

# MIDDLETOWN



## Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)

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

APRIL 2026

\*PRINTED 2/20/26

REGISTRATION OPENS 3/11 FOR  
MIDDLETOWN RESIDENT MEMBERS

CLOSED ON 4/3



All I want is one month of perfect attendance...

No same day cancellations, no no-shows. Please.

Derek

### SCAN YOUR MEMBERSHIP CARD & CHECK-IN FOR YOUR ACTIVITIES EVERY TIME YOU USE THE SENIOR CENTER

**April Activity Registration**—Sign-ups open for April on-site activities on 3/11 for all resident members and 3/27 for non-resident members. Sign-ups open for April 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. **Registration Site:** <https://schedulesplus.com/middletown>. In the event of an inclement weather delay or closure, sign-ups will occur on the next business day. **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).



Join us for a far-out afternoon of music, memories & prizes!

April 15th at 2pm

Get ready to groove! Join us for a far-out afternoon of Music Bingo featuring your favorite hits from the 60's and 70's. Listen for classic tunes, mark your card, and sing along as we spin the soundtrack of two unforgettable decades!

Peace, love, and prizes — don't miss it! Pre-registration required \$5/8 NR. Prizes will be small cleaning supplies, health & beauty items, candy, etc.



### Relaxing with Herbs April 7<sup>th</sup> at 2pm

Learn a couple of easy to grow herbs commonly used for relaxation and their benefits in aromatherapy. Taking time to feel and smell herbs can be

grounding. We will explore fresh and dried versions of the herbs. Create a relaxing and dried herbal sachet to enjoy filled with 5 different relaxing aromatic dried herbs. \$6/12 NR pre-registration. Amy Lopez has

worked in agriculture since before graduating high school. She has more than five years experience working professionally with people therapeutically using nature, animals, and plants. She has training in Therapeutic Horticulture. She also has completed training as a naturalist and has several years experience as an environmental educator in a park setting. Amy created Bloom Where Planted in May of 2023 and now travels throughout Connecticut working with people and plants.

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06-5020



### Craft with Heidi April 7th at 10:30am

**Please note: This is a step by step program. Please make every effort to be on-time. The instructor won't be able to hold the class or catch up a late arrival.**

We're bringing back the nostalgic fun of friendship bracelets with a sophisticated twist. This beginner-friendly session uses rhythmic, repetitive motions that are gentle on the hands while boosting focus and dexterity. Whether you're a lifelong crafter or a total novice, you'll enjoy the meditative "flow" of creating something beautiful alongside great company. Come for the craft, stay for the conversation, and leave with a handmade masterpiece that's truly one of a kind! \$6/8 Pre-registration required.



### April Early Bird Dinner April 10th at 3pm

This month, the staff will be preparing you a delicious ground chicken stir-fry with peppers, onions, and veggies served over rice. This will be served with drink and dessert.



This dinner is cooked in-house by the staff who hold Food Protection Manager certification. \$7/12 NR pre-registration is required.



### Mary Brody Cooking Class: Everyday Bakes with a Twist April 16th at 1:30pm

*Cardamom Crumb Cake, Brown Butter Chocolate Chip Cookies, Lemon Blueberry Streusel Muffins, and Marbled Chocolate Banana Bread*

**SPECIAL POLICY ALERT:** This popular cooking demonstration only seats 25 people. If you have a confirmed spot in the previous month's advertised class (in this case March's) Mary Brody cooking class, you must wait 1 business day (until 3/12) before attempting to sign-up for this advertised class. This class is run by Mary Brody, a freelance recipe developer and editor. This month she'll be making Everyday Bakes with a Twist. The menu will consist of Cardamom Crumb Cake, Brown Butter Chocolate Chip Cookies, Lemon Blueberry Streusel Muffins, and Marbled Chocolate Banana Bread. The class is held in the Senior Center cafeteria. Mary demos multiple recipes and you get to sample each one! The class usually runs 2-3 hours. \$8/\$11 NR pre-registration is required.



### Musical Entertainment Eric Parker Christensen April 9th at 2:30pm

Eric combines live vocal and guitar skills with professionally recorded backing tracks to deliver a full-band sound. Backed by decades of experience, every performance delivers a live energy and personality at

the perfect volume without the cost, space and hassle of a full band. From acoustic guitar melodies that set the perfect mood to classic electric guitar hits that will get the party started, he brings it all. His diverse repertoire includes Jimmy Buffet, Avett Brothers, Jack Johnson, Neil Diamond, Otis Redding, Van Morrison, and Eric Clapton, as well as Tom Petty, Billy Joel, Dire Straits, Foo Fighters, Chuck Berry, The Rolling Stones, and much more!!! \$1/4NR pre-registration required.



### April 23rd at 5:30pm

**Doors open at 5:20pm. Please don't arrive early.**

For our first night event of the Spring, we'll be having a lovely dinner of roast beef, sweet potato, vegetable, and dessert.

After socializing with friends from 5:30pm-6:30pm, we'll enjoy some laughs with our stand-up comedy entertainment.

\$14/20 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

## April 2nd Clinton Premium Outlets & Lenny & Joe's (Madison) 10am-2:20pm

This is a day of spectacular savings and shoreline flavors to gear up for sunny days ahead! We'll start at Clinton Outlets, the perfect place to refresh your warm-weather wardrobe while saving 25-65% off at over 70 stores. Find those breezy linens and vibrant styles that are perfect for the upcoming season. Next, we'll head over to Lenny & Joe's Fish Tale in Madison for perfect seafood feast to "shell-e-brate" with friends!



**Pre-registration required \$6/8 NR includes transportation only. All purchases are at your own expense**

Bus departs Pat Kidney Field 10:00 AM  
Bus departs Clinton Premium Outlets 12:10 PM  
Bus departs Lenny & Joe's Madison 1:50 PM

Bus arrives at Clinton Premium Outlets 10:40 AM  
Bus arrives at Lenny & Joe's Madison 12:20 PM  
Bus arrives at Pat Kidney Field 2:20 PM

## April 7th Fascia's Chocolate Factory Tour (Waterbury) and Gaetano's Restaurant 10:15am-3:10pm

Indulge your sweet tooth and join us for a delectable day out! First up, we're going to Fascia's Chocolates in Waterbury, where you'll become a chocolatier for a day in a hands on workshop. Learn the secrets behind their famous confections and enjoy tasty samples. Afterward, we'll keep the good times rolling with a delicious lunch at Gaetano's Restaurant, renowned for their fantastic Italian cuisine and warm hospitality. It's a perfect blend of chocolate fun and savory satisfaction! **Pre-registration required \$12/14 NR includes transportation and chocolate factory experience. All purchases at your own expense.**



Bus departs Pat Kidney Field: 10:15 AM  
Bus departs Fascia's: 12:30 PM  
Bus departs Gaetano's: 2:40 PM

Bus arrives at Fascia's: 10:50 AM  
Bus arrives at Gaetano's: 1:10 PM  
Bus arrives at Pat Kidney Field: 3:10 PM

## April 9th Quilt Week New England @ Hartford Convention Center 10:30am-2:10pm

Thread the needle on fun and excitement at Quilt Week New England! You'll be inspired by stunning galleries showcasing hundreds of vibrant, award-winning quilts from around the world. Whether you're a seasoned quilter or simply love the artistry, you'll love exploring vendor booths and enjoy the hassle free travel and good company. Food and drink available for purchase on-site. (Entry is valued at \$15.00) **Pre-registration required \$12/17 NR cost includes transportation and entry fee.**



Bus departs Pat Kidney Field: 10:30 AM  
Bus departs CT Convention Center 1:30 PM

Bus arrives at CT Convention Center 11:05 AM  
Bus arrives at Pat Kidney Field 2:10 PM



## April 14th Legislative Office Building Tour & The Charles Restaurant 9:45am-2pm

Take a peek behind the curtain of state government and enjoy a taste of local history at the Legislative Office Building, the hub of CT democracy featuring grand architecture, impressive hearing rooms, and an underground concourse leading to the gold-domed State Capitol. Next we'll head to the charming village of Old Wethersfield for a sophisticated lunch at The Charles. House in a beautifully restored 18th century home, the Charles serves up elevated comfort

classics making this the perfect blend of civic discovery and culinary delight! **Pre-registration required \$6/8 NR includes transportation and group tour. All purchases are at your own expense.**

Bus departs Pat Kidney Field 9:45 AM  
Bus departs CT LOB 11:45 AM  
Bus departs The Charles Restaurant 1:30 PM

Bus arrives at CT Legislative Office Building 10:15 AM  
Bus arrives at The Charles Restaurant 12:00 PM  
Bus arrives at Pat Kidney Field 2:00 PM

## April 16th Market Street Creatives & Mill House Kitchen (Torrington) 9:30am-2:40pm



Unleash your inner artist at New England's largest indoor artisan market housed in a stunning 130 year old building. With over 180 local vendors to explore, you can browse everything from handmade jewelry to home décor or gourmet treats. Once you've poured over treasures, we'll head over to The Mill House Kitchen & Bar for a hearty lunch from a diverse menu. This is a perfectly crafted day of discovery, creativity, and great company!

**Pre-registration required \$6/8 NR includes transportation only. All purchases are at your own expense.**

Bus departs Pat Kidney Field 9:30 AM  
Bus departs Market Street Creatives 12:00 PM  
Bus departs Mill House Kitchen 1:40 PM

Bus arrives at Market Street Creatives 10:30 AM  
Bus arrives at Mill House Kitchen 12:10 PM  
Bus arrives at Pat Kidney Field 2:40 PM

# Bus Trips Continued...

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



Mike,  
Thanks for driving!

## April 21st Lyman Allen Museum & Lighthouse Inn (New London) 10:15am-2:45pm

Step back in time to witness history through the powerful lens of Dorothea Lange. This extraordinary display features 50 remarkable photographs including the famous "Migrant Mother" from her Great Depression series. Afterwards, we'll head to the historic Lighthouse Inn for a delicious lunch at the 1902 Tavern which serves fresh salads, sandwiches and delicious seafood options. It's the perfect blend of powerful artistry, local history, and a satisfying meal. **Pre-registration required \$10/13 NR includes transportation and museum tour. All purchases are at your own expense.**



Bus departs Pat Kidney Field: 10:15 AM

Bus departs Lyman Allen Museum 12:00 PM

Bus departs Lighthouse Inn 1:45 PM

Bus arrives at Lyman Allen Museum 11:00 AM

Bus arrives at Lighthouse Inn 12:15 PM

Bus arrives at Pat Kidney Field 2:45 PM

## April 23rd CT Valley Tobacco Museum & La Notte Waterside Grille 9:50am-2:20pm

On this trip we'll be ditching the digital and rolling up on the golden age of agriculture as we explore a beautifully restored tobacco curing shed and uncover the secrets of how this humble leaf fueled a global industry. After working up an appetite, we'll head over to the nearby La Notte Waterside Grille for a relaxing lunch with beautiful views. This trip is the perfect blend of local heritage, great food and better company.



**Pre-registration \$8/11 NR includes transportation and tour. All purchases are at your own expense.**

Bus departs Pat Kidney Field: 9:50 AM

Bus departs CT Valley Tobacco Museum 12:00 PM

Bus departs La Notte Waterside Grille 1:40 PM

Bus arrives at CT Valley Tobacco Museum 10:30 AM

Bus arrives at La Notte Waterside Grille 12:10 PM

Bus arrives at Pat Kidney Field 2:20 PM

## April 28th Book Barn (Niantic) & 374 Kitchen and Cocktails 10:45am-3pm

Get ready to turn the page on a perfect day out as we head to the seaside village of Niantic! Our adventure begins at the legendary Book Barn, a book lover's paradise where you can say hello to resident goats and cats and hunt for hidden treasures among over 500,000 used books. Once you've worked up your appetite, we'll head over to 374 Kitchen + Cocktails located in a beautifully renovated space where they serve up creative comfort food. **Pre-registration required \$6/8 NR includes transportation only.**

# BOOK LOVERS

**All purchases are at your own expense.**

Bus departs Pat Kidney Field: 10:45 AM

Bus departs Book Barn 12:40 PM

Bus departs 374 Kitchen & Cocktails 2:20 PM

Bus arrives at Book Barn 11:20 AM

Bus arrives at 374 Kitchen & Cocktails 12:50 PM

Bus arrives at Pat Kidney Field 3:00 PM

## April 30th Pacific Buffet and Grill (Wallingford) & Two Roads Brewery Tour (Stratford) 10:40am-3:55pm

Get ready for a day of great tastes and even better company on this adventure! We'll start with an all-you-can-eat feast at Pacific Buffet & Grill in Wallingford, where you can pile your plate high with a massive variety of fresh sushi, savory seafood, and classic American favorites. Once we've had our fill, we'll head over to Two Roads Brewing Company in Stratford to explore their historic 1911 building. We'll take a behind the scenes tour to see how they craft their award-winning beers and enjoy the "roads less traveled" atmosphere of CT's largest brewery. Whether you're a foodie, a craft beer fan, or just looking for a fund day out, this is the perfect way to spice up your week! **Pre-**

**registration required \$8/11 NR includes transportation and tour. All purchases are at your own expense.**

Bus departs Pat Kidney Field 10:40 AM

Bus departs Pacific Buffett and Grill 12:30 PM

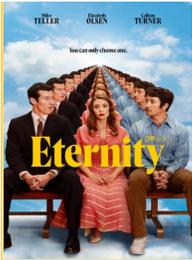
Bus departs Two Roads Brewery 2:45 PM

Bus arrives at Pacific Buffett and Grill 11:00 AM

Bus arrives at Two Roads Brewery Tour 1:15 PM

Bus arrives at Pat Kidney Field 3:55 PM





**Pizza & A Movie: "Eternity"**  
**PG-13 Runtime 1hr 54mns**  
**April 8th at 1:30pm**

In an afterlife where souls have one week to decide where to spend eternity, Joan (Elizabeth Olsen) is faced with the impossible choice between the man she spent her life with (Miles Teller) and her first love (Callum Turner), who died young and has waited decades for her to arrive.

2 slices of cheese pizza served. \$3/4NR pre-registration required.

**April Social: Chocolate Mousse Cake**  
**April 29th at 2:30pm**

Join us for a Chocolate Mousse Cake Social with this decadent dessert and delightful company. Indulge in layers of rich chocolate mousse, enjoy time with friends, and make it a sweet day to remember! Don't miss out — it's going to be delicious!



\$3/5 NR pre-registration required.



**Lunch with Friends**  
**April 14th at 1pm**

The staff will pre-make the salads for this month's lunch with friends. The salad will be chopped romaine, cucumber, tomato, mozzarella cheese, and sliced grilled chicken served with honey balsamic dressing. A bottled water and prepackaged sweet treat completes this lunch that keeps you on your diet while socializing with friends. \$5/8 NR pre-registration required. **PLEASE DON'T ARRIVE EARLY. We have to clean and setup the room after the congregate lunch ends at 12:30pm.**



**Baking with Heidi:**  
**No Yeast Dinner Rolls**  
**April 1st at 2pm**

**Please note: this is a step by step program. Please make every effort to be on-time. The instructor won't be able to hold the class or catch up a late arrival.**



This month we're proving you don't need fancy ferments to create kitchen magic! We're ditching the waiting game for instant gratification, whipping up fluffy, buttery rolls that go from bowl to oven in a flash! This is the perfect recipe for a good conversation, a little flour-dusted fun, and that unmistakable "freshly baked" aroma we all love. No kneading, no waiting, just great company and warm bread ready for buttering! \$5/\$7 Pre-registration required



**Breakfast**  
**April 21st at 9:30am**

Enjoy a warm breakfast of cheesy scrambled eggs with a side of bacon and a butter croissant. This will be served with coffee, tea, or juice. \$4/\$7 NR pre-registration is required.

**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.**

**DON'T FORGET TO SCAN IN—IT'S A CONDITION OF YOUR MEMBERSHIP. CHECK-IN FOR EACH PROGRAM AT THE KIOSKS IN THE LOBBY SO YOU DON'T GET ASSESSED A NO-SHOW CHARGE.**

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## Beanbag Baseball— April 1st at 2pm

We are so 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.



## High Low Jack

## Setback For Fun April 7th & 21st 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!!!



## 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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# Exercise Options at the Center **Mini Gym (Residents Only)**

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!

The mini-gym is open weekdays Mondays 9am-3pm, Tuesdays-Wednesdays 9am-4pm, Thursdays 9am-11am and 12pm-4pm, Fridays 9am-4pm.

**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 4/3**

**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.

**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.**

**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. **No Class 4/3 \*\*Tentative hopeful for the return of instructor, may need to cancel if not back yet**

**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. **\*\*Tentative hopeful for the return of instructor, may need to cancel if not back yet**

**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. **No Class 4/3**

## 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.

## Dance for PD—Mondays at 10:30am (Once Per Month)



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 the host-site for this particular program. It is funded and run by the Neighborhood Music School. FREE—No pre-registration required. Donations (optional) accepted at the class.

**2026 Schedule:** March 30, April 27, May 18, June 22, July 27, August 24, September 28, October 26, November 23, and December 14th from 10:30am-11:45am. Check it out!



## Better Breathers Club April 24th at 1pm



If you, or someone you know is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Led by an American Lung Association trained facilitator, learn better ways to cope during this free and regularly scheduled educational program. **FREE**—Please pre-register.

This program is facilitated by Kim Sadler from Water's Edge. Thank you, Kim!

**CHOICES** – Connecticut's State Health Insurance Assistance Program –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 Laura, a Certified CHOICES Counselor, to discuss your Medicare questions.



## Lunch & Learn: Mental Health as We Age April 22nd at 1pm

This presentation is called "Mental Health as We Age" and will be given by Kara Caouette, of Masonicare Outpatient Services. This program will explore the impact of depression and anxiety in later life. You will learn the benefits of how therapy, peer support, and clinical interventions help older adults manage depression, anxiety, and life transitions while promoting independence, resilience, and improved overall quality of life.

Program and Lunch sponsored by Water's Edge Center for Health and Rehabilitation. **FREE**—pre-registration required. Space is limited. Lunch includes sandwich, chips, cookie, and a bottle of water.

## Texas Hold'Em Poker For Fun April 2nd at 2pm

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!

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

**FREE**, please pre-register.

## 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.**



## ONE-ON-ONE NUTRITION COUNSELING



## One on One Dietitian Appointments!! Appointments Available on April 9th or 23rd

Thanks to State Senator Matt Lesser for helping us secure State funding to ramp up nutrition options for Middletown Seniors! Using those grant funds, this is a HUGE opportunity to set up a meeting with a registered dietitian who will be taking appointments at the Senior Center for free and confidential nutrition counseling. This service is designed to support your well-being through practical, personalized nutrition guidance. You can discuss topics such as Healthy Eating for Aging Well, Managing Conditions with Nutrition, Meal Planning & Budgeting, Digestive Health, General Food & Nutrition Questions, etc. You can expect one-on-one appointments with a registered dietitian who will work with you to provide supportive, realistic, and evidence-based recommendations tailored to your needs. Your 1st appointment will be approximately 1 hour and your follow-up will be 30 minutes. **FREE - A Pre-Registered Confirmed Appointment is Required.**



## 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](http://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!** We are happy to have received a State Grant to expand nutrition offerings to Middletown residents. That grant also paid for the Senior Resources café coordinator this year and next year! This same grant is helping us distribute fresh fruits and vegetables once a week, host dietitian appointments, host Cooking Matters classes and more!

## Coffee With Ann—April 20th at 1:30pm

Have questions about the center, want to brainstorm about future programs or services, like being part of a focus group—this is for you. This informal program is to talk with our manager Ann about future programming, policies, etc. FREE—please pre-register.

## 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.

## ADA

Americans with Disabilities Act

## 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!



## COOKING MATTERS®

## Cooking Matters Program:

### Cooking for Heart Health On A Budget

**\*\*This Class is Being Offered 3x due to anticipated demand\*\***

**Register for ONLY one please:**

**4/2, 4/17, or 4/28 1pm-4pm**

**HANDS-ON CLASS PREPARING A SHARED MEAL—NOT A LECTURE OR DEMO**

This fun and informative cooking class is designed specifically for older adults. You will learn how to prepare a healthy and affordable meal using simple cooking strategies and everyday ingredients. This class is estimated to run approximately 3 hours. In this class, you will work together with other participants to prepare, cook, and eat a meal together. You'll learn budgeting tips and receive nutrition education. You will be hands-on prepping, cooking, serving, eating, and cleaning up.

The main protein being used in this month's classes is chicken. Please be aware that foods may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. One group meal is prepared and then broken up into individual portions so adjustments or alterations to the meal are not possible. Attendees must wear closed-toed shoes and refrain from wearing any long flowy sleeves or hanging jewelry. This class is valued at \$83 per person, but offered to you at no cost due to the state nutrition grant we received. The no-show/no cancel policy is in full effect. Please be courteous and check your calendar availability before registering. If any conflicts come up, please cancel with as much notice as possible so we can backfill your spot. This class is limited to 12 participants. The class instructor is a Registered Dietitian Nutritionist. **Middletown Residents Only.** *This program is being offered as part of a state grant received for nutrition thanks to State Senator Matt Lesser. Please only sign-up for one of the classes. Space is extremely limited to allow a very interactive hands-on experience with the instructor and other participants. If you have an apron, bring it!*

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Middletown Senior Center, Middletown, CT

06-5020

# Middletown Senior Center - (860) 638-4540

## 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. **You MUST 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. We cannot change the message that you receive. It is an automated message programmed by our software vendor. We know the wording can be confusing which is why we have this notice in the newsletter.

**Late Addition to February/March Calendars:** Vinal H.S. Students are back practicing their trades offering one on one tech support and manicures. FREE—Pre-reg required. February 26th & March 19th from 9am-11am. You should be here by 10:15am to be seen.

**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.

## Survey of Interest—We Want To Hear From You!!

We are considering adding performing arts type classes and/or workshops at the Senior Center. Please email us or leave a note in the suggestion box if you have interest in attending one of these classes: Senior Center Choir, Confident Karaoke, Singing Techniques, Partner Dancing, Intro to Acting, From Script to Showtime (an actual full process of putting on a production). [seniorservices@middletownct.gov](mailto:seniorservices@middletownct.gov)



## Golden Transitions Seminar April 30th at 2pm

*This is an updated version of the program we hosted in 2024*

Thinking about downsizing or adapting your home for the future? Wondering about options for paying long term costs? Interested in making your living space safer and more accessible with cost-effective modifications? How can you protect your assets? Considering relocating? Seeking advice on essential home improvements? Need guidance on real estate transactions, probate, or trusts?

This seminar will touch on all of these inquiries. We'll have an attorney, mortgage broker, handyman, realtor, etc. It's an opportunity to gather knowledge and ask questions.

The Senior Center can't endorse any specific business and is offering this seminar to help you get connected to resources and get your questions answered. FREE—Please pre-register.



## Line Dancing!

Details still being finalized as of 2/20 (Printing of the newsletter). Please check back after 3/1.



Back by member request, we'll be offering a few line dancing classes with a new instructor Shani!

We'll see you in the multi-purpose room for a good time. \$2/5 NR pre-registration required.