The Senior Scene

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CATHERINE JACKSON
Senior Center Assistant
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TRANSP.: 860-632-3451 **CROMWELL SENIOR CENTER** **FAX: 860-632-3446**

November 2016

MISSION STATEMENT- "To provide programs & services that meet the variety of needs & preferences of the diverse group of senior residents within our community."

Wednesday, November 2nd—Clinton Crossing and The Log Cabin
Bus leaves the Senior Center at 10:30am.

Thursday, November 3rd—Meriden Mall & Boscov's Department Store
Bus leaves the Senior Center at 12:00pm.

Wednesday, November 9th—Yale Museum of British Art & Modern APizza
Bus leaves the Senior Center at 9:30am. Admission to the museum is free.

Thursday, November 10th—IKEA and Lenny & Joes
Bus leaves the Senior Center at 10:30am

Wednesday, November 16, 2016—DeNoveli's Restaurant
Bus leaves the Senior Center at 11:30am to DeNoveli's Restaurant for Italian Food.

Thursday, November 17th—Ct. Historical Society Museum & City Steam Brewery Café
Bus leaves the Senior Center at 11:15am
Enjoy lunch in the Old Cheney Building designed by H.H. Richardson then travel back in time at the Ct. Historical Society Museum. Admission to Museum is $6.00 for Seniors (65+)

Wednesday, November 23rd—Lyman Orchards
Bus leaves the Senior Center at 12:00pm

Wednesday, November 30th—Westfarms Mall or Olive Garden
Bus leaves the Senior Center at 12:00pm

Trips in Senior Center Buses are limited to Cromwell Residents.
Call 860-632-3447 to sign –up. Admissions, shopping and meals are pay on your own.

If you have any questions regarding items contained within this newsletter, please contact the Senior Services Department - (860) 632-3447 or visit us on the web: www.cromwellct.com, town departments, and click on 'Senior Center'.

Senior Center Membership

All Non-Cromwell Residents must pay an annual $25.00 membership fee per person to participate in programs that are open to area town residents.

All resident and non-resident members must have on file a Contact Info Form including a signed release. This is mandatory to start or continue to participate in all Senior Center programs. If you have not submitted the form to the Senior Center recently please do so as soon as possible. Participants also must check off their name on the sign in sheet for every program they attend. If your name does not appear on the sheet please write it on it legibly. Thank you for your cooperation.

HEALTH
WEEKLY PROGRAMS

Tuesdays - Health Clinic - 10:00—11:30

A **Masonicare** nurse is available to discuss any health concerns you may be experiencing as well as test your cholesterol, glucose, blood sugar, blood pressure, etc. No appointment needed.

HEALTH
MONTHLY PROGRAMS

2nd Tuesday - Foot Care Clinic—by Appointment

Registered Nurse Susan Zdeblick is available by appointment to provide affordable, high quality, routine foot care to Cromwell senior residents. Appointments are 30 minutes and payments can be made directly to Susan Zdeblick, RN, BSN, CFCN. Call 860-632-3447 to make an appointment. Fee is $30.00

1st Wednesday—Hearing Aid Checks—11:00-12:00

Richard Lastrina from **Beltone Hearing Care Center** is available for screening and cleaning of any make or model hearing aid at no charge. No appointment needed.

CELL PHONES OR EYEGLASS RECYCLE PROGRAM

We have a drop box for anyone interested in donating either old cell phones or eye glasses? Our Senior Center collects old inactive cell phones and recycles them for fundraising purposes and the Lion's Club has provided us with a box for their eyeglass program. Why not drop off your 'old' phones or eyeglasses to the senior center?

Need Help With Medicare?

If you are new to Medicare or have general questions about Parts A,B & D or supplements, please contact Senior Resources Agency on Aging @ 1-800-690-6998. They are a private, non-profit organization authorized by the Older Americans Act & State Statutes to assist residents with Medicare. They cover 56 towns in Connecticut.

The Senior Center is looking for Volunteers to become CHOICES Counselors to assist other seniors with Medicare. Please leave your name and phone number at the Senior Center if interested in getting more information.

If you have any suggestions for programs or any suggestions that will help us continue to serve Cromwell Senior and Disabled residents in the best way possible, please contact us by phone at 860-632-3447 or by e-mail at cjackson@cromwellct.com

SENIOR SERVICES COMMISSION

The Senior Services Commission serves as an advisory group to the Senior Center. The Commission provides input regarding programs and services. The next Commission meeting will be Monday, November 14, 2016 at 10:30am. The public is always welcome to attend and provide input and suggestions to the Commission.

Bookworms Book Club

The Bookworms Book Club meets on the 2nd Thursday of the month at 1:00pm. This month's discussion will be held on Thursday, November 10th in the Senior Center. The book to be discussed is "A Spool of Blue Thread" by Anne Tyler. New members are welcome to attend and join the discussion.

Senior Aerobics
Monday, Wednesday, & Fridays
10:30—11:30am
Town Hall Gym

Arthritis Exercise
Thursdays
2:00—3:00pm
Town Hall Gym

Quilting
Mondays
1:00—3:00pm
Senior Center

Art
Wednesdays
1:00-3:00pm
Senior Center

No Pre-registration required

Bridge
Thursday, 1:00-3:00pm
Room 222, Town Hall
New Members Welcome
Drop by and meet the group.

Mah Jongg
Monday, 1:00-3:00pm
Tuesday, 1:00-3:00pm
Friday, 1:00-3:00pm
New Members Welcome
Mah Jongg sets are provided.
Drop by and meet the group.

Set Back
Tuesday, 1:00-3:00pm
Thursday, 1:00-3:00pm
Senior Dining Room
New Members Welcome
We can notify you when we have enough players to start a new group.

Wii Bowling

Drop in and join the Wii Bowling Team on Wednesday mornings at 10:00am in the Senior Center.
Any questions call 860-632-3447
No prior experience necessary.

Tai Chi
Wednesdays
Beginner—10:30-11:30am
Fridays
Intermediate—9:00-10:00am

Yoga
Wednesdays
Beginner—9:00-10:00am
Fridays
Intermediate—10:30-11:30am

As a reminder, please refrain from talking on your cell phone while participating in any senior center programs. Also, please keep all phones on silent or vibrate.

Senior Center Dinner
Cromwell Town Hall Gym

Wednesday, November 16, 2016
Seating will begin at 5:00pm.
Dinner will be followed by Entertainment
Sign up by calling
860-632-3447

Cromwell Residents Only

Masonicare
Lunch/Learn Program
Cromwell Senior Center
Thursday, December 8, 2016
12:30pm

Join us for a complimentary lunch and learn

Seniors Living Alone

The Good News!

We're living longer these days, and the reality that we may spend some time without our life partners is real. Presenter Casey McGannon, MA, Sage Solutions will give some insight on what we can all do to make sure aging in place and aging well can happen in today's world.

Advanced Registration is Required
Call Cathi at the Senior Center
860-632-3447
to reserve a spot.

November 15, 2016
10:00am
in the Senior Center

Senior Craft Class
Sponsored by
Autumn Lake Healthcare
Join us
for the November Craft Project

Preregistration
is required.
Call 860-632-3447
to sign up
Deadline to sign-up
is November 10th.

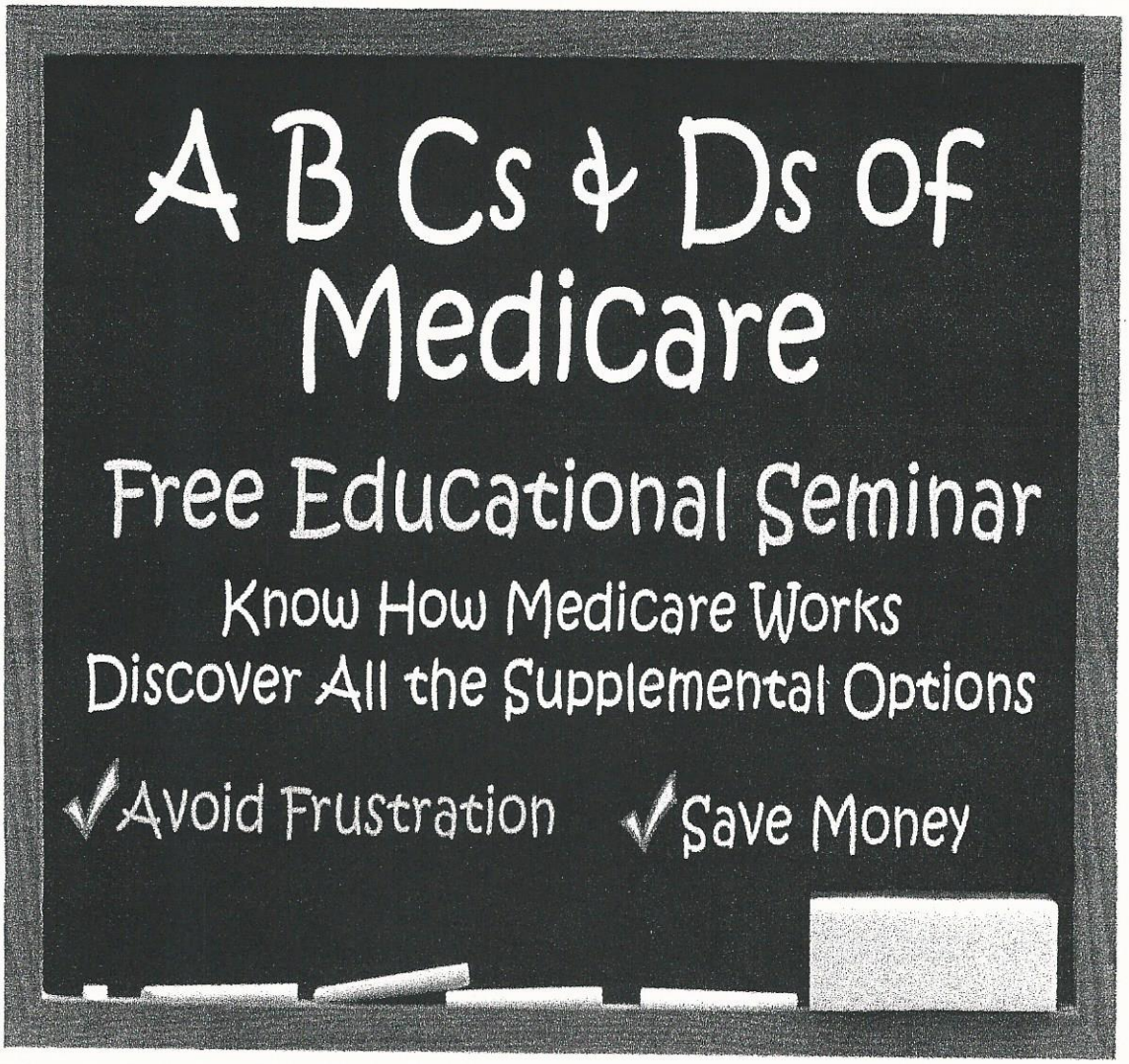
Join us for our Monthly Birthday Celebration!

Wednesday, November 9th
at 1:00pm.
Refreshments provided.
All are Welcome!

November Birthdays

November 1st - Nancy Duchardt
November 7th - Theresa Matyka
November 8th - Cynthia Truncali
November 11th - Pat Violette
November 12th - Victoria Esty
November 14th - John Croasdale
November 15th - Rachel Robbins
November 16th - Claire Hickey
November 16th - Nick Guglielmo
November 18th - Otis Thompson
November 20th - Jennifer Malone
November 26th - Catherine McNamara
November 27th - Nada Sizemore
November 30th - Julia Miller

Register your Birthday now to be included in the monthly Birthday Celebration!
860-632-3447



Let's face it, Medicare Insurance is confusing and knowing how it works (including all its options) can save you money and frustration. You can learn about Medicare and get your questions answered by Joseph Mooney, CLCS. Joseph is a subject matter expert on Medicare Insurance, with years of experience. As a licensed independent agent/broker representing many reputable insurance companies, he has helped many people find the right solutions for them. As a member of this community, he offers this presentation to the public free of charge. **This is 100% educational in nature. There will be no sales pressure or obligation of any sort.** Come with questions – leave with answers!

November 10, 2016 (Thursday) 1:00 PM

Cromwell Senior Center
41 West Street
Cromwell, CT. 06416

Please call the Senior Center to sign-up.

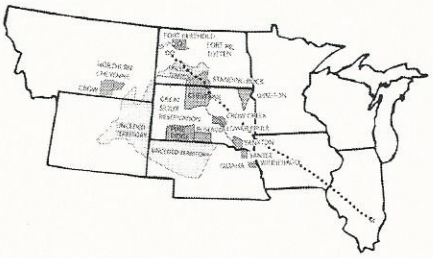
860-632-3447

Let's Talk About . . .

is a monthly informative conversation
on a significant issueled by Barbara Grotheer

In November**Let's Talk About . . .**

PROPOSED DAPL ROUTE



The Dakota Pipeline Protest

The protest near a Sioux reservation in North Dakota has become a focal point for many issues, including the grievances of native peoples around the world. It has also become the latest project to energize those with environmental concerns and those who wish to address our energy needs.

Please join us for the conversation on:

Tuesday, November 15, at 10:30 am
in Town Hall Room 222

Call the Senior Center at (860) 632-3447 for more information. Participants may wish to check with the Senior Center for an optional short reading prior to the discussion.

SENIOR CENTER BUS TRIPS NOV 2016

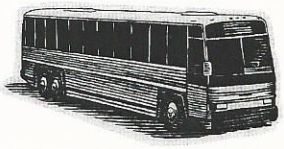
Please note that all trips may have a required minimum and also may be dependent on driver availability. Times listed are the time the bus leaves the senior center. If you are being picked up at home, please be ready for pickup at least 45 minutes prior to listed departure time; if you are departing from the senior center, please be present at least 15 minutes prior to listed departure time. All non-charter bus trips are for Cromwell Senior or Disabled Residents only.

DATE	LOCATION	DEPART TIME
11/2/16	Clinton Crossing & The Log Cabin	10:30am
11/3/16	Meriden Mall and Boscov's Department Store	12:00pm
11/9/16	Yale Museum of British Art & Modern Apizza	9:30am
11/10/16	IKEA and Lenny & Joe's	10:30am
11/16/16	DeNoveli's Restaurant	11:30am
11/17/16	Ct. Historical Society Museum & City Steam Brewery.	11:15am
11/23/16	Lyman Orchards	12:00pm
11/30/16	Westfarms Mall or Olive Garden	12:00pm

Start signing up for Cromwell Senior Center Weekly outtrips on Thursday, October 27, 2016

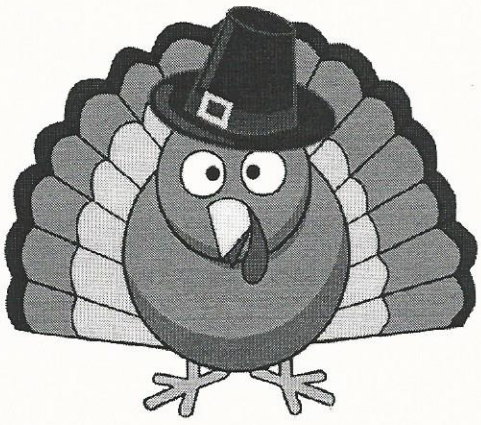
Mon. & Fri. Morning Shopping Route Schedule

Pick-ups from home start at 8:45am. Choice of return trips from stores are 10:30am or 11:30am. If you want to make quick stops at both Kmart Plaza and Stop & Shop, you must go to Kmart Plaza first. Monday's shopping route includes a stop at Westside Market. Friday's shopping route includes a stop at Big Y.



Getaway Tours Chartered Trips
2016 & 2017 TRAVEL/TOUR DESTINATIONS

DATE	DESTINATION
Nov. 18, 2016	Radio City Christmas Spectacular
Dec. 1, 2016	Boars Head Feast @ The Williams Inn
Dec. 8, 2016	Barbra & Frank Holiday Show @ Foxwoods
Dec. 15, 2016	Christmas in Newport
Jan. 25-26, 2017	Mohegan Sun
Feb. 11, 2017	UCONN Women's Basketball @ Gampel Pavillion
Feb. 23, 2017	The 36th Annual Ct. Flower & Garden Show
March 5, 2017	2017 AAC Women's Basket Tournament / UCONN Women's Huskies / Semi-Final Games
March 6-7, 2017	2017 AAC Women's Basketball Tournament /Championship Game
April 18-25, 2017	The Outer Banks
May 31-June 2, 2017	Boothbay Harbor

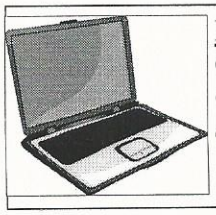


Transportation Services General Rules & Policies

Transportation requests are taken on a first come first served basis.
Transportation for medical appointments may be requested up to six weeks before the appointment.
Transportation for Senior Center Programs can be made no more that a week ahead.
Transportation for errands and beauty appointment can be made no more that a week ahead.
The date you can start signing up for Outtrips is posted in the monthly Senior Scene.
Riders must be ready for pick-up at least 30-45 minutes ahead of scheduled pick-up time.
Transportation is done as a curb-to-curb service.
Drivers will drop off riders as close to their destination as safely possible.
Please wait for return ride at the same place as you were dropped off.
Drivers will not be able to search for riders.
For medical appointments, please call the number given to you by the driver for return ride.
There is a limit of 4 bags per person per shopping trip.
Due to limited seating, all purchases should fit on your lap.
All passengers are required to use seat belts.
Cromwell Senior Center Transportation service is a free service.
Call 860-632-3447 between 8:30am—4:00pm, Monday through Friday to make reservations.
Leave voice mail if necessary. Phones are monitored regularly.
Complete transportation and program policies are available in the Senior Guide available at the Senior Center or online on the Senior Center web page at cromwellct.com

If any Outtrip trip is listed with more than one destination, the following rule applies;
If listed with an "or" you must choose between the destinations.
If listed with an "and" you must disembark from the bus at all destinations.

Please be aware that if you wish to make a donation specifically to the Transportation Donation Account or the Building Reserve Fund, you need to specify this upon making your donation. Otherwise, all donations received are deposited into the Senior Center General Donation Account.



Do you need help using your laptop computer?
Computer expert, Christa Dixon, is available for one-on-one appointments with Seniors to help. Call Cathi at 860-632-3447 to have your name and phone forwarded to Christa and she will contact you to set up a mutually convenient time or place to meet.

Cromwell Senior Center

November, 2016 — **November, 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Aerobics is canceled for Wednesday, November 23rd.		1 Bowling League AM Billiards AM Health Clinic 10:00-11:30 Cards 1:00 Bingo 1:00 Mah Jongg (Rm 222) 1:00	2 Billiards/Wii AM Yoga (Arch Room) 9:00 **Clinton Crossing & The Log Cabin 10:30** Exercise (gym) 10:30 Tai Chi (Arch Room) 10:30 Hearing Aid Check 11:00 Art Class 1:00	3 Billiards AM Bingo 10:30 **(Prizes from Wadsworth Glen)** **Meriden Mall 12:00** Cards 1:00 Bridge (Rm 222) 1:00 Arthritis Exercise 2:00	4 Billiards AM Shopping 9:00 Tai Chi (Arch Room) 9:00 Exercise (gym) 10:30 Yoga (Arch Room) 10:30 MahJongg (Rm 222) 1:00 Movie 1:00 "My Big, Fat, Greek Wedding 2"	5
6	7 Billiards AM Shopping 9:00 Coloring 10:00 Exercise (gym) 10:30 Quilting 1:00 Mah Jongg (Rm222) 1:00	8 Bowling League AM Billiards AM **Foot Care Clinic (Appt.Req)** Health Clinic 10:00-11:30 Cards / Bingo 1:00 Mah Jongg (Rm 222) 1:00	9 Billiards/Wii AM Yoga (Arch Room) 9:00 **Yale Museum of British Art & Modern APizza 9:30** Exercise (gym) 10:30 Tai Chi (Arch Room) 10:30 Art Class 1:00 Birthday Party 1:00	10 Billiards AM Bingo 10:30 **IKEA & Lenny & Joe's 10:30** Cards 1:00 Bridge (Rm 222) 1:00 Bookworms) 1:00 Arthritis Exercise 2:00	11 Holiday Senior Center Closed	12
13	14 Billiards AM Shopping 9:00 Coloring 10:00 Senior Comm. 10:30 Exercise (gym) 10:30 Quilting 1:00 Mah Jongg (Rm222) 1:00	15 Bowling League AM Billiards AM Health Clinic 10:00-11:30 Craft class 10:00 Current Issues 10:30 Cards 1:00 Bingo 1:00 **(Refreshments from Apple)** Mah Jongg (Rm 222) 1:00	16 Billiards/Wii AM Yoga (Arch Room) 9:00 Exercise (gym) 10:30 Tai Chi (Arch Room) 10:30 **DeNovelli's 11:30** Art Class 1:00 *****Senior Dinner*****	17 Billiards AM Bingo 10:30 **Ct. Historical Society & City Steam Brewery Café 11:15** Cards 1:00 Bridge (Rm 222) 1:00 Arthritis Exercise 2:00	18 Billiards AM Shopping 9:00 Tai Chi (Arch Room) 9:00 Exercise (gym) 10:30 Yoga (Arch Room) 10:30 MahJongg (Rm 222) 1:00 Movie 1:00 "Now You See Me 2"	19
20	21 Billiards AM Shopping 9:00 Coloring 10:00 Exercise (gym) 10:30 Quilting 1:00 Mah Jongg (Rm222) 1:00	22 Bowling League AM Billiards AM Health Clinic 10:00-11:30 Cards 1:00 Bingo 1:00 Mah Jongg (Rm 222) 1:00	23 Billiards/Wii AM Yoga (Arch Room) 9:00 Tai Chi (Arch Room) 10:30 **Lyman Orchards 12:00** Art Class 1:00	24 & 25 Holiday Senior Center Closed Happy Thanksgiving!		26
27	28 Billiards AM Shopping 9:00 Coloring 10:00 Exercise (gym) 10:30 Quilting 1:00 Mah Jongg (Rm222) 1:00	29 Bowling League AM Billiards AM Health Clinic 10:00-11:30 Cards 1:00 Bingo 1:00 Mah Jongg (Rm 222) 1:00	30 Billiards/Wii AM Yoga (Arch Room) 9:00 Exercise (gym) 10:30 Tai Chi (Arch Room) 10:30 **Westfarms Mall or Olive Garden 12:00** Art Class 1:00			

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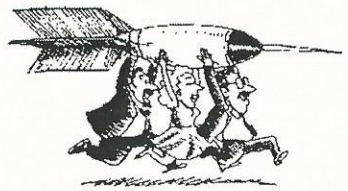

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or jpbarnett@covenantretirement.org
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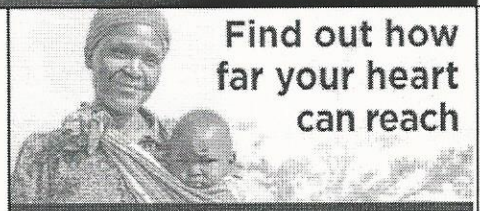
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MOVIES FOR THE MONTH

All movies are shown on Fridays @ 1:00pm. Refreshments are served.

November 4, 2016 **My Big Fat Greek Wedding 2**

This sequel brings back three generations of a family to plan an even bigger, fatter, and Greeker wedding. (Nia Vardalos, John Corbett)

November 18, 2016 **Now you See me 2**

One year after outwitting the FBI and winning the public's adulation with their Robin Hood-style Magic Spectacle, the illusionists resurface in hopes of exposing the unethical practices of a tech magnate. (Mark Ruffalo, Woody Harrelson, Dave Franco, Jesse Eisenberg, Daniel Radcliffe)

DON'T FORGET TO VOTE
PRESIDENTIAL ELECTION
TUESDAY, NOVEMBER 8, 2016
6:00AM—8:00PM
CROMWELL HIGH SCHOOL—EVERGREEN ROAD
IF NEEDED CALL
860-632-3458 OR 860-632-3418
FOR MORE INFORMATION

Smoking is prohibited within 50 feet of any Town Hall entrance. We appreciate your attention to this matter and ask for your full cooperation.

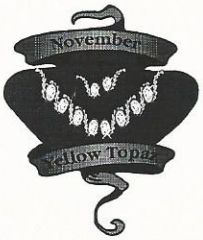
ENERGY ASSISTANCE

Please call Lisa Olson to schedule an appointment to apply for Energy Assistance.

Income limits are

Single—$33,132 Married—$43,327

For larger families or to make an appointment call (860)632-3449



Cromwell Belden Public Library

39 West Street
Cromwell, CT 06416
(860) 632-3460
www.cromwellct.com/library

Adult Department Events

NOVEMBER 2016

LIBRARY HOURS

Monday, Tuesday & Thursday	**10:00 a.m. - 8:00 p.m.**
Wednesday	**12:00 Noon - 8:00 p.m.**
Friday & Saturday	**10:00 a.m. - 5:00 p.m.**
Sunday	**Closed**

Wednesday	**Nov 2**	**2:00 P.M.**	**Travel Video: New Hampshire**	**ARCH ROOM**
Friday	**Nov 4**	**6:30 P.M.**	**Adult Knit Group** You're invited to join other fiber enthusiasts at the library. Please enter through the Town Hall entrance. **ARCH ROOM**	
Wednesday	**Nov 9**	**2:00 P.M.**	**Travel Video: Madrid**	**ARCH ROOM**
Wednesday	**Nov 16**	**2:00 P.M.**	**Travel Video: South Dakota**	**ARCH ROOM**
Friday	**Nov 18**	**6:30 P.M.**	**Adult Knit Group** (See Nov 4 listing for details.)	**ARCH ROOM**
Wednesday	**Nov 23**	**2:00 P.M.**	**Travel Video: The Balkans**	**ARCH ROOM**
Wednesday	**Nov 30**	**2:00 P.M.**	**Travel Video: Georgia**	**ARCH ROOM**
Wednesday	**Nov 30**	**6:00 P.M.**	**Painting Night:** Awaken your "inner artist" in a Holiday-themed workshop led by **Ali Lenihan and Katie Akin. Ages 12 to adult.** Registration requested 860-632-3460.	

DISPLAYS

Paper Quilt Project

MEETINGS

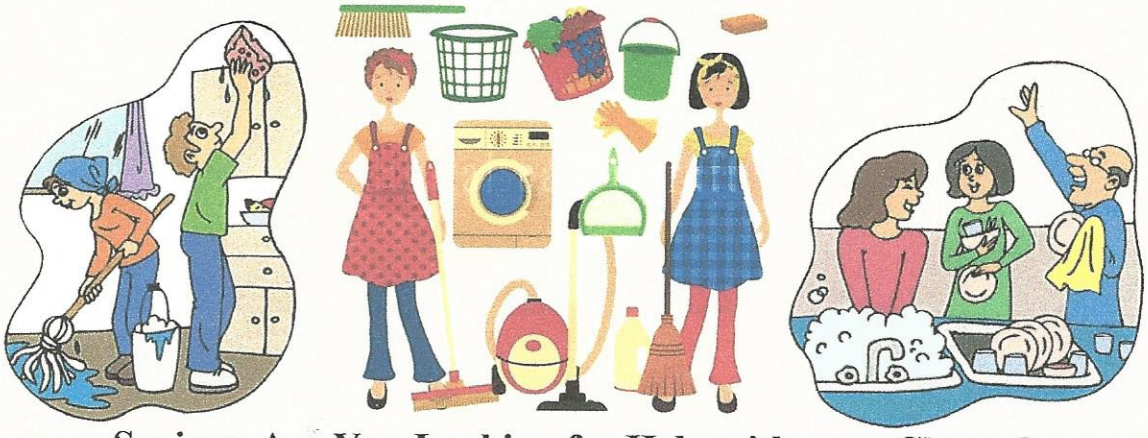
Monday	Nov 14	7:30 p.m.	LIBRARY COMMISSION	**ARCH ROOM**
Thursday	Nov 17	6:30 p.m.	FRIENDS OF THE LIBRARY	**ARCH ROOM**

CLOSINGS

Fri Nov 11, 2016 – Veterans Day Holiday
Thu-Fri Nov 24-25, 2016 – Thanksgiving Holiday

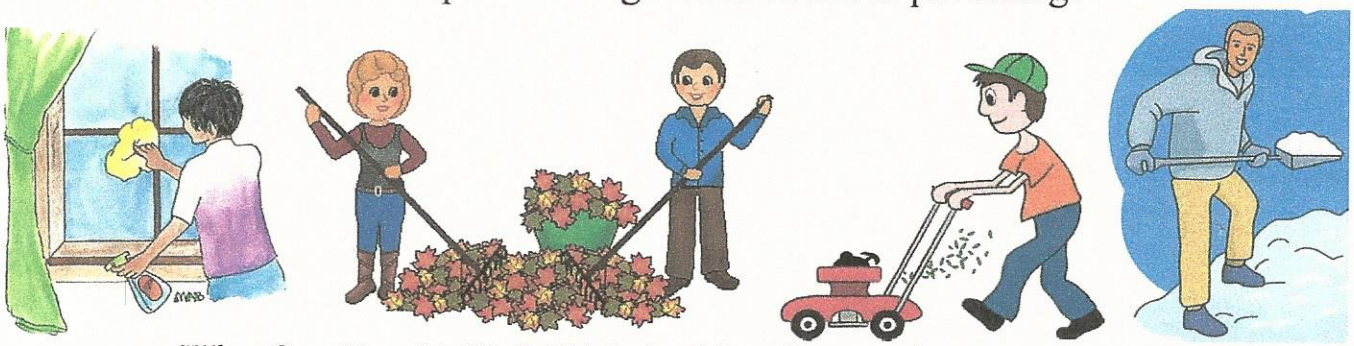
CONSUMER REPORTS ONLINE

Use your Cromwell Belden Library Card to access **Consumer Reports Online** through the library's website. We all know that doing research takes time and choosing the wrong product wastes money. Access this comprehensive archive of expert, unbiased reviews and make the right decision every time. The Cromwell Belden Public library has an online subscription that is available to all Cromwell Library cardholders! If you are a Cromwell resident, but you don't have a Cromwell Library card, come to the library with an ID that shows your Cromwell address and we'll issue a card!



Seniors, Are You Looking for Help with your Chores?

Are you looking for help with window washing, raking your leaves,
cleaning up flower beds, putting patio furniture away till next year?
Will you need someone for shoveling this winter?
Perhaps a little light housework or pet sitting?



'Hire Our Youth' (H.O.Y.) is looking for one time or ongoing jobs
for Cromwell Youths.
We will refer your name to the responsible youths looking for odd jobs.
Please stop by our office to fill out a form or call
anytime Monday through Friday 8:30 am to 4:00 pm 860-632-3448

The Town of Cromwell, it's officials and agents are acting just as a referral service and have not done a background check on any employers/employees and does not endorse any particular employers or volunteer employees. We advise both employers and employees to take time to check out the persons involved.

Cromwell Youth Services @ Town Hall, 41 West Street, Cromwell, CT 06416 ~ Attention: Ann Hale
(860) 632-3448 ~ ahale@cromwellct.com ~
THANK YOU!