

# 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)

FEBRUARY 2018



## February Activities

### Red Velvet Cake Social February 15th at 2:30pm

This month's social features red velvet cake from Fusion Bakery. \$2 and pre-registration is required.



### Early Bird Dinner Chicken Pot Pie February 9th at 3pm

This month's early bird dinner is Chicken pot pie. Sign-up for this savory, comfort-food classic. Beverage and dessert included. \$5 pre-registration required.



### Inclement Weather Policy

Please check local news stations for notices of Middletown Public Schools.

If schools are **CLOSED** for the day due to inclement weather, there are **no programs or bus trips**.

If schools have a **DELAYED OPENING** due to inclement weather, there are **no morning programs or bus trips**.

If schools have **EARLY DISMISSAL** due to inclement weather, there are **no afternoon programs**.

Lunch is served at the discretion of CRT.



Pre-registration is required for each and every event you plan to attend. Space is very limited, so please only sign-up for the activities you plan to attend. The cancellation policy \$2 surcharge for each and every event listed will apply for no show/no cancel.

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## Pineapple Upside Down Minis February 13th 2pm

This month we will be making pineapple upside down minis with Heidi.

Take home what you make! \$3 and pre-registration required.



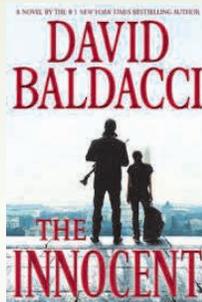
## Craft w/ Heidi February 8th 10:30am

This month's project is a Valentine themed painting. \$5 pre-registration fee to participate. Take home what you make.



## February Book Club February 27th 2:30pm\*\*\* Date Change

This month we are reading "The Innocent" by David Baldacci. America has enemies - ruthless people that the police, the FBI, even the military can't stop. That's when the U.S. government calls on Will Robie, a stone cold hit-man who never questions orders and always nails his target. But Will Robie may have just made the first - and last - mistake of his career... \$3 for the used book.



## Guided Meditation with Elizabeth Tuesdays and Fridays at 11am

FREE—No pre-registration required. This is a drop-in class. Meditation has been proven to help with pain relief, stress reduction, and depression. Take advantage of this free class over the winter months!



## Pizza & A Movie February 7th at 1:30pm

This month's movie is "The Mountain Between Us" (PG-13 1H 44min runtime). Stranded on a mountain after a tragic plane crash, two strangers (Idris Elba and Kate Winslet) must work together to endure the extreme elements of the remote, snow-covered terrain. Realizing that help is not on the way, they embark on a perilous journey across hundreds of miles of wilderness, pushing each other to survive and discovering their inner strength.

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

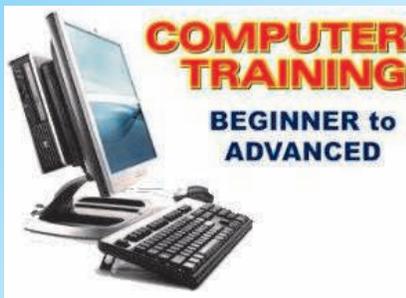


## Manicures & Computer Training February 23rd 9am-11am



Sponsored by Vinal Technical High School. FREE— Please pre-register.

Sponsored by Vinal Technical High School. One on One computer training. Training from beginner to advanced. FREE—Please pre-register.



## 25th Annual Gerard F. Melito Senior Citizens' Poetry Contest



# Poetry Contest

Altrusa International of Central Connecticut, Inc. is pleased to announce their 25th Annual Gerard F. Melito Senior Citizens' Poetry Contest. All senior residents of Central Connecticut, aged 65 or older, are encouraged to share their stories and talents through the written word.

### Rules & Requirements are:

- Author must be a resident of Central Connecticut, aged 65 or older
- You may submit only one poem with a maximum of 25 typed lines or 250 words
- Each poem must be original
- All entries must be postmarked by March 15, 2018
- Please include name, address, email and phone number
- Please mail entries to: Altrusa Senior Citizens' Poetry Contest, P.O. Box 2532, Middletown, CT 06457 or email to [Altrusa.CentralCT@gmail.com](mailto:Altrusa.CentralCT@gmail.com)

## Civitan Bingo 2018 dates

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

- February 27th
- March 27th
- April 24th
- May 29th
- June 26th

No transportation provided. FREE

## 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.**

## Boggle

### February 21st 2pm

This is a fun game where you find as many words as you can in each 3 minute round. Snacks & Prizes included. \$1 pre-registration.

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

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



**Pokeno**  
**February 12th at 2pm**

\$1 please pre-register.  
No experience required.  
Very similar to bingo



**Sing-Along with Barbara**  
**February 20th 12:30pm**

No experience needed.  
Socialize with friends and  
sing-along. FREE

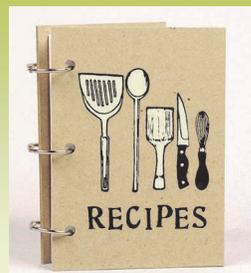


**Bananagrams**  
**February 6th at 2:00pm**



This is a fun game that is  
similar to scrabble.  
Snacks will be provided.  
FREE—Please  
pre-register.

**Recipe Books for Sale!**



Our 2017 Recipe books  
have been on sale since  
December 1st!

These make excellent  
gifts! \$2 for members.  
\$5 for non-members.

**Coloring Club**  
**Every Wed. & Fri 10:30am-12pm**

Coloring books geared towards adults is a  
new fad sweeping the nation. Jump on  
board and see what this is all about!  
Several studies have shown that coloring  
has positive psychological effects. Take a  
mental break, have  
fun, socialize and  
color! All supplies  
provided. FREE



**Scrabble**  
**February 2nd at 2pm**

Come alone or come with a  
group to play this old classic  
and socialize with friends. There will be  
snacks!! FREE—Please pre-register.



**Get Tough**  
**Thursdays at 1:30pm**

Openings in Get Tough! This exercise  
class will get you energized and feeling  
powerful. Mostly seated work involving  
boxing moves, light weights, and more!  
FREE—Provided by an anonymous donor

**Poker for Fun (Free)**  
**Texas Hold'Em**

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

**Pre-registration is required.**

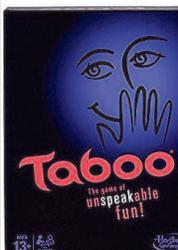
**Feb. 13th at  
1:30pm**

**Feb. 27th at  
1:30pm**



**Taboo**

**February 22nd at 2:30pm**



In this fun game, you compete  
in teams. One at a time, you  
give creative, carefully-worded  
clues to get your team to guess  
words fast but don't mention unmentiona-  
bles, or you'll get the buzzer and lose the  
point. That's Taboo! FREE—pre-register.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**2**  
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

**1**  
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  
2:45 Line Dancing with Jim  
**March 2018 Bus Lottery Starts Today**

**5**  
9:00 Exercise  
9-2 Massage Therapy  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:45 Dancing for Joy

**6**  
9:00 Bus Trip: Mohegan Sun  
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 Mixed Media Painting Class**  
1:00 Therapeutic Fitness  
**2:00 Bananagrams**

**7**  
9:00-9:45 Exercise  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
12:30 Ceramics  
1:00 Bingo  
**1:30 Pizza & A Movie**

**8**  
9:00 Bus Trip: Christmas Tree Shop & Cracker Barrel Restaurant  
9:00-12:00 Mahjong  
10:00 Exercise  
**10:30 Craft w/ Heidi**  
12:00-1:00 Blood Pressure Clinic  
12:00 Lunch  
12:30 Arthritis Exercise  
12:30 Cards (Setback)  
1:00 Fun with Yarn Knitting/Crocheting  
1:30 Get Tough Exercise  
2:45 Line Dancing with Jim

**9**  
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  
**3:00 Early Bird Dinner** chicken pot pie  
**March 2018 Bus Lottery Ends Today**

**12**  
9:00 Exercise  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15-2:45 Dancing for Joy  
**2:00 Pokeno**

**13**  
9:30 Hand, Elbow, Foot Card Game  
9:30 Zumba DVD  
**10:00 Bus Trip: Museum of CT History and Woods & Tap Restaurant**  
11:00 Guided Meditation with Elizabeth  
12:00 Lunch  
12:30 Sing-Along with Barbara

**14**  
9:00-9:45 Exercise  
**9-2:30 Footcare**  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
12:30 Ceramics  
1:00 Bingo

**15**  
9:00 Bus Trip: Brass Mill Center Mall  
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

**16**  
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

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<p>2:30 Red Velvet Cake Social 2:45 Line Dancing with Jim</p> <p><b>Bus Lottery Payments Due Today</b></p>	<p>23</p> <p>9-11 Free Manicures 9-11 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 2:00 Scattergories</p>	<p>Zumba is on winter break</p>
<p>1:00 Mixed Media Painting Class 1:00 Therapeutic Fitness 1:30 Poker 2:00 Baking with Heidi</p>	<p>22</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 Taboo 2:45 Line Dancing with Jim</p>	
<p>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 Belmont N.E. 12:30 Ceramics 1:00 Bingo 2:00 Boggle</p>	<p>21</p> <p>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 Belmont N.E. 12:30 Ceramics 1:00 Bingo 2:00 Boggle</p>	<p>28</p> <p>9:00-9:45 Exercise 9-2:30 Footcare 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo</p>
<p>1:00 Mixed Media Painting Class 1:00 Therapeutic Fitness 1:30 Poker 2:00 Baking with Heidi</p>	<p>20</p> <p>9-2 Massage Therapy 9:30 Zumba DVD 9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: Trader Joe's &amp; Eli's Brick Oven 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-A-Long with Barbara 1:00 Therapeutic Fitness 1:30 February Birthday Party</p>	<p>27</p> <p>9:00 Bus Trip: Mohegan Sun 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 Therapeutic Fitness 1:30 Poker 2:30 February Book Club Meeting 6:30 Civitan Bingo</p>
<p>19</p> <p>CLOSED FOR THE HOLIDAY</p> 	<p>26</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:45 Dancing for Joy</p> <p>The Senior Services Staff will be in an all day training today.</p>	<p>26</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15-2:45 Dancing for Joy</p> <p>The Senior Services Staff will be in an all day training today.</p>



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## AARP Safe Driving Classes 2018

Tuesdays 12:30-4:30pm

March 27th, May 15th, June 26th, September 18th and November 6th.

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

### February Games

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

**Scrabble**—February 2nd at 2pm FREE

**Bananagrams**—February 6th at 2pm  
FREE

**Pokeno**—February 12th at 2pm \$1

**Boggle**—February 21st at 2pm \$1

**Scattergories**—February 23rd at 2pm  
FREE

**Taboo**—February 22nd at 2:30pm FREE

### **Scattergories Feb 23rd at 2pm**

Think fast! Team up in this fun, fast-paced game and rack your brain for items that fit the category. Can you think of articles of clothing, things you fold, or things at the beach that start with S? You score points when you come up with things that no one else does. But you've only got seconds to come up with them! The more creative your answers, the more points you score! FREE—Pre-registration required.



### Important information on fruit.....



Stickers and labels that are attached to some fruits and vegetables have a bigger function than helping scan the price at checkout.

The price lookup number (PLU code) on the sticker, tells us the way that the fruit was grown. By reading it, we can tell if it was produced with chemical fertilizers, organically grown or if it was genetically modified. Everyone can be a savvy shopper just by using PLU codes to confirm how the produce was created:

- If the produce has a 5 digit PLU code attached to it and starts with the number 3, that means that the produce was irradiated.
- Pre-cut fruits have a PLU code starting with number 6 attached to them.
- If we find a four digit PLU code, and it begins with 3 or 4, that tells us that the produce was grown with the use of pesticides (conventionally). The last four digits of the code are showing simply what kind of produce is it. For example all bananas have a 4011 code label on them.
- If you come across a 5 digits PLU code that starts with the number 8, it tells you that the item that you are seeing is genetically modified. Genetically modified fruits and vegetables cannot be organic, because it is impossible to grow organic food from genetically modified seeds. Genetically modified banana would have the number 84011 on the label.
- If the PLU code starts with 9 and it is 5 digits long, that means that the produce was organically grown and it cannot be genetically modified. Organically grown banana would have the number 94011 on the label.

And sometimes you can see some items that don't have stickers. Is this better? Of course not, because you don't know where these fruits or vegetables come from. Keep in mind that imported fruits and vegetables are always labeled. If there is no sticker on the product that can mean that it has been removed for some reason.



## February Bus Trips

## March Bus Trips



- 1st**—Foxwoods Casino (9-3:30) \$4
- 6th**—Mohegan Sun Casino (9-3) \$4
- 8th**—Christmas Tree Shop & Cracker Barrel Restaurant (9-3) \$4
- 13th**—Museum of CT History/Wood-n-tap (10-2:30) \$3
- 15th**—Brass Mill Center Mall (9-3) \$3
- 20th**—Trader Joes & Eli's Brick Oven (10-3) \$4
- 22nd**—Foxwoods Casino (9-3:30) \$4
- 27th**—Mohegan Sun Casino (9-3) \$4

- 1st**—Mohegan Sun Casino (9-3) \$4
  - 6th**—Foxwoods Casino (9-3:30) \$4
  - 8th**—IKEA & Fishtale (10-3) \$3
  - 13th**—New England Air Museum & Bear's Smokehouse Restaurant (9:30-2:30) \$13
  - 15th**—Crystal Mall (10-3) \$4
  - 20th**—Clinton Crossing (10-3) \$3
  - 22nd**—Foxwoods Casino (9-3:30) \$4
  - 27th**—Mohegan Sun Casino (9-3) \$4
  - 29th**—Mattatuck Museum & Frankie's Family Restaurant (9:30-2:30) \$9
- 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 February 1st through February 9th for March trips. No entries will be accepted after February 9th. All members selected in the lottery will be notified by February 13th. Payments are due by noon on February 15th. **The lottery is only for members who are Middletown Residents.** Times listed in parentheses are the departure times. The first time is the departure time from the Senior Center and the 2nd is the departure time from the destination. **It is your responsibility to be at the pickup location 10 minutes early so we stay on schedule. Failure to be at the pickup location by departure time is grounds for suspending you from further trips.**

### **Recurring Programs/Services**

- 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)
- Massage Therapy**— 1st & 3rd Monday 9am-2:30pm (\$)
- Meditation**—Tuesdays & Fridays at 11am led by Elizabeth (F)
- Middletuners Chorus Practice**—rehearsals are off-site. Contact Barbara Arafeh for more info
- Movies**—Tuesdays at 12:30pm (F)
- Ping Pong**—Check Calendar in this newsletter or by request (F)
- Reflexology**—By appointment (\$)
- 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 Winter Break—No classes scheduled

**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)



**4th Annual  
Senior Expo will  
be held on  
May 1, 2018.**

**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.

**Plan Ahead.....**

The week of March 19th—23rd we will be upgrading our computer system. During this period, you will be unable to register for any upcoming events. Please be sure to plan ahead. If you have any questions, please stop by the front desk.

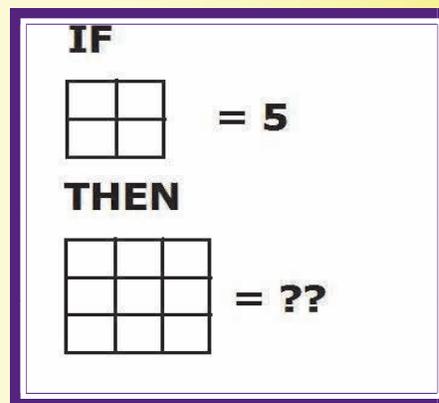
Thank you for your cooperation.



**January Brain Teaser Winner**

Thank you to all that participated! Our winner by random drawing is **Edward Cook**.

**The question was :**



**Answer - 14**

(COUNT THE NUMBER OF SQUARES)

The February 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 the day before. Call or sign-up in person with the café manager before noon. \$2.50 suggested donation.

► Reach the Senior Market  
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# Senior (60+) Brain Teaser February 2018

## Question:

**What word in the English language uses all five vowels plus Y in alphabetical order and uses each one only once?**

## Answer:

---

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

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

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