

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

MARCH 2018



March Activities

St. Patrick's Day Celtic Chocolate Program March 28th at 2:30pm

DON'T MISS THIS FUN PROGRAM!!

Kim will be highlighting the history of chocolate and the Irish pioneers who helped along the way. Learn the history of famous Celtic foods, lore, Irish poetry and samplings of Dublin tea, Irish bread, Blarney cheese, and beautiful Celtic art chocolates.



Please pre-register. \$2

Irish Soda Bread Social March 15th at 2:30pm

This month's social features a slice of our very own Irish Soda Bread.

\$2 and pre-registration is required.



Dial—A— Ride Changes Middletown Area Transit March 16th at 12:30pm

If you utilize Dial-A-Ride, please stop by for this informational seminar on transportation service, changes and how to navigate the system. This informational seminar will be given by Lisa Seymour of Middletown Transit District. The start of bingo may be delayed due to this important presentation. Everyone is welcome to attend this informational session.



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.

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**Early Bird Dinner
Tuna Noodle
Casserole
March 29th at 3pm**



This month's early bird dinner is Tuna Noodle Casserole.

Sign-up for this savory, comfort-food classic. Beverage and dessert included.

\$5 pre-registration required.

**Poker for Fun (Free)
Texas Hold'Em**

Please cancel if you can't make it

Pre-registration is required.

**Mar. 6th at
1:30pm**

**Mar. 20th at
1:30pm**



**Pizza & A Movie
March 5th at 1:30pm**

This month's movie is "The Mountain Between Us" (PG-13 1H 44min runtime). Stranded on a mountain after a tragic plane crash, two strangers (Idris Elba and Kate Winslet) must work together to endure the extreme elements of the remote, snow-covered terrain. Realizing that help is not on the way, they embark on a perilous journey across hundreds of miles of wilderness, pushing each other to survive and discovering their inner strength.

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



**Acrylics and Appetizers
March 23rd at 5:30pm**

Relax, listen to music, socialize with friends, and make a painting of beautiful flowers that you can take home. Snacks will be served.
\$10/Residents
\$12/Non-Residents



**Craft with Heidi
March 14th at 10:30am**



This month's project is a mandala rock.

\$5 pre-registration fee to participate.

Take home what you make.

Scattergories Mar. 2nd 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– Please pre-register.



Sing-Along with Barbara March 20th 12:30pm

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



Pokeno March 12th at 2pm



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



AARP Safe Driving Classes 2018

Tuesdays 12:30-4:30pm

March 27th, May 15th, June 26th,
September 18th and November 6th.

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

March Birthday Party March 19th at 1:30pm



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

Cancellation Policy

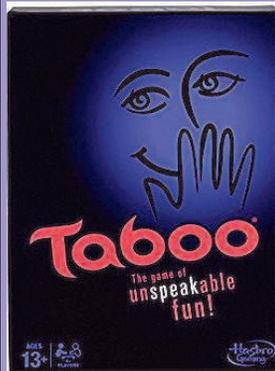
Reminder, no program refunds will be given with less than 2 business days notice. Special show trips are non-refundable/non transferable. Even for free programs, notice should be given to the office for any cancellation. **Effective 8/1/17, your account will be assessed a \$2 surcharge for any no show/no cancel program. Recreation sponsored programs are non refundable.**

Compostology w/ Dawn Pettinelli March 15th 10am

Come learn about composting basics. Food and yard wastes can be turned into a nourishing and free soil amendment. Discover the drivers of the decomposition process, find out how to troubleshoot and avoid problems and become aware of the many benefits of compost.



Dawn Pettinelli is an Assistant Extension Educator at the University of Connecticut. She manages the UConn Home and Garden Education Center and the UConn Soil Nutrient Analysis Laboratory. Both facilities provide information, testing and advice to homeowners and commercial clientele.



Taboo March 8th at 2:00pm

In this fun game, you compete in teams. One at a time, you give creative, carefully-worded clues to get your team to guess words fast but don't mention unmentionables, or you'll get the buzzer and lose the point.

That's Taboo! FREE— pre-register.

Spring Bracelet Project March 23rd from 10am-12pm

Join Marcy LaBella, our new art instructor, for a spring bracelet project.

Make your own bracelets using spring colors.

\$6 pre-registration.



25th Annual Gerard F. Melito Senior Citizens' Poetry Contest



Poetry Contest

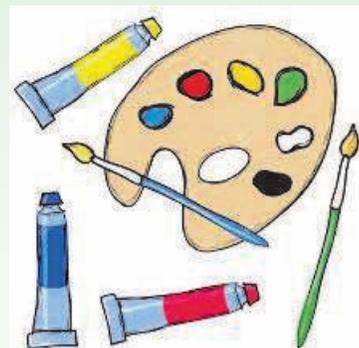
Altrusa International of Central Connecticut, Inc. is pleased to announce their 25th Annual Gerard F. Melito Senior Citizens' Poetry Contest. All senior residents of Central Connecticut, aged 65 or older, are encouraged to share their stories and talents through the written word.

Rules & Requirements are:

- Author must be a resident of Central Connecticut, aged 65 or older
- You may submit only one poem with a maximum of 25 typed lines or 250 words
- Each poem must be original
- All entries must be postmarked by March 15, 2018
- Please include name, address, email and phone number
- Please mail entries to: Altrusa Senior Citizens' Poetry Contest, P.O. Box 2532, Middletown, CT 06457 or email to Altrusa.CentralCT@gmail.com

Acrylics with Marcy Begins February 27th Tuesdays at 1:00pm

By popular demand, Acrylic painting with Marcy is back. This 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.



Civitan Bingo 2018 dates

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

- March 27th
- April 24th
- May 29th
- June 26th

No transportation provided. FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2
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 Handbuilding Last Class of Session
1:30 Cribbage
2:00 Scattergories

1
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 Line Dancing with Jim
April 2018 Bus Lottery Starts Today

9
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 Handbuilding New Session
1:30 Cribbage
April 2018 Bus Lottery Ends Today

8
9:00-12:00 Mahjong
10:00 Bus Trip: IKEA & Fishtale
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 Taboo
2:45 Line Dancing with Jim

16
9:30 Zumba DVD
10:30-12 Coloring Club
11:00 Guided Meditation with Elizabeth
12:00 Lunch
12:30 Dial A Rude Presentation
1:00 Bingo **Bingo will be delayed today due to Dial-A-Ride Presentation

15
9:00-12:00 Mahjong
10:00 Exercise
10:00 Bus Trip: Crystal Mall
10:00 Compostology
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

7
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

6
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 Movie
1:00 Acrylics w/ Marcy
1:00 Therapeutic Fitness
1:30 Poker
2:00 Boogle

5
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

14
9:00-9:45 Exercise
9-2:30 Footcare
10:00 Yoga
10:30-12 Coloring Club
10:30 Craft w/ Heidi
11-1 Assurance Wireless
12:00 Lunch
1:00 Bingo

13
9:30 Bus Trip: New England Air Museum & Bear's Smokehouse Restaurant
9:30 Hand, Elbow, Foot Card Game
9:30 Zumba DVD
11:00 Guided Meditation with Elizabeth
12:00 Lunch
12:30 Sing-Along

12
9:00 Exercise
10:30 Tai Chi
10:30 Coffee with the Manager
11:00 Volunteer Club Meeting
12:00 Lunch
12:30 Ceramics
1:15-2:30 Dancing for Joy
2:00 Pokeno

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<p>1:00 NO HANDS-ON HAND BUILDING CLASS TODAY— INSTRUCTOR VACATION 1:30 Cribbage</p> <p>Bus Registrations Open for General Sign-ups</p>	<p>23</p> <p>9:30 Zumba DVD 10:00 Spring Bracket Project 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Hands on Handbuilding 1:30 Cribbage 5:30 Acrylics & Appetizers</p> <p>No Registration This Week</p>	<p>30</p> <p>CLOSED Good Friday</p>
<p>1:30 Get Tough Exercise 2:30 Irish Soda Bread Social 2:45 Line Dancing with Jim</p> <p>Bus Lottery Payments Due Today</p>	<p>22</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 2:00 Baking w/ Heidi 2:45 Line Dancing with Jim</p> <p>No Registration This Week</p>	<p>29</p> <p>9:00-12:00 Mahjong 9:30 Bus Trip: Mattatuck Museum & Frankie's Family Restaurant 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 3:00 Early Bird Dinner Tuna Noodle Casserole</p>
	<p>21</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Hearing Screening sponsored by Richard Lastrina of Beitone N.E. 12:00 Lunch 1:00 Bingo 2:00 Scrabble</p> <p>No Registration This Week</p>	<p>28</p> <p>9:00-9:45 Exercise 9-2:30 Footcare 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo 2:30 St. Patrick's Day Celtic Chocolate Program</p>
<p>with Barbara 1:00 Acrylics w/ Marcy 1:00 Therapeutic Fitness 1:30 AARP 3394 Member Meeting Bus Lottery Notifications</p>	<p>20</p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: Clinton Crossing 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-A-Long with Barbara 1:00 Acrylics w/ Marcy 1:00 Therapeutic Fitness 1:30 Poker</p> <p>No Registration This Week</p>	<p>27</p> <p>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 12:30 AARP Safe Driving Course 1:00 Acrylics w/ Marcy 1:00 Therapeutic Fitness 6:30 Civitan Bingo</p>
	<p>19</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30 March Birthday Party 1:15-2:30 Dancing for Joy</p> <p>No Registration This Week</p>	<p>26</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:30 March Book Club Meeting</p>



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**Baking Class with Heidi
March 22nd at 2:00pm**

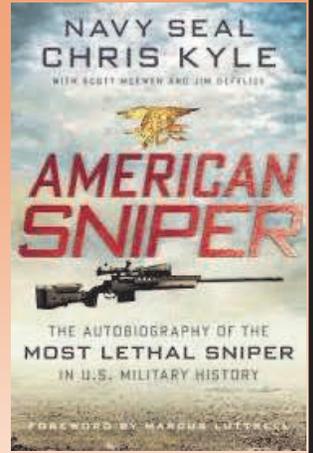
Sign-up for this fun, relaxing baking class. This month we will be making Easter bunny rolls with Heidi.



Take home what you make! \$4 and pre-registration required.

**March Book Club
March 26th 2:30pm**

This month we are reading "American Sniper" by Chris Kyle. U.S. Navy Seal Chris Kyle takes his sole mission, protecting his comrades, to heart and becomes one of the most lethal snipers in American history. His pinpoint accuracy not only saves countless lives but also makes him a prime target of insurgents. \$3 for the used book.



**Assurance Wireless
March 14th from 11am-1pm**



Do you qualify for a free Assurance Wireless phone? In order to qualify, you need to receive some type of state or government assistance.

If you are receiving cash assistance, food stamps, Husky, disability or any other type of assistance, you will qualify. Please bring a valid CT license or identification card, Husky card or the grey ConneCT card. Stop by the Senior Center on March 14th between 11am-1pm and meet with Nadine Hess.



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Middletown

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Mondays 1 PM – 3:30 PM
Wednesdays 8:30 AM – 12 PM
Fridays 1 PM – 4 PM
Saturdays 11 AM – 2 PM



**Fun with Clay—Hands-On Hand
Building Fridays at 1pm**

Our next session of this fun and interactive class begins March 9th. You will be amazed at the number of cool projects you get to take home! Build something from scratch, meet new people and have fun. \$15 pre-registration. 8 sessions beginning 3/9.



March Bus Trips

- 1st**—Mohegan Sun Casino (9-3) \$4
- 6th**—Foxwoods Casino (9-3:30) \$4
- 8th**—IKEA & Fishtale (10-3) \$3
- 13th**—New England Air Museum & Bear's Smokehouse (9:30-2:30) \$13
- 15th**—Crystal Mall (10-3) \$4
- 20th**—Clinton Crossing (10-3) \$3
- 22nd**—Foxwoods Casino (9-3:30) \$4
- 27th**—Mohegan Sun Casino (9-3) \$4
- 29th**—Mattatuck Museum & Frankie's Family Restaurant (9:30-2:30) \$9

April Bus Trips



- 3rd**—Christmas Tree Shop & Cracker Barrel (9-3) \$4
- 5th**—Foxwoods Casino (9-3:30) \$4
- 10th**—Mohegan Sun Casino (9-3) \$4
- 12th**—CT Post Mall (9-3) \$4
- 17th**—Foxwoods Casino (9-3:30) \$4
- 19th**—Hillstead Museum ??????
- 24th**—Yale Art Museum (10-3) \$3
- 26th**—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 March 1st through March 9th for April trips. No entries will be accepted after March 9th. All members selected in the lottery will be notified by March 13th. Payments are due by noon on March 15th. **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**— On Hold (\$)
- Meditation**—Tuesdays & Fridays at 11am led by Elizabeth (F)
- Middletuners Chorus Practice**—practices held off-site—Contact Barbara Arafah for more info
- Movies**—Tuesdays at 12:30pm (F)
- Ping Pong**—Check Calendar in this newsletter or by request (F)
- 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**—On winter break

Coffee with Ann & Volunteer Club Meeting March 12th



10:30am—Coffee with Ann—All members are welcome to make suggestions for future programs, trips, entertainment, etc.

11:00—Volunteer Club Meeting—Find out how you can get involved!

volunteer
do good, feel good

Plan Ahead.....

The week of March 19th—23rd we will be upgrading our computer system. During this period, you will be unable to register for any upcoming events. Please be sure to plan ahead. If you have any questions, please stop by the front desk.

Thank you for your cooperation.

Time to Upgrade



LOADING...

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.

February Brain Teaser Winner

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

The question was : What word in the English language uses all five vowels plus Y in alphabetical order and uses each one only once?

Answer: Facetiously

The March 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.

March Games

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

Scattergories— March 2nd at 2pm FREE

Boggle—March 6th at 2pm \$1

Taboo— March 8th at 2pm FREE

Pokeno—March 12th at 2pm \$1

Scrabble—March 21st at 2pm FREE

Line Dancing with Jim Thursdays at 2:45pm

Come check out our line dancing class with Jim. Laugh, dance to music, and meet new people. FREE—No pre-registration.

Line Dancing

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.

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NAME THAT TUNE

Too-ra-loo-ra-loo-ral
Too-ra-loo-ra-li
Too-ra-loo-ra-loo-ral
Hush now, don't you cry
Too-ra-loo-ra-loo-ral
Too-ra-loo-ra-li
Too-ra-loo-ra-loo-ral

Answer: _____

Senior (60+)

Brain Teaser

March 2018

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

Name: _____ **Phone:** _____