

# 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](http://www.middletownct.gov/seniors)

AUGUST 2018



**Middletown's Got Talent!**  
August 17th at  
2:30pm



With so many active members, we have so many talents that can be shared such as singing, playing an instrument, dancing, poetry, comedy, storytelling, etc. All talents are welcome! Prizes for 1st, 2nd, and 3rd place. Put your nerves aside and share your special talent with us! Your performance should be 5 minutes or less. Registration forms available at the front desk.



**Mini Summer Bazaar**  
August 2nd at  
2:30pm

This summer bazaar features a variety of carnival-like games of chance such as ring toss, cornhole, prize wheel, and more! Snacks include cotton candy, popcorn, snow cones, etc. Try your luck and have fun competing with friends! \$1 pre-registration.



**Horizon Wings—Eagle Program**  
August 7th at 2pm

Horizon Wings is a non-profit Wildlife Rehabilitation Center specializing in Birds of Prey. They will be bringing 2 magnificent eagles for this special presentation. \$1 pre-registration.



**Crazy Bingo is Back!**  
August 10th at 5:30pm

Surrender yourself to the ever changing craziness that is crazy bingo! If you don't like traditional bingo but you like to have fun—this is for you! You never know what's next at crazy bingo! Cheese pizza will be served for dinner \$5 pre-registration.





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## S'mores Social August 8th 2:30pm

Please join us as we celebrate National S'mores Month! To celebrate, we are having a S'mores Social!

This delicious summer treat consists of graham crackers, chocolate and marshmallows.



\$1 Pre-registration.

## Psychic Readings August 30th 2-4:30pm

Book your psychic reading. Appointment is required. \$2 pre-registration. Appointments will last approximately 20-25 minutes.



## Vecchitto's Italian Ice August 22nd at 2:30pm

What could be better than a Vecchitto's Italian Ice on a hot summer day!?! Beat the heat with this delicious summer treat.

The choice of flavors will be lemon, almond and watermelon. \$1 and pre-registration is required.



## Former White House Butler Alan DeValerio August 14th at 2pm



Have you ever imagined what it would be like to attend a Presidential function at the White House? How about a State Dinner? Have you ever wondered what the

Family Quarters of the White House look like?

Well, former White House butler Alan DeValerio will tell you all about it! He'll give you the inside details about all the preparations involved in White House entertaining, and how it has evolved over the years from FDR to the present.

Not only will he relate his firsthand experiences with history, but he'll pass on the stories he heard from those who have been taking care of our First Families ever since the Franklin Roosevelt administration!



Alan will also display many of the White House artifacts (menus, programs, Christmas cards, personal photos, etc.) that he has collected over the years. This is a presentation that you won't want to miss! \$2 pre-registration.

Alan will also be selling his popular book "A History of Entertainment in the Modern White House". He will also sign any book sold! Books will be on sale for \$20 cash or check.

## Summer Cookout: Hot Dog & Hamburger August 16th at 3pm

Nothing says summer like a cookout on the grill. Grilled hot dogs & hamburgers, potato salad, dessert and drink. \$5 pre-registration is required.





## Rock and Roll Night August 24th at 5:30pm

The Whiskey Rebels trio is back by request! Dinner will be pork roast, 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.**



## Lunch & Learn October Kitchen August 23rd at 1:30pm

This presentation on healthy living for Older Americans will be run by Chef Paul Finney of October Kitchen. A complimentary chef prepared meal will be served including dessert. Raffles & Prizes! FREE Pre-registration is required.



## UFO's—Fact or Fiction? Presented by Attorney Dyke Spear August 27th at 3pm



As a spokesman & field investigator for the CT Chapter of

“MUFON” (Mutual UFO Network), Attorney Spear is highly qualified to give an insightful analysis of the UFO phenomenon. For the last 35 years, he has interacted, researched, and conferenced with the leading UFO researchers in the world. Much of the information he has learned is unknown to the general public and involves personalities such as astronauts Gordon Cooper and Wally Schirra, abductee Travis Walton, and show business diva Eartha Kitt. Occasionally controversial—but always colorful—Attorney Spear presents an informative and entertaining analysis of the UFO mystery. \$1 pre-registration.



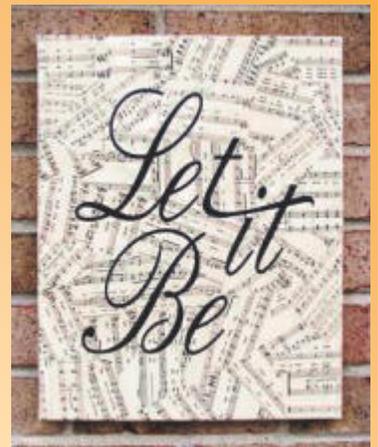
## Special Bus Trip—Aug 26th Dunkin Donuts Park Bus Departs at 11:30am

Check out the new stadium and watch the Hartford Yard Goats take on the Trenton Thunder. Game starts at 1:05pm. Ticket and bus included in the price. \$10 pre-registration. First come—first serve—no lottery for this trip.



## Craft with Heidi August 15th at 10:30am

This month's project is a sheet music decoupage craft. There will be a variety of different songs for you to pick from. \$4 pre-registration fee to participate.



Take home what you make.

## Baking with Heidi August 28th at 2pm



This month we'll each be making pan-fried Chinese dumplings. \$4 pre-registration. Take home what you make.

# TRIVIA CHALLENGE

August 9th 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.

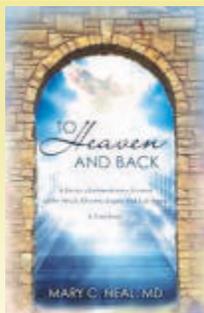
## Farmer's Market Vouchers Early-Mid July Start Date

We will be receiving the Farmer's Market Vouchers around the 2nd week of July. \$18 booklet of checks for use at approved Farmer's Markets. We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income eligibility (\$22,331 for a single person or \$30,044 for a couple). Only 1 booklet may be issued per year (even for a couple). If you live in senior housing, you should get your booklet from your housing. A state ID and your gray connect card is quick proof of age, residency, and income.



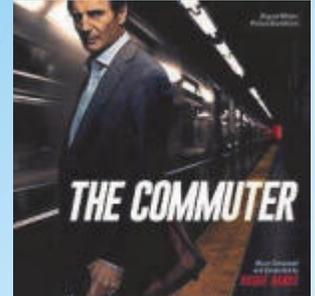
## Book Club August 20th at 2:30pm

This month we are reading "To Heaven and Back" by Dr. Mary C. Neal. In this book, Dr. Neal shares the captivating details of her life in which she has experienced not just one miracle, but many. \$3 for the used book.



## Pizza & A Movie August 6th at 1:30pm

This month's movie is called "The Commuter" (Rated PG-13 1hr 45mins) starring Liam Neeson. In this twisty thriller, a cop-turned-insurance salesman is approached by a mysterious woman during his daily commute, and is told that he must locate a passenger who's carrying something dangerous. If he fails, everyone aboard the train, as well as his family at home, will be killed.



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



## Coffee with Ann August 14th at 10:30am

Bring your questions, comments, and suggestions.



## Volunteer Club Meeting Aug 14th at 11am

Find out how you can get involved as a volunteer.

## Zumba is Back!



Tuesdays and Fridays at 9:30am. Zumba involves dance and aerobic movements performed to energetic music. Diane will be leading this class.



## AARP Safe Driving Classes 2018

Tuesdays 12:30-4:30pm

September 18th, November 6th  
\$15/AARP members \$20/non-members.

Checks made out to: AARP

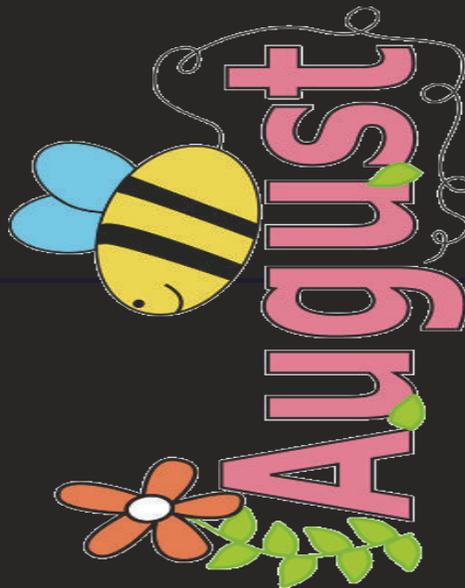
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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**

9:00-9:45 Exercise  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
1:00 Bingo  
  
\* September 2018 Lottery Starts Today

9:00-9:45 Exercise  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
1:00 Bingo  
  
\* September 2018 Lottery Ends Today

9:00 Footcare  
9:00-9:45 Exercise  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
1:00 Bingo  
**2:30 S'Mores Social**

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\* September 2018 Lottery Ends Today

9:00-12:00 Mahjong  
**10:00 Bus Trip: Christmas Tree Shop / Rein's Deli**  
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 NO Get Tough Exercise TODAY**  
**2:30 Mini Summer Bazaar**  
2:45 No Line Dancing—Summer Break

9:00-12:00 Mahjong  
10:00 Exercise  
**10:00 Bus Trip: IKEA / Fishtale**  
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<p>12:00 Lunch 1:00 Therapeutic Fitness 1:30 Poker 2:00 Whitehouse Butler Presentation   <b>September 2018 Bus Lottery Payments Due Today Primary Election Today</b></p>	<p><b>20</b> 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics <b>1:30 Birthday Party</b> 1:15-2:30 Dancing for Joy <b>2:30 Book Club Meeting</b></p>	<p><b>27</b> 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:30 Dancing for Joy <b>3:00 UFO Presentation</b></p>
<p><b>* Non-Resident September Bus Trips Registration Starts Today</b></p>	<p><b>21</b> <b>9:30 Senior Breakfast</b> 9:30 Hand, Elbow, Foot Card Game <b>9:30 Zumba Class</b> <b>10:00 Bus Trip: A Place Called Hope / Pizzeria Da Vinci</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch <b>12:30 Sing-Along with Barbara</b> 1:00 Therapeutic Fitness</p>	<p><b>28</b> <b>9:30 Zumba Class</b> 9:30 Hand, Elbow, Foot Card Game <b>10:00 Bus Trip: Mystic Village Shops</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness <b>2:00 Baking Class</b></p>
<p>2:45 No Line Dancing— Summer Break <b>3:00 Early Bird Dinner</b></p>	<p><b>22</b> 9:00 Footcare 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo <b>2:30 Vecchitto's Italian Ice</b></p>	<p><b>29</b> 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 1:00 Bingo <b>2:30 Card Sharks</b></p>
<p>9:00-12:00 Mahjong <b>9:30 Bus Trip: Yale Art Museum</b> 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 <b>1:30 October Kitchen Lunch and Learn</b> 1:30 Get Tough Exercise 2:45 No Line Dancing— Summer Break</p>	<p><b>23</b> 9:00-12:00 Mahjong <b>9:30 Bus Trip: Yale Art Museum</b> 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 <b>1:30 October Kitchen Lunch and Learn</b> 1:30 Get Tough Exercise 2:45 No Line Dancing— Summer Break</p>	<p><b>30</b> 9:00-12:00 Mahjong 10:00 Exercise <b>10:15 Bus Trip: Family Pizza / Priam Vineyard</b> 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 <b>2-4:30 Psychic Readings</b> 2:45 No Line Dancing— Summer Break</p>
<p><b>24</b> <b>9:30 Zumba Class</b> 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo <b>1:00 Fun with Clay</b> 1:30 Cribbage <b>5:30 Rock &amp; Roll Night</b> <b>*Please do not come early. We need time to setup the event.</b></p>	<p><b>24</b> <b>9:30 Zumba Class</b> 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo <b>1:00 Fun with Clay</b> 1:30 Cribbage <b>5:30 Rock &amp; Roll Night</b> <b>*Please do not come early. We need time to setup the event.</b></p>	<p><b>31</b> <b>9:30 Zumba Class</b> 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage</p>

**Cancellation Policy**

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



# Bus Trips



## August Bus Trips

- 2nd**—Christmas Tree/Rein's Deli (10-3) \$3/\$4
- 7th**—Stonington Lighthouse & Captain Nathan Palmer House & Breakwater Restaurant (9:30-3:30) \$10/\$15
- 9th**—Foxwoods Casino (9-3) \$4/\$10
- 14th**—Mohegan Sun Casino (9-3) \$4/\$10
- 16th**—IKEA & Fishtale (10-3) \$3/\$4
- 21st**—A Place Called Hope & Pizzeria Da Vinci (10-2:30) \$8/\$12
- 23rd**—Yale Art Museums(9:30-3) \$4/\$5
- 28th**—Mystic Village Shops (10-3) \$4/\$5
- 30th**—Priam Vineyard & Family Pizza (10:15-3) \$20/\$25

## September Bus Trips

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

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

## Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from August 1st through August 8th for September trips. No entries will be accepted after August 8th. All members selected in the lottery will be notified by August 10th. Payments are due by noon on August 14th. **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.**



### August Birthday Party August 20th at 1:30pm

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



### Texas Hold'Em Poker Just for Fun August 14th at 1:30pm

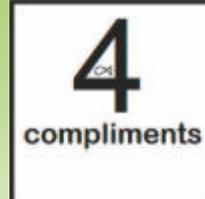
Texas Hold'Em (8 person max) Have fun with friends playing cards on a professional table with real chips! FREE—Please pre-register.



**Sing-Along w/ Barbara  
August 21st at 12:30pm**  
No experience necessary.

### Rebus Puzzle Challenge August 15th at 2:30pm

FREE—Please pre-register.  
No experience needed.



### Card Sharks August 29th at 2:30pm

Just like on tv! FREE—Please pre-register. No experience needed.



### Bingo & Pokeno

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

**Pokeno**— August 13th at 1:30pm

### 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**— 1st & 3rd Monday 9am-2:30pm (\$)
- 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

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

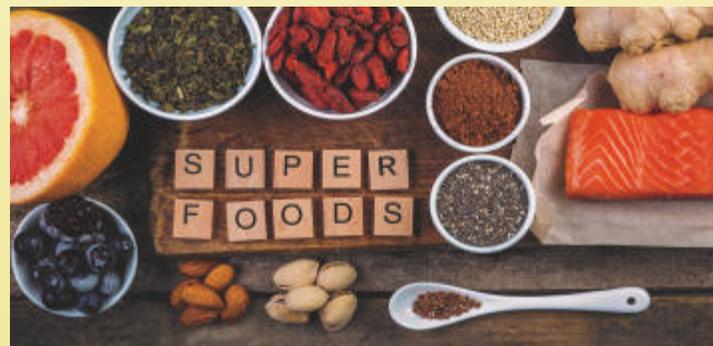
We will be having a picnic lunch at Ron McCutcheon Park/Crystal Lake. Join us for a bag lunch of chicken salad sandwich, chips, drink, and dessert. We'll be bringing outdoor games. Have fun, socialize with friends, enjoy the view, take a walk, or participate in games. No transportation provided. Meet us out there at 1pm.

\$3 pre-registration.



## 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.



### Breakfast

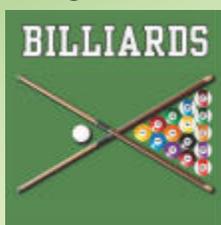
August 21st at 9:30am



This month's breakfast is breakfast sandwiches with scrambled eggs, bacon, and cheese served with a fruit cup. \$3 pre-registration.

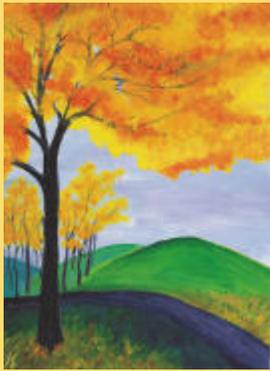
### New Improvements to the Game Room!

We've been working hard on our game room at the Center. We now have two 9' tables, soft-tip darts, and shuffleboard along with some new décor. Stop by and check it out!



**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](http://www.middlestownct.gov/seniors)



**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.

**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.



**Primary Election**  
**Transportation**  
**August 14th**

Any Middletown Resident 60+ can schedule your ride to/from your designated polling location to vote in the primary election. This service will be provided by Middletown Area Transit and paid for by the Middletown Senior Center. Reservations are required by August 11th. Please call (860) 347-3313. No formal registration paperwork needs to be on file to utilize the dial-a-ride service for election transportation.

**Brain Teaser Winner**

Thank you to all that participated! We had no winners for the June 2018 brain teaser!!

**The question was :**

Move only 2 matchsticks to create the largest possible number.



The answer was:



The August 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.

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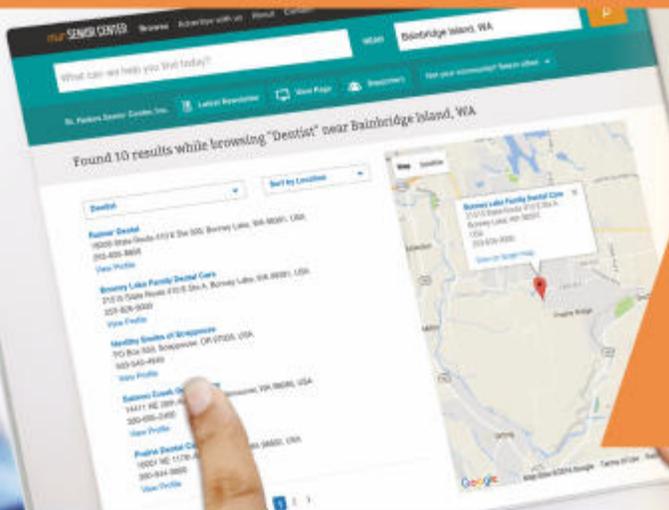


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## complete the words attention to detail

Place a letter in each blank space below to make a word of five letters or more. All twenty-six letters are used only once. And each correct answer uses at least one space on the right and one space on the left of the inserted letter. No hyphenated words, plurals, or proper nouns are allowed.

A	E	T	R	A	M		O	L	I	N	E
B	C	U	R	R	C		O	W	D	E	R
C	N	A	G	A	R		I	C	O	T	Z
D	B	A	I	R	P		R	T	E	L	L
E	E	A	S	T	H		A	G	A	N	G
F	P	I	L	L	O		C	A	S	E	W
G	T	U	B	A	N		O	Y	F	E	E
H	M	A	L	W	A		S	T	A	N	N
I	V	B	E	H	A		I	O	R	Y	H
J	O	P	T	M	I		T	U	R	E	Q
K	P	U	B	I	O		R	A	P	H	Y
L	Q	U	A	C	O		R	A	G	G	I
M	I	F	R	I	S		Y	E	A	R	T
N	D	E	O	D	O		A	N	T	H	E
O	D	O	G	L	A		C	O	M	A	N
P	S	K	N	I	T		I	N	G	R	O
Q	P	A	N	T	I		U	E	S	H	R
R	C	L	U	M	E		I	U	M	M	Y
S	S	I	R	I	F		G	H	T	E	R
T	G	L	O	B	I		A	R	R	E	W
U	C	H	A	N	D		O	M	E	T	I
V	P	L	K	N	U		K	L	E	D	Y
W	B	L	U	M	B		R	G	A	T	T
X	M	O	O	T	A		T	R	U	M	O
Y	B	L	I	N	D		O	L	D	E	D
Z	M	O	T	H	T		N	G	O	T	H

# Senior (60+) Brain Teaser August 2018

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

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_