

# MIDDLETOWN

JUNE 2017



# Prime Times

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

61 Durant Terrace

(860) 638-4540

[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)



## Coach Bus Trip to Ellis Island/Statue of Liberty June 20th 8am Departure from Palmer Field Open to Middletown Residents Ages: 50+

No visit to the New York City area is complete without a trip to the world's most famous landmarks – the Statue of Liberty National Monument and the Ellis Island National Immigration Museum.



\$10 pre-registration. General Registration Form is required and it will be first come-first serve.



## Luau / Polynesian Night June 23rd at 5:30pm

Relax on Island Time! Mary is back and bringing the party! This evening will be filled with music, games, dinner, and dancing!

Dinner will be chicken kabobs, rice, and fruit skewers. \$7 pre-registration.

## Petting Zoo June 6th at 2:30pm

We're bringing the zoo to the senior center! \$1 pre-registration.

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Middletown Senior Center, Middletown, CT 06-5020



## Psychic Medium Rebecca Anne LoCicero

### “Messages from Heaven”

June 15th 2-4pm

\$2 Pre-Registration

We are excited to host Rebecca for an afternoon of “Messages from Heaven”. Rebecca has been working within the New England area, nationally and worldwide for 22+ years as a psychic medium.

Her “Messages from Heaven” program will feature random “readings” of attendees in the audience from their loved ones who have passed away. She has a unique way of presenting the messages. She is bold, honest, loud, outgoing, hysterically funny and full of joy!

She will entertain you and touch your heart as she talks about her connections “here and there” and the passageways in-between.

Rebecca has done similar programs in national comedy clubs including “The Funny Bone”, holistic centers, lecture halls, and expositions as a headliner presenter and more. She can be heard throughout Connecticut on mainstream radio monthly as the guest psychic. She has appeared on “Better Connecticut” and numerous other local access channel shows. Her reach goes beyond that, as she is a three-time published author.

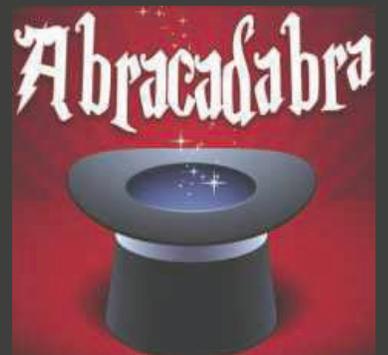
This program is being offered for entertainment purposes and does not reflect the views or opinions of the City of Middletown.

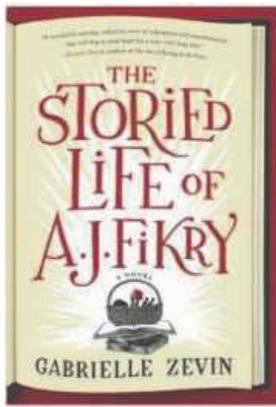
**Are you interested in games?  
If so, be sure to register for the  
following.....**

7Card Stud	6/2	1:30 PM	FREE
Texas Hold'em	6/9	1:30 PM	FREE
Scrabble	6/12	1:30 PM	FREE
Left, Right, Center	6/14	2:00 PM	\$2.00
Spelling Bee	6/19	2:30 PM	\$1.00
Card Sharks	6/20	2:30 PM	FREE
Pokeno	6/22	2:00 PM	\$1.00
\$25,000 Pyramid	6/27	2:00 PM	\$1.00
Boggle	6/28	2:30 PM	\$1.00

## A Night of Magic June 9th 5:30pm

Prepare to be amazed! Join us for a magical evening with delicious food and entertainment. You will see two separate magicians. The dinner includes chicken, potato, vegetable, drink and dessert. \$7 pre-registration is required. *I see fun in your future.....*





### June Book Club June 26 at 2:30pm

The *Storied Life of A.J. Fikry* by Gabrielle Zevin is our June book. In this sweet, uplifting homage to bookstores, Zevin perfectly captures the joy of connecting people and books. \$3 for a used book available at the front desk.

### Baking with Ann June 8th at 2pm

This month's baking project is learning how to make cinnamon sugar mini donut muffins. \$3 pre-registration. Take home what you make!!!



### Acrylics & Appetizers June 2nd at 5:30pm

This month's painting will be a Summer theme. Come socialize and have fun with friends! Absolutely no experience is needed. Register early so you don't miss out! \$10 for residents / \$12 for non-residents.



### Spelling Bee June 19th 2:30pm

Are you good at spelling? We will be holding a spelling bee contest on Monday, June 19th at 2:30pm. \$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.



### Summer Cookout June 21st at 3pm

Nothing says summer like a cookout on the grill. Grilled hot dogs, hamburgers, potato salad, and chips. \$4 pre-registration is required.



### Craft with Heidi June 16th at 1:30pm

This month's project is a design your own painted flower pot.



Paint a 4" pot, fill it with potting soil, and plant mini sunflower seeds.

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

## French Toast Breakfast June 20th at 9:30am



Chief Kronenberger from Middletown Fire will be our Breakfast Chef whipping up a delicious breakfast of french toast

and bacon. He will be assisted by Wayne Bartolotta, and Joe Kronenberger from Central Communications.

\$3.00 Pre-Registration is required.

## Senior Haircuts

### Friday, June 9th 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 May 26th.

Residents only.



## Strawberry Shortcake June 7th at 2:30pm



There's nothing better than strawberry shortcake in the summer!

\$2 and pre-registration is required.



## AARP Safe Driving Classes 2017 Schedule

Tuesdays 12:30-4:30pm

June 27th, September 26th, November 7th  
Pre-registration required. \$15/AARP  
members \$20/non-members. Check made  
out to: AARP



Our 3rd Annual Senior Expo was a success because of you! Thank you to the Senior Services Staff, Vendors, and participants. There was so much valuable information and many connections were made to local service providers.

Thank you to Sal Nesci, Chief Robert Kronenberger, and Wayne Bartolotta for cooking our delicious lunch!

### Thank you to all of our vendors:

Middlesex Hospital Rehab Center, Middlesex Hospital Homecare, Judge Joe Marino, Dr. Salonia from Salonia Dental, Community Health Center, AARP, AARP Driver Safety, Alzheimer's Association, Fournier Legal Services, Beltone New England, St. Luke's Community Services, Water's Edge Center for Health & Rehabilitation, Heritage Commons, One MacDonough Place, Center for Vein Restoration, Voices Against Lyme Disease, Northern Middlesex YMCA, Middlesex Health Care Center, Middlesex Institute for Lifelong Education, ClearCaptions, Middletown Area Transit, Senior Resources Area Agency on Aging, The Department of Social Services, The Social Security Administration, Middletown Police, Middletown Fire, South District Fire, Central Communications, Middletown Health Department, The Russell Library, Middletown Recycling Department, The Lions Club, The Recreation & Community Services Department, Visiting Angels, AllCare, Community Renewal Team, Global Care Companion & Homemakers, Hancock Pharmacy, Luther Ridge, Middlesex Hospital Physical Rehabilitation Center and The Office of the Victim Advocate.

Save the Date! Next year's 4th Annual Senior Services Expo will be on Tuesday, May 1, 2018.



<p>1:00-2:45 Dancing for Joy <b>1:30 Scrabble</b></p>	<p>12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise <b>2-4 Psychic Medium Rebecca Anne Loricero</b> 2:45 Line Dancing with Jim</p>	<p>12:30 Ceramics 1:00 Bingo <b>1-4:30 Million Dollar Quartet Ivoryton Playhouse</b> <b>2:00 Left, Right, Center</b> 4:30 Zumba with Bri</p>	<p>1-3 Acrylics Class 1:00 Therapeutic Fitness <b>1:30 AARP #3394 Membership Meeting</b></p>	<p>12:30 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons <b>1:30 Craft w/ Heidi</b> 1:30 Cribbage</p>	<p><b>Non-Resident sign up starts today</b></p>
<p>9:00 Exercise <b>9:00-2:30 Massage Therapy</b> 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics <b>1:30 June Birthday Party</b> 1:30-2:45 Dancing for Joy <b>2:30 Spelling Bee</b></p>	<p>9:00-12:00 Mahjong 10:00 Exercise 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting <b>1:00 Guided Tours</b> 1:30 Get Tough Exercise <b>2:00 Pokeno</b> 2:45 Line Dancing with Jim</p>	<p>9:00-9:45 Exercise 9-3:30 Foxwoods Casino 10:00 Yoga 10:30-12 Coloring Club <b>12-1 Hearing Screening by Beltone N.E. Richard Lastrina</b> 12:00 Lunch 12:30 Ceramics 1:00 Bingo <b>3:00 Early Bird Hot Dog &amp; Hamburger Dinner</b> 4:30 Zumba with Bri</p>	<p><b>8:00 Ellis Island Bus Trip Departs Palmer Field</b> <b>9:30 French Toast Breakfast</b> 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba 11:00 Guided Meditation with Elizabeth <b>12:30-1:30 Sing Along with Barbara</b> <b>1-3 Acrylics Class</b> 1:00 Therapeutic Fitness <b>2:30 Card Sharks</b></p>	<p>9:30 Zumba (DVD) 10-3:30 Main Street Mystic / Abbots Restaurant 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons 1:30 Cribbage <b>5:30 Polynesian Night -Dine in Only</b> <b>- Doors open at 5:15pm</b></p>	<p><b>23</b></p>
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics <b>1:00 Middletoners Annual Performance—Open to All</b> 1:30-2:45 Dancing for Joy <b>2:30 Book Club Meeting</b></p>	<p>9:00-12:00 Mahjong 10:00 Exercise 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</p>	<p>9:00-9:45 Exercise <b>9-3 Foot Care</b> 10-3:30 AC Moore / Applebees 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo <b>2:30 Boggle</b> 4:30 Zumba with Bri</p>	<p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba 11:00 Guided Meditation with Elizabeth <b>12:30 AARP Safe Driving Course</b> 1:00 Therapeutic Fitness <b>2:00 25,000 Pyramid</b> <b>6:30 Civitan Bingo</b></p>	<p>9:30 Zumba (DVD) 10-3:30 Thimble Island Cruise / Fishtale 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons 1:30 Cribbage</p>	<p><b>30</b></p>
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## Drumming for Health June 29th at 3pm

In addition to being a fun activity, drumming actually provides better flexibility and blood flow to the arms, hands, and wrists. It's a great form of expression! FREE but pre-registration is required for each class. This class is very popular! Sign-up early so you don't miss out!

## Guided Tour June 22nd 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!

## 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 (not exceed 185% of poverty income guidelines). Only 1 booklet may be issued per year.



## June Birthday Party June 19th at 1:30pm

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

## 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.



## CIVITAN BINGO DATES

**Note: Transportation is NOT AVAILABLE  
We apologize for the inconvenience**

**Summer Date:** June 27th  
Games start at 6:30pm



## 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!!

## Sing-Along with Barbara Tuesday, June 20th 12:30-1:30pm

Monthly sing-along with Barbara Arafah.

## Middletuners Annual Performance Monday, June 26th 12:30-1:30

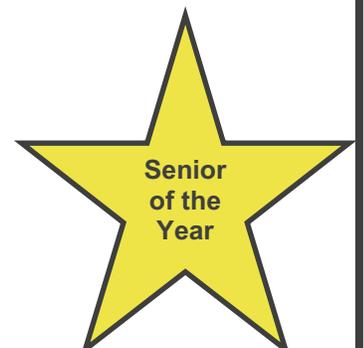
## Pokeno June 22nd at 2pm

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.

## 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?



## June Bus Trips

- June 2nd - West Farms Mall (10-2:30) \$3
- June 7th - Foxwoods Casino (9-3:30) \$4
- June 9th - Christmas Tree Shops/Cracker Barrel (10-3:30) \$4
- June 16th - Mohegan Sun (9-3) \$4
- June 21st - Foxwoods (9-3:30) \$4
- June 23rd - Main St Mystic/Abbots Restaurant (10-3:30) \$4
- June 28th - AC Moore/Applebees (10-3:30) \$3



## 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

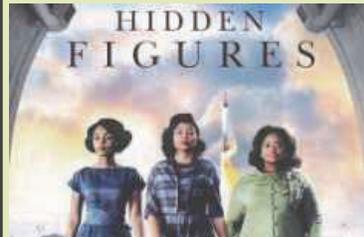
## Bus Trip Sign Up Procedure

The bus trip lottery is open from June 1st —June 9th for July trips. No entries will be accepted after June 9th. All members selected in the lottery will be notified by June 13th. Payments are due by noon on June 15th. **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, and Poker 3/13 at 1:30 and 3/29 at 1:30
- 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) **\*\*THIS IS A NEW TIME\*\***
- 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**—2nd & 4th Mondays from 1-3pm (F)
- Movies**—Tuesdays at 12:30pm (F)
- Ping Pong**—Check Calendar in this newsletter or by request (F) Lessons on Tuesdays at 2:30
- 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**—Wednesdays at 4:30pm (F)



### Pizza & A Movie June 5th at 1:30

This month's movie is "Hidden Figures". Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. \$2 pre-registration includes cheese pizza.

### Show Trip Tickets Still Available Bus Included

**Bushnell: \$39/Res \$45/NR**  
**King & I (6/3) & Fun Home (6/24)**  
**Ivoryton Playhouse: \$40/Res \$50/NR**  
 Million Dollar Quartet (6/14), West Side Story (7/19), Saturday Night Fever (8/23), The Game's Afoot (11/15)

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

<b>Main Number:</b>	(860) 638-4540	
<b>Fax Number:</b>	(860) 343-5427	
<b>Senior Services Website:</b>	www.middletownct.gov/seniors	
<b>Acting Director:</b>	Debbie Stanley	(860) 638-4501
<b>Senior Services Manager:</b>	Ann Gregg	(860) 638-4548
<b>Senior Services Coordinator:</b>	Heidi Geores	(860) 638-4541
<b>Senior Services Specialist:</b>	Laura Runte	(860) 638-4542
<b>Municipal Agent / ADA Compliance Officer:</b>	Laura Runte	(860) 638-4542
<b>Clerk (Rec &amp; Community Svcs)</b>	Alison Sprague	(860) 638-4540
<b>Custodian/Program Aide:</b>	John Marion	(860) 638-4540
<b>Night Custodian:</b>	Ramel Barnes	(860) 638-4540
<b>Bus Driver:</b>	Mike Rogalsky	(860) 638-4540
<b>Café Manager/Reserve Lunch:</b>	Vanessa Young	(860) 638-4543
<b>Please stop in to see café manager</b>		



**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 Vanessa 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.

**April Brain Teaser Winner**

Thank you to all that participated! Our winner by random drawing is Angela Labriola.

**The answer was :**

The June 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.

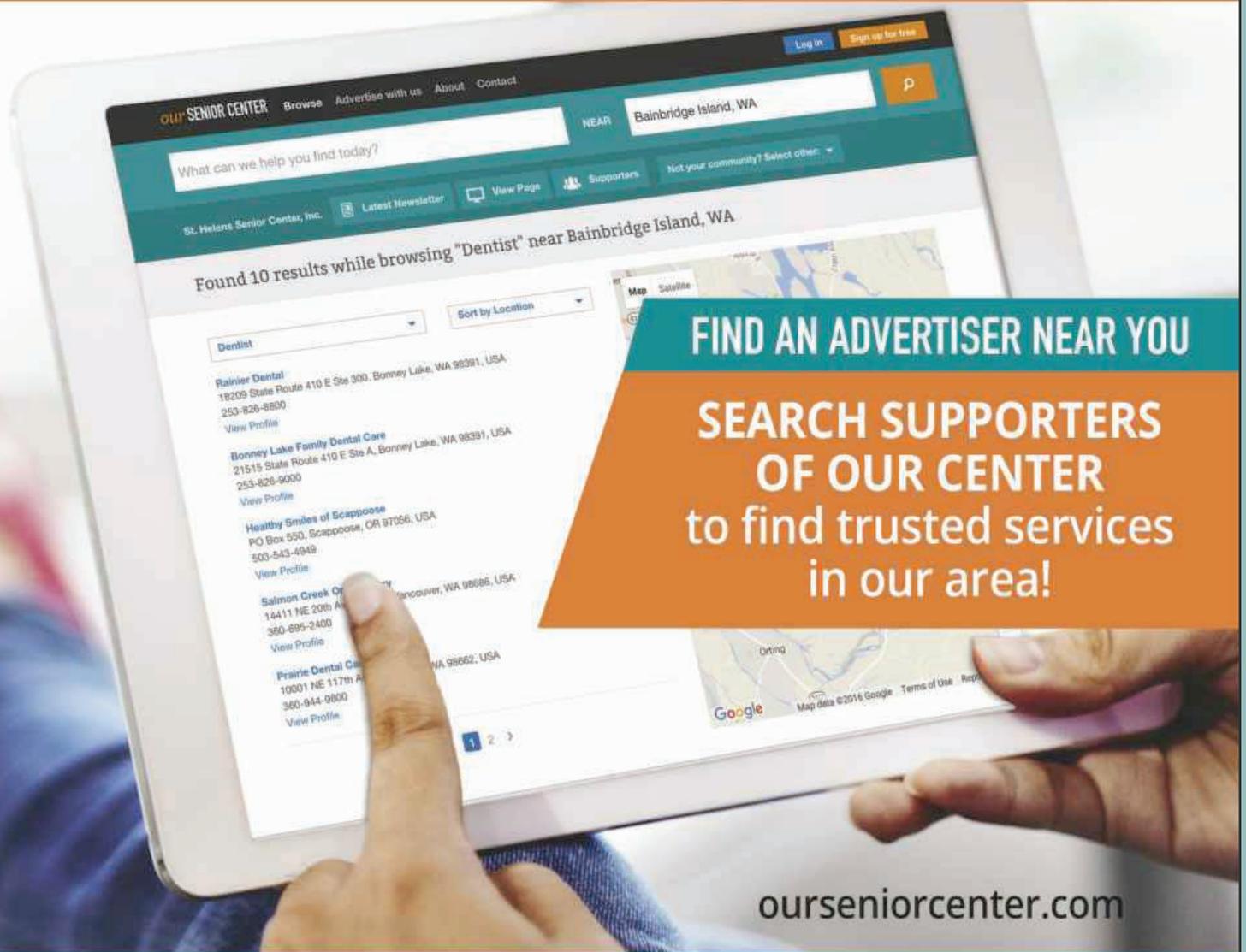
**Forwards, I am  
heavy. Backwards,  
I am not.  
What word am I?**

Write your answer here:

TON

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# Senior (60+) Brain Teaser June 2017

## Name the city.

What city do you get when you use:



$\frac{3}{7}$  of a chicken

$\frac{2}{3}$  of a cat and

$\frac{1}{2}$  of a goat



Answer:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

One entry per person. Please turn in your entry before the last business day of the month. One winner will be chosen at random from all correct entries on the first business day of July 2017.