

MIDDLETOWN

SEPTEMBER 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



September is National Senior Center Month!



Picnic at Crystal Lake September 7th at 1pm (Weather Permitting)

We will be having a picnic lunch at Ron McCutcheon Park/Crystal Lake. Join us for a bag lunch of chicken salad sandwich, chips, drink, and dessert.

We'll be bringing outdoor games. Have fun, socialize with friends, enjoy the view, take a walk, or participate in games. No transportation provided. Meet us out there at 1pm. \$3 pre-registration.



Ballroom Dance Class Tuesdays at 3:00pm in September (4th, 11th, 18th, 25th)

Come out and dance! No partner needed! Join Laura

and Rob for a series of four 60 minute all-level dance classes covering steps of various popular ballroom dances including tips on how to make the dance "conversation" easy, comfortable and fun! \$10 pre-registration for the 4 session class.

Weight Loss Hypnosis Group September 19th & 26th at 1:30pm



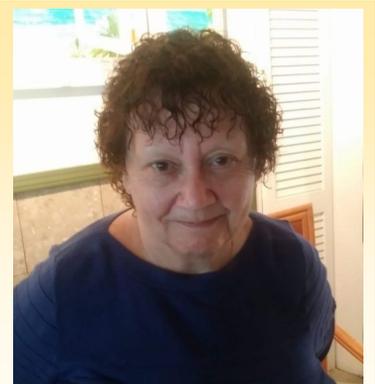
We will be having weight loss group hypnosis sessions. Participants must attend both sessions. Please plan to stay for 2 hours and commit to both sessions.

Find out what has been holding you back from reaching and maintaining your weight goal. Hypnosis dates back centuries and is a gentle and safe way of reaching your goals that many doctors use and recommend. Join us with your friends on 9/19 and 9/26 at 1:30pm. \$10 pre-registration.

Congratulations Marge Markie, Our 2018 Senior of the Year!

We celebrated Marge on July 27th at a ceremony attended by many members and the Mayor. Marge's positivity, service to others, giving nature, and her ongoing contributions to our center earned her this year's top honor. Thanks for all you do Marge and keep up the good work!

Marge joins this elite group with our 2016 winner Frank Greco and 2017 winner Toni Clayton.



**I am Zelda
Sept. 28th at 2:30pm**



a one-woman play about
Mrs. F. Scott Fitzgerald
written & performed by Rita Parisi
directed by Charlotte Anne Dore
choreography by Beverly Russell King

Zelda Sayre Fitzgerald is often known as the crazy wife of F. Scott Fitzgerald, author of *The Great Gatsby*. She was the glittering half of the Golden Couple of the 1920's and muse and inspiration for the flapper characters in Fitzgerald's Jazz Age stories. But before she met Scott, she was the flamboyant and outrageous Zelda Sayre, the famous belle from Montgomery Alabama and the daughter of a judge and an artistic mother. Her antics before and after marriage became the stuff of legends. Though a legend in her own time, Zelda was much more than a southern belle, a glittering jewel on Fitzgerald's arm, Roaring 20's icon or an American expatriate wife in Paris. This original play, will pay tribute to an often misunderstood woman; a women who battled schizophrenia for much of her life; a woman who was also a mother, an accomplished ballet dancer, an exhibited artist and a published writer. \$5 to see this amazing play at the Senior Center.

**Superfoods 101
September 6th at 2:30pm**



In this fun and interactive program with Kim, we will be celebrating Superfoods that

are powerhouses of nutrition and antioxidants. Tips, techniques, the history/health benefits, dark cacao (chocolate), nibs, and other superfood samplings. Fun culinary education. You may remember this presenter from our Celtic Chocolate Program in March. You won't want to miss this one! \$1 pre-registration.

**Military Whist
September 27th at 5:00pm**

Game starts at 6pm. Doors will open at 5pm for a lite dinner of chicken salad sandwiches, chips, and a cookie. \$6 pre-registration. Absolutely no experience necessary. This is a very easy to learn card game and a great social outing. Raffles, door prizes, and more!

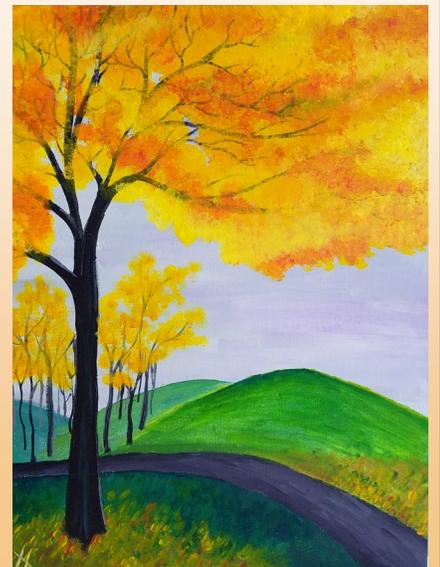


**Acrylics & Appetizers
September 7th at 5:30pm**

Socialize with friends and create your own masterpiece. A variety of snacks will be served.

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

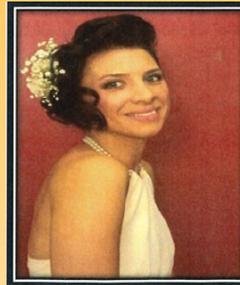
Pre-registration is required.



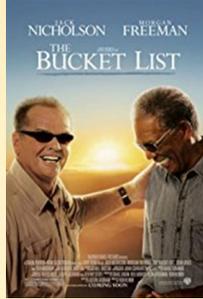
**National Senior Center Month Celebration
Friday, September 14th—ALL DAY**

Registration is required for each and every activity you plan to attend. The \$2 cancellation surcharge will apply to no show/no cancel per activity.

- 9am Breakfast sponsored by Middletown Kiwanis
(Eggs, Bacon, Toast) FREE
- 10am Fall Centerpiece Craft (\$1)
- 11am Bucky Lewis One Man Show from New Hampshire (\$1)
- 12:15pm Snack Break & Live Music by Kate Stone (\$1)



- 1:30pm Rhonda Corey Stand Up Comedian from Rhode Island (FREE)
- 2:30pm Making Caramel Apples (\$1)
- 2:30pm Movie: The Bucket List (PG-13—Runtime 1hr 37min) FREE
- 3pm Tropigals Professional Dance Performance from Rhode Island (\$1)
- 4pm Strolling Magic by Brian Miller for Dinner Guests
- 4:45pm Dinner (Baked Chicken, Salad, Vegetable) (\$3)



**Peach Pie Social
September 18th at
2:30pm**



Nothing says September like a delicious piece of peach pie! \$2 pre-registration required.



**Sing-Along w/ Barbara
September 18th at 12:30pm**

No experience necessary.
FREE

**Early Bird Dinner:
Linguine with Shrimp
September 21st at 3pm**

This month's early bird is a delicious meal of linguine with shrimp, beverage, and dessert.



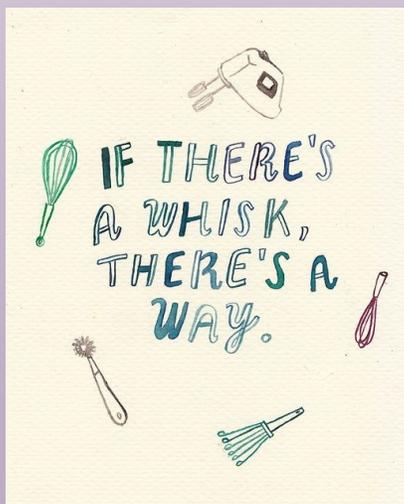
\$6 pre-registration.

**Biscuits & Scones
September 20th at 1:30pm**

*One Savory,
One Sweet, Both
Equally Delicious*

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.

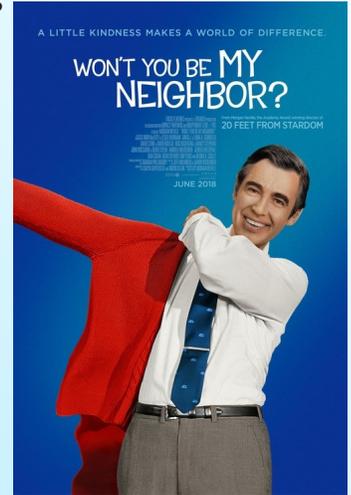
Biscuits and scones contain almost the same ingredients and are prepared using the same technique. Learn the difference between the two and some tips for getting the flakiest biscuits and the most tender scones. We will prepare Buttermilk Biscuits, Garlic Cheddar Biscuits (like Red Lobster Cheddar Bay Biscuits, only better) and Chocolate Chip Orange Scones.



Space is limited. Time will be spent in the kitchen so the ability to stand for a period of time will be necessary.

**Pizza & A Movie
Sept. 10th at 1:30pm**

Step behind the scenes and get a more personal look at the neighbor millions invited into their home on a regular basis with "Won't You Be My Neighbor?". The film paints a vivid and detailed portrait of who Fred Rogers was, what was important to him, his message and his goals when he began one of the most iconic series in American television history. Learn what inspired this creative genius to create a show to share a timeless message that is still so incredibly relevant today, one to love your neighbor and be compassionate. \$2 pre-registration.



**Craft with Heidi
September 5th at
10:30am**

This month's project is a hand sewn apple. \$4 pre-registration fee to participate.



**Baking Class
Sept. 25th at 2pm**



This month we'll each be making hand held apple pies. \$4 pre-registration. Take home what you make.

**September Birthday Party
September 17th at 1:30pm**

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



MONDAY

TUESDAY

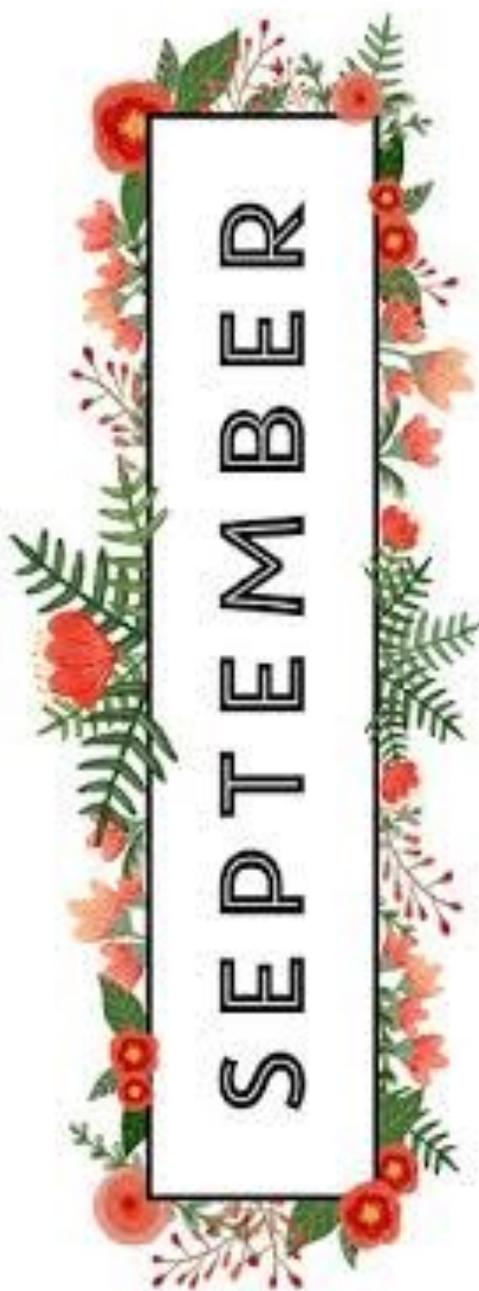
WEDNESDAY

THURSDAY

FRIDAY

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



3

CLOSED

Labor Day



Labor Day

4

9:30 Hand, Elbow, Foot Card Game
10:00 Bus Trip: Christmas Tree Shop
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Therapeutic Fitness
1:00 Mixed Media Class with Marcy
3:00 Ballroom Dancing

5

9:00 Exercise with Jane
 10:00 Yoga
 10:30-12 Coloring Club
10:30 Craft w/ Heidi
 12:00 Lunch
 12:00 American Mahjong
 1:00 Bingo
1:30 AARP #3394 Executive Board Meeting

October 2018 Lottery Starts Today

6

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
2:30 Super Foods 101

7

9:30 Zumba with Diane
 10:00 Pat Kidney Walking Trail
 10:30-12 Coloring Club
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Bingo
 1:00 Fun with Clay
1:00 Picnic Crystal Lake
 1:30 Cribbage
5:30 Acrylics & Appetizers

10

9:00 Exercise with Jane
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics
1:30 Pizza & A Movie

11

9:00 Bus Trip: Foxwoods Casino
 9:30 Hand, Elbow, Foot Card Game
 9:30 Zumba with Diane
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch with Barbara
 1:00 Therapeutic Fitness
1:00 Mixed Media

12

9-3 Footcare
 9:00 Exercise with Jane
9:30 Omelette Station
 10:00 Yoga
 10:30-12 Coloring Club
 12:00 Lunch
 12:00 American Mahjong
 1:00 Bingo

13

9:00-12:00 Mahjong
 10:00 Exercise
10:00 Bus Trip: Rain date for A Place Called Hope
 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

14

National Senior Center Month Celebration

No Other Activities Today

No transactions at the front desk

<p>today in person or by phone—All staff members will be running the event</p>	<p>October 2018 Lottery Ends Today</p>	<p>Class with Marcy 1:30 AARP #3394 Member Meeting 3:00 Ballroom Dancing</p>	<p>17 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 September Birthday Party 2:00 Pokeno</p> <p>All Bus Trip Lottery Winners will be notified by close of business today</p>
<p>21 9:30 Zumba with Diane 10:00 Pat Kidney Walking Trail 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 3:00 Early Bird Dinner</p>	<p>20 8:30 Bus Trip: The Big E 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 1:30 Biscuits & Scones Class</p> <p>Non-Resident October 2018 Registration Starts Today</p>	<p>19 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 Weight Loss Hypnosis</p> <p>October 2018 Bus Lottery Payments Due Today</p>	<p>18 8:30 Bus Trip: The Big E 9:30 Zumba with Diane 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 AARP Safe Driving Class 12:30 Sing A Long 1:00 Therapeutic Fitness 1:00 Mixed Media Class with Marcy 2:30 Peach Pie Social 3:00 Ballroom Dancing</p>
<p>28 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 2:30 I am Zaida Play</p>	<p>27 9:00-12:00 Mahjong 10:00 Exercise 10:00 Bus Trip: Westfarms Mall 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 5:00 Military Whist No Admittance prior to 5pm. The staff needs time to setup for the event.</p>	<p>26 9-3 Footcare 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 Weight Loss Hypnosis</p>	<p>25 9:30 Senior Breakfast 9:45 Bus Trip: Red Bee Apiary 9:30 Zumba with Diane 9:30 Hand, Elbow, Foot Card Game 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie with Mike Nocera: Mama Mia (Popcorn) 1:00 Therapeutic Fitness 1:00 Mixed Media Class with Marcy 2:00 Baking w/ Heidi 3:00 Ballroom Dancing</p>
<p>24 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:30 Book Club Meeting</p>			



Bus Trips



September Bus Trips

- 4th—Christmas Tree & Cracker Barrel (10-3) \$3
- 6th—Mohegan Sun Casino (9-3) \$4
- 11th—Foxwoods Casino (9-3) \$4
- 13th—Rain Date for A Place Called Hope
- 18th—Big E (8:30-3) \$12
- 20th—Big E (8:30-3) \$12
- 25th—Red Bee Apiary & Old Post Tavern (9:45-3:30) \$15
- 27th—West Farms Mall (10-3) \$3

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

October Bus Trips

- 2nd—Roger Williams Zoo & Bag Lunch Included () \$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

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from September 5th through September 12th for October trips. No entries will be accepted after September 12th. All members selected in the lottery will be notified by September 17th. Payments are due by noon on September 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.**

Omelets, Omelets, Omelets! September 12th at 9:30am



One MacDonough Place in Middletown will be sponsoring an omelet station breakfast.

This fun free event features Chef Ed Gorman giving us the history of the omelette and making them to order.

FREE—Pre-registration is required.



One MacDonough Place

Lunch & Learn—Carefree Home Pros September 13th at 1:30pm

Carefree Home Pros specializes in changing your existing bathroom tub to walk-in showers or walk-in tubs. They will inspect, give you design ideas and provide you with a free estimate good for 1 full year. Pizza lunch will be served. FREE—Please pre-register. Discount on work available.

Mobility equipment and design changes to your home is part of aging in place.



This lunch and learn is presented as informational to our members and is not an endorsement of the business or services provided.



Welcome Becky!

Becky is our new full-time Recreation & Community Services Department Clerk. Becky transferred to us from Moody school and previously worked in the Arts Department.

Mixed Media Art with Marcy Tuesdays at 1pm beginning 9/4

\$12 pre-registration for 6 session class.

Fun with Clay—Fridays at 1pm New session begins 8/31

\$12 pre-registration for 8 classes. Build your projects from scratch, glaze, and fire and most of all have fun! Take home what you make! No class 9/14



Bingo & Pokeno

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

Pokeno— September 17th at 2pm \$1



Recurring Programs/Services

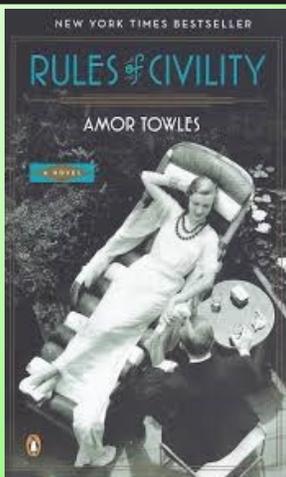
(F) =Free (\$) = Cost Associated

- 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 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**—Closed—Please see our mobile library cart anytime (F)
- Line Dancing**—on summer break until September
- 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**—on summer break
- 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

Book Club

Sept. 24th at 2:30pm

This month we are reading "Rules of Civility" by Amor Towles. Set in New York City in 1938, *Rules of Civility* tells the story of a watershed year in the life of an uncompromising twenty-five-year-old named Katey Kontent. Armed with little more than a formidable intellect, a bracing wit, and her own brand of cool nerve, Katey embarks on a journey from a Wall Street secretarial pool through the upper echelons of New York society in search of a brighter future. \$3 for the used book.



French Toast Breakfast

Sept. 25th at 9:30am

French toast, bacon, and a fruit cup. Cooked by Middletown Fire Chief Kronenberger and sous chef Deputy Chief Leary. \$3 pre-registration.



Pat Kidney Walking Trail Fridays at 10am



The Pat Kidney walking trail surrounding the new complex is scheduled to be open by September. Off-street parking is on Farm Hill Rd. A staff member will be present for the 9/7 and 9/21 mornings in September. Then, this will be an informal group meeting time to meet up with other members and take a weekly walk. You can walk this trail at any time during public hours.

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



October 15th—Linda Belt Comedy
October 12th—A Night at the Horse Races
October 17th—All About Apples
October 26th— Fall Fling
October 29th—Declutter / Downsize Presentation

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.



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 July winner by random drawing is Peter Benfield.

The question was :

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!

The answer is:

The letter "e" is the most used letter in the English language yet there is not a single "e" in the entire paragraph.

The September 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.



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.

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.



Middletown Prime Times
61 Durant Terrace
Middletown, CT 06457

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Middletown

Senior (60+) Brain Teaser - September 2018

1. Forward, it's an initial bet in poker; backward, it's a mountain in Italy. _____
2. Forward, it's an uncultivated tract of land, a heath; backward it's a division of a house enclosed by walls. _____
3. Forward, it's a sturdy fabric; backward, it means searched for and/or obtained coal, copper, etc. _____
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. _____
5. Forward, it's a sheet of dried seaweed often used to wrap sushi; backward it removes wrinkles. _____
6. Forward, it's fit for a monarch; backward it's a type of beer that is often lighter in color and body. _____
7. Forward, it's an emotional state; backward, it's death, destruction, or some other terrible fate. _____
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. _____
9. Forward, it means twofold or double; backward, it's high praise. _____
10. Forward, it's a famous Middle East canal; backward, he's the Greek king of the gods. _____

Name: _____

Phone: _____

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