

MIDDLETOWN

NOVEMBER 2018



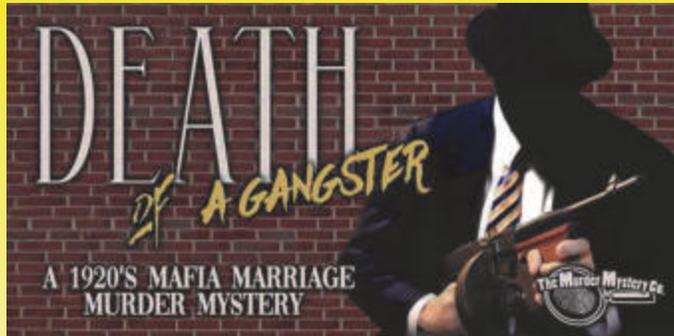
Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors



Death of A Gangster A 1920's Mafia Marriage Murder Mystery November 9th at 5:30pm

Lucky you! You've been invited to the Dunn Speakeasy for the wedding of the year! In this "married to the mob" event, you'll never know who to trust. With the two families merging together,

someone is bound to lose power, which means someone else will lose their life! Get on the trolley and solve this case with your fellow detectives. Dress like the cat's meow for this mafia wedding! Flapper dresses, zoot suits, feather boas and headbands, pinstriped suits and fedoras are all appropriate. Traditional wedding attire is nifty too! This murder mystery will be run by a professional company out of NYC.

\$10 pre-registration required. Dinner of chicken francaise, angel hair pasta, drink and dessert. We anticipate that this event will sell out quickly, so sign up early!!

Tea Party November 8th at 2pm

Join us for our afternoon tea party where we break out the fine china and enjoy each other's company over tea and assorted treats.

Wearing your favorite hat or dress outfit is encouraged but optional.

\$5 pre-registration.



November 7th 10am-12pm

Please bring any paperwork that you would like shredded to the Senior Center on Wednesday, November 7th from 10am-12pm. This will be a drive through shredding event in which you will not have to get out of your car. This event is for Middletown Residents 60+. FREE



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**Kat Kennedy
Musical
Entertainment
November 1st at 2:30**

Kat Kennedy has been performing since the age of 7 and graduated from Berklee College of Music in 2015. She's performed in Boston, Nashville, and countless venues from Alaska to Louisiana. This year she's been touring in various parts of Brazil promoting her album. We're thrilled to have her perform for us. FREE to attend.

**Volunteer Appreciation Luncheon
November 5th 1:30pm**

If you've volunteered for our Center over the past year, we want to celebrate you! Our volunteers are the best! To



register, please sign-up at the front desk and let us know what types of volunteer work you've done. This event is open only to volunteers (ex. Lunch servers, program helpers, newsletter mailing volunteers, check-in assistance, etc.) Sit back, relax, and let us serve you. FREE – Open to volunteers only. Lasagna, Salad, and Dessert.



**Earlybird Thanksgiving Dinner
November 16th at 3pm**

Our annual Thanksgiving meal with all the fixins' will be served family style. \$7 and pre-registration is required. Please sign-up early so you don't miss out.

**Recipes with Fresh and Dried
Cranberries
November 7th 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. We will be making a small sampling of a few of these items: Gingered Cranberry Sauce, Baked Brie with Cranberry Chutney, Cranberry-Pecan Mini Loaves, Cranberry Orange Muffins, and Cranberry White Chocolate Chip Cookies. The class will run 2-3 hours. \$6 pre-registration. After a cooking demo and discussion, all registered participants will make the goods to take home. This class is held in the kitchen and requires the ability to stand.

**Holiday Harvest Presentation
November 15th at 2:30pm**



Back by popular demand!! Kim Larkin will be celebrating the holiday table with a focus on healthy delicious reci-

pes, cheese board ideas and easy entertaining ideas. Dark chocolate dipped dried apricots, dark bark, and more highlight this fun, informative and delicious program. Kim has been a guest speaker for two other events at our center (Celtic chocolate program and Superfoods). \$2 pre-registration.

Medicare Open Enrollment Events: Nov. 2nd & Dec. 5th By Appointment Only 9am-3pm



The open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage Plans is **Oct. 15th through Dec. 7th**. Every year, there are new health plan and prescription drug coverage choices. Ask yourself: Are all of my drugs on my plans formulary for 2018? Did my monthly premium change? Is there an annual deductible? Take the time to review your current health & prescription drug plan with a Certified Choices Counselor. Schedule your appointment by calling 860-638-4540. Please bring a list of all medications or just bring them with you.



Veterans Appreciation Breakfast Nov. 13th at 9:30am

Calling all Veterans! We will be hosting a Veterans Appreciation Breakfast with eggs, bacon, muffins, fruit and coffee. Thank you for your service! Hope you can join us! **FREE**—For Veterans and their spouses/significant others only. Pre-registration is appreciated.

Apple Pie Social November 6th at 2:30pm



This month's social features a slice of apple pie with ice cream.

\$2 pre-registration is required.

Recipe Book



It's that time of year again! We will be collecting recipes at the front desk until November 2nd for our 5th Senior Services Recipe Book which we hope to publish in December. Your participation is greatly appreciated! 3 recipes per person will be accepted.

Sing-Along w/ Barbara

November 20th at 12:30

No experience necessary.



Drawing as a Hobby New Class Beginning 11/6 6 Week Session

Led by Marcy, explore your creative side and learn to draw or enhance your skills.



No experience needed.

\$10 for 6 week session.

Baking Class November 14th at 2pm



This month we will be making cranberry orange bread.

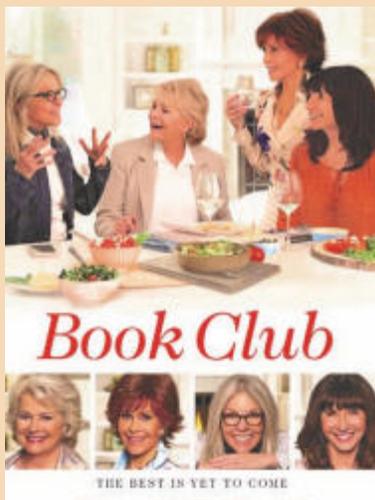
Take home what you make! \$4 pre-registration is required.

Fun with Clay New Session begins 11/16

This hands on hand-building with clay class led by Marcy is so much fun! Make your own masterpieces! \$15 for 10 week session.

Pizza & A Movie
November 21st at 1:30pm

This month's movie is "The Book Club" starring Diane Keaton, Jane Fonda, and Candace Bergen. Four friends in a book club spice up their routine by reading *Fifty Shades of Grey*. With each of them in a different romantic situation, the women gather inspiration and tips for the bedroom and prove they can still do new things later in life. \$2 Pre-registration.



2018-2019 AARP Chapter #3394
Membership Meetings 1:30pm

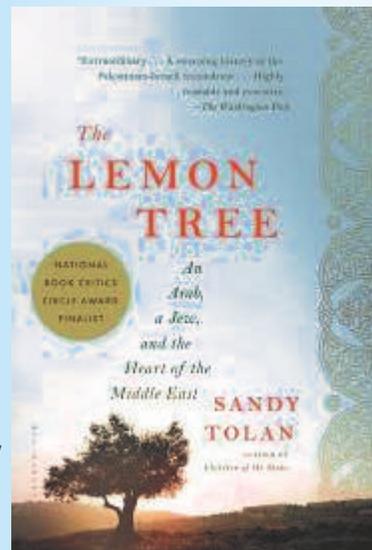
These are the upcoming dates for the AARP Chapter #3394 member meetings.

November 13th, March 12th,
 April 9th &
 May 14th



Book Club
November 19th
2:30pm

This month we are reading "The Lemon Tree" by Sandy Tolan. Originally published in 2006, *The Lemon Tree* is a work of nonfiction written by American author and journalist Sandy Tolan.



Largely set in Israel following the Six-Day War of 1967, the story tells of the unlikely bond formed between a young Palestinian man named Bashir Al-Khairi and a young Jewish woman named Dalia Eshkenazi Landau. When Bashir makes a pilgrimage to visit his childhood home in Al-Ramla, he is taken aback to learn that a Jewish family has moved into his old house. But when new resident Dalia invites Bashir inside, a profound relationship between the two is built out of respect, sympathy, understanding, and compassion. Despite decades of animosity and unending war between the Arabs and Jews, Bashir and Dalia prove that the hope of human coexistence can become a triumphant reality. \$3 for the used book.

Texas Hold'Em
Poker for Fun

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

November 20th at
1:30pm



November Birthday Party
Nov. 19th at 1:30pm



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

Bingo & Pokeno

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

Pokeno— November 19th at 2pm \$1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2
 9-2:30 Medicare Open Enrollment
 9:30 Zumba with Diane
 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

1
 9:00 Christmas Tree Shop & Cracker Barrel
 9:00 Exercise with Jane
 9:00-12:00 Mahjong
 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 Kat Kennedy Musical Performance

December 2018 Lottery starts today

9
 9:30 Zumba with Diane
 10:30-12 Coloring Club
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Bingo
 1:00 Fun with Clay
 1:30 Bananagrams
 1:30 Cribbage
 5:30 Death of A Gangster Murder Mystery
 *Please do not come early. We need time to set up the event.
December 2018 Lottery Winners Notified

8
 9:00-12:00 Mahjong
 9-3 Mohegan Sun Casino
 9:00 Exercise with Jane
 10:30 Craft w/ Heidi
 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 Tea Party

7
 9:00 Exercise with Jane
 10:00 Yoga
 10-12 Shredding Event
 10:30-12 Coloring Club
 12:00 Lunch
 12:00 American Mahjong
 1:00 Bingo
 1:30 AARP #3394 Executive Board Meeting
 1:30 Baking with Mary Lee (Berries)

December 2018 Lottery ends today

6
 9:30 Hand, Elbow, Foot Card Game
 9:30 Zumba with Diane
 10:00 Mystic Village Shops
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Therapeutic Fitness
 1:00 Drawing Class
 2:30 Apple Pie Social

5
 9:00 Exercise with Jane
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics
 1:15 Dancing for Joy
 1:30 Volunteer Appreciation Luncheon
 2:30 Line Dancing

16
 9-11 Computer Training
 9-11 Manicures
 9:30 Zumba with Diane
 10:30-12 Coloring Club
 11:00 Guided Meditation with Elizabeth

15
 9:00 Peabody Museum
 9:00-12:00 Mahjong
 9:00 Exercise with Jane
 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

14
 9:00 Exercise with Jane
 10:00 Yoga
 10:30 Coffee with Ann
 10:30-12 Coloring Club
 11:00 Volunteer Club Meeting
 12:00 Lunch
 12:00 American Mahjong
 1:00 Bingo

13
 9:00 Bus trip to Foxwoods
 9:30 Veterans Breakfast
 9:30 Zumba with Diane
 9:30 Hand, Elbow, Foot Card Game
 10:00 Christmas

12
CLOSED IN OBSERVANCE OF VETERANS DAY



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<p>1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Holiday Harvest</p> <p>2:00 Baking Class</p> <p>Non-resident December 2018 Registration starts today</p>	<p>1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Holiday Harvest</p>	<p>1:00 Bingo 2:00 Baking Class</p> <p>Non-resident December 2018 Registration starts today</p>	<p>1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Holiday Harvest</p>	<p>1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Holiday Harvest</p>
<p>1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Holiday Harvest</p>	<p>THANKSGIVING</p> 	<p>9:00 Exercise with Jane 10:00 Yoga 10:30-12:00 Coloring Club 12-1 Hearing Screening by Beltone New England 12:00 Lunch 12:00 NO American Mahjong Today 1:00 Bingo 1:30 Pizza & A Movie 2:00 Boggle</p>	<p>9:30 Zumba with Diane 9:30 Hand, Elbow, Foot Card Game 10:00 Pier 1 Bus Trip 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing A Long 1:00 Therapeutic Fitness 1:00 Drawing Class 1:30 Poker</p>	<p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 Birthday Party 2:00 Pokeno 2:30 Book Club Meeting 2:30 Line Dancing</p>
<p>9:30 Zumba with Diane 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</p>	<p>9:00-12:00 Mahjong 9:00 Exercise with Jane 9:00 Mohegan Bus Trip 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</p>	<p>9-2:30 Benefits Check-up 9:00 Exercise with Jane 9-3 Footcare 9:30 Senior Breakfast 10:00 Yoga 10:30-12:00 Coloring Club 12:00 Lunch 12:00 NO American Mahjong Today 1:00 Bingo 2:00 Scattergories</p>	<p>9:30 Zumba with Diane 9:30 Hand, Elbow, Foot Card Game 10:30 Blue Back Square Bus Trip 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Drawing Class 1:30 Craft with Heidi 6:30 Civitan Bingo</p>	<p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15 Dancing for Joy 2:30 Line Dancing</p>
<p>9:30 Zumba with Diane 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</p>	<p>9:00-12:00 Mahjong 9:00 Exercise with Jane 9:00 Mohegan Bus Trip 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</p>	<p>9-2:30 Benefits Check-up 9:00 Exercise with Jane 9-3 Footcare 9:30 Senior Breakfast 10:00 Yoga 10:30-12:00 Coloring Club 12:00 Lunch 12:00 NO American Mahjong Today 1:00 Bingo 2:00 Scattergories</p>	<p>9:30 Zumba with Diane 9:30 Hand, Elbow, Foot Card Game 10:30 Blue Back Square Bus Trip 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Drawing Class 1:30 Craft with Heidi 6:30 Civitan Bingo</p>	<p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15 Dancing for Joy 2:30 Line Dancing</p>



Veterans Day



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Bus Trips



November Bus Trips

- 1st**—Christmas Tree Shop & Cracker Barrel (9-3:30) \$3
- 6th**—Mystic Village Shops (10-3) \$4
- 8th**—Mohegan Sun Casino (9-3) \$4
- 13th**—Foxwoods Casino (9-3) \$4
- 15th**—Peabody Museum (9-3) \$5
- 20th**—Pier 1 / Home Goods & Fishtale (10-3) \$3
- 27th**—Blue Back Square (10:30-3) \$3
- 29th**—Mohegan Sun Casino (9-3) \$5

Additional fees will apply to all non-residents. Non-residents cannot sign-up until after the lottery process. Prices listed are for Middletown Residents.

December Bus Trips

- 4th**—Christmas Tree Shop & Cracker Barrel (9:30-3:30) \$3
- 6th**—Foxwoods Casino (9-3) \$4
- 7th**—Wadsworth Athenaeum Trees & Red Lobster (10:30-3) \$10
- 11th**—Westfarms Mall (10-3) \$3
- 13th**—Bowling Party & Chili's (10:15—3:30) \$10
- 14th**—Holiday Light Fantasia & Chips (3:30-7) \$3
- 18th**—Mohegan Sun (9-3) \$4
- 20th**—Old Mill Pond Village Shops & Farmer's Kitchen (10-3) \$4
- 27th**—Foxwoods Casino (9-3) \$4

All bus participants must adhere to the Senior Bus Policies and Procedures. If you need a copy, please inquire at the front desk.

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from November 1st through November 7th for December trips. No entries will be accepted after November 7th. All members selected in the lottery will be notified by November 9th. Payments are due by noon on November 13th. **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

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

- American Mahjong**—Wednesdays at 12pm (F)
- Arthritis Exercise**—Thursdays at 12:30pm (F)
- Billiards**—Anytime
- Bingo**—Wednesdays & Fridays at 1pm (\$)
- Bocce**—Anytime (F)
- 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)
- Darts**—Anytime (F)
- Exercise**—Mondays, Wednesdays, and Thursdays at 9am (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**—Closed—Please see our mobile library cart anytime (F)
- Line Dancing**—Mondays at 2:30pm
- Mahjong**—Thursdays 9am-12pm (F)
- Massage Therapy**— On Hold due to Practitioner Illness
- Meditation**—Tuesdays & Fridays at 11am led by Elizabeth (F)
- Middletuners Chorus Practice**—practice at Village at South Farms
- Ping Pong**—By request when there aren't health services scheduled (F)
- Shuffleboard**—Anytime (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**—Tuesdays & Fridays at 9:30am

Civitan Bingo 2018/19

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

Middletown's Civitan Club has generously sponsored night bingo for seniors for 40 years! It is free to attend, however you **MUST pre-register**. Transportation is not provided. Grocery item prizes.



November 27th, March 26th, April 30th and May 28th

No transportation provided. FREE

Manicures & Tech Support November 16th 9am-11am



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

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.

One-on-One Computer Help



Save the Date!

December 5th—Medicare Open Enrollment Event

December 6th—Gifts from the Kitchen

December 7th—Acrylics & Appetizers

December 10th—Pizza & A Movie

December 20th—Baking Class

November 14th



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!



Breakfast

November 28th at 9:30am



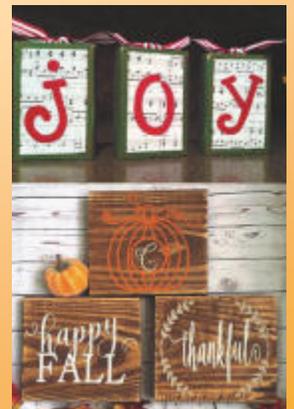
This month's breakfast is French toast, sausage, and fruit cup. \$3 pre-registration.

Election Day Transportation November 6th

The City has contracted with Middletown Area Transit for Election Day Transportation for Middletown Residents 60+. Please call at least 2 business days in advance 860-346-0212. Please have your polling location when you call. All times will be negotiated based on MAT scheduling.

Craft with Heidi November 27th at 1:30pm

This month we will be making holiday message blocks. This makes a beautiful fall decorative piece! \$5 pre-registration is required.



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

Enhanced Benefits Checkup Nov. 28th 9am-2:30pm



A Benefits Check-up is a free and confidential questionnaire that will

screen you for eligibility for federal, state, and local financial programs for individuals 60+ and those receiving Medicare at any age. Do you need help paying for or need information on Medicare premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Sponsored by Senior Resources Agency on Aging. By appointment only.

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.

CRT Lunch Service

Lunch is served Monday through Friday by CRT. Reservations are required in advance (860) 638-4543. Reservations are taken by noon 1 full business day in advance. \$2.50 suggested donation. For meals on wheels info, call Gladys from CRT at (860) 560-5848.

November Games

FREE—Please pre-register

Bananagrams—November 9th at 1:30
Boggle—November 21st at 2:00
Scattergories—November 28th at 2:00

FREE—Pre-registration is appreciated.

Brain Teaser Winner

Thank you to all that participated! Our September winner by random drawing is Diane Petras.

The answers were:

1. Forward, it's an initial bet in poker; backward; it's a mountain in Italy. Ante—Etna
2. Forward, it's an uncultivated tract of land, a heath; backward it's a division of a house enclosed by walls. Moor—Room
3. Forward, it's a sturdy fabric; backward; it means searched for and/or obtained coal, copper, etc. Denim—Mined
4. Forward, it's one of the six simple machines identified by Renaissance scientists; backward; it means to enjoy yourself in a lively and noisy way, especially with drinking and dancing. Lever - Revel
5. Forward, it's a sheet of dried seaweed often used to wrap sushi; backward; it removes wrinkles. Nori—Iron
6. Forward, it's fit for a monarch; backward; it's a type of beer that is often light in color. Regal—Lager
7. Forward, it's an emotional state; backward; it's death, destruction or some other terrible fate. Mood—Doom
8. Forward, it means to discharge or give forth; backward; it's often referred to as the fourth dimension and it includes the past, present and future. Emit—Time
9. Forward, it means twofold or double; backward; it's high praise. Dual—Laud
10. Forward, it's a famous Middle East canal; backward; he's the Greek king of the gods. Suez—Zeus

The November brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk.

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Eleanor Ferrara-Anderson - Director of Admissions

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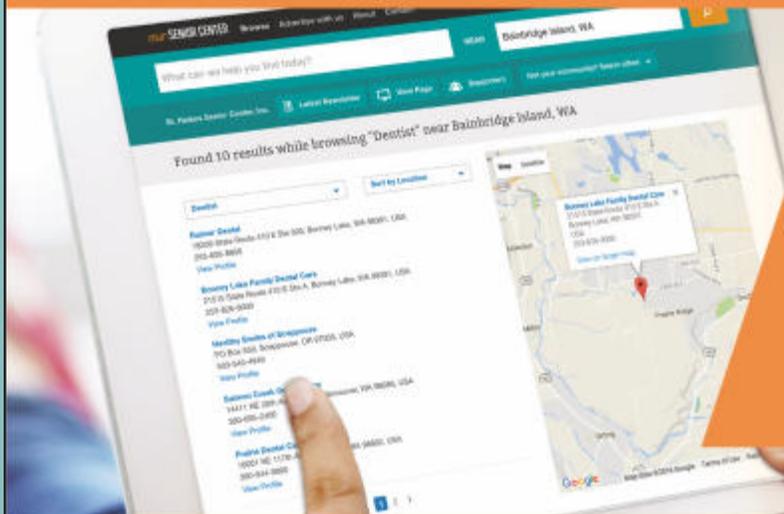


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Finish the Proverb

*long-term memory
executive functioning
processing speed*

Given the first couple of words of a familiar proverb or saying, can you complete it? To make this a more vigorous brain exercise, try to answer all the questions in one minute.

1. Every cloud _____
2. Absence makes _____
3. All work and _____
4. Strike _____
5. One man's trash _____

6. No good deed _____
7. Almost only counts _____
8. Quitters never _____
9. If wishes were _____
10. Imitation is _____

Answers on page 345

Senior (60+) Brain Teaser November 2018

Name: _____ **Phone:** _____

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