Wednesday, January 8th at 1:00pm



Come learn about Lung Cancer in a fun way. Linda Ivey, from Hartford Health Care, will present facts & answer questions during a fun and informative game of Bingo. Sign up today



Police Perspective—Scams Thursday, January 9th at 1:00

Come join us as members of the Cheshire Police Department share with us their perspectives on Scams, Fraud and Financial Crimes, specifically as they relate to the Senior Community. There will be a time for Q & A.

Also, a "Drop Your Drugs" table will be set up during this program to dispose of unused prescription medications in original containers (no sharps).

Afternoon Craft with Kenny

Thursday, January 16th
at 1:00pm



Join us for a creative afternoon of wearable art. You will be guided step by step to create your own Painted Snowman Pin.

Cost is \$3.00. All supplies included.
Registration is required. Space is limited.



Afternoon Movie Matinee Thursday, January 30th at 1:00pm

Join us for a viewing of Fly Me to the Moon, starring Scarlett Johansson, Channing Tatum and Woody Harrelson. Marketing maven Kelly Jones wreaks havoc on NASA launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, the countdown truly begins. 2hrs, 12mins. PG-13 Register today.



JANUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>Please Note: Listings in Green are paid programs / classes</p>	<p>1</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>2</p> <p>Moderate Exercise-Drop In 10:30 Pathway through Grief 11:00 Technology Help 1:00 Scrabble</p>	<p>3</p> <p>10:00 NO Chorus 10:00 NO Beginner Italian 10:15 Golf card game 11:00 NO Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 4</p> <p>Sun. 5</p>	<p>Sat. 4</p> <p>Sun. 5</p>
<p>6</p> <p>Reflexology Sessions by appointment only 10:30 Fun Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p> <p>WINTER SESSION <i>Starts Today</i></p>	<p>7</p> <p>9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p>	<p>8</p> <p>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 11:00 Beginner Spanish 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Lung Cancer Bingo 1:00 Knit & Crochet Together 1:30 Discover Italian Culture</p>	<p>9</p> <p>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 1:00 Police Perspectives & Drop Your Drugs</p>	<p>Sat. 11</p> <p>Sun. 12</p>	<p>Sat. 11</p> <p>Sun. 12</p>
<p>13</p> <p>10:30 Fun Dancing 12:30 Canasta 1:30 Food That Built America Series 4:30 Yoga for Stress Relief</p>	<p>14</p> <p>9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p>	<p>15</p> <p>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 11:00 Beginner Spanish 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Discover Italian Culture</p>	<p>16</p> <p>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 1:00 Cheshire Sherlock Holmes Society 1:00 Afternoon Craft w/ Kenny</p>	<p>Sat. 18</p> <p>Sun. 19</p>	<p>Sat. 18</p> <p>Sun. 19</p>

<p>20</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p> 	<p>21</p> <p>10:30 Moderate Exercise-Drop In 10:30 Courage to Change Cheshire Readers Book Club 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p> <p>1st Day to Make Tax Appointment</p>	<p>22</p> <p>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 11:00 Beginner Spanish 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Brain Activity Group</p>	<p>23</p> <p>10:30 Moderate Exercise-Drop In 10:30 Pathway through Grief 11:00 Sit Down with Stefanie 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Imperial Cities Trip Presentation</p>	<p>Sat. 25</p> <p>24</p> <p>9:45 Pound 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 11:00 Theatre Workshop 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sun. 26</p>
<p>27</p> <p>10:30 Fun Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p>	<p>28</p> <p>9:30 Zumba Gold 10:00 Probate Q & A 10:00 Veterans Coffee House at Wallingford Senior Center 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p>	<p>29</p> <p>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 11:00 Beginner Spanish 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Discover Italian Culture 2:45 PTC Support Group</p>	<p>30</p> <p>10:30 Moderate Exercise-Drop In 10:30 Pathway through Grief 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Afternoon Movie Matinee</p>	<p>31</p> <p>9:45 Pound 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 11:00 Theatre Workshop 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>

We will start to make appointments for the AARP Income Tax Program on

Tuesday, January 21st.

Please do not call or stop in to schedule your appointment until then.

AARP Tax Volunteers will be here on Monday & Thursday mornings,
starting February 3rd.



*Wishing you a year filled with good health, happiness and laughter!
Happy New Year,
from your friends at the Cheshire Senior Center*

Sign up today for these upcoming programs....



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.

The Chapman School Collaboration

Join us as we travel to Chapman school here in Cheshire for some intergenerational activities throughout the remaining school year.



Our first activity will be in January, see Laura for more details.

Healthy Living, Mind, Body and Spirit: **Realistic Resolutions**



Thursday, January 16th 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!

The Food That Built America Series Monday, January 13th at 1:30pm

Our series is back. This month we are starting with **Do or Donut**. Join us as we watch the history of how the Krispy Kreme and Dunkin Donuts franchises came to be. When a caterer realizes his best selling items are donuts and coffee, he joins forces with his brother-in-law to create a revolutionary donut chain. Soon a rivalry starts with a Southern donut shop. The video is 42min long. Register today.



FREE
HEALTH
SCREENINGS

Blood Pressure Check

Thursday, January 9th
Drop In between
9:45am -11:15am



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.

Balance Screenings

Friday, January 17th
10:30am -12:30pm,
by appointment

FREE
BALANCE
SCREENING

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

Appointments recommended.



Probate Question & Answer
with Judge Jalowiec

Tuesday, Jan. 28th 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 throughout the month, to set an appointment, please call 203-272-3165 or email stheroux@cheshirect.org

Coming to the Cheshire Senior Center in January...

Hearing Screenings & Hearing Aid Checks

Thursday, January 16th by appointment

Between 2:00pm and 4:00pm

There is no charge for this appointment.

Call today to set up an appointment!



Learn to Play Bridge

on Wednesdays, January 8th, 15th, 22nd & 29th
at 1:00pm



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.

Looking ahead in 2025 to some new adventures....

March 26th: Day Trip to the New York Botanical Gardens
The Orchid Show: Mexican Modernism

April 11th—13th: Getaway to Washington DC for the Cherry Blossom
Festival and Parade

May 2025: Day Trip for a Thimble Islands Cruise

July 2025: Taste of Freedom Day Trip to New York City

And more to come!

Keep checking our Travel Wall for more
Information, see Laura for more details.



Tours of

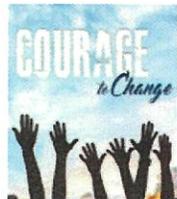
DISTINCTION

America's Escorted Group Tour Company Since 1971

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!

Brain Activity Group

Wednesday, January 22nd at 1:30pm

This month we will be putting our brains to the test with various brain teasers and logic problems. Sign up today, registration is required.



Veteran's Coffee House Tuesday, January 28th

Coffee starts at 9:30am, speaker starts at 10:00am, held at Wallingford Senior Center at 238 Washington Street

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

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



See Laura for more details & pricing.

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.

*** Trip Presentation,
Thursday Jan 23rd***



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



Theatre Workshop Meeting Friday, January 10th at 11:00am

Do you love the theatre? Do you picture yourself on stage? Were you ever involved in theatre and wish you could perform again? Or just curious about all things theatrical?

If you answered YES to any of these questions, then why not join us for our FREE theatre workshop.

We will meet at 11:00am every Friday at the Cheshire Senior Center starting on January 10th.

This workshop is free to members, Please register today!

If you have questions or want additional information please email Lynne Gannon at lynne.gannon@gmail.com.

AARP Tax Program
will be back at the
Cheshire Senior Center
on
Mondays & Thursdays
between 9:00am
and 11:45am,
starting February 3rd.

**1st Day to make a Tax
Appointment
is Tuesday,
January 21st**
for the AARP Income
Tax Program.

*Please do not call
before January 21st to
make your
appointment.*



**Solinsky
Hearing
Center**
*Your Partner in
Hearing
Healthcare*



6 convenient locations across Connecticut! Call or visit our website to schedule.

- Free hearing evaluation & consultations
- Tailored hearing aid fittings and repair
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“A Pathway Through Grief”

An eight-week program 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.



Offered Thursdays: 10:30am to 12:00pm at Cheshire Senior Center

Thursdays: January 23rd through March 13th

Facilitators will be: Bob Havens and Catherine Szerszen

RSVP: Bob Havens (860)480-1655 or havensvo67@aol.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.

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