

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 2016



Early Bird Dinner—Feb. 11th at 3pm

This month's afternoon dinner is Italian Wedding Soup and Grilled Cheese on whole wheat bread with beverage and dessert. \$3 and pre-registration is required. The deadline to sign-up is 2/9. This is a sit-down event—no take out.

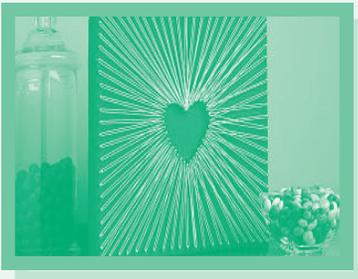


Welcome Vinnie!



The Recreation and Community Services Department welcomes Vinnie as our new Clerk. Vinnie will be working at the front desk part-time Monday through Thursday. Stop by and introduce yourself.

String Art Craft with Heidi Monday, February 8th at 1pm



Create your own Valentine themed craft for a fraction of the cost!!! The cost is \$5 per person. Pre-registration is required.

Pancake Breakfast Tuesday, February 23rd at 9:30am



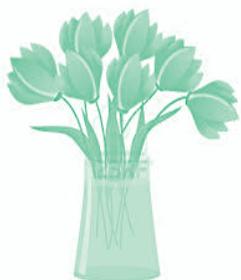
This month's breakfast is Pancakes and sausage. The cost is \$2 and pre-registration is required. The registration deadline is 2/19.

Cooking with Ann Monday, February 22nd at 2pm

This month we will be making Mini Chicken Pot Pies. This is a fun, no pressure class where you take home what you make. Please plan to stay for 90 minutes. \$2 and pre-registration is required.

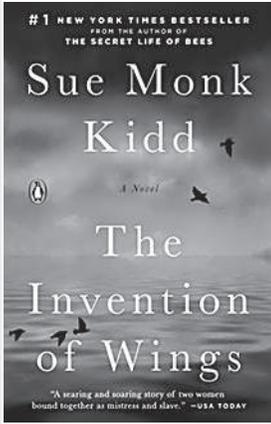


Socialize & Paint Friday, February 12th at 5:30pm



This month's painting will be flower themed. Come socialize and have fun with friends! This program has been expanded to ages: 18+ and is being co-hosted with the Recreation Division so you can sign-up online or in person. Register early so you don't miss out! \$10 to participate.

February Book Club February 29th at 2:30pm



This month we are reading "The Invention of Wings" by Sue Monk Kidd. Hetty "Handful" Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women. Kidd's sweeping novel is set in motion on Sarah's eleventh birthday, when she is given ownership of ten year old Handful, who is to be her handmaid. We follow their remarkable journeys over the next thirty five years. \$3 for the book. All are welcome to participate.

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 without a reservation.



Haircuts Friday, Feb. 19th 10am-12pm

Sponsored by Water's Edge Center for Health and Rehabilitation and Euro-American Connections and Home Care in Berlin. \$3—must have appointment.



February Birthday Party Tuesday, February 16th at 2pm

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

Ask An Attorney Program Wednesday, February 3rd 1-2:30pm

Legal questions? Need advice or guidance? The law firm of Farrell & Grochowski, P.C. are sponsoring this new "Ask An Attorney" program. By appointment only, those registering will be given a 15 minute time-slot to meet with an attorney for free. Please be prompt to your appointment and if you need to cancel your appointment, call the office. Space is limited.



Law Offices
Farrell & Grochowski

Coffee with Ann February 12th at 10:30am



This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome. Coffee and light refreshments will be served.

Computer Training / Tech Support Friday, February 19th 9am-11am



This free program is sponsored by Vinal Technical High School. Pre-registration is required.

Manicures Friday, February 19th 9am-11am



Free manicures sponsored by Vinal Technical High School. Pre-registration is required.

Free Billiard/Pool Lessons Fridays at 1pm (5th, 12th, 19th, 26th)



Join us for Billiard/Pool lessons with our volunteer instructor Frank Bronner. This is for beginners only.

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)	Vinnie Dawes (860) 638-4540
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)

Senior & Community Center Guided Tour

If you haven't been to our center yet and would like a guided tour. We will be offering a tour on February 17th at 2pm.

Recurring Programs/Services

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

- Arthritis Exercise**—Thursdays at 12:30pm (F)
- Billiards**—Anytime (F)
- Bingo**—Wednesdays & Fridays at 1pm (\$)
- Bocce**—Anytime / Lessons Fridays at 9am (F)
- Blood Pressure Clinic**—Tuesdays 12:45-1:45pm (F)
- Book Club**—Last Monday of the month at 2:30pm (\$ for book)
- Cable TV**—Anytime (F)
- Card Games**—Thursdays at 12:30pm & Fridays at 1pm (F)
- Ceramics**—Mondays & Wednesdays at 12:30pm (\$)
- Computers**—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
- Cribbage**—Fridays at 1pm (F)
- Dancing for Joy**—Mondays at 1:30pm (F)
- Dominoes**—Anytime & Mondays at 12:30pm (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)
- Lending Library**—Anytime (F)
- Line Dancing**—Thursdays at 2pm (F)
- Mahjong**—Thursdays 9am-12pm (F)
- Massage Therapy**—1st & 3rd Monday 9am-2:30pm (\$)
- Meditation**—Fridays at 11am led by Liz 11am (F)
- Middletuners Chorus Practice**—Wednesdays at 3pm (F)
- Movies**—Tuesdays at 12:30pm (F)
- Oil Painting**—Tuesdays at 1pm (F)
- Ping Pong**—Check Calendar in this newsletter (F)
- Reflexology**—By appointment (\$)
- Reiki**—2nd and 4th Tuesdays or by appointment (\$)
- Sing-Alongs**—Third Tuesday of the month at 12:30 (F)
- Tai Chi**—Mondays at 10:30am (\$)
- Therapeutic Exercise**—Tuesdays Dec. 1st & 8th at 1:00pm (F)
- Yoga**—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to Julio DeJesus, our January winner. Enter for a chance to win a free lunch, compliments of CW Resources.

December's Brain Teaser Winners

***A copy of the answer is located on the 2nd floor bulletin board.**

Lillie Cain, Nancy Clayton, Anamarie Cook, Ed Cook, Joan Fazzino, Ray Hubbard, Chet Koelsch, Jane Koelsch, *Angela Labriola, Stu Larabee, Sue Larabee, Winfred Lee, Rosemarie Mordarski, Barbara Pope, Carol Sandor, Chuck Stanley, Rosemarie Vecchitto, Priscilla Waite, Liz Whitaker, & Mary E. Willoughby.

Congratulations to all of our winners. Please stop by the Center to pick up the February Brain Teaser.

REIKI

Reiki relieves stress and pain and at the same time increases energy and a



sense of relaxation. For an appointment with Elizabeth Lupacchino, please call 860-638-4540.



**February 4th at
2:30pm**

Games such as Jeopardy, Wheel of Fortune, and Family Feud will be played. The maximum number of contestants each round is 20. No pre-registration required. Prizes are grocery items.



**Civitan Bingo
Tues., Feb. 23rd at 6:30pm**

If you need transportation please contact the Senior Center at 860-638-4540.

**Volunteer Club Meeting
February 12th at 10am**

Come and find out how you can get involved!

Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Exercise 9-3 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy</p> <p>Bus Trip Lottery Sign-Ups Begin</p>	<p>2</p> <p>9:00 Foxwoods Casino Trip 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth **NEW** 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Therapeutic Fitness 1:00 Self Guided Art</p>	<p>3</p> <p>9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-2:30 Ask An Attorney Program</p>	<p>4</p> <p>9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 11-3 Trader Joe's & Wood & Tap 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Game Show</p>	<p>5</p> <p>9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room 1:00 Billiard/Pool Lessons</p>
<p>8</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 String Art Craft 1-3 Middletoners Practice 1:30-2:45 Dancing for Joy</p>	<p>9</p> <p>9:30 Zumba (DVD) 10:00 The Shoppes at Farmington Valley 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Self Guided Art 1:00 Therapeutic Fitness 1:30 Pizza & A Movie</p>	<p>10</p> <p>9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo</p>	<p>11</p> <p>9:00-12:00 Mahjong 9:00 Mohegan Sun Casino 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 3:00 Italian Wedding soup and Grilled Cheese sandwich on wheat bread</p>	<p>12</p> <p>9:30 Zumba (DVD) 10:00 Reiki Demonstration 10 Volunteer Meeting 10:30 Coffee with Ann 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room 1:00 Billiard/Pool Lessons 5:30 Socialize and Paint Last day to enter March bus trip lottery</p>
<p>15</p> <p>CLOSED PRESIDENTS DAY</p> <p>★ ★ ★ ★ ★ ★ Presidents' Day ★</p>	<p>16</p> <p>9-3 Massage Therapy 9:30 Bus Trip Lottery drawing—need not be present to be selected 9:30 Zumba (DVD) 10:00 Christmas Tree Shop/Cracker Barrel 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Sing A Long with Barbara 12:45-1:45 Blood Pressure Clinic 1:00 Self Guided Art</p>	<p>17</p> <p>9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch 12:00 Hearing Screening by Beltone 12:30 Ceramics 1:00 Bingo 2:00 Guided Tour</p>	<p>18</p> <p>9:00-12:00 Mahjong 10:00 Exercise 10:00 Yale Art Gallery 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing</p>	<p>19</p> <p>9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 10-12 Senior Haircuts 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Billiard/Pool Lessons 1:00 Card Games in Multi-Purpose Room</p>

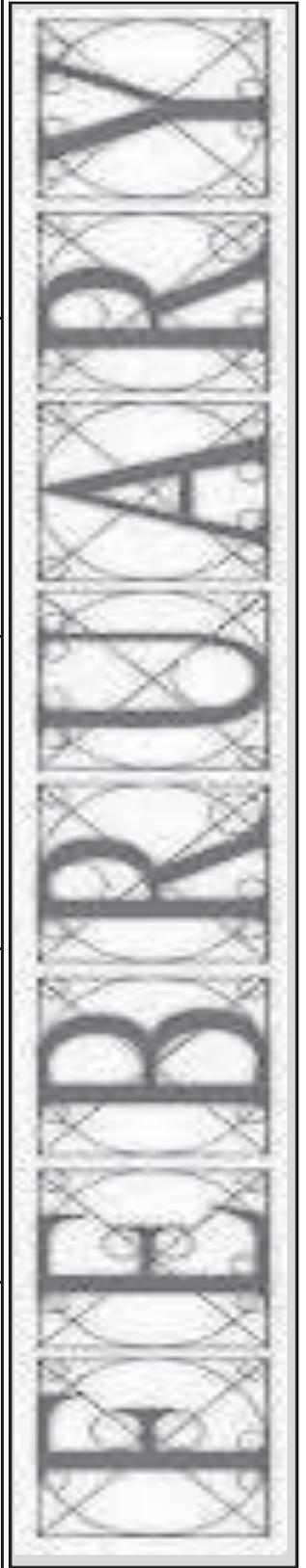
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<p>1:00 Therapeutic Fitness 2:00 February Birthday Party 2:00-4 Ping Pong Available</p>	<p>23 9:00 Foxwoods Casino 9:30 Pancake Breakfast 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Self Guided Art 1:00 Therapeutic Fitness 2:00-4 Ping Pong Available 6:30 Civitan Bingo</p>	<p>24 9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo</p>	<p>25 9:00-12:00 Mahjong 9:30 Clinton Crossing Outlets/Fishtale 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 12:30 Health Seminar—Heart Health 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing</p>
<p>22 9:00 Exercise 9-3 Massage 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1-3 Middletoners Practice 1:30-2:45 Dancing for Joy 2:00 Cooking with Ann</p>	<p>26 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Billiard/Pool Lessons 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi Purpose Room</p>		

If you have any suggestions for future programs, classes, speakers, entertainment or bus trips, please let us know at the front desk.

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(Middletown) 400 Saybrook Rd. 860-347-7466
(Westbrook Office) 4 Grove Rd. 860-669-5305
(East Hampton Office) 240 Middletown Ave. 860-295-6440



Bus Trips

February

- 2nd** —Foxwoods Casino (9-3:30) \$4
- 4th**—Trader Joe’s/Wood & Tap (11-3) \$4
- 9th**—The Shoppes at Farmington Valley (10-3) \$3
- 11th**—Mohegan Sun Casino (9-3) \$4
- 16th**—Christmas Tree Shop/Cracker Barrel (10-3) \$4
- 18th**— Yale Art Gallery (10-3) \$4
- 23rd**— Foxwoods Casino (9-3:30) \$4
- 25th**—Clinton Crossing Outlets & Fishtale (9:30-3) \$3

March

- 1st**—Mohegan Sun Casino (9-3) \$4
- 3rd**—The Paper Store/J. Timothy’s (10-2:30) \$3
- 8th**—CT Historical Society Museum/Chips Rest. (10:30-3) \$6
- 10th**—IKEA/Fishtale (10-3) \$4
- 15th**—Evergreen Walk/Adam’s Mill Rest. (10-2:30) \$3
- 17th**—Foxwoods Casino (9-3:30) \$4
- 22nd**—Tanger Outlets/Fishtale (10-2:30) \$3
- 24th**—Christmas Tree/Crackerbarrel (10-2:30) \$4
- 29th**—Mohegan Sun Casino (9-3) \$4
- 31st**—Buckland Hills Mall (10-2:30) \$3

Pizza & A Movie

Thursday, February 9th at 1:30pm

This month’s movie is “Where Hope Grows” starring Kristoffer Polaha, Billy Zabka, and Brooke Burns.



Calvin Campbell is a former professional baseball player sent to an early retirement due to his panic attacks at the plate. Even though he had all the talent for the big leagues, he struggles with the curveballs life has thrown him. Today, he mindlessly sleepwalks through his days and the challenge of raising his teenager daughter. His life is in a slow downward spiral when it is suddenly awakened and invigorated by the most unlikely person - Produce, a young man with Down syndrome who works at the local grocery store. Pizza choices: cheese, sausage, or veggie. Please indicate your choice when you pre-register by February 5th. \$3 to participate.

New Bus Trip Sign Up Procedure

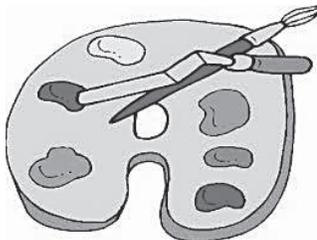


Beginning on February 1st, members who are Middletown residents, can sign up for the bus trip lottery for March 2016 bus trips.

You may call or stop by any time between February 1st —February 12th to put your name into the lottery. No entries will be accepted after February 12th. The lottery drawing will take place on Tuesday, February 16th at 9:30am in the dining hall. You do not need to be present at this time.

All members selected in the lottery will be notified. You have until noon on Thursday, February 18th to come to the front desk and pay for your trips. If your payment is not received by noon, you will forfeit your seats and they will be offered to the next person.

Calling All Artists.....



While our art classes are on hiatus for the winter, we welcome all artists to use our beautiful arts and crafts room Tuesdays from 1-4pm to draw, paint, craft, socialize, etc. This self-guided artist time is provided without instruction. No supplies provided. No pre-registration required. **FREE**

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Winter Storm Policy

- ◆ Check local news stations for notices of Middletown Public Schools.
- ◆ If schools are **CLOSED** for the day, there will be **NO PROGRAMS OR BUS TRIPS**.
- ◆ If schools have a **DELAYED OPENING**, there are **NO MORNING PROGRAMS OR BUS TRIPS**.
- ◆ If schools have an early dismissal due to snow/ice, **AFTERNOON PROGRAMS ARE CANCELLED**.

When in doubt, please call 860-638-4540.

Middletuners Practice Time Change

Our Senior Services' Chorus, the Middletuners will now be practicing on the 2nd and 4th Mondays of the month from 1pm-3pm.




Sing-along

Sing-Alongs Led by Barbara Arafah

Join Barbara for a fun sing-along on February 16th from 12:30-1:30pm. No pre-registration required. Come socialize, sing and have fun! Sing-Alongs are the third Tuesday of every month.



Join us for an educational heart health seminar on February 25th at 12:30pm. The seminar will be led by Janet Leonardi, RN.

No pre-registration required. **FREE**