

# 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)

SPECIAL HOLIDAY EDITION



In case of  
Inclement  
Weather



## Inclement Weather Policy

Call our hotline for the latest info (860) 638-4543

As you know, our usual inclement weather policy was to follow Middletown Public Schools announcements. Since the school system is practicing hybrid learning, we've updated our policy.

By 7:30am, any changes to the day's schedule will be put on a voicemail accessible to all members. The phone number is

(860) 638-4543. Please don't leave a message on this line, this is strictly an outbound message line for changes to the regular schedule. Snow days result in a heavy call volume and we are requesting that all members with questions about changes to the daily schedule please call the new hotline. In most instances, we will air on the side of caution and cancel classes.

## COVID-19 Related Changes

Call hotline for the latest info (860) 638-4543

This newsletter was written in the beginning of November. As of that time, Middletown is now in the "red" as far as COVID-19 cases. It is hard to predict what the future will be in these uncertain times. In-person classes being held between 11/16-11/24 are reduced to a maximum number of 10 participants. We will evaluate every 2 weeks and adjust the participant levels as needed.

It is imperative that everyone follow the safety protocols in place, specifically wear a mask and practice social distancing. Your mask must remain on the entire time you are in the building and must cover both your mouth and your nose. Don't forget to wash your hands and/or use hand sanitizer frequently.

There may come a time based on safety precautions or mandates from the state or local government that we will be required to close to the public. Any changes to the daily schedule, new class size restrictions, or closures will be put on the hotline number (860) 638-4543. Please don't leave a message on this line, this is strictly an outbound informational message line.

## The New Normal (since 10/1)

- The Senior Center is open by appointment only—NO walk-ins
- Open to Middletown residents only
- Face coverings required
- Social distancing enforced
- Front desk is open by appointment only
- All registrations and questions should still be handled by phone (860) 638-4540 or email [seniorcenter@middletownct.gov](mailto:seniorcenter@middletownct.gov)
- Classes are no longer session based. Each and every occurrence of a class needs a reservation.
- No card playing, board games, in-person meals, or congregating in groups
- Maximum number of 2 people in the elevator at a time
- Entry not permitted more than 10 minutes in advance
- Due to limited space, if you no show a class reservation, you will be charged a surcharge in addition to the class fee
- Everything is subject to change without warning

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# Activity Kit Clearance

## Open to All Members

### \$1 Each

Did you miss out on a past activity kit to go? It's time to clear the shelves at the Senior Center. Here is a listing of what's left as of the printing of this newsletter. You can call in an order (860) 638-4540 or email us at [senior-center@middletownct.gov](mailto:senior-center@middletownct.gov) and we'll arrange your pickup.

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• 3 Ingredient Granola: 14</li><li>• 3D Wooden Puzzles: 6</li><li>• Alcohol Paint Jewelry: 26</li><li>• Applesauce Oatmeal Cookies: 15</li><li>• Brain Games Packet #3: 2</li><li>• Brain Teasers: 4</li><li>• Bucket List Project: 33</li><li>• Chocolate Mousse: 6</li><li>• Coloring Kits: 7</li><li>• Crossword Puzzles: 7</li><li>• Decorative Bowl: 1</li><li>• Diet Coke Cake: 13</li><li>• Embroidery Kit: 3</li><li>• Exercise at Home Kit: 2</li><li>• Halloween Candy Jar: 33</li><li>• Handmade Holiday Cards: 22</li><li>• Initial Mug: 20</li><li>• Jeopardy Trivia Pack #1: 16</li><li>• Jeopardy Trivia Pack #2: 17</li></ul> | <ul style="list-style-type: none"><li>• Kanoodle Brain Twisting 3D Puzzle Game: 6</li><li>• Mason Jar Tissue Holder: 10</li><li>• Mini Snowmen: 6</li><li>• Mirror Etching: 10</li><li>• Mug Cake: 5</li><li>• Paint/Pour Project: 11</li><li>• Painted Ornaments: 19</li><li>• Painter's Tape Abstract Art: 7</li><li>• Peppermint Candy Dish: 17</li><li>• Pinecone Christmas Tree: 15</li><li>• Pumpkin Cake: 7</li><li>• Pumpkin Spice Muffins: 6</li><li>• Scrabble Coasters: 2</li><li>• Sudoku Puzzles: 11</li><li>• Wine Bottle Vase: 29</li><li>• Wine Cork Pumpkins: 14</li></ul> |
|---|---|



## COVID-19 Short Story Winner

Congratulations to Janet W., our COVID-19 story winner! Janet's story was a play on the Wizard of Oz of her journey to get toilet paper from the great and powerful Mr. Charmin. Great Job!!!



## Knitting/Crocheting Group

Members of the knitting/crocheting group have been meeting socially on Thursdays at 1:30pm. If you are interested in coming, please call to pre-register. As of the printing of this newsletter, we are limited to 10 people. This number may be decreased based on the increase in local cases. **Appointments are required.** This is subject to change without notice.



## New Outdoor Newsletter Box

One of our frequently asked questions is how can I pickup a copy of the latest newsletter? or do you have extra newsletters I can share with friends and neighbors? or the mailman never delivered this month's newsletter! Well, we hope we've permanently solved that problem! In the front driveway, we have installed a newsletter box across from the front door. You can now easily drive up and pickup the copies you want. No appointment needed. It's there 24/7.

Thanks Shaun & EJ for getting this done for us!

## CRT Lunch Program—Open to Middletown Residents 60+



CRT café worker Julie will be here running this drive through service every Friday from 11am-12pm. You will be provided 5 frozen lunches, 5 dairy (usually 3 individual milks, a yogurt, and cheese stick), and 5 snacks. You

can opt in at anytime. There are no substitutions and it's all or nothing. Sign-up by Friday morning for the next week's pickup.

The only eligibility requirements to participate are that you are a Middletown resident 60 or older and that you have a Federal Form 5 on file. There are no income limits to participate. We can fill out the form for you by phone. The questions may seem intrusive, but they are confidential questions used to get partial reimbursement from the Government since this is a government run program. Call Laura to fill out your form by phone (860) 638-4542 or email her at: [laura.runte@middletownct.gov](mailto:laura.runte@middletownct.gov) . If you've had lunch at our center provided by CRT in 2020, then you already have a form 5 on file. Either way, it's easy to get started! Give it a try! Donations are not required; however, there is a suggested donation of \$3.00 per meal which would be \$15.00 for the 5 meals. If you want to donate, please make out a check to CRT and put frozen meals in the memo line. You can give Julie your donation when you pick up your weekly meals. This is separate from the Senior Center. These donations go directly to CRT.

## Photo Contest Winners

The results are in! Nancy Buckland won 1<sup>st</sup> place, Nancy Clayton won 2<sup>nd</sup> place, and Pam Miller won 3<sup>rd</sup> place. Congratulations to our winners!!

**1st Place  
Nancy Buckland**



**2nd Place  
Nancy Clayton**



**3rd Place  
Pam Miller**



## Feeling Isolated? Connect With Other Members!

As cases surge throughout the country and in our own hometown, you're not alone in feeling isolated. We'd like to connect our members to each other. It's our policy not to give out member contact information unless it's publicly available on the internet. Because of this, we are asking you to let us know if you do want your information shared and if you want to take part in this program. This program will be implemented if there is another quarantine or shutdown.



Sometimes that warm voice on the other line can lift you up. Connecting with those outside of your regular circle can cheer you up and remind you that you really aren't alone.

If you are interested in volunteering to make outbound calls to members, please call or email us and register as a volunteer. (860) 638-4540 OR [seniorcenter@middletownct.gov](mailto:seniorcenter@middletownct.gov)

If you are interested in receiving inbound calls from other members, please call or email us and register to receive calls as a participant. (860) 638-4540 OR [seniorcenter@middletownct.gov](mailto:seniorcenter@middletownct.gov)

Friendship is just a call away! Our best resource is each other, we're all in the same boat!



## Medicare Open Enrollment Event Dec. 2nd 9am-3pm By Appointment **LAST CALL!!!!!!**

The open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage Plans is **Oct. 15th through Dec. 7th**. Every year, there are new health plan and prescription drug coverage choices. Ask yourself: Are all of my drugs on my plans formulary for 2020? Did my monthly premium change? Is there an annual deductible? Take the time to review your current health & prescription drug plan with a Certified Choices Counselor.

Schedule your appointment by calling 860-638-4540. Please bring a list of all medications or just bring them with you. **FREE Appointments will be held in a private space socially distanced. Your counselor will be on a virtual zoom session, but the staff will set it up for you.**



### Foot Care

**December 1st & January 5th**

Jennifer Bosco, RN is taking appointments for footcare on the 1st Tuesday of the month. Please don't arrive earlier than 10 minutes before your scheduled appointment. \$35 payable to the practitioner. Please bring 2 hand towels. Call the Senior Center for an appointment at 860-638-4540. **By appointment only.**



### Blood Pressure Checks Thursdays by Appointment 12-1

If you are interested, you must make an appointment. We are limited to 6 appointments each Thursday. Please don't enter the building more than 5 minutes before your scheduled appointment.



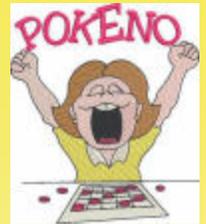
### Virtual BINGO

**Wednesdays 1:30pm-3:00pm**

We'll be playing for fun with prizes for the first 3 blackout winners. To participate by phone, on Wednesdays at 1:30pm, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions. **No Bingo on 11/25**

### Virtual Pokeno Fridays 2:00pm-3:30pm

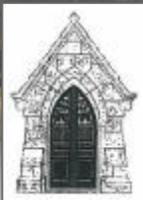
To participate by phone, on Fridays at 2pm, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions. If you want to join on your computer, laptop, or tablet—we can email you a link to the game. Prizes for the first 3 overall winners. Call us for Pokeno cards! **No Pokeno 11/27 or 12/25**



### Senior Services YouTube Channel

*You Can Use Anytime*

Don't forget to check out our YouTube channel featuring videos check-ins with staff, activity project videos, Exercise with Jane, Tai Chi, Qigong, Zumba, Guided Meditation, and more! . To access our channel, open up your web browser on your computer OR go to your YouTube App on your tablet or smart phone and search for Middletown Senior Services. Click on the picture of our building and get started!



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# Exercise Options at the Center

## All classes can be streamed real-time from home!

In-Person attendance is limited to Middletown Residents. To attend in-person, you must pre-register. You can register this week for next week's classes! For virtual classes - no pre-registration required. We ask those with internet & computer access to try our classes from home to free up space in-person for those without computer access. **No classes 11/26,11/27,12/24,12/25**

### Classes with Jane

**Exercise/Aerobics—Mon, Wed, Thurs at 9am**  
This is a high intensity workout with a warm-up and cool down period. Chairs are used for a portion of the class.

Cisco Webex Meeting Information  
Meeting Number: 173 460 7825  
Meeting Password: Jane

**Chair Yoga, Tuesdays at 10:30am**  
Enjoy all the benefits of yoga without the fear of getting on the floor or not being able to get up from the floor. All positions are from a standing or sitting position. This can easily be modified to your comfort level.

Cisco Webex Meeting Information  
Meeting Number: 173 452 3729  
Meeting Password: Jane

### Classes with Lisa

**Improving Movement & Balance—Fridays at 10:30am** Using a millennia-old system of coordinated body-posture and movement, breathing, and meditation. This class is mostly standing, but does include chairs for a portion of the class.

Cisco Webex Meeting Information  
Meeting Number: 173 217 9200  
Meeting Password: Lisa

**Tai Chi—Mondays at 1pm**  
This class is almost like meditation in motion. It's fantastic for stress reduction! This very graceful form of exercise involves a series of movements performed in a slow, focused manner. This class is gentle physical exercise and stretching. Chairs are used for a portion of the class.

Cisco Webex Meeting Information  
Meeting Number: 173 860 5003  
Meeting Password: Lisa

### Classes with Diane

**Zumba—Tuesdays and Fridays at 9am**  
This is a high intensity workout combination of dance and exercise. No chairs are used in this class.

Cisco Webex Meeting Information  
Meeting Number: 173 084 9996  
Meeting Password: Diane

### Class with Liz

**Traditional Yoga—Wednesdays at 10:30am**  
Cisco Webex Meeting Information  
Meeting Number: 173 275 3932  
Meeting Password: YogaLiz

### Class with Marcy

**Arthritis Exercise—Thursdays at 12:30pm** Improve joint flexibility and muscle strength. Marcy is a physical therapist who works with Masonicare. She gets you moving all of your joints from head to toe! Chairs are used for a portion of this class.

Cisco Webex Meeting Information  
Meeting Number: 173 461 1424  
Meeting Password: Marcy



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# CHRISTMAS

*trivia game*

1. We all know that Rudolph has a red nose, but does Rudolph have antlers?
2. Round/Oval candies filled with fruit preserves or cream & cover with chocolate are called?
3. Which country created eggnog?
4. Who said, "God Bless Us, Every One!"?
5. What were Frosty's last words?
6. The most popular item to put on top of Christmas tree is?
7. How many Wise Men were there according to the bible?
8. After Joseph, Mary and Jesus left Bethlehem, they went to which country?
9. What does "Advent" mean?
10. McDonald's puts what holiday image on bags during the Christmas season?
11. December 24, 1814 ended what war?
12. In "Jingle Bell Rock" everyone is dancing and prancing. Where do they do it?
13. "Greensleeves" is another name for what Christmas song?
14. The custom of finding a button in the plum pudding means what to an unmarried man?
15. What was the most popular toy of 1984?
16. The average number of gifts an adult male gets for Christmas is?
17. What is the main ingredients in gingerbread cookies? Flour, Ginger, or Molasses?
18. In It's A Wonderful Life, what did Clarence receive for his accomplishing his mission?
19. What river did General Washington cross on December 25, 1776?
20. What song contains the line, "Let's be jolly, deck the halls with boughs of holly"?
21. What city name do the states Kentucky, Indiana, New Hampshire, Maryland, Connecticut, and Georgia have in common?
22. This Florida town maintains a fully decorated tree year round?
23. After red and green, what are the two most popular Christmas colors?
24. What popular children's cracker today was introduced in 1902 as a Christmas ornament?
25. Which U.S. President barred the Christmas Tree from being displayed in the White House?



# Name That Christmas Song

A lyric from the song is given. In what song would you find the lyric?

1. **“Round yon virgin mother and child”**

- A. Jingle Bells
- B. Silent Night
- C. I’ll be Home for Christmas
- D. We Three Kings

2. **“And Heaven and nature sing”**

- A. Away in a Manger
- B. Joy to the World
- C. While Shepherds Watched
- D. White Christmas

3. **“Tis the season to be Jolly”**

- A. Jingle Bells
- B. While Shepherds Watched
- C. Deck the Halls
- D. God Bless Ye Merry Gentlemen

4. **“God and sinners reconciled”**

- A. O Come O Come Emmanuel
- B. O Come All Ye Faithful
- C. Hark the Herald Angels
- D. The First Noel

5. **“Disperse the gloomy clouds of night”**

- A. O Come All Ye Faithful
- B. O Come O Come Emmanuel
- C. Hark the Herald Angels
- D. The First Noel

6. **“Joyful and triumphant”**

- A. O Come All Ye Faithful
- B. Joy to the World
- C. Deck the Halls
- D. Ave Maria

7. **“Looked down where he lay”**

- A. The First Noel
- B. Little Town of Bethlehem
- C. Joy to the World
- D. Away in a Manger

8. **“O tidings of comfort and joy”**

- A. God Rest Ye Merry Gentlemen
- B. The First Noel
- C. Ding Dong Merrily on High
- D. Away in a Manger

9. **“On a cold winter’s night that was so deep”**

- A. Away in a Manger
- B. The First Noel
- C. Ave Maria
- D. Deck the Halls

10. **“Hang on a shining star upon the highest bough”**

- A. O Come O Come Emmanuel
- B. Have Yourself a Merry Little Christmas
- C. Hark the Herald Angels
- D. Frosty the Snowman

11. **“City sidewalk, busy sidewalks, dressed in holiday style”**

- A. Joy to the World
- B. Deck the Halls
- C. Rudolf the Red Nosed Reindeer
- D. Silver Bells

12. **“Please have snow and mistletoe and presents under the tree”**

- A. Beginning to Look a Lot Like Christmas
- B. Silent Night
- C. I’ll Be Home For Christmas
- D. Jingle Bells

13. **“Somebody snitched on me”**

- A. Bill’s Christmas Treat
- B. The First Noel
- C. Nuttin’ for Christmas
- D. Deck the Halls

14. **“Bearing gifts we traverse afar”**

- A. Jingle Bells
- B. Silent Night
- C. I’ll Be Home for Christmas
- D. We Three Kings

15. **“Come on, it’s lovely weather”**

- A. Deck the Halls
- B. While Shepherds Watched
- C. Jingle Bells
- D. Sleigh Ride

# Answer Keys

## Christmas Trivia

1. Yes
2. Sugarplums
3. United States
4. Tiny Tim
5. I'll be back again someday
6. Angel
7. It does not say
8. Egypt
9. Coming
10. Trees
11. The War of 1812
12. Jingle Bell Square
13. What child is this?
14. Bachelorhood
15. Cabbage Patch Doll
16. 6
17. Flour
18. His wings
19. Delaware River
20. Rockin' around the Christmas tree
21. Bethlehem
22. Christmas, Florida
23. Silver & gold
24. Barnum's Animal Crackers
25. Teddy Roosevelt



## Name That Christmas Song

1. Silent Night
2. Joy to the World
3. Deck the Halls
4. Hark the Herald Angels
5. O Come O Come Emmanuel
6. O Come All Ye Faithful
7. Away in a Manger
8. God Rest Ye Merry Gentlemen
9. The First Noel
10. Have Yourself a Merry Little Christmas
11. Silver Bells
12. I'll Be Home For Christmas
13. Nuttin' For Christmas
14. We Three Kings
15. Sleigh Ride



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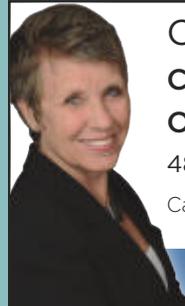
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**Middletown Senior Center**  
**[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)**  
**(860) 638-4540**

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#### Where Can I Get Information?

**City website:** [middletownct.gov](http://middletownct.gov)  
**Mayor's Facebook:** [facebook.com/BenForMiddletown](https://facebook.com/BenForMiddletown)  
**Senior Facebook:** [facebook.com/middletownseniors](https://facebook.com/middletownseniors)  
**Comcast Channel 19**  
**State website:** [portal.ct.gov/coronavirus](http://portal.ct.gov/coronavirus)  
**City's Covid-19 Hotline:** (860) 638-4965  
**Centers for Disease Control:** [cdc.gov](http://cdc.gov)  
**United Way 2-1-1:** Call 211 or text CTCOVID to 898211

**YouTube:**  
Middletown Senior Services

**Facebook:**  
[Facebook.com/middletownseniors](https://facebook.com/middletownseniors)



The Middletown Senior Center staff would like to wish everyone a wonderful holiday season and a happy new year!

