

# TECH CENTER HAPPENINGS SEPTEMBER 2025



**UR Community Tech Center** is a growing local resource designed to help older and disabled adults from Manchester and beyond. **Learn more at** [www.urcommunitycares.org](http://www.urcommunitycares.org) (click on Tech Center link) **or call 860-430-4557.**

## Get Free Personal Tech Help – By Appointment or Just Drop In!

**The Tech Center is open 3 days a week – Mon., Thurs. & Fri. from 10am to 3pm**

- To **schedule a 1-on-1 session** in advance: **call 860-430-4557** (leave a message with your requested date and time), **visit our website** or **scan the QR code above.**
- Or **just drop in** and work with one of our dedicated volunteers.

### Free Classes & Special Events

*Please like and follow UR Community Cares on Facebook and Instagram ... we post fun stuff!*

**CLOSED on MON., SEPT. 1 for LABOR DAY**

**Tues., Sept. 2 – Manchester Blind and Low Vision Support Group: Renée LaBonté, South East Center for the Blind**

10am-12pm, Monthly meetings on first Tuesdays with guest experts

**Fri., Sept. 5 – Monthly Tech Talk / Chatting with AI**

1-2:30pm, Join the discussion on how AI and other tools help us in practical ways; bring your questions and let's learn together

**Tues., Sept. 9 – Parkinson's Disease Social Group**

10:30am-12pm, Monthly support and social group serving the region; meetings are held on second Tuesdays and open to all

**Fri., Sept. 12 – All Things Zoom**

1-2:30pm, This popular video conferencing tool lets you virtually attend town meetings, enjoy online classes based on your interests and more

**Thurs., Sept. 18 – Google Maps**

1-2:30pm, From navigating travel nearby to visiting sites far away, bring your mobile device for a group demonstration of mapping out routes

**Mon., Sept. 22 – Introduction to Gaming (Overview for ages 50+)**

1-2:30pm, Learn about trends and basic systems that make up this popular entertainment category for generations of online gamers

**Fri., Sept. 26 – Monthly Social Mixer: Sit Less, Move More!**

1-2:30pm, Build more movement into our daily routines to increase wellbeing; bring a friend and share favorite ways to be less sedentary

**Mon., Sept. 29 – Being Hard-of-Hearing Aware**

1-2:30pm, Join us in person as we connect remotely with Suzanne Ondrus, Ph.D., an international author and educator

### More Help for Older & Disabled People

**Blind and Low Vision Support Group – Sept. 2**

**GUEST SPEAKER:**

Renée LaBonté, South East Center for the Blind

**Parkinson's Disease Social Group – Sept. 9**

### FUN STUFF, TOO!

**Senior Center** – We'll be there Wed., Sept. 10, 11am-12pm

**Our "Salsa of Manchester" fundraiser** – Join us Mon., Sept. 15, 5-8pm at Frontera Grill

**Cycling Without Age** – Take a free ride in scenic Charter Oak Park by calling **860-430-4557**

### Volunteer with Us

Come in for a quick tour and see how you can help our team make a difference:

- UR Community Tech Center
- Neighbors Helping Neighbors
- Cycling Without Age
- UR Vision Resources

### Location:

**Eastside Neighborhood Resource Center  
153 Spruce St., Manchester, Conn.**

*Park along Florence St. or in town lot at corner of Spruce and Birch St.*

**Call us at 860-430-4557 if you need assistance walking to our building.**

# Check out our 3 fundraisers during September



Point your phone camera at QR code to explore our free programs



**CHARITY PARTNER**  
**1st Anniversary in Manchester!**

**Get Your Free Burrito**

**Thurs., Sept. 4**  
**11am – 9 pm**

1500-D Pleasant Valley Rd.  
(near Trader Joe's)

**Mon., Sept. 15**  
**5:00 – 8:00 pm**

*Free admission  
for all ages*



## **BEST RECIPE CONTEST**

Come try a variety of Salsa Recipes. Guest Judges will select the winners. *Submit your recipe by 8/31 using QR code.*

## **Free Kids Activities**

Face Painting, Arts & Crafts



**170 Slater Street**  
**Manchester, Conn.**  
**860-791-8415**

## **DANCE**

**Kick off Hispanic Heritage Month!**

Free Lessons:  
6:30-7:00 pm  
Free Salsa Dancing:  
7:00-8:00 pm

## **DINE**

Call to reserve your table or use Eventbrite. Enjoy Frontera's full menu plus special **\$5 Salsa Trio flights.**

## **Drink Specials**

**Silent Auction**  
to benefit nonprofit **UR Community Cares**

**Music By:** DJ Castro G

**Dance Instructor:** Ray Owens,  
Julie Lang Studio

**RSVP and Inquiries:**  
**Call Dr. Maria Cruz at 860-986-0105**

**Hosted by:**  
**Frontera Grill Manchester,**  
**UR Community Cares and the**  
**Manchester Latino Affairs Council**



© 2025 UR Community Cares



All during September,  
\$1 from every \$2.50  
reusable Community Bag  
sold at the Manchester  
Big Y will be donated to  
UR Community Cares.

234 Tolland Turnpike

To learn more about UR Community Cares and our community programs, use the QR code in upper left, visit [www.urcommunitycares.org](http://www.urcommunitycares.org) or call 860-430-4557.