

MIDDLETOWN



Prime Times

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

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

OCTOBER 2019



Rita's African Show October 21st at 2:30pm

Rita Wagener (Kabali) is a native of Uganda, a country located on the Eastern side of the African continent. Wanting to keep her culture alive, Rita started sharing her roots with communities in her area. Even though Rita left her motherland in the early 1980s, she still remembers the culture, customs, and beliefs of her people. Rita came to Connecticut via Fairbanks, Alaska, where she and her husband lived for 14 years. During Rita's show, she shares her experiences of living in 2 cultures. She also talks about



living in America's biggest state and being the only person from her original country. Rita's show takes you through fashions, dances, crafts, and music of Africa. At the end of the show, you feel like you have traveled to Africa, without even being on a plane! \$2/ \$4 NR Pre-registration.



Flu Clinic October 1st 8am-10am

A vaccine clinic will be on held on the 2nd floor of the Senior & Community Center. Bring valid ID & insurance card (no co-payment). FREE—No appointment necessary.



Crazy Bingo October 10th at 3pm

Surrender yourself to the ever changing craziness that is crazy bingo! If you don't like traditional bingo but you like to have fun—this is for you! You never know what's next at crazy bingo! \$5/ \$7 NR pre-registration.



Halloween Social October 31st at 2:30pm

By member request, we are having a festive Halloween Party! You are welcome to dress up, but it is not required. A variety of treats will be served and Halloween games will be available to play. \$2 pre-registration.



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Acrylics & Appetizers October 4th at 5:30pm

Relax, listen to music, socialize with friends, and make a painting that you can take home. Snacks will be served. The doors will

open at 5:15pm. \$10 Residents / \$12 Non-Residents

Early Bird Dinner: Chicken Pot Pie October 22nd at 3pm

This month's early bird dinner is individual homemade chicken pot pies. Flaky crust,



light gravy, white meat chicken, potatoes, peas, carrots, etc. This is a member favorite!

\$5/\$6 NR pre-registration.



Team Trivia with Keith Alan October 28th at 2pm

Team Trivia is a new, fun, interactive way to play Trivia. Create a team of up to 4 players to an-



swer questions asked by your host, Keith Alan. Each question is shown on a big screen and there is time to work together as a team to submit your answer. Each team gets their own touchpad answering device for submitting answers so there is no need to write anything down. It's so easy to play and everybody who plays, loves it! Don't

have a team, don't worry, we will match up participants. No experience needed. Just come and have fun! Please pre-register \$2.

Concentration Game Show October 17th at 2:30pm



Concentration is an American television game show based on the children's memory game of the same name. Matching cards represented prizes that contestants could win. As matching pairs of cards were gradually removed from the board, it would slowly reveal elements of a rebus puzzle that contestants had to solve to win a match. FREE/\$1 NR

Meet the Candidates-October 25th at 2pm

Our annual meet the candidates forum. This November is our local election for mayor and city council. After the primary, we will invite all candidates. We cannot guarantee attendance of any specific candidate. FREE

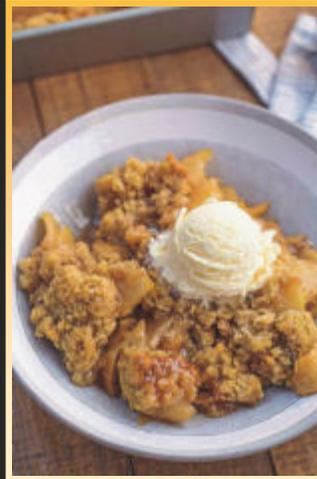
Mixed Media Art Class w/Marcy Begins 10/29 at 1pm

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.



Games
October 11th at
2:30pm

Come and try your luck at Wheel of Fortune and Family Feud. No experience needed, this is just for fun! FREE for Res/\$1 NR—Please pre-register.



Apple Crisp Social
October 18th at
2:30pm

Our annual favorite of apple crisp made with a variety of apples with a yummy oatmeal topping served with a scoop of vanilla ice cream. \$3/\$5 NR Pre-registration.

Susan McLeod

An Incomparable Orchestra of One...
October 23rd at 2pm

Susan McLeod...Orchestra of One, has entertained audiences as a professional musician for over twenty-five years. As a member of the American Federation of Musicians, Susan's passion for performing music is exemplified through her multi-instrumental original arrangements of music from all genres. Referred to as an "Orchestra of One", her innovative music is the result of integrating the acoustical accordion with state-of-the-art music technology. The instrumentation within Susan's arrangements include, but are not limited to, keyboards, brass, strings, bass and percussion, which emulates a multiple piece band or orchestra.

Her song selections are originally arranged and performed live in "real-time" without the use of pre-recorded music or downloaded MIDI files.



\$1/\$2 NR Pre-registration.

Baking Class
October 16th at
2pm

What better flavor than pumpkin in the Fall!? This month we are embracing October and making baked pumpkin donut holes. \$5/\$7 NR Pre-registration.



Craft with Heidi
October 2nd at
2:30pm

This month's craft project is a candy corn wreath. Take home what you make! \$4/\$5 NR Pre-registration.



Pizza & A Movie—October 7th and October 8th at 1:30pm

"The Secret Life of Pets 2" (PG—1hr 26 mins runtime) Continuing the story of Max and his pet friends, following their secret lives after their owners leave them for work or school each day.

Directors: Chris Renaud, Jonathan del Val (co-director) Writer: Brian Lynch Stars: Patton Oswalt, Kevin Hart, Harrison Ford

\$2/\$4 NR Pre-registration required. Price includes 2 slices of cheese pizza.





Bus Trips



Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from October 1st through October 8th for November 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 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.**

October Bus Trips

All trips will be departing from Pat Kidney Field in October

1st—KC's Restaurant & Pub followed by a trip to Bishop's Orchard Farm Market **Guilford** (11-3) \$3/\$4 NR

3rd—Nathan Hale Homestead **Coventry** & Coventry Lake View Rest. (9:45-3) \$8/\$12 NR

8th—Mohegan Sun **Uncasville** (9-3) \$4/\$10 NR

10th—Christmas Tree Shop & **Manchester** Rein's Deli (9:45-3) \$3/\$4 NR

15th—Uncle Buck's Bowling **Bridgeport** & Famous 50's Diner (9:30-3:30) \$8/\$12 NR

17th—Fascia's Chocolates **Waterbury** & Pepe's Pizza (9:15-3) \$7/\$10 NR

22nd—My Masterpiece Studio **Rocky Hill** & On the Border Restaurant (10-3) \$12/\$15 NR

24th—Westbrook Outlets & Fishtale (10-3) \$3/\$4 NR

29th—Pumpkintown USA **East Hampton** & The Dublin (10-3) \$10/\$15 NR

31st—Yale Art Museums **New Haven** and Lunch on Your Own (10-3) \$3/\$5 NR

November Bus Trips

All trips will be departing from Pat Kidney Field in November

5th—Foxwoods Casino **Mashantucket** (9-3) \$4/\$10 NR

7th—Mystic Village Shops **Mystic** (10-3:30) \$4/\$5 NR

12th—St. Joseph Art Museum Tour **West Hartford** & Cheesecake Factory (9:30-2:30) \$5/\$8 NR

14th—WestFarms Mall **West Hartford** (10:30-3) \$3/\$4 NR

19th—Christmas Tree Shop **Orange** & Cracker Barrel (10-3) \$3/\$4 NR

21st—Peter Greenwood Glass Blowing **Winsted** & Tributary Rest. (9:30-4) \$15/\$25 NR

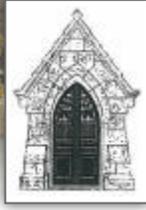
26th—Yankee Candle **Deerfield, MA** & Hillside Pizza café (on campus) (9:30-3:30) \$5/\$7 NR

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

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 11/30/19.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BUS LOTTERY OPENS 1 8am-10am Flu Clinic 9-2:30 Footcare 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 11:00 Bus Trip: KC's & Bishops 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Acrylics Class 2:00 Pokeno	2 9:00 NO Exercise with Jane TODAY 10:00 Yoga 10:30 Coffee with Ann followed by Volunteer Club Meeting 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:30 Craft with Heidi	3 9:00 NO Exercise with Jane TODAY 9:00-12:00 Mahjong 9:45 Bus Trip: Nathan Hale Homestead 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	4 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage 5:30 Acrylics & Appetizers—Doors open at 5:15
7 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD @ 1:30 Pizza & A Movie	BUS LOTTERY CLOSES 8 9:00 Bus Trip: Mohegan Sun 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 Pizza & A Movie	9 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 12:30 AARP Safe Driving Class 1:00 Bingo	LOTTERY NOTIFICATION 10 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:45 Bus Trip: Christmas Tree Shop 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 Crazy Bingo	11 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage 2:30 Wheel of Fortune & Family Feud
14 CLOSED FOR THE HOLIDAY 	LOTTERY PAYMENTS DUE BY NOON 15 9:30 Bus Trip: Uncle Bucks Bowling 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 1:00 Therapeutic Fitness 1:00 Acrylics Class 1:30 Texas Hold 'Em	NON-RESIDENT BUS SIGN-UPS BEGIN 16 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—No appointment necessary 1:00 Bingo 2:00 Baking Class	17 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:15 Bus Trip: Fascia's Chocolates 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Concentration	18 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 Apple Crisp Social
21 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:00 Birthday Party 1:15 Dance for PD @ 2:30 Rita's African Show	22 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: My Masterpiece Studio 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness <i>1:00 Spot Reserved in case needed for makeup Acrylics class</i> 3:00 Early Bird Dinner: Chicken Pot Pie	23 9-3 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 2:00 Susan McLeod Musical Entertainment	24 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:00 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 Afternoon: Your Brain on Food Program—Time not confirmed before the printing of this newsletter	25 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 Meet the Candidates
28 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD @ 2:00 Team Trivia with Keith Alan	29 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: Pumpkin-town 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class 2:30 Book Club Meeting 6:30 Civitan Bingo **doors open at 5:45pm	30 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo	31 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:00 Bus Trip: Yale Art Museums 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Halloween Social	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.



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Medicare Open Enrollment Event November 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

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 pre-registration.

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.



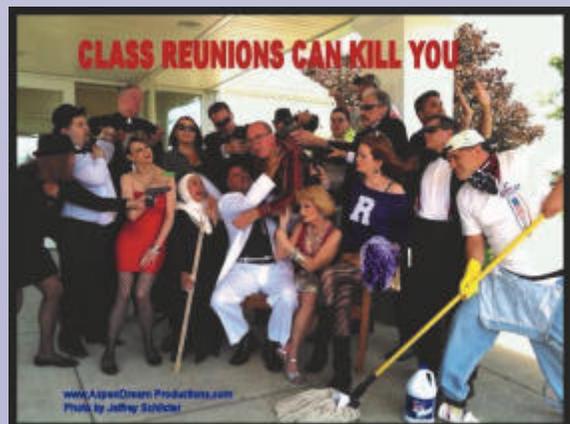
Class Reunion Murder Mystery November 8th—Doors open at 5pm

Doors won't open before 5pm

Now in its 22nd year, smash hit, "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 Hugh Jass, Class Politician, Melvin Wedgewood or "Wedgie", Pom Pom Splits, Head Cheerleader, and the rest of the gang.

Guests will be assigned a name tag and are encouraged to attend dressed ready to play the role of a gangster, movie star, politician, and friend to the well-respected "Uncle Franco", head of the New York Mob Family. Someone is killed and no one can leave until the mystery is solved by Agent Orange while enjoying dinner, lots of dancing, singing, and drinks. Guests are encouraged to dress in their finest mob, movie star, or dressy attire. After all Uncle Franco will be there! Book Early...Avoid the Mob... \$15/\$25 NR



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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 ***Check out our new table installed in July**

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

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

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



CRT Lunch Service

Lunch is served Monday through Friday by CRT.

Reservations are re-

quired 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.

AARP Safe Driving Class October 9th 12:30-4:30pm



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

Checks made out to: AARP

Book Club Meeting October 29th at 2:30pm

Please note: The meeting is on a Tuesday this month

This month we are reading "Big Little Lies" by Liane Moriarty. A murder... A tragic accident... Or just parents behaving badly? What is indisputable is that someone is dead. Madeline is a force to be reckoned with. She is funny, biting, and passionate; she remembers everything and forgives no one. Celeste is the kind of beautiful woman who makes the world stop and stare but she is paying a price for the illusion of perfection. New to town, single mum Jane is so young that another mother mistakes her for a nanny. She comes with a mysterious past and a sadness beyond her years. These three women are at different crossroads, but they will all wind up in the same shocking place. \$3/\$5 NR for the used book. You can always attend the meeting for free and procure the book on your own.

Sing-Along with Barbara October 15th 12:30-1:30pm



Join us on this date and time for a sing-along with Barbara. FREE—No pre-registration necessary.

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.





October Birthday Party Oct. 21st at 1pm

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

Manicures/Haircuts/Tech Support Sponsored by Vinal Tech High School

As of the printing of this newsletter (in August), school was still on break so we haven't been able to confirm the continuation of this program. We hope to release a schedule in early September. Check back with us!

Coffee with Ann & Volunteer Club Meeting October 2nd at 10:30



Suggestions for future programs, bus trips, entertainment OR just general questions or comments, meet with our Manager Ann



Want to help out?
Stick

around for our volunteer club meeting

Bingo & Pokeno

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

Pokeno— October 1st at 2:00pm \$1
Please pre-register.

Texas Hold'Em

October 15th at
1:30pm FREE Just for

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



Enhanced Benefits Checkup October 23rd 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.

Your Brain on Food October 24th at 2 or 2:30pm

This class was not fully confirmed as of the printing of this newsletter in August. We should have confirmation by 9/1.

Class Length: 1 ½ hours

Think about it. Your brain is always "on." It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That "fuel" comes from the foods you eat — and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood. During this 1 ½ class, we will examine food, nutrients and supplements and how they relate to the function and structure of your brain.

Gina Barbetta MS, RD, CDN, Certified Dietitian in Integrative & Functional Medicine will be running this class. \$1 pre-registration.



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

Save the Date



November 13th
Veterans Appreciation Break-
fast

November 15th
Volunteer Appreciation Luncheon

November 22nd
Evolution of Christmas Program

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.



October 29th, Nov. 26th, March 31st, April 28th, May 26th

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 August winner by random drawing is Mary Ann Cannata.

Answers:

We Don't Stop Playing Because We Grow Old. We Grow Old Because We Stop Playing.

The October 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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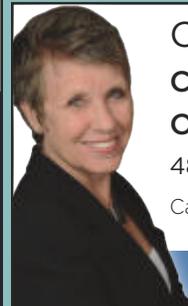


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THE NAME GAME

This is a two-part game. First answer the clues. Then put the answers in the correct order to reveal the name of a famous person (living or dead, real or fictional). Example question: *The sound of a growl + men's neckwear + the forest.* Answer: *Grrr + tie + woods* (*Tiger Woods*).

1. To leave or depart + the opposite of yes + fifteenth letter of the alphabet + the yellow of an egg
2. A toy that flies in the wind + structure that separates two rooms + a person from Istanbul + President Reagan, informally
3. Light black color + four of this makes a bushel + word to describe a violent and bloody movie
4. Doll boyfriend of Barbie + a Christmas song + Mr. Fisher, the singer + a long queue of people
5. Not out + hot dogs + cheer sound you might hear at a football game + painting or sculpture
6. Armed conflict + a conjunction + a corridor in a house or building + the fifth letter of the alphabet
7. Unwell + invoice + vegetable that looks like an oversized scallion + joint between the hand and arm
8. To tremble or vibrate + document that bequeaths money or property + a stem of asparagus + a sweet potato
9. The sixth letter of the alphabet + cubicle where a horse sleeps + Mr. Namath and Mr. Montana + not out

Answers on page 361

Senior (60+) Brain Teaser October 2019

Entries due by 10/15/19

Name: _____

Phone: _____