



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



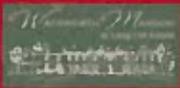
Staff:

Stefanie D. Theroux, LCSW, Coordinator of Senior Services: 203-272-3165; [stheroux@cheshirect.gov](mailto:stheroux@cheshirect.gov)  
Laura Gravel, Program Supervisor: 203-272-8286; [lgravel@cheshirect.gov](mailto:lgravel@cheshirect.gov)  
Andrea Sidoruk, LMSW, Senior Services Social Worker: 203-272-8030; [asidoruk@cheshirect.gov](mailto:asidoruk@cheshirect.gov)  
Coleen Bankowski, Transportation Manager / ENP Lunch Reservations: 203-272-0047; [cbankowski@cheshirect.gov](mailto:cbankowski@cheshirect.gov)  
Tracey Kozlowski, Administrative Assistant: 203-272-8286; [trkozlowski@cheshirect.gov](mailto:trkozlowski@cheshirect.gov)

Mini-Bus Drivers and Building Supervisors:

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

Join us for these exciting programs in July:



Backyard Birds of CT  
Christmas in July Craft  
The Main Moose Day Trip  
I Hate Math Club  
Music at the Mansion  
How to Think Like Da Vinci  
*and so much more!*



Sign up today for our Blood Drive on August 21st

## From the Desk of Stefanie

Happy Summer! This month we celebrate Independence Day! In honor of the holiday, the Senior Center will be closed on Friday, July 4th.

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 in town residents and \$10 per person for out of town residents.

Senior Farmers' Market Nutrition Program gift cards are now available. Please contact the main office to learn about program eligibility and participating farmers' markets.

Summer classes begin the week of July 7th and there are still spots available in many of our classes. Please contact the main office to learn more about our variety of classes and to register.



## TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

July 1, 2025

We have exciting news to share! On June 13, 2025, The Western Connecticut Area Agency on Aging designated the Cheshire Senior Center as a Community Focal Point! This designation recognizes the Senior Center's dedication to serving older adults and their families by providing community support, resources, and advocacy.

Below are some important things to make note of:

- **Thank you to our volunteers who clean and organize our craft room and our library! We appreciate all the work that goes into cleaning and maintaining these spaces!** As a reminder, all donations need to be approved by the main office. This approval process helps us keep things organized throughout the building.
- **The Senior Farmers Market Nutrition Program Gift Cards are now available.** The \$40 gift cards are available to residents 60 years or older with a household income that doesn't exceed 185% of the poverty guidelines. The monthly income limit for a single person household is \$2,413 and for a two-person household the monthly income limit is \$3,261. Please call 203-272-8286 or stop by the Senior Center to learn more about this program.
- **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. **Also, there is no meal pickup on Wednesday, July 2<sup>nd</sup> due to the July 4<sup>th</sup> holiday.**
- **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!
- **Save the Dates! Coming in August we have Brass City Harvest Mobile Farmers Market on Wednesday, August 6, 12:30pm-1:30pm and the American Red Cross Blood Drive on Thursday, August 17, 1pm-6pm.** Please see the newsletter for details.

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



# News From the Senior Center

## Support for the Senior Center

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

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

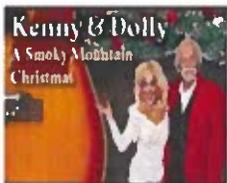
All donations should be sent to:

The Cheshire Senior Center  
240 Maple Avenue  
Cheshire, CT 06410

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.



### **Kenny & Dolly A Smoky Mountain Christmas**

Wednesday,  
December 10th, 2025  
at the Aqua Turf

Wendy T and Justin Sullivan recreate the magic of Country Music's favorite couple, Dolly Parton & Kenny Rodgers.

Coffee & Donuts available upon arrival, followed by a family style menu. Cost is \$97.00pp Drive on your own.  
See Laura for questions or to sign up.



## **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.**

### **Annual Statewide Senior Outing at Holiday Hill**

is planned for Monday,  
August 18th from 9:00am to 4:00pm  
(rain or shine)



All Inclusive Price is \$46.00 / guest  
Purchase tickets directly from Holiday Hill, inquire in our office for more details.

**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 agree to abide by the General Policy and Code of Conduct, as written on the back of this registration form. 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:** \_\_\_\_\_

**Cheshire Senior Center  
General Policy and Code of Conduct**

1. Members and guests of the Cheshire Senior Center are expected to be able to care for themselves independently as a participant in programs, activities and classes at the Center and when riding our mini buses. A personal aide may accompany the member or guest to assist them while at the Senior Center and when riding our mini buses.
2. Proper personal hygiene is expected from all participants. This requirement pertains to personal health issues as well as common courtesy for other participants.
3. As a courtesy to others, cell phones, pagers, etc. should be silenced and/or set to vibrate when participating in Cheshire Senior Center classes, programs, or activities and when riding on the mini bus. All members and guests receiving incoming calls are asked to conduct phone conversations in an area that is away from said class, program, or activity. Staff telephones are for staff use only but may be used, with permission from a staff member, for an urgent situation only. The duration of calls placed using a staff phone should be kept to a minimum as this disrupts incoming and outgoing calls.
4. Food and beverages including water are permitted in designated areas. As a courtesy to others, please use trash bins that are located throughout the building. The consumption of food and beverages, with the exception of water, is not permitted when riding the mini bus, unless medically necessary. We ask that bottle caps and coffee cups with covers be used to prevent spills.
5. Only staff and volunteers who are working under the direction of a staff member are permitted in the kitchen. No one should enter the kitchen for any reason as it violates health codes.
6. All members and guests are expected to treat staff, instructors, entertainers, other members, and guests with respect and courtesy. Members and guests are expected to behave in a manner that does not cause others to feel uncomfortable, bullied, harassed, intimidated or unwelcome. Members and guests shall refrain from passing derogatory comments and/or using language that is abusive, threatening, loud or harassing. Additionally, the Cheshire Senior Center promotes the participation of all members, regardless of race, color, nationality, sex, gender, sexuality, or disability.
7. Members or guests who act inappropriately or create serious disruptions may be asked to leave a program or activity by a staff member.
8. If a member, class instructor, or class facilitator feels that another member's or guest's actions or behavior is threatening or harmful to themselves or others, they should bring the matter to the attention of a staff member immediately who will investigate/look into the situation and take the appropriate measure/action to resolve the situation accordingly.
9. If a member or guest is exhibiting severe health related issues, staff will take the appropriate measures to ensure their health and well-being and those around them.

**I acknowledge that I have received a copy of the Policies and Code of Conduct:**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# 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:

Please note the Senior Center is not responsible for items left behind on the vans, we encourage you to check for belongings before exiting.

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.

## Do you qualify for the Medicare Savings Program?

In 1965, Medicare was set up to provide important health care coverage for adults age 65 and older. Medicare is a federal health care program, but Medicare is not free when considering out-of-pocket costs such as premiums, co-pays, and coinsurance. While most people will not pay a premium for Medicare Part A (Hospital Insurance), Part B (Medical Insurance) does have a monthly premium of \$185 for 2025. People have either a Medigap policy or a Medicare Advantage plan, however, it is important to note there is not an annual limit on what you pay out of pocket.

Between 1988 and 1998, Congress established the Medicare Savings Programs (MSPs) for people with limited income and assets, to help cover their Medicare costs. In Connecticut, the Medicare Savings Programs are special benefit programs sponsored by the Department of Social Services.

In Connecticut, there are three different MSPs that have unique income eligibility guidelines. A person cannot choose which program they want to enroll in but instead enrollment is dependent on an individual's income. Depending on which program is assigned, the programs can help with certain aspects of Medicare payments:

**Qualified Medicare Beneficiary (QMB)** - acts like a "Medigap" policy. QMB will help pay for Part A premium (if needed) and Part B premium, deductibles, coinsurance, and copayments.

**Specified Low-Income Medicare Beneficiary (SLMB)** - helps pay Part B premium.

**Additional Low-Income Medicare Beneficiary (ALMB)** - pays Part B premium. The program is subject to available funding and is not available to individuals with Medicaid.

The **two main advantages** of enrolling in a Medicare Savings Program:

**Save money on your Medicare costs.** MSPs cover the monthly Medicare \$185 Part B premium. If you are living on a fixed income, this extra financial help can give you added peace of mind and more room in your budget, essentials like food and utilities.

**Get automatic Extra Help.** Enrollment in a MSPs automatically qualifies a person to receive the Medicare Part D Low Income Subsidy (LIS, or Extra Help). This benefit helps pay for prescription drugs. Plus, if a person has not already enrolled into a Medicare Part D (Drug) plan, they will not have a late enrollment penalty if receiving Extra Help.

You must have at least Medicare Part A and meet the state's income limits to qualify for an MSPs. These income limits are based on the Federal Poverty Guidelines and change each year. The release of the new income limits is in January or February, with an effective date of January 1st.

You may apply for Medicare Savings Programs through the Department of Social Services online, at [www.connect.ct.gov](http://www.connect.ct.gov) or send your application by mail to: DSS ConneCT Scanning Center, P.O. Box 1320, Manchester, CT 06045-1320. Also, you can also make an appointment with Andrea L. Sidoruk, LMSW, and Stefanie Theroux, LCSW, at the Cheshire Senior Center. We can help you review the eligibility guidelines and apply for the Medicare Savings Programs.

# July Programs

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

## Monthly Programs

**Monthly Reflexology with Kim**  
Monday, July 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 Line Dancing**  
Mondays at 10:30am &

**\*\*Wednesdays at 1:00pm\*\***

*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!*

**\*\* NOTE DAY & TIME CHANGE ABOVE\*\***  
**NO CLASS 7/28 or 7/30**

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



Book choice for discussion is "The Berry Pickers" by Amanda Peters. *New members welcome!*

**Sit Down with Stefanie**  
Thursday, July 24th 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, July 17th at 1:00pm

Join us for another installment of Cheshire Sherlock Holmes Society. Please read: GREE ("The Greek Interpreter") by Arthur Conan Doyle.

*New members, visitors & guests are always welcome.* For additional information, contact Andy Tranquilli at [tranquilli@hotmail.com](mailto:tranquilli@hotmail.com).

## Special Programs

**Back Yard Birds of Connecticut**  
Thursday, July 17th at 1:00pm

Calling all bird watchers. Join us for an afternoon of bird talk. Thomas Kosturko, avid bird enthusiast will share his knowledge of birds with us thru this presentation, followed by a time for Q&A. Registration is requested.



**Reiki Tummo**  
Monday, July 21st  
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. Register today!

**Christmas in July Craft**  
Wednesday, July 23rd at 1:30pm



Join us to create a Gnome Diamond Art keychain / ornament. Space is limited, registration is required. Cost is \$3.00



**Afternoon Movie**  
Monday, July 28th  
at 1:30pm

Join us for a viewing of The Four Seasons starring Alan Alda and Carol Burnett. Jack and Kate traditionally go on vacation with their friends every new season. Old friend Nick surprises everyone when he arrives not with his wife, Anne, but with his new girlfriend, the much younger Ginny. The group - all of which had grown to be good friends with Anne - must come to terms with this unexpected development. Ultimately, they learn to accept Nick's decision, and work to welcome Ginny as a friend. Registration is required. (1981) rated PG, Movie is 1hr 49mins.



# JULY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p><b>7</b> Reflexology Sessions by appointment only</p> <p>10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p><b>4:30 Yoga for Stress Relief</b></p>	<p><b>1</b> 10:30 Moderate Exercise-Drop In</p> <p><b>10:30 Courage to Change</b></p> <p><b>12:30 Mah Jongg</b></p> <p>1:00 Bingo</p>	<p><b>2</b> 9:00-11:00 Arts &amp; Craft drop in</p> <p>10:00 Wii Bowling</p> <p><b>10:00 Paint by Number</b></p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>1:00 Knit &amp; Crochet Together</p> <p>1:00 Fun Line Dancing</p> <p>2:00 Pathway through Grief</p>	<p><b>3</b> 10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>1:00 Scrabble</p> <p><b>1:00 Jukebox Bingo</b></p>	<p><b>4</b></p> <p><b>SENIOR CENTER CLOSED FOR HOLIDAY</b></p> <p><b>Happy JULY</b></p>	<p><b>Sat. 5</b></p> <p><b>Sun. 6</b></p>
<p><b>7</b> Reflexology Sessions by appointment only</p> <p>10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p><b>4:30 Yoga for Stress Relief</b></p>	<p><b>8</b> <b>9:30 Zumba Gold</b></p> <p>10:30 Moderate Exercise-Drop In</p> <p><b>10:30 Courage to Change</b></p> <p><b>11:00 Intermediate Spanish</b></p> <p><b>12:30 Mah Jongg</b></p> <p>1:00 Bingo</p> <p><b>1:00 Chair Yoga</b></p>	<p><b>9</b> 9:00-11:00 Arts &amp; Craft drop in</p> <p><b>9:30 Pilates</b></p> <p>10:00 Wii Bowling</p> <p><b>10:30 Barre</b></p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p><b>11:00 Beginner Spanish Lev 2</b></p> <p><b>11:30 Get Fit with Brenda</b></p> <p>1:00 Knit &amp; Crochet Together</p> <p>1:00 Fun Line Dancing</p> <p><b>1:30 Discover Italian Culture</b></p> <p>2:00 Pathway through Grief</p> <p><b>2:45 Mindful Meditation &amp; Movement</b></p>	<p><b>10</b> <b>9:45 Blood Pressure Screening</b></p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p><b>12:15 Gentle Therapeutic Exercises with Kim</b></p> <p>1:00 Scrabble</p>	<p><b>11</b> 10:00 Chorus</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	<p><b>Sat. 12</b></p> <p><b>Sun. 13</b></p>
<p><b>14</b> 10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p><b>4:30 Yoga for Stress Relief</b></p>	<p><b>15</b> <b>9:30 Zumba Gold</b></p> <p>10:30 Moderate Exercise-Drop In</p> <p><b>10:30 Courage to Change</b></p> <p><b>11:00 Intermediate Spanish</b></p> <p>11:00 Cheshire Readers Book Club</p> <p><b>12:30 Mah Jongg</b></p> <p>1:00 Bingo</p> <p><b>1:00 Chair Yoga</b></p> <p><b>1:30 Blood Pressure Screening</b></p>	<p><b>16</b> 9:00-11:00 Arts &amp; Craft drop in</p> <p><b>9:30 Pilates</b></p> <p>10:00 Wii Bowling</p> <p><b>10:30 Barre</b></p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p><b>11:00 Beginner Spanish Lev 2</b></p> <p><b>11:30 Get Fit with Brenda</b></p> <p>1:00 Knit &amp; Crochet Together</p> <p>1:00 Fun Line Dancing</p> <p><b>1:30 Discover Italian Culture</b></p>	<p><b>17</b> 10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p><b>12:15 NO Gentle Therapeutic Exercises with Kim</b></p> <p>1:00 Scrabble</p> <p>1:00 Cheshire Sherlock Holmes Society</p> <p><b>1:00 Back Yard Birds of CT</b></p> <p><b>2:00 Hearing Screens &amp; Hearing Aid Checks</b></p>	<p><b>18</b> 10:00 Chorus</p> <p>10:15 Golf card game</p> <p><b>10:30 Tai Chi Easy</b></p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	<p><b>Sat. 19</b></p> <p><b>Sun. 20</b></p>



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

## Summer Time Paint with Me Thursday, July 24th at 1:00pm



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

## Music at the Mansion Wednesday, July 30th 5:00 to 8:30pm



Join us for a bus trip to Wadsworth Mansion in Middletown, CT for an evening of music with Kings of Karma: today's Pop and Rock hits to yesterday's classics & everything in between. The grounds will be open for food trucks and picnicking during the concert. The concert is free, transportation is \$6.00, payable to the driver. Registration is required. Space is limited.



## I Hate Math Club Tuesday, July 29th 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, July 30th at 1:00pm



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

## Balance Screenings

Friday, July 25th

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](mailto:stheroux@cheshirect.org)

CONCERNED?  
MEMORY LOSS?



## Probate Question & Answer with Judge Jalowiec

Tuesday, July 29th 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**

## 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, July 10th

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

**FREE  
BLOOD  
PRESSURE  
CHECKS**



## Hearing Screens and Hearing Aid Check

Thursday, July 17th from 2:00pm to 4:00pm

Provided by Best Life Hearing Center. Call to schedule your appointment.





**Brass City Harvest Mobile Farmers Market**  
**@The Cheshire Senior Center**  
**240 Maple Avenue**  
**Wednesday, August 6, 12:30pm-1:30pm**  
**Wednesday, September 17, 12:30pm-1:30pm**

**Markets open to all!**

**We accept cash, credit/debit and SNAP/EBT payments and Farmers Market Nutrition Program debit cards\* (senior, WIC)**

**CT Grown** produce will vary based on season and may include lettuce, leafy greens, cucumbers, peppers, eggplant, beets, tomatoes, peaches, nectarines, apples, pears and more!

**CT Dairy** milk, eggs, yogurt, cheese, ice cream, sour cream, butter

**CT Made** Jams, pickles, tomato sauce, salsa, honey, maple syrup

**Farm Fresh CT meal** Sausage, ground beef and pork, chicken, stew beef

\*SFMNP cards for fruit, vegetables, eggs and honey only.  
 WIC FMNPA cards cannot be used to purchase honey.

[www.brasscityharvestwaterbury.com](http://www.brasscityharvestwaterbury.com)

**CHESHIRE**  
 Parks & Recreation  
**SUMMER 2025 CONCERT**  
**LINEUP**

7:30pm  
*Barllem Beats*

GREAT LAWN @ BARLLEM PARK 520 S MAIN ST, CHESHIRE CT



**July 11th**  
**Heavy Hitters**  
 (Rain Date July 15th)  
 Party / Dance Band



**July 18th**  
**American Girl**  
 (Rain Date July 22nd)  
 A Tribute to Tom Petty & The Heartbreakers



**August 1st**  
**The Zoo**  
 (Rain Date August 5th)  
 High energy band blending rock, pop and dance hits



**August 8th**  
**Shot Down**  
 (Rain Date August 12th)  
 Modern and classic country music

**Elim Park**  
*create your everyday*

# Monthly Educational Lecture Series

"The History of the Farmington Canal"  
 Presented by the Cheshire Town Historian Diane Calabro  
 (Rescheduled from June)  
**Monday, July 7, 1:00pm** in Nelson Hall

"The Sannio Region of Italy" Lecture  
 Presented by Maria Nuzzolillo, Italian Native  
**Tuesday, July 15, 1:00pm** in Nelson Hall

"Tick Talk: Protecting Yourself & Loved Ones from Ticks and Lyme Disease" presented by Chesocott Health District  
**Thursday, July 17, 10:00am** in the Club House

**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

**Sign up TODAY for the Red Cross Blood Drive**  
**on Thursday, August 21st**  
**at the Cheshire Senior Center**  
**1:00pm to 6:00pm**

**Open to everyone!**  
**Stop by the Office if you need assistance signing up.**

**HELP SAVE A LIFE + GIVE THE GIFT OF BLOOD**

**HOW TO THINK LIKE  
LEONARDO DA VINCI**



**How to Think Like  
Da Vinci**

**NEW  
GROUP**

Thursday, July 31st at 1:30pm

Not on DaVinci's level, but in his style. learn how to use both sides of your brain, and shift back and forth between doing math and doing art. By experiencing the hands-on connection between these, you may be happily surprised at what you can get your brain to do! No particular ability in math or art required. Registration is required.

**FREE  
BLOOD  
PRESSURE  
CHECKS**



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

**Blood Pressure  
Screenings  
with Chesprocott Health District**

**Tuesday, July 15th  
Drop In between  
1:30pm –2:30pm**



**Veteran's Coffee House**  
Tuesday, July 22nd 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*

**Coming on Wednesday, August 6th.....**

**Brass City Harvest Mobile Farmers Market at the Cheshire Senior Center**

**12:30pm to 1:30pm**

**The Mobile Farmers Market is open to all**

We accept cash, credit/debit and SNAP/EBT payments and Farmers Market Nutrition Program debit cards\* (Senior & WIC)



**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

**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

**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

**Lake Winnepesaukee Day Trip with Turkey Train Ride**  
Monday, October 6th 2025



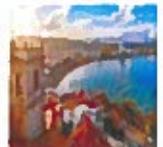
Trip includes motor coach, round trip on the Turkey Train, home-style turkey lunch. Cost is \$ 174 pp

**Culinary Institute of America**  
Wednesday, November 5th



Tour includes: motor coach, admission to FDR Library & Museum, CIA Experience, Lunch & Free Time at the CIA. Cost is \$178 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

**Canadian Rockies & Glacier National Park**  
August 23rd to 29th, 2026



Visit Calgary, Glacier National Park & more

\$4,599\* Double / \$5,699\* Single  
\*Rates good until Feb. 16, 2026

**The Main Moose Mining  
and Lunch Trip**

**Friday, July 25th 10:00am to 3:00pm**

Package includes the gem mining experience, where each person will receive their own bag of paydirt to pan in the sluice and keep the array of gems they find. A delicious lunch with the following choices:

Hotdog, Tuna sandwich, Egg salad sandwich, Fish and chips, hamburger/cheeseburger, ½ sandwich and cup of chowder or chili. (French-fries or pasta salad) coleslaw and a drink are included as well as 1 scoop of ice cream for dessert.

There will also be a special activity planned for the event. Transportation included.

Registration is required. Space is limited. Cost is \$27.00



**Aqua Turf Club Senior Event**

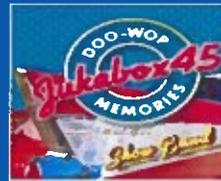
**Jukebox 45 Show Band:  
DooWop Show  
Tuesday, September 9<sup>th</sup>  
11:00am to 3:30pm**



This group plays some of the most memorable songs from the great era of DooWop. Paul Anka, The Duprees, Fred Parris & The 5 Satins, Larry Chance & The Earls, just to name a few. Celebrating decades of legendary music, you won't want to miss.

\$55.00pp

Roast Beef/Chicken Francaise



Registration required; limited transportation available upon request.



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**Permit No. 62**  
**Cheshire, CT 06410**



## Alzheimer's Association Resources and Support



**24/7 Helpline**  
**800-272-3900**



### Local Resources

- Find your chapter ([alz.org/findus](http://alz.org/findus))
- Support Groups
- Alzheimer's Association & AARP Community Resource Finder ([Alz.org/crf](http://Alz.org/crf))



### Online ([alz.org](http://alz.org))

- [alz.org/care](http://alz.org/care)
- [alz.org/safety](http://alz.org/safety)
- [alz.org/driving](http://alz.org/driving)

**ALZConnected**  
 ([alz.org/alzconnected](http://alz.org/alzconnected))

**ALZNavigator**  
 ([alz.org/alznavigator](http://alz.org/alznavigator))

### Education Programs

([alz.org/education](http://alz.org/education))



- In-person, online and virtual

## Senior Farmers Market Nutrition Program



This program runs until November 30th for eligible Cheshire Seniors 60 years or older, or disabled individual, 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 apply for the Senior Farmers Market Nutrition program, please call with any questions.

**Alderson  
Ford**

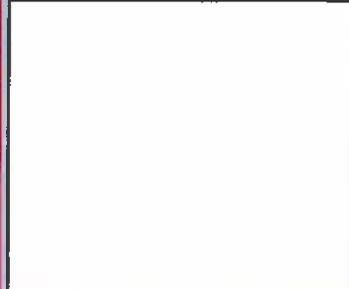
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