



CHESHIRE SENIOR CENTER FRONT PORCH NEWS JANUARY 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

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

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

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

Reminder....

**Winter Class
Registration starts
Wed., January 3rd
at 8:30am**

**Classes will start
the week of
Jan. 8th**

WINTERSESSION



The AARP Tax Program

is returning again to the Cheshire Senior Center



The first day to call Tracey and book your appointment
will be Tuesday, January 16th;

Tax appointments start on February 5th.

AARP will be at the Cheshire Senior Center from 9:00am until
12:00pm on Mondays & Thursdays beginning February 5th.

Call Tracey mid-January to book your appointment.

From the Desk of Stefanie

Happy New Year! I hope that you and your families had a wonderful holiday season! This month the Senior Center will be closed on Monday, January 1st in observance of New Year's Day and on Monday, January 15th in observance of Martin Luther King Day.

Our AARP Income Tax Program begins this month. We will begin scheduling appointments on Tuesday, January 16th for tax appointments beginning on Monday, February 5th. Unfortunately, no telephone calls or emails requesting appointments will be accepted prior to the January 16th start date. Thank you for your understanding.

As winter continues along, don't forget to check our Facebook page and local news channels for storm closings. Typically, if Cheshire schools are delayed, our buses and programs are delayed. If Cheshire schools are cancelled our buses and programs are cancelled.

Our Winter Session exercise class registration begins on January 3rd at 8:30am. In additions to our full class we schedule, we are excited to bring you some new classes this session including Tai Chi Easy and Breath, Stretch and Strength.



TOWN OF CHESHIRE CHESHIRE SENIOR CENTER

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

January 1, 2024

Happy New Year! We hope that you had a wonderful holiday season and that 2024 brings you peace and happiness. With the new year we have new classes and programs available to you, including Tai Chi Easy; Breath, Stretch and Strength; Cardio Boxing; Beginners Spanish; and Learn to Play Bridge. We will be closed on Monday, January 1st in observance of New Year's Day and on Monday, January 15th in observance of Martin Luther King Day.

Below are important things to make note of:

- **Winter class registration begins on Wednesday, January 3rd at 8:30am. Classes start the week of January 8th.**
- **Our AARP Income Tax Program begins this month. We will begin scheduling appointments on Tuesday, January 16th for tax appointments beginning on Monday, February 5th.** Please see the newsletter for details.
- **Generations Table returns on Wednesday, January 10th.** Please place your weekly food order by Friday, January 5th for your Wednesday, January 10th pick up.
- **Drop In Blood Pressure Screenings are available on Thursday, January 11th from 9:45am-11:15am.** No appointment is needed.
- **Hearing Screenings are available on Wednesday, January 17th from 1pm – 4pm.** Please contact the main office at 203-272-8286 to schedule an appointment.
- **Memory Screenings are available on Wednesday, January 24th from 1pm - 3pm.** Please contact the main office at 203-272-8286 to schedule an appointment.
- **"A Pathway through Grief" resumes on Thursday, January 25th.** This 8-week long support group will be offered on Thursdays from 1:30pm-3:00pm. **There will be no morning session.** Please see the newsletter for more information.
- **Double AA Batteries from the Fire Marshal's office are available in our main office.** Now is the time to check your smoke and carbon monoxide detectors and replace their batteries.
- **2024 Medicare coverage begins on January 1st.** If you are enrolled in a Medicare Advantage Plan and are unhappy with that plan, you can make changes through March 31, 2024. Please contact the social work office at 203-272-8030 if you have any questions about your Medicare coverage.
- **The Pool table and the lower level are not available for use 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.
- ***** 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.

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 Friday of the week prior to the Wednesday pick up. (Phone orders will not receive a call back to confirm.) Pay via credit card, Venmo @Elaine615 or check made payable to: Community Connection Network.

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

How can I get started?

Email Elaine at justlikemomcooks@gmail.com 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 December Menu /Wednesday Pick up 11-12

Pick Up Jan 10th

- Roasted Boneless Chicken thighs ___Single ___Family
- Stuffed Shells /Meatballs ___Single ___Family
- Stuffed Pepper (meat, rice & spinach) ___Single ___Family
- Pork Loin (sliced thin w/gravy) ___Single ___Family
- ___Lentil ___Minestrone

Pick up Jan 17th

- Eye of Round ___Single ___Family
- Chicken Marsala ___Single ___Family
- Sausage & Peppers ___Single ___Family
- Cavatelli /Broccoli Sausage ___Single ___Family
- ___Spinach White Bean & Sausage ___Barley

Pick Up Jan 24

- Chicken Francese ___Single ___Family
- Vegetable Lasagna (white) ___Single ___Family
- Roasted Pork Shoulder ___Single ___Family
- Turkey Dinner ___Single ___Family
- ___Chicken ___Vegetable

Pick Up Jan 31st

- Chicken Cacciatore over linguine ___Single ___Family
- Marsala Bucatini with Mushrooms ___Single ___Family
- Eggplant Parm ___Single ___Family
- Tuscan Chicken ___Single ___Family
- ___Pasta Fagioli ___Sweet Potato Kale

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

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

Soups are Pint size \$4

Meals are made fresh and can be frozen

All Meals must be paid prior to pick up

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

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

Make Check Payable to Community Connection Network or Venmo @Elaine615

News From the Senior Center

Support for the Senior Center

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

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

All donations should be sent to:

The Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410

Cheshire Senior Center Membership Association, Inc.

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

Board of Directors:

Chairperson: Linda Buckley, Treasurer: William Saguta

Board Members:

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

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



We are excited to introduce

Generations Table Meal Program

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

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

Meals are packaged in containers that can be put in the freezer, microwave, or oven. Through this meal program you have the option of ordering a Single Serve Meal that includes main dish, starch and vegetable (these are smaller portion meals just enough for one) or Ordering a Family meal that is a larger portion and does not include the sides.

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

See insert for meal options & ordering details.

Mohegan Sun Casino Trip

Friday, February 9th

Join us for a day at the casino and take a chance with Lady Luck. Bus departs Senior Center no later than 9:00am. Bus will depart Mohegan Sun at 3:00pm.

Cost is \$12.00
Registration is required,
space is limited.

Sign up today!



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!*

**** 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

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



Aqua Turf Club Senior Event:

St. Patrick's Day Celebration

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

Featuring The McLean Avenue Band & Irish Step Dancers!! Padraig Allen and The Mclean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of Hits from the 50s to today!

\$54.00 pp Corned Beef & Cabbage / Baked Cod

Registration required, limited transportation available upon request

Now Available: Senior Dine program

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



NEW OPPORTUNITIES, INC.

Building Relationships to End Poverty

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

Does Medicaid Pay for Assisted Living?

What is assisted living?

Assisted living is a home-like residential community for older adults. Residents typically live in a room or apartment but have access to shared living spaces and on-site social activities. Meals, housekeeping, laundry, and transportation are usually included in assisted living costs. In addition, trained staff is on hand 24 hours a day to help residents with personal care tasks such as bathing, dressing, toileting, and managing their medications.

Does Medicaid cover assisted living expenses?

Medicaid does not cover the room and board part of assisted living costs. However, many states offer Medicaid waiver programs that can help defray the costs of assisted living. These are called Home and Community-Based Services (HCBS) Medicaid waivers or 1915(c) Medicaid waivers. Medicaid waivers are designed to prevent or delay the move into a nursing home. They help cover some long-term services and supports for older adults, people with disabilities, and people with dementia. These services can be provided in a variety of settings, from adult day care centers to assisted living facilities. Nearly 1 in 6 assisted living residents depends on Medicaid to pay for daily care services.

Assisted living for dementia and Medicaid

Some Medicaid assisted living waivers include memory care (or dementia care). Memory care facilities offer long-term residential support specially tailored to people who have cognitive and memory challenges. By covering some costs related to memory care, Medicaid assisted living waivers can help people with Alzheimer's disease and other types of dementia live independently for longer and enjoy a better quality of life.

Finding assisted living facilities that accept Medicaid

Not all assisted living facilities accept Medicaid, and those that do may only allow a certain number of beds for people on Medicaid. In some cases, a facility may not accept Medicaid—but they may permit outside service providers to come in and provide support for Medicaid-funded residents.

To find assisted living facilities near you that work with older adults on Medicaid, reach out to your local area agency on aging or senior center. They may be able to refer you to Medicaid-approved residences nearby.

Source: National Council on Aging: <https://www.ncoa.org/article/does-medicaid-pay-for-assisted-living>



BRING ME BACK HOME REGISTRY

What is the Bring Me Back Home Program?

Bring Me Back Home (BMBH) is a new registry for Connecticut residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as dementia or autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

How can we register?

To sign your loved one up for Bring Me Back Home, visit ct.gov/BMBH or scan the QR code below.

How does Bring Me Back Home work?

A family member or guardian registers their person with cognitive challenges through the link above, or in person at your nearest police department. This information is then part of the statewide Bring Me Back Home registry. When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program. Law enforcement officers will have access to the confidential and secure information and respond appropriately.

Who is eligible?

All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

Why is this important?

Wandering can be dangerous and life threatening. If not found within 24 hours, there is a much higher probability individuals may suffer serious injury or death.

For example, according to the Alzheimer's Association, 6 in 10 people living with dementia will wander. Alzheimer's disease, and other forms of dementia, can cause people to lose their ability to recognize familiar places and faces. This can happen at any stage of the disease and at any time of the day or night, this risk weighs heavily on caregivers and family.

Questions about dementia and wandering?

The Alzheimer's Association Connecticut Chapter offers a 24/7 Helpline: **(800) 272-3900**, providing information and resources for all affected, or visit their website: alz.org/ct | alz.org/safety.



ALZHEIMER'S  ASSOCIATION



January Programs

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

Monthly Programs

REFLEXOLOGY



**Monthly Reflexology
with Kim**
Friday, January 5th

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

Line Dancing Mondays at 10:30am

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

Line Dancing!



**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, January 16th at 10:45am



Book choice for discussion is *Remarkably Bright Creatures* by Shelby Van Pelt. *New members welcome!*

Sit Down with Stefanie

Thursday, January 11th 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

There will be no meeting in January at the Senior Center.

There are plans to celebrate Sherlock Holmes' 170th Birthday, please contact Andy Tranquilli at tranquilli@hotmail.com for additional information.



Special Programs

Southern Charm Trip Presentation

Monday, Jan. 8th at 1:30pm

Join us for an information meeting on our Southern Charm Trip, featuring Charleston & Savannah. 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.



Police Perspective—Auto Theft

Thursday, January 11th
1:00 to 3:00pm



Come join us as members of the Cheshire Police Department share with us their perspectives on auto thefts.

There will be a time for Q & A.

This is a make-up of the November program.
Registration is required.

Also, a **"Drop Your Drugs"** table will be set up during this program to dispose of unused prescription medications in original containers (no sharps).

Winter Craft

Wednesday, Jan. 24th at 1:30pm



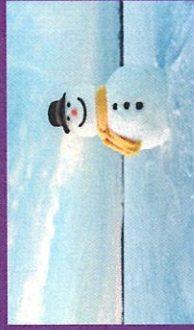
Join us as we create a Valentine Puzzle Piece Wreath. Cost is \$2.00. All supplies will be provided. Space is limited and registration is required.

Movie Matinee

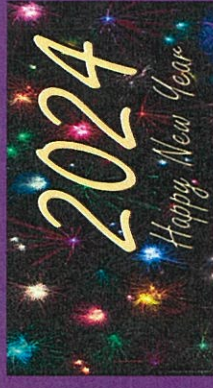
Wednesday, Jan. 31st at 12:30pm


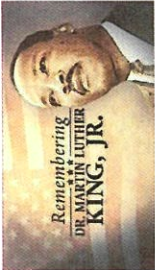


Join us for a viewing of *Oppenheimer*: During World War II, physicist J. Robert Oppenheimer is appointed to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history. Starring Cillian Murphy, Emily Blunt, Matt Damon and Florence Pugh. **THIS MOVIE IS 3 HOURS LONG. PLEASE NOTE: START TIME OF 12:30pm.** Registration is required.



JANUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
1 10:30 Line Dancing 12:30 Canasta 1:00 Membership Assoc. Board Meeting 1:30 Southern Charm Trip Presentation 2:30 Cardio Boxing SENIOR CENTER CLOSED FOR HOLIDAY 	2 10:30 Moderate Exercise-Drop In 1:00 Bingo 3 8:30 Winter Class Registration begins 9:00-12:00 Arts & Craft drop in 10:00 Wii Bowling 11:00 Nickel, Nickel 11:00 NO Generations Table pickup 12:30 Mah Jongg	3 8:30 Winter Class Registration begins 9:00-12:00 Arts & Craft drop in 10:00 Wii Bowling 11:00 Nickel, Nickel 11:00 NO Generations Table pickup 12:30 Mah Jongg	4 10:00 Pathway through Grief 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help 1:30 Pathway through Grief 5 Reflexology Sessions by appointment only 10:15 Golf card game 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	5 Reflexology Sessions by appointment only 10:15 Golf card game 12:30 Set Back 12:30 Bridge 1:00 Discussion Group	Sat. 6 Sun. 7
8 10:30 Line Dancing 12:30 Canasta 1:00 Membership Assoc. Board Meeting 1:30 Southern Charm Trip Presentation 2:30 Cardio Boxing	9 9:30 Zumba Gold 10:30 Moderate Exercise-Drop In 1:00 Bingo 1:00 Chair Yoga	10 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 1:30 Handwriting Analysis	11 9:45 Blood Pressure Screening 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 1:00 Police Perspective & Drop Your Drugs	12 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. 13 Sun. 14
15 SENIOR CENTER CLOSED FOR HOLIDAY 	16 9:30 Zumba Gold 10:00 Community Resources Presentation 10:30 Moderate Exercise-Drop In 10:45 Cheshire Readers Book Club 11:00 Beginner Spanish 1:00 Bingo 1:00 Chair Yoga	17 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 Hearing Screenings 1:00 Trail Trekkers at Cheshire Grange 1:00 Bridge Instructional class 1:30 Discover Italian Culture	18 10:00 Myths of Hospice 10:00 Healthy Living Support Group 10:30 Moderate Exercise-Drop In 11:00 Technology Help 12:15 Gentle Therapeutic Exercises with Kim	19 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. 20 Sun. 21

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

SUPPORT OUR ADVERTISERS!

Sign up today for these upcoming programs....



Community Resources Presentation

Tuesday, Jan. 16th at 10:00am

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.

Presented by Sandra Gifford of Hartford Health Care. Registration is requested.

Bridge Instruction Class **Wednesdays - January 10th & January 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 relaxed atmosphere. Additional learning sessions may be added depending on need. Registration is required.



Blood Pressure Screening

***Thursday, January 11th *
from 9:45am to 11:15am**



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

Hearing Screenings **Wednesday January 17th from 1:00 – 4:00**



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

Spanish Anyone? **New Weekly Class Starting Tuesday, January 16th 11:00am – 12:00pm**

New Year.... new skill.... new fun. Learn basic conversational Spanish with experienced Language teacher Anne-Marie Boulade Perigois. There is no fee for this class. Space is limited, registration required.

Veteran's Coffee House

**Tuesday January 23rd
10:00am at Wallingford
Senior Center 238 Washing-
ton St.**



Veteran's Coffeehouse is only held at the Wallingford Senior Center. Speaker this month will be Paul B. Hoar Lt Col USAF (Retired).

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



Technology Help with Jared

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

Ask the Probate Judge

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

"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.



**Offered Thursdays: 1:30pm to 3:00pm only
this session at Cheshire Senior Center**

Beginning Thursday, January 25th

**Facilitators will be: Bob Havens and
Catherine Szerszen**

**RSVP: Bob Havens (860)480-1655 or
havensvo67@aol.com**



Memory Screening

**Wednesday, Jan. 24th
from 1:00 - 3:00pm**

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

**Puzzle A Thon
Monday, January 29th
at 12:30pm**



On National Puzzle Day – Grab a friend and join us for an afternoon of jigsaw puzzle competition. Teams of 2 people will have 2 hours to complete their puzzle. Each team will be provided the same puzzle. Prizes will be given. Registration required.



**Travel Planning
Committee Meeting**

Monday, Jan. 22nd at 1:00pm

Learn about some new perspective trips for 2024. Bring along any suggestions for possible trips.

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**

Sunsets & Southern Charm - Charleston & Savannah

April 21st to 25th, 2024



**Trip Presentation
January 8th at 1:30pm**

**Double Occupancy
\$2,399 pp**

Alaska Discovery Land & Cruise

July 24th to August 4, 2024

**Inside Cabin Double
\$5,899 pp***

**Oceanview Double
\$ 6,399 pp***

***Rates good thru 1/19/24**



Greece & Its Islands

October 10th to 25th, 2024



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

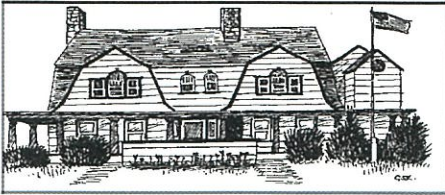
***Rates good thru 4/8/24**

Italy: Tuscany to Amalfi

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

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





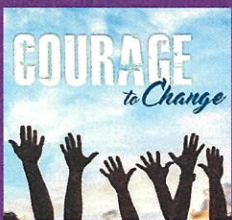
**CHESHIRE SENIOR CENTER
240 MAPLE AVENUE
CHESHIRE, CT 06410**

**PRE-SORTED STANDARD
U.S. POSTAGE PAID
Permit No. 62
Cheshire, CT 06410**

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

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

Courage to Change is an 8-week long skill building, solution focused group that can help you develop self-management and coping skills to make and maintain positive changes in your life.



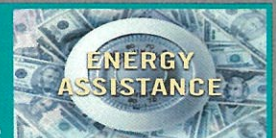
This 8-week long class will be held every Tuesday at 10:30am at the Senior Center beginning Tuesday, February 6th through Tuesday, March 26th.

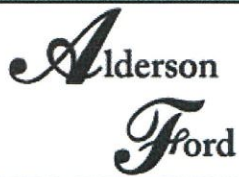
Facilitated by Kevin Lardner, LCSW with Cheshire Human Services. Class size is limited and registration is required. Please contact Laura at 203-272-8286 or lgravel@cheshirect.org to sign up today!

Connecticut Energy Assistance Program

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

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





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