

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+



61 Durant Terrace



(860) 638-4540

www.middletownct.gov/seniors

MAY 2016



2nd Annual Senior Services Expo Tuesday, May 3rd from 10am—2pm

**Valuable Information, Health Screenings, Door Prizes, Raffles, and Giveaways!!
Free Continental Breakfast & Cookout Lunch**

We are thrilled to announce our 2nd Annual Senior Services Expo!! Many local service providers, city departments, and state agencies will be in attendance! You can stop in any time during the 10am-2pm timeframe and stroll through the tables of information. This is an excellent opportunity to meet people and gather valuable information on programs and services available to Middletown's older adults. Many of the registered providers will be offering health screenings and promotional giveaway items.

The Mayor is scheduled to stop in at the beginning of the expo. The doors will open just prior to 10am. Please allow vendors the time they need to set-up and get prepared for the 10am expo. No early-birds. **There are no other activities running in the center on May 3rd.** If you need transportation, don't forget to make your reservation in advance (at least 24 hours) using our enhanced dial-a-ride service 860-347-3313. **If you plan to attend this fantastic event, please pre-register by calling in advance or by stopping at the front desk.** This is the only way for us to make sure we have enough food for lunch. The expo is a free program.

Health screenings such as: Glucose Testing, Blood-Pressure Checks, Hearing Tests, etc.

Booths include:

Federal Agency: Social Security Administration

State Agencies including: Senior Resources Area Agency on Aging and The Department of Social Services

City Agencies including: Middletown Police, Middletown Fire, South District Fire, Central Communications, Middletown Health Department, The Russell Library, Middletown Recycling Department, Middletown Arts & Culture, The Recreation & Community Services Department, Middletown Adult Education, and more!

Other Participation including: Middlesex Hospital Rehab Center, Middlesex Hospital Homecare, Judge Joseph Marino (10am-12pm only), Apple Rehab, Community Health Center, Alzheimer's Association, CW Resources, Estate Treasures & Services, Fournier Legal, Beltone New England, St. Luke's Community Services, Dzialo, Pickett & Allen, P.C., Water's Edge Center for Health & Rehabilitation, Luther Ridge, The United Way, YMCA, Homecare Connections, Heritage Commons, American Legion, All Care LLC, Rushford, One MacDonough Place, and more!!!

French Toast Breakfast May 6th at 9:30am



This month's breakfast is French toast with a side of bacon. \$2 and pre-registration is required.

Early Bird Dinner: Stuffed Sole & Rice May 19th 3pm

This month's dinner is stuffed sole. This is accompanied by a side of rice. \$5 and pre-registration is required.



Musical Entertainment Tuesday, May 10th at 12:30pm

This month's entertainer is Sal Anastasio. Sal plays the piano and sings. Join us for lunch at noon and stay for the entertainment. FREE—no pre-registration.



Garden Club First Meeting May 10th at 2pm

It's that time of year again... We are in need of volunteers who are interested in planning, planting, and maintaining our raised garden beds. The first meeting will be held indoors to plan out our garden and set a date for planting. FREE



Italian Night—A Dinner Party with Live Entertainment May 13th at 5:30pm

Doors open at 5:30pm, service begins shortly after. This fun night-time event features a menu of bread, salad, pasta, and meatballs as well as live entertainment by Italian Singer Rich DiPalma. Space is limited. Tickets are \$7 per person and must be purchased in advance. No walk-ins and no refunds.



New To Medicare May 12th at 6pm

If you are turning 65 and will be enrolling in Medicare this year or you are already on Medicare and have any questions, this seminar is for you!

Laura Crews, Director of Benefits Access for Senior Resources Agency on Aging will provide information on Traditional Medicare, Supplemental Insurance, Medicare Advantage Plans, Medicare Savings Plan, and Medicare prescription drug plans. Bring your questions!



Cupcake Social May 31st at 3pm

This fun social event features a variety of delicious cupcakes, music, and socializing with friends.. \$3 and pre-registration is required.

Ask An Attorney—May 4th 1-2:30pm

Legal questions? Need advice or guidance? The law firm of Farrell & Grochowski, P.C. are sponsoring this "Ask An Attorney" program. By appointment only. Pre-register for a 15 minute appointment.



Left, Right, Center Game May 5th at 2pm

This fun dice game is entirely based on chance. The player with the most chips will go home with a \$5 gift card. \$1 please pre-register.

Pizza & A Movie May 12th at 1:00pm

This month's movie is "The Martian" starring Matt Damon. When astronauts blast off from the planet Mars, they leave behind Mark Watney (Matt Damon), presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive on the hostile planet. Meanwhile, back on Earth, members of NASA and a team of international scientists work tirelessly to bring him home. \$3 pre-registration is required. Please indicate your pizza choice when registering.



Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.middletownct.gov/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Clerk (Rec & Community Svcs)	Vacant (860) 638-4540
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)

Adult Coloring Book Club Fridays at 1:30

Coloring books geared towards adults is a new fad sweeping the nation. Take a mental break, have fun, socialize and color! All supplies provided. FREE

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—The bocce court is open first-come first-serve (F)
Blood Pressure Clinic—Thursdays 12:30-1:30 **new time** (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book)
Cable TV—Anytime (F)
Card Games—Thursdays at 12:30pm & Fridays at 1pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
Cribbage—Fridays at 1pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Meditation—Tuesdays & Fridays at 11am led by Liz 11am (F)
Middletuners Chorus Practice—2nd & 4th Mondays at 1pm (F)
Movies—Tuesdays at 12:30pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Reiki—2nd and 4th Tuesdays or by appointment (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:15am (\$)
Therapeutic Exercise—Tuesdays at 1:00pm (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to Joan Fazzino, our April winner. Enter for a chance to win a free lunch, compliments of CW Resources.

March Brain Teaser Winners

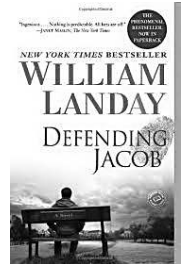
***A copy of the answer is located on the 2nd floor bulletin board.** Ray Hubbard, Joan Konareski, *Stu Laribee, Kim Radowiecki, and Nancy Rogalsky
Congratulations to all of our winners. Please stop by the Center to pick up the May Brain Teaser.

Civitan Bingo—May 31st at 6pm

FREE sponsored by the Civitan Club. FREE transportation available if you sign-up at the front desk.

Book Club Meeting May 23rd at 2:30pm

This month we are reading
"Defending Jacob" by William Landay. . \$3 for the book. All are welcome.



Transportation (860) 347-3313

Reservations required AT LEAST 24 hours in advance. Application must be on file with Middletown Area Transit

Dial-a-Ride—60+ The fare is \$2 one-way. In-town appointments, shopping, etc.

Enhanced Dial-A-Ride—60+ FREE transportation to and from the Senior & Community Center.



AARP Safe Driving Classes

Tuesday, May 17th 12:30-4:30

Monday, July 18th 12:30-4:30

Tuesday, September 20th 12:30-4:30

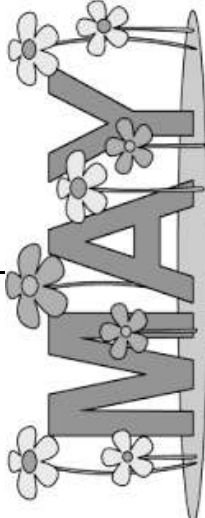
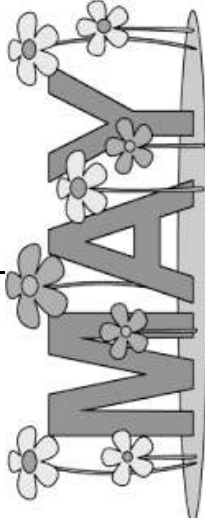
Monday, November 21st 12:30-4:30

Pre-registration required. \$15/AARP members \$20/non-members. Check made out to: AARP



Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Exercise 9-3 Massage Therapy 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 	3 2nd Annual Senior Expo 10am-2pm NO OTHER ACTIVITIES TODAY 	4 9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-2:30 Ask An Attorney Program 1:30 AARP 3394 Executive Board Meeting Bus Trip Lottery Sign-Ups Begin	5 9:00 Mohegan Sun Casino 9:00-12:00 Mahjong 10:00 Exercise 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:00 LCR Dice Game 2:30 Guided Tour of Senior & Community Center	6 9:30 French Toast Breakfast 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club
9 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00-3:00 Middletuners Practice 1:30-2:45 Dancing for Joy	10 9:30 Zumba (DVD) 9:30 Walking Club 10:00 Homegoods, Pier1 & Fishtale 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Entertainment by Sal Anastasio 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 2:00 Garden Club Planning Meeting 2:30 Ping Pong	11 9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP #3394 Meeting	12 9:00 Foxwoods Casino 9:00-12:00 Mahjong 10:00 Exercise 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Pizza & A Movie 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 6:00 New to Medicare Seminar	13 9:30 Zumba (DVD) 10-12 Senior Haircuts 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club 5:30 Italian Night Last Day to Enter June Bus Trip Lottery
16 9:00 Boston Trip leaves from Palmer Field 9:00 Exercise 9-3 Massage Therapy 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 May Birthday Party	17 9:00 Mohegan Sun Casino 9:30 Zumba (DVD) 9:30 Bus Trip Lottery drawing privately conducted 9:30 Walking Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 AARP Safe Driving Class 12:30 Sing-Along w/ Barbara 12:30 Movie in Socialization Room	18 9:00-9:45 Exercise 9:30 Lady Katharine Cruise Check-In at the dock 10:00 Yoga 12:00 Hearing Screening by Richard Lastrina of Belton New England 12:00 Lunch 12:30 Ceramics 1:00 Bingo	19 9:00-12:00 Mahjong 10:00 Christmas Tree Shop & Cracker Barrel 10:00 Exercise 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 3:00 Early Bird Dinner Stuffed Sole and Rice	20 9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 11:00 Health Conversation Foot Care 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club

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12:30 Sing-A-Long with Barbara 1:00 Therapeutic Fitness	23 9:00-3:00 Benefits Checkup 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00-3:00 Middletuners Practice 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting	24 9:30 Zumba (DVD) 9:30 Walking Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 2:00 Baking with Ann	25 9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 5:00 Military Whist Card Game	26 9:00-12:00 Mahjong 10:00 Mystic Village Shops 10:00 Craft with Heidi 10:00 Exercise 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 3:00 Game Show	27 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:30 Adult Coloring Club
Guided Tour—If you haven't been to our center before, we'll be offering a guided tour of the Senior & Community Center on Thursday, May 5th at 2:30pm The Lady Katherine Cruise is Wednesday, May 18th. Space is limited. \$1 and pre-registration is required. We are running 2 coach bus trips. Monday, May 16th to Boston and Monday, September 19th to Newport. The cost is \$5 for residents. Pre-registration is required and space is limited. These trips depart from Palmer Field. Don't miss our 2nd Annual Senior Expo on Tuesday, May 3rd from 10am-2pm. FREE Pre-registration is required.					
30 CLOSED MEMORIAL DAY Memorial Day  ©wandecolparts.com	31 9:30 Zumba (DVD) 9:30 Walking Club 10:00 IKEA & Fishtale 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 3:00 Cupcake Social 6:30 Civitan Bingo				



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860-347-7466

(Westbrook Office)
4 Grove Rd.
860-669-5305

(East Hampton Office)
240 Middletown Ave.
860-295-6440



Bus Trips

May

- 5th**—Mohegan Sun Casino (9-3) \$4
10th—Homegoods, Pier 1 & Fishtale—(10-3) \$4
12th—Foxwoods Casino (9-3:30) \$4
17th—Mohegan Sun Casino (9-3) \$4
19th—Christmas Tree Shop & Cracker Barrel (10-3) \$4
24th—Miniature Golf—Details TBD
26th—Mystic Village Shops (10-3:30) \$4
31st—IKEA & Fishtale (10-3) \$4

June

- 2nd**—Christmas Tree Shop & Cracker Barrel (10-3) \$3
7th—Foxwoods Casino (9-3:30) \$4
9th—Beardsley Zoo (9:30-2:30) \$12
14th—Main Street Mystic & Abbott's Lobster (9-3) \$4
16th—Mohegan Sun Casino (9-3) \$4
21st—Foxwoods Casino (9-3:30) \$4
23rd—Smith College Botanic Garden & Olive Garden (9-3) \$8 Springfield, Mass
28th—Brass Mill Mall (10-2:30) \$4
30th—Thimble Island Cruise & Fishtale (9-3) \$12

Bus Trip Sign Up Procedure

The bus trip lottery is open from 5/4 through 5/13 for June trips. No entries will be accepted after 5/13. All members selected in the lottery will be notified on 5/17.



Game Shows May 26th at 3pm

Jeopardy, Wheel of Fortune, and Family Feud. No pre-registration required. Prizes are grocery items.



Great News! Our Vending Machine has arrived!! It is located in the Socialization Room on the 2nd floor and is ready for use. Suggestions are welcome for vending items.

Baking Class—Sweet Cinnamon Biscuits Tuesday, May 24th at 2pm

This month we will be making Sweet Cinnamon Biscuits. This is a fun, no pressure class where you take home what you make. Please plan to stay for 90 minutes. \$2 and pre-registration is required.



Manicures & Computer Training Friday, May 20th 9am-11am



Free manicures sponsored by Vinal Technical High School. Pre-registration is required.



Free computer training/tech support sponsored by Vinal Technical High School. Pre-registration is required.

Enhanced Benefits Checkup Monday, May 23rd

Do you need help paying for or need information on Medicare premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Take advantage of a FREE Benefits Checkup!!! Sponsored by Senior Resources Agency on Aging. Call the Senior Center at 860-638-4540 to schedule your appointment. This program will run the 4th Monday of every month.

FOODSHARE Walk against hunger

Battling hunger in any community

requires a team effort. Join the Senior Services Division is supporting the Foodshare Walk Against Hunger, specifically St. Vincent de Paul in Middletown. Our team's page can be viewed by going here <http://site.foodshare.org/goto/msc> Donations can be made online or at the front desk. Thank you for your support of this great cause!

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**Polynesian Night
June 10th at 5:30pm**

Come and relax on island time. Enjoy games, food and music. \$7 pre-registration. Delicious Hawaiian Chicken (Boneless Thighs), Fruit Kabobs, Rice, Beverages and Dessert.

**Military Whist Card Party
May 25th at 5pm**



MILITARY WHIST

Doors open at 5pm for light dinner of finger sandwiches and chips. Card party starts at 6pm. No experience required. Please sign-up ASAP! Tickets are \$6. There will be raffles!

**May Birthday Party
May 16th at 2pm**

Sponsored by Water's Edge Center for Health and Rehabilitation. FREE



**Health Conversation—Foot Care
May 20th at 11am**

Join us for an educational conversation on Foot Care. The conversation will be led by Janet Leonardi, RN.

Sing-Alongs Led by Barbara Arafeh

Join Barbara for a fun sing-along on May 17th at 12:30pm. Sing-Alongs are the third Tuesday of every month.



Walking Club Tuesdays at 9:30am

This new program runs every Tuesday at 9:30am weather permitting. Debbie Stanley, Acting Director, will be leading this program. No pre-registration necessary. FREE