

MIDDLETOWN

FEBRUARY 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



Special Winter Bus Trips

Calling all basketball fans... we have secured a limited number of tickets to 1 men's Uconn basketball game this winter. The game costs \$20. The cost includes roundtrip transportation and entry into the game. This bus trip will not be done by lottery, it will be handled on a first come-first serve basis. **NO Refunds and your ticket is non-transferable.**



The men's game is at the XL Center in Hartford, CT on Sunday, February 3rd vs. ECU. The bus departs at 12:30pm.



Please check local news stations for notices of Middletown Public Schools.

If schools are **CLOSED** for the day due to inclement weather, there are **no programs or bus trips.**

If schools have a **DELAYED OPENING** due to inclement weather, there are **no morning programs or bus trips.**

If schools have **EARLY DISMISSAL** due to inclement weather, there are **no afternoon programs.**

Registration Renewals

It's that time of year again. Every 2 years, we require that all of our members fill out a new registration form. Even if you are a new member and just completed your 2017-2018 form, you must fill out a 2019-2020 Registration form. Forms were mailed out to those receiving the newsletter, are on our website, and available at the front desk. Please turn in your new form asap or you may not be able to participate in programs or trips until your information is current! In addition, March newsletters will only be mailed to those members who have a valid form on file. If you missed one of our registration events, we will be taking member photos at the front desk throughout the month.





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Chocolate Desserts for Valentine's Day
Hosted by Mary Lee Brody
February 7th at 1:30pm

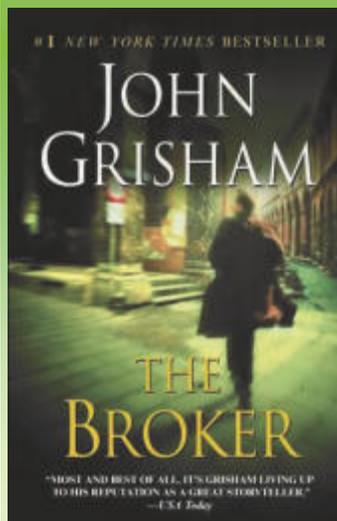
Nothing celebrates Valentine's Day like the sweet taste of chocolate. We will be preparing these 4 desserts that's sure to melt the hearts of you and your loved ones: Heart-Shaped Cookie Pops, Raspberry White Chocolate Truffles, Molten White Chocolate Cakes and Chocolate Fondue. Pre-registration is required. \$6

Snow Date of February 12th 1:30pm



Feb. 25th Book Club 2:30pm

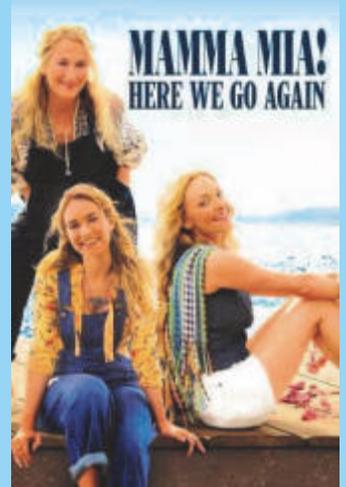
This month's book is "The Broker" by John Grisham. In his final hours in the Oval Office, the outgoing President grants a controversial last-minute pardon to Joel Backman, a notorious Washington power broker who has spent the last six years hidden away in a federal prison. What no one knows is that the President issues the



pardon only after receiving enormous pressure from the CIA. It seems Backman, in his power broker heyday, may have obtained secrets that compromise the world's most sophisticated satellite surveillance system. \$3 for the used book.

Pizza & A Movie
February 11th at 1:30pm
Mamma Mia! Here We Go Again

In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.



\$2 pre-registration includes 2 slices of cheese pizza.

My Free Taxes
Sponsored by United Way
Feb.15th at 9am



Income Guidelines: Below \$66,000 for 2018

Bring your own device or use one of our laptops and file your taxes yourself with the assistance of the my free taxes website. Space is limited. Please pre-register. You can also use this site from home on your own.

Personal appointments are also available in Middletown through the Vitas program. You can call 211 for the most recent information.

Enhanced Benefits Checkup February 27th 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.



Drumming for Health February 4th at 2:30pm



In addition to being a fun activity, drumming actually provides better flexibility and blood flow to the arms, hands, and wrists. It's a great form of expression! Give it a try and be amazed at the rhythm we can create together.
\$2 pre-registration.

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.

February Birthday Party February 19th at 1:30pm

Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating February Birthdays. All are welcome. FREE



Texas Hold'Em

February 19th at
1:30pm FREE
Just for fun!



Bingo & Pokeno



Bingo—Wednesdays & Fridays at 1pm \$0.50 per card.

No pre-registration.

Pokeno—

February 25th at 1:30pm \$1 Please pre-register.



Sing-Along with Barbara February 19th 12:30-1:30pm

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



Warming Shelter Donation Info

AARP #3394 is collecting donations for Middletown's warming shelter. Coats, blankets, towels, socks, gloves, winter hats, etc. A donation bin is located in our lobby.



Thank you for your generosity.

Manicures & Tech Support February 15th 9am-11am



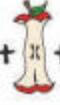
Treat Yourself! Don't miss out on this amazing service provided at our center by Vinal Technical High School students! **FREE**—Please pre-register.

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.



Brain Teaser Winner

Thank you to all that participated! Our December winner by random drawing is Tony Bobowicz.

 +  = _____ 1	 +  + 8 = _____ 2
 + d +  = _____ 3	 - R +  = _____ 4
 +  = _____ 5	 + nah +  = _____ 6
 +  = _____ 7	 +  = _____ 8
 +  = _____ 9	 +  = _____ 10
 +  + a +  = _____ 11	
 +  +  + N +  = _____ 12	

1. Fruitcake 2. Decorate 3. Candy Cane 4. Stocking
5. Reindeer 6. Ornaments 7. North Pole 8. Mistletoe
9. Ribbon 10. Pine Cone 11. Santa Clause 12. Naughty or Nice

The February 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.

Advanced Acrylics Painting Class 6 Sessions beginning 2/19 at 1pm

In this class led by Marcy, you will learn advanced techniques for Acrylics.



\$15 for 6 week session. Pre-registration required.

Recipe Books on Sale!!

Get your copy of this year's Senior Services cookbook. \$3 at the front desk.



Civitan Bingo

Civitan Bingo is on winter break and will return in March 2019



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.**

MONDAY

TUESDAY

WEDNESDAY

February

<p>4</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15 Dancing for Joy 2:30 Drumming for Health</p>	<p>5</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:30 Bus Trip: Christmas Tree Shop & Cracker Barrel Restaurant 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Watercolor Class</p>	<p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo</p> <p>March 2019 Lottery Starts</p>
<p>11</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15 Dancing for Joy 1:30 Pizza and A Movie</p>	<p>12</p> <p>9:00 Bus Trip: Mohegan Sun Casino 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 1:30 Snow Date for Chocolate Desserts for Valentine's Day</p>	<p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo</p> <p>March 2019 Bus Lottery Er</p>
<p>18</p> <p>CLOSED IN OBSERVANCE OF PRESIDENTS DAY</p>	<p>19</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Bus Trip: Blue Back Square 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing A Long with Barbara 1:00 Therapeutic Fitness 1:00 Acrylics Class Begins 1:30 February Birthday Party 1:30 Texas Hold'em</p> <p>Lottery Payments Due Today</p>	<p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo</p> <p>Non-resident March 2019 P starts today</p>
<p>25</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:15 Dancing for Joy 1:30 Pokeno 2:30 Book Club Meeting</p>	<p>26</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: Mystic Village Shops 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Acrylics Class 1:00 Therapeutic Fitness</p>	<p>9-2:30 Enhanced Benefits 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo</p>

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Y	THURSDAY	FRIDAY
		<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</p> <p style="text-align: right;">1</p>
Today	<p>6</p> <p>9:00 Exercise with Jane 9:00-12:00 Mahjong 9:00 Bus Trip: Foxwoods Casino 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 1:30 Chocolate Desserts for Valentine's Day</p>	<p>7</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</p> <p style="text-align: right;">8</p>
nds Today	<p>13</p> <p>9:00 Exercise with Jane 9:00-12:00 Mahjong 11:00 Bus Trip: Shops @ Evergreen Walk 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</p>	<p>14</p> <p>9:00 My Free Taxes 9-11 Vinal High School 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</p> <p style="text-align: right;">15</p> <p>March 2019 Lottery Winners Notified</p>
Registration	<p>20</p> <p>9:00 Bus Trip: Foxwoods Casino 9:00 NO Exercise with Jane Today 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</p>	<p>21</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</p> <p style="text-align: right;">22</p>
Checkup	<p>27</p> <p>9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Bus Trip: IKEA & Fishtale 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</p>	<p>28</p>



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Bus Trips



February Bus Trips

- 5th**—Christmas Tree Shop & Cracker Barrel (10:30-3) \$3
- 7th**—Foxwoods Casino (9-3) \$4
- 12th**—Mohegan Sun Casino (9-3) \$4
- 14th**—Shops at Evergreen Walk (11-3) \$3
- 19th**—Blue Back Square (11-3) \$3
- 21st**—Foxwoods Casino (9-3) \$4
- 26th**—Mystic Village Shops (10-2:30) \$3
- 28th**—IKEA & Fishtale (10:30-3) \$3

Additional fees will apply to all non-residents. Non-residents cannot sign-up until after the lottery process. Prices listed are for Middletown Residents.

March Bus Trips

- 5th**—Meriden Square Mall (10:30-2:30) \$3
- 7th**—Mohegan Sun Casino (9-3) \$4
- 12th**—Foxwoods Casino (9-3) \$4
- 14th**—Clinton Crossing Outlets (10:30-2:30) \$3
- 19th**—Lunch first Outback Steakhouse & Lyman Allyn Museum (10:30-3) \$7
- 21st**—Buckland Hills Mall (9-3) \$4
- 26th**—Mohegan Sun Casino (9-3) \$4
- 28th**—Lunch first Fishtale & Knights of Columbus Museum (11:00-3) \$3

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

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from February 6th through February 13th for March trips. No entries will be accepted after the 13th. All members selected in the lottery will be notified by the 15th. Payments are due by noon on the 19th. **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.**

Recurring Programs/Services

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

- American Mahjong**—Wednesdays at 12pm (F)
- Arthritis Exercise**—Thursdays at 12:30pm (F)
- Billiards**—Anytime
- Bingo**—Wednesdays & Fridays at 1pm (\$)
- Bocce**—Anytime (F)
- Blood Pressure Clinic**—Thursdays 12:00-1:00 (F)
- Book Club**— (\$ for book)
- Cable TV**—Anytime (F)
- Card Games**—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am
- Ceramics**—Mondays at 12:30pm (\$)
- 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)
- 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**—Closed—Please see our mobile library cart anytime (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 (F)
- Sing-Alongs**—Third Tuesday of the month at 12:30 (F)
- Tai Chi**—Mondays at 10:30am (\$)
- Therapeutic Fitness**—Tuesdays at 1:00pm (F)
- Yoga**—Wednesdays at 10am (\$)
- Zumba**—Tuesdays & Fridays at 9:30am

Senior Services General Registration Form

EFFECTIVE JANUARY 1, 2019 THROUGH DECEMBER 31, 2020

A Division of the Recreation & Community Services Department of the City of Middletown
Senior & Community Center Membership, 61 Durant Terrace, Middletown, CT

PARTICIPANT: New Member Renewal

EMERGENCY CONTACT:

Name: _____

Name: _____

DOB: / / Age: Sex:

Relationship: _____

Street Address: _____

Street Address: _____

City/Town: _____ Zip: _____

City/Town: _____ Zip: _____

Phone: Home: () _____ Cell: () _____

Phone: Home: () _____ Cell: () _____

Email: _____

Email: _____

VOLUNTARY DEMOGRAPHIC INFORMATION: This section is optional

Race or ethnic group: White/Caucasian Black/African American Asian Two or More Races Hispanic/Latino
 American Native or Alaskan Native Native Hawaiian or Other Pacific Islander

ANY SPECIAL CONDITIONS: _____

NEWSLETTERS: I am a Middletown Resident and would like to receive a copy of the "Middletown Prime Times" by mail each month
 Yes No

MEDICAL RELEASE/INDEMNITY WAIVER: In order to participate in Recreation and Community Services ("R&C") Programs, I understand and agree that programs can be physically demanding, but I have the physical ability needed to participate. In the event photos or video are taken, I hereby give permission for R&C to use said photos or video in promotional literature including but not limited to, brochures and flyers. In the event of an emergency and the emergency contact person cannot be reached, I hereby give permission to be transported to the Middlesex Hospital or any nearby medical facility. It is hereby understood and agreed that I shall assume full financial responsibility for all costs associated with medical treatment. To the fullest extent permitted by law, I agree to release, discharge and indemnify and hold harmless the City of Middletown and its employees from and against any claims, injuries or damages caused by or resulting from my voluntary participation in any program offered by the Middletown Recreation and Community Services Department. A photo static copy of this waiver with my signature shall be considered as valid as the original.

RULES AND WAIVER RELATED TO BUS TRIPS: In the event that I participate in a City sponsored bus trip, I agree to comply with all applicable bus trip rules and policies. In consideration of my participation in any such bus trip, to the fullest extent permitted by law, I do hereby for myself, my heirs, and assigns, waive, release, and forever discharge the City of Middletown, its employees, and agents, from and against any and all actions, damages, claims, and demands whatsoever in law or in equity, which may arise by reason of injury or death, or loss of or damage to property arising out of or connected with my participation in any City sponsored bus trip.

I HAVE READ THE RELEASES AND WAIVERS SET FORTH HEREIN AND UNDERSTAND THAT BY SIGNING THIS AGREEMENT, I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS. I HAVE NOT BEEN INDUCED TO SIGN THIS AGREEMENT BY ANY PROMISE OR REPRESENTATION, AND I SIGN IT VOLUNTARILY AND OF MY OWN FREE WILL. Initial: _____

REFUND POLICY: I understand and agree that program refunds will not be given with less than 2 business days' notice given or for circumstances beyond the control of the Senior Services Division (e.g. weather, equipment failure, etc.). Whenever possible, cancelled class(es) will be rescheduled.

RULES & CODE OF CONDUCT: I have been issued the Senior Services Division Membership Rules and Code of Conduct. I understand that complying with these rules is a condition of membership.

Fob Issued/Renewed: _____ Processed in Computer: _____ Newsletter Mailing List Updated: _____

Signature (required) _____ X _____ Date _____

Membership Rules and Code of Conduct

Any member over the age of 60 is eligible to participate in Senior Services sponsored activities, trips, and programs in the Senior & Community Center. The Director of Recreation and Community Services reserves the right to assess participants for appropriateness in their behavior and health for participation in programs, activities, and trips. As a member, you can personally help the Senior & Community Center maintain a warm, positive, and safe environment by following the rules and code of conduct.

There is no smoking allowed inside the Senior & Community Center. Alcohol, drugs, firearms, knives or weapons of any sort are strictly prohibited. At the discretion of the administration, anyone acting in a disruptive nature may be asked to vacate the Senior & Community Center, and based on the severity and nature of the problem may not be allowed to return. For the efficient operation of the Senior & Community Center, no one shall adjust the thermostat controls, open/close partition dividers or windows, utilize supplies or equipment without staff permission, open or take items from cabinets, or use the refrigerator without prior staff approval.

Participants must be able to ambulate independently or with the assistance of a cane, walker, wheelchair, or motorized scooter. They must be able to self-medicate, eat and toilet without staff assistance. All Participants must have an active registration form on file with up to date emergency contact information. The Senior & Community Center is NOT an adult day center. Senior Services staff cannot be responsible for participants wandering. Members must scan their membership key fob every time they enter the facility.

We do not allow refunds after a program starts or for circumstances beyond the control of the Department (weather, equipment failure, illness, etc.). Refunds and deadlines are different for programs depending on the start date. The Senior Services Division reserves the right to cancel any program, activity or trip for any reason and without notice.

Members have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectfully towards their peers. Members must conduct themselves appropriately, treat each other with courtesy and respect, and cooperate at all times in order to create a positive environment and sense of community within the facility.

In order to ensure the safety of all participants and to provide the most rewarding and enjoyable experience, we must insist on strict adherence to these rules:

Participants are expected to:

- respect staff, other participants, and the Senior & Community Center facility and equipment;
- practice fair play, honesty, and good sportsmanship;
- follow instructions and rules given by staff members/instructors;
- cooperate in a large group setting;
- toilet without staff assistance;
- ambulate without staff assistance;
- maintain personal cleanliness and good hygiene; and
- adhere to the bus trip policy when registering for or attending senior bus trips.

The following are examples of behavior/conduct that will NOT be tolerated (this list is non-exhaustive):

- Intentionally causing or attempting to cause physical injury to another person
- Abusive language and inappropriate gestures
- Possession, using or being under the influence of alcohol or illegal drugs
- Sexual Harassment directed at staff or another participant (verbal, written, or physical in nature) or any sexual contact between members
- Repeated and intentional disregard for the membership rules and code of conduct
- Carrying a dangerous object, firearm, knife, or anything that would or could be used to cause another to feel threatened in any way
- Making disparaging remarks to another regarding religion, national origin, sex, or race
- Making unauthorized physical contact with another participant or staff member
- Misuse of the facility or equipment; vandalism or littering
- Inappropriate behavior
- Lack of personal cleanliness or good hygiene
- Injuring another participant, staff member, or person through an inappropriate action
- Throwing things in anger
- Spitting on others, equipment or property
- Stealing

Individuals who create serious disruptions or act inappropriately may be asked to leave a program or activity by any staff member. The City of Middletown reserves the right to decide whether to accept, reject, suspend or retain any member or guest who violates the rules and code of conduct or poses a threat to the health, enjoyment or safety of themselves or others.

If a participant feels that the behavior of another participant is harmful or threatening to themselves or others, they should bring this to the attention of a staff member immediately.

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DOUBLE TROUBLE

Can you find the one word that precedes each list of words to make a common two-word phrase or compound word? For example, the one word that completes *weed*, *coast*, and *sick* is *sea* (*seaweed*, *seacoast*, *seasick*).

1. Birth, noon, shave	6. Key, piece, mind
2. Basket, winner, pudding	7. Fight, talk, ease
3. Balance, clockwise, point	8. Oil, pit, bite
4. Beat, line, lock	9. Beat, stairs, date
5. Bird, sick, seat	10. Button, flop, laugh

Answers on page 393

Senior (60+)

Brain Teaser

February 2019

Entries due by 2/15/19

Name: _____

Phone: _____