



CHESHIRE SENIOR CENTER FRONT PORCH NEWS APRIL 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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Eric Granoth, Nick Halkias, David Sheehan, Joe D'Eugenio, Bill Gormbard, Bill Halkias, Michael Houle, Andy Lucibello, Joe Villani, Ken Boynton, Michael Dunn and Tasman Fox

Police Perspectives

Thursday, April 10th at 2:00pm



Join us for a discussion with the Cheshire Police Department on Traffic Safety. Topics will include Enforcement, what to do if you are in an accident, what to do if you are pulled over and more. Registration is required.

There will also be a "Drop Your Drugs" table for safe disposal.

Health & Wellness Clinic for Dogs & Cats

at the Cheshire Senior Center

Friday, April 25th
from 10am to 1pm see
details on page 10



See Tracey to
Pre-Register
by April 21st!

From the Desk of Stefanie April is National Volunteer Month

So many volunteers generously donate their time and effort for the benefit of others. At the Cheshire Senior Center, we are fortunate to have more than 50 members who actively volunteer for us. Our volunteers provide vital services and programs that make it possible for us to fulfill our mission within the community. Our volunteers rarely seek recognition for their efforts, but recognition is well deserved. Let's celebrate and extend our heartfelt appreciation to the volunteers who make a difference in the lives of so many. Here at the Senior Center, we couldn't do all that we do without our volunteers! They are an amazing group of people, and we are so lucky to have all of them as part of our community!

Many meaningful volunteer opportunities are available at the Senior Center. If you are interested in volunteering please inquire in the main office.

We would love to hear from you!



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

April 1, 2025

Happy April! April is National Volunteer Month, and we would like to extend a heartfelt thank you to all our volunteers. With the help of over fifty active volunteers, we can provide all the wonderful programs and services that we have. We wouldn't be able to do it without this support. Our volunteers are an integral part of the Senior Center, and we are so lucky to have all of them as part of our community.

Below are other important things to make note of:

- **The Senior Center will be closed on Friday April 18th in observance of the Easter Holiday.**
- **Join us for a Community Conversation on Mental Health & Wellness on Monday April 14th at 10am with the Western Connecticut Coalition.** Participants will learn about mental health, strategies to enhance it, how to recognize warning signs, and what to do if you are concerned about a loved one or yourself. Please see the newsletter for registration details.
- **Osteoporosis: A Two-Part Program will be presented by Connect Physical Therapy on Thursday, April 17th and Thursday, April 24th at 10:00am.** Join us for an educational program on bone health, density and falls, and for a discussion on weight bearing exercises to combat Osteoporosis. Please see the newsletter for registration details.
- **Health & Wellness Clinic for Dogs & Cats Sponsored by Veterinarian Care Everywhere will be held at the Cheshire Senior Center Friday, April 25th from 10am to 1pm.** Please see the newsletter for registration details.
- **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.
- **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.
- **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 Wednesday afternoons.** 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.

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.

*****Please note.....NO MEAL PICK UP ON APRIL 16th*****



Reiki Tummo
Monday, April 21st
at 1:00pm



Please come and join us for deep relaxation and to feel the peace, joy, and calmness of the heart with a short heart-centered guiding, followed by 15 minutes of Reiki Tummo channeling. This is a free program, registration is required.

Walking is a wonderful way for older adults to stay physically and mentally active. Call

Marge today at
(203)272-3316 for more information about her walking group.



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.



The Pool Table at the Senior Center is not available after 1:00pm on Wednesday going forward due to a closed group that is held in that area of the building.

The Pool Table is available all day on Mondays, Tuesdays, Thursdays, & Fridays for use.



NAME _____

April Cheshire Senior Center

Payment _____

****We are off for Pick up on 16th**

Pick Up April 2nd	Pick Up April 9th
Chicken Burrito __Single__Family Meatloaf __Single __Family Manicotti /Meatballs __Single __Family Eggplant Parm __Single __Family __Lentil	Roast Beef__Single __Family Pork Loin __Single__Family Tuscan Chicken __Single__Family Cavitelli Broc & Sausage__Single__Family __Beef Barley
Pick Up April 23th	Pick Up April 30th
Stuffed Shells & Meatballs __Single __Family Sausage& Peppers __Single __Family Grandma Rosie's Chicken __Single __Family Crab Cakes __Single__Family Minestrone _____	Meatloaf __Single__Family BBQ Thighs __Single __Family Stuffed Pepper __Single __Family Eggplant Parm __Single__Family _____ Pasta Fagioli

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

Family Meals are the **Main Meal only** & serve 2ppl \$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!*

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

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.

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



Find Free Places to
**Donate & Borrow Durable Medical
Equipment,**
such as walkers, wheelchairs, etc.
www.gotdme.org

Feel Down? Get Up - Emotional Benefits of Exercise

Wellness and exercise are crucial for older adults to maintain physical health, mental well-being, and overall quality of life. Regular physical activity can help seniors stay independent, reduce the risk of chronic diseases, and improve mood and cognitive function.



As people age, it is natural to experience a decline in stamina and agility. However, regular moderate physical activity, as recommended by the Centers for Disease Control and Prevention (CDC), can provide numerous benefits for older persons, regardless of sex or underlying medical conditions. Regular exercise is proven to positively impact physical, mental, and emotional health. For older adults, exercise is especially important in managing age-related health issues such as bone loss, arthritis, and chronic diseases like cardiovascular disease, diabetes, and obesity. Engaging in regular physical activity can help prevent and manage these conditions, contributing to overall well-being and improved quality of life for seniors.

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Exercise helps support emotional and mental health. So, next time you're feeling down, anxious, or stressed, try to get up and start moving.

Physical activity can help: Reduce feelings of depression and stress, while improving your mood and overall emotional well-being. Increase your energy level. Improve sleep. Empower you to feel more in control. In addition, exercise and physical activity can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Benefits of Exercise: Improves mobility & balance; reduces fall risk; enhances cardiovascular health; helps with heart disease, high blood pressure, and diabetes; boosts mental health; reduces stress, anxiety, and symptoms of depression; strengthens muscles & bones; supports arthritis management and overall strength; encourages socialization; and group exercises help combat loneliness.

Incorporating Exercise into a Wellness Plan:

- **Start slow & adapt to ability levels** – 5 to 10 minutes daily, increasing gradually
- **Use community resources** – Senior centers, group classes, or online guided sessions
- **Encourage social exercise** – Walking groups or exercise buddies

Reference: Jung, Y. H., Park, J. B., Kang, A., & Cho, K. C. (2023). The elderly's satisfaction with physical activity programs in senior welfare centers. *Frontiers in Public Health*, 11, 1170612.

Medicare Savings Program

Overview

The State of Connecticut offers financial assistance to eligible Medicare enrollees through our 'Medicare Savings Programs.' These programs may help pay Medicare Part B premiums, deductibles, and co-insurance.

If you qualify for one of the three Medicare Savings Programs (depending on your income), DSS will pay your Medicare Part B premium each month. In addition, some enrollees will be covered for Medicare deductibles and co-insurance. Our Medicare Savings Programs are funded by Medicaid.

Eligibility

There are three levels of MSP. Your gross income or combined gross income with your spouse determines which category you qualify for. Not all earned income (income from wages) is counted toward eligibility. The monthly income limits, effective March 1, 2025, are:

Generally, if your monthly income is at or below these levels...	You may qualify for...
\$ 2,752.00 single \$ 3,719.00 couple	QMB - This program is similar to a "Medigap" policy. It pays your Part B premium (1) and all Medicare deductibles (2) and co-insurance (3) (1) Your Medicare Part B covers Doctor costs, outpatient hospital and some preventive care. (2) The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year. (3) Co-insurance is the portion of Medicare approved services that you are responsible for paying.

\$ 3,013.00 single \$ 4,072.00 couple	SLMB - This program pays for your Part B premium only.
\$ 3,209.00 single \$ 4,336.00 couple	ALMB - This program pays for your Part B premium only. This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.

All three levels of MSP pay for the Medicare Part B premium (for premium information please visit [Part B costs | Medicare](#)).

All three levels also automatically enroll you into the Low Income Subsidy (LIS), also called “Extra Help”. The LIS or “Extra Help” pays the full cost of a Medicare Part D (prescription coverage) benchmark plan, or a portion of a non-benchmark plan, yearly deductibles and co-insurance, or co-pays. This coverage remains the same even if you reach the coverage gap. The LIS also allows you to change your Medicare Part D or Medicare Advantage plans outside of the open enrollment period.

For more information contact the Cheshire Senior Center at 203-272-8286 or CHOICES at 1-800-994-9422.

The QMB is the only level of the Medicare Savings Program that acts like a Medicare Supplemental or Medigap plan. It will cover the costs of the deductibles or co-pays of Medicare Part A and Medicare Part B up to the Medicaid approved rate. It will also pay the premium for Medicare Part A for qualified adults 65 years of age or older when they are not eligible for premium free Medicare due to work earnings. You are protected by federal law from being “balanced billed” or billed for services after Medicare Part A and B pays its portion of the bill, if a provider agrees to treat you, whether or not the provider is a Medicaid provider.

Source: State of Connecticut https://portal.ct.gov/dss/health-and-home-care/medicare-savings-program/medicare-savings-program/eligibility?language=en_US ; March 27, 2025

April Programs

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

Monthly Programs

Monthly Reflexology with Kim Monday, April 7th



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 & Thursdays at 1:30pm

Starting in April, Fun Dancing will now meet twice a week. Join us for a free relaxed instructional weekly class of line dancing. All levels are welcome. No registration is needed.

Drop ins welcome!

TWICE A WEEK

Cheshire Readers Book Club Tuesday, April 15th at 11:00am



Book choice for discussion is
"The Frozen River"
by Ariel Lawhon.
New members welcome!

Cheshire Sherlock Holmes Society Thursday, April 17th at 1:00pm



Join us for another installment of Cheshire Sherlock Holmes Society, read and discuss "The Greek Interpreter". *New members, visitors & guests are always welcome.* For additional information, contact Andy Tranquilli at tranquilli@hotmail.com.

Sit Down with Stefanie Thursday, April 24th at 11:00am

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

Special Programs



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!

Celebrate Women's Black History Month: The Story of Maya Angelou Monday, April 14th at 1:30pm

The list of Maya Angelou's accomplishments is endless: volumes of poetry and nonfiction, screenplays, sitcoms, and songs. Discover from those who knew her best how this celebrated writer and renaissance woman left an indelible mark upon American history. Registration is required. (43mins)



Spring Craft Thursday, April 17th at 1:00pm

Join us to create a Wire Whisk Dragon Fly. Cost is \$5.00, All supplies will be provided.

Registration is required.



AGING AND ORAL HEALTH the facts



Aging and Oral Health

Monday, April 28th
at 10:00am

Join us for an informative discussion presented by Dr. Renee Kurtz. Dr. Kurtz will speak about the overall connection between aging body health and oral health. What are some red flags to look for with an aging mouth. There will be handouts and giveaways. Registration is required



Cheshire Police Presents:

POLICE PERSPECTIVES

"All Things Traffic"

with Sergeant Tracy Gonzalez and Traffic Officer Kevin Zaksewicz

Thursday, April 10 at 2 pm

at the

CHESHIRE SENIOR CENTER

POLICE LINE - DO NOT CROSS - POLICE LINE - DO NOT CROSS - POLICE LINE - DO NOT CROSS - POLICE LINE - DO NOT CROSS -



Where to report traffic concerns?



What to do if you get pulled over?



The future of Cheshire roads.



How do you get a speed sign on your street?



Traffic and road safety.



Q & A session.

Call the Senior Center at
203-272-8286
to register!



APRIL ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
1 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 1:00 Bingo 1:30 Powerful Tools for Caregivers	2 9:00-11:00 Arts & Craft drop in 10:00 Wii Bowling 11:00 Nickel, Nickel 11:00 Generations Table pickup 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Pathway through Grief	3 10:30 Moderate Exercise-Drop In 11:00 Technology Help 1:00 Scrabble 1:30 Fun Dancing 1:30 The Magic of Mozart <i>AARP Tax Appointments 9:00am to 12:00pm</i>	4 10:00 Beginner Italian 10:00 Chorus 10:15 Golf card game 11:00 Advanced Italian 11:00 Theatre Workshop 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	Sat. 5 Sun. 6	
7 Reflexology Sessions by appointment only 10:30 Fun Dancing 12:30 Canasta 1:00 Handwriting Analysis 4:30 Yoga for Stress Relief	8 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 11:00 Aqua Turf event 1:00 Bingo 1:00 Chair Yoga 1:30 Powerful Tools for Caregivers	9 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 Lev 2 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Discover Italian Culture 1:30 Pathway through Grief 2:45 Mindful Meditation & Movement	10 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 Foods that Built America video 1:30 Fun Dancing 2:00 Police Perspectives	Sat. 12 Sun. 13	
14 10:00 Mental Health & Wellness 10:30 Fun Dancing 12:30 Canasta 1:00 Handwriting Analysis 1:30 The Story of Maya Angelou video 4:30 Yoga for Stress Relief	15 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 10:30 NO Courage to Change 11:00 Intermediate Spanish 11:00 Cheshire Readers Book Club 1:00 Bingo 1:00 Chair Yoga 1:30 Powerful Tools for Caregivers	16 9:00-11:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 NO Generations Table pickup 11:30 Beginner Spanish Lev 2 11:30 Get Fit with Brenda 12:30 Mah Jongg	17 10:00 Osteoporosis—part 1 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 Cheshire Sherlock Holmes Society	Sat. 19 Sun. 20	
				18 SENIOR CENTER CLOSED FOR HOLIDAY	

<p>21 10:30 Fun Dancing 12:30 Canasta 1:00 Handwriting Analysis 1:00 Reiki Tummo 4:30 Yoga for Stress Relief</p>	<p>22 9:30 Zumba Gold 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 1:30 Powerful Tools for Caregivers</p>	<p>23 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 Lev 2 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Discover Italian Culture 1:30 Pathway through Grief 2:45 Brain Activity 2:45 Mindful Meditation & Movement</p>	<p>24 1:00 Scrabble 1:00 Spring Craft 1:30 Fun Dancing 2:00 Hearing Screens & Hearing Aid Checks</p>	 <p>Sat. 26 Sun. 27</p>
<p>25 10:00 Cat & Dog Health & Wellness Clinic 10:00 Beginner Italian 10:00 NO Chorus 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>26 10:00 Osteoporosis—part 2 10:30 Moderate Exercise-Drop In 11:00 Technology Help 11:00 Sit Down with Stefanie 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Jukebox Bingo 1:30 Fun Dancing</p>	<p>27 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 Lev 2 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Knit & Crochet Together 1:30 Discover Italian Culture 1:30 Pathway through Grief 2:45 Brain Activity 2:45 Mindful Meditation & Movement</p>	<p>28 10:00 Aging & Oral Health 10:30 Fun Dancing 12:30 Canasta 1:00 Afternoon Movie Matinee 1:00 Handwriting Analysis 4:30 Yoga for Stress Relief</p>	<p>29 9:30 Zumba Gold 10:00 Probate Q & A 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga 1:30 Powerful Tools for Caregivers</p>



A heartfelt Thank You TO OUR VOLUNTEERS

Please Note:
Listings in Green are paid programs / classes

spring session

starts the week of April 7th, space is limited, sign up today!

Sign up today for these upcoming programs....



Osteoporosis: A two-part program presented by Connect Physical Therapy

Thursday, April 17th at 10:00am

Join us for an educational program on bone health, density and falls.

Thursday, April 24th at 10:00am

Join us for a discussion on weight bearing exercises to combat Osteoporosis (must have a fair sense of balance).

Registration is required for each of these programs, sign up today for both or just one.

Healthy Living, Mind, Body and Spirit:

Life Transitions



Thursday, April 17th 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!



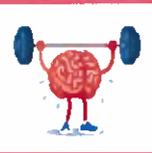
Hearing Screening and Hearing Aid Checks

Thursday, April 17th 2:00-4:00pm

Call to schedule your appointment

Brain Activity Group

Wednesday, April 23rd at 1:30pm



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

Blood Pressure Check

Thursday, April 10th

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



**FREE
BALANCE
SCREENING**

**No Balance Screenings in April,
they will return in May**

The Food That Built America Series

Join us for an additional episode of this popular series.



Thursday, April 10th at 1:00pm

A Candy Revolution: A cereal executive's bold idea to finance the "Willy Wonka and the Chocolate Factory" movie will kick-off a candy revolution that produces some of the most iconic, imaginative confections in history. Registration is required. (42mins)



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.



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!

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.

Probate Question & Answer with Judge Jalowiec **Tuesday, April 29th 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@chshirect.org



Mental Health & Wellness Monday, April 14th at 10:00am

Join us for a Community Conversation on Mental Health & Wellness with Behavioral Health Directors Abby Maldonado and Emma Hollis. Participants will learn about mental health, strategies to enhance it, how to recognize warning signs, and what to do if you are concerned about a loved one or yourself. Registration required.

A Heartfelt Thank You
TO ALL OF OUR AMAZING VOLUNTEERS!
We couldn't do it without you!



Jukebox Bingo Thursday, April 24th 1:00pm to 3:00pm

Join us for an afternoon of Jukebox Bingo. Play Bingo with a musical twist. Prizes will be given. Registration required.

Afternoon Movie Matinee Monday, April 28th at 1:00pm



Join us for a viewing of the movie Conclave starring Ralph Fiennes, Stanley Tucci and John Lithgow. When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue. This movie is rated PG and is 2hrs long. Registration required.

Veteran's Coffee House Tuesday, April 22nd at 9:30am

Held at Wallingford Senior Center located at 238 Washington St.



Cheshire members are encouraged to attend the Wallingford meeting.

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



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

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



Cruising Newport Wednesday, August 13th

Tour includes motor coach, narrated Lighthouse & Mimosa Cruise. Free time for lunch, guided tour of Newport.
Cost is \$ 153 pp



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

\$885.00 Double / \$1,205 Single

Cocktails, Cannoli's & Brews Tuesday, September 9th



Tour includes motor coach, tour of Boston's North End, Cannoli tasting, free time at Quincy Market, Brewery tour & tasting.
Cost is \$ 189 pp

Imperial Cities October 15 - 25th, 2025

\$ 4,799* Double / \$ 5,699* Single by April 15th



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



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



HEALTH & WELLNESS CLINIC

April 25th | **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
 Or Call: 203-272-8286

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



VETCAREEVERYWHERE.ORG

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

Yoga for Stress Relief

4 weeks on Mondays at 4:30pm
 starting April 7th

Join us for a new four week-long session of Yoga on 4/7, 4/14, 4/21 & 4/28 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.





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CONNECTICUT FAIR HOUSING CENTER

LEGAL ADVICE OFFICE HOURS

Tenant & homeowner rights for adults aged 60+

The Center is offering free virtual office hours in partnership with the Western Connecticut Area Agency on Aging (WCAAA).

Office hours:

- are open to all adults aged 60+ living in the WCAAA service region. This includes Litchfield County and Beacon Falls, Bethel, Brookfield, Cheshire, Danbury, Middlebury, Naugatuck, New Fairfield, Newtown, Prospect, Redding, Ridgefield, Sherman, Southbury, Waterbury, and Wolcott.
- occur the 2nd and 4th Wednesday each month at 10:00am via Teams
- are accessible by computer or phone (simply request a phone call during registration if you prefer a call over Teams).



To register for office hours scan the QR code above or visit the link below

www.tinyurl.com/cfhcofficehours



**CHESHIRE SENIOR CENTER
240 MAPLE AVENUE
CHESHIRE, CT 06410**

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



Renters Rebate 2025 Application Year

This is a reimbursement program for CT renters that are age 65 or older or disabled. Eligibility is based on income, rent, and utilities paid during the calendar year 2024. Renters Rebate amounts can be up to \$900 for married couples and up to \$700 for a single person. This program runs from April 1st to September 30, 2025. *Applicant's qualifying income for the year 2024 must not exceed \$55,100 if married or \$45,200 if unmarried.

Please contact Kristen Cherry at 203-271-6690 to discuss application process and documentation required.

Information retrieved from <https://portal.ct.gov/OPM>

What is a REAL ID?



As of May 7, 2025, the U.S. federal government will require anyone who boards an airplane for domestic travel or who enters certain federal buildings to show one of these forms of ID:

- A verified REAL ID license
- A verified REAL ID state-issued ID card
- A passport
- Permanent resident card

A REAL ID is verified by a gold star in the top right corner of your license or ID card.

Non-verified IDs don't have a gold star.

Step 1: Check your eligibility: Only U.S. citizens and permanent residents are eligible for a verified license or REAL ID card.

Step 2: Gather what you need: a U.S. passport or U.S. birth certificate, a Social security card, and two pieces of mail from two different sources dated within 90 days to prove that you live in Connecticut

Step 3: Get your REAL ID: Schedule an appointment at any DMV office or partner office, like DMV Express.

If you aren't due for a license renewal and would like a REAL ID, you can request your driver's license or ID for a \$30 duplicate fee. Your REAL ID arrives in the mail within 20 business days.