

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

APRIL 2016



Musical Entertainment Monday, April 18th at 1:30pm

This month's entertainer is Pierce Campbell. Pierce plays guitar and sings professionally throughout the Northeast. His passion is acoustic music and he has been performing Irish and folk music full-time since 1993. FREE—no pre-registration.



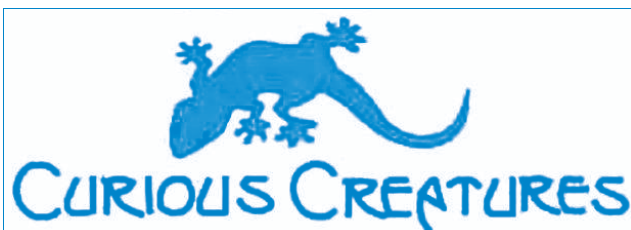
50's / Rock-N-Roll Night Friday, April 8th 5pm

Join us as we hear those great 50's & 60's tunes just as they were then with DJ Frankie B. You won't want to miss this fun filled night! Ticket price includes dinner, entertainment, and fun! \$7 per person and pre-registration is required.



Curious Creatures Program Thursday, April 28th at 1:30pm

The professional staff of Curious Creatures will be bringing us a first-rate, hands on entertaining, and educational live animal show. Some of the animals you may see at this event are alligators, lizards, frogs, turtles, rabbits, ferrets and much more. Don't forget to bring your camera!!! \$1 and pre-registration is required.



Crazy Bingo Friday, April 22nd 5:30pm

Only specials will be played. This night features raffles, hot dog & chips dinner and many surprises! \$5 Pre-registration required. No Refunds!!

Bowling Party—Thursday, April 7th

\$10 pre-registration required. This cost includes bus fee, 2 games of bowling, shoe rental and pizza. Bus departs Senior Center at 10:15am and returns at 2pm. Bowling will be done at Callahan's Bowl-O-Rama in Newington.



Chocolate Fountain Social Tuesday, April 5th at 3pm

Socialize and enjoy an amazing chocolate fountain social. We will have a variety of different food items for you to dip into the fountain. \$3 and pre-registration is required. Space is limited, so sign-up early.



Spelling Bee Thursday, April 14th 2pm

Are you good at spelling? We will be holding our first spelling bee contest on Thursday, April 14th at 2pm. \$1 and pre-registration is required. Gift card prize to the winner. You can be a contestant or in the audience. Same fee. Refreshments provided.



Waffle Breakfast Wednesday, April 6th at 9:30am

This month's breakfast is a Belgian waffle with a side of sausage. \$2 and pre-registration is required. Sign-up deadline is 4/4 at noon.

Early Bird Dinner: Tacos and Rice Thursday, April 21st 3pm

This month's dinner is heart healthy turkey tacos with fresh fixins'. This is accompanied by a side of rice. \$5 and pre-registration is required.



Socialize and Paint April 15th at 5:30pm

This fun night-time event is a fun, no-stress party. Come socialize and paint! No experience needed. This month's painting will be of a meadow. \$10 for residents and \$12 for non-residents. Pre-registration is required.

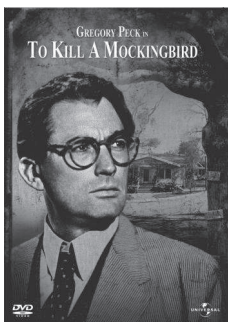


Ask An Attorney—April 6th 1-2:30pm



Legal questions? Need advice or guidance? The law firm of Farrell & Grochowski, P.C. are sponsoring this "Ask An Attorney" program. By appointment only, those registered will be given a 15 minute time-slot to meet with an attorney for free. Please be prompt to your appointment and if you need to cancel your appointment, call the office.

Pizza & A Movie Tuesday, April 12th at 1:30pm



In celebration of the 2016 One Book On The Riverbend choice, "To Kill A Mockingbird" we will be showing the 1962 Academy Award Winning film starring Gregory Peck. \$3 pre-registration is required. Includes a choice of Cheese, Vegetable, or Sausage pizza, beverage and a piece of "Lane Cake".

Craft with Heidi April 28th 10am

No special talents necessary! Enjoy a relaxed approach to create this simply beautiful painting. \$2 advanced registration required. All supplies provided.



Special Bus Trips / Shows

**First come—first serve for these special trips.
NO LOTTERY PROCESS**

April 3rd, Annie

Shubert (\$65) 11:30am bus

May 28th, Dirty Dancing

Bushnell (\$43) 1pm bus

June 19th, A Chorus Line

Playhouse on Park (\$32) 1pm bus

July 23rd, Chicago

Ivoryton Playhouse (\$35) 1pm bus

August 27th, Rent

Ivoryton Playhouse (\$35) 1pm bus



AARP Safe Driving Classes 2016 Schedule

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

Adult Coloring Book Club Every Friday at 1:30-3:30pm

Coloring books geared towards adults is a new fad sweeping the nation. Jump on board and see what this is all about! Several studies have shown that coloring has positive psychological effects. Take a mental break, have fun, socialize and color! All supplies provided. FREE

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)	Vinnie Dawes (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)

Civitan Bingo April 26th at 6:30pm

If you need transportation, please call the Senior Center at 860-638-4540.

Recurring Programs/Services

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

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Seasonal (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 Louis Russo, our March winner, . Enter for a chance to win a free lunch, compliments of CW Resources.

February's Brain Teaser Winners

***A copy of the answer is located on the 2nd floor bulletin board.**

Frank Bronner, *Gail Burdon, Lily Cain, Nancy Clayton, Anamarie Cook, Edward Cook, Joan Fazzino, Sharon Haglund, Robert Hickcox, Ray Hubbard, Joan Konareski, Nancy LaChase, Stu Larabee, Sue Larabee, Annabelle Malone, Ann Osora, Barbara Pope, Nancy Rogalsky, Joan Russo, Carol Sandor, Chuck Stanley, Rosemarie Vecchitto and Mary Willoughby.

Congratulations to all of our winners. Please stop by the Center to pick up the April Brain Teaser.



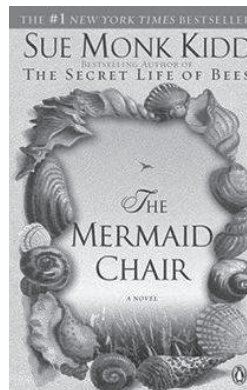
Coffee with Ann

April 18th 10:30am

This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome. Coffee and light refreshments will be served.

Book Club Meeting

April 25th at 2:30pm



This month we are reading "The Mermaid Chair" by Sue Monk Kidd. Kidd has woven a transcendent tale that will thrill her legion of fans. Telling the story of Jessie Sullivan -- a love story between a woman and a monk, a woman and her husband, and ultimately a woman and her own soul. \$3 for the book.

All are welcome.

Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). 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
				
4 9:00 Exercise 9-3 Massage Therapy 10-15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy	5 9:00 Foxwoods Casino 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 2:30 Ping Pong 3:00 Chocolate Fountain Social Bus Trip Lottery Sign-Ups Begin	6 9:00-9:45 Exercise 9:30 Waffle Breakfast 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-2:30 Ask An Attorney Program 1:30 AARP #3394 Special Board Meeting	7 9:00-12:00 Mahjong 10:00 Exercise 10:15 Bowling Party 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	8 9:30-1 Reiki 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Billiards/Pool Lessons 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club 5:00 50's Night- Absolutely no Earlybirds!
11 9:00 Exercise 10-15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00-3:00 Middletuners Practice 3:30-2:45 Dancing for Joy	12 9:30 Zumba (DVD) 9:30-1 Reiki 9:30 Walking Club 10-2 American Clock & Watch Museum 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 1:30 Pizza & A Movie	13 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	14 9:00-12:00 Mahjong 9:00 Mohegan Sun Casino 10:00 No Exercise Class 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 Spelling Bee	15 9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 11:30 Guided Tour of Senior & Community Center 12:00 Lunch 1:00 Bingo 1:00 Billiards/Pool Lessons 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club 5:30 Socialize and Binge
1 9:30 Zumba (DVD) 10-12 Senior Haircuts 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Billiards/Pool Lessons 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club				

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Paint	Last Day to Enter May Bus Trip Lottery	22	21	20	19	18
		No Reiki No Zumba No Guided Meditation No Card Games due to special City function in that space. 12:00 Lunch 1:00 Bingo 1:00 Billiards/Pool Lessons 1:00 Cribbage 1:30 Adult Coloring Club 5:30 Crazy Bingo	9:00-12:00 Mahjong 10:00 Bruce Museum 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 Turkey Taco Dinner Bus Trip Payment Due Date	9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo	9:00 Foxwoods 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 Movie in Socialization Room 12:30 Sing-A-Long with Barbara 1:00 Therapeutic Fitness 2:30 LRC Game After-noon	9:00 Exercise 9-3 Massage Therapy 10:15 Tai Chi 12:00 Coffee w/ Ann 12:30 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 Entertainment by Pierce Campbell 2:30 April Birthday Party
		29	28	27	26	25
		9:30 Zumba (DVD) 10:00 Health Conversation—Shingles 10:00 Learn How To Compost 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Billiards/Pool Lessons 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club	9:00-12:00 Mahjong 10:00 AC Moore or Kohl's/First & Last Tavern 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 1:30 Curious Creatures Animal Presentation 2:00 Line Dancing	9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Baking Class Tuscan Yellow Muffins	9:30 Zumba (DVD) 9:30-1 Reiki 9:30 Walking Club 10:00 Christmas Tree Shop/Fishtale Restaurant 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 2:30 Game Show 6:30 Civitan Bingo	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



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

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



April

Bus Trips

May

5th—Foxwoods Casino (9-3:30) \$4
12th—American Clock & Watch Museum and J. Timothy's (9:45-3) \$8 including admission
14th—Mohegan Sun Casino (9-3) \$4
19th—Foxwoods Casino (9-3:30) \$4
21st—Bruce Museum and City Limits Diner (9-3) \$10 including admission
26th—Christmas Tree Shop & Fishtale (10-3) \$4
28th—AC Moore or Kohl's & First and Last Tavern (10-3) \$3

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
26th—Mystic Village Shops (10-3:30) \$4
31st—IKEA & Fishtale (10-3) \$4

Bus Trip Sign Up Procedure



Beginning on April 5th, members who are Middletown residents, can sign up for the bus trip lottery for May 2016 bus trips.

You may call or stop by any time between April 5th—April 15th to put your name into the lottery. No entries will be accepted after April 12th. The lottery drawing will take place in our office on Tuesday, April 19th privately.

All members selected in the lottery will be notified. You have until noon on Thursday, April 21st to come to the front desk and pay for your trips.

Baking Class—Tuscan Lemon Muffins Wednesday, April 27th at 2pm



This month we will be making Tuscan Lemon Muffins. 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, April 15th 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, April 25th

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.

Game shows April 26th 2:30pm

Games such as Jeopardy, Wheel of Fortune, and Family Feud will be played. The maximum number of contestants each round is 20. No pre-registration required. Prizes are grocery items.

Walking Club Tuesdays at 9:30am

This new program begin on April 5th. Debbie Stanley, Acting Director, will be leading this program. No pre-registration necessary. FREE

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Save the Date:

- ♦ May 3rd—2nd Annual Senior Services Expo
- ♦ May 13th—Italian Night with Rich DiPalma
- ♦ May 25th—Military Whist
- ♦ June 10th—Polynesian Night
- ♦ July 15th—Summer Sizzler
- ♦ July 28th—Crazy Bingo
- ♦ August 12th—BBQ/Blues Night
- ♦ August 24th—Left Center Right Game/Pizza Night
- ♦ September 9th—Senior Center Month Celebration
- ♦ October 13th—German Night
- ♦ October 28th—Fall Harvest Night
- ♦ November 10th—Polish Night

**Left, Right, Center
April 19th at 2:30pm**

This fun dice game is entirely based on chance. Each player has three chips and gets a turn rolling 3 die. Each die has an L (left) R (right) or C (center). The player with the most chips will go home with a \$5 gift card (per table). Pre-register for this fun filled game. \$1



April Birthday Party
Monday, April 18th at 2:30pm
Sponsored by Water’s Edge Center
for Health and Rehabilitation. FREE



Health Conversation—Shingles
April 29th at 10am
Join us for and educational conversation on
Shingles. The conversation will be led by Janet
Leonardi, RN.

Understanding How To Compost
April 29th 10am
Join us and learn how to compost with City of
Middletown Recycling Coordinator Kim
O’Rourke.

Sing-Alongs Led by Barbara Arafeh
Join Barbara for a fun sing-along on April 19th
at 12:30pm. Sing-Alongs are the third Tuesday
of every month.