

# MIDDLETOWN



# Prime Times

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

NOVEMBER 2019



61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

## Medicare Open Enrollment Event Nov. 1st 9am-3pm By Appointment



The open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage Plans is **Oct. 15th through Dec. 7th**. Every year, there are new health plan and prescription drug coverage choices. Ask yourself: Are all of my drugs on my plans formulary for 2019? Did my monthly premium change? Is there an annual deductible? Take the time to review your current health & prescription drug plan with a Certified Choices Counselor. Schedule your appointment by calling 860-638-4540. Please bring a list of all medications or just bring them with you. **FREE**



## Class Reunion Murder Mystery November 8th at 5pm Doors won't open before 5pm

"Class Reunions Can Be Murder" is an enormously entertaining audience-participation dinner theatre show by AspenDream Productions™, Connecticut's longest running dinner theatre company. For most people, an alumni class reunion is a time to party and renew old acquaintances, but Franco Machiavelli isn't an ordinary guy --- he's the head of the New York crime family, and trouble seems to follow him everywhere he goes. As he begins to renew old friendships, someone is murdered. Discovering who the killer is becomes the question all are determined to answer. There is lots of murder, bribery, and back stabbing as we meet the cast of characters. Guests are encouraged to attend dressed ready to play the role of a gangster, movie star, politician, or friend to the well-respected "Uncle Franco", head of the New York Mob Family. Dinner of salad, garlic herb chicken, roasted potato, vegetable, and dessert. \$15/\$25

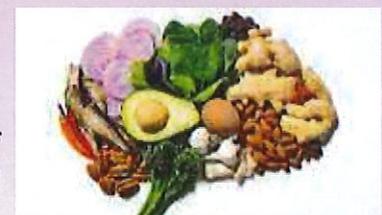
## This Land is Your Land Americana Entertainment Program November 6th at 2:30pm



This Land is Your Land is an hour long interactive music program that celebrates our country with traditional folk, Americana and patriotic songs. Traveling from New England to New Orleans, Puerto Rico to Hawaii, the program typically includes cowboy yodeling, classic country, bluegrass, western swing and old time sing-alongs. The program is performed on guitar, banjo, mandolin, ukulele, harmonica and Irish Bodhran. **FREE / \$1 NR Pre-registration.**

## What's Trending in Food & Nutrition November 14th at 2pm

Class Length: 1 hour



2018 was the year of Keto, cauliflower and apple cider vinegar.

What's trending now? Gina Barbetta MS, RD, CDN, Certified Dietitian in Integrative & Functional Medicine will be running this class and will weigh in on what will be hot and whether those trends are worth following.

\$1/ \$3 NR pre-registration.

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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### Fall Prevention November 1st at 2pm

#### Fall Prevention

Mike Antunes, Physical Therapist at Physical Therapy & Sports Medicine Centers and PT for Life, will give a presentation on fall prevention and strategies to prevent falls.

FREE—Please pre-register.



### Veterans Appreciation Breakfast November 13th at 9:30am

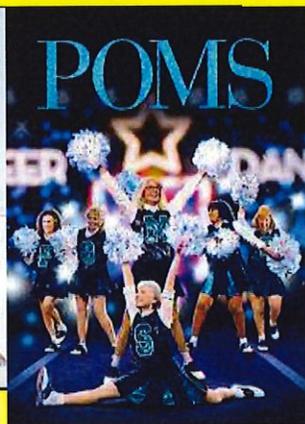
Calling all Veterans! We will be hosting a Veterans Appreciation Breakfast to thank you for your service! A variety of items will be served. Hope you can join us! FREE—For Veterans and their spouses/significant others only. Pre-registration is required.

#### *Remembering The True Spirit of Christmas*

### The Spirit of Christmas Past: Four Centuries of Christmas in New England November 22<sup>nd</sup> at 1pm

This program traces the development of the celebration of Christmas from the time it was outlawed in 17<sup>th</sup> Century New England through the beginning of the 21st Century when all the trappings of a traditional Christmas were in place. For many, the celebration of Christmas today is the most important holiday of the year, but many of the customs which we take for granted as part of the current holiday festivities and religious celebrations are actually a product of more recent history. The presentation will look at how Christmas was transformed from a rowdy celebration to a family centered event. Kenneth C. Turino, Manager of Community Engagement and Exhibitions at Historic New England has published several articles on the history of Christmas and speaks on the topic widely. \$1/\$3 NR Pre-registration.

### Pizza & A Movie—November 4th at 1:30pm



The November movie will be "POMS" (PG-13) 2019 1hr 30mins – Comedy

In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad. This change in movie was made after the printing of our newsletters. \$2/\$4 NR Pre-registration required. Price includes 2 slices of cheese pizza.

### Tea Party—November 5th 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/\$6 NR pre-registration. **Please don't arrive early for this event. We need time to set up after the lunch service.** Special thanks to Nancy Clayton for always going above and beyond planning and running this program.



### Pancake Breakfast November 22nd at 9:30am

This month we will be serving buttermilk pancakes and bacon.

\$3/\$4 NR pre-registration.



### Craft Project—November 13th at 2:30pm

This month's craft with Heidi is hand-made holiday cards. Take home what you make! \$5/\$8 NR Pre-registration.



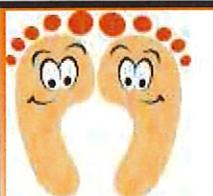
### Volunteer Appreciation Luncheon November 15th at 1:30pm

If you've volunteered for our Center over the past year, we want to celebrate you! Our volunteers are the best! To register, please sign-up at the front desk and let us know what types of volunteer work you've done. This event is open only to volunteers (ex. Lunch servers, program helpers, newsletter mailing volunteers, check-in assistance, etc.) Sit back, relax, and let us serve you. Lunch will be salad, chicken, potato, vegetable, and dessert.



FREE – Open to volunteers only.

### Foot Care Clinics



Jennifer Bosco, RN is taking appointments for footcare on the 1st and 3rd Tuesdays of the month. \$35 payable to the practitioner. Please bring 2 hand towels. Call for an appointment.

### Haircuts/Tech Support Sponsored by Vinal Tech High School November 15th 9-11



Treat Yourself! Don't miss out on this amazing service provided at our center by Vinal Technical High School students! \$5—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.

#### One-on-One Computer Help



### Cooking With Heidi November 20th at 2pm



This month we will be making skinny eggplant rollatini. Take home what you make!

\$5/\$7 NR Pre-registration.

### Civitan Bingo 19/20 Schedule

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

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



November 26th, March 31st,  
April 28th, May 26th

### November Birthday Party November 18th at 1:00pm

Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating all November birthdays! FREE—Please pre-register.





# Bus Trips

## Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from November 6th through November 12th for December trips. No entries will be accepted after the 12th. All members selected in the lottery will be notified by the 14th. Payments are due by noon on the 18th. **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 Pat Kidney field and the 2nd is the estimated departure time from the final 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. We will be forced to leave without you and you will be responsible for finding your own transportation home.**

### November Bus Trips

All trips will be departing from Pat Kidney Field in November  
PLEASE NOTE THE CHANGE IN TIMES SINCE THE  
OCTOBER NEWSLETTER!!

- 5th**—Foxwoods Casino \*\*Mashantucket\*\* (9-3) \$4/\$10 NR
- 7th**—Mystic Village Shops \*\*Mystic\*\* (10-2:30) \$4/\$5 NR
- 12th**—St. Joseph Art Museum Tour \*\*West Hartford\*\* & Cheesecake Factory (9:30-1:30) \$5/\$8 NR
- 14th**—WestFarms Mall \*\*West Hartford\* (10:30-2) \$3/\$4 NR
- 19th**—Christmas Tree Shop \*\*Orange\* & Cracker Barrel (10-2) \$3/\$4 NR
- 21st**—Peter Greenwood Glass Blowing \*\*Winstead\*\* & Tributary Rest. (9:30-3) \$15/\$25 NR
- 26th**—Yankee Candle \*\*Deerfield,MA\*\* & Hillside Pizza café (on campus) (9:30-3:30) \$5/\$7 NR

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

### December Bus Trips

All trips will be departing from Pat Kidney Field in December

- 3rd**—Mohegan Sun \*\*Uncasville\*\* (9-3) \$6/\$10 NR
- 5th**—Wadsworth Holiday Trees Exhibit \*\*Hartford\*\* and Wood-n-tap lunch (10:30-2) \$8/\$13 NR
- 10th**—Lockwood Mansion \*\*Norwalk\*\* and Little Barn Restaurant (9:30-1:45) \$7/\$10 NR
- 12th**—Gingerbread House Festival at Wood Memorial Library \*\*South Windsor\*\* and Lena's Restaurant lunch (9:45-1:30) \$3/\$5 NR
- 17th**—Christmas Tree Shops \*\*Manchester\*\* and Rein's Deli Lunch (10-2) \$3/\$5 NR
- 18th**—Red Lobster \*\*Wethersfield\*\* and Holiday Light Fantasia (3:30-6:15) \$5/\$6 NR
- 19th**—Knights of Columbus Museum featuring Christmas in Europe and Christmas Tree Festival display \*\*New Haven\*\* and Lenny & Joe's Fishtale lunch (9:45-2) \$3/\$4 NR

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

There is a copy of the Senior Bus Policies and Procedures hanging in the cafeteria and copies are available at the front desk. There is nothing new listed here, this is simply a reminder of the current rules. All members are encouraged to familiarize yourself with the rules. Here are some of the highlights:

- Monthly Bus Lottery Open for 1 Week. You must be an active member and a Middletown Resident to participate in the lottery.
- All lottery winners notified by phone. You must pay for your trip by the advertised deadline or you will lose your spot.
- Cancellation surcharge applies to all no show/no call. Penalties have been added for multiple no show/no call instances.
- Non-resident fees will be increased and vary per trip.
- You must disclose all mobility devices you plan to bring on the trip during the registration/lottery process. This is necessary to insure we've reserved the right amount of space on the bus.
- Participants who miss the bus home are responsible for securing transportation home at their own expense.
- There are defined penalties for (1) Failure to follow staff directions (2) Failure to comply with the code of conduct (3) Failure to be at the bus pickup location at the advertised time (4) No Show/No Cancel Penalties
- Explanation on cancellation responsibilities and entitlement on refunds
- Minimum Enrollments, Weather Conditions, Driver Responsibilities, Seating, Waitlists, etc.
- **ALL weekday trips will leave from Pat Kidney field through 12/31/19.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>PLEASE be courteous and let us know if you can't make it to a program you registered for. Many times there is a waitlist of people who want to get in. All programs are subsidized so we MUST charge the \$2 cancellation fee when you no show/no call even if the program is free.</b></p>	<p><b>9-3 Open Enrollment Event</b>            9:30 Zumba with Diane            10:30-12 Coloring Club            11:00 Guided Meditation with Elizabeth            12:15 Lunch            1:00 Bingo            1:30 Cribbage            2:00 Fall Prevention</p>
<p>9:00 Exercise with Jane  <b>10:30 NO Tai Chi Today</b>            12:15 Lunch            1:15 Dance for PD @  <b>1:30 Pizza &amp; A Movie</b>            2:30 Scattagories</p>	<p><b>BUS LOTTERY OPENS</b>  <b>9-3 Footcare Clinic</b>  <b>9:00 Bus Trip: Foxwoods</b>            9:30 Hand, Elbow, Foot Card Game            9:30 Zumba with Diane            11:00 Guided Meditation with Elizabeth            12:15 Lunch            1:00 Therapeutic Fitness            1:00 Acrylics Class            2:00 Tea Party</p>	<p>9:00 Exercise with Jane            10:00 Yoga            10:30-12 Coloring Club            12:15 Lunch            12:00 American Mahjong            1:00 Bingo  <b>2:30 This Land is Your Land</b></p>	<p>9:00 Exercise with Jane            9:00-12:00 Mahjong  <b>10:00 Bus Trip: Mystic Village Shops</b>            12:00-1:00 Blood Pressure Clinic            12:15 Lunch            12:30 Arthritis Exercise            12:30 Cards (Setback)            1:00 Fun with Yarn Knitting/Crocheting            1:30 Get Tough Exercise  <b>2:30 Musical Entertainment Armentano Duo</b></p>	<p>9:30 Zumba with Diane            10:30-12 Coloring Club            11:00 Guided Meditation with Elizabeth            12:15 Lunch            1:00 Bingo            1:30 Cribbage  <b>2:00 Boggle</b>  <b>5:00 Murder Mystery</b>  <u>Doors will not open before 5pm</u></p>
<p><b>CLOSED FOR THE HOLIDAY</b></p> 	<p><b>BUS LOTTERY CLOSSES</b>  <b>9:30 Bus Trip: St. Joseph Art Museum Tour</b>            9:30 Hand, Elbow, Foot Card Game            9:30 Zumba with Diane            11:00 Guided Meditation with Elizabeth            12:15 Lunch  <b>12:30 Sing-Along</b>            1:00 Therapeutic Fitness            1:00 Acrylics Class  <b>2:00 Foster Grandparent Informational Session</b></p>	<p>9:00 Exercise with Jane  <b>9:30 Veterans Breakfast</b>            10:00 Yoga            10:30-12 Coloring Club            12:15 Lunch            12:00 American Mahjong            1:00 Bingo  <b>2:30 Craft w/ Heidi</b></p>	<p><b>LOTTERY NOTIFICATION</b>            9:00 Exercise with Jane            9:00-12:00 Mahjong  <b>10:30 Bus Trip: WestFarms Mall</b>            12:00-1:00 Blood Pressure Clinic            12:15 Lunch            12:30 Arthritis Exercise            12:30 Cards (Setback)            1:00 Fun with Yarn Knitting/Crocheting            1:30 Get Tough Exercise  <b>2:00 What's Trending in Food &amp; Nutrition</b></p>	<p><b>9-11 Senior Haircuts</b>  <b>9-11 Technical Support</b>            9:30 Zumba with Diane            10:30-12 Coloring Club            11:00 Guided Meditation with Elizabeth            12:15 Lunch            1:00 Bingo            1:00 Fun with Clay            1:30 Cribbage  <b>1:30 Volunteer Appreciation Luncheon</b></p>
<p><b>LOTTERY PAYMENTS DUE BY NOON</b>            9:00 Exercise with Jane            10:30 Tai Chi            12:15 Lunch  <b>1:00 Birthday Party</b>            1:15 Dance for PD @  <b>2:00 Pokeno</b>  <b>2:30 Book Club Meeting</b></p>	<p><b>NON-RESIDENT BUS SIGN-UPS BEGIN</b>  <b>9-3 Footcare Clinic</b>            9:30 Hand, Elbow, Foot Card Game            9:30 Zumba with Diane  <b>10:00 Bus Trip: Christmas Tree Shop (Orange)</b>            11:00 Guided Meditation with Elizabeth            12:15 Lunch  <b>12:30 Sing-Along</b>            1:00 Therapeutic Fitness  <b>1:30 Texas Hold 'Em</b>  <b>Time TBD Russell Library E-Resources</b></p>	<p>9:00 Exercise with Jane            10:00 Yoga            10:30-12 Coloring Club  <b>12-1 FREE Hearing Screening by Beltone New England—No appointment necessary</b>            12:15 Lunch            12:00 American Mahjong            1:00 Bingo  <b>2:00 Baking Class</b></p>	<p>9:00 Exercise with Jane            9:00-12:00 Mahjong  <b>9:30 Bus Trip: Peter Greenwood Glass Blowing</b>            12:00-1:00 Blood Pressure            12:15 Lunch            12:30 Arthritis Exercise            12:30 Cards (Setback)            1:00 Fun with Yarn Knitting/Crocheting            1:30 Get Tough Exercise  <b>Time TBD Russell Library Digital Databases</b></p>	<p><b>9:30 Senior Breakfast</b>            9:30 Zumba with Diane            10:30-12 Coloring Club            11:00 Guided Meditation with Elizabeth            12:15 Lunch            1:00 Bingo            1:00 Fun with Clay  <b>1:00 The Spirit of Christmas Past</b>            1:30 Cribbage</p>
<p>9:00 Exercise with Jane            10:30 Tai Chi            12:15 Lunch            1:15 Dance for PD @  <b>2:00 Signs of Skin Cancer</b></p>	<p><b>9:30 Bus Trip: Yankee Candle</b>            9:30 Hand, Elbow, Foot Card Game            9:30 Zumba with Diane            11:00 Guided Meditation with Elizabeth            12:15 Lunch            1:00 Therapeutic Fitness  <b>1:00 Mixed Media Class</b>  <b>2:00 Bananagrams</b>  <b>6:30 Civitan Bingo **doors open at 5:45pm</b></p>	<p><b>9-3 Enhanced Benefits Checkup</b>            9:00 Exercise with Jane            10:00 Yoga            10:30-12 Coloring Club            12:15 Lunch            12:00 American Mahjong            1:00 Bingo</p>	<p style="text-align: center;"><b>Thanksgiving</b></p> 	<p style="text-align: center;"><b>Closed</b></p>



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**Armentano Duo  
Musical Entertainment  
November 7th at 2:30pm**

Back by member request, their repertoire consists of **songs from the 1950s through the 1970s**. Their songs are up-beat and suited to a wide demographic, especially to the “baby boomers”, who really enjoy the material from the 1960s and 1970s. Music from a variety of artists such as The Beatles, Bobby Darin, Elvis Presley, Jimmy Buffet, The Drifters, Dean Martin, Eric Clapton, Glen Campbell, Creedence Clearwater Revival, Ricky Nelson, Frank Sinatra, Dion, John Denver and Sam Cooke. This duo of brothers have been **performing professionally together for over 30 years** with Mike on acoustic guitar/vocals and Steve playing assorted percussion. \$1/\$2 NR Pre-Registration.



**Bananagrams**—November 26th at 2pm FREE, pre-register. This fun tile game is similar to scrabble but a little more challenging.

**Boggle**—November 8th at 2pm FREE, pre-register. Fun, fast-paced word game. No experience required.

**Recognizing the Signs of Skin Cancer  
November 25th at 2pm**

Jessica Mills, Radiation Therapist Technologist, of SkinCure Oncology will be sponsoring this seminar. This seminar will be about the signs of skin cancer, skin cancer prevention, and treatment options. The discussion will include what causes skin cancer, what it is, how to detect it, the best ways to prevent skin cancer and what the treatment options may be if you find yourself diagnosed with skin cancer. Please pre-register. FREE



**Getting started with E-Books & E-Resources  
November 19th and 21st (Afternoon Time TBD)**

Our friend Kim Spachman from the Russell Library will be here to help us get started using some of the amazing e-resources available from the Russell Library.

With a library card, Middletown residents can access these e-resources for free on a laptop, tablet, smartphone, or other mobile device. Hoopla, Libby/Overdrive, and RB Digital offer thousands of titles. The library also offers free access to several digital subscriptions and databases, including Consumer Reports, Mango Languages, and Universal Class.

Find out how to get started with e-books and other e-resources on the 19th and a follow-up workshop will focus on digital databases. While it's helpful to attend both workshops, attendance at both isn't required. For first time help and information, the first session should be attended. The 2nd session will build on your knowledge from the first. FREE—Please pre-register. As of the printing of this newsletter, we did not have a confirmation of start time.

**Mixed Media Art Class w/Marcy  
Begins 10/29 at 1pm**

Mixed media art is artwork in which more than one medium or material is employed. Assemblages and collages are two common examples of art using different media. 6 week session \$15/\$20 NR pre-registration.



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**Texas Hold'Em Card Game  
November 19th at 1:30pm**

**FREE—Just for fun!** Have fun with friends playing cards on a professional table with real chips!



Please pre-register.

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

A Benefits Checkup is a free and confidential questionnaire that will screen you based on income for eligibility of 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.

**Sing-Along with Barbara  
Nov. 19th 12:30-1:30pm**



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

**FREE—No pre-registration necessary.**

**Bingo & Pokeno**



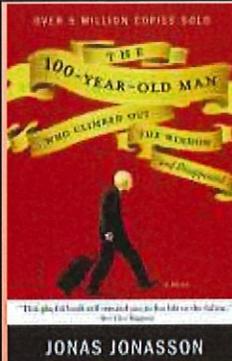
**Bingo—Wednesdays & Fridays at 1pm \$1 for 2 cards or \$2 for**

4 cards. No pre-registration.

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



**Book Club Meeting  
November 18th at 2:30pm**



This month we are reading "The 100-Year-Old Man Who Climbed Out the Window and Disappeared" by Jonas Jonasson. After a long and eventful life, Allan Karlsson ends up in a nursing home, believing it to be his last stop. The only problem is that he's still in good health, and in one day, he turns 100. A big celebration is in the works, but Allan really isn't interested (and he'd like a bit more control over his vodka consumption). So he decides to escape. He climbs out the window in his slippers and embarks on a hilarious and entirely unexpected journey, involving, among other surprises, a suitcase stuffed with cash, some unpleasant criminals, a friendly hot-dog stand operator, and an elephant (not to mention a death by elephant). \$3/\$5 NR for the used book. You can always attend the meeting for free and procure the book on your own.

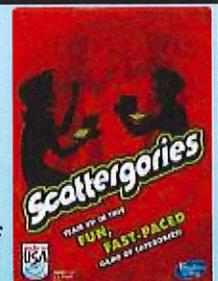
**Fun with Clay Class  
Fridays at 1pm**



This hands on hand-building with clay class led by Marcy is so much fun! Make your own masterpieces! 10 Sessions for \$15.00/\$20 NR pre-registration. Space is limited. Next session begins 12/6.

**Scattergories  
November 4th at 2:30pm**

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— Please pre-register.**



**Recurring Programs/Services**  
(F) = Free (\$) = Cost Associated

**American Mahjong**—Wednesdays at 12pm (F)  
**Arcade Games**—Anytime in the Game Room  
**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 used book)  
**Cable TV**—Anytime (F)  
**Card Games**—Setback Thursdays at 12:30pm, Hand, Elbow  
**Foot Game Tuesdays** at 9:30am (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)  
**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 (F)  
**Ping Pong**—By request when there aren't health services scheduled (F)  
**Shuffleboard**—Anytime in the game room (F)  
**Sing-Alongs**—Third Tuesday of the month at 12:30 (F)  
**Tai Chi & Qigong**—Mondays at 10:30am (\$)  
**Therapeutic Fitness**—Tuesdays at 1:00pm (F)  
**Yoga**—Wednesdays at 10am (\$)  
**Zumba**—Tuesdays & Fridays at 9:30am (F)

**Foster Grandparent Informational Session**  
**November 12th at 2pm**

Foster grandparent program volunteers are needed. Nutmeg Big Brothers, Big Sisters Foster Grandparent Program is looking for low-income seniors to volunteer with children in Elementary Schools, Head Start Programs and Day Care Centers in Hartford, New Britain, East Hartford, Bloomfield, and Middletown. Seminar will be in the Cafeteria. Please pre-register to let us know you plan to attend.

**Benefits:**

- Tax free stipend of \$2.65 per hour—Income that does not affect eligibility for other state or federal benefits
- Travel reimbursement
- Accident & Liability insurance while serving
- Monthly In-service Training in Easter CT
- Annual Recognition Trip with all Foster Grandparents
- Annual Recognition Picnic
- Annual Recognition Luncheon
- On-going support by Professional Staff
- Opportunities to socialize with others your age
- Contribute to the positive development of the children
- The joy of working with children and giving back to your community

**Requirements:**

- 55 years of age or older
- Income under \$24,980 for an individual and \$33,820 for a couple
- Willing and able to serve a minimum of 15 to 40 hours per week
- Enjoy being with children
- Have a lot of TLC to give
- Consent to complete an application
- 1 hour interview in office—1 hour orientation in office
- Provide 2 names of non-family members for references
- Consent to criminal background, FBI fingerprinting and Sex offender check
- Have a physical before you start—Reimbursement Offered
- Agree to serve at least 1 year in the program

For any questions, feel free to contact the Foster Grandparent Coordinator Margarita Laboy at 860-993-6690.

**AARP Safe Driving Class**  
**December 11th**  
**12:30-4:30pm**



**Driver Safety**

\$15/AARP members  
\$20/non-members pre-registration. Space is limited.

**Payment must be made by check and the check must be made out to: AARP**

Please note we are hosting this class as a courtesy to our members but it is run entirely by AARP.



**FREE Election Transportation**  
**November 5th**

Any Middletown Resident 60+ can schedule your ride to/from your designated polling location to vote in the election. This service will be provided by Middletown Area Transit and paid for by the Middletown Senior Center. Reservations are required by November 1st. You must have your polling location when calling in your reservation, this is not something the dispatcher would know. Please call (860) 347-3313 to book your ride. No formal registration paperwork needs to be on file to utilize the dial-a-ride service for election transportation. Middletown Area Transit will assign you a timeslot at their discretion between 9am-3pm. Please note the driver will not wait for you. They will make every attempt to come back within a half hour to pick you up.

**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



The Senior Staff are actively planning out our programs and activities for 2020 calendar year. If you have any suggestions and/or you want to see one of your favorite programs stay on the schedule, let us know! You can speak to a staff member or send us an email! seniors@middletownct.gov

**CRT Lunch Service**

Lunch is served Monday through Friday around 12:15pm by the Community Renewal Team out of Hartford. Reservations are required in advance (860) 638-4543. Reservations are taken by noon at least 1 full business day in advance. \$2.50 suggested donation. For meals on wheels info, call Gladys from CRT at (860) 560-5848.



**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.**

**Brain Teaser Winner**

Thank you to all that participated! Our September winner by random drawing is Gwenn Johnson.

**Answers:**

- |   |  |
|---|--|
| 1. Florida  | 11. Sally Field  |
| 2. Frankfort, Kentucky  | 12. Ian Fleming  |
| 3. Fiji, Finland, France  | 13. Robert Frost   |
| 4. Fava bean, Fennel, Fig   | 14. Acronyms/Initials:<br>Frequently asked questions<br>Federal Bureau of Investigation<br>Food and Drug Administration<br>Federal Deposit Insurance Corporation<br>Franklin Delano Roosevelt<br>Federal Emergency Management Agency<br>Frequency modulation<br>For your information |
| 5. Millard Fillmore, Gerald Ford  |  |
| 6. Falcon, Ferret, Finch, Fisher, Flamingo, Flounder, Fox, Frog<br><i>(Other correct answers are possible.)</i> |  |
| 7. Farrah Fawcett   |  |
| 8. F. Scott Fitzgerald  |  |
| 9. Mia Farrow   |  |
| 10. William Faulkner  |  |

The November 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.

**Reminders & Policy Clarifications**

- All activities advertised by the Senior Services Division require pre-registration (including free programs) unless specifically advertised as no pre-registration required. Almost all activities we run have associated fees and are heavily subsidized before determining the registration fee. It's important that we have counts ahead of time to make sure the room is setup appropriately with enough seating, if snacks or food is being served we have to shop ahead of time based on the count, and we need to know that there is enough interest to run the program. Occasionally, there isn't enough interest and we need to cancel. We don't have a mass communication method, but if you have pre-registered and there is enough lead time notice of the cancellation, we can call or email you. Also, occasionally an instructor/speaker has an emergency or calls out due to illness and we need to know who planned on attending so we can notify you.
- Our general rule is that we don't run programs with less than 7 pre-registered members. When we bring in instructors or guest speakers, many times they have set minimum and maximum counts.
- Many programs sell out throughout the month. Don't wait after receiving your newsletter to sign-up for something that interests you. Since our programs are advertised usually 6+ weeks in advance, it is always worth getting on the waitlist. When people are courteous enough to let us know they cannot make it to a program they registered for, we backfill the spaces using the waitlist.
- Scanning in each time you enter the Senior & Community Center is not optional. It is a condition of your membership.
- When the front desk is experiencing a high volume of traffic, please consider coming back after your activity OR keeping money on your account so you can call in your list of activities and receive an email confirmation.
- Please call to cancel if you can't make it. We are wasting precious money from our budget and not able to fill your spot with someone who wanted to attend the program if you don't let us know you won't be coming.
- We have switched to a bi-monthly model for Tai Chi, and Yoga. Sign up during the month of October for November/December classes. There is a monthly charge regardless of the number of classes.

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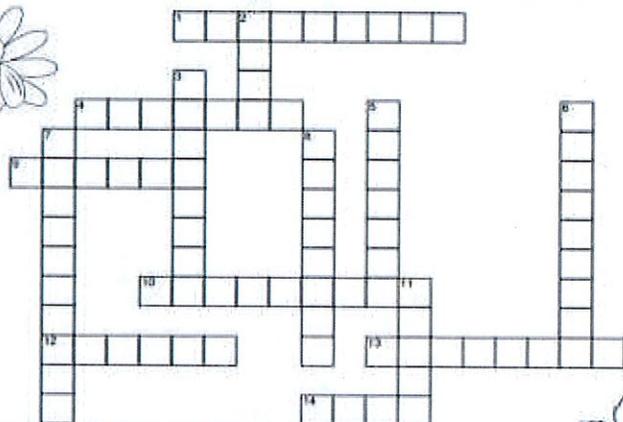
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## Thanksgiving Crossword Puzzle



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### ACROSS

- 1 This is the Native American tribe that was at the first Thanksgiving with the Pilgrims
- 4 Thanksgiving is also celebrated in Canada, but they do it in this month
- 9 Macy's has a famous one each year in New York on Thanksgiving
- 10 Each year, the \_\_\_\_\_ pardons a turkey and spares it from being eaten
- 12 Benjamin Franklin wanted this popular Thanksgiving bird to be the national bird of the United States
- 13 Massachusetts Governor William \_\_\_\_\_ planned a festival to celebrate a good harvest (the first Thanksgiving) in 1621
- 14 Sarah Josepha \_\_\_\_\_ wrote letters for 17 years trying to convince a president to make Thanksgiving a national holiday

### DOWN

- 2 This gender of turkey is the only one that makes a gobble sound
- 3 Thanksgiving in the United States is in this month
- 5 This president declared a national day of thanksgiving in 1863
- 6 The Pilgrims came to America on this ship
- 7 Even though he didn't make Thanksgiving a national holiday, he was the first president to issue a proclamation for a day of public thanksgiving in 1789
- 8 Thanksgiving in the United States is always on this day of the week
- 11 This is how many days the first Thanksgiving celebration lasted

# Senior (60+)

# Brain Teaser

# November 2019

Entries due by 11/15/19

Name:

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Phone:

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