

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

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www.middletownct.gov/seniors

JULY 2019



Virtual Reality July 1st at 2pm

Experience the future in this hands-on interactive virtual reality program. We'll take turns using several different type of headsets for difference experiences.

This could be a once in a lifetime opportunity to see what all the rage is about. Don't miss it! \$3/\$7 NR pre-registration.



Senior of the Year Presentation July 26th at 2pm



Join us for this prestigious award ceremony where the Mayor honors the outstanding contributions made by one of our members. All members are encouraged to attend and support your

peer as they are recognized by Mayor Daniel T. Drew.

FREE Please let us know if you plan to attend.

SENIOR OF THE YEAR

Hartford Yard Goats July 17th at 11:15am

Special 60+ Bus Trip

First Come First Served (No Lottery)

Let us take you out to the ball game!

ADVANCED REGISTRATION REQUIRED

Middletown Residents: \$12.00

Non-Residents: \$20.00

Non-refundable, Non-transferable

Price includes:

Transportation, Seat Ticket and a boxed lunch (Hot Dog, Chips, Bottled Wa-



Estate Planning Seminar July 31st at 2:30pm

In this presentation, you'll learn about Wills, Trusts, Powers of Attorney, and Healthcare Representatives. You may think that drafting an estate plan is straightforward, but in reality, if you do it wrong, you're jeopardizing everything you've worked for. Just because you have a Will or Trust doesn't mean you've covered your bases. In addition to going over the basics of Estate Planning, Lara will share real-life stories, showing you the dangers of common estate planning mistakes such as using incorrect phrases in your documents or omitting important ones. Pre-registration required. FREE





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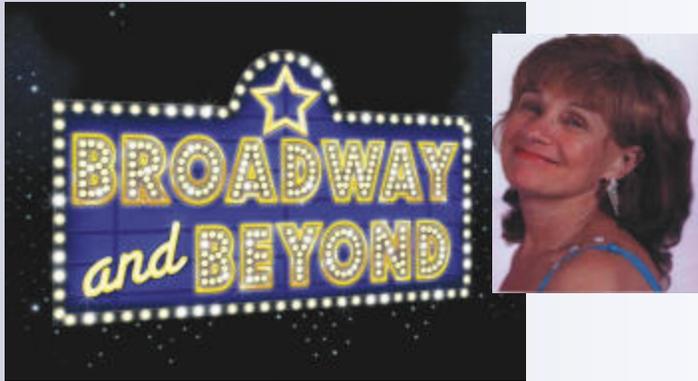
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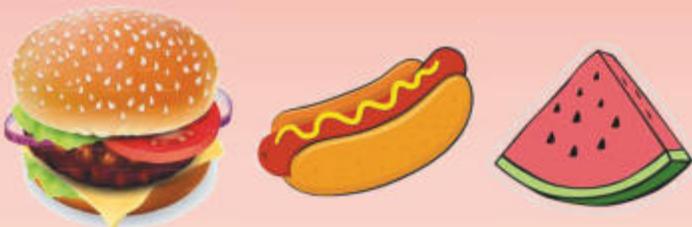
**Broadway & Beyond
Musical Entertainment
July 16th at 2:30pm**

Carolyn Bell is a versatile vocalist/cabaret singer. She'll be entertaining us with Broadway showstoppers, favorites from the Great American Song Book, and a sprinkling of country and pop. FREE—Please pre-register.



**Earlybird Dinner
Summer Cookout
July 25th at 3pm**

Hot Dog, Hamburger, Chips, and Watermelon. \$5 pre-registration.



**A Night At the Horse Races
July 19th 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. \$10/ \$15 NR pre-registration.



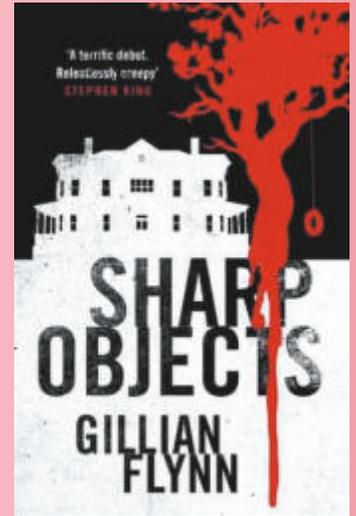
**Breakfast
July 17th at 9:30am**

This month's breakfast is sponsored by Stephen Terry of Lodge 59 Independent Order of Oddfellows and Camp Connecticut & Tom Clayton. We will be having eggs, sausage and hashbrowns.



July Book Club July 22nd 2:30pm

This month's book is "Sharp Objects" by Gillian Flynn. Camille Preaker works as a journalist at a small newspaper. She is not particularly satisfied with the job, which includes writing stories about human neglect and crimes such as murder. Camille gets along somewhat well with her boss Curry, who supported her during a recent hospitalization due to self-harm. Camille has carved many words onto her body—having previously hallucinated them on her skin. Curry gives her a reporting assignment to her hometown of Wind Gap, Missouri, where one girl has been murdered and a second is missing. \$3 Res/\$5 NR for the used book.



Baking Class July 9th at 2pm

This month we will be making sour cream cheddar and chives drop biscuits. Take home what you make!



\$4 pre-registration is required.

Fun with Clay Fridays at 1pm

This hands on hand-building with clay class led by Marcy is so much fun! Make your own masterpieces!

10 Sessions for \$15.00.



Craft with Heidi July 11th at 10:30am

This month we will be making a button watermelon craft. \$3 Res/\$5 NR—take home what you make



Farmer's Market Vouchers Early-Mid July Start Date

If our application is approved, we will receive the Farmer's Market Vouchers around the 2nd week of July. \$18 booklet of checks for use at approved Farmer's Markets.

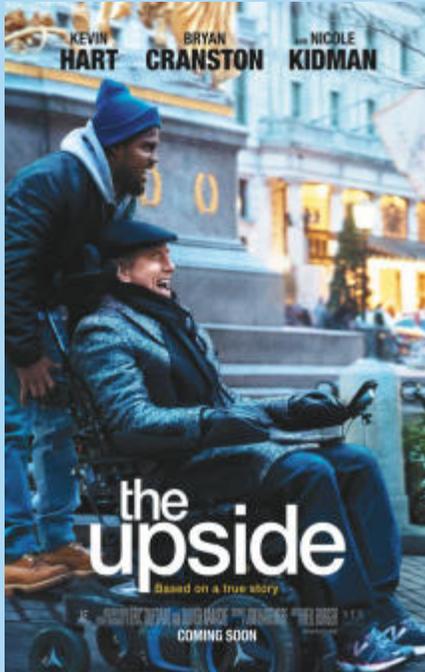
We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income (not exceed 185% of poverty income guidelines). Only 1 booklet



**Pizza &
A Movie
July 8th 1:30pm**

The Upside (Rated PG-13 2h5m)

A comedic look at the relationship between



a wealthy man with quadriplegia (Bryan Cranston) and an unemployed man with a criminal record (Kevin Hart) who's hired to help him.

\$2/\$4 NR pre-registration includes 2 slices of cheese pizza.

**July Birthday Party
July 15th at 12:30pm**

Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating July Birthdays. All are welcome. Due to your feedback, Water's Edge is switching cake providers. FREE

Bingo & Pokeno

Bingo—Wednesdays & Fridays at 1pm
\$0.50 per card. No pre-registration.

Pokeno— July 2nd at 2:00pm \$1 Please pre-register.

**Tablet Trivia
July 30th at 2:00pm**

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 for Res/\$1 NR—Please pre-register



Texas Hold'Em

July 16th at 1:30pm FREE Just for fun!



Have fun with friends playing cards on a professional table with real chips! FREE—Please pre-register.

**Scattergories
July 12th 2pm**

Scattergories is a creative thinking category-based game where the objective is to score points by uniquely naming objects within a set of categories, given an initial letter, within a time limit. FREE—Please pre-register.



**AARP Safe
Driving Classes 2019**

**Wednesdays 12:30-4:30pm
August 21st, October 9th
& December 11th.**

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Exercise with Jane 10:30 Tai Chi & Qigong 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 2:00 Virtual Reality</p>	<p>2</p> <p>9:00 Bus Trip: Mohegan Sun Casino 9-2:30 Footcare 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 Acrylics Class 2:00 Pokeno</p>	<p>3</p> <p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo August Bus Lottery Starts Today</p>	<p>4</p> <p>HAPPY INDEPENDENCE DAY!!</p> 	<p>5</p> <p>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</p>
<p>8</p> <p>9:00 Exercise with Jane 10:30 Tai Chi & Qigong 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 1:30 Pizza & A Movie</p>	<p>9</p> <p>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 1:00 Therapeutic Fitness 1:00 Acrylics Class 2:00 Baking Class</p>	<p>10</p> <p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo August Bus Lottery Ends Today</p>	<p>11</p> <p>9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Bus Trip: State Capitol Tour 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</p>	<p>12</p> <p>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 Scattergories Lottery Participants Notified</p>
<p>15</p> <p>9:00 Exercise with Jane 10:30 Tai Chi & Qigong No Class today 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 1:30 July Birthday Party</p>	<p>16</p> <p>9-2:30 Footcare 9:30 Bus Trip: Laver Pond Farm 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch</p>	<p>17</p> <p>9:00 Exercise with Jane 9:30 Senior Breakfast 10:00 Yoga 10:30-12 Coloring Club 11:15 Hartford Yard Goats 12:00 Lunch 12:00 American Mahjong</p>	<p>18</p> <p>9:00 Bus Trip: Submarine Force Museum 9:00 Exercise with Jane Today 9:00-12:00 Mahjong 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise</p>	<p>19</p> <p>9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo</p>

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<p>1:00 Fun with Clay 1:30 Cribbage 5:30 A Night at the Races</p> <p>* PLEASE DO NOT COME EARLY</p>	<p>26 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 Senior of the Year Presentation</p>	
<p>12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise</p>	<p>25 9:00 Exercise with Jane Today 9:00-12:00 Mahjong 10:15 Bus Trip: Fidelco Guide Dog Tour 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 3:00 Early Bird Dinner</p>	
<p>1:00 Bingo</p> <p>Non-residents may sign up for bus trips starting today</p>	<p>24 9-2:30 Enhanced Benefits Checkup 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo</p>	<p>31 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:30 Estate Planning</p>
<p>1:00 Therapeutic Fitness 1:00 Watercolor Class 1:30 Texas Hold 'em 2:30 Broadway and Beyond</p> <p>Lottery payments due today</p>	<p>23 9:30 Bus Trip: Blue Back Square 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Watercolor Class 1:00 Therapeutic Fitness</p>	<p>30 9:30 Bus Trip: Main Street Mystic 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 Watercolor Class 2:00 Tablet Trivia</p>
<p>22 9:00 Exercise with Jane 10:30 Tai Chi & Qigong 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 2:30 Book Club Meeting</p>	<p>29 9:00 Exercise with Jane 10:30 Tai Chi & Qigong 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy</p>	

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Bus Trips



July Bus Trips

- 2nd**—Mohegan Sun (9-3) \$4/\$10 NR
- 9th**—Foxwoods Casino (9-3) \$4/\$10 NR
- 11th**— State Capitol Tour & Red Lobster (10:30-3) \$3/\$5 NR
- 16th**—Lavender Pond Farm & Copper Skillet Restaurant (9:30-2:30) \$6/\$10
- 18th**— Submarine Force Museum & Groton Townhouse Restaurant (9-3) \$4/\$10 NR
- 23rd**—Blue Back Square (9:30-3) \$3/\$5 NR
- 25th**— Fidelco Guide Dog Facility Tour in Bloomfield & Ruby Tuesdays Restaurant \$5/\$8 NR
- 30th**—Main Street Mystic & Abbott's Lobster (9:30-3) \$4/\$6 NR

All bus participants must adhere to the Senior Bus Policies and Procedures. If you need a copy, please inquire at the front desk.

August Bus Trips

- 1st**—Civil War Museum & Maggie McFly's (11:15-3) \$4/\$5 NR
- 6th**—Foxwoods Casino (9-3) \$4/\$10 NR
- 8th**—Quandry Room (Escape Room) & Pacific Buffet (10:45—2:45) \$12/\$15 NR
- 13th**—Beardsley Zoo Lunch on your own (9:15—3:30) \$7/\$9 NR
- 15th**—CT Humane Society & Joey Garlic's (First) (11-3) \$3/\$4 NR
- 20th**—Fascia's Chocolates Details pending
- 22nd**—Mohegan Sun (9-3) \$4/\$10 NR
- 27th**—Mystic Village Shops (9-3) \$4/\$6 NR
- 29th**—Christmas Tree Shop & Cracker Barrel (10-3) \$3/\$5

Additional fees will apply to all non-residents. Non-residents cannot sign-up until after the lottery process. Prices listed first are for Middletown Residents.

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from July 3rd through July 10th for August trips. No entries will be accepted after the 10th. All members selected in the lottery will be notified by the 12th. Payments are due by noon on the 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.**

Recurring Programs/Services

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

- | | |
|---|--|
| <ul style="list-style-type: none"> 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 Club—Mondays at 12:30pm (F) 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 with Jennifer—by appointment (\$) Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F) | <ul style="list-style-type: none"> Get Tough—Thursdays at 1:30pm (F) Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E. Lending Library—The Library is now open upstairs (F) Mahjong—Thursdays 9am-12pm (F) Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F) Middletuners Chorus Practice—practice at Village at South Farms Pilates—On Break until the Fall 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 & Qigong— The summer session begins July 1st at 10:30. There will be 4 classes in total. No class on the 15th of July. \$10 per session Therapeutic Fitness—Tuesdays at 1:00pm (F) Yoga—Wednesdays at 10am (\$) Zumba—Tuesdays & Fridays at 9:30am |
|---|--|

Watercolor Class

Tuesdays at 1pm beginning 7/16

This 6 session art class led by Marcy will be painting with watercolors. No experience necessary. There will be shared group supplies available for use or you can bring your own.

\$15 Res/\$20

NR pre-registration for 6 session class.



Enhanced Benefits Checkup

July 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.



The pilates class will be taking a break over the summer months. Classes will resume in the Fall.

Understanding Labels & Dates

Expiration or "Use By" date is the last day the product should be eaten or used for assured quality. The phrase most often used is "Do not use after (date)". This includes baby formula and baby foods.

Freshness or "Sell By" date is the last recommended date of sale that allows ample home storage time. Phrase most often used is "Sell by (date)". This includes milk, yogurt, and eggs.

Best if Used By date is the date after which a product is not likely to be at peak quality or flavor. This includes prepared packaged food, Rice/Soy

PRODUCT

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Milk	4-7 days past stamped date
Yogurt	7-10 days passed stamped date
Soft Cheeses (cottage, cream, ricotta)	1 week past stamped date
Hard Cheeses (such as cheddar)	3-4 weeks past stamped date
Luncheon meat	4 days if unopened 3-5 days if opened
Powdered milk	6 months past date if refrigerated
Eggs	3-5 weeks past the stamped date
Dry Cereal	6-12 months unopened
Food in Jars	12 months past stamped date
Canned foods	
Acidic—tomato	12 months
Non-acidic—vegetables, soups	2-5 years
Bread products	7 days after date
Rice/pasta (dry)	1 year after receiving

Dream, and most dry goods.

All refrigerated products must be kept at 40F.

Senior Services Division Contact Information
Monday—Friday 8:30am to 4:30pm

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
Senior Services E-mail: Seniors@MiddletownCT.gov
Senior Services Website: www.middletownct.gov/seniors

***Coming soon.....
August programs***

8/09—Scottish Show
8/12—Pizza & A Movie
8/16—Night Event
8/20—Sing Along
8/22—Social
8/29—Invitation to Mindfulness



Transportation (860) 346-0212

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 860-346-0212. 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 860-346-0212. **No Same Day requests.**

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.

Brain Teaser Winner

Thank you to all that participated! Our May winner by random drawing is .

Answers:

- | | |
|------------------|-----------------|
| 1. 1009 (1000+9) | 6. 31 (8 +23) |
| 2. 48 (12+36) | 7. 18 (16+2) |
| 3. 16 (8+8) | 8. 224 (200+24) |
| 4. 623 (212+411) | 9. 19 (9+10) |
| 5. 5 (3+2) | 10. 3 (2+1+0) |

How Much Is...?

This game involves simple addition . . . but you have to figure out which numbers to add up. For example: *How much is . . . the number of Dalmatians in the Disney movie + the number of items in a half dozen?* The answer: 107 (101 + 6).

1. How much is . . . the number of words a picture is worth + the number of stitches a stitch in time saves?	6. How much is . . . the value of an X in Scrabble + the number of Michael Jordan's Chicago Bulls jersey?
2. How much is . . . a foot + a yard (in inches)?	7. How much is . . . the number of ounces in a pound + the number of pints in a quart?
3. How much is . . . the number of legs on a spider + the number of arms on an octopus?	8. How much is . . . the amount of money you get for passing GO in the original Monopoly game + the number of karats in pure gold?
4. How much is . . . the original area code for New York City + the phone number for directory assistance?	9. How much is . . . the sum of the Spanish numbers <i>siete</i> + <i>diez</i> ?
5. How much is . . . the number of "sheets to the wind" you are if you are <i>very drunk</i> + the number of heads that are better than one?	10. How much is . . . the number of countries that share a land border with the United States + the number of countries that share a land border with Canada + the number of countries that share a land border with Australia?

Answers on page 337

The July 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.

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prime-time ♦ rhyme ♦

Each question in this quiz has three different answers ...
and they all rhyme. For example:

Clues: One plus one; not false; azure color.

Answers: Two; true; blue.

long-term memory
working memory

- | | |
|---|---|
| 1. A barrel maker; a state police officer; a funny error caught on film | 7. A visible mass of condensed water vapor; a great deal of volume; a large number of people gathered together |
| 2. A small rodent raised for fur; a member of the nonhuman primate family; the capital of the Philippines | 8. An indeterminate number of things; a feeling or guess based on intuition; a jab |
| 3. To argue or raise objections about a trivial matter; to write something quickly and carelessly; small pellets of dry dog food | 9. Popular style of boots in the 1960s; an animal best known for being extinct; a children's toy |
| 4. A woodwind instrument commonly used in classical music and jazz; a string puppet; a woman who fought for the right to vote | 10. Full of moxie; a drug addict; a playful primate |
| 5. To ask a question; cheerful and lively; a small pitted fruit | 11. Feeling nauseated; squalid or sordid; achieved without great difficulty |
| 6. The eggs of a fish or frog; reflex associated with boredom; chess piece | 12. Scared; double-crossed someone; a celebratory procession |
| | 13. To set free; to asphyxiate; to embellish a cake |

Answers on page 392

Senior (60+) Brain Teaser July 2019

Entries due by 7/15/19

Name: _____

Phone: _____