



CHESHIRE SENIOR CENTER FRONT PORCH NEWS JUNE 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.gov/senior-services



Staff:

Stefanie D. Theroux, LCSW, Coordinator of Senior Services: 203-272-3165; stheroux@cheshirect.gov
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Tracey Kozlowski, Administrative Assistant: 203-272-8286; trkozlowski@cheshirect.gov

Mini-Bus Drivers and Building Supervisors:

Eric Granoth, Nick Halkias, Joe D'Eugenio, Bill Gorbard, Bill Halkias, Michael Houle, Andy Lucibello, Noel Martinez, Joe Villani, Ken Boynton, Michael Dunn and Tasman Fox

NEW GROUP

We are excited to introduce two new groups at the Senior Center: I Hate Math Club & Laughing with Nurse Nancy
Details inside!

HAPPY Retirement

We are all wishing Dave Sheehan the best of times as he starts his Retirement, he will be missed!



Thank you for your 10 years of service with Cheshire Senior Center & Transportation.

From the Desk of Stefanie

Happy Summer! This month we celebrate many things including Father's Day, Pride, and Juneteenth. The Senior Center will be closed on Thursday, June 19th in honor of the Juneteenth Holiday.

It's membership renewal time. Senior Center membership is open to everyone ages 55 and older. It's a great place to learn something new and connect with others. We are accepting membership renewals in person, by mail, and in the Senior Center Drop Box. Please complete the enclosed Membership Renewal form and return the completed form to us, along with your annual membership renewal fee. Membership is \$5 per person for Cheshire residents and \$10 per person for out of town residents.

Senior Farmers' Market Nutrition Program gift cards are coming soon. There have been some changes to this program. Please contact the main office to learn about program eligibility and participating farmers' markets.

Mark you calendars! Summer class registration is scheduled for June 30th at 8:30am. We have a full schedule of classes. Please see the enclosed class schedule for details.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

June 1, 2025

Happy June! It's membership renewal time. Senior Center membership is open to everyone ages 55 and older. It's a great place to learn something new and connect with others. We are accepting membership renewals in person, by mail, and in the Senior Center Drop Box. Please complete the enclosed Membership Renewal form and return the completed form to us, along with your annual membership renewal fee. Membership is \$5 per person for Cheshire residents and \$10 per person for out-of-town residents.

Below are other important things to make note of:

- **The Senior Farmers Market Nutrition Program Gift Cards will be available soon.** We have received notice that the gift cards have been shipped but we have not yet received them. We will announce on our Facebook page when the gift cards become available.
- **The Pride Flag Raising will be held on Saturday June 7, 2025, at 1:00 p.m. on the Green in front of the First Congregational Church in the Center of Town.**
- **All caregivers are invited to attend The Empowered Caregiver,** an education series aimed at teaching 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. **Join us for a two-part series on Tuesday, June 10, 2025, and Tuesday, June 17, 2025, from 5 – 7:30 pm.** Please register at 203-272-8286 or at stheroux@cheshirect.org.
- **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.
- **File of Life packets are available at the Senior Center.** This is a wonderful item to have in the event of an emergency. Please call 203-272-8286 or stop by the Senior Center to learn more about this program or to request a packet.
- **Deterra Medication Disposal bags are available at the Senior Center.** If you need medication disposal bags, please call 203-272-8286 or stop by the Senior Center.
- **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.
- **Please note that the Senior Center is not responsible for items left behind on the vans.** When using our transportation, we encourage you to check for belongings before exiting the vans. Thank you!

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

CHESHIRE SENIOR CENTER
Membership Registration

MEMBER INFORMATION:

Name: _____ DOB: _____
Last Name, First Name

Address: _____ Town: _____

Home Phone: _____ Cell Phone: _____ Zip Code: _____

Email: _____ NEW MEMBER _____ / RENEWAL _____

Gender: _____ Pronouns: _____ Newsletter: Mailed _____ Electronic _____ Both _____

EMERGENCY CONTACT INFORMATION:

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

VETERAN: Yes _____ No _____ **BRANCH OF SERVICE:** _____

PHYSICIAN: _____ **PHONE:** _____

IMPORTANT MEDICAL INFORMATION / LIMITATIONS: _____

WAIVER: Member acknowledges that the information above is true and accurate to the best of my understanding. I certify that I am fit to participate in Cheshire Senior Center activities.

Member signature is required below.

Signature

Date

CHECKS SHOULD BE PAYABLE TO: TOWN OF CHESHIRE SENIOR CENTER

FOR OFFICE USE

DATE OF MEMERSHIP PAID: _____ **PAYMENT:** _____

KEY TAG #: _____ **MYSENIORCENTER:** _____ **NEWSLETTER:** _____

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

JOIN OR
RENEW
TODAY

Reminder..... It is Cheshire Senior Center Annual Membership Renewal Time

Enclosed please find a membership form that we ask that you please fill out and submit with your membership renewal payment, so we can make sure we have all your current information. Annual membership runs from July 1st through June 30th. The fee is \$5.00 for Cheshire residents and \$ 10.00 for out of town residents, each year.

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.

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

RSVP required, space is limited. Attendance is encouraged, but not required, at both sessions.

Support provided by:  Centennial Community Foundation
Dedicated. Inspired.

Join us for a two-part series:
Tuesday, June 10, 2025

Building Foundations of Caregiving, Supporting Independence, Exploring Care and Support Services

Tuesday, June 17, 2025

Communicating Effectively, Responding to Dementia Related Behaviors

5 - 7:30 pm at the Cheshire Senior Center
240 Maple Ave, Cheshire
Light dinner will be served

RSVP: 203-272-8286 or stheroux@cheshirect.org

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

ALZHEIMER'S ASSOCIATION

24/7 Helpline 800.272.3900 | alz.org/ct

Cheshire SC

Wednesday pick up 11-12

NAME _____

Payment _____

Pick Up June 4th	Pick Up June 11th
<p>Swedish Meatballs __Single__ Family</p> <p>Meatloaf __Single__ Family</p> <p>Stuffed Shells & Meatballs __Single__ Family</p> <p>Eggplant Parm __Single__ Family</p> <p>__Lentil</p>	<p>Roast Beef __Single__ Family</p> <p>Pork Loin __Single__ Family</p> <p>Chicken Parm __Single__ Family</p> <p>Stuffed cabbage __Single__ Family</p> <p>__Beef Barley</p>
Pick Up June 18th	Pick Up June 25th
<p>Stuffed Shells & Meatballs __Single__ Family</p> <p>Sausage & Peppers __Single__ Family</p> <p>Tuscan Chicken __Single__ Family</p> <p>Meat Loaf __Single__ Family</p> <p>Minestrone ____</p>	<p>Lasagna __Single__ Family</p> <p>BBQ Thighs __Single__ Family</p> <p>Turkey Dinner __Single__ Family</p> <p>Eggplant Parm __Single__ Family</p> <p>____ Pasta Fagioli</p>

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:

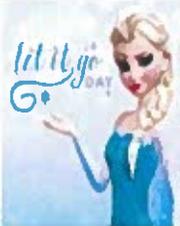
- Caregiver Support Services
- Community Based Services and Resources, Meals on Wheels
- Medicare, Medicare Assistance Program, Medicaid, and Long Term Planning
- Energy Assistance, Supplemental Nutrition Assistance Program



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.

June 23rd is National "Let It Go" Day



After a negative experience, the common expression given is "just sweep it under the rug!" Well, did that help you feel any better or resolve your feelings? Common negative human experiences if not worked through can lead to regret, sadness, anger, and depression promoting more negative feelings bringing on guilt and grudges for a lifetime (Justice, 2024). Generally, resentment builds after a breakup, divorce, heartbreak, disagreement, or betrayal. Research has proven that holding onto negative thoughts and allowing them to stir can lead to adverse effects on a person's mental and physical health. Health issues may occur from the stress of holding on to negative thoughts. Anna Katharine Schaffner, Ph.D., (2024), states, "especially when we tend to hold on to resentment or when we are unable to move on from the past or a former partner [or event], can we benefit significantly from learning how to let go." When the negative thoughts are non-stop, this is known as repetitive thinking or rumination which may cause greater stress, depression, and poor well-being. On June 23, *National Let it Go Day* celebrate "letting it go" hopefully developing an understanding, resilience, and peace.

Evidently, a person may experience anger, embarrassment, frustration, guilt, jealousy, resentment, self-consciousness, and shame. It is human nature to have these feelings, however, if repetitive thinking continues and these feelings are not resolved that is when the health and mental problem begins. What if you could process and release these negative emotions and memories in a healthy, positive manner and heal? First, try to find the source of your negative feelings from your past or in the present experiences, or with your job, or other recent unexpected negative events. This is challenging but helpful to begin the healing. Next, seek the right help and support.

One of the best strategies is to work with a therapist or social worker to help change these feelings. These health care professionals may offer a variety of treatments. Mindfulness exercises also tend to be a common treatment method for reducing symptoms of anxiety and depression. The importance of self-care is often ignored during this time, but it is something that can help improve your mental, physical, spiritual, social, and emotional health (Justice, 2024). Find activities or hobbies you genuinely enjoy and practice them such as reading a good book, exercising, walking, yoga, dancing or connecting with an old friend. Often finding the positive things in life can help the healing and letting go. A positive group of family or friends who will listen and support you during this time can be significantly helpful (Schaffner, 2024). Also, remember to reduce self-criticism it is important to be positive with yourself and appreciate what you have accomplished. The importance of letting go is finding peace with the past, healing, then moving forward improving your mental and physical health and well-being.

References: Justice, A. (2024, October 11). National Let It Go Day: Healing And Moving Forward From Negative Experiences. <https://www.betterhelp.com/advice/current-events/national-let-it-go-day-healing-and-moving-forward-from-negative-experiences/> Kushner, D. (March). "Let It Go" More Than a Song Title, the Motto for Our Age. <https://www.psychologytoday.com/us/blog/transcending-the-past/201903/let-it-go-more-than-a-song-title-the-motto-for-our-age> Schaffner, A. (2024, March 13). How to Let Go & Why It's So Important for Wellbeing. <https://positivepsychology.com/how-to-let-go>

June Programs

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

Monthly Programs

Monthly Reflexology with Kim Monday, June 2nd



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!

NO CLASS 6/2 or 6/5

TWICE A WEEK

Cheshire Readers Book Club

Tuesday, June 17th at 11:00am



Book choice for discussion is

"West with Giraffes "

by Lynda Rutledge.

New members welcome !

Sit Down with Stefanie

Thursday, June 26th at 11:00am

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



Sherlock Holmes Society

Thursday, June 26th at 1:00pm

**** NOTE DATE CHANGE ****

Join us for another installment of Cheshire Sherlock Holmes Society. Please read: *Teller of Tales: The Life of Arthur Conan Doyle*, page 249 to end. *New members, visitors & guests are always welcome.* For additional information, contact Andy Tranquilli at tranquilli@hotmail.com.

Special Programs

Fraud & Medicare Thursday, June 12th at 1:30pm



Join Margaret Guerrero, Senior Medicare Patrol Volunteer from the Western CT Area Agency on Aging, in a group discussion on the latest Medicare frauds impacting our local communities. Q/A will follow. Registration is required.

REIKI TUMMO



Reiki Tummo Monday, June 16th at 1:00pm

Join us for deep relaxation and to feel the peace, joy, and calmness of the heart. A short heart centered guiding followed by 15 minutes of Reiki Tummo Channeling. Registration is required.

Afternoon Movie

Monday, June 23rd
at 1:00pm



Join us for a viewing of "The Big Wedding" Starring Robert DiNiro and Diane Keaton. Don and Ellie are long divorced, but when their adopted son's ultra-conservative biological mother unexpectedly decides to fly in for the young man's nuptials, they are forced to play the happy couple to avoid an awkward situation. With their heartily amused friends and adult children looking on, Don and Ellie must confront their past, present and future -- and hopefully avoid killing each other in the process. 1hr. 25 mins. "R" Registration is required



Chorus Concert Friday, June 27th at 10:30am

Join us for Chorus Concert to get you in the mood for Summer. Light refreshments will be served. Registration is requested.



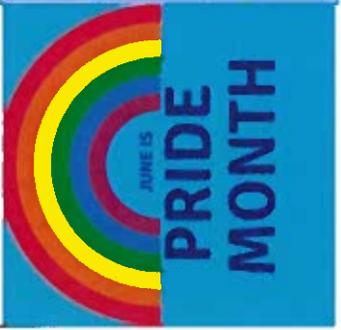
JUNE ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>2 Reflexology Sessions by appointment only</p> <p>10:30 NO Fun Dancing</p> <p>12:30 Canasta</p> <p>4:30 Yoga for Stress Relief</p>	<p>3 9:30 Zumba Gold</p> <p>10:30 Moderate Exercise-Drop In</p> <p>10:30 Courage to Change</p> <p>11:00 Intermediate Spanish</p> <p>12:30 Mah Jongg</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p>	<p>4 9:00-11:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>11:00 Beginner Spanish Lev 2</p> <p>11:30 Get Fit with Brenda</p> <p>1:00 Learn to Play Bridge</p> <p>1:00 Knit & Crochet Together</p> <p>1:30 Discover Italian Culture</p> <p>2:00 NO Pathway through Grief</p> <p>2:45 Mindful Meditation & Movement</p>	<p>5 10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p> <p>1:30 NO Fun Dancing</p> <p>1:30 Hands-Only CPR & AED Training</p>	<p>6 10:00 Chorus</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	<p>Sun. 1</p> <p>Sat. 7</p> <p>Sun. 8</p>
<p>9 10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p>4:30 Yoga for Stress Relief</p>	<p>10 9:30 Zumba Gold</p> <p>10:30 Moderate Exercise-Drop In</p> <p>10:30 Courage to Change</p> <p>11:00 Intermediate Spanish</p> <p>12:30 Mah Jongg</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p> <p>5:00 Empowered Caregiver Series</p>	<p>11 9:00-11:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>11:00 Beginner Spanish Lev 2</p> <p>11:30 Get Fit with Brenda</p> <p>1:00 Knit & Crochet Together</p> <p>1:30 NO Discover Italian Culture</p> <p>2:00 Pathway through Grief</p> <p>2:45 Mindful Meditation & Movement</p>	<p>12 9:45 Blood Pressure Screening</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p> <p>1:30 Fun Dancing</p> <p>1:30 Fraud & Medicare</p>	<p>13 10:00 Chorus</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p> <p>1:30 Say Hello to Summer with the Boogie Boys</p>	<p>Sat. 14</p> <p>Sun. 15</p> 

Please Note: Listings in Green are paid programs / classes

<p>16 10:30 Fun Dancing 12:30 Canasta 1:00 Reiki Tummo</p>	<p>17 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Intermediate Spanish 11:00 Cheshire Readers Book Club 12:30 Mah Jongg 1:00 Bingo 1:00 Chair Yoga 1:30 Blood Pressure Screening 5:00 Empowered Caregiver Series</p>	<p>18 9:00-11:00 Arts & Craft drop in 10:00 Wii Bowling 10:00 Paint by Number 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 Beginner Spanish Lev 2 1:00 Knit & Crochet Together 1:00 Brain Activity 1:30 Discover Italian Culture 2:00 Pathway through Grief</p>	<p>19 </p>	<p>20 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></p>	<p>Sat. 21 Sun. 22</p>
<p>23 10:30 Fun Dancing 12:30 Canasta 1:00 Afternoon Movie Matinee</p> <p></p>	<p>24 9:30 Veterans Coffee House at Wallingford Senior Center 10:00 Probate Q & A 10:30 Moderate Exercise-Drop In 10:30 I Have Math Club 12:30 Courage to Change 1:00 Bingo 1:00 Chair Yoga</p>	<p>25 9:00-11:00 Arts & Craft drop in 10:00 Wii Bowling 10:00 Paint by Number 11:00 Nickel, Nickel 11:00 Generations Table pickup 1:00 Knit & Crochet Together 1:00 Police Perspectives 1:30 Discover Italian Culture 2:00 Pathway through Grief 2:45 PTC Support Group</p>	<p>26 10:30 Moderate Exercise-Drop In 11:00 Technology Help 11:00 Sit Down with Stefanie 1:00 Scrabble 1:00 Cheshire Sherlock Holmes Society 1:30 Fun Dancing 1:30 Laughing w/ Nurse Nancy: Healing Thru Humor</p>	<p>27 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Chorus Concert 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 28 Sun. 29</p>
<p>30 8:30 Class Registration 10:30 Fun Dancing 12:30 Canasta</p>					



Summer Class Registration
begins on Monday, June 30th
at 8:30am.
See insert for class offerings and details.



2025 Summer Class Schedule

Registration will begin on Monday, June 30th at 8:30am

Classes begin the week of July 7th. Classes end the week of September 8th

CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
Barre Class	Wednesday	10:30 - 11:15am	9	\$31.00	Brenda Martin
A workout technique inspired by ballet and Pilates. This full body workout also develops agility and flexibility.** No Class July 23rd					
Chair Yoga	Tuesday	1:00 - 1:45pm	10	\$35.00	Helene Korchin
Improve Balance, Strength and Inner Peace. Please bring own Yoga Mat.					
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.					
No Class Thursday July 17th					
Get Fit with Brenda	Wednesday	11:30 am - 12:15pm	9	\$31.00	Brenda Martin
Improve balance, eye-hand coordination and flexibility. ** No Class Wednesday July 23rd **					
Mindful Meditation & Movement	Wednesday	2:45 - 3:30pm	9	\$31.00	Nirupama Nigam
Learn Different Mindfull Meditations and Practices. *No Class August 20th *					
Pilates	Wednesday	9:30 - 10:15am	9	\$31.00	Brenda Martin
Improve overall endurance and flexibility through core strengthening. ** No Class Wednesday July 23rd **					
Intermediate Spanish	Tuesday	11:00am - 12:00pm	10	\$40.00	Anne Marie Boulade-Perigois
Advance your Converational 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 experniced 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.					
Yoga for Stress Relief	Monday	4:30 - 5:15	10	\$35.00	Nancy Boudreau
Gentle floor Yoga designed to help with breathing and stress relief. Please bring your own yoga mat.					
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.**

****NEW****

To better meet the needs of all our members. We have added an evening yoga class to our schedule.

In-Person class registration will begin on Monday June 30th at 8:30am. Everyone who registers in person on June 30th 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.

Please note: 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 classes. Class credit will be given on a case-by-case basis.

**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.

Sign up today for these upcoming programs....



**Say Hello to Summer
Dance Party
with the Boogie Boys**
Friday, June 13th
1:30pm to 3:00pm

Come help us celebrate the beginning of Summer by dancing away the afternoon with music by the Boogie Boys!
Refreshments available.
Registration is required, cost is \$5.00 per person.



Paint by Number
3-week series
June 18th, 25th
& July 2nd
10:00am to 12:00pm



Have you always wanted to paint but just don't know where to start? Join us for a Paint by Number 3-week series. All supplies will be provided. Registration is required. Space is very limited. Cost \$5.00
Sign up today!



I Hate Math Club
Tuesday, June 24th at 10:30am

Do NUMBERS make you NUMB? Does M.A.T.H. stand for Mental Abuse to Humans??? If yes, then you'll surely be comfortable in this group. You'll happily see math in a new light. When you pick up some fundamentals, the FUN will come before DA MENTAL! Join us for an interesting take on the possibly intimidating world of Math. This group will be lead by former Math teacher Ruth Sullo. She will present math in fun and non-intimidating ways through varies activities. This group will meet on a monthly basis.

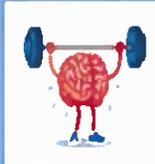
Registration is requested but drop-ins are welcome.



NEW GROUP

Brain Activity Group

Wednesday, June 18th at 1:00pm



Join us as we test our visual memory this month with various puzzles and activities. Registration is required.

Balance Screenings

Friday, June 20th

10:30am -12:30pm,

by appointment

with Connect Physical Therapy

**FREE
BALANCE
SCREENING**

Memory Screenings

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

ARE YOU CONCERNED ABOUT MEMORY LOSS?



Probate Question & Answer
with Judge Jalowiec
Tuesday, June 24th 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!

Blood Pressure Checks

with Civita Healthcare

Thursday, June 12th

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

**FREE
BLOOD
PRESSURE
CHECKS**



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

Summer Class Registration begins on Monday, June 30th at 8:30am, see insert for listing & description.



**LAUGHTER
IS
THE BEST
MEDICINE**



Laughing with Nurse
Nancy: Healing Thru Humor **NEW GROUP**
Thursday, June 26th at 1:30pm

Do you ever feel like you could use a good laugh? Then I would bet that others feel that way too. Join Nurse Nancy Bergvik, for 45 minutes of laugh sharing, *No funny bone required!* Registration is requested.



Police Perspectives
Wednesday, June 25th at 1:00pm

Join us for a discussion on our Patrol Division with Lt. Durkee, Sgt Gonzalez and Officer Wynne of the Cheshire Police Department. Topics will include what type of calls does Patrol respond to, what should you do when an officer arrives to take a complaint, a review of domestic violence laws and more. There will also be time for Q & A with the Police Officers. Registration is required.

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



**FREE
BLOOD
PRESSURE
CHECKS**



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

**Blood Pressure
Screenings**
with Chesprocott Health District

Tuesday, June 17th
Drop In between
1:30pm - 2:30pm



Veteran's Coffee House
Tuesday, June 24th at 9:30am

Held at Wallingford Senior Center located at 238 Washington St.



Coffee starts at 9:30am, guest speaker starts at 10:00am

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

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

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



Visit Barcelona, Madrid, Seville, Lisbon & more

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



Jukebox Bingo

Thursday, July 3rd

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, sign up today!



Saturday, June 7th @ 1:00PM

First Congregational Church
111 Church Drive, Cheshire, CT

Musical
Performance
by:

CHESHIRE
VOICE

This is a free event and all are welcome!
Join us as we celebrate Pride in Cheshire!

VA DISABILITY BENEFITS FORUM

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**JOIN US ON: JUNE 4, 2025
STARTS AT 6 PM**

CONNECTING VETERANS WITH THE KNOWLEDGE, RESOURCES, AND SUPPORT TO NAVIGATE THE BENEFITS THEY'VE EARNED.

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OPEN TO VETERANS, THEIR FAMILIES
AND THE PUBLIC

Monthly Educational Lecture Series

"The History of the Farmington Canal"
Presented by the Cheshire Town Historian
Monday, June 2, 1:00pm in Nelson Hall

"Amazing Animal Adaptations" (live animals!)
White Memorial Conservatory Center
Monday, June 16, 1:00pm in Nelson Hall

Elim Park
150 Cook Hill Road
Cheshire, CT 06410
Village Green Entrance
RSVP 203-272-7550
Open to all!

Follow signs for parking (grass parking available).
Enter at Village Green Main Entrance.

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.

RSVP required, space is limited. Attendance is encouraged, but not required, at both sessions.

Support provided by:



Join us for a two-part series:
Tuesday, June 10, 2025

Building Foundations of Caregiving, Supporting Independence, Exploring Care and Support Services

Tuesday, June 17, 2025

Communicating Effectively, Responding to Dementia Related Behaviors

8 - 9:30 pm at the **Cheshire Senior Center**
240 Maple Ave, Cheshire
Light dinner will be served

RSVP: 203-272-8286 or stheroux@cheshirect.org

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

ALZHEIMER'S ASSOCIATION

24/7 Helpline 800 272 3900 | alz.org/

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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CHESHIRE, CT 06410**

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



This program starts June 1st for eligible Cheshire Seniors 60 years or older with income that doesn't exceed 185% of poverty income guidelines. Household of (1) INCOME LIMIT: \$2,413 monthly or \$28,953 annually / Household of (2) INCOME LIMIT: \$3,261 monthly or \$39,128 annually. You must come to the Senior Center every year to re-apply for this program or call the office with any questions.

SAGE NATIONAL LGBTQ+ ELDER HOTLINE **877-360-LGBT(5428)**

Talk and be heard at the SAGE LGBTQ+ Elder Hotline. This hotline connects LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline, toll-free, at 877-360-LGBT(5428). Hotline responders:

- Are certified in crisis response
- Offer support without judgment
- Answer questions factually and confidentially
- Provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs



The SAGE LGBTQ+ Elder Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages.

Members of the LGBTQ + Elder community are likely to live alone and feel isolated. Through this hotline, members of this community can connect with an LGBTQ+ responder who is friendly, knowledgeable, and ready to listen. The hotline is managed by United Way Worldwide.

Source: <https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline>

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