

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

SEPTEMBER 2019



Johnson Girls Chantey September 16th at 2:30pm

The Johnson Girls have been a force on the folk and maritime music scene

for over two decades as the leading all-woman, a cappella maritime group in the world. Believing that sea chantey and songs of the sea were the first real "World Music", Joy Bennett, Alison Kelley, Bonnie Milner, and Deirdre Murtha each bring a special influence to the group. Whether performing at packed international folk festivals, intimate venues, workshops, or presenting school or library programs, The Johnson Girls remain true to their mission of keeping chantey singing and its history alive, bringing women's voices to the fore, and encouraging everyone to join in the revelry. Widely acclaimed for their powerhouse performances of rousing work songs, sensitive renderings of haunting ballads and laments, and hair-raising harmonies, they sweep their audiences along in a tidal fervor. "The Johnson Girls, chantey singers from America, took the place by storm... Those who thought a chantey singer had to be male, bearded, and with a beer gut, needed to think again." - Cornwall Guardian (UK) \$2/ \$5 NR Pre-registration required.

COMMUNITY PET WELLNESS CLINIC for seniors 65+

Wednesday, September 25th 12:30-4

Appointments are required
please call 860-594-4500 x6308
to schedule your pet(s)

Each family is limited to 2 pets

- RABIES VACCINATIONS
- Wellness Exams
- Heartworm Testing
- Flea/Tick Preventatives
- NAIL TRIMS
- Distemper/Parvo Vaccinations
- DEWORMER

All dogs must be leashed. All cats must be in carriers. We reserve the right to refuse sick, pregnant, or aggressive pets.



Picnic at Crystal Lake September 19th at 1pm

We will be having a picnic lunch at Ron McCutcheon Park/Crystal Lake. Join us for a bag lunch of chicken salad sandwich, chips, drink, and dessert. We'll be bringing outdoor games. Have fun, socialize with friends, enjoy the view, take a walk, or participate in games. No transportation provided.



Meet us out there at 1pm. \$3 pre-registration.

Ice Cream Emergency! September 13th at 2pm



With summer coming to a close, we are calling for one last Ice Cream Emergency! The emergency bus equipped with scoopologists 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.



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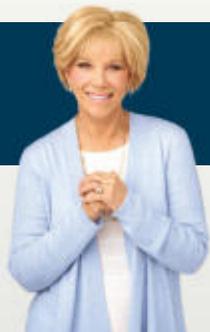
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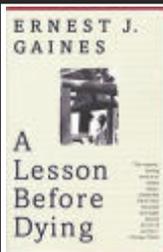
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Pizza & A Movie September 9th and 10th at 1:30pm

For one documentary filmmaker, John Chester, and his wife Molly, the dream has always been to get out of Los Angeles and live a simpler life. Although the journey starts out idyllic, it quickly becomes obvious that things are going to become a lot more difficult than they ever anticipated. Surrounded by roosters, pigs and other types of pets, they will face the wrath of Mother Nature as they attempt to build their sustainable farm. Although they're only 200 miles away from L.A., they may as well be a world apart from the life they once knew. \$3/\$4 NR pre-registration required. Includes 2 slices of cheese pizza. Pick one date only.



Book Club Meeting September 30th at 2:30pm

This month we are reading "A Lesson Before Dying" by Ernest J. Gaines. From the author of A Gathering of Old Men and The Autobiography of Miss Jane Pittman comes a deep and compassionate novel, winner of the National Book Critics Circle Award. A young man who returns to 1940s Cajun country to teach visits a black youth on death row for a crime he didn't commit. Together they come to understand the heroism of resisting. \$3/\$5 NR for the used book or you are more than welcome to get your own copy through the library or privately.

Come Spin the Wheel with The Berlin Visiting Nurse Association

- * Free Gift for Everyone
- * Prizes for Game Winners



Having Surgery? Need Aftercare?
Do you want to go home instead of Rehab?
Do you have medical problems such Hypertension, Diabetes, High Cholesterol, etc.
Are you having a hard time walking or weakness?
You may be eligible for Skilled Home Care

September 24th at 2pm

Berlin VNA will be here sponsoring a wheel of fortune game.

FREE—Please pre-register.

Early Bird Dinner: Pork Roast September 18th at 3pm

This month's early bird dinner is a delicious dinner of pork roast, sweet potato, green beans, and dessert.



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

Last Call! Farmer's Market Vouchers July—September

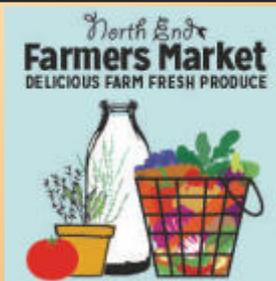
\$18 booklet of checks for use at approved Farmer's Markets.

We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income as part of the program.

Single: Monthly Income \$1,926, Annual Income \$23,107

Married: Monthly Income \$2,607, Annual Income \$31,284

Only 1 booklet may be issued per year regardless of single or married status.



The importance of sleep workshop September 5th at 2pm

Not getting enough Zzzzz's? Or are you getting too much sleep? These issues can plague us and poor sleep can impact the quality of our daily



activities. Did you know that as we age our sleep patterns change. Find out what we can do to get back on track. Presented by: Michelle Pellin, MS MA LPC CBIS LLC of the Red Barn in Durham. FREE—Please pre-register.

Acrylics & Appetizers October 4th at 5:30pm

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

The doors will open at 5:15pm.

\$10 Residents / \$12 Non-Residents



Craft with Heidi September 11th at 2:30pm

This month's craft is a home sweet home sign to add to your fall décor. \$4 / \$6 NR Pre-registration is required.

September Birthday Party—16th at 1:00pm



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

Enhanced Benefits Checkup—September 25th 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.

Bananagrams—September 20th at 2pm
FREE, pre-register. This fun tile game is similar to scrabble but a little more challenging.



Boggle—September 27th at 2pm
FREE, pre-register.
Fun, fast-paced word game.

Chase the Ace September 12th at 2:30pm

Chase the Ace (also known as Queen of Hearts, Crown the King, and Jig the Joker) \$1 pre-registration. No experience needed.



Military Whist September 6th at 6pm

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



Cooking with Heidi September 17th at 2pm

This month we are making sausage, spinach and ricotta pastries. \$5/\$10 NR pre-registration. Take home what you make!



Flu Clinic

October 1st from 8am-10am

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



No appointment necessary.

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from September 3rd through September 10th for October trips. No entries will be accepted after the 10th. All members selected in the lottery will be notified by the 12th. Payments are due by noon on the 16th. **The lottery is only for members who are Middletown Residents.** Times listed in parentheses are the departure times. The first time is the departure time from the Senior Center and the 2nd is the departure time from the destination. **It is your responsibility to be at the pickup location 10 minutes early so we stay on schedule. Failure to be at the pickup location by departure time is grounds for suspending you from further trips.**

September Bus Trips

All trips will be departing from Pat Kidney Parking Lot in September

3rd—Christmas Tree Shop/Cracker Barrel (9-3) \$3/\$4 NR **Orange/Milford**

5th—Trader Joe's Plaza & 7 Seas Restaurant (9-3) \$4/\$5 NR **Orange**

10th—Stonington Borough "on your own" (9-3) \$4/\$5 NR

12th—Mohegan Sun (9-3) \$4/\$10 NR **Uncasville**

17th—Foxwoods (9-3) \$4/\$10 NR **Mashantucket**

19th—Big E (9-3) \$12/\$18 NR **West Springfield, MA**

24th—Bell Town Hill Orchard (wagon ride and pick your own peck apples, cider and donut) & Maggie McFly's (9:30-3) \$15/\$20 NR **South Glastonbury**

26th—Ikea & Fishtale (10-3) \$3/\$4 NR **New Haven**

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

October Bus Trips

All trips will be departing from Pat Kidney Parking Lot 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** & Lunch TBD (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

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 be departing from Pat Kidney Lot through 10/31/19.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED FOR THE HOLIDAY</p> 	<p>3</p> <p>BUS LOTTERY OPENS</p> <p>9:00 Bus Trip: Christmas Tree Shop</p> <p>9:30 Hand, Elbow, Foot Card Game</p> <p>9:30 Zumba with Diane</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>1:00 Therapeutic Fitness</p> <p>2:00 Pokeno</p>	<p>4</p> <p>9:00 NO Exercise with Jane TODAY</p> <p>10:00 Yoga</p> <p>10:30-12 Coloring Club</p> <p>10:30 Coffee with Ann followed by Volunteer Club Meeting</p> <p>12:00 Lunch</p> <p>12:00 American Mahjong</p> <p>1:00 Bingo</p>	<p>5</p> <p>9:00 Bus Trip: Trader Joe's Plaza</p> <p>9:00 NO Exercise with Jane TODAY</p> <p>9:00-12:00 Mahjong</p> <p>11:30 Pilates</p> <p>12:00-1:00 Blood Pressure Clinic</p> <p>12:00 Lunch</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards (Setback)</p> <p>1:00 Fun with Yarn Knitting/Crocheting</p> <p>1:30 Get Tough Exercise</p> <p>2:00 Importance of Sleep</p>	<p>6</p> <p>9:30 Zumba with Diane</p> <p>10:30-12 Coloring Club</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:30 Cribbage</p> <p>6:00 Military Whist—Doors open at 5 for light dinner</p> <p>*Last day to reserve your primary transportation through Middletown Area Transit</p>
<p>9</p> <p>9:00 Exercise with Jane</p> <p>10:30 Tai Chi</p> <p>12:00 Lunch</p> <p>1:15 Dance for PD®</p> <p>1:30 Pizza & A Movie</p>	<p>10</p> <p>BUS LOTTERY CLOSES</p> <p>9:00 Bus Trip: Stonington Borough On Your Own</p> <p>9:30 Hand, Elbow, Foot Card Game</p> <p>9:30 Zumba with Diane</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>1:00 Therapeutic Fitness</p> <p>1:00 Acrylics Class *First Session</p> <p>1:30 Pizza & A Movie</p> <p>Primary Election Today</p>	<p>11</p> <p>9:00 Exercise with Jane</p> <p>10:00 Yoga</p> <p>10:30-12 Coloring Club</p> <p>12:00 Lunch</p> <p>12:00 American Mahjong</p> <p>1:00 Bingo</p> <p>2:30 Craft with Heidi</p>	<p>12</p> <p>LOTTERY NOTIFICATION</p> <p>9:00 Bus Trip: Mohegan Sun</p> <p>9:00 Exercise with Jane</p> <p>9:00-12:00 Mahjong</p> <p>11:30 Pilates</p> <p>12:00-1:00 Blood Pressure Clinic</p> <p>12:00 Lunch</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards (Setback)</p> <p>1:00 Fun with Yarn Knitting/Crocheting</p> <p>1:30 Get Tough Exercise</p> <p>2:30 Chase the Ace</p>	<p>13</p> <p>9:30 Zumba with Diane</p> <p>10:30-12 Coloring Club</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 Fun with Clay *First Session</p> <p>1:30 Cribbage</p> <p>2:00 Ice Cream Emergency</p> <p>5:30 Trivia Night with Vox Church</p>
<p>LOTTERY PAYMENTS DUE BY NOON</p> <p>9:00 Exercise with Jane</p> <p>10:30 Tai Chi</p> <p>12:00 Lunch</p> <p>1:00 Birthday Party</p> <p>1:15 Dance for PD®</p> <p>2:30 Johnson Girls Chantey</p>	<p>17</p> <p>NON-RESIDENT BUS SIGN-UPS BEGIN</p> <p>9:00 Bus Trip: Foxwoods</p> <p>9:30 Hand, Elbow, Foot Card Game</p> <p>9:30 Zumba with Diane</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>12:30 Sing-Along</p> <p>1:00 Therapeutic Fitness</p> <p>1:00 Acrylics Class</p> <p>1:30 Poker</p> <p>2:00 Cooking Class</p>	<p>18</p> <p>9:00 Exercise with Jane</p> <p>10:00 Yoga</p> <p>10:30-12 Coloring Club</p> <p>12:00 Lunch</p> <p>12:00 American Mahjong</p> <p>12-1 Hearing Screening (FREE) by Beltone New England—No Appointment Needed</p> <p>1:00 Bingo</p> <p>3:00 Early Bird Dinner</p>	<p>19</p> <p>9:00 Bus Trip: Big E</p> <p>9:00 Exercise with Jane</p> <p>9:00-12:00 Mahjong</p> <p>11:30 Pilates</p> <p>12:00-1:00 Blood Pressure Clinic</p> <p>12:00 Lunch</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards (Setback)</p> <p>1:00 Fun with Yarn Knitting/Crocheting</p> <p>1:00 Picnic at Crystal Lake</p> <p>1:30 Get Tough Exercise</p>	<p>20</p> <p>9:30 Zumba with Diane</p> <p>10:30-12 Coloring Club</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 Fun with Clay</p> <p>1:30 Cribbage</p> <p>2:00 Bananagrams</p>
<p>23</p> <p>9:00 Exercise with Jane</p> <p>10:30 Tai Chi</p> <p>12:00 Lunch</p> <p>1:15 Dance for PD®</p> <p>2:30 Rebus Partner Challenge</p>	<p>24</p> <p>9:30 Breakfast</p> <p>9:30 Hand, Elbow, Foot Card Game</p> <p>9:30 Bus Trip: Bell Town Orchard</p> <p>9:30 Zumba with Diane</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>1:00 Therapeutic Fitness</p> <p>1:00 Acrylics Class</p> <p>2:00 Berlin VNA Wheel of Fortune</p>	<p>25</p> <p>9-2:30 Benefits Checkup</p> <p>9:00 Exercise with Jane</p> <p>10:00 Yoga</p> <p>10:30-12 Coloring Club</p> <p>12:00 Lunch UPSTAIRS TODAY</p> <p>12:00 NO American Mahjong TODAY</p> <p>12:30-4 Community Pet Wellness Clinic</p> <p>1:00 Bingo</p>	<p>26</p> <p>9:00 Exercise with Jane</p> <p>9:00-12:00 Mahjong</p> <p>10:00 Bus Trip: Ikea</p> <p>11:30 Pilates</p> <p>12:00-1:00 Blood Pressure Clinic</p> <p>12:00 Lunch</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards (Setback)</p> <p>1:00 Fun with Yarn Knitting/Crocheting</p> <p>1:30 Get Tough Exercise</p>	<p>27</p> <p>9:30 Zumba with Diane</p> <p>10:30-12 Coloring Club</p> <p>11:00 Guided Meditation with Elizabeth</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 Fun with Clay</p> <p>1:30 Cribbage</p> <p>2:00 Boggle</p>
<p>30</p> <p>9:00 Exercise with Jane</p> <p>10:30 Tai Chi</p> <p>12:00 Lunch</p> <p>1:15 Dance for PD®</p> <p>2:30 Book Club "A Lesson Before Dying"</p>			<p>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.</p>	



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Changes to Paid Exercise Program Registration Policies

Effective August 1, 2019, we will be changing the way we handle registrations for paid exercise classes. In the past, each class had its own # of sessions and registration would take place two weeks before the start of the next session. Due to sick callouts, scheduled vacations, holidays, weather related cancellations, etc. it was becoming confusing for everyone as sessions were getting postponed. Due to these issues, we are standardizing the registration process for these paid exercise classes (Yoga, Tai Chi, and Pilates).

All sessions currently in progress will continue to run as scheduled. Any classes between the end of a current session and August 31, 2019 will run at no cost.

When signing up for a paid exercise class, it will now be for 2 calendar months and not by the number of sessions. There will be no credits or extensions based on a missed class or classes. Yes, sometimes you will pay the same amount for less classes and sometimes you will receive more classes. It is our hope that this will balance out throughout the year. Also, the classes (based on attendance) are typically subsidized at over 50%.

August 1st through August 31st you can sign up for September/October paid exercise programs. Just as with any program, once a class is FULL, it is full and you can put your name on a waitlist. October 1st through October 31st you can sign up for November/December paid exercise programs. December 1st through December 31st you can sign up for January/February paid exercise programs.

Cost for 2 calendar months of Yoga = \$40/\$50 NR
Cost for 2 calendar months of Tai Chi = \$28/\$35 NR
Cost for 2 calendar months of Pilates = \$28/\$35 NR

There are no discounts or refunds if you choose to start in the middle of a session or want to cancel mid-session.

Trivia Night September 13th at 5:30pm

Sponsored and run entirely by volunteers from Vox Church. FREE—Pre-registration



is required. Plenty of fun to go around! Prizes for the top winners!

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.



FREE Primary Election Transportation September 10th

Any Middletown Resident 60+ can schedule your ride to/from your designated polling location to vote in the primary election. This service will be provided by Middletown Area Transit and paid for by the Middletown Senior Center. Reservations are required by September 6th. You must have your primary polling location when calling in your reservation, this is not something the dispatcher would know. Please call (860) 347-3313. 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.



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Recurring Programs/Services

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

American Mahjong—Wednesdays at 12pm (F) **No American Mahjong on 9/25**

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

Pilates—On Break until the Fall

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 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.



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

Bingo & Pokeno

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

Pokeno— September 3rd at 2:00pm \$1 Please pre-register.

Fun with Clay—Fridays at 1pm New Sessions begins September 13th

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.



Acrylics Art Class—Tuesdays at 1pm September 10th Start Date

All levels are welcome in this Acrylics hobby class taught by Marcy. All supplies are shared in class and not to be taken home. You are welcome to bring your own supplies. \$15/\$20 NR Pre-registration required.



Space is limited. Registration opened in August.

Texas Hold'Em
September 17th at 1:30pm FREE Just for fun! Have fun with friends playing cards on a professional table with real chips! **FREE**—Please pre-register.



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! Games, raffles, prizes, and laughing guaranteed!

\$5/\$7 NR pre-registration. This is expected to run until approximately 5pm.



French Toast Breakfast September 24th at 9:30am

Middletown Fire Chief Kronenberger joined by his Sous Chef Deputy Chief Leary will be here bright and early cooking up a delicious French toast & bacon breakfast.

Central Communications/Dispatch Director Bartolotta and Deputy Director Grauer will be setting up, checking people in and serving. \$2/\$4 NR Pre-registration.

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.

Coffee with Ann & Volunteer Club Meeting September 4th at 10:30/11am



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

Sing-Along with Barbara September 17th 12:30-1:30pm



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

Pilates Class with Victoria Thursdays at 11:30am



Meet us on the mat for a 50 minute Pilates class

that will work all the layers of your core and mobilize your spine in all directions. Connecting to and strengthening your core muscles leads to better posture, relief from low back pain, and supports movement patterns in your daily and fitness life. This class leaves you feeling strong and streamlined! This class is for all levels as modifications and intensity options are always offered. Ages: 60+ Registration open in August.

Rebus Partner Challenge September 23rd at 2:30pm

Break up into teams of 2 to compete against each other solving rebus puzzles. No experience necessary. You are sure to laugh at this brain building game!

\$1 pre-registration.

Example:



The answer would be tuna fish.

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

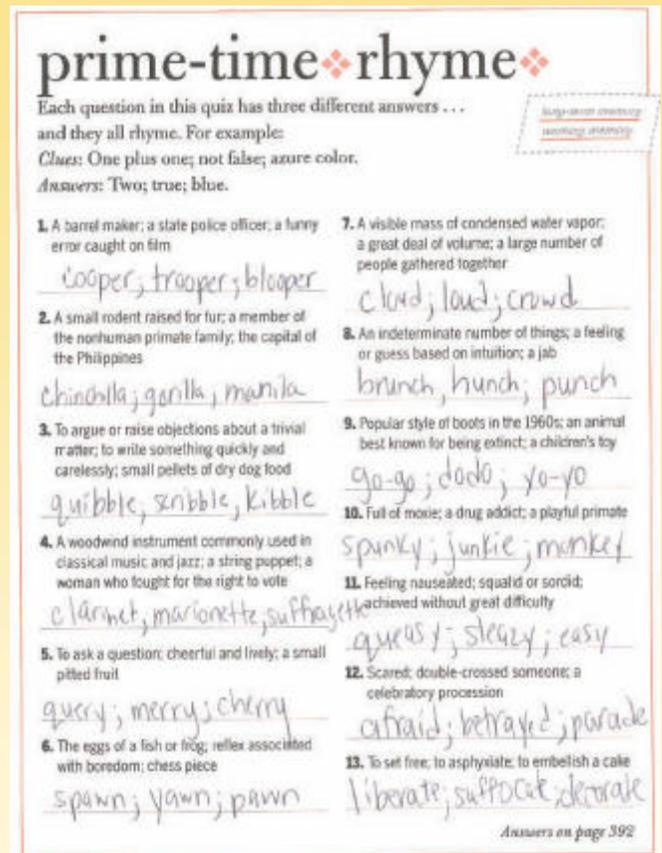
November 13th
Veterans Appreciation Breakfast

November 15th
Volunteer Appreciation Luncheon

Brain Teaser Winner

Thank you to all that participated! Our July winner by random drawing is Lindsey Brooksbank.

Answers:



prime-time rhyme

Each question in this quiz has three different answers ... and they all rhyme. For example:
Clue: One plus one; not false; azure color.
Answers: Two; true; blue.

1. A barrel maker; a state police officer; a funny error caught on film
cooper, trooper, blooper
2. A small rodent raised for fur; a member of the nonhuman primate family; the capital of the Philippines
chinchilla; gorilla; manila
3. To argue or raise objections about a trivial matter; to write something quickly and carelessly; small pellets of dry dog food
quibble, scribble, kibble
4. A woodwind instrument commonly used in classical music and jazz; a string puppet; a woman who fought for the right to vote
clarinet, marionette, suffragette
5. To ask a question; cheerful and lively; a small pitted fruit
query; merry; cherry
6. The eggs of a fish or frog; reflex associated with boredom; chess piece
spawn; yawn; pawn
7. A visible mass of condensed water vapor; a great deal of volume; a large number of people gathered together
cloud; loud; crowd
8. An indeterminate number of things; a feeling or guess based on intuition; a job
brunch, hunch; punch
9. Popular style of boots in the 1960s; an animal best known for being extinct; a children's toy
go-go; dodo; yo-yo
10. Full of mope; a drug addict; a playful primate
spunky; junkie; monkey
11. Feeling nauseated; squalid or sordid; achieved without great difficulty
queasy; steady; easy
12. Scared; double-crossed someone; a celebratory procession
afraid; betrayed; parade
13. To set free; to asphyxiate; to embellish a cake
liberate; suffocate; decorate

Answers on page 392

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, November 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.**

The September brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

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ALPHABET TRIVIA

The only thing these trivia questions have in common is that all of the answers begin with the letter F.

*Keep your memory
active functioning*

1. What is the only US state that begins with the letter F?
2. What is the one US capital city that begins with the letter F?
3. Name two of the three countries (sovereign states only) that begin with the letter F.
4. Name a fruit or vegetable that begins with the letter F.
5. Name a US president whose last name begins with the letter F.
6. Name three animals (of any type) that begin with the letter F.
7. Who played Jill Munroe on TV's *Charlie's Angels* for only the series's first season?
8. He wrote *The Great Gatsby* and *Tender Is the Night*.
9. She starred in *Rosemary's Baby* in 1968, the same year she was divorced from her first husband, Frank Sinatra.
10. This Mississippi-born writer is the author of *Abraham Lincoln* and *The Sound and the Fury*.
11. She played *The Flying Nun* on television and *Norma Rae* in the movies.
12. This British author wrote *Chitty Chitty Bang Bang* as well as the James Bond series of spy novels.
13. This New England poet, at age 86, read his well-known poem "The Gift Outright" at the inauguration of John F. Kennedy.
14. What do these acronyms/initials stand for?
FAQ
FBI
FDA
FDIC
FDR
FEMA
FM
FYI

Answers on page 341

Senior (60+) Brain Teaser September 2019

Entries due by 9/15/19

Name: _____

Phone: _____