

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

MAY 2019



Writing Workshop May 8th 2-4pm

The Reluctant Writer

How many times have you said to yourself or someone else—"I've always wanted to try writing." And how many times was that followed up by, "But I'm not really a writer." Or, "I don't know what I want to write." Or, "I wouldn't know where to begin." Begin here. If you've always wanted to "try writing" consider taking this class to give yourself the time and the support to see what your writing could actually look like. This class is for beginners or for those who would like to make acquaintance with their writing again. *All workshops are designed as a supported writing environment to encourage participants to explore and understanding their personal writing interests. This is done through instructor-led writing prompts, group discussion & participant readings. Participants will work together to build on a shared understanding of the writing process. At the conclusion of the workshop, participants will be able to: 1) Identify personal writing needs; 2) Strengthen their personal writing practice; 3) Take away the knowledge of how to continue building their process. **Facilitator:** Cindy Eastman, author & teacher \$5/\$10 NR pre-registration required.

Bob Ross Painting Seminar May 2nd 1-4pm

Many of you may remember Bob Ross, TV PBS host of "The Joy of Painting" show that ended in 1994. Bob's Zen-like voice and relaxing style hypnotized us all. But it was his technique that really captivated us with his ability to create a painting in 30 minutes. Now you can learn his technique by taking this class! Bob used special brushes and special thick, quick drying oil paints along with liquid white to allow a painter to apply many layers of paint to the canvas while still wet. A painting can be completed in one class.



Our instructor Denise Cirillo-Romaniello has been studying traditional oil painting for many years, but it wasn't until she became a Certified Bob Ross Instructor that she fell in love with oil painting. Learn to create "happy little trees" and "fluffy little clouds" the Bob Ross way. Whether you really want to learn to paint or just have fun, you can create your own work of art in one class. Take home your own 16X20 masterpiece. All brushes, paints, easel, and 16X20 canvas provided. Space is Limited. \$18/\$25 NR pre-registration.



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May is Older Americans Month
We're celebrating with all of these new programs!




Beardsley Zoomobile
May 9th at 1pm

One of Beardsley Zoo's excellent educators will be here with a variety of live animals and artifacts for this educational and fun program! \$1/\$3 NR pre-registration.



May 24th at 1:30pm

Ever thought about getting a tattoo but didn't want something permanent? Now is the chance to cross something off your bucket list and/or even fool your family. We will have a henna tattoo artist on-site. Participants can choose from a menu of designs for a small to medium sized temporary tattoo. Henna is temporary body art resulting from the staining of the skin from the dyes. Henna has been used since antiquity to dye skin, hair and fingernails, as well as fabrics including silk, wool and leather. Typically, the art will last from 1-3 weeks. There are absolutely no needles and it is a painless process dying the skin with a paste to create the design. \$3/\$6 NR pre-registration.

Korean Culture Presentation
May 29th at 2:30pm



Members of the Korean Spirit and Culture Promotion Project will be on hand to help us make lovely lotus flower lanterns using colorful paper and wire frames. They will also hand out books on Korean history and culture. After the craft class, they will show a short documentary on Korea and serve some traditional Korean refreshments such as sweet rice punch, rice cakes, ginger cookies, and honey glazed walnuts.

The Korean Spirit & Culture Promotion Project (KSCPP) is a 501(c)(3) non-profit organization that is dedicated to raising awareness of Korean history and culture. In appreciation for the United States' support for Korea during the Korean War and in the years that followed, KSCPP has held over 1,700 presentations about the history and culture of Korea throughout the country. \$2/\$5 NR pre-registration.



Breakfast
May 14th at 9:30am

Scrambled eggs, corned beef hash, and toast. \$3/\$5 NR pre-registration.



New Britain Bees Game
May 16th 10:30am

Check out the Hard Hittin' New Britain Bees baseball team! Support our local talent and cheer them on to victory!

Price includes transportation and entry to the game. Lunch on your own. This trip is non-refundable and non-transferable. The bus will depart the senior center at 9:30am. \$5/\$10 NR Pre-registration required.



Meet the U.S. Coast Guard & Remember Our Veterans May 23rd at 2pm

Just in time for Memorial Day, Bob Carlson, Public Affairs Officer with the Coast Guard Auxiliary, will present an introduction about the many services the U.S. Coast Guard performs to protect our country...so much more than preventing drugs from entering our country or rescuing boaters! A video and slide show will be presented, including pictures of last year's Coast Guard graduation at the U.S. Coast Guard Academy in New London, CT. Past and current members of ALL SERVICES, AND THEIR FAMILIES, are invited to help celebrate, remember, and honor those who served our country. And don't forget to wear your red, white, and blue or your uniforms! FREE—This program was coordinated by Russell Library Older Adult Services.

Senior Prom May 18th at 4:30pm



Sponsored entirely by Vox Church, we'll be having our 1st Senior Prom on Saturday, May 18th at 4:30pm. The night will include a meal, dessert, music, and dancing. Dressing up is encouraged but not required. FREE



Tea Party May 31st 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/\$7 NR pre-registration.

Military Whist Card Party May 1st 6pm



Doors will open at 5pm. A light dinner of chicken salad sandwich, chips, and cookies will be served. No experience needed for this fun card party. \$6 pre-registration. NO refunds. Please do not come early, we need time to setup.

Ice Cream Emergency May 17th at 2pm

The heat wave has started and summer is so close we can feel it! We're calling an Ice Cream Emergency!

The emergency bus equipped with scooplogists will rush to our rescue! Step right in and order your ice cream treat in this mobile ice cream parlor.

So many choices! You'll get to choose between 6 ice cream flavors and many gourmet toppings including hot fudge, caramel sauce, peanut butter, chocolate sauce, toppings bar with 8 sweet & crunchy toppings, whipped cream, and of course the cherry on top! \$3/\$5 NR pre-registration.



Arts & Crafts May 15th at 2:30pm

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



Lady Katharine Cruise May 22nd at 9:30am

Arrive at the Dock at Harbor Park at 9:30 am. Boarding starts at 9:30 am and will end at 9:50 am to ensure a 10:00am departure. Please SAVE your receipt! It is your boarding pass. \$1 pre-registration. This cruise is only open to Middletown Residents 50+.



Drawing Class Begins 5/28—Tuesdays at 1pm



This drawing class led by Marcy will be 6 sessions. No experience needed. There will be communal supplies to share. \$15/\$20 NR pre-registration.

Cooking Class May 22nd at 2pm



This month we are making Orzo salad with asparagus and spinach.

\$4/\$6 NR pre-registration.
Take home what you make!

Magic Wings Butterfly Conservatory and Gardens Bus Trip: May 2nd at 9:30am

Magic Wings is an 18,400-square foot facility that includes an 8,000-sq. ft. glass conservatory filled with butterflies, moths and tropical vegetation. The sun shines through the glass walls and heats up the conservatory to an 80-degree tropical-like environment all year round. The heart-shaped pond with Japanese koi graces the center of the conservatory. The sound of the waterfall, peaceful music and hundreds of butterflies fluttering freely through the air creates a tranquil and serene atmosphere.



Lunch will be at Whately Diner (on your own). \$10/\$15 NR pre-registration includes the bus and entrance to Magic Wings. This is a lottery trip.

Bus Trip: Copernican Planetarium May 28th at 12pm

This fun trip to Central Connecticut State University to the Copernican Observatory & Planetarium will give you a clear look at the night sky. Learn about the universe through this amazing astronomy presentation.



Lunch will be at Staropolska Polish Restaurant in New Britain.

The first stop will be lunch, and then onto the adventure. \$5/\$10 NR pre-registration includes bus and planetarium (lunch on your own). This is a lottery trip.

Aldrich Contemporary Museum Bus Trip: May 30th at 11am

Founded by Larry Aldrich in 1964, The Aldrich Contemporary Art Museum is dedicated to fostering the work of innovative artists whose interpretations of the world around us serve as a platform to encourage creative thinking. The Aldrich is one of the few independent, non-collecting contemporary art museums in the United States and the only museum in Connecticut devoted to contemporary art, and engages its diverse audiences with thought-provoking, interdisciplinary exhibitions and programs. Late lunch at Hoodoo BBQ in Ridgefield (Joe's favorite BBQ in CT). \$8/\$11 NR pre-registration includes the bus and entrance to the Aldrich. This is a lottery trip.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  	<p>Bus Lottery Opens Today¹ 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 Eboard Meeting 6:00 Military Whist Card Party starts—doors open at 5 for refreshments</p>	<p>2 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:30 Bus Trip: Magic Wings 11:30 Pilates 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 1-4 Bob Ross Painting Class 1:30 Get Tough Exercise</p>	<p>3 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 1:30 Pizza & A Movie</p>	
<p>6 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 NO Dancing for Joy Today</p>	<p>7 Senior Expo 10am-1pm The building is closed outside of this timeframe and no other activities will be running. The front desk will NOT be available for registrations. Please don't arrive before 10am as the vendors need time to setup their tables.</p>	<p>8 Bus Lottery Closes Today⁸ 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2-4 Writing Workshop</p>	<p>9 9:00 Exercise with Jane 9:00-12:00 Mahjong 11:30 Pilates 11:45 Bus Trip to Oakdale Phantom of the Opera 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 1:00 Beardsley Zoomobile 1:30 Get Tough Exercise</p>	<p>10 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 Musical Entertainment</p>
<p>13 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 2:00 Pokeno</p>	<p>14 Bus Lottery Payments Due¹⁴ 9:30 Breakfast 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: Yale Art Museums 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class 1:30 AARP 3394 General Membership Meeting 2:00 Board Game</p>	<p>15 Non-Resident Bus Sign-up 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 12-1 Free Hearing Screening by Beltone New England 1:00 Bingo 2:30 Craft with Heidi</p>	<p>16 9:00 Exercise with Jane 9:30 Special Bus Trip: New Britain Bees Game 11:30 Pilates 9:00-12:00 Mahjong 10:30 Bus Trip: Westbrook 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</p>	<p>17 9-11 Vinal H.S. Hair Cuts and Tech Support 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 Ice Cream Emergency!</p>
<p>20 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 1:30 Birthday Party 2:30 Book Club</p>	<p>21 9-3 Footcare Clinic 9:00 Bus Trip: Foxwoods 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-Along with Barbara 1:00 Mixed Media Class 1:00 Therapeutic Fitness 2:30 25K Pyramid</p>	<p>22 9-3 Enhanced Benefits Checkup 9:00 Exercise with Jane 9:30 Lady Katharine Cruise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:00 Baking Class</p>	<p>23 9:00 Exercise with Jane Today 9:00-12:00 Mahjong 10:00 Bus Trip: Harness Memorial State Park 11:30 Pilates 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 Coast Guard Presentation</p>	<p>24 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 1:30 Henna Tattoos</p>
<p>27 Closed for the Holiday</p>	<p>28 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Bus Trip: Copernican Planetarium 12:00 Lunch 1:00 Drawing Class 1:00 Therapeutic Fitness 6:30 Civitan Bingo</p>	<p>29 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 Korean Culture</p>	<p>30 9:00 Exercise with Jane Today 9:00-12:00 Mahjong 11:00 Bus Trip: Aldrich Contemporary Art Museum 11:30 Pilates 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>31 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 Tea Party</p>

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5th Annual Senior Expo—May 7th 10am-1pm

Valuable Information, Health Screenings, Raffles, and Giveaways!! Free Light Continental Breakfast & Brown Bag Lunch

We are thrilled to announce our 5th Annual Senior Services Expo!! Many local service providers, city departments, and state agencies will be in attendance! You can stop in any time during the 10am-1pm timeframe and stroll through the tables of information. This is an excellent opportunity to meet people and gather valuable information on programs and services available to Middletown's older adults. Many of the registered providers will be offering health screenings and promotional giveaway items.

The doors will open at 10am. Please allow vendors the time they need to set-up and get prepared for the 10am expo. No early-birds. There are no other activities running in the center on May 1st and the desk and building will be closed for this special event. If you need transportation, don't forget to make your reservation in advance (at least 24 hours) using our enhanced dial-a-ride service 860-347-3313. If you plan to attend this fantastic event, please pre-register by calling in advance or by stopping at the front desk. The expo is a free program. A light continental breakfast can be found in our vendor rooms from 10-11 and the brown bag lunch starts at 1pm.

Health screenings such as: Glucose Testing, Blood-Pressure Checks, Hearing Tests, etc.

Booths include (as of the printing of this newsletter): AARP Driver Safety Program, All Care LLC, Apple Rehab Middletown, Caregiver Homes, Luther Ridge, Middlesex Health Physical Rehabilitation, Middletown Central Communications, Middletown Fire/Emergency Management, Middletown Police, Middletown Probate Court/Judge Joe Marino, Middletown Recycling, Northern Middlesex YMCA, October Kitchen, One Macdonough Place, Russell Library, Senior Resources Area Agency on Aging, Water's Edge Center for Health & Rehabilitation



Dance History Live: Ballet to Breakdancing June 7th at 2:30pm

The performance features Dimensional Dance company members performing different genres of dance and the evolution of how we went from dancing on our toes to dancing on our heads. \$2/\$5 NR pre-registration.



Taboo Game May 14th at 2pm

This team game is sure to make you laugh as you try to get your partners to guess a word without saying something taboo. This game is easy to learn and requires no previous experience. FREE

25K Pyramid—May 21st at 2:30pm

Based on the hit tv show, take your chance at being a contestant on our version of this fun game. No experience or prior knowledge necessary. FREE



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Bus Trips



May Bus Trips

2nd—Magic Wings Butterfly Conservatory & Whatly Diner (9:30-3) \$10/\$15 NR
9th—Phantom of the Opera at Oakdale (11:45-4) \$40/\$52 NR ***First Come First Serve***
14th—Yale Art Museums/Lunch on your Own (10-3) \$3/\$4 NR
16th—New Britain Bees (9:30-1:30)\$5/\$10 NR
****First come first serve trip****
21st—Foxwoods (9-3) \$4/\$10 NR
23rd—Harkness Memorial State Park with Bag Lunch Provided (10-3) \$7/\$8 NR ***Weather Dependent**
28th—Copernican Planetarium/Starpolska Rest (12-5) \$5/\$8 NR
30th—Aldrich Contemporary Museum/Hoodoo Brown BBQ (11-4:30) \$8/\$11 NR
Note: This is Joe's favorite BBQ in CT

June Bus Trips

4th—Christmas Tree (Orange) & Cracker Barrel (10-3) \$3/\$5 NR
6th—Bradley Mountain Farm & First and Last Tavern (10:30-3) \$4/\$10 NR
13th—Foxwoods (9-3) \$4/\$10 NR
18th—Mystic Village Shops (9-3) \$4/\$6 NR
20th—Mohegan Sun (9-3) \$4/\$10 NR
25th—CT Superior Court Tour & Wood N Tap Restaurant (10-2) \$3/\$5 NR
27th—Roger Williams Zoo with Bag Lunch Provided (9:45-3:30) \$15/\$20 NR ***First Come First Serve***
All bus trip participants must adhere to the bus trip policies and procedures. If you would like a full copy, please inquire at the front desk.

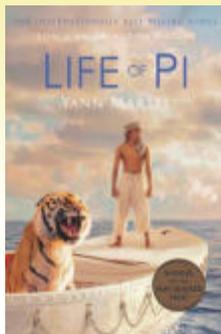
Bus Trip Lottery & Schedule Procedures

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

May 20th— Book Club 2:30pm

This month we are reading "Life of Pi" by Yann Martel.

Life of Pi is a fantasy adventure novel by Yann Martel published in 2001. The protagonist, Piscine Molitor "Pi" Patel, a Tamil boy from Pondicherry, explores issues of spirituality and practicality from an early age. He survives 227 days after a shipwreck while stranded on a boat in the Pacific Ocean with a Bengal tiger named Richard Parker.



\$3/\$5 NR for the used book.

Pizza & A Movie May 3rd at 1:30pm

Pete (Mark Wahlberg) and Ellie (Rose Byrne) must learn the ropes of instant parenthood when they bring in three foster children. Inspired by a true story, discover this must see family comedy from the creators of Daddy's Home.



Rated PG-13 by the Motion Picture Association of America for Drug Use/Content, Language, Sexual Situations, Thematic Elements. \$2/\$4 NR pre-registration.

May Birthday Party May 20th 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

Civitan Bingo 2019

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

It is free to attend, however you **MUST pre-register**. Transportation is not provided. Grocery item prizes. **May 28th**



Bingo & Pokeno

Bingo—Wednesdays & Fridays at 1pm No pre-registration.



Pokeno— May 13th at 2:00pm \$1/\$2 NR pre-registration.

Enhanced Benefits Checkup May 22nd 9am-2:30pm

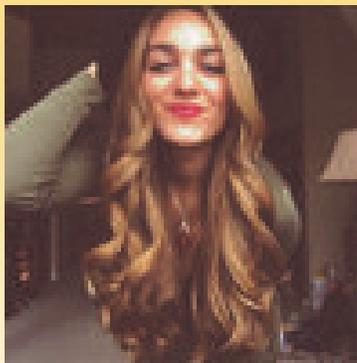
A Benefits Checkup is a free and confidential questionnaire that will screen you for eligibility for federal, state, and local financial programs for individuals 60+ and those receiving Medicare at any age. Do you need help paying for or need information on Medicare premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Sponsored by Senior Resources Agency on Aging. By appointment only. FREE



Haircuts & Tech Support May 17th 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.



Musical Entertainment May 10th 2:30pm

Sophia Lily will be here to share her musical talent with us. Her performance encompasses guitar and voice, with a collection of 60's and 70's material. FREE— Please pre-register.

Sing-Along with Barbara May 21st 12:30-1:30pm



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



AARP Safe Driving Classes 2019

Wednesdays 12:30-4:30pm

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

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

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

Main Number: (860) 638-4540

Fax Number: (860) 343-5427

E-mail: Seniors@MiddletownCT.gov

Website: www.middletownct.gov/seniors

**Making 'Scents' of Aromatherapy
June 3rd at 1:30pm**

Essential oils are everywhere! Yet, most of us have limited knowledge of how to harness the healing magic of these amazing extracts. From burns, acne, common cold symptoms and more, essential oils can easily come to the rescue when you know the basics.



Learn the facts that are vital to successfully working with essential oils: safety, purity, therapeutic properties and dilution guidelines (how much essential oil can be safely used for specific populations including healthy adults, children, pregnant women, elderly or chronically ill individuals). Then work hands-on with aromatherapy supplies to make your own product!

What sets this class apart from other aromatherapy training? Aromatherapy is an unregulated field: anyone can practice or teach, regardless of their level of training. Instructor Hallie Sawyers is nationally certified in Holistic Aromatherapy, and has been practicing as a certified aroma therapist since 2002. \$2/\$5 NR pre-reg.



Foot Care Clinics Are Back!

You can call our office now to make your appointment with Jen Bosco, RN. \$35 payable to the practitioner. Please bring 2 hand towels.

Regular Recurring Exercise Programs

Note: Dates can change based on illness or weather

Tai Chi—New Session Begins 5/13

Sign-ups begin 4/29

\$40/\$50 NR for Ten Week Session

Yoga—New Session Begins 5/1

Sign-ups begin 4/17

\$28/\$38 NR for Eight Week Session

Pilates—New Session Began 4/25

Sign-ups open NOW

\$10/\$18 NR for 6 sessions

Brain Teaser Winner

Thank you to all that participated! Our March winner by random drawing is Renee Parmelee.

The answer was:

Signature Songs: 1. Dean Martin 2. Tammy Wynette 3. Sonny & Cher 4. Bob Hope 5. Frank Sinatra 6. The Rolling Stones 7. Judy Garland 8. Tony Bennett 9. Barbra Streisand 10. Tom Jones 11. Woody Guthrie 12. Louis Armstrong 13. Loretta Lynn 14. Tiny Tim

The May 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.

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.



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Eleanor Ferrara-Anderson - Director of Admissions

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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?
2. How much is... a foot + a yard (in inches)?
3. How much is... the number of legs on a spider + the number of arms on an octopus?
4. How much is... the original area code for New York City + the phone number for directory assistance?
5. How much is... the number of "sheets to the wind" you are if you are very drunk + the number of heads that are better than one?
6. How much is... the value of an X in Scrabble + the number of Michael Jordan's Chicago Bulls jersey?
7. How much is... the number of ounces in a pound + the number of pints in a quart?
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?
9. How much is... the sum of the Spanish numbers *nove* + *diez*?
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

Senior (60+) Brain Teaser May 2019

Entries due by 5/15/19

Name: _____

Phone: _____