

MIDDLETOWN



Prime Times

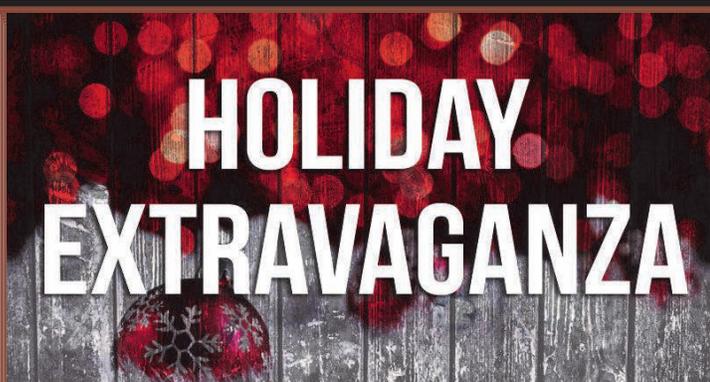
A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

DECEMBER 2016



HOLIDAY EXTRAVAGANZA

Friday, December 16th All Day

- 9am—French Toast Breakfast
- 9:45am—Multi-Medium Wreath Painting
- 10:45am—Magic Show
- 11:30 Snack Break with Electric Cello Entertainment
- 12:30 Christmas in CT Movie (1945)
- 1:00 Elegant Paper Tree Craft
- 2:00 Bryson Lang Mind Blowing Juggling
- 2:30pm Cookie Decorating
- 4:00pm Lasagna Dinner With Sal Anastasio Music/Singing

We are thrilled to announce our 2nd annual Holiday/Anniversary Extravaganza. It has been two years since we opened this beautiful, new building. To celebrate, we are hosting this celebratory event featuring a variety of activities. Pre-registration is required for each and every activity you plan to participate in. There is a \$1 non refundable pre-registration fee. Open to all members.

Holiday Mocktail Party

Tuesday, December 6, 2016 2:30pm

We hope you can join us for our 3rd annual Holiday "Mocktail" and Appetizer Party. We will be serving appetizers and "mocktails".



\$2 pre-registration required. Space is limited. Live entertainment by CT Yuletide Carolers.

Bartenders from Middletown's Police, Fire, and Central Communications Departments.

Drumming for Health

Thursday, December 15th at 1:30pm

All drumming will be done as a group and is loads of fun! Absolutely no musical ability or experience is needed to participate.

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. FREE, but pre-registration is required. This program will be facilitated by Tracey Kroll.



LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*



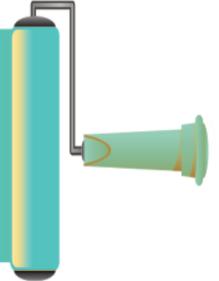
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Director of Admissions

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Card Sharks December 27th at 2:30pm

This game has two contestants compete for control of a row of oversized playing cards by answering questions posed by the host and then guessing if the next card is higher or lower in value than the previous one. Prizes will be grocery items. This program is Free, but pre-registration is required.

Help make Cookies from Santa Thursday, December 1st 1:30-4pm



This is a volunteer project to help make cookies and stuff bags for the Recreation program Pictures with Santa. Please sign-up to volunteer in advance.

Holiday Crazy Bingo December 20th at 2:30pm

Expect the unexpected! You never know what twist or turn is coming next! This lively event is not about the bingo. It's unconventional, it's surprising, but most importantly it's hilarious and fun! It's sure to sell out quickly so sign-up early for this wonderful Holiday Crazy Bingo! \$4 pre-registration.



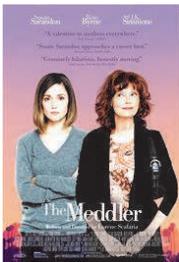
Acrylics and Appetizers December 9th at 5:30pm ****New Instructor by Request****

This month's painting will be a winter theme. Come socialize and have fun with friends! Get into the holiday spirit! Absolutely no experience is needed. Register early so you don't miss out! \$10 for residents / \$12 for non-residents. Heidi will be leading this program.



Pizza & A Movie December 8th 1:30pm

This month's movie is the "Meddler" starring Susan Sarandon, Rose Byrne, and J.K. Simmons about an aging widow from NYC who follows her daughter to L.A. in hopes of starting a new life. PG-13 1h 40 min. \$2 pre-registration. Cheese Pizza



Early Bird Dinner Philly Cheesesteak December 28th at 3pm



Philly cheesesteak sandwich with peppers and onions on a hard roll. Served with a bag of chips and cookie for dessert. \$4 pre-registration.

MONDAY

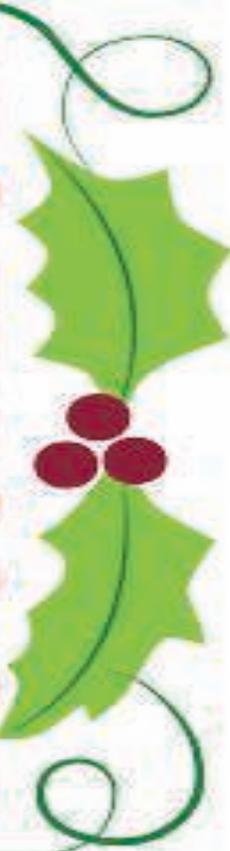
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DECEMBER



5
9:00 Exercise
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:30-2:45 Dancing for Joy

6
9:00 Bus Trip to Foxwoods
9:30 Zumba (DVD)
11:00 Guided Meditation with Elizabeth
12:00 Lunch
12:30 Movie
1:00 Therapeutic Fitness
2:30 Holiday "Mocktail" Party

7
9:00-9:45 Exercise
10:00 Yoga
10:30-12 Coloring Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo
1:00 Beginner Billiard Lessons
4:30 Zumba with Brian
LIBRARY CLOSED TODAY

8
9:00-12:00 Mahjong
10:00 Exercise
10:30 Wadsworth Athe-
naeum Festival of Trees
12:00 Lunch
12:00-1:00 Blood Pres-
sure Clinic
12:30 Arthritis Exercise
12:30 Cards (Setback)
1:00 Fun with Yarn Knit-
ting/Crocheting
1:30 Pizza & A Movie "Meddler"
2:00 Texas Hold'Em
2:00 Line Dancing with Jim
LIBRARY CLOSED TODAY

9
9:00 Manicures
9:00 Computer Training
9:30 Zumba (DVD)
10-12 Senior Haircuts
10:15 Bus Trip to Ginger-
bread House Festival/Olive
Garden
11:00 Guided Meditation
with Elizabeth
12:00 Lunch
1:00 Bingo
1:00 Advanced Billiard Les-
sons
1:30 Cribbage
1:30 Boggle
**LIBRARY CLOSED TO-
DAY**
**5:30 Acrylics and Ap-
petizers**
Bus Lottery Closes

12
9:00 Exercise
**10:00 Making Orna-
ments**
10:30 Tai Chi
12:00 Lunch
12:30 Ceramics
1:00 Middletuners
Chorus Practice
1:30-2:45 Dancing for Joy

13
9:30 Zumba (DVD)
10:00 Bus Trip to
Christmas Tree & Red
Robin
11:00 Guided Medita-
tion with Elizabeth
12:00 Lunch
1:00 Therapeutic Fit-
ness
GAME ROOM

14
9:00-9:45 Exercise
10:00 Yoga
10:30-12 Coloring
Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo
**2:00 Baking Class:
Holiday Cookies**
2:00 Guided Tour

15
9:00-12:00 Mahjong
10:00 Exercise
10:30 Coffee with Ann
10:30 Bus Trip to Home-
goods, Pier 1 & Fishtale
**11:00 Volunteer Club
Meeting**
12:00 Lunch
12:00-1:00 Blood Pres-
sure Clinic

16
**HOLIDAY
EXTRAVAGANZA
TODAY**
**NO OTHER ACTIVITIES
RUNNING
TODAY**
GAME ROOM CLOSED

1
9:00-12:00 Mahjong
10:00 Exercise
10:30 Bus Trip AC
Moore/Applebees
12:00 Lunch
12:00-1:00 Blood Pres-
sure Clinic
12:30 Arthritis Exercise
12:30 Cards (Setback)
1:00 Fun with Yarn Knit-
ting/Crocheting
**1:30 Making Cookies
from Santa**
2:00 Line Dancing with
Jim
Bus Lottery Opens

2
**9-3 Medicare Open En-
rollment Event**
9:30 Zumba (DVD)
11:00 Guided Meditation
with Elizabeth
12:00 Lunch
1:00 Bingo
1:00 Advanced Billiard Les-
sons
**Limited Rooms Available
today due to the Medi-
care Open Enrollment
Event**

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THIS SPACE IS
AVAILABLE

<p>CLOSED GAME ROOM CLOSED</p> <p>Bus Lottery Winners Notified</p>	<p>19</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 December Birthday Party 2:30 Book Club Meeting GAME ROOM CLOSED</p>	<p>20</p> <p>9:30 Zumba (DVD) 10:30 Bus Trip to Westfarms Mall 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Sing-Along with Barbara Arafah 1:00 Therapeutic Fitness 2:30 Holiday Crazy Bingo GAME ROOM CLOSED</p>	<p>27</p> <p>9:00 Bus Trip to Foxwoods 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:30 Movie 1:00 Therapeutic Fitness 2:30 Card Sharks 6:30 Civitan Bingo</p>	<p>28</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Beginner Billiard Lessons 3:00 Early Bird Dinner—Cheesesteak 4:30 Zumba with Bri</p>	<p>29</p> <p>9:00-12:00 Mahjong 10:00 Exercise 10:30 Bus Trip to Crystal Mall 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing with Jim 2:00 Poker Game—5 Card Draw</p>	<p>30</p> <p>9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons 1:30 Cribbage 2:30 Brain Teaser Mania</p>	<p>23</p> <p>9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 NO LUNCH TODAY 1:00 Bingo 1:00 Advanced Billiard Lessons 1:00 Cocoa & Scrabble 1:30 Cribbage NOTE: THIS IS A CRT HOLIDAY. NO LUNCH SERVICE TODAY.</p>
<p>12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Drumming for Health 2:00 Line Dancing with Jim GAME ROOM CLOSED</p> <p>Bus Lottery Payments Due by Noon</p>	<p>22</p> <p>9:00-12:00 Mahjong 9:00 Bus Trip to Mohegan Sun 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Pokeno 2:00 Line Dancing with Jim GAME ROOM CLOSED</p>	<p>21</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:30 Yahtzee 1:00 Bingo 3:00 Cookie Swap 4:30 Zumba with Bri GAME ROOM CLOSED</p>	<p>26</p> <p>CLOSED FOR THE HOLIDAY</p>				

CANCELLATION POLICY

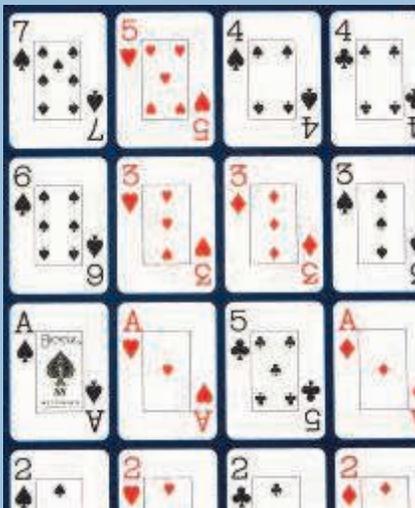
- ◆ ACTIVITIES CANCELLED BY THE CENTER WILL BE REFUNDED IN FULL
- ◆ IF YOU CANCEL OUT OF AN ACTIVITY, 2 BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND.

**Pokeno
December 22nd at 1:30pm**

Snacks and Pokeno.

\$1 please pre-register.

Grocery item prizes.



**Baking Cookies for the Holidays
Wednesday, December 14th at 2pm**



By request, we will be making a variety of cookies for this month's baking class. Each table will be responsible for one kind of cookie and in the end, every participant will take home a mixed tray of all of the cookies made.

\$4 to participate. Pre-registration is required.



**Cookie Swap
December 21st at 3pm**

Bring three dozen of your favorite cookies to swap. Walk away with three dozen assorted cookies. FREE—Please pre-register.

**Cocoa and Scrabble
December 23rd
1:00pm**

Come alone or come with a group to play this



old classic and socialize with friends. There will be snacks and delicious hot cocoa!! FREE—Please pre-register.

**Brain Teaser Mania
December 30th at
2:30pm**

This new competitive event will feature 10 tables of timed brain teasers with first, second, and third prizes awarded. If necessary, we will have 2 tie-breaker rounds. \$1 to reserve your space. You won't want to miss this exciting event!



Special Show Trips Availability!!!

All of these shows are at the Bushnell. Residents \$39., Non-Residents \$45. Seats are on the mezzanine level.

The Curious Incident of the Dog in the Night Dec. 31st

The King & I June 3, 2017

Fun Home June 24, 2017

**Poker Texas Hold'em
Thursday, Dec. 8th at 2pm**

Texas Hold'em is a community card poker game, with game play focused as much



on the betting as on the cards being played. The goal is simple: win as many chips as you can, one pot at a time. You win a pot by having the best hand, or by having all other players fold before the showdown. No Experience Necessary. We will have card dealers for the entire game. FREE -Please pre-register.

Boggle—December 9th at 1:30pm

This is a fun game where you find as many words as you can in each 3 minute round. \$1 pre-registration.



**December Birthday Party
Monday, Dec. 19th at 2pm**

Sponsored by Water's Edge Center for Health and Rehabilitation. FREE



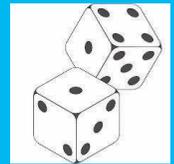
**Medicare Open Enrollment
Friday, Dec. 2nd 9am-3pm**



Certified CHOICES Counselor will meet with you one on one to help you complete your enrollment and answer any questions you might have. **Appointment is required. Call 860-638-4542**

Yahtzee

December 21st at 1:30pm



The object of the game is to score points by rolling five dice to make certain combinations. The dice can be rolled up to three times in a turn to try to make various scoring combinations. \$1 pre-registration

*Sing-A-Long
Christmas Carols*

**Christmas Sing-Along
with Barbara
December 20th
12:30-1:30**

No experience needed. FREE Refreshments will be served and possible guest appearance by Santa.



Coffee with Ann—December 15th at 10:30am. Discuss any suggestions for new activities, bus trips, etc.

Volunteer Club Meeting—December 15th at 11am. Find out ways you can get involved!



Recipe Books On Sale in December!

It's that time of year again! Last year's Recipe Book was such a huge success that we decided to do it again! Please stop in for your Recipe Book. \$2 for members / \$5 non-members



2017 Military Whist Dates Announced!

- ◆ Friday, May 12th
- ◆ Thursday, September 21st

\$6 per person pre-registration. Games start at 6pm. Doors open at 5pm. A light dinner will be served.

Guided Tour—December 14th at 2pm we will be offering a guided tour of our center. If you haven't seen our center and are considering membership, this is for you!

Making Hot Cocoa Mix Ornaments December 12th at 10am

These fun and unique ornaments can be hung on a tree, given as gifts, or enjoyed when poured in a mug of hot water. \$3 to participate. Pre-registration required.



Poker Game 5 Card Draw December 29th at 2pm

Absolutely no experience necessary.

Whether you want to learn or just want to play with friends, this is for you!

FREE—Please pre-register.



Annual Registration Forms Due!!

Each and every year we require that all of our members fill out a new registration form.

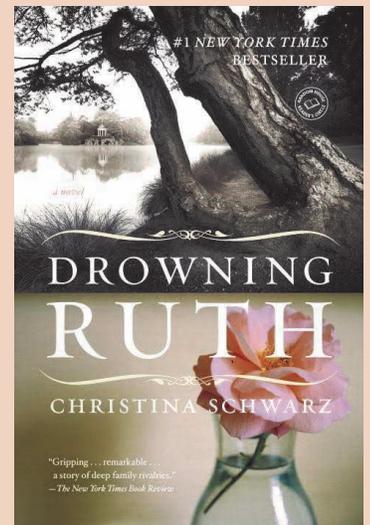
Even if you are a new member, you must fill out a 2017 Registration form. Forms are available at the front desk or on our website. Please turn in your new form this month!

Only those members with a current registration form on file that have indicated that they want to receive the monthly newsletter are going to receive it.



Book Club "Drowning Ruth" December 19th at 2:30pm

In the winter of 1919, a young mother named Mathilda Neumann drowns beneath the ice of a rural Wisconsin lake. The shock of her death dramatically changes the lives of her daughter, troubled sister, and husband. "Drowning Ruth" is written by Christina Schwarz and is available at the front desk for \$3. All are welcome.



Manicures December 9th 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.

Tech Support/Computer Training December 9th 9am-11am

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.



December

1st—AC Moore & Applebees
(10:30—3) \$3

6th—Foxwoods Casino (9-3:30) \$4

8th—Festival of Trees—Wadsworth Athenaeum & Red Lobster (10:30-3) \$10

9th—Gingerbread House Festival at Wood Library/Olive Garden (10:15-2:30) \$3

13th—Christmas Tree & Red Robin (10-3:30) \$3

14th—Holiday Lights Fantasia/Maggie McFly's (4pm-7:15) \$3

15th—Homegoods, Pier1 & Fishtale (10:30-3) \$3

20th—Westfarms Mall (10:30-2:30) \$3

22nd—Mohegan Sun (9-3) \$4

27th—Foxwoods Casino (9-3:30) \$4

29th—Crystal Mall (10:30-3) \$4

January

3rd—Mohegan Sun Casino (9-3) \$4

5th—CT Post Mall (9:30-3) \$4

10th—IKEA & Fishtale (10:30-3) \$3

12th—Foxwoods Casino (9-3:30) \$4

17th—Christmas Tree Shop & Cracker Barrel (10-3) \$4

19th—New Haven Museum & Olive Garden (10-3) \$5

24th—Mohegan Sun Casino (9-3) \$4

26th—East Side Restaurant (11:15-2:30) \$3

31st—Buckland Hills Mall (10-3) \$3

Bus Trip Sign Up Procedure

The bus trip lottery is open from December 1st to 9th for January trips.. No entries will be accepted after December 9th. All members selected in the lottery will be notified by December 13th. Payments are due by noon on Dec. 15th. The lottery is only for members who are Middletown Residents.

Recurring Programs/Services

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

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

Billiards—Anytime (F) Beginners—Wednesdays at 1 & Advanced Fridays at 1pm **Billiard Room closed from 12/12-12/22

Bingo—Wednesdays & Fridays at 1pm (\$)

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

Book Club—Last Monday of the month (\$ for book)

Cable TV—Anytime (F)

Card Games—Thursdays at 12:30pm

Ceramics—Mondays & Wednesdays at 12:30pm (\$)

Computers—Laptops are available for use anytime (F) - Help on Friday, December 9th 9-11am

Cribbage—Fridays at 1:30pm (F)

Dancing for Joy—Mondays at 1:30pm (F)

Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)

Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)

Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.

Lending Library—Anytime (F)

Line Dancing—Thursdays at 2pm (F)

Mahjong—Thursdays 9am-12pm (F)

Massage Therapy— 1st & 3rd Monday 9am-2:30pm (\$)

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

Middletuners Chorus Practice—2nd & 4th Mondays from 1-3pm (F)

Movies—Tuesdays at 12:30pm (F)

Ping Pong—Check Calendar in this newsletter or by request (F)

Reflexology—By appointment (\$)

Reiki—By appointment (\$)

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

Tai Chi—Mondays at 10:30am (\$)

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

Yoga—Wednesdays at 10am (\$)

Zumba—Wednesdays at 4:30pm (F)

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

Main Number:	(860) 638-4540	
Fax Number:	(860) 343-5427	
Senior Services E-mail:	Seniors@MiddletownCT.gov	
Senior Services Website:	www.middletownct.gov/seniors	
Acting Director:	Debbie Stanley	(860) 638-4501
Senior Services Manager:	Ann Gregg	(860) 638-4548
Senior Services Coordinator:	Heidi Geores	(860) 638-4541
Senior Services Specialist:	Laura Runte	(860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte	(860) 638-4542
Clerk (Rec & Community Svcs)	Alison Sprague	(860) 638-4540
Custodian/Program Aide:	John Marion	(860) 638-4540
Night Custodian:	Ramel Barnes	(860) 638-4540
Bus Driver:	Mike Rogalsky	(860) 638-4540
Café Manager/Reserve Lunch:	Vanessa Young	(860) 638-4543
Please stop in to see café manager		



Lunch Served Daily

Lunch is served daily by CRT. Reservations are required at least 24 hours in advance (860) 638-4543. The suggested donation is \$2.50 per meal. A current form 5 must be on file. Sign-ups are booked up to 3 days in advance.

Transportation (860) 347-3313

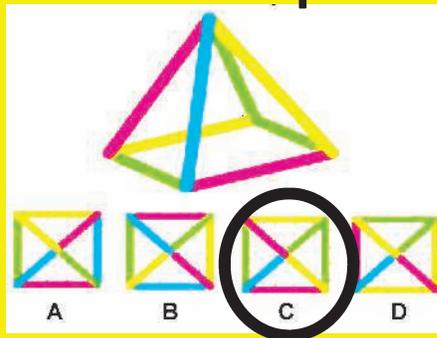
Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown 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 860-347-3313. Same day requests cannot be guaranteed.

October Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Mary Willoughby.

The answer was :

Which is the top view?



The December 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.

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December 2016 Senior (60+) Brain Teaser

Match the 1960's song with the artist/s.

1.	I'm A Believer	
2.	Are You Lonesome Tonight?	
3.	I Can't Stop Loving You	
4.	Big Girls Don't Cry	
5.	The Twist	
6.	I Want To Hold Your Hand	
7.	Honky Tonk Woman	
8.	I'm Sorry	
9.	Sittin' On The Dock Of The Bay	
10.	Sugar Sugar	

Artist Choices:

Chubby Checker
Ray Charles
The Rolling Stones
Brenda Lee
Elvis Presley
The Monkeys
The Beatles
The Archies
Otis Redding
The Four Seasons

Name: _____

Phone: _____

One entry per person. Please turn in your entry before the last business day of the month. One winner will be chosen at random from all correct entries on the first business day of December 2016.