

MIDDLETOWN



Prime Times

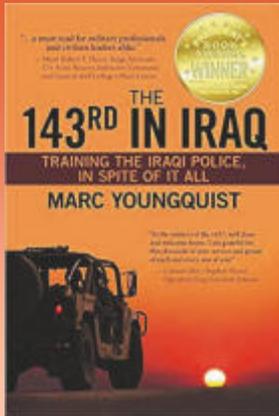
A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

APRIL 2019



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

The 143rd in Iraq is the historical account of a Connecticut National Guard Military Police Company's attempt to recruit, train and prepare an Iraqi Police Force in 2003-2004. From training for desert conditions in upstate New York in the dead of winter without winter gear, to driving through the night into the morning, trying to find Baghdad using pieces of a map puzzle, to entering war zones without the required soldiers, weapons, or ammo, Marc Youngquist shares how the 143rd

Military Police Company did what they could to fulfill their mission in spite of it all. Profits for the book are donated to FIDELCO Guide Dog Foundation. FREE

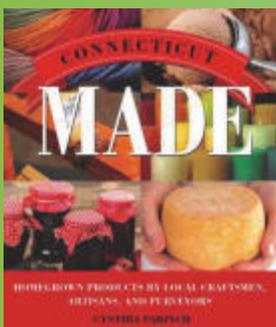
Transformation At Any Age April 24th at 2:30pm

Dr. Lori Monaco, a transformational speaker and coach, will be here to offer her presentation "Transformation at ANY Age". Dr. Monaco encourages you to imagine yourself achieving greatness, creating an abundant life, and being the person you always knew you can be. According to her, achieving greatness and abundance is not age restricted. It is never too late to become the person you were meant to be! This course is meant for everyone. Lori Monaco, D.C., maintains her full-time practice as she continues lecturing at health and wellness venues. Her recent education studies focus on neuroscience, quantum theory and human behavior. \$1/\$3 NR pre-registration.



Connecticut Made—April 29th at 2:30pm

Join us for a discussion with Cynthia Parzych, author of Connecticut Made, a new guidebook which extols the virtues of homegrown products by Connecticut craftsmen, artisans and purveyors, April 29 at 2:30pm. Connecticut Made is a unique guidebook and local resource full of hundreds of things to find and buy, crafts to discover, factories to explore, and history to uncover—all made in Connecticut. Born and educated in Connecticut, Cynthia Parzych is a writer, book publisher, editor and professional chef. She lives in Glastonbury where she runs her publishing company and a food business. \$1/\$3 NR pre-registration.





Water's Edge Center for Health and Rehabilitation

— Premier Providers of —

Subacute Rehabilitative Care • Alzheimer's Dementia Care • Long Term Care
Please contact Our Admissions Office at
(860) 347-7286 for your personal tour!

Serving The Middlesex Community
www.watersedgerehab.com



111 Church Street, Middletown, CT 06457



860-346-9700

Courteous, Knowledgeable,
Highly Trained Staff. Fast Service

We carry Ensure & Pediasure

We Accept Medicaid, Medicare & Most Insurance Plans

644 Main St., Middletown, CT

SOUTH GREEN APARTMENTS

65 Church St., Middletown, CT 06457

Currently Accepting Applications
One and Two Bedroom Apartments
Federally Subsidized

Affordable Housing for Ages 62 & Over Or Persons with Disabilities

Call South Green at **860.344.1361** To receive an application.

Financed by CHFA

Professionally managed by S.H.P. Management



30 Boston Road, Middletown, CT
860.346.9299

Quality Short-Term Rehabilitation
and Long-Term Care in a
Comfortable Homelike Setting

Managed by Athena Health Care Systems
athenanh.com/wadsworth



RICE, DAVIS, DALEY & KRENZ, INC.
INSURANCE

Jim Martinelli

Chief Financial Services Manager

860-346-6611

JMartinelli@rddk.com

50 Washington Street • Middletown



Newfield and Stoneycrest Towers



Spacious studio, one, and two bedroom apartments in an adult community (50 years and older). All units are handicap accessible and offer FREE electricity, heat and hot water! Other amenities include a laundry facility, wall-to-wall carpeting, community room and an onsite social service coordinator is available during business hours for all residents. The towers are close to shopping, restaurants, highways and bus lines.

Call (860) 347-8899 for information and an application



100 Randolph Rd • Middletown

860.344.0353 • athenanh.com/middlesex

Managed by Athena Healthcare Systems

Short-Term Rehab & Long Term Care • Pre-Books Accepted

Orthopedic Rehabilitation • Hospice Care
Medically Complex Care • Cardiac Recovery
Designated Specialized Memory Care • IV Therapies
Stroke Rehabilitation and Pulmonary Management
Surgical Recovery • Oncology Management
Physical, Occupational and Speech Therapies
Wound Management • Dementia Care

Call today to arrange a tour!



Trusted.
Committed.
Dedicated.

By The Centers for Medicare & Medicaid Services (CMS)
Physical, Occupational, & Speech Therapies, Respite, Long Term Care

65 Westfield Rd., Meriden, CT

203-238-1291 • www.apple-rehab.com

Medicare Plans Confusing?

You're not alone...

Call **Beverly P. Goodrich Insurance**

In home visit * No Fee *

860-526-4257

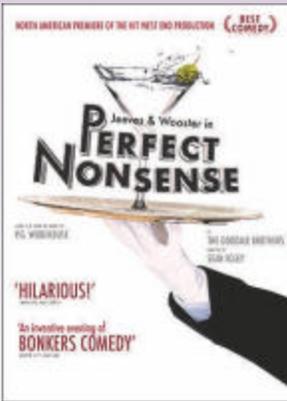
beverlygoodrich@comcast.net

Licensed Certified Insurance Broker



Special Bus Trip—April 13th Hartford Stage

Everything goes awry when Bertie Wooster, a wealthy British gentleman with a penchant for telling stories, decides to stage a one-man show on London's West End. Things go from bad to worse when Wooster's loyal valet, Jeeves, valiantly steps in to help save the day in this Olivier Award-winning Robert and David Goodale adaptation inspired by the hilarious P.G. Wodehouse classic *The Code of the Woosters*.



\$32 Res/ \$40 NR

Price includes transportation and entry fee. This is non-refundable And non-transferable.

The bus will depart the Senior Center at 1:00 PM for a 2:00 PM show.

Special Bus Trip—April 2nd Sugar Shack Tour & Class

Ever wonder how your syrup came from a tree and made it to your table? This is your opportunity to learn first hand. Join us on a visit to Sweet Wind Farm in Heartland, CT. This trip will run rain or shine, and there may be mud, so dress accordingly. This class will be approximately 1 1/2 hours long, and will include a narrated slideshow with a hands-on class, a tour of the sugarhouse and equipment, an outdoor tour of our farm's maple trees, (and possibly seeing the sap dripping!), and will end with taste samples. Lunch will be at Cambridge House on your own. \$5 Res/\$10 NR
10:00am departure



Special Bus Trip—May 9th Oakdale Theater

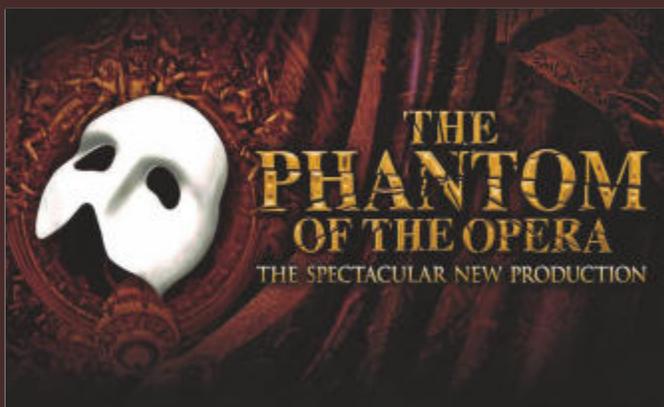
**NON-REFUNDABLE - NON-TRANSFERABLE
ADVANCED REGISTRATION REQUIRED**

Middletown Residents \$40.00

Non-Residents \$52.00

Fee includes transportation and ticket price.

Bus Departs Senior Center: 11:45 AM



**DO NOT COME EARLY
WE NEED TIME TO PREPARE**

Polish Night April 26th at 5:30pm

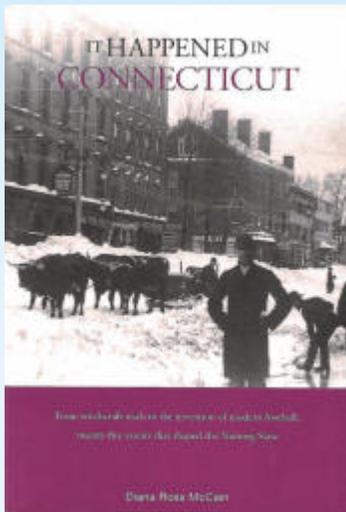


A traditional Polish dinner featuring homemade potato and cheese pierogi and kielbasa from Czapiga's in Meriden. Andy will be playing our favorite polka music and running games.

\$9/\$14 NR pre-registration required. We anticipate that this event will sell out quickly, so sign up early!!

It Really Happened in CT April 10th at 2:30pm

Witchcraft trials, a serial murderer who inspired a popular movie, and a mysterious vagabond who has intrigued people for decades are three fascinating yet true stories from the state's past that independent historian Diana Ross McCain will recount in her talk "It Really Happened in Connecticut". McCain draws the tales from her non-fiction books *It Happened in Connecticut* and *Mysteries and Legends of New England*. Following the presentation, McCain will sell and autograph copies of her books. Diana Ross McCain is a partner in Come Home to Connecticut, an enterprise that offers historical and genealogical research services and programming. She has been researching, writing, and speaking about history for more than thirty years. McCain holds bachelor's and master's degrees in history, and was on the



staff of the Connecticut Historical Society for more than twenty-five years. She is the author of many magazine and newspaper articles and several non-fiction books of history. \$1/\$3 NR pre-registration.

Footcare Clinics Are Back!

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.

CT Humane Society Presentation April 18th 2pm (FREE)

Learn about:

- The types of pets available at CHS for adoption and where they come from
- How CHS partners with municipal animal control officers to help injured, stray, neglected, and abused animals
- The lifesaving medical and behavioral services provided for pets in CHS' care
- The services CHS provides for low-income individuals to help prevent pet relinquishment
- What it takes to be a responsible pet owner
- How CHS is funded and allocates resources

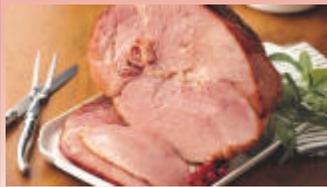
Bob Ross Painting Seminar May 2nd 1-4pm

Many of you may remember Bob Ross, TV PBS host of "The Joy of Painting" show that ended 1994. Bob's Zen-like voice and relaxing style hypnotized us all. But it was his technique that really captivated us with his ability to create a painting in 30 minutes.

Now you can learn his technique by taking this class! Bob used special brushes and special thick, quick drying oil paints along with liquid white to allow a painter to apply many layers of paint to the canvas while still wet. A painting can be completed in one class.

Our instructor Denise Cirillo-Romaniello has been studying traditional oil painting for many years, but it wasn't until she became a Certified Bob Ross Instructor that she fell in love with oil painting.

Learn to create "happy little trees" and "fluffy little clouds" the Bob Ross way. Whether you really want to learn to paint or just have fun, you can create your own work of art in one class. Take home your own 16X20 masterpiece. All brushes, paints, easel, and 16X20 canvas provided. Space is Limited. \$18/\$25 NR pre-reg



Early Bird Dinner April 12th at 3pm

This month's early bird dinner will be ham, potato, vegetable and dessert. \$7/\$9 NR pre-registration.

Senior Social April 4th at 2:30pm



Lemon bar cheesecake. \$2/\$4 NR pre-registration.

Craft with Heidi April 10th 10:30am

This month we will be making a Spring themed collage on a canvas. \$4 Res/\$6 NR—take home what you make.



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

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

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

Civitan Bingo—April 30th

Doors open at 5:45, games start at 6:30pm
It is free to attend, however you **MUST** pre-register.

Pilates Class with Victoria Thursdays at 11:30am



Meet us on the mat for a 60 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+ This class is free to try through April 18th. The first paid session begins 4/25. \$10/\$18 NR

Bingo & Pokeno



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

Pkeno—
April 23rd at 2:00pm \$1/\$2 NR pre-register.

AARP Safe Driving Classes 2019

April 17th, June 12th,
August 21st, October 9th & Dec. 11th.
12:30pm-4:30pm

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

Texas Hold'Em

April 16th at 1:30pm FREE
Just for fun!



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>9:00 NO Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 2:00 Planning for the What If</p>	<p>2</p> <p>9-3 Footcare Clinic 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: Sweet Wind Farm 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class with Marcy</p>	<p>3</p> <p>9:00 Exercise with Jane 10:00 Yoga 10:30 Coffee with Ann & Volunteer Club Meeting 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo May Lottery Starts</p>	<p>4</p> <p>9:00 Bus Trip: Foxwoods 9:00 Exercise with Jane 9:00-12:00 Mahjong 11:30 Pilates 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Social</p>	<p>5</p> <p>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 143rd in Iraq</p>	
<p>8</p> <p>9:00 NO Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 1:30 Pizza & A Movie</p>	<p>9</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: Christmas Tree Shops 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class 1:30 AARP 3394 Membership Meeting</p>	<p>10</p> <p>9:00 NO Exercise with Jane 10:00 Yoga 10:30 Craft with Heidi 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:30 It Happened In CT May Lottery Ends</p>	<p>11</p> <p>9:00 NO Exercise with Jane 9:00-12:00 Mahjong 10:00 Bus Trip: Shops at Farmington Valley 11:30 Pilates 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Baking Class</p>	<p>12</p> <p>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 *New Session 1:30 Cribbage 3:00 Early Bird Dinner Lottery Winners Notified</p>	
<p>15</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 1:30 Birthday Party 2:00 Boggle</p>	<p>16</p> <p>9-3 Footcare Clinic 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 12:30 Sing-Along w/Barbara 1:00 Therapeutic Fitness 1:00 Mixed Media Class 1:30 Texas Hold'Em 2:30 50's Sock Hop Music Lottery Payments due by 12</p>	<p>17</p> <p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 Free Hearing Screening by Beltone New England 12:00 American Mahjong 12:30 AARP SD Class 1:00 Bingo 2:30 Sport Stacking NR Bus Sign-ups begin</p>	<p>18</p> <p>9:00 Exercise with Jane 9:00-12:00 Mahjong 10:00 Bus Trip: Mystic Village 11:30 Pilates 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 CT Humane Society</p>	<p>19</p> <p>Closed for the Holiday</p> 	
<p>22</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 2:30 Book Club</p>	<p>23</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:15 Bus Trip: Florence Griswold Museum 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Mixed Media Class 1:00 Therapeutic Fitness 2:00 Pokeno 6:00 Medicare Bootcamp</p>	<p>24</p> <p>9-3 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 2:30 Transformation Seminar</p>	<p>25</p> <p>9:00 Bus Trip: Foxwoods 9:00 Exercise with Jane 9:00-12:00 Mahjong 11:30 Pilates (Beginning of 1st Paid Session) 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Tablet Trivia</p>	<p>26</p> <p>9-11 Vinal H.S. Manicures & Tech Support 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 5:30 Polish Night</p>	
<p>29</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 2:30 CT Made</p>	<p>30</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 9:30 Bus Trip: Underwater Scenery Bowling 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Mixed Media Class 6:30 Civitan Bingo</p>	 <p>APRIL</p>			<p>Save the Date!</p> <p>May 15th—New Britain Bees Game May 18th—Prom May 29th—Korean Culture Pres. May 31st—Tea Party June (Date TBD) Trip to Block Island June 3rd—Essential Oils Pres. June 7th—Dimensional Dance Pres. July 1st—VR Experience!</p>

LET US PLACE YOUR
AD HERE.

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADI professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

HOME SECURITY TEAM



CALL NOW! 1-888-862-6429



50's Sock Hop Musical Entertainment
April 16th at 2:30pm



Kathy Gregory will be entertaining us with all of our old favorites for this hour long sock hop. FREE for Residents/\$1 for Non-Residents.

Sing-Along with Barbara
April 16th 12:30-1:30pm

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



Coffee with Ann
April 3rd at 10:30am

Do you have any suggestions for programming, procedures, entertainment, bus trips, etc. This is a great time to come and ask questions and meet the manager.

Our Volunteer Club Meeting will be held immediately following the Coffee with Ann. Find out how you can get involved!



Sport Stacking
April 17th at 2:30pm

Keep your mind sharp & have fun giving this activity a try!

Sport stacking, also known as cup stacking or speed stacking, is an individual and team sport that involves stacking 9 or 12 specially designed cups in pre-determined sequences as fast as you can. The cups are specially designed to allow for faster times.

Glenn will show us how to get started with this fun "sport". It can be so much fun and addicting and has been shown to have long term affects benefiting ones' daily life. \$1/\$3 NR pre-registration.

Medicare Bootcamp
April 23rd 6-8pm



Are you:
*New to Medicare? Turning 65?
 Collecting Social Security Disability Benefits?*

What you will learn:

- Medicare Part A,B,C,D
- When to Enroll: Avoid Penalties
- Alternative Medicare Options
- Medicare Premium Assistance



FREE

Military Whist Card Party
May 1st 6pm



Doors will open at 5pm. A light dinner of chicken salad sandwich, chips, and cookies will be served. No experience needed for this fun card party. \$6 pre-registration. NO refunds.



Biega's Home for Funerals
 Complete Funeral & Cremation Services
 Pre-Need Counseling & Arrangements Available
 (860) 346-1055
 3 Silver Street, Middletown, CT 06457
 Family Owned Since 1939



WE'RE HIRING
AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers



Bus Trips



April Bus Trips

- 2nd**—Sweet Wind Farm & Cambridge House Pub (10:00-3:00) \$5/\$10NR ***First Come First Serve***
- 4th**—Foxwoods Casino (9-3) \$4/\$10 NR
- 9th**—Christmas Tree Shop Orange & Cracker Barrel (10-3) \$3/\$4NR
- 11th**—Shops at Farmington Valley (10:00-3:00) \$3/\$4 NR
- 16th**—Mohegan Sun Casino (9:00-3:00) \$4/\$10NR
- 18th**—Mystic Village Shops (10-3) \$4/\$5
- 23rd**—Florence Griswold Museum (10:15-3:00) \$8/\$11 NR
- 25th**—Foxwoods Casino (9:00-3:00) \$4/\$10 NR
- 30th**—Underwater Scenery Bowling Party (9:30-3:30) \$8/\$12 NR

May Bus Trips

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

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from April 3rd through April 10th for May 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. All participants must adhere to the bus policies and procedures. If you need a copy, please inquire at the front desk.**

Tablet Trivia

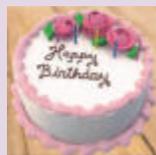
April 25th at 2pm



Using our new touch screen user-friendly tablets, we'll be playing trivia on Kahoot! It's a hoot! Give it a try. Everyone gets to answer and scores are added up per game. No experience needed. FREE for Res/\$1

April Birthday Party

April 15th at 1:30pm



Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating April Birthdays. All are welcome. Due to your feedback, Water's Edge switched back to their original cake provider.

Enhanced Benefits Checkup

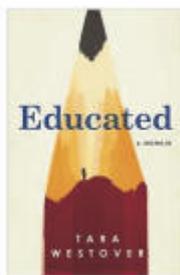
April 24th 9am-2:30pm

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



April 22nd Book Club 2:30pm

This month's book is "Educated: A Memoir" written by Tara Westover. Tara Westover was seventeen the first time she set foot in a classroom.



Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned peaches and sleeping with her "head-for-the-hills bag." The family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. As a way out, Tara began to educate herself, learning enough mathematics and grammar to be admitted to Brigham Young University. Her quest for knowledge would transform her, taking her over oceans and across continents, to Harvard and to Cambridge. Only then would she wonder if she'd traveled too far, if there was still a way home. With the acute insight that distinguishes all great writers, Tara Westover has crafted a universal coming-of-age story that gets to the heart of what an education offers: the perspective to see one's life through new eyes, and the will to change it. \$3 Res/\$5 NR for the used book.

Pizza & A Movie April 8th at 1:30pm

Dr Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation. \$2 Res/\$4 NR pre-registration includes 2 slices of cheese pizza.



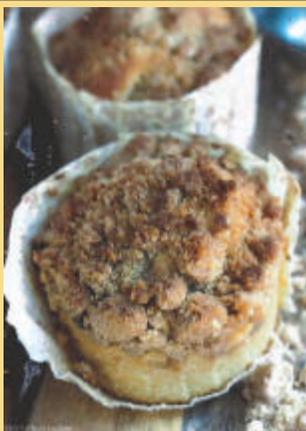
Boggle April 15th at 2pm

In this fun game, each player searches for words that can be constructed from the letters of sequentially adjacent cubes, where "adjacent" cubes are those horizontally, vertically, and diagonally neighboring. Words must be at least three letters long, may include singular and plural (or other derived forms) separately, but may not use the same letter cube more than once per word. **FREE**



Baking Class April 11th at 2pm

This month we'll each be making NY Style Coffee Crumb Muffins. \$4/\$6 NR pre-registration. Take home what you make!



Fun with Clay 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. The new session begins April 12th!



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



Manicures & Tech Support
April 26th 9am-11am

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

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.**

Lady Katharine Cruise
May 22nd 9:30am (\$1)

Arrive at the Dock at Harbor Park at 9:30 am
Boarding starts at 9:30 am and will end at 9:50 am to ensure a 10:00am departure. Please SAVE your receipt! It is your boarding pass.

Brain Teaser Winner

Thank you to all that participated! Our January winner by random drawing is Ellen Ryczek.

The puzzle was:

I am a three digit number. My tens digit is five more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?

Answer: 194

Regular Recurring Exercise Programs

Note: Dates can change based on illness or weather

Tai Chi—New Session Begins 5/6

Sign-ups begin 4/22

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

Yoga—New Session Begins 5/1

Sign-ups begin 4/17

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

Pilates—New Session Begins 4/25

Sign-ups open NOW

\$10/\$18 NR for 6 sessions

Senior Expo

May 7th 10am-1pm

The building is only open 10-1 for the expo. No other programs and no sign-ups today.

CRT Lunch Service

Lunch is served Monday through Friday by CRT. Reservations are required in advance (860) 638-4543



**YOUR SMILE IS POWERFUL.
IT DESERVES DELTA DENTAL.**

We have a dental plan that fits your needs and budget. To learn more, visit DeltaDentalCT.com/Retirees or call **888-910-5667**



Personable & Compassionate
Live-in and Hourly Caregivers are needed for in-home non-medical care for elderly in the area.
Flexible schedules, supportive, one-on-one care

Our caregivers are as valuable as our customers

6 Way Rd.
Middlefield, CT 06455

Call us at **860-349-7016** • www.visitingangels.com/middlefield

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Jim Kurmaskie to place an ad today!
jkurmaskie@4LPi.com or (800) 477-4574 x6425



Middletown

Call today for a tour!
Eleanor Ferrara-Anderson - Director of Admissions

APPLE REHAB MIDDLETOWN

600 Highland Ave., Middletown, CT 06457 • **860.347.3315**

Uncompromised Living. Uncompromised Care.
That's our promise to you.

Specializing in:

- Short term Rehabilitation
- Orthopedic Rehabilitation
- Long term Living

Accepting Majority of HMO & Managed Medicare



At One MacDonough Place, our residents enjoy:

- Private Apartments
- Fine Dining
- On-Site Nurses
- Downtown Location
- Engaging Programs

Visit onemacdonoughplace.org or call 860-358-5802



Thrive
Locally

our
SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com



Middletown Prime Times
61 Durant Terrace
Middletown, CT 06457

Standard Mail
U.S Postage
PAID
Permit #38
Middletown

Sentence Sleuth

A true sentence sleuth can find the one word that is hidden somewhere in a sentence. In this case, can you find the name of a color? The correct answer could be spread over one, two, or several words, and you should ignore all punctuation, capital letters, etc., when looking for the hidden color.

*long-term memory
verbal functioning
attention to detail*

1. "Isaiah," said his mother, "the sign says that you are not supposed to feed, frighten, or anger the caged animals at most zoos."
2. The new knitting craze will spur plenty of young people to make hats and mittens for charity.
3. The custom agent allowed Grandma Bielski to bring her homemade pickles into the country.
4. When it comes to acting, Ray Romano got better with experience.
5. The O'Boyle family decided just to spin Kenny's globe and visit whatever country the arrow landed on.
6. What made Mateo's car lethal were the bald tires and worn brakes.
7. When the hawk flew onto the porch, I dove under the stairs.
8. When the kids started fighting in the boat, Josh laid down the law. "Bob, row now. And Catalina will row after lunch."

Answers on page 380

Senior (60+) Brain Teaser April 2019

Entries due by 4/15/19

Name: _____

Phone: _____