

MIDDLETOWN

OCTOBER 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



Linda Belt Comedian October 15th at 2:30pm

Linda is a New Jersey native who moved to CT in 1987 where she became a suburban pillar of the community. She became tired of holding up that pillar and instead holds her own as a professional stand up comic. Her humor touches on the absurdities of modern life and explores marriage, sex, parenting and social mores, in other words: any subject she feels like discussing! Linda has performed throughout the US and Canada. PG-13 \$3 pre-registration.

Night at the Horse Races October 12th at 5:30pm

Our cafeteria will be transformed into a night at the horse races. Enjoy dinner out and bet on all of the



action. No cash will be exchanged or won—small prizes for the big winners! This theme night is for entertainment only. The dinner is beef roast, potato, vegetable, drink, and dessert. \$7 pre-registration.

The Laughter Pharmacist October 4th at 2pm

Mark Sherry, M.Ed, M.A, B.A Certified Laughter Leader will be with us to get us laughing. Did you know you can rejuvenate your health through laughter?

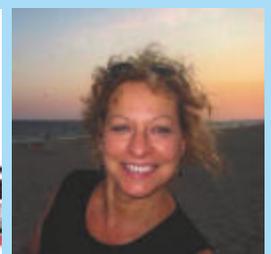
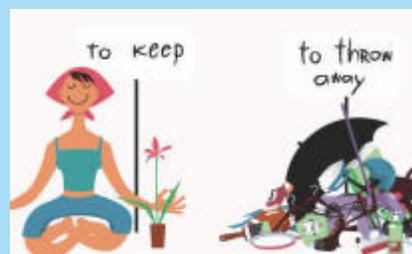
Laughter helps relieve stress, improve mood, and leaves you feeling better afterwards. Don't miss this fun and interactive program.



\$1 pre-registration.

Declutter Presentation October 29th at 2:30pm

If you think you are the only one overwhelmed at the thought of all the clutter or the thought of downsizing, YOU'RE NOT! Elaine, the declutter specialist will be here to tell us how to get started, what to think about, what services are available, and how to minimize the stress! \$1





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JMartinelli@rddk.com

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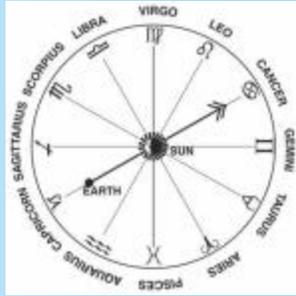
beverlygoodrich@comcast.net

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Astrology Presentation October 11th at 2:30pm

What is astrology and what's in an astrological birth chart? This introduction to and overview of a fascinating subject will cover some planetary cycles that everyone experiences and provide a mini-interpretation of the chart of someone you know as an example.



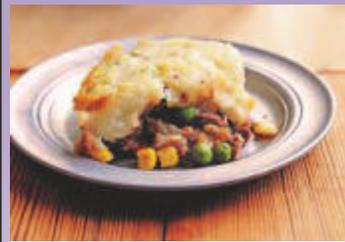
Janet is a professional astrologer with four decades of experience and a key member of the Astrological Society of Connecticut, Inc. She produces and hosts a monthly show, *Looking Up*, on West Hartford Community Television, which is on YouTube. \$1 pre-registration.

Apple Crisp Social & Music by Mike Armentano Musical Duo October 25th at 2:30pm



This fun duo of brothers Mike and Steve have been performing professionally together for over 30 years with

Mike on acoustic guitar/vocals and Steve playing assorted percussion. Their repertoire consists of songs from the 1950s through the 1970s including music from artists such as The Beatles, Bobby Darin, Elvis Presley, Jimmy Buffet, The Drifters, Dean Martin, Eric Clapton, Glen Campbell, Creedence Clearwater Revival, Ricky Nelson, Frank Sinatra, Dion, John Denver, and Sam Cooke. Apple crisp will be served. \$3 pre-registration.



Fall Fling October 26th at 5:30pm

This fun night event features a classic fall meal of shepherd's pie (hamburger, mashed potato, corn, and peas), drink, and dessert.

After dinner, we'll play fun table games led by DJ Andy. \$7 pre-registration is required.



All About Apples October 17th at 1:30pm

Best Apples for Eating, Baking and Cooking

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 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.

Not all apples are equal. Learn about the flavor and texture of various apples and the best recipes to use them in. Some are better for eating out of hand or in fruit salad, others are better for baking in pies and cakes, and others are good for applesauce. We will sample assorted apples and then prepare applesauce, a free-form apple tart and Cranberry-Apple Muffins. Bring a 1- to 1 1/2-cup plastic container with lid to take home the applesauce.

Cupcake Decorating with Jan October 22nd at 2pm

Jan is an award winning decorator and Certified Wilton Instructor with over 30 years of experience creating the finishing touches for celebrations of all of life's special milestones. In this class, Jan will teach us cupcake decorating! Included in the \$5 pre-registration are 4 cupcakes, and a cupcake tray to take home what you make!



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.

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



Flu Clinic October 2nd 9am-10:30am

A Flublock vaccine clinic will be on held on the 2nd floor of the Senior & Community Center. Bring valid ID & insurance card (no co-payment). No appointment necessary.



Early Bird Dinner October 16th at 3pm

This month's early bird dinner is pork roast with potato and vegetable. The dinner includes a drink and dessert. \$5 pre-registration is required.

Line Dancing is Back Mondays at 2:30 Beginning 10/1

****This is a new day/time****

No experience needed.
Please pre-register.

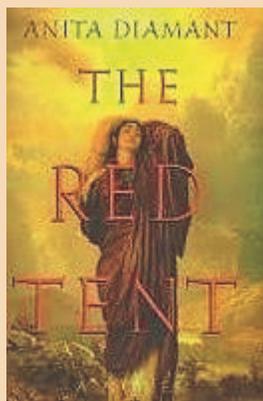


Freestyle Dancing Dogs October 30th at 2:30pm

This unique presentation includes several teams (handlers and dogs) showing off their amazing skills. Freestyle is a modern dog sport that is a mixture of obedience training, tricks, and dance that allows for creative interaction between dogs and their owners. This highly competitive sport is exhibited in competitions around the world. **FREE**—Please pre-register.

October Book Club Oct. 22nd 2:30pm

This month we are reading "The Red Tent" by Anita Diamant. Her name is Dinah. In the Bible, her life is only hinted at in a brief and violent detour within the more familiar chapters of the Book of Genesis that are about her father, Jacob, and his dozen sons. Told in Dinah's voice, this novel reveals the traditions and **turmoils** of ancient **womanhood**--the world of the red tent. \$3 for the used book.



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 860-638-4542. Please bring a list of all medications or just bring them with you.

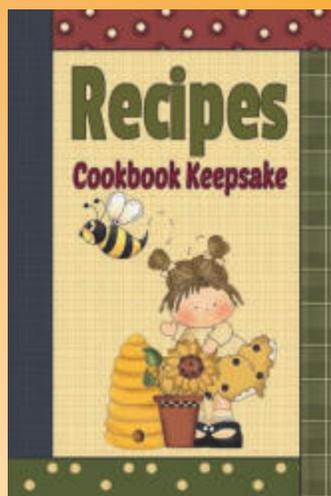
Sing-Along w/ Barbara Oct. 16th at 12:30pm



No experience necessary.

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.

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

September 11th, October 9th, November 13th, March 12th, April 9th and May 14th

Bingo & Pokeno

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

Pokeno— October 18th at 2pm \$1



October Birthday Party

October 15th at 1:30pm

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

MONDAY

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

TUESDAY

9-10:30 FLU Clinic
9:30 Roger Williams
Zoo Trip
9:30 Zumba with Diane
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

WEDNESDAY

9:00 Exercise with Jane
10:00 Yoga
10:30-12 Coloring Club
12:00 Lunch
12:00 American Mahjong
1:00 Bingo
1:30 AARP #3394 Executive Board Meeting
November 2018 Lottery starts today

THURSDAY

9:00 Foxwoods Bus Trip
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
2:00 The Laughter Pharmacist

FRIDAY

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
2:00 Tablet Trivia

MONDAY

8
CLOSED

In Observance of



Columbus Day

9:00 Mohegan Sun
Casino Trip
9:30 Hand, Elbow,
Foot Card Game
9:30 Zumba with Diane
11:00 Guided Meditation with Elizabeth
12:00 Lunch
1:00 Therapeutic Fitness
1:00 Mixed Media
Class
1:30 AARP #3394 Member Meeting

9-3 Footcare
9:00 Exercise with Jane
10:00 Yoga
10:30 Coffee with Ann
10:30-12 Coloring Club
11:00 Volunteer Club
Meeting
11:00 Blood Pressure
Clinic ** New date/time
this week only
12:00 Lunch
12:00 American Mahjong
1:00 Bingo
2:00 Scattegories Game
November 2018 Lottery ends today

9:00-12:00 Mahjong
9:00 Exercise with Jane
10:00 Pier 1 Bus Trip
10:30 Craft w/ Heidi
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 Astrology Presentation
Blood Pressure Clinic this week is on Wednesday at 11am

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
5:30 Night at the Horses
***Please do not come early. We need time to set up the event.**
November 2018 Lottery Winners Notified

MONDAY

9:00 Exercise with Jane
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:15-2:30 Dancing for Joy
1:30 October Birthday Party
2:30 Line Dancing
2:30 Linda Belt Comedian

TUESDAY

9:30 Zumba with Diane
9:30 Hand, Elbow,
Foot Card Game
10:00 Christmas
Tree Shop Bus Trip
11:00 Guided Meditation with Elizabeth
12:00 Lunch
12:30 Sing A Long
1:00 Therapeutic Fitness

WEDNESDAY

9:00 Exercise with Jane
10:00 Yoga
10:30-12 Coloring Club
12:00 Lunch
12-1 Hearing Screening by Beltone New England
12:00 American Mahjong
1:00 Bingo
1:30 All About Apples

THURSDAY

9:00-12:00 Mahjong
9:00 Exercise with Jane
9:00 Worcester Art 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

FRIDAY

9:30 NO Zumba with Diane 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
2:30 Candidate Forum

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rum 1:30 Get Tough Exercise 2:00 Pokeno	26 9-11 Computer Training 9-11 Manicures 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 Fall Fling *Please do not come early. We need time to set up the event.
	25 9:00-12:00 Mahjong Exercise with Jane 9:00 Exercise with Jane 10:00 Carousel 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 1:30 Get Tough Exercise 2:30 Mike Armentano Musical Duo and Apple Crisp Social

Non-resident November 2018 Registration starts today	24 9-2:30 Benefits Check-up 9-3 Footcare 9:00 Exercise with Jane 9:30 Senior Breakfast 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:00 Boggle
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ness 1:00 Mixed Media Class 3:00 Earlybird Dinner Lottery payments due today	23 9:30 Zumba with Diane 9:30 Yankee Candle Bus Trip 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 2:00 Baking Class
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	22 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:00 Seasonal Cupcakes 2:30 Book Club Meeting 2:30 Line Dancing
	29 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15 Dancing for Joy 2:30 Declutter Presentation 2:30 Line Dancing



October

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

31 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo
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30 9:30 Zumba with Diane 9:30 Hand, Elbow, Foot Card Game 10:30 Promenade Shops 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class 2:30 Dog Freestyle 6:30 Civitan Bingo



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Bus Trips



October Bus Trips

- 2nd—Roger Williams Zoo & Bag Lunch Included (9:30-3) \$14
- 4th—Foxwoods Casino (9-3) \$4
- 9th—Mohegan Casino (9-3) \$4
- 11th— Pier 1/Home Goods & Fishtale(10-3) \$3
- 16th—Christmas Tree Shop & Wood and Tap (10-3) \$4
- 18th—Worcester Art Museum (9-3) \$15
- 23rd— Yankee Candle (9:30-3:30) \$5
- 25th— Carousel Museum (10-2:30) \$5
- 30th— The Promenade Shops at Evergreen Walk (10:30-3) \$3

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

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) \$XXX
- 20th—Pier1 / Home Goods & Fishtale (10-3) \$3
- 27th—Blue Back Square (10:30-3) \$3
- 29th—Mohegan Sun Casino (9-3) \$5

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 October 3rd through October 10th for November trips. No entries will be accepted after October 10th. All members selected in the lottery will be notified by October 12th. Payments are due by noon on October 16th. **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.**

October Pizza & A Movie October 1st at 1:30pm

Danny Ocean's estranged sister Debbie attempts to pull off the heist of the century at New York City's star-studded annual



Met Gala. Her first stop is to assemble the perfect all-female crew.

\$2 pre-registration includes 2 slices of cheese pizza and the movie.

Late Additions to September 2018

- ⇒ September 21st 9-11am
Vinal H.S. Haircuts & Computer Training. Pre-registration required.
- ⇒ September 24th at 6pm
FREE Ice Cream Social sponsored by Vox Church. Pre-registration required.

October Games FREE—Please pre-register

- Bananagrams**—October 26th at 1:30pm
- Boggle**—October 24th at 2pm
- Scattagories**—October 10th at 2pm

Enhanced Benefits Checkup Oct. 24th 9am-2:30pm

A Benefits Checkup 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.



Baking Class October 23rd at 2pm

This month we will be making puff pastry sausage rolls. Take home what you make!



\$4 pre-registration is required.

Manicures & Tech Support October 26th 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.



October 5th at 2pm

Using our new touch screen user-friendly tablets, we'll be playing trivia on Kahoot! It's a hoot! Give it a try. Everyone gets to answer and scores are added up per game. No experience needed. FREE—Please pre-register.

Pancake Breakfast October 24th at 9:30am

Pancakes, sausage, and fruit cup. \$3 pre-registration.



YOUR CHANCE TO
MEET THE CANDIDATES



Candidate Forum October 19th at 2:30pm

With election day right around the corner, we've invited your local candidates who are running for office. Come and meet them and find out where they stand on the issues important to you! No pre-registration required.

Craft with Heidi

October 11th at 10:30am

This month we will be making a decoupage wine bottle with lights. This makes a beautiful fall centerpiece!

\$5 pre-registration is required.



Save the Date!



November 1st—Kat Kennedy Performance
November 5th—Volunteer Appreciation Lunch
November 8th—Tea Party
November 9th—Last Night Event of the Season!
November 15th—Holiday Harvest Presentation
November 16th—Thanksgiving Dinner

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

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

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.

Brain Teaser Winner

Thank you to all that participated! Our August winner by random drawing is Gillian DeVivo.

The answer was :

- | | |
|---------------|-----------------|
| 1. Trampoline | 14. Deodorant |
| 2. Chowder | 15. Glaucoma |
| 3. Garlic | 16. Knitting |
| 4. Airport | 17. Antique |
| 5. Asthma | 18. Medium |
| 6. Pillowcase | 19. Fighter |
| 7. Banjo | 20. Bizarre |
| 8. Always | 21. Handsome |
| 9. Behavior | 22. Knuckle |
| 10. Mixture | 23. Lumber |
| 11. Biography | 24. Tantrum |
| 12. Cobra | 25. Blindfolded |
| 13. Frisky | 26. Tango |

The October 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 1 full business day in advance. \$2.50 suggested donation. For meals on wheels info, call Gladys from CRT at (860) 560-5848.

Coffee with Ann & Volunteer Club Meeting October 10th at 10:30am/11:00am

Bring your suggestions for programs, activities, bus trips, entertainment, etc. All are welcome.

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Eleanor Ferrara-Anderson - Director of Admissions

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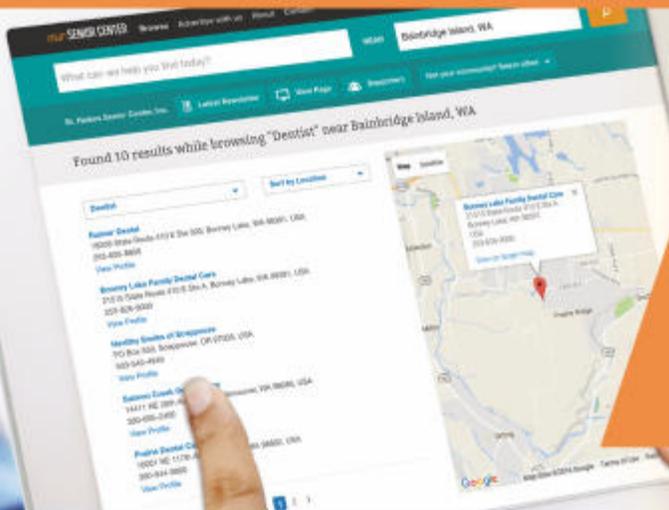


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it's **quitting** time

*long-term memory
executive functioning
attention to detail
processing speed*

For each clue below, can you put the missing letters Q-U-I-T back in the correct order to reveal a common English word? To make this a more vigorous brain exercise, try to solve this quiz in three minutes.

- | | |
|----------------------|---------------------------|
| 1. _____ L ____ | 10. MOS _____ O |
| 2. E _____ Y | 11. _____ N __ ET |
| 3. _____ A __ N ____ | 12. _____ E __ ER |
| 4. S _____ N ____ | 13. _____ AN _____ TY |
| 5. S _____ R ____ | 14. E _____ AL _____ Y |
| 6. AN _____ E | 15. _____ CKES ____ |
| 7. __ RAN _____ L | 16. CRI _____ E |
| 8. __ E _____ LA | 17. __ ECHN _____ E |
| 9. L _____ IDA __ E | 18. E _____ ES __ R __ AN |

Answers on page 360

Senior (60+)

Brain Teaser

October 2018

Name: _____

Phone: _____

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