



## CHESHIRE SENIOR CENTER FRONT PORCH NEWS JANUARY 2026



**Cheshire Senior Center 240 Maple Avenue, Cheshire, CT 06410**

**Phone: 203-272-8286 Fax: 203-272-6296**

**OPEN TO THE PUBLIC: Monday - Friday, 9:00am - 3:30pm**

**[www.cheshirect.gov/senior-services](http://www.cheshirect.gov/senior-services)**



### Staff:

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

Tracey Kozlowski, Administrative Assistant: 203-272-8286; [trkozlowski@cheshirect.gov](mailto: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, and Tasman Fox

The **AARP Income Tax Program** is returning to the Cheshire Senior Center.

The first day to call and book your appointment will be

**Tuesday, January 20th;**

Tax appointments start on Monday, February 2nd.

AARP Volunteers will be at the Cheshire Senior Center from 9:00am until 12:00pm on Mondays & Thursdays beginning February 2nd.



## From the Desk of Stefanie

**Happy New Year! I hope that you and your families had a wonderful holiday season! This month the Senior Center will be closed on Thursday, January 1st in observance of New Year's Day and on Monday, January 19th in observance of Martin Luther King Day.**

**Our AARP Income Tax Program begins this month. We will begin scheduling appointments on Tuesday, January 20th for tax appointments beginning on Monday, February 2nd. Unfortunately, no telephone calls or emails requesting appointments will be accepted prior to the January 20th start date. Thank you for your understanding.**

**As winter continues along, don't forget to check our Facebook page and local news channels for storm closings. 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

January 1, 2026

Happy New Year! We hope that you and your families had a wonderful holiday season! This month the Senior Center will be closed on Thursday, January 1st in observance of New Year's Day and on Monday, January 19th in observance of Martin Luther King Day.

Below are important things to make note of:

- **Our AARP Income Tax Program begins this month. We will begin scheduling appointments on Tuesday, January 20th for tax appointments beginning on Monday, February 2nd.** Unfortunately, no telephone calls or emails requesting appointments will be accepted prior to the January 20th start date. Thank you for your understanding.
- **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.
- **Beginning January 1st, single meals will be \$10 each for the Generation Table Meal Program.** There is no change for the Family Meal price. Thank you for your understanding.
- **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!
- **As winter continues, don't forget to check our Facebook page and local news channels for storm closings. Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled our buses and programs are cancelled.**
- **Curious about what will change with your DSS Benefits with the passing of federal H.R.1? Use this link for the most up-to-date information [https://portal.ct.gov/dss/knowledge-base/articles/general-information/federal-updates-hr1?language=en\\_US](https://portal.ct.gov/dss/knowledge-base/articles/general-information/federal-updates-hr1?language=en_US).** Handouts of this information are also available in the main office.

For the most up to date information regarding our programs and services, please visit our page on the Town of Cheshire website [www.cheshirect.gov](http://www.cheshirect.gov) and follow us on Facebook.

# News From the Senior Center

## Support for the Senior Center

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

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

All donations should be sent to:

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 3pm on the Thursday before Pick-up.



Beginning January 1st, single meals will be \$10 each for the **Generation Table Meal Program**. There is no change for the Family Meal price.

*Thank you for your understanding.*

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



[www.gotdme.org](http://www.gotdme.org)

*Coming in March:*

**St. Patrick's Day Celebration**  
**at Aqua Turf Club**  
**Tuesday, March 10th**  
**11:00am – 3:30pm**



St. Patrick's Day celebration featuring :  
The McLean Avenue Band; Lunch will be  
Corned Beef & Cabbage / Baked Cod.  
\$57.00pp Cash or Check made out to  
Cheshire Senior Center.

Sign up now, space is limited.  
Transportation available upon request.

*New drop in:*

## **Chess Group**

*will be meeting on  
Wednesdays at  
11:00am,*

*no registration needed.*



*Reminder... for Winter Weather :*

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.

NAME \_\_\_\_\_  
 Payment \_\_\_\_\_ Phone \_\_\_\_\_

Pick Up 1/7	Pick Up 1/14
Chicken Francese Single__Family Pork Loin __Single __Family Stuffed Peppers __Single __Family Stuffed Shells __Single __Family ____Beef Barley Soup	Eye of Round__Single __Family Boneless Thighs __Single__Family Sausage & Peppers__Single__Family Eggplant Parm__Single__Family ____Pasta Fagioli
Pick Up 1/21	Pick Up 1/28
Manicotti & Meatballs __Single __Family Chicken Marsala __Single __Family Crab Cake __Single __Family Tuscan Chicken __Single__Family ____Minestrone Soup	Chicken Parm__Single__Family Shrimp Florentine __Single __Family Swedish Meatballs __Single __Family Eggplant Parm__Single__Family ____ Lentil Soup

All Single Portion Meals are served with starch and vegetable \$10 each

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

Soups are Pint size \$5

Meals are made fresh then frozen

All Meals must be paid prior to pick up

Orders can be made via website @ [neyoungatheart.com](http://neyoungatheart.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**

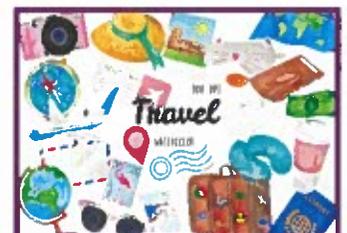
**Don't Forget to call in by 11:00am the day before, for your Transportation needs**

## 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

## Net Equity Program

**A win for seniors:  
Affordable high-speed  
internet is coming**

In Connecticut, many residents face significant challenges accessing high-speed internet, mainly due to financial barriers. While various internet options are available, a substantial portion of the population—particularly older adults and those with limited incomes—struggle to afford reliable internet access. Currently, only about 28% of households can find internet plans priced below \$60 per month, while the average monthly cost of internet service is approximately \$77, which can be burdensome for many families. To address this issue, state lawmakers have introduced a new law to enhance access to affordable high-speed internet. Set to take effect by **September 30, 2026**, the Net Equity Program will require internet service providers to offer eligible individuals high-speed plans for no more than \$40 per month. This initiative is designed to alleviate financial pressures on families and ensure better internet access for all age groups.

What the Net Equity plan proposed to do:

- Many vulnerable groups, including older adults, face challenges due to high costs. It highlights the need for more affordable options and government support to help individuals stay connected.
- Ensure residents have affordable options for getting online that meet their needs, with objectives to reduce cost as a barrier, increase device ownership, and increase subscriptions that meet residents' needs.
- Increase participation in affordability programs and low-cost plans.

To receive more information about these programs, the state has published a report titled "Connecticut: Everyone Connected." Copies of this report are available at the Senior Center.

Please call the Cheshire Senior Center, Senior Services Social Worker, Andrea L. Sidoruk, LMSW for further information or questions, at 203-272-8030.

Adapted from: <https://states.aarp.org/connecticut/affordable-high-speed-internet-is-a-lifeline-for-connecticut-seniors>

## 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@cheshirect.gov](mailto:stheroux@cheshirect.gov) or visit [BenefitsCheckUp.org](https://BenefitsCheckUp.org).

# **CMS has released the 2026 Medicare premiums, deductibles, and income-related monthly adjustment amounts (IRMAA)**

## **Medicare Part A (Hospital Insurance)**

- **Inpatient deductible:** \$1,736 (up from \$1,676 in 2025)
- **Coinsurance:**
  - Days 61–90: **\$434/day**
  - Lifetime reserve days: **\$868/day**
  - Skilled Nursing Facility (days 21–100): **\$217/day**
- **Part A Premium (for those without enough work credits):**
  - Reduced premium: **\$311/month**
  - Full premium: **\$565/month**

## **Medicare Part B (Medical Insurance)**

- **Standard premium:** **\$202.90/month** (up from \$185 in 2025)
- **Annual deductible:** **\$283** (up from \$257)
- Higher-income beneficiaries will pay additional IRMAA amounts, ranging from \$81.20 to \$487/month depending on income.

## **Part B Immunosuppressive Drug-Only Coverage**

- Standard premium: \$121.60/month
- IRMAA applies for higher-income individuals.

## **Medicare Part D (Prescription Drug Coverage)**

- Higher-income beneficiaries will pay additional IRMAA amounts ranging from \$14.50 to \$91/month, depending on income.
- This IRMAA is added **on top of** the plan's premium and is paid directly to Medicare or deducted from Social Security.

# January Programs

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

## Monthly Programs

### Monthly Reflexology with Kim Monday, January 5th



Please contact Laura for more information or to schedule your appointment.  
*Please note: if you cannot make your appointment & 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, January 20th at 11:00am

Book choice for discussion is  
"The Beantown Girls"  
by Jane Healy  
*New members are welcome!*



### Sit Down with Stefanie

Thursday, January 22nd 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 Friday, January 16th at 1:00pm

Join us for the Sherlock Holmes Film Series' first screening of The Hound of Baskervilles with Basil Rathbone (1939).

*There will not be a separate Sherlock Holmes Society meeting in January.*

New members, visitors & guests are always welcome. For additional information, contact Andy Tranquilli at [tranquilli@hotmail.com](mailto:tranquilli@hotmail.com).

## Special Programs

### Police Perspectives

Thursday, January 8th at 1:00pm



Join us as we welcome the recently appointed new Chief of the Cheshire Police Department, Chief Jortner, to answer your questions and discuss recent activities in Town.



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

### Winter Session Classes start January 5th



### Exercise for Healthy & Active Aging Wednesday, January 21st at 1:00pm

Presented by Mr. George Norden, Exercise physiologist. George has been working in the field of medical exercise for over 15 years. In this presentation, he will share common misconceptions of strength training as we age, how to do so safely and effectively regardless of physical limitations, and how to optimize results from an exercise program to improve strength, balance, stamina, energy, and overall functionality. Please bring questions as George will leave ample time following the presentation to answer them in a group or privately. Registration is requested.



### Afternoon Movie Wednesday, January 28th at 1:00pm

Join us for a viewing of The Senior. After nearly four decades, Mike returns to his alma mater to take the College Football hit that changed everything. Bruised, doubted, and nearly broken, he pushes for one more game, not for glory, but for the teammates he lost, the family he fractured, and the ending he still believes is possible. Starring, Michael Chiklis and Mary Stuart Masterson. 1hr 39mins. Rated PG-13. Registration is requested.



# JANUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p><b>Please Note:</b> Listings in Green are paid programs / classes</p>	<p>***REMINDER..... Moderate Exercise has a new start time of 10:45am on Tuesdays &amp; Thursdays***</p>	<p><b>1</b> Senior Center Closed for Holiday</p>	<p><b>2</b> 10:00 NO Chorus 10:15 Golf card game 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p><b>Sat. 3</b> 10:00 NO Chorus 10:15 Golf card game 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p>	<p><b>Sun. 4</b></p>
<p><b>5</b> Reflexology Sessions by appointment only 10:30 Fun Line Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p> <p><b>WINTER SESSION</b></p>	<p><b>6</b> 9:30 Zumba Gold 10:30 Courage to Change 10:45 Moderate Exercise-Drop In 12:30 Mah Jongg 1:00 Bingo 1:00 Chair Yoga</p>	<p><b>7</b> 9:00-11:00 Arts &amp; Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 Chess Drop In 11:30 Get Fit with Brenda 1:00 Knit &amp; Crochet Together 1:00 Fun Line Dancing 1:30 Discover Italian Culture</p>	<p><b>8</b> 9:45 Blood Pressure Screening 10:45 Moderate Exercise-Drop In 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Police Perspective: Meet the Chief</p>	<p><b>9</b> 10:00 Chorus 10:00 Beginner Italian 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><b>Sat. 10</b> 10:00 Chorus 10:00 Beginner Italian 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><b>12</b> 10:30 Fun Line Dancing 12:30 Canasta 4:30 Yoga for Stress Relief</p>	<p><b>13</b> 9:30 Zumba Gold 10:30 Courage to Change 10:45 Moderate Exercise-Drop In 12:30 Mah Jongg 1:00 Bingo 1:00 NO Chair Yoga</p>	<p><b>14</b> 9:00-11:00 Arts &amp; Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 Chess Drop In 11:30 Get Fit with Brenda 1:00 Knit &amp; Crochet Together 1:00 Fun Line Dancing 1:30 Discover Italian Culture Singing Bowls</p>	<p><b>15</b> 10:45 Moderate Exercise-Drop In 10:30 Healthy Living Group 12:15 Gentle Therapeutic Exercises with Kim 1:00 Scrabble 1:00 Jukebox Bingo</p>	<p><b>16</b> 10:15 Golf card game 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Ortho Screenings 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group 1:00 Sherlock Holmes Film Series</p>	<p><b>Sat. 17</b> 10:15 Golf card game 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 10:30 Ortho Screenings 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group 1:00 Sherlock Holmes Film Series</p>

**Senior Center  
Closed  
for Holiday**



- 20**  
**9:30 Zumba Gold**  
**10:30 DaVinci Thinkers**  
**10:30 Courage to Change**  
 Moderate Exercise-Drop In  
 Cheshire Readers Book Club  
 Mah Jongg  
 Bingo  
**1:00 Chair Yoga**  
 Blood Pressure Screening

- 21**  
 9:00-11:00 Arts & Craft drop in  
**9:30 Pilates**  
 Wii Bowling  
**10:30 Barre**  
**Hearing Screens**  
 Nickel, Nickel  
 Generations Table pickup  
**11:00 Chess Drop In**  
**11:30 Get Fit with Brenda**  
 Knit & Crochet Together  
 Fun Line Dancing  
**1:00 Exercise for Healthy & Active Aging**  
**1:30 Discover Italian Culture**

- 22**  
 10:45 Moderate Exercise-Drop In  
**11:00 Sit Down with Stefanie**  
**12:15 NO Gentle Therapeutic Exercises with Kim**  
 Scrabble  
 Senior Tech Day

- 23**  
**9:45 Chapman School visit**  
 Chorus  
 Beginner Italian  
 Golf card game  
**10:30 Tai Chi Easy**  
 Advanced Italian  
 Set Back  
 Bridge  
 Discussion Group

Sun.  
25

Sat.  
24

- 10:30 Fun Line Dancing  
 12:30 Canasta  
**1:30 Intro to Watercolors**  
 Reiki Tummo  
 Brain Activity Group  
**4:30 Yoga for Stress Relief**

- 27**  
 9:30 Veterans Coffeehouse at Wallingford Senior Center  
**9:30 Zumba Gold**  
 Probate Q & A  
**10:30 Courage to Change**  
 Moderate Exercise-Drop In  
**10:30 I Hate Math!! Club**  
 Mah Jongg  
 Bingo  
**1:00 Chair Yoga**

- 28**  
 9:00-11:00 Arts & Craft drop in  
**9:30 Pilates**  
 Wii Bowling  
**10:30 Barre**  
 Nickel, Nickel  
 Generations Table pickup  
**11:00 Chess Drop In**  
**11:30 Get Fit with Brenda**  
 Knit & Crochet Together  
 Fun Line Dancing  
**1:00 Afternoon Movie Matinee**  
**1:30 Discover Italian Culture**  
 2:45 PTC Support Group

- 29**  
 10:45 Moderate Exercise-Drop In  
**12:15 Gentle Therapeutic Exercises with Kim**  
 Scrabble

- 30**  
 10:00 Chorus  
 Beginner Italian  
 Golf card game  
**10:30 Tai Chi Easy**  
 Advanced Italian  
 Set Back  
 Bridge  
 Discussion Group

Sat.  
31

Sun.  
1

We will start to make appointments for the AARP  
 Income Tax Program on Tuesday, January 20th.  
 Please do not call or stop in to schedule your  
 appointment until then.



AARP Tax Volunteers will be here on  
 Monday & Thursday mornings,  
 starting February 2nd.

Wishing you a year filled with  
 good health, happiness and  
 laughter!

Happy New Year, from your  
 friends at the  
 Cheshire Senior  
 Center



# Sign up today for these upcoming programs....

## Jukebox Bingo

Thursday, January 15th at 1:00pm



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

## DaVinci Thinkers

Tuesday, January 20th at 10:30am

Hooray for using BOTH sides of our brains! We meet on the 3rd Tuesday of every month at 10:30, for unique experiences in art, math, creativity, and positivity. (For the introductory lesson, see the online YouTube videos entitled DaVincify Your Mind/ Ruth Sullo. There are Parts 1, 2, and 3, about 20 minutes each)

Registration is requested. Newcomers and drop-ins are always welcome.



## I Hate Math!! Club

Tuesday, January 27th at 10:30am

Come and see math in a whole new light! We meet on the LAST Tuesday of every month at 10:30. Registration is requested. Be prepared to have fun, feel good, and gain math confidence, with the camaraderie of like-minded folks.

Newcomers and drop-ins are always welcome.



## Memory Screenings

with Stefanie are available throughout the month, to set an appointment, please call 203-272-3165 or email [stheroux@cheshirect.gov](mailto:stheroux@cheshirect.gov).



Tech Help is available with our Intern, Ash Hemphill by appointment only, on Tuesdays and Thursdays. Call 203-272-8286 to schedule an appointment.



Drop In Group...

## Healthy Living Group

Thursday, January 15th at 10:30am

### *Facing Challenges in the New Year*

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**  
Orthopedic  
Screening

## Orthopedic Screenings

Friday, January 16th

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

The orthopedic screenings will consist of an evaluation of any joint/body part that individuals are concerned about their function or pain in. They will do an assessment consisting of range of motion, strength, joint mobility, tissue mobility and then provide individuals with exercises to target impairments. This is a new screening we will have every other month at the Cheshire Senior Center with Connect Physical Therapy. Schedule your appointment today!



**FREE**  
HEARING  
SCREENING

## Hearing Screens

Tuesday, January 21st

10:30am to 12:00pm by appointment



Call today to book your appointment for a free Hearing Screen at Cheshire Senior Center with Best Life Hearing.

## New Drop In: Chess Group

Wednesdays at 11:00am



## 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

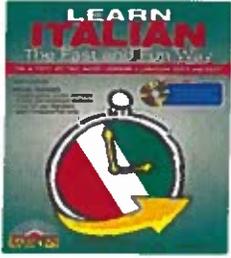
Wednesdays at 1:00pm

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.

## Probate Question & Answer with Judge Jalowiec

Tuesday, Jan. 27th at 10:00am





## Beginner Italian

**Fridays 10:00 – 11:00am**

Have you ever wanted to speak Italian? Now is your chance with a 10-week course, Friday mornings from

January 9th to March 13th. The course

features the basics of reading, writing, understanding and speaking Italian. Instructor *Andrea Renzoni Bascetta*, is an experienced teacher who will use effective techniques to help participants succeed in a fun and interesting way. There is no charge for this class but you must register in advance.

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

# PARLI ITALIANO?

## Advanced Conversational Italian

**Fridays 11:00am – 12:00pm**

Starting January 9th, join Dea DiTomasso in an engaging 10-week class with Italian language. Some knowledge of Italian language is required, Registration is required.



## Steps to Safety—Prevent Fire & Falls at Home

**Friday, January 16th at 10:00am**

The Cheshire Fire Marshal's office, Chesprocott Health District and the American Red Cross have partnered together to present an hour long **Steps to Safety** presentation to assist our town's seniors with the knowledge of fire safety and the prevention of falls. Topics such as: fire is fast, need for smoke alarms in every room, plan your escape from fire, preventing a fall and reducing the risk of injuries related to falls are just some of the topics that will be discussed. Sign up today for this important program at the Cheshire Senior Center.



# How to Trust a DSS Text Message?

**DSS text messages will ALWAYS come from:**

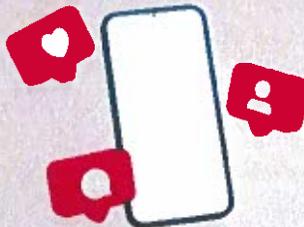


1-855-626-6632  
Landline Users

Messages will be read to you



60302 or  
1-855-626-6632  
Cellphone Users



 **CONNECTICUT**  
Social Services

## Messages...

### Include:

- Client first name
- Last four numbers of Client ID

### Will never:

- Ask for money!

**Sherlock Holmes Film Series**  
**Friday, January 16th at 1:00pm**



The first screening of this new series will be: The Hound of the Baskervilles with Basil Rathbone (1939). The Sherlock Holmes Film Series will present classic and obscure Sherlock Holmes films with a brief introduction

and a discussion following the film.

This event is open to the public, registration in advance is encouraged.



**Chapman School Visit**  
**Friday, January 23rd at 9:45am**



Join us for a new year of Chapman School Visits. This will be our first visit of 2026. We will be visiting several classrooms to either read with the students or participate in an activity with them. This a great opportunity to engage with our younger generation. Sign up to see for yourself. See Laura for more details.

**Reiki Tummo**  
**Monday, January 26th 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!

**Gongs & Himalayan Singing Bowls**  
**Wednesday, January 14th at 5:30pm**

Join us in a peaceful setting, experience the soothing sounds of Gongs & Himalayan Singing Bowls and float blissfully away into a deep meditative state where the tumultuous stresses of everyday life are cleared, cleansed, and washed away. Presented by Priscilla Gale of Crystals Sound Healing. Space is limited.



Please bring a yoga mat if you would like to participate on the floor, chairs will be available as well. Registration is required, cost is \$5.00

**Senior Tech Day**  
**Thursday, January 22nd from 1:00 to 3:00pm**



Sponsored by AT&T. We recognize that technology can sometimes present challenges. We want to help bridge that gap by providing resources and guidance. Join members of the AT&T community team to hear about topic's such as, how to avoid scams, help with social media and general tech questions. Team members will be available to ask specific questions for things you want to know or need help with. Registration 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

**Wright's Farm Restaurant & Bally's**  
**Twin River Casino Day Trip**  
**Thursday, April 30th, 2026**



Rhode Island Family Style Chicken Dinner, all you can eat lunch followed by time at the Gift Shop and a visit to Bally's Twin River Casino. \$115 / pp

**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



### **Brain Activity Group** Monday, January 26th at 1:30pm

Finding ways to stimulate your brain can help it stay sharper for longer. Any activity that requires attention, focus and engagement challenges the brain. Come stimulate your brain with some brain teasers with Laura. Registration is required.

**Drop in on Fridays at 1:00pm** for our weekly **Discussion Group** on current events.



### **Veteran's Coffee House** Tuesday, January 27th Starting at 9:30am 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.*

### **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!

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## **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.



**New Opportunities**  
*Building Relationships to End Poverty™*

## **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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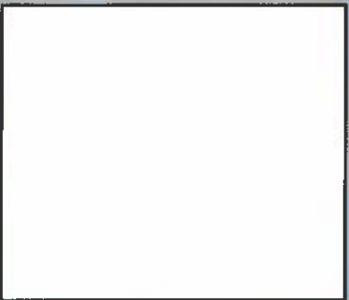
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