



Front Porch News Cheshire Senior Center APRIL 2017



Cheshire Senior Center

240 Maple Avenue

Cheshire, CT 06410

Phone: 203-272-8286

Fax: 203-272-6296

Web: www.cheshirect.org

Hours: Monday thru Friday
8:30 a.m. - 4:00 p.m.

Staff:

Stephanie Ferrall,
Coordinator of Senior
Services

sferrall@cheshirect.org

203-272-3165

Violet Howard,
Administrative Assistant
vhoward@cheshirect.org
203-272-8286

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

Social Worker:

Stefanie D. Theroux, LCSW
stheroux@cheshirect.org
203-272-8030

Transportation Department

Lunch Reservations:

203-272-0047

Eileen Colwell, Dispatcher

Gig McHugh, Nutrition
Site-Manager

Full-Time Drivers:

Eric Granoth
Andy Lucibello
David Sheehan

Part-Time Drivers and

Building Supervisors:

David Berson
Ken Boynton
Joe D'Eugenio
Jeff Euben
Bill Gormbard
Ted Pappas
Bert Schiaroli
Bob Trussell

Choosing your Electric Supplier



Wednesday, April 5

10:30 AM

**Presented by: State of Connecticut
Public Utilities Regulatory Authority**

Jeopardy with Bobbi



Thursday, April 13

1:00 PM

Presented by: Grand Care Companions

Zumba Gold Fundraiser



Sunday, April 23

1:00 PM

Support the C.H.A. T. Program

Pizza Lunch & Magic Show



Wednesday, April 12

11:45 AM - 1:30 PM

**(an intergenerational program)
Entertainment by: The Magic of Christina**

Hearing and Digital Technology



Wednesday, April 19

10:00 – 11:00 am

Presented by: All Ears Hearing Aid Services

Spring Fling



Thursday, April 27

1:00— 2:00 PM

Entertainment by: Walter Martin

Appointments with Our Social Worker

As a result of the increasing number of people who seek the services of the social worker, your cooperation in scheduling an appointment with Stefanie Theroux, Senior Services Social Worker, is appreciated. By scheduling an appointment, you are reserving a time slot that affords you the time you can meet uninterrupted with Stefanie. When someone requests to meet with Stefanie who has not made an appointment, it impacts the time allotted for scheduled appointments and off-site visits. While Stefanie will make every effort to meet, even briefly, with everyone who comes to the center without an appointment, it is not always the most optimal use of time to properly address your concerns. Also, you may arrive on Stefanie's day off (Thursday) or when she is at an off-site appointment. In order to avoid making a trip to the center only to be told she is unavailable, it is highly recommended that you call in advance to schedule an appointment. You can call Stefanie to schedule an appointment or to speak with her at 203-272- 8030 or email her at stheroux@cheshirect.org.

Thank you for your cooperation with this request.

***Town of Cheshire
The bedding
plant capital of
Connecticut***

News From the Senior Center

Contact the Transportation Office at 203-272-0047 for the following:

- **Mini-Bus Reservations:**

Please call by 11:00 AM one business day before to reserve a ride.

Mini-Buses run Monday thru Friday 8:30 AM - 4:00 PM.

For rides in Cheshire (.50 each time you step on the bus).

For Out-of-Town medical appointments (\$5.00 roundtrip).

Call for information on availability.

- **Lunch Reservations:**

Please call 2 days in advance by 11:00 AM.

- **Dial-A-Ride (Fridays only) to the Waterbury Area.**

Cheshire Senior Center Board of Directors

Ed Bogrette, Chairperson; Linda Buckley, Vice-Chairperson; (Positions open: Secretary & Treasurer)

Cheshire Senior Center Board Members

Sandy Chase, Rachel Chiginsky, Shirley Gilhuly, Pat Hartmann, Evelynn Henriques,

Cynthia Mazzaferro, Sharon Ort, Andrew Tranquilli

(One Position open)

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 one of two ways:

- 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.

-*The Cheshire Senior Center Membership Association also supports the Senior Center through their fundraising efforts.*

All donations should be sent to:

The Cheshire Senior Center

240 Maple Avenue

Cheshire, CT 06410

Please be sure to indicate where your donation is to be appropriated.

Meeting

Senior Center Board of Directors

Monday, April 3, 2017

1:00 PM

Thank you for your kind donations:

Cheshire Senior Center Pinochle Players
in memory of Norma Lucas

Rachel Chiginsky in memory of Norma Lucas

Health and Wellness News

Eat Like a Viking for Health Benefits

For years, you've heard about the Mediterranean diet's heart-healthy benefits. Could a northern version of this popular plan also help combat heart disease and other obesity-related conditions? In a word: probably. While more research is needed, a growing body of evidence suggests a Nordic diet may offer similar health benefits to its warm-weather cousin.

What is it? Built around food eaten in Sweden and neighboring countries, the Nordic diet consists of:

- Whole-grain products, including oats, barley, and rye
- Vegetables (especially root vegetables)
- Legumes
- Pears, apples, and berries
- Limited low-fat dairy
- Fatty fish, such as salmon, herring and mackerel

How does it help? Some researchers have found that a healthy Nordic diet can help lower cholesterol, blood sugar, and blood pressure in people with high cholesterol. This diet has also been shown to help people with wide waist circumferences lose weight. At least one study has also noted that the Nordic diet lowers inflammation markers in abdominal fat. Inflammation has been linked to heart disease and metabolic disorders, such as diabetes.

What should I do? While the diet has not yet been proven to prevent chronic disease, it follows many heart-healthy eating principles long embraced by the Centers for Disease Control and Prevention and the American Heart Association. Upping your intake of veggies, fruit, whole grains, and fatty fish are all good bets for better heart health and reaching or maintaining a healthy weight. A nutritionist can help create an eating plan that's right for you.

Article taken from Vitality, February 2017

Health Bit

Protein helps you build and maintain muscle, making it an important part of your diet. However, you should try to get your daily requirement of protein from sources other than the usual burger or chicken breast. Mix things up by making seafood your main source of protein at least twice a week. Beans, peas, nuts, seeds, and soy are other foods that are good sources of protein. As with all aspects of your diet, variety is the key.

Health and Wellness Programs

Blood Pressure Screenings – Tuesday, April 4, 1:00 – 2:30 PM. Courtesy of Sandy Micalizzi, Community Educator for St. Mary's and Waterbury Hospitals. No appointment required.

Blood Pressure Screenings – Tuesday, April 11, 1:00 – 2:30 PM. Courtesy of VNA of South Central CT. No appointment required.

Blood Pressure Screenings – Tuesday, April 18, 1:00 – 2:30 PM. Courtesy of St. Mary's Hospital. No appointment required.

Hearing Education Seminar on Digital Technology – Wednesday, April 19, 10:00 AM. Presented by All Ears Hearing Aid Services. Registration is requested - please call Laura at 203-272-8286

Blood Pressure Screenings – Tuesday, April 25, 1:00 – 2:30 PM. Courtesy of Cheshire House. No appointment required.

Social Service News

Contact Stefanie D. Theroux, LCSW at 203-272-8030

If you are interested in learning more about the following programs and services:

- **C.H.A.T. Program - “Elder Care Issues”** Wednesday, April 26, 2017, at 10:00 a.m. Informal round table discussion with Attorney Michael Giardina.
- Caregiver Support Services, Community Based Services and Resources.
- Medicare, Medicare Assistance Program, Medicaid and Long Term Planning
- Mini-Bus Evaluations.

The Social Worker will not be available beginning, March 31, 2017 through April 16, 2017 and returning to work on April 17, 2017. If you need assistance during that time period, please contact Stephanie Ferrall at 203-272-3165.

Social Service News for April

Helping Loved Ones Manage Their Finances

As your loved ones age, you may find it necessary to help them manage their finances. Handling money matters can be a sensitive task for both caregivers and care recipients. As a rule, you will want to involve the care recipient in financial decisions as much as possible. If you find that your parent or loved one cannot make decisions, you may need to take over.

Warning signs that a care recipient’s finances are off track:

- Unopened mail piling up or unpaid bills.
- Difficulty counting change or balancing the checkbook.
- Costly new purchases or calls from creditors.
- Not having enough money for essentials.

Where to begin? Talk with your loved one about finances while they are still able. Make sure you know their wishes. Consider the following steps for getting affairs in order:

- Gather information about income, expenses, property, investments, etc.
- Keep financial information in one place.
- Tell another trusted person where you keep important papers.
- Seek professional or legal advice.

What financial planning is needed? It’s good practice to consult with an elder law attorney to explore or make arrangements for the future including:

- **Durable Power of Attorney (POA):** A POA gives someone the right to act for another person. This could include making legal and financial decisions. It could include writing checks and paying bills.
- **Living Trust:** A Living Trust gives instructions about a person’s estate which includes property and funds. The trust appoints someone to handle the estate when the person becomes unable and also, how assets should be distributed after death.
- **Will:** A Will states how a person wants assets distributed upon death and can include other things such as gifts or funeral wishes.

Adapted from the original article “Helping Elderly Parents Manage Their Finances” by Livia Fiordelisi, WCAAA Staff, WCAAA Crier, January 2013. Sources: U.S. Department of Veterans Affairs: RESCUE and Education for Stroke Caregivers’ Understanding and Employment. www.rorc.research.va.gov

C.H.A.T. Chatter for April

Let’s All Fight Medicare Fraud

As we all know, Medicare fraud is at an all time high. Americans are losing 60 billion dollars to Medicare Fraud. This number is so overwhelming to an individual that you may think that there is nothing you can do to help. Well there is. You can check your Quarterly Medicare Summary Notices to make sure you have received the billed services and the billing is correct.

What you need to look for on your notices are the following most common billing errors as reported from the Centers for Medicare and Medicaid Services (CMS):

- **Repeat Billing.** Ensure that you haven’t been charged twice for the same procedure, supplies or medications.
- **Length of Stay.** Double check the dates of your admission and discharge. Most hospitals charge for the day you arrived, but not the day you left.
- **Correct type of room if hospitalized or in a rehab facility.** Private rooms cost more than semiprivate rooms
- **Up Coding.** This happens when a doctor changes an order from an expensive medication or service to a less expensive medication or service. You may accidentally be billed for the more expensive medication or service.
- **Keystroke Mistakes.** Sometimes an innocent error can result in significant over charges.
- **Canceled Service.** Occasionally a medication, procedure, or service that was prearranged and then canceled later will show up on your final notice.

The Senior Medicare Patrol through the Western Connecticut Agency on Aging informs Medicare Beneficiaries what to look for and helps with Medicare Fraud and Abuse. You can do your part by looking at your Medicare Summary Notice and make sure that you have received the services indicated on the notice. If something looks incorrect or “just not right” call Medicare, at 800-633-4227 or the Western Connecticut Agency on Aging at 203-757-5449 extension 160.

Source: Adapted for the article “Let’s All Be on The Same Team and Fight Medicare Fraud”, by Dawn F. Macary, WCAAA Staff, WCAAA Crier; October 2016.

April Special Programs

Choosing your Electric Supplier - Wednesday, April 5, 11:00 a.m. Presented by the State of Connecticut Public Utilities Regulatory Authority. This presentation will cover new information provided on the first page of your electric bill, how to compare generation rates, the opportunity to lower your bill, how to block supplier switching, and being cautious in this market and more. Advance registration is requested.

What is Reflexology - Friday, April 7, 10:30 a.m. Join us as Nationally Certified Reflexologist Kim Stewart, NBCR, explains what Reflexology is and what benefits it could bring to your life. Kim will provide lots of information and a demonstration. Registration is requested. Kim will also be taking appointments for Reflexology sessions starting mid-April. Call Laura at 203-272-8286 for more information.

Pizza Lunch & Magic Show – Wednesday, April 12, 11:45 a.m. – 1:30 p.m. Join us for a pizza lunch followed by The Magic of Christina! Lunch will be served at 11:45. The Magic show will begin at 12:30. We welcome you to bring your grandchildren to enjoy this special lunch and presentation. Lunch cost is \$5.00. You do not need to have lunch to attend the magic show. Registration is required by Monday, April 10.

Jeopardy w/ Bobbi – Thursday, April 13, 1:00-2:00 p.m. Join us for an afternoon of knowledge and lots of laughter. Program sponsored by Grand Care Companions. Registration is requested.

Hearing Education Seminar on Digital Technology – Wednesday, April 19, 10:00 a.m. Presented by all Ears Hearing Aid Services. Learn how digital technology can be integrated to enhance your hearing. Advance registration is requested by Thursday, April 13.

Zumba Gold Fundraiser - Sunday, April 23 at 1:00 p.m. Come join us for an afternoon of Zumba and a nutrition talk about Plant Pure Nation. This program is a fundraiser to benefit C.H.A.T. (Cheshire Home Awareness Team). Refreshments will be served. Suggested donation \$5.00. Registration is requested by Friday, April 21.

Round Table discussion with Attorney Michael Giardina – Wednesday, April 26, 10:00 – 11:00 a.m.. Join us for this informal discussion. Attorney Giardina will provide information and answer questions about eligibility for long term care benefits, pitfalls when entering a nursing home, and planning for future needs. Registration is requested by Friday, April 21.

Spring Fling Dance - Thursday, April 27, 1:00 – 2:00 p.m. Help us usher in the warmer temperatures by dancing the afternoon away! Mr. Walter Martin will get your feet moving with his amazing vocals. Refreshments will be served. Cost: \$2.00. Registration is requested by Tuesday, April 25.

April Monthly Programs

Men's Breakfast Club – NO MEETING THIS MONTH.

Through the Magnifying Glass: The Cheshire Sherlock Holmes Society - Thursday, April 6, 1:00 p.m. Please read 'Silver Blaze'. New members are always welcome. Registration is appreciated. For questions email Andy at tranquilli@hotmail.com. **Please note date change.**

AARP Safe Driving Course – Monday, April 17, 9:00 a.m.. - 1:00 p.m. The cost is \$15.00 for AARP members and \$20.00 for non-AARP members. Check or money order only payable to "AARP". No cash. Pre-registration and payment are required at time of sign-up.

Photo ID – Monday, April 17, 1:00 – 3:00 p.m. Photos are taken on a first come first serve basis.

Cheshire Readers Book Club – Tuesday, April 18, 10:30 - 11:30 a.m. Discussion: Lilac Girls, by Martha Hall Kelly. New members are always welcome.

The Joy of Coloring – Thursday, April 20, 10:30 a.m. Adult coloring session; Supplies will be provided; you may bring your own if you have preferences. Registration is requested.

Whist – Thursday, April 20, 1:00 – 3:00 p.m. Fee of \$3.00 to attend.

Lunch and Movie – Monday, April 24, 11:45 a.m. lunch from Main Street Caffe. Movie at 12:30 p.m. ***Hidden Figures***. Rated: PG. Cost for lunch is \$7.00. Registration for lunch is requested by Thursday, April 20.

Ask the Probate Judge – Tuesday, April 25, from 10:00 – 11:00 a.m. Informal roundtable with Judge Jalowiec. Registration is requested but walk-ins are welcome.

Cheshire Cuisine Club – Thursday, April 27 at Noon. This month's feature restaurant: Gobi Mongolian Grill in Southington. Registration is required. You may drive on your own but transportation is available upon request but seating is limited.

APRIL 2017 DAILY EVENTS & CALENDAR

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:00 AM Boomers & Beyond Body Camp I 9:00 AM Sweatin' to the Oldies Exercise 9:45 AM Chair Yoga II 11:30 AM Get Fit with Brenda 12:30 PM Knit & Crochet 1:00 PM Tai Chi - Adv. 2:15 PM Tai Chi - Beg.	9:00 AM Crafty Ladies 9:30 AM Zumba Gold I 10:15 AM Mod. Exercise 10:30 AM YoLarates 1:00 PM Bingo 4:00 PM Bolly X LIT	9:30 AM Pilates 10:00 AM Chair Yoga I 10:30 AM Balance & Coordination 1:00 PM Busy Bees 1:00 PM Senior Club	9:00 AM Walking Group 9:30 AM Line Dance - Advanced 10:15 AM Mod. Exercise 10:45 AM Line Dance - Beginner 12:30 PM Gentle Therapeutic Exercise 1:30 PM Life Story Writing Workshop 2:30 PM Tai Chi - Intermediate	9:30 AM Zumba Gold II 10:30 AM Art & Painting 10:30 AM Boomers & Beyond Body Camp II
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Widow/Widowers</u> Sunday, April 9 Sunday, April 23 12:30 - 3:30 PM	<u>Zumba Gold Fundraiser</u> Sunday, April 23 1:00 PM. Suggested donation \$5.00	See the Special Monthly Program page for further details.		
3 Spring Classes begin this week. 1:00 Board of Directors Meeting	4 12:30 - 3:00 Live Well Workshop 1:00 - 2:30 Blood Pressure 1:00 Travel Club Board Meeting	5 11:00 Choosing your Electric Supplier Program	6 9:30 Assessor Representative for Tax Relief Program 10:30 AM - 12:30 Tech Support Thursday 11:00 Women's Club 1:00 Sherlock Holmes Society	7 10:30 What is Reflexology?
10	11 12:30 - 3:00 Live Well Workshop 1:00 - 2:30 Blood Pressure	12 11:45 Pizza Lunch & Magic Show. Cost: \$5.00	13 10:30 - 12:30 Tech Support Thursday 1:00 Jeopardy with Bobbi	14 Senior Center Closed in Observance of Good Friday
17 9:00 AARP Safe Driving Course 1:00 Photo ID	18 10:30 Cheshire Readers Book Club 1:00 - 2:30 Blood Pressure	19 10:00 Hearing Education Seminar on Digital Technology	20 9:30 Assessor Representative for Tax Relief Program 10:30 The Joy of Coloring 1:00 Whist Card Party	21
24 9:30 Cheshire Garden Club Board Meeting 11:45 Lunch and a Movie	25 10:00 Ask the Probate Judge 1:00 - 2:30 Blood Pressure	26 <u>Mohegan Sun Casino</u> 10:00 C.H.A.T. Program "Elder Care Issues" Informal Round Table Discussion	27 10:00 Women's Club Board Meeting Noon Cheshire Cuisine Club 1:00 Spring Fling Dance	28

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Cheshire Travel Opportunities

Cheshire Senior Travel Club
Office Hours are Monday & Thursday
10:00 - 11:30 AM

Trip registration policy: You must have your Senior Center Photo ID card to register for a trip. No cash, checks only payable to: Cheshire Senior Travel Club. Include your name, address, telephone number and trip requested. All sign-ups are final, unless cancellation insurance is purchased at time of sign-up if applicable. We cannot guarantee a refund of your money.

No Mini-Bus available for trips returning after 3:30 PM.

Mohegan Sun Casino Trip
Wednesday, April 26, 2017
\$26.00 per person

For more information contact: Evelyn Hennes
203-272-8889 or Jennie Hannon 203-272-6035

Departs at 8:00 AM Stop & Shop Parking Lot and
approximate Return: 5:30 PM



Mystery Mother's Day
The Log Cabin Banquet House
Monday, May 15, 2017

Spend the day enjoying the beautiful views of the Pioneer Valley at the Log Cabin in Holyoke, MA. Start off with the Log Cabin's Signature Mother's Day Brunch Buffet followed by an afternoon of entertainment. Package includes: Signature Brunch Buffet at the Log Cabin, Roundtrip Motorcoach Transportation, Driver Gratuity and an afternoon of FUN entertainment. Cost: \$69 per person. Departs at 11:00 AM Stop & Shop Parking Lot and Returns 4:00 PM.

Contact: Eleanor Vesentin 203-272-0594 or Sandy Chase 203-641-4817

Tall Ships in Boston
Monday, June 19, 2017
This trip is Sold Out!

Twin Lobsters at Hu Ke Lau!
with an amazing Rod Stewart Tribute
Wednesday, July 19, 2017

Enjoy a fun filled day at the Hu Ke Lau. Package includes: Round Trip Motor Coach Transportation, Twin Lobsters or Prime Rib, Baked Potato, Vegetable, Ice Cream & Coffee. Rod Stewart Tribute Show with the charismatic Rick Larimore & Driver Gratuity. Cost: \$89 per person.

Contact: Jennie Hannon 203-272-6035 or Pat Hartmann 203-272-9804

Experience an Oyster Farm Tour
Matunuck Oyster Bar, South Kingstown, RI
Thursday, August 17, 2017

Includes: Roundtrip Motorcoach Transportation, Driver Gratuities, 90 Minute Oyster Farm Tour on a barge on Potter Pond, Lunch at Cap'n Jack's: Cup of Chowder, 3 Clam Cakes & Shrimp Cocktail, 1 1/4 lb. whole Lobster OR Prime Rib, Vegetable, Rolls, Apple Crisp, Coffee or Tea and visit to Narragansett Pier Marketplace. Cost: \$89 per person.

Contact : Jennie Hannon 203-272-6035 or Pat Hartmann 203-272-9804

Madava Farms, Dover Plains, New York
Home of Crown Maple, Tour and Luncheon
Wednesday, September 20, 2017

Package Includes: Roundtrip Motorcoach Transportation, Tour Madava Maple Farm Sugarhouse, 5 Stage Maple Tasting, Farm Fresh Luncheon, Wine Tasting & Tour Millbrook Winery and Driver Gratuities. Cost: \$91 per person.

Contact: Sandy Chase 203-641-4817 or Rachel Chiginsky 203-439-7501

New Cruise Trip:

Cheshire Senior Travel Present a 10-Night Cruise to Canada aboard the Norwegian Jade. October 6-16. There's no better way to experience the stunning foliage of eastern Canada during the peak weeks of autumn than on a cruise ship!

For more information contact: Sandy Chase 203-641-4817

Cheshire Senior Center Presents 2017/2018
Overnight Fly Trips. For more information contact
Stephanie Ferrall, Coordinator of Senior Services
203-272-3165

Northern National Parks
September 8 - 15, 2017

Highlights of this fabulous 8 Day trip includes: Salt Lake City, Jackson Hole, Yellowstone National Park, Old Faithful, Grand Teton National Park, City Park. Also included are roundtrip air from Bradley and ten meals. Brochures are available.

Spain's Classics

April 7 - 17, 2018

Highlights of this fabulous 11 Day trip includes: Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, The Alhambra, Valencia, Paella Experience, Barcelona, la Sagrada Familia, Parc Guell. Also included are roundtrip air from New York and 14 meals. Brochures are available.

***SENIOR CENTER TRANSPORTATION OFFICE
2017 SPRING AND SUMMER TRIPS***

Monday April 10, 2017

Jordan's Furniture and Brazi's Restaurant at Long Wharf, New Haven.

Take a walk thru the 150,000 square foot showroom with 125 rooms of furniture.

After you shop we will stop for lunch at Brazi's.

Monday, May 8, 2017

Middlebury Consignment Shop and Juniper's Restaurant, Middlebury.

Stroll thru floors of furniture and accessories.

Enjoy lunch on the premises at Juniper's restaurant.

Wednesday, June 14, 2017

Elizabeth Park Rose Garden and Pond House Café, Hartford.

The Park opened in 1904 today it has over 100 acres of formal gardens, green space and walking loops. The rose garden is over 2.5 acres with 475 beds that have 15,000 rose bushes and 800 varieties of roses. Free admission.

Wednesday, July 26, 2017

Collinsville Antiques and Cruisin' Café, New Hartford.

Shop on of New England's largest antique shops. Stay cool while you shop in the air conditioned building, with everything on one floor.

Enjoy lunch on the premises at the Cruisin' Café.

Call Eileen at 203-272-0047 to reserve a ride. There is a \$2.00 bus fee for all trips.

Also space is still available on the following trips:

Ralph Nadar's American Museum of Tort Law, Winsted, CT., April 24, 2017

GoodSpeed Opera House, Thoroughly Modern Millie, May 17, 2017

Essex Steam Train lunch excursion, July 12, 2017



Thursday Evening Setback League

Every Thursday at 6:00 PM starting on April 27

Players must have their own transportation. Teams consist of 2 players and you must have a partner when you register.

For more information or to register, please call Laura at 203-272-8286

Life in the White House

Monday, May 1, 1:00 PM

Join us as former White House Butler, Mr. Alan DeValerio shares his stories and adventures of life in the White House.

Refreshments will be served.
Registration is requested by Friday, April 28

Mother's Day Luncheon & Entertainment



Thursday, May 11, 11:30 AM

Special Luncheon Menu:

Lemon Chicken, Sautéed Green Beans w/garlic and oil, Salad, Bread and Dessert

Cost: \$12.00

Entertainment by: Kate Stone

Registration is required by Monday, May 8

Health & Wellness Education Fair



Friday, May 19

9:00 AM – 12 Noon

Additional information in upcoming newsletter.



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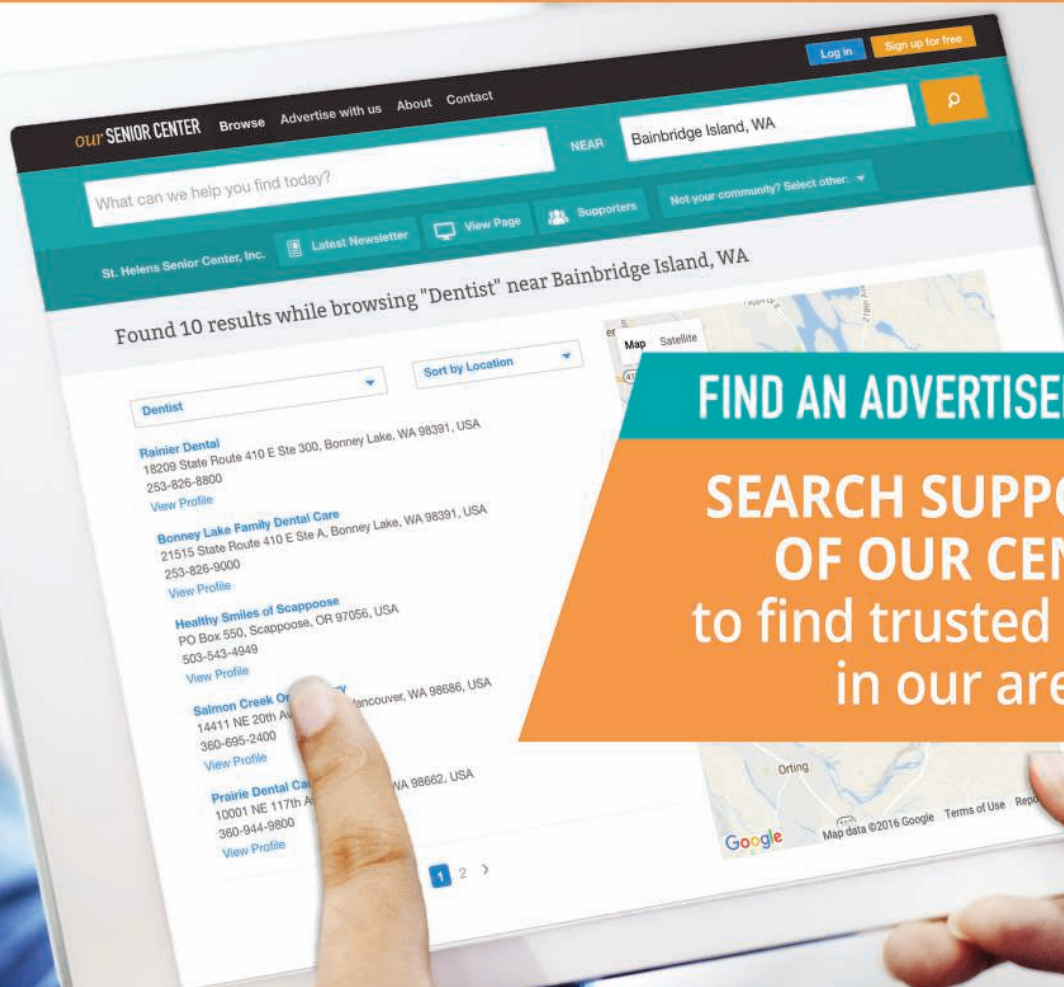


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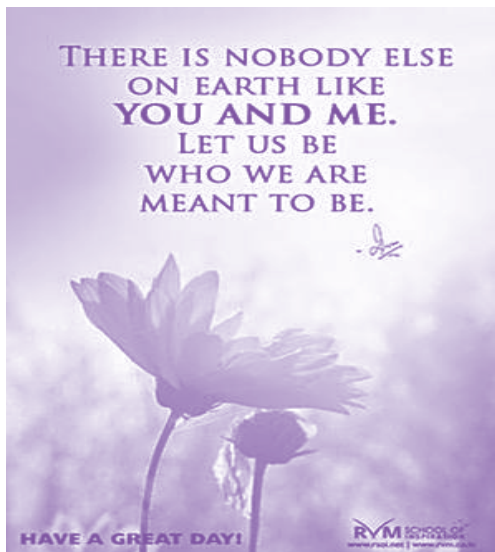
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Weekly Card Games & More

Monday	9:30 AM	9 - 5 Cards
	1:00 PM	Teen Patti
Tuesday	12:30 PM	Pinochle
Wednesday	12:30 PM	Mah Jongg
	12:45 PM	Nickel, Nickel
Thursday	12:30 PM	Scrabble
	1:00 PM	Charlemagne
	1:00 PM	Texas Hold'Em
Friday	10:00 AM	Golf Cards
	12:30 PM	Bridge
	12:45 PM	Setback
	1:00 PM	Current Events and more Discussion Group

***Setback players must be seated by 12:30 PM
when tables are assigned.***

Late arrivals may not be accommodated.