



CHESHIRE SENIOR CENTER FRONT PORCH NEWS AUGUST 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:

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Laura Gravel, Program Supervisor: 203-272-8286; lgravel@cheshirect.gov

Andrea Sidoruk, LMSW, Senior Services Social Worker: 203-272-8030; asidoruk@cheshirect.gov

Coleen Bankowski, Transportation Manager / ENP Lunch Reservations: 203-272-0047; cbankowski@cheshirect.gov

Tracey Kozlowski, Administrative Assistant: 203-272-8286; 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

**Sign up today for
our Blood Drive**

on

August 21st,

1:00—6:00pm

See office to sign up.



Brass City Harvest Mobile Farmers Market
coming on August 6th 12:30pm to 1:30pm,
all are welcome!



Hawaiian Dance Party on September 4th,
Sign up today!



Beginner Italian & Advanced Italian classes
sign ups are open, classes start on Sept. 19th



From the Desk of Stefanie

Happy August! With summer in full swing we have plenty of indoor programs to keep you cool this month including; our monthly movie, a mini terrarium making class, and save the date, because on September 4th we have our Hawaiian Dance Party!

This is the final month that Senior Center Membership Renewal forms will be enclosed in the newsletter. Senior Center membership is open to everyone ages 55 and older. Please complete the enclosed Membership Renewal form and return the completed form to us, along with your annual membership fee.

Senior Farmers' Market Nutrition Program debit cards are still available. Please contact the main office to learn about program eligibility. We have also partnered again with Brass City Harvest and will be hosting a mobile farmers market on August 6th & September 17th from 12:30pm-1:30pm. Accepted forms of payment for the farmers market items are cash, credit/debit, SNAP/EBT payments, and Farmers Market Nutrition Program debit cards.

Finally, with the warm weather, we forget that cold and flu season is right around the corner. Now is the time to start thinking about your flu vaccine. We will be having a flu vaccination clinic with Chesprocott Health District on Friday, September 26, from 10:00am– Noon. Vaccines are available by appointment only, More details to come.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

August 1, 2025

Happy August! With summer in full swing we have plenty of indoor programs to keep you cool this month including the Police Perspectives discussion, a mini terrarium making class, and save the date, because on September 4th we have our Hawaiian Dance Party!

Below are some important things to make note of:

- **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.
- **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.
- **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 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.
- **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!
- **Curious about what will change with your DSS Benefits with the passing of federal H.R.1? Use this website for the most up-to-date information** <https://portal.ct.gov/dss/knowledge-base/articles/general-information/federal-updates-hr1?language=en> US. Handouts of this information are also available in the main office.
- **Reminder! This month 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 21, 1pm-6pm.** Please see the newsletter for details.
- **Save the Dates! Coming in September we have another Mobile Farmer's Market with Brass City Harvest on Wednesday, September 17 from 12:30pm – 1:30pm, a Vaccination Clinic with Chesprocott Health District on Friday, September 26th for 10am-noon, and a new eight-week session of Courage to Change begins on Tuesday, September 9th at 10:30am.** Please contact the main office 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 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.

Save the Date:

**Flu Clinic at
Cheshire Senior
Center
Friday, September 26**

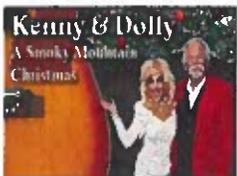


More details to come!

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
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.***

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:

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.

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

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:

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



Food Programs that Help Older Adults

Nutrition is about eating a healthy and balanced diet to provide the human body the nutrients and energy needed. Choosing the right foods is important, no matter what your age to stay healthy. The importance of talking with your doctor and healthcare team can provide insight into what food and diet choices are right for your health. However, life sometimes presents us with health issues or financial problems making it difficult to buy the right foods for our health needs. Many people have a difficult time budgeting medical bills, living costs such as rent, utilities, and insurance while not being able to purchase food. This problem occurs often with older adults on a fixed or limited income. We

know that proper nutrition is one of the major factors to good health, yet food scarcity, hunger, accessibility, and social isolation have posed additional nutritional health risks for seniors. The United States government has several programs in place to help people struggling financially to be able to access healthy food and programs to help people not feel isolated (Loconti, 2024). In Connecticut, there are a number of senior food assistance programs that provide nutritious meals, socialization, education, access to programs and supportive services.

Meals-on-Wheels is a home delivered meal program that helps to decrease malnutrition, encourage people to maintain their health and independence while living in their home. Additionally, the meal delivery offers crucial wellness checks with socialization for homebound seniors (ACL, 2025).

Supplemental Nutrition Assistance Program (SNAP) is a government program to ensure that people in need have access to nutritionally balanced foods which will help with a person's nutritional status and health. The SNAP program helps seniors with their food budget while helping a person budget the costs of medical care, rent, household bills, and utilities. To receive SNAP benefits, people must apply through the Department of Social Services with an application found online or call the Senior Social Worker, at the Cheshire Senior Center, for help applying.

The Senior Farmer's Market Nutrition Program (SFMNP) aims to make locally grown fruits, vegetables, honey, and herbs accessible to older adults. SFMNP helps people, 60 years or older whose income is not more than 185% of the Federal Poverty Line, receive fresh produce which can help with their health (Loconti, 2024). Interestingly, this program increases consumption of agricultural foods through local farmers' markets, and mobile farmers' vans while helping to support local farmers and businesses. A mobile farmers' van will be bringing agricultural produce to Cheshire later this summer and fall—check our Senior Center Newsletter Calendar for the dates.

The Cheshire Community Food Pantry, Inc. helps Cheshire residents experiencing a crisis caused by health problems, low income or unemployment. You may be eligible to receive assistance through the Cheshire Department of Social Services please call 203 271-6690 to learn more information.

For any questions or assistance please contact Andrea L. Sidoruk, LMSW, the Senior Services Social Worker at 203-272-8030 or at asidoruk@cheshirect.gov.

References: Administration for Community Living. (2025). Nutrition Services. <https://acl.gov/programs/health-wellness/nutrition-services>. Loconti, Christine. (July 26, 2024). What to Know About Senior Nutrition Programs. WebMD. <https://www.webmd.com/healthy-aging/what-to-know-about-senior-nutrition-programs> MedlinePlus. (March 13, 2024). Nutrition for Older Adults. <https://medlineplus.gov/nutritionforolderadults.html>

August Programs

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



Monthly Programs

Monthly Reflexology with Kim Monday, August 4th



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****

Cheshire Readers Book Club Tuesday, August 19th at 11:00am



Book choice for discussion is "The Color of Water" by James McBride.

New members welcome!

Sit Down with Stefanie Thursday, August 14 at 11:00am

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

Sherlock Holmes Society Thursday, August 21st at 1:00pm



Join us for another installment of Cheshire Sherlock Holmes Society. Please read: NAVA (The Naval Treaty) by Arthur Conan Doyle. *New members, visitors & guests are always welcome.* For additional information, contact Andy Tranquilli at tranquilli@hotmail.com.

Special Programs



Police Perspectives Thursday, August 14th at 1:00pm *** Rescheduled from June ***

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.



Reiki Tummo Monday, August 18th at 1:30pm

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!

Afternoon Movie Monday, August 25th at 1:30pm



Join us for a viewing of the highly anticipated sports comedy sequel, Happy Gilmore 2. Starring Adam Sandler, Julie Brown, Christopher McDonald and Ben Stiller. Happy Gilmore isn't done with golf — not by a long shot. Adam Sandler's short-fused legend swings for a comeback to make his kid's dream come true. Rated PG-13, movie length is 1 hour 43 minutes Registration required.



Afternoon Craft

Wednesday, August 27th at 1:30pm

Join us for a Mini Terrarium project. All supplies will be provided. Cost is \$ 5.00 Registration required, space is limited.



AUGUST ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>Please Note:</p> <p>Listings in Green are paid programs / classes</p>	<p>5</p> <p>9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 12:30 Mah Jongg 1:00 Bingo 1:00 Chair Yoga</p>	<p>6</p> <p>9:00-11:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 Beginner Spanish Lev 2 11:30 Get Fit with Brenda 12:30 Farmers Market Truck 1:00 Knit & Crochet Together 1:00 Fun Line Dancing 1:30 Discover Italian Culture</p>	<p>7</p> <p>10:00 Paint by Numbers 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble</p>	<p>8</p> <p>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. 9</p> <p>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>Sun. 10</p>
<p>11</p> <p>10:30 Fun Line Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p>	<p>12</p> <p>9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 11:00 Intermediate Spanish 12:30 Mah Jongg 1:00 Bingo 1:00 Chair Yoga</p>	<p>13</p> <p>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 Fun Line Dancing 1:30 Discover Italian Culture</p>	<p>14</p> <p>9:45 Blood Pressure Screening 10:00 Paint by Numbers 10:30 Moderate Exercise-Drop In 11:00 Technology Help 11:00 Sit Down with Stefanie 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Police Perspectives</p>	<p>15</p> <p>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. 16</p> <p>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>Sun. 17</p>

<p>18 10:30 Fun Line Dancing 12:30 Canasta 1:00 Reiki Tummo 4:30 Yoga for Stress Relief</p>	<p>19 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 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</p>	<p>20 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 Fun Line Dancing 1:30 Discover Italian Culture</p>	<p>21 9:45 Blood Pressure Screening 10:00 Paint by Numbers 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 NO Gentle Therapeutic Exercises with Kim 1:00 Cheshire Sherlock Holmes Society 1:00 Scrabble 1:00 Blood Drive</p> 	<p>22 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. 23 Sun. 24</p>
<p>25 10:30 Fun Line Dancing 12:30 Canasta 1:30 Afternoon Movie Matinee 4:30 Yoga for Stress Relief</p>	<p>26 9:30 Zumba Gold 9:30 Veterans Coffee House at Wallingford Senior Center 10:00 Probate Q & A 10:30 Moderate Exercise-Drop In 10:30 I Hate Math Club 11:00 Intermediate Spanish 12:30 Mah Jongg 1:00 Bingo 1:00 Chair Yoga</p>	<p>27 9:00-11:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 Beginner Spanish Lev 2 11:30 Get Fit with Brenda 1:00 Knit & Crochet Together 1:00 Fun Line Dancing 1:30 Discover Italian Culture 2:45 PTC Support Group</p>	<p>28 10:00 Paint by Numbers 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:30 Laughing with Nurse Nancy: Healing thru Humor</p>	<p>29 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. 30 Sun. 31</p>

Save the Date.....

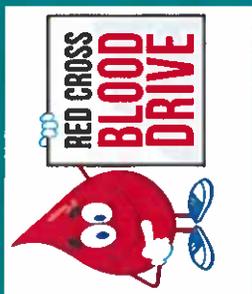
Flu Clinic Coming on Friday, September 26th from 10am to Noon

By appointment, more details to come.




Blood Drive
August 21st from 1:00pm to 6:00pm at the Cheshire Senior Center.

Sign up today to donate by contacting our office or online at:
<https://www.redcrossblood.org/give.htm/drive-results?zipSponsor=Cheshire>






Sign up today for these upcoming programs....



Paint by Number 4 week session

Starting Thursday Aug. 7
thru Aug. 28th 10:00am-Noon

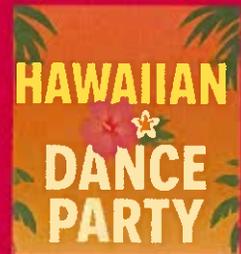
Have you always wanted to paint but just don't know where to start. Join us for a paint by number 4 week session. All supplies will be provided. Registration is required. Space is very limited. Cost \$5.00

Join us for a ...

Hawaiian Dance Party!

Thursday, September 4th at 3:30pm

Join us for an early evening of fun dancing with DJ Linda for a variety of music followed by Pizza & special tropical treat. Dress in your best Hawaiian attire. Cost \$5.00



Space is limited, Register today!



I Hate Math Club

Tuesday, August 26th 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 nonintimidating ways through varies activities. This group will meet on a monthly basis. Registration is requested but drop-ins are welcome.



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!



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



RED CROSS
BLOOD DRIVE

Blood Drive

Thursday, August 21st
1:00—6:00pm

Sign up online or stop by the Office to register!

Balance Screenings

Friday, August 15th

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?



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.

Probate Question & Answer with Judge Jalowiec

Tuesday, August 26th 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.



**LAUGHTER
IS
THE BEST
MEDICINE**



Laughing with Nurse Nancy:

Healing Thru Humor
Thursday, August 28th 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.

Veteran's Coffee House

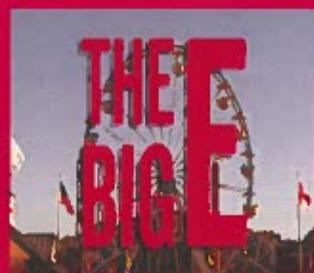
Tuesday, August 26th at 9:30am

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.



Join us for a trip to:

The Big E
Wednesday,
September 17th

Cost is \$26.00 and includes transportation & admission. Space is limited, see Laura for more details and to sign up.

A Tribute to the Legends of Old Vegas

Tuesday, October 14th
11:00am – 3:30pm



These dynamic performers will bring back your favorites from: Sinatra, Dino, Wayne Newton, Bobby Darin, Marilyn Monroe, Peggy Lee and many more.

Meal: Lemon Chicken/Pork Schnitzel.
Cost is \$55.00pp. Registration is required.

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

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
*** WAIT LIST ONLY ***

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

Spotlight on The French Riviera October 8-16th 2026

Visit Nice Flower Market, Monaco, Eze & more. Optional 4 day / 3 night Paris extension.



\$3,999 Double / \$4,699 Single



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 meat 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

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, September 9th through October 28th.

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



Monthly Educational Lecture Series

"Separating Myth from Fact in Wills, Trusts, and Estates"
 Presented by Attorney Andrew S. Knott
Wednesday, Aug 6, 1:00pm in the Club House

"The Sannio Region of Italy" Lecture (rescheduled from July)
 Presented by Maria Nuzzolillo, Italian Native
Monday, Aug 11, 1:00pm in Nelson Hall

"The Little Brown Birds"
 Presented by CT Bird Man Jeffery Cianciolo
Tuesday, Aug 26, 1:00pm in Nelson Hall

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

Bonus Event

Magician Phil Crossen,
 Artist of Magical Illusion
Thursday, Aug 18, 1:00pm
 Nelson Hall

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

August 2025

NEW ENGLAND
Young at Heart™

Live Well, Laugh Often, Love Much

Our Vision

To create a vibrant, connected community where older adults thrive through nourishing meals, meaningful connections, and enriching experiences

Reserve Your Lunch Bunch Seating

Tuesday , August 5th

Chicken Fontina , Shrimp Florentine or Penne Ala Vodka

Thursday August 7th

Chicken Francese, Sole Florentine, Lasagna (meat sauce)

Tuesday August 12th

Chicken Marsala, Baked Salmon or Vegetable Pasta Alfredo

Thursday , August 14th

Italian Day ! Eggplant Parm, Chicken Parm or Shrimp Parm

Tuesday, August 19th

Tuscan Chicken Over Rice, Shrimp Florentine or Stuffed Shells & Meatballs

Thursday, August 21st

Chicken Fontina, Shrimp Florentine or Manicotti & Meatballs

Tuesday , August 26th

Chicken Francese, Sole Florentine or Penne ALa Vodka

Thursday, August 28th

Chicken Parm, Stuffed Sole ,Eggpalnt Parm

All Meals are \$29 this includes , Soup or Salad,Meal,Beverage,Dessert,Coffee & Tea ,Tax & Tip Must
Call to reserve by 1pm day before,seating is limited ,no walk ins, must be paid in advance
Entertainment will be provided on most days. If you are celebrating a special birthday or occasion let
us know and we would be happy to help make is special!

Call 203-667-0018 to reserve



Lunch Bunch



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Catering

neyoungatheart@gmail.com 203-667-0018

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LIVESTRONG

AT THE YMCA



Do you know someone recovering from cancer?

If so let them know about this **AMAZING** and **FREE** program!

The Y and **LIVESTRONG** have joined together to create **LIVESTRONG** at the YMCA, an evidence-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, **LIVESTRONG** at the YMCA is helping people move beyond cancer in spirit, mind and body.

Our next FREE 12-week program will start at the Cheshire Community YMCA on September 3, 2025

Contact B Woznicki for more information: 203.272.3150

bwoznicki@sccymca.org

Sponsored by a generous donation from:

Theresa's Battleship 
keep smiling

Gongs & Himalayan Singing Bowls

Wednesday, September 10th
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, cost is \$5.00

Beginner Italian

Fridays 10:00 – 11:00am

Have you ever wanted to speak Italian? Now is your chance with a 10-week course, Friday mornings from September 19th to November 21st. The course features the basics of reading, writing, understanding and speaking Italian. Instructor, *Andrea Renzoni Bascetta*, is an experienced teacher who will use effective techniques to help participants succeed in a fun and interesting way. There is no charge for this class but you **must register in advance**.



Book Requirement: "Learn Italian The Fast and Fun Way", Barron's *Fourth Edition* by Marcel Dansi (Author), Heywood Wald (Author)
Find it online: Amazon.com

Advanced Conversational Italian

Fridays 11:00am – 12:00pm

Starting September 19th, join Dea DiTomasso in an engaging 10-week class with Italian language. Some knowledge of Italian language is required, Registration is required.

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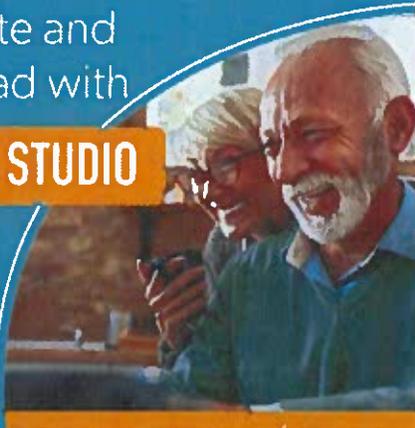
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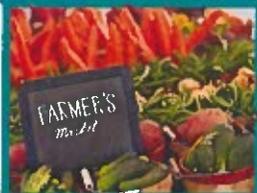
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**Senior Farmers
Market
Nutrition
Program**



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.

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.



Brass City Harvest Mobile Farmers Market
coming on August 6th 12:30pm to 1:30pm, *all are welcome!*
They will accept cash, credit/debit and SNAP/EBT payments and Farmers Market Nutrition Program debit cards* (Senior & WIC)

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