

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

FEBRUARY 2020



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**. Lunch is served at the discretion of CRT.

Please note: The center doors are open to those seniors in need of a place to warm up or charge their electronic devices in the cafeteria. On days of school closure, no one should be coming to the center for pool, cards, games, or any other programs, etc. The center is closed to regular traffic for the safety of all members and staff. Public Works crews are focused on clearing the streets before our parking lot and walkways. Again, there are NO activities, no coffee, etc. during these snow/ice events. Please be courteous and heed these instructions in the event of inclement weather. Everything besides warming up and charging devices is a "program".

Qigong Simple Moves for Better Health Thursdays at 10:30 February/March Session

Class description: Experience the benefits of movement, meditation and mindfulness.

Qigong's low impact exercises are designed to boost energy and increase balance, flexibility, mobility, and relaxation. Beginners welcome!

This class will be taught by Lisa Gibson. Lisa is a certified Evidence-Based Qigong Instructor with the Center for Taiji Studies. She has also trained extensively in Yang and Hun Yuan styles of Tai Chi.

Pre-registration is required. \$28/\$35 NR for 2 month session



Secrets to Making the Best Cheesecake—February 12th at 1:30pm

Snow Date: February 19th at 1:30pm



Mary Lee Brody is a freelance recipe developer and editor whose clients have included Kraft Foods, McCormick Spice Company, Ladies Home Journal and Cook's Magazine. The class will be about secrets to making the best cheesecake. It will run 2-3 hours. \$6/\$10 NR pre-registration.

Learn the secrets to making the creamiest cheesecakes with no cracks on top. We'll make a traditional New York style Cheesecake in a springform pan, a Raspberry-Swirled Cheesecake in a 13x9-inch pan and an Easy Cheesecake in a store-bought graham cracker crust. The class is run demonstration style in the cafeteria.



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◀ **Joan Lunden**, journalist,
best-selling author, former
host of *Good Morning America*
and senior living advocate.



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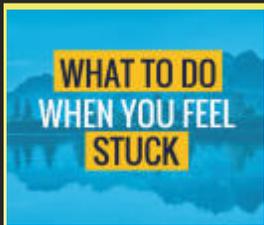
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Have You Found Yourself Floundering Since Retirement?

OR

Have You Lost A Partner and Lost Your Routine?

Join like minded individuals going through similar situations and come to an informational session about a new workshop where you can learn the tools needed to move forward.

This informational Session will be held on Friday, February 7th at 1:30pm. Based on interest, the workshop will begin on February 21st. Workshops will be led by Elizabeth Lupacchino, CHt, RMP. In addition to her Hypnotherapy, Reiki and Meditation Practice, Elizabeth has been writing books to help encourage and motivate people of all ages. These books are written from the heart in the hopes that who ever is meant to read them will get something out of them; the answers that they have been searching for. Elizabeth co-authored her first book in 2014, "Food for the Soul, Daily Meditations for a month of Transformation." She is also a co-author in two additional books: Amazon best seller "Angels Among Us, Devotional," and "The Power of Prayer." You also know Elizabeth from our popular guided meditation program on Tuesdays and Fridays.



Early Bird Dinner March 13th at 3pm

We're celebrating St. Patrick's Day early with a festive meal of Corned beef and cabbage.

\$5 pre-registration includes drink, meal, and dessert. Space is limited.

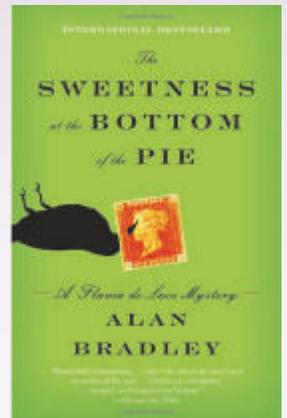


February Book Club February 24th at 2:30pm

It is the summer of 1950—and at the once-grand mansion of Buckshaw, young Flavia de Luce, an aspiring chemist with a passion for poison, is intrigued by a series of inexplicable events: A dead bird is found on the doorstep, a postage stamp bizarrely pinned to its beak. Then, hours later, Flavia finds a man lying in the cucumber patch and watches him as he takes his dying breath.

For Flavia, who is both appalled and delighted, life begins in earnest when murder comes to Buckshaw. "I wish I could say I was afraid, but I wasn't. Quite the contrary. This was by far the most interesting thing that had ever happened to me in my entire life."

Alan Bradley is the *New York Times* bestselling author of many short stories, children's stories, newspaper columns, and the memoir *The Shoebox Bible*.



\$3 for the used book. You are more than welcome to purchase or borrow the book on your own and still attend the book club.

Coffee Klatch February 21st at 2pm



The term "coffee klatch" comes from the German word, "kaffeeklatsch," which translates to coffee (kaffee) + gossip (klatsch). It refers to a group of friends getting together over a cup of coffee, usually at someone's house. The word "klatsch" has turned into "klatch" or even "clatch" over the years, and both are considered acceptable to use.

Coffee klatches were popular in the 1950s, when it was common for women to stay home with the kids. Ladies would get together with neighbors, discussing the latest updates in everyone's lives. There would usually be something to munch on too, like cookies to dunk in your coffee. It was a great way to spend a morning.

We're bringing this tradition back! Join us for coffee, a variety of flavored creamers, and an assortment of treats. Relax in our "coffee house" and catch up with friends or meet new friends. \$3 pre-registration.

Watercolor Class—Tuesdays at 1pm 6 Week Session Starts 2/25

Start a new hobby or continue as an experienced painter in this fun class with Marcy.

Class supplies are shared and kept at the center.
\$15 Residents/\$20 NR



Due to the high demand for this class, resident sign-ups will take preference. Non-residents can sign-up beginning 2/14 if there is space still available. Residents can sign-up now.

Income Tax Help

Free income tax assistance by IRS trained and certified volunteers is available at two Middletown Volunteer Income Tax Assistance (VITA) sites for households with incomes under \$55,000. You can save more than \$100 in tax preparation services alone! Appointments will be scheduled for January 28 through April 11 evenings, Wednesdays and Saturdays with two easy ways to schedule! Opportunities to meet at UW Monday-Thursday evenings, OR meet at NEAT Wednesday or Saturday during the day. Dial 211 press option "3" and then "6" or schedule your appointment online at uwc.211ct.org/taxhelp/

AARP also offers free tax assistance at locations in CT. We are not a host site, but you can find the latest information and locations on the AARP website aarp.org

Bingo & Pokeno

Bingo—

Wednesdays & Fridays
at 1pm \$1 for 2 cards or
\$2 for 4 cards.

No pre-registration.
This is a cash game.



Pokeno— We will be running 2
Pokeno games in February and
March per your request!



February 10th and 27th at
2:00pm \$1- Please pre-register. Grocery
prizes.

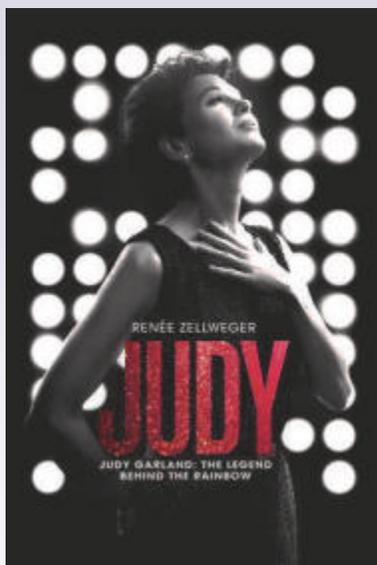
Enhanced Benefits Checkup February 26th—By Appointment Only (FREE)

Benefit Enrollment Centers help low-to-moderate income Medicare eligible seniors and persons with disabilities identify and apply for benefit programs such as:

- Medicare Part D Extra Help Program – helps pay towards your prescription drug plan premium, reduces the cost of covered medications and eliminates plan deductible
- Medicare Savings Program – pays your monthly Medicare Part B premium, and may pay for other Medicare cost sharing
- Husky C/Medicaid – provides medical coverage for persons age 65 and older, adults with disabilities and employed with limited income/resources
- Supplemental Nutrition Assistance Program (SNAP) – provides nutrition benefits to supplement your food budget

Pizza & A Movie

February 3rd and 4th at 1:30pm



Set in late 1968 and early 1969, the movie portrays Judy Garland hustling in Swinging London after she successfully secures a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft, in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again -- this time in the arms of Mickey Deans. PG-13 | 2020 | 1h 58m

\$2/\$4 NR Pre-registration required. Don't forget to indicate which showing you are registering for. Price includes 2 slices of cheese pizza.



Bus Trips

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from February 4th through February 11th. No entries will be accepted after the 11th. All members selected in the lottery will be notified by the 13th. Payments are due by noon on the 18th. **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 Pat Kidney field and the 2nd is the estimated departure time from the final 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. We will be forced to leave without you and you will be responsible for finding your own transportation home.

February Bus Trips

- 4th** —Fish Tale & Peabody Museum(10:30-3) \$5/\$9 NR
- 6th**— Blue Back Square (10:45-2:30) \$3/\$4 NR
- 11th**—Uncle Buck’s Bowling & 50’s Diner (9:30-2:30) \$8/\$12 NR
- 13th**—CT Post Mall (10:30-2:30) \$4/\$5 NR
- 18th**—Mohegan Sun Casino (9-3) \$6/\$10 NR
- 20th**—Mattatuck Museum (11-3:30) \$4/\$6 NR
- 25th**—IKEA & Fish Tale (10:45-2:45) \$3/\$4 NR
- 27th**—Christmas Tree Shop and Rein’s Deli (10:30-2:30) \$3/\$4NR

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

March Bus Trips

- 3rd**—Old Mill Pond Village & Shops and Cambridge House Brew Pub (10:15-2) \$3/\$4 NR
- 5th**—The William Benton Museum of Art and Red Rock Café (9:30-2) \$4/\$5 NR
- 10th**—Crystal Mall and Lunch on Your Own (10:45-2) \$3/\$4 NR
- 12th**—The Shops at Farmington Valley and lunch on your own (10:45-2:15)
- 17th**—Christmas Tree & Cracker Barrel (Orange) (10-2:15) \$3/\$4 NR
- 19th**—Foxwoods (9-3) \$6/\$10 NR
- 24th**—Ikea & Fishtail (10:30-2:30) \$3/\$4 NR
- 26th**—Yale Art Museums and Lunch on Your Own (10:30-2:30) \$3/\$4 NR
- 31st**—Litchfield Distillery and 99 Restaurant (Bristol) (10:30-2:30) \$4/\$5 NR

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

There is a copy of the Senior Bus Policies and Procedures hanging in the cafeteria and copies are available at the front desk. There is nothing new listed here, this is simply a reminder of the current rules. All members are encouraged to familiarize yourself with the rules. Here are some of the highlights:

- Monthly Bus Lottery Open for 1 Week. You must be an active member and a Middletown Resident to participate in the lottery.
- All lottery winners notified by phone. You must pay for your trip by the advertised deadline or you will lose your spot.
- Cancellation surcharge applies to all no show/no call. Penalties have been added for multiple no show/no call instances.
- Non-resident fees will be increased and vary per trip.
- You must disclose all mobility devices you plan to bring on the trip during the registration/lottery process. This is necessary to insure we’ve reserved the right amount of space on the bus.
- Participants who miss the bus home are responsible for securing transportation home at their own expense.
- There are defined penalties for (1) Failure to follow staff directions (2) Failure to comply with the code of conduct (3) Failure to be at the bus pickup location at the advertised time (4) No Show/No Cancel Penalties
- Explanation on cancellation responsibilities and entitlement on refunds
- Minimum Enrollments, Weather Conditions, Driver Responsibilities, Seating, Waitlists, etc.
- **ALL weekday trips will leave from Pat Kidney field through 2/29/20.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				
3	4	5	6	7
9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD® 1:30 Pizza & A Movie	Bus Lottery Opens 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:30 Bus Trip: Fishtale & Peabody Museum 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Drawing 1:30 Pizza & A Movie	9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:30 Kahoot Trivia	9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 10:45 Bus Trip: Blue Back Square 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	9:30 Zumba with Diane 10:30 Coffee with Ann and Volunteer Meeting 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 1:30 Info Session with Elizabeth Lupacchino 
10	11	12	13	14
9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD® 2:00 Pokeno	Bus Lottery Closes 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 9:30 Bus Trip: Uncle Bucks Bowling & 50's Diner 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Drawing Class 1:00 Therapeutic Fitness 1:30 Texas Hold'Em 3:00 Drumming for Wellness 	9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 1:30 Secrets to Making the Best Cheesecake	Bus Lottery Notifications 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 10:30 CT Post Mall 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	9-11 Manicures and Tech Support with Vinal High School 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 2:30 Valentine's Social 
17	18	19	20	21
CLOSED FOR THE HOLIDAY 	Bus Lottery Payments Due By Noon 9:00 Footcare Clinic 9:00 Bus Trip: Mohegan Sun Casino 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 1:30 February Birthday Party 2:30 Board Games with Staff	9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 12:00 FREE Hearing Screening by Beltone New England—Richard Lastrina 1:00 Bingo Non-Residents Can Sign-up for March Bus Trips	9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 11:00 Bus Trip: Mattatuck Museum 12:00-1:00 Blood Pressure 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 	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 2:00 Coffee Klatch
24	25	26	27	28
9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD® 2:30 Book Club Meeting	9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:45 Bus Trip: Ikea & Fishtale 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Watercolor Class Begins 1:00 Therapeutic Fitness 	9-3 Enhanced Benefits Check-up 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo	9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 10:30 Christmas Tree Shop & Rein's Deli 12:00-1:00 Blood Pressure 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Pokeno	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



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Valentine's Social
February 14th at 2:30pm

Love is in the air... love for chocolate at least! Socialize with friends and enjoy our red velvet molten lava cake treat.

\$2 pre-registration.



Board Games with Staff
February 18th at 2:30pm

Try out our new board games competing against staff members. Relax and have fun with the Senior Services Staff. Snacks will be served.

FREE—Please pre-register.



February Birthday Party
February 18th at 1:30pm

Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating all February birthdays!

FREE—Please pre-register.



Foot Care Clinics

Jennifer Bosco, RN is taking appointments for footcare on February 18th this month. \$35 payable to the practitioner. Please bring 2 hand towels. Call for an appointment.

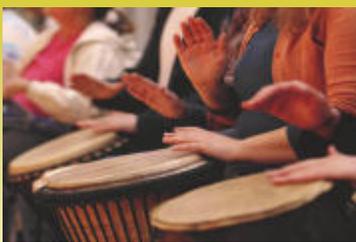


Texas Hold'em Card Game
February 11th at 1:30pm

FREE—Just for fun! Have fun with friends playing cards on a professional table with real chips! Pre-registration is required.



Drumming for Wellness
February 11th at 3:00pm



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. \$3/\$5 NR pre-registration.



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**Sing-Along with Barbara
February 18th 12:30-1:30pm**



Join us on this date and time for a sing-along with Barbara. FREE—No pre-registration. necessary.

**Manicures/Tech Support
Sponsored by Vinal
Technical High School
February 14th from 9am-11am**



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

pre-register.

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



Employee Appreciation—March 2020



National Employee Appreciation Day is Friday, March 6th. In preparation, during the month of February we will have a box in the lobby where you are welcome to put any notes of appreciation about the staff as a whole or any individual staff member, instructor, or health provider. Your note of appreciation can be submitted anonymously or signed. We will have paper and pens by the box, but please feel free to write them at home and drop them off at your convenience. We will celebrate these individuals in an appreciation party on March 6th at 2:30pm in the cafeteria. We will compile the notes/comments and share them with the employees at the party. Cake will be served. All are welcome to attend.

Employees/Instructors/Health Providers

- Becky—Clerk/Front Desk Assistance
- Heidi—Coordinator
- Laura—Specialist/Municipal Agent
- Shaun—Custodian and Program Assistance
- Emilio—Custodian (Temp)
- Colleen—Café Manager (CRT)
- Ann—Manager
- Jane—Exercise/Aerobics
- Lisa— Tai Chi/Qigong
- Diane—Zumba
- Elizabeth—Guided Meditation
- Kitch—Therapeutic Fitness/Get Tough
- Liz—Yoga
- Marcy H—Arthritis Exercise
- Marcy L—Arts/Clay
- Laura R—Dance for PD
- Donna—Blood Pressure Nurse
- Jennifer—Foot Care Nurse
- Richard—Belton Hearing Screening

Note: CRT Lunch, Blood Pressure, Foot Care, Belton, Dance for PD, Arthritis Exercise, Therapeutic Fitness, and Get Tough are sponsored programs and not paid by the City. These individuals are still part of our family and therefore are being included in our appreciation day celebration.



**Kahoot Tablet
Trivia
February 5th at
2:30pm**

Using our 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 for Res/\$1 NR—Please pre-register.

**Coffee with Ann
February 7th at 10:30am**



Do you have any suggestions for programming, procedures, entertainment, bus trips, etc ? This is a great time to come and ask questions and meet the manager. Our Volunteer Club Meeting will be held immediately following the Coffee with Ann. Find out how you can get involved!

Recurring Programs/Services

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

American Mahjong—Wednesdays at 12pm (F)

Arcade Games—Anytime in the Game Room

Arthritis Exercise—Thursdays at 12:30pm (F)

Billiards—Anytime

Bingo—Wednesdays & Fridays at 1pm (\$) Cost: \$1 for 2 cards or \$2 for 4 cards

Bocce—Anytime (F)

Blood Pressure Clinic—Thursdays 12:00-1:00 (F)

Book Club— (\$ for used book) Cost: \$3/\$5 NR for used book

Cable TV—Anytime (F)

Card Games—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am (F)

Coloring—We have adult coloring pages available for sign-out (F)

Computers—Laptops are available for use anytime (F)

Cribbage—Fridays at 1:30pm (F)

Dance for PD ®—Mondays at 1:15pm (F)

Darts—Anytime (F)

Exercise—Mondays, Wednesdays, and Thursdays at 9am (F)

Foot Care with Jennifer—by appointment (\$) Cost: \$35

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—The Library is open upstairs (F)

Lunch—Daily around 12pm. Congregate meal program run by CRT with a suggested donation of \$2.50. Reservations Required.(\$)

Mahjong—Thursdays 9am-12pm (F)

Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)

Middletuners Chorus Practice—practice at Village at South Farms (F)

Ping Pong—By request when there aren't health services scheduled (F)

Qigong—Thursdays at 10:30am (\$) Cost: \$28/\$35 NR

Shuffleboard—Anytime in the game room (F)

Sing-Alongs—Third Tuesday of the month at 12:30 (F)

Tai Chi — Mondays at 10:30am (\$) \$28/\$35 NR

Therapeutic Fitness—Tuesdays at 1:00pm (F)

Yoga—Wednesdays at 10am (\$) \$40/\$50 NR

Zumba—Tuesdays & Fridays at 9:30am (F)

Senior Services Division Contact Information Monday—Friday 8:30am to 4:30pm

Main Number: (860) 638-4540

Fax Number: (860) 343-5427

E-mail: seniors@middletownct.gov

Website: www.middletownct.gov/seniors

Fun with Clay Class **Fridays at 1pm**

This hands on hand-building with clay class led by Marcy is so much fun! Make your own masterpieces! 10 Sessions from 1/11/21 to 2/21/21. Pre-registration. Space is limited. Session begins 2/21.



SOLD OUT

Due to the high demand for this class, going forward preference will be given to Middletown residents and non-residents will be allowed to sign-up if space is still available.

CRT Lunch Service

Lunch is served Monday through Friday around 12:15pm by the Community Renewal Team out of Hartford. Reservations are required in advance (860) 638-4543. Reservations are taken by noon at least 1 full business day in advance. \$2.50 suggested donation. For meals on wheels info, call Gladys from CRT at (860) 560-5848.



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.**

Brain Teaser Winner

Thank you to all that participated! Our December winner by random drawing is Jean Coppola.

There are more than 300 words you could make using the letters in the word snowflake. Great job everyone! We saw a huge variety!



The February brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

Reminders & Policy Clarifications

- All activities advertised by the Senior Services Division require pre-registration (including free programs) unless specifically advertised as no pre-registration required. Almost all activities we run have associated fees and are heavily subsidized before determining the registration fee. It's important that we have counts ahead of time to make sure the room is setup appropriately with enough seating, if snacks or food is being served we have to shop ahead of time based on the count, and we need to know that there is enough interest to run the program. Occasionally, there isn't enough interest and we need to cancel. We don't have a mass communication method, but if you have pre-registered and there is enough lead time notice of the cancellation, we can call or email you. Also, occasionally an instructor/speaker has an emergency or calls out due to illness and we need to know who planned on attending so we can notify you.
- Our general rule is that we don't run programs with less than 7 pre-registered members. When we bring in instructors or guest speakers, many times they have set minimum and maximum counts.
- Many programs sell out throughout the month. Don't wait after receiving your newsletter to sign-up for something that interests you. Since our programs are advertised usually 6+ weeks in advance, it is always worth getting on the waitlist. When people are courteous enough to let us know they cannot make it to a program they registered for, we backfill the spaces using the waitlist.
- Scanning in each time you enter the Senior & Community Center is not optional. It is a condition of your membership.
- When the front desk is experiencing a high volume of traffic, please consider coming back after your activity OR keeping money on your account so you can call in your list of activities and receive an email confirmation.
- Please call to cancel if you can't make it. We are wasting precious money from our budget and not able to fill your spot with someone who wanted to attend the program if you don't let us know you won't be coming.
- We have switched to a bi-monthly model for Tai Chi, Qigong, and Yoga. There is a charge for the 2 months regardless of the number of classes. Sign-ups are the month before the next session.

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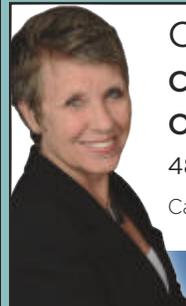


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Math Riddles

The day before yesterday I was 21 and the next year I will be 24. What day is my birthday?

I am an odd number. Take away a letter and I become even. What number am I?

Peter is 54 years old, and his father Joe is 80. How many years ago was Joe three times the age of his son Peter?

I am a three digit number. My tens digit is five more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?

If it were two hours later, it would be half as long until midnight as it would be if it were an hour later. What time is it now?

A snail is at the bottom of a 20 meters deep pit. Every day the snail climbs 5 meters upwards, but at night it slides 4 meters back downwards. How many days does it take before the snail reaches the top of the pit?

There are several books on a bookshelf. If one book is the 4th from the left and 6th from the right, how many books are on the shelf?

Senior (60+)

Brain Teaser

February 2020

Solve the Math

Entries due by:
2/15/20

Riddles

Name:

Phone:
