

# 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](http://www.middletownct.gov/seniors)

JUNE 2018



## Pig Roast June 22nd at 5:30pm

Join us for a delicious pig roast catered by Taino's Smokehouse. We will also be having coleslaw, baked beans and corn bread.

\$7 and pre-registration is required.  
Dine in only.

After dinner will be table games led by DJ Andy.



## Acrylics & Apps June 1st at 5:30pm

Relax, listen to music, socialize with friends, and make a painting of a beautiful flower that you can take home. Absolutely no experience necessary.

Register early so that you don't miss out!!!

Snacks will be served.

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

No walk-ins.



## BBQ & Blues Night with Greg Sneed June 8th at 5:30pm

Join us for delicious meal of barbecue chicken, macaroni & cheese, and vegetable along with an incredible saxophone performance by Gregory B. Sneed.

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! \$7 and pre-registration is required. Dine in only.





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## Strawberry Shortcake Social June 26th at 2:30pm

There's nothing better than strawberry shortcake in the summer!



\$2 and pre-registration is required.

## Craft with Heidi June 5th at 10:30am

This month's project is a beautiful painting.

\$5 pre-registration fee to participate.

Take home what you make.



## Cooking with Mary Lee June 20th at 1:30pm

Mary Lee Brody is a freelance recipe developer and editor. Her clients have included Kraft Foods, McCormick Spice Company, Ladies Home Journal and Cook's Magazine. The classes will run 2-3 hours. \$6 for the class. After a cooking demo and discussion, all registered participants will make the goods to take home. Space is limited. Time will be spent in the kitchen so the ability to stand for a period of time will be necessary.

### **Making Your Own Yogurt and Kombucha** *Add More Probiotics to Your Diet*

Making your own yogurt is easy, cost-effective, and super healthy because it contains live cultures and no preservatives. Learn how easy it is to strain your homemade yogurt to make thick Greek yogurt. Bring a 6- to 8-cup storage container with a lid so you can take your yogurt home to continue fermenting.

Curious about that trendy beverage, Kombucha, that's so high in probiotics? It's a lightly fizzy, fermented tea that's been around for thousands of years. Learn how easy and inexpensive it is to brew at home. Bring an 8-cup glass jar (lid not necessary) so you can take kombucha home to continue fermenting.



**Breakfast—June 15th at 9:30am  
Cinnamon Swirl French Toast**



This month's breakfast is cinnamon swirl French toast, bacon, and a fruit cup. \$3 pre-registration.

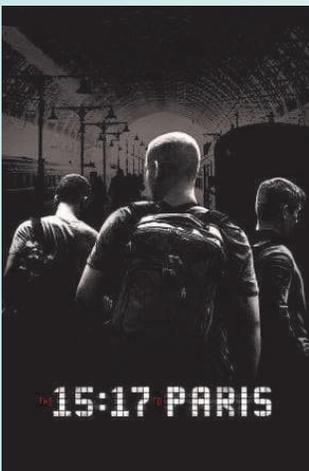
**Pokeno—June 18th at 2:30pm**

\$1 Pre-Registration



**Pizza & A Movie  
June 4th at 1:30pm**

This month's movie is "15:17 Paris" (Rated PG-13 1hr 34mins). In August 2015, three American tourists subdue an armed terrorist aboard a Thalys train headed to Paris. This riveting docudrama chronicles their life-long friendship and the numerous



choices that prepared them to act quickly in the face of danger.

Includes 2 slices of cheese pizza.

\$2 Pre-registration is required.

**Creamsicle Float  
June 5th 2:30pm**

Socialize and enjoy a delicious creamsicle float.

\$2 and pre-registration is required.



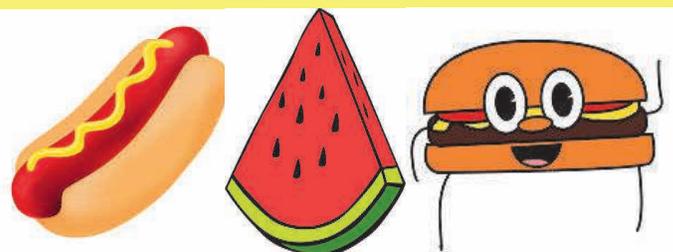
**Medicare Savings Program**

*Updated information, May 10, 2018:*

Budget legislation adopted yesterday by the General Assembly has restored full funding for the Medicare Savings Programs (MSP). Pending signature into law by Governor Malloy, the legislation reverses cutbacks that had been scheduled to take effect in July 2018. This means that if you are currently getting MSP benefits, you will continue to get the same benefits going forward.

**Earlybird Dinner:  
Summer Cookout  
June 13th at 3pm**

Hot Dog, Hamburger, Chips, and Watermelon. \$5 pre-registration.



## Special Sing-Along with Barbara June 21st at 12:30pm

This month's sing-along is special for Make Music Middletown Day. FREE No pre-registration necessary.



Make Music Middletown is a live, free musical celebration on June 21, the longest day of the year, with concerts on streets, sidewalks, and parks across the city.



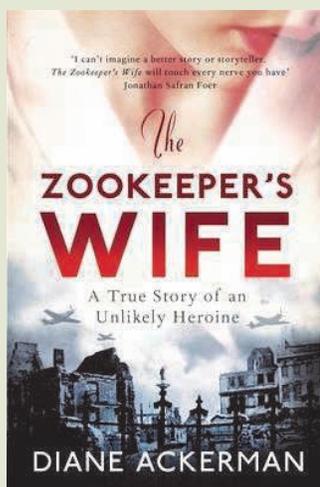
## June Birthday Party June 18th at 1:30pm

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

## 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 June 25th at 2:30pm



This month we are reading "The Zookeeper's Wife" by Diane Ackerman. Ackerman tells the remarkable WWII story of Jan Zabinski, the director of the Warsaw

Zoo, and his wife, Antonina, who, with courage and coolheaded ingenuity, sheltered 300 Jews as well as Polish resisters in their villa and in animal cages and sheds. Using Antonina's diaries, other contemporary sources and her own research in Poland, Ackerman takes us into the Warsaw ghetto and the 1943 Jewish uprising and also describes the Poles' revolt against the Nazi occupiers in 1944.

\$3 for the used book.

## Coffee with Ann & Volunteer Club Meeting June 7th at 11am June 7th at 11:30am

Bring your suggestions for programs, bus trips, entertainment, dinners, etc.

## Texas Hold'Em Just for Fun—Poker Card Game

**\*\*Please cancel if you can't make it\*\***

Pre-registration is required.

June 19th at 1:30pm



## AARP Safe Driving Classes 2018 Tuesdays 12:30-4:30pm

June 26th, Sept. 18th & Nov. 6th.

\$15/AARP members \$20/non-members.  
Checks made out to: AARP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# JUNE

**1**  
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 REFUND.**  
**NOSHOW/NO CANCEL ON ANY PROGRAM OR ACTIVITY WILL RESULT IN A \$2 SURCHARGE EACH AND EVERY TIME EVEN FOR FREE PROGRAMS**

**4**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy  
**1:30 Pizza & A Movie**

**5**  
**9:00 Bus Trip: Mohegan Sun Casino**  
9:30 Zumba DVD  
9:30 Hand, Elbow, Foot Card Game  
**10:30 Craft with Heidi**  
11:00 Guided Meditation with Elizabeth  
12:00 Lunch  
1:00 Therapeutic Fitness  
**1:00 Watercolor Class**  
**2:30 Creamsicle Social**

**6**  
9:00-9:45 Exercise  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
1:00 Bingo  
1:30 AARP 3394 Executive Board Meeting  
**July 2018 Bus Lottery Starts Today**

**7**  
**No Bus Trip Today**  
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 Line Dancing with Jim

**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  
**5:30 BBQ & Blues Night**  
**\*Please do not come early. We need time to set-up the event.**

**9**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy  
**1:30 Pizza & A Movie**

**10**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy  
**1:30 Pizza & A Movie**

**11**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy

**12**  
9:30 Hand, Elbow, Foot Card Game  
9:30 Zumba DVD  
**10:00 Bus Trip: Main Street Music**  
11:00 Guided Meditation with Elizabeth

**13**  
9-3 Footcare  
9:00-9:45 Exercise  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
1:00 Bingo  
**3:00 Earlybird Dinner**

**14**  
**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)

**15**  
**9:30 Senior Breakfast**  
9:30 Zumba DVD  
10:30-12 Coloring Club  
11:00 Guided Meditation with Elizabeth  
12:00 Lunch  
1:00 Fun with Clay

**16**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy  
**1:30 Pizza & A Movie**

**17**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy

**18**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy

**19**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:30 Dancing for Joy

LET US PLACE YOUR AD HERE.

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With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.



**CALL NOW! 1-888-862-6429**

<p>1:00 Bingo 1:30 Cribbage</p> <p><b>All Bus Trip Lottery Winners will be notified by close of business today</b></p>	<p><b>22</b></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 Fun with Clay 1:30 Cribbage <b>5:30 Pig Roast</b> <b>*Please do not come early. We need time to set up the event.</b></p>	<p><b>29</b></p> <p>9:30 Zumba DVD 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Fun with Clay 1:00 Bingo 1:30 Cribbage</p>
<p>1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:45 Line Dancing with Jim</p> <p><b>Coach bus trip Light-house Cruise</b></p>	<p><b>21</b></p> <p>9:00-12:00 Mahjong 10:00 Exercise <b>10:00 Bus Trip: Christmas Tree Shop</b> 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) <b>12:30 Sing-Along – Make Music Day</b> 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:45 Line Dancing with Jim</p>	<p><b>28</b></p> <p><b>9:00 Bus Trip: Lyman Allen Art Museum</b> 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 NO LINE DANCING TODAY</p>
<p><b>July 2018 Bus Lottery Ends Today</b></p>	<p><b>20</b></p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch <b>12:00 Hearing by Bel-tone N.E.</b> 1:00 Bingo <b>1:30 Cooking Class</b></p>	<p><b>27</b></p> <p>9:00-3:00 Footcare 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p>
<p>12:00 Lunch 1:00 Therapeutic Fitness <b>1:30 AARP 3394 Strawberry Shortcake Class</b> <b>1:00 Watercolor Class</b></p>	<p><b>19</b></p> <p><b>9:30 Bus Trip: New England Air Museum</b> 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness <b>1:00 Watercolor Class</b> <b>1:30 Poker</b></p> <p><b>Lottery Payments Due Today</b></p>	<p><b>26</b></p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game <b>10:00 Bus Trip: Clinton Crossing</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch <b>12:30 AARP SD Course</b> 1:00 Therapeutic Fitness <b>1:00 Watercolor Class</b> <b>2:30 Strawberry Shortcake Social</b></p>
<p><b>18</b></p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy <b>1:30 June Birthday Party</b> <b>2:30 Pokeno</b></p>	<p><b>25</b></p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy <b>2:30 Book Club</b></p>	



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## NOTE FOR ALL ARTISTS AND ARTS & CRAFTS PARTICIPANTS:

As of June 1st, we are asking that all unclaimed art projects that have been left in the Arts & Crafts room be taken home immediately. Unfortunately, we do not have the space to store unclaimed items. You will have until June 30th to claim your projects. This includes any ceramics, watercolor, arts & crafts, clay projects, acrylics, etc. In addition, the display cabinets on the 2nd floor will be changed seasonally so please pick up those items. Thank you for your cooperation in this matter.

## Watercolor II Class Begins June 5th Tuesdays at 1pm



By popular demand, Watercolor Painting with Marcy is back! This Watercolor II class will help you continue to build your skills. Some experience is required. You are welcome to bring your own supplies, or share the class resources. \$12 for 6 sessions. This class is popular so if you are interested, sign-up early.

## Fun with Clay New Session Starts 7/6

\$15 pre-registration. 8 sessions. Build your projects from scratch, paint, and fire them in the kiln.

### 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 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**—appointments on hold due to therapist illness

**Meditation**—Tuesdays & Fridays at 11am led by Elizabeth (F)

**Middletuners Chorus Practice**—practice is off-site

**Ping Pong**—Check Calendar in this newsletter or by request (F)

**Reflexology**—By appointment (\$)

**Reiki**—By appointment (\$)

**Sing-Alongs**—\*\*Special Sing-along this month on Thursday, June 21st at 12:30 (F)

**Tai Chi**—Mondays at 10:30am (\$)

**Therapeutic Exercise**—Tuesdays at 1:00pm (F)

**Yoga**—Wednesdays at 10am (\$)

**Zumba**— still looking for Zumba Gold instructor—dvd runs Tues & Fri at 9:30am

## Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from June 6th through June 13th for July trips. No entries will be accepted after June 13th. All members selected in the lottery will be notified by June 15th. Payments are due by noon on June 19th. **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.**

### June Bus Trips

**5th**—Mohegan Sun Casino (9-3) \$4  
**12th**—Main Street Mystic (10-3) \$4  
**14th**—Foxwoods Casino (9-3) \$4  
**19th**— New England Air Museum & Bear's Smokehouse Restaurant (9:30-2:30) \$13  
**21st**— Christmas Tree Shop & Maggie McFly (10-3) \$3  
**26th**—Clinton Crossing & Chips Pub (10-3) \$3  
**28th**— Lyman Allen Art Museum and 2 Wives Brick Oven Pizza(9-3) \$11

**Additional fees will apply to all non-residents. Non-residents cannot sign-up until after the lottery process.**

### July Bus Trips

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

## **NEW BUS POLICY IN EFFECT 5/1/18**

There are copies of the Senior Bus Policies and Procedures available in the lobby. Most of the information in the policy is just putting in writing the policies that have been followed for several years. All members are encouraged to familiarize yourself with the rules. Here are some of the highlights:

- Monthly Bus Lottery Open for 1 Week. You must be an active member and a Middletown Resident to participate in the lottery.
- All lottery winners notified by phone. You must pay for your trip by the advertised deadline or you will lose your spot.
- Cancellation surcharge applies to all no show/no call. Penalties have been added for multiple no show/no call instances.
- Non-resident fees will be increased and vary per trip.
- You must disclose all mobility devices you plan to bring on the trip during the registration process.
- Participants who miss the bus home are responsible for securing transportation home at their own expense.
- There are defined penalties for (1) Failure to follow staff directions (2) failure to comply with the code of conduct (3) Failure to be at the bus pickup location at the advertised time (4) No Show/No Cancel Penalties
- Explanation on cancellation responsibilities and entitlement on refunds
- Minimum Enrollments, Weather Conditions, Driver Responsibilities, Seating, Waitlists, etc.

**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](http://www.middlestownct.gov/seniors)

**July 20th—  
Italian Night**

**August 10th—  
Crazy Bingo**

**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**

**October 26th— Fall Fling**

**November 9th— Night Event  
(Theme TBD)**

**December 7th—Acrylics & Apps**

**Transportation (860) 347-3313**

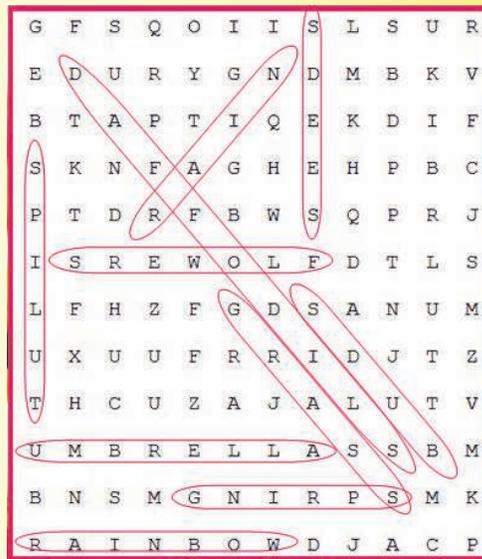
**Dial-a-Ride—** The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with 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.

**April Brain Teaser Winner**

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

**The word search answer key:**



The June 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.

# APPLE REHAB

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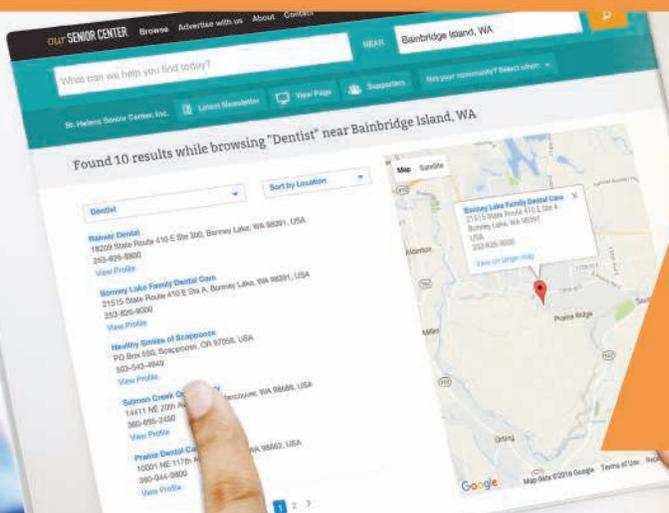


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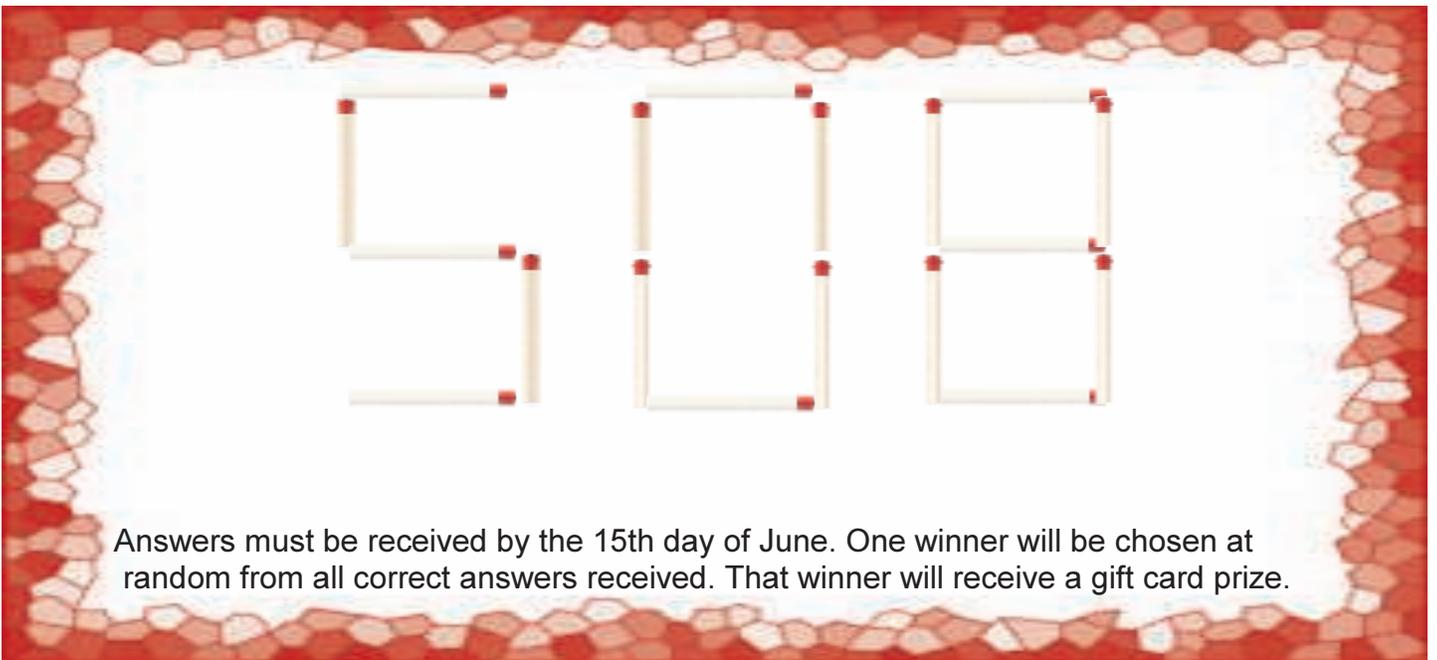


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# Senior (60+) Brain Teaser June 2018

Move only 2 matchsticks to create the largest possible number.



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

**Name:**

**Phone:**