

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

DECEMBER 2017



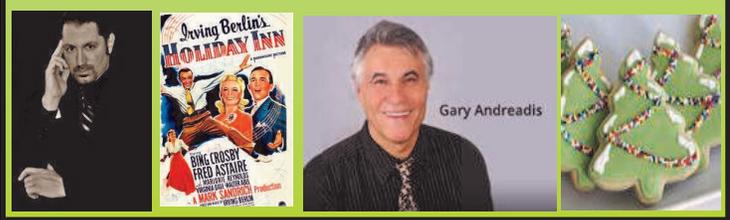
Happy Holidays and Best Wishes for 2018!



December 15, 2017

- 9:30 Egg Breakfast / Muffin / Fruit Cup**
\$2 pre-registration
- 10:30 Craft Project—Candy Tree**
\$2 pre-registration
- 12:00 Snack / Live Holiday Music**
\$1 pre-registration
- 1:00 Movie: "Holiday Inn"**
FREE
- 1:00 Cookie Swap (Bring 2 doz. Cookies)**
FREE
- 1:30 Keith Zalinger—The Reader of Minds**
\$2 pre-registration
- 2:30 Decorating Cookies**
\$1 pre-registration
- 3:30 Entertainment (TBD)**
\$1 pre-registration
- 4:30 Pasta / Salad / Bread Dinner**
\$4 pre-registration

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.



Eggnog & Appetizer Holiday Party
December 7th at 2:00pm

Come celebrate the holidays with friends. A variety of appetizers and drinks will be served. Wear your ugliest holiday sweater for a chance to win a prize. \$2 pre-registration.

Ugly Sweater Contest

Holiday Crazy Bingo
December 5th at 2pm

You never know what twist or turn is coming next! This lively event is not about the bingo. It's unconventional, it's surprising, but most importantly it's hilarious and fun!
\$4 pre-registration.

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**Last Chance for Medicare Open Enrollment Assistance...
December 1st 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.



**Peppermint Stick Ice Cream Social
December 19th at 2pm**



This holiday treat can only be found around the holidays! Socialize with friends and enjoy a bowl of peppermint stick ice cream. \$2 pre-registration.

**Acrylics & Appetizers
December 1st at 5:30pm**



Relax, listen to holiday music, socialize with friends, and make a snowman painting you can take home. Snacks will be served.

\$10/Residents \$12/Non-Residents

**Humor, Health, and Happiness Workshop
December 11th at 2:30pm**



Most of us love a good laugh—and more and more research shows that humor is beneficial to our mind, body, and emotional well-being. This workshop is designed to heighten awareness on how the joy and therapeutic value of humor can improve health, boost morale, increase communication skills and enrich the quality of one's life. This workshop is led by Jo Anne Harrison-Becker. \$1 pre-registration.

Topics will include:

- Humor Survey and Humor Facts
- Physical Well-being, Mental Health and Social Benefits
- Laughter and Longevity
- Habits of Highly Happy People
- Humor and Creativity
- Incorporating Humor into Everyday Life
- Let's All Laugh Together—Jokes Guaranteed to Make you Laugh!

**Holiday Stocking Project
December 4th 10am-12pm**



Let's get into the holiday spirit! Design and decorate a festive holiday stocking using soft woolen felt, colorful embroidery thread, seasonal buttons and more. Trace and cut patterned pine trees, deer and ornaments or create your own design for that special someone. Simple sewing. No experience needed. This class will be led by Claudia. \$6 pre-registration.

**Winter Balsam Sachets
December 11th 10am-12pm**

Design and make balsam pine sachets using colorful wool, embroidery thread and sparkling embellishments. Basic hand and embroidery techniques will be taught as well as fabric cutting skills. Your house will have the fresh scent of a pine forest with these festive sachets! This class will be led by Claudia. \$6 pre-registration.

Sing-Along with Barbara December 19th at 12:30pm



Holiday sing-along, meet new friends.

No experience necessary.
FREE

Manicures & Computer Training December 14th 9am-11am *Tentative*



Sponsored by Vinal Technical High School. Get your nails done just in time for the holidays!

FREE—Please pre-register.

Sponsored by Vinal Technical High School. One on One computer training from beginner to advanced.



FREE—Please pre-register.

Pizza & A Movie December 8th 1:30pm



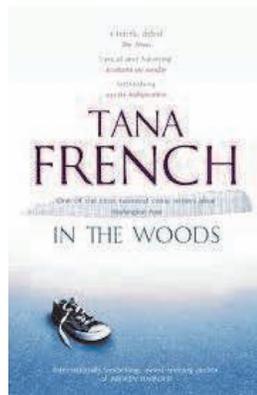
This month's movie is "Paris Can Wait" starring Alec Baldwin, Diane Lane, and Arnaud Viard. Anne (Diane Lane) is at a crossroads in her life. Married to a successful but inattentive movie producer (Alec Baldwin), she unexpectedly finds herself taking a car trip from Cannes to Paris with her husband's business associate (Arnaud Viard). What should be a seven-hour drive turns into a carefree two-day adventure replete with diversions involving picturesque sights, fine food and wine, humor, wisdom and romance, reawakening Anne's senses and giving her a new lust for life. PG 1h 32min runtime. \$2 Pre-registration.

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.**

Book Club December 18th at 2:30pm

This month we are reading "In The Woods" by Tana French. This mystery novel is about a pair of Irish detectives and their investigation of the murder of a twelve-year-old girl. \$3 for the used book.



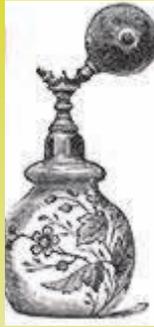
December Birthday Party December 18th at 1:30pm

Celebrating all December Birthdays! All are welcome to attend. The monthly birthday party is generously sponsored by Water's Edge Center for Health & Rehabilitation. **FREE**



Adios, Coco Chanel! December 4th at 2pm

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. \$4 pre-registration.



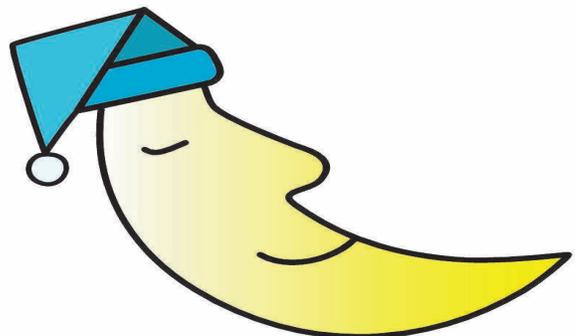
Benefits of A Good Night's Sleep January 5th at 2:30pm

Jo Anne is back with our 3rd workshop!

It is a common misconception that sleep needs decline with age. Along with physical changes that occur as we age, changes to our sleep patterns are also part of the normal aging process. Unfortunately, many older adults often get less sleep than they require. As people age they are inclined to have a more difficult time falling asleep and more difficulty staying asleep than when they were younger. However, regardless of age, good restorative sleep is essential to physical health, memory and emotional well-being. \$1 pre-registration.

Topics Discussed:

- Test Your Sleep Smarts
- Assessing Your Current Sleep Habits
- Aging and Sleep
- Myths and Facts about Sleep
- Common Causes and Contributors of Insomnia and Sleep problems in Older Adults
- The Stages of Sleep and Why They are Important
- Sleep Deprivation and Memory Loss
- The Sleep Environment
- An Essential Guide to Good Sleep Habits
Sleep Inducing Techniques/
Relaxation Exercise



Inclement Weather Policy



Please check local news stations for notices of Middletown Public Schools.

If schools are **CLOSED** for the day due to inclement weather, there are **no programs or bus trips**.

If schools have a **DELAYED OPENING** due to inclement weather, there are **no morning programs or bus trips**.

If schools have **EARLY DISMISSAL** due to inclement weather, there are **no afternoon programs**.

Lunch is served at the discretion of CRT.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
 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 Cribbage
 5:30 Acrylics & Appetizers

CANCELLATION POLICY: 2 FULL BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A RE-FUND.
NOSHOW/NO CANCEL ON ANY PROGRAM OR ACTIVITY WILL RESULT IN A \$2 SURCHARGE EACH AND EVERY TIME EVEN FOR FREE PROGRAMS

8
 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
 1:30 Pizza & A Movie

7
 9:00-12:00 Mahjong
 9:30 Bus Trip: Wadsworth Festival of Trees
 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 Eggnog & Appetizers Holiday Party
 2:45 Line Dancing with Jim

15
Holiday Extravaganza
No programming today

6
 9:00-9:45 Exercise
 10:00 Yoga
 10:30 Coffee with Ann
 11:00 Volunteer Club Meeting
 10:30-12 Coloring Club
 12:00 Lunch
 1:00 Bingo
 1:30 Scrabble
January 2018 Bus Lottery Starts Today

5
 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
 2:00 Holiday Crazy Bingo

13
 9:00-9:45 Exercise
 9-3 Footcare
 10:00 Yoga
 10:30-12 Coloring Club
 12:00 Lunch
 1:00 Bingo
No Game room

4
 9:00 Exercise
 9-3 Massage
 10-12 Holiday Stocking Project
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics
 1:15-2:30 Dancing for Joy
 1:30 Texas Hold'em
 2:00 Adios, Coco Chanel

11
 9:00 Exercise
 10-12 Balsam Sachet Pillow
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics
 1:15-2:30 Dancing for Joy
 2:30 Humor, Health

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<p>12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Pokeno 2:45 Line Dancing with Jim January 2018 Bus Lottery Ends Today</p>	<p>22 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 Banagrams 1:30 Cribbage</p>	<p>29 9:30 Zumba DVD 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 No Fun with Clay 1:30 Cribbage 2:00 Boggle</p>
<p>use due to toy drive Dec. 13th—20th</p> <p>1:00 Therapeutic Fitness 1:00 Watercolor II 2:00 Christmas Murder Mystery Early Bird Dinner</p>	<p>21 9:00 Bus Trip: Foxwoods Casino 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 2:45 Line Dancing with Jim Lottery Payments Due Today</p>	<p>28 9:00 Bus Trip: Mohegan Sun Casino 9:00-12:00 Mahjong 10:00 NO 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 2:45 Line Dancing with Jim</p>
<p>and Happiness Workshop</p>	<p>20 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Hearing Screening sponsored by Richard Lastrina of Belton N.E. 12:00 Lunch 1:00 Bingo 2:00 Baking w/ Ann No Game room use due to toy drive Dec. 13th—20th</p>	<p>27 9:00-9:45 NO Exercise 9-3 Footcare 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p>
<p>with Barbara 1:00 Therapeutic Fitness 1:00 Watercolor II 2:00 Christmas Murder Mystery Early Bird Dinner</p>	<p>19 9:00 Bus Trip: Foxwoods Casino 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 1:00 Watercolor II 2:00 Peppermint Stick Ice Cream Social 6:30 Civitan Bingo</p>	<p>26 9:30 Bus Trip: Yale Art Gallery 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 NO Watercolor II Today</p>
<p>and Happiness Workshop</p>	<p>18 9:00 Exercise 9-3 Massage 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30 December Birthday Party 1:15-2:30 Dancing for Joy 1:30 Texas Hold'em 2:30 December Book Club Meeting</p>	<p>25 MERRY CHRISTMAS!</p> 

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Christmas Murder Mystery Earlybird Dinner December 12th at 2pm

Residents on the North Pole are accustomed to keeping secrets. They swear never to disclose the location of Santa's Workshop, and they keep Santa's identity anonymous. A Santa Claus serves for a term. When he retires, he appoints his successor. Most retired Santas then leave the North Pole and travel the world with their spouses. The current Santa showed no signs of retiring. In recent years, he bewildered the sweet Pole folk with what can only be described as "poor choices"; he even bordered on being bad-listed! Somebody decided that enough was enough and laced his eggnog with poison at the annual Christmas Eve party. His death comes as a guilty relief to most, but now there's no Santa to deliver the gifts at midnight. The Pole Folk must discover the killer, in order to convince someone else to step up to be Santa and save Christmas! For once, the North Pole has a secret that is too big to keep.

\$6 pre-registration. This activity is being combined with this month's earlybird dinner. Play a character or work with your table to solve the mystery. If registering for this program, please plan to stay for 2 hours and participate! Dinner will be served sometime during the program, but not upon arrival.



December Games

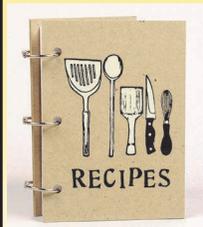
Bingo—Wednesdays & Fridays at 1pm
\$0.50 per card

Bananagrams—December 22nd at
1:30pm FREE

Boggle—December 29th at 2pm \$1

Pokeno—December 14th at 2pm \$1

Scrabble—December 6th at 1:30pm FREE



Recipe Books for Sale!

Our 2017 Recipe books will be on sale beginning December 1st!

These make excellent holiday gifts!
\$2 for members. \$5 for non-members.

Poker for Fun (Free) Texas Hold'Em

Demand is high for this program. Don't forget to cancel if you can't make it.

December 4th at 1:30pm

December 18th at 1:30pm

Civitan Bingo 2017/2018 dates

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

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

**Not last Tuesday of the month*



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.



January Bus Trips

- 2nd**—Foxwoods Casino (9-3:30) \$4
- 4th**—Main Street Mystic (9:30-3) \$4
- 9th**—Florence Griswold Museum & Parthenon Diner (9:30-2:30) \$10
- 11th**—Mohegan Sun Casino (9-3) \$4
- 16th**—Mohegan Sun Casino (9-3) \$4
- 18th**—Barker Character & Comic Museum & Rossini's Italian Restaurant (11-2:30) \$5
- 23rd**—Christmas Tree Shop & Rein's New York Style Deli (10-3) \$3
- 25th**—Foxwoods Casino (9-3:30) \$4
- 30th**—Crystal Mall (9:30-3) \$4

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from December 6th through December 14th for January trips. No entries will be accepted after December 14th. All members selected in the lottery will be notified by December 19th. Payments are due by noon on December 21st. **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)
- Lunch**—Served daily at 12pm by CRT (\$2.50 suggested donation) See café manager or call 860-638-4543 at least 24hrs in advance.
- 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

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

Name: _____ **Phone Number:** _____

Senior (60+) Brain Teaser December 2017

Christmas Scrambles Puzzle Sheet

Unscramble the letters on top of each set of boxes to form a new Christmas-related word. Then, unscramble the bonus letters (those in circles) to discover the bonus solution.

G I C T K O N S		bonus letters ▼
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C A R P I F L E E		
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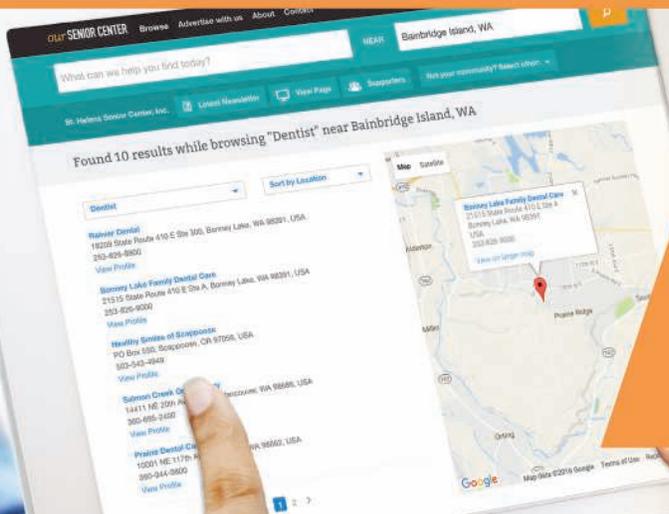
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October Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Pat Plourde.

The December brain teaser is located in this news-letter. Please fill out and return to the front desk. No additional copies will be printed.

		Wackie Wordies		
		1	2	3
A	MUSTICKD	CHUN 100 CHUN 100 CHUN 100 CHUN 100	T42 24T	Tea for Two And Two for Tea
	<i>Stick in the Mud</i>	<i>Fortune 500</i>		
B	TBACKIME	YOURBUTLIP	CC THE DAY	Seize the Day
	<i>Back in Time</i>	<i>Button Your Lip</i>		
C	HOPEN	ELOR	RODOZSES	Dozen Roses
	<i>Phone Out of Order</i>	<i>Role Reversal</i>		
D	TEEN TEEN TEEN TEEN TTTTTTTTT 2 1492	PRO MISES	CREARATESE	Rate Increase
		<i>Broken Promises</i>		

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.



**Baking Class
 December 20th at
 2pm**

This month we will be making cake balls. \$4 pre-registration is required. Take home what you make!