Happy August! With Summer now in full swing, we have plenty of indoor programs to keep you cool during these hot Summer days. Some of our special programs this month include a trip to the Mattatuck Museum, the Boston Symphony Orchestra at Tanglewood, Dinner at Skappo in New Haven, West Side Story at the Landmark Community Theatre, and RAD for Seniors with the Police Department.

Also, with the warm weather, we forget that cold and flu season is right around the corner. Now is the time to start thinking about your flu vaccine. We will be having a flu clinic with Chesprocott on Friday, September 8th from 10:00am– noon. Vaccines are available by appointment only. Please contact Tracey in the main office for details.

This is the final month that Senior Center Membership Renewal forms will be enclosed in the newsletter. Senior Center membership is open to everyone ages 55 and older. It’s a great place to learn something new and connect with others. We are accepting membership renewals in person, by mail, and in the Senior Center Drop Box. Please complete the enclosed Membership Renewal form and return the completed form to us, along with your annual membership renewal fee. Membership is $5 per person for in town residents and $10 per person for out of town residents. We would love to have you join us!
August 1, 2023

It's membership renewal time! Senior Center membership is open to everyone ages 55 and older. Membership is $5 per person for in-town residents and $10 per person for out-of-town residents. Membership renewal forms are available in the newsletter.

Below are some other things to make note of:

- **AARP Age-Friendly Community Survey results are now available.** The survey results will be reviewed at Sit Down with Stefanie in September. Look for details in the September newsletter.
- **In collaboration with New Opportunities, we are now offering the Senior Dine program for Cheshire residents aged 60 or older.** This program offers discounted meals at participating restaurants. Please call Coleen at 203-272-0047 to learn more about this program.
- **Senior Farmers' Market Nutrition Cards are now available.** There have been some changes to the program this year. Please call 203-272-8286 to learn about the program changes, eligibility, and availability.
- **Our flu clinic is scheduled for Friday, September 8th from 10am-2pm.** Please call Tracey in the main office to schedule your appointment.
- **We are offering some new and exciting day trips!** There is something for everyone. Please see the enclosed flyer for details.
- **The Pool table and the lower level are not available for use on Thursdays.** We apologize for the inconvenience.
- **I-Pads are available for Senior Center Members to use while in the building.** Please speak with the main office for details.
- **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.
- **Renters Rebate applications are being accepted from April 1st - October 1st.** Please contact Kristen at 203-272-8030 for details.
- **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](http://www.cheshirect.org) and follow us on Facebook.
CHESHIRE SENIOR CENTER  
Membership Registration

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<th>MEMBER INFORMATION:</th>
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<td>Last Name, First Name</td>
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<td>Home Phone: ___________________  Cell Phone: ___________________</td>
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<td>Email: ___________________  NEW MEMBER _____ / RENEWAL _____</td>
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<th>EMERGENCY CONTACT INFORMATION:</th>
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| VETERAN: Yes_____  No_____  BRANCH OF SERVICE: ___________________ |

| PHYSICIAN:  |
| PHONE:  |

| IMPORTANT MEDICAL INFORMATION / LIMITATIONS:  |

| WAIVER: Member acknowledges that the information above is true and accurate to the best of my understanding. I certify that I am fit to participate in Cheshire Senior Center activities. Member signature is required below. |

__________________________  ____________________  Signature  Date

CHECKS SHOULD BE PAYABLE TO: TOWN OF CHESHIRE SENIOR CENTER  
FOR OFFICE USE

| DATE OF MEMBERSHIP PAID:  |
| CHECK #:  |

| KEY TAG #:  |
| MYSENIORCENTER:  |
| NEWSLETTER:  |
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, Vice Chairperson: Patricia McKelvey, Secretary: Lois Benis, 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.

Save the Date.....

Tag & Bake Sale
Saturday, November 4th

** More information to come in September **

Reminder...... It is Cheshire Senior Center Annual Membership Renewal Time.

If you haven’t already done so, please fill out and submit for your 2023/2024 membership, form enclosed.

Book your appointment today, with Tracey!

Flu Shot Clinic at the Cheshire Senior Center
Friday, September 8th
10:00am to 12:00pm

Casino Trip to Foxwoods
Thursday, August 10th
9:00am to 3:00pm

Join us for a day at the casino. Bus departs Senior Center no later than 9:00am. Bus will depart Foxwoods at 3:00pm. Registration is required, space is limited. Cost is $12.00, must be current member of the Senior Center.
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!

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

** 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.

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

Bartlem Beats Concert Series
Friday Nights at Bartlem Park
Shows begin at 7:00pm
(rain dates are Tuesday of the following week)

August 4th - Dizzyfish performs 70’s style rock

August 11th - Heavy Hitters performs greatest hits of the 60’s thru today

Limited Transportation Available for Senior Center Members on a first come, first served basis. Please call the Senior Center Dispatch office at 203-272-0047 for details.

We are excited to offer the 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.
Hydrating in the Heat

Temperatures are rising, meaning staying hydrated is more important than ever. Recent research from the National Council on Aging suggests taking one-third of your body weight and drinking that many ounces of water every day. For example, if you weigh 150 pounds, it is recommended to drink 50 ounces of water (about 6-7 cups) of water daily. Staying properly hydrated helps the heart pump blood throughout the body more efficiently, along with plenty of other benefits.

Staying hydrated helps to...
- Deliver nutrients throughout the body
- Reduce muscle strain
- Regulate body temperature
- Prevent infections
- Reduce long-term risks for heart failure
- Improve sleep quality
- Increase cognitive performance
- Boost your mood

Ways to stay hydrated:
- Drinking water, of course!
- If you find it difficult to drink plain water, try infusing it with fruit!
- Eating water-rich foods, like fruits and vegetables. Cucumbers, tomatoes, and melons have an especially high water content.
- Try to avoid diuretics, like caffeine and alcohol.
- Trade sugary drinks for sparkling water or seltzer.
- Don’t wait until you’re thirsty to drink. By the time you’re thirsty, you’re already a little dehydrated!
- Set a daily goal for yourself. You can use reminders or alarms to meet these goals, or even use a water bottle that includes marked measurements to track your water intake.

Happy hydrating!

Need help with Medicare costs?

If your monthly income* is less than

$2,989 (Single)  $4,042 (Couple)

You may qualify for help from the State of CT to pay your Medicare premiums and other Medicare costs!**

To find out if you are eligible for the Medicare Savings Program

Call CHOICES at 1-800-994-9422

https://portal.ct.gov/ADS-CHOICES

*As of March 1, 2023
** Connecticut does not have ANY asset/resources test

This project was supported, in part by grant number 90SAPC0068, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.
Medicare beneficiaries beware!

Scammers are calling, claiming your doctor asked them to call.

- They may spoof the caller ID to look like they are calling from your doctor's office.
- If your doctor wants you to have cardiac genetic testing, they will talk to you about it during an appointment.
- If you would like a knee, back, arm, or any other brace, please call your trusted doctor to set up an appointment to talk about your needs.

If you have gotten a call like this, report it to the SMP. Together we can prevent Medicare fraud.

877-808-2468  www.smpresource.org
August Programs
Call 203-272-8286 or email LGravel@cheshirect.org to register

Monthly Programs

**NO CLASSES IN AUGUST**
Line Dancing
Join us for a free, relaxed, instructional class on Line Dancing & other popular dances. Drop ins welcome.
We will return in September.

Monthly Reflexology with Kim
Monday, August 7th
Please contact Laura for more information or to schedule your appointment.

Cheshire Readers Book Club
Tuesday, August 15th at 10:45am
Book choice for discussion is The Wedding by Nicholas Sparks. New members welcome!

Sit Down with Stefanie
Thursday, August 24th at 11:15am
Join Stefanie as she answers questions that you have on the Senior Center functioning and programs. Sign up today!

Movie Matinee
Wednesday, August 30th at 1:30pm
Join us for a viewing of Book Club: The Next Chapter. Starring Diane Keaton, Jane Fonda, Mary Steenburgen and Candice Bergen. Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Rated PG-13, 1hr 47m. Registration is required.

Special Programs

Drop in Crochet Group
Wednesday, August 23rd 10:30am
Work on your project and chat with friends.

Greeting Card Making Class
Monday, August 28th 10:30am
Join us for a fun Greeting Card making class run by the very talented Rachel Chiginsky. All supplies will be provided. Registration is required, space is limited.

Afternoon Craft
Thursday, August 31st at 1:30pm
Join us for an afternoon of rock painting to add to our new Senior Center Rock Garden of Inspiration & Pride. All supplies will be provided. Registration is requested.

Say Goodbye to Summer Party
Wednesday, Sept. 20th 6:30pm – 8:00 pm
At Wallingford Senior Center
238 Washington Street, Wallingford
We are sad to say goodbye to summer but are happy to celebrate with members of the Wallingford Senior Center. Come and enjoy fun dance music by The Coconuts, a comedy rock band. The Coconuts will bring their special blend of music and humor to the center. They will have you singing, clapping, dancing, and laughing throughout the evening. All participants will receive an ice cream sundae. Cost: $10.00, transportation is available upon request. Registration is required by Sept. 15th.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>9:30 Zumba Gold</td>
<td>9:30 Zumba Gold</td>
<td>9:00-12:00 Arts &amp; Craft drop in</td>
<td>8:00-12:00 Arts &amp; Craft drop in</td>
<td>4:30 Pound</td>
<td>10:00 Trail Riders</td>
<td>9:00 Trail Riders</td>
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<td>10:30 Moderate Exercise-Drop In</td>
<td>10:00 Moderate Exercise-Drop In</td>
<td>10:00 Wii Bowling</td>
<td>10:00 Wii Bowling</td>
<td>10:00 Golf card game</td>
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<td>11:00 Set Back Bridge</td>
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<td>11:00 Nickel</td>
<td>11:30 Nickel</td>
<td>11:30 Get Fit with Brenda</td>
<td>11:00 Chair Yoga</td>
<td>11:30 Savers</td>
<td>12:30 Chair Yoga</td>
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<td>11:30 Mah Jongg</td>
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<td>11:30 Memory Screenings</td>
<td>11:30 Chair Yoga</td>
<td>1:30 Pathway through Grief</td>
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<td>1:30 Chair Yoga</td>
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<td>1:00 Discover Italian Culture</td>
<td>1:00 Discover Italian Culture</td>
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<td>12:30 Canasta</td>
<td>12:30 Canasta</td>
<td>12:30 Watercolor class</td>
<td>1:30 Reflexology Sessions by appointment only</td>
<td>1:00 Chair Yoga</td>
<td>9:00 Trail Riders</td>
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*Note: All activities are subject to change. Please check the website for the latest updates.*
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<tr>
<th>Date</th>
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<tr>
<td>21</td>
<td>9:00</td>
<td>Holiday Hill Senior Outing</td>
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<td>12:30</td>
<td>Canasta</td>
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<td></td>
<td>1:00</td>
<td>Travel Committee Meeting</td>
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<td>3:30</td>
<td>RAD</td>
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<td>22</td>
<td>9:30</td>
<td>Zumba Gold</td>
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<td></td>
<td>10:00</td>
<td>Veterans Coffeehouse at Wallingford Senior Center</td>
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<td>10:30</td>
<td>Moderate Exercise-Drop In</td>
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<td>1:00</td>
<td>Chair Yoga</td>
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<td>23</td>
<td>9:00-12:00</td>
<td>Arts &amp; Craft drop in 10:00</td>
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<td></td>
<td>10:30</td>
<td>Crochet Group Drop In</td>
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<td>11:00</td>
<td>Nickel, Nickel</td>
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<td>NO Get Fit with Brenda</td>
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<td>12:30</td>
<td>Mah Jongg</td>
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<td>Discover Italian Culture</td>
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<td>Moderate Exercise-Drop In</td>
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<td>Technology Help</td>
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<td>Sit Down w/Stefanie</td>
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<td>Gentle Therapeutic</td>
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<td>Exercises with Kim</td>
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<td>NO Cheshire Sherlock Holmes Society</td>
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<td>Pathway through Grief</td>
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<td>10:00</td>
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<td></td>
<td>1:00</td>
<td>Discussion Group</td>
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</table>

Please note, Golf on Fridays now starts at 10:15am

Coming soon: Flu Clinic will be held September 8th at the Cheshire Senior Center, Sign up today!

SUPPORT OUR ADVERTISERS!
Sign up today for these upcoming programs....

Mattatuck Museum Trip
Senior Tours
@ The Matt
Thursday, August 17th
Bus departs Senior Center at 9:15am

Join us for a 1-hour guided tour of the Mattatuck Museum. Senior Admission is $17 and includes the docent guided tour. This session includes a guided tour of one of our exhibitions. After the guided tour is complete, you will have the chance to ask the guide questions or explore the rest of the gallery spaces! There is also a café in the Museum if you are interested in eating there. Most meals range from $8-$14. Please have exact change for Admission fee if you are paying cash. Registration is required. $6.00 fee payable to the bus driver, on the day of the event.

Lunch and Learn:
California Dreamin’ Trip
Tuesday, September 5th at 12:00pm

Join us for a light lunch sponsored by Collette Travel and learn about our upcoming California Dreamin’ trip, featuring Monterey, Yosemite and Napa. Tracy O’Neill of Collett Travel will provide information on this beautiful and exciting trip. Registration is required by August 31st.

Elvis is in the Building!
Wednesday, November 8th at Aqua Turf Club
11:00am until 3:30pm

A little less conversation, a little more rock n’ roll!! John Monforto’s performance brings Elvis’ groove and entertainment alive! $52.00 per person, lunch will be Roast Beef or Pan Seared Salmon. Sign up today!

Card Game Information:
Golf on Fridays will now start at 10:15am
Bridge is looking for more players to join them on Fridays at 12:30pm

Free Memory Screenings
Wednesday, August 9th
1pm to 3pm, by appointment only

Veteran’s Coffee House
Tuesday August 22nd
10:00am at Wallingford Senior Center
238 Washington St.

Veteran’s Coffeehouse is only held at the Wallingford Senior Center. Speaker this month will be Jerry Augustine, US Army Combat Veteran, Vietnam. Cheshire members are invited & encouraged to attend the meeting in Wallingford.

No Blood Pressure Checks in August, the Nurse will return in September.

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

Erica DeFrancesco from LiveWell Dementia Specialists is providing memory screenings by appointment only at the Cheshire Senior Center each month. Call 203-272-8286 to schedule.
Landmark Community Theatre presents

**West Side Story**

Sunday, August 20th at 2:00pm at the Thomaston Opera House

See Laura for details and to sign up for the show.

Transportation will be available.

---

Wickham Park in Manchester presents

**Taste of the Park American Inspired Cabin Garden Dinner**

Thursday, September 21st at 5:30pm

We will start off the evening in the featured garden for cocktail hour. We'll then proceed to the Emerald Room for A Villa Louisa Chef Asim, prepared multi-course meal, created for each featured garden. Dinner price is $60.00 per person.

Transportation is available for $6.00 round trip, space is limited, sign up today!
Cheshire Senior Center

Flu Vaccine Clinic

Friday, September 8th
10-12pm

Sign up at the Senior Center to receive the Fluzone High-Dose Quadrivalent Vaccine

Accepted Insurance Cards:
Aetna
Cigna
Connecticare
Husky (CT Medicaid)
Medicare (w/ supplemental)

Please bring insurance card(s) & ID!

For inquiries, call (203) 272-2761
Join our Summer Intern, Jackie from the Boston University School of Public Health, to learn about:

**Respiratory diseases and the Importance of Vaccines**

Friday, August 11th at 10:30am

Join us for an informational session on infectious respiratory disease and the importance of vaccines. This program will define what an infectious respiratory disease is; determine strategies to prevent the spread of such illnesses; explain the role of vaccines in keeping you healthy; and describe treatment options if you get sick. Register today!

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

**Travel Planning Committee Meeting**

Monday, August 21st at 1:00pm

Join us if you are interested in helping plan upcoming trips for the Senior Center.

**California Trip: Monterey, Yosemite & Napa**

May 13th to May 20th, 2024

Sign up for Lunch and Learn, Sept 5th for more details!

**Alaska Discovery Land & Cruise**

July 24th to August 4, 2024

More information coming in October 2023.

Wickham Park in Manchester presents

**Taste of the Park American Inspired Cabin Garden Dinner**

Thursday, September 21st at 5:30pm for a multi-course meal. Cost is $60 pp.

**Providence Italian Style**

Wednesday, Sept. 27th

Head to Providence’s Little Italy for a behind the scenes tour of Historic Federal Hill, a 3 course lunch at Cassarino’s Restaurant followed by a Venetian Gondola ride & Italian music along the Riverwalk. Cost is $185 pp.

Join us for the Railroad Museum of New England’s

**Chocolate Decadence Tour**

Friday, October 6th at 5:15pm

Join us for a train ride full of wine, chocolate & more! Cost is $82.00 pp.
What is the Senior Farmers’ Market Nutrition Program?
The Seniors Farmers’ Market Nutrition Program (SFMNP) is funded and administered by the Connecticut Department of Agriculture to provide low income seniors with gift cards that can be exchanged for eligible foods at farmers' markets. The SFMNP was created to provide a supplemental source of fresh, locally grown fruits, vegetables, and herbs from farmers' markets, and to promote agricultural diversification by stimulating the demand for Connecticut grown fresh fruits and vegetables at farmers' markets.

Who is Eligible?
Individuals 60 years of age or older, with incomes that do not exceed 185% of poverty income guidelines are eligible. Clients must be participating in another program with proper means testing verifying their eligibility. Examples of other programs include but are not limited to renter rebate programs or congregate meal programs.

How Does the Program Operate?
Each eligible recipient receives $24 gift card, which can be redeemed at FMNP authorized markets throughout Connecticut for fruits, vegetables, fresh cut herbs, and honey. Senior FMNP gift cards are issued to Municipal Agents or Social/Elderly Service Directors by the Connecticut Department of Agriculture. The vouchers are then distributed by the Municipal Agents or Social/Elderly Service Directors to eligible seniors in their town or city. SFMNP coupons can only be used at authorized farmers’ markets and only for fresh fruits, vegetables, and cut herbs from state certified farmers' market vendors. Gift cards are available beginning July 1, 2023.

Source: https://uwc.211ct.org/senior-farmers-market-nutrition-program/
FINDING THE BEST MEDICARE INSURANCE OPTIONS AVAILABLE TO YOU!

We understand that Medicare insurance can be confusing. One of our main goals while working with our individual clients is to help them understand what choices fit their particular Medicare insurance needs and how we can help manage any issues that arise. We are available and will gladly assist you throughout this process.

710 Main Street, Suite 10, Plantsville, CT 06479 | www.BeaconMedicare.com

Solinsky Hearing Center
Your Partner in Hearing Healthcare

(860) 236-9000 • www.solinskyhearing.com

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- Flood Detection
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