



# CHESHIRE SENIOR CENTER FRONT PORCH NEWS FEBRUARY 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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Laura Gravel, Program Supervisor: 203-272-8286; [lgravel@cheshirect.gov](mailto:lgravel@cheshirect.gov)

Andrea Sidoruk, LMSW, Senior Services Social Worker: 203-272-8030; [asidoruk@cheshirect.gov](mailto:asidoruk@cheshirect.gov)

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 Gorbard, Bill Halkias, Michael Houle, Andy Lucibello, Joe Villani, Ken Boynton, and Tasman Fox



## AARP Income Tax Program

has returned to the  
Cheshire Senior Center

AARP Volunteers will be at the  
Cheshire Senior Center  
from 9:00am until 11:30am  
on Mondays & Thursdays. Contact  
Tracey to make an appointment.

You are going to *LOVE* these  
upcoming events & more....

- Country Valentine Dance Party
- Heart Health Talk with Chesprocott
- How to Listen to Beethoven
- London & Paris Trip Presentation
- Trip to the Movies

## From the Desk of Stefanie

**Happy February! This month we celebrate Valentine's Day, Black History Month, and Presidents' Day. As a reminder, the Senior Center will be closed on Monday, February 16th in observance of Presidents' Day.**

**We are now taking appointments for our AARP Income Tax Program. Limited appointments are still available. Please call the main office at 203-272-8286 to schedule your appointment. Appointments are made on a first come - first served basis, so don't delay.**

**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 until 10am. If Cheshire schools are cancelled our buses and programs are cancelled.**

**February is also Heart Health Month. Join us on February 19th for information on vein health with Vein Centers of America and on February 23rd for a discussion about heart health with Chesprocott. Please see the newsletter for details.**



## TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

February 1, 2026

**Happy February! This month we celebrate Valentine's Day, Black History Month, and Presidents' Day. As a reminder, the Senior Center will be closed on Monday, February 16th in observance of Presidents' Day.**

Below are important things to make note of:

- **We are now taking appointments for our AARP Income Tax Program. Limited appointments are still available. Please call the main office at 203-272-8286 to schedule your appointment.**
- **Technology help with Jared has been cancelled until further notice. 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.
- **Single meals are now \$10 each and soups are \$5 each for the Generation Table Meal Program.** There is no change for the Family Meal price. Thank you for your understanding.
- **Save the Date! Red Cross Blood Drive is scheduled for Thursday, March 12<sup>th</sup> from 1:00pm to 6:00pm.** For more details or help making an appointment, please contact the Cheshire Senior Center at 203-272-8286 or email [cheshireseniorcenter@cheshirect.org](mailto:cheshireseniorcenter@cheshirect.org)
- **Save the Date! Connecticut Paid Leave Presentation Wednesday, March 18<sup>th</sup> at 5:30pm.** Join us in welcoming the Connecticut Paid Leave Authority for this important discussion. This employee-funded program can be used to take time off work for any FMLA-related reason like welcoming a new child or caring for yourself or a loved one with a serious health condition. CT Paid Leave can provide up to 12 weeks every year of income replacement for those reasons. In this presentation, CT Paid Leave staff will discuss how to access, navigate, and apply for the program and shed light on your rights as a caregiver. **This event is open to the public.** Sign up by contacting 203-272-8286 or email [cheshireseniorcenter@cheshirect.org](mailto:cheshireseniorcenter@cheshirect.org)
- **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. We 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. Call 203-272-8286 to schedule an appointment.
- **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.**

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.

## **PRESS RELEASE**

**Applications for tax credits for Town of Cheshire homeowners over 65 years of age and those totally disabled will be taken at the Assessor's office in the Cheshire Town Hall from 8:30 A.M. to 4:00 P.M. February 2, 2026 until May 15, 2026. These programs consist of the following:**

**STATE OF CONNECTICUT ELDERLY HOMEOWNERS PROGRAM** - This is a real estate tax credit program for homeowners who are at least 65 years of age as of December 31, 2025 and meet certain income guidelines.

Those guidelines require that annual income for single people, **including Social Security benefits**, should not exceed \$46,300. Married couples can be eligible if their income, **including Social Security benefits**, does not exceed \$56,500.

Applicants must bring all proof of their 2025 income, including a copy of their 2025 federal income tax return, if one is filed, and proof of Social Security income (Form 1099) for the 2025 calendar year. Also, the applicant must **own and reside** in the property for which tax relief is sought as of October 1, 2025 or must hold a tenancy for life use of the property and be liable for the tax bill. This must be the applicant's principal or legal residence.

Homeowners who are totally disabled, and do not qualify for the elderly homeowners program because they are under age 65 can apply. One must provide proof of their disability award letter from the Social Security Administration. Also, the same income guidelines established for the elderly homeowners program must be met.

Previous participants in this program will be required to refile their applications biennially and will be notified by mail of this refiling requirement. New applicants who think they qualify for this tax relief should inquire at the Assessor's Office.

## **TOWN OF CHESHIRE LOCAL ELDERLY TAX RELIEF PROGRAM**

In addition to the State of Connecticut property tax relief program, the Town of Cheshire offers a local tax relief program.

This program currently provides three types of property tax relief for qualifying applicants.

The first element of the program provides a tax credit for single people whose income does not exceed \$79,325 and married couples whose income does not exceed \$84,954.

The second part of the program provides a tax deferral of up to 75% of taxes for single people whose income does not exceed \$46,300. and married couples whose income does not exceed \$56,500.

The third part of the program is the local elderly tax freeze. The income limits for this program are the same as they are for the deferral program. Applicants must be 70 years old as of December 31, 2025. Further details can be obtained from the Assessor's office.

To qualify for the local tax relief programs, these income guidelines must be met as well as the age or disability criteria outlined in the above-mentioned state programs. Applicants must bring all proof of their 2025 income, including a copy of their 2025 federal income tax return, if one is filed, and proof of Social Security income (Form 1099) for the 2025 calendar year. The application period for those interested in the Town program is February 2, 2026 through May 15, 2026.

If you need more information, please call the Assessor's Office at 203-271-6620.



# 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.



As of January 1st, single meals are \$10 each for the Generation Table Meal Program. Also, soups are \$ 5.00 each.

There is no change for the Family Meal price. *Thank you for your understanding.*

## 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.



## AARP Tax Program

**is back at the Cheshire Senior Center on Mondays & Thursdays between 9:00am and 11:30am, starting February 2nd.**

**Call today to schedule your appointment, space is limited.**



*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.

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



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

February

NAME \_\_\_\_\_

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

**Pick Up 2/4**

Meat Loaf \_\_Single\_\_Family

Chicken Parm \_\_Single \_\_Family

Stuffed Peppers \_\_Single \_\_Family

Crab Cakes \_\_Single \_\_Family

\_\_\_\_Beef Barley Soup

**Pick Up 2/11**

Eye of Round\_\_Single \_\_Family

Boneless Thighs \_\_Single\_\_Family

Cavetelli , Broc & Sausage\_\_Single\_\_Family

Chicken Francese \_\_Single\_\_Family

\_\_\_\_Tuscan Chix w/ beans

**Pick Up 2/18**

Stuffed Pork Loin \_\_Single \_\_Family

Chicken Marsala \_\_Single \_\_Family

Sausage & Peppers \_\_Single \_\_Family

Eggplant Parm \_\_Single\_\_Family

\_\_\_\_ Minestrone Soup

**Pick Up 2/25**

**Stuffed Shells\_\_Single\_\_Family**

Shrimp Florentine \_\_Single \_\_Family

Tuscan Chicken \_\_Single \_\_Family

Meatloaf\_\_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 email @ [justlikemomcooks@gmail.com](mailto: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

## Aging in Place: Growing Older at Home

Many people want the same things as they get older: to stay in their own homes, to maintain independence for as long as possible, and to turn to family and friends for help when needed. Staying in your own home as you get older is called "aging in place." But many older adults and their families have concerns about safety, getting around, or other daily activities. Living at home as you age requires careful consideration and planning, below are suggestions to help you find the help you need to continue to live independently.

In many cases, home-based support is provided at home by informal caregivers, such as family members, friends, and neighbors. It can also be supplemented by formal caregivers and community services. Help you can receive at home includes:

- **Personal care:** Help with everyday activities, also called "activities of daily living," including bathing, dressing, grooming, using the toilet, eating, and moving around, for example, getting out of bed & into a chair
- **Household chores:** Housecleaning, yard work, grocery shopping, laundry, and similar chores around the house
- **Meals:** Shopping for food and preparing nutritious meals
- **Money management:** Tasks such as paying bills and filling out health insurance forms
- **Health care:** Help with many aspects of health care, including giving medications, caring for wounds, helping with medical equipment, and providing physical therapy
- **Transportation:** Assistance getting around, such as rides to the doctor's office or grocery store
- **Safety:** Home safety features and help in case of a fall or other emergency

### **Making your home safe and accessible**

There are a variety of ways to make your surroundings safer and easier to manage so they meet your needs as you age. Go through your home room by room to identify potential problems and safety issues. Correct any immediate dangers, such as loose stair railings and poor lighting, and then work on other ways to ensure you will be as safe as possible at home.

### **Resources for aging in place**

- **Reach out to people you know.** Family, friends, and neighbors are the biggest source of help for many older people.
- **Learn about community resources.** Your local Area Agency on Aging, local and state offices on aging or social services, or your tribal organization may have lists of services.
- **Get help during the day.** Support is available if your regular caregiver isn't available during the day (for example, because they go to work). Some organizations have volunteers who regularly pay short visits to older adults.
- **Be prepared for a medical emergency.** If you have a serious allergy or medical need, talk with your doctor about whether you should get a medical alert ID bracelet or necklace.
- **Talk to a geriatric care manager.** These specially trained professionals can help find resources to make your daily life easier.
- **Look into government resources.** Federal, state, and local governments offer many resources for older adults and their families and caregivers.

Reference: <https://www.nia.nih.gov/health/aging-place/aging-place-growing-older-home>



## OFFICE OF THE ATTORNEY GENERAL CONNECTICUT

**FOR IMMEDIATE RELEASE**

Monday, January 5, 2025

### **ATTORNEY GENERAL TONG AND AARP LAUNCH PSA COMBATting ONLINE EXPLOITATION OF OLDER ADULTS**

(Hartford, CT) –Attorney General William Tong and AARP Connecticut today announced a [Public Service Announcement](#) combatting online exploitation of older adults.

The PSA features Jackie Crenshaw, a 61-year-old breast imaging manager and East Haven resident who lost nearly \$1 million in an online romance scam. Crenshaw met “Brandon” on an online dating site. After months of phone calls and texting, gifts and even food deliveries to her home, “Brandon” encouraged Jackie to invest in a crypto opportunity. He shared what appeared to be receipts from the supposed crypto site showing her investment growing rapidly. She borrowed from her retirement account and took a loan against her home to invest more. “Brandon” then sent her a check for \$100,000, claiming to be from the proceeds of her investments. Jackie was suspicious and flagged the check for local police and her bank, who told her the account was legitimate. It wasn’t until a year later when an anonymous man called the police to warn that Jackie was being scammed that she and local police realized she had been the victim of a sophisticated international scam. She lost nearly \$1 million.

According to the Federal Bureau of Investigation’s Internet Crime Report, Americans lodged 859,532 complaints in 2024 regarding internet crimes, from phishing and credit card fraud to identity theft and romance scams resulting in \$16.6 billion in losses.

Adults aged 60 and over comprised 147,127 of those complaints, resulting in \$4.86 billion in losses. Of those complaints, 7,626 involved romance scams, resulting in \$389 million in losses.

“Jackie Crenshaw did everything right. She was a leader in a profession that was saving lives. She owned her own home. She was a beloved rock of her large extended family. She wanted someone to share in her success, and she thought she had found that love. It was a scam, and now she is bravely sharing her story to prevent others from being harmed,” **said Attorney General Tong**. “Jackie is just one of thousands of older adults who each year lose their lifesavings to online romance scams. Together with AARP, we are sharing this important information across the airwaves to help stop these scams before they start,” said Attorney General Tong.

The public service announcement was produced in partnership with the Connecticut Broadcasters Association and will air on television and radio over the next 16 weeks.

Attorney General Tong and Connecticut AARP shared the following tips to avoid romance scams.

1. Never send money or gifts to a love interest you haven't met in person. Scammers will contact you on dating apps and request money, sometimes in the form of cryptocurrency or gift cards.
2. Stay on the dating platform. Soon after they met, Brandon wanted to move their communications off the dating site and asked for her email address and phone number. This is a common tactic: Scammers want to escape the platform so their actions won't be detected. The other problem? Once a scammer has your name, phone number and email address, they can find your family members, your wages, the property you own. Take time to verify the person's identity before sharing your information.
3. Insist on meeting in person. It's a huge red flag when someone repeatedly offers excuses for not being able to meet.
4. Beware of "love bombing." Brandon showered her with gifts — an example of what's known as love bombing , over-the-top, insincere displays of affection — to manipulate her and gain her trust.
5. Talk to a financial adviser. Don't rely on your own research or the advice of a crypto-pushing paramour. If your new love interest objects to you seeking outside expertise, consider that a warning sign.
6. Do a reverse image search. Crenshaw and a friend conducted a reverse image search to see where Brandon's photos had appeared online. In her case, it wasn't helpful — the searches focused on a basketball player named Brandon Miller — but it's still useful for detecting an image's source (Brandon's pics were ultimately traced to someone else's social media account).

For assistance and advice on scams, call AARP Fraud Watch Network™ Helpline at 877-908-3360. Toll-free service is available Monday through Friday, 8 a.m. to 8 p.m. ET.

Additionally, assistance is available through the state's Elder Justice Hotline at 860-808-5555. Individuals may also access information about the hotline, resources, and an online complaint portal here: <https://portal.ct.gov/ag/elderhotline>. The Office of the Attorney General, in cooperation with the Coalition for Elder Justice in Connecticut (CEJC), launched the Elder Justice Hotline in 2021 to help older adults in Connecticut seek information, assistance, and justice. The Consumer Advocacy Section of the Office of the Attorney General staffs the hotline and refers matters as appropriate to agencies across state government.

# February Programs

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

## Monthly Programs

### Monthly Reflexology with Kim Monday, February 2nd



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

**\*\*No Class Monday, Feb. 16th\*\***

**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, February 17th at 11:00am

Book choice for discussion is  
"Eleanore of Avignon"  
by Elizabeth DeLozier  
*New members are welcome !*



### Sit Down with Stefanie

Thursday, February 19th 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, February 19th at 1:00pm

Join us for another installment of Cheshire Sherlock Holmes Society. Please read:  
NORW (The Adventure of the Norwood Builder) by Arthur Conan Doyle.

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

## Special Programs

### Valentine Diamond Art Craft Wednesday, Feb. 11th at 1:00pm



Join us for an afternoon of Diamond Art creativity. All materials will be provided, space is limited, Cost is \$5.00 & Registration is required.

### Afternoon Movie Wednesday, February 18th at 1:00pm



Join us for a viewing of the romantic comedy, Merv. When their beloved dog Merv loses his spark after their split, Anna and Russ are forced into the world's most awkward Co-parenting arrangement. Starring Zooey Deschanel, Charlie Cox, Chris Redd. Rated PG, 1h 46min  
Registration is requested.

### Vein Health Thursday, Feb. 19th at 1:00pm

**VEIN HEALTH  
AND AGING**

Join for an informative session presented by the physicians of Vein Centers of Connecticut. Topics will include: Risk factors for vein disease, diagnosis of vein disease, treatments including newest technologies and much more. Registration is requested.



### Trip to the Movies Friday, March 6th



Join us for an afternoon matinee at the movie theatre to see Epic: Elvis Presley in Concert.

A documentary featuring rediscovered footage from Elvis' 1970s Vegas residency and tours, telling his story with rare audio. This movie is unrated and is 1 hour and 40 minutes long. Register today—space is limited.



# FEBRUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<p><b>Please Note:</b>  <b>Listings in Green are paid programs / classes</b></p>					
<p><b>2</b> Reflexology Sessions by appointment only            10:30 Fun Line Dancing            12:30 Canasta            1:30 <b>Intro to Watercolors</b>            4:30 <b>Yoga for Stress Relief</b></p>	<p><b>3</b> 9:30 <b>Zumba Gold</b>            10:30 <b>Courage to Change</b>            10:45 Moderate Exercise-Drop In            12:30 Mah Jongg            1:00 Bingo            1:00 <b>Chair Yoga</b></p>	<p><b>4</b> 9:00-11:00 Arts &amp; Craft drop in            9:30 <b>Pilates</b>            10:00 Wii Bowling            10:30 <b>Barre</b>            11:00 Nickel, Nickel            11:00 Generations Table pickup            11:00 <b>Chess Drop In</b>            11:30 <b>Get Fit with Brenda</b>            12:30 Knit &amp; Crochet Together            1:00 Fun Line Dancing            1:30 <b>Discover Italian Culture</b></p>	<p><b>5</b> 10:45 Moderate Exercise-Drop In            12:15 <b>Gentle Therapeutic Exercises with Kim</b>            1:00 Scrabble</p>	<p><b>6</b> 10:00 Chorus            10:00 Beginner Italian            10:15 Golf card game            10:30 <b>Tai Chi Easy</b>            11:00 Advanced Italian            12:30 Set Back            12:30 Bridge            1:00 Discussion Group</p>	<p>Sat. 31            Sun. 1</p>
<p><b>9</b> 10:30 Fun Line Dancing            12:30 Canasta            1:30 <b>Intro to Watercolors</b>            4:30 <b>Yoga for Stress Relief</b></p>	<p><b>10</b> 9:30 <b>Zumba Gold</b>            10:30 <b>Courage to Change</b>            10:45 Moderate Exercise-Drop In            12:30 Mah Jongg            1:00 Bingo            1:00 <b>Chair Yoga</b></p>	<p><b>11</b> 9:00-11:00 Arts &amp; Craft drop in            9:30 <b>Pilates</b>            10:00 Wii Bowling            10:30 <b>Barre</b>            11:00 Nickel, Nickel            11:00 Generations Table pickup            11:00 <b>Chess Drop In</b>            11:30 <b>Get Fit with Brenda</b>            12:30 Knit &amp; Crochet Together            1:00 Fun Line Dancing            1:00 <b>Valentine Diamond Art Craft</b>            1:30 <b>Discover Italian Culture</b></p>	<p><b>12</b> 9:45 <b>Blood Pressure Screening</b>            10:45 Moderate Exercise-Drop In            12:15 <b>Gentle Therapeutic Exercises with Kim</b>            1:00 Scrabble            1:00 <b>Country Valentine Dance Party</b></p>	<p><b>13</b> 10:00 Chorus            10:00 Beginner Italian            10:15 Golf card game            10:30 <b>Tai Chi Easy</b>            11:00 Advanced Italian            12:30 Set Back            12:30 Bridge            1:00 Discussion Group</p>	<p>Sat. 14            Sun. 15</p>

**Senior Center  
Closed  
for Holiday**



<p>17 9:30 <b>Zumba Gold</b> 10:30 <b>DaVinci Thinkers</b> 10:30 <b>NO Courage to Change</b> 10:45 Moderate Exercise-Drop In 11:00 Cheshire Readers Book Club 12:30 Mah Jongg 1:00 Bingo 1:00 <b>Chair Yoga</b> 1:30 Blood Pressure Screening</p>	<p>18 9:00-11:00 Arts &amp; Craft drop in 9:30 <b>Plates</b> 10:00 Wii Bowling 10:30 <b>Barre</b> 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 <b>Chess Drop In</b> 11:30 <b>Get Fit with Brenda</b> 12:30 Knit &amp; Crochet Together 1:00 Fun Line Dancing 1:00 <b>Afternoon Movie Matinee</b> 1:30 <b>Discover Italian Culture</b></p>	<p>19 10:30 <b>Healthy Living Group</b> 10:45 Moderate Exercise-Drop In 11:00 <b>Sit Down with Stefanie</b> 12:15 <b>Gentle Therapeutic Exercises with Kim</b> 1:00 Scrabble 1:00 Cheshire Sherlock Holmes Society meeting 1:00 <b>Vein Health</b></p>	<p>Sat. 21 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 <b>Tai Chi Easy</b> 10:30 <b>Balance Screenings</b> 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sun. 22</p>
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<p>23 10:30 Fun Line Dancing 10:30 <b>Heart Health Program</b> 12:30 Canasta 1:30 <b>Intro to Watercolors</b> 1:30 Reiki Tummo 4:30 <b>Yoga for Stress Relief</b></p>	<p>24 9:30 Veterans Coffeehouse at Wallingford Senior Center 9:30 <b>Zumba Gold</b> 10:00 Probate Q &amp; A 10:30 <b>Courage to Change</b> 10:45 Moderate Exercise-Drop In 10:30 <b>I Hate Math!! Club</b> 12:30 Mah Jongg 1:00 Bingo 1:00 <b>Chair Yoga</b></p>	<p>25 9:00-11:00 Arts &amp; Craft drop in 9:30 <b>Plates</b> 10:00 Wii Bowling 10:30 <b>Barre</b> 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:00 <b>Chess Drop In</b> 11:30 <b>Get Fit with Brenda</b> 12:30 Knit &amp; Crochet Together 1:00 Fun Line Dancing 1:00 <b>London &amp; Paris Trip Presentation</b> 1:30 <b>Discover Italian Culture</b> 2:45 PTC Support Group</p>	<p>26 10:45 Moderate Exercise-Drop In 12:15 <b>Gentle Therapeutic Exercises with Kim</b> 1:00 Scrabble 1:00 <b>How to Listen to Beethoven</b></p> <p>27 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 <b>Tai Chi Easy</b> 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sat. 28</p> <p>Sun. 1</p>
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<p>27 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 <b>Tai Chi Easy</b> 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> <p>Sat. 28</p> <p>Sun. 1</p>
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**We are making appointments for the AARP  
Income Tax Program at the Cheshire  
Senior Center.**

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

**Appointments are limited,  
book your appointment today!**



**Book your  
appointment now  
for our Red Cross  
Blood Drive on  
Thursday,  
March  
12th  
from  
1:00 to  
6:00pm**



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

Drop In Group...

## Healthy Living Group

Thursday, February 19th at 10:30am

### Romancing Yourself

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!



## Country Valentine

### Dance Party

Thursday, Feb. 12th at 1:00pm



Join us as we celebrate LOVE country style. DJ Linda will provide the music to dance the afternoon away. Valentine themed refreshments will be provided. \$5.00/pp, Registration is required.



## How to Listen to Beethoven

Thursday, February 26th at 1:00pm

Join us as we welcome back David Stein with his wonderful program based on 'Beethoven's Symphony No. 3 Eroica' a huge, marvelous and joyful expression of heroism and hope. It was written by the young composer during wartime as he emerged from an earlier state of despair. Registration is requested.



## London & Paris Trip Presentation

Wednesday, Feb. 25th at 1:00pm

Join us for an informational trip presentation for our upcoming trip to Discover London & Paris. Register today for this presentation.



## Drop In: Chess Group

Wednesdays at

11:00am



## DaVinci Thinkers

Tuesday, February 17th 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.



**FREE  
BALANCE  
SCREENING**

## Balance Screenings

Friday, February 20th

10:30am - 12:30pm,

by appointment

with Connect Physical Therapy



## I Hate Math!! Club

Tuesday, February 24th 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 welcome.



## 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!

## 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).

ARE YOU CONCERNED?  
ABOUT MEMORY LOSS?



## Knit & Crochet Together

Wednesdays between 12:30 - 2:30pm

Drop in on Wednesday afternoons with your own project to work on or Sally can teach you basic steps for either knitting or crocheting. Limited supplies will be available. All levels are welcome.



**Tech Help** is available with our Intern,

Ash Hemphill by appointment only, on Tuesdays and Thursdays.

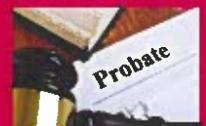
Call 203-272-8286 to schedule an appointment.



## Probate Question & Answer

with Judge Jalowiec

Tuesday, Feb. 24th at 10:00am



**Heart Health Talk with Chesprocott**  
**Monday, February 23rd at 10:30am**

Your heart works hard for you—learn how to take better care of it. Join us for a heart health talk where an expert speaker will share practical tips on preventing heart disease, improving cardiovascular wellness, and building heart-healthy habits you can use every day.



Whether you're looking to boost your energy, manage risk factors, or simply learn more about your heart, this talk offers valuable insights for everyone. Register today!

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



**Reiki Tummo**  
**Monday, February 23rd 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!



**Learn to Play Bridge**  
**on Wednesdays at 1:00pm**  
**February 18th, 25th,**  
**March 4th & 11th**

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.

**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

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



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

**Culinary Institute of America**  
**Thursday, May 21st, 2026**

Interactive Demonstration and pre-set Full course luncheon at Caterina de Medici Restaurant \$170/pp



**Amish Country 2 Day Adventure**  
**June 23-24, 2026**

Dinner with an Amish Family, visit the Lil' Country Store & Miniature Horse Farm, see "Joshua" at the Sights & Sound Theatre. Includes deluxe motorcoach, 1 night hotel, 1 breakfast, 1 dinner, sightseeing, admission to Farm & Theatre.



\$509 Double / \$585 Single

**New York Botanical Garden Flower Power Exhibit**  
**Tuesday, June 9th, 2026**



Spend the date exploring the NY Botanical Gardens in the Bronx including the special Flower Power exhibit. Also, stroll Arthur Avenue to enjoy & purchase pastry, pasta & more. \$125/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

Cheshire High School Choir

# POPS CONCERT & SENIOR SHOWCASE 2026

Free Community Concert

Friday, February 27th at 10 a.m.

Calvary Life Family Worship Center

174 East Johnson Ave. Cheshire CT

FOR MORE INFORMATION

please contact Greg Bell  
at [gbell@cheshire.k12.ct.us](mailto:gbell@cheshire.k12.ct.us)

**LIVESTRONG**

**AT THE YMCA**



**Do you know someone recovering from cancer?**

If so let them know about this AMAZING and FREE program!

The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, an evidence-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

**Our next FREE 12-week program will start at the Cheshire Community YMCA on March 4, 2026**

Contact B Woznicki for more information: 203.272.3150

[bwoznicki@sccymca.org](mailto:bwoznicki@sccymca.org)

Sponsored by a generous donation from:

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keep smiling



### **Veteran's Coffee House**

**Tuesday, February 24th**

**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.**



### **Blood Drive**

**Thursday, March 12th**

**1:00pm to 6:00pm**

**at the Cheshire Senior Center**

For more details or help making an appointment, please contact the Cheshire Senior Center at 203-272-8286

or email

[cheshireseniorcenter@cheshirect.org](mailto:cheshireseniorcenter@cheshirect.org)



### **Rock N Roll Heaven at the Aqua Turf**

**Tuesday, April 14th 11:00am to 3:30pm**

Dave Colucci will perform a spectacular show that pays tribute to music legends that left us far too soon: Elvis, Buddy Holly, Bobby Darin, Janis Joplin, Patsy Cline & John Lennon.

Lunch will be: Chicken Kathryn / Baked Ham

Cost is \$57/pp—cash or check made out to Cheshire Senior Center. Sign up by March 17th, space is limited. Transportation by request.



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## Cheshire Senior Center Blood Drive

Thursday, March 12, 2026

1:00pm – 6:00pm

Cheshire Senior Center  
240 Maple Ave  
Cheshire, CT 06410

For more details or for help with making an appointment, please contact the Cheshire Senior Center at 203-272-8286 or email [cheshireseniorcenter@cheshirect.org](mailto:cheshireseniorcenter@cheshirect.org).

If you do not require assistance with making an appointment, please visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767)

<https://www.redcrossblood.org/give.html/donation-time?zipSponsor=06410>



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Permit No. 62  
Cheshire, CT 06410**

### **Connecticut Paid Leave Presentation** **Wednesday, March 18th at 5:30pm**



Join us in welcoming the Connecticut Paid Leave Authority, a quasi-public state agency that oversees the CT Paid Leave program in our state, after the law's passage in 2019, for this important discussion. This employee-funded program can be used to take time off work for any FMLA-related reason like welcoming a new child (through childbirth, adoption, or foster care) or caring for yourself or a loved one with a serious health condition. CT Paid Leave can provide up to 12 weeks every year of income replacement for those reasons. In this presentation, CT Paid Leave staff will discuss how to access, navigate, and apply for the program and shed light on your rights as a caregiver!

There will be time for Q & A after the presentation.

**This event is open to the public, Sign up today!**

### **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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