



## CHESHIRE SENIOR CENTER FRONT PORCH NEWS FEBRUARY 2024



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

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

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

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



### Staff:

Stefanie D. Theroux, LCSW, Coordinator of Senior Services: 203-272-3165; [stheroux@cheshirect.org](mailto:stheroux@cheshirect.org)

Laura Gravel, Program Supervisor: 203-272-8286; [lgravel@cheshirect.org](mailto:lgravel@cheshirect.org)

Kristen Cherry, Town Social Worker: 203-272-8030; [kcherry@cheshirect.org](mailto:kcherry@cheshirect.org)

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

Tracey Kozlowski, Administrative Assistant: 203-272-8286; [trkozlowski@cheshirect.org](mailto:trkozlowski@cheshirect.org)

### Mini-Bus Drivers and Building Supervisors:

Eric Granoth, Nick Halkias, David Sheehan, Joe D'Eugenio, Bill Gormbard, Bill Halkias, Andy Lucibello, Joe Villani, Ken Boynton, Michael Dunn and Tasman Fox

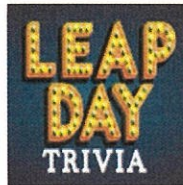
*Have you ever wondered what is the difference between normal forgetfulness and dementia?*

Join us for a presentation by our MSW Intern, Jocelyn Duarte on:

### **Normal Forgetfulness vs Dementia**

**Thursday, February 22nd  
at 1:00 pm**

**Registration is requested.**



**Join us for an  
afternoon of trivia  
on Thursday,  
February 29th  
at 1:30pm  
Sign up today!**

We are excited to partner with the Cheshire Public Library to offer: **Powerful Tools  
for Caregivers**

This 6 week class will be held on Thursdays at 5:00pm at the Library starting on March 7th. More details on page 9.  
**Sign up today!**

### *From the Desk of Stefanie*

**Happy February! This month we celebrate Valentine's Day, Black History Month and Presidents' Day! As reminder, the Senior Center will be closed on Monday, February 19th in observance Presidents' Day.**

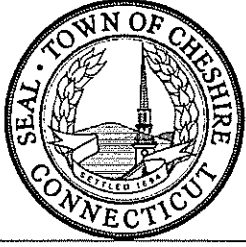
**We are now taking appointments for our AARP Income Tax Program.**

**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.**

**We have several new programs this month including our new group "Courage to Change". This 8-week long skill building, solution focused group can help you develop the skills that you need to maintain positive changes in your life. Please see the back page of 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, 2024

**Happy February!** This month we are celebrating Valentine's Day, Black History Month, and Presidents' Day! As reminder, the Senior Center will be closed on Monday, February 19<sup>th</sup> in observance of Presidents' Day.

Below are important things to make note off:

- **Limited appointments are still available for our AARP Income Tax Program.** Please see the newsletter for details.
- **Limited spots are still available for our new support 8-week long group "Courage to Change" which begins on Tuesday, February 6<sup>th</sup> at 10:30am.** Please see the newsletter for details.
- **Drop In Blood Pressure Screenings are available on Thursday, February 8 from 9:45am-11:15am.** No appointment is needed.
- **Memory Screenings are available on Wednesday, February 24<sup>th</sup> from 1pm - 3pm.** Please contact the main office at 203-272-8286 to schedule an appointment.
- **February is Heart Health Month, and we are offering three Heart Health Programs this month, two on Monday, February 12<sup>th</sup> and the other on Monday, February 26<sup>th</sup>.** When registering, please be sure to specify which program you will be attending. Please see the newsletter & insert for details.
- **Powerful Tools for Caregivers begins on Thursday, March 7<sup>th</sup> at 5pm at the Cheshire Public Library.** This six-week, evidence-based course will provide caregivers with the tools that they need to decrease stress, manage difficult decision making, and locate helpful resources. Please see the newsletter for details and registration information.
- **Batteries from the Fire Marshal's office are available in our main office.** Now is the time to check your smoke and carbon monoxide detectors and replace their batteries.
- **The pool table and the lower level are not available for use on Tuesday mornings and all day on Thursdays.** We apologize for the inconvenience.
- **File of Life packets are available at the Senior Center.** This is a wonderful item to have in the event of an emergency. Please call 203-272-8286 or stop by the Senior Center to learn more about this program or to request a packet.
- **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 Town Hall from 8:30am to 4:00pm February 1, 2024, until May 15, 2024.** Please see the press release insert for details.
- **Test your Knowledge!** Enclosed we have a fun quizz about Black History Month.
- **\*\*\* Reminder\*\*\* If you need to use transportation services to get to the Senior Center or an event venue, after you register for the activity, please call the transportation office directly at 203-272-0047 to schedule your ride.** You are not automatically signed up for a ride when you sign up for the activity.

For the most up to date information regarding our programs and services, please visit our page on the Town of Cheshire website [www.cheshirect.org](http://www.cheshirect.org) 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 1, 2024 until May 15, 2024.**

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, 2023 and meet certain income guidelines.

Those guidelines require that annual income for single people, **including Social Security benefits**, should not exceed \$43,800. Married couples can be eligible if their income, **including Social Security benefits**, does not exceed \$53,400.

Applicants must bring all proof of their 2023 income, including a copy of their 2023 federal income tax return, if one is filed, and proof of Social Security income (Form 1099) for the 2023 calendar year. Also, the applicant must **own and reside** in the property for which tax relief is sought as of October 1, 2023 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 don't 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 married couples whose income does not exceed \$82,480 and single people whose income does not exceed \$77,015. The second part of the program provides a tax deferral of up to 75% of taxes for married couples whose income does not exceed \$53,400 and single people whose income does not exceed \$43,800.

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, 2023. 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 2023 income, including a copy of their 2023 federal income tax return, if one is filed, and proof of Social Security income (Form 1099) for the 2023 calendar year. The application period for those interested in the Town program is February 1, 2024 through May 15, 2024.

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

**Generations Table** is one of the services offered through New England Young at Heart, a resource for seniors and their families to help keep you or your loved one connected to their community by offering services, events, and programs.

### **Why Generations Table Meal Program?**

We source our produce and fruit locally when available. Everything is prepared fresh from scratch daily. Although we cannot cater to diet restrictions, we use no or low salt in our meals. Meals are packaged in containers that can be put in the freezer, microwave, or oven. Through our meal program you have the option of ordering a Single Serve Meal that includes main dish, starch and vegetable (these are smaller portion meals just enough for one) or Ordering a Family meal that is a larger portion and does not include the sides.

### **How does it work?**

Order your meals via **email at [justlikemomcooks@gmail.com](mailto:justlikemomcooks@gmail.com)** (you should receive an automatic reply as confirmation your order is received) or call **475-300-7690 by Friday of the week prior to the Wednesday pick up.** (Phone orders will not receive a call back to confirm.) Pay via credit card, Venmo @Elaine615 or check made payable to: Community Connection Network.

Pick up your meal at Cheshire Senior Center on Wednesdays from 11am-12pm. You can order weekly or monthly and as many meals as you would like.

### **How can I get started?**

Email Elaine at [justlikemomcooks@gmail.com](mailto:justlikemomcooks@gmail.com) or call and leave a message with your order at **475-300-7690**. You will get an automatic reply to your email, as confirmation that the email was received, but if you call, there will not be a return call, if you call and leave a message with your order.

Let us know your menu selection for the week or month. Pay with a credit card, Venmo or check and never worry about cooking again! All Meals must be paid in advance. Please call the Cheshire Senior Center with any questions.





Feb

NAME \_\_\_\_\_

Payment \_\_\_\_\_

Cheshire Senior Center Menu /Wednesday Pick up 11-12

**Pick Up Feb 7th**

Meatloaf \_\_\_Single\_\_\_Family

Beef Stroganoff \_\_\_Single \_\_\_Family

Stuffed Shells w/Meatballs \_\_\_Single \_\_\_Family

Chicken Marsala \_\_\_Single \_\_\_Family

\_\_\_Lentil \_\_\_Minestrone

**Pick up Feb 14th**

Chicken Milanese (cutlet with lemon butter)  
\_\_\_Single \_\_\_Family

Swedish Meatballs \_\_\_Single \_\_\_Family

Crab Cakes \_\_\_Single \_\_\_Family (4)

Manicotti w/Meatballs \_\_\_Single \_\_\_Family

\_\_\_Spinach White Bean & Sausage \_\_\_Barley

**Pick Up Feb 21st**

BBQ Chicken thighs \_\_\_Single \_\_\_Family

Stuffed Cabbage \_\_\_Single \_\_\_Family (3)

Lasagna \_\_\_Single \_\_\_Family

Eggplant Parm \_\_\_Single \_\_\_Family

\_\_\_Chicken \_\_\_Vegetable

**Pick Up Feb 28**

Roast Beef sliced thin \_\_\_Single\_\_\_Family

Sausage & Peppers \_\_\_Single \_\_\_Family

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

Eggplant Parm \_\_\_Single \_\_\_Family

\_\_\_Pasta Fagioli \_\_\_Swee Potato Kale

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

Family Meals are the Main Meal only & serve 2-3 \$15 each

Soups are Pint size \$4

Meals are made fresh and can be 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 475-300-7690

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

Make Check Payable to Community Connection Network or Venmo @Elaine615



# News From the Senior Center

## Support for the Senior Center

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

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

All donations should be sent to:

The Cheshire Senior Center  
240 Maple Avenue  
Cheshire, CT 06410

## Cheshire Senior Center Membership Association, Inc.

The Cheshire Senior Center Membership Association, Inc. is an independent nonprofit, 501 (c) (3) organization whose mission is to support the members of the Cheshire Senior Center. Our support is accomplished through fundraising events and we also accept donations/contributions to support our mission. To make a tax deductible donation, checks should be made out to:

Cheshire Senior Center Membership Association, Inc.

### Board of Directors:

Chairperson: Linda Buckley, Treasurer: William Saguta

### Board Members:

Sandy Chase, Patricia Dalton, Shirley Gilhuly, Eric Granoth, Pat Hartmann, Elaine Hitt, Maureen Krebs, Aleta Looker, Martha Pickett

The Board welcomes and encourages the Cheshire Senior Center Members to contact them with suggestions and feedback.



*We are excited to introduce*

## Generations Table Meal Program

Generations Table Meal Program is one of the services offered through New England Young at Heart, a resource for seniors and their families.

Generations Table sources their produce and fruit locally when available. Everything is prepared fresh from scratch daily. Although they cannot cater to diet restrictions, they use no or low salt in their meals.

Meals are packaged in containers that can be put in the freezer, microwave, or oven. Through this meal program you have the option of ordering a Single Serve Meal that includes main dish, starch and vegetable (these are smaller portion meals just enough for one) 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 from 11am-12pm. You can order weekly or monthly and as many meals as you would like.

See insert for meal options & ordering details.

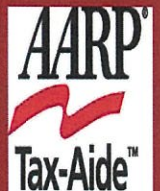
## The AARP Tax Program

Is back again at the  
Cheshire  
Senior Center

Tax appointments start  
on February 5th.

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

Please Talk  
to Tracey to  
book your  
appointment.





# 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!*

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

**\*\* 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 – Southington & Waterbury Outpatient VA Clinic**

Rides are accepted for Out of Town appointments **between 10:00am and 2:00pm**



**NEW OPPORTUNITIES, INC.**  
*Building Relationships to End Poverty*

## **Aqua Turf Club Senior Event:** **St. Patrick's Day Celebration**

Tuesday, March 12th  
11:00am to 3:30pm



Featuring The McLean Avenue Band & Irish Step Dancers!! Padraig Allen and The McLean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of Hits from the 50s to today! \$54.00 pp Corned Beef & Cabbage / Baked Cod

Registration required, deadline to sign up is February 23rd.  
Limited transportation available upon request.

Now Available: **Senior Dine program** for Cheshire Senior Residents ages 60 and older. If you are interested in learning more about this program, please contact Coleen in our Transportation office at 203-272-0047.

## **Mohegan Sun Casino Trip** **Friday, February 9th**

Join us for a day at the casino and take a chance with Lady Luck. Bus departs Senior Center by 9:00am. Bus will depart Mohegan Sun at 3:00pm. Cost is \$12.00. Registration is required, space is limited. ***Sign up today!***





**If you are interested in learning more about any benefits you might be eligible for please call Kristen Cherry, Town Social Worker at 203-272-8030**

## Caregiver Resources and Relief

Are you a caregiver for a loved one? Caregivers may help their loved ones with activities of daily living, mobility, managing medication, providing transportation, companionship, et cetera. This can be a rewarding, but sometimes overwhelming responsibility for anyone to take on. If you are feeling overwhelmed, burned out, or like you simply cannot manage it all there are many respite and caregiving programs and financial assistance grants statewide that can help with caregiving responsibilities. Respite care may include an adult day and/or overnight service, home health aides, homemaker services, friendly companions, visiting nursing care, and more. See below for specific resources for different care receivers:

### **Alzheimer's & Dementia**

If you are caring for someone with Alzheimer's or another form of dementia you can receive financial assistance up to \$7,500 a year through the Connecticut Statewide Respite Care Program. This program will also help you develop a care plan that incorporates the needs of the care receiver and the caregiver. Qualifications: physician diagnosis of Alzheimer's or Dementia for care receiver, meet annual income and asset limit requirements, and be a legal resident of Connecticut. To inquire about this assistance call (800) 994-9422 and you will be directed to the Area Agency on Aging in the region you live in.

### **Individuals Aged 65+**

If you, or a loved one you care for, is 65 years of older and needs nursing home level of care The Connecticut Home Care Program for Elders can help them stay at home by providing services and support to meet their needs, and ease the burdens of caregiving. In order to qualify one will need to meet the financial requirements set by this program. This program includes services such as care management and transitions, paying bills, offering support, assisting with chronic disease self-management, and provides assistive technology and home modifications. To apply for this program an application can be downloaded online at [CT.gov](http://CT.gov) or over the phone at (800) 842-4524.

### **Medicaid Members**

If you, or a loved one, is a Medicaid member in need of care and assistance in order to stay at home, rather than in a nursing home setting, then Community First Choice will be able to help. Community First Choice will assess the level of need for the care receiver and create a budget based on the services required. After that they will share costs for the services with the receiver. The services offered are worker's compensation, home delivered meals, support and planning coaching, therapies, assistive technologies and modifications, and transitional services. Care receivers can also choose to use their funds for a hospice approach and team as well. The requirements for this assistance is the person receiving the care, or a caregiver, must be able to direct finances and those providing the care, and they must meet the Department of Social Services Level of Care requirements. Applications can be completed on the Community First Choice website or by dialing 211 and choosing option 3.

### **Children & Adults with Disabilities**

If you are a relative caregiver, that is not a parent, who is caring for a child under the age of 18 or an adult who is 19-59 with a disability you can receive up to \$3,500 in services each year by the National Family Caregivers Support Program. The types of services possible are respite care for a temporary break from caregiving responsibilities, assistance in finding and accessing services for caregiver assistance, education and training, and supplemental health related items or services to fill gaps in services. The cost of services will be based on the care receiver's monthly income and will require an in-home assessment to determine caregiver and care receiver's needs. To inquire about this program call (800) 994-9422 and you will be directed to the Area Agency on Aging in the region you live in.



# February Programs

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

## Monthly Programs

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



Please contact Laura for more information or to schedule your appointment.

### Line Dancing!



### Line Dancing Mondays at 10:30am

Join us for a free, relaxed, instructional weekly class on Line Dancing & other popular dances. *Drop ins welcome!*

### Healthy Living Support Group

Thursdays at 10:00am



Join fellow members to exchange different tips, recipes, activities and ideas to promote a healthy lifestyle. This group will meet weekly.

### Cheshire Readers Book Club Tuesday, February 20th at 10:45am



Book choice for discussion is Year of Wonders by Geraldine Brooks.

Inspired by a true story of a housemaid who emerges as an unlikely heroine in Eyam, a village in the country of England. *New members welcome!*

### Sit Down with Stefanie

Thursday, February 15th at 11:15am

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

### Cheshire Sherlock Holmes Society Thursday, February 15th at 1:00pm

Join us in the Senior Center meeting room and please read "The Problem of Thor Bridge" by Sir Arthur Conan Doyle. *New members, visitors & guests are always welcome.* For additional information contact Andy Tranquilli at [tranquilli@hotmail.com](mailto:tranquilli@hotmail.com).



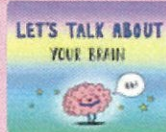
## Special Programs

### Police Perspective—Home Safety Thursday, February 8th at 1:00pm



Come join us as members of the Cheshire Police Department share their perspectives on keeping your home safe from crimes. There will be a time for Q & A. Registration is required.

*\*There will also be a "Drop Your Drugs" table to dispose of unused prescription medications in original containers (no sharps).*



### Let's Talk About the Brain Tuesday, February 13th at 10:30am

Come learn about the four tasks of the brain: the six functions of the brain, what the brain needs to stay healthy and normal changes in the brain as we age. Sponsored by Hartford Health Care, Registration is requested.

### Normal Forgetfulness vs Dementia

Thursday, Feb. 22nd at 1:00 pm



Have you ever wondered what is the difference between normal forgetfulness and dementia? Come join us to learn more about normal age related forgetfulness versus dementia, and early signs and symptoms of dementia while enjoying light refreshments. Presented by Jocelyn Duarte, MSW Intern. Registration is required.



### Movie Matinee Wednesday, February 28th at 1:00pm


In honor of Black History Month. Join us for a viewing of the biopic, Harriet. Harriet Tubman makes a harrowing escape from slavery and then risks her life to lead others to freedom via the Underground Railroad. Starring Cynthia Erivo, Leslie Odom Jr. and Joe Alwyn. Registration is required. This movie rated PG-13 and is 2 hours 5 minutes.







# FEBRUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
<b>5</b> <b>Reflexology Sessions by appointment only</b> 10:30 Line Dancing 12:30 Canasta 1:30 Intro to Watercolors <i>AARP Tax Appointments 9:00am to 12:00pm</i>	 <b>BLACK HISTORY MONTH</b>		<b>1</b> 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:30 Pathway through Grief	<b>2</b> <b>9:30 Breathe, Stretch &amp; Strength</b> 10:00 Chorus 10:15 Golf card game <b>10:30 Tai Chi Easy</b> 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	<b>Sat. 3</b> <b>Sun. 4</b> 
<b>6</b> 9:30 Zumba Gold <b>10:30 Courage to Change</b> 10:30 Moderate Exercise-Drop In <b>11:00 Beginner Spanish</b> 1:00 Bingo 1:00 Chair Yoga <i>AARP Tax Appointments 9:00am to 12:00pm</i>	<b>7</b> 9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel <b>11:00 Generations Table pickup</b> 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:30 Discover Italian Culture		<b>8</b> <b>9:45 Blood Pressure Screening</b> 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim <b>1:00 Police Perspective &amp; Drop Your Drugs</b> 1:30 Pathway through Grief <i>AARP Tax Appointments 9:00am to 12:00pm</i>	<b>9</b> 9:00 Casino Bus Trip <b>9:30 Breathe, Stretch &amp; Strength</b> 10:00 Chorus 10:15 Golf card game <b>10:30 Tai Chi Easy</b> 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	<b>Sat. 10</b> <b>Sun. 11</b>
<b>12</b> <b>9:00 Cardiovascular Wellness testing starts</b> 10:30 Line Dancing 12:30 Canasta <b>1:00 Membership Assoc. Board Meeting</b> <b>1:00 Heart Healthy w/ Chesprocott</b> 1:30 Intro to Watercolors <i>AARP Tax Appointments 9:00am to 12:00pm</i>	<b>13</b> 9:30 Zumba Gold <b>10:30 Courage to Change</b> 10:30 Moderate Exercise-Drop In <b>10:30 Let's Talk about the Brain</b> <b>11:00 Beginner Spanish</b> 1:00 Bingo 1:00 Chair Yoga	<b>14</b> 9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel <b>11:00 Generations Table pickup</b> 11:30 Get Fit with Brenda 12:30 Mah Jongg <b>1:00 Bridge Instructional class</b> <b>1:00 Valentine Movie Matinee</b> 1:30 Discover Italian Culture <b>HAPPY Valentine's</b>	<b>15</b> 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help <b>11:15 Sit Down with Stefanie</b> 12:00 BESB Braille Class 12:15 Gentle Therapeutic Exercises with Kim <b>1:00 Cheshire Sherlock Holmes Society</b> 1:30 Pathway through Grief <i>AARP Tax Appointments 9:00am to 12:00pm</i>	<b>16</b> <b>9:30 Breathe, Stretch &amp; Strength</b> 10:00 Chorus 10:15 Golf card game <b>10:30 Tai Chi Easy</b> 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	<b>Sat. 17</b> <b>Sun. 18</b>



19	<b>SENIOR CENTER CLOSED FOR HOLIDAY</b> 	<b>20</b> 9:30 Zumba Gold <b>10:30 Courage to Change</b> 10:30 Moderate Exercise-Drop In 10:45 Cheshire Readers Book Club <b>11:00 Beginner Spanish</b> 1:00 Bingo 1:00 Chair Yoga	<b>21</b> 9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel <b>11:00 Generations Table pickup</b> 11:30 Get Fit with Brenda 12:30 Mah Jongg <b>1:00 Bridge Instructional class</b> <b>1:00 Trail Trekkers at Bartlem</b> <b>1:00 Memory Screenings</b> 1:30 Discover Italian Culture 1:30 Afternoon Craft	<b>22</b> 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim <b>1:00 Normal Forgetfulness vs Dementia</b> 1:30 Pathway through Grief <i>AARP Tax Appointments 9:00am to 12:00pm</i>	<b>23</b> <b>9:30 Breathe, Stretch &amp; Strength</b> 10:00 Chorus 10:15 Golf card game <b>10:30 Tai Chi Easy</b> 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	Sat. 24  Sun. 25
26	10:30 Line Dancing 12:30 Canasta <b>1:00 Heart Healthy w/Jessica</b> 1:30 Intro to Watercolors <i>AARP Tax Appointments 9:00am to 12:00pm</i>	<b>27</b> 9:30 Zumba Gold <b>10:00 Ask the Probate Judge</b> <b>10:00 Veterans Coffeehouse at Wallingford Senior Center</b> <b>10:30 Courage to Change</b> 10:30 Moderate Exercise-Drop In <b>11:00 Beginner Spanish</b> 1:00 Bingo 1:00 Chair Yoga	<b>28</b> 9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel <b>11:00 Generations Table pickup</b> 11:30 Get Fit with Brenda 12:30 Mah Jongg <b>1:00 Afternoon Movie Matinee</b> 1:30 Discover Italian Culture	<b>29</b> 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim 1:30 Pathway through Grief <b>1:30 Afternoon Trivia</b> <i>AARP Tax Appointments 9:00am to 12:00pm</i>		

Reminder... sign up for monthly programs starts on the 1st of each month either in person, by phone or email. Once a program is filled a wait list will be created.

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Monday, February 12, 2024 starts at 9:00am

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- ✓ Clinicians will be onsite to offer this valuable test to all and family members

## INSURANCE ACCEPTED!

The following insurances will be accepted: Connecticare, BCBS (SOME PLANS), Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

**\*\*Kindly be aware that a Cash Price of \$50.00 is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.**

[Register Here](#)







## Cardiovascular Wellness Testing

### IDENTIFYING SERIOUS CONDITIONS EARLY IS THE MOST EFFECTIVE WAY TO TREAT THEM

Take 20 minutes to have this 3-part noninvasive Microvascular Wellness Test today.

**ANS Testing:** This portion of the test is measuring the amount of time between each heartbeat.

This reflects how adaptable your body can be to change. If your heart is highly variable it means your body can adapt to changes like carrying groceries upstairs or shoveling snow.

**ABI Testing:** This portion of the test is looking for a narrowing of the arteries leading to your legs and feet (Normal range 1.0-1.4).

If you are experiencing numbness and tingling, heaviness or pain in your legs and/or feet you may have diminished blood flow from obstruction or stiffness. Complications can be avoided if treated and diagnosed early.

**Sudomotor Testing:** This portion of the test detects small blood vessel and nerve damage in the hands and feet.

If detected early, complications including neuropathy (numbness, tingling or pain in the hands or feet), can be prevented.



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

## Heart Health Awareness Monday, Feb. 12th at 1:00pm



Join us to hear Bryan Zup, Cardiovascular Specialist, talk about your heart health. Registration is requested.



## Valentine's Movie Matinee Wednesday, Feb. 14th at 1:00pm

Join us for a special showing of the original, *The Count of Monte Cristo* (1934). In the midst of the tumultuous Napoleonic era, Frenchman Edmond Dantes (Robert Donat) is charged with a trumped-up crime and sent to prison. But after years of confinement, he escapes, and in the process secures a vast fortune hidden away on the island of Monte Cristo, off the Italian coast. Rebranding himself as a man of nobility and means, Edmond aims to settle scores with traitorous former friend Mondego (Sidney Blackmer) and the others who took his freedom and his fiancée (Elissa Landi). A special Valentine Treat will be served. Registration is required.

## Bridge Instruction Class Wednesdays - February 14th & February 21st at 1:00pm

Have you always wanted to learn the basics of the card game Bridge? Join us for this class and you will learn the game of Bridge in a small group, relaxed atmosphere. Additional learning sessions may be added depending on need. Space is limited, registration is required.



## Afternoon Craft Wednesday, February 21st at 1:30pm



Join us as we create a Coffee Filter Hydrangea. Cost \$5.00. All supplies will be provided. Registration required; space is limited.

## Technology Help with Jared



Thursday from 11:00am—1:00pm  
at the Cheshire Senior Center.  
Call today, appointments recommended.



## Blood Pressure Screening

Thursday, February 8th  
from 9:45am to 11:15am

Drop in the Nurse's Office during these hours for a free blood pressure check.

## Memory Screening Wednesday, February 21st from 1:00 - 3:00pm



Free memory screening by appointment with Stefanie Theroux, sign up today!

## Ask the Probate Judge

Join us at our monthly drop in Probate Question & Answer program with Judge Jalowiec  
Tuesday, Feb. 27th at 10am

## February is Heart Health Month! Monday, Feb. 26th at 1:00pm



Join Jessica Dornier Registered Dietitian for an informative presentation about heart health, including tips, techniques and recipes for high blood pressure, cholesterol and other heart conditions. Attendees will also receive handouts and recipes to take home. Registration is requested.

## Afternoon Trivia Thursday, February 29th at 1:30pm

Join us for an afternoon of Trivia with a focus on "Leap Year". Registration is required.







The Cheshire Senior Center & Cheshire Public Library are offering Powerful Tools for Caregivers. The evidence-

based, six-week class series that will give you the confidence and support to take better care of your loved one – and yourself.

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

Weekly classes will be held at the Library from 5:00pm-6:30pm beginning on Thursday, March 7<sup>th</sup> and ending on Thursday, April 11<sup>th</sup>.

In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues. Due to limited class size, we ask that you commit to all six classes. Please register at the Cheshire Senior Center by calling 203-272-8286 or emailing [lgravel@cheshirect.org](mailto:lgravel@cheshirect.org).



## **Veteran's Coffee House**

**Tuesday, February 27th  
10:00am at Wallingford**

**Senior Center 238 Washington St.**

Veteran's Coffeehouse is only held at the Wallingford Senior Center. Speaker this month will be: Major Reed Timme

**Cheshire members are invited & encouraged to attend the meeting in Wallingford.**

*Reminder.....* **Courage to Change** starts on Tuesday, Feb. 6th at 10:30am Please see back page for more information. Sign up today!



Welcome to our newest advertiser:

**Peter's II Restaurant**

Located at: 1068 S. Main St. Cheshire

*We truly appreciate your support of the Cheshire Senior Center newsletter!*

## **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

Check Back in March for  
Upcoming One Day and  
Multi-Day  
Trips for  
2024



### **Alaska Discovery Land & Cruise**

**July 24th to  
August 4, 2024**

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\*Rates good thru 1/19/24



### **Greece & Its Islands**

**October 10th to 25th, 2024**

Double Occupancy

\$5,999 pp\*

Single Occupancy

\$7,199 pp\*

\*Rates good thru 4/8/24



### **Italy: Tuscany to Amalfi**

**September 22nd to  
October 2, 2024**

Double Occupancy

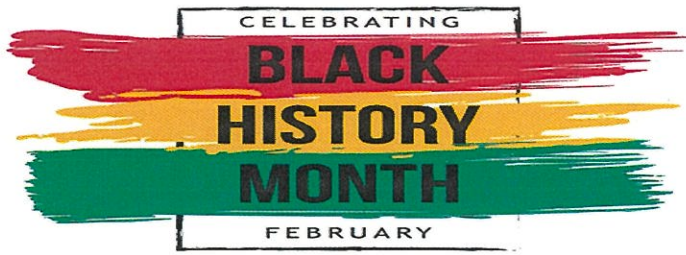
\$4,899 pp

Single Occupancy

\$5,999 pp







# **Black History Trivia Questions**

**1.) When did the celebration of Black History Month begin?**

- A. 1963      B. 1923      C. 1926      D. 1957

**2.) Which President officially recognized Black History Month?**

- A. President Gerald Ford      B. President Jimmy Carter  
C. President Richard Nixon      D. President Ronald Reagan

**3.) When did Rosa Parks' bus boycott happen?**

- A. September 1955      B. January 1958      C. December 1955      D. November 1955

**4.) When did Martin Luther King Jr. give his "I Have A Dream Speech"?**

- A. Sept. 9, 1965      B. Jan. 19, 1963      C. Dec. 21, 1962      D. Aug. 28, 1963

**5.) What organization formed Feb. 12, 1909?**

- A. The National Association for the Advancement of Colored People  
B. The National African American Leadership Summit  
C. National Black Chamber of Commerce  
D. National Black Women's Justice Institute

**6.) Who was the first African American Major League Baseball player?**

- A. Ernie Banks      B. Jackie Robinson      C. Larry Doby      D. Frank Robinson

**7.) Who was the first African American Nobel Peace Prize winner?**

- A. Nelson Mandela      B. Ralph Bunche      C. Desmond Tutu      D. Wangari Maathai

Answers: How did you do?

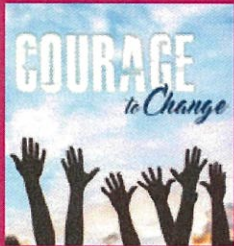
- 1.) C      2.) A      3.) C      4.) A      5.) A      6.) B      7.) B





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### ***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.

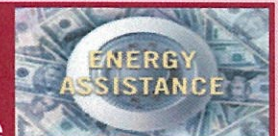
This 8-week long class will be held every Tuesday at 10:30am at the Senior Center beginning Tuesday, February 6th through Tuesday, March 26th.

**Facilitated by Kevin Lardner, LCSW with Cheshire Human Services. Class size is limited and registration is required. Please contact Laura at 203-272-8286 to sign up today!**

### **Connecticut Energy Assistance Program**

Applications are open for the 2023-2024 heating season. This is a supplemental heating program, meaning a portion of your heating bill can be paid. Payment will be made directly to the vendor, whether the heat source is oil, electric, gas, or propane. Income and household size are taken into consideration determining eligibility. For the 2023-2024 heating season, applications close on May 31, 2024. Deliverable fuel bills must be submitted by June 17, 2024. Remember that CEAP is an annual benefit so you need to apply each year to receive assistance.

**Please contact Kristen Cherry at 203-272-8030 for more information.**





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