

MIDDLETOWN

MARCH 2019



Prime Times

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



61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

St. Patrick's Day Menu with Mary Lee Brody March 13th 1:30pm



Time to do a jig because we've got your St. Patrick's Day menu here. Start with something green — Green Goddess Dip with Green Crudites. The entree is Col-cannon Shepherd's Pie, a combination of two Irish favorites. Serve with Irish Cheddar Soda Bread. Finish with Lemon Pudding Cake, a dessert that separates into two layers as it bakes — a dense, almost cakey layer on the top, and a luscious pudding layer on the bottom.

\$10 Res/\$15 NR pre-registration required. This is a cooking class. Please plan to stand in the kitchen for approximately 2 hours.

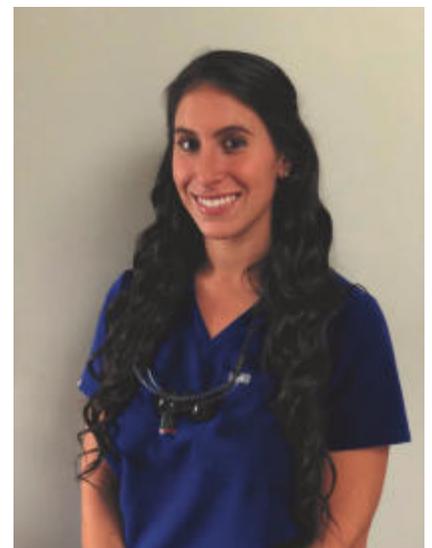
Pysanka Egg-Making Workshop w/ Sharon Leonard Mar. 28th at 2pm

Pysanka is a Ukrainian decorative egg, created by using the written wax batik method. Beeswax mixed with soot & melted in a stylus is used to 'write' or make designs and symbols on the egg. Color is added by dipping the egg. Once the last dark color is used, the wax is melted over a flame and wiped away to reveal the colorful design underneath. Learn about this folk art form and create your own beautiful egg in this hands-on workshop. All materials (including eggs) will be provided. The workshop will be run by the 'Egg Lady', Sharon Leonard. Sharon brings over 30 years of experience to this Ukrainian folk-art. \$6 Res/\$10 NR pre-registration required.



The Importance of Oral Health Lunch & Learn March 8th at 1:00 p.m.

Join us as Dr. Alexa Kolbig, DMD discusses the importance of dental health for seniors. She is a partner in the dental office of Fedorciw, Massoumi & Kolbig. In addition, she will be providing gift cards with \$150 credit towards new patient services. FREE—pre-registration is required. Pizza will be served for lunch.





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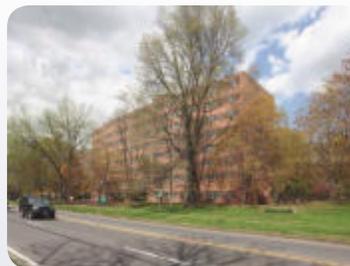
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Baking Class Mar. 19th at 2pm

This month we'll each be making beef and black bean baked empanadas. \$4 pre-registration. Take home what you make.



The Life of the Honeybee and 100% Beeswax Candle-Rolling! March 15th 2pm

Everyone is fascinated by the true-to-life photos and easy to understand description of the honeybee's life-cycle! You will quickly see how honey and beeswax production fit into the picture of our natural surroundings in addition to obtaining a greater understanding of honeybee life, where beeswax comes from, and why these candles are extra-special! Beeswax candles will be made by each student. These candles burn slowly, smell fantastic and are actually known to clean the air by removing dust particles – never leaving an unhealthy residue. You will receive pre-cut beeswax sheets with the highest quality wick which you then roll into two beautiful candles. You can keep the candles or place them in the gift bag provided and give them as a gift! Sharyn and Ned Farrell are co-owners of The Bee Happy Co. They have over 15 years teaching art classes to students of all ages. \$6 Res/\$10 NR pre-registration required.



Pizza & A Movie March 11th at 1:30pm Mission Impossible - Fallout



After a dangerous assignment involving the recovery of stolen plutonium goes wrong, Ethan Hunt (Tom Cruise) elects to keep his team out of harm's way rather than complete their mission, which results in a team of expertly trained operatives taking possession of nuclear weapons. Consequently, Ethan and his IMF team (Simon Pegg, Ving Rhames, Rebecca Ferguson) must join forces with CIA assassin August Walker (Henry Cavill) in order to prevent a catastrophic nuclear fallout. \$2 Res/\$4 NR pre-registration includes 2 slices of cheese pizza.

AN IRISH SONG CELEBRATION March 14th at 2pm



The audience will be treated to Music, Movement and Mirth during this celebration. Songs such as "Danny Boy", "The Wearing Of The Green", "Harrigan" and many more! St. Patrick's Day humor and a wee bit o' step dancing! Francine and Joel perform your Irish favorites in the lively, engaging style that they do best.

\$1 Res/ \$4 NR
pre-registration



VITA Free Income Tax Help

Free income tax assistance by IRS trained and certified volunteers is available at two Middletown Volunteer Income Tax Assistance (VITA) sites for households with incomes under \$55,000. You can save more than \$100 in tax preparation services alone! Appointments will be scheduled for January 28 through April 11 evenings, Wednesdays and Saturdays with two easy ways to schedule! Opportunities to meet at UW Monday-Thursday evenings, OR meet at NEAT Wednesday or Saturday during the day.

Dial 211 press option "3" and then "6" or schedule your appointment online at uwc.211ct.org/taxhelp/

New Pilates Program Coming!!

As of the printing of this newsletter, we didn't have the final details for this program starting in March! Pilates is similar to yoga in that it is done on a mat on the floor and gentle on the body while working to build a strong "core" the deep abdominal muscles along with the muscles closest to the spine. Check back in late February for the details! You won't want to miss it!

March Birthday Party March 18th at 1:30pm



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

Texas Hold'Em

March 26th at 1:30pm
FREE Just for fun!



Drumming for Health

March 1st at 2:30pm

In addition to being a fun activity, drumming actually provides better flexibility and blood flow to the arms, hands, and wrists. It's a great form of expression! Give it a try and be amazed at the rhythm we can create together. \$3 Res/\$6 NR pre-registration required.



Mixed Media Art with Marcy Tuesdays at 1pm beginning 4/2

\$15 Res/\$20 NR pre-registration for 6 session class.

Craft w/ Heidi March 20th 2:30pm



This month we will be using fabric paint markers to decorate a canvas tote. \$4 Res/\$6 NR—take home what you make.

Bingo & Pokeno



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

No pre-registration.

Pokeno—
March 18th at 2:00pm \$1 Please pre-register.



Senior Breakfast March 15th at 9:30am



This month's breakfast is waffles and sausage. \$3 Res/\$5 NR pre-registration required.

Haircuts & Tech Support March 22nd 9am-11am



Treat Yourself! Don't miss out on this amazing service provided at our center by Vinal Technical High

School students! \$5 Haircuts—Please pre-register. Residents Only

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.



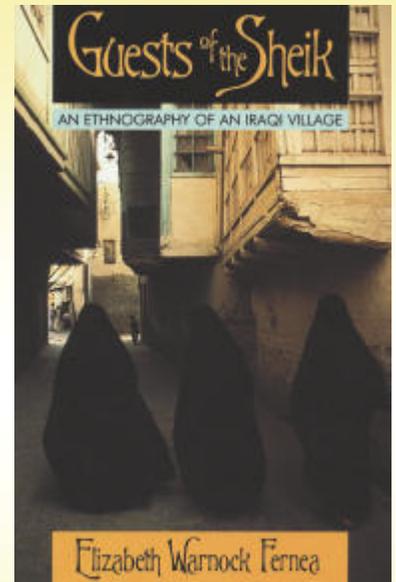
Enhanced Benefits Checkup March 27th 9am-2:30pm

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.



March 25th Book Club 2:30pm

This month's book is "Guests of the Sheik" by Elizabeth Warnock Fernea. Elizabeth Fernea married her husband in 1956 and followed him to Iraq so he could finish his doctorate in anthropology. A delightful, well-written, and vastly informative ethnographic study, this is an account of Fernea's two-year stay in a tiny rural village in Iraq, where she assumed the dress and sheltered life of a harem woman. \$3 Res/\$5 NR for the used book.



Civitan Bingo 2019

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

Middletown's Civitan Club has generously sponsored night bingo for seniors for 40 years! It is free to attend, however you **MUST pre-register**. Transportation is not provided. Grocery item prizes.

March 26th, April 30th and
May 28th

No transportation provided.
FREE



Sing-Along with Barbara March 19th 12:30-1:30pm

Join us on this date and time for a sing-along with Barbara. FREE



MONDAY

TUESDAY

WEDNESDAY



Coming Soon—Save 1
 April 13th—Hartford Sta
 April 26th—1st Night Ev
 May 1st—Military Whis
 May 7th—Senior Expo
 May 9th—Oakdale Trip
 May 15th—New Britain

4
 9:00 Exercise with Jane
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics Club
 1:15 Dancing for Joy
2:30 Drumming for Health

5
 9:30 Hand, Elbow, Foot Card Game
 9:30 Zumba with Diane
10:30 Bus Trip: Meriden Square Mall
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Therapeutic Fitness
 1:00 Acrylics Class
2:00 Scattergories

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 AARP #3394 Executiv Meeting
April 2019 Lottery Starts T

11
 9:00 Exercise with Jane
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics Club
 1:15 Dancing for Joy
1:30 Pizza and A Movie

12
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
1:30 AARP #3394 Membership Meeting

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 St. Patrick's Day men Brody
April 2019 Bus Lottery End

18
 9:00 Exercise with Jane
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics Club
 1:15 Dancing for Joy
1:30 March Birthday Party
2:00 Pokeno

19
 9:30 Hand, Elbow, Foot Card Game
 9:30 Zumba with Diane
10:30 Bus Trip: Lyman Allyn Museum & Out-back Steakhouse
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
12:30 Sing A Long with Barbara
 1:00 Therapeutic Fitness
 1:00 Acrylics Class
2:00 Baking Class
Lottery Payments Due Today

9:00 Exercise with Jane
 10:00 Yoga
 10:30-12 Coloring Club
 12:00 Lunch
 12:00 American Mahjong
12:00 Hearing Screening s Richard Lastrina of Belton
 1:00 Bingo
2:30 Craft w/ Heidi Non-resident April 2019 Re starts today

25
 9:00 Exercise with Jane
 10:30 Tai Chi
 12:00 Lunch
 12:30 Ceramics Club
 1:15 Dancing for Joy
2:30 Book Club Meeting

26
9:00 Bus Trip: Mohegan Sun Casino
 9:30 Hand, Elbow, Foot Card Game
 9:30 Zumba with Diane
 11:00 Guided Meditation with Elizabeth
 12:00 Lunch
 1:00 Acrylics Class
 1:00 Therapeutic Fitness
1:30 Texas Hold'em
6:30 Civitan Bingo

9-2:30 Enhanced Benefits
9:00 No Exercise with Jane
 10:00 Yoga
 10:30-12 Coloring Club
 12:00 Lunch
 12:00 American Mahjong
 1:00 Bingo

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DAY	THURSDAY	FRIDAY
<p>the Date! Page Trip Event t</p> <p>Bees Game</p>	May 18th—Prom May 29th—Korean Culture Presentation May 31st—Spring Tea Party June (Date TBD) - Trip to Block Island	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 Drumming for Health
6 e Board oday	7 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:00 Bus Trip: Mohegan Sun Casino 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 2:00 Tablet Trivia	8 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 1:00 The Importance of Dental Health 1:30 Cribbage
13 u w/ Mary Lee s Today	14 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Bus Trip: Clinton Crossing Outlets 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 2:00 An Irish Song Celebration	15 9:30 Senior Breakfast 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 Life of the honeybee and candle rolling April 2019 Lottery Winners Notified
20 sponsored by e N.E. egristration	21 9:00 Bus Trip: Buckland Hills Mall 9:00 Exercise with Jane 9:00-12:00 Mahjong 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 2:00 Oh My Aching Joints	22 9-11 Vinal High School Haircuts & Tech Support 9:30 NO Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Lunch & Learn with Water's Edge (Hydration) 1:00 Fun with Clay 1:30 Cribbage 5:30 Acrylics and Appetizers
27 Checkup e Today	28 9:00 No Exercise with Jane Today 9:00-12:00 Mahjong 11:00 Bus Trip: Knights of Columbus Museum & Fishtale 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 2:00 Pysanka Egg Making	29 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



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Bus Trips



March Bus Trips

- 5th**—Meriden Square Mall (10:30-2:30) \$3/\$4NR
- 7th**—Mohegan Sun Casino (9-3) \$4/\$10 NR
- 12th**—Foxwoods Casino (9-3) \$4/\$10 NR
- 14th**—Clinton Crossing Outlets (10:30-2:30) \$3/\$4 NR
- 19th**—Lunch first Outback Steakhouse & Lyman Allyn Museum (10:30-3) \$7/\$11 NR
- 21st**—Buckland Hills Mall (9-3) \$3/\$4 NR
- 26th**—Mohegan Sun Casino (9-3) \$4/\$10 NR
- 28th**—Lunch first Fishtale & Knights of Columbus Museum (11:00-3) \$3/\$5 NR

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.

April Bus Trips

- 2nd**—Sweet Wind Farm & Cambridge House Pub (9:45-3:30) \$5/\$10NR ***First Come First Serve***
 - 4th**—Foxwoods Casino (9-3) \$4/\$10 NR
 - 9th**—Christmas Tree Shop & Cracker Barrel (10-3) \$3/\$4NR
 - 11th**—Shops at Farmington Valley (10:00-3:00) \$3/\$4 NR
 - 16th**—Mohegan Sun Casino (9:00-3:00) \$4/\$10NR
 - 18th**—Mystic Village Shops (10-3) \$4/\$5
 - 23rd**—Florence Griswold Museum (10:15-3:00) \$8/\$11 NR
 - 25th**—Foxwoods Casino (9:00-3:00) \$4/\$10 NR
 - 30th**—Underwater Scenery Bowling Party (TBD)
- All bus participants must adhere to the Senior Bus Policies and Procedures. If you need a copy, please inquire at the front desk.

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from March 6th through March 13th for April trips. No entries will be accepted after the 13th. All members selected in the lottery will be notified by the 15th. Payments are due by noon on the 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.**

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 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)
- 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)
- Mahjong**—Thursdays 9am-12pm (F)
- Meditation**—Tuesdays & Fridays at 11am led by Elizabeth (F)
- Middletuners Chorus Practice**—practice at Village at South Farms
- 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 Fitness**—Tuesdays at 1:00pm (F)
- Yoga**—Wednesdays at 10am (\$)
- Zumba**—Tuesdays & Fridays at 9:30am

Acrylics and Appetizers March 22nd at 5:30pm



Relax, listen to music, socialize with friends, and make a painting of beautiful flowers that you can take home.

Snacks will be served.

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

FOOTCARE

We are in the process of finding a replacement footcare nurse. Check back with us for more information in late February!

AARP Safe Driving Classes 2019



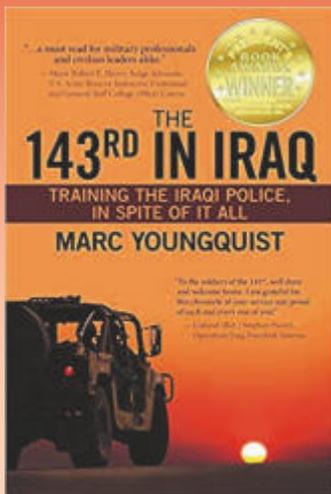
Wednesdays 12:30-4:30pm

April 17th, June 12th,
August 21st, October 9th & Dec. 11th.

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

143rd in Iraq Presentation April 5th at 2:30pm

Local author Marc Youngquist will discuss his book, *The 143rd in Iraq: Training the Iraqi Police, In Spite of It All*, a historical account of a Connecticut National Guard Military Police Company's attempt to recruit, train, and prepare an Iraqi Police Force in 2003-2004.



FREE—Please pre-register.

Oh My Aching Joints March 21st at 2pm

Physical Therapist Michael Antunes from Physical Therapy & Sports Medicine Center of Middletown will be here to give this educational talk.

This program will focus on strategies to cope with osteoarthritis and keep moving.

FREE—Please pre-register.



Lunch & Learn

March 22nd at 1pm

Water's Edge Center for Health & Rehabilitation
The topic of this lunch & learn will be the importance of hydration. Lunch will be salad, pizza, and cookies. FREE—Please pre-register.



Special Bus Trip: Sweet Wind Farm April 2nd 9:45am



A trip to Heartland, CT to Sweet Wind Farm. A hands-on-class, tour of their sugarhouse and equipment, an outdoor tour of the farm's maple trees, (possibly see sap dripping), and tasting of maple syrup samples. \$5 Res/\$10 NR

Scattergories Mar. 5th 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. The more creative your answers, the more points you score!
FREE for Res/\$1 NR— Please pre-register.



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

Planning for “What if”..in our golden years
April 1st at 2pm

Marc Levesque is a senior resource case manager for the Hartford HealthCare Center for Healthy Aging at MidState Medical Center in Meriden. His job is to help seniors and their family members find solutions to the various problems they may encounter throughout the course of aging. Marc’s presentation is titled Navigating the “What if...” in our golden years.

His presentation touches on housing, living and care options as well as preparing for the great unknown. FREE—Please pre-register.

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 January winner by random drawing is Art Washington.

DOUBLE TROUBLE

Can you find the one word that precedes each list of words to make a common two-word phrase or compound word? For example, the one word that completes *weed, coast, and sick* is *sea* (*seaweed, seacoast, seasick*).

working memory executive functioning

1. Birth, noon, shave	6. Key, piece, mind
2. Basket, winner, pudding	7. Fight, talk, case
3. Balance, clockwise, point	8. Oil, pit, bite
4. Beat, line, lock	9. Beat, stairs, date
5. Bird, sick, seat	10. Button, flop, laugh

Answers on page 393

1. After 2. Bread 3. Counter 4. Dead 5. Love 6. Master 7. Pillow 8. Snake 9. Up 10. Belly

The March 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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Signature Songs

*long-term memory
executive functioning*

Sometimes a song is associated with a particular performer no matter how many others record it. In this quiz, we give the song title. Can you name the singer or group most closely identified with it?

1. "Everybody Loves Somebody Sometime" _____
2. "Stand By Your Man" _____
3. "I Got You Babe" _____
4. "Thanks for the Memory" _____
5. "It Was a Very Good Year" _____
6. "(I Can't Get No) Satisfaction" _____
7. "Over the Rainbow" _____
8. "I Left My Heart in San Francisco" _____
9. "People" _____
10. "It's Not Unusual" _____
11. "This Land Is Your Land" _____
12. "Hello, Dolly" _____
13. "Coal Miner's Daughter" _____
14. "Tiptoe Through the Tulips" _____

Answers on page 336

Senior (60+) Brain Teaser March 2019

Entries due by 3/15/19

Name: _____

Phone: _____