



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



### Staff:

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

Laura Gravel, Program Supervisor: 203-272-8286; [lgravel@cheshirect.org](mailto:lgravel@cheshirect.org)

Andrea Sidoruk, LMSW, Senior Services Social Worker: 203-272-8030; [asidoruk@cheshirect.org](mailto:asidoruk@cheshirect.org)

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

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

### Mini-Bus Drivers and Building Supervisors:

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

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

**DONATE BLOOD!**



**SAVE LIVES!**

### **Red Cross Blood Drive**

**Thursday, March 13th at  
the Cheshire Senior  
Center**

**1:00pm to 6:00pm**

Contact Tracey today, for help setting up your blood donation appointment or online at:

[redcrossblood.org/mydrives.html/drive/1-FI7JPHY](http://redcrossblood.org/mydrives.html/drive/1-FI7JPHY)



**Stop by our  
Health Fair  
on Thursday,  
March 13th from  
1:00pm to 4:00pm**

### **Health & Wellness Clinic for Dogs & Cats**

**at the Cheshire Senior Center**

**Friday, April 25th from 10am to 1pm**

**See insert for more details.**

**Pre-Register today!**



## **From the Desk of Stefanie**

Happy March! This month we "spring forward" on Sunday, March 9th. With the beginning of daylight savings time, we can look forward to longer days, shorter nights, and the return of outdoor activities. To celebrate the nicer weather, we have some fabulous trips planned for you. Be sure to check out our travel page!

Our winter classes are also coming to an end and our spring classes are right around the corner. Our spring class registration is scheduled for Tuesday, March 25th at 8:30am. We have a full class schedule and are offering something for everyone.

With March coming in like a lion, we can't forget about those late season snowstorms. 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.



# Blood Drive &

**FREE EVENT**

## Community

# HEALTH FAIR

## Thursday, March 13th

at the

# Cheshire Senior Center

**Blood Drive from 1:00pm to 6:00pm**

**Health Fair from 1:00pm to 4:00pm**

**Some of the Vendors at the Health Fair will be:**



**Got Drugs?**

Turn in your unused or expired medication for safe disposal here



# & More!!!



**TOWN OF CHESHIRE  
CHESHIRE SENIOR CENTER**

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

**March 1, 2025**

**Happy March! Daylight Savings time begins this month and we “spring forward” on Sunday, March 9th.**

**We have new classes this spring including Handwriting Analysis and Mindful Meditation and Movement and our spring class registration is scheduled for Tuesday, March 25th at 8:30am. Please see the enclosed Spring Class schedule for details about all the classes that are being offered this session.**

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.
- **All new potential bus passengers are required to begin the transportation application process by contacting the Cheshire Senior Center Transportation Office at 203-272-0047.** During the initial application, the Transportation Office will take your basic information, initiate a property evaluation, and contact our Social Worker who will then arrange a face-to-face appointment with you to best assess your needs. Please note that this process may take as long as two weeks to complete. Additionally, the transportation schedule is created in the afternoon prior to the scheduled pick-up day.
- **We have limited appointments available for our AARP Income Tax Program.** Appointments are available on Monday and Thursday mornings. Please call the main number at 203-272-8286 to schedule your appointment.
- **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.
- **We are hosting a Red Cross Blood Drive on Thursday, March 13<sup>th</sup> from 1:00pm-6:00pm.** Please call the main number at 203-272-8286, to help arrange your blood donation appointment, or go to: [redcrossblood.org](http://redcrossblood.org). We will also be having a community health and wellness fair during the blood drive from 1pm-4pm. Learn about local resources and the police department will also be here for safe medication disposal.
- **Powerful Tools for Caregivers begins on Tuesday, April 1<sup>st</sup> at 1:30pm.** This weekly, six week-long class helps caregivers take better care of themselves while caring for a friend or relative. Please see the newsletter for the class description and registration details.
- **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.cheshirect.org](http://www.cheshirect.org) and follow us on Facebook.

# News From the Senior Center

## Support for the Senior Center

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

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

All donations should be sent to:  
The Cheshire Senior Center  
240 Maple Avenue  
Cheshire, CT 06410



## Generations Table Meal Program

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

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

## Pick up your meal at the Cheshire Senior Center on Wednesdays 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.

**Reminder.....Orders Must Be Submitted by Noon on the Thursday before Pick-up.**



## AARP Income Tax Program

AARP Volunteers are at the Cheshire Senior Center from 9:00am until 12:00pm on Mondays & Thursdays. There are extremely limited appointments remaining, please contact Tracey to schedule an appointment.

**Spring Class Registration starts at 8:30am on Tuesday, March 25th.**



Please see insert in the newsletter for the Spring class list.

**Reminder.... the 1st of each month is the start of registration for Senior Center programs that month, unless stated otherwise in a program write up in the newsletter.**



## Winter Weather Reminder:

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.



NAME \_\_\_\_\_

Payment \_\_\_\_\_

Cheshire Senior Center Menu / Pick up 11-12

Pick Up March 5th

Eggplant Parm Single Family

Meat Loaf Single Family

Stuffed Shells /Meatballs Single Family

BBQ Chicken Thighs Single Family

Lentil

Pick Up March 12th

Swedish Meatballs Single Family

Crab Cakes Single Family

Chicken Francese Single Family

\*\*\*St Patrick's Day Dinner corned beef,  
Cabbage, potato, carrots NOT FORZEN \$11.00  
singles only  
Beef Barley

Pick Up March 19th

Roast Beef Single Family

Lasagna Single Family

Turkey Dinner Single Family

Chicken Parm Single Family

Minestrone \_\_\_\_\_

Pick Up March 26th

Sausage & Peppers Single Family

Meatloaf Single Family \_\_\_\_\_

Stuffed Shells Single Family

Tuscan Chicken 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](mailto:justlikemomcooks@gmail.com) or calling 475-300-7690

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

Make Check Payable to Young at Heart or Venmo @Elaine615

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

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

# 2025 Spring Class Schedule

Registration will begin on Tuesday, March 25th at 8:30am

Classes begin the week of April 7th. Classes end the week of June 9th

CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
Barre Class	Wednesday	10:30 - 11:15am	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 - 1:45pm	10	\$35.00	Helene Korchin
Improve Balance, Strength and Inner Peace. Please bring own Yoga Mat. No Class 5/13 & 5/20					
Discover Italian Culture	Wednesday	1:30 - 2:30pm	10	\$40.00	Anna Sincavage
Discover the Languages, Traditions, Customs, Foods and Rituals of Italy					
Gentle Therap. Exercise	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 - 12:15pm	10	\$35.00	Brenda Martin
Improve balance, eye-hand coordination and flexibility.					
Handwriting Analysis	Monday	1:00 - 2:30pm	10	\$50.00	Patricia Senich
A class on the Scientific Study of Handwriting to learn about anyone with whom you correspond.					
Learn about specific habits, characteristics, and individualities of handwriting. Fee includes materials for class.					
Mindful Meditation & Movement	Wednesday	2:45 - 3:30pm	10	\$35.00	Nirupama Nigam
See reverse side for class discription					
Pilates	Wednesday	9:30 - 10:15am	10	\$35.00	Brenda Martin
Improve overall endurance and flexibility through core strengthening.					
Intermediate Spanish	Tuesday	11:00am - 12:00pm	10	\$40.00	Anne Marie Boulade-Perigois
Advance your Coneverational Spanish skills					
Beg. Spanish Level 2	Wednesday	11:00am - 12:00pm	10	\$40.00	Anne Marie Boulade-Perigois
Continue to Learn basic Conversational Spanish from an experined language teacher					
Tai Chi Easy	Friday	10:30 -11:15am	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 - 10:15am	10	\$35.00	Fitness Fury
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 Tuesday, March 25th at 8:30am.  
Everyone who registers in person on March 25th will receive a numbered registration form which will be handed out, starting at 8:30 am. 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.**

**\*\*New Class\*\* Mindful Meditation & Movements  
Wednesdays 2:45 -3:30**

**In this course students will learn different mindfulness meditations. Sitting meditation; letting go meditation; loving-kindness meditation and gratitude meditation.  
Students will also learn different mindfulness practices such as breath/movement awareness, open/nature awareness, mindful chair yoga, mindful walking, and mindful eating.  
Students will learn to practice mindfulness in their day-to-day activities through Mindful Gathas (verses)."**

**Drop in Moderate Exercise Class is held on  
Tuesday and Thursday mornings, 10:30 - 11:15.  
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:**

**\$3.50 per class for 45 min classes.**

**\$4.00 per class for 60 min classes.**

**\$4.50 per class for 90 min classes.**

# 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!*

*Reminder...* calls will be made to confirm a pick up time by the Transportation office in the afternoon, of the day before your scheduled ride. Please only reach out if you have not received a call by 3:00pm.

**\*\* 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

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

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



## Attention New Transportation Users:

All new potential bus passengers are required to begin the transportation application process by contacting the Cheshire Senior Center Transportation Office at 203-272-0047. During the initial application, the Transportation Office will take your basic information, initiate a property evaluation, and contact our Social Worker who will then arrange a face-to-face appointment with you to best assess your needs. Please note that this process may take as long as two weeks to complete.



The Senior Center will be closing at 1pm on Wednesday, March 26th for a Staff Training. There will be no programs, classes or transportation after 1:00pm.  
*Thank you for your understanding!*

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.



## Daylight Savings Means Spring is Coming!

In March, we turn our clocks forward for Daylight Savings! However, this time change can impact our day to day lives. This time change can affect one's sleeping habits and can create physical and cognitive health issues. One may feel fatigued and have changes in their blood pressure. It is important to recognize when you are feeling sleep deprived. Some signs of feeling

sleep deprived are having irregular sleep hours, lack of energy, and having psychological distress. To help one's sleeping habits during this time, one should go to sleep and wake up at the same time every day, limit caffeine and other stimulants, and not using your phone, computer, or watching tv. If you have serious sleep issues and are relying on medications to help you stay awake or go to sleep, it is important that you see a doctor. Be careful when driving as it will be darker out in the morning.

Remember to always be safe and feel comfortable during this time change.

Daylight Savings also means Spring is coming! This is a time for new beginnings and changes that you want to make. With Spring, it means warmer weather. One helpful way when you are having sleeping issues is exercise. This can mean walking, running, riding a bike, and even attending some of our exercise classes we offer here at the Senior Center. If you enjoy going outside, be careful if there are ice patches still and always bring your walker or cane if you use one. Spring is also time for new adventures such as taking on new hobbies, going to new places, meeting new people. At the Senior Center we offer classes, trips, and chances to meet new people. Some examples of enjoying the new beginnings that Spring offers are going to parks, planting a new garden, spring cleaning, and attending activities outside. We look forward to you visiting our center and enjoying what we have to offer!

<https://www.ioaging.org/home-care/senior-activity-ideas-how-to-celebrate-spring-with-an-aging-loved-one/>

<https://www.nm.org/healthbeat/healthy-tips/daylight-savings-time-your-health#~:text=%E2%80%9CWe%20know%20that%20sleep%20deprivation.zone%2C%20or%20prolonged%20jet%20lag.>



# March Programs

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

## Monthly Programs

### Monthly Reflexology with Kim Monday, March 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, March 18th at 11:00am



Book choice for discussion is "Tell Me Everything" by Elizabeth Strout.  
*New members welcome!*

### Cheshire Sherlock Holmes Society Thursday, March 20th at 1:00pm



Join us for another installment of Cheshire Sherlock Holmes Society, read and discuss "The Resident Patient". *New members, visitors & guests are always welcome.* For additional information, contact Andy Tranquilli at [tranquilli@hotmail.com](mailto:tranquilli@hotmail.com).

### Sit Down with Stefanie Thursday, March 27th at 11:00am

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

## Special Programs

### Colon Cancer Bingo Wednesday, March 5th at 1:00pm



Come learn about Colon 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

### Chorus Concert Friday March 14th at 10:30am

Join us as the Keynote Singers perform their selection of songs at a concert for us all to enjoy. Refreshments will be served.  
Sign up to attend, today!



### Spring Paint Along with Me Thursday, March 20th at 1:00pm



Join us as Megan Jeffery leads another "Paint Along With Me" program. You will be painting an 11x14 acrylic Spring themed painting. No painting experience necessary. All supplies will be provided. Cost is \$10.00. Space is limited, payment is required with registration.

**\*\*Senior Center & Transportation are Closing at 1:00pm on Wed. March 26th\*\***

### Afternoon Movie Matinee Thursday, March 27th at 1:30pm



Join us for a viewing of Brooklyn. An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. Starring Saoirse Ronan & Emory Cohen. PG-13 1hr 57mins. Registration is requested.



# MARCH ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p><b>Please Note: Listings in Green are paid programs / classes</b></p>					
<p><b>3</b> Reflexology Sessions by appointment only 10:30 Fun Dancing 12:30 Canasta <b>4:30 Yoga for Stress Relief</b></p> <p><i>AAARP Tax Appointments 9:00am to 12:00pm</i></p>	<p><b>4</b> 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 1:00 Bingo</p>	<p><b>5</b> 9:00-11:00 Arts &amp; 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 &amp; Crochet Together <b>1:00 Colon Cancer Bingo</b> <b>1:30 Discover Italian Culture</b></p>	<p><b>6</b> 10:30 Moderate Exercise-Drop In 10:30 Pathway through Grief 11:00 Technology Help <b>12:15 Gentle Therapeutic Exercises with Kim</b> 1:00 Scrabble</p> <p><i>AAARP Tax Appointments 9:00am to 12:00pm</i></p>	<p><b>7</b> 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game <b>10:30 Tai Chi Easy</b> 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><b>10</b> 10:30 Fun Dancing 12:30 Canasta 1:00 Foods that Built America video series <b>4:30 Yoga for Stress Relief</b></p> <p><i>AAARP Tax Appointments 9:00am to 12:00pm</i></p>	<p><b>11</b> 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 11:00 Aqua Turf event 1:00 Bingo 1:00 Chair Yoga</p>	<p><b>12</b> 9:00-11:00 Arts &amp; 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 &amp; Crochet Together <b>1:30 Discover Italian Culture</b></p>	<p><b>13</b> 9:45 Blood Pressure Screening 10:30 Moderate Exercise-Drop In 10:30 Pathway through Grief 11:00 Technology Help <b>12:15 Gentle Therapeutic Exercises with Kim</b> 1:00 Scrabble 1:00 Blood Drive &amp; Health Fair</p> <p><i>AAARP Tax Appointments 9:00am to 12:00pm</i></p>	<p><b>14</b> 10:00 Beginner Italian 10:15 Golf card game 10:30 Chorus Concert <b>10:30 Tai Chi Easy</b> 11:00 Advanced Italian 11:00 Theatre Workshop 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 15</p> <p>Sun. 16</p>
<p><b>17</b> 10:30 Fun Dancing 12:30 Canasta <b>4:30 Yoga for Stress Relief</b></p>	<p><b>18</b> 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 11:00 Cheshire Readers Book Club 1:00 Bingo</p>	<p><b>19</b> 9:00-11:00 Arts &amp; Craft drop in 10:00 Wii Bowling 11:00 Nickel, Nickel 11:00 Generations Table pickup 12:30 Mah Jongg</p>	<p><b>20</b> 10:30 Moderate Exercise-Drop In 10:30 Pathway through Grief 10:30 Healthy Living, Mind, Body &amp; Spirit 11:00 Technology Help</p>	<p><b>21</b> 10:00 Beginner Italian 10:15 Golf card game 10:30 Balance Screenings 11:00 Advanced Italian</p>	<p>Sat. 22</p> <p>Sun. 23</p>





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

## Boogie Boys St. Patrick's Dance Party

Friday, March 21st 1:30pm to 3:30pm

Come help us celebrate St. Paddy's Day. Wear your green and dance away the afternoon



with music by the Boogie Boys! Refreshments available. Registration is required, cost is \$5.00 per person.

## Healthy Living, Mind, Body and Spirit:

Exercise



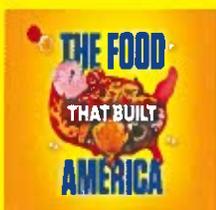
Thursday, March 20th at 10:30am

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!*

## The Food That Built America Series

Join us for additional episodes of this popular series.



Monday, March 10th at 1:00pm

**A Cold One:** In the late 1800s, German immigrants Joseph Schlitz and Captain Frederick Pabst find themselves in a battle for beer dominance. Video is 42 minutes. Registration is requested.

Monday, March 24th at 1:00pm

**American Spirits:** Two entrepreneurs rise from the ashes of Prohibition by staking everything on two liquors--a bitter, bottom-shelf whisky, and a flavorless foreign moonshine. Video is 42 minutes. Registration is requested.

## Brain Activity Group

Monday, March 31st 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.

## Blood Pressure Check Thursday, March 13th

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



## Balance Screenings

Friday, March 21st

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

**FREE**  
**BALANCE**  
**SCREENING**

## Theatre Workshop

Fridays at 11:00am



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

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

Appointments recommended.



## 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.



## 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!

## Probate Question & Answer with Judge Jalowiec Tuesday, March 25th at 10:00am



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](mailto:stheroux@cheshirect.org)

# COMMUNITY CONVERSATION ABOUT GAMBLING

Learn more about the impact of problem gambling, and how to help a loved one, family member, friend, or client.

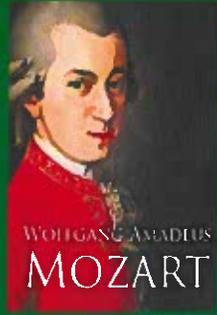
## Designed to Teach You:

- To Define Gambling and the different types
- The impact of problem gambling
- About programs and resources that assist those affected by gambling harms

**Monday,  
March 31, 2025  
10:00 - 10:45am**

**Please contact the Senior Center at 203-272-8286  
to register for this program.**





**Ways of Listening:  
The Magic of Mozart**  
Thursday, April 3rd at 1:30pm

In this one hour presentation, David Stein will explore the *Gran Partita for Winds*, a Mozart masterpiece that plays a crucial role in the movie *Amadeus*. The program uses video clips, animations and live illustration at the piano. Registration is requested, sign up today!

**Veteran's Coffee House**  
Tuesday, March 25th  
at 9:30am

Held at Wallingford Senior Center located at 238 Washington St.



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



**Thursday, March 13th at the Senior Center**  
**Blood Drive from 1:00pm to 6:00pm**

Sign up online to donate blood or see Tracey for help in scheduling your appointment.

**Health Fair from 1:00pm to 4:00pm**  
Stop by to speak with local representatives

**Coming to the Cheshire Senior Center on Friday, April 25th from 10:00am to 1:00pm:**

**Health & Wellness Clinic for Dogs & Cats**

See Flyer for details, pre-register today to reserve your spot!



**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

Last Call—sign up today!

\$ 1,199pp Double / \$ 1,589 Single  
Optional Insurance is an extra Charge.

**CT Wine Trail Day Trip**  
Wednesday, June 18th

Tour includes: Motor Coach, Boxed Picnic Lunch, Wine Tastings at 3 CT Wineries, Souvenir Wine Glass.  
Cost is \$164 pp



**A Taste of Freedom**  
Tuesday, July 22nd 2025  
**\*\* NOTE DATE CHANGE \*\***



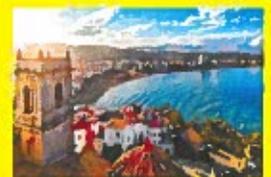
Spend time in New York City on a Lady Liberty Circle Line Cruise and have lunch at Puglia's  
Cost is \$ 189pp



**Sounds of Music: Trapp Family Lodge**  
September 1st to 3rd, 2025

\$885.00 Double / \$1,205 Single

**Spain's Classics & Portugal**  
April 7th to April 21st 2026



Trip highlights: Barcelona, La Sagrada Familia, Valencia, Paella Experience, Granada, The Alhambra, Seville and much more.

\$5,999\*\* Double / \$7,399\*\* Single  
\*\*Rates good until Oct. 8 2025



**Imperial Cities**  
October 15 – 25th, 2025

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

\$ 4,799\* pp Double / \$ 5,699\* Single by April 15<sup>th</sup>



# HEALTH & WELLNESS CLINIC

**LOW COST!**



April  
**25<sup>th</sup>**

**10AM - 1PM**

Cheshire Senior Center  
240 Maple Avenue  
Cheshire, CT 06410

Register by April 21st  
to Reserve Your Spot  
(Limited to 30)

(Cash/Check Only)

## **PRE-REGISTRATION REQUIRED**

\$60 per pet for qualifying  
Seniors and Veterans  
\$100 per pet for all others

Register **Online** at:  
[vetcareeverywhere.org](http://vetcareeverywhere.org)

Or **Call:**

**203-272-8286**



### **ATTENTION -**

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate

### **\* INCLUDED SERVICES:**

- + Wellness check
- + Rabies vaccines
- + Distemper vaccine
- + Basic deworming
- + Heartworm testing (dogs only)

\* Additional services such as nail trims and non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee



**Cheshire Senior Center Chorus** is looking for a **Piano Accompanist** to join their group on Friday mornings from 10:00am to 11:00am for weekly practices and quarterly concerts.

Please contact the Senior Center office if you are interested!



# Powerful Tools FOR Caregivers

The Cheshire Senior Center at 240 Maple Avenue, Cheshire is offering Powerful Tools for Caregivers. The evidence-based, six-week class series that will give you the confidence and support to take better care of your loved one – and yourself.

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The classes give you tools to help:

- Reduce stress
- Manage time, set goals, and solve problems
- Make tough decisions
- Improve self-confidence
- Better communicate your feelings
- Locate helpful resources

**Weekly classes will be held on Tuesdays from 1:30pm—3:00pm beginning on Tuesday, April 1, 2025 and ending on Tuesday, May 6, 2025.**

In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues.

Due to limited class size, we ask that you commit to all six classes. Please register today at the Cheshire Senior Center by calling 203-272-8286 or emailing [lgravel@cheshirect.org](mailto:lgravel@cheshirect.org).



 <p><b>Solinsky Hearing Center</b> Your Partner in <b>Hearing Healthcare</b></p>	 <p>6 convenient locations across Connecticut! Call or visit our website to schedule.</p> <ul style="list-style-type: none"> <li>• Free hearing evaluation &amp; consultations</li> <li>• Tailored hearing aid fittings and repair</li> <li>• Accepts all major insurance policies</li> <li>• Cochlear implant provider</li> <li>• Ear wax management</li> </ul> <p>(860) 325-4117 • <a href="http://www.solinskyhearing.com">www.solinskyhearing.com</a></p>	 <p><b>Wallingford &amp; Yalesville Funeral Homes</b></p> <p><b>No Obligation Pre-Arrangement Consultation Available</b></p> <p>We specialize in Traditional and Cremation Funeral Services, Veteran's Benefits Assistance and Medicaid Approved Prepaid Funeral Trusts available. Visit <a href="http://www.wallingfordfh.com">www.wallingfordfh.com</a> to download a free copy of our Funeral Planning Guide</p>  <p>Yalesville Funeral Home 203-269-2222 WALLINGFORDFH.COM Wallingford Funeral Home 203-269-7777</p>
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<p><b>Place Your Ad Here and Support our Community!</b></p> <p>Instantly create and purchase an ad with</p> <p><b>AD CREATOR STUDIO</b></p>  <p><a href="http://lpicommunities.com/adcreator">lpicommunities.com/adcreator</a></p>	<p><b>DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?</b></p>   <p>Engaging, ad-supported print and digital newsletters to reach your community.</p>  <p>Scan to contact us!</p> <p>Visit <a href="http://lpicommunities.com">lpicommunities.com</a></p>
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**CHESHIRE SENIOR CENTER  
240 MAPLE AVENUE  
CHESHIRE, CT 06410**

**PRE-SORTED STANDARD  
U.S. POSTAGE PAID  
Permit No. 62  
Cheshire, CT 06410**

### ***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, March 18th through May 13th.**

Facilitated by Kevin Lardner, LCSW with Cheshire Human Services. Class size is limited and registration is required. Sign up today!

### **"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: March 20th through May 8th**

Facilitators will be: Bob Havens and Catherine Szerszen

RSVP: Bob Havens (860)480-1655 or [havensvo67@aol.com](mailto:havensvo67@aol.com)