

# What's Happening at the Newington Senior & Disabled Center?

...a guide to programs, activities and services as of June 2022

## A MESSAGE FROM THE DIRECTOR

Two of the most common questions we receive at the Center are "Are you open?" and "What can we do here?". This list, current as of June 2022, should answer both! Our days are full of in-person regular activities, programs and services. We offer several special programs on a variety of fascinating topics each month. Members can gather to have lunch or chat over coffee, exercise, volunteer, take in a movie, join a class, play a round of pool or take up a craft. We offer various nutrition services, Dial A Ride, social work and our information and referral center to keep you informed.

Need to stay home? Many of our programs are offered in a remote/in-person hybrid format, online and even over the phone. Take a look at the list below for details. We truly have something for everyone! - Jaime

### REGULAR IN-PERSON ACTIVITIES

#### **Stay Active! Stay Healthy!**

**Chair Aerobics** - Tuesdays & Thursdays at 10:00 a.m. Get a great workout while remaining seated!

**Walk With Me** - Mondays, Wednesdays & Fridays at 12:30 p.m. - a fun, video-based exercise program.

**Exercise Room (Fitness Members Only)** - Daily by appointment.

**Billiards Room** - Open daily - no registration required

**Wii Bowling** - Wednesdays at 10:00 a.m.

**TOPS - Taking off Pounds Sensibly** - Tuesdays at 9:00 a.m.

**Cornhole** - Mondays at 11:00 am- come play a round of this fun and easy-to-learn beanbag toss game!

**Table Tennis** - Thursdays at 2:00 p.m. Join a friendly game and get moving! No experience necessary.

**Foot Care** - offered twice per month - call for an appointment.

**Parks & Recreation Exercise Programs at the Center** - Zumba, Tai Chi, Line Dancing and Ballroom Dancing - call P&R at 860-665--8666 to register.

**Blood Pressure Clinics** - Sponsored by Berlin VNA. Stop by the second Tuesday of each month from 12:30 pm- 1:30pm in the health office. No registration required.

#### **Stay Connected!**

**Tech Help** - Wednesdays, 9:30am—12:00pm. Volunteers Jimcan help with your tech needs: smart phones, tablets or computers! No appointment necessary.

**Note: activities subject to change due to COVID cases in the area. Masks and social distancing are encouraged; please stay home if you are unwell.**

#### **Stay Connected! (continued)**

**Office Assistance** - Monday thru Friday 8:30 a.m. - 4:30 p.m. No appointment necessary.

**Computer Room** - Computers with internet access are available for member use. Printing not available.

**Paper Shredding** - Secure shredding bins are available on-site.

#### **Have Fun!**

**BINGO!** - Thursdays at 1:00 p.m. Join us in the cafeteria for fun and friendship. Prizes awarded!

**Knitting Group** - Mondays at 9:30 a.m.

**Beading Group** - Mondays at 10:00 a.m.

**Movies in the TV Lounge** - Fridays at 1:00 p.m.

**Bridge/Pinochle** - Fridays at 12:30 p.m.

**Cribbage** - Mondays at 10:00 a.m.

**Canasta** - Mondays and Wednesdays at 1:00 p.m.

**Mah Jongg** - Wednesdays at 9:30 a.m.

**Setback** - Wednesdays at 1:00 p.m. in the cafeteria - no pre-registration required. Please arrive by 12:45 to participate.

**Scrabble** - Tuesdays at 12:30 p.m.

**Woodshop** - Open daily - no registration required. New users - a safety training class is required to use power equipment.

**Singing Seniors** - Wednesday mornings (seasonal). If you like to sing and can carry a tune, stop by for info!

**TV Lounge/Puzzles** - work on a puzzle (or take one to do at home), chat with friends or watch a show in our cozy lounge.

**More on the back...**

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## REGULAR PROGRAMS HELD OVER THE PHONE

**Telephone Bingo** - Tuesdays at 1:00 p.m. Play for free using our conference line - several rounds/patterns played per session! We provide the cards.

**Meditation Mondays** - Mondays at 10:00 am, Start your week with guided meditation.

**Telephone Boggle** - Wednesdays at 1:30 pm. If you like word games, Boggle is for you! Materials provided.

## MONTHLY SPECIAL PROGRAMS

We offer a variety of special programs and events each month. Topics may include wellness, finance, arts and history, music, socials, games, food and nutrition and much more! **Check out our monthly Connection newsletter for details!** Newsletters are available at the Center or on [newingtonct.gov](http://newingtonct.gov) (click on "Departments" and "Senior & Disabled Center").

## EVIDENCE-BASED PROGRAMS

Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease. They are based on research and provide documented health benefits, so you can be confident they work. Check our monthly Connection newsletter for info on EBPs such as A Matter of Balance, Live Well and Live Well with Diabetes, Tai Je Quan: Moving for Better Balance and the Aging Mastery Program.

## THE GIVING GARDEN

Did you know we have a beautiful garden in our back yard? Hard-working volunteer gardeners design, plan, plant, maintain and harvest over 600 lbs of organic produce each year to benefit the Newington Human Services Food Bank. Volunteers needed. Gardening experience is appreciated, but not necessary... novice gardeners are more than welcome.

## RETURNING SOON

We look forward to welcoming back bus trips, AARP Driver's Safety, Silver Sneakers, dental clinics and the Gift Shop as soon as it is safe and feasible to do so. Stay tuned!

## NUTRITION SERVICES

**Congregate Lunch Program** - The daily in-person congregate lunch program is available to **anyone aged 60+**. Reservations for lunch must be made no later than 11:30 the weekday prior. Lunch is served at noon; menus are available at the Center. There is a suggested \$3.00 **voluntary** donation per lunch.

**The Coffee Shop** - We're excited to bring back the popular Coffee Shop! Stop by for a hot cup, cold beverage, snack, light breakfast or sandwich! Current hours are Tuesday thru Thursday, 8:45am—12:30pm with expansion of hours as needed. We are looking for a few more volunteers!

**Meals on Wheels** - Daily home delivery of hot lunches is available to qualifying individuals age 60+. Meals are delivered by volunteers. For more information, contact Social Worker Teri Snyder at 860-665-8767.

## INFORMATION & REFERRAL CENTER

Located across the hall from the Main Office, our Information and Referral Center is a one stop shop for information about all kinds of programs and services that can help older adults and their families. Informational brochures and literature, Medicare info, CHOICES counseling, social work services, and the renter's rebate and energy assistance programs are available.

## TRANSPORTATION SERVICES

**Dial-A-Ride** - is available to any Newington resident, age 55 and older or any resident who has a disability in accordance with the American's with Disabilities Act. Dial-A-Ride is a curb-to-curb service; passengers must be able to enter and exit the vehicle and their home on their own or with the assistance of an escort provided by the passenger. Ride tickets are \$8.40 for 24 one-way or 12 round-trip rides. Out of town medical transpiration is available through Curtain Transportation.

**Need a Lyft?** - Contact our office and we can help you arrange for rideshare transportation anywhere in the greater Hartford area via Lyft. Assistance available during Center business hours only. Fees may apply.

**If you are feeling lonely or isolated** - please reach out to us. We can help! Many Center special programs are also available remotely. We also offer social call and pen pal programs to connect older adults with their peers and can help provide other resources to combat isolation.

**CONTACT US: for questions, info or to register for programs or services: 860-665-8778**



Newington Senior & Disabled Center • 120 Cedar Street • Newington, CT  
Open Monday - Friday 8:30 - 4:30 • [newingtonct.gov](http://newingtonct.gov) • [facebook.com/newingtonsdc](https://facebook.com/newingtonsdc)  
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