

# MIDDLETOWN

NOVEMBER/DECEMBER 2020



## 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)



## Sign-ups Open 10/28 for Middletown Residents

The Senior Center is Open By Appointment or Reservation Only. Please call or email for an appointment or class reservation. (860) 638-4540 OR [seniorcenter@middletownct.gov](mailto:seniorcenter@middletownct.gov)

• Middletown Residents Only	• Registrations and Questions should still be handled by phone or email
• Confirmed Appointment or Reservation Needed to enter the building	• Classes are no longer session based. Each and every occurrence needs a reservation
• Face Coverings Required	• No card playing, board games, in-person meals, or congregating in groups
• Social Distancing Enforced	• Maximum of 2 people in the elevator at a time
• Front Desk by Appointment	• Entry not permitted more than 10 minutes in advance

## Food To Go

### Early Bird Dinner To Go November 3rd 3:30pm-4pm

This month's early bird dinner is roast pork, sweet potato, and vegetable. A sweet treat will be included for dessert.

The meals will be warm when you pick-up and will be packaged in a microwave safe container. You will be assigned a time slot for you to drive-thru and pick up your meal. Pre-registration is required. \$5 Fee.

No show/no call will result in a \$5 surcharge added to your account.



### Pumpkin Roll Cake November 12th 2:30-3:00pm

Get into the holiday spirit with a slice of pumpkin roll cake! This will be offered as a to-go treat in our drive-thru. Pre-registration is required. It will be packaged in a to go container so it will stay fresh on your drive home. It should be refrigerated and consumed within 1 day. \$2 Fee at pickup. No show/no call will result in a \$2 surcharge added to your account.

Once you have a confirmed reservation, you don't need a specific pickup time. The pumpkin roll will be ready for you to pickup in our drive thru anytime between 2:30-3pm.



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I am a Reiki Master.

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# Arts & Crafts Activity Kits To Go

## November

### Fabric Fall Tie Wreath

A fabric tie wreath is a fun way to add some color and texture to your front door. Includes wire wreath form, fabric, instructions, and a link to a how-to video created by staff. No special skills required. \$1



### Initial Mug

This project includes a mug, 2 oil paint pens, initial sticker, written instructions, and a link to a how-to video created by staff. \$1

### Alcohol Paint Jewelry

This includes alcohol paints, metal washers, necklace chain, earring holders, written instructions, and a link to a how-to video created by staff. \$1



### Mason Jar Tissue Holder

This includes a mason jar, paint, paint brush, white paint pen, written instructions, and a link to a how-to video created by staff. \$1

## December



### Mini Snowmen

This craft includes terra cotta pots, paint, paintbrush, how to video created by staff and a glove for hat. \$1

### Pinecone Christmas Tree

This craft includes a terra cotta pot, pine cone, star, paints, paintbrush, and how to video created by staff. \$1



### Painted Ornaments

This fun holiday craft includes ornaments, paint, paintbrush, how to video created by staff and instructions. \$1

### Handmade Holiday Cards

Make the holidays extra special by sending your own hand made cards. This kit contains cards, envelopes, stickers, markers scrapbook paper, instructions and how to video created by staff. \$3



# Baking Project Activity Kits To Go

## November

### Diet Coke Cake

Includes the ingredients, recipe, and link to a how to video created by staff. This quick recipe is delicious and great for dessert or as a snack!  
\$1



### Pumpkin Cake

Includes the ingredients needed as well as the recipe, and a link to a how to video created by staff. Delicious treat at any time! \$1

### 3 Ingredient Granola

Includes the ingredients needed, recipe, and a link to a video with staff member instruction. You can make this quick, easy dessert and impress your family & friends. \$1



## December

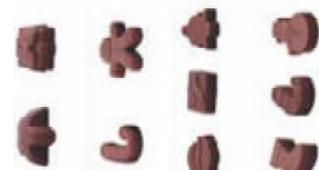
### Baking Candy Dish

What better place to store your candy than in a candy dish. This festive bowl looks great during the Christmas season. This includes recipe and how to video created by staff. \$1



### Candy Making

This delicious treat is great for a gift or an evening snack. This includes recipe and how to video created by staff. \$1



### Oreo Fudge

Calling all oreo lovers!!! With just three ingredients, you'll love this easy to make cookies and cream fudge. This includes recipe and how to video created by staff. \$1



### Reindeer Treats

These pretzel reindeer are only 4 ingredients and so easy to make! This includes recipe and how to video created by staff. \$1



# DIY Activity Kits To Go

## November



### Paint By Number - Sunflower

This includes all the tools you need to paint the pretty pattern. This craft keeps you busy and helps with dexterity. \$4



### Botanical Soap Making Kit

This botanical soap making kit makes 7 exfoliating soap bars. Invent a scent! Create a fragrance to match your mood, contains 3 blendable fragrances to create a scent as unique as you. \$6

### Beginner Origami

Learn how to make easy origami with these simple instructions and diagrams. FREE



### Brain Games

FREE

We've put together another new packet of a variety of brain games and puzzles to keep your mind active.

## December



### Holiday Diamond Painting

This fun hobby requires patience and the ability to see and handle little tiny pieces. It's like paint by number but you are using little plastic diamonds to follow a pattern. \$5

### 500 Piece Jigsaw Puzzles

Relieve stress, exercise your brain, and pass the time with one of these 500 piece jigsaw puzzles. FREE



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9am—Exercise with Jane (In) 9am—Medicare Open Enrollment Event 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In)	<b>3</b> 9am-3pm—Foot Care (In) 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In) 3:30-4pm Early Bird Dinner to go (Out)	<b>4</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>5</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—Blood Pressure by Appt (In) 12:30pm—Arthritis Exercise with Marcy (In) 1:30pm-3pm—Billiards by Appt (In)  November & December Activity Kit Pickup (Out)	<b>6</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Qigong with Lisa (In) 11am-12pm—Drive-thru CRT Lunch Pick-up (O) 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)  November & December Activity Kit Pickup (Out)
<b>9</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In)  November & December Activity Pickup (Out)	<b>10</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 11am—Coffee with Ann (V) 1:30pm-3pm—Billiards by Appt (In)	<b>11</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>12</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—Blood Pressure by Appt (In) 12:30pm—Arthritis Exercise with Marcy (In) 1:30pm-3pm—Billiards by Appt (In) 2:30-3pm Pumpkin Roll Cake to go (Out)	<b>13</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Qigong with Lisa (In) 11am-12pm—Drive-thru CRT Lunch Pick-up (O) 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)
<b>16</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In)	<b>17</b> 9am-3pm—Foot Care (In) 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In)	<b>18</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>19</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—Blood Pressure by Appt (In) 12:30pm—Arthritis Exercise with Marcy (In) 1:30pm-3pm—Billiards by Appt (In)	<b>20</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Qigong with Lisa (In) 11am-12pm—Drive-thru CRT Lunch Pick-up (O) 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)
<b>23</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In) 2:30pm Book Club (In)	<b>24</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In)	<b>25</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>26</b> Closed for the Holiday	<b>27</b> Closed for the Holiday
<b>30</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In)	<b>November 2020</b> <b>Calendar of Events</b> *Subject to Change Confirmed Reservation Needed Face Coverings Must Be Worn When Participating in Any Programs Indoors or Outdoors			<b>Abbreviations</b> In= Indoors O=Outdoors V=Virtual



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 <small>Joan Reed Wilson Attorney</small>	<b>363 Main St., #401, Middletown</b> <b>(860) 669-1222</b> <a href="http://www.reedwilsoncase.com">www.reedwilsoncase.com</a>	 <small>Kristen B. Prout Attorney</small>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 2020 Calendar of Events</b> *Subject to Change	<b>1</b> 9am-3pm—Foot Care (In) 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In)	<b>2</b> 9am—Exercise with Jane (In) 9am—Medicare Open Enrollment Event 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>3</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—Blood Pressure by Appt (In) 12:30pm—Arthritis Exercise with Marcy (In) 1:30pm-3pm—Billiards by Appt (In)	<b>4</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Qigong with Lisa (In) 11am-12pm—CRT Lunch Pick-up (In) 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)
	<b>7</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In)	<b>8</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In)	<b>9</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>10</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—Blood Pressure by Appt (In) 12:30pm—Arthritis Exercise with Marcy (In) 1:30pm-3pm—Billiards by Appt (In)
<b>14</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In) 2:30—Book Club Meeting (In)	<b>15</b> 9am-3pm—Foot Care (In) 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In)	<b>16</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>17</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—Blood Pressure by Appt (In) 12:30pm—Arthritis Exercise with Marcy (In) 1:30pm-3pm—Billiards by Appt (In)	<b>18</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Qigong with Lisa (In) 11am-12pm—Drive-thru CRT Lunch Pick-up (In) 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)
<b>21</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In)	<b>22</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In)	<b>23</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>24</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—NO Blood Pressure Today (In) 12:30pm—NO Arthritis Exercise Today (In)	<b>25</b> <b>Closed for the Holiday</b>
<b>28</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Tai Chi with Lisa (In) 1:30pm-3pm—Billiards by Appt (In)	<b>29</b> 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 10:30am—Chair Yoga w/ Jane (In) 1:30pm-3pm—Billiards by Appt (In)	<b>30</b> 9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	<b>31</b> 9am—Exercise with Jane (In) 9:45am-11:15am—Billiards by Appt (In) 12pm-1pm—Blood Pressure by Appt (In) 12:30pm—Arthritis Exercise with Marcy (In) 1:30pm-3pm—Billiards by Appt (In)	



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# Exercise Options at the Center

**You must have a confirmed reservation for each class and follow the advertised schedule.  
Absolutely no walk-ins are allowed.**

Coming Soon!!

Several of our staff members and instructors are working diligently to setup and trial hybrid exercise classes. When we get this up and running, we will notify our membership by email with all of the details. Our goal is to offer some of the exercise classes on Webex and in-person. This will allow greater access to those who can't or don't feel comfortable attending in person.



## \*\*\*New Exercise Class\*\*\* Chair Yoga w/ Jane Tuesdays 10:30am

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It is beneficial if you have limited mobility. This class will be held on Tuesdays at 10:30am. \$2 per class payable at check-in each class. Exact change, check or money order, or use your credit on your account. Need a confirmed reservation for each class. No show/no call will result in a \$2 surcharge on your account.

**Middletown Residents Only**  
**You can sign-up only 1 week at a time. Sign-up this week for next week's exercise options.**

## Exercise with Jane

**Mondays, Wednesdays, and Thursdays at 9am**  
FREE for Middletown Residents. Need a confirmed reservation for each class. No show/no call will result in a \$2 surcharge on your account.

## Tai Chi with Lisa

**Mondays at 1pm**

\$3 per class payable at check-in each class. Exact change, check or money order, or use your credit on your account. No show/no call will result in a \$3 surcharge on your account.

## Zumba with Diane

**Tuesdays and Fridays at 9am**

FREE for Middletown Residents. Need a confirmed reservation for each class. No show/no call will result in a \$2 surcharge on your account.

## Chair Yoga w/ Jane

**Tuesdays at 10:30am**

\$2 per class payable at check-in each class. Exact change, check or money order, or use your credit on your account. Need a confirmed reservation for each class. No show/no call will result in a \$2 surcharge on your account.

## Yoga with Liz

**Wednesdays at 10:30am**

\$4 per class payable at check-in each class. Exact change, check or money order, or use your credit on your account. No show/no call will result in a \$4 surcharge on your account.

## Qigong with Lisa

**Fridays at 10:30am**

\$3 per class payable at check-in each class. Exact change, check or money order, or use your credit on your account. No show/no call will result in a \$3 surcharge on your account.

## Arthritis Exercise with Marcy

**Thursdays at 12:30pm**

\$2 per class payable at check-in each class. Exact change, check or money order, or use your credit on your account. No show/no call will result in a \$2 surcharge on your account.

# Virtual Programming

We know that using some of these new technologies can make you feel anxious. We've simplified the process so you can connect simply using your phone. Don't forget—unlike in-person programs, when you connect virtually there's no commute time. It's instantaneous! Programs start at the advertised time. Connecting any more than 10 minutes in advance is confusing to both you and the staff. The program will not be in progress. If you connect early, we won't be there.

## Virtual BINGO

Wednesdays 1:30pm-3:00pm

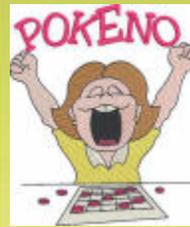
We'll be playing for fun with prizes for the first 3 blackout winners.

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.



## 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 coverall winners. Call us for Pokeno cards!

## Senior Library Browsing by Appointment

As of October 1st, our senior center library is re-open by appointment only. You will be given a 15 minute appointment to browse for your selection(s). Any returns should be put into the big blue bin and the books will be quarantined for 3 days before putting them back into circulation.

## Billiards

Billiards Play By Appointment Only  
Limited to 2 players at a time

FREE for Middletown Residents. Need a confirmed reservation for each time slot. No show/no call will result in a \$2 surcharge on your account.

## Senior Services YouTube Channel

*You Can Use Anytime*

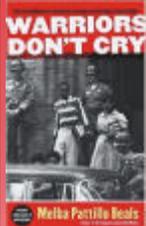


Don't forget to check out our YouTube channel featuring videos check-ins with staff, activity project videos, Exercise with Jane, Tai Chi, Qigong, Zumba, Guided Meditation, and more! . To access our channel, Open up your web browser on your computer OR go to your YouTube App on your tablet or smart phone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

## Book Club

### December Book Club Meeting

"Warriors Don't Cry" Dec. 14th at 2:30pm



"*Warriors Don't Cry*" by Melba Pattillo Beals is an inspiring true story about hope, courage, and change in the Southern city of Little Rock, Arkansas. The characters in this story begin

by living a life of inequality and injustice. Their brave spirits and souls force them to fight for their beliefs. This is our December book of the month. A limited number of used copies are available. To reserve your copy, please call the senior center. You can also purchase the book online or in-store or borrow it from the library. \$3

### November Book Club Meeting

"The Husband's Secret" Nov. 23rd at 2:30pm

"The Husband's Secret" by Liane Moriarty is a modern day take on the story of Pandora and her box. It details the lives of three women who are impacted by the murder of a teen girl that happened nearly thirty years ago. The end of the novel includes an ironic twist as author Moriarty shows how tiny decisions can change the scope of dozens of lives. This is our November book of the month. A limited number of used copies are available. To reserve your copy, please call the senior center. You can also purchase the book online or in-store or borrow it from the library. \$3

# Health Services

## Blood Pressure Checks

### Thursdays by Appointment 12-1

Beth-Ann will be taking **appointments** for blood pressure checks in the month of November. 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.



## Foot Care Nov. 3rd & 17th

### Dec. 1st & 15th

Jennifer Bosco, RN is taking appointments for footcare on the 1st and 3rd Tuesdays 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.**



## Medicare Open Enrollment Event Nov. 2nd & Dec. 2nd 9am-3pm By Appointment

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. **We will begin taking appointments October 1st.** 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.

## Comcast Channel 19 Schedule

If you have Comcast Cable, you can view our programming on the City's Channel 19 using your television. In addition, when there isn't a specific program running, you can view a slideshow of updated city information. As far as we know, this information is only viewable for Comcast subscribers. If you use a digital antenna without a provider, you might have access—you can certainly look through your channels. **8:00am—Exercise With Jane** **9:00am—Middletown's Community Forum** **10:15am—Tai Chi/Qigong with Lisa** **11:30am—Guided Meditation with Elizabeth** **1:00pm—Middletown's Community Forum** **2:30pm—Zumba with Diane** **4:00pm—Rotating Programming**

Comcast  
Channel 19



## 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.

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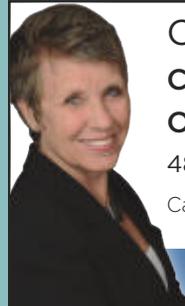
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This newsletter was created the last week of  
September.

**Main Number:** (860) 638-4540  
**Ann:** [Ann.Gregg@MiddletownCT.gov](mailto:Ann.Gregg@MiddletownCT.gov)  
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**Becky:** [Becky.Carroll@MiddletownCT.gov](mailto:Becky.Carroll@MiddletownCT.gov)

#### **Where Can I Get Information?**

**City website:** [middletownct.gov](http://middletownct.gov)  
**Mayor's Facebook:** [facebook.com/BenForMiddletown](https://www.facebook.com/BenForMiddletown)  
**Senior Facebook:** [facebook.com/middletownseniors](https://www.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

**How Do I Register For November Activities?**  
**You can register by phone or email**  
**according to the instructions below.**  
**(860) 638-4540 OR [seniorcenter@middletownct.gov](mailto:seniorcenter@middletownct.gov)**

For Arts & Crafts to Go, Baking to Go, DIY Kits, Food To Go, and the Book Club: Registration opens for Middletown Residents October 28th through November 6th on a first-come, first-serve basis. After the initial registration period, the kits are available to any members including non-residents.

For Foot Care, CRT Lunch Frozen Meals, Blood Pressure, Pokeno, Bingo: rolling registration

For Exercise classes, billiard room reservations: Reservations are accepted each week for the following week's availability. Middletown residents only.

**Please follow the above registration instructions.**