

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 2017



*May is Older Americans Month & We Have A Lot Planned!
Sign-up Now!*

3rd Annual Senior Services Expo Tuesday, May 2nd from 10am—1pm

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

We are thrilled to announce our 3rd 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-1pm 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 2nd.** 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.** The expo is a free program. Continental breakfast 10-11 and Cookout Lunch starts at 1pm.

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

Booths include (as of the printing of this newsletter):

Local Service Providers: Middlesex Hospital Rehab Center, Middlesex Hospital Homecare, Community Health Center, AARP, AARP Driver Safety Program, 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 Life-long Education (MILE), ClearCaptions, Middletown Area Transit, and more!!

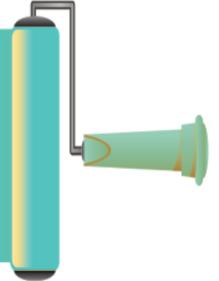
State Agencies including: Senior Resources Area Agency on Aging and The Department of Social Services, Judge Joe Marino/Probate Court

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

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



SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com
www.4LPi.com/careers

RAYMOND G. LEFOLL

TAMMY L. LEFOLL

LEFOLL & LEFOLL, LLC ATTORNEYS AT LAW

Let our family protect yours

- Wills and Trusts • Elder Law • Power of Attorney
- Probate • Living Will • Real Estate
- Appointment of Health Care Representative

2301 Silas Deane Hwy.

P.O. Box 727 • Rocky Hill, CT 06067

860-563-2355 Phone • 860-257-4129 Fax

www.lefoll.com

COUGHLIN LASTRINA Funeral Home

Sebastian
Lastrina

Director

860-346-5439

491 High Street
Middletown, CT 06457

THE J.J.

VINCI OIL CO.

Celebrating Our 82nd Year!!!

Family Owned and Operated

Cash Discounts

CRT Fuel Oil Programs Participants

MasterCard & Visa Accepted

1000 Newfield St., Middletown, CT

860-632-2333

LET US PLACE
YOUR AD
HERE.

THIS SPACE IS
AVAILABLE

APPLE REHAB Middletown

Call today for a tour!

Eleanor Ferrara-Anderson
Director of Admissions

**APPLE REHAB
MIDDLETOWN**

600 Highland Ave., Middletown, CT 06457

860.347.3315

Uncompromised Living. Uncompromised
Care. That's our **promise** to you.

Specializing in:

- Short term Rehabilitation
- Orthopedic Rehabilitation
- Long term Living

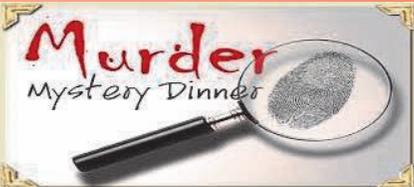
Accepting Majority of
HMO & Managed Medicare





Al Terzi
May 23rd at 10am

We are thrilled to have Al speak! Al Terzi has one of the most recognizable faces in Connecticut, having spent more than four decades (since 1968) anchoring and reporting the news here. A highly-respected journalist, he is a two-time Emmy Award winner, who, in addition to anchoring major daily newscasts, has considerable experience hosting political interview programs. Among his many other honors over the years is a Lifetime Achievement Award from the New England Associated Press/RTNDA chapter in Boston, and a Silver Circle Award for 25+ years of television service, from the regional chapter of the National Academy of Television Arts and Sciences. Continental breakfast will be served for Al's presentation. Pre-registration is required. You won't want to miss this!! FREE



Murder Mystery Dinner Party
May 5th 5:30pm

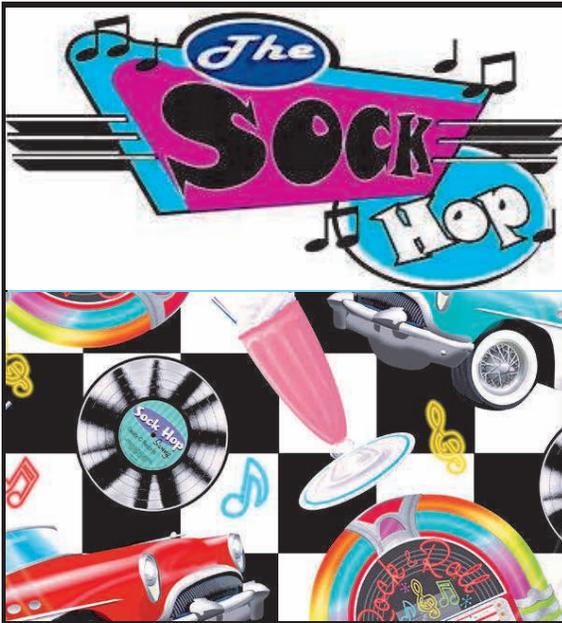
Doors will open at 5:30 to dinner guests.

You won't want to miss this fun and interactive party where we work together to act out and solve the murder mystery. Joining us will be members of the WWMS Student Council. Dinner will be chicken, potato, vegetable, and dessert. Please plan to stay for the duration of the party as you may play a critical role in the mystery. \$7 pre-registration is required.



Veteran Speaker Alyssa Kelleher
May 31st at 2:30pm

Alyssa served during Operation Enduring Freedom War in Afghanistan. Her incredible story is something you won't want to miss. Alyssa Kelleher enlisted in the National Guard in December of 2000. She never saw the TV coverage of the 9/11 attacks, but was told of the incident by her drill sergeant during basic training. There were 190 men and 8 women in her unit. Kelleher contracted with ROTC in 2002 while still in the National Guard. She was called to active duty in 2004, immediately after graduating from ROTC. After 4 years spent at Fort Drum, in New York as a General Supply Officer, she was deployed to Afghanistan. After volunteering to support the 102nd Infantry, she hand-picked people for her unit. Her infantry had recovery missions in the Ghazni area, then moved to Mehtar Lam. There was some interaction with locals; little girls wanted the female soldiers to take off their helmets so that they could see their hair. Kelleher was ultimately made the Executive Officer for her company and went back to the States, to Fort Drum. She had experiences with Russian mines and IEDs. Pre-registration is required. Refreshments will be served. FREE



50's Night / Sock Hop May 26th 5:30pm

Music, Dancing, Trivia, and Games!

Enjoy a hamburger, french fries, and a root beer float and then get ready to party!

\$7 pre-registration is required.

Night events fill up quickly, so don't wait to register!



Ice Cream Social May 18th 2:30pm

Vanilla or chocolate ice cream with your choice of toppings! Live entertainment by Roy Briggs (by request). Socialize and enjoy some delicious ice cream. \$2 pre-registration. Space is limited so sign-up early.



Birds of Prey Presentation May 15th at 2pm



During this informative presentation, you will meet 4 birds of prey. A Place Called Hope is a Rehabilitation and Education Center for Birds of Prey whose goal is to heal injured, orphaned, or ill birds and return them to the wild where they belong. \$1 and pre-registration is required.



Pizza & A Movie May 19th at 1:30pm

This month's movie is "LaLa Land". Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

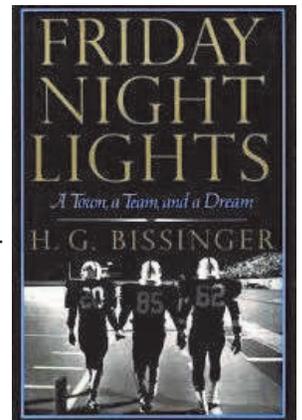


\$2 pre-registration includes cheese pizza.

May Book Club May 22nd at 2:30pm

This month's book is "Friday Night Lights" by H.G. Bissinger. The book follows the story of the 1988 Permian High School Panthers football team from Odessa, Texas, as they made a run towards the Texas state championship.

\$3 used books are available at the front desk for purchase.



Beef Roast Dinner May 23rd at 3pm

This month's early bird dinner is beef roast, potato, and vegetable. The dinner includes chicken, vegetable, drink, and dessert. \$7 pre-registration is required.



Military Whist Card Party Friday, May 12th at 5pm



Light Dinner/Refreshments will be served from 5-6.

Card party starts promptly at 6pm. No experience required. Limited seating is available, so please pre-register to guarantee your spot!

Raffles and door prizes! No Refunds! This program is open to Ages: 50+ \$6 per person.

THE DOORS WILL NOT OPEN BEFORE 5PM



Spring Lady Katharine Cruise Wednesday, May 24th

Ages: 50+
Middletown Residents Only

9:30am Check-in at Harbor Park
10:00am Prompt Departure
Sign-ups begin April 3rd. General Registration Form needed. This activity fills up quickly. Register early so you don't miss out! Your receipt is your boarding pass so don't lose it. \$1 pre-registration.



Baking with Ann May 11th at 2pm

This month we are making no-fail blondies!

\$3 pre-registration required. Take home what you make!



Craft with Heidi May 25th 10:30am Patriotic Wreath

All supplies provided.

\$4 pre-registration required.



Waffle Breakfast May 9th at 9:30am

This month's breakfast is waffles with a side of sausage. \$3 and pre-registration is required.

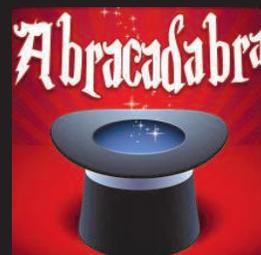


AARP Safe Driving Classes 2017 Schedule Tuesdays 12:30-4:30pm

May 16th, June 27th, September 26th,
November Pre-registration required. \$15/
AARP members \$20/non-members.
Check made out to: AARP

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

Join us for a magical evening with delicious food and entertainment. \$7 pre-registration is required. Night events tend to fill-up quickly and space is limited, so register early.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy</p>	<p>1</p> <p>Senior Expo Today 10-1</p> <p>Pre-Register (860) 638-4540</p> <p>No other activities—doors won't open until a few minutes before 10am</p>	<p>2</p> <p>9:00 Mohegan Sun Casino 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 4:30 Zumba with Bri</p> <p>June 2017 Lottery Begins</p>	<p>3</p> <p>9:00-12:00 Mahjong 10:00 Exercise 11:00 Being Mortal Program 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>4</p> <p>9:30 Yale Art Gallery 9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 5:30 Murder Mystery Dinner</p>
<p>9:00 Exercise 10:30 Tai Chi 10:30 Hancock Pharmacy Bingo 12:00 Lunch 12:30 Ceramics 1:00 Middletuners 1:30-2:45 Dancing for Joy 1:30 7 Card Stud</p>	<p>8</p> <p>9:30 Waffle Breakfast 9:30 Zumba (DVD) 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00-3:00 Acrylic Painting Class 1:00 Therapeutic Fitness 1:30 AARP #3394 Member Meeting 2:30-4 Ping Pong</p>	<p>10</p> <p>9:00-9:45 Exercise 9:30 Clinton Crossing & Chips Pub 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Guided Tour 4:30 Zumba with Bri</p>	<p>11</p> <p>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 Baking w/Ann 2:45 Line Dancing with Jim</p>	<p>12</p> <p>9:00 Foxwoods Casino 9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Scrabble 5:00 Military Whist</p> <p>June 2017 Lottery Ends</p>
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30 May Birthday Party 1:30-2:45 Dancing for Joy 2:00 Birds of Prey Presentation</p>	<p>15</p> <p>9:00-9:45 Exercise 9:30 Trader Joe's / Bertucci's 10:00 Yoga 10:30-12 Coloring Club 12-1 Hearing Screening by Belmont N.E. Richard Lastrina 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 Texas Hold'em</p>	<p>17</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 2:30 Ice Cream Social</p>	<p>18</p> <p>9:00 Yankee Candle Chandler's Restaurant 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>	<p>19</p> <p>9:00 Yale Art Gallery 9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 5:30 Murder Mystery Dinner</p>

OPEN MRI OF CONNECTICUT

OPEN MRI OF MIDDLETOWN

Metro Square, 140 Main Street, Middletown

(860) 346-7400

"Where caring is all that surrounds you."

also located at:

Buckland Hills

Enfield

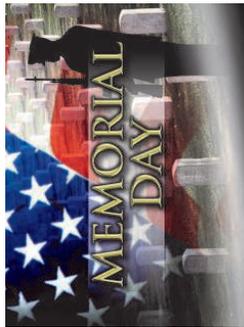
Glastonbury

860-648-4674

860-745-2288

860-657-2242

LET US PLACE YOUR
AD HERE.

<p>1:30 Pizza and a Movie Non-Resident sign up starts today</p>	<p>26 9:30 Zumba (DVD) 10:00 Blue Back Square 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 5:30 50's Night</p>	 <p>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.</p>
<p>2:45 Line Dancing with Jim June 2017 Lottery Payment Due Today</p>	<p>25 9:00-12:00 Mahjong 10:00 Exercise 10:30 Craft w/Heidi 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 25,000 Pyramid 2:45 Line Dancing with Jim</p>	<p>31 9:00-9:45 Exercise 9:30 Mystic Village Shops 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:30 Veteran Speaker Alyssa Kelleher 4:30 Zumba with Bri</p>
<p>4:30 Zumba with Bri</p>	<p>24 9:00-9:45 Exercise 9:00 Mohegan Sun Casino 9:30 Lady Katharine Cruise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 3:00 Drumming for Health 4:30 Zumba with Bri</p>	<p>30 9:30 Hand, Elbow, Foot Card Game 9:30 NO Zumba TODAY 11:00 NO Guided Meditation with Elizabeth TODAY 12:00 Lunch 1:00-3:00 Acrylic Painting Class 1:00 Therapeutic Fitness 2:00 Pokeno 2:30-4 Ping-Pong 6:30 Civitan Bingo **No Zumba or Meditation Today**</p>
<p>1:00-3:00 Acrylic Painting Class 1:00 Therapeutic Fitness 2:30-4 Ping Pong</p>	<p>23 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba 10:00 Al Terzi Fox News 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00-3:00 Acrylic Painting Class 1:00 Therapeutic Fitness 2:30-4 Ping-Pong 3:00 Early Bird Roast Beef Dinner</p>	<p>29 </p>
<p>9:00 NO EXERCISE TODAY 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Midgetuners 1:30-2:45 Dancing for Joy 2:00 Boggle 2:30 Book Club Meeting **NO EXERCISE TODAY</p>		



Biega's Home for Funerals

Complete Funeral & Cremation Services
Pre-Need Counseling & Arrangements Available
(860) 346-1055
3 Silver Street, Middletown, CT 06457
Family Owned Since 1939

THIS SPACE IS
AVAILABLE



Drumming for Health May 24th 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! **Upcoming date: June 29th**



Boggle May 22nd 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.

Happy Birthday!

May Birthday Party May 15th at 1:30pm



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

May 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

May 12th at 1:30pm

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

Bingo by Hancock Pharmacy May 8th at 10:30am



FREE—Please pre-register.

Pokeno

May 30th at 2pm



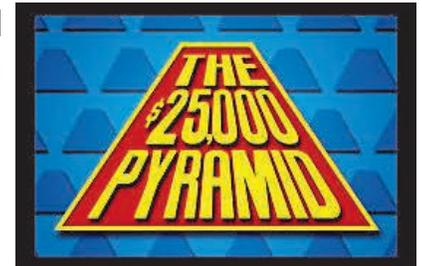
\$1 please pre-register. No experience required. Very similar to bingo. Grocery item prizes.

Guided Tour May 10th at 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!

\$25,000 Pyramid May 25th at 2pm

\$1 pre-registration required. Lots of Fun!!!!!!



Cards

7 Card Stud—May 8th at 1:30

Texas Hold'Em—May 17th at 1:30

Absolutely no experience necessary. We have a volunteer dealer so there is no pressure, just fun!

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

FREE—Please pre-register.

Being Mortal Program May 4th at 11am

Free film screening of Being Mortal—See this moving documentary, join the conversation with an on-site panel, and explore what matters to you. Complimentary pizza to be provided. Program co-sponsored by Sage Solutions Professional Care Management and Water's Edge Center for Health & Rehabilitation. Pre-registration is required. Seating limited.

May Bus Trips



June Bus Trips

3rd—Mohegan Sun (9-3) \$4
5th—Yale Art Gallery (9:30-3) \$3
10th—Clinton Crossing/Chips Pub (9:30-3) \$3
12th—Foxwoods Casino (9-3:30) \$4
17th—Trader Joe's / Bertucci's (9:30-3) \$4
19th—Yankee Candle/Chandler's Restaurant (9-3) \$5
24th—Mohegan Sun (9-3) \$4
26th—Blue Back Square (10-3) \$3
31st—Mystic Village (9:30-3) \$4

2nd—West Farms Mall (10-2:30) \$3
7th—Foxwoods Casino (9-3:30) \$4
9th—Christmas Tree Shop (10-3:30) \$4
16th—Mohegan Sun Casino (9-3) \$4
21st—Foxwoods Casino (9-3:30) \$4
23rd—Main Street Mystic / Abbots (10-3:30) \$4
28th—AC Moore / Applebees (10-3:30) \$3
30th—Thimble Island Cruise / Fishtale (10-3:30) \$12

Bus Trip Sign Up Procedure

The bus trip lottery is open from May 3rd—May 12th for June trips. No entries will be accepted after May 12th. All members selected in the lottery will be notified by May 16th. Payments are due by noon on May 18th. 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 5/8 and 5/17
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)

Changes to the Congregate Meals / Meals on Wheels Programs

- The congregate meal service at the Middletown Senior Center will be Monday through Friday.
- Daily cap for congregate meal service will go from 16 to 30.
- Middletown Meals on Wheels clients already receiving service will be restored to their previous level of service.
- Any senior wanting to sign-up for lunch will call the reservation number (860) 638-4543 OR sign-up in person with the café manager at least 1 day in advance.
- If you no show lunch 2 times, you will be prohibited from signing up again.

Show Trip Tickets Still Available

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

Main Number:	(860) 638-4540	
Fax Number:	(860) 343-5427	
Senior Services Website:	www.middlestownct.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 5 days a week

Lunch is served Monday-Friday by CRT. Reservations are required in advance (860) 638-4543. Reservations are taken 1 day in advance by noon. The suggested donation is \$2.50 per meal. A current form 5 must be on file.

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.

March Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Carla Salerno.

The answer was :

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

Write answer here:

1. potatoes
2. tornadoes
3. hurricanes
4. needle

The May 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.

Water's Edge
Center for Health and Rehabilitation

— Premier Providers of —

• Subacute Rehabilitative Care • Alzheimer's Dementia Care • Long Term Care
Please contact Our Admissions Office at (860) 347-7286 for your personal tour!
Serving The Middlesex Community



111 Church Street, Middletown, CT 06457

**SOUTH GREEN
APARTMENTS**

65 Church St., Middletown, CT 06457

Currently Accepting Applications
One and Two Bedroom Apartments
Federally Subsidized
Affordable Housing for Ages 62 & Over Or Persons with Disabilities

Call South Green at 860.344.1361

To receive an application.

Financed by CHFA

Professionally managed by S.H.P. Management



MIDDLETOWN AREA TRANSIT

PROVIDING PUBLIC TRANSPORTATION FOR THE GREATER MIDDLETOWN AREA FOR OVER 35 YEARS

We also provide Curb-to-Curb service for eligible passengers to various destinations.

Visit our Website at www.middletownareatransit.org

or Call 860 346-0212, Ext. 2 For More Information.

Medicare Plans Confusing?

You're not alone...

Call

Beverly P. Goodrich Insurance

In home visit * No Fee *

860-526-4257

beverlygoodrich@comcast.net

Licensed Certified Insurance Broker

*D'Angelo
Funeral Home Inc.*
*Louis J. Sarno
Joseph Sarno*
22 S. Main St.,
Middletown, CT
860-347-0752
ljs1837@aol.com
www.dangelofuneralhome.com

**THIS SPACE IS
AVAILABLE**

**LET US PLACE
YOUR AD HERE.**

Dale R. Aldieri, CFP

386 Main Street

Middletown, CT 06457

Office: 860-894-2839

Cell: 860-836-2171

Fax: 860-740-4490



ALDIERI FINANCIAL SERVICES

dale_aldieri@aldierifs.com

**AVAILABLE
FOR A LIMITED TIME**

**ADVERTISE
YOUR**

BUSINESS HERE

Contact Mark Carofano to place an ad today!
mcarofano@4LPi.com or (800) 477-4574 x6347

SERVING MIDDLESEX COUNTY FOR OVER 150 YEARS



**Friendly
Grocery Shopper
Volunteers Needed**

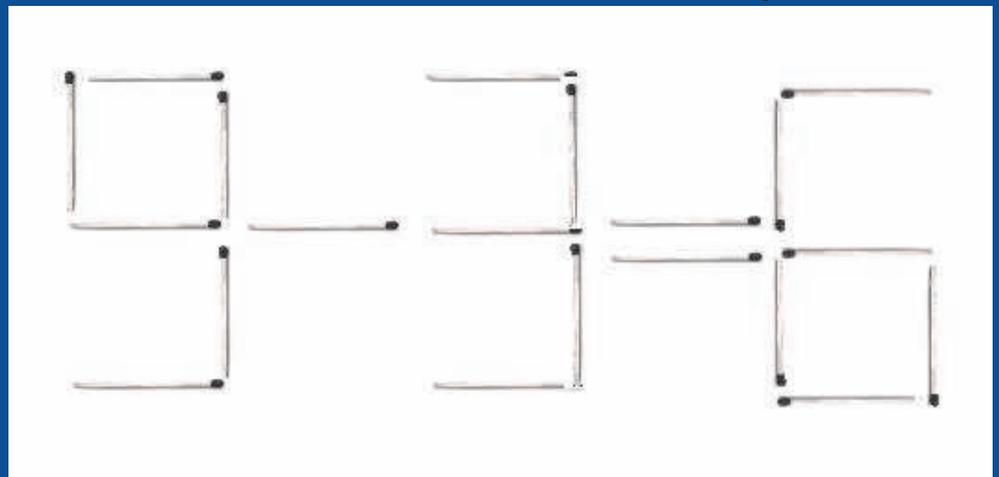
- Volunteer 1 x week, every other week or even monthly
- Older adults living in Middletown in need of grocery shopping assistance
- Criminal Background check and brief orientation required
- Contact **St. Luke's Community Services** for more info. (860) 347-5661
- Download Volunteer application at www.stlukeshome.org

Middletown Prime Times
61 Durant Terrace
Middletown, CT 06457

Standard Mail
U.S Postage
PAID
Permit #38
Middletown

Senior (60+) Brain Teaser May 2017

**Move one
matchstick to
get another
correct equation.**



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 June 2017.