



CHESHIRE SENIOR CENTER FRONT PORCH NEWS OCTOBER 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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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

So many Spooktacular events happening this month:

- Wellness Tips to Manage Stress
- DaVinci Seminar
- Veterinary Clinic
- Laughing with Nurse Nancy
- Halloween Party with the Boogie Boys
- Coin Show
- Jukebox Bingo
- Let's Talk Weather
- Reiki Tummo
- Medicare Open Enrollment



From the Desk of Stefanie

It's Medicare Open Enrollment Time!

The annual Medicare open enrollment period begins on October 15th and ends on December 7th. Now is the time to review your Medicare coverage for the 2026 calendar year. The Certified CHOICES Counselors at the Senior Center will be happy to help you review your Medicare coverage and answer and questions that you might have.

We are also providing a new service, BenefitCheckUps. This web based program created by the National Council on Aging helps people 55 and older find and enroll in public and private benefits. Our Social Work interns will go through a series of questions to help you identify all the benefits that you are eligible for, including federal, state and private benefit programs to help you save money on health care, food, prescriptions, utilities and more.

Finally, we're celebrating Halloween in style with our annual Halloween Bash featuring the Boogie Boys. Come dressed in your favorite Halloween colors or costume and dance the afternoon away!



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

October 1, 2025

Happy October! The annual Medicare open enrollment period begins on October 15th and ends on December 7th. Now is the time to review your Medicare coverage for the 2026 calendar year. The Certified CHOICES Counselors at the Senior Center will be happy to help you review your Medicare coverage and answer any questions that you might have.

Below are some important things to make note of:

- **The Senior Center will be closed on Monday, October 13th in observance of Columbus/Indigenous People Day.**
- **We are now providing BenefitCheckUps.** This web-based program created by the National Council on Aging helps people 55 and older find and enroll in public and private benefits. Our Social Work interns will go through a series of questions to help you identify all the benefits that you are eligible for, including federal, state and private benefit programs to help you save money on health care, food, prescriptions, utilities and more.
- **Health & Wellness Clinic for Dogs & Cats Sponsored by Veterinarian Care Everywhere will be held at the Cheshire Senior Center on Friday, October 24th from 10am to 1pm.** Please see the newsletter for registration details.
- **Please make note of a date change.** Balance Screenings for this month are on Friday, October 24th from 10:30am-12:30pm. We apologize for any confusion.
- **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.
- **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.
- **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 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. Handouts of this information are also available in the main office.
- **We're celebrating Halloween with the Boogie Boys on October 31st from 12pm-1:30pm!** Please see the newsletter for registration details.

For the most up to date information regarding our programs and services, please visit our page on the Town of Cheshire website www.chshirect.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.

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**



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



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.

****Wait List Only****



Setback Players Wanted

to join our group on Fridays at the Senior Center, starting at 12:30pm every Friday.

Stop by & give it a try!

Cheshire Senior Center Chorus

is looking for a few more Key Note Singers to join their group on Fridays from 10:00am to 11:00am. Stop in to observe a practice or ask in the office for more details.



NAME _____

Phone _____

Pick Up 10/1

Chicken Francese Single__Family

Roast beef __Single __Family

Lasagna __Single __Family

Pork loin __Single __Family

__Lentil Soup

Pick Up 10/8

Swedish Meatballs__Single __Family

Eggplant __Single__Family

Boneless thighs __Single__Family

Stuffed Shells & Meatballs__Single__Family

__Beef Barley

Pick Up 10/15

Cavatelli Broc & Sausage __Single __Family

Sausage& Peppers __Single __Family

Tuscan Chicken __Single __Family

Crab Cakes __Single__Family

Minestrone _____

Pick Up 10/22

Meatloaf __Single__Family

Chicken Marsala __Single __Family

Stuffed Pepper __Single __Family

Manicotti & Meatballs __Single__Family

_____ Pasta Fagioli

Pick Up 10/29

Chicken Enchilada Bake __Single__Family

Stuffed Pork Loin __Single__Family

Penne Ala Vodka __Single__Family

Shrimp Florentine__Single__Family

Vegetable__

All Single Portion Meals are served with starch and vegetable \$8 each

Family Meals are the Main Meal only & serve 2 ppl \$15 each

Soups are Pint size \$4

Meals are made fresh then frozen

All Meals must be paid prior to pick up

Orders can be made via email justlikemomcooks@gmail.com or calling

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

203-667-0018

Make Check Payable to Young at Heart or Venmo @Elaine615

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

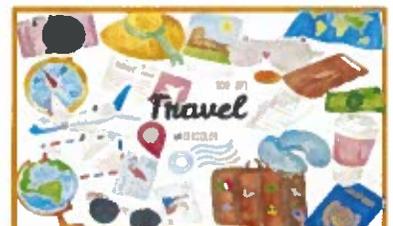
Don't Forget to call in by 11:00am the day before, for your Transportation needs

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.





Social Services News

988 SUICIDE & CRISIS
LIFELINE

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

Navigating Medicare During the Fall Open Enrollment Period

During Medicare's Open Enrollment Period, which runs October 15 through December 7 each year, beneficiaries can make changes to their Medicare coverage. During this time a beneficiary can: Join a different Medicare Advantage Plan; join a different stand-alone Part D plan; and switch from Original Medicare to a Medicare Advantage Plan, and vice versa. Any changes a beneficiary makes will take effect on January 1st of the following year.

Tip #1: Read important notices

Because plan coverage and costs change every year, you should read your plan notices to make sure your coverage still fits your needs. Beneficiaries receive a lot of mail during Medicare's Open Enrollment Period, so it is important to know which mailings include information about your current coverage. If you have Original Medicare, you can visit www.medicare.gov or read the Medicare & You handbook to learn about Original Medicare. If you have a Medicare Advantage Plan or a stand-alone Part D plan, you should look out for your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). The ANOC lists changes in a plan's coverage, costs, and network. The EOC is a comprehensive description of all the plan benefits. Beneficiaries should receive these notices in September. Beneficiaries should review the notices for any changes in the plan's benefits, coverage rules, costs, or drug formulary.

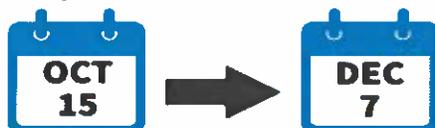
Tip #2: Review current Medicare health and drug coverage

Review your current coverage and consider: Access to health care providers you want to see; access to pharmacies in your area; access to needed benefits and services; and the total costs for insurance premiums, deductibles, co-insurance charges, and co-payments. If you think your coverage will not meet your needs for the coming year, you can use Medicare's Open Enrollment Period to enroll in Original Medicare or a new Medicare Advantage or Part D plan.

Tip #3: Shop around

Even if you are satisfied with your current Medicare coverage, you should look at other Medicare options in your area. There may be options that better suit your individual needs in the coming year.

Medicare Open Enrollment



Be informed

Review your coverage. Compare your options. Choose or change your Medicare health and prescription drug plans for the coming year.

Help is available!

Tip #4: Watch out for misleading marketing or enrollment fraud

Remember that Medicare has rules about how plans and their agents can and cannot communicate with beneficiaries during Medicare's Open Enrollment to market their insurance products. Although plans are allowed to send beneficiaries emails and/or direct mailings, they are not allowed to call beneficiaries or visit them in person to market their products without the beneficiary's permission.

Source: Adapted from: "Navigating Medicare During the Fall Open Enrollment Period"; www.shiphelp.org

October Programs

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



Monthly Programs

Monthly Reflexology with Kim Monday, October 6th



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!*

**** No Class Oct 6th & Oct 8th ****

Cheshire Readers Book Club Tuesday, October 21st at 11:00am



Book choice for discussion is "The Housemaid" by Freida McFadden

New members welcome!

Sit Down with Stefanie Thursday, October 23rd 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, October 16th at 1:00pm



Join us for another installment of Cheshire Sherlock Holmes Society. Please begin to read "The Hound of Baskervilles", for discussion at the November meeting.

New members, visitors & guests are always welcome. For additional information, contact Andy Tranquilli at tranquilli@hotmail.com.

Special Programs

Wellness Tips to Manage Stress Wednesday, October 8th at 1:00pm

Presented by the Cheshire Lions Club. Join us for a fun, interactive hour of learning tips to manage and reduce stress of day to day activities while celebrating Mental Health

Awareness week.

Registration is required.



Coin Show

Thursday, October 16th
at 1:00pm



Presented by Mr. Blair Soucy, professional coin dealer, President of the Litchfield Coin Club and former President of the Bristol Coin Club. Bring your old coins and see their value and rarity. Registration is required.



Reiki Tummo with Attunement Monday, October 20th at 1:30pm

Come and join us for Open Heart 4 Everyone guiding, a Free Reiki TUMMO Level 1 Attunement and a combined group self-healing. Class will last up to 1 3/4 hours and is limited to 15 participants. Register today!

MEDICARE
OPEN ENROLLMENT

OCTOBER 15th
TO
DECEMBER 7TH

Afternoon Movie Monday, October 27th at 1:30pm



Join us for a viewing of Arthur's Whisky. After discovering her late husband Arthur's secret whisky can reverse aging, Joan and her two best friends relive the exhilaration of youth. Starring Hayley Mills, Patricia Hodge & Diane Keaton. Rated PG-13, movie length is 1 hour 35 minutes. Registration required.



OCTOBER ACTIVITY CALENDAR



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT &
SUN

Please Note:

**Listings in Green are
paid programs /
classes**

6

Reflexology Sessions by
appointment only

10:30 NO Fun Line Dancing
12:30 Canasta

4:30 **Yoga for Stress Relief**

7

9:30 **Zumba Gold**

10:30 Moderate Exercise-Drop In

10:30 **Courage to Change**

11:00 **Intermediate Spanish**

12:30 Mah Jongg

1:00 Bingo

1:00 **NO Chair Yoga**

1:30 **Powerful Tools for**

Caregiver series

13

**Senior Center
Closed
for Holiday**

14

9:30 **Zumba Gold**

10:30 Moderate Exercise-Drop In

10:30 **Courage to Change**

10:30 **DaVinci Seminar**

11:00 **Intermediate Spanish**

11:00 Legends of Old Vegas at

Aqua Turf

12:30 Mah Jongg

1:00 Bingo

1:00 **Chair Yoga**

1:30 **Powerful Tools for**

Caregiver series

1

9:00-11:00 Arts & Craft drop in

10:00 Wii Bowling

11:00 Nickel, Nickel

11:00 Generations Table pickup

1:00 Knit & Crochet Together

1:00 Fun Line Dancing

1:30 **Let's Talk Weather**

2:00 **Learn to Play Bridge**

2

10:30 Moderate Exercise-Drop In

11:00 Technology Help

1:00 Scrabble



3

10:00 **Beginner Italian**

10:00 Chorus

10:15 Golf card game

11:00 **Advanced Italian**

12:30 Set Back

12:30 Bridge

1:00 Discussion Group

8

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 NO Fun Line Dancing

1:00 **Wellness Tips to Manage**

Stress

1:30 **Discover Italian Culture**

2:45 **Reiki Level 1 Class**

9

9:45 **Blood Pressure Screening**

10:30 Moderate Exercise-Drop In

11:00 Technology Help

12:15 **Gentle Therapeutic**

Exercises with Kim

1:00 Scrabble

10

10:00 **Beginner Italian**

10:00 Chorus

10:15 Golf card game

10:30 **Tai Chi Easy**

11:00 **Advanced Italian**

12:30 Set Back

12:30 Bridge

1:00 Discussion Group

15

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 **Reiki Level 1 Class**

16

Moderate Exercise-Drop In

10:30 **Healthy Living Group**

11:00 Technology Help

12:15 **Gentle Therapeutic**

Exercises with Kim

1:00 **Coin Show**

1:00 Scrabble

1:00 Cheshire Sherlock

Holmes Society

17

10:00 Chorus

10:00 **Beginner Italian**

10:15 Golf card game

10:30 **Tai Chi Easy**

10:30 **Balance Screenings**

11:00 **Advanced Italian**

12:30 Set Back

12:30 Bridge

1:00 Discussion Group

Sat. 18

18

17

Sat. 19

19

<p>20 10:30 Fun Line Dancing 12:30 Canasta 1:00 Intro to Watercolors 1:30 Reiki Tummo 4:30 Yoga for Stress Relief</p>	<p>21 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 10:30 Courage to Change 11:00 Cheshire Readers Book Club 11:00 Intermediate Spanish 12:30 Mah Jongg 1:00 Bingo 1:00 Chair Yoga 1:30 Powerful Tools for Caregiver series 1:30 Blood Pressure Screening</p>	<p>22 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 Reiki Level 1 Class</p>	<p>23 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 Jukebox Bingo</p>	<p>24 10:00 Chorus 10:00 Beginner Italian 10:00 Veterinary Clinic 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p style="text-align: right;">Sat. 25</p> <p style="text-align: right;">Sun. 26</p>
<p>27 10:30 Fun Line Dancing 12:30 Canasta 1:00 Intro to Watercolors 1:30 Afternoon Movie Matinee 4:30 Yoga for Stress Relief</p>	<p>28 9:30 Zumba Gold 9:30 Veterans Coffee House at Wallingford Senior Center 10:00 Probate Q & A 10:30 I Hate Math Club 10:30 Courage to Change 11:00 Intermediate Spanish 12:30 Mah Jongg 1:00 Bingo 1:00 Chair Yoga 1:30 Powerful Tools for Caregiver series</p>	<p>29 9:00-11:00 Arts & Craft drop in 9:30 Pilates 10:00 Trip to Olde Mystic Village & BF Clyde Cider Mill 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 2:45 Reiki Level 1 Class</p>	<p>30 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</p>	<p>31 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 12:00 Halloween Party with the Boogie Boys 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>

Fall Session starts
this month!



Check the calendar
for class dates.

We are excited to
announce that the
Healthy Living Group
returns to the Cheshire
Senior Center on
Thursday, October 16th
at 10:30am



*Drop in to check
out the group!*

VETCARE
EVERYWHERE

Coming to Cheshire
Senior Center on
Friday, October 24th

Appointments are limited,
sign up today online at:

www.vetcareeverywhere.org/upcoming-clinics
or stop in the office and someone can assist
you in making an appointment.

Sign up today for these upcoming programs....

Juke Box Bingo
 Thursday, October 23rd
 at 1:00pm

Join us for an afternoon of Jukebox Bingo. Play Bingo with a musical twist. Prizes given, Register today!



Drop In Group...

Healthy Living Group
 Thursday, October 16th at 10:30am

**Happiness is Not a Destination,
 It's a Daily Practice**

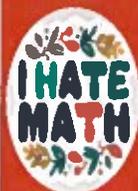


If you are looking to change up some things in your life, join us on a journey to live a healthy and positive lifestyle, with a focus on Health of Body, Mind & Soul. This drop-in group will meet monthly to discuss different topics covering all aspects of "healthy living". We look forward to seeing you!

I Hate Math Club
 Tuesday, October 28th 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 led 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.



**FREE
 BALANCE
 SCREENING**

Balance Screenings

Friday, October 17th
 10:30am - 12:30pm, by appointment with
 Connect Physical Therapy

**Laughing with Nurse Nancy:
 Healing Thru Humor**

Thursday, October 30th 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.

**LAUGHTER
 IS
 THE BEST
 MEDICINE**



**Probate Question & Answer
 with Judge Jalowiec**

Tuesday, Oct. 28th at 10:00am



Memory Screenings

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



Weekly Games at the Senior Center:

- Mondays..... Canasta at 12:30pm
- Tuesdays..... Mah Jongg at 12:30pm
- Tuesdays..... Bingo at 1:00pm
- Wednesdays..... Nickel, Nickel at 11:00am
- Thursdays..... Scrabble at 1:00pm
- Fridays..... Golf card game at 10:15am
- Fridays..... Set Back at 12:30pm
- Fridays..... Bridge at 12:30pm



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.



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.

Monthly Educational Lecture Series

"Bats are the Best" Presented by White Memorial Conservation
Tuesday, October 7, 1:00pm in the Nelson Hall

"Tree Emissions" Presented by Jon Gerwitzman, Yale University
Monday, October 20, 1:00pm in Nelson Hall

"Notable Persons in Cheshire's History" Presented by Diane Calabro, Town Historian
Monday, October 27, 1:00pm in Nelson Hall

"Birds of Prey, Part 2" Presented by CT Bird Man Jeff Cianciolo
Tuesday, October 28, 1:00pm in the Nelson Hall

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



Follow signs for parking
 Enter at Village Green Main Entrance.

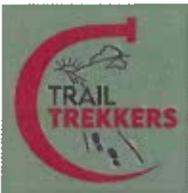
Please be aware of a date change:

Balance Screenings will now be on Friday, October 24th from 10:30am to 12:30pm, by appointment

Contact us today to schedule your Free Balance Screening!



Cheshire Trail Trekkers



Our Mission: To promote healthy lifestyles for all ages by providing a variety of interesting walking events in the Cheshire area with opportunities for education, socialization and exploration.

Contact Cheshire Trail Trekkers at:
 203-272-2743 or recreation@cheshirect.gov

Register for events through Cheshire Parks & Recreation or online at:
myrec.cheshirect.com
 or scan this QR Code



Intergenerational Fun

Pizza & Poetry

Friday, November 7th at 12:30pm

Join us for afternoon of Intergenerational Fun with some friends from Dodd Middle School at the Cheshire Senior Center to enjoy pizza and poetry together. Space is limited, sign up today!



Don't Forget Sunday, November 2nd



DaVinci Seminar
Tuesdays at 10:30am
on October 14th, November 18th
& December 9th

This is a 3-part monthly class, Tuesdays at 10:30am on Oct 14, Nov 18, and Dec 9. This seminar is a follow-up to the "Think Like DaVinci" class held in July, led by Ruth Sullo, aka Square Ruth. Come and enjoy more art, math, creativity, and positivity! Having attended the July class is recommended as a prerequisite, but not required. You can view the July content on YouTube: Square Ruth / DaVincify Your Mind (There are Parts 1, 2, and 3) Registration in advance for the 3-part seminar is requested.

Veteran's Coffee House

Tuesday, October 28th
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.**

**WHEN and WHAT
is Open Enrollment?**

OCT NOV DEC JAN

October 15th through
December 7th

Coverage
begins
January 1st

**Halloween Party
with the Boogie Boys**
Friday, October 31st
from 12:00 -1:30pm



Join us for an afternoon of dancing
Halloween style. Come in costume or wear
Halloween colors.



There will be Halloween
themed refreshments
for everyone to enjoy!
Cost is \$5.00
Registration is required
by Oct 27th.

Glass Blowing Ornament Day Trip

Friday, November 14th at 9:00am

Join us on a trip to Silver Street Glass in
North Granby to create your own beautiful,
glass blown ornament. Space is limited,
cost is \$40.00. We will then
go to Antonio's
Restaurant for lunch; lunch
& gratuity will be paid directly
to the restaurant.
Sign up 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



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 London & Paris
October 2026



More details to
come.



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Oct 24th | **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
 Or Call:
 203-272-8286



INCLUDED SERVICES:

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

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



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

Trip to Olde Mystic Village & BF Clyde's Cider Mill

Wednesday, Oct. 29th leaving at 10:00am

Enjoy the day at Olde Mystic Village. A locally beloved destination renowned for its shops, eateries, and cozy New England ambiance. Also known as Olde Mistick Village, this outdoor shopping area feels more like a charming colonial village than a traditional mall. Take in the fall weather, walk around. Explore unique boutiques and grab a bite for lunch (on your own) at one of the many restaurants. After lunch and a little more shopping we will get back on the bus and venture down the road to BF Clyde's Cider Mill. Oldest Steam Powered Cider Mill in the United States. This trip requires independent mobility with a moderate amount of walking. Bus will leave the Senior Center 10:00am and return approximately 4:30pm. Cost is \$15.00. Space is limited.






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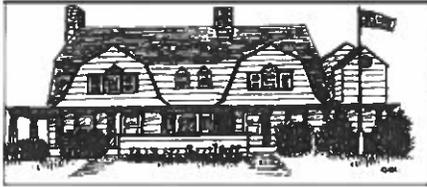
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NCOA's BenefitsCheckUp Makes it Easier for Older Adults to Worry Less, Age Better



**Benefits
CheckUp**

The National Council on Aging's free online tool, BenefitsCheckUp®, connects millions of older adults and people with disabilities with benefit programs that can help pay for health care, medicine, food, utilities, and more. Every year, billions of dollars in benefit programs go unclaimed because older adults don't know if they're eligible or how to apply. BenefitsCheckUp can help you find savings for yourself, or for someone you know. Though not an application, users can learn more about the benefit programs before applying and find contact information for the agency that offers the program. It only takes a few minutes, it's confidential, and there's no registration required. For more information, or for a BenefitsCheckUp consultation please contact the Cheshire Senior Center at 203-272-8286, email stheroux@cheshirect.gov or visit BenefitsCheckUp.org.

Source: "NCOA's Newly Redesigned BenefitsCheckUp Makes it Easier for Older Adults to Worry Less, Age Better:" by Simona Combi. June 27, 2022.

Connecticut Energy Assistance Program

Applications are open for the 2025-2026 heating season. Applications are now being accepted online at: <https://portal.ct.gov/heatinghelp/>, through the mail or by appointment with Kristen Cherry.

This is a supplemental heating program, meaning a *portion* of your heating bill can be paid.

Payments are made directly to the vendor, whether the heat source is oil, electric, gas, or propane.

Income and household size are taken into consideration to determine eligibility.

REMINDER: CEAP is an annual benefit so you will need to apply each year to receive assistance.

Important Dates: November 3, 2025 First day for fuel deliveries; April 1, 2026 Deadline for fuel delivery authorizations; May 29, 2026 Last day a household can establish eligibility for benefits; June 17, 2026 Last day to submit deliverable fuel bills.

Please contact Kristen Cherry at 203-271-6690 for more information.



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