

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

NOVEMBER 2017



Earlybird Thanksgiving Dinner—Friday, November 17th at 3pm

Our annual Thanksgiving meal with all the fixins' will be served family style. \$5 and pre-registration is required. Please sign-up early so you don't miss out.

Medicare Open Enrollment Event: November 3rd & December 1st By Appointment Only (9am-3pm)

The open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage Plans is **Oct. 15th through Dec. 7th**. Every year, there are new health plan and prescription drug coverage choices. Ask yourself: Are all of my drugs on my plans formulary for 2017? Did my monthly premium change? Is there an annual deductible? Take the time to review your current health & prescription drug plan with a Certified Choices Counselor. Schedule your appointment by calling 860-638-4540. Please bring a list of all medications or just bring them with you. **FREE**

Memory Program with Jo Anne Harrison-Becker November 16th at 2:30pm *25 Ways to Train Your Brain for Enhanced Memory & Top Performance*

In order to stay sharp, it is vitally important to exercise our brain. The less we use our minds, the duller they become. Our brains continue to expand and adapt to the stimuli they receive throughout our lives. It is never too late for anyone who has lived half a century and beyond to train their brains, improving blood flow and intake of the brain and stimulating the many regions of the brain. This 1 hour seminar will teach you 25 ways to train your brain. \$1 Pre-registration required.



Name That Tune Bingo Nov. 6th at 1:30pm

This is a fun and interactive bingo game using song clips. Participate in this upbeat, toe-tapping and head bopping activity. You don't want to miss this one!! \$1 pre-registration.



State of the City November 21st at 2pm

Mayor Daniel T. Drew will be here to talk about all of the things going on in Middletown (city projects, development, budget, etc.) Refreshments will be served. **FREE**—Please pre-register.

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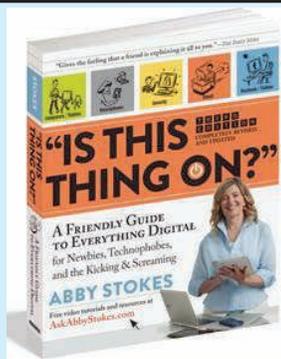
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How to be Smart with your Smartphone and Tablet November 27th 2:30pm

Author Abby Stokes who wrote "Is This Thing On"

will be here to introduce us to the basics of how to enjoy your smartphone and tablet. You'll learn how to protect your device with a passcode and save the battery life. You'll discover how to text and what on earth an emoji is along with an introduction to the calendar, alarm, camera, GPS features and where to customize the settings. We'll discuss downloading apps, music, and books. You'll even learn a few tricks to show your grandkids! Books will be available for sale after the presentation.

Volunteer Appreciation Luncheon November 30th 1:30pm

If you've volunteered for our Center over the past year, we want to celebrate you! Our volunteers are the best! To register, please sign-up at the front desk and let us know what types of volunteer work you've done. This event is open only to volunteers (ex. Lunch servers, program helpers, newsletter mailing volunteers, check-in assistance, grounds upkeep, etc.) Sit back, relax, and let us serve



you. FREE – Open to volunteers only. Chicken, Rice, Salad, and Dessert.



Icing on the Cake w/ Jan Holland November 3rd at 2pm

Jan is an award-winning decorator and Certified Wilton Instructor with over thirty years of experience creating the finishing touches for celebrations of all of life's special milestones! In this introductory class on How To Decorate A Cake with Jan, we will learn about the different types of icing, tinting icing, how to tort and ice a cake and how to use different types of decorating tips to get you decorating going forward. The class is 2 hours. Please plan to stay from 2pm-4pm. All supplies provided. You will leave with your decorated cake.

Pre-registration. \$5



Polish Night November 9th at 5:30pm



A traditional Polish dinner featuring potato and cheese pierogi and kielbasa from Czapiga's.



\$9 pre-registration required. We anticipate that this event will sell out quickly, so sign up early!!



Veterans Appreciation Social Nov. 9th at 9:30am

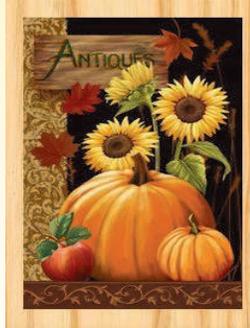
Calling all Veterans! We will be hosting a Veterans Appreciation Social with eggs, bacon, fruit and coffee. Thank you for your service! Hope you can join us! FREE—For Veterans and their spouses/significant others only. Pre-registration is appreciated.

**Susan Peak
Musical
Entertainment
November 2nd at
1:30pm**



Join us for musical entertainment by Susan Peak. She is a singer-songwriter, guitarist and ukulele player. FREE to attend.

**Craft with Heidi
Nov. 8th at 10:30am**



This month's craft is a "Giving Thanks" shingle.

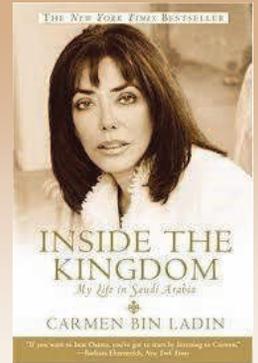
\$4 pre-registration.

**GAME
SHOW**

**November 2nd
3:00pm**

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

**November Book Club
November 27th
2:30pm**



This month we are reading "Inside the Kingdom; My Life in Saudi Arabia" by Carmen Bin Ladin. \$3 for the used book.

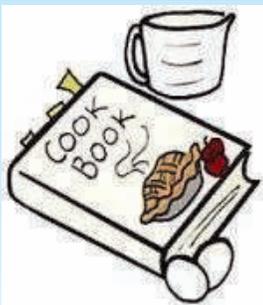
**Pumpkin Chocolate
Chip Bread**



**Baking Mini Pumpkin
Chocolate Chip Loaves
Nov. 15th at 2pm**

This month we will be making mini pumpkin chocolate chip loaves.

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



**Senior Services
Recipe Book**

It's that time of year again! Last year's Recipe Book was a huge success! Please consider submitting a recipe for this year's Recipe Book. The deadline is 11/3. Limit of 3 recipes per person.

Recipe books will be on sale in December for \$2.

**Pumpkin Pie Social
November 7th at
2:30pm**



This month's social features a slice of pumpkin pie with whipped cream.

\$2 pre-registration is required.

**Watercolor II Class
Begins November 28th
Tuesdays at 1pm**

By popular demand, Watercolor Painting with Marcy is back. This Watercolor II class will help you continue to build your skills. Some experience is required. You are welcome to bring your own supplies, or share the class resources. \$12 for 6 sessions. No class on December 26th. This class is popular so if you are interested, sign-up early.



November Games

- **Bingo**—Wednesdays & Fridays at 1pm
\$0.50 per card
- **Left, Right, Center Dice Game**—
November 8th at 2:30pm \$2
- **Bananagrams**—November 9th at
1:30pm FREE
- **Scrabble**—November 13th at 1:30pm
FREE
- **Pokeno**—November 20th at 2pm \$1
- **Boggle**—November 28th at 1:30pm \$1

November Birthday Party November 20th at 1:30pm



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

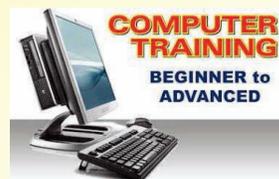
November 30th 9am-11am **Tentative**



Manicures—Sponsored by
Vinal Technical High School. The
cosmetology students will be provid-
ing FREE manicures. Please pre-register.

Computer

Training—Sponsored by
Vinal Technical High School.
The information systems stu-
dents will be providing one on one computer train-
ing. You choose the topic.
FREE—Please pre-register.



Pancake
Breakfast



Pancake Breakfast November 14th at 9:30am

This month's breakfast is
pancakes and sausage.

\$3.00 pre-registration is required.

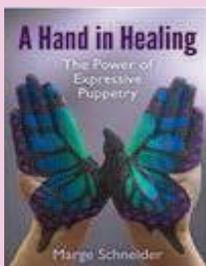
Expressive Puppetry w/ Marge Schneider November 13th 2pm



This unique program fea-
tured in the Hartford
Courant and requested by
one of our members is a
hands-on interactive pro-
gram filled with heart-

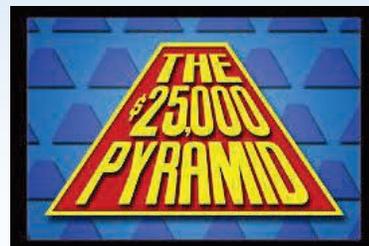
warming and inspiring stories.

Marge Schneider
created the first expressive
puppetry program for adults
in the United States. She's
the Author of "A Hand in
Healing – The Power of Ex-
pressive Puppetry". FREE—
Please pre-register.



25K Pyramid November 29th 2:30pm

As Seen on TV—
Try your luck as a
contestant on this
game show.
\$1 pre-registration.



November 6th



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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>6</p> <p>9-3 Massage Therapy 9:00 Exercise 10:30 Coffee w/ Ann 10:30 Tai Chi 11:00 Volunteer Meeting 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 Name that Tune Bingo</p>	<p>7</p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 AARP Safe Driving Class 12:30 Movie 1:00 Therapeutic Fitness 1:00 Acrylics Painting Class 1:30 Texas Hold'em 2:30 Pumpkin Pie Social</p>	<p>1</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo 1:30 AARP 3394 Executive Board Meeting 1:30 Mini Bridge 1:30 Pizza & A Movie 4:30 Zumba with Briana</p> <p style="text-align: center;">December Bus Lottery Starts Today</p>	<p>2</p> <p>9:00 Bus Trip: Foxwoods Casino 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 1:30 Susan Peak Musical Entertainment 2:45 Line Dancing with Jim 3:00 Game Show</p>	<p>3</p> <p>9-3 Medicare Open Enrollment Event 9:30 Zumba DVD 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 No Cribbage Today 2:00 Cake Decorating</p>
<p>6</p> <p>9:00 Exercise 10:30 Coffee w/ Ann 10:30 Tai Chi 11:00 Volunteer Meeting 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 Name that Tune Bingo</p>	<p>7</p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 AARP Safe Driving Class 12:30 Movie 1:00 Therapeutic Fitness 1:00 Acrylics Painting Class 1:30 Texas Hold'em 2:30 Pumpkin Pie Social</p>	<p>1</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo 1:30 AARP 3394 Executive Board Meeting 1:30 Mini Bridge 1:30 Pizza & A Movie 4:30 Zumba with Briana</p> <p style="text-align: center;">December Bus Lottery Starts Today</p>	<p>9</p> <p>9:00 Bus Trip: Christmas Tree Shop & Cracker Barrel Restaurant 9:00-12:00 Mahjong 9:30 Veterans Appreciation Social 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 Bananagrams 1:30 Get Tough Exercise 2:45 Line Dancing with Jim 5:30: Polish Night</p> <p style="text-align: center;">December Bus Lottery Ends Today</p>	<p>10</p> <p style="text-align: center;">HOLIDAY—CLOSED</p> <div style="text-align: center;">  Veterans Day </div>
<p>13</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 Scrabble 2:00 Expressive Puppetry w/ Marge</p>	<p>14</p> <p>9:00 Bus Trip: Mohegan Sun Casino 9:30 Pancake Breakfast 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba DVD 11:00 Guided Meditation</p>	<p>15</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 Hearing Screening sponsored by Belmonte N.E. Richard Lastrina 1:00 Bingo</p>	<p>16</p> <p>9:00 Bus Trip: AC Moore & Applebee's 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)</p>	<p>17</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 Fun With Clay 1:30 Cribbage</p>

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ADT AUTHORIZED DEALER

<p>3:00 Early Bird Thanksgiving Dinner</p>	<p>24</p> <p>Closed for the Holiday</p>	<p>CANCELLATION POLICY: 2 FULL BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND.</p> <p>NOSHOW/NO CANCEL ON ANY PROGRAM OR ACTIVITY WILL SURCHARGE EACH AND EVERY TIME EVEN FOR FREE PROGRAMS</p>
<p>1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Memory Program w/ JoAnne Harrison-Becker 2:45 Line Dancing with Jim</p> <p>Bus Lottery Payments Due Today! Don't lose your seat!</p>	<p>23</p> <p>Happy Thanksgiving</p> <p>Closed for the Holiday</p> 	<p>30</p> <p>9:00 Bus Trip: Foxwoods Casino 9-11 Manicures 9-11 Computer Training 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 1:30 Volunteer Lunch- e on 2:45 Line Dancing with Jim</p>
<p>1:00 Ivoryton Trip—The Game's Afoot 1:30 Mini Bridge 2:00 Baking w/ Ann</p>	<p>22</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p>	<p>29</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo 2:30 25K Pyramid</p>
<p>tation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Acrylics Painting Class 1:30 AARP 3394 Membership Meeting</p> <p>Bus Lottery Notifications Today</p>	<p>21</p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: Pier One/Home Goods & Fishtale 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 1:00 Acrylics Painting Class 1:30 Texas Hold'em 2:00 Mayor Drew will be our Guest Speaker</p>	<p>28</p> <p>9:00 Bus Trip: Mohegan Sun Casino 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 Therapeutic Fitness 1:00 Watercolor II Painting Class 1:30 Boggle 3:00 Drumming for Health 6:30 Civitan Bingo</p>
<p>Schneider</p>	<p>20</p> <p>9-3 Massage Therapy 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30 November Birthday Party 1:15-2:30 Dancing for Joy 2:00 Pokeno</p>	<p>27</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:30 November Book Club Meeting "In The Kingdom; My Life in Saudi Arabia" 2:30 How to be Smart with your Smartphone & Tablet</p>

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**Pizza & A Movie
Nov. 1st at 1:30pm**

This month's movie is "The Shack" starring Sam Worthington and Octavia Spencer. After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. He finds important truths that will transform his understanding of his tragedy and change his life forever. \$2 Pre-registration.



**Adios, Coco Chanel!
December 4th at 2pm**

Adios, Coco Chanel!
DIY Herbal Perfume

*Ditch your store-bought perfume!
Most contain dozens of chemicals that
do not have to be disclosed on the label.
Experiment with base fragrances,
mid-tones, and top notes.*



*Create your signature scent,
mad-scientist style!*

\$4 Pre-registration

**Civitan Bingo
2017/2018 dates**

Doors open at 5:45, games start at 6:30pm

- November 28th
- December 19th*
- January 30th
- February 27th
- March 27th
- April 24th
- May 29th
- June 26th

*Not last Tuesday of the month (FREE)

Haircuts

December 1st 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 November 20th. Residents only.**

Save the Date:

- December 7th will be our Holiday Egg-nog and Appetizer Party
- December 15th is the annual Holiday Extravaganza day-long celebration

Acrylics & Appetizers—Dec 1st 5:30pm

Get together with friends, paint, socialize, snack, and have fun! \$10 Residents / \$12 Non-Residents

**Sing-Alongs w/ Barbara
(12:30pm)**

November 21st, December 19th, January 26th, February 20th, March 20th, April 17th, May 15th, June 19th.



**Drumming for
Health**

**November 28th at
3pm**



Highly interactive hands-on drumming class. \$5 pre-registration.



November Bus Trips

- 2nd**—Foxwoods (9-3:30) \$4
- 9th**—Christmas Tree Shop/Cracker Barrel (9-3:30) \$4
- 14th**—Mohegan Sun (9-3) \$4
- 16th**—AC Moore & Applebees (9-3:30) \$3
- 21st**—Pier 1/HomeGoods (10-3) \$3
- 28th**—Mohegan Sun (9-3) \$4
- 30th**—Foxwoods Casino (9-3:30) \$4

Additional fees will apply to all non-residents. Non-residents cannot sign-up until after the lottery process.



December Bus Trips

- 5th**—Mohegan Sun (9-3) \$4
- 7th**—Wadsworth Festival of Trees (9:30-2:30) \$10
- 12th**—Ikea & Fishtale (9:30-3) \$3
- 14th**—Yankee Candle (9-3:30) \$5
- 19th**—Foxwoods (9-3:30) \$4
- 21st**—Foxwoods (9-3:30) \$4
- 26th**—Yale Art Gallery (9:30-3) \$3
- 28th**—Mohegan Sun (9-3) \$4

Additional fees will apply to all non-residents. Non-residents cannot sign-up until after the lottery process.

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from November 1st through November 9th for December trips. No entries will be accepted after November 9th. All members selected in the lottery will be notified by November 14th. Payments are due by noon on November 16th. The lottery is only for members who are Middletown Residents. Times listed in parentheses are the departure times. The first time is the departure time from the Senior Center and the 2nd is the departure time from the destination. It is your responsibility to be at the pickup location 10 minutes early so we stay on schedule. Failure to be at the pickup location by departure time is grounds for suspending you from further trips.

Recurring Programs/Services

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 at 12:30pm (\$)

Computers—Laptops are available for use anytime (F)

Cribbage—Fridays at 1:30pm (F)

Dancing for Joy—Mondays at 1:15pm (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)

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—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.middlestownct.gov/seniors

Welcome Cathy!



Cathy Lechowicz was appointed as the Director of the Recreation and Community Services Department. She started with us in mid-October.

Transportation (860) 347-3313

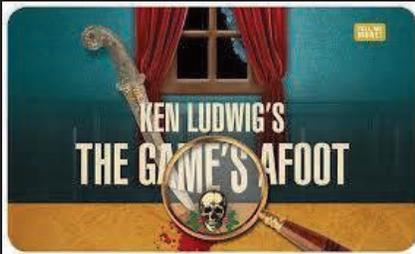
Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown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

**Show Trip Tickets Still Available
Bus Included**

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

- ◆ The Game's Afoot (11/15)



September Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is John Laudano.

The question was :

This number is unique. What makes it different from all the others?

8,549,176,320

Answer:

This is the only number that uses every digit (0-9) in alphabetical order.

The November 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.

Poker for Fun (Free)

Texas Hold'Em

****Please cancel if you can't make it****

November 7th at 1:30pm



November 21st at 1:30pm



CRT Lunch Service

Lunch is served Monday through Friday by CRT. Reservations are required in advance and can be made by calling (860) 638-4543 or you can sign-up in advance with the café manager. A Form 5 must be on file. The suggested donation is \$2.50.

50%
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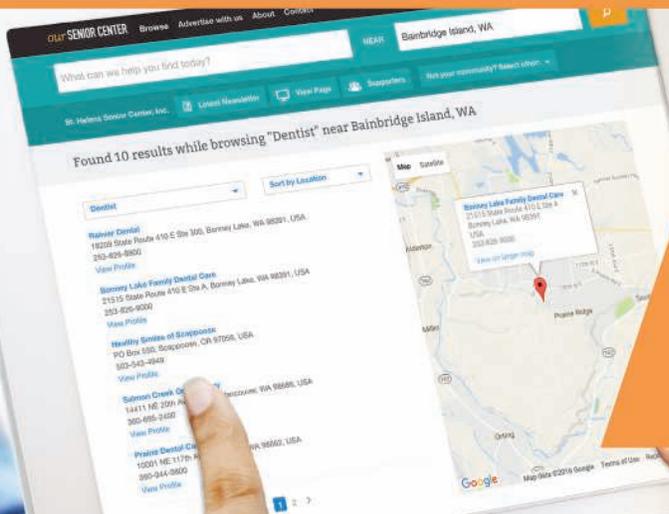
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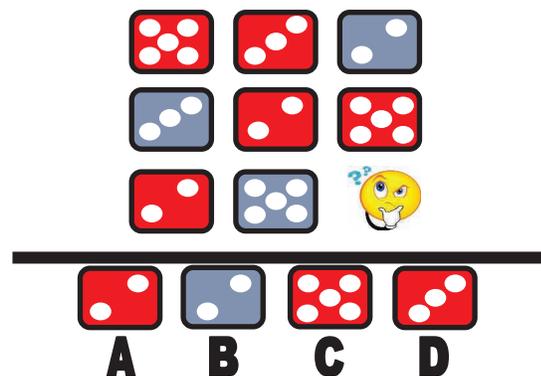


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Senior (60+) Brain Teaser November 2017

Which die completes the puzzle?



Write your answer here:

Answers must be received by the last business day of November. One winner will be chosen at random from all correct answers received on the first business day of December 2017. That winner will receive a gift card prize.

Name: _____

Phone: _____