

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

JULY 2017



Meet Scot Haney

Wednesday, June 28th 11:45am

Scot keeps Connecticut updated with the most-accurate weather forecasts especially tailored to the morning commute. You can see Scot weekdays on Eyewitness News This Morning from 4:30 to 7 a.m., He also co-hosts "Better Connecticut" weekdays on Channel 3 at 3 p.m.

Pizza lunch followed by a brief presentation by Scot and a meet & greet.

FREE—Pre-registration is required. Please note: NO CRT Lunch today.



British Tea Party

Tuesday, July 25th at 2pm

Experience a proper British Afternoon Tea Party complete with a presentation on how afternoon tea began and the decorum needed.

Linens, fine china, choice of teas, scones with clotted cream, biscotti, assorted biscuits, cookies, and cupcakes.



Wearing your favorite hat or dress outfit is encouraged but optional. \$5 pre-registration.

Estate Planning Informational Seminar

Thursday, July 6th at 2pm



In this presentation, you'll learn about Wills, Trusts, Powers of Attorney, and Healthcare Representatives. You may think that drafting an estate plan is straightforward, but in reality, if you do it wrong, you're jeopardizing everything you've worked for.

Just because you have a Will or Trust doesn't mean you've covered your bases. In addition to going over the basics of Estate Planning, Lara will share real-life stories, showing you the dangers of common estate planning mistakes such as using incorrect phrases in your documents or omitting important ones. Presented by Attorney Lara Bomzer of the Law Firm Czepiga Daly Pope. **FREE—**Please pre-register.



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Senior Zumba with Briana

Summer Sessions

Tuesdays/Fridays at 9:30am

Session 1

June 20th, 23rd, 27th, and 30th

Session 2

July 21st, 25th, 28th, August 1st, 4th, 8th and 11th

FREE—Please pre-register for each session.

Please note: There will be no night time Zumba classes from June 21st through August 11th.



Farmer's Market Vouchers Early-Mid July Start Date

If our application is approved, we will receive the Farmer's Market Vouchers around the 2nd week of July. \$18 booklet of checks for use at approved Farmer's Markets. We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income eligibility (\$22,331 for a single person or \$30,044 for a couple). Only 1 booklet may be issued per year (even for a couple). If you live in senior housing, you should get your booklet from your housing. A state ID and your gray connect card is quick proof of age, residency, and income.



Summer Sizzler July 7th at 5:30pm

Come kick off the summer with us! A variety of games, music, delicious grilled chicken kabobs and summer "mocktails". \$7 pre-Registration is required. You won't want to miss this one!!



Crazy Bingo is Back!



August 11th at 5:30pm

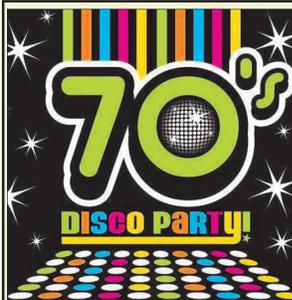
If you've ever attended, you know that this is not about the bingo. You never know what kind of crazy twist is coming next. \$5 pre-registration includes hot dog, chips, and cookie and all the fun!

Senior of the Year Ceremony July 11th at 2:30pm



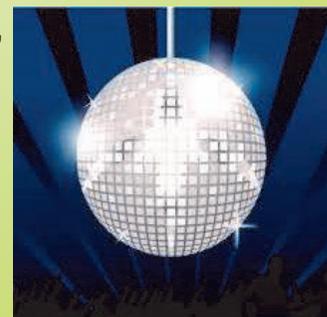
Join us for this special ceremony where we announce our 2017 Senior of the Year. Refreshments will be served. Let us know you plan to attend by pre-registering.

Frank Greco was our 2016 Senior of the Year and has contributed so much to our center. He has big shoes to fill... who will be next?



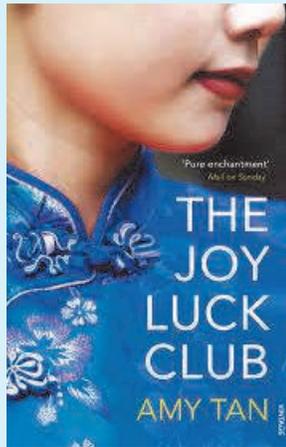
Disco Night July 21st at 5:30pm

Join us and boogie on Disco night. Plan on dancing and singing to all those wonderful songs of the 70's. Dinner will be meatloaf, potato, vegetable, dessert and drink. Don't forget to wear your disco threads. \$7 pre-registration is required.



July Book Club July 31st at 2:30pm

The Joy Luck Club by Amy Tan is our July book. This book consists of sixteen interlocking stories about the lives of four Chinese immigrant mothers and their four American-born daughters.



\$3 for a used book available at the front desk.

As Seen on TV Games!!



Card Sharks
July 10th at 2:30pm FREE

Game Shows
(Jeopardy, Wheel of Fortune)
July 13th at 2pm FREE

Match Game
July 26th at 2pm FREE



**Early Bird
Dinner: BBQ
Chicken**
July 27th at 3pm

Nothing says summer like a cookout on the grill.

Grilled barbeque chicken, pasta salad, dessert and drink. \$4 pre-registration is required.

Chinese Cultural Events August 2017



Tuesday, August 1st 2pm-3pm
**Chinese Traditions/Festivals
Presentation**

Learn about some of the most important Chinese festivals and traditions, watch a beautiful traditional dance, and make a craft. You won't want to miss this unique experience. \$1 Pre-registration required.

Tuesday, August 8th 2pm-3pm
Chinese Dance Lesson

Take part in this incredible opportunity to learn a traditional Chinese dance. Wear comfortable clothes and shoes so you will be able to move and dance comfortably. \$1 Pre-registration.

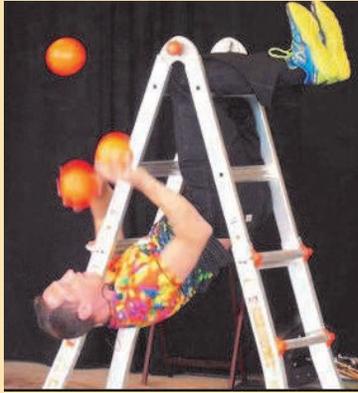
Both sessions presented by the Asian Performing Arts of Connecticut.

Asian Performing Arts



**Jason Tardy
High Energy Juggling Show
Thursday, August 3rd at 10am**

This show is anything but ordinary! You won't want to miss this entertaining, high-energy show filled with juggling, physical comedy, and laugh out loud moments! Jason takes juggling to the next level. FREE—Please pre-register.



**Craft with Heidi
July 11th at
10:30am**

This month's project is tape relief painting.



\$4 pre-registration fee to participate. Take home you make!

**Guided Tour
July 5th 1pm**

We will be offering a guided tour of our center. If you haven't seen our center and are considering membership, this is for you!

**Sherbet Social
July 20th at 2pm**

There's nothing better than sherbet in the summer!

\$2 and pre-registration is required. Live singing and guitar by Mary.



**Senior Haircuts
Friday, July 21st
10am-12pm**

Sponsored by Water's Edge Center for Health and Rehabilitation & Constellation Home Care. \$3—Appointment Required. Services provided by the International Institute of Cosmetology.

Sign-ups begin on July 7th. Residents only.



**July Birthday Party
July 17th at 1:30pm**

Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating July Birthdays.

**Left, Right, Center Game
July 14th at 2:30pm**

This fun dice game is entirely based on chance. The player with the most chips will go home with a gift card. \$2 please pre-register.



**Pancake Breakfast
July 12th at 9:30am**

This month's breakfast is pancakes with a side of sausage.

\$3.00 Pre-Registration is required.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Exercise 9-2:30 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy</p>	<p>3</p> <p>CLOSED FOR THE HOLIDAY</p> 	<p>5</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30 Coffee w/ the Manager 10:30-12 Coloring Club 11:00 Volunteer Meeting 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Guided Tours</p> <p>August 2017 Lottery Begins</p>	<p>6</p> <p>9:00-12:00 Mahjong 9:15 Knights of Columbus Museum & Fishtale Restaurant 10:00 Exercise 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Estate Planning 2:45 Line Dancing with Jim</p>	<p>7</p> <p>9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 5:30 Summer Sizzler</p> <p>Haircut sign-ups begin (residents only)</p>
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy</p>	<p>10</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:30 Card Sharks</p>	<p>12</p> <p>9:00-9:45 Exercise 9-3 Foot Care 9:30 Pancake Breakfast 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Baking w/ Ann</p>	<p>13</p> <p>9:00 Mohegan Sun 9:00-12:00 Mahjong 10:00 Exercise 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Game Show 2:45 Line Dancing with Jim</p>	<p>14</p> <p>9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 2:30 Left, Right, Center</p> <p>August 2017 Lottery Ends</p>
<p>9:00 Exercise 9-2:30 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy</p>	<p>11</p> <p>9:00 Mohegan Sun 9:30 Zumba (DVD) 9:30 Hand, Elbow, Foot Card Game 10:30 Craft w/ Heidi 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00-3:00 Acrylic Painting Class 1:00 Therapeutic Fitness 2:00 Ping Pong 2:30 Senior of the Year</p>	<p>19</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12-1 Hearing Screening by Beltone N.E. Richard Lastrina 12:30 Ceramics 1:00 Bingo 1:00 Ivoryton Play-</p>	<p>20</p> <p>9:00-12:00 Mahjong 10:00 Exercise 10:30 New Britain Museum of American Art 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise</p>	<p>21</p> <p>9:30 Zumba w/ Bri 10-12 Senior Haircuts 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage</p>

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<p>2:00 Boggle</p>	<p>24</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Pokeno</p>	<p>1:00 Therapeutic Fitness 2:00 Ping Pong 2:00 Scrabble</p>	<p>25</p> <p>9:00 Foxwoods Casino 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba w/ Bri 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 2:00 British Tea Party 2:00 Ping Pong</p>	<p>house West Side Story 1:30 Pizza & A Movie</p>	<p>26</p> <p>9:00-9:45 Exercise 9-3 Foot Care 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Match Game</p>	<p>12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Sherbet Social 2:45 Line Dancing with Jim</p> <p>Lottery payments due today</p>	<p>27</p> <p>9:00 Lee Premium Outlets 9:00-12:00 Mahjong 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:45 Line Dancing with Jim 3:00 Early Bird BBQ Chicken Dinner</p>	<p>5:30 Disco Night</p>	<p>28</p> <p>9:30 Zumba w/ Bri 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage</p>
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<p>31</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting</p>
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Baking with Ann July 12th at 2pm

This month's baking project is learning how to make carrot cake cookies.

\$3 pre-registration.

Take home what you make!!!



Cancellation Policy

Reminder, no program refunds will be given with less than 2 business days notice. Special show trips are non-refundable/non-transferable. Even for free programs, notice should be given to the office for any cancellation. Effective 8/1/17, your account will be assessed a \$2 surcharge for any no show/no cancel program. Recreation sponsored programs are non refundable.

AARP Safe Driving Classes 2017 Schedule

Tuesdays 12:30-4:30pm

September 26th, November 7th
\$15/AARP members \$20/non-members.

Checks made out to: AARP



Scrabble July 18th at 2pm

FREE—Please pre-register



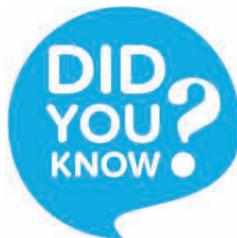
Pokeno July 24th at 2pm

Playing Pokeno is very similar to bingo. Instead of numbers being called, playing cards are called (Ex. Queen of Hearts). Refreshments will be served. \$1 pre-registration. Prizes are grocery type items.



Did you know?

You can put a credit on your account to be used for future registrations? You can pre-pay up to \$50. This allows you to call in program/activity registrations.



Boggle July 17th at 2pm



\$1 pre-registration.

Winner receives a gift card.

Pizza & A Movie July 19th at 1:30

This month's movie is the 2017 release of "Beauty and the Beast". This is an adaptation of the fairy tale about a monstrous-looking prince and a young woman who fall in love.

\$2 pre-registration includes movie and cheese pizza.





July Bus Trips

6th—Knights of Columbus Museum (9:15-3) \$3

11th—Mohegan Sun Casino (9-3) \$4

13th—Mohegan Sun Casino (9-3) \$4

18th—IKEA & Fishtale (10-3) \$3

19th—West Side Story (1-4:30) \$40 / \$50

20th—New Britain Museum of American Art (10:30-3) \$12

25th—Foxwoods Casino (9-3:30) \$4

27th—Lee Premium Outlets (9-4) \$5

Reminder, all non residents will be charged \$1 additional for bus trips. Specialty bus trips to Bushnell, Ivoryton will be \$10 more for non-residents.

August Bus Trips

1st—Christmas Tree Shop & Olive Garden (10-2:30)\$3

3rd—Mohegan Sun Casino (9-3) \$4

8th—Foxwoods Casino (9-3:30) \$4

10th—Tanger Outlet(10-3) \$3

15th—IKEA & Fishtale (10-3) \$3

17th—Mohegan Sun Casino (9-3) \$4

22nd—Saybrook Home Goods & Parthenon Diner (10-3) \$3

23rd—Saturday Night Fever (1-4:30) \$40

24th—Elizabeth Park Rose Garden/Red Lobster (10-3) \$3

29th—Foxwoods Casino (9-3:30) \$4

31st—Roger Williams Zoo (9:15-2:30)\$10

Bus Trip Sign Up Procedure

The bus trip lottery is open from July 5th —July 14th for August trips. No entries will be accepted after July 14th. All members selected in the lottery will be notified by July 18th. Payments are due by noon on July 20th. **The lottery is only for members who are Middletown Residents.**

Recurring Programs/Services

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

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime
Bingo—Wednesdays & Fridays at 1pm (\$)
Blood Pressure Clinic—Thursdays 12:00-1:00 (F)
Book Club— (\$ for book)
Cable TV—Anytime (F)
Card Games—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime (F)
Cribbage—Fridays at 1:30pm (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)
Get Tough—Thursdays at 1:30pm (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2:45pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy— 1st & 3rd Monday 9am-2:30pm (\$)
Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)
Middletuners Chorus Practice—on summer break
Movies—Tuesdays at 12:30pm (F)
Ping Pong—Check Calendar in this newsletter or by request
(F) Reflexology—By appointment (\$)
Reiki—By appointment (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays at 1:00pm (F)
Yoga—Wednesdays at 10am (\$)
Zumba—See newsletter for session information (F)

July 5th

Coffee with the Manager
10:30am



Volunteer Club Meeting
11:00am

Show Trip Tickets Still Available Bus Included

Ivoryton Playhouse: \$40/Res \$50/NR

- ◆ West Side Story (7/19)
- ◆ Saturday Night Fever (8/23)
- ◆ The Game's Afoot (11/15)

Bus Leaves at 1pm for Ivoryton Trips.

Senior Services Division Contact Information
Monday—Friday 8:30am to 4:30pm

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
Senior Services Website: www.middlestownct.gov/seniors

Save the Date!!



Night Events:

- August 25th Italian Night
- September 8th BBQ & Blues Night
- September 15th National Senior Center Month Day-Long Celebration
- October 13th Oktoberfest
- October 20th Craft Fair
- November 9th Polish Night
- December 15th Holiday Extravaganza Day-Long Celebration

Please let us know if you have suggestions for future programs, entertainers, or night event themes. We would love to hear from you!

CRT Lunch Service

Lunch is served Monday through Friday by CRT. Reservations are required in advance (860) 638-4543. Reservations are taken by noon the day before. Call or sign-up in person with the café manager before noon.



Transportation (860) 347-3313

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed.

May Brain Teaser Winner

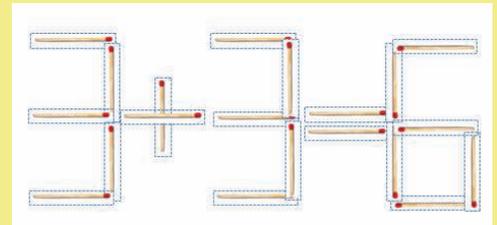
Thank you to all that participated! Our winner by random drawing is Mike Puziak .

The question was :

Move one matchstick to get another correct equation.



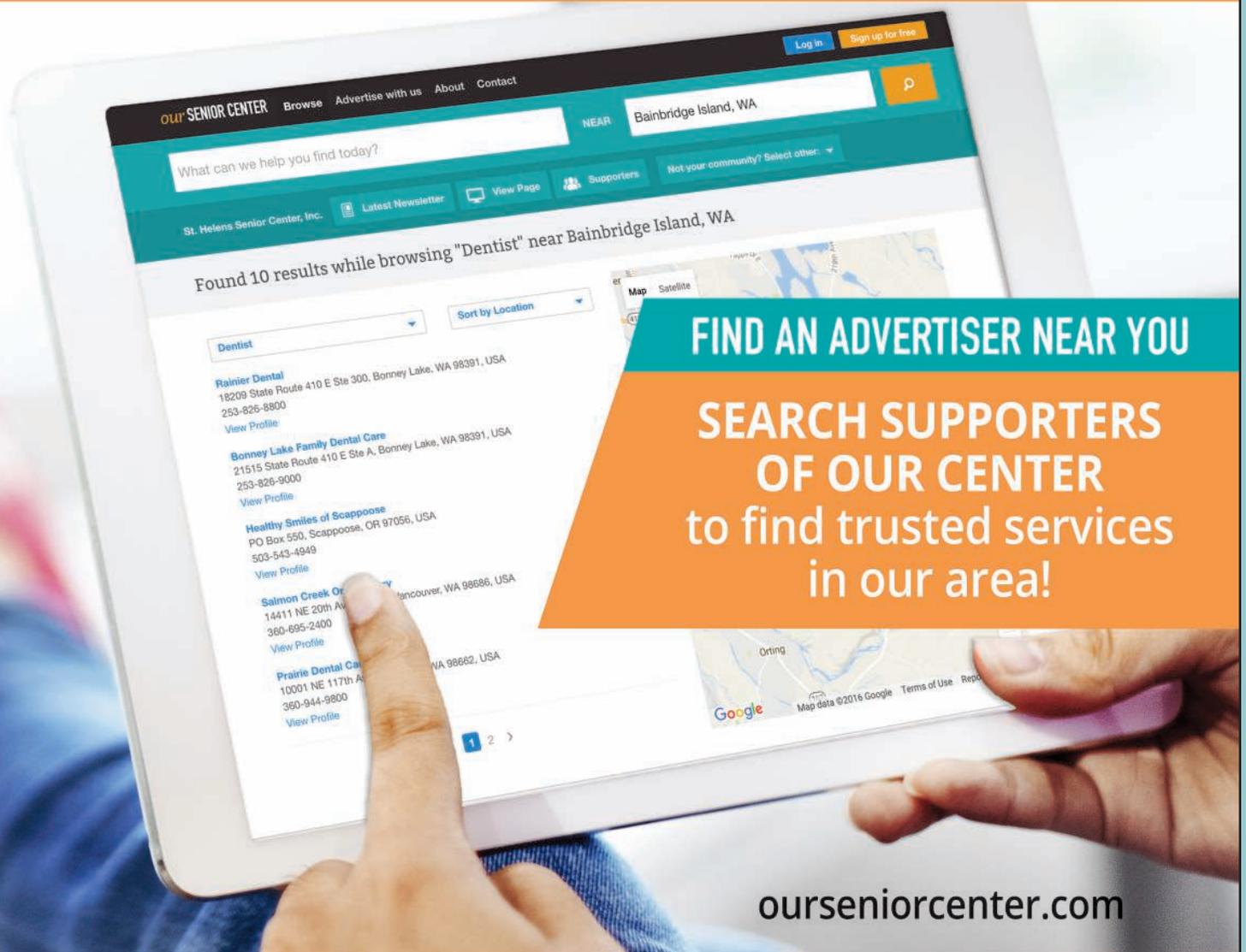
The answer was :



The July brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

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Senior (60+) Brain Teaser July 2017

NAME: _____

PHONE: _____

FIND THE WORD "DOG" in a straight horizontal, vertical, or diagonal line

D	G	O	O	D	D	O	D	G	O	O	D	D	O
O	D	O	O	G	G	G	D	O	D	G	O	G	G
O	G	O	G	D	O	O	D	G	O	O	D	D	D
D	G	D	O	O	O	G	G	O	O	G	D	G	O
O	G	D	G	O	G	D	G	O	G	G	O	G	D
D	D	D	G	D	D	O	D	O	O	G	D	O	O
O	D	G	O	G	G	D	O	O	G	G	O	O	D