



CHESHIRE SENIOR CENTER FRONT PORCH NEWS MAY 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



FLIP THE SCRIPT ON AGING: MAY 2025

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Mini-Bus Drivers and Building Supervisors:

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



Join us for a **Special Bingo** on Tuesday, May 6th starting at 1:00pm to celebrate our Interns, Grace & Joanna. *No sign up needed in advance.*

CELEBRATE MOMS



Lunch & a Movie

Thursday, May 8th at 12:30pm



Celebrate Mother's Day with Lunch and a fun Mother's Day themed movie. Lunch will be at 12:30pm. Enjoy a variety of sandwiches plus pasta salad and dessert. The movie, Because I Said So, will start at 1:00pm and stars Diane Keaton. There is no cost for this event but registration is required, space is limited.



May is Older Americans Month!

From the Desk of Stefanie May is Older Americans Month

Every May, we celebrate Older Americans Month, a time to recognize older Americans' contributions. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

How Do We Flip the Script on Aging?

- Explore the Rewards of Growing Older— With age comes knowledge, which provides insight and confidence to understand the world more deeply.
- Stay Engaged in the Community— Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, or mentoring.
 - Embrace the Opportunity to Change— Don't let age define your limits. Invite creativity into your life by trying new activities in your community to bring in more growth, joy, and energy.

Come join us at the Cheshire Senior Center and explore our many programs, services, volunteer opportunities, and events! You can also follow us on Facebook to stay up to date on all our offerings.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

May 1, 2025

From the Desk of Stefanie

May is Older Americans Month! Every May, we celebrate Older Americans Month, a time to recognize older Americans' contributions. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Below are other important things to make note of:

- **The Senior Farmers Market Nutrition Program Information Session is scheduled for Thursday, May 15th at 11:00am.** Join us for an information session on the Senior Farmers Market Nutrition Program and hear about the qualifications and changes to the program for 2025.
- **Come celebrate Older Americans Month with Pizza and a Dance Party!** Join us on Thursday, May 22nd at 3:30pm for an early evening of fun dancing with DJ Linda for a variety of music followed by Pizza & "Root" Beer. Space is limited. Register today!
- **The Senior Center will be closed on Monday, May 26th in honor of the Memorial Day Holiday.** Enjoy the long weekend!
- **The Senior Center will be closed all day on Friday, May 30th for staff training.** There will be no activities or transportation services on Friday, May 30th. We apologize for the inconvenience.
- **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.

For the most up to date information regarding our programs and services, please visit our page on the Town of Cheshire website www.cheshirect.gov and follow us on Facebook.

ALERT: PROPOSED FEDERAL CUT THREATEN

AGING SERVICES

What's Happening?

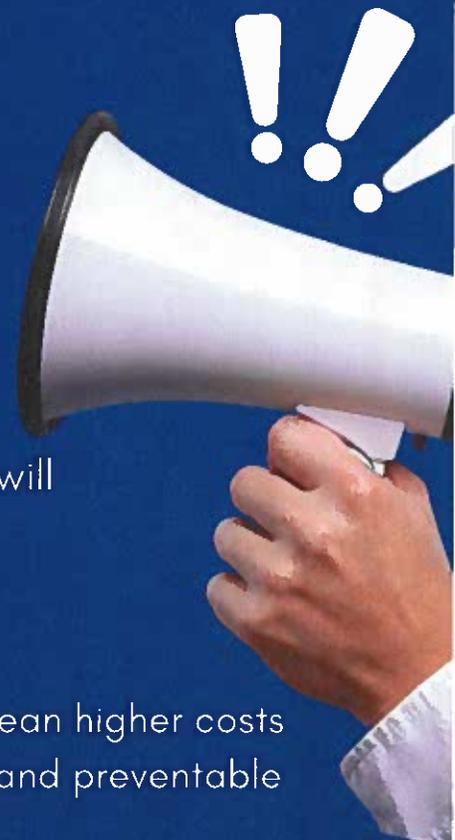
The FY26 federal budget proposal marks a dramatic retreat from services for older adults.

Key changes include:

- Consolidating or dismantling federal aging agencies
- Shifting responsibilities to states or other departments
- Slashing funding for critical "ancillary" supports like meal programs and counseling services

What's at Risk?

- **Nutrition Programs:** With 0% funding increase, how will we meet growing meal demand?
- **Medicare Counseling:** Without SHIP funding, programs like **CHOICES** in CT may disappear
- **Crisis Over Prevention:** Cuts to community care now mean higher costs and suffering later — more ER visits, nursing home stays, and preventable health problems.



Act Now!

- Contact your congressional representatives and ask them to:
- Oppose these harmful cuts
 - Protect funding for Older Americans Act (OAA) programs
 - Support the aging services network

Contact numbers for CT Delegation:

Sen. Blumenthal - (202) 224-2823

Sen. Murphy - (202) 224-4041

Find your Representative:

www.house.gov

Aging with dignity shouldn't be negotiable. Help us protect the programs that protect our seniors.



WESTERN CONNECTICUT
AREA AGENCY ON AGING

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.

Hands – Only CPR & AED Training Thursday, June 5th at 1:30pm

Learn to save a life in just two hours. Join us for a free training opportunity. This training will teach you how to recognize the signs of Cardiac Arrest, perform CPR and utilize an



AED (Automated External Defibrillator).

Presented by Yale New Haven Health & American Red Cross.

Registration is required. Space is limited.

Sign up now.



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

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.



May

NAME _____

Payment _____

Pick Up 5/07

Swedish Meatballs __Single__Family

Meatloaf __Single__Family

Stuffed Shells & Meatballs __Single__Family

Eggplant Parm __Single__Family

__Lentil

Pick Up 5/14

Roast Beef __Single__Family

Pork Loin __Single__Family

Chicken Parm __Single__Family

Cavitelli Broc & Sausage __Single__Family

__Beef Barley

Pick Up 5/21

Stuffed Shells & Meatballs __Single__Family

Sausage & Peppers __Single__Family

Tuscan Chicken __Single__Family

Crab Cakes __Single__Family

Minestrone ____

Pick Up 5/28

Lasagna __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



Renters Rebate 2025:

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 Sept 30th. Please contact Kristen Cherry at 203-271-6690 for assistance.



National Mental Health Awareness Month

May is Mental Health Awareness month. During this month, one can raise awareness of and reduce the stigma surrounding behavioral health issues and how mental health and addiction can affect everyone. Mental health is an important discussion to have as it plays a vital role in one's well-being. Mental health can affect one's social, emotional, and physical well-being. As one ages, one can face challenges like social isolation, chronic illness, financial stress, and loss of loved ones. These stressors can have a huge impact on one's mental health, so it is important to prioritize your mental health as you do your physical health.

By prioritizing your mental health you can:

- Enhance your quality of life by contributing to happiness, resilience, and a sense of purpose
- Prevent depression, anxiety, and stress which are linked to a higher risk of cognitive decline
- Reduce social isolation such participating here at the senior center or volunteering
- Create a healthy lifestyle, as those with good mental health are more likely to engage in healthy eating, regular exercise, and self-care.

Here at the senior center, we offer many services to help with one's mental health. These services include support groups, exercise classes, group discussions, workshops, individual meetings with our social worker, and so much more. Outside of the senior center, you can do many things to improve your mental health. This can include talking to a therapist, talking to a friend, participating in self-care activities, and attending other social gatherings. If you ever feel that you are struggling with your mental health, you can always reach out to our staff, and we will be able to help you. We look forward to seeing you at the senior center!

<https://www.aha.org/mental-health-awareness-month#:~:text=May%20is%20a%20time%20to,resources%20available%20in%20their%20community>

Ivbijaro, G., and Lima, C. (2013). Mental health and wellbeing of older people: opportunities and challenges. *Mental Health in Family Medicine*, 10(3), 125-127.

THE EMPOWERED CAREGIVER SERIES

Educational programming presented by the Alzheimer's Association®

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

Topics include tips for understanding key aspects of caregiving, managing finances, supporting independence, communicating effectively, responding to dementia-related behaviors and exploring care and support services.

Light meal will be provided at every session.

RSVP required, space is limited.

Please register for each session separately by clicking the corresponding date or calling the host.

Support for these community programs provided by:



Join us for a two-part series near you:

Thomaston Public Library

Friday, **April 25 & May 2** | 10:30 am - 1 pm

Naugatuck Senior Center: 203-720-7069

Tuesday, **May 6 & May 13** | 9:30 - 11:30 am

New Milford Public Library

Thursday, **May 15 & May 22** | 5:30 - 7:30 pm

Bethlehem Senior Center: 203-266-7510 ext. 226

Tuesday, **June 10 & June 17** | 10:30 am - 1 pm

Cheshire Senior Center: 203-272-8286

Tuesday, **June 10 & June 17** | 5 - 7:30 pm

Litchfield Community Center: 860-567-8302

Tuesday, **June 17 & June 22** | 12 - 2 pm

Waterbury Senior Center: 203-574-6746

Wednesday, **Sept 3 & Sept 10** | 11:30 am - 1:30 pm

Visit alz.org/CRF to explore additional education programs online and in your area.

May Programs

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

Monthly Programs

Monthly Reflexology with Kim Monday, May 5th



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

Fun Dancing is now 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



Senior Farmers Market Nutrition Program Information Session

Thursday, May 15th at 11:00am

Join us for an information session on the Senior Farmers Market Nutrition Program and hear about the qualifications and changes to the program for 2025.

Sign up today!

Sherlock Holmes Society

Thursday, May 15th
at 1:00pm



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

Cheshire Readers Book Club

Tuesday, May 20th at 11:00am



Book choice for discussion is "The Murmur of Bees" by Sofia Segovia. *New members welcome!*

Special Programs



Cooking Demo with Jessica

Thursday, May 15th at 1:30pm

Join us for another educational cooking demonstration with Registered Dietitian Jessica Dorner. Jessica will be talking about foods that keeps us hydrated. There will be a live demonstration of recipes. Samples and handouts as well. Registration is required.

Learn to Play Bridge

on Wednesdays,
May 14th, 20th, 28th &
June 4th 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.



Pizza & Dance Party

Thursday, May 22nd
at 3:30pm

Come celebrate Older Americans Month with Pizza and a Dance Party!

Join us for an early evening of fun dancing with DJ Linda for a variety of music followed by Pizza & "Root" Beer.



Space is limited,
Register today!



Afternoon Craft

Wednesday, May 28th
at 1:30pm



Join us to make a super easy, super cute, solar light. You can use it anywhere you would like a soft glow. All materials will be provided. Registration is required. Cost is \$5.00.



MAY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>Please Note: Listings in Green are paid programs / classes</p>	<p>6 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 1:00 Special Bingo 1:00 Chair Yoga 1:30 Powerful Tools for Caregivers</p>	<p>7 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 1:00 Knit & Crochet Together 1:30 Discover Italian Culture 2:00 NO Pathway through Grief 2:45 Mindful Meditation & Movement</p>	<p>1 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:30 Fun Dancing</p>	<p>2 10:00 Beginner Italian 10:00 Chorus 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 3</p>
<p>5 Reflexology Sessions by appointment only 10:30 Fun Dancing 12:30 Canasta</p> 	<p>13 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>14 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 1:00 Knit & Crochet Together 1:00 Learn to Play Bridge 1:30 Discover Italian Culture 1:30 Brain Activity</p>	<p>8 9:45 Blood Pressure Screening 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 12:30 Lunch & Movie 1:00 Scrabble 1:30 Fun Dancing</p>	<p>9 10:00 Chorus 10:15 Golf card game 10:30 Tai Chi Easy 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 10</p>
<p>12 10:30 Fun Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p>	<p>15 10:30 Moderate Exercise-Drop In 10:30 Healthy Living, Mind, Body & Spirit 11:00 Sr Farmers Market Program 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Cheshire Sherflock Holmes Society 1:00 Scrabble 1:30 Fun Dancing 1:30 Cooking Demo</p>	<p>16 10:00 Chorus 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Balance Screenings 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>15 10:30 Moderate Exercise-Drop In 10:30 Healthy Living, Mind, Body & Spirit 11:00 Sr Farmers Market Program 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Cheshire Sherflock Holmes Society 1:00 Scrabble 1:30 Fun Dancing 1:30 Cooking Demo</p>	<p>16 10:00 Chorus 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Balance Screenings 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 17</p>

<p>19 Medication Management 10:00 Fun Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p>	<p>20 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish Cheshire Readers Book Club 1:00 Bingo 1:00 Chair Yoga 1:30 Blood Pressure Screening</p>	<p>21 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 1:00 Knit & Crochet Together 1:00 Learn to Play Bridge 1:30 Discover Italian Culture 2:00 NO Pathway through Grief 2:45 Mindful Meditation & Movement 5:00 Gongs & Himalayan Singing Bowls</p>	<p>22 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:30 Fun Dancing 3:30 Pizza & Dance Party</p>	<p>23 10:00 Chorus 10:15 Golf card game 10:30 Tai Chi Easy 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sat. 24 Sun. 25</p>
<p>26 SENIOR CENTER CLOSED FOR HOLIDAY</p> 	<p>27 9:30 Zumba Gold 9:30 Veterans Coffee House at Wallingford Senior Center 10:00 Probate Q & A 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 1:00 Bingo 1:00 Chair Yoga</p>	<p>28 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 1:00 Afternoon Movie Matinee 1:00 Knit & Crochet Together 1:00 Learn to Play Bridge 1:30 Afternoon Craft 1:30 Discover Italian Culture 2:00 NO Pathway through Grief 2:45 PTC Support Group 2:45 Mindful Meditation & Movement</p>	<p>29 9:30 Chapman School visit 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:30 Fun Dancing</p>	<p>30 SENIOR CENTER CLOSED FOR STAFF TRAINING ALL DAY</p>  <p>Sat. May 31 Sun. June 1</p>

Sign up today for: Hands – Only CPR & AED Training
on Thursday, June 5th at 1:30pm
 (see more details on page 2)



Sign up today for these upcoming programs....



Gongs & Himalayan Singing Bowls

Wednesday, May 21st
at 5:00pm

Ever wanted to try or learn about a sound Bath?

Join us in a peaceful setting, experience the soothing sounds of Gongs & Himalayan Singing Bowls and float blissfully away into a deep meditative state where the tumultuous stresses of everyday life are cleared, cleansed, and washed away. Sound Baths are an invitation to slip into a deeper state of consciousness, an opportunity to unplug from external stimuli and gain perspective on what's going on inside of you. Presented by Priscilla Gale of Crystals Sound Healing. Space is limited. Please bring a yoga mat if you would like to participate on the floor, chairs will be available as well. Registration is required.

Healthy Living, Mind, Body and Spirit:

Eating a Plant based diet &
Knowing Complementary Proteins



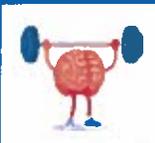
Thursday, May 15th at 10:30am

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!

Brain Activity Group

Wednesday, May 14th at 1:30pm



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

Chapman School Visit

Thursday, May 29th at 9:30am



Join us for another Chapman School Visit - We will be visiting several classrooms to either read with the students or participate in an activity with them. This was a great success the last time we visited. Sign up to see for yourself.

Balance Screenings

Friday, May 16th

10:30am -12:30pm,

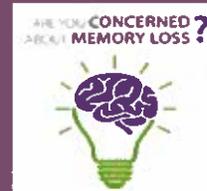
by appointment

with Connect Physical Therapy



Memory Screenings

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



Probate Question & Answer with Judge Jalowiec

Tuesday, May 27th at 10:00am



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!

Technology Help with Jared

Thursdays from 11:00am—1:00pm
Appointments recommended.



Blood Pressure Checks

with Civita Healthcare

Thursday, May 8th

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



**Cheshire Senior Center will be
CLOSED ALL DAY on FRIDAY MAY 30TH
for Staff Training,
there will be no activities on Friday, May 30th.**



Have concerns about managing all your medicine?

MEDICATION MANAGEMENT

Taking your medication isn't just a habit, it's an investment in your long-lasting well-being. Learn how to use all your medication together properly!

This free presentation will teach you:

- What questions to ask your doctor
- Tips on storing and disposing medications
- Keeping a list of all your medications
- General tips on managing all your medication
- And more!

Presented by:
Chesprocott Health District and
Cheshire Human Services

Monday, May 19, 2025 at 10 am
Cheshire Senior Center
240 Maple Ave.
Cheshire, CT 06410

Call the Senior Center to Register at 203-272-8286



Bagels will be served—Sign up today!

FREE BLOOD PRESSURE CHECKS

****Now Available on the 3rd Tuesday each month****

Blood Pressure Screenings

with Chesprocott Health District
Tuesday, May 20th

Drop In between
1:30pm –2:30pm




Veteran's Coffee House

Tuesday, May 27th 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



Lake Winnepesaukee Day Trip with Turkey Train Ride

Monday, October 6th 2025

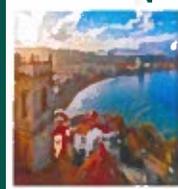
Trip includes motor coach, round trip on the Turkey Train, home-style turkey lunch.
Cost is \$ 174 pp



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



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Yoga for Stress Relief
4 weeks on Mondays
at 4:30pm
starting May 12th

Join us for a new four week-long session of Yoga on 5/12, 5/19, 6/2 & 6/9 that is designed to help us breathe and release stress. This 45-minute gentle floor yoga class is perfect for all levels.

The class will be led by Nancy Boudreau, RYT-500.

The class fee is \$15 for the four-week session and payment is due prior to the first class.

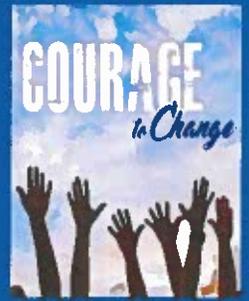
Space is limited, register today.

Please bring your own yoga mat.



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

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



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

The next 8-week long class will be held every Tuesday at 10:30am at the Senior Center

beginning Tuesday, June 3rd through July 22nd.

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

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What is the Senior Farmers' Market Nutrition Program?

The Seniors Farmers' Market Nutrition Program (SFMNP) is funded and administered by the CT Department of Agriculture to provide low income seniors with gift cards that can be exchanged for eligible foods at farmers' markets. The SFMNP was created to provide a supplemental source of fresh, locally grown fruits, vegetables, and herbs from farmers' markets, and to promote agricultural diversification by stimulating the demand for Connecticut grown fresh fruits and vegetables at farmers' markets.

Who is Eligible?

Individuals 60 years of age or older, with incomes that do not exceed 185% of poverty income guidelines are eligible. Clients must be participating in another program with proper means testing verifying their eligibility. Examples of other programs include but are not limited to renter rebate programs, energy assistance, QMB (DSS Connect Card) or SNAP (food stamps).

How Does the Program Operate?

Each eligible recipient receives a gift card (value still to be determined), which can be redeemed at FMNP authorized markets throughout Connecticut and are used for fruits, vegetables, CT grown honey, eggs and fresh cut herbs. Senior FMNP gift cards are issued to Municipal Agents or Social/Elderly Service Directors by the Connecticut Department of Agriculture. The gift card are distributed by the Municipal Agents or Social/Elderly Service Directors to eligible seniors in their town or city. Gift cards are available for pick up starting in late May 2025.

Join us May 15th at 11:00am for a discussion on this program.

**EVERYONE PARTICIPATING IN THIS PROGRAM
IN 2025 WILL BE RECEIVING A NEW CARD!**

<https://portal.ct.gov/doag/adarc/adarc/farmers-market-nutrition-program>



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