



CHESHIRE SENIOR CENTER FRONT PORCH NEWS FEBRUARY 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:

Stefanie D. Theroux, LCSW, Coordinator of Senior Services: 203-272-3165; stheroux@cheshirect.org

Laura Gravel, Program Supervisor: 203-272-8286; lgravel@cheshirect.org

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

Mini-Bus Drivers and Building Supervisors:

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

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



**AARP Income
Tax Program**
has returned to the
Cheshire Senior Center

AARP Volunteers will be at the
Cheshire Senior Center
from 9:00am until 12:00pm
on Mondays & Thursdays. Contact
Tracey to make an appointment.



is back at the Cheshire Senior
Center on Friday, February 14th Sign up today!

Sign up by February 20th for the
St. Patrick's Day Celebration at the
Aqua Turf scheduled on March 11th.



New Day Trip Added: **Taste of Freedom**
June 24th to New York City

From the Desk of Stefanie

Happy February! This month we celebrate Valentine's Day, Black History Month and Presidents' Day! As a reminder, the Senior Center will be closed on Monday, February 17th in observance of Presidents' Day. We are now taking appointments for our AARP Income Tax Program. Limited appointments are still available. Please call the main office at 203-272-8286 to schedule your appointment. Appointments are made on a first come - first served basis, so don't delay.

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 until 10am. If Cheshire schools are cancelled our buses and programs are cancelled.

We have several special programs this month including two heart health programs; a Cooking Demonstration with Jessica and a Discussion about Heart Health with Chesprocott. We also have a Jukebox Bingo and a special showing of the movie Wicked.

Please see the newsletter for details.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

February 1, 2025

Happy February! This month we celebrate Valentine's Day, Black History Month, and Presidents' Day! As a reminder, the Senior Center will be closed on Monday, February 17th in observance of Presidents' Day.

Below are other important things to make note of:

- **Meal pickup policy:** 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.
- **Our new transportation schedule went into effect in January.** As a reminder, on Fridays, our buses no longer go to Southington for medical appointments. Buses are now 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.
- **We are currently taking appointments for our AARP Income Tax Program.** Appointments are available on Monday and Thursday mornings. Please call the main number at 203-272-8286 and leave a voicemail requesting an appointment. Your call will be returned in the order that it is received.
- **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 the cold weather continues, 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!** We are hosting a Red Cross Blood Drive on Thursday, March 13th from 1:00pm-6:00pm. Contact Tracey today at 203-272-8286, to help set up your blood donation appointment, or go to: redcrossblood.org/mydrives.html/drive/1-FI7JPHY
- **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 you to 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.chshirect.org and follow us on Facebook.



PRESS RELEASE

Applications for tax credits for Town of Cheshire homeowners over 65 years of age and those totally disabled will be taken at the Assessor's office in the Cheshire Town Hall from 8:30 A.M. to 4:00 P.M. February 3, 2025 until May 15, 2025. These programs consist of the following:

STATE OF CONNECTICUT ELDERLY HOMEOWNERS PROGRAM - This is a real estate tax credit program for homeowners who are at least 65 years of age as of December 31, 2024 and meet certain income guidelines.

Those guidelines require that annual income for single people, **including Social Security benefits**, should not exceed \$45,200. Married couples can be eligible if their income, **including Social Security benefits**, does not exceed \$55,100.

Applicants must bring all proof of their 2024 income, including a copy of their 2024 federal income tax return, if one is filed, and proof of Social Security income (Form 1099) for the 2024 calendar year. Also, the applicant must **own and reside** in the property for which tax relief is sought as of October 1, 2024 or must hold a tenancy for life use of the property and be liable for the tax bill. This must be the applicant's principal or legal residence.

Homeowners who are totally disabled, and do not qualify for the elderly homeowners program because they are under age 65 can apply. One must provide proof of their disability award letter from the Social Security Administration. Also, the same income guidelines established for the elderly homeowners program must be met.

Previous participants in this program will be required to refile their applications biennially and will be notified by mail of this refiling requirement. New applicants who think they qualify for this tax relief should inquire at the Assessor's Office.

TOWN OF CHESHIRE LOCAL ELDERLY TAX RELIEF PROGRAM

In addition to the State of Connecticut property tax relief program, the Town of Cheshire offers a local tax relief program.

This program currently provides three types of property tax relief for qualifying applicants.

The first element of the program provides a tax credit for single people whose income does not exceed \$79,325 and married couples whose income does not exceed \$84,954.

The second part of the program provides a tax deferral of up to 75% of taxes for single people whose income does not exceed \$45,200 and married couples whose income does not exceed \$55,100.

The third part of the program is the local elderly tax freeze. The income limits for this program are the same as they are for the deferral program. Applicants must be 70 years old as of December 31, 2024. Further details can be obtained from the Assessor's office.

To qualify for the local tax relief programs, these income guidelines must be met as well as the age or disability criteria outlined in the above-mentioned state programs. Applicants must bring all proof of their 2024 income, including a copy of their 2024 federal income tax return, if one is filed, and proof of Social Security income (Form 1099) for the 2024 calendar year. The application period for those interested in the Town program is February 3, 2025 through May 15, 2025.

If you need more information, please call the Assessor's Office at 203-271-6620.

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:

Reminder... 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.*



DONATE BLOOD!



SAVE LIVES!

Red Cross Blood Drive
March 13th at the Cheshire Senior Center 1:00pm to 6:00pm

Contact Tracey today, for help setting up your blood donation appointment or go to:

redcrossblood.org/mydrives.html/drive/1-FI7JPHY

Coming to the Cheshire Senior Center on April 25th:

Health & Wellness Clinic for Dogs & Cats

More information to come!

NAME _____

Payment _____

Cheshire Senior Center Menu / Pick up 11-12

Pick Up Feb 5th	Pick Up Feb 12th
Eggplant Parm __Single__Family Meat Loaf __Single __Family Pork Loin__Single __Family BBQ Chicken Thighs __Single __Family __Lentil	Swedish Meatballs__Single __Family Stuffed Shells /Meatballs__Single__Family Crab Cakes__Single__Family Tuscan Chicken__Single__Family __Beef Barley
Pick Up Feb 19th	Pick Up Feb 26th
Roast Beef __Single __Family Lasagna __Single __Family Turkey Dinner __Single __Family Chicken Parm__Single__Family Minestrone _____	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.**



**American
Red Cross**

**The need is constant.
The gratification is instant.
Give blood.™**

redcrossblood.org | 1-800-RED CROSS

Cheshire Senior Center Blood Drive

Thursday, March 13, 2024

1:00pm – 6:00pm

Cheshire Senior Center
240 Maple Ave
Cheshire, CT 06410

For more details or for help with making an appointment, please contact the Cheshire Senior Center at 203-272-8286 or email cheshireseniorcenter@cheshirect.org.

If you do not require assistance with making an appointment, please visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767)

<https://www.redcrossblood.org/give.html/donation-time?zipSponsor=06410>

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

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 by February 20th,
space is limited.

Transportation available upon request.



Check our Travel Wall, near the Admin Offices, for upcoming Travel Opportunities.



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.

STAY CONNECTED

to Combat Loneliness and Social Isolation



Feeling lonely and being isolated are bad for your health.

What is Social Isolation & Loneliness?

Social isolation and loneliness among aging adults is a pressing issue with significant implications for one's well-being, including putting a person at higher risk for developing heart disease, dementia or other life-altering conditions.

Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being

What is the difference between social isolation and loneliness?

Social isolation is the lack of social connections / contacts and having few people to interact with on a regular basis. Loneliness is the distressing feeling of being alone or separated. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.

How can social isolation and loneliness affect your overall health?

Social Isolation and loneliness can diminish an individual's overall quality of life by limiting opportunities for social engagement, meaningful relationships and emotional support. Studies have shown that socially isolated older adults are at a higher risk of developing depression, anxiety and cognitive decline. Social interaction plays a crucial role in maintaining cognitive function and brain health. Moreover, the lack of social interaction can exacerbate existing health conditions and reduce overall quality of life for aging individuals. Social isolation and loneliness are also associated with a higher risk of developing chronic health conditions, including cardiovascular diseases, hypertension, obesity, weakened immune function and higher premature death rates.

What can we do to build social connections in our communities?

Community programs aimed at facilitating social connections among seniors, such as group activities, support groups, and volunteer opportunities, can provide much-needed companionship and a sense of belonging. The Cheshire Senior Center offers daily activities to combat social isolation and loneliness. All you need to do is read your monthly newsletter and feel encouraged to sign up for any program that you feel comfortable to join.

Reference: Roy, K., Smilowitz, S., Bhatt, S., & Conroy, M. L. (2023). Impact of Social Isolation and Loneliness in Older Adults: Current Understanding and Future Directions. *Current Geriatrics Reports*, 12(3), 138-148.

February Programs

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

Monthly Programs

Monthly Reflexology with Kim Monday, February 3rd



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, February 18th at 11:00am



Book choice for discussion is "A Noise Downstairs" by Linwood Barclay.
New members welcome!

Sit Down with Stefanie Thursday, February 27th 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, February 20th at 1:00pm



Join us for another installment of Cheshire Sherlock Holmes Society and a general Canon discussion. *New members, visitors & guests are always welcome.* For additional information, contact Andy Tranquilli at tranquilli@hotmail.com.

Special Programs

Police Perspective—Deeper Dive into Scams Targeting Older Adults



Thursday, February 13th at 1:00pm

Join us for this important conversation as members of the Cheshire Police Department take a deeper look into: Grandparent scam, bond scam, accident scam, lottery scam, pop up computer problems, text message scam, Amazon mail scam, Why and who is most targeted, and Preventive methods to avoid being a victim. There will be a time for Q & A.

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

Jukebox Bingo

Friday, February 14th 1:00pm to 3:00pm

Come celebrate Valentine's Day with an afternoon of Jukebox Bingo. Play Bingo with a musical twist. Special Valentine themed prizes and refreshments.

**JUKEBOX
BINGO**

Registration required.

Afternoon Craft

Wednesday, February 26th
at 1:00pm

Join us to make a St. Patrick's Day Wreath. Cost is \$3.00, all supplies will be provided.

Space is limited, registration is required.



Afternoon Movie Matinee

Thursday, February 27th
at 12:30pm

Note early start time



Join us for a viewing of Wicked, starring Cynthia Erivo and Ariana Grande, the untold story of the witches of Oz. This movie is 2hrs, 41mins and is rated PG. Register today.

Signs of a



Police Perspective—Deeper Dive into Scams Targeting Older Adults

**Thursday, February 13th at 1:00pm
at the Cheshire Senior Center**

Join us for this important conversation as members of the Cheshire Police Department take a deeper look into scams and crimes, targeting older adults in our community, and helpful prevention tips.



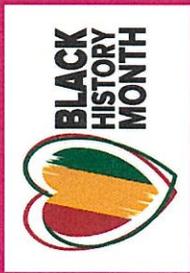
- Why and who is most targeted
- Types of scams - Grandparent scam, bond scam, accident scam, lottery scam, pop up computer problems, text message scam, Amazon mail scam.
- How to report if you are a victim to local authorities and FBI.
- Preventive methods to avoid being a victim.

There will also be a time for Q & A.

***Call Cheshire Senior Center
at 203-272-8286 with any
questions or to register***

SCAMS
TARGET YOU
PROTECT YOURSELF

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



FEBRUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>3 Reflexology Sessions by appointment only 10:30 Fun Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p> <p><i>AARP Tax Appointments 9:00am to 12:00pm</i></p>	<p>4 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 1:00 Bingo</p>	<p>5 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 1:00 Learn to Play Bridge 1:30 Discover Italian Culture 1:30 Foods that Built America video series</p>	<p>February is American Heart Month</p> <p>6 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</p> <p><i>AARP Tax Appointments 9:00am to 12:00pm</i></p>	<p>7 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>Sat. 1</p> <p>Sun. 2</p> <p>Sat. 8</p> <p>Sun. 9</p> <p>Super Bowl Sunday</p>
<p>10 10:30 Fun Dancing 12:30 Canasta 1:00 Puzzle Challenge</p> <p><i>AARP Tax Appointments 9:00am to 12:00pm</i></p>	<p>11 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>12 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 1:00 Learn to Play Bridge 1:30 Discover Italian Culture 1:30 Learning in Retirement</p>	<p>13 9:45 Blood Pressure Screening 10:30 Moderate Exercise-Drop In 10:30 Pathway through Grief 10:30 Heart Health presentation 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Police Perspective</p> <p><i>AARP Tax Appointments 9:00am to 12:00pm</i></p>	<p>14 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 1:00 Jukebox Bingo</p>	<p>Sat. 15</p> <p>Sun. 16</p>

<p>17</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p> 	<p>18</p> <p>9:30 Zumba Gold 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>19</p> <p>9:00-11:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre Nickel, Nickel Generations Table pickup 11:00 Beginner Spanish 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:00 Learn to Play Bridge 1:30 Foods that Built America video series</p>	<p>20</p> <p>Moderate Exercise-Drop In Pathway through Grief 10:30 Healthy Living, Mind, Body & Spirit 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Cheshire Sherlock Holmes Society 1:00 Scrabble 1:30 Heart Healthy Cooking <i>AARP Tax Appointments</i> <i>9:00am to 12:00pm</i></p>	<p>21</p> <p>10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Balance Screenings 11:00 Advanced Italian 11:00 Theatre Workshop 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sat. 22</p>
<p>24</p> <p>10:00 A Conversation About Cannabis Use 10:30 Fun Dancing 12:30 Canasta 1:00 Black History Trivia 4:30 Yoga for Stress Relief <i>AARP Tax Appointments</i> <i>9:00am to 12:00pm</i></p>	<p>25</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>26</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 Afternoon Craft 1:00 Knit & Crochet Together 1:00 Learn to Play Bridge 1:30 Discover Italian Culture 2:45 PTC Support Group</p>	<p>27</p> <p>Moderate Exercise-Drop In Pathway through Grief 11:00 Technology Help 11:00 Sit Down with Stefanie 12:15 Gentle Therapeutic Exercises with Kim 12:30 Afternoon Movie Matinee 1:00 Scrabble <i>AARP Tax Appointments</i> <i>9:00am to 12:00pm</i></p>	<p>28</p> <p>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>



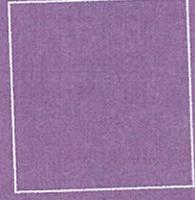
Red Cross Blood Drive - Thursday, March 13th
at the Cheshire Senior Center from 1:00pm to 6:00pm

To schedule your appointment, contact Tracey in the office or you can sign up online at:
redcrossblood.org/mydrives.html/drive/1-FI7JPHY

Health & Wellness Clinic for Dogs and Cats - Friday, April 25th

at the Cheshire Senior Center from 10:00am to 1:00pm
Pre-registration required.

Register online at: vetcareeverywhere.org or call 203-272-8286



Sign up today for these upcoming programs....

FEBRUARY IS HEART HEALTH AWARENESS MONTH

Join us to hear Bryan Zup, Cardiovascular Specialist, talk about your heart health

You will learn:

- Importance of a healthy lifestyle, regular exercise, and a balanced diet to keep your heart in good shape.
- Risk Factors associated with heart disease, including high blood pressure, cholesterol levels, diabetes, and family history.
- Prevention & treatment options for heart problems.

Thursday, February 13th at 10:30am
at the Cheshire Senior Center
Register today!

Hartford HealthCare
Heart & Vascular Institute



Heart Healthy Cooking Demo

Thursday, February 20th
at 1:30pm

Join Jessica Dorner, R.D. for a fun and informative cooking demonstration to celebrate Heart Health Month! Jessica will demonstrate two recipes using ingredients that support our heart. Attendees will be able to sample the recipes and take home nutrition handouts and recipes. Registration is required

Healthy Living, Mind, Body and Spirit:



SLEEPING WELL: *Are you happy with your sleep pattern?*

Thursday, February 20th 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 meets monthly to discuss different topics covering all aspects of "healthy living".
We look forward to seeing you!

Yoga for Stress Relief

4 weeks on Mondays
at 4:30pm *starting February 24th*

Join us for a new four week-long session of Yoga on 2/24, 3/3, 3/10 & 3/17 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.

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.



Blood Pressure Check

Thursday, February 13th

Drop In between 9:45am -11:15am

Balance Screenings

Friday, February 21st

10:30am -12:30pm, by appointment



Technology Help with Jared

Thursdays from 11:00am—1:00pm

Appointments recommended.



Probate Question & Answer

with Judge Jalowiec

Tuesday, Feb. 25th 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



Puzzle Challenge
Monday, February 10th
at 1:00pm

Grab a friend and join us for an afternoon of Jigsaw Puzzle Challenge. Teams of 2 people will have 2 hours to complete their puzzle. Each team will be provided the same puzzle. Prizes will be given. Registration required.

Never Stop Learning, Even in Retirement
Wednesday, February 12th at 1:30pm

Join us for a presentation on the Institute for Learning in Retirement. This talk will provide you with information on various programs and classes that are offered.

Exercising the mind as well as the body is vitally important as we age. To that end, the Institute for Learning in Retirement offers classes—in person and on Zoom—to suit a multitude of interests.

The organization is a non-profit, community based group with members who believe in being life-long learners. Registration is requested.



A Conversation
About
Cannabis Use

Monday, February 24th at 10:00am

Join us for a community conversation on cannabis use & older adults. We will cover important topics such as safe storage of cannabis products, understanding potency and dosage, and the laws surrounding cannabis use in Connecticut. You will also discover valuable resources like Be In The Know CT. Register today!

Black History Trivia

Monday,
February
24th
at 1:00pm



Test your knowledge and refresh your memory of past historical events, prizes awarded. Sign up today!

Veteran's Coffee House

Tuesday, Feb. 25th
at 9:30am



Held at Wallingford Senior Center located at 238 Washington Street

Cheshire members are 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 Single

Optional Insurance is an extra Charge.



New York Botanical
Gardens Day Trip
Wednesday,
March 26th 2025

Spend the day visiting the New York Botanical Gardens during the Orchid Show, lunch on your own and then time to explore Arthur Avenue before heading back to Cheshire.

Cost is \$ 130pp

A Taste of Freedom
Tuesday, July 22nd 2025

**** NOTE DATE CHANGE****

Spend time in New York City on a Lady Liberty Circle Line Cruise and have lunch at Puglia's

Cost is \$ 189pp



Imperial Cities
October 15 – 25th, 2025

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

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

**if booked by April 15th*





The Food That Built America Series

Join us for additional episodes of this popular series.

Wednesday, February 5th at 1:30pm

Holiday Treats: The top selling candy days of the year revolve around Easter, Valentine's Day and Halloween. And it all started with a few bold pioneers. Video is 42 mins long. *Register today.*

Wednesday, February 19th at 1:30pm

Let Them Eat Snack Cakes: When a New York bakery owner passes away suddenly, his wife Martha Entenmann takes the reins of the company and grows it into a national powerhouse. Video is 42 mins long. *Register today.*

Learn to Play Bridge

on Wednesdays,
February 5th, 12th, 19th & 26th
at 1:00pm



Have you always wanted to learn the basics of the card game Bridge? Join us to learn the game of Bridge in a small group, relaxed atmosphere, with our member, Brahm. Limited seats, register today.



Theatre Workshop

Fridays 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!

We will meet at **11:00am every Friday** at the Cheshire Senior Center. This workshop is free to members, register today!



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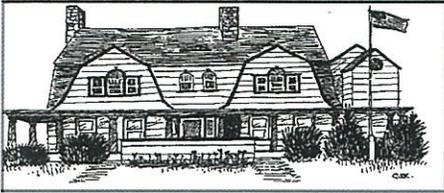


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Connecticut Energy Assistance Program

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.

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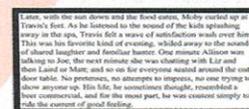
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