

MIDDLETOWN

AUGUST 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

Italian Night August 25th at 5:30pm

Pasta Dinner and musical entertainment by Rich DiPalma. \$8 pre-registration is required.



Middletown's Got Talent! August 2nd at 3pm



With so many active members, we have so many talents that can be shared such as singing, playing an instrument, dancing, poetry, comedy, origami, etc. All talents are welcome! Prizes for 1st, 2nd, and 3rd place. Put your nerves aside and share your special talent with us! Your performance should be 5 minutes or less. Registration forms available at the front desk.

Jason Tardy High Energy Juggling Show Thursday, August 3rd at 10am

This show is anything but ordinary! You won't want to miss this entertaining, high-energy show filled with juggling, physical comedy, and laugh out loud moments! Jason takes juggling to the next level! FREE—Please pre-register.



Crazy Bingo is Back! August 11th at 5:30pm

If you've ever attended, you know that this is not just about the bingo. You never know what kind of crazy twist is coming next. This event is FUN FUN FUN!

\$5 pre-registration includes hot dog, chips, cookie and all the fun!

Games, Prizes, Music, and Bingo!



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Eleanor Ferrara-Anderson - Director of Admissions

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Chinese Cultural Events

Tuesday, August 1st 2pm-3pm Chinese Traditions/Festivals Presentation

Learn about some of the most important Chinese festivals and traditions, watch a beautiful traditional dance, and make a craft. You won't want to miss this unique experience. \$1 Pre-registration required.

Tuesday, August 8th 2pm-3pm Chinese Dance Lesson

Take part in this incredible opportunity to learn a traditional Chinese dance. Wear comfortable clothes and shoes so you will be able to move and dance comfortably. \$1 Pre-registration.

Both sessions presented by the Asian Performing Arts of Connecticut

Asian Performing Arts



Tere Luna

Mexican Folkloric Dancer and Singer

**August 29th at
2:30pm**



Join us for a beautiful performance by Tere Luna, a Mexican Folkloric Dancer and Singer. FREE— Please pre-register.



**Storyteller Sara deBeer
Presents:**

**“Tales of Wit and Wisdom”
August 31st at 2pm**

Since 1978, Sara has been delighting audiences of all ages with her repertoire of international folktales. She will be sharing her “Tales of Wit and Wisdom” with us. Don't miss this unique program! \$1— Please pre-register.



**Tick Borne Diseases
August 10th at 11am**



FREE Presentation by Janet Leonardi, RN from the City's Health Department on tick borne diseases.

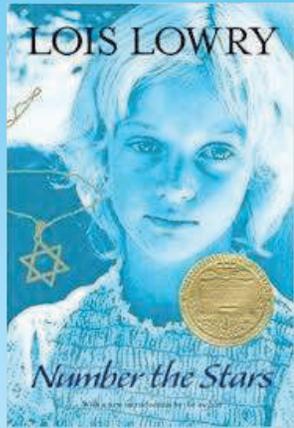
**S'mores Social
August 10th 2:30pm**



August 10th is National S'mores Day! To celebrate, we are having a S'mores Social! This delicious summer treat consists of graham crackers, chocolate and marshmallows. \$1 Pre-registration. Dine in only.

August Book Club Aug. 28th at 2:30pm

Number the Stars by Lois Lowry is our August book. Ten-year-old Annemarie Johansen and her best friend, Ellen Rosen, often think about life before the war. But it's now 1943, and their life in Copenhagen is filled with school, food shortages, and the Nazi soldiers marching in their town. The Jews of Denmark are being "relocated", so Ellen moves in with the Johansens and pretends to be part of the family. Annemarie is asked to go on a dangerous mission. \$3 for a used book available at the front desk.



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!



Rebus Puzzle Partner Challenge August 22nd at 2:30pm

REBUS: Noun/ re-bus - a riddle or puzzle made up of letters, pictures, or symbols who's names sound like the parts or syllables of a word or phrase.

EXAMPLE:

WATER
SWIM

ANSWER:
SWIM UNDER WATER

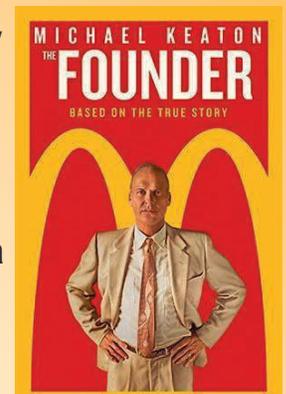
Have fun competing in teams against other members to solve rebus puzzles. You're guaranteed a laugh at this activity.

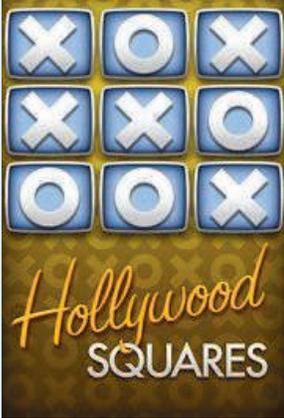
No experience needed.

\$1.00 advanced registration required. The winning team members get a gift card.

Pizza & A Movie Aug. 7th at 1:30pm

This month's movie is "The Founder". This drama tells the true story of how Ray Kroc, a salesman from Illinois, met Mac and Dick McDonald, who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. He maneuvered himself into a position to be able to pull the company from the brothers and create a billion-dollar empire. \$2 pre-registration includes movie and cheese pizza.





Hollywood Squares Game August 24th at 2pm

This new activity is our take on an old American panel game show in which two contestants play tic-tac-toe to win prizes. Many chances to

get involved! You may be selected to be on the panel or be a contestant!

Come laugh with us and learn a new game! FREE—Please pre-register.

This activity needs 12+ people to run.



Decoupage Bird House Craft August 17th 10:30am

This month's project is a decoupage bird house.

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

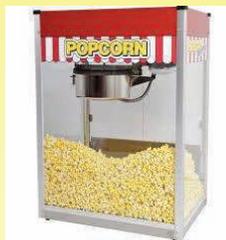
Early Bird Dinner Aug. 18th 3pm Sausage & Pepper Grinder

This month's early bird dinner is a sausage & pepper grinder, side, dessert, and drink. \$5 pre-registration is required. Dine in only.



Mini Summer Bazaar August 4th at 2:30pm

This summer bazaar features a variety of carnival-like games and snacks such as ring toss, cornhole, mini-golf, prize wheel, cotton candy, popcorn, snow cones, etc. Try your luck and have fun competing with friends!

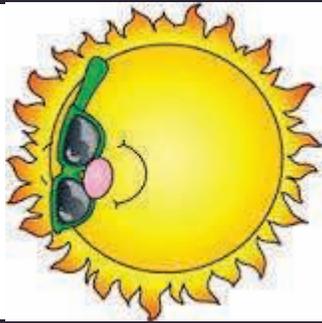


Cancellation Policy

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.**

MONDAY

AUGUST



TUESDAY

1
 9:30 Hand, Elbow, Foot Card Game
9:30 Zumba w/ Bri
10:00 Christmas Tree Shop & Olive Garden
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 12:30 Movie
 1:00 Therapeutic Fitness
2:00 Chinese Traditions/Festivals Presentation

WEDNESDAY

2
 9:00-9:45 Exercise
 10:00 Yoga
 10:30-12 Coloring Club
 12:00 Lunch
 12:30 Ceramics
 1:00 Bingo
3:00 Middletown's Got Talent! Talent Show—Come support other members share their talents
September Bus Trip Lottery Starts Today

THURSDAY

3
 9:00-12:00 Mahjong
9:00 Mohegan Sun Casino
10:00 No Exercise
10:00 Jason Tardy High Energy Juggling Show
 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
 2:45 Line Dancing with Jim

FRIDAY

4
9:30 Zumba w/ Bri
 10:30-12 Coloring Club
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Bingo
1:00 Scrabble
2:30 Summer Bazaar/Carnival

7

9:00 Exercise
 10:30 Tai Chi
 10:30 Coffee with the Manager
 11:00 Volunteer Club Meeting
 12:00 Lunch
 12:30 Ceramics
 1:30-2:45 Dancing for Joy
1:30 Pizza & A Movie "The Founder"

8

9:00 Foxwoods Casino
 9:30 Hand, Elbow, Foot Card Game
9:30 Zumba w/ Bri
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 12:30 Movie
 1:00 Therapeutic Fitness
2:00 Chinese Dance Lesson

9

9:00-9:45 Exercise
 10:00 Yoga
 10:30-12 Coloring Club
 12:00 Lunch
 12:30 Ceramics
 1:00 Bingo
1:30 Poker for Fun Texas Hold'Em

10

9:00-12:00 Mahjong
 10:00 Exercise
10:00 Tanger Outlet
11:00 Tick Borne Diseases Presentation by Janet Leonardi
 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
2:30 S'mores Social
 2:45 Line Dancing with Jim

11

9:30 Zumba w/ Bri
 10:30-12 Coloring Club
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Bingo
1:00 Boggle
5:30 Crazy Bingo
September Lottery Ends Today

14

9:00 Exercise
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics
 1:30-2:45 Dancing for Joy
2:00 Pokeno

15

9:30 Egg Breakfast
 9:30 Hand, Elbow, Foot Card Game
9:30 Zumba w/ Bri
10:00 IKEA & Fishtale
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 12:30 Sing-Along with Barbara
 1:00 Therapeutic Fitness

16

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

17

9:00-12:00 Mahjong
9:00 Mohegan Sun Casino
 10:00 Exercise
10:30 Decoupage Bird House Craft
 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

18

9:30 Zumba w/ Bri
 10:30-12 Coloring Club
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Bingo
1:00 Bananagrams Game
 1:30 Cribbage
3:00 Early Bird Dinner Sausage & Peppers

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<p>per</p>	<p>25</p> <p>9:30 Zumba DVD 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage 5:30 Italian Night</p>	<p>NEW CANCELLATION POLICY IS IN EFFECT AS OF 8/1/17. PLEASE REMEMBER TO CALL AND CAN-CEL WHEN YOU CAN'T MAKE IT TO AN ACTIVITY YOU REGISTERED FOR. MORE DETAILS ON PAGE 5.</p>
<p>ing/Crocheting 1:30 Get Tough Exercise 2:45 Line Dancing with Jim Bus Lottery Payments Due Today</p>	<p>24</p> <p>9:00-12:00 Mahjong 10:00 Exercise 10:00 Elizabeth Park Rose Garden & Red Lobster 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 Hollywood Squares Game 2:45 Line Dancing with Jim</p>	<p>31</p> <p>9:00-12:00 Mahjong 9:15 Roger Williams Zoo 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 Storyteller Sara DeBeer "Tales of Wit and Wisdom" program 2:45 Line Dancing with Jim</p>
<p>ness September Bus Lottery Winners will be notified</p>	<p>23</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Ivoryton Playhouse Saturday Night Fever 1:30 Poker for Fun 7 Card Stud 2:00 Baking Class: S'mores Bars</p>	<p>30</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo</p>
<p>September Bus Lottery Winners will be notified</p>	<p>22</p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:00 Saybrook Home goods & Parthenon Diner 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 2:30 Rebus Puzzle Partner Challenge</p>	<p>29</p> <p>9:00 Foxwoods 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 2:30pm Tere Luna Mexican Folkloric Dance/Singer Entertainment</p>
<p>ness</p>	<p>21</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30 August Birthday Party sponsored by Water's Edge Center for Health and Rehabilitation 1:30-2:45 Dancing for Joy</p>	<p>28</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:30 August Book Club Meeting "Number the Stars"</p>



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Did you know?

You can put a credit on your account to be used for future registrations? You can pre-pay up to \$50. This allows you to call in program/activity registrations.



Egg Breakfast Aug. 15th at 9:30am

This month's breakfast is eggs, bacon, and a fruit cup. Dine in only.

\$3.00 Pre-Registration is required.



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



Poker for Fun (Free)

Please cancel if you can't make it

August 23rd at 1:30pm

7 Card Stud (7 person max)

August 9th at 1:30pm

Texas Hold'Em (8 person max)



August 7th

Coffee with the Manager
10:30am

Volunteer Club Meeting
11:00am



Baking Class August 23rd at 2pm



This month's baking project is learning how to make S'mores bars. \$3 pre-registration.

Take home what you make!!!

Social Games (August)

Bananagrams (New) - August 18th at 1pm (FREE—Please pre-register)

Bingo—Wednesdays/Fridays at 1pm (\$0.50 per card)

Boggle—August 11th at 1pm (\$1 pre-registration)

Pokeno—August 14th at 2pm \$1 pre-registration. Prizes are grocery type items.

Scrabble—August 4th at 1pm (FREE—Please pre-register)

Show Trip Tickets Still Available Bus Included

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

- ◆ Saturday Night Fever (8/23)
- ◆ The Game's Afoot (11/15)

Bus Leaves at 1pm for Ivoryton Trips.

August Birthday Party August 21st at 1:30pm



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



August Bus Trips

- 1st**—Christmas Tree Shop & Olive Garden (10-2:30)\$3
- 3rd**—Mohegan Sun Casino (9-3) \$4
- 8th**—Foxwoods Casino (9-3:30) \$4
- 10th**—Tanger Outlet(10-3) \$3
- 15th**—IKEA & Fishtale (10-3) \$3
- 17th**—Mohegan Sun Casino (9-3) \$4
- 22nd**—Saybrook Home Goods & Parthenon Diner (10-3) \$3
- 23rd**—Saturday Night Fever (1-4:30) \$40
- 24th**—Elizabeth Park Rose Garden/Red Lobster (10-3) \$3
- 29th**—Foxwoods Casino (9-3:30) \$4
- 31st**—Roger Williams Zoo (9:15-2:30)\$10

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 (August 18th)

Bus Trip Sign Up Procedure

The bus trip lottery is open from Aug. 2nd—Aug. 11th for September trips. No entries will be accepted after Aug. 11th. All members selected in the lottery will be notified by Aug. 15th. Payments are due by noon on Aug. 17th. **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
- 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**—Daytime Session 2 (Tuesday/Friday mornings)

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



September 15th—
National Senior Center
Month Day-Long Celebration

October 13th—Oktoberfest

October 20th—Craft Fair

November 9th—Polish Night

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.

Farmer's Market Vouchers

\$18 booklet of checks for use at approved Farmer's Markets. We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income eligibility (\$22,331 for a single person or \$30,044 for a couple). Only 1 booklet may be issued per year (even for a couple). If you live in senior housing, you should get your booklet from your housing. A state ID and your gray connect card is quick proof of age, residency, and income.



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.

June Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Sue Laribee.

The question was :

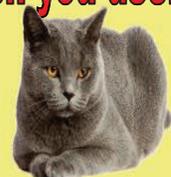
Name the city.

What city do you get when you use:



3/7 of a chicken

2/3 of a cat



1/2 of a goat



Answer: Chicago

The August 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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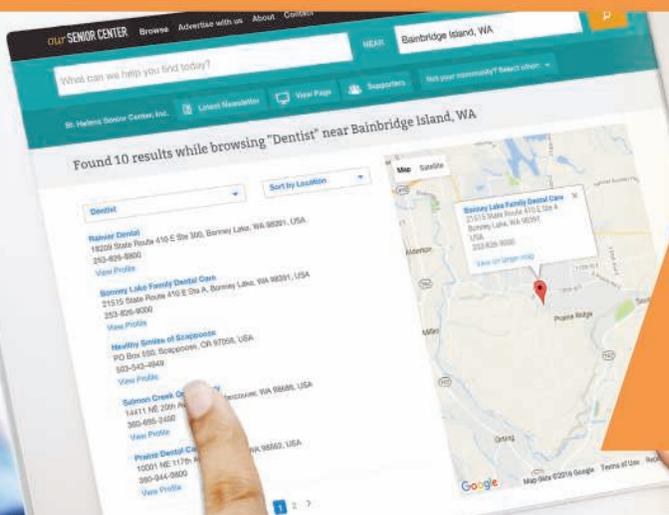
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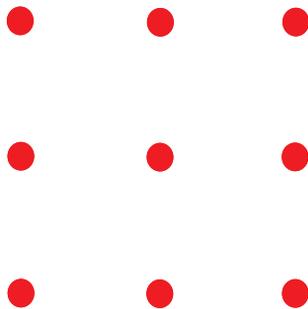


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Senior (60+) Brain Teaser August 2017

Using only 4 straight lines, connect all 9 dots.



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

Name: _____

Phone: _____