



# THE WAVERLY CENTER JANUARY 2018

Accredited by   
National Institute of  
Senior Centers

**Happy New Year! Another turn round the sun. Let's try to make it a year to remember. The center is a hub for activity, entertainment, learning and philanthropy. Be a part of that hub!**

-Mary

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## Important Information

7 Waverly Avenue, Portland

Phone (860) 342-6760

Fax (860) 342-6762

Hours Mon, Wed, Thu, Fri 9:00am-4:00pm

Tues 9:00am-7:00pm

Email: [mflood@portlandct.org](mailto:mflood@portlandct.org)

[crevicki@portlandct.org](mailto:crevicki@portlandct.org)

[glandry@portlandct.org](mailto:glandry@portlandct.org)

Meals on Wheels Call the Senior  
Center for information

Food Bank Monday and Thursday 9:00a.m-12:00noon (860) 342-6795

New England Mobile Food Pantry 2nd Thursday of the month, 12:30pm

Transportation: Dial a Ride (860) 347-3313 48 hour notice

Senior Van (860) 342-6760 (advance notice)

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## JANUARY



January 1

January 4

January 9

January 9

January 10

January 11

January 11

January 15

January 23

January 24

**Closed: Happy New Year!**

**Foot Care by Appointment**

**Waverly Salon: Kahana Hula**

**Hearing Checks**

**Blood Pressure Checks, 10:30-11:30am**

**ARTVAN: TBA**

**NE Mobile Food Pantry**

**Closed: Martin Luther King Day**

**Dining Out: Carbone's Kitchen**

**Blood Pressure Checks, 10:30-11:30am**



**MOHEGAN SUN Trip, February 28, 9:30am, \$22.00**

**Sign up in the office.**



## DONATION CENTRAL



Through our Donation Station between Mary and Carol's offices, we are able to do a lot of good for different groups. We are currently collecting pop tops, used eyeglasses and hearing aids, Boxtops for Education, grocery coupons and yarn. Now we are asking you to donate canceled stamps. Gildersleeve School is collecting them for a program. We can all do a lot more as a group than we can alone.

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## REMINDER

Therapeutic massage is available by appointment at The Waverly Center. Our massage therapist Joanie comes to us with a wealth of experience. Please call the center if you wish to schedule a massage.



## DINING OUT CLUB



Our Dining Out Club will go to Carbone's Kitchen in Bloomfield on Tuesday, January 23. This is a new outpost of Hartford's famous Carbone's Restaurant. The bus will leave the center at 12:15pm. Transportation cost is \$5.00. Please sign up by noon on January 22.

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## CALLING ALL OENOPHILES



Do you love wine? Are you a connoisseur? Join us on Wednesday, February 7 as we visit The Royalty Wine Making Group. We will enjoy wine sampling of their award winning, handcrafted wines and light appetizers. You will learn about the wine making process and have an opportunity to fill, cork and cap your own bottle of wine to take home. We will leave the center at 11:00am, go to lunch and then travel to the winery. The cost is \$35 for the tasting and transportation. Lunch is on your own. You **MUST** sign up and pay by Friday, January 12.

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**"People don't notice whether it's winter or summer when they're happy."**

**-Anton Chekhov**



## AARP TAX ASSISTANCE



AARP tax preparers will be returning to The Waverly Center on Wednesday mornings beginning February 7. Please call 860 342 6760 to make your appointment when you have all the required paperwork.

Please remember we are not tax experts nor are we authorized to give advice about filing requirements.

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## PASSPORT FAIR

Do you have a passport? Do you need to renew one? The Portland Library and the US Postal Service have teamed up to offer a Passport Fair. This will be a convenient and time-saving way to get a new passport or to renew an old one. It will be held at the library on Saturday, January 20 from 10:00am to 2:00pm. (Snow date January 27) See the last page of this newsletter for information on the documents required and fee information.



## HULA YOGA



The new year has arrived and maybe you've made a resolution to be healthier. How about trying something new? Beginning February 2 Teri Bourget will be offering Kahuna Hula Yoga. Classes will meet Fridays at 11:00am. They are for all fitness levels and can help relieve stress, promote mindfulness, postural alignment and balance. It is a six week program and the cost is \$30 for the session or \$7 per drop in session. Please call the center to sign up.

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## SENIOR ADVISORY BOARD

Our Senior Advisory Board will be meeting on January 31 at 11:00pm in the multi-purpose room. All seniors are welcome to come and offer suggestions or raise questions.

