



CHESHIRE SENIOR CENTER FRONT PORCH NEWS APRIL 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:

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

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

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Mini-Bus Drivers and Building Supervisors:

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

Blood Drive

at Cheshire
Senior Center
Thursday, April 11th
1:00pm to 6:00pm



Contact
Tracey to
Sign up today!



Have concerns about managing
all your medicine?

Medication Management
Thursday, April 4th at 2:00pm

Presented by Chesprocott Health District. They
will teach you what questions to ask
your doctor, tips on storage & disposing
and so much more.

No Registration Required.



From the Desk of Stefanie

April is National Volunteer Month

So many volunteers generously donate their time and effort for the benefit of others. At the Cheshire Senior Center, we are fortunate to have more than 50 members who actively volunteer for us. Our volunteers provide vital services and programs that make it possible for us to fulfill our mission within the community.

Our volunteers rarely seek recognition for their efforts, but recognition is well deserved. Let's celebrate and extend our heartfelt appreciation to the volunteers who make a difference in the lives of so many. Here at the Senior Center, we couldn't do all that we do without our volunteers! They are an amazing group of people, and we are so lucky to have all of them as part of our community!

Many meaningful volunteer opportunities are available at the Senior Center. If you are interested in volunteering please inquire in the main office.

We would love to hear from you!



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

April 1, 2024

Happy April! April is National Volunteer Month, and we would like to extend a heartfelt thank you to all our volunteers. With the help of over fifty active volunteers, we can provide all the wonderful programs and services that we have. We wouldn't be able to do it without this support. Our volunteers are an integral part of the Senior Center, and we are so lucky to have all of them as part of our community.

Below are important things to make note of:

- *****Reminder*** 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!
- **The spring chorus session begins on Friday, April 12th and new members are welcome!** There is a \$25 one-time new member materials fee. Please see the office for details.
- **Please note that there is a typo on our calendar. There is no chorus practice on Friday, April 5th. We apologize for any confusion.**
- **We have partnered with the American Red Cross and are having a blood drive on Thursday, April 11th from 1pm- 6pm.** Please help spread the word and see Tracey in the office if you need help with making an appointment.
- **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.
- **Below is a note from our Senior Center Library Volunteers:**
Welcome to the Senior Center Library. Did you know that you can keep the books as long as you need? We have a great selection of books, including large print. All you have to do is fill out the card in the book with your name and then place the card in the card box. Also, we have many puzzles available for purchase for the suggested donation of \$1. All proceeds benefit Senior Center programming. Please stop by the office with any questions!

For the most up to date information regarding our programs and services, please visit our page on the Town of Cheshire website www.chshirect.org and follow us on Facebook.

News From the Senior Center

Support for the Senior Center

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

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

All donations should be sent to:

The Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410



Recently, the Cheshire Senior Center Membership Association has voted to disband and serve the Senior Center in other ways.

Through the years, the commitment and dedication of the Membership Association has made the Cheshire Senior Center what it is today.

We, the staff, can't thank the Senior Center Membership Association enough for all that they have done for the Center. The years of service have been invaluable and has helped us grow in ways that we never thought possible.

Thank you!

Walking

is a wonderful way for older adults to stay physically and mentally active.

Call Marge today at (203)272-3316 for more information about her walking group.



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 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.

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 April 3

Meatloaf __Single__Family

Tuscan Chicken __Single __Family

Manicotti w/Meatballs __Single __Family

Pierogi , Cabbage & Kielbasa __Single __Family

__Lentil

Pick up April 10th

Grilled Chicken (boneless breast)__ **Single**__Family

Roast Beef __Single __Family

Crab Cakes __Single __Family (4)

Sausage /Cavatelli & Broccoli __Single __Family

____Barley

Pick Up April 17th

Chicken Burrito __Single __Family

Sausage & Peppers __Single __Family

Roasted Pork Shoulder __Single __Family

Eggplant Parm __Single __Family

__Sweet Potato Kale

Pick Up April 24th

Roast Beef sliced thin __Single__Family

Grandma Rosie's chicken (boneless thighs marinated w/garlic parm and breadcrumb) __Single __Family

Lasagna __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**



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 Botanic Garden of Smith College. Price is \$145 pp and includes Lunch, Tours of Distinction Tour Director, gratuities for Tour Director and Driver.



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



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

Don't Get Scammed this Spring

Unfortunately, Americans report more and more financial scams and fraud each year. This is especially true for older adults as this population is often targeted because scammers believe this population has more money in the bank. Keep reading to learn about the most common types of scams, ways to stay safe, and resources to learn more about spotting financial scams and fraud.

Common Types of Scams

- 1) One common type of scam is the **sweepstakes or lottery scams** which try to trick someone into believing they have won some money or a prize through a sweepstakes, lottery ticket, raffle, etc. and ask for banking information to deposit the money or ask for an initial amount of money to cover taxes or processing fees. For this scam, it is probably safest to hang up the call. Things that sound too good to be true usually are, and if you had won something like this they would likely want you to come collect it in person.
- 2) Another common type is called the **grandparent scam** where a scammer may call and pretend to be a grandchild, or representative of the grandchild, and request money to bail them out of an arrest or other legal trouble. If you get a call from an unfamiliar number claiming that a relative is in trouble, it is recommended that before doing anything you should call or text your relative's usual number and speak with them directly. If they do not answer the phone right away, contact another family member or friend that is close with them and let them know about the call you received. They may know where the relative is that you got the original call about.
- 3) A third type of scam is someone **impersonating a government official or agency**. These types of scams will often threaten you with unpaid taxes, arrests, etc. and demand that you pay them immediately. If this happens, remain cautious and hang up the phone. If you want to make sure that what they are saying is not true, look up the agency's phone number online at the official government website and call that number, not the one that called you.

Resources

Stay up to date on the latest scams, fraud, and ways to stay safe against them by watching AARP Connecticut's free bimonthly webinar series on Fighting Fraud. Just visit: www.aarp.org/CTEvents. April's webinar will take place on April 26 @12:00 pm. You can also report scams, or look up existing scams that have been reported by going to the Better Business Bureau's website and clicking on their "BBB Scam Tracker" link at the bottom of the home page. Don't be embarrassed to report a scam, as scammers are very good at what they do and are constantly upping their game with the use of technology and Artificial Intelligence.

References: <https://www.aarp.org/money/scams-fraud/info-2023/top-scammer-list.html>; <https://www.ncoa.org/article/top-5-financial-scams-targeting-older-adults>; <https://states.aarp.org/connecticut/aarp-connecticut-freeze-out-fraud-sweepstakes>; <https://www.bbb.org/scamtracker/lookupscam>

March Programs

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

Monthly Programs

Monthly Reflexology with Kim

Monday, April 1st

REFLEXOLOGY

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



Fun Dancing Mondays at 10:30am

Join us for a free, relaxed, instructional weekly class on popular dances & some line dancing. All levels welcome, modifications can be provided. *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, April 16th at 10:45am



Book choice for discussion is "The Anthropocene Reviewed" Essays on A Human Centered Planet. By John Green.

New members welcome!

Sit Down with Stefanie

Tuesday, April 16 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, April 18th at 1:00pm

Join us and please read "Gloria Scott" by Arthur Conan Doyle. *New members, visitors & guests are always welcome.* For additional information contact Andy Tranquilli at tranquilli@hotmail.com.



Special Programs

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.



Police Perspective—Self Protection

Thursday, April 4th at 1:00pm

Come join us as members of the Cheshire Police Department share their perspectives on keeping yourself safe while out in public areas. 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).

Italy Trip Presentation

Monday, April 8th at 10:30am

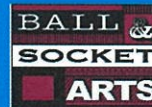


Join us for an information meeting on our Best of Italy Trip: Tuscany to Amalfi. Tyler Zajac from Tours of Distinction will lead this presentation. He will talk about this trip and answer any questions you might have. Registration is requested.

The Assembly line Project - presented

by Ball and Socket Arts

Thursday, April 25th 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.

Hearst

THANKS
TO OUR VOLUNTEERS

APRIL ACTIVITY CALENDAR



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT & SUN |
|--|--|---|---|---|---|
| <p>1</p> <p>Reflexology Sessions by appointment only</p> <p>10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p>1:00 Matter of Balance</p> <p><i>AARP Tax Appointments 9:00am to 12:00pm</i></p> | <p>2</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Beginner Spanish</p> <p>1:00 Bingo</p> | <p>3</p> <p>9:00-12:00 Arts & Craft drop in</p> <p>10:00 Wii Bowling</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>12:30 Mah Jongg</p> | <p>4</p> <p>10:00 Pathway through Grief</p> <p>10:00 Healthy Living Support Group</p> <p>10:30 Move Your Mind</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>1:00 Police Perspective & Drop Your Drugs</p> <p>1:30 Pathway through Grief</p> <p>2:00 Medication Management</p> <p>5:00 Powerful Tools for Caregivers at Cheshire Library</p> <p><i>AARP Tax Appointments 9:00am to 12:00pm</i></p> | <p>5</p> <p>10:00 NO Chorus</p> <p>10:15 Golf card game</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p> | <p>Sat. 6</p> <p>Sun. 7</p> |
| <p>8</p> <p>10:30 Fun Dancing</p> <p>10:30 Italy Trip Presentation</p> <p>11:30 Document Meeting for Savannah & Charleston trip</p> <p>12:30 Canasta</p> <p>1:00 Matter of Balance</p> <p>2:30 Beginner Boxing</p> | <p>9</p> <p>9:30 Zumba Gold</p> <p>10:30 Courage to Change</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Beginner Spanish</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p> | <p>10</p> <p>9:00-12:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>11:30 Get Fit with Brenda</p> <p>12:30 Mah Jongg</p> <p>1:00 Bridge Instructional class</p> <p>1:30 Discover Italian Culture</p> | <p>11</p> <p>10:00 Pathway through Grief</p> <p>10:00 Healthy Living Support Group</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> <p>1:00 Blood Drive</p> <p>1:30 Pathway through Grief</p> <p>5:00 Powerful Tools for Caregivers at Cheshire Library</p> | <p>12</p> <p>9:30 Breathe, Stretch & Strength</p> <p>10:00 Chorus</p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> <p>1:00 Discussion Group</p> | <p>Sat. 13</p> <p>Sun. 14</p> |
| <p>15</p> <p>10:30 Fun Dancing</p> <p>12:30 Canasta</p> <p>1:00 Matter of Balance</p> <p>2:30 Beginner Boxing</p> | <p>16</p> <p>9:30 Zumba Gold</p> <p>10:30 Courage to Change</p> <p>10:30 Moderate Exercise-Drop In</p> <p>10:45 Cheshire Readers Book Club</p> <p>11:00 Beginner Spanish</p> <p>11:15 Sit Down with Stefanie</p> <p>1:00 Bingo</p> <p>1:00 Chair Yoga</p> | <p>17</p> <p>9:00-12:00 Arts & Craft drop in</p> <p>9:30 Pilates</p> <p>10:00 Wii Bowling</p> <p>10:30 Barre</p> <p>11:00 Nickel, Nickel</p> <p>11:00 Generations Table pickup</p> <p>11:30 Get Fit with Brenda</p> <p>12:30 Mah Jongg</p> <p>1:00 Bridge Instructional class</p> | <p>18</p> <p>9:00 Cardiovascular Testing</p> <p>9:45 Blood Pressure Screening</p> <p>10:00 Pathway through Grief</p> <p>10:00 Healthy Living Support Group</p> <p>10:30 Moderate Exercise-Drop In</p> <p>11:00 Technology Help</p> <p>12:15 Gentle Therapeutic Exercises with Kim</p> | <p>19</p> <p>9:30 Breathe, Stretch & Strength</p> <p>10:00 Chorus</p> <p>10:00 Beginner Italian</p> <p>10:15 Golf card game</p> <p>10:30 Tai Chi Easy</p> <p>11:00 Advanced Italian</p> <p>12:30 Set Back</p> <p>12:30 Bridge</p> | <p>Sat. 20</p> <p>Sun. 21</p> |

| | | | | |
|---|--|--|---|--|
| <p>22 10:30 Fun Dancing 12:30 Canasta 1:00 Matter of Balance 2:30 Beginner Boxing</p> | <p>23 9:30 Zumba Gold 10:00 NO Ask the Probate Judge 10:00 Veterans Coffeehouse at Wallingford Senior Center 10:30 Courage to Change 10:30 Moderate Exercise-Drop In 11:00 Beginner Spanish 1:00 Bingo 1:00 Chair Yoga</p> | <p>1:00 Hearing Screenings 1:30 Discover Italian Culture</p> | <p>1:00 Cheshire Sherlock Holmes Society 1:30 Pathway through Grief</p> | <p>1:00 Discussion Group</p> |
| <p>29 10:30 Fun Dancing 12:30 Canasta 1:00 Matter of Balance 1:30 Intro to Watercolors 2:30 Beginner Boxing</p> | <p>30 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</p> | | | |
| | | <p>24 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 Senior Living Options 1:00 Memory Screenings 1:30 Discover Italian Culture</p> | <p>25 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:00 Grandparents Raising Grandchildren 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:00 BESB Braille Class 12:15 Gentle Therapeutic Exercises with Kim 1:30 Pathway through Grief 1:30 Assembly Line project</p> | <p>26 9:30 Breathe, Stretch & Strength 10:00 Chorus 10:00 Beginner Italian 10:15 Golf card game 10:30 Tai Chi Easy 11:00 Advanced Italian 12:30 Set Back 12:30 Bridge 1:00 Discussion Group</p> |
| | | | | <p>Sat. 27 Sun. 28</p> |

Sign up today..... Gongs & Himalayan Singing Bowls, Wednesday May 1st
 at 5:30pm to kick off Older American Month celebration in May!

Sign up today for these upcoming programs....

Pulse4Pulse On-site Cardiovascular Testing

Thursday, April 18th
from 9:00am to 12:00pm

Pulse4Pulse (P4P) is a proactive approach to medicine with state-of-the-art cardiovascular diagnostic testing at the Cheshire Senior Center. P4P turn-key service provides all equipment and fully trained medical technician to carry out the diagnostic testing and provide real-time results from the P4P algorithm's analysis. Our mission is to proactively identify disease indicators in asymptomatic patients by utilizing cutting edge technologies while improving the overall patient experience. Come join us on Thursday, April 18th from 9am-12pm to have your P4P test. Appointments can be made by calling the senior center. Following insurances are accepted: ConnectiCare, BCBS (some plans). WellCare, United Health Care, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky) & Government Medicare (Part B). A cash price of \$50.00 is also available. Please bring your insurance card when registering.



PULSE 4 PULSE

Senior Living Options Wednesday, April 24th at 1:00pm

Join us in welcoming Jane Fisher, Certified Senior Advisor, from Oasis Senior Advisors. Jane will address 55+ adult communities, life plan retirement communities, assisted living, memory care, skilled nursing facilities or staying put. Whether you are planning for yourself or assisting a loved one, there are many options to navigate. Jane will help us understand the options and make informed plans. Topics will include "what does home mean and when is the right time to make a transition to senior living", "What senior housing options are available in our area", "What are the costs", "what services and amenities do they offer", "does insurance cover any of the costs". Register today.



SENIOR ADVISORS®
Your trusted partner for senior living and resources

Gongs & Himalayan Singing Bowls Wednesday, May 1st at 5:30pm

Have you every wanted to try or learn about a Sound Bath? Join us in a peaceful setting, experience the soothing sounds of Gongs & Himalayan Singing Bowls and float blissfully away into a deep meditative state where the tumultuous stresses of everyday life are cleared, cleansed, and washed away. Sound Baths are an invitation to slip into a deeper state of consciousness, an opportunity to unplug from external stimuli and gain perspective on what's going on inside of you. Presented by Priscilla Gale of Crystals Sound Healing. Space is Limited, Register today. Please bring a yoga mat if you would like to participate on the floor, chairs will be available as well.



Grandparents Raising Grandchildren Thursday, April 25th at 10:00am

Join Jocelyn, our MSW Intern, to learn about the increasing trend of grandparents that are raising their grandchildren. Registration is required.

**Grandparents
Raising
Grandchildren**

ARE YOU CONCERNED?
ABOUT MEMORY LOSS?



Memory Screening Wednesday, April 24th from 1:00 - 3:00pm

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

Hearing Screenings

Wednesday April 17th from 1:00 – 4:00



Best Life Hearing Center will be offering Hearing Screenings and Hearing Aid checks. Registration is required.

Blood Pressure Screening

Thursday, April 11th
from 9:45am to 11:15am



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

Technology Help with Jared

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



Call today, appointments recommended.



Beginner Italian Fridays 10:00am – 11:00am

Have you ever wanted to speak Italian? Now is your chance with a 10-week course, Friday mornings from April 12th to June 14th. The course features the basics of reading, writing, understanding and speaking Italian. Instructor, *Andrea Renzoni Bascetta*, is an experienced teacher who will use effective techniques to help participants succeed in a fun and interesting way.

There is no charge for this class but you **must register in advance**. **Space is limited.**

Book Requirement: "Learn Italian The Fast and Fun Way", Barron's *Fourth Edition* by Marcel Dansi (Author), HeywoodWald (Author)

Find it online: Amazon.com

Advanced Italian is Back Fridays 11:00am – 12:00pm

Join Dea DiTomaso in an engaging class with the Italian language. Some knowledge of the Italian language is required. Space is limited, Registration is required.



Veteran's Coffee House



Tuesday, April 23rd
10:00am at Wallingford Senior Center 238 Washington St.

There is a different speaker each month

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

Join us at our monthly drop in Probate Question & Answer program with Judge Jalowiec
Tuesday, April 23rd at 10am

Ask the Probate Judge



Bridge Instruction Class Wednesdays April 10th & 17th 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

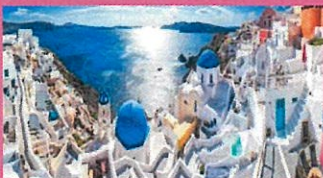


Greece & Its Islands

October 10th to 25th, 2024

Double Occupancy \$5,999 pp*
Single Occupancy \$7,199 pp*

*Rates good thru 4/8/24



Italy: Tuscany to Amalfi

Sept. 22nd to Oct. 2, 2024

Presentation April 8th at 10:30am

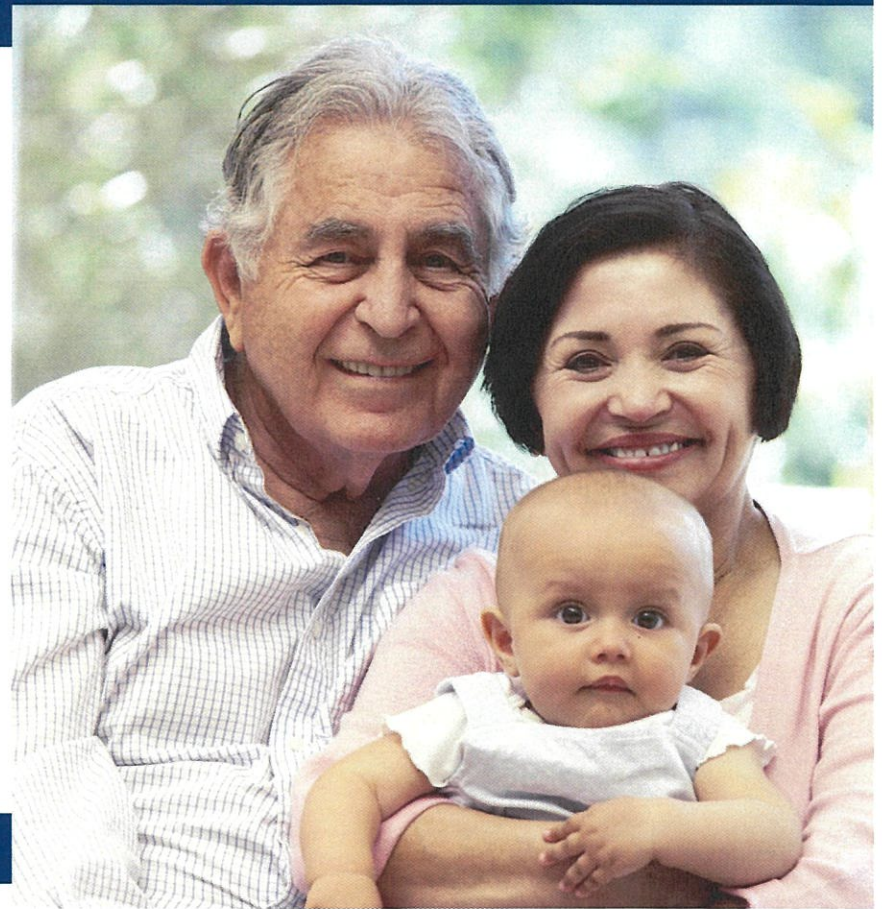
Double Occupancy \$4,899 pp
Single Occupancy \$5,999 pp



Grandparents:
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They will also learn the latest information on how to safely care for infants and children and how to manage the behavior of children of all ages, in addition to life-saving skills such as choking rescue, first aid, and injury management.



Thursday, April 25, 2024
9 AM to 12 PM



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REGISTRATION INFORMATION

Class fee is \$145 per person and includes a student handbook.

CPR will be taught, but it will NOT be a certification class.

Feel free to bring a bottle of water.

Register at <https://chshirect.myrec.com/>

203-272-2743

recreation@chshirect.org

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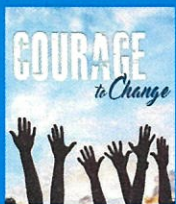
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Renters Rebate 2024 Application year

This is a reimbursement program for CT renters that are age 65 or older or disabled. Eligibility is based on income, rent, and utilities paid during the calendar year 2023. Renters Rebate amounts can be up to \$900 for married couples and up to \$700 for a single person. This program runs from April 1st to October 1st. *Applicant's qualifying income for the year 2023 must not exceed \$53,400 if married or \$43,800 if unmarried.

Please contact Kristen Cherry at 203-272-8030 to discuss application process and documentation required.

Information retrieved from <https://portal.ct.gov/OPM>



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!

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 April 17, 2024

Contact B Woznicki for more information: 203.272.3150
bwoznicki@sccymca.org

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