

# MIDDLETOWN

AUGUST 2019



# Prime Times

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



61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

## Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from August 1st through August 8th for September trips. No entries will be accepted after the 8th. All members selected in the lottery will be notified by the 12th. 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.**

### August Bus Trips

- 1st**—Civil War Museum & Maggie McFly's (11:15-3) \$4/\$5 NR \*\*Vernon/Rockville\*\*
- 6th**—Foxwoods Casino (9-3) \$4/\$10 NR \*\*Mashantucket\*\*
- 8th**—Quandary Room (Escape Room) & Pacific Buffet (10:45—2:45) \$12/\$15 NR \*\*Wallingford\*\*  
Please note: Must be able to navigate stairs for this trip
- 13th**—Beardsley Zoo Lunch on your own (9:15—3:30) \$7/\$9 NR \*\*Bridgeport\*\*
- 15th**—CT Humane Society & Joey Garlic's (First) (11-3) \$3/\$4 NR \*\*Newington\*\* For this trip, please bring something on the wishlist. This is part of the fee for the trip
- 20th**—The shops at Nature's Art Village & Dad's Restaurant (9:15-3:30) \*\*Montville\*\* \$3/\$4 NR
- 22nd**—Mohegan Sun (9-3) \$4/\$10 NR \*\*Uncasville\*\*
- 27th**—Mystic Village Shops (9-3) \$4/\$6 NR \*\*Mystic\*\*
- 29th**—Christmas Tree Shop & Cracker Barrel (10-3) \$3/\$5 \*\*Orange\*\*

### September Bus Trips

- 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.

## REMINDER - BUS POLICY

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 leave from Pat Kidney Field until 8/30/19. You must be at Pat Kidney Field to board the bus UNLESS using dial-a-ride.**



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## Scottish Show August 9th at 2:30pm



Maggie astounds listeners with her crystal clear voice, her mastery of the unique sounds and rhythms of Gaelic Song, and her ability to present these songs in a thoroughly enjoyable yet informative fashion.

Raised in Hyannis, Massachusetts, Maggie discovered Gaelic song and step dance in 1993 while on a trip to Cape Breton Island, Nova Scotia. Since that time, she has returned numerous times to Cape Breton. Her studies paid off, for in 1995, Maggie won the Women's Championship in Gaelic Singing at the US Mòd. After graduating from the College of Wooster, Ohio in May of 1997 with a degree in Music Therapy, Maggie made her first trip to Scotland. On the Isle of Skye she studied puirt a beul ("mouth tunes") at Sabhal Mòr Ostaig with the famous Barra singer Cathy Ann MacPhee. During the summers of 1998 and 2004, Maggie returned to the Hebrides to study Gaelic song at the Ceòlas music school on South Uist. Her teachers at Ceòlas included Mairi MacInnes, Kenna Campbell, Mary Smith and Catriona Garbutt, all of whom are well-respected in the world of traditional Gaelic music.

Maggie has released two albums: Songs the Mermaid Sang in 1997, and Rù-Rà, recorded with her husband, keyboardist/percussionist Thomas Leigh, in 2000. Maggie performs widely throughout the East Coast of the United States. She is also sought after as a workshop presenter in Gaelic song and dance.

In 1998, Maggie founded the Callanish



School of Celtic Arts, where she teaches Highland dancing, Cape Breton step dancing, and Gaelic song. She also works as a music therapist in Connecticut. \$1/\$3 NR pre-reg.

## An Invitation to Mindfulness August 29th at 2pm

Stop! What are you thinking right now? Dwelling on past regrets or worrying about the future? Come and learn about mindfulness and meditation and their relationship to stress reduction and health benefits.

Remember: The quality of care you give to others is related to the quality of care you give to yourself. You will learn how to nourish yourself in a way that no one else can do for you.

Sharon Gutterman, PhD is an experienced international teacher guiding people in living mindfully with less-stress and increased well-being. Her varied experiences include being a featured consultant and presenter at hospitals, correctional institutions, Connecticut Police Academy, military veterans' groups, business conferences, yoga studios, schools, and on cruise ships. She is Core Faculty at Copper Beech Institute. \$1/\$3 NR pre-reg.



Email:  
sharon@mindfulwow.com  
Website:  
www.MindfulWow.com

## Craft with Heidi August 9th at 10:30am



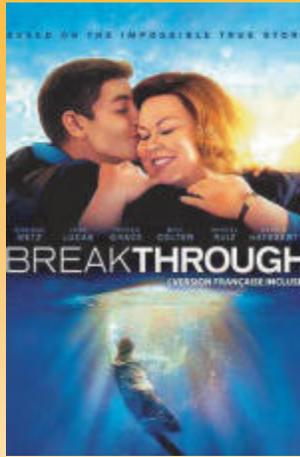
This month we will be making a lighthouse tea light holder. \$3 Res/\$5 NR—take home what you make!



## CT Humane Society Community Pet Wellness Clinic

**August 28th from  
12:30-4:00pm**

Free “full-serve” pet clinic (i.e., general wellness exam, vaccines, heartworm tests for dogs, nail trims, deworming, flea/tick preventatives) for seniors 65+. Each family is limited to 2 pets. You must have an appointment. Please call 860-594-4500 x6308 to schedule your appointment.



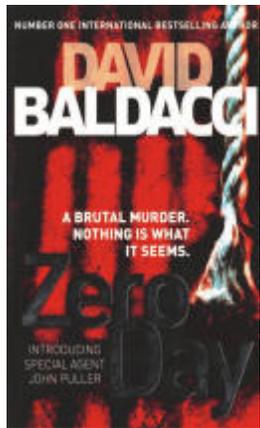
## Pizza & A Movie August 12th and August 14th 1:30pm

Rated PG, 1 hr 57 mins  
After a 14-year-old falls into a frozen Missouri lake, his adoptive parents refuse to give up hope on their son, lying unconscious in a hospital bed. The boy's mother

prays intensely and inspires others to pray for him too, as she asks God for a miracle in this true story. \$3 /\$5 NR Pre-registration required. Please indicate when registering if you want 8/12 or 8/14. The 8/14 showing is smaller in the Arts Room.

## Breakfast August 20th at 9:30am

Cinnamon Swirl French Toast and Bacon is this month's breakfast. Please note this is sweet. \$3/\$5 NR pre-registration.



## Book Club— Aug. 26th at 2:30pm

This month's book is “Zero Day” by David Baldacci. Distinguished as a top investigator in the US government, John Puller is called in to conduct an enquiry into the brutal murders of a family in a remote area of West Virginia. It soon becomes clear that the case has wider implications and as the body count rises he teams up with local homicide detective Samantha Cole. As the web of deceit is revealed, it quickly becomes apparent that there's much more to this case than they had first thought. \$3 Res/\$5 NR for the used book.

## Luau August 23rd at 5:30pm

This summer luau party is sponsored and run entirely by Vox Church. Join us for a relaxed night starting with a meal of chicken kabobs, rice, and dessert. Enjoy the music and partake in the dancing.

FREE, Pre-registration is required. Max of 30 attendees.



**Brownie Sundae Social**  
**August 22nd at 2:30pm**



Join us for an afternoon treat of a brownie sundae featuring homemade brownies, vanilla ice cream and hot fudge. No whipped cream, no nuts. \$3/\$5 NR Pre-registration.

**Acrylics Art Class**  
**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



opens 8/1 for this class.

**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 September 13th. Registration opens 8/1.



**Baking with Heidi**  
**August 14th at 2pm**

This month we are making mini dutch apple pies. \$5/\$10 NR pre-registration. Take home what you make!

**A Monte Carlo Night**  
**August 16th at 5:30pm**

We'll start the evening with a delicious meal of roasted pork, potato and vegetable and then get to the fun and games! \$7/\$10 NR Pre-registration.



**Medium Angelina Diana**  
**August 13th at 2pm**



As a Psychic Medium, Angelina Diana participated in the prestigious Mediumship Afterlife Tests, The Veritas Research program under the direction of noted author & scientist, Dr. Gary Schwartz, of the University of Arizona, Tucson. It was during extensive scientific testing by that Ms. Diana's otherworldly accuracy was scientifically verified to the extent that she received honorable mention in Dr. Schwartz's book, "The Truth about Medium."

Angelina also has the distinction of being the first medium to be certified by Forever Family Foundation when they began their program in 2005. After she passed the test the first time, she went through the certification program various time to help them refine the program to open it up to other mediums.

Angelina has had the opportunity to use her past media experience and bring her on air readings, messages of hope and spiritual teachings to television and radio. She is the resident psychic medium on Courtney and Kiss in the morning on 95.7FM since 2005 She has the honor of being on Better Connecticut WFSB Channel 3 (CBS), FOX 61, WTNH 8 (ABC) and Channel 30 (NBC) in Connecticut. She has also made other TV appearances in Massachusetts WGGB Channel 40 (ABC) and WWLP Mass Appeal Channel 22 (NBC) and Arizona. She also produced and host her Cable Access show on Cox Cable PA15 shown throughout the Connecticut area. \$5 Res/\$10 NR Pre-registration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>PLEASE be courteous and let us know if you can't make it to a program you registered for. Many times there is a waitlist of people who want to get in. All programs are subsidized so we MUST charge the \$2 cancellation fee when you no show/no call even if the program is free.</b>	<b>Bus Lottery Opens</b> 1 9:00 Exercise with Jane 9:00-12:00 Mahjong <b>11:15 Bus Trip: Civil War Museum</b> 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 9:30 Zumba with Diane 10:30-12 Coloring Club <b>10:30 Coffee with Ann followed by Volunteer Club Meeting</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage
5 9:00 Exercise with Jane 12:00 Lunch 1:15 Dancing for Joy <b>2:00 Pickleball Info Session</b>	6 <b>9:00 Footcare Clinic Today</b> <b>9:00 Bus Trip: Foxwoods</b> 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Watercolor Class <b>2:30 Games with Staff</b>	7 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo	8 <b>Bus Lottery Closes</b> 9:00 Exercise with Jane 9:00-12:00 Mahjong <b>10:45 Bus Trip: Quandary Escape Room</b> 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 <b>3:00 Early Bird Dinner</b>	9 9:30 Zumba with Diane 10:30-12 Coloring Club <b>10:30 Craft with Heidi</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage <b>2:30 Scottish Show</b>
12 9:00 Exercise with Jane 12:00 Lunch 1:15 Dancing for Joy <b>1:30 Pizza &amp; A Movie</b>	13 <b>9:15 Bus Trip to Beardsley Zoo</b> 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 Watercolor Class <b>2:00 Medium Angelina Diana</b>	14 <b>Bus Lottery Payments Due</b> 9:00 Exercise with Jane 9:30 Senior Breakfast 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo <b>1:30 Pizza &amp; A Movie (2nd)</b> <b>2:00 Baking Class</b>	15 9:00 Exercise with Jane Today 9:00-12:00 Mahjong <b>11:00 Bus Trip: CT Humane Society</b> 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	16 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 <b>5:30 Monte Carlo Night</b>
19 9:00 Exercise with Jane 12:00 Lunch <b>1:00 Birthday Party</b> 1:15 Dancing for Joy <b>2:00 Pokemo</b>	20 <b>9:00 Footcare Clinic Today</b> <b>9:15 Bus Trip: Shops at Nature's Village</b> 9:30 Hand, Elbow, Foot Card Game <b>9:30 Breakfast</b> <b>9:30 NO Zumba with Diane</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch <b>12:30 Sing-Along w/ Barbara</b> 1:00 Therapeutic Fitness 1:00 Watercolor Class <b>1:30 Texas Hold'Em Poker</b>	21 <b>9:00 NO Exercise with Jane Today</b> 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong <b>12:00 Hearing Screening by Beltone New England—Just walk-in</b> <b>12:30 AARP SD Class</b> 1:00 Bingo	22 <b>9:00 Bus Trip: Mohegan</b> <b>9:00 NO Exercise with Jane</b> 9:00-12:00 Mahjong 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 <b>2:30 Brownie Sundae Social</b>	23 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 <b>5:30 Luau sponsored by Vox Church</b>
26 9:00 Exercise with Jane 12:00 Lunch 1:15 Dancing for Joy <b>2:30 Book Club</b>	27 <b>9:00 Bus Trip: Mystic Village</b> 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 Watercolor Class	28 <b>9:00 Enhanced Benefits Checkup</b> 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club <b>12:00 Lunch will be held in the Social Room Today due to Pet Wellness Clinic</b> 12:00 <b>NO American Mahjong Today due to Pet Wellness Clinic</b> <b>12:30 Community Pet Wellness Clinic by appointment</b> 1:00 Bingo	29 9:00 Exercise with Jane 9:00-12:00 Mahjong <b>10:00 Bus Trip: Christmas Tree Shop</b> 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 <b>2:00 Invitation to Mindfulness</b>	30 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 <b>2:30 Name That Tune Bingo</b>



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## Coffee with Ann/Volunteer Club August 2nd

Do you have suggestions for future programming, entertainment, bus trips, etc. Meet our Manager Ann and discuss your ideas. 10:30am FREE—No pre-registration.

Want to get involved volunteering, stay for our volunteer club meeting. 11am FREE—No pre-registration.

## SAVE THE DATE

**September 13th—**

Ice Cream Emergency!

**September 16th—**

Johnson Girls Chantey Program

**September 19th—**

Crystal Lake Picnic

## 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 will be switching to a bi-monthly model for Tai Chi, Yoga, and Pilates in September. More info will be coming in a posted flier in August.



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### Recurring Programs/Services

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

**American Mahjong**—Wednesdays at 12pm (F) **No American Mahjong on 8/28**

**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 1:30pm (\$)

**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.

## August Birthday Party August 19th at 1pm

Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating August Birthdays. All are welcome. FREE—Please let us know you are coming.

## Texas Hold'Em

**August 20th at  
1:30pm FREE Just for fun!**

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



## AARP Safe Driving Class

**August 21st 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**— August 19th at 2:00pm \$1 Please pre-register.

## 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.



**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

**Enhanced Benefits Checkup**  
**August 28th 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.



**Transportation (860) 346-0212**

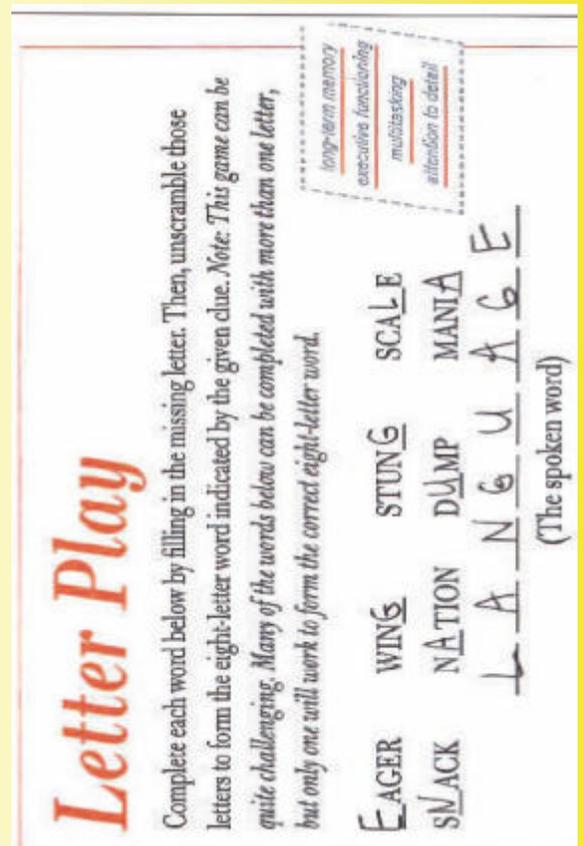
**Dial-a-Ride**— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3.50 one-way. Appointments for transportation must be made at least 1 day in advance 860-346-0212. An application must be on file 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 June winner by random drawing is Annamarie Cook. Our May winner is Bob Brzustoski. The May winner's name was inadvertently left off the July newsletter.

**Answers:**



The August 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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## QUOTATION STATION

Move the letters in each vertical column of the top grid to the spaces in the column just below it in the bottom grid. The letters will not necessarily be moved in the order in which they appear. If you move the letters to the correct positions, they will spell out a quotation (reading from left to right) from the Irish playwright George Bernard Shaw. *(Note: A black square indicates the end of a word. Words may continue from one horizontal line to the next.)*

long-term memory  
 executive functioning  
 multitasking  
 attention to detail

Before attempting the big puzzle, try this example first—without looking at the answer to the right:

T	H	I	R	A	M	O	R
E		T	H	I	F	K	
I	E	E	N				

Example Answer:

E	I	A	M							
T	H	E	R	E	F	O	R			
I	T	H	I	N	K					


E	S	T	R	O	S	P	L	L	Y	O	N	R	C	A	A	S	L	N	W	W	
W	E	C	O	O	N	E	O	A	E	I	B	E	O	W	U	O	I	D	G	E	
B	E	G	A	P	W	T		W	T		G	G	P	L		Y	E				
			D	U				S	D		P										


Answer on page 382

# Senior (60+) Brain Teaser August 2019

Entries due by 8/15/19

Name: \_\_\_\_\_

Phone: \_\_\_\_\_