Drive-Through Events!

FREE for South Windsor residents. Call to register for ALL events so we know how many to expect! All last names A-L come the first half hour, M-Z come the second half hour.

Italian Ice Day
We’re getting started with our first event on Wednesday, September 2 from 1 to 2 PM. Swing by for some delicious Italian Ice from Vecchittos in a variety of flavors!

Cheese Pizza Day
Come on over for a slice on Friday, September 4 from 12 to 1 PM. We’re getting the pizza from Alexia’s!

Peanut Butter and Jelly Day
We will have a delicious concoction of graham crackers, pudding, cool whip, and your choice of either blueberries or cherries!

Cherries and Blueberry Dessert
Friday, September 11 from 1 to 2 PM. A homemade concoction of graham crackers, pudding, cool whip, and your choice of either blueberries or cherries!

I love Food Day
You know how much we LOVE food. On Wednesday, September 9 from 12 to 1 PM we will have a delicious mystery food item for you. Come see what it is!

Peanut Butter and Jelly Day
Wednesday, September 16 from 1 to 2 PM. There’s nothing like an old fashion PB and J! Made with love, served with chips!

Pie day
Friday, September 18 from 1 to 2 PM. Friday is Pie Day! Yay! Drive on by, wish you could stay! Variety of flavors!

Ice Cream Cone Day
Need we say more? Wednesday, Sept. 23 from 1 to 2 PM.

Apple Crisp Day
The perfect treat to enjoy on the first days of fall. Friday, September 25 from 1 to 2 PM.

Coffee and Muffin Day
Calling all coffee lovers! Come get your morning pick-me-up here on Wednesday, September 30 from 9-10 AM. Your choice of muffin!

Welcome to “The Senior Connection”

In celebration of National Senior Center Month, this edition of the “Senior Connection” is being mailed to residents 55 and older. This year’s theme is “Delivering Vital Connections.” This is a particularly meaningful theme, as we continue to make connections in different ways during this social isolation and uncertainty. Our key words this celebration are Mind, Body, Spirit, Community. We hope you feel our current programming embodies these key words.

We are honored to serve South Windsor residents with a variety of programs and services and hope that we will soon be able to open our doors. In the meantime, please take a look and join us either in a drive up event, or virtually! We also hope to offer outdoor events soon! To get our newsletter mailed (or emailed) to you monthly please email swseniors@southwindsor.org or call 860-648-6361 ext. 3335.

Andrea Cofrancesco, Director of Human Services

Facebook Live Q&A With the Health Department
We will be joined by Heather Oatis, Environmental Health Officer for South Windsor’s Health Department, on Facebook Live on Friday, September 11 at 10:00 AM. She can answer your questions about the town’s response to Covid-19. Please email your questions to swseniors@southwindsor.org or call 860-648-6361 ext. 3335.

See inside for another Facebook Live Program with Daria!
Visit our Website: www.southwindsor-ct.gov/adult-senior-services

Adult and Senior Services
Contact Information:
Main Number: 860-648-6361

Transportation: Cindy Malone ext. 3310
Program Sign Ups: Liz O’Brien ext. 3335
Lunch Reservations: Sharon Bosco ext. 3328
Program Coordinators: Susan Gouin ext. 3339
Victoria Hellberg ext. 3340
CARES Coordinator: Amy Patterson ext. 3311
Caseworkers: Stephen Clapp ext. 3325
Susan Grundstrom ext. 3314

Asst. Dir. Adult & Senior Services: Lindsey Ravalese ext. 3319
Director of Human Services: Andrea Cofrancesco ext. 3316

Mission
The South Windsor Department of Human Services is a multi-generation service agency incorporating youth, adult and senior services. Our mission is to enable South Windsor residents to achieve and maintain personal and social well being by providing a variety of services, programs and resources that are both proactive and responsive to the community’s needs.

Adult and Senior Services
Division Mission:
The Adult and Senior Services Division responds to the economic, social and emotional needs of the adult and older citizens of South Windsor. This is accomplished through social service delivery, senior center programming, outreach and other supportive services.
**ZOOM and Other Virtual Programs**

Don’t have access to Zoom? No problem! You can now call in to some of our programs! Call us if interested.

**Fun & Games!**

Zoom in to play games with staff **Mondays, September 14 & 28 at 1:00 PM**! If interested, please call us for the Zoom ID and password.

**Weekly Happy Hour**

Bring any beverage (of your choice!), bring a snack and join in on conversation and maybe meet some new people! **Fridays at 5:30 PM**. If interested, please call us for the Zoom ID and password, as it changes!

**Coronavirus Scams and Hoaxes**

As the U.S. and the rest of the world grapple with the effects of COVID-19, scammers have taken advantage of the pandemic and developed new coronavirus hoaxes that prey on fears of the virus. Older adults, especially those who are experiencing cognitive decline and are isolated from loved ones due to social distancing, are at higher risk for falling victim to COVID-19-related phone or internet scams. Join Susan on **Thursday, September 10 at 2 PM** as she takes you through most recent scams and how to avoid them. **ID 8908984476 Password 006420**

**Misconceptions of Medicare/Medicaid**

**Tuesday, September 22 at 1 PM**, join Elder Law Attorney Joan Reed Wilson for a discussion about Medicaid and Medicare. Attorney Wilson will provide you with the correct information regarding qualifying for benefits, so you can make informed and educated choices for yourself and your loved ones. **Contact Laura Falt at 860.335.7526 or via email at Lfalt@nathealthcare.com to register for Zoom code by September 18.**

**Wellness Wednesdays:**

**Wednesdays at 2:30 PM**

September is Health Aging month. Join Susan on a variety of topics to enhance your health and well-being! Join one or all! No need to register, just zoom in!

9/2: 10 Tips for Reinventing Yourself
9/9: 10 Exercises To Tone every Inch of your body
9/16: Brain Boosting Foods (video clips included) and 10 Worst foods for your Brain: What not to eat
9/23: The best sleeping position for back pain, neck pain, and sciatica. Includes: Video clip by Jared Beckstrand, PT, DPT
9/30: Meditation: Which type of Meditation is right for you Presentated by Susan Gouin, MS, Health Educator.

**Zoom in with the Mayor!**

Join South Windsor’s Mayor Andrew Paterna for a conversation over Zoom about South Windsor and the happenings! **Wednesday, September 9 at 10:00 AM. Call to get the zoom ID and password.**

**Financial Assistance Programs**

Ever wonder what the Medicare Savings Program is all about? What other financial assistance programs are offered by South Windsor Human Services? Please join us on **Thursday, September 10 at 10 AM** for an informative Zoom program on the Medicare Savings Program and other helpful programs that we provide. Hope to see you there!

Meeting ID: 499 248 6864
Passcode: 8g4p04

**Medicare 101**

**Thursday, September 17 at 10 AM** join Andrea Cofrancesco, Certified CHOICES Counselor for a talk on Medicare, including A, B, Drug Plans and Medicare Advantage Plans. Call for the Zoom ID and passwords.

**Cookin’ it Up with Daria on Facebook Live!**

Learn how to make a simple and appealing kale salad! Yes, appealing! Don’t let “kale” stop you from attending this Facebook Live presentation with Daria Plummer, energetic and excitable chair of our Senior Advisory Council! Everything she will be using in this recipe will be from the veggies her and her husband Peter grow in their garden! In addition, she will go over a variety of salad dressings and their uses! She simply “adores” cooking and baking and gardening and if anyone can sell you on kale, it is Daria! **Tuesday, September 15 at 3:00 PM. Join us!**
Stay Home, Stay Fit, Stay Well!

Please note: We hope to offer outdoor exercise programs in September. At the time of the printing of this newsletter, it was not confirmed. If you are interested in outdoor classes, please call us at 860-648-6361 ext. 3335 or email swseniors@southwindsor.org and we will notify you if/when we can start.

NEW!  Weight Training for Fat Loss & Muscle Tone on ZOOM
This exercise class is designed to increase your metabolism to burn more calories and to increase your muscle strength and endurance. All you need is hand weights and/or resistance tubing (we have a limited supply to lend). It’s like working out at home with your very own Group Personal Trainer! Join Susan Mondays at 2 PM. Class starts September 7 on Zoom. For more information or to register call Susan at 860-648-6398. FREE

ZOOM Exercise & Wellness Classes
Have your mat or chair in a space that is comfortable for you.

• Light Aerobics with Linda Hull, Mondays and Thursdays at 7:45 AM (ID: 4071495311; password: 2m4E2f )
• Chair Yoga with Lorelei, Tuesdays at 10:00 AM (ID: 9885930460, Password: Qiflows)
• Chair Exercise with Diana, Wednesdays at 10:00 AM (ID: 8993401834, Password: breathe)
• Chair Yoga with Diana, Thursdays at 12:00 PM (ID: 8993401834, Password: breathe)
• Calm Connect: Fridays at 12:00 PM 15- minute multisensory meditation led by Jennifer Hirschberg-Wise of Radiant Journey LLC. Contact Jennifer at 860.916.9742 or Jennifer@radiantjourneyllc.com for log-in information.
• Mat Yoga with Diana, Saturdays at 10:00 AM (ID: 8993401834, Password: breathe)
• Gentle Chair Yoga with Diana, Sundays at 10 AM (ID: 8993401834, Password: breathe)

Why should I be active?

• Being active may help you live longer and protect you from developing serious health problems, such as type 2 diabetes, heart disease, stroke, and certain types of cancer.
• Regular physical activity is linked to many health benefits, such as
  • Lower blood pressure and blood glucose, or blood sugar
  • Healthy bones, muscles, and joints
  • A strong heart and lungs
  • Better sleep at night and improved mood

Tai Ji Quan on ZOOM
A new Tai Ji Quan class is being offered on Tuesdays and Fridays at 2 PM. Class starts September 8 on Zo. Please call Susan at 860-648-6398 to register. This is a grant funded class from the CT Healthy Living Collective and the Dartmouth Centers for Health & Aging. FREE! Join us and improve your Balance!

Virtual Aging Mastery Program
This is a 10-week comprehensive and fun program that celebrates the gift of longevity. The program helps prepare you for issues that are important as you age, with a different topic each week. The program combines goal setting, daily practices and peer support to help participants make meaningful changes in their lives. An ideal class for “baby boomers” and YOUNG older Adults 55 to 65”. Topics include: Healthy Eating, Exercise, Medication Management, Sleep Strategies, Financial Fitness and more... Class meets every Thursday, starting September 17 from 2:00 PM to 3:30 PM. Register now! This program is offered free from a grant by the CT. Healthy Living Collaboration and Anthem BCBS.

Sign up now!
This is a virtual class to be held on-line through Zoom.
To register and/or for more information please call Susan at 860-648-6398
Flu Shots

Due to Covid19, our regular Health and Safety Fair will not be held. The South Windsor Health Department is working on scheduling a drive up Flu Clinic for early October. Be on the lookout for more information in the October newsletter.

More to “Zoom” Into!

Traveling to….St. Louis!
Since we can’t go on trips right now, let’s learn about some fun places to explore! Kelly Rametta from MARC, Inc. of Manchester has a lot of MUGS from LOTS of places! This month she will give you tidbits of information about St. Louis! Think there’s not much to learn about St. Louis? You would be surprised! Kelly is so much fun and bubbly, you will want to go everywhere (virtually!) with her! Call or email to register and a link will be sent to you: swseniors@southwindsor.org or 860-648-6357. This 40 minute program on Zoom will be held on Wednesday, September 23 at 9 AM.

ZOOM Support Groups

Diabetes Support Group: Friday, September 11 at 10:00 AM
Laura Estan is now offering the diabetic support group through Zoom. (ID: 904 478 9422 Password: Diabetes20)

Women’s Cancer Support Group: Tuesdays at 6:00 PM
Facilitated by Cindy Sheridan Murphy, Life Coach and Cancer Survivor. Grab a coffee and join us for added support during this pandemic. Call 413-204-4682 or email coachcsmurphy@gmail.com for more information.

Other Virtual Support Groups

Call-In Dementia Caregivers Support Group: Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: Communication techniques, Caregiver support, Benefits of activities, Stages of disease, Family dynamics, and Safety issues. Mondays: 10am, Tuesdays: 3pm, Wednesdays: 10am, & Fridays: 2pm. To join Call: 860.972.6338. Access code: 19623#. Facilitated by Hartford HealthCare Center for Healthy Aging’s Certified Dementia Specialists. For more information, please call 877-424-4641.

Prevent Type 2 Diabetes:

Thursdays at 10 AM A trained lifestyle coach leads the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share their goals and struggles. Call 860 647 6824 to register or use this link: https://www.echn.org/events/virtual-prevent-type-2-diabetes-session-starting-today/

Developing Gratitude

There are a number of exercises that can increase your sense of gratitude in each of these areas. They take just a few minutes a day and can have a life-changing effect:

• Begin each day with a two-minute gratitude session. Find a quiet space of two minutes, close your eyes if possible, and bring to mind the things and people in your life you are grateful for. Remind yourself that they are gifts, because none of this is owed to you.

• Create a short affirmation concerning the gifts you have received. Use this on a daily basis to remind yourself that even though you have worked and planned for what you have, life could have turned out differently.

• Use a daily gratitude journal. Make it special by purchasing an inexpensive journal you can use just for this purpose. Every day write at least five things that you are grateful for. Your entries can be short or long; it doesn’t matter. To begin, make a commitment to do this for at least two weeks, and then work to develop it into a lifelong habit. The key to doing this is to never repeat an entry. Each new entry has to be different. You will find that this helps you to begin to pay attention to many of the small gifts that come into your life.

• Focus on the fact that gratitude can turn difficulties into gifts, and use this truth each time you are faced with a challenge in life.
Transportation Services

We are continuing to offer transportation to both medical appointments and grocery stores. However, we reserve the right to ask you how you are feeling and respectfully request that you tell us if you have a cough and fever. Help us keep our staff safe.

MASKS ARE REQUIRED ON OUR BUS

Medical transportation is available on a limited basis to Manchester, South Windsor, Glastonbury, Vernon, East Hartford and Hartford. Please call us for a schedule. To book a ride, please register at least two days in advance. 860-648-6361 ext. 3310

IN TOWN GROCERY STORES:
Stop and Shop and Geissler’s

Wednesdays and Fridays mornings. Times vary, as we are only allowed to transport one person at a time. You will be given an approximate pick up time at time of registration. Please call 860-648-6361 ext. 3310 to schedule your ride by noon the day before.

NEED GROCERIES?

Geissler’s:

Delivery is available for a charge of $9.95 (additional charges may apply depending on where you live)

Pick up Service: $4.95 charge (or free if $150 order or more), place an order and the groceries can be brought out to you. Orders should be made online at www.Geisslers.com but if you prefer to call: 860-623-0176. Shopping hour for seniors is from 7-8 AM every day of the week.

Stop and Shop:

Shopping hour for seniors is from 6-7:30 AM.

Volunteers:

We have a limited number of volunteers to assist with grocery shopping. Please call Andrea at 860-648-6357.

Old Cell Phones

We can take your old cell phones off your hands! The center receives a small stipend from a non-profit cell phone bank. We also have 911 phones if someone is in need. Please call Susan at 860-648-6398 if you would like to donate any old cell phones or want to inquire about a 911 phone.

Stay Connected With Us!

Follow us on Facebook:
@swseniorcenter

Follow us on Instagram:
SWSeniorCenter

Find us on YouTube: South Windsor Senior Connections

Do you want to get our weekly emails with helpful information from us?

Email: swseniors@southwindsor.org to sign up for weekly emails!

Grab and Go Lunches

Frozen meals are available to pick up on Tuesdays between 12:30-1 PM. Registration required by Thursday the week before. Donations accepted. Please call 860-648-6361 ext. 3335 to request meals.

Fresh Produce Available!

Futtner Farms is once again donating produce to our food bank and senior center. This year it will be at least the first two Thursdays of September at the community center. After that, is dependent on what is available to pick. Pick up is from 11 AM to 1 PM or while supplies last. If weather is bad that day, they will come on Friday. We will use the robocall option through My Senior Center to make the call when we have to cancel due to weather or availability. If you are not registered with us, you will not get the call.

Zoom Into...Stories From The Attic

The heroism of a soldier in the South Pacific; a portrait artist’s fateful visit with a President; a section of floor tile and the evil that trod upon it. And there is so much more history yet to be found. The search and discovery of these little known nuggets of history is what Greg Van Antwerp, Connecticut resident, and “Urban Archaeologist” has turned into a series of presentations called “Stories From The Attic.” On Wednesday, September 9 at 3:00 PM, hear about some of his best discoveries and the stories behind them. Call us for the log in info!
Taste of South Windsor

Senior Center Edition

Do you have a favorite recipe, whether it be a savory entrée or a sweet dessert, that you want to share with the world? We are looking for recipes to create our very own Taste of South Windsor Senior Center cookbook! Send your recipe to swseniors@southwindsor.org and we will enter you into our raffle to win a gift card at a South Windsor business! You may enter up to 2 recipes. Pictures are encouraged, but not required. Happy cooking!

1960s Trivia Questions

Movies from the 60’s

1. Which film won the Oscar for Best Picture in 1960?
2. Which actor won the Oscar for Best Actor for his role in the 1962 film *To Kill a Mockingbird*?
3. Which film was the highest grossing release of 1963, yet still lost money because it was one of the most expensive films ever made?
4. Who played the role of Norman Bates in the 1960 horror movie *Psycho*?
5. What was the name of Butch Cassidy’s gang in *Butch Cassidy and the Sundance Kid*?
6. What type of airplane appears in *Dr. Strangelove*?
7. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
8. What famous actor starred in *Lilies of the Field* and *Guess Who's Coming to Dinner*?
9. *Easy Rider* starred Peter Fonda, Jack Nicholson and Dennis Hopper. Which one directed the movie?
10. What 1968 movie co-starred a computer named H.A.L?

Answers:

1. 10. 2001: A Space Odyssey
2. Gregory Peck
3. Cleopatra
4. Anthony Perkins
5. Hole in the Wall Gang
6. Boeing B-52
7. Mary Poppins
8. Shirley Temple
9. Easy Rider
10. Stanley Kubrick

Veterans Corner

Virtual Veteran’s Coffee Hour!

Join us on Zoom for a veterans chat! Reps from the American Legion will be on to talk about the Soldier’s Sailors and Marines Fund, as well as anything else you want to talk about! Stay connected, join us! Thursday, September 17 at 10:00 AM. Please call us for the Zoom ID and password.

STAND DOWN

The Connecticut Department of Veterans Affairs (DVA) is pleased to announce that we will hold STAND DOWN 2020, a “one stop” access to a range of programs and services offered by State and Federal agencies, Veterans Organizations and Community Based Non-profits. Stand Down 2020 will be held on two days beginning Thursday, September 24 with a brief kickoff ceremony at 9:00 am at the DVA Rocky Hill Campus, followed by online informational sessions and webinars conducted by the DVA and other agencies and community service providers on topics including supportive services for veterans and their families, Federal VA Benefits, housing and homeless services, state labor/employment and vocational resources, Veteran caregiver support, legal aid and assistance and many more.

On Friday, September 25 from 8am to 3pm the DVA will coordinate distribution of personal need items to Veterans by Veteran Service Organizations and community based non-profits at four locations:

- DVA Campus, 287 West Street, Rocky Hill.
- Waldron Veterans Hall, 23 Memorial Dr., Danbury.
- Port 5 National Assoc. of Naval Veterans, 69 Brewster St. in Bridgeport.
- Veterans Rally Point/Easter Seals, 24 Stott Ave. in Norwich.

These locations will be staffed by representatives of the regional Vet Centers, the CT Bar Association and the DVA to provide benefits information, pro-bono legal services and potential free COVID-19 testing by medical professionals. Pre-registration may be necessary, but that information was not available at the time of printing. for Stand Down 2020.
SOCIAL SERVICES: 860-648-6361
Lindsey Ravalese ext. 3319; Steve Clapp ext. 3325, Sue Grundstrom ext. 3314

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<thead>
<tr>
<th>Farmers Market Vouchers</th>
<th>Information and Referral:</th>
<th>Caregivers Support Group</th>
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<td>We are once again partnering with the CT Department of Agriculture to offer South Windsor seniors farmer’s market vouchers for fresh cut herbs, fruit, veggies and honey, at any CT participating farmers markets. To qualify for the program you must be age 60 or over and your gross income cannot exceed $23,606 for a single person and $31,894 for a couple. If you have any questions or would like to participate in the program please call 860-648-6361 and ask to speak to a caseworker.</td>
<td>Staff provides information to people aged 18 and over and refers them to a variety of agencies that provide services to meet individual needs.</td>
<td>Please join us for our Caregiver Support Group Zoom meeting on Thursday, September 3 at 10 AM. We are continuing our discussion on the very relevant topic of caregiver stress with Michelle Wyman from The Hartford Healthcare Center for Healthy Aging. Meeting ID: 499 248 6864 Passcode: 8g4p04 If anyone would like the information from the first discussion, please call Susan Grundstrom at 860-648-6359. For more info or to be added to the mailing please call 860-648-6359 or email <a href="mailto:Susan.grundstrom@southwindsor.org">Susan.grundstrom@southwindsor.org</a></td>
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<th>ENERGY ASSISTANCE</th>
<th>Case Management:</th>
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<td>Applications for the 2020-21 energy assistance program are underway for deliverable fuels only. Electric and Gas customers can apply beginning November 1. Gross monthly income cannot exceed $35,116/year (single) and $45,920 (couples). Assets cannot exceed $12,000 (renter) and $15,000 (homeowner). If your assets exceed the limit and your income is low then you may still qualify. Documentation needed: last four weeks of income, bank statements, proof of rent or mortgage and utility bills. For an appointment or more info call 860-648-6361.</td>
<td>In order to better serve residents, staff works with area agencies to obtain services that meet individualized needs. The outcome of such coordination is the improvement of services received, the avoidance of confusion and service duplication.</td>
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<th>Renters Rebate</th>
<th>Outreach:</th>
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<td>Did you rent an apartment in 2019? Are you 65 or totally disabled? Income limited to $37,000 for an individual, $45,100 for a couple. Documentation needed includes all income for 2019 which includes your 2019 1040 form and Social Security 1099 form or if you do not file taxes all 2019 1099 forms and proof of what you paid for rent and utilities for 2019. You can obtain printouts of your 2019 Eversource and Gas payments by calling Customer Service. If you live at Watson Farm, Berry Patch or Hillcrest we have your rent history only, you must provide all the other documents. Call 860-648-6361 for more information. The building is currently closed to the public. No walk-ins are available.</td>
<td>Staff is available to make home visits to those who are homebound to provide information on services to promote independence. Staff can assess, provide follow up services, assist with financial assistance programs and more.</td>
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<th>Financial Assistance Programs:</th>
<th>Medicare Counseling:</th>
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<td>Assist with applying for a variety of programs including: energy assistance, property tax relief, renter’s rebate, Medicare Savings program, SNAP and more. Special Needs funds are also available.</td>
<td>Caseworkers are trained CHOICES Counselors and are available to meet with individuals to talk about Medicare options in an unbiased environment. No selling.</td>
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<tr>
<th>Food and Fuel Bank:</th>
<th>Telephone Reassurance:</th>
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<tr>
<td>Non-perishable food items are available monthly and emergency fuel assistance is available annually for those in need.</td>
<td>Volunteers call someone at the same time daily to be sure they are alright. Designed for those who are homebound, at risk, or have little to no family in the area.</td>
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**Don’t Miss Out!**

*These events did not make it into the calendar!*

**Ukulele Drop-In Jam!**

Sue Hill will be offering another Ukulele Drop-In Jam in September! This 10-week Ukulele “Refresher Course” is for those who have previously taken either her Beginners or Intermediate Course. Meetings will be held on Zoom on Thursdays at 1:00 PM, beginning on **Thursday, September 10.**

Newcomers are welcome! Newcomers are encouraged to pay a donation amount that they can afford. Payments can be coordinated directly with Sue. Call us for the Zoom Meeting ID and password.

**Pottery Painting on Zoom**

Join The Firestone in a fun pottery painting class on **Monday, September 21 at 10:00 AM!** This class will explore four different pottery painting techniques (lace, dot, carbon transfer and tape)- perfect for beginners! Each participant will receive four ceramic coasters, 6 paint colors and 3 brushes. Coasters will be brought back to the studio to be glazed and kiln fired. **Cost is $18 per person.** Space is limited. **Residents call to register beginning 9/3, Non-Residents call 9/10.** Participants can mail a check or drop the payment off in our drop box at the front entrance. Once we know we have the minimum number of students, we will contact you to pick up the materials at the center. Call ext. 3335 to register.

**End of Summer Concert With Jose Paulo!**

What better way to wrap up the summer than TOGETHER with an outdoor concert?! Please join us in welcoming back Jose Paulo, a very popular entertainer here at the Senor Center, on **Thursday, September 24 at 4:00 PM!** The concert’s theme will be “Hawaiian and Caribbean Luau”! Entertainment followed by a cold supper of your choice of sandwich to be determined at time of registration. Please note that we have scheduled this concert in hopes that we will be in Phase 3. If we are, you may bring your lawn chairs and enjoy the music outside of your car (socially distanced with masks). If we are still in Phase 2, you will need to stay in your cars for this event. **Donations will be accepted the night of to offset the cost of the food. Any amount that you can afford is appreciated.** Call ext. 3335 to register.

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**AARP CT Zoom Events**

**Registration is FREE for all events**

**“Gen Silent”**

**September 16, 2020 @ 1PM** Join us for a screening of the documentary “Gen Silent” to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. **Registration:** [https://aarp.cvent.com/GenSilentSept](https://aarp.cvent.com/GenSilentSept)

**Caregiving & Multigenerational Living Options in the Age of Coronavirus Pandemic**

**September 23, 2020 @ 7PM** Ira Yellen, creator of The Aging in Place Essential Toolkit™, Jenny Smith, owner of Acuity Public Relations, LLC, & Alan Hanbury, President of House of Hanbury Builders, Inc., and a Certified Aging in Place Specialist will present an interactive program highlighting trends in multigenerational living, designing for aging in place, and caregiver considerations when planning for the future. **Reg:** [https://aarp.cvent.com/CareLivingSept23WW](https://aarp.cvent.com/CareLivingSept23WW)

**Mondays at Mystic Seaport:**

**The Gerda 111 Story**

**September 28, 2020 @ 12PM** Mystic Seaport Museum volunteer and researcher Howard Veisz shares the extraordinary story of Gerda III, a wooden boat built in 1926 to re-supply offshore lighthouses along the Danish coast. During the Nazi occupation of Denmark in World War II, she took on another cargo: clandestine groups of Jewish refugees that she transported to freedom. The session will conclude with a live Q&A with Howard and museum staff. **Registration:** [https://aarp.cvent.com/MysticMonSept28](https://aarp.cvent.com/MysticMonSept28)

**The Emotional Lives of Persons with Dementia and Their Care Partners**

**September 30, 2020 @ 1PM** This conversation offers participants with the latest science of how emotions influence health for persons with dementia and their care partners. Joan K. Monin, PhD, Associate Professor at Yale School of Public Health, will discuss effective ways in which care partners can manage their negative emotions and increase positive emotions with benefits for quality of life. **Reg:** [https://aarp.cvent.com/Sept30MoninWW](https://aarp.cvent.com/Sept30MoninWW)

For full list of events and to register, visit [AARP.com/CT](http://www.aarp.org) and click on “Events”
Famous Composers

DIRECTIONS: Find and circle the famous composers’ last names in the grid. Look for them in all directions including backwards and diagonally.

BACH, Johann Sebastian (1685-1750)  DEBUSSY, Claude (1862-1918)  RAVEL, Maurice (1875-1937)
BARTOK, Bela (1881-1945)  GERSHWIN, George (1898-1937)  SCHUBERT, Franz (1797-1828)
BEETHOVEN, Ludwig van (1770-1827)  HANDEL, George Frideric (1685-1759)  SCHUMANN, Robert (1810-1856)
BERLIOZ, Hector (1803-1869)  HAYDN, Joseph (1732-1809)  STRAUSS, Richard (1864-1949)
BRAHMS, Johannes (1833-1897)  MENDELSSOHN, Felix (1809-1847)  TCHAIKOVSKY, Pyotr Ilyich (1840-1893)
CHOPIN, Frédéric (1810-1849)  MOZART, Wolfgang Amadeus (1756-1791)  WAGNER, Richard (1813-1883)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</table>
| [Image] | **Office is closed. Happy Labor Day!** | Staff Available 8—4:30 PM  
ZOOM Lite Aerobics 7:45 AM  
ZOOM Chair Yoga (Lorelei) 10:00 AM  
Grab and Go Pick Up Time 12:30-1:10 PM  
ZOOM Tai Ji Quan 2:00 PM  
ZOOM Women’s Cancer 6:00 PM  
Support Group | Staff Available 8—4:30 PM  
ZOOM Chair Exercise 10:00 AM  
Italian Ice Day 1:00 PM  
ZOOM Wellness Wed. 2:30 PM | Staff Available 8—4:30 PM  
ZOOM Lite Aerobics 7:45 AM  
Staff Available 8—4:30 PM  
ZOOM Chair Yoga (Diana) 12:00 PM  
Produce Available 11-1 PM | Staff Available 8—4:30 PM  
Calm Connect 12:00 PM  
Cheese Pizza Day 12:00 PM  
ZOOM Tai Ji Quan 2:00 PM  
Happy Hour 5:30 PM |
| 7 | 8 | 9 | 10 | 11 |
| **ZOOM Lite Aerobics** | Staff Available 8—4:30 PM  
ZOOM Chair Yoga (Lorelei) 10:00 AM  
Grab and Go Pick Up Time 12:30-1:10 PM  
ZOOM Better Breathers Club 2:00 PM  
ZOOM Tai Ji Quan 2:00 PM  
ZOOM Women’s Cancer 6:00 PM  
Support Group | Staff Available 8—4:30 PM  
ZOOM Chair Exercise 10:00 AM  
Zoom with the Mayor **I Love Food Day** 12:00 PM  
ZOOM Wellness Wed. 2:30 PM  
ZOOM Stories from the Attic | Staff Available 8—4:30 PM  
ZOOM Lite Aerobics 7:45 AM  
Staff Available 8—4:30 PM  
Zoom Financial Assistance Programs 10:00 AM  
ZOOM Chair Yoga (Diana) 12:00 PM  
Produce Available 11-1 PM  
ZOOM Coronavirus Scams & Hoaxes 2:00 PM | Staff Available 8—4:30 PM  
Facebook Live Q&A with the Health Dept. 10:00 AM  
Diabetes Support Group 10:00 AM  
Calm Connect 12:00 PM  
Cherries & Blueberry Desserts Pie Day 1:00 PM  
ZOOM Tai Ji Quan 2:00 PM  
Happy Hour 5:30 PM |
| 14 | 15 | 16 | 17 | 18 |
| **ZOOM Tai Ji Quan** | Staff Available 8—4:30 PM  
ZOOM Chair Yoga (Lorelei) 10:00 AM  
Grab and Go Pick Up Time 12:30-1:10 PM  
ZOOM Tai Ji Quan 2:00 PM  
ZOOM Women’s Cancer 6:00 PM  
Support Group | Staff Available 8—4:30 PM  
ZOOM Chair Exercise 10:00 AM  
**PB & J Day** 1:00 PM  
ZOOM Wellness Wed. 2:30 PM | Staff Available 8—4:30 PM  
ZOOM Lite Aerobics 7:45 AM  
Staff Available 8—4:30 PM  
ZOOM Medicare 101 10:00 AM  
ZOOM Vet’s Coffee Hour 10:00 AM  
ZOOM Chair Yoga (Diana) 12:00 PM  
ZOOM AMP 2:00 PM | Staff Available 8—4:30 PM  
Calm Connect 12:00 PM  
Apple Crisp Day Pie Day 1:00 PM  
ZOOM Tai Ji Quan 2:00 PM  
Happy Hour 5:30 PM |
| 21 | 22 | 23 | 24 | 25 |
| **ZOOM Chair Exercise** | Staff Available 8—4:30 PM  
ZOOM Chair Yoga (Lorelei) 10:00 AM  
Grab and Go Pick Up Time 12:30-1:10 PM  
ZOOM Misconceptions of Medicare/Medicaid 1:00 PM  
ZOOM Tai Ji Quan 2:00 PM  
ZOOM Women’s Cancer 6:00 PM  
Support Group | Staff Available 8—4:30 PM  
ZOOM Traveling to...St. Louis! 9:00 AM  
**Ice Cream Cone Day** 1:00 PM  
ZOOM Wellness Wed. 2:30 PM | Staff Available 8—4:30 PM  
ZOOM Lite Aerobics 7:45 AM  
Staff Available 8—4:30 PM  
ZOOM Chair Yoga (Diana) 12:00 PM  
ZOOM AMP 2:00 PM | Staff Available 8—4:30 PM  
Calm Connect 12:00 PM  
Apple Crisp Day Pie Day 1:00 PM  
ZOOM Tai Ji Quan 2:00 PM  
Happy Hour 5:30 PM |
| 28 | 29 | 30 | | }

**September 2020**  
_Happy Senior Center Month!_