



# CHESHIRE SENIOR CENTER FRONT PORCH NEWS SEPTEMBER 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:

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### 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

*Celebrate National Senior Center Month with us at the following events:*

Gongs & Himalayan Singing Bowls

Sept. 10th at 5pm

Timeless Beauty-Makeup for Mature Skin

Sept. 25th at 1pm



Brass City Harvest Farmers Market Truck

Sept. 17th 12:30pm to 1:30pm

Medium—Patricia Griffin

Sept. 19th at 6pm

**& much more**

## From the Desk of Stefanie

*Welcome to National Senior Center Month!*

September is National Senior Center Month, a time to recognize the vital role Senior Centers play in enhancing the lives of older adults and strengthening communities. This year's theme—"Powering Possibilities: Flip the Script"—encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults.

More than 10,000 Senior Centers across the United States connect older adults to wellness, creativity, purpose, and essential services. Senior Centers are dynamic community hubs that reflect the diversity and resilience of today's older population.

National Senior Center Month is more than a celebration— It's also a time to challenge misperceptions. Senior Centers value the contributions of older adults, support the importance of social connection and lifelong learning, and take an active role in promoting health, economic security, and social engagement. Communities thrive when everyone is supported across their lifespan.

We invite you to join us for the special programs and activities that we have scheduled for you this month and help us celebrate  
**National Senior Center Month!**



## TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

September 1, 2025

**September is National Senior Center Month!** This year's theme—"Powering Possibilities: Flip the Script"—encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults. National Senior Center Month is more than a celebration— It's also a time to challenge misperceptions. Senior Centers value the contributions of older adults and communities thrive when everyone is supported across their lifespan.

**We invite you to join us for the special programs and activities that we have scheduled for you this month and help us celebrate National Senior Center Month!**

Below are some important things to make note of:

- **The Senior Farmers Market Nutrition Program Gift Cards are still 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.
- **Fall Class Registration begins September 25 at 8:30am.** 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 link for the most up-to-date information [https://portal.ct.gov/dss/knowledge-base/articles/general-information/federal-updates-hr1?language=en\\_US](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.
- **Save the Dates! We have Gongs and Himalayan Singing Bowls on September 10 at 5pm, the Mobile Farmer's Market with Brass City Harvest on Wednesday, September 17 from 12:30pm – 1:30pm, Medium, Patricia Griffen on September 19 at 6pm, a Vaccination Clinic with Chesprocott Health District on Friday, September 26 from 10am-noon, and the 6 week series of Powerful Tools for Caregivers begins on Tuesday, September 30th at 1:30pm.** 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.gov](http://www.cheshirect.gov) and follow us on Facebook.

# News From the Senior Center

## Support for the Senior Center

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

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

All donations should be sent to:

The Cheshire Senior Center  
240 Maple Avenue  
Cheshire, CT 06410



## Generations Table Meal Program

Generations Table sources their produce and fruit locally when available. Everything is prepared fresh from scratch daily. Although they cannot cater to diet restrictions, they use no or low salt in their meals.

Meals are packaged in containers that can be put in the freezer or microwave. Through this meal program you have the option of ordering a Single Serve Meal that includes main dish, starch and vegetable or ordering a Family Meal that is a larger portion and does not include the sides.

**Pick up your meal at the Cheshire Senior Center on Wednesdays between 11:00am-12:00pm.**

You can order weekly or monthly and as many meals as you would like.  
See insert for meal options & ordering details.

**Reminder.....Orders Must Be Submitted by Noon on the Thursday before Pick-up.**

## Spain's Classics & Portugal Trip Presentation

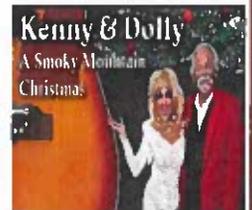
Thursday, September 11th at 1:00pm

Join us as Tracy O'Neill from Collette Travel, shares all the exciting details about this upcoming trip for April 2026 to Spain & Portugal. Highlights include: Barcelona, La Sagrada Familia, Valencia, Paella Experience and much more.  
Registration is requested.



## 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.



## Mohegan Sun Casino Trip Friday, September 12th 9:00am

Join us for a day at the casino and take a chance with Lady Luck. Bus departs Senior Center by 9:00am. Bus will depart Mohegan Sun at 3:00pm. Cost is \$12.00  
Registration is required; space is

limited. **Sign up today!**



**Join Marge & friends for a walk on the Farmington Trail in Cheshire or the Quinnipiac Trail in South Meriden. Walking is a wonderful way for older adults to stay physically and mentally active.**

For more information call Marge at 203-272-3316



11-12pm Wednesdays

NAME \_\_\_\_\_

Payment \_\_\_\_\_

Pick Up 9/3	Pick Up 9/10
<p>Chicken Francese Single__Family</p> <p>Meatloaf __Single __Family</p> <p>Manicotti /Meatballs __Single __Family</p> <p>Eggplant Parm __Single __Family</p> <p>__Lentil</p>	<p>Stuffed Pork Loin __Single __Family</p> <p>Lasagna __Single__Family</p> <p>Tuscan Chicken __Single__Family</p> <p>Cavitelli Broc &amp; Sausage__Single__Family</p> <p>__Beef Barley</p>
Pick Up 9/17	Pick Up 9/24
<p>Stuffed Shells &amp; Meatballs __Single __Family</p> <p>Sausage&amp; Peppers __Single __Family</p> <p>Chicken Florentine __Single __Family</p> <p>Penne Ala Vodka __Single__Family</p> <p>Minestrone _____</p>	<p>Shrimp Florentine__Single__Family</p> <p>Chicken Marsala __Single __Family</p> <p>Stuffed Pepper __Single __Family</p> <p>Roast Beef __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](mailto:justlikemomcooks@gmail.com) or calling 203 667-0018

\*please note we will not return calls that are placed via phone message

203-667-0018

Make Check Payable to Community \_\_\_\_\_ or Venmo @Elaine615  
 Connection Network

**\* 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.

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



## WESTERN CONNECTICUT AREA AGENCY ON AGING

### What is the Western Connecticut Area Agency on Aging?

The Western Connecticut Area on Aging, Inc. (WCAAA) is a regional non-profit organization

that serves older adults and their caregivers and families by providing information, programs, services, grants, and funding for programs needed by older adults. This agency is often supported by the Older Americans Act which allows WCAAA to be a National Association of Area Agencies on Aging network, connecting people to resources like food and nutrition programs, transportation, case management, benefit counseling, caregiver support, and help with access programs that allow seniors to live independently and safely in their communities and homes. At the WCAAA, they foster a community where everyone is valued and connected, helping people to make informed decisions.

The Western Connecticut Area on Aging programs include Meals on Wheels, National Family Caregiver Support Program (NFCSP), Senior Medicare Patrol (SMP), Service Navigation, and The Live Well Program. There are services for caregiver programs to help caregivers with support, respite care, and supplemental services. Some of the WCAAA services may have eligibility requirements based on income so please call the office for more information (203) 757-5449. Also, the WCAAA has the CHOICES program, which is the State Health Insurance Program to help people with Medicare enrollment and updates as well as Medicaid enrollment and eligibility. CHOICES stands for Connecticut Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening. The WCAAA offers an array of different programs and services that can be found on their website <https://wcaaa.org/>.

The Western Connecticut Area Agency on Aging has also designated the Cheshire Senior Center as a Community Focal Point to assist individuals with accessing these programs. This designation recognizes our mutual partnership and dedication in serving older adults and their families by providing community support, resources, and advocacy. Please call the Cheshire Senior Center, Senior Services Social Worker, Andrea L. Sidoruk, LMSW for further information or questions, at 203-272-8030.



# September Programs

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

## Monthly Programs

### Monthly Reflexology with Kim Friday, September 5th



Please contact Laura for more information or to schedule your appointment.

*Please note: if you cannot make your appointment and you do not call to cancel, you will be responsible for the payment of your session.*



### Fun 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, September 16th at 11:00am



Book choice for discussion is  
"James"  
by Percival Everett.

*New members welcome!*

### Sit Down with Stefanie

Thursday, September 18th 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, September 18th at 1:00pm



Join us for another installment of Cheshire Sherlock Holmes Society. *New members, visitors & guests are always welcome.*

For additional information, contact Andy Tranquilli at [tranquilli@hotmail.com](mailto:tranquilli@hotmail.com).

## Special Programs

### Afternoon Craft

Thursday, September 8th  
at 1:30pm



Join us to create a Fall décor Sock Pumpkin. All supplies will be provided. Cost is \$ 5.00  
Registration required, space is limited.



### Reiki Tummo Monday, September 15th 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!

### Chorus Concert

Friday, Sept. 19th at 10:30am



Join us for a Chorus Concert with our very own Key Note Singers. Light refreshments will be served. Registration is requested.



Join us for a special **Bingo** on Tuesday, September 23rd at 1:00pm that will be sponsored by Best Life Hearing. *No sign up needed.*

### Afternoon Movie

Wednesday, September 24th  
at 1:00pm



Join us for a viewing of The Thursday Murder Club. Based on Richard Osman's novel of the same name. Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. Starring: Pierce Brosnan & Helen Mirren. Mystery/Comedy Rated PG-13, movie length is 1 hour 58 minutes  
Registration required.



# SEPTEMBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>1</p> <p><b>Senior Center Closed for Holiday</b></p>	<p>2</p> <p><b>9:30 Zumba Gold</b> Moderate Exercise-Drop In <b>11:00 Intermediate Spanish</b> 12:30 Mah Jongg 1:00 Bingo <b>1:00 Chair Yoga</b></p>	<p>3</p> <p>9:00-11:00 Arts &amp; Craft drop in <b>9:30 Pilates</b> 10:00 Wii Bowling <b>10:30 Barre</b> 11:00 Nickel, Nickel 11:00 Generations Table pickup <b>11:00 Beginner Spanish Lev 2</b> <b>11:30 Get Fit with Brenda</b> 1:00 Knit &amp; Crochet Together 1:00 Fun Line Dancing <b>1:30 Discover Italian Culture</b></p>	<p>4</p> <p>10:30 Moderate Exercise-Drop In 11:00 Technology Help <b>12:15 Gentle Therapeutic Exercises with Kim</b> 1:00 Scrabble <b>3:30 Hawaiian Dance Party</b></p>	<p>5</p> <p>Reflexology Sessions by appointment only 10:00 Chorus 10:15 Golf card game <b>10:30 Tai Chi Easy</b> 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 6</p> <p>Sun. 7</p>
<p>8</p> <p>10:30 Fun Line Dancing 12:30 Canasta 1:30 Afternoon Craft 1:30 Afternoon Craft <b>4:30 Yoga for Stress Relief</b></p>	<p>9</p> <p><b>9:30 Zumba Gold</b> Moderate Exercise-Drop In <b>10:30 Courage to Change</b> <b>11:00 Intermediate Spanish</b> <b>11:00 DooWop Show at Aqua Turf</b> 12:30 Mah Jongg 1:00 Bingo <b>1:00 Chair Yoga</b></p>	<p>10</p> <p>9:00-11:00 Arts &amp; Craft drop in <b>9:30 Pilates</b> 10:00 Wii Bowling <b>10:30 Barre</b> 11:00 Nickel, Nickel 11:00 Generations Table pickup <b>11:00 Beginner Spanish Lev 2</b> <b>11:30 Get Fit with Brenda</b> 1:00 Knit &amp; Crochet Together 1:00 Fun Line Dancing <b>1:30 Discover Italian Culture</b> <b>Brain Activity Group</b> <b>2:00 Learn to Play Bridge</b> <b>5:00 Gongs &amp; Himalayan Singing Bowls</b></p>	<p>11</p> <p><b>9:45 Blood Pressure Screening</b> Moderate Exercise-Drop In 11:00 Technology Help <b>12:15 Gentle Therapeutic Exercises with Kim</b> 1:00 Scrabble <b>1:00 Trip Presentation: Spain &amp; Portugal</b> <b>6:00 Concert at LiveWell</b></p>	<p>12</p> <p><b>9:00 Casino Trip</b> 10:00 Chorus 10:15 Golf card game <b>10:30 NO Tai Chi Easy</b> 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p>Sat. 13</p> <p>Sun. 14</p>
<p>15</p> <p>10:30 Fun Line Dancing 12:30 Canasta <b>1:00 Early Voting &amp; Voting</b> presentation <b>1:30 Reiki Tummo</b></p>	<p>16</p> <p><b>9:30 Zumba Gold</b> Moderate Exercise-Drop In <b>10:30 Courage to Change</b> 11:00 Cheshire Readers Book Club <b>12:30 Mah Jongg</b> 1:00 Bingo <b>1:30 Blood Pressure Screening</b></p>	<p>17</p> <p>9:00-11:00 Arts &amp; Craft drop in 10:00 Wii Bowling 11:00 Nickel, Nickel 11:00 Generations Table pickup <b>12:30 Farmers Market Truck</b> 1:00 Knit &amp; Crochet Together 1:00 Fun Line Dancing</p>	<p>18</p> <p>10:30 Moderate Exercise-Drop In 11:00 Technology Help <b>11:00 Sit Down with Stefanie</b> <b>12:15 Gentle Therapeutic Exercises with Kim</b> 1:00 Scrabble 1:00 Cheshire Sherlock Holmes Society</p>	<p>19</p> <p><b>10:00 Beginner Italian</b> 10:15 Golf card game 10:30 Chorus Concert <b>10:30 Tai Chi Easy</b> <b>10:30 Balance Screenings</b> <b>11:00 Advanced Italian</b> 12:30 Set Back 12:30 Bridge</p>	<p>Sat. 20</p> <p>Sun. 21</p>

<p>22 10:30 Fun Line Dancing 12:30 Canasta</p> 	<p>23 9:30 Veterans Coffee House at Wallingford Senior Center 10:30 Moderate Exercise-Drop In 10:30 <b>Courage to Change</b> 12:30 Mah Jongg 1:00 <b>Special Bingo sponsored by Best Life Hearing</b></p> 	<p>24 9:00-11:00 Arts &amp; Craft drop in 10:00 Wii Bowling 11:00 Nickel, Nickel 11:00 Generations Table pickup 1:00 Knit &amp; Crochet Together 1:00 Fun Line Dancing 1:00 <b>Afternoon Movie</b> <b>Matinee</b> 2:00 <b>Learn to Play Bridge</b> 2:45 PTC Support Group</p>	<p>25 8:30 <b>Fall Class Registration begins</b> 10:30 Moderate Exercise-Drop In 11:00 Technology Help 1:00 Scrabble 1:00 <b>Makeup for Mature Skin</b></p> 	<p>1:30 Cooking Demo with Jess</p>	<p>26 10:00 <b>Flu &amp; Vaccine Clinic</b> 10:00 NO Chorus 10:00 <b>Beginner Italian</b> 10:15 Golf card game 11:00 <b>Advanced Italian</b> 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> 	<p>29 10:30 Fun Line Dancing 12:30 Canasta</p>	<p>30 10:00 Probate Q &amp; A 10:30 Moderate Exercise-Drop In 10:30 <b>I Hate Math Club</b> 10:30 <b>Courage to Change</b> 12:30 Mah Jongg 1:00 Bingo 1:30 <b>Powerful Tools for Caregiver series</b></p>	<p>2:00 <b>Learn to Play Bridge</b></p>	<p>1:30 <b>Cooking Demo with Jess</b></p>	<p>1:00 Discussion Group 6:00 <b>Medium—Patricia Griffin</b></p>	<p>Sat. 27  Sun. 28</p>
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**Please Note:**  
**Listings in Green are paid programs / classes**

**Powerful Tools for Caregivers**  
6 week series starts on Tuesday, September 30th at 1:30pm

See insert for more details on this program and information on how to sign up today!



**Courage to Change**  
Tuesdays at 10:30am Starting Sept 9th thru Oct 28th

Sign up today for an 8 week skill building solution focused group that helps to develop self-management & coping skills to make & maintain positive changes in your life.



**Fall Class Registration**  
begins on Thursday, September 25th at 8:30am



## 2025 Fall Class Schedule

Registration will begin on Thursday, September 25th at 8:30am

Classes begin the week of October 6th Classes end the week of December 8th

CLASS	DAYS	TIME	# OF CLASSES	FEE	INSTRUCTOR
Barre Class	Wednesday	10:30 - 11:15am	10	\$35.00	Brenda Martin
A workout technique inspired by ballet and Pilates. This full body workout also develops agility and flexibility.					
Chair Yoga	Tuesday	1:00 - 1:45pm	8	\$28.00	Helene Korchin
Improve Balance, Strength and Inner Peace. Please bring own Yoga Mat. *No Class 10/7 & 11/11*					
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	9	\$36.00	Kim Stewart
Easy exercise movements to help increase ROM, balance, flexibility and strength. Includes a hand Reflexology Session. *No Class 10/27*					
Get Fit with Brenda	Wednesday	11:30 am - 12:15pm	10	\$35.00	Brenda Martin
Improve balance, eye-hand coordination and flexibility.					
Reiki Level 1 Class**	Wednesday	2:45 - 3:30pm	10	\$35.00	Nirupama Nigam
Class introduces students to the history, principles and basic techniques of Reiki Energy Healing. The focus is hands-on practice.					
Pilates	Wednesday	9:30 - 10:15am	10	\$35.00	Brenda Martin
Improve overall endurance and flexibility through core strengthening.					
Intro to Watercolors	Monday	1:30 - 3:30	8	\$40.00	Penny Kindblom
Learn How to Paint with Watercolors. Bring your own brushes, all other supplies provided. *Classes start 10/20*					
Intermediate Spanish	Tuesday	11:00am - 12:00pm	10	\$40.00	Anne Marie Boulade-Perigois
Advance your Conversational Spanish skills. *No Class 11/11*					
Beg. Spanish Level 2	Wednesday	11:00am - 12:00pm	10	\$40.00	Anne Marie Boulade-Perigois
Continue to Learn basic Conversational Spanish from an experienced 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. *No Class 11/28*					
Yoga for Stress Relief	Monday	4:30 - 5:15	9	\$31.00	Nancy Boudreau
Gentle floor Yoga designed to help with breathing and stress relief. Please bring your own yoga mat. *No Class 10/13*					
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. *No Class 11/11*					
(OVER)					

Please look over the class schedule carefully for class descriptions.

## **\*\*NEW Class\*\***

**Reiki Level I Class** – Reiki Level I is the foundational course in the traditional Japanese healing method of Reiki. This class introduces students to the history, principles, and basic techniques of Reiki energy healing. The focus is on hands-on practice. Please bring a notebook and pen or pencil.

**Reiki Level I Class – Disclaimer:**

Reiki is a complementary healing practice and is not a substitute for medical or psychological diagnosis or treatment. Reiki Level I is intended for personal growth, stress reduction, and relaxation. It does not guarantee any specific results and should not replace professional medical care. Participants are encouraged to consult with a licensed healthcare provider for any health concerns. The teachings and attainments provided in this class are for educational purposes only and are not intended to diagnose, treat, cure, or prevent any disease.

**In-Person class registration will begin on Thursday, September 25th at 8:30am. Everyone who registers in person on September 25th 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, 10:30am - 11:15am. 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....

## Learn to Play Bridge Wednesdays at 2:00pm

September 10th, 17th, 24th & October 1st

Have you always wanted to learn the basics of the card game Bridge? Join us to learn the game of Bridge in a small group, relaxed atmosphere, with our member, Brahm. Limited seats, register today.



Wednesday, September 17th

## 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)

## Brain Activity Group

Wednesday, September 10th at 1:30pm



Come test your memory with the classic "Memory" Game. Registration is required.

## I Hate Math Club

Tuesday, September 30th 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 various activities. This group will meet on a monthly basis. Registration is requested but drop-ins are welcome.



## Balance Screenings

Friday, September 19th

10:30am -12:30pm, by appointment with Connect Physical Therapy



## Cooking Demo with Jess

Thursday, September 18th at 1:30pm



Strong Starts: Cooking with Protein (the demo is using plant-based proteins that you can eat for breakfast/lunch/snacks). Join Jessica Dorner RD for an informative and delicious cooking demonstration focused on proteins. Jessica will discuss and demonstrate recipes featuring protein foods, including plant proteins-offering great tasting ways to incorporate more protein in your day! Attendees will get to sample the recipes and take home nutrition handouts and copies of the recipes. Register today.

## 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)



## Timeless Beauty - Makeup for Mature Skin

Thursday, September 25th at 1:00pm

We are excited to welcome Joby Rogers back for this 2 1/2 hour workshop. A perfect place for mature women to learn how to create a makeup style that compliments their personal features and skin tone. We will explore products and tools and you will participate in "hands on" makeup demonstrations for all occasions. Participants should bring their own makeup and brushes. Registration is required, space is limited —Sign up today!



## Probate Question & Answer with Judge Jalowiec

Tuesday, Sept. 30th at 10:00am

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

Appointments recommended.



# Powerful Tools FOR Caregivers

The Cheshire Senior Center at 240 Maple Avenue, Cheshire is offering Powerful Tools for Caregivers. The evidence-based, six-week class series that will give you the confidence and support to take better care of your loved one – and yourself.

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
  - Make tough decisions
  - Locate helpful resources

Weekly classes will be held from 1:30pm-3:00pm beginning on Tuesday, September 30, 2025 and ending on Tuesday, November 4, 2025.

In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues.

Due to limited class size, we ask that you commit to all six classes. Please register at the Cheshire Senior Center by calling 203-272-8286 or emailing [lgravel@cheshirect.org](mailto:lgravel@cheshirect.org).

## Medium – Patricia Griffin

Friday, September 19th 6:00 to 8:00pm

Join us for an unique & enlightening evening with Medium Patricia Griffin. Patty Griffin has had this gift her entire life, but at first was afraid and unsure of what to do with it. She began reading professionally in 2014, and has since performed readings across the East Coast. She finds gratitude in helping to provide peace of mind, closure and validation for many guests. Patty will connect you and loved ones. This program is open to Senior Center members and their friends and families.



Cost is \$5.00 pp, registration is required. Light refreshments served.

Sign up TODAY for these great events & more!

- ◆ Gongs & Himalayan Singing Bowls on 9/10
- ◆ Voting Presentation on 9/15
- ◆ Reiki Tummo on 9/15
- ◆ Cooking Demo with Jessica on 9/18
- ◆ Special Bingo on 9/23 with Best Life Hearing
- ◆ Timeless Beauty—Makeup for Mature Skin on 9/25
- ◆ Vaccine Clinic on 9/26

NATIONAL SENIOR CENTER MONTH



Powering Possibility:

**FLIP** the **SCRIPT**  
on aging



# HEALTH & WELLNESS CLINIC

LOW COST!

Oct  
24<sup>th</sup>

10AM - 1PM  
Cheshire Senior Center  
240 Maple Avenue  
Cheshire, CT 06410

Register by Oct 20th  
to Reserve Your Spot  
(Limited to 30)  
(Cash/Check Only)

## PRE-REGISTRATION REQUIRED

\$60 per pet for qualifying  
Seniors and Veterans  
\$100 per pet for all others

Register **Online** at:  
[VetCareEverywhere.org](http://VetCareEverywhere.org)

Or Call:

203-272-8286



### ATTENTION -

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate

## INCLUDED SERVICES:

- + Wellness check
- + Rabies vaccines
- + Basic deworming
- + Heartworm testing (dogs only)

**Free** + Distemper combo vaccines

courtesy of



Additional services such as nail trims and non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee



**Early Voting & Voting Procedure  
Presentation with Sylvia Nichols**  
Monday, September 15th at 1:00pm



Join us for a FREE, non-partisan voter information session as we prepare for this November's Municipal election! Learn how to register to vote and how to check your voter registration status. Understand voting options (in-person, early voting, mail-in ballots)

Confirm your polling location, receive important election dates & deadlines and answer questions about the voting process. First time voter, new to Cheshire or just need a refresher, we're to help you feel confident and informed before Election Day. Registration is requested for this program.

**Medium – Patricia Griffin**

Friday, September 19th 6:00 to 8:00pm

Join us for an unique & enlightening evening with Medium Patricia Griffin. Patty Griffin has had this gift her entire life, but at first was afraid and unsure of what to do with it. She began reading professionally in 2014, and has since performed readings across the East Coast. She finds gratitude in helping to provide peace of mind, closure and validation for many

guests. Patty will connect you and loved ones. This program is open to Senior Center members and their families. Cost is \$5.00 pp, registration is required. Light refreshments served.



**Veteran's Coffee House**  
Tuesday, September 23rd  
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.**

**A Tribute to the Legends  
of Old Vegas**

Tuesday, October 14<sup>th</sup>  
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.

**Let's Talk Weather**

Wednesday, October 1st at 1:30pm

Join us for a special presentation from Steve Glazier from NBC 30 Weather.

Register today!



**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



**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 \$178pp

**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

Trip Presentation Sept. 11th at 1:00pm



**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 to 16<sup>th</sup> 2026



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

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

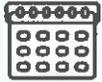


# Vaccine Clinic



Stay strong all season long — get your **Flu** shot with Chesprocott

Beacon Pharmacy will be on site to provide **COVID, RSV, Pneumonia and Shingles** vaccine for those who are eligible



Friday  
September 26th



10:00 AM -  
12:00 PM



Cheshire  
Senior Center

Sign up for your vaccines with Tracey

\*Must bring Insurance Card and ID\*

For more info, call (203) 272-8286

High Dose Available for 65 & up

## 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



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[WALLINGFORDFH.COM](http://WALLINGFORDFH.COM)

Wallingford Funeral Home  
203-269-7777

## HEARING CONNECTS US

# to What Matters Most



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to make an appointment today!



415 Highland Ave. Rte. 10  
Cheshire, CT 06410

(203) 272-4512

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

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## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



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Cheshire Senior Center, Cheshire, CT

06-5005



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

**PRE-SORTED STANDARD  
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Cheshire, CT 06410**

**LiveWell Summer Concert Series: Stanley Street Big Band  
Thursday, September 11th 6:00p – 7:30p in their Courtyard**



Join us at LiveWell located at 1261 S. Main St Plantsville to enjoy this 18-piece swing and jazz ensemble, led by Dr. Carl Knox, with the toe-tapping rhythms of big band legends like Count Basie, Stan Kenton, Woody Herman, and Maynard Ferguson. Bring your blankets, lawn chairs, and favorite people, and get ready soak in the timeless sound of a jazz big band under the open sky. It's the perfect way to say farewell to summer — with style, swing, and a whole lot of smiles. Limited Transportation is available, sign up today or plan to meet us at LiveWell. This is a free concert.



This program runs until November 30th for eligible Cheshire Seniors 60 years or older, or disabled individuals, 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.



**ENDING  
SOON**

This program runs from April 1st to Sept 30th.  
Please contact Kristen Cherry at 203-271-6690 for assistance.