

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

JULY 2018



Italian Night July 20th at 5:30pm

Pasta with meatballs accompanied by musical entertainment by Rich DiPalma. \$7 pre-registration is required. This is a popular night event so sign-up early so you don't miss out!



Early Bird Dinner : Sausage, Pepper & Onion Grinder July 25th at 3pm

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

Dine in only.



Medium Rebecca Anne LoCicero "Messages from Heaven" July 17th 2-4pm



Her "Messages from Heaven" program will feature random "readings" of attendees in the audience from their loved ones who have passed away. She has a unique way of presenting the messages. She is bold, honest, loud, outgoing, hysterically funny and full of joy! She will entertain you and touch your heart as she talks about her connections "here and there" and the passage-ways in-between. \$1 pre-registration.

Senior of the Year Award Ceremony Friday, July 27th at 3pm

Join us for this prestigious award ceremony where the Mayor honors the outstanding contributions made by one of our members. All members are encouraged to attend and support your peer as they are recognized by Mayor Daniel T. Drew.

FREE

Please let us know if you plan to attend.





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Music & Floats with Mary July 13th at 2:00pm

Our part-time staff member Mary has graduated and is well on her way to becoming a music therapist. Come and listen to Mary playing the guitar and singing.

Vanilla coke floats will be served. \$1 pre-registration.



Ballroom Dance Demo/Show July 10th at 2:30pm

Experience the magic and grace of ballroom dance by watching this 1 hour show.



\$1 pre-registration.

Based on interest, we may run a ballroom dance class in the future.



Zumba is Back!

Tuesdays and Fridays at 9:30am. Zumba involves dance and aerobic movements performed to energetic music. Diane will be leading this class. FREE—Please pre-register. No Class 7/13

Pancake Breakfast July 13th at 9:30am

This month's breakfast is pancakes and sausage. \$3 pre-registration.



Craft with Heidi July 9th at 1:30pm



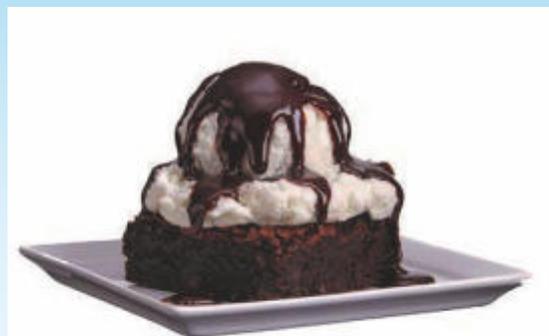
This month's project is a Fairy House Flower Pot Craft. Use your imagination and the materials provided to create your own Fairy House Flower Pot.

\$4 pre-registration fee to participate.

Take home what you make. Plant not included.

Brownie Sundae Social July 31st at 2:30pm

\$2 Pre-registration. Brownie without nuts topped with vanilla ice cream, hot fudge, and whipped cream.





Coffee with Ann July 11th at 10:30am

Bring your questions, comments, and suggestions.

Volunteer Club Meeting July 11th at 11am



Find out how you can get involved as a volunteer.

Newcomer's Group July 6th at 11am

Have you recently joined the Middletown Senior Center? This group is for you! Led by one of our volunteers, come ask questions, find out what the difference is between exercise classes, how the bus trip lottery works, where activities are held, or any other question you might have! This is a good way to meet other members and help get into the groove and take advantage of all of the wonderful programs and services offered.

Sing-Along w/ Barbara July 17th at 12:30pm



No experience necessary.

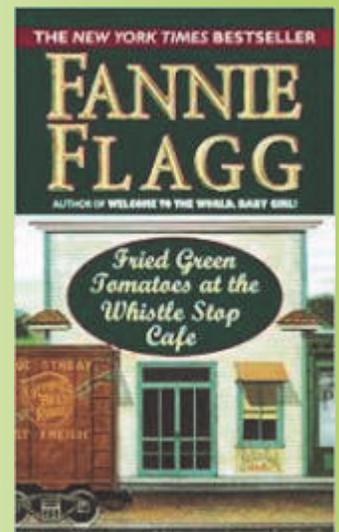
Middletown's Got Talent!



August 17th at 2:30pm

With so many active members, we have so many talents that can be shared such as singing, playing an instrument, dancing, poetry, comedy, storytelling, 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.

Book Club July 30th at 2:30pm



This month we are reading "Fried Green Tomatoes at the Whistle Stop Cafe" by Fannie Flagg. The story is about two women who meet in a nursing home. They strike up a friendship and the older woman tells the story of her family, particularly the lives of two other women, Ruth and Iddie. Whistle Stop is the name of a very small town in rural Alabama on one of the main trunks of several railroads. Ruth and Iddie's story takes place in the early 1900's in and around the cafe that they own. Using flashbacks, Flagg re-creates these women's lives and experiences from the flapper era of the 1920's to the women's movement of the 1960's and 1970's.

\$3 for the used book.

Middletuners Annual Performance July 2nd at 2pm

Our senior chorus led by Barbara Arafah has been performing around the city all year and they will be presenting their program to our members to close their season. Refreshments will be served. FREE— Please let us know if you plan to attend.



July Baking with Heidi July 11th at 2pm

This month we'll each be making a creamsicle poke cake.



\$4 pre-registration.

Take home what you make!

July Birthday Party July 16th at 1:30pm



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

Pizza & A Movie July 18th at 1:30pm



This month's movie is "The Post" (PG-13 1H 55min runtime).

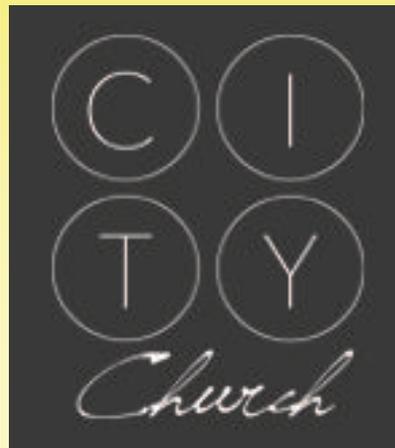
Katharine Graham (Meryl Streep) is the first female publisher of a major American newspaper -- The Washington Post. With help from editor Ben Bradlee (Tom Hanks), Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light.

\$2 Pre-registration. 2 slices of cheese pizza included.



July 31st at 6pm

Civitan Club is off for the summer, but we've had City Church in Middletown offer to run a free night bingo for July. Open to all members.



FREE—Pre-Registration is required.

Snacks & Prizes!



As Seen on TV Game Match Game—July 19th at 2:30pm

FREE—Please Pre-Register
Hilariously Funny!!



Scattegories July 5th at 2:30pm

Scattegories is a creative thinking category-based game where the objective is to score points by uniquely naming objects within a set of categories, given an initial letter, within a time limit. FREE—Please pre-register.

Bunco—Dice Game July 3rd at 2:30pm

\$1—Please Pre-Register
Easy, fun and interactive.
No experience needed.
Refreshments will be served.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:00 Exercise
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:15-2:30 Dancing for Joy
2:00 Middletuners Annual Performance

9:00 Bus Trip: Foxwoods Casino
9:30 Zumba Class
9:30 Hand, Elbow, Foot Card Game
11:00 Guided Meditation with Elizabeth
12:00 Lunch
1:00 Watercolor
1:00 Therapeutic Fitness
2:30 Bunco

August 2018 Bus Lottery Starts Today

HAPPY INDEPENDENCE DAY!



9:00 Bus Trip: Christmas Tree Shop
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 Scattegories
2:45 No Line Dancing—Summer Break

9:30 Zumba Class
10:30-12 Coloring Club
11:00 Guided Meditation with Elizabeth
11:00 Newcomer's Group
12:00 Lunch
1:00 Bingo
1:00 Fun with Clay (New Session)
1:30 Cribbage

9:00 Exercise
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:30 Craft w/ Heidi
1:15-2:30 Dancing for Joy

9:30 Zumba Class
9:30 Hand, Elbow, Foot Card Game
10:00 Bus Trip: Saybrook Shopping
11:00 Guided Meditation with Elizabeth
12:00 Lunch
1:00 Therapeutic Fitness
1:00 Watercolor
2:30 Ballroom Dancing Demo/Show

9:00-9:45 Exercise
10:00 Yoga
10:30-12 Coloring Club
10:30 Coffee w/ Ann
11:00 Volunteer Meeting
12:00 Lunch
12:00 American Mahjong
1:00 Bingo
2:00 Baking w/ Heidi

August 2018 Bus Lottery Ends Today

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
2:45 No Line Dancing—Summer Break

9:30 Senior Breakfast Today
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
2:00 Music & Floats with Mary
All Bus Trip Lottery Winners will be notified by close of business today

9:00 Exercise
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:30 July Birthday Party
1:15-2:30 Dancing for Joy

9:30 Hand, Elbow, Foot Card Game
9:30 Zumba Class
10:00 Bus Trip: Elizabeth Park Rose Garden
11:00 Guided Meditation with Elizabeth
12:00 Lunch
12:30 Sing-Along with Barbara
1:00 Therapeutic Fitness
1:00 Watercolor

9:00-9:45 Exercise
10:00 Yoga
10:30-12 Coloring Club
12:00 Lunch
12:00 American Mahjong
1:00 Bingo
1:30 Pizza & A Movie

9:00 Bus Trip: Main Street Mystic
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 Match Game
2:45 No Line Dancing—

9:30 Zumba Class
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 Italian Night
*** Please do not come early. We need time to setup the event.**

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Summer Break

<p>Class 2pm-4pm Medium Rebecca Anne Lo- Cicero</p> <p>August 2018 Bus Lottery Payments Due Today</p>	<p>23</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 Pokeno</p>	<p>24</p> <p>9:30 Zumba Class 9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: South County Museum 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Advanced Acrylics Painting Class 1:00 Therapeutic Fitness 1:30 Poker</p>	<p>25</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12:00 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 3:00 Early Bird Dinner</p>	<p>26</p> <p>9:00 Bus Trip: Ireland's Great Hunger Museum 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 2:00 Trivia Games 2:45 No Line Dancing— Summer Break</p>	<p>27</p> <p>9:30 Zumba Class 10:30-12:00 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 3:00 Senior of the Year Award Ceremony</p>	<p>CANCELLATION POLICY: 2 FULL BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND.</p> <p>NOSHOW/NO CANCEL ON ANY PROGRAM OR ACTIVITY WILL SURCHARGE EACH AND EVERY TIME EVEN FOR FREE PROGRAMS</p>
<p>Non-Resident August 2018 Bus Trips Registration Starts Today</p>	<p>25</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12:00 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 3:00 Early Bird Dinner</p>	<p>31</p> <p>9:30 Zumba Class 9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: Shops at Farmington Valley 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Advanced Acrylics Painting Class 1:00 Therapeutic Fitness 2:30 Brownie Sundae Social 6:00 Bingo run by City Church</p>	<p>26</p> <p>9:00 Bus Trip: Ireland's Great Hunger Museum 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 2:00 Trivia Games 2:45 No Line Dancing— Summer Break</p>	<p>30</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:30 Book Club Meeting</p>	<p>27</p> <p>9:30 Zumba Class 10:30-12:00 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 3:00 Senior of the Year Award Ceremony</p>	<p>CANCELLATION POLICY: 2 FULL BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND.</p> <p>NOSHOW/NO CANCEL ON ANY PROGRAM OR ACTIVITY WILL SURCHARGE EACH AND EVERY TIME EVEN FOR FREE PROGRAMS</p>



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Bingo & Pokeno

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

Pokeno— July 23rd at 1:30pm



Trivia Games July 26th at 2pm

Come and test out your trivia knowledge. No experience needed. FREE— Please pre-register.



Mini Summer Bazaar August 2nd at 2:30pm

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

\$1 pre-registration.



Horizon Wings—Eagle Program August 7th at 2pm

Horizon Wings is a non-profit Wildlife Rehabilitation Center specializing in Birds of Prey. They will be bringing 2 magnificent eagles for this special presentation. \$1 pre-registration.



CRAZY BINGO Crazy Bingo is Back! August 10th at 5:30pm

Surrender yourself to the ever changing craziness that is crazy bingo! If you don't like traditional bingo but you like to have fun—this is for you! You never know what's next at crazy bingo! Cheese pizza will be served for dinner \$5 pre-registration.

Fun with Clay 8 Sessions beginning 7/6 at 1pm

Build your projects from scratch, glaze, and fire and most of all have fun! This class is led by Marcy. \$12 pre-registration.

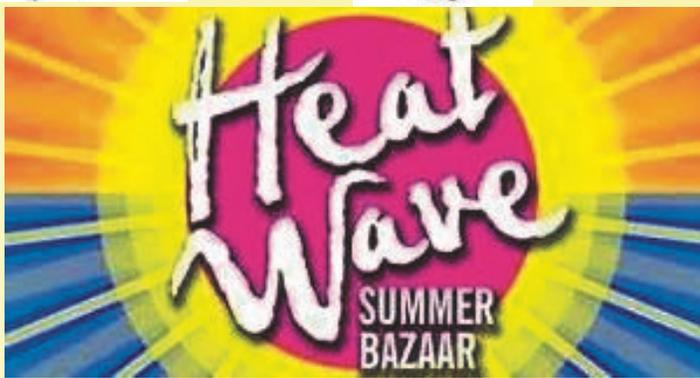


Advanced Acrylics Painting Class 6 Sessions beginning 7/24 at 1pm

In this class led by Marcy, you will learn advanced techniques for Acrylics.



\$12 pre-registration.



July Bus Trips

3rd—Foxwoods Casino (9-3) \$4/\$10
5th—Christmas Tree Shop & Cracker Barrel (9-3) \$4/\$5
10th—Saybrook Shopping & Fishtale Restaurant (10-3) \$3/\$4
12th—Mohegan Sun Casino (9-3) \$4/\$10
17th—Elizabeth Park Rose Garden & Red Lobster (10-2:30) \$3/\$4
19th—Main Street Mystic & Abbott's Lobster (9-3) \$4/\$5
24th—South County Museum & George's of Galilee Restaurant (10-2:30) \$9/\$12
26th—Ireland's Great Hunger Museum & Eli's on Whitney Restaurant (9-3) FREE /\$5
31st—Shops at Farmington Valley (10-3) \$3 /\$4

August Bus Trips

2nd—Christmas Tree & Rein's Deli (10-3) \$3/\$4
7th—Stonington Lighthouse & Captain Nathan Palmer House & Breakwater Restaurant (9:30-3:30) \$10/\$15
9th—Foxwoods Casino (9-3) \$4/\$10
14th—Mohegan Sun Casino (9-3) \$4/\$10
16th—IKEA & Fishtale (10-3) \$3/\$4
21st—A Place Called Hope & Pizzeria Da Vinci (10-2:30) \$8/\$12
23rd—Yale Art Museums(9:30-3) \$4/\$5
28th—Mystic Village Shops (10-3) \$4/\$5
30th—Priam Vineyard & Family Pizza (10:15-3) \$20/\$25
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 July 3rd through July 11th for August trips. No entries will be accepted after July 11th. All members selected in the lottery will be notified by July 13th. Payments are due by noon on July 17th. **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

American Mahjong—Wednesdays at 12:00pm (F)
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 (F)
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) ** **New Instructor Jane**
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 (Mobile)—Anytime (F)
Line Dancing—On Summer Break
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy— 1st & 3rd Monday 9am-2:30pm (\$) *On hold due to illness
Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)
Middletuners Chorus Practice—on summer break
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—Tuesdays & Fridays at 9:30am (F)
No Class 7/13

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

Texas Hold'Em Poker Just for Fun

July 24th at 1:30pm

Have fun with friends playing cards on a professional table with real chips! **FREE**—Please pre-register.



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 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.



August 24th—Rock & Roll Night

September 7th—Acrylics & Apps

September 14th—National Senior Center Month Celebration

September 27th—Military Whist

October 12th—A Night at the Horse Races

Farmer's Market Vouchers

Early-Mid July Start Date

If our application is approved, we will receive the Farmer's Market Vouchers around the 2nd week of July. \$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.



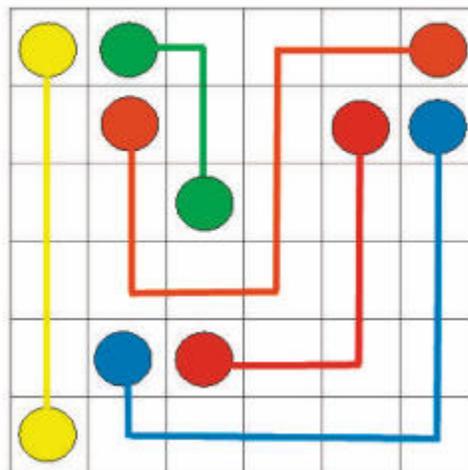
If you live in senior housing, you should get your booklet from your housing. A state ID and your gray connect card is quick proof of age, residency, and income.

May Brain Teaser Winner

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

The question was :

1. Draw a line connecting each colored dot to its partner.
2. You **CAN'T** cross any of your drawn lines.
3. You **MUST** use every box to complete the puzzle.



The July 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. Call or sign-up in person with the café manager before noon. \$2.50 suggested donation. For meals on wheels info, call Gladys from CRT at (860) 560-5848.

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Eleanor Ferrara-Anderson - Director of Admissions

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- On-Site Nurses
- Downtown Location
- Engaging Programs

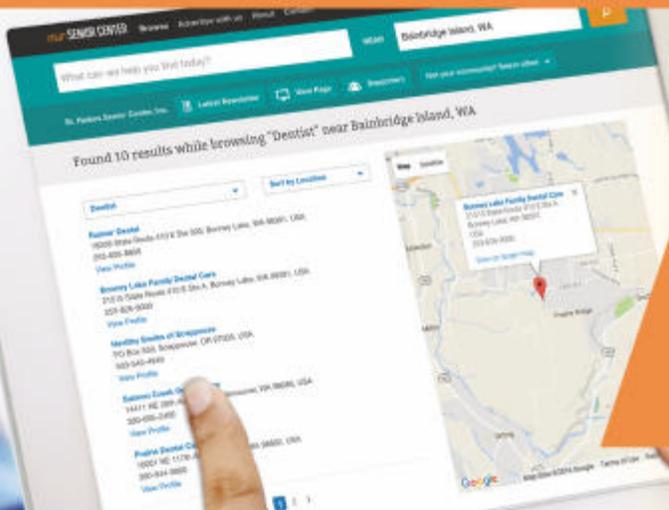


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Senior (60+) Brain Teaser July 2018

This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Write your answer here:

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

Name: _____

Phone: _____