

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

COVID-19 NEWSLETTER (6)



OCTOBER 2020

October 2020—Status of Middletown Senior Center

This newsletter was completed the last week of August for October 2020.

It's hard to believe Fall is already here! The Governor's office released some guidance for the reopening of Senior Centers in late August. We are busy prepping the Senior Center for a modified reopening in accordance with these guidelines. **The following activities and services remain off limits:** congregating in groups indoors, in-person meals, card playing, board games, any activities requiring shared supplies, front desk support without an appointment, etc.

Using the guidelines issued by the State of CT, the staff came up with a new plan which was submitted to the city's health department as well as the Mayor's office. As with all plans during this pandemic, this is subject to change without warning based on surges of cases in our area and/or updated direction from the city's health department, Mayor, or the Governor's office.

The Senior Center building is reopening by appointment/reservation ONLY beginning October 1st. This means, you can't just walk-in to visit with friends or conduct business at the front desk. There are NO drop-in classes.

- Indoor activities are restricted to Middletown Residents Only!! Space is limited therefore we must be strict on this rule. The only exception allowed is for foot care appointments.
- A confirmed appointment/reservation is required to enter the Senior Center.
- Face coverings are required at all times when participating in programs indoors OR outdoors.
- You must practice social distancing and keep 6' between you and other participants or staff.
- Activity/Class registration should still be done by phone (860) 638-4540 OR email: seniorcenter@middletownct.gov
The only exception is for exercise classes. You can register by phone, email, OR during the check-in process for another class. Example: if I'm checking in for Wednesday yoga, I can register for yoga the following week if space is still available.
- Please follow your appointment/reservation time. Entry will not be permitted any more than 10 minutes in advance.
- The North Parking Lot remains closed. Please park in the South Parking Lot OR on the street.
- Only 2 people are permitted in the elevator at one time. There are markings in the elevator for the 2 riders to keep social distancing. Please be extra careful and take your time if using the stairs. Wearing a face covering on the stairs can throw off your depth perception making you more susceptible to a fall. Trust me, I've fallen up the stairs more times than I'd like to admit!
- The billiards room is reopened for 2 sessions per day. Per the State of CT guidelines, we are limited to 2 people per session. If making a billiard reservation, you **MUST** bring your own stick and you will play at the table assigned by staff. You are not to touch the other table. Morning reservations will be on the table farthest from the door. Afternoon reservations will be on the table closest to the door. Pool balls will be cleaned between each use. No reservations on Wednesdays.
- Class sizes are limited to comply with social/physical distancing of 6' between attendees. Furniture has been setup and disinfected for you. Do not move furniture or touch items in the room that don't belong to you. This is for your safety as well as the safety of our staff. After checking in for a class, please proceed directly to a marked spot in your activity room. Class check-ins are right outside the assigned room, not at the front desk.
- Classes are no longer session-based. Each and every class requires a reservation. Class fees are per class and exact cash or a check should be ready when checking in.
- Our outdoor space is still available to schedule socialization with friends. We can schedule up to 10 people for outdoor or virtual social visits. A reservation is required. Chairs will be set up and sanitized for you. **DO NOT** move the chairs. We must comply with all state/local guidelines. If your visit includes people from the same household, please indicate that when making your reservation so that we can set up your visit appropriately. While we are allowing up to 10 people, the more people you have the more difficult it is to hear everyone especially when talking through masks. Most chair configurations are in a circle or oval formation.
- As a reminder, failure to follow staff direction is a violation of the code of conduct and can result in suspension from future programming.
- The coffee station remains closed and newspapers are not available.
- Wednesdays by appointment, you can add money to your account at the front desk.
- Fees have been reinstated for food programs, tai chi, and yoga. If you have a special circumstance that you would like considered for exemption from certain fees, please feel free to contact Ann, Heidi, or Laura to discuss. Suggested donations have been added to all the other programs. We are so lucky to have so many generous members who have supported the expanded program offerings through generous donations. These are suggested donations only and do not prohibit you from participating. Fees and donations can be made by any of these methods: using money on your account, exact cash payment, or a check or money order made out to Middletown Senior Center.

Due to the restrictive nature of this modified reopening plan, we will continue with our Activity Kits to Go, Virtual Programs, and Drive-thru activities through December 31st. These items take up a considerable amount of space in the building, so only the following rooms will be open for programming: dining hall, 2nd floor multi-purpose room, health room, and the library.

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My Name is *Deborah Page*.
I am a Reiki Master.

Along with usui reiki I also do chair reiki and distance reiki. I can test chakras & work with Angels.

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How Do I Register For October Activities?

You can register by phone or email according to the instructions below. (860) 638-4540 OR seniorcenter@middletownct.gov

For Arts & Crafts to Go, Baking to Go, DIY Kits, Food & Entertainment, and the Book Club: Registration opens for Middletown Residents September 23rd through September 28th 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, Social Visits, Virtual Coffee with Ann: rolling registration

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

Please, please follow the above registration instructions.

Changes to the Senior Center Building

If you have an appointment at the Senior Center, you might notice a few changes in the building. These precautions are for your safety as well as ours.

- Signs! Signs! Signs! Everywhere you look, there are signs. This is a State of CT Requirement. We must display these signs regarding cleaning, sanitizing, social distancing, face coverings, to stay away when you are sick or if you have symptoms of the coronavirus, letting you know employees have to stay home when they are sick or displaying symptoms of the coronavirus, etc.
- Touchless hand sanitizers, gloves, and disinfecting wipes have been added to every room.
- There are plexi barriers at the front desk and portable plexi barriers that may be used when meeting with employees.
- Certain areas of the building are sectioned off using tape, stanchions, locked doors, or signage.
- Whenever possible, if you don't need the handicap access door, we ask that you **enter through the main entrance** but exit **through a side entrance** to eliminate congestion building up in one place.

Arts & Crafts Activity Kits To Go



Halloween Candy Jar

Includes flower pot, glass bowl, paint, paint brush, adhesive, ribbon, instructions, and a link to a how-to video created by staff. No special skills required. This candy jar makes excellent home décor. Suggested donation \$6

Fall Bucket List

This project includes bucket, sticks, paint, mini chalk board and all other materials included as well as, written instructions, and a link to a how-to video created by staff. Suggested donation \$4



Wine Bottle Vase

This includes a wine bottle, twine, mod podge, a paintbrush, fall adornments, written instructions, and a link to a how-to video created by staff. When finished you can use this as a table centerpiece. Suggested donation \$3

Painted Fall Sign

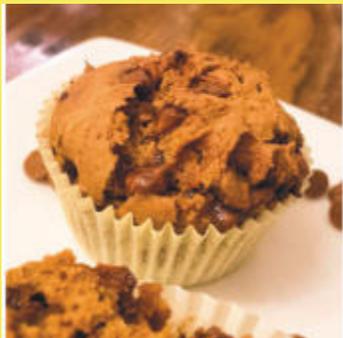
This is a super fun and simple way to brighten up your door. This includes a circular wooden piece, paint, ribbon, written instructions, and a link to a how-to video created by staff. Suggested donation \$4



Baking Project Activity Kits To Go

Healthy Applesauce Oatmeal Cookies

Includes the ingredients, recipe, and link to a video with staff member instruction. This quick recipe is delicious and great for dessert or as a snack! Suggested donation \$3



Easy pumpkin Spice Muffins

Includes the ingredients needed as well as the recipe, and a link to a video with staff member instruction. Delicious treat at any time! Suggested donation \$4

Easy Chocolate Mousse

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. Suggested donation \$2



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.



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 congregate meal elderly nutrition program was established as part of the Older Americans Act. This subsidized program is funded by Federal and State pass-through dollars. Due to the Coronavirus, there is additional CARES act funds. 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. 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.

DIY Activity Kits To Go



Embroidery Kit

This embroidery starter kit includes all the tools you need to embroider a pretty pattern. Make a nice gift, keeps you busy, and helps with dexterity. Suggested donation \$5

Kanoodle Brain Twisting 3D Puzzle Game

Challenge your noggin with this best-selling, award-winning, brain-twisting, solo game 2-D & 3-D BRAIN-TWISTING PUZZLES: Kanoodle is a puzzle game that includes 12 puzzle pieces 200 puzzle challenges, a 48-page illustrated puzzle book, and a carrying case. It includes 200 logical thinking puzzles from basic to deviously difficult. There are hundreds of possible combinations, but only one correct answer. Suggested donation \$5

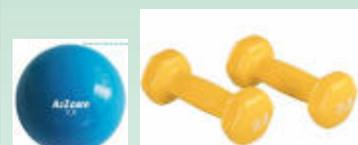


Jeopardy Trivia Packet #2

This fun activity pack consists of questions similar to those found on Jeopardy. An answer key is provided. FREE

Brain Games—Please Let us Know Which Packet(s) You Want

This month by request, we've separated our new brain games into 3 different packets: Crossword Puzzles, Word Searches, and Sudoku Puzzles.



Exercise at Home Kit



Handheld weights, resistance band set, grip strengthener, and a mini toning/medicine ball. This is for those who want to keep working out and exercising, but don't feel comfortable coming in person. \$10 suggested donation. Middletown residents only.

Book Club

October Book Club Meeting

"All Things Bright and Beautiful" Oct. 26th at 2:30pm

"All Things Bright and Beautiful" is the beloved sequel to Herriot's first collection, "All Creatures Great and Small", and picks up as Herriot, now newly married, journeys among the remote hillside farms and valley towns of the Yorkshire Dales, caring for their inhabitants—both two- and four-legged. Throughout, Herriot's deep compassion, humor, and love of life shine out as we laugh, cry, and delight in his portraits of his many, varied animal patients and their equally varied owners. This is our October book of the month. A limited number of used copies are available. To reserve your copy, please follow the registration instructions on page 3. You can also purchase the book online or in-store or borrow it from the library. Suggested donation \$3. If possible, the book club meeting will be held outside. If bad weather, it will be held in the cafeteria.

Food & Entertainment

Apple Crisp to Go Oct. 21st 2:30pm-3pm

Nothing says Fall like warm apple crisp with vanilla ice cream! 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. \$3 Fee at pickup. No show/no call will be assessed \$3 surcharge to your account. Once you have a confirmed reservation, you don't need a specific pickup time. The apple crisp will be ready for you to pickup in our drive thru anytime between 2:30-3pm. No show/no call will result in a \$3 surcharge placed on your account.



Chicken Salad Sandwich Lunch To Go Oct. 7th from 1-1:30pm

By member request!!

Don't forget to register for our world famous, delicious chicken salad sandwiches. This lunch to go includes an overstuffed chicken salad sandwich on honey wheat bread, bag of chips, and a small dessert. The chicken salad contains onions, celery, raisins, and mayonnaise.

Pre-registration is required. \$2 Fee at pickup. No show/no call will be assessed \$2 surcharge to your account.

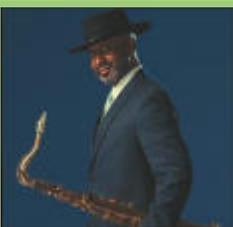
For you chicken salad sandwich lovers, you may purchase additional sandwiches for \$2 each.

Early Bird Dinner To Go Oct. 14th 3:30pm-4pm



Enjoy our delicious, homemade chicken pot pie. 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. \$4 Fee at pickup. No show/no call will be assessed \$4 surcharge to your account.



We are working to reschedule Greg Sneed's outdoor entertainment for late September or Early October. Preference will be given to those who were registered for it in August. If space is still available, we'll let you know.

Are You Interested In More Virtual Classes?

We always try to focus our energy on programming that can be enjoyed by the most amount of people. We know not everyone has access to wi-fi or internet service and a laptop or tablet. As there's no end in sight to this pandemic, we'd like to hear from you if you have access to internet and a laptop, desktop, or tablet, let us know! We are trying to gauge interest for future virtual programs like guest speakers.

Send us an email to seniorcenter@middletownct.gov and let us know you would be interested in participating in future virtual programs.



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Kristen B. Prout
Attorney

Monday	Tuesday	Wednesday	Thursday	Friday
October 2020 Calendar of Events *Subject to Change Confirmed Reservation Needed Face Coverings Must Be Worn When Participating in Any Programs Indoors or Outdoors		Abbreviations In= Indoors O=Outdoors V=Virtual	1	2
			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) October Activity Kit Pickup continues	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 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V) October Activity Kit Pickup continues
5	6	7	8	9
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)	9am-3pm Foot Care (In) 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 11am—Coffee with Ann (V) 1pm—Therapeutic Fitness with Kitch 1:30pm-3pm—Billiards by Appt (In)	9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:00pm—Ping-Pong by Appt (O) 1-1:30pm Chicken Salad Lunch Pickup (O) 1:30pm—Bingo (V)	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)	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 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)
12	13	14	15	16
Closed for the Holiday	9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Therapeutic Fitness with Kitch 1:30pm-3pm—Billiards by Appt (In)	9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V) 3:30-4pm Early Bird Dinner Pickup (O)	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)	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 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)
19	20	21	22	23
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)	9am-3pm—Foot Care (In) 9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Therapeutic Fitness with Kitch 1:30pm-3pm—Billiards by Appt (In)	9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 2:30-3pm—Apple Crisp Pickup (O) 1:30pm—Bingo (V)	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)	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 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)
26	27	28	29	30
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 Meeting (O)	9am—Zumba with Diane (In) 9:45am-11:15am—Billiards by Appt (In) 1pm—Therapeutic Fitness with Kitch 1:30pm-3pm—Billiards by Appt (In)	9am—Exercise with Jane (In) 10:30am—Yoga with Liz (In) 1:30pm—Bingo (V)	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)	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 1:30pm-3pm—Billiards by Appt (In) 2pm—Pokeno (V)



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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.

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

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.

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.

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.

Therapeutic Fitness with Kitch

Tuesdays at 1pm

FREE for Middletown Residents. 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

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

Billiards Play—By Appointment Only

Limited to 2 players at a time

Only 2 reservations per day

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.

Ping-Pong Outdoors By Appointment Only

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

Health Services



Foot Care Oct. 6th & 20th

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.**



Blood Pressure Checks Thursdays by Appointment

Donna will be taking **appointments** for blood pressure checks in the month of October. 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. To make an appointment, call or email us. We reserve the right to limit your number of appointments per month to allow for more residents to be served.

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.

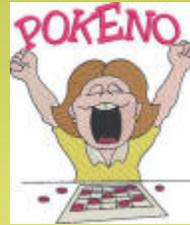


Virtual BINGO Wednesdays 1:30pm-3:00pm

You can play by phone OR computer, laptop, or tablet. If you will be participating other than by phone, please give us a call or send us an email so we can send you the link. If you are interested in playing, give us a call so we can get you your cards!

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

Now that we've got the hang of our virtual bingo and it's running well, we have added Pokeno on Fridays.

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!

Coffee with Ann by Conference Call October 6th at 11am

It's been a while since we've been able to connect! If you have any suggestions, questions, or just want to catch up and hear what's been going on, grab your coffee or tea and dial-in. Ann is the Manager of Senior Services. If you want to participate on video, give us a call. Otherwise, on 10/6 at 11, call -1-408-418-9388.

The access code is 36445222#. You are not the host, answer # to the next 2 questions.



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! There's also a collection of playlists where we've gathered a variety of virtual tours (aquariums, zoos, museums, national parks, etc.), craft projects, cooking and baking videos, entertainment (nostalgic tv, music, etc.), covid-19 videos, and computer and technical resources. 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!

Congratulations Mary Ann Bergeron, Our 2020 Senior of the Year!!



On August 13th, we held a private outdoor ceremony to surprise Mary Ann as Middletown's 2020 Senior of the Year. In addition to her regular contributions to the Senior Center, she regularly donates time and supplies to the ABC Women's Center, has decorated the Luther Ridge dining hall every month for the past 15 years, takes pictures for the Senior Center facebook account, has served on the executive board of AARP as treasurer, fundraises for TOPS, etc. When the pandemic hit, Mary Ann stopped everything and started working making cloth face coverings for the Middletown community. Working 16 hours a day, sometimes using 2 sewing machines, she produced and donated well over 1,000 face coverings!! Her face coverings went to Middletown Seniors, ABC Women's Center, Middlesex Healthcare, Snow School, Middletown Recreation, neighbors, family, and her former employer TIGHTCO. Thank you Mary Ann!!! Congratulations!

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.

This Schedule Runs Each Day with a rotation of different videos.

8:00am—Exercise With Jane
9:00am—Middletown's Community Forum on Covid-19
10:15am—Tai Chi/Qigong with Lisa
11:30am—Guided Meditation with Elizabeth
1:00pm—Middletown's Community Forum on Covid-19
2:30pm—Zumba with Diane
4:00pm—Rotating Programming
5:00pm—Middletown's Community Forum on

Medicare Open Enrollment Event Nov. 1st 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.

Social Visits by Reservation (We are Also Booking Virtual Visits)

Outdoor Only

The North Parking Lot is Closed. There are canopies in our North Parking lot as well as patio furniture setup under the pergola for in-person social visits. When making a reservation, you are agreeing to the below requirements.

Do you want to catch up with a friend or friends in person. Our pergola is a great place to relax and reconnect. You can come alone or in a group up to 10 people.

Requirements:

- You must make a reservation. We need the name of everyone in your party. We also need to know if there are people in the same household that will attend. Once the furniture is setup for you, please do not move or touch anything that is not yours. This is for your safety and the safety of our staff.
- When making your reservation, there is a maximum of 10 people allowed per timeslot. You can ask to have a reservation with a staff member or staff members to socialize and catch up, or you can meet with friends. We must have the names in advance.
- Social distancing is required (6 ft)
- Wearing a mask is required (even though you are outside).
- Visits are weather dependent since they are outside only.
- Please bring water with you to stay hydrated.
- Use the bathroom before coming. In the event you need to use the bathroom, the door will be unlocked so you can use the restroom facility. Please don't go anywhere else in the building.
- Please don't arrive early and please stick to the time slot given.



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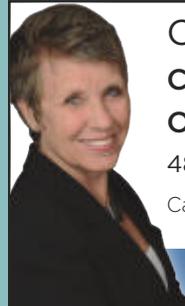
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This newsletter was created the last week of August.

Main Number: (860) 638-4540
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Where Can I Get Information?

City website: 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
City's Covid-19 Hotline: (860) 638-4965
Centers for Disease Control: cdc.gov
United Way 2-1-1: Call 211 or text CTCOVID to 898211

25% OFF

Register at:
aarpdriversafety.org
Use promo code: **DRIVINGSKILLS**

Offer valid through December 31, 2020, for the national course only.

AARP Safe Driving Class

AARP has notified us that they will not be hosting any in-person safe driving classes for the remainder of 2020. They are offering the class online at a 25% discount.

Please Note: The Lady Katharine Cruise Was Cancelled for October 2020.

