

MIDDLETOWN

SEPTEMBER 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



September is National Senior Center Month!

National Senior Center Month Day-Long Celebration Friday, September 15th

Pre-registration is required for each and every event you plan to attend. Space is very limited, so please only sign-up for the activities you plan to attend. The cancellation policy \$2 surcharge for each and every event listed will apply for no show/no cancel.

Time	Event	Cost
9:00am	French Toast, Bacon, Juice Breakfast	Sponsored by Middletown Kiwanis. FREE Pre-registration still required.
10:00am	Craft Project—Personalized Mugs	\$1.00
11:00am	Nature Nick's Animal Adventures **By Popular Demand**	\$4.00
12:00pm	Snack Break with Musical Entertainment	\$1.00
12:00pm	Movie: "Grumpy Old Men"	FREE
1:30pm	Comedian Linda Belt Performance	\$1.00
2:45pm	Rhythm Stompers Duo Swing Performance	\$1.00
3:45pm	Jonas Cain Magic Show	\$1.00
5:00pm	Lasagna/Salad Dinner	\$4.00



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Eleanor Ferrara-Anderson - Director of Admissions

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Early Bird Pork Roast Dinner September 19th at 3pm

Pork Roast, potato, vegetable, and dessert. \$5 pre-registration.



Kat Kennedy Musical Entertainment September 7th at 2pm



Kat Kennedy has been performing since the age of 7 and graduated from Berklee College of Music in 2015. She's performed in Boston, Nashville, and countless venues from Alaska to Louisiana. This year she's been touring in various parts of Brazil promoting her album. We're thrilled to have her perform for us. FREE to attend.

Picnic at Crystal Lake September 11, 2017 (Weather Permitting)

We will be having a picnic lunch at Ron McCutcheon Park/ Crystal Lake. Join us for a bag lunch of chicken salad sandwich, chips, drink, and dessert. We'll be bringing outdoor games. Have fun, socialize with friends, enjoy the view, take a walk, or participate in games.



No transportation provided. Meet us out there at 1pm. \$3 pre-registration.

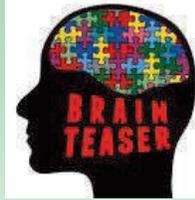


Hands-on Hand Building **NEW CLASS** Fridays at 1pm

We are thrilled to offer this unique hands-on clay pottery building class! Our instructor Marcy is ready to show you how easy and fun this hobby can be! This class will run for eight sessions from September 1st through October 27th. Class size is limited so sign-up early or you might miss out! \$15 pre-registration. **No class on September 15th.**

Fun with Clay!

**Brain Teaser Mania
September 26th at
2:30pm**



This competitive event features tables of timed brain teasers of all types. You compete against your peers, socialize and have fun! Top 3 competitors will receive prizes. \$1 pre-registration.



**BBQ & Blues Night
w/ Gregory B. Sneed
September 8th at
5:30pm**

Join us for delicious catered BBQ meal of chicken, macaroni & cheese, and coleslaw along with an incredible saxophone performance by Gregory B. Sneed.

\$7 and pre-registration is required. Dine in only.

We are thrilled to have Greg back to share his talent on the saxophone with us once again! Greg is Middletown's former Deputy Chief of Police and currently works as Central Connecticut State University's Chief of Police. Register early so you don't miss out on this popular event!

**Make your own
Trail Mix
September 14th
at 10:00am**



Choose from a variety of ingredients and make your own trail mix. This snack can be individually packaged and used all week. \$4 pre-registration.



**Peach Pie
Social
September
13th at
2:30pm**

Nothing says September like a delicious piece of peach pie!

\$2 pre-registration required.

Bocce Court Is Open!



With cooler temperatures, we are trying to get bocce going again. The balls will be left out during the day. In addition, we are designating Tuesdays at 10:30am and Wednesdays at 10:00am as set games. All are welcome.

Cancellation Policy

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

Congratulations Toni Clayton!



**Our 2017
Senior of
the Year**

Egg, Bacon, and Fruit Cup Breakfast September 27th at 9:30am

Middletown Fire's Chief Kronenberger and Deputy Chief Leary are back cooking up a delicious scrambled egg, bacon, and fruit cup breakfast. \$3 pre-registration.



September Birthday Party September 18th at 1:30pm



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

FALL CRAFT FAIR



October 20th from 1pm-3pm

Get a jump start on your holiday shopping! Interested in being a vendor? Space is available to senior members for a \$5 deposit (returned the day of the event). Outside vendors may reserve a space for \$15 (non-refundable).

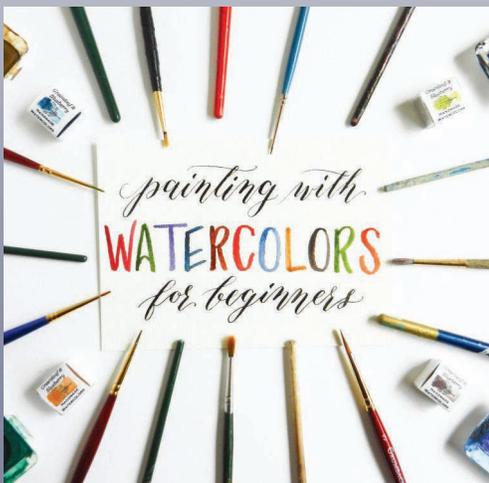


Zumba with Briana

Briana's next Zumba session will start on September 13th. Wednesdays at 4:30. Pre-register. FREE

Watercolor Basics Class **NEW CLASS** Tuesdays at 1pm

6 sessions beginning September 5th running through October 10th. Our wonderful new instructor Marcy is a lifelong artist, certified instructor, and teaches at other places including Wesleyan Potters and Guilford Art Center. She's happy to be on board and ready to meet you! You won't want to miss this exciting new class! Watercolor paper, and start-up supplies are included. \$12 per person. Space is limited so sign-up early so you don't miss out!



Craft with Heidi September 28th at 10:30am



Fabric Paint Tote Bag \$4

Poker for Fun (Free)

Please cancel if you can't make it

September 13th at 1:30pm
7 Card Stud (7 person max)

September 27th at 1:30pm
Texas Hold'Em (8 person max)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4
HOLIDAY—CLOSED



5
9:00 Bus Trip: Pea-
body Museum
Tour/Fishtale Res-
taurant
9:30 Zumba DVD
9:30 Hand, Elbow,
Foot Card Game
10:30 Bocce
11:00 Guided Medi-
tation with Elizabeth
12:00 Lunch
12:30 Movie
1:00 Therapeutic Fit-
ness
1:00 Watercolor Ba-
sics Class
2:00 Left, Right,
Center Dice Game
**October Bus Lot-
tery Starts Today**

6
9:00-9:45 Exercise
10:00 Yoga
10:00 Bocce
10:30-12 Coloring Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo

7
9:00 Bus Trip: Fox-
woods Casino
9:00-12:00 Mahjong
10:00 Exercise
12:00-1:00 Blood Pres-
sure Clinic
12:00 Lunch
12:30 Arthritis Exercise
12:30 Cards (Setback)
1:00 Fun with Yarn Knit-
ting/Crocheting
1:30 Get Tough Exercise
1:30 Bananagrams
2:00 Kat Kennedy Musi-
cal Entertainment
2:45 Line Dancing with
Jim

8
9:30 Zumba DVD
10:30-12 Coloring
Club
11:00 Guided Medita-
tion with Elizabeth
12:00 Lunch
1:00 Bingo
1:00 Hands-on Hand
Building
5:30 BBQ & Blues
Night

1

9:30 Zumba DVD
10:30-12 Coloring
Club
11:00 Guided Medita-
tion with Elizabeth
12:00 Lunch
1:00 Bingo
1:00 Hands-on Hand
Building
1:30 Cribbage

CANCELLATION
POLICY: 2 FULL BUSI-
NESS DAYS NOTICE IS
REQUIRED TO BE IS-
SUED A REFUND.
NO SHOW/NO CANCEL
ON ANY PROGRAM OR
ACTIVITY WILL RESULT
IN A \$2 SURCHARGE
EACH AND EVERY TIME
EVEN FOR FREE PRO-
GRAMS

11

9-3 Massage
9:00 Exercise
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:00 Picnic at Crystal
Lake
1:30-2:45 Dancing for
Joy

12

9:00 Bus Trip:
Mohegan Sun Casi-
no
9:30 Hand, Elbow,
Foot Card Game
9:30 Zumba DVD
10:30 Bocce
11:00 Guided Medi-
tation with Elizabeth
12:00 Lunch

13

9:00-9:45 Exercise
10:00 Yoga
10:00 Bocce
10:30-12 Coloring Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo
1:30 7 Card Stud Pok-
er for Fun
2:30 Peach Pie Social
4:30 Z...

14

9:00-12:00 Mahjong
10:00 Exercise
10:00 Make Your Own
Trail Mix
10:00 Bus Trip: Christ-
mas Tree Shop/Wood
and Tap Restaurant
12:00-1:00 Blood Pres-
sure Clinic
12:00 Lunch

15

**National Senior
Center Month
Celebration
Today!**
No other activities will
be running. The bil-
liard room will not be

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<p>open. Please sign-up early so you don't miss out!</p> <p>October Bus Lottery Winners will be notified by end of business today</p>	<p>22</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 Hands-on Hand Building 1:30 Cribbage 2:00 Baking Mini Quiche</p>	<p>29</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 Hands-on Hand Building 1:30 Cribbage 5:30 Fall Fling</p>
<p>4:30 Zumba with Briana October Bus Lottery Ends Today</p>	<p>21</p> <p>9:00 Bus Trip: Big E 9:00-12:00 Mahjong 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Scrabble 2:45 Line Dancing with Jim 6:00 Military Whist Card Party—Doors open at 5</p>	<p>28</p> <p>9:00-12:00 Mahjong 9:30 Bus Trip: Mystic Village Shops/Lunch on your Own 10:00 Exercise 10:30 Craft with Heidi 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:45 Line Dancing with Jim</p>
<p>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>20</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:00 Bocce 10:30-12 Coloring Club 12:00 Lunch 12:00 Hearing Screening sponsored by Bel-tone N.E. Richard Lastrina 12:30 Ceramics 1:00 Bingo 1:30 Pizza & A Movie "Gifted" 4:30 Zumba with Briana October bus sign-ups are open to all those who didn't participate in the lottery</p>	<p>27</p> <p>9-3 Foot Care Clinic 9:30 Egg Breakfast 9:00-9:45 Exercise 10:00 Yoga 10:00 Bocce 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 Texas Hold'Em Poker for Fun 4:30 Zumba with Briana</p>
<p>12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 1:00 Watercolor Basics Class</p>	<p>19</p> <p>9:00 Bus Trip: Big E 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:30 Bocce 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Watercolor Basics Class 3:00 Earlybird Dinner: Pork Roast Bus Lottery Payments Due by Noon Today</p>	<p>26</p> <p>9:00 Bus Trip: Mohegan Sun Casino 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:30 Bocce 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 12:30 AARP Safe Driver Course 1:00 Therapeutic Fitness 1:00 Watercolor Basics Class 2:30 Brain Teaser Mania</p>
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 September Birthday Party sponsored by Water's Edge Center for Health & Rehabilitation 2:00 Pokeno</p>	<p>25</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Boggle 2:30 September Book Club Meeting "Along Came A Spider"</p>	<p>25</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Boggle 2:30 September Book Club Meeting "Along Came A Spider"</p>



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Military Whist September 21st at 6pm

Doors will open at 5pm for a light dinner of chicken salad sandwiches, chips, cookies, etc.



The game will start promptly at 6pm. \$6 pre-registration.

Drumming is back in October! October 12th at 3pm

Tracey is back and ready to lead you in this popular Drumming for Health class.



\$5 pre-registration is required.

September Games

Bingo—Wednesdays & Fridays at 1pm
\$0.50 per card

Pokeno—September 18th at 2pm \$1

Bananagrams—September 7th at 1:30pm
FREE

Scrabble—September 21st at 2pm FREE

Boggle—September 25th at 2pm \$1

LRC—September 5th at 2pm \$2

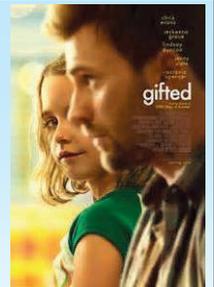
Baking Mini Quiches September 22nd at 2pm



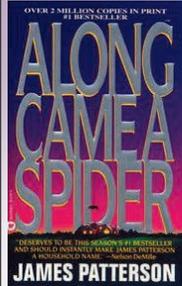
This month we will be making mini quiches.

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

Pizza & A Movie September 20th at 1:30pm



This month's movie is "Gifted" starring Chris Evans, McKenna Grace, and Lindsay Duncan. Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother. PG-13 1h 41min runtime. \$2 pre-registration.



September Book Club September 25th 2:30pm

This month we are reading "Along Came A Spider" by James Patterson. \$3 for the used book.



AARP Safe Driving Classes 2017

Tuesdays 12:30-4:30pm

September 26th, November 7th
\$15/AARP members \$20/non-members.
Checks made out to: AARP



September 29th at 5:30pm

Join us for our Fall Fling night event featuring beef tenderloin, potato, vegetable, entertainment, and games! \$7 pre-registration.



September Bus Trips

- 5th**—Peabody Museum Tour & Fishtale Restaurant (9-3:30) \$8
- 7th**—Foxwoods Casino (9-3:30) \$4
- 12th**—Mohegan Casino (9-3) \$4
- 14th**—Christmas Tree Shop & Wood and Tap Restaurant (10-3) \$4
- 19th**—**Big E** (9-3) \$12
- 21st**—**Big E** (9-3) \$12
- 26th**—Mohegan Sun Casino (9-3) \$4
- 28th**—Mystic Village Shops (9:30-3) \$4

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



October Bus Trips

- 3rd**—Slater Museum & 99 Restaurant (9-3:30) \$8
- 5th**—Mohegan Sun Casino (9-3) \$4
- 10th**—Foxwoods Casino (9-3:30) \$4
- 12th**—Fascia's Chocolate Tour & Pepe's Pizza (Times TBD) \$8
- 17th**—Pumpkintown USA with Hayride & Angelico's Lake House Lunch (Times TBD) \$5
- 19th**—Promenade Shops at Evergreen Walk/ Lunch on your own (10-3) \$3
- 24th**—Clinton Outlets & Chips Pub (9:30-2:30) \$3
- 26th**—Mohegan Sun Casino (9-3) \$4
- 31st**—Foxwoods Casino (9-3:30) \$4

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from September 5th through September 13th for October trips. No entries will be accepted after September 13th. All members selected in the lottery will be notified by October 15th. Payments are due by noon on October 19th. **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 & Wednesdays at 12:30pm (\$)

Computers—Laptops are available for use anytime (F)

Cribbage—Fridays at 1:30pm (F)

Dancing for Joy—Mondays at 1:30pm (F)

Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)

Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)

Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)

Get Tough—Thursdays at 1:30pm (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.

Lending Library—Anytime (F)

Line Dancing—Thursdays at 2:45pm (F)

Mahjong—Thursdays 9am-12pm (F)

Massage Therapy— 1st & 3rd Monday 9am-2:30pm (\$)

Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)

Middletuners Chorus Practice—on summer break

Movies—Tuesdays at 12:30pm (F)

Ping Pong—Check Calendar in this newsletter or by request (F) **Reflexology**—By appointment (\$)

Reiki—By appointment (\$)

Sing-Alongs—Third Tuesday of the month at 12:30 (F)

Tai Chi—Mondays at 10:30am (\$)

Therapeutic Exercise—Tuesdays at 1:00pm (F)

Yoga—Wednesdays at 10am (\$)

Zumba—New Classes with Briana start September 13th at 4:30pm—Wednesdays

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



**Oktoberfest—October
 13th 5:30pm
 \$7 Pre-registration**

**Polish Night—
 November 9th 5:30pm
 \$9 Pre-registration**

**Kate Stone Musical Performance
 October 3rd at 1:30pm**

Kate Stone brings sunshine to seniors with her toe-tapping renditions of the sounds from the 40's, 50's, 60's through today. She happily performs audience favorites. Her repertoire includes songs from all over the world, including Poland, where she's originally from. She engages her audience, touches hearts, moves, and entertains with funny stories from her life.
FREE



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.

July Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Peter Benfield.

The question was :

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

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

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.

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

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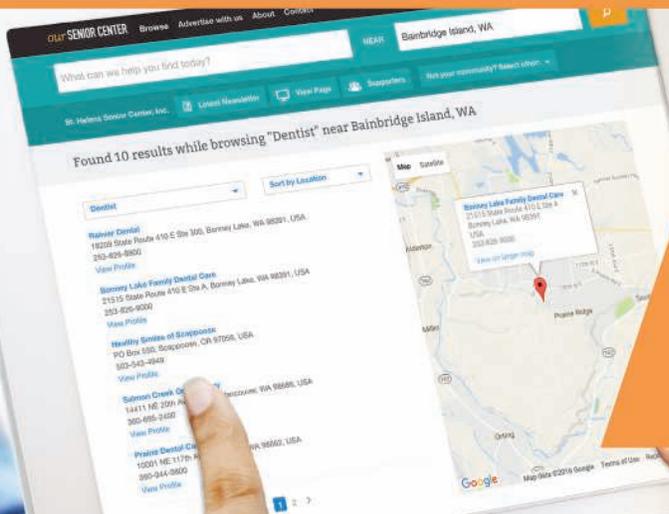
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Senior (60+) Brain Teaser September 2017

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



8,549,176,320



Write your answer here:

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

Name: _____

Phone: _____