Summer Chorus Concert
July 7th

Summer Classes start the week of July 10th

Celebrate Shark Week with a viewing of Jaws on July 17th

Sign up today to create a Beaded Pharaoh Chain Bracelet on July 19th!

From the Desk of Stefanie

Happy Summer! This month we celebrate Independence Day! In honor of the holiday, the Senior Center will be closed on Tuesday, July 4th.

It’s membership renewal time. 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.

Senior Farmers’ Market Nutrition Program vouchers will be available soon. There have been some changes to this program. Please contact the main office to discuss the availability of vouchers, eligibility for the program, participating farmers’ markets, and the changes to this program.

Summer classes begin the week of July 10th and there are still spots available in many of our classes. We have a full schedule of classes, including a new Barre class and an introduction to water color painting class. Please contact the main office to learn more about our variety of classes and to register.
July 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:

- **The Senior Center is closed on July 4th, 2023, in honor of the 4th of July Holiday.**
- **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 Colleen at 203-272-0047 to learn more about this program.
- **Senior Farmers’ Market Nutrition Cards should be available in early July.** There have been some changes to the program this year. Please call 203-272-8286 to learn about the program changes, eligibility, and availability.
- **Thank you to everyone who volunteered and donated blood during our Blood Drive! It was a success, and we exceeded our goal! We couldn’t have done it without your help!**
- **Save the Date! Our flu clinic is scheduled for Friday, September 8th.** Details will be in the August newsletter.
- **We are helping our friends at Masonicare distribute a Community Health Questionnaire.** Please review the enclosed questionnaire and when complete, please return it to the Cheshire Senior Center Drop Box. Thank you!
- **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.
- **Blood Pressure Screenings are back courtesy of Civita Care Centers.** Please see the calendar 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.
Community Health Questionnaire 2023: 
Inpatient Senior Behavioral Health Needs

Masonicare, a provider of inpatient geriatric Behavioral Health services in Wallingford CT, is collecting information through this short questionnaire in order to better understand the mental health needs for seniors in the communities that we serve. Please read each question carefully and respond honestly. At the end of the survey on the back of this page you will have a chance to give us any additional feedback. Please take the time to write your thoughts about Masonicare and the needs of your community. Thank you for your assistance!

The dedicated team at Masonicare’s Behavioral Health Hospital provides care for individuals experiencing acute mental health and behavioral issues later in life. Patients are typically aged 65 and older, and are experiencing acute psychiatric symptoms or behaviors that interfere with care at home or in a skilled nursing facility. For more information on these and other services provided by Masonicare-please visit us at masonicare.org

1. Please check the categories that describe you best: (*required)

- [ ] Caregiver for person age 65 & older
- [ ] Family member of person age 65 & older
- [ ] Community member age 65 & older
- [ ] Employee of agency that serves seniors with mental health issues age 65 & older
- [ ] Other (please specify) ____________________________________________

2. Please tell us what city, state and zip code you live in? (*required)

_____________________________________________________________________

3. Please provide your email address:

_____________________________________________________________________

4. Have you or a loved one used Masonicare Behavioral Health services? (check one):

- [ ] Yes
- [ ] No

5. If you answered yes to question #4, would you recommend our Behavioral Health services to the community? (check one):

- [ ] Yes
- [ ] No

Please return to Cheshire Senior Ctr.
In your opinion, what is the most important, 2nd most important and 3rd most important **UNMET needs** of residents age 65 and over in your community? **Please ONLY pick one answer per column**, so that there are only three needs selected.

<table>
<thead>
<tr>
<th>Inpatient Senior Behavioral Health needs</th>
<th>Most Important (check one)</th>
<th>2nd Most Important (check one)</th>
<th>3rd Most Important (check one)</th>
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</thead>
<tbody>
<tr>
<td>1. Access to wellness, disease prevention, and Ongoing Behavioral Health services</td>
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<td>2. Difficulty understanding insurance coverage(s) for Behavioral Health services</td>
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<tr>
<td>3. Difficulty understanding age-related illnesses as it relates to Inpatient Behavioral Health needs</td>
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<tr>
<td>4. Homecare for those with limitation in their daily activities of living as it relates to Behavioral Health needs</td>
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<td>5. Adequate social interaction</td>
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<td>6. Information and/or assistance in obtaining Behavioral Health benefits and services</td>
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<td>7. Transportation to Behavioral Health services for those who no longer drive and/or are unable to use public transportation</td>
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</table>

We welcome any additional comments you may have about your responses or in general about the Behavioral Health needs of older adults in your community. Your responses are extremely valuable to us.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

Thank you! If you have any questions, please feel free to contact:

Audrey Grove,
CareConnect Navigator
Masonicare
Phone: (203) 679-6907
Email: agrove@masonicare.org

Please Return to Cheshire Senior Ctr.
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.

Thank you to everyone that came to donate at the American Red Cross Blood Drive that was held at the Cheshire Senior Center on June 21st and to all those that volunteered their time to help make it such a success!

R.A.D. Class for Seniors
Mondays & Wednesdays at 3:30pm
Starting August 7th

We are excited to partner with the Cheshire Police Department to offer this 5-week class for our Senior Women. Sign up today!

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

Enclosed please find a membership form that we ask that you please fill out and submit with your membership renewal payment, so we can make sure we have all your current information. Annual membership runs from July 1st through June 30th. The fee is $5.00 for Cheshire residents and $10.00 for out of town residents, each year.
CHESHIRE SENIOR CENTER
Membership Registration

MEMBER INFORMATION:
Name: ___________________________ DOB: ___________________________
    Last Name, First Name
Address: ___________________________ Town: ___________________________
Home Phone: ______________________  Cell Phone: ______________________
Email: ___________________________  NEW MEMBER _______/ RENEWAL _______
Gender: ___________________________  Pronouns: _______________________

EMERGENCY CONTACT INFORMATION:
Name: ___________________________ Relationship: ______________________
Home Phone: ______________________  Cell Phone: ______________________
Name: ___________________________ Relationship: ______________________
Home Phone: ______________________  Cell Phone: ______________________

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: ______________
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

Bartlem Beats Concert Series
Friday Nights at Bartlem Park
Shows begin at 7:00pm

July 21st
July 28th
August 4th
August 11th

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.
Renters Rebate 2023 Applications
This is a reimbursement program for CT renters that are age 65 or older or disabled. Eligibility is based on income, rent, and utilities paid during the calendar year 2022. Renters Rebate amounts can be up to $900 for married couples and up to $700 for a single person. This program runs from April 1st to October 1st.

Social Services:
- Caregiver Support Services
- Community Based Services and Resources, Meals on Wheels
- Medicare, Medicaid Assistance Program, Medicaid, and Long Term Planning Energy Assistance, Supplemental Nutrition Assistance Program

The Seniors Farmers' Market Nutrition Program (SFMNP) will be starting soon - please see additional information on back page of this newsletter.

Staying Safe in Poor Air Quality
Warm weather is finally here! While the summer brings sunshine and fun, rising temperatures can also bring rising Air Quality values. Several factors can contribute to poor air quality, including heat waves, drought, and forest fires. Air pollution can have dangerous impacts, especially for high-risk populations such as the elderly, children, and those with respiratory or cardiovascular disease. Here's what you need to know to stay safe:

Air Quality Basics:
- Air Quality is measured using the Air Quality Index (AQI), which runs from 0 to 500.
- The higher the AQI value, the greater the level of pollution that is in the air.
- Air Quality above 100 is considered unhealthy for sensitive populations, and above 150 is considered dangerous for everyone.

Health Effects of Air Pollution:
- Tightness or pain in the chest
- Shortness of breath
- Wheezing and coughing
- Irritation of the throat and lungs
- Burning eyes or nose
- Dizziness and lightheadedness
- Worsened asthma symptoms

How to Stay Safe:
- Seek medical attention if the above symptoms worsen.
- KN95 and N95 masks can be used to filter smoke while outside.
- Limit outdoor exertion when the AQI value is above 100.
- Avoid outdoor exertion when the AQI value is above 150.
- Those with underlying conditions should keep prescribed medications readily available when air quality is poor.

Infectious Respiratory Disease Basics

The American Lung Association’s Infectious Respiratory Disease Basics course is a free, interactive online learning module. This course is designed to help individuals understand infectious respiratory diseases and, when applicable, the vaccinations available that help prevent them.

This course contains two modules: Introduction to Infectious Disease and Influenza.

This program will teach participants to:

- 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
- Describe treatment options if you get sick

This course is ideal for:

- Healthcare professionals looking for resources to share with patients
- Community Health Workers
- Public health professionals
- School and child-care personnel
- Parents and caregivers
- Family, friends and co-workers wanting to learn more about infectious respiratory disease

Visit Lung.training to learn more and register for the course.
**Monthly Programs**

**Line Dancing**
Mondays at 10:00am
Join us for a free, weekly relaxed, instructional class on Line Dancing & other popular dances. *Drop ins welcome!*

**Monthly Reflexology with Kim**
Friday, July 7th
Please contact Laura for more information or to schedule your appointment.

**Cheshire Readers Book Club**
Tuesday, July 18th at 10:45am
Book choice for discussion is *Sunflower Sisters* by Martha Hall Kelly. *New members welcome!*

**Sit Down with Stefanie**
Thursday, July 20th 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, July 26th at 1:30pm
Join us for a viewing of Top Gun: Maverick, starring Tom Cruise. After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. This movie is 2 hours and 11 minutes long and is rated PG-13. *Registration is required.*

**The Cheshire Sherlock Holmes Society:**
Will not be meeting in July, please check back for August information.

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**Special Programs**

**Tax Talk**
Wednesday, July 12th at 1:30pm
Cheshire's new Collector of Revenue, Anne Marie Burr, CCMC, CCMO and Dianne Gardiner, Tax Revenue Assistant will be available to meet with you in a group setting and answer questions regarding your tax bill & help you become more familiar with the Collector of Revenue's page on the Town website so that you can view & pay your tax bill, print a receipt and look up your payment history. *Registration is requested.*

**Celebrate Shark Week with JAWS**
Monday, July 17th at 1:00pm
In honor of Shark week join us for a viewing of Jaws starring Roy Scheider, Richard Dreyfuss, and Robert Shaw. This movie is 2 hours, please register in advance.

**Afternoon Craft**
Wednesday, July 19th
1:00 to 4:00pm
Beaded Pharaoh Chain Bracelet craft project, cost is $15.00. This class incorporates simple wire wrapping techniques to create a finished bracelet. Some manual dexterity is required but it is a very simple technique. *Space is limited, register today.*

**Drop in Crochet Group**
Wednesday, July 26th 10:30am
Work on your project and chat with friends.
### July Activity Calendar

#### Monday
- 10:00 Line Dancing drop in
- 12:30 Canasta

#### Tuesday
- **SENIOR CENTER CLOSED**

#### Wednesday
- 9:00-12:00 Arts & Craft drop in
- 10:00 Wii Bowling
- 11:00 Nickel, Nickel
- 12:30 Mah Jongg

#### Thursday
- 10:00 Pathway through Grief
- 10:30 Moderate Exercise-Drop In
- 11:00 Technology Help
- **Independence Day Celebration**
- 1:30 Pathway through Grief

#### Friday
- Reflexology Sessions by appointment only
- 10:30 Chorus Concert
- 10:30 Golf card game
- 12:30 Set Back
- 12:30 Bridge
- 1:00 Discussion Group
- 1:30 Cheshire Sr. Singles

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**Summer Session Classes Start This Week**

#### Monday
- 10:00 Line Dancing drop in
- 11:00 Meditation via Zoom
- 12:30 Canasta
- 1:00 Jaws movie

#### Tuesday
- 9:30 Zumba Gold
- 10:30 Moderate Exercise-Drop In
- 1:00 Bingo
- 1:00 Chair Yoga
- 1:00 Joyful Communication
- 1:30 Blood Pressure Screenings

#### Wednesday
- 9:00-12:00 Arts & Craft drop in
- 9:30 Pilates
- 10:00 Wii Bowling
- 10:30 Barre
- 11:00 Nickel, Nickel
- 11:30 Get Fit with Brenda
- 12:30 Mah Jongg
- 1:00 Memory Screenings
- 1:30 NO Discover Italian Culture
- 1:30 Tax Talk

#### Thursday
- 10:00 Pathway through Grief
- 10:30 Moderate Exercise-Drop In
- 11:00 Technology Help
- 12:15 Gentle Therapeutic Exercises with Kim
- 1:30 Pathway through Grief

#### Friday
- 9:30 Pound
- 10:00 Chorus
- 10:30 Golf card game
- **Benefits of Community Engagement**
- 12:30 Set Back
- 12:30 Bridge
- 1:00 Discussion Group

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**Sat & Sun**
- Sat. 1
  - 9:00 Trail Trekkers
  - Sun 2

- Sat. 8
  - 2:00 Pride Ride
  - Sun.9

- Sat. 15
  - Sun.16

- Sat. 22
  - Sun.23
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<tr>
<th>1:00</th>
<th>Travel Committee Meeting</th>
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<tr>
<td>1:30</td>
<td>Intro to Watercolors</td>
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<tr>
<th>24</th>
<th>Line Dancing drop in</th>
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<td>10:00</td>
<td>Meditation via Zoom</td>
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<td>12:30</td>
<td>Canasta</td>
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<td>Intro to Watercolors</td>
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<tr>
<th>25</th>
<th>Zumba Gold</th>
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<tr>
<td>9:30</td>
<td>Veterans Coffeehouse at Wallingford Senior Center</td>
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<td>10:00</td>
<td>Ask the Probate Judge</td>
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<td>10:30</td>
<td>Moderate Exercise-Drop In</td>
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<td>1:00</td>
<td>Bingo</td>
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<td>1:00</td>
<td>Chair Yoga</td>
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<tr>
<th>26</th>
<th>Pilates</th>
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<td>9:30</td>
<td>Will Bowling</td>
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<td>10:00</td>
<td>Crochet Group Drop In</td>
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<td>Barre</td>
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<td>Get Fit with Brenda</td>
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<td>Mah Jongg</td>
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<td>Afternoon Movie Matinee</td>
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<td>1:30</td>
<td>Discover Italian Culture</td>
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<th>Pathway through Grief</th>
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<tr>
<td>10:00</td>
<td>Moderate Exercise-Drop In</td>
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<td>11:00</td>
<td>Technology Help</td>
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<td>12:15</td>
<td>Gentle Therapeutic</td>
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<td>1:00</td>
<td>Explore &amp; Share Cheshire History</td>
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<td>Pathway through Grief</td>
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<th>Pound</th>
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<td>9:30</td>
<td>Chorus</td>
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<td>10:00</td>
<td>Golf card game</td>
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<td>10:30</td>
<td>Exercise &amp; You</td>
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<td>12:30</td>
<td>Set Back</td>
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<tr>
<td>12:30</td>
<td>Bridge</td>
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<td>1:00</td>
<td>Discussion Group</td>
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<tr>
<td>7:00</td>
<td>Bartlem Beats Concert</td>
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Sat. 29

Sun. 30

Coming soon: Flu Clinic will be held early this fall at the Cheshire Senior Center, be on the look out for more details.

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

**Explore and Share Cheshire History**
with Cheshire’s Town Historian Diane Calabro
Thursday, July 27th at 1:00pm

How well do you know Cheshire? Did you know that Mastodon teeth were found in Cheshire? How about a dinosaur skull? Do you know the history of the Cheshire Casino? Why is our town called Cheshire? Did you know that a 12-year-old Cheshire girl would have been admitted to Yale University... Except that she was a girl? What about all of the boats, trains, and trolleys that serviced our town? Did you have to attend a high school not in town? Do you remember the milkman coming to the house in the morning? Town Historian Diane Calabro has so much to share about the history of our town and the people who lived here. She will have some first source materials on loan from the Cheshire Historical Society. She also wishes to hear YOUR stories of growing up and living in Cheshire. Please register in advance for this event.

**Chorus Concert**
Friday, July 7th
at 10:30am

Come support the Cheshire Senior Center’s very own Choir in their debut performance. Light refreshments will be served. Registration is requested.

**Blood Pressure Checks**
Tuesday, July 11th 1:30pm to 3pm

Drop in the Nurse’s Office on the 2nd Tuesday each month for a free Blood Pressure check by Nurse Melanie of Civita Care Centers.

**All Ears Hearing Screenings**
Thursday, July 20th 10:30am to 12:00pm

Call today to schedule your appointment for a free hearing screening.

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

**Join us at our monthly drop in Probate Question & Answer program with Judge Jalowiec**
Tuesday, July 25th at 10:00am

**Veteran’s Coffee House**
Tuesday June 27th
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 Greg Silas, Navy Nuclear Electrician. Cheshire members are invited & encouraged to attend the meeting in Wallingford.

---

**A Night out at Skappo**
Italian Food & Wine

August 3rd - Dinner Reservation at 5:00pm, bus leaves Senior Center at 4:00pm

Authentic oven roasted Umbrian Porchetta Dinner includes pasta, salad and dessert.

$50 pre-pay for dinner plus $6.00 bus fare **CASH ONLY, PLEASE**

---

**Free Memory Screenings**
Wednesday, July 12th
1pm to 3pm, by appointment only

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.
Join our Summer Intern, Jackie from the Boston University School of Public Health, to learn about:

**The Benefits of Community Engagement**
Friday, July 14th at 10:30am

Did you know getting involved with your community can boost your mood and overall life satisfaction? Learn about how you can give back to your community through volunteer work, paid employment, and intergenerational engagement opportunities. Register today!

**Exercise & You**
Friday, July 28th at 10:30am

Exercise is a key component of maintaining physical, emotional, and mental health. Exercise looks different for everyone and includes challenging both your body and mind. Exercise strategies for every level of ability. Register today!

---

**Cheshire Senior Singles**
Friday, July 7th at 1:30pm
Pizza Lunch at Cheshire Pizza & Ale
Meet at the venue for 1:30pm.

Friday, July 21st at 1:30pm
Afternoon at the New Britain Museum of American Art
Admission is $12 for seniors.

**Please register in advance for all Cheshire Senior Singles Events**

---

**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, July 17th at 1:00pm

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

---

**A Day at Tanglewood**
Sunday, August 13th

Enjoy a music filled afternoon with the Boston Symphony Orchestra, trip includes Motor Coach, Lunch on the Lawn and Admission to Tanglewood.

---

**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.

---

“**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.

**Thursdays: 10:00am to 11:30am**

**Or**

**1:30pm to 3:00pm**

**at Cheshire Senior Center**

Beginning **Thursday, July 27th**

Facilitators will be: Bob Havens and Catherine Szerszen
RSVP: Bob Havens (860)480-1655 or havensvo67@aol.com
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.

![West Side Story poster](image)

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2023 Senior Outing
at Holiday Hill

Monday, August 21st
from 9:00am to 4:00pm, rain or shine

All inclusive price is $42.00 per guest, Senior Citizens only. You must purchase your tickets directly from Holiday Hill by calling 1-800-533-0029 by August 9th or mail your check payable to: Holiday Hill to PO Box 338 Cheshire, CT 06410

Tickets are non-refundable.

![Holiday Hill logo](image)

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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!

![Taste of the Park logo](image)

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Join us for the Railroad Museum of New England’s

**Chocolate Decadence Tour**
Friday, October 6th at 5:15pm

The evening begins at the historic Thomaston Station with a cocktail party. The train ride follows with a stop for a toast over the spectacular Thomaston Dam. Next stop is the Fascia Chocolate Company with a tour, more wine, more chocolate and dessert! Train will return to Thomaston Station between 9:00-9:30pm. Train tour price is $82.00.

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

![Chocolate Decadence Tour logo](image)
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/
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