

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

FEBRUARY 2017



Early Bird Dinner February 24th at 3pm



This month's early bird dinner is a delicious bowl of Italian Wedding Soup and a grilled cheese on whole wheat bread.



\$4 for the meal, drink, and dessert. Pre-registration is required.

Drumming for Health February 14th at 2pm



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! Give it a try and be amazed at the rhythm we can create together.



FREE, but pre-registration is required. This program will be facilitated by Tracey Kroll.



Saint Luke's Community Services presents: Stop Ageism Now!

February 2nd at 12:30pm

Ageism is an often overlooked barrier that exists across most communities in the U.S. Ageism puts unfair limitations on older adults' abilities to live to their fullest potential and devalues them as individuals. As part of the Middlesex County Gatekeeper Program mission to advocate for successful aging and independence, we are committed to building awareness, breaking down stereotypes and challenging attitudes to Stop Ageism Now.



February Acrylics & Appetizers February 10th at 5:30pm

This month's painting will be a Valentine's theme. Come socialize and have fun with friends! Get into the holiday spirit! Absolutely no experience is needed. Register early so you don't miss out! \$10 for residents / \$12 for non-residents. Heidi will be leading this program.

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



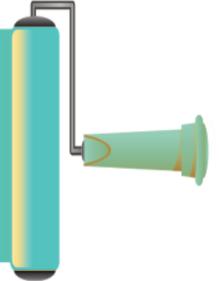
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Director of Admissions

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Baking Class February 17th at 2pm

This month's baking project is learning how to make Whoopie Pies.



Whoopie Pies

\$3 pre-registration.

Take home what you make!

Musical Entertainment/Social February 16th at 2:30pm

This month's social features red velvet cake and musical entertainment.



\$2 pre-registration is required.

Inclement Weather Policy

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

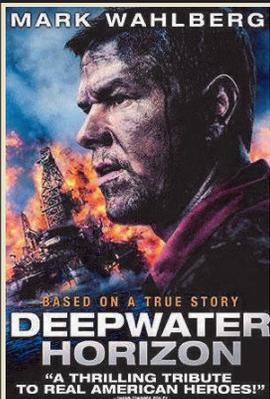
If schools are **CLOSED** for the day due to inclement weather, there are **no programs or bus trips**.

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.



Pizza & A Movie February 6th 1:30pm

This month's movie "Deepwater Horizon" is based on a true story. On April 20, 2010, one of the world's largest man-made disasters occurred following a devastating explosion on the deepwater horizon in the Gulf of Mexico. The heroic actions of many brave men and women that day would save many on board and changed everyone's lives forever. \$2 pre-registration. Cheese pizza will be served.

Craft with Heidi February 9th at 10:30am

This month's craft is a rustic valentine.

Relax, socialize with friends, and take home your one of a kind craft.

\$4 pre-registration to participate.



February 17th 9am-11am

Manicures

Treat Yourself! Don't miss out on this amazing service provided at our center by Vinal Technical High School students! FREE—Please pre-register.

Tech Support/Computer Training

If you need some technical assistance or help brushing up on your computer skills, this program is for you! This helpful service is provided at our center by Vinal Technical High School students! FREE—Please pre-register.

GAME SHOW

February 28th
at 2pm

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

GET TOUGH

Get Tough Program! Starting February 2nd 1:30pm

Join our newest class to get you energized and feeling powerful. Designed for people with Parkinson's but open to everyone. Mostly seated work involving boxing moves, light weights, and much more! This program will run Thursdays at 1:30pm. FREE—Pre-registration is required.

Match Game—Feb 21st 2:30pm

Do you recall this game show? The game features contestants trying to come up with answers to fill-in-the-blank questions, with the object being to match answers given by the panelists.

Pre-register as a contestant or panelist for this full filled event. FREE



Poker—5 Card Draw February 15th at 1:30pm

Absolutely no experience necessary.

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

FREE—Please pre-register.

New 2017 Show Trips Added!!

These shows are Wednesday afternoon matinees at Ivoryton Playhouse. The bus departs at 1pm and the show starts at 2pm. \$40 each for residents—**No refunds and non-transferable.** \$50 for non-residents. First Come-First Serve

- April 5th—"My Way—A Musical Tribute to Frank Sinatra"
- June 14th—"Million Dollar Quartet"
- July 19th—"West Side Story"
- August 23rd—"Saturday Night Fever"
- November 15th—"The Game's Afoot"

Ping Pong Tuesdays 2:30-4

Are you interested in learning how to play ping pong? If so, stop by the Senior Center on Tuesdays between 2:30-4. This class will be taught by Winfred Lee. FREE. Pre-registration required.



Left, Right, Center February 3rd at 2pm

This fun dice game requires no skills or experience.

Come laugh and meet new friends. \$2 pre-registration. Gift card prize.



Sing-Along with Barbara February 21st 12:30-1:30pm

No experience needed. Socialize with friends and sing-along. FREE



Don't forget—you must have a valid 2017 Membership Form on File to participate in senior activities.



Pokeno February 7th at 2pm

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



- Line Dancing class is now at 2:45pm and is accepting new members
- Meditation on Tuesdays & Fridays at 11am is accepting new members
- Zumba class with Briana still has space available on Wednesdays at 4:30

Spelling Bee February 23rd at 1:30pm

\$1 to participate as a contestant or audience member. Gift Card Prize. Refreshments will be served.



Scrabble February 17th at 2pm

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



Lunch Program Facts Did you know?

- ♦ The elderly nutrition program is part of the Older American's Act first signed into law in 1965.
- ♦ The congregate meal program and home meals on wheels delivery is bid every 3 years by the CT Agencies on Aging
- ♦ Our current provider is CRT
- ♦ Our meals are cooked in Hartford and brought in daily (This is why reservations are always needed)
- ♦ Your suggested donation of \$2.50 is a small portion of the cost of the meal (over \$9 each)

Just a reminder....



Please be respectful of your fellow members and the staff. Adhering to the code of conduct is a condition of your membership to this center. Bullying will not be tolerated at any time.

Also—there are no assigned seats in activities or on the bus trips. There is no such thing as "my seat". On bus trips, the seat you had on the way there is the seat you sit in on the way back unless a switch is agreed to by both parties.

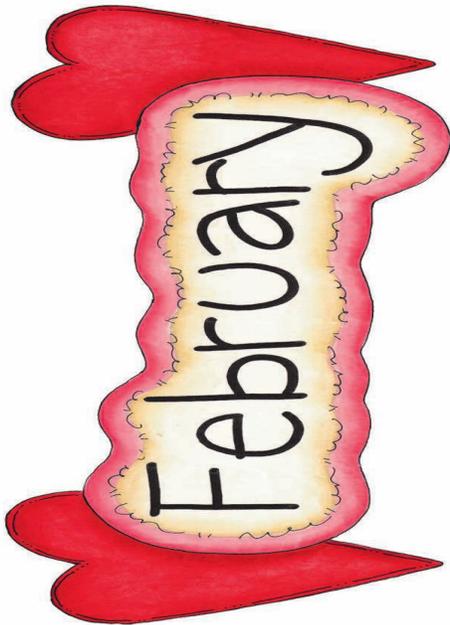
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
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
2:00 LRC Game

2
9:00-12:00 Mahjong
10:00 Exercise
10:00 Plaza at Buckland Hills & Olive Garden
12:00 Lunch
12:00-1:00 Blood Pressure Clinic
12:30 Arthritis Exercise Cards (Setback)
12:30 Ageism Presentation by St. Luke's
1:00 Fun with Yarn Knitting/Crocheting
1:30 Get Tough Exercise
2:45 Line Dancing with Jim **NEW TIME

1
9:00-9:45 Exercise
10:00 Yoga
10:30-12 Coloring Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo
1:00 Beginner Billiard Lessons
4:30 Zumba with Bri

March Lottery Begins

10
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
2:00 Boggle
5:30 Acrylics & Apertizers

March 2017 Lottery Ends

9
9:00-12:00 Mahjong
10:00 Exercise
10:30 Craft with Heidi
10:30 New Britain Museum of Art & Staropolska Restaurant
12:00 Lunch
12:00-1:00 Blood Pressure Clinic
12:30 Arthritis Exercise Cards (Setback)
1:00 Fun with Yarn Knitting/Crocheting
1:30 Get Tough Exercise
2:45 Line Dancing with Jim **NEW TIME**

8
9:00 Foot Care
9:00-9:45 Exercise
10:00 Yoga
10:30-12 Coloring Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo
1:00 Beginner Billiard Lessons
4:30 Zumba with Bri

7
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
2:00 Pokeno
2:30-4 Ping Pong

6
9-3 Massage
9:00 Exercise
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:30 Pizza & A Movie
1:30-2:45 Dancing for Joy

17
9-11 Manicures by Vinal
9-11 Computer Training by Vinal
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

16
9:00-12:00 Mahjong
9:00 Mohegan Sun Casino
10:00 Exercise
10:30 Coffee with Ann
11:00 Volunteer Club Meeting
12:00 Lunch
12:00-1:00 Blood Pressure Clinic
12:30 Arthritis Exercise Cards (Setback)
1:00 Fun with Yarn Knitting

15
9:00-9:45 Exercise
10:00 Yoga
10:30-12 Coloring Club
11:00 Guided Tour
12:00 Lunch
12-1 Hearing Screening by Beltone N.E. Richard Lastrina
12:30 Ceramics
1:00 Bingo
1:30 5 Card Draw Poker
4:30 Zumba with Bri

14
9:30 Hand, Elbow, Foot Card Game
9:30 Zumba (DVD)
11:00 Guided Meditation with Elizabeth
11:00 Trader Joes & Eli's Brick Oven Pizza
12:00 Lunch
1:00 Therapeutic Fitness
2:00 Drumming for Health
2:30-4 Ping Pong

13
9:00 Exercise
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:00 Middletuners
1:30-2:45 Dancing for Joy

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<p>1:30 Cribbage 2:00 Scrabble 2:00 Baking Class Non-Resident Sign Up Starts Today</p>	<p>24 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 3:00 Early Bird Dinner</p>
<p>ting/Crocheting 1:30 Get Tough Exercise 2:30 Red Velvet Cake/Musical Entertainment 2:45 Line Dancing with Jim **NEW TIME** March Bus Lottery Payments Due Today by Noon</p>	<p>23 9:00-12:00 Mahjong 10:00 Exercise 10:30 Christmas Tree Shop/Dave and Busters 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 Spelling Bee 1:30 Get Tough Exercise 2:45 Line Dancing with Jim **NEW TIME**</p>
<p>March Bus Lottery Notifications Today</p>	<p>22 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Card Sharks 4:30 Zumba with Bri</p>
<p>March Bus Lottery Notifications Today</p>	<p>21 9:00 Foxwoods Casino 9:30 Hand, Elbow, Foot Card Game 9:30 NO ZUMBA TODAY 11:00 Guided Meditation with Elizabeth 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 1:30 February Birthday Party 2:30-4 Ping-Pong 2:30 Match Game</p>
<p>20 CLOSED</p> 	<p>27 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletuners 1:30 Texas Hold'Em Poker 1:30-2:45 Dancing for Joy 2:30 Book Club</p>
<p>28 9:30 Hand, Elbow, Foot Card Game 10:00 Michaels Craft Store/Fishtale Rest. 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:00 Game Show 2:30-4 Ping Pong 6:30 Civitan Bingo</p>	<p>CANCELLATION POLICY</p> <ul style="list-style-type: none"> ♦ ACTIVITIES CANCELLED BY THE CENTER WILL BE REFUNDED IN FULL ♦ IF YOU CANCEL OUT OF AN ACTIVITY, 2 BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND. SPECIAL SHOW TRIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE.

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**Poker Texas
Hold'em
February 27th at
1:30pm**

Texas Hold'em is a community card poker game, with game play focused as much on the betting as on the cards being played. The goal is simple: win as many chips as you can, one pot at a time. You win a pot by having the best hand, or by having all other players fold before the show-down. No Experience Necessary. We will have card dealers for the entire game. FREE -Please pre-register.

**Guided Tour
February 15th at 11am**

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!

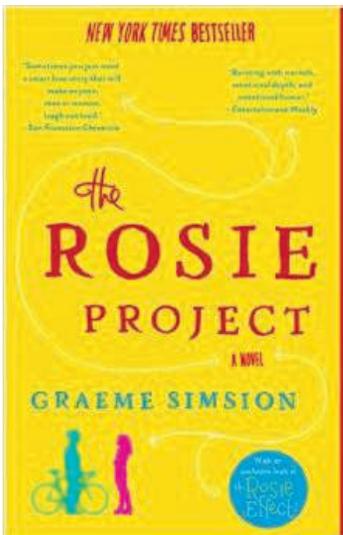


**Boggle
February 10th at 2pm**

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.

**February Book Club
February 27th at 2:30pm**

This month's book is "The Rosie Project" by Graeme Simsion. \$3 used books are available at the front desk for purchase.



The club will meet to discuss the book on Monday, February 27th at 2:30.

The discussion is led by Laura.

February 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!



**Card Sharks
February 22nd at 2pm**

This game has two contestants compete for control of a row of oversized playing cards by answering questions posed by the host and then guessing if the next card is higher

or lower in value than the previous one. Prizes will be grocery items. This program is Free, but pre-registration is required.



**February Birthday Party
February 21st at 1:30pm**

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



February Bus Trips

- 2nd**—Plaza @ Buckland Hill & Olive Garden Restaurant (10-2:30) \$3
7th—Foxwoods Casino (9-3:30) \$4
9th—New Britain Museum of Art/Staropolska Polish Restaurant \$6 (times TBD)
14th—Eli's Brick Oven Pizza & Trader Joes (11-3) \$4
16th—Mohegan Sun Casino (9-3) \$4
21st—Foxwoods Casino (9-3:30) \$4
23rd—Christmas Tree Shop & Dave and Busters (10:30-3) \$3
28th—Michaels Craft Store & Fishtale (10-3) \$3

March Bus Trips

- 2nd**—Brass Mill Center (10-3) \$3
7th—Mohegan Sun Casino (9-3) \$4
9th—TJ Maxx & Nordstrom Rack (10-3) \$3
14th—Christmas Tree Shop/Maggie McFly (10-3) \$3
16th—Foxwoods Casino (9-3:30) \$4
21st—Mohegan Sun Casino (9-3) \$4
23rd—Meriden Square Mall (10-3) \$3
28th—Yale Art Museum (9:30-2:30) \$3
30th—Saybrook Shopping Center & Fishtale (10-3) \$3



Bus Trip Sign Up Procedure

The bus trip lottery is open from Feb. 1st - Feb. 10th for March trips. No entries will be accepted after February 10th. All members selected in the lottery will be notified by February 14. Payments are due by noon on February 16th The lottery is only for members who are Middletown Residents.

Recurring Programs/Services

(F) =Free (\$) = Cost Associated

- | | |
|--|--|
| <p>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 2/15 at 1:30 and 2/27 at 1:30
 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)</p> | <p>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)</p> |
|--|--|

Senior Services Division Contact Information
Monday—Friday 8:30am to 4:30pm

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
Senior Services E-mail: Seniors@MiddletownCT.gov
Senior Services Website: www.middletownct.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 Daily

Lunch is served daily by CRT. Reservations are required at least 24 hours in advance (860) 638-4543.

The suggested donation is \$2.50 per meal. A current form 5 must be on file. Sign-ups are booked up to 3 days in advance.

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 \$2 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.

December Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Chuck Stanley.

The answer was :

1.	I'm A Believer	The Monkees
2.	Are You Lonesome Tonight?	Elvis Presley
3.	I Can't Stop Loving You	Ray Charles
4.	Big Girls Don't Cry	The Four Seasons
5.	The Twist	Chubby Checker
6.	I Want To Hold Your Hand	The Beatles
7.	Honky Tonk Woman	The Rolling Stones
8.	I'm Sorry	Brenda Lee
9.	Sittin' On The Dock Of The Bay	Otis Redding
10.	Sugar Sugar	The Archies

The February 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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- Contact **St. Luke's Community Services** for more info. (860) 347-5661
- Download Volunteer application at www.stlukeshome.org

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February 2017 Brain Teaser

What time should the last watch show?



Answer:

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 February 2017.