



CHESHIRE SENIOR CENTER FRONT PORCH NEWS NOVEMBER 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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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

Thankful to offer these programs:

- ◆ Intergenerational Pizza & Poetry
- ◆ What is Low Vision?
- ◆ Cooking for 1 or 2—Holiday Edition
- ◆ Police Perspectives
- ◆ Healthy Living Group

& more this month



Contact the Cheshire Senior Center at 203-272-8286 or by email at

asidoruk@cheshirect.gov to make an appointment to review your options during Medicare Open Enrollment.

MEDICARE
OPEN
ENROLLMENT
OCT. 15 - DEC. 7

From the Desk of Stefanie

Happy Veteran's Day and Happy Thanksgiving! In observance of these Holidays, the Senior Center will be closed on Tuesday, November 11th, Thursday, November 27th and Friday, November 28th.

The annual Medicare open enrollment period began 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 make any necessary changes.

We are now providing Benefit Check Ups. 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 might be eligible for, including federal, state and private benefit programs to help you save money on health care, food, prescriptions, utilities and more.

Also, as we head into the colder weather please look for storm closings on our Facebook page and local news channels. Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled, our buses and programs are cancelled.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

November 1, 2025

Happy Veteran's Day and Happy Thanksgiving! In observance of these Holidays, the Senior Center will be closed on Tuesday, November 11th, Thursday, November 27th and Friday, November 28th.

Below are some important things to make note of:

- **Don't forget to fall back on November 2nd. Daylight Savings Time ends the first weekend of November. Remember to turn your clock back one hour on Sunday, November 2nd.** Also, as we head into the colder, darker weather please look for storm closings on our Facebook page and local news channels. Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled, our buses and programs are cancelled.
- **Technology help with Jared has been cancelled until further notice.** Unfortunately, Jared is no longer able to provide this assistance at the Senior Center. To help fill this gap, **Ash Hemphill, our MSW Intern, will be assisting people by appointment only.** Ash can be reached at the Senior Center on Tuesdays and Thursdays. Please call the main number at 203-272-8286 to schedule your appointment.
- **The annual Medicare open enrollment period began on October 15th and ends on December 7th.** Now is the time to review your Medicare coverage for the 2026 calendar year. Please call the Social Work office at 203-272-8030 to schedule your appointment.
- **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.
- **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.
- **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!
- **File of Life packets are available at the Senior Center.** This is a wonderful item to have in the event of an emergency. Please call 203-272-8286 or stop by the Senior Center to learn more about this program or to request a packet.
- **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.

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 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:

Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410



Generations Table Meal Program

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.

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



Save the Date...



Friday, December 12th

See insert for more details

Foxwoods Casino and Outlet trip
Friday, December 5th



Join us for a day at the casino. Take a chance with Lady Luck or enjoy some shopping. Bus departs Senior Center at 9:00am. Bus will depart Foxwoods at 3:00pm. Registration is required, space is limited. Cost is \$12.00.

Everyone is Welcome to Attend



Cheshire Health Fair

 at Elim Park

Thursday, November 6, 9:00am - 12:00pm

The Conservatory, Elim Park
150 Cook Hill Road, Cheshire

Join us for a free community event featuring local health and wellness professionals.

- Learn about health resources in our area
- Receive free health screenings
- Attend a special presentation at 11:00 AM "Lifestyle Changes that Impact Brain Health" Presented in Nelson Hall by Mary Underwood, Dementia Specialist and owner of Empowermentia

Follow signs for parking **Everyone is welcome!**

Just a reminder..... as Winter approaches,



reminder that if Cheshire schools close early, our programs & buses will be cancelled as of Noon.

If Cheshire schools have delayed openings, our programs & buses will not start until 10:00am.

If Cheshire schools are closed for the day, our programs & buses are cancelled for the day.

****CHESHIRE****

NAME _____

Payment _____ Phone _____

Pick Up 11/5	Pick Up 11/12
<p>Swedish Meatballs Single__Family</p> <p>Meatloaf __Single __Family</p> <p>Stuffed Shells /Meatballs __Single __Family</p> <p>Eggplant Parm __Single __Family</p> <p>__Lentil</p>	<p>Roast Beef __Single __Family</p> <p>BBQ Boneless Thighs __Single__Family</p> <p>Chicken Parm__Single__Family</p> <p>Cavitelli Broc & Sausage__Single__Family</p> <p>__Beef Barley</p>
Pick Up 11/19	Pick Up 11/26
<p>Manicotti & Meatballs __Single __Family</p> <p>Sausage& Peppers __Single __Family</p> <p>Tuscan Chicken __Single __Family</p> <p>Crab Cakes __Single__Family</p> <p>Minestrone _____</p>	<p>Lasagna__Single__Family</p> <p>Pork Loin __Single __Family</p> <p>Stuffed Pepper __Single __Family</p> <p>Eggplant Parm__Single__Family</p> <p>Turkey Dinner \$10 (turkey,Stuffing,Gravy,Sweet Potato ,Green Beans) NOT FROZEN _____</p> <p>1 Size only</p> <p>_____ Pasta Fagioli</p>

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

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

Soups are Pint size \$4

Meals are made fresh then frozen

All Meals must be paid prior to pick up

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

*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

MUST PLACE ORDER NO LATER THAN THURSDAY AT 3PM Week Prior to Pick Up

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

WHEN and WHAT is Open Enrollment?



Cold Weather Safety

Cold weather safety changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly. Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

Hypothermia

Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help. It's important to be aware of warning signs and early symptoms, including: cold feet and hands, puffy or swollen face, pale skin, shivering or shaking, slowed or slurred speech, and feeling sleepy, angry, or confused. If the exposure to cold continues, later symptoms of hypothermia can include stiff and jerky arm and leg movements, slow heartbeat or breathing, loss of consciousness, and eventually, death. Hypothermia is a medical emergency. If someone is showing signs of hypothermia, call 911 right away. Try to move the person to a warmer place, offer them a warm drink, and wrap them in dry blankets, towels, or coats.

Preventing unsafe exposure to cold outdoors

Here are some tips for keeping warm when the temperature drops outside:

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as you can.

Avoiding falls in cold weather

To help reduce the risk of falls in icy and snowy weather during the winter months, it's important to ensure that surfaces are as dry and safe as possible. Keep outside walkways clear of snow and ice with an ice melt product or sand. Avoid shoveling snow yourself when possible. In addition to the risk of falling, there is a risk of heart attack for older adults while shoveling snow. Use railings to help avoid slipping on icy stairs and walkways. Wear nonskid, rubber-soled, low-heeled footwear. If possible, stay inside when the weather is bad. Consider using services that deliver prescriptions, groceries, and other necessities so you don't need to go out.



November Programs

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

Monthly Programs

Monthly Reflexology with Kim Monday, November 3rd



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 twice a week. Join us for a free relaxed instructional weekly class of line dancing. All levels are welcome. No registration is needed. *All are welcome!*

Cheshire Readers Book Club Tuesday, November 18th at 11:00am

Book choice for discussion is "Here One Moment" by Liane Moriarty



Please Bring Suggestions for 2026 books

New members welcome!

Sit Down with Stefanie Wednesday, November 12th 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, November 20th at 1:00pm



Join us for another installment of Cheshire Sherlock Holmes Society. Please finish reading "The Hound of Baskervilles", for discussion at the meeting.

New members, visitors & guests are always welcome.

For additional information, contact Andy Tranquilli at tranquilli@hotmail.com.

Special Programs

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!



Police Perspectives: Intro to Senior RAD

Thursday, Nov. 13th at 1:00pm

This month we will be talking with members of the Cheshire Police Department about the Senior RAD Program for self defense and personal safety. Sign up today.

You will also be able to dispose of unused prescription medications in original containers (no sharps).



Reiki Tummo Monday, November 17th 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 Wednesday, Nov. 26th at 1:00pm

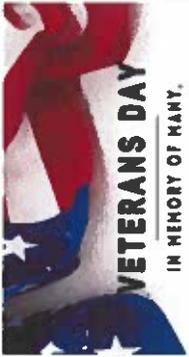


Join us for a Tribute to Robert Redford with a screening of: The Way We Were. Staring Barbara Streisand and Robert Redford. In pre WWII America, a politically active woman and an aspiring screenwriter rekindle their college relationship years later and move to Hollywood. On opposite ends of the political spectrum, the woman's activism threatens her husband's reputation. Rated PG, movie length is 1 hour 53 minutes. Registration required.



NOVEMBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>3 Reflexology Sessions by appointment only</p> <p>10:30 Fun Line Dancing</p> <p>12:30 Canasta</p> <p>1:00 Intro to Watercolors</p> <p>4:30 Yoga for Stress Relief</p>	<p>4 9:30 Zumba Gold</p> <p>10:30 Moderate Exercise-Drop In</p> <p>12:30 Mah Jongg</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p> 	<p>5 9:00-11:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>11:30 Get Fit with Brenda</p> <p>1:00 Knit & Crochet Together</p> <p>1:00 Fun Line Dancing</p> <p>1:30 Discover Italian Culture</p>	<p>6 9:00 Health Fair at Elim Park</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p>	<p>7 10:00 Chorus</p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>12:30 Intergenerational Fun</p> <p>Pizza & Poetry</p> <p>1:00 Discussion Group</p>	<p>Sat. 1</p> <p>Sun. 2</p> <p>Sat. 8</p> <p>Sun. 9</p>
<p>10 10:30 Fun Line Dancing</p> <p>12:30 Canasta</p> <p>1:00 Intro to Watercolors</p> <p>4:30 Yoga for Stress Relief</p>	<p>11 Senior Center Closed for Holiday</p> 	<p>12 9:00-11:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>11:00 Sit Down with Stefanie</p> <p>11:30 Get Fit with Brenda</p> <p>1:00 What is Low Vision?</p> <p>1:00 Knit & Crochet Together</p> <p>1:00 Fun Line Dancing</p> <p>1:30 Discover Italian Culture</p> <p>2:00 Learn Bridge</p>	<p>13 9:45 Blood Pressure Screening</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p> <p>1:00 Cooking for 1 or 2—Holiday Edition Discussion only</p> <p>1:00 Police Perspectives</p>	<p>14 9:00 Glass Blowing Day Trip</p> <p>10:00 Chorus</p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	<p>Sat. 15</p> <p>Sun. 16</p>

Please Note:

Listings in Green are paid programs / classes



Sign up today for these upcoming programs....

What is Low Vision?

Wednesday, Nov. 12 at 1:00pm

Low Vision as defined by The Vision Council, refers to a visual impairment that is not correctable through surgery, pharmaceuticals, glasses or contact lenses. It is often characterized by partial sight, such as blurred vision, blind spots, or tunnel vision. Low vision can impact people of all ages, but is primarily associated with older adults.

Join us for a presentation from Cheshire Lions Club to learn where you can get help and where the Lions Low Vision Centers are located? Also learn what should your expectations be? Get the answers to these questions and more.



Register today!

I Hate Math Club

Tuesday, November 25th 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.



ARE YOU CONCERNED?
WITH MEMORY LOSS?



Memory Screenings

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

Technology Help with Jared

Thursdays from 11:00am—1:00pm

Appointments recommended.



Drop In Group...

Healthy Living Group

Thursday, Nov. 20th at 10:30am

Healthy Relationships

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!



**FREE
BALANCE
SCREENING**

Balance Screenings

Friday, November 21st

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

Learn to Play Bridge

Wednesdays at 2:00pm

November 12th, 19th, 26th
& December 3rd

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.



Probate Question & Answer with Judge Jalowiec

Tuesday, Nov. 25th at 10:00am

Scarecrow Paint with Me

Thursday, Nov. 20th at 1:00pm

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



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!



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.

Cheshire Senior Center Holiday Party

**Friday, December 12th, 2025
Cheshire Senior Center
12:00pm to 3:00pm**

Sit-down Luncheon featuring:

**Chicken Florentine & Pasta Dish
Salad, Vegetable, Dessert, Beverages**

Raffle Prizes

**Following Lunch, A festive Dance & Sing Along Party
Featuring 50's & 60's music by DJ Linda**

Cost: \$22.00

Registration Required by December 3, 2025

Prizes will be awarded for most Fun & Festive Christmas Sweaters



Cooking for 1 or 2 Holiday Edition

Thursday, Nov. 13th at 1:00pm



The holidays are upon us & we all could use easy meals and snacks to make life a little more simple during a busy time, especially for small households. Join Jessica Dorner, RD for a creative & informative (lecture only) presentation all about making easy, nutritious meals & snacks for 1 or 2 people! Jessica will share meal planning, recipes & more, just in time for the busy holiday season. Attendees will receive health & nutrition handouts & recipes to take home. Register today!

Holiday Craft

Monday, Nov. 24th at 1:30pm



Join us to make a Holiday Slipper Gnome wall hanging. All materials supplied. Space is limited. Registration is required. Cost is \$5.00

Veteran's Coffee House

Tuesday, November 25th
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.**

Holiday Lights & Pizza

Wednesday, Dec. 3rd at 4:00pm
(weather permitting)

Join us for pizza at the Senior Center & then board the bus to see the Holiday Lights. \$10.00 per person for dinner & entrance fee. Space is limited, register by Nov 21st.



Holiday Jingle Mingle with Sal Monday, Dec. 8th at 1:00pm



Join us for an afternoon of Holiday Cheer & light refreshments as we kick off the Holiday season with a performance by Sal Anastasio. Registration required by Dec 5th.

DaVinci Seminar

Tuesdays at 10:30am
on November 18th
& December 9th



This is a 3-part monthly class that started in October and is held on Tuesdays at 10:30am on 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.

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

Spain's Classics & Portugal

April 7th to April 21st 2026



Visit Barcelona, Madrid, Seville,
Lisbon & more

\$6,349 Double / \$7,749 Single

Canadian Rockies & Glacier National Park

August 23rd to 29th, 2026

Trip Presentation Nov 19th at 2pm

Visit Calgary, Glacier National
Park & more

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



Discover London & Paris

October 21st to 29th 2026

Visit the London Eye, Covent Garden,
Eiffel Tower & more



\$4,999** Double / \$6,399** Single
Rates good until April 22, 2026



More Day Trips
coming in 2026



Monthly Educational Lecture Series

"Birds of Prey, Part 3" Presented by CT Bird Man Jeff Cianciolo
Tuesday, November 4, 1:00 pm in the Nelson Hall

"Lifestyle Changes that Impact Brain Health"
Presented by Mary Underwood, Dementia Specialist
Thursday, November 6, 11:00am in Nelson Hall

Author Lecture: "The Heart Remembers: Touching Lessons from the
Dementia Journey" Presented by Mary Underwood
Tuesday, November 18, 1:00 pm in Nelson Hall

"Staying in Control: Preparing for Tomorrow Today" Presented by HHC
Wednesday, November 19, 1:00 PM in the Club House

"Radical Raptors" Presented by White Memorial Conservation Center
Monday, November 24, 1:00 pm in 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.

Health Fair

Cheshire Health Fair
at Elim Park
November 6,
9:00 am-12:00 pm
The Conservatory

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

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.



Canadian Rockies & Glacier National Park Trip Presentation

Wednesday, November 19th at 2:00pm

Join us as Tracy O'Neill from Collette Travel, shares all the exciting details about this upcoming trip for August 2026. Highlights include: Waterton lakes National Park, Glacier National Park, Lake Louise, Heritage Park Village and much more. Registration is requested.

Trail Trekkers:
next walk is **November 19th** at
2:00pm at Stonebridge Crossing

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Human Services—Adopt a Family Holiday Program Donations:



The Holiday Season is fast approaching and will be here before we know it! The Human Services Department will be continuing our Annual Adopt a Family Holiday Program. We understand that many of you prefer to donate gifts and toys, but in consideration of families and the importance of choice, we are asking for gift card donations which we will distribute to Cheshire families facing financial hardship during the Holidays. Several popular retailers are: Target, Walmart, Marshalls, Dunkin, Kohl's, Amazon, Stop & Shop and Big Y, and of course, we always encourage supporting Cheshire's local businesses. We are so grateful to be a part of such a generous and compassionate community. Please contact Kristen Cherry at Cheshire Human Services at 203-271-6690 with any questions you may have.

We thank you for your understanding and kindness.

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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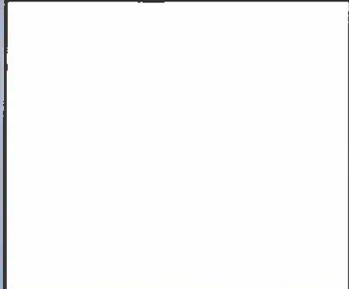
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