

MIDDLETOWN



Prime Times

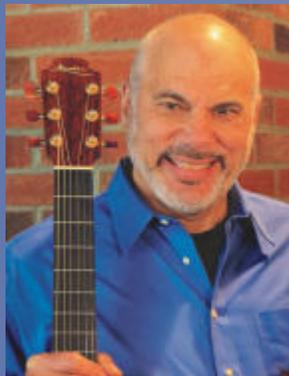
A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

APRIL 2020



Dr. Steve—The Psinging Psychologist And His Traveling Mental Health Show April 13th at 2:30pm

Original stories and songs about the quest for the good life. Pre-registration is required. FREE for Residents and \$1 for Non-Residents.

Bob Ross Painting Class April 16th 1-4pm

Our instructor Denise Cirillo-Romaniello has been studying traditional oil painting for many years, but it wasn't until she became a Certified Bob Ross Instructor that she fell in love with oil painting. Learn to create "happy little trees" and "fluffy little clouds" the Bob Ross way. Whether you really want to learn to paint or just have fun, you can create your own work of art in one class. Take home your own 16X20 masterpiece. Space is Limited. \$18/\$25 NR pre-registration.

Origami Project with Roz April 1st at 10:30am

Our member Roz is teaching this fun paper craft. You can make a box or a basket as pictured.



FREE—Pre-registration is required. This class is limited to 6 participants.

Chef Ray—Cooking Demo April 21st at 1:30pm

Professional Chef Ray Amabile will be here with a fun interactive food demonstration! We will learn how to make a Caesar salad with dressing from scratch, potato crusted chicken and polenta croutons. After the demo, you will sample the meal! This particular meal is gluten free but the pans and kitchen have had gluten cross contamination. This demo will be in the cafeteria. \$6 Res/\$10 NR



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Earth Day Recycling Workshop April 22nd at 2:30pm

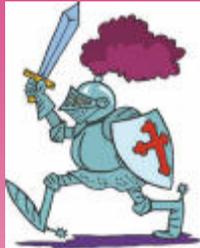
Kim O'Rourke, the City of Middletown's Recycling Coordinator will be our presenter. This year marks the 50th anniversary of Earth Day.

Bring all of your questions!

FREE—Please pre-register.

Medieval Night April 24th at 5:30pm NO ENTRY BEFORE 5:20PM

Step back in time during this fun night event featuring a dinner of beef, potato, and vegetable followed by an amazing demonstration by Eastcoast Combative Arts.



The show will feature two presenters in full medieval armor with weapons from different areas of the world including Europe and the Middle East. The demonstration will focus on the history of the armor as well as the construction of the pieces. The show ends in a display of techniques that knights used to combat each other. Feel free to ask questions!

This event is likely to sell out quickly so don't be left as the court jester or fool by missing out!

\$8 Res/\$15 NR pre-registration.

Shingles Vaccine Clinic April 2nd 3pm-6pm



About 1 in every 3 Americans will suffer from shingles at some point in their lives. The Middletown Health Department has arranged for our friends at Stop & Shop to provide this shingles clinic open to anyone 55+. This is a walk-in clinic so no appointment is needed. Please don't arrive earlier than 3pm, the pharmacists need time to get set-up. This clinic will be on the 2nd floor in the arts & crafts room.

You must bring your insurance card. The shingles vaccine is a series of 2 shots. After receiving your shot, the pharmacist will give you a date to get your 2nd shot.

Craft Project April 8th at 2:30pm

This month's craft led by Heidi is decoupage plastic Easter eggs. \$4 pre-registration is required. Take home what you make!



Acrylics Art Class 6 Week Session

Tuesdays at 1pm—Begins 4/14

All levels are welcome for this Acrylics Painting Class.

Whether you are painting for the first time or brushing up on your skills, we'd love to have you! This class is led by Marcy. Supplies provided are shared. \$15 Res/\$20 NR pre-registration.



Census 2020—Begins in April

For More Information: [2020Census.Gov](https://www.census.gov)

In FY 2016, Connecticut received \$10,726,609,427 through 55 federal spending programs guided by data derived from the 2010 Census. By April 1, 2020, every home will receive an invitation to participate in the 2020 Census. You will have three options for responding: Online, By Phone, or By Mail

census facts

The 2020 Census is required by the Constitution, and the United States has counted its population every 10 years since 1790.



census facts

2020 Census data will help inform how billions of dollars are distributed to states and communities every year for the next 10 years.



census facts

The Census Bureau is bound by Title 13 of the U.S. Code to keep your information confidential.



census facts

The 2020 Census will determine how many congressional representatives each state gets.



The 2020 Census is more than a population count. It's an opportunity to shape the future of your community.



Enhanced Benefits Checkup April 29th—By Appointment Only (FREE)

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

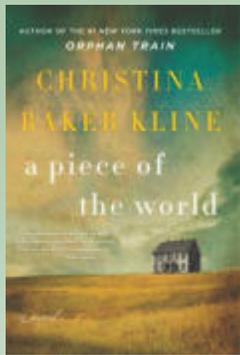
- Medicare Part D Extra Help Program – helps pay towards your prescription drug plan premium, reduces the cost of covered medications and eliminates plan deductible
- Medicare Savings Program – pays your monthly Medicare Part B premium, and may pay for other Medicare cost sharing
- Husky C/Medicaid –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

Tasting Event April 1st at 2pm



Join Heidi and Shaun for our highly anticipated tasting event featuring insects throughout the country. You will be shocked at how delicious a meal you could make using insects right from your backyard! After our tasting buffet, you will be hooked! Throw out the chips and ice cream and let your taste buds run wild!

This will fill up quickly, don't let the opportunity fly away! \$41 pre-registration.



April Book Club April 27th at 2:30pm

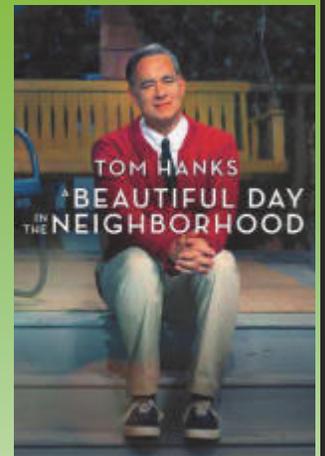
Born in the home her family had lived in for generations, and increasingly incapacitated by illness, Christina seemed destined for a small life. Instead, for more than twenty years, she was host and inspiration for the artist Andrew Wyeth, and became the subject of one of the best known American paintings of the twentieth century. As she did in her beloved smash bestseller *Orphan Train*, Christina Baker Kline interweaves fact and fiction in a powerful novel that illuminates a little-known part of America's history. Bringing into focus the flesh-and-blood woman behind the portrait, she vividly imagines the life of a woman with a complicated relationship to her family and her past, and a special bond with one of our greatest modern artists. Told in evocative and lucid prose, *A Piece of the World* is a story about the burdens and blessings of family history, and how artist and muse can come together to forge a new and timeless legacy.

\$3/\$5 NR for the used book. You are more than welcome to purchase or borrow the book on your own and still attend the book club.

Pizza & A Movie April 6th and 7th at 1:30pm

Estimated Run Time: 1h 49m

Lloyd Vogel is tasked with creating a profile of Fred Rogers, the creator and star of the successful children's program *Mister Rogers' Neighborhood*. He dutifully goes to the studio where his subject is filming his show,



and soon enough, he is sitting down with him, asking him probing questions. However, Fred seems to have a different plan in mind. The interviewee suddenly becomes the interviewer, and he starts to help the writer sent for him in unexpected ways. Rated PG by the Motion Picture Association of America for Mild Language, Mild Thematic Elements, Violence. \$2/\$4 NR Pre-registration required. Don't forget to indicate which showing you are registering for. Price includes 2 slices of cheese pizza.



Coffee with Ann April 3rd at 10:30am

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

Breakfast April 15th at 9:30am



This month's breakfast is cinnamon swirl French toast with bacon. Due to the cinnamon swirl bread used, this breakfast is sweeter than regular French toast. \$3 pre-registration is required.



Bus Trips

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from April 1st through April 7th. No entries will be accepted after the 7th. All members selected in the lottery will be notified by the 9th. Payments are due by noon on the 14th. **The lottery is only for members who are Middletown Residents.** Times listed in parentheses are the departure times. The first time is the departure time from Pat Kidney field and the 2nd is the estimated departure time from the final destination.

It is your responsibility to be at the pickup location 10 minutes early so we stay on schedule. Failure to be at the pickup location by departure time is grounds for suspending you from further trips. We will be forced to leave without you and you will be responsible for finding your own transportation home.

April Bus Trips

- 2nd**—Crystal Mall and Lunch on Your Own (10:30-2:30) \$3/\$4 NR
- 7th**—Fascia's Chocolate Tour and Pepe's Pizza Lunch(10-1:30) \$8/\$10 NR
- 9th**—Escape Room and Ruby Tuesday's (12-3:30) \$12/\$15 NR
- 14th**—Mohegan Sun Casino (9-3) \$6/\$10 NR
- 16th**—Trader Joe's Plaza and 7 Seas Restaurant (9-3) \$3/\$4 NR
- 21st**—Shops at Farmington Valley (10:30--2) \$3/\$4 NR
- 23rd**—Flamig Farm (9:30-1) tour, hayride, and see the animals \$8/\$12 NR Price includes a bag lunch
- 28th**—Mystic Village Shops (10-2) \$4/\$5 NR
- 30th**—Christmas Tree Shop and Rein's Deli (10:30-2:30) \$3/\$4 NR

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

May Bus Trips

- 7th**—Blue Back Square—Lunch on Your Own (10:45-2:30) \$3/\$4 NR
- 12th**—Saybrook Shopping Plaza and Fishtale Restaurant in Westbrook (10:30-2:15) \$3/\$4 NR
- 14th**—Mohegan Sun (9-3) \$6/\$10 NR
- 19th**—Christmas Tree & Cracker Barrel in Orange (10-2:15) \$3/\$4 NR
- 21st**—Shady Glen Restaurant & Fish Family Farm Mini-Tour and Ice Creamery—Please note that both stops are cash only(11-2:30) \$3/\$4 NR
- 26th**—Greater Middletown Military Museum and Durham Dairy Ice Cream (1-3)\$3/\$4 NR
- 28th**—Harkness Memorial Park with a bagged lunch (10-2) \$6/\$8 NR

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

- Monthly Bus Lottery Open for 1 Week. You must be an active member and a Middletown Resident to participate in the lottery.
- All lottery winners notified by phone. You must pay for your trip by the advertised deadline or you will lose your spot.
- Cancellation surcharge applies to all no show/no call. Penalties have been added for multiple no show/no call instances.
- Non-resident fees will be increased and vary per trip.
- You must disclose all mobility devices you plan to bring on the trip during the registration/lottery process. This is necessary to insure we've reserved the right amount of space on the bus.
- Participants who miss the bus home are responsible for securing transportation home at their own expense.
- There are defined penalties for (1) Failure to follow staff directions (2) Failure to comply with the code of conduct (3) Failure to be at the bus pickup location at the advertised time (4) No Show/No Cancel Penalties
- Explanation on cancellation responsibilities and entitlement on refunds
- Minimum Enrollments, Weather Conditions, Driver Responsibilities, Seating, Waitlists, etc.
- **ALL weekday trips will leave from Pat Kidney field through 4/30/20.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BUS LOTTERY OPENS 1 8:00 Snorkeling at Pameacha 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 10:30 Origami Project with Roz 10:30 Hang Gliding 11:00 American Mahjong 12:00 Lunch 1:00 Bingo 2:00 Tasting Event 3:00 Ultimate Game of Hide and Seek	2 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 10:30 Bus Trip: Crystal Mall 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 NO Fun with Yarn Knitting/ Crocheting TODAY 1:30 Get Tough Exercise 3-6 55+ Shingles Clinic	3 9:30 Zumba with Diane 10:30 Coffee With Ann 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:00 Better Breathers Club 1:30 NO Cribbage TODAY 2:30 Kahoot Trivia
6 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD® 1:30 Pizza & A Movie	7 BUS LOTTERY CLOSES 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: Fascia's Chocolate Tour 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Watercolor Class 1:00 Therapeutic Fitness 1:30 Pizza & A Movie	8 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 11:00 American Mahjong 12:00 Lunch 1:00 Bingo 2:30 Craft Project	9 BUS LOTTERY NOTIFICATIONS 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:00 Bus Trip: Escape Room 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise 2:30 Samoa Cheesecake Social	10 The Center Is Closed For the Holiday 
13 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD® 2:30 Dr. Steve The Psinging Psychologist and his Traveling Mental Health Show	14 BUS PAYMENTS DUE BY NOON 9:00 Bus Trip: Mohegan Sun 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Acrylics Class 3:00 Drumming	15 9:00 Exercise with Jane 9:30 Breakfast 10:00 Yoga 10:30-12 Coloring Club 11:00 American Mahjong 12:00 Lunch 1:00 Bingo 2:30 Games With Staff 6-8 Medicare Bootcamp	16 9:00 Bus Trip: Trade Joe's 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 12:00-1:00 Blood Pressure 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1-4 Bob Ross Painting Class 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise	17 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage
20 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:00 April Birthday Party 1:15 Dance for PD® 2:00 Pokeno	21 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:30 Bus Trip: Shops at Farmington Valley 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 NO SING-ALONG THIS MONTH 1:00 Therapeutic Fitness 1:00 Acrylics Class 1:30 Texas Hold'Em for Fun 1:30 Chef Ray Cooking Demo	22 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 11:00 American Mahjong 12:30 AARP Driver Safety Course 1:00 Bingo 2:30 Earth Day Recycling Workshop	23 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:30 Bus Trip: Flamig Farm 10:30 Qigong 12:00-1:00 Blood Pressure 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise	24 9-11 Manicures and Computer Technical Support sponsored by Vinal H.S. 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 5:30 Medieval Night Event PLEASE DON'T ARRIVE BEFORE 5:20 THE BUILDING ISN'T OPEN
27 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD® 2:30 April Book Club	28 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip: Mystic Village Shops 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Acrylics Class 2:00 Baking with Heidi 6:30 Civitan Bingo—DOORS OPEN AT 5:45PM	29 9-3 Enhanced Benefits Checkup 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 11:00 American Mahjong 1:00 Bingo	30 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 10:30 Bus Trip: Christmas Tree Shops 12:00-1:00 Blood Pressure 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise 3:00 Early Bird Dinner	Reminder: 2 Full Business Days Notice is Required For a Refund When Cancelling A Program. You signed this policy when registering to be a member of this center. Failure to Cancel at all will result in a \$2 surcharge for each and every activity (even free programs).



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AARP Safe Driving Class 2020 Schedule 12:30pm-4:30pm

**April 22, June 17, August 5,
September 23, November 4**

\$15/AARP members \$20/non-members pre-registration. Space is limited. Checks made out to: AARP. **Please note: We are just the host for this class. Your checks are given directly to AARP on the day of the class. AARP is raising the price of this class effective 7/1 to \$20/AARP members and \$25/non-members.**

Civitan Bingo 2020 Schedule



Doors open at 5:45, games start at 6:30pm

Middletown's Civitan Club has generously sponsored night bingo for seniors for over 40 years!

It is free to attend, however you MUST pre-register. Transportation is not provided. Grocery item prizes.

April 28th, May 26th, October 27th & November 24th

Social April 9th at 2:30pm

This month's social is a decadent piece of Samoa cheesecake. Similar to your favorite Girl Scout cookie, this cheesecake has coconut, caramel, and chocolate. \$3 pre-registration required.



Manicures/Tech Support Sponsored by Vinal Tech High School April 24th 9-11am



Treat Yourself to a FREE manicure! Don't miss out on this amazing service provided at our center by Vinal Technical High School students! Please pre-register.

Spring Lady Katharine Cruise May 12th—Morning Departure

This river cruise is open to Middletown Residents 50+. \$1



pre-registration is required. Registration opened on March 1st. Your receipt is your boarding pass.

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.



Early Bird Dinner: April 30th at 3pm

By member request, this month's early bird dinner is homemade beef stew with sourdough bread. \$5 pre-registration is required.



Snorkeling Pameacha Pond April 1st at 8am



Becky will lead us on this incredible adventure snorkeling at Pameacha Pond. This activity begins at 8am so we can catch the prime activity in the reef. We will be meeting at the Senior Center and walking to the pond. \$3 Pre-registration.



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Sing-Along with Barbara
April 21st 12:30-1:30pm

Cancelled



**Hang Gliding
Over Middletown
April 1st at 10:30am**

See our beautiful city from a different angle in this unique hang gliding experience. The trip will begin from the river so please wear your wetsuit. Appointments will be taken on the hour in pairs of two. Residents Only. \$111 Pre-Registration.

Are you:

April 15th 6-8pm

FREE— Please pre-register.

New to Medicare?



Turning 65??

Collecting Social Security Disability Benefits?

Senior Resources Agency on Aging Presents:

MEDICARE

BOOTCAMP:

UNDERSTAND YOUR MEDICARE BENEFITS

WHAT WILL YOU LEARN:

MEDICARE PART A, B, C, AND D

WHEN TO ENROLL: AVOID PENALTIES!

ALTERNATIVE MEDICARE OPTIONS



**April Birthday Party
April 20th at 1:00pm**

Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating all April birthdays! FREE—Please pre-register.

SAVE THE DATE



Note: These dates are being provided as a courtesy to help you plan ahead. The listed activities are not yet accepting sign-ups.

- May 5th—Senior Expo
- May 8th—Vox Church Sponsored Night Event
- May 12th—Ice Cream Emergency
- May 14th—Military Whist
- May 22nd—Elvis Impersonator Show
- May 29th—Fashion of the 1920's Presentation
- June 1st—"A Journey" One Woman Show
- June 5th—Acrylics and Appetizers
- June 9th—Vision Board Workshop
- June 12th—Night Event Run By Senior Staff

**Kahoot Tablet Trivia
April 3rd at 2:30pm**



Using our touch screen user-friendly tablets, we'll be playing trivia on Kahoot! It's a hoot! Give it a try. Everyone gets to answer and scores are added up per game. No experience needed. FREE for Res/\$1 NR—Please pre-register.



**Board Games
With Staff
April 15th at
2:30pm**

Try out our new board games competing against staff members.

Relax and have fun with the Senior Services Staff. Snacks will be served.

FREE—Please pre-register.



**Better Breathers Club
April 3rd at 1pm**

If you have COPD, Lung Cancer, Pulmonary Fibrosis or any other chronic lung disease, you are invited to attend this group. Caregivers are also welcome to attend. FREE

Please RSVP to Laura Falt at (860) 335-7526 or email lfalt@nathealthcare.com

Save the dates for 2020 Meetings: May 1, June 5, September 4, October 2, November 6

SPONSORED BY:



**Baking with Heidi
April 28th at 2pm**

This month we will be making tacos in pasta shells! Take home what you make!



\$5 pre-registration.

Recurring Programs/Services

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

American Mahjong—Wednesdays at 11am (F)
Arcade Games—Anytime in the Game Room
Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime
Bingo—Wednesdays & Fridays at 1pm (\$) Cost: \$1 for 2 cards or \$2 for 4 cards
Bocce—Anytime (F)
Blood Pressure Clinic—Thursdays 12:00-1:00 (F)
Book Club— (\$ for used book) Cost: \$3/\$5 NR for used book
Cable TV—Anytime (F)
Card Games—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am (F)
Coloring—We have adult coloring pages available for sign-out (F)
Computers—Laptops are available for use anytime (F)
Cribbage—Fridays at 1:30pm (F)
Dance for PD®—Mondays at 1:15pm (F)
Darts—Anytime (F)
Exercise—Mondays, Wednesdays, and Thursdays at 9am (F)

Foot Care with Jennifer—by appointment (\$) Cost: \$35
Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)
Get Tough—Thursdays at 1:30pm (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.
Lending Library—The Library is open upstairs (F)
Lunch—Daily around 12pm. Congregate meal program run by CRT with a suggested donation of \$2.50. Reservations Required.(\$)
Mahjong—Thursdays 9am-12pm (F)
Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)
Middletuners Chorus Practice—practice at Village at South Farms (F)
Ping Pong—By request when there aren't health services scheduled (F)
Qigong—Thursdays at 10:30am (\$) Cost: \$28/\$35 NR
Shuffleboard—Anytime in the game room (F)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:30am (\$) \$28/\$35 NR
Therapeutic Fitness—Tuesdays at 1:00pm (F)
Yoga—Wednesdays at 10am (\$) \$40/\$50 NR
Zumba—Tuesdays & Fridays at 9:30am (F)

Friendly Reminder

Note: We are writing this reminder due to feedback from our members and observations made by staff

There are more than 1,000 people frequenting our center with new members joining every day. Some members have been with us for years and have established a comfortable routine in certain programs.

Just a reminder, whether you are in a class, having lunch, watching a movie, reading a book, playing bingo, or participating in any other activity, there are no "assigned seats". It's unwelcoming to come into a class or activity for the first time to be told that you can't sit there because that's "my seat". There is no such thing as "my seat". Just because you sat in a certain chair last class does not mean you can "claim" it going forward.

Please be cognizant of your words and actions towards each other and consider how they would make you feel if the roles were reversed. We are all adults and this is a recreational facility designed for socialization and fun.

In addition, we have observed half empty rooms with coats on the back of empty chairs leaving members coming into an activity with nowhere to sit. If someone has stepped away for a moment, of course their seat should be saved, but please don't save seats as a buffer between people with no one sitting there.

Don't be afraid to meet new friends and sit somewhere new. Many beautiful friendships have been made at this center!

Our reservation policy remains in effect. If 6 or more members would like a table reserved for a social, dinner, or night event, we are happy to accommodate that.

In an effort to make our activities in the cafeteria more welcoming, we are using the round tables as much as possible. This allows you to see and speak to a larger group.

If you have a seating issue, please don't hesitate to get a staff member and we will do our best to assist you.

Let's relax and have a good time!

Cancelling Out Of An Activity

If you can't make it to a program you signed up for, please remember to call and cancel. Many programs have wait-lists.

2 Full Business Days' Notice is Required For a Refund When Cancelling A Program. You signed this policy when registering to be a member of this center.

If you no show/no call, a \$2 surcharge will be applied to your account for each and every activity (even free programs).

Bingo & Pokeno

Bingo—Wednesdays & Fridays at 1pm \$1 for 2 cards or \$2 for 4 cards. No pre-registration. This is a cash game.



Pokeno— April 20th at 2pm
\$2- Please pre-register. Grocery prizes.

Ultimate Game of Hide & Seek April 1st at 3pm



We'll meet at Palmer Field for this competitive game of hide and seek. All participants must stay on the field during the game. \$1 pre-registration. This will sell out fast!

Foot Care Clinics

Jennifer Bosco, RN is taking appointments for footcare for April. \$35 payable to the practitioner. Please bring 2 hand towels. Call for an appointment.



Texas Hold'Em Card Game April 21st at 1:30pm

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



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

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
E-mail: seniors@middletownct.gov
Website: www.middletownct.gov/seniors



Senior Expo May 5th 10am-1pm

We are excited to announce our 6th Annual

Senior Expo! The Senior Center will only be open 10am-1pm on May 5th due to our annual senior expo. There will be no other programs running and no transactions or program sign-ups at the front desk. Every room is utilized during the expo. The staff and vendors need time to setup prior to 10 and to cleanup after 1pm.

There will be muffins and pastry for morning participants and a hot lunch for afternoon participants. Please pre-register if you plan to attend the senior expo. **NO ENTRY prior to 10am. FREE**

CRT Lunch Service

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



Transportation (860) 346-0212

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3.50 one-way. Appointments for transportation must be made at least 1 day in advance 860-346-0212. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-346-0212. **No Same Day requests.**

Brain Teaser Winner

Thank you to all that participated! Our February winner by random drawing is Judith McLaughlin.

Math Riddles

The day before yesterday I was 21 and the next year I will be 24. What day is my birthday? **Dec. 31st**

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

Peter is 54 years old, and his father Joe is 80. How many years ago was Joe three times the age of his son Peter? **41**

I am a three digit number. My tens digit is five more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I? **194**

If it were two hours later, it would be half as long until midnight as it would be if it were an hour later. What time is it now? **9pm**

A snail is at the bottom of a 20 meters deep pit. Every day the snail climbs 5 meters upwards, but at night it slides 4 meters back downwards. How many days does it take before the snail reaches the top of the pit? **16**

There are several books on a bookshelf. If one book is the 4th from the left and 6th from the right, how many books are on the shelf? **9 books**

The April 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.



Did we fool you? We planted 4 outrageous events in this month's newsletter as an April fools' day joke.

Reminders & Policy Clarifications

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

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Senior (60+) Brain Teaser April 2020

Name: _____ Phone: _____

Entries
due by:
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Vivienne's Vowels

Vivienne is an odd one. She has an aversion to the letters A, E, I, O, and U. Can you fix her list of animals (of any type) by putting back the missing vowels? You can make this a more strenuous brain exercise by adding some time pressure: Try to solve this puzzle in ninety seconds.

1. BBN _____
2. MSQT _____
3. STRCH _____
4. BLD GL _____
5. JGR _____
6. RCCN _____

7. RMDLL _____
8. CCKT _____
9. GN PG _____
10. B _____
11. CYT _____
12. YSTR _____

Answers on page 352