

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

JANUARY 2018



Happy New Year!

New Years Social January 25th at 2:30pm



Celebrate the New Year by joining us for our New Years Social featuring chocolate lava cake with vanilla ice cream. \$2 pre-registration required.



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 after-noon programs**. **Lunch is served at the discretion of CRT.**

Pizza & A Movie January 8th 1:30pm



This month's movie is "Megan Leavey" (PG-13 1h 56min runtime)

Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

\$2 Pre-registration.

2 slices of cheese pizza included.

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Cherry Snowball Cookies Jan. 9th at 2pm

This month we will be making cherry snowball cookies.

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

Craft with Heidi January 17th at 10:30am

This month's project is a confetti bowl. \$4 pre-registration fee to participate. Take home what you make.



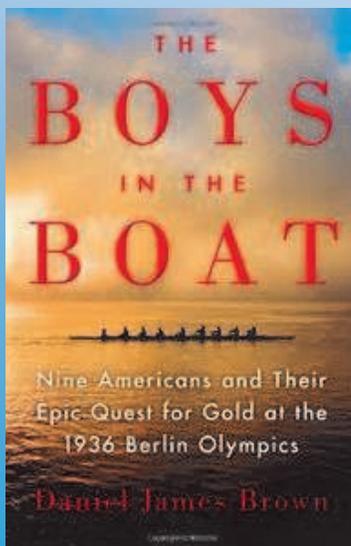
Egg Breakfast January 12th at 9:30am

This month's breakfast is eggs and bacon.

\$3.00 pre-registration is required.

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 January 29th at 2:30pm

This month we are reading "The Boys in the Boat" by Daniel James Brown. This non-fiction book is about the University of Washington's eight-oared crew that represented the United States in the 1936 Olympics in Berlin, and narrowly beat out Italy and Germany to win the gold medal.

\$3 for the used book.

Thank You!!! Happy New Year!!

The Middletown Senior Center Staff wants to thank all of our members for an amazing year in 2017!! Please let us know if you have any suggestions for activities in 2018 OR any favorites from 2017 that you hope to see again. We wish you a happy and healthy 2018!



Poker for Fun Texas Hold'Em (Free)

Please cancel if you can't make it
Pre-registration is required.

January 9th at 1:30pm

January 23rd at 1:30pm

January Birthday Party January 16th at 1:30pm



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

Sing-Along w/ Barbara January 16th at 12:30pm

No experience necessary.

FREE



Civitan Bingo 2018 dates

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

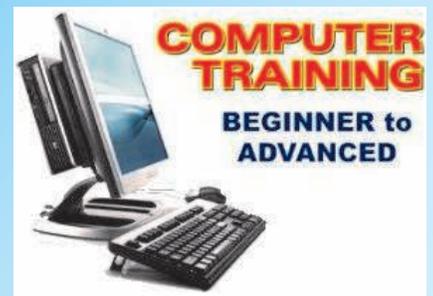
No transportation provided. FREE

Manicures & Computer Training January 26th 9am-11am



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.



Recipe Books for Sale!

Our 2017 Recipe books are on sale!

These make excellent gifts!

\$2 for members. \$5 for non-members



Scattergories Jan 23rd at 2pm

Think fast! Team up in this fun, fast-paced game and rack your brain for items that fit the category. Can you think

of articles of clothing, things you fold, or things at the beach that start with S? You score points when you come up with things that no one else does. But you've only got seconds to come up with them! The more creative your answers, the more points you score! FREE—Pre-registration required.

Guest Speaker: Dr. Evrard January 11th at 2:30pm



Dr. Helen Evrard, published author of the book "Positive Matters: Words, Quotations, and Stories to Heal and Inspire" and host of WESU radio program "Your Mind Matters" will be our January guest speaker.

You won't want to miss this presentation! Dr. Evrard battled depression, and found a way out. She believes that by choosing to focus on positive, hopeful words, we can begin to live in a different way. She will share her insights and get you on the road to choose your own words to spark a difference in your thinking, speaking, and living. FREE—Please pre-register.



NO NIGHT ZUMBA IN JANUARY

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 as we age. In fact, sleep needs are a 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. Regardless of age, good rest is essential for physical health, memory and emotional well-being. \$1 pre-registration.

Topics Discussed:

- Test Your Sleep Habits
- 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

January Games

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

Bananagrams— January 10th at 2pm
FREE

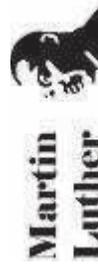
LRC—January 12th at 2pm \$2

Scattergories—January 17th at 1:30pm
FREE

Scrabble—January 19th at 2pm FREE

Pokeno—January 22nd at 2pm \$1

Boggle—January 30th at 2pm FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>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 1:00 Therapeutic Fitness 1:00 Watercolor II Class</p>	<p>3</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p> <p>February 2018 Bus Lottery Starts Today</p>	<p>4</p> <p>9:00-12:00 Mahjong 9:30 Bus Trip: Main Street Mystic 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 2:45 Line Dancing with Jim</p>	<p>5</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—Fun with Clay 1:30 Cribbage</p> <p>Please note: The previously scheduled Sleep program has been cancelled due to instructor illness</p>
<p>8</p> <p>9:00 Exercise 10:30 Tai Chi 11:30 Guided Tour of Senior & Community Center 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 Pizza & A Movie Fun and Affordable presentation by MCSAAC & CT PGS</p>	<p>9</p> <p>9:30 Bus Trip: Florence Griswold Museum 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class with Marcy 1:30 Poker for Fun 2:00 Baking Class</p>	<p>10</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo 2:00 Bananagrams</p>	<p>11</p> <p>9:00 Bus Trip: Mohegan Sun 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 2:30 Guest Speaker: Dr. Evrard 2:45 Line Dancing with Jim</p>	<p>12</p> <p>9:30 Senior Breakfast—Eggs 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—Fun with Clay 1:30 Cribbage 2:00 Left, Right, Center</p> <p>February 2018 Bus Lottery Ends Today</p>
<p>15</p> <p>The Senior Center is closed in observance of Martin Luther King Jr. Day</p> 	<p>16</p> <p>9:00 Bus Trip: Mohegan Sun Casino 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba DVD 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-Along with Barbara</p>	<p>17</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 10:30 Craft with Heidi 12:00 Lunch 1:00 Bingo</p>	<p>18</p> <p>9:00-12:00 Mahjong 10:00 Exercise 11:00 Bus Trip: Barker Character & Comic Museum 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</p>	<p>19</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—Fun with Clay 1:30 Cribbage</p>

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<p>1:00 Fun with Pam Knitting/Crocheting 1:30 Get Tough Exercise 2:45 Line Dancing with Jim</p> <p>Bus Lottery Payments Due Today</p>	<p>26</p> <p>9-11 Manicures & Tech Support 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—Fun with Clay 1:30 Cribbage</p>	
<p>1:00 Therapeutic Fitness 1:00 Mixed Media Class with Marcy 1:30 January Birthday Party</p>	<p>25</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 2:30 Lava Cake Social 2:45 Line Dancing with Jim</p>	
<p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p>	<p>24</p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: Christmas Tree Shop 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class with Marcy 1:30 Poker for Fun 2:00 Scattergories Game</p>	
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:00 Pokeno</p>	<p>23</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p>	
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:30 January Book Club Meeting "The Boys in the Boat"</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</p>
<p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p>	<p>30</p> <p>9:30 Bus Trip: Crystal Mall 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class with Marcy 2:00 Boggle 6:30 Civitan Bingo</p>	<p>31</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p>



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Mixed Media Painting Class
Tuesdays at 1pm beginning 1/9/18
(6 sessions)

\$12 pre-registration. Sign-up early so you don't miss out!

Ceramics with Joe
Mondays at 12:30pm

Purchase your project from the instructor. \$1 per class to work on it. Take home your masterpiece! Join in at any time!

Get Tough
Thursdays at 1:30pm

Openings in Get Tough! This exercise class will get you energized and feeling powerful. Mostly seated work involving boxing moves, light weights, and more!
FREE—Provided by an anonymous donor

Get Tough!

Therapeutic Fitness
Tuesdays at 1:00pm

This class is a very low impact exercise class. A great place to start if you are just beginning! You will work to improve your balance, gait, and strength as well as voice, breath, and fine motor skills.
FREE—Provided by an anonymous donor



CREATE A NEW YOU WITH
Therapeutic Fitness

Guided Meditation with Elizabeth
Tuesdays and Fridays at 11am

FREE—No pre-registration required. This is a drop-in class. Meditation has been proven to help with pain relief, stress reduction, and depression. Take advantage of this free class over the winter months!



Arthritis Exercise with Marcy
Thursdays at 12:30pm

Improve joint flexibility and muscle strength! Marcy is a physical therapist with Masonicare Home Health and Hospice. She has been trained in the Arthritis Foundation's Exercise Program and teaches techniques for improving joint flexibility and muscle strength. You will move all of your joints from head to toe! Classes are ongoing and you can join in at any time.
FREE—Sponsored by Masonicare Home Health and Hospice.

Hands on Hand Building
Fridays at 1pm
(New session begins 1/5/18)

Make your own clay creations, glaze, fire, and take home what you make! \$15 pre-registration.



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



February Bus Trips

- 1st**—Foxwoods Casino (9-3:30) \$4
 - 6th**—Mohegan Sun Casino (9-3) \$4
 - 8th**—Christmas Tree Shop & Cracker Barrel Restaurant (9-3) \$4
 - 13th**—Museum of CT History/Wood-n-tap (10-2:30) \$3
 - 15th**—Brass Mill Center Mall (9-3) \$3
 - 20th**—Trader Joes & Eli's Brick Oven (10-3) \$4
 - 22nd**—Foxwoods Casino (9-3:30) \$4
 - 27th**—Mohegan Sun Casino (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 January 3rd through January 12th for February trips. No entries will be accepted after January 12th. All members selected in the lottery will be notified by January 16th. Payments are due by noon on January 18th. **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)
- Middletuners Chorus Practice**—offsite at Village at South Farms
- Movies**—Check the calendar for Pizza & A Movie
- Ping Pong**—Check Calendar in this newsletter or by request (F)
- 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**—DVD 9:30 on Tuesdays/Fridays
No night classes in January

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

Early Bird Dinner: Beef Stew
January 19th at 3pm

This month's dinner will be beef stew, bread, and dessert.



\$4 pre-registration.

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 \$3.50 one-way. Appointments for transportation must be made at least 1 full business day in advance 860-347-3313. An approved application must be on file with Middletown Area Transit before utilizing dial-a-ride transportation.

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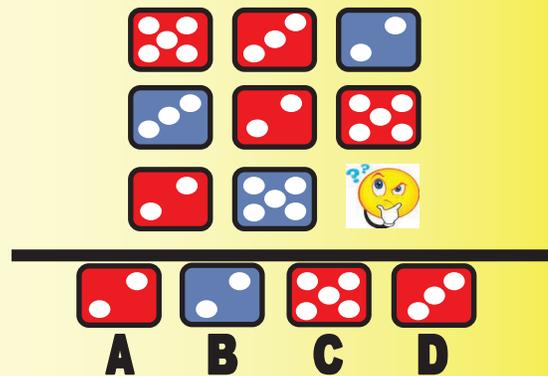
Whether it's bingo, slots, keno, or roulette, gambling can be a lot of social fun. Keep it fun by learning some easy budgeting rules! This 45-minute workshop will show you how. You'll also find resources for friends who may have a problem staying within their limits.

Middletown Senior Center
Monday, January 8, 2018 at 3:00 p.m.
 Free coffee, tea, and cake will be served.

November Brain Teaser Winner

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

The question was : Which die completes the puzzle?



Answer: D

The January 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.

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. \$2.50 suggested donation.

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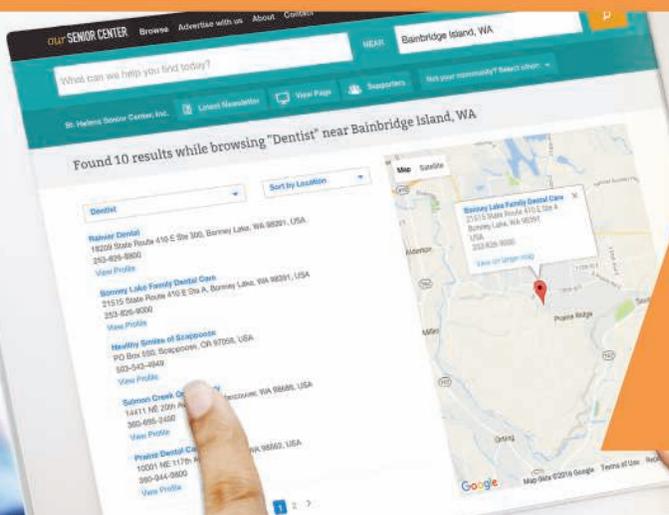
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Senior (60+) Brain Teaser January 2018

IF

 $= 5$

THEN

 $= ??$

Write your answer here:

Answers must be received by the 15th of January. One winner will be chosen at random from all correct answers received. That winner will receive a gift card prize.

Name: _____

Phone: _____