

# 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](http://www.middletownct.gov/seniors)

JANUARY 2019



### Early Bird Dinner

#### Chicken Pot Pie—Jan. 24th at 3pm

This month's early bird dinner is individual homemade chicken pot pies. Flaky crust, light gravy, white meat chicken, potatoes, peas, carrots, etc. \$5 pre-registration.



### 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 this month! Also, we will be having 3 registration events where we will be taking photos of all members. Please try to attend one of the sessions. See calendar for dates and times.

### Golden Age of Radio

#### January 4th at 2pm



Amazing Programs and Their Stars During the Golden Age of Radio  
This lecture delves into the Golden Age of Radio

from the 1930s thru the 1950s with attention to the great comedies, dramas, suspense, children's shows, and others from the era. Jack Benny, Fred Allen, Fibber Magee & Molly, Edgar Bergen, the Lone Ranger and the Shadow will all get special focus. \$1 pre-registration.

### Drumming for Health

#### January 15th 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.





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January 8th at 2pm - \$2 Pre-registration

## There's still thyme...

Herbal Lore, Herbalism Basics,  
& DIY Herbal Tea Blends



So, you're herb-curious?  
Want to integrate them into your life?

This class is a novice's guide to the power  
of plants for health and healing.  
Make your own organic Women's Tonic  
& Rip Van Winkle herbal teas.

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them courage. Be courageous, take the plunge,  
and explore the world of herbs!

Oh man!  
I need some  
borage!



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Thank You!!!

Happy New Year!!

The Middletown Senior Center Staff wants to thank all of our members for an amazing year in 2018!! Please let us know if you have any suggestions for activities in 2019 OR any favorites from 2018 that you hope to see again.

We wish you a happy and healthy 2019!

## Online Security Presentation January 17th at 2pm

Kim from the Russell Library will be here with information and tips to keep your information secure when using your computer, tablet, smart phone, etc. FREE—Please pre-register.



## 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.

## Bingo & Pokeno



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

### **Pokeno**—

January 28th at 1:30pm \$1 Please pre-register.



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

This month's sing-along with Barbara will be a special holiday sing-along.

## Watercolor Class New Session Begins Jan. 8th at 1pm

Led by Marcy, explore your creative side and learn to watercolor or enhance your skills.

No experience needed.

\$15 for 6 week session. Paints are included in price.

## French Toast Breakfast January 15th at 9:30am

French toast, bacon, and fresh fruit.

\$ 3 pre-registration.



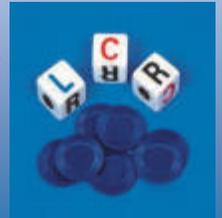
## Warming Shelter Donation Info

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.



## Left Right Center January 28th at 3pm

Come and try your luck at this fun game of chance. No skills or experience required. If you can roll dice, you can play! \$2 pre-registration. Gift card prizes.



## Fun with Clay New Session Begins January 25th 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.

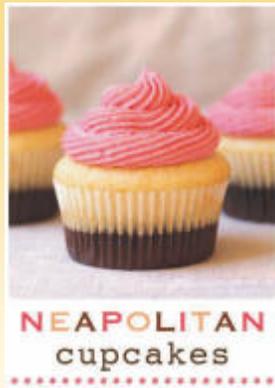
## New Year's Social January 3rd at 2:30pm

Let's ring in the new year with our version of pink champagne cake. \$2 pre-registration.



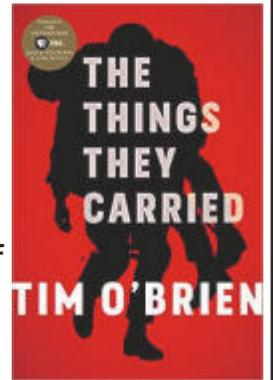
## Baking Class 9th at 2pm

This month we will be making Neapolitan cupcakes. Take home what you make! \$4 pre-registration is required.



## January Book Club Jan. 28th 2:30pm

This month's book is "The Things They Carried" by Tim O'Brien. Tim O'Brien tells the story of the men of Alpha Company, a squad of soldiers in the Vietnam War. O'Brien cuts through the veil of romanticized war to show these men as heroic, flawed, loyal, afraid, and above all - human. \$3 for the used book.



## Tablet Trivia January 24th 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—Please pre-register



## My Free Taxes-Sponsored by United Way Feb.15<sup>th</sup> 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.

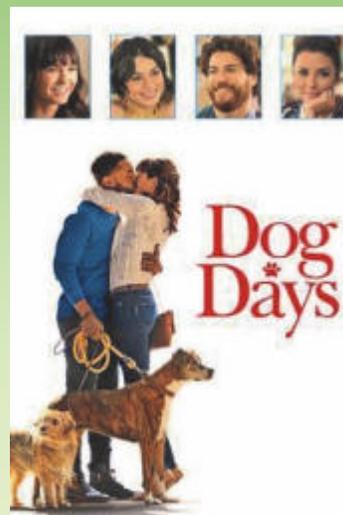
Additional tax assistance is being scheduled for February and March. Check back with us in February for additional services. Space is limited. Please pre register.

## Do You Have Plans for Lunch? Get a Great Meal at the Community Café hosted by CRT

The Community Renewal Team (CRT) wants you to give their community café lunch another try! Come down to the Senior Center, and see for yourself just how good these lunches really are. You can catch up with friends, and have a hot, nutritious meal\*, too. The meals are open to everyone age 60 and over, and there is no limit on the number of people that CRT can serve. There is plenty of food to go around! CRT is working on new menus for the New Year, plus every time you come for lunch, you can be entered to win a tasty raffle prize! CRT hopes you will come back to the community café, and give these delicious lunches another try. You don't know what you've been missing! And we think you're going to love it! January 3rd at 12:30pm we will be serving a special meal cooked in the Senior kitchen featuring pork loin, au gratin potatoes and green beans. *\*Suggested donation of \$2.50 per meal, but no one is ever turned away if unable to pay.*

## Pizza & A Movie January 14th at 1:30pm

Five canine protagonists bring their human counterparts closer together in Los Angeles. This ensemble comedy follows the dog-influenced antics of a pair of rivaling



newscasters, a barista, a dog walker, a vet, an ageing widower, a pizza delivery boy, the owner of a dog adoption business, and two sets of expectant parents. \$2 pre-registration includes 2 slices of cheese pizza.

MONDAY

TUESDAY

WEDNESDAY



Closed for the Holiday



1

9:00 Exercise with Jane  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 American Mahjong  
12:00 Lunch  
1:00 Bingo

February 2019 Lottery Star

7

9:00 Exercise with Jane  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15 Dancing for Joy

8

9:30 Hand, Elbow, Foot Card Game  
9:30 Zumba with Diane  
**10:00 Bus Trip: IKEA & Fishtale Restaurant**  
11:00 Guided Meditation with Elizabeth  
12:00 Lunch  
1:00 Therapeutic Fitness  
**1:00 Watercolor Class begins**  
**2:00 There's still Thyme Presentation**

9:00 Exercise with Jane  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
12:00 American Mahjong  
1:00 Bingo  
**2:00 Baking Class**

February 2019 Bus Lottery

14

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**

15

9:30 Hand, Elbow, Foot Card Game  
**9:30 Senior Breakfast—French Toast**  
9:30 Zumba with Diane  
**10:00 Bus Trip: Crystal Mall**  
11:00 Guided Meditation with Elizabeth  
12:00 Lunch  
**12:30 Sing A Long with Barbara**  
1:00 Therapeutic Fitness  
**1:00 Watercolor Class**  
**2:30 Drumming for Health**  
**Lottery Payments Due Today**

9:00 Exercise with Jane  
**10-12 Registration Event**  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
12:00 American Mahjong  
1:00 Bingo  
**2:30 Craft w/ Heidi**  
**Non-resident February 2019 starts today**

The Center is Closed in Observance of MLK Jr. Day



21

9:30 Hand, Elbow, Foot Card Game  
9:30 Zumba with Diane  
**10:00 Bus Trip: Yale Art Museum**  
11:00 Guided Meditation with Elizabeth  
12:00 Lunch  
1:00 Therapeutic Fitness  
**1:00 Watercolor Class**  
**1:30 January Birthday Party**  
**1:30 Texas Hold'em**

22

9:00 Exercise with Jane  
10:00 Yoga  
10:30-12 Coloring Club  
12:00 Lunch  
12:00 American Mahjong  
1:00 Bingo

28

9:00 Exercise with Jane  
10:30 Tai Chi  
12:00 Lunch  
12:30 Ceramics  
1:15 Dancing for Joy  
**1:30 Pokemo**  
**2:30 Book Club Meeting**  
**3:00 Left, Right, Center**

29

**9:00 Bus Trip: Mohegan Sun**  
9:30 Hand, Elbow, Foot Card Game  
9:30 Zumba with Diane  
11:00 Guided Meditation with Elizabeth  
12:00 Lunch  
1:00 Therapeutic Fitness  
**1:00 Watercolor Class**  
**2:30 25,000 Pyramid**

**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

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Y	THURSDAY	FRIDAY
2	<p>9:00 Exercise with Jane 9:00-12:00 Mahjong <b>9:45 Bus Trip: Lockwood Mathews Mansion &amp; American Steakhouse</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>2:30 New Year's Social</b></p>	<p>3</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 <b>2:00 Golden Age of Radio</b></p> <p>4</p>
9	<p>9:00 Exercise with Jane 9:00-12:00 Mahjong <b>9:00 Bus Trip: Mohegan Sun Casino</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>2-4 Registration Event</b></p>	<p>10</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>11</p> <p><b>February 2019 Lottery Winners Notified</b></p>
16	<p>9:00 Exercise with Jane <b>9:00 Bus Trip: Foxwoods Casino</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>2:00 Online Security Presentation</b></p>	<p>17</p> <p><b>9-11 Vinal High School Haircuts and Tech Support</b> 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>18</p>
23	<p>9:00 Exercise with Jane 9:00-12:00 Mahjong <b>11:30 Bus Trip: Quandry Room &amp; 99 Restaurant</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 Tablet Trivia</b> <b>3:00 Early Bird Dinner</b></p>	<p>24</p> <p>9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo <b>1:00 Fun with Clay Next Session Begins</b> 1:30 Cribbage</p> <p>25</p>
30	<p>9:00 Exercise with Jane 9:00-12:00 Mahjong <b>10:00 Bus Trip: Buckland Hills Mall</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>2-4 Registration Event</b></p>	<p>31</p>



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# Bus Trips



## January Bus Trips

- 3rd**—Lockwood Mathews Mansion & American Steakhouse (9:45-3:30) \$8
- 8th**—IKEA & Fishtale (10-3) \$3
- 10th**—Mohegan Sun (9-3) \$4
- 15th**—Crystal Mall (10-3) \$4
- 17th**—Foxwoods Casino (9-3) \$4
- 22nd**—Yale Art Museum & Lunch on your own (10-3) \$3
- 29th**—Mohegan Sun Casino (9-3) \$4
- 31st**—Buckland Hills Mall & Lunch on your own (10-3) \$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.

## 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

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 January 2nd through January 9th for February trips. No entries will be accepted after the 9th. All members selected in the lottery will be notified by the 11th. Payments are due by noon on the 15th. **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)
- Massage Therapy**— On Hold due to Practitioner Illness
- 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 Exercise**—Tuesdays at 1:00pm (F)
- Yoga**—Wednesdays at 10am (\$)
- Zumba**—Tuesdays & Fridays at 9:30am



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**.

### January Birthday Party January 22nd at 1:30pm



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

### Enhanced Benefits Checkup January 30th 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.



### Haircuts & Tech Support

January 18th

9am-11am



Don't miss out on this amazing service provided at our center by Vinal Technical High School students! \$5 Haircuts! Please pre-register.



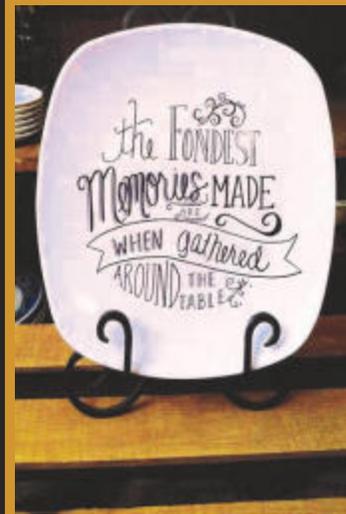
If you need some technical assistance or help brushing up on your computer skills, this program is for you! This helpful service is provided at our center by Vinal Technical High School students! FREE-

### Texas Hold'Em

January 22nd at  
1:30pm FREE  
Just for fun!



### Craft with Heidi January 16th at 2:30pm



This month we will be decorating serving plates using paint pens. \$4—take home what you make!

### Special Trip

January 24th at 11:30

Quandry Escape Room (must be able to navigate stairs). \$12 per person. Lunch first at 99 Restaurant. First come first served. Stop by the front desk for more information.

**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

**Civitan Bingo**

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



**Recipe Books on Sale!!**

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



**Looking for Yarn Donations**



Our fun with yarn class is looking for donations of yarn. Cleaning the house or downsizing and want to get rid of yarn? Please drop it off at the front desk.

**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.**

**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.

**Brain Teaser Winner**

Thank you to all that participated! Our November winner by random drawing is Katherine Ryczek.

**The answer was:**

1. Every cloud has a silver lining.
2. Absence makes the heart grow fonder.
3. All work and no play makes Jack a dull boy.
4. Strike while the iron is hot.
5. One man's trash is another man's treasure.
6. No good deed goes unpunished.
7. Almost only counts in horseshoes & hand grenades.
8. Quitters never win and winners never quit.
9. If wishes were horses beggars would ride.
10. Imitation is the sincerest form of flattery.

The January 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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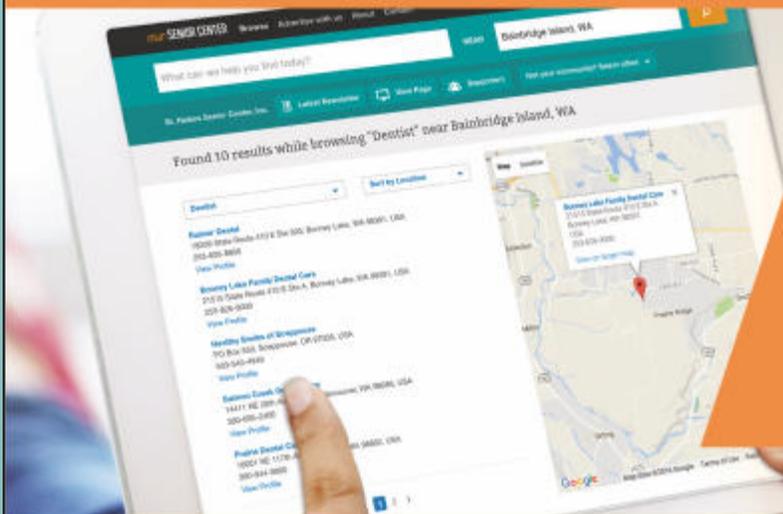
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\_\_\_\_\_

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