



CHESHIRE SENIOR CENTER FRONT PORCH NEWS DECEMBER 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



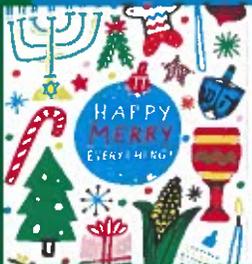
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Mini-Bus Drivers and Building Supervisors:

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

Festive events to look forward to in December:



- 12/3 - Pizza & Holiday Lights Trip
- 12/8 - Jingle Mingle with Sal
- 12/12 - Holiday Luncheon & Party
- 12/19 - Holiday Chorus Concert
- 12/22 - Gingerbread Houses
- 12/29 - New Year's Party



From the Desk of Stefanie

Happy Holidays! Wishing you and your family a very happy holiday season. In observance of the Holiday Season, the Senior Center will be closed on Wednesday, December 24th, Thursday, December 25th and Thursday, January 1st.

This month we have many celebrations taking place at the Senior Center. Join us for our annual holiday Jingle Mingle with Sal, Gingerbread House Making, our Holiday Party, and the Keynote Singers Holiday Chorus Concert.

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.

Save the date! Our Winter Session exercise class registration begins on December 17th at 8:30am. Please see the insert with the new class schedule for details.



**TOWN OF CHESHIRE
CHESHIRE SENIOR CENTER**

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

December 1, 2025

Happy Holidays! Wishing you and your family a very happy holiday season. In observance of the Holiday Season, the Senior Center will be closed on Wednesday, December 24th, Thursday, December 25th and Thursday, January 1st.

Below are some important things to make note of:

- **Winter Class Registration begins at 8:30am on Wednesday, December 17th.** See insert for Winter Class details.
- **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 its Annual Adopt a Family Holiday Program.** We are asking for gift card donations which we will distribute to Cheshire families facing financial hardship during the Holidays. Please contact Kristen Cherry at Cheshire Human Services at 203-271-6690 with any questions you may have.
- **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.
- **New Opportunities, Inc.—Meals on Wheels Program: Please be advised that Western Connecticut Area Agency on Aging will no longer handle Meals on Wheels registrations. If you live in Central Naugatuck Valley (Bethlehem, Thomaston, Woodbury, Southbury, Middlebury, Beacon Falls, Naugatuck, Prospect, Cheshire, Wolcott, Watertown or Waterbury), New Opportunities, Inc. will register you directly.** You must be 60 years of age and considered home bound to qualify. To register please call 203-757-4280 Monday - Friday between 9:00am and 1:00pm.
- **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.
- **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.

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.

*** No Pick up on 12/3 & 12/24 ***

Orders for pick up on 12/31 must be placed by 12/23



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



Just a reminder... as Winter approaches,
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.

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



****NO PICK UP DEC 3rd**

NAME _____

Payment _____

December Menu / Pick up 11-12

Pick Up Dec 10th	Pick Up Dec 17th
Lasagna __Single __Family Stuffed Pork Loin__Single__Family Chicken Francese__Single__Family Eye of Round__Single__Family __Beef Barley	Sausage & Peppers __Single __Family Chicken Marsala__Single__Family Crab Cake __Single__Family Tuscan Chicken__Single__Family __White Bean & Spinach Soup (no pasta)
No Pick UP Dec 24th	Pick Up December 31st
	Meatloaf __Single __Family Stuffed Shells & Meatballs __Single __Family Roasted Boneless thighs __Single __Family Eggplant Parm __Single__Family Minestrone _____

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

Family Meals are the Main Meal only & serve 2/ \$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 475-300-7690

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

Make Check Payable to Young at Heart or Venmo @Elaine615

****ALL ORDERS Must be Received by Thursday no later than 3pm****

*** REMINDER: DUE TO THE HOLIDAY, CUT OFF FOR MEAL ORDERS FOR 12/31 PICK UP ARE DUE BY 3PM ON 12/23. 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

Check our Travel Wall, near the Admin Offices, for upcoming Travel



Cheshire Senior Center & Transportation Services are CLOSED on:

Wednesday, December 24th & Thursday, December 25th and Thursday, January 1st.

Please call by 11:00am on Tuesday, December 23rd for rides on Friday, December 26th.

Also, please call by 11:00am on Wednesday, December 31st for rides on Friday, January 2nd.



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



Coping With Grief and Loss

When someone close to you dies, your world changes. You are in mourning — feeling grief and sorrow at the loss. You may feel numb, shocked, and fearful. You may feel guilty for being the one who is still alive. You may even feel angry at your loved one for leaving you. All of these feelings are normal. There are no rules about how you should feel. There is no right or wrong way to mourn. When you grieve, you can feel both physical and emotional pain. People who are grieving often cry easily and can have:



- Trouble sleeping
- Little interest in food
- Problems with concentration
- A hard time making decisions

As time passes, you may still miss your loved one. But for most people, the intense pain will lessen. There will be good and bad days. You may feel guilty or surprised for laughing at a joke or enjoying a visit with a friend. It is important to understand that these can be common feelings.

Taking care of yourself while grieving

- **Take care of yourself.** Grief can be hard on your health. Exercise regularly, eat healthy food, and try to get enough sleep. Bad habits, such as drinking too much alcohol or smoking, can put your health at risk.
- **Make mealtime plans.** Some people who have lost a loved one lose interest in cooking and eating. Sometimes eating at home alone feels too quiet, so it may help to have lunch with friends. Turning on the radio or TV during meals can also help. For information on nutrition and cooking for one, look for books at your local library, bookstore, or online.
- **Talk with caring friends.** Let family and friends know when you want to talk about your loved ones. When possible, accept their offers of help and company.
- **Participate in your favorite activities.** Doing things you enjoy, such as painting, biking, volunteering, or social club events can help improve overall mood and well-being. Listening to uplifting music may also bring comfort.
- **Reach out to your faith community.** Many people who are grieving find comfort in spending time with others who share their religious beliefs, praying, or reading religious or spiritual scripture.
- **See your doctor.** Keep up with visits to your healthcare provider. If it has been a while, schedule a check-up and bring your doctor up to date on pre-existing medical conditions and any new health issues that may be of concern. Let your health care provider know if you are having trouble taking care of everyday activities such as personal hygiene and dressing, or fixing meals.
- **Mourning takes time.** It's common to have a roller coaster of emotions for a while.

December Programs

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

Monthly Programs

Monthly Reflexology with Kim Monday, December 1st



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

**** No Class 12/31 ****

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, December 16th at 11:00am



Book choice for discussion is "The Grass Harp" by Truman Capote
New members are welcome!



Sit Down with Stefanie

Thursday, December 18th at 11:00am

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

Sherlock Holmes Society Thursday, December 18th at 1:00pm



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

New members, visitors & guests are always welcome.

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

Special Programs

Let's Talk About Our Vision

Thursday, December 11th
at 1:00pm

Vision Changes and Challenges in Older Adults



Join us to hear about Macular Degeneration, Glaucoma, Cataracts and CT resources. Presented by UR Community Cares. Registration is required.



Afternoon Craft

Thursday, December 11th
at 1:30pm

Join us to create paper bag snowflakes. All supplies will be provided, cost is \$5.00. Space is limited, sign up today!

Reiki Tummo

Monday, December 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!

Afternoon Movie

Monday, Dec. 15th at 1:00pm



Nutcrackers

Join us for a viewing of Nutcrackers. A strait-laced man finds his life suddenly upended when he becomes the caregiver for his rambunctious, orphaned nephews. Starring Ben Stiller. 1hr 45mins. Comedy/Drama Rated TV-14. Registration is requested.

Join us for a Special
Holiday Bingo hosted
by Best Life Hearing
on



Tuesday, December 16th
starting at 1:00pm,
no registration required.





DECEMBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p>1 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>2 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>3 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 NO 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>2:00 Learn Bridge</p> <p>4:00 Pizza & Holiday Lights</p>	<p>4 10:30 Moderate Exercise-Drop In</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p>	<p>5 9:00 Foxwoods Day Trip</p> <p>10:00 Chorus</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	<p>Sat. 6</p> <p>Sun. 7</p>
<p>8 10:30 Fun Line Dancing</p> <p>12:30 Canasta</p> <p>1:00 Intro to Watercolors</p> <p>1:00 Jingle Mingle with Sal</p> <p>4:30 Yoga for Stress Relief</p>	<p>9 9:30 Zumba Gold</p> <p>10:30 Moderate Exercise-Drop In</p> <p>10:30 DaVinci Seminar part 3</p> <p>12:30 Mah Jongg</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p>	<p>10 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>11:30 Veterans Coffeehouse Lunch</p> <p>11:30 Kenny & Dolly Day Trip</p> <p>1:00 Knit & Crochet Together</p> <p>1:00 Fun Line Dancing</p> <p>1:30 Discover Italian Culture</p>	<p>11 9:45 Blood Pressure Screening</p> <p>10:30 Moderate Exercise-Drop In</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Scrabble</p> <p>1:00 Let's Talk about Our Vision</p> <p>1:30 Afternoon Craft</p>	<p>12 10:00 NO Chorus</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>12:00 Holiday Party</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p>	<p>Sat. 13</p> <p>Sun. 14</p>
<p>15 10:30 Fun Line Dancing</p> <p>12:30 Canasta</p> <p>1:00 Afternoon Movie Matinee</p> <p>1:30 Reiki Tummo</p>	<p>16 9:30 Zumba Gold</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Cheshire Readers Book Club</p> <p>12:30 Mah Jongg</p> <p>1:00 Special Holiday Bingo</p> <p>hosted by Best Life Hearing</p> <p>1:30 Blood Pressure Screening</p>	<p>17 8:30 Winter Class Registration Begins</p> <p>9:00-11:00 Arts & Craft drop in</p> <p>10:00 Wii Bowling</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>1:00 Knit & Crochet Together</p> <p>1:00 Fun Line Dancing</p>	<p>18 10:00 Winter Readiness with Chesprocott Health District</p> <p>10:30 Moderate Exercise-Drop In</p> <p>10:30 Healthy Living Group</p> <p>11:00 Sit Down with Stefanie</p> <p>1:00 Scrabble</p> <p>1:00 Sherlock Holmes Society</p> <p>1:30 Laughing with Nurse Nancy</p>	<p>19 10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>10:30 Balance Screenings</p> <p>10:30 Chorus Concert</p>	<p>Sat. 20</p> <p>Sun. 21</p>



Senior Center
Closing at 12:00pm

2026 Winter Class Schedule

Registration will begin on Wednesday, December 17th at 8:30am.

Classes begin the week of January 5th. Classes end the week of March 9th.

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	10	\$35.00	Helene Korchin
Improve Balance, Strength and Inner Peace. Please bring own Yoga Mat. **No Class 1/13**					
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	10	\$40.00	Kim Stewart
Easy exercise movements to help increase ROM, balance, flexibility and strength. Includes a hand Reflexology Session. ** NO CLASS 1/22**					
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. ** Start Date 1/26, NO CLASS 2/16 **					
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 3/13**					
Yoga for Stress Relief	Monday	4:30 - 5:15	8	\$28.00	Nancy Boudreau
Gentle floor Yoga designed to help with breathing and stress relief. Please bring your own yoga mat. ** NO CLASS 1/19 or 2/16**					
Zumba Gold	Tuesday	9:30 - 10:30am***	10	\$40.00	Fitness Fury
*** NOTE TIME CHANGE ***					
Choreography that focuses on Balance, ROM and Coordination. Leaving you feeling empowered and strong.					
***Class has been extended to incorporate balance and stretching ***					

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 attunements 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 Weds. December 17th at 8:30am. Everyone who registers in person on December 17th 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, *10:45am - 11:30am. No registration is required, there is no charge for this class.**

***** *please make note of time change starting Jan. 6th* *****

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.

\$5.00 per class for 120 min classes.

Sign up today for these upcoming programs....



**BE
WINTER
READY**

Winter Readiness
Thursday, Dec. 18th
at 10:00am

Join our friends from Chesprocott Health District to review how to pack an emergency bag and share practical tips to stay healthy, warm, and safe throughout the winter season. Register today.



**Senior Bingo at
St. Bridget
of Sweden Church**

Wednesday, Dec. 10th
starts at 7:00pm, doors open at 6:30pm
The Women's Society of St. Bridget of Sweden is hosting a Senior Bingo night in the Parish Hall. All are welcome, bingo prizes will be awarded, there will be a raffle, dessert & coffee. This is a free event. No registration needed.



Drop In Group...

Healthy Living Group
Thursday, Dec. 18th at 10:30am

**Honoring Grief and Creating New
Traditions Through the Holiday Season**



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, December 19th

10:30am -12:00pm, by appointment with
Connect Physical Therapy

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

Thursday, December 18th 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.



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.



Memory Screenings

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



**Probate Question & Answer
with Judge Jalowiec**

Tuesday, Dec. 30th at 10:00am

**Who wants to make the first move and
sign up for Chess?**

If you are interested in getting together with other members to play chess at the Senior Center please contact Tracey in the Office and she will help to coordinate a day for this new group to meet up.



Tech Help is available with our Intern,
Ash Hemphill by appointment only, on
Tuesdays and Thursdays.

Call 203-272-8286 to
schedule an appointment.



Chorus Holiday Concert
Friday, December 19th at 10:30am



Join us as the Keynote Singers perform their Holiday Concert. Refreshments will be served. Registration is requested.



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.

Gingerbread House Making

Monday, December 22nd at 1:00pm



Join us and create your own individual Gingerbread House to then take home and share with family & friends. Cost is \$5.00 All supplies will be provided. Space is limited and registration is required.

Veteran's Coffee House Annual Holiday Luncheon

Wednesday, December 10th 11:30am to 1:00pm



Held at Wallingford Sr Center 238 Washington St.
Cheshire members are encouraged to attend the Wallingford meeting.

Cheshire Senior Center & Transportation are closing at 12:00pm on Friday, December 19th

Boogie Boys New Year's Dance Party

Monday, December 29th 1:30 to 3:00pm



Come help us celebrate the New Year by dancing away the afternoon with **music by the Boogie Boys!** Refreshments available, cost is \$5.00 per person. *Sign up today!*

DaVinci Seminar

December 9th at 10:30am

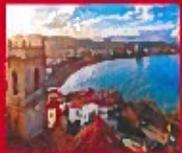


This is the 3rd of a 3-part monthly class that started in October. This seminar is a follow-up to the "Think Like DaVinci" class held in July, led by Ruth Sullo, aka Square Ruth. Come and enjoy more art, math, creativity, and positivity! Having attended the July class is recommended as a prerequisite, 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

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

Feel Overwhelmed or Anxious? Trying to Develop Healthy Coping Strategies?



Would you like to learn more healthy coping skills? Are you interested in looking at your behaviors / habits so you can decide what challenges or changes need your attention? Would you benefit from interacting with others who can provide mutual support?

Courage to Change is an 8-week long skill building, solution focused group that can help you develop self-management and coping skills to make and maintain positive changes in your life.

The next 8-week long class will be held every Tuesday at 10:30am at the Senior Center beginning Tuesday, Jan. 6th through March 3rd (no group on Feb 17th).

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

Winter Class Registration

begins at 8:30am on

Wednesday,
December 17th.

See insert for Winter
Class details.



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

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@chshirect.gov or visit BenefitsCheckUp.org.



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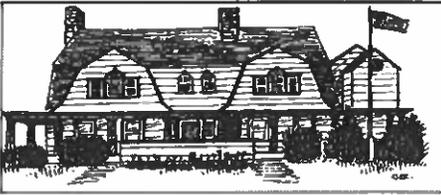
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Connecticut Energy Assistance Program



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.

New Opportunities, Inc.—Meals on Wheels Program

Please be advised that Western Connecticut Area Agency on Aging will no longer handle Meals on Wheels registrations. If you live in Central Naugatuck Valley (Bethlehem, Thomaston, Woodbury, Southbury, Middlebury, Beacon Falls, Naugatuck, Prospect, Cheshire, Wolcott, Watertown or Waterbury), New Opportunities, Inc. will register you directly.

You must be 60 years of age and considered home bound to qualify. Prioritization of meals are given to clients with greatest economic and social needs. To register please

call 203-757-4280

Monday - Friday

between 9:00 AM and 1:00PM.



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