



CHESHIRE SENIOR CENTER FRONT PORCH NEWS MARCH 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



Staff:

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Laura Gravel, Program Supervisor: 203-272-8286; lgravel@cheshirect.org

Kristen Cherry, Town Social Worker: 203-272-8030; kcherry@cheshirect.org

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Tracey Kozlowski, Administrative Assistant: 203-272-8286; 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

Low Vision

Monday, March 11th
at 1:00pm

Sign up for these
programs and
more coming in
March!

Keeping Memory Strong

Tuesday, March 19th
at 10:30am

Assisted Living Technology & Community Resources

Monday, March 18th
at 1:00pm

Self Care for Mental Health

Thursday, March
21st at 10:00am

Celebrate Women's History Month

Thursday, March 28th
at 1:30pm

From the Desk of Stefanie

Happy March! This month we “spring forward” on Sunday, March 10th. With the beginning of daylight savings time, we can look forward to longer days, shorter nights, and the return of outdoor activities. Also, we have an early Easter this year and the Senior Center will be closed on Friday, March 29th in observance of the Holiday weekend.

Our winter classes are also coming to an end and our spring classes are right around the corner. Our spring class registration is scheduled for Monday, March 25th at 9:00am. We have a full class schedule and are offering something for everyone.

With March coming in like a lion, we can't forget about those late season snowstorms. 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.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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


March 1, 2024

Happy March! This month we look forward to the longer days and shorter nights and to "spring forward" on Sunday, March 10th. Don't forget to push your clocks ahead one hour! As a reminder, the Senior Center will be closed on Friday, March 29th for the Easter Holiday weekend.

Below are important things to make note of:

- *****Important Change***** Generations Table food orders are now due by Thursday at noon of the week prior to the Wednesday pick up. Please make note of this change when ordering your meals. Orders placed after this deadline will not be filled. Also, we ask that all food only be consumed in our main dining area. This helps keep the building clean for everyone! Thank you!
- **Drop In Blood Pressure Screenings** are available on **Thursday, March 14th from 9:45am-11:15am**. No appointment is needed.
- *****Date Change***** The Ball and Socket Assembly Line Project scheduled for Thursday, March 14th has been postponed until April. Look for details in the April newsletter.
- **Memory Screenings** are available on **Wednesday, March 20th from 1pm - 3pm**. Please contact 203-272-8286 to schedule an appointment.
- **Spring Class Registration** will begin on **Monday, March 25th at 8:30am**. Please see the class registration insert for the class schedule and for details.
- **We have partnered with the American Red Cross and are having blood drive on Thursday, April 11th from 1pm- 6pm**. Please help spread the word and see the enclosed flyer for details.
- **Please remember to sign in when entering the building.** It is important for us to have an accurate accounting of everyone who is in the building and utilizing our programs and services.
- **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 contact the Assessor's office at 203-271-6620 for details.
- ***** 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 and follow us on Facebook.



Spring into life.

Give blood.



American
Red Cross

Cheshire Senior Center Blood Drive

Thursday, April 11, 2024

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.

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

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.

The AARP Tax Program Is back again at the Cheshire Senior Center

There are very limited tax appointments, remaining. Please Talk to Tracey to book your appointment.

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



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.

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 (you should receive an automatic reply as confirmation your order is received) or call **475-300-7690**

by THURSDAY AT NOON 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: Young at Heart (*please note this change*).

Pick up your meal at Cheshire Senior Center on Wednesdays from 11:00am-12:00pm. 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 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.



NAME _____

Payment _____

Cheshire Senior Center Menu /Wednesday Pick up 11-12

Pick Up March 6

Meatloaf ___Single___Family

Tuscan Chicken ___Single ___Family

Stuffed Shells w/Meatballs ___Single ___Family

Roasted Pork Shoulder ___Single ___Family

___Lentil

Pick up March 13

Corned Beef Dinner \$10 ONLY available in Single
(corned beef , cabbage, carrots & Potatoes) ____

Swedish Meatballs ___Single ___Family

Crab Cakes ___Single ___Family (4)

Manicotti w/Meatballs ___Single ___Family

___Barley

Pick Up March 20th

BBQ Chicken thighs ___Single ___ Family

Turkey Dinner ___Single ___ Family (3)

Stuffed Shells / MB ___Single ___Family

Eggplant Parm ___Single ___Family

___Sweet Potato Kale

Pick Up March 27th

Roast Beef sliced thin ___Single___Family

Chicken Cacciatore ___Single ___Family

Cavetelli / Broccoli & Sausage ___Single ___Family

Pork Loin sliced thin ___Single ___Family

_____ Pasta Fagioli

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 then frozen

All Meals must be paid prior to pick up

Orders can be made via email justlikemomcooks@gmail.com or calling 475-300-7690

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

Make Check Payable to Young at Heart or Venmo @Elaine615

PLEASE NOTE: New payee if submitting a check for payment for your meals.

***** IMPORTANT CHANGE: CUT OFF FOR MEAL ORDERS IS NOON ON THURSDAY,**

OF THE WEEK PRIOR TO PICK UP. ORDERS PLACED AFTER THIS DEADLINE WILL NOT BE FILLED ***

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

Blossoms and Butterflies Day Trip **Tuesday, May 28th**

This one day trip includes roundtrip motor-coach travel to Yankee Candle Village and admission to Magic Wings Butterfly Conservatory in Deerfield, MA. There will be a stop at the Bridge of Flowers in Shelburne Falls. Price includes Lunch, Tours of Distinction Tour Director, gratuities for Tour

Director and Driver and a
donation to the
Bridge of
Flowers.



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.

Check out our new

Travel Wall

**outside the
Admin Office for
information on all
current trips.**



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

Social Services:

- Caregiver Support Services
- Community Based Services and Resources, Meals on Wheels
- Medicare, Medicare Assistance Program, Medicaid, and Long Term Planning Energy Assistance, Supplemental Nutrition Assistance Program

Connecticut Energy Assistance Program

Applications are open for the 2023-2024 heating season and close on May 31, 2024. Deliverable fuel bills must be submitted by June 17, 2024. Contact Kristen with any questions.

Health Care Instructions: Living Wills & Advance Directives

You can decide *now* what types of care you want if you are unable to make those decisions *later*. Health Care Instructions tell your health care providers your wishes even if you become unable to speak for yourself because of medical problems.

Your health care instructions include your directions about

- living wills
- health care representatives
- conservators preference

Living Will: A living will explain the medical treatment you want if you have a terminal condition or are permanently unconscious.

Do Not Resuscitate Orders (DNR): A DNR is an order written by your doctor-in consultation with you -about withholding certain medical treatment. A DNR is very different from a living will.

Health Care Representatives: Your health care representative is someone you choose to make healthcare decisions for you if you can't speak for yourself. Choose someone you trust, who knows your wishes and is willing to follow them. That person should be able to talk about your wishes to your health care providers. You should name a second person who can be your representative in case the first person isn't available. Be sure these people have signed HIPAA authorization forms or there is written HIPAA permission language in your directives.

Conservators: A conservator is someone who will make sure you are properly cared for if a judge finds that you are not able to make decisions about your care. A conservator can only be appointed by the Probate Court, but you can name the person you would want to be your conservator. You can name your health care representative as your conservator.

For more Information

- Prepare for Your Care can help you prepare for medical decision making. This tool will help you explore your wishes and learn how to discuss them with family, friends, and medical providers. PREPARE also offers legally binding advance directives in English and Spanish. Go to www.prepareforyourcare.org.
- State Attorney General:
<https://portal.ct.gov/AG/Health-Issues/Connecticuts-Living-Will-Laws>
- Statewide Legal Services
860-344-0380 (Central Connecticut)
1-800-453-3320 (all other areas)

Source: CT Law Help: <https://www.ctlawhelp.org/en/health-care-planning-advance-directives-living-wills>

March Programs

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

Monthly Programs

Monthly Reflexology with Kim

Monday, March 4th

REFLEXOLOGY

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, March 19th at 10:45am



Book choice for discussion is *Sisters in Law: How Sandra Day O'Connor and Ruth Bader Ginsburg Went to the Supreme Court and Changed the World* by Linda Hirshman.

New members welcome!

Sit Down with Stefanie

Thursday, March 14th at 11:15am

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

Cheshire Sherlock Holmes Society

Thursday, March 21st at 1:00pm



Join us and please read "The Stockbroker's Clerk" By Arthur Conan Doyle and a satire, "On Murder Considered As One of the Fine Arts" by Thomas de Quincey. New members, visitors & guests are always welcome. For additional information contact Andy Tranquilli at tranquilli@hotmail.com.

Special Programs



Police Perspective—Protecting you from Scams

Thursday, March 7th at 1:00pm

Come join us as members of the Cheshire Police Department share their perspectives on keeping you safe from scams. 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).

The Assembly line Project - presented

by Ball and Socket Arts

Thursday, March 14th at 1:30pm



Be part of a brand-new, community-made, artist-led process to create a new mural for Ball & Socket Arts. The artist Rashmi will lead a participatory, hands-on workshops to collage photos of Cheshire into a landscape. Materials and instruction provided. No experience necessary! Learn more about the project and submit your images here: <https://ballandsocket.org/the-assembly-line>. The final mural will hang outside Sweet Claude's on the Arcade in summer 2024. Registration is required.

SPRING CLASS REGISTRATION

MONDAY, MARCH 25th
starting at 8:30am



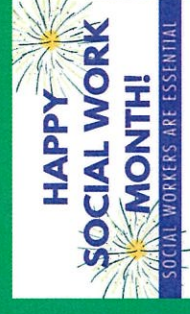
Movie Matinee

Wednesday, March 27th
at 1:00pm

Join us for a viewing of Hop which blends state-of-the-art animation with live action, as it tells the comic tale of E.B. – the son of the Easter Bunny who while fleeing from his responsibilities is accidentally injured by Fred, an out-of-work slacker. As Fred struggles to take care of E.B. both will learn what it takes to finally grow up. This movie rated PG and is 1 hour 30 minutes. Registration is required.



MARCH ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
4 Reflexology Sessions by appointment only 10:30 Line Dancing 12:30 Canasta 1:30 Intro to Watercolors <i>AARP Tax Appointments 9:00am to 12:00pm</i>	5 9:30 Zumba Gold 10:30 Courage to Change 10:30 Moderate Exercise-Drop In 11:00 Beginner Spanish 1:00 Bingo 1:00 Chair Yoga	6 9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:30 Discover Italian Culture	7 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 1:00 Police Perspective & Drop Your Drugs 1:30 Pathway through Grief <i>AARP Tax Appointments 9:00am to 12:00pm</i>	8 9:30 Breathe, Stretch & Strength 10:00 Chorus 10:15 Golf card game 10:30 Tai Chi Easy 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	Sat. 2 Sun. 3
11 10:30 Line Dancing 12:30 Canasta 1:00 Low Vision program 1:30 Intro to Watercolors <i>AARP Tax Appointments 9:00am to 12:00pm</i>	12 9:30 Zumba Gold 10:30 Courage to Change 10:30 Moderate Exercise-Drop In 11:00 Beginner Spanish 11:00 Aqua Turf St Patrick's event 1:00 Bingo 1:00 Chair Yoga	13 9:00-12:00 Arts & Craft drop in 9:30 Pilates 10:00 Wii Bowling 10:30 Barre 11:00 Nickel, Nickel 11:00 Generations Table pickup 11:30 Get Fit with Brenda 12:30 Mah Jongg 1:00 Bridge Instructional class 1:30 Discover Italian Culture	14 9:45 Blood Pressure Screening 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help 11:15 Sit Down with Stefanie 12:15 Gentle Therapeutic Exercises with Kim 1:30 Pathway through Grief 1:30 Assembly Line project <i>AARP Tax Appointments 9:00am to 12:00pm</i>	15 9:30 Breathe, Stretch & Strength 10:00 Chorus 10:15 Golf card game 10:30 Tai Chi Easy 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	Sat. 16 Sun. 17



2024 Spring Class Schedule

Registration will begin on Monday, March 25th 8:30am

Classes begin the week of April 8th . Classes end the week of June 10th.

Make up classes will begin the week of June 17th

CLASS	DAYS	TIME	# OF CLASSES	MEMBER FEE	INSTRUCTOR
Barre Class	Wednesday	10:30 - 11:15 am	10	\$35.00	Brenda Martin
A workout technique inspired by ballet and Pilates. This full body workout also developes agility and flexibility.					
Breath, Stretch & Strength	Friday	9:30 - 10:15 am	10	\$35.00	Cookie Rosado
A great class for reliving anxiety, stress and improving mental health.					
Beginner Boxing	Monday	2:30 - 3:15 pm	9	\$31.00	Fitness Fury Instructor
NEW A class that helps balance thru Footwork and punching movements to simulate the sport of boxing.					
Gloves will be ordered the first week of class					
Chair Yoga	Tuesday	1:00 - 1:45 pm	10	\$35.00	Helene Korchin
Improve Balance, Strength and Inner Peace. Please bring own Yoga Mat					
Discover Italian Culture	Wednesday	1:30 - 2:30 pm	10	\$40.00	Anna Sincavage
Discover the Languages, Traditions, Customs, Foods and Rituals of Italy					
Gentle Therap. Exercise	Thursday	12:15 - 1:15PM	10	\$40.00	Kim Stewart
Easy exercise movements to help increase ROM, balance, flexibility and strength. Includes a hand Reflexology Session.					
Get Fit with Brenda	Wednesday	11:30 am - 12:15 pm	10	\$35.00	Brenda Martin
Improve balance, eye-hand coordination and flexibility.					
Intro to Watercolors	Monday	1:30 - 3:30	8	\$35.00	Penny Kindblom
Learn How to Paint with Watercolors. Bring your own brushes, all other supplies provided					
*****Start Date Will Be Monday April 29th*****					
Pilates	Wednesday	9:30 - 10:15 am	10	\$35.00	Brenda Martin
Improve overall endurance and flexibility through core strengthening.					
Tai Chi Easy	Friday	10:30 -11:15	10	\$35.00	Matt Dempsey
Tai Chi Easy is a carefully developed practice that makes Tai Chi approachable, fun and easy.					
Zumba Gold	Tuesday	9:30 - 10:15 am	10	\$35.00	Cookie Rosado
Choreography that focuses on Balance, ROM and Coordination. Leaving you feeling empowered and strong.					

We have added a new class this session.

**Please look over the class schedule carefully for class descriptions.
Please see someone in the office if you have any questions.**

In-Person class registration will begin on Monday, March 25th at 8:30am.

Everyone who registers in person on March 25th will receive a numbered registration form which will be handed out, starting at 8:30 am. Registration will be held in the Multi-Purpose Room. To hold your spot for in-person classes, fees will be collected at time of registration.

Drop in Moderate Exercise Class is held on Tuesday and Thursday mornings, 10:30 - 11:15. No registration is required, there is no charge for this class.

You must be present to register for an in-person class.

The class fees are:

\$3.50 per class for 45 min Classes.

\$4.00 per class for 60 min classes.

\$4.50 per class for 90 min class.

\$5.00 per class for 120 min classes.

Sign up today for these upcoming programs....

Low Vision

presented by Cheshire Lions Club
Monday, March 11th at 1:00pm



Low Vision as defined by The Vision Council, is used to refer to a visual impairment that is not correctable through surgery, pharmaceuticals, glasses or contact lenses. It is often characterized by partial sight, such as blurred vision, blind spots, or tunnel vision. Low vision can impact people of all ages but is primarily associated with older adults. Join us so we can answer questions you may have about low vision. Registration is required.

Save Money at the Pharmacy

Tuesday, March 26th at 10:30am

Join us to learn about the ArrayRx program, Connecticut's state-sponsored prescription drug discount card, designed to provide all state residents with access to affordable prescription drugs. We will also discuss other new state sponsored programs. Presented by Stefanie Theroux. Register today.



Celebrate Women's History Month Six Remarkable Achievements By Women That Changed The World Thursday, March 28th at 1:30pm

Join us for a presentation by John Cilio: Historical Storyteller and author. John will tell inspiring stories about six incredible achievements led by women who looked past the naysayers, saw a bigger picture and succeeded. Register today.



Hartford HealthCare

Center for Healthy Aging

Community Resources & Assisted Living Technology Monday, March 18th at 1:00pm

Join us for a discussion on how to start planning for the changing needs of a person living with dementia as well as their care partner. We will discuss planning considerations including legal and financial levels of care and community resources. Registration requested.

Move Your Mind

Thursday, April 4th at 10:30am

Hartford HealthCare
Senior Services

Join us for an interactive, fun presentation by experts on the latest trends in Healthy Eating – MIND Diet, Free Balance Screening, Information and Recommendations for Staying Active, and MOVING! Refreshments will be provided. Register today.

Keeping Memory Strong Tuesday, March 19th at 10:30am



Join us for a presentation on keeping your memory strong as you age. This program will offer tips to keep your brain sharp and activities to challenge the mind – all while having fun. Registration is requested.

Memory Screening

Wednesday, March 20th
from 1:00 - 3:00pm



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

Blood Pressure Screening

Thursday, March 14th
from 9:45am to 11:15am



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

Join us at our monthly drop in Probate Question & Answer program with Judge Jalowiec
Tuesday, March 26th at 10am

Ask the Probate Judge



Self Care for Mental Health Thursday, March 21st at 10:00am

Join Jocelyn, our MSW Intern, to learn about self care for mental health while enjoying light refreshments. Registration is required.



Technology Help with Jared

Thursday from 11:00am—1:00pm
at the Cheshire Senior Center.

Call today, appointments recommended.



Winter Chorus Concert

Friday, March 22nd at 10:30am

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



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 7th and ending on Thursday, April 11th.

In the class, caregivers receive The Caregiver Help-book, 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.



Veteran's Coffee House

Tuesday, March 26th

10:00am at Wallingford

Senior Center 238 Washington St.

Speakers this month will be: Matt Sparks – Honor Flight and Jeff Falk – Navy Submariner & Visitor to DC Memorials

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

Bridge Instruction Class
Wednesdays - March 13th & 20th
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.

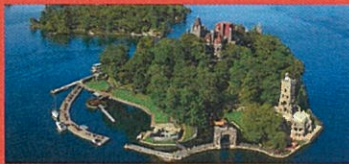
Cheshire Senior Center - Travel Opportunities

We have flyers available if you would like more information on the following trips, contact Laura Gravel, Program Supervisor at 203-272-8286

The 1000 Islands

June 1st to 3rd, 2024

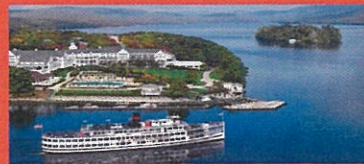
Double Occupancy
\$769 pp
Single Occupancy
\$979 pp



Saratoga & Lake George

August 13th & 14th, 2024

Double Occupancy
\$469 pp
Single Occupancy
\$589 pp

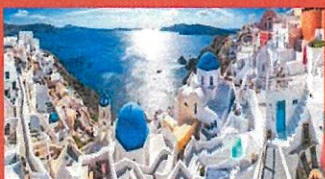


Greece & Its Islands

October 10th to 25th, 2024

Double Occupancy
\$5,999 pp*
Single Occupancy
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*Rates good thru 4/8/24



Italy: Tuscany to Amalfi

Sept. 22nd to Oct. 2, 2024

Presentation April 8th at 10:30am

Double Occupancy
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"A Pathway Through Grief" An eight-week program for those who have lost a loved one or dear friend. This program affords one the opportunity to share and discuss those issues that are of greatest concern at this time. It is intended to help you understand your emotions and problems; support and comfort for those who have shared the same experiences and to cope within the mainstream society. Through our journey together, you will discover that life can be satisfying, rewarding and full of joy.

If you have had a recent or previous loss and are having difficulty coping, please join us.

Thank you to Alderson-Ford Funeral Homes, Inc. for offering this bereavement support program at no charge to participants.



Thursdays: 10:00am to 11:30am Or 1:30pm to 3:00pm at Cheshire Senior Center
Beginning Thursday, April 4th

Facilitators will be: Bob Havens and Catherine Szerszen

RSVP: Bob Havens (860)480-1655 or havensvo67@aol.com to sign up for this program

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

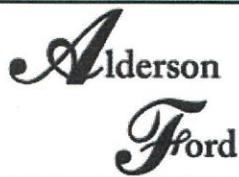
Would you like to learn more healthy coping skills? Are you interested in looking at your behaviors / habits so you can decide what challenges or changes need your attention? Would you benefit from interacting with others who can provide mutual support?



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, April 9th through May 28th.

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!



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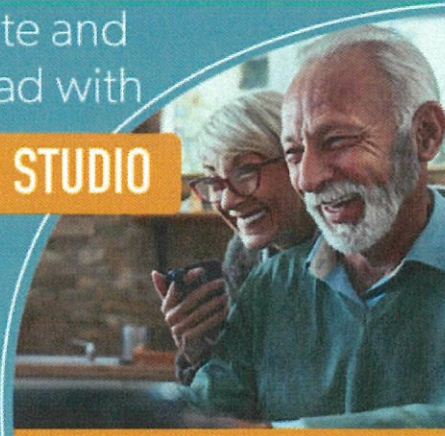


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