

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

MARCH 2017



Changes to the Lunch Program * Important Information*

The lunch service (Elderly Nutrition Congregate Meals) is not a City of Middletown program. The program is funded by federal and state monies as well as a mix of donations from non-profits, businesses, individuals, etc. The contract for service is between Senior Resources Area Agency on Aging and the Community Renewal Team. We provide the cafeteria and kitchen space for use during lunch service. Funding has not kept pace with the rising demand for Elderly Nutrition services. As a result, the Community Renewal Team worked with Senior Resources Area Agency on Aging to negotiate reductions in service. These changes took effect on February 1st.

How Does This Impact Middletown Seniors?

- Congregate lunch service was cut from 5 days per week to 3 days per week (Mon, Wed, Fri)
- A daily cap of 16 meals was implemented (Mon, Wed, Fri)
- Homebound seniors will no longer receive Meals on Wheels on holidays
- Homebound seniors who receive Meals on Wheels on weekends will now only receive 1 meal per day instead of 2
- Homebound seniors not currently utilizing Meals on Wheels will be placed on a waitlist for service
- According to CRT, this equates to a reduction in service of 10,183 meals in Middletown valued at \$77,391

We have received many questions about how people and businesses can help. Any donations for Middletown service should be made to the Community Renewal Team. If you want your donation to go towards Middletown, you need to indicate that. <http://www.crtct.org/en/donate-4/support-elderly-nutrition>

Any business wanting to donate catered meals can call our office for more information.

We would like to thank the following companies for their generosity in coming forward and donating meals: EA Patten Company in Manchester, Wadsworth Glen Health Care & Rehabilitation Center, Water's Edge Center for Health & Rehabilitation, and AARP Chapter #3394.

Irish Soda Bread Social March 9th 2:30pm



This month's social features a delicious slice of home made Irish Soda Bread and Irish step dancing entertainment. \$2 pre-registration is required.

Early Bird Dinner March 16th at 3pm



This month's early bird dinner is a delicious meal of stuffed sole. \$4 for the meal, drink, and dessert. Pre-registration is required.

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*



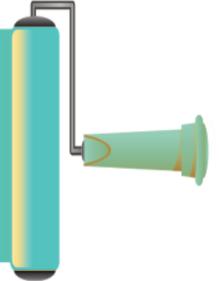
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24th Annual Gerard F. Melito Senior Citizens' Poetry Contest



Poetry Contest

Altrusa International of Central Connecticut, Inc. is pleased to announce their 24th Annual Gerard F. Melito Senior Citizens' Poetry Contest. All senior residents of Central Connecticut, aged 62 or older, are encouraged to share their stories and talents through the written word.

Rules & Requirements are:

- Author must be a resident of Central Connecticut, aged 62 or older
- You may submit only one poem with a maximum of 25 typed lines or 250 words
- Each poem must be original
- All entries must be postmarked by March 20, 2017
- Please include name, address, email and phone number
- Please mail entries to: Altrusa Senior Citizens' Poetry Contest, P.O. Box 2532, Middletown, CT 06457 or email to Altrusa.CentralCT@gmail.com

Craft with Heidi March 7th 10:30am Mason Jar Succulent



Create your own mini succulent garden in a mason jar!

All supplies provided.

\$4 pre-registration required!!!

Pizza & A Movie March 6th at 1:30pm



This month's movie "Florence Foster Jenkins" starring Meryl Streep and Hugh Grant is the true story of Florence Foster Jenkins, the legendary New York heiress and socialite who obsessively pursued her dream of becoming a great opera singer. PG-13 1:50 minutes.

Global Care Companions & Homemakers in Rocky Hill is sponsoring this month's Pizza & A Movie. Pre-registration is required. FREE

AARP Safe Driving Classes 2017 Schedule

Tuesday, March 21st 12:30-4:30
 Tuesday, May 16th 12:30-4:30
 Tuesday, June 27th 12:30-4:30
 Tuesday, September 26th 12:30-4:30
 Tuesday, November 7th 12:30-4:30

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



Pokeno March 28th 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.

No experience needed. Prizes are grocery type items.



March 17th 9am-11am

Manicures



Treat Yourself! Don't miss out on this amazing service provided at our center by Vinal Technical High School students! FREE—Please pre-register.



Tech Support/Computer Training

If you need some technical assistance or help brushing up on your computer skills, this program is for you! This helpful service is provided at our center by Vinal Technical High School students! FREE—Please pre-register.



**March 30th
at 2pm**

Family Feud, Jeopardy & Wheel of Fortune. Participate or watch the game. FREE—Pre-registration is appreciated. Prizes are grocery items.



**Baking Class
March 17th 2pm**

This month's baking project is learning

how to make Shamrock Cookies.

\$3 pre-registration.

Take home what you make!!!



**VOLUNTEER INCOME
TAX ASSISTANCE**

BY APPOINTMENT ONLY

Middletown

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44 Hamlin Street

Mondays 1 PM – 3:30 PM

Wednesdays 8:30 AM – 12 PM

Fridays 1 PM – 4 PM

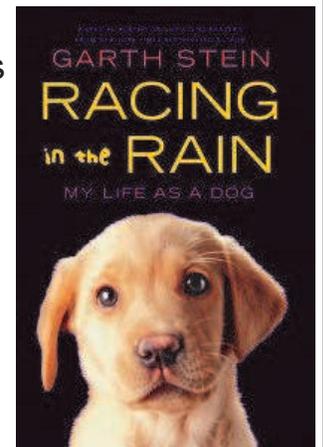
Saturdays 11 AM – 2 PM

(2/4, 3/11 and 4/8)



**March Book Club
March 27th at 2:30pm**

This month's book is "The Art of Racing in the Rain" by Garth Stein. This is a heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope, The Art of Racing in the Rain is a beautifully crafted and captivating look at the wonders and absurdities of human life... as only a dog could tell it. \$3 used books are available at the front desk for purchase. This club will meet to discuss the book on Monday, March 27th at 2:30.





Pancake Breakfast March 30th at 9am

****By member request,
we have brought back
the monthly breakfast program****

This month's breakfast is pancakes with a side of sausage. \$2 and pre-registration is required.

Poker Texas Hold'em March 29th at 1:30pm



Texas Hold'em is a community card poker game, with game play focused as much on the betting as on the cards being played.

The goal is simple: win as many chips as you can, one pot at a time. You win a pot by having the best hand, or by having all other players fold before the showdown. No Experience Necessary. We will have card dealers for the entire game. FREE - Please pre-register.

Poker—5 Card Draw March 13th at 1:30pm

Absolutely no experience necessary.

Whether you want to learn or just want to play with friends, this is for you!

FREE—Please pre-register.



Drumming for Health March 23rd 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! Give it a try and be amazed at the rhythm we can create together. Due to the demand, we have decided to run this program each month. FREE but pre-registration is required for each class.

Upcoming dates;

**April 25th, May 24th
& June 29th**



New Sponsorship

Senior Haircuts

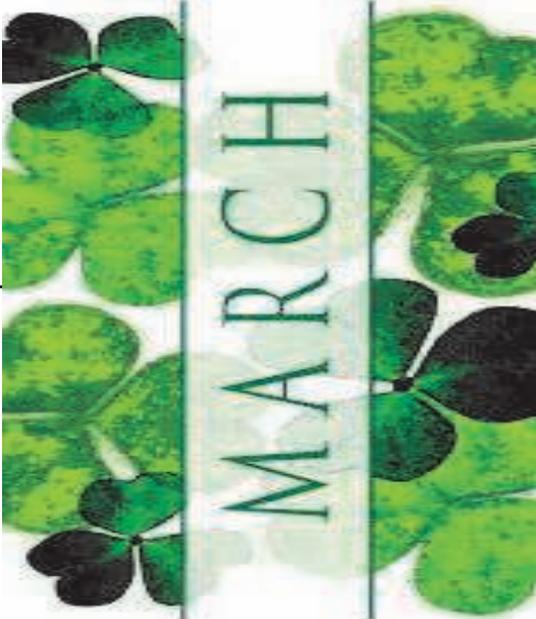
Friday, March 17th 10am-12pm

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 March 3rd. Residents only.**

Water's Edge is proud to be Middletown's only 4 star Medicare rated skilled nursing facility offering short-term rehabilitation on our designated "passport" wing, long-term and secured Alzheimer's/dementia care. Our facility is privileged to be selected as a provider in the Middlesex Hospital Post-Acute Network.

Constellation Health Services is dedicated to delivering the best possible certified home care, hospice, palliative care as well as private duty services to communities at all points of life, serving Fairfield, New Haven and Hartford Counties as well as parts of Middlesex County.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9:00 Exercise 9:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 Pizza & A Movie</p>	<p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP 3394 Executive Board Meeting 1:00 Beginner Billiard Lessons 4:30 Zumba with Bri April 2017 Lottery Begins</p>	<p>9:00-12:00 Mahjong 10:00 Brass Mill Center (lunch on your own) 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>9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons</p>
<p>9:00 Exercise 9:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 Pizza & A Movie</p>	<p>9:00 Mohegan Sun Casino 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 Therapeutic Fitness 2:00 25,000 Pyramid 2:30-4 Ping Pong</p>	<p>9:00-9:45 Exercise 9:00 Footcare 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Beginner Billiard Lessons 4:30 Zumba with Bri</p>	<p>9:00-12:00 Mahjong 10:00 Exercise 10:00 TJ Maxx & Nordstrom Rack Plaza 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 2:30 Irish Soda Bread Social 2:45 Line Dancing with Jim</p>	<p>9:30 Zumba (DVD) 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 2:00 Scrabble April 2017 Lottery Ends</p>
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletuners 1:30-2:45 Dancing for Joy 1:30 Poker</p>	<p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba (DVD) 10:00 Christmas Tree Shop / Maggie McFly 11:00 Guided Meditation with Elizabeth 1:00 Therapeutic Fitness 1:30 AARP 3394 Membership Meeting 2:30-4 Ping Pong</p>	<p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 10:30 Guided Tour 12:00 Lunch 12-1 Hearing Screening by Beltone N.E. Richard Lastrina 12:30 Ceramics 1:00 Bingo 4:30 Zumba with Bri</p>	<p>9:00-12:00 Mahjong 9:00 Foxwoods Casino 10:00 Exercise 10:30 Coffee w Ann 11:00 Volunteer Meeting 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn</p>	<p>9:30 Zumba (DVD) 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 2:00 Baking w/ Ann</p>

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<p>Non-Residents Sign Up Starts Today</p> <p>Knitting/Crocheting 1:30 Get Tough Exercise 2:45 Line Dancing with Jim 3:00 Early Bird Dinner Stuffed Sole</p> <p>April 2017 Lottery Payments Due Today</p>	<p>20</p> <p>9:00 Exercise 9:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30 March Birthday Party 1:30-2:45 Dancing for Joy 2:00 Bunco</p>	<p>21</p> <p>9:00 Mohegan Sun Casino 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30-1:30 Sing—Along with Barbara 12:30—4:30 AARP Safe Driving Class 1:00 Therapeutic Fitness 2:30-4 Ping-Pong</p>	<p>22</p> <p>9:00-9:45 Exercise 9:00 Footcare 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 4:30 Zumba with Bri</p>	<p>23</p> <p>9:00-12:00 Mahjong Exercise 10:00 Meriden Square Mall 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 Drumming for Health</p>	<p>24</p> <p>9:30 Zumba (DVD) 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 2:00 Boggle</p>	<p>29</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 Texas Hold'em 4:30 Zumba with Bri</p>	<p>30</p> <p>9:00-12:00 Mahjong 9:00 Pancake Breakfast 10:00 Exercise 10:00 Saybrook Shopping Center / Fishtale 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 2:00 Game Show 2:45 Line Dancing with Jim</p>	<p>27</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletoners 1:30-2:45 Dancing for Joy 2:30 Book Club</p>	<p>28</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Yale Art Museum 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:00 Pokeno 2:30-4 Ping Pong 6:30 Civitan Bingo</p>	<p>31</p> <p>9:30 Zumba (DVD) 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>
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Please turn in your 2017 Registration Form! You must have an up to date form on file or you will not receive the newsletter or be able to participate in activities. This is a condition of your membership.

**Sing-Along Led by
Barbara Arafeh March 21st 12:30**

Join Barbara for a fun sing-along on March 21st at 12:30pm. Sing-Alongs are the third Tuesday of every month.



**Guided Tour
March 15th 10:30am**

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!



**Bunco
March 20th at 2pm**

Bunco is a fun, social dice game. No special skills or experience are required for this game of chance. Enjoy the afternoon laughing with friends. \$1 Pre-registration is required. Prizes will be awarded.



**Boggle
March 24th 2pm**

This is a fun game where you find as many words as you can in each 3 minute round. Snacks & Prizes included. \$1 pre-registration.

**Artist Co-op
Fridays in March 1-4pm**

Our Arts Room will be open to all painters looking for a place to paint and socialize with other artists Fridays from 1-4pm. No instruction or supplies provided. FREE



Pre-registration is not required.

March 16th



Coffee with Ann— at 10:30am. Discuss any suggestions for new activities, bus trips, etc.

Volunteer Club Meeting—at 11am. Find out ways you can get involved!



**Scrabble
March 10th at 2pm**



Come alone or come with a group to play this old classic and socialize with friends. There will be snacks!! FREE—Please pre-register.

**\$25,000 Pyramid
March 7th at 2pm**



Contestants attempt to guess a series of words or phrases based on descriptions given to them by their teammates. The title refers to the show's pyramid-shaped gameboard, featuring six categories arranged in a triangular fashion. \$1 pre-registration required.



**March Birthday Party
March 20th at 1:30pm**

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



March Bus Trips



April Bus Trips

- 2nd**—Brass Mill Center (10-3) \$3
- 7th**—Mohegan Sun Casino (9-3) \$4
- 9th**—TJ Maxx & Nordstrom Rack (10-3) \$3
- 14th**—Christmas Tree Shop/Maggie McFly (10-3) \$3
- 16th**—Foxwoods Casino (9-3:30) \$4
- 21st**—Mohegan Sun Casino (9-3) \$4
- 23rd**—Meriden Square Mall (10-3) \$3
- 28th**—Yale Art Museum (9:30-2:30) \$3
- 30th**—Saybrook Shopping Center & Fishtale (10-3) \$3

- 4th**—Foxwoods Casino (9-3:30) \$4
- 6th**—Norman Rockwell Museum/Theodor's Booze Blues & BBQ (9-3) \$10
- 11th**—Tanger Outlets (Westbrook) (10-3) \$3
- 13th**—Mohegan Sun Casino (9-3) \$4
- 18th**—Foxwoods Casino (9-3:30) \$4
- 20th**—Brass Mill Center Mall (10-3:30) \$3
- 25th**—Florence Griswold Museum/ Parthenon Diner (10-3:30) \$6
- 27th**—Mystic Village Shops (10-3:30) \$4

We are currently looking for a part-time on call bus driver. A Class B CDL license with a f & p endorsement is needed. If you know anyone, send them our way to fill out an application

Bus Trip Sign Up Procedure

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

Recurring Programs/Services

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

- | | |
|---|---|
| <ul style="list-style-type: none"> 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) | <ul style="list-style-type: none"> 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) |
|---|---|

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.middletonct.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)	Alison Sprague	(860) 638-4540
Custodian/Program Aide:	John Marion	(860) 638-4540
Night Custodian:	Ramel Barnes	(860) 638-4540
Bus Driver:	Mike Rogalsky	(860) 638-4540
Café Manager/Reserve Lunch:	Vanessa Young	(860) 638-4543
Please stop in to see café manager		



Lunch Served 3 times a week

Lunch is served Mondays, Wednesdays & Fridays by CRT. Reservations are required in advance (860) 638-4543. Reservations are taken on Friday for the following week. The suggested donation is \$2.50 per meal. A current form 5 must be on file.

January Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is MaryAnn Cannatta.

The answer was : 0, 1, 2, 3, 4, 6, 7, 8, 9

The March 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.

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.

CIVITAN BINGO DATES

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

Spring Dates:

March 28th, April 25th and May 30th.
 Games start at 6:30pm

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Friendly Grocery Shopper Volunteers Needed

- Volunteer 1 x week, every other week or even monthly
- Older adults living in Middletown in need of grocery shopping assistance
- Criminal Background check and brief orientation required
- Contact **St. Luke's Community Services** for more info. (860) 347-5661
- Download Volunteer application at www.stlukeshome.org

Middletown Prime Times
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March 2017 Brain Teaser

**Name FOUR things
that have an eye(s) but
cannot see...**

Answer:

1. _____

2. _____

3. _____

4. _____

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 April 2017.