

# MIDDLETOWN



# Prime

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)

Regular Business Hours: Monday 8:30am-3pm & Tuesday-Friday 8:30am-4:30pm

**JANUARY 2026**

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**REGISTRATION OPENS 12/10 FOR  
MIDDLETOWN RESIDENT MEMBERS**



## 2026 Middletown Senior Center Programs – When Can I Sign Up?

| Programs/Trips Taking Place In The Month Of | Resident Members Can Sign-Up Beginning (2 <sup>nd</sup> Wednesday of the Month) | Non-Resident Members Can Sign-Up Beginning (27 <sup>th</sup> of the Month Online or Next Business Day in-person or by phone) |
|---|---|--|
| January 2026                                | December 10, 2025 at 8:30am   | December 27, 2025 8:30am ONLINE or 29 <sup>th</sup> in-person or by phone  |
| February 2026                               | January 14, 2026 at 8:30am  | January 27, 2026 at 8:30am   |
| March 2026                                  | February 11, 2026 at 8:30am   | February 27, 2026 at 8:30am  |
| April 2026                                  | March 11, 2026 at 8:30am  | March 27, 2026 at 8:30am   |
| May 2026                                    | April 8, 2026 at 8:30am   | April 27, 2026 at 8:30am   |
| June 2026                                   | May 13, 2026 at 8:30am  | May 27, 2026 at 8:30am   |
| July 2026                                   | June 10, 2026 at 8:30am   | June 27, 2026 at 8:30am ONLINE or 29 <sup>th</sup> in-person or by phone   |
| August 2026                                 | July 8, 2026 at 8:30am  | July 27, 2026 at 8:30am  |
| September 2026                              | August 12, 2026 at 8:30am   | August 27, 2026 at 8:30am  |
| October 2026                                | September 9, 2026 at 8:30am   | September 27, 2026 at 8:30am ONLINE or 28 <sup>th</sup> in-person or by phone  |
| November 2026                               | October 14, 2026 at 8:30am  | October 27, 2026 at 8:30am   |
| December 2026                               | November 12, 2026 at 8:30am   | November 27, 2026 at 8:30am ONLINE or 30 <sup>th</sup> in-person or by phone   |

**\*Sign-Up is on Thursday, November 12<sup>th</sup> because the 2<sup>nd</sup> Wednesday is Veteran’s Day – Building Closed\***

Sign-ups open simultaneously online, in-person, and by phone for Resident Members. You MUST have funds available on your account equal to or exceeding your total registration in order to use the online portal or call in your registration.

**Online Portal to Check Your Balance OR Register for Programs:** <https://schedulesplus.com/middletown>

**Note:** In the event that there is inclement weather or an unexpected closure of the Senior Center, the next business day will be the sign-up day. 2027 Sign-Up procedures will be evaluated at the end of 2026.

### 2026 Senior Center Holiday or Special Event Closures

| Date                         | Holiday/Event                                 | Time             |
|------------------------------|---|------------------|
| Thursday, January 1, 2026    | New Year’s Holiday                            | CLOSED - ALL DAY |
| Monday, January 19, 2026     | Martin Luther King Jr. Day                    | CLOSED - ALL DAY |
| Tuesday, February 3, 2026    | Professional Development/Building Maintenance | CLOSED - ALL DAY |
| Monday, February 16, 2026    | President’s Day                               | CLOSED - ALL DAY |
| Friday, April 3, 2026        | Good Friday                                   | CLOSED - ALL DAY |
| Monday, May 25, 2026         | Memorial Day                                  | CLOSED - ALL DAY |
| Friday, June 5, 2026         | Professional Development/Building Maintenance | CLOSED - ALL DAY |
| Friday, June 19, 2026        | Juneteenth                                    | CLOSED - ALL DAY |
| Friday, July 3, 2026         | July 4th - Independence Day                   | CLOSED - ALL DAY |
| Monday, September 7, 2026    | Labor Day                                     | CLOSED - ALL DAY |
| Friday, October 2, 2026      | Professional Development/Building Maintenance | CLOSED - ALL DAY |
| Monday, October 12, 2026     | Columbus Day                                  | CLOSED - ALL DAY |
| Wednesday, November 11, 2026 | Veteran’s Day                                 | CLOSED - ALL DAY |
| Thursday, November 26, 2026  | Thanksgiving                                  | CLOSED - ALL DAY |
| Friday, November 27, 2026    | Day After Thanksgiving                        | CLOSED - ALL DAY |
| Thursday, December 24, 2026  | Christmas Eve                                 | NO PROGRAMS      |
| Friday, December 25, 2026    | Christmas                                     | CLOSED - ALL DAY |
| Thursday, December 31, 2026  | New Year’s Eve                                | NO PROGRAMS      |



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## REMINDER—INCLEMENT WEATHER POLICY

We follow Middletown Public Schools for inclement weather related closures. They publish their delays, closures, and early dismissals on their Facebook page, on their website, and send to all local news stations. You will **NOT** receive notice from us of inclement weather related closures. Please check one of the above sources for Middletown Public Schools.

IF Middletown Public Schools has a delayed opening = Senior Center OPENS to the public at 12pm

IF Middletown Public Schools is closed = Senior Center CLOSED to the public

IF Middletown Public Schools is closing early = Senior Center CLOSED to the public at 12pm

Lunch is served at the discretion of the lunch provider. The café coordinator comes in at 10am. We won't know until then. Any questions about the congregate lunch program should be directed to (860) 638-4543.



The current Senior Center membership forms on file are valid until December 31, 2026 so you don't need to fill out any additional paperwork at this time.

### Baking with Heidi

#### World's Easiest Coconut Macaroons January 15th at 2pm

Satisfy your sweet tooth and impress your friends with minimal effort! Join Heidi for a delightful baking class where culinary magic happens! Forget complicated techniques and endless steps; you'll be guided through creating these light, chewy, and irresistible sweet treats using a surprisingly simple recipe that guarantees perfect results every time.

Whether you're a seasoned baker or a total beginner, you'll walk away with a box of delicious, professional-looking macaroons and the confidence to whip them up whenever a craving strikes. It's fun, easy, and delicious. This class is sure to fill quickly, so don't delay!

*\*In an effort to serve more members in this limited program, we are asking that only one member per household register and if dietary concerns apply, please allow another member a chance to get into the program.*

\$6/9 NR pre-registration required.



### Craft With Heidi: String Art Vase January 7th at 10:30am

Unleash your creativity and brighten up your space with a unique string art vase! Join a fun, hands-on workshop where you'll learn to transform a rustic wooden cutting board into a stunning piece of home décor. Using vibrant, eye-catching string, you'll create a beautiful vase design perfect for displaying your favorite "silk" or dried blooms. Choose from a rainbow of bright colors to make a truly personalized piece. This is a relaxing and rewarding way to add a pop of color to your home during cold and dark winter months. No prior crafting experience is necessary, just bring your enthusiasm and get ready to create!

*\*In an effort to serve more members in this limited program, we are asking that only one member per household register. After 1/1, additional household members are welcome.*

\$5/8 NR pre-registration required.



# Bus Trips...

All trips utilize our Senior Center 24 passenger bus and depart from Pat Kidney Field Parking Lot on Farm Hill Rd unless otherwise stated



## January 6th Boscov's Meriden Mall & Guida's Restaurant Middlefield

Get ready for a retail adventure! Hop aboard our fun-filled bus trip and leave all the stress of traffic and parking behind. We're headed straight to the fantastic Boscov's in Meriden, CT, a shopper's paradise brimming with incredible finds! Explore a treasure trove of brand-name clothing, stylish home goods, unique gifts, and even a famous candy counter. This isn't just a shopping trip; it's an opportunity to discover amazing deals, catch up with friends, and treat yourself to a delightful day out. Don't miss out on the fun—book your seat now for the ultimate hassle-free shopping spree! Round off the day with a stop at iconic Guida's Restaurant in Middlefield, CT for a famous "voted CT best hot dog" 10 inch dog, onion rings, and a milk shake or sundae! This is a **CASH ONLY** establishment, so plan accordingly. Cost: \$5/\$8 NR pre-registration includes transportation only. All purchases are at your own expense.

Bus departs Pat Kidney Field: 10:10 AM  
Bus arrives at Boscov's: 10:30 AM  
Bus departs Boscov's: 12:00 PM  
Bus arrives at Guida's: 12:10 PM  
Bus departs Guida's 1:30 PM  
Bus arrives at Pat Kidney Field: 1:45 PM

## January 8th Peabody Museum & Hard Hat Restaurant- Durham

Forget the winter blues and explore Peabody Museum's newly renovated galleries, featuring everything from a towering Brontosaurus to fascinating exhibits on human evolution and global cultures. After our visit, we'll hop back on the bus and head to the local favorite Hard Hat Tavern to refuel with a delicious lunch on the way back home. Spots will fill quickly for this trip, so don't delay!



Cost: \$6/\$8 includes transportation only. Museum entry is FREE. Lunch and any purchases are at your own expense.

Bus departs Pat Kidney Field: 10:00 AM  
Bus arrives at Peabody Museum: 10:40 AM  
Bus departs Peabody Museum: 12:40 PM  
Bus arrives at Hard Hat Tavern: 1:10 PM  
Bus departs Hard Hat Tavern: 2:40 PM  
Bus arrives at Pat Kidney field: 2:55 PM

## January 12th Monet Immersion

Step into a world of light and color! Our relaxing bus trip is your ticket to the breathtaking Monet: The Immersive Experience at the Mercantile Center in Worcester, MA. Forge the winter chill and parking hassles as you journey into the heart of Impressionism, where Claude Monet's masterpieces, including his iconic Water Lilies, come alive with 360-degree digital projections and sound effects. This isn't just an art exhibit, it's a sensory escape. Book your seat on the bus today and prepare to be transported! We'll be stopping at Cracker Barrel for late lunch on the way home. **Lots of Walking!** Cost: \$20/\$28

Bus departs Pat Kidney Field: 10:00 AM  
Bus arrives at Mercantile Center: 11:30 AM  
Bus departs Mercantile Center: 1:00 PM  
Bus arrives at Cracker Barrel: 1:35 PM  
Bus departs Cracker Barrel: 3:00 PM  
Bus arrives at Pat Kidney Field: 4:00 PM



## January 15th South District Fire House Tour Middletown Resident Members Only

You may remember the South Fire District crew providing a delicious breakfast in September. Well this month, we'll be visiting the fire house! Chief James, and Deputy Chief Nick, will give the grand tour and answer all your questions about their equipment, vehicles and procedures, and what life as a first responder in Middletown is like. Ask about your smoke detectors and child safety seat installations for your grand babies, too! They will also be treating you to a hearty lunch that's prepared on site!

Be ready to register first thing on sign-up day as this trip is sure to fill up fast! This is a FREE trip!

Bus departs Pat Kidney Field 10:25 AM

Bus arrives at South Fire House 10:30 AM

Bus departs South Fire House 12:30 PM

Bus arrives at Pat Kidney Field 12:35





### January 20th Dave and Buster's

Get ready to unleash your inner kid (and maybe win a prize or two) on our next senior bus trip to Dave &

Buster's! From high tech video games to no tech (think classic carnival games and billiard tables) and lots in between. Their menu has a selection of tasty treats certain to please every pallet including an "Eat & Play" deal for \$20.00 (as of this printing). 6 yummy meals to choose from AND a \$10.00 Power Card to play games with. All games are debited off power cards that you load on site. It's easy-peasy and the staff is super helpful if needed. Warning: it can be very loud in this business Cost: \$5/\$8 NR pre-registration includes transportation only. Refreshments and games are at your own expense.

Bus departs Pat Kidney Field: 11:00 AM  
Bus arrives at Dave and Buster's: 11:30 AM  
Bus departs Dave and Buster's: 2:00 PM  
Bus arrives at Pat Kidney Field: 2:30 PM

### January 22nd—WEBS Yarn Store (MA) & Bluebonnet Diner

Calling all fiber enthusiasts and foodies! Mark your calendars because our next senior bus trip is a perfect blend of creativity and comfort food! We're heading to Northampton, Massachusetts, to visit Webs—America's Yarn Store, a massive "yarn barn" filled with a stunning selection of colors and textures for all your knitting, crocheting, or weaving projects. After working up an appetite browsing the endless aisles, we'll head over to the historic and cozy Bluebonnet Diner, a local favorite since 1950, known for its hearty, classic comfort food and delicious desserts. Get ready for a day of inspiration, shopping, and a satisfying meal with friends—reserve your seat today for this cozy winter excursion! Cost: \$8/\$10 NR pre-registration includes round trip transportation only. All purchases and lunch are at your own expense. Bus departs Pat Kidney Field 9:15 AM  
Bus arrives at Webs 10:20 AM  
Bus departs Webs 11:50 AM  
Bus arrives at Bluebonnet Diner 12:00 PM  
Bus departs Bluebonnet Diner 1:30 PM  
Bus arrives at Pat Kidney Field 2:40 PM

### January 27th Ikea & Pacific Buffet & Grill

Add some fun international flair and a feast to your calendar on this senior bus trip! We'll start the adventure at IKEA in New Haven exploring room displays for home décor inspiration and browsing their unique and affordable Nordic-designed home furnishings and accessories. After our Swedish-inspired shopping spree, we'll head just a short drive to Pacific Buffet & Grill in Wallingford to enjoy a fantastic all-you-can-eat spread. Known as a local favorite, this spot offers a huge variety of delicious American and Asian dishes, sushi, a salad bar, and even homemade desserts—something to satisfy every craving. It's a day of retail therapy, great food, and fun with friends!



Cost: \$5/\$8 NR pre-registration Includes transportation only. All purchases are at your own expense.  
Bus departs Pat Kidney Field 9:45 AM  
Bus arrives at IKEA 10:20 AM  
Bus departs IKEA 11:50 AM  
Bus arrives at Pacific Buffet & Grill 12:15 PM  
Bus departs Pacific Buffet & Grill 1:45 PM  
Bus arrives at Pat Kidney Field 2:15 PM

### January 29th The Past Antiques (Montville) & Family Pizza (Colchester)

Embark on a treasure hunt and a culinary delight as we journey to The Past Antiques and Family Pizza! Spend the morning exploring over 14,000 square feet and 90 vendors of unique finds, from vintage clothing and rare coins to furniture and collectibles, in a climate-controlled, handicap accessible marketplace. After discovering your perfect antique, we'll head to the local favorite, Family Pizza, known for its extensive menu of delicious comfort food, great pizza, sandwiches, and even a tempting dessert case. It's a day packed with discovery, great food, and good company—reserve your spot for this exciting winter excursion!



Cost: \$5/\$8 NR pre-registration includes transportation only. All purchases are at your own expense.  
Bus departs Pat Kidney Field 9:15 AM  
Bus arrives at The Past Antiques 10:00 AM  
Bus departs The Past Antiques 11:30 AM  
Bus arrives at Family Pizza 11:50 AM  
Bus departs Family Pizza 1:30 PM

# Exercise Options at the Center

## Get Your New Year's Resolutions Off To A Good Start With Exercise/Wellness

Please follow your instructor's direction and plan to stay for the entirety of the class. A gentle reminder—please consult your personal schedule before signing up for these classes. They are in high demand and we are limited by the amount of physical space in the room. Thank you so much!

**Arthritis Exercise led by Marcy** (Mondays & Fridays at 12:30pm): Improve joint flexibility and muscle strength. Marcy is a physical therapist who gets you moving all of your joints from head to toe! Chairs are used for a portion of this class. \$2 Res/\$4 NR per class. Pre-registration required. **NO CLASS ON 1/19**

**Chair Yoga led by Jane** (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. \$2 Res/\$3 NR per class. Pre-registration required.

**Dance for PD (Parkinsons) Note: This program is currently lacking funding and in danger of being cancelled. For the latest information, please contact Neighborhood Music School or speak to the instructor** (Mondays at 10:30am): Do you have a movement disorder? Balance or coordination challenge? Just like to move in a group setting? Gentle, fun, creative movement with inspiring music. Open to all! We are just a host-site for this particular program. It is funded and run by the Neighborhood Music School. No pre-registration required. Donations accepted at the class. **NO CLASS ON 1/19**

**Exercise/Aerobics led by Jane** (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. FREE—Pre-registration required. **RESIDENTS ONLY** and no waitlist kept for this class. **VERY HIGH DEMAND. NO CLASS ON 1/1 or 1/19**

**Improving Movement & Balance led by Lisa** (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. \$2 Res/\$3 NR per class. Pre-registration required. **1/2 ONLY**

**Tai Chi led by Lisa** (Thursdays at 11:30am): Improve your balance, mental focus, strength and stamina with slow, flowing movements, gentle stretching, and deep, relaxed breathing. Lisa is a certified evidence-based Tai Chi and Qigong instructor with over 35 years of experience. Chairs are used for a portion of the class. \$2 Res/\$3 NR per class. Pre-registration required. **NO CLASS THIS MONTH**

**Traditional Yoga led by Liz** (Wednesdays at 10:30am): Please bring a yoga mat. A large portion of the class is spent on the floor. \$4 Res/\$6 NR per class. Pre-registration required.

**Zumba Gold led by Diane** (Tuesdays & Fridays at 9:15am): This is a high intensity workout combination of dance and exercise. No chairs are used in this class. FREE/\$1 NR per class. Pre-registration required.



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## **Circuit Training With Quinn—Thursdays at 11am (Residents Only)**

ALWAYS consult your physician before starting a new exercise routine. This class begins with stretching and then you rotate through the circuit using machines, weights, etc. under the guidance of Quinn who is a certified professional trainer. The best motivation is each other. You need to be able to do 45 minutes of consecutive exercise in order to attend this program. The instructor reserves the right to assess you for the ability to participate in this training (for your safety). \$5 per class pre-registration required.

## **Mini Gym (Residents Only)**

ALWAYS consult your physician before starting a new exercise routine. The gym is for RESIDENTS ONLY and is "use at your own risk". Scanning in is a requirement of membership and applies to use of this gym. The mini-gym is open weekdays Mondays 9am-3pm, Tuesdays-Wednesdays 9am-4pm, Thursdays 9am-11am and 12pm-4pm, Fridays 9am-4pm. Have you had a chance to check-out or use our new commercial equipment? Thanks to an American Rescue Plan Act grant, our mini-gym got some amazing equipment. What's stopping you from taking advantage of this FREE benefit? No pre-registration required.

## **Drop-In Social Groups/Activities (Not Facilitated By A Staff Member or Hired Instructor) FREE—No pre-registration required**

### **Billiards Play, Mondays 9am-3pm & Tuesdays-Fridays 9am-4pm**

Table play is first come, first served. If others are waiting, please alternate play after your game is concluded. Thanks!

### **Fun with Yarn, Mondays 1-3pm**

If you love to knit or crochet or you want to learn—this club is for you! Yarn donations are available for use as well as patterns, needles, etc. Catch up with others, share your projects, or learn how to get started on this new hobby.

### **Hand, Elbow, Foot Card Game, Tuesdays 9:30am-12pm**

There are a lot of cards used in this rummy-like game. Automatic card shufflers make it a little noisy during this activity (just a warning). You will be able to pick it up in no-time.

### **Hand Sewing/Quilting, Mondays 1-3pm**

If you are interested in hand sewing/quilting, you can drop into this social club. You are welcome to bring anything you are working on or our volunteers will get you started with a small project.

### **Lending Library, Mondays 9am-3pm & Tuesdays-Fridays 9am-4pm. Many new selections!**

Thanks Sue, Cheryl, and Janice for keeping this resource organized for our members!!

### **Mahjong OR American Mahjong, Thursdays 9:30am-12pm**

Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It takes a while to master this game, but don't get frustrated.



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## Regular Bingo—Mondays 1pm-2:30pm

Our bingo program is run by our member volunteers. If you are interested in volunteering to be a caller, doing call-backs, or handling the money—feel free to vocalize your interest at the game and get involved! \$2 pre-registration for 4 bingo cards. All money collected is handed out during the games as prizes.

**Same day registration is allowed UNTIL 12pm for this program.**



## Early Bird Dinner: Soup & Sandwich January 22nd at 3pm

Depressed about the cold weather and fewer daylight hours? Get out of your funk with our famous chicken salad sandwich served on honey wheat bread with a cup of creamy tomato soup. A little sweet treat completes this winter early bird dinner. \$3/6 NR pre-registration.



## Social Ricotta & Pistachio Cake January 29th at 2:30pm

Put it on your calendar! Come out and socialize with friends (new and old) while enjoying a piece of ricotta & pistachio cake.

\$3/4 NR pre-registration required.



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

Enjoy a warm breakfast of French toast and bacon served with coffee, tea, or juice.



Use this breakfast as an excuse to brave the cold and socialize with friends.

\$3/5 NR pre-registration required.

## Trivia For Fun January 2nd at 2:30pm

By member request, we are bringing back trivia but in a new way. Using several different formats, we'll be playing trivia. Please note: this program is verbal and pen & paper—not on the electronic tablets.

FREE—Please pre-register.



## Tablet Games January 8th at 2:30pm

Using a senior center tablet (or if you prefer, your own smartphone), we'll be playing games together.

FREE—please pre-register.



## LAST MINUTE ADDITION TO DECEMBER December 17th from 9am-11am

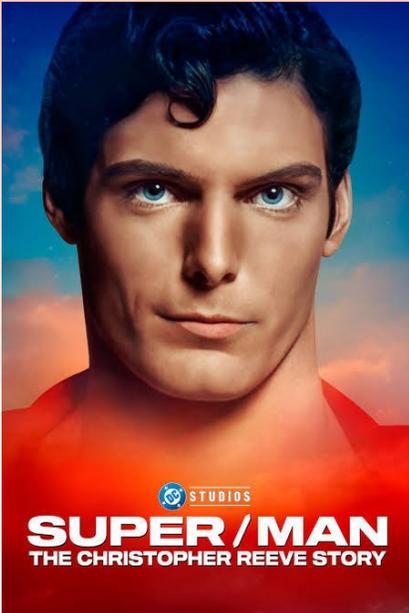
Students from Vinal Technical High School will be visiting to offer two wonderful one-on-one services. FREE—Pre-registration required.

**Technology Help:** Get personalized assistance with your smartphone, tablet, computer, or other tech questions. Students are here to help you learn, practice, and feel more confident.

**Mini-Manicures:** Students from the Cosmetology Program will also be here offering relaxing basic manicure services for those interested. You must arrive by 10:20am to participate in either service. Because this involves a public school program, cancellations may occur without notice. 2026 dates TBD

## Pizza & A Movie: "Super/Man The Christopher Reeve Story" January 13th at 1:30pm

The story of Christopher Reeve is an astonishing rise from unknown actor to iconic movie star, and his definitive portrayal of Clark Kent/Superman set the benchmark for the superhero cinematic



universes that dominate cinema today. After a near fatal horse-riding accident in 1995 that left him paralyzed from the neck down, he became a charismatic leader and activist in the quest to find a cure for spinal cord injuries as well as a passionate advocate for disability rights. 2 slices of cheese pizza served. \$3/5 NR pre-registration.

## Texas Hold'Em Poker January 14th at 2pm

|                 |                 |
|-----------------|-----------------|
| Royal Flush     | 10♥ J♥ Q♥ K♥ A♥ |
| Straight Flush  | 4♣ 5♣ 6♣ 7♣ 8♣  |
| Four-of-a-Kind  | A♥ A♠ A♣ A♦ 8♠  |
| Three-of-a-Kind | K♠ K♥ K♣ 5♠ 8♦  |
| Flush           | 4♦ 8♦ 6♦ 7♦ 2♦  |
| Straight        | 3♠ 4♥ 5♦ 6♣ 7♥  |
| Two Pair        | 3♠ 9♠ 9♥ 5♦ 5♣  |
| One Pair        | 9♠ 10♥ 6♣ 6♠ 2♦ |
| High Card       | 4♦ 6♠ K♣ 8♥ 3♠  |

Just for fun, come learn how to play this poker game, socialize and let your playful competitive side come out. This is just an excuse to get together and have fun!

FREE, please pre-register.

## Setback For Fun January 6th & January 20th at 1:30pm

The tournament didn't work out due to the rate of cancellation we experience here. There are still a lot of people who like to and want to play. On one or both of these Tuesdays, come on down and play with others. This is a drop-in program. FREE

## Beanbag Baseball January 7th & January 21st at 2pm



We are excited about this new program that's just for fun and socialization! This is by member request and was one of the programs to come out of our recent brainstorming session. Similar to cornhole and wildly popular in the south with retirees—welcome to Middletown Senior Center beanbag baseball! We'll be divided up into two teams and have a seat in your team's dugout (chairs). One by one, you'll take your chance at getting a "hit" by throwing beanbags. Give it a shot, let yourself relax. There's sure to be laughter and a lot of positive vibes. Absolutely no skill or experience needed—this activity is for EVERYONE. FREE—Please pre-register.

## Board Games With Staff January 28th at 2pm

Hang out with staff and play one of the board games we selected from our collection. Catch up and have fun!



FREE—please pre-register.

## Lunch With Friends January 23rd at 1:30pm

Back by member request is this winter lunch with friends. Socialize with friends over a reasonably priced lunch that includes a hot dog, bag of chips, and a small dessert. \$3/5 NR pre-registration.



## Daily Congregate Lunch Program

Lunch is served Monday—Friday at 12pm. Make a reservation for lunch with Senior Resources' Café Coordinator, Rosa at 860-638-4543. Two business days notice is required. A federal form 5 must be on file in order to register for lunch. There are no income requirements. The current menu can be seen on our [schedulesplus.com/Middletown](https://schedulesplus.com/Middletown) site under "Dining Menu". Food is cooked in Middletown at Futures Inc. People love it! \$3 suggested donation.

**BIRTHDAYS CELEBRATED  
ON THE LAST WEDNESDAY  
OF THE MONTH!**



## Reminder - Waitlists

**When your name comes up for a spot on the waitlist**, you will receive an automated call from (860) 854-3131 awaiting your confirmation or cancel. You should only remain on a waitlist if you are still interested and available to take the spot. The automated system reads you the date, time, and name of the program and asks you to call us to cancel or confirm. This is the only notification you will receive. Please call (860) 638-4540 and let us know if you are accepting the spot. We need to hear back from you whether you will accept or decline the spot you are offered. If we don't hear back from you, you forfeit your spot in that program and we call the next person on the list.

## Winter Programming Notes

Living in New England, the weather this time of year is wildly unpredictable. In order to be as fiscally responsible as possible, we try to minimize running programs that cost a lot of money or involve perishable consumable supplies. Take advantage of our low or no cost social opportunities.

Don't stay home isolated!

## Accommodations

Need an accommodation in order to participate in an advertised program? If you need an accommodation, please call Laura at least 10 days before the advertised start of a program. (860) 638-4542. Thank you!

## Suggestions for 2026 Programs?

*Please leave us a suggestion in the suggestion box located in the lobby.*

*We want to hear your ideas!*

## Event Seating

Since October 2025, the Senior Center has switched to a hostess model for seating at large events such as socials, lunch with friends, early bird dinners, night events, etc. Our team will greet and seat guests as they arrive once the doors open for the event. This is being done to keep the flow smooth, support connection, help everyone feel welcome and included, and to provide accessibility and maintain safety. Similar to arriving at a restaurant, please approach the hostess stand with your whole party and we will make every effort to try and seat you together. Large parties will likely be split. During the 5-10 minutes where everyone is being seated, we just ask that you don't walk against traffic. It's best to get your drink and use the restroom before being seated or after everyone is seated for safety purposes. Thank you!

## Toni's Trust Financial Assistance For Senior Center Programs Please leave a message

In 2024, we suffered the devastating loss of our beloved member and Matriarch of the Senior Center Family, Antoinette (Toni) Clayton. Toni's family listed the Senior Center as a place to donate in Toni's memory after her passing. If you have a financial barrier to accessing a program or program (s) at the Center, please call our Senior Services Specialist (Laura) at (860) 638-4542 to have a conversation about how we can help. Assistance up to \$20 in credit MAY be available to you based on your situation. This is for those who have financial barriers to participation. Your situation will be kept quiet.

Please note, this credit cannot be exchanged for actual cash at anytime. Funds are given based on need and availability and are at the sole discretion of the Senior Center staff.



**LAW OFFICE OF  
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# Middletown Senior Center - (860) 638-4540

happy new year

**January Activity Registration:** Sign-ups open for January on-site activities on 12/11 for all resident members and 12/27 for non-resident members. Sign-ups open for January bus trips on the same days. You can sign-up in person, by phone (if you have \$ on your account), or on the SchedulesPlus site (if you have \$ on your account). Payment is due at time of registration. You **MUST** have the money on your account in order to sign-up by phone or on the SchedulesPlus site. Cash or check is due at time of registration in-person. **No same day registrations** unless coming off of a waitlist or if the program was advertised that way (regular bingo allows same day registration UNTIL noon).  
**Registration Site:** <https://schedulesplus.com/middletown>

Connecticut's State Health Insurance Assistance Program – **CHOICES** – provides free, unbiased one-on-one benefits counseling on all parts of Medicare, including enrollment assistance and plan comparisons for Medicare Advantage Plans and Medicare Prescription Drug Plan. CHOICES Counselors are not insurance agents/brokers and do not charge for services. Contact your Senior Center today at (860) 638-4542 to schedule an appointment with a Certified CHOICES Counselor to discuss your Medicare questions.



## REMINDER

Doors open to programs approximately 10 minutes prior to the advertised start. Do not congregate in the lobby. This is a violation of Fire Code, unsafe, AND makes it impossible for people to conduct business at the front desk in-person or by phone. The staff has been directed to enforce this policy and keep the lobby clear.

### Check-in Station (in the lobby)

It is a condition of your membership that you scan your membership card each time you come to the Senior Center. If you need a replacement membership card, please go to the front desk. If you forgot your membership card, you can type in your phone number at the check-in station. If you need assistance, please ask a staff member. Once you scan your card, you must check which activity you are here for. If your desired activity is NOT listed, we do not have a record of your registration in that activity. Even if you are coming to the center to play billiards, use the library, conduct business at the front desk—please scan in. It's important for us to track usage of the Senior Center. Any questions, please don't hesitate to ask a staff member. Thank You! Failure to check-in will result in you being marked as a NO SHOW. Manual attendance is taken for bus trips by a staff member. **If you No Show/No Cancel ANY activity, appointment, service at the Senior Center—you WILL be assessed a \$15 service fee on your account. This has been the policy for 3 years and was signed by every member at the time of registration. You are considered a No Show/No Cancel 15 minutes after the advertised start of the program.**

## Are There Any Transportation Options?

**ADA / Dial A Ride Service Through River Valley Transit** (860) 346-0212 The City of Middletown contracts with River Valley Transit to provide ADA Paratransit and Dial A Ride services. An application and, in some instances, an interview will be required. The fare for the service is \$3.50 each way.



**Encompass Hartford** (860) 444-4444 has a program partly funded by a grant from the FTA. \$5 up to 8 miles and \$2.90 for each mile over 8 miles. This service is good for trips all the way past Hartford. They have online or by phone scheduling and take reservations and on demand.