

TOWN OF FARMINGTON SENIOR CENTER NEWSLETTER

FALL 2024

Farmington Care Fair

Wednesday, October 16
1 – 3 p.m.

Many vendors and other local resources will be here to share insights and information.

Visit exhibits and learn about available products and services.

ADMISSION IS FREE!

Thanksgiving Day Gathering

Thursday, November 28

Join your neighbors for a town wide celebration at the Farmington Community and Senior Center.

Reservations required. Call Community Services: 860-675-2390

*Donations of baked goods & pies gratefully accepted.
Transportation Available!*

Important Dates:

Oct. 3 – Staying Organized w/ Roseanna
Oct. 7 & 28 – Flu Clinic, p. 1
Oct. 14 – SC Closed - Columbus Day
Oct. 16 – Care Fair, p. 2
Oct. 21 – Halloween Costume Party, p. 5
Oct. 22 – Travel Presentaion - Alaska, p. 5
Oct. 24 – Challenging Bowel Issues
Oct. 31 – Pulse 4 Pulse, p. 3
Nov. 5 – Voting, p. 8
Nov. 7 – Veterans Coffee Hour
Nov. 7 – Travel Presentaion - Switzerland
Nov. 11 – SC Closed - Veterans Day
Nov. 12 – Medicare 101, p. 3
Nov. 14 – Loneliness & Isolation, p. 4
Nov. 18 – Estate Planning, p. 3
Nov. 19 – Stroke Awareness, p. 3
Nov. 27 – Veggie Peeling p. 8
Nov. 28 & 29 – SC Closed - Thanksgiving
Dec. 5 – Contemporary Tiny Homes, p. 5
Dec. 25 – SC Closed - Christmas Day

Flu Shot Clinic

Mondays, October 7 & October 28
1:00 – 3:00 p.m.

Please bring your medical insurance card.

MEDICARE Part B as primary insurance
Aetna - Regular & Medicare
Anthem - Regular & Medicare
Harvard Pilgrim HealthCare
United Health Care - Advantage

*We **cannot** accept: CIGNA, ConnectiCare, Care Partners of CT, Health New England, United Health Care - commercial, or Wellcare.*

Call VNHLC for an appointment:
860-379-8561

Walk-Ins Welcome.

321 New Britain Avenue, Unionville, CT 06085

Phone: (860) 675-2492 **Office Hours:** M–F 9:00AM–4:00PM

Staff: Nicole McClintock Deneen, Senior Center Coordinator

Kate Miller, Program Clerk

Our Sponsors

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Free Memory Screening Events

*Are you caring for a loved one who is experiencing memory problems?
Are you concerned your loved one's memory loss may be an early sign of dementia?
Does Alzheimer's or dementia run in your family?
Are you concerned about your own memory?*

A memory screening is a series of questions and tasks designed to gauge memory, language and thinking skills. Screenings last just 5 – 10 minutes and while the results are not a diagnosis, the screening could signal that a follow-up full evaluation should be conducted with a clinician.

The 1st Wednesday of Every Month at the Farmington Senior Center
10 a.m. to noon

To schedule your appointment for a FREE, confidential memory screening, call 860-677-4060 or email FarmingtonArdenCourts@promedica.org

Brought to you by:
ARDEN COURTS
PROMEDICA MEMORY CARE
arden-courts.org

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JOIN US FOR OUR ANNUAL

COMMUNITY CARE FAIR

at the
FARMINGTON SENIOR CENTER

OCTOBER 16, 2024
1 - 3 PM

Visit vendors, learn about new resources, products, programs, and services for health, housing, and finances!

Event is Free - No Sign-Up Required






Thank you to our sponsors! Your support makes our newsletters possible.

Senior Center Programs

Our Mission Statement

To promote and support senior citizen involvement in a healthy and interactive lifestyle through programs, activities, and services that enrich the mind, body, and spirit.



PULSE 4 PULSE

ONSITE DIAGNOSTIC TESTING

Take 20 minutes to have a
3-part noninvasive
Microvascular Wellness Test.

OCTOBER 31

Appointments available
10:00 am - 2:00 pm

Cash or insurance payment option

Call Doreen: 860-919-7358



MEDICARE 101

Open Enrollment
Seminar

With Eric Gorman of
CarePartners of Connecticut

NOVEMBER 12TH — 1 PM

Join us to learn about changes to
insurance plans this year, and get
your questions answered.

Call to sign-up.



With Cherry Brook
Health Care Center

NOVEMBER 19TH — 1:00 PM

Join us to learn the signs,
potentially save a life!

Every minute counts!

Games & Activities

- Bridge (Party)** – Tuesdays, 1 p.m.; Enjoy playing bridge? Join this experienced group!
- Chess Club** – Tuesdays or Thursdays, Noon; Bring a friend and drop by to play a game of chess.
- Cribbage** – Tuesdays, 10 a.m.; all levels welcome, instruction available.
- Mah Jongg (American Style)** – Wednesdays, 1 p.m.; Played with 152 tiles, racks, and a scoring card.
- Intro to Pickleball** – Tuesdays, 12:45 p.m. Sign-up required.
- Pickleball @ the Senior Center** – Tuesdays, Thursdays, & Fridays, 1:45 p.m.
- Pickleball @ New Horizons** – Mondays, Wednesdays, & Fridays, 1 p.m.
- Pool Players** – Men: Wednesdays, 10 a.m.; Ladies: Fridays, 10 a.m.
- Red Hatters** – Fun loving group of women 50+ who approach life with vim and vigor!
- ROMEOS** – Retired Older Men Enjoying Outings; group of men who enjoy educational tours.
- Rummikub** – Thursdays, 1 p.m.; Similar to Rummy, but played with tiles.
- Stained Glass Guild** – Wednesdays, 10 a.m.; Bring your projects, share ideas, and have fun!
- Wood Carvers** – Mondays & Thursdays, 10 a.m.; Enjoy wood carving. Instruction & materials provided.

Enriching Programs

- Bible Study** – Tuesdays, 10:30 a.m.; Non-denominational group study. Also on Zoom!
- Book Discussion Group** – Third Thursday, 1 p.m.; Call the Senior Center for the book list.
- Current Events Discussion Group** – Wednesdays, 1 p.m.; discuss topics of interest.
- Knitting Group** – 2nd & 4th Fridays, 10:00 a.m.; beginners welcome, bring your own supplies.
- Peer Led Grief Group** – Third Friday, 10 a.m.; A safe space to process loss together, call to sign-up.
- Socialization** – 2nd & 4th Tuesday, 1:30p.m.; interactive hour for older adults with cognitive limitations.
- Tech Help** – Monthly program hosted by FHS students. Will resume in October, Dates TBD.
- Walking Group** – Fridays, 10:00 a.m., Weather permitting. Different trail each week. Call to join email list!

Fitness Programs

Session Dates & Fees available at the Center.



INTERESTED IN BECOMING A MEMBER?

Meet with our certified personal trainer for your new member Assessment and Orientation, and create a customized program to get you started gaining energy, strength and overall wellness!

FEE SCHEDULE

New Member Assessment and Orientation --	\$25
One-month Membership, resident -----	\$10
One-month Membership, non-resident -----	\$15
Six-month Membership, resident -----	\$50
Six-month Membership, non-resident -----	\$75

Loneliness & Isolation AROUND THE HOLIDAYS

WITH ROSEANNA OF AMBERWOODS

Thursday . November 14th — 1 p.m.

The holidays can be a challenging season of painful reflection, sadness, and loneliness. Join us for encouragement & support.



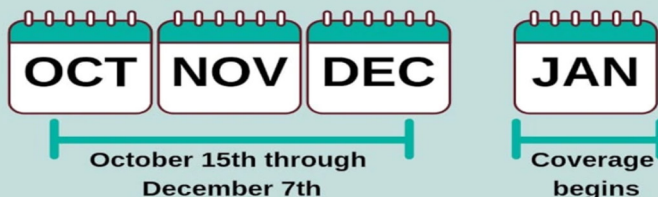
CHOICES COUNSELING

Need help changing or selecting your Medicare Part D Plan?

Schedule an appointment with a trained CHOICES COUNSELOR.

Contact the Senior Center to make your appointment.

MEDICARE OPEN ENROLLMENT PERIOD



Exercise Sessions

Beat PD (Parkinson's Disease)

Wed. 1:00 p.m. or 2:00 p.m.; Two sessions available. Functional Interval Training & Boxing specifically designed for people with Parkinson's Disease.

Boxing + Class 1 – Mondays, 11:00 a.m. or 12:00 p.m.

A total body workout, great for those who have the ability to do floor exercises. (seated or standing)

Chair Yoga (Virtual/ZOOM) – Mondays, 9:00 a.m.

A gentle form of yoga practiced sitting on a chair.

Core Strength – Mondays, 9:30 or 10:30 a.m.

Core Strength – Wednesdays, 10:30 a.m.

Exercises are designed to meet all levels of ability and can be done standing or sitting. Build a stronger core to improve stability, balance, and reduce the risk of falls and injuries.

Exercise with Lorie – Tuesdays, 11:30 p.m.

Exercises focus on activities of daily living, muscle conditioning, stretching, along with breathing and relaxation techniques. Program is seated & standing.

Line Dancing – Fridays, 11:30 a.m.

Get your body moving and keep your brain sharp as you learn new steps with this fun exercise class. Especially great for hip strength and flexibility.

Low Impact Dance – Fridays, 10:30 a.m.

Stay fit and flexible with this fun exercise class.

Power & Fitness – Thursdays, 12:30 p.m.

Move to the music for a mild cardio workout. Strengthen the major muscle groups using hand weights and stretch bands. Bring your water bottle.

Qigong – Thursdays, 10:30 a.m.

Use movement to stimulate flow of chi, increase vitality and promote relaxation. Increase flow of blood to various organs. Exercises mainly seated.

Tai Chi – Tuesdays, 10:30 a.m.

Low impact exercise. Healthful & harmonious movements tone & increase muscle flexibility. Improve fitness and balance. Exercises are standing.

Zumba Gold – Tuesdays, 9:15 a.m.

Dance to Latin Music for an aerobic workout!

*High Demand, Limited capacity class.

Look out for communication about a "sign-up" day.

Not sure what class to take?
Call the office, we can help!

Recreation

Movie Mondays



MONDAYS — 1 PM

November 4 <i>Interstellar</i>	December 16 <i>Elf</i>	December 30 <i>The New Twister movie</i>
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CONTEMPORARY TINY HOMES

THURSDAY, DECEMBER 5 — 1 P.M.

Join us to learn about a creative senior housing option... Accessory Dwelling Units!

HALLOWEEN COSTUME PARTY



BY ROSEANNA OF AMBERWOODS
FOOD & DRINKS
MUSIC & GAMES
COSTUME CONTEST
OCTOBER 21ST
1:30 PM

BRING YOUR A GAME ... OR BEWARE!

Adventures BIG AND SMALL

Detailed flyers available at the Senior Center and on our website



DOMESTIC — TN & NC
Nashville & Smokey Mnts. Christmas
Nov. 29 — Dec. 6, 2024
Highlights: Grand Ole Opry, County Music Hall of Fame, Dollywood, Smokey Mountains National Park, Biltmore Estate.



DOMESTIC — ALASKAN
Alaska Discovery Land & Cruise
June 18 — 29, 2025
Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Hubbard Glacier, Glacier Bay, Inside Passage.



ABROAD — EUROPE
Switzerland, Austria, & Bavaria
September 13 — 22, 2025.
Bern, Alphorn Maker, Yodeling Demonstration, Lucerne, Austrian Alps, Innsbruck, Salzburg, Mirabell Gardens, Bavaria, Linderhof Palace.

Travel Presentations

DISCOVER ALASKA
Tuesday, October 22 — 1 p.m.

SWITZERLAND, AUSTRIA, & BAVARIA
Tuesday, November 7 — 1 p.m.



**Creating a Strong Estate Plan:
Protect Your Family and Your Finances**

ESTATE Planning

with Attorney Rivard

Monday,
November 18
1:00 p.m.



Available Services



FREE
HEARING
SCREENING

9:00 – 10:00 a.m.
Jack Felix, BC-HIS, ACA
Hearing Care Centers
2nd Monday of the Month

- Screening Test
- Hearing Aid Cleaning
- Ear Exam

Please call **860-675-2492**
to schedule an appointment!

ASK THE PT PHYSICAL THERAPIST



Join us for monthly round table discussions with a physical therapist from Advanced Physical Therapy of Farmington. Bring your questions and concerns, they are here to help!

Dates and times TBD. Join our email list for updates.

Free Memory Screenings

by Arden Courts

Are you caring for a loved one who is experiencing memory problems? Are you concerned it may be an early sign of dementia? Or are you concerned about your own memory?

A memory screening is a series of questions and tasks designated to gauge memory, language and thinking skills, and while the results are not a diagnosis, scoring below the normal threshold can signal that you should follow up with a clinician for a full evaluation.

This service is offered the first Wednesday of the month. Contact the Senior Center to schedule an appointment.



Farmington Valley Parkinson's Support Group

Meets the second Friday of the Month
10:30 a.m. – Farmington Senior Center

Save the Dates:
October 11, November 8, and December 13

An in person support group for those living with Parkinson's Disease and their caregivers. Drop in, no registration required.

Facilitated by Holly Seymour,
APDA CT Chapter Board Member

Deposit documents for shredding in the locked Shred-It box in the Senior Center office. \$1/pound



FREE Blood Sugar and Blood Pressure screening



1st Monday of each Month
10:00 – 11:30 a.m., Staples House

Remaining Mondays of each Month
10:00 a.m. – 12:00 p.m.
Farmington Senior Center

A Community Program sponsored by:



TRANSPORTATION

Farmington Community Services 860-675-2390

Dial-A-Ride is a service for persons over 60 or disabled.



The service area is Farmington, Unionville and Avon. The cost (administrative fee) is \$100/year for each participant. Medical appointments are priority, may be reserved up to 2 weeks in advance.

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Memorials & Gifts

The Senior Center Memorial & Gift Fund is a way to honor a relative or friend. These gifts support programs that enrich the lives of seniors.



***This season,
we have received gifts honoring:
Ayako Jedlicka***

We thank you for your contributions.

If you would like to make a donation, envelopes are available in the office or the lounge. Thank You!

Checks payable to
Town of Farmington Senior Center.



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- Tour Checklists
- Transition Assistance and more

Our Mission

To empower seniors and their families in making informed decisions about their living options, by providing comprehensive guidance, support and personalized solutions.

Why Choose Us?

We are committed to transparency.

"Heather is WONDERFUL to work with - warm, detail oriented, caring, personable, really listens and goes above and beyond. My parents and I loved her and would highly endorse her!"

Pia Sareen Kumar

www.clearviewseniorlivingadvisor.com



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Representatives are available 8 a.m.-8 p.m., 7 days a week (Mon.-Fri. from Apr. 1-Sept. 30). Benefits eligibility requirements must be met. Not all may qualify. For accommodations of persons with special needs at meetings, call 1-844-345-0968 (TTY: 711). CarePartners of Connecticut is an HMO/PPO plan with a Medicare contract. Enrollment in CarePartners of Connecticut depends on contract renewal. CarePartners of Connecticut complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-341-1507 (HMO)/1-866-632-0060 (PPO) (TTY: 711). Y0151_2024_170_M

Thank you to our sponsors! Your support makes our newsletters possible.



Senior Center Newsletter

Fall 2024

321 New Britain Avenue

Unionville, CT 06085

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RETURN SERVICE REQUESTED



VEGETABLE PEELING PARTY

Its time to prepare the many pounds of potatoes, carrots, and turnips to be served at the annual Community Thanksgiving Dinner!

WEDNESDAY, NOVEMBER 27
9:30 A.M. - NOON

Sign-up with the Office

DAYLIGHT SAVINGS ENDING

Set your clocks back one hour on Sunday, November 3, 2024.

Join our Email List!

Send Nicole an email at mcclintockn@farmington-ct.org to be added!

Use the Subject Line: *Email List*

Vote

Tuesday, November 5, 2024

The Farmington Community & Senior Center is a polling place. All activities that routinely take place in room ABC are canceled.

PRESIDENTIAL ELECTION 2024