

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

APRIL 2018



Tuesday, May 1st 10am-1pm



May is Older Americans Month. To celebrate, each year we host a large expo featuring local businesses, non-profits, and city, state, and federal agencies that provide services for Middletown's older adults.

Admission is free, but pre-registration is required.

The doors will NOT be open before 10. Absolutely NO early birds. The vendors need time to get their tables set-up.

Continental refreshments will be served in the morning, and a small brown bag lunch will be served at 1pm. Please carpool or use our enhanced dial-a-ride service. Middletown Area Transit 860-347-3313. Reservations for transportation are required.

Enhanced Benefits Checkup April 18th 9am-3:30pm

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.



Tea Party April 19th 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.



Make your Own Necklace Project April 20th 10am-12pm

Led by Marcy, we'll be making our own spring necklaces. All supplies provided. \$5 pre-registration.



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(860) 347-7286 for your personal tour!

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Things that Make You Go Hmmm....

Friday, April 20th 5:30pm-8pm



In typical Senior Center fashion, our first night event of the season is filled with surprises and excitement! Things that make you go *hmmm*.....

H—Humor
M—Mystery
M—Motion
M—Mayhem
M—Music

Night Event

If you like the twists and turns of Crazy Bingo, this is for you!

Dinner will be roast pork, potato, vegetable and dessert. \$7 pre-registration is required. Night events tend to fill-up quickly and space is limited, so register early so you don't miss out! **Absolutely no entry before 5:15pm.**

Root Beer Float Social April 17th 2:30pm

Socialize and enjoy a delicious root beer float.

\$2 and pre-registration is required.

Space is limited, so sign-up early.



Introduction to Origami May 11th at 11am

The challenge of origami is a great brain exercise.

Following complex instructions increases concentration and enhances memory skills. \$5 pre-registration.



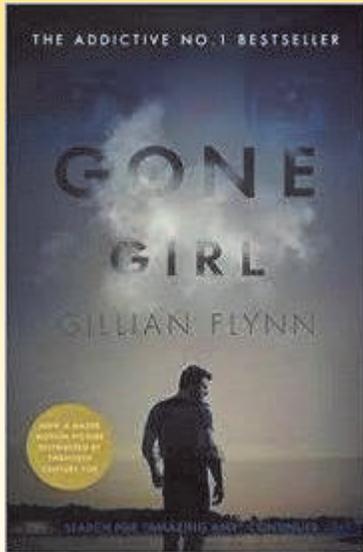
Start Climbing Your Family Tree: An Introduction to Genealogy for Beginners May 3rd at 2pm

This 90-minute program will introduce the process and sources for genealogical research for everyone, whether their roots stretch back to the Mayflower or their family first arrived in the United States in the twentieth century.

Diana Ross McCain and Carol R. Whitmer will explain the first steps for gathering information from family records and relatives, and recording it on charts. They will introduce participants to the most useful online resources for the genealogist and explain what these websites contain and how to access and make use of them. They will also debunk the belief that for genealogists "everything is on the Internet" and discuss the wealth of records still accessible only on microfilm or in libraries, archives, and historical societies. \$2 pre-registration.



April Book Club April 23rd 2:30pm *** New Date***



This month we are reading “Gone Girl” by Gillian Flynn. In Carthage, Mo., former New York-based writer Nick Dunne and his glamorous wife Amy present a portrait of a blissful marriage to the public. However, when Amy goes missing on the couple's fifth wedding anniversary, Nick becomes the prime suspect in her disappearance. The resulting police pressure and media frenzy cause the Dunnes' image of a happy union to crumble, leading to tantalizing questions about who Nick and Amy truly are.

\$3 for the used book.

Musical Entertainment April 6th at 2:30pm

Sal Anastasio will be playing the piano and singing our old favorites for this month's musical entertainment.
FREE

Snacks provided.



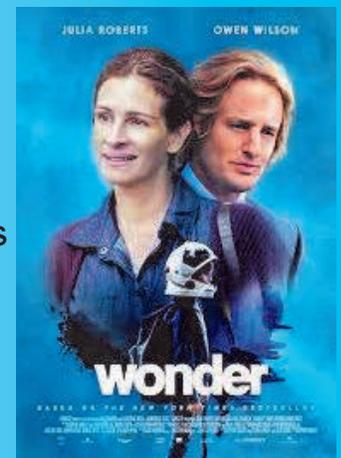
Paper Wreath Craft April 13th at 1:30pm

This special one-time paper craft class is taught by Andrea or as she likes to call herself, the paper mom. She's a mom/stepmom of five who loves, loves all things paper! Learn from our self-declared paper stylist as you make your spring wreath project. \$3 pre-registration.



Pizza & A Movie April 9th at 1:30pm

This month's movie is “Wonder” (PG 1hr 50min runtime). Based on the New York Times bestseller, WONDER tells the inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out. This movie is starring Julia Roberts, Owen Wilson and Jacob Tremblay.



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



Early Bird Dinner
April 26th at 3pm

This month's early bird dinner is baked ham with macaroni and cheese. The dinner includes a drink and dessert.

\$5 pre-registration is required.

French Toast Breakfast
April 12th at 9:30am

This month's breakfast is French toast and sausage.



\$3.00 pre-registration is required.

April 13th 9am-11am
Manicures



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

Tech Support/Computer Training

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.



Baking Class
April 24th at 2:00pm

Sign-up for this fun, relaxing baking class. This month we will be making chocolatey chocolate chip cookie cups.



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



AARP Safe Driving Classes
2018

Tuesdays 12:30-4:30pm

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

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

Craft with Heidi
April 3rd at 10:30am

This month's project is a confetti bowl.



\$4 pre-registration fee to participate. Take home what you make



Middletown Kiwanis
Pasta Day 4/26/18

We may be receiving donated tickets for our members to attend the Kiwanis Pasta Day at First Church on 190 Church St. Anyone interested can put their name on a list at the front desk. We will pass out tickets as they are received. Limited quantities. Serving times for the pasta day are from 11:30am-1:30pm and 5-7pm. These tickets are being donated for senior use. Please only take a ticket if you intend to use it.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy</p>	<p>3</p> <p>9:00 Bus Trip: Christmas Tree Shop & Cracker Barrel 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:30 Confetti Bowl Craft 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 1:00 Acrylics Class 1:30 Texas Hold'Em</p>	<p>4</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo</p> <p>May 2018 Bus Trip Lottery Starts Today</p>	<p>5</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 2:30 25K Pyramid 2:45 Line Dancing with Jim</p>	<p>6</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 Hands on Hand Building 1:30 Cribbage 2:30 Musical Entertainment with Sal Anastasio</p>
<p>9</p> <p>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</p>	<p>10</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 1:00 Acrylics Class 1:00 Therapeutic Fitness 1:30 AARP 3394 Member Meeting</p>	<p>11</p> <p>9:00-9:45 Exercise 9-2:30 Footcare 10:00 Yoga 10:30-12 Coloring Club 1:00 Bingo 2:30 Rebus Partner Challenge</p>	<p>12</p> <p>9:00 Bus Trip: CT Post Mall 9:00-12:00 Mahjong 9:30 French Toast Breakfast 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</p>	<p>13</p> <p>9-11 Manicures & Computer Training 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 Hand Building 1:30 Cribbage 1:30 Paper Wreath Craft 2:30 Coffee w/ Ann 3:00 Volunteer Meeting</p> <p>May 2018 Bus Lottery Ends Today</p>
<p>16</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 1:30 Birthday Party Sponsored by Water's Edge Center for Health and Rehabilitation</p>	<p>17</p> <p>9:00 Bus Trip: Foxwoods Casino 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba DVD 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-Along with Barbara Acrylics Class</p>	<p>18</p> <p>9am-3:30pm Benefits Checkup 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 Hearing Screening sponsored by Richard Lastrina of Belmonte N.E.</p>	<p>19</p> <p>9:00-12:00 Mahjong 10:00 Exercise 11:00 Bus Trip: Hillstead Museum & Joey Garlic 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</p>	<p>20</p> <p>9:30 Zumba DVD 10:00 Spring Necklace Project 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Hands on Hand Building 1:30 Cribbage</p>

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<p>1:00 Ombrage 5:30 Music & Mayhem night</p> <p>General Registration Open for Bus Trips (All Non-Lottery Sign-ups)</p>	<p>27</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 Hands on Hand Building 1:30 Cribbage 2:00 Scrabble</p>	<p>CANCELLATION POLICY: 2 FULL BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND.</p> <p>NOSHOW/NO CANCEL ON ANY PROGRAM OR ACTIVITY WILL RESULT IN A \$2 SURCHARGE EACH AND EVERY TIME EVEN FOR FREE PROGRAMS</p>
<p>1:30 Get Tough Exercise 2:00 Tea Party 2:45 Line Dancing with Jim</p> <p>Bus Lottery Payments Due Today by Noon</p>	<p>26</p> <p>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 3:00 Early Bird Ham Dinner</p>	
<p>1:00 Bingo</p>	<p>25</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 2:00 Bananagrams</p>	
<p>1:00 Aerobics Class 1:00 Therapeutic Fitness 1:30 Texas Hold'Em 2:30 Root Beer Float Social</p> <p>Bus Lottery Phone Calls</p>	<p>24</p> <p>9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: Yale Art Museum 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Drawing Class 1:00 Therapeutic Fitness 2:00 Baking Class 6:30 Civitan Bingo</p>	
<p>2:00 Pokeno</p>	<p>23</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy 2:30 Book Club Meeting</p>	<p>30</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy</p>

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**Basic Drawing Class
Six Week Session Begins
Tuesday 4/24 1pm**



In this class led by Marcy, we are going back to the basics. Did you know that basic drawing skills are the foundation of painting. Brush up on your skills or learn as a beginner. \$10 pre-registration.

Texas Hold'Em (Just for Fun– No Prizes just Bragging Rights)

Pre-registration is required.

Apr. 3rd &
Apr. 17th at
1:30pm



April Games

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

25K Pyramid—April 5th at 2:30pm \$1

Pokeno—April 16th at 2pm \$1

Bananagrams—April 25th at 2:00 FREE

Rebus Partner Challenge—April 11th at
2:30pm \$1

Scrabble—April 27th at 2pm FREE

**Coffee with the Manager
April 13th at 2:30pm**



Your opportunity to ask questions, provide feedback and suggestions for existing or future programming, entertainment, and services offered by our division.



**Volunteer Club Meeting
April 13th at 3:00pm**

Find out how you can get involved!

Civitan Bingo 2018 dates

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

April 24th, May 29th, June 26th
No transportation provided. FREE

**Rebus Partner Challenge
Apr. 11th at 2:30pm**

Break up into teams of 2 to compete against each other solving rebus puzzles. No experience necessary. You are sure to laugh at this brain building game! \$1 pre-registration.



Example: The answer would be tuna fish.



**April 5th
2:30pm**

Just like the tv show, work in pairs to guess words in a category before the time runs out!
\$1 pre-registration

**April Birthday Party
April 16th at 1:30pm**

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



**Fun with Clay –Fridays at 1pm
New 8 week session begins 5/11**

In this hands-on class, you will make your own pieces from start to finish. \$15 pre-registration.

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.

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from April 4th through April 13th for May trips. No entries will be accepted after April 13th. All members selected in the lottery will be notified by April 17th. Payments are due by noon on April 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.**

Bus Trips

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 Tour & Joey Garlics (11-3:30) \$10
- 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.

May Bus Trips

- 1st**—No Bus Trip—Attend our Senior Expo!
- 3rd**—Mohegan Sun Casino (9-3) \$4/\$10
- 8th**—Foxwoods Casino (9-3) \$4/\$10
- **New Departure Time**** Foxwoods is 9-3
- 10th**—Blue Back Square (10-3) \$3/\$5
- 15th**—Avery's Beverages Soda Tour & Make Your Own Soda/Staropolska Restaurant \$13/\$18
- 17th**—Submarine Force Museum (9-3:30) \$3/\$6
- 22nd**—New Britain Museum of American Art (9:30-3:30) \$13/\$17
- 24th**—Mystic Village Shops (9-3:30) \$4/\$6
- 29th**—Milford Marketplace Shops/Uncle Willie's BBQ (9-3:30) \$4/\$6
- 31st**—Beinecke Rare Book & Manuscript Library/Fishtale Restaurant (9-3) \$3/\$6

The Senior Services Division is open Monday—Friday 8:30am to 4:30pm

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) & American Mahjong Wednesdays 9am-12pm (F)
Massage Therapy— 1st & 3rd Monday 9am-2:30pm (\$) **ON HOLD
Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)
Middletuners Chorus Practice—rehearsals held off-site, contact Barbara Arafah for info
Movies—Tuesdays at 12:30pm (F)
Ping Pong—Sign-up on the schedule outside of the health services room (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 Break—Information will be released as it becomes available

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.



**Sing-Along w/ Barbara
April 17th at 12:30pm**

No experience necessary.



**Military Whist
May 11th at 6pm**

No experience necessary for this card party. \$6 pre-registration. Doors open at 5pm for brown bag chicken salad dinner.



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. Suggested donation \$2.50



**March 23rd & May 18th
\$5 Haircuts**

Haircuts provided by Vinal Students for \$5. Appointment is required. Space is limited.

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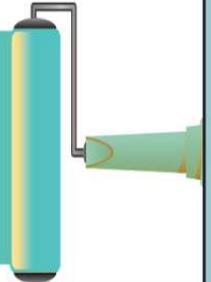


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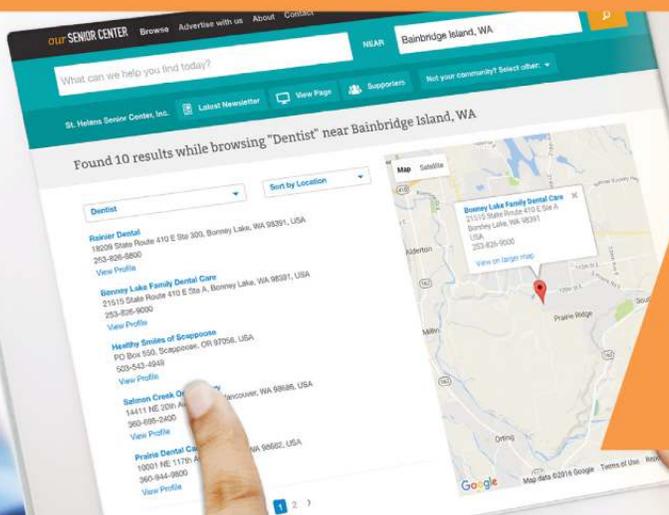
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Senior (60+) Brain Teaser April 2018



BUDS
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RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA

Answers must be received by the 13th day of April. One winner will be chosen at random from all correct answers received. That winner will receive a \$10 credit towards programming and cannot be redeemed for cash.

Name: _____

Phone: _____