Ice Cream Emergency
May 26th at 2pm
Back by popular demand! In this event you will board the mobile ice cream parlor and choose from all the yummy flavors and toppings that you can imagine! Enjoy a self-designed dish of deliciousness with friends.
This event will fill up quickly so make sure to pre-register as soon as possible. FREE—Pre-registration required.

Military Whist Card Party
May 25th at 5:30pm
Join us in welcoming Kevin back to the Middletown Senior Center!!
This is an extremely popular event and will sell out so make sure to pre-register early. $6.00 This event is non-refundable.
There will be raffles, first, second and third place prizes, lots of fun AND our world famous chicken salad sandwiches! No experience needed.

Early Bird Dinner: Tuna Noodle Casserole
May 6th at 3pm
Few things say “love” like homemade tuna noodle casserole! This crowd favorite is sure to please and sure to sell out! $5 Res/$6 NR pre-registration required.
In addition to tuna casserole we will serve a beverage and dessert.

Night Event: Arabian Nights
May 20th at 5:30pm
Doors will NOT open prior to 5:20
Allow yourself to be transported to another place and time at our Arabian Nights themed party featuring belly dancers from the Middle Eastern Dance Academy of Connecticut. We will be serving a delicious teriyaki glazed boneless chicken breast over rice, with roasted vegetables, and dessert. Advanced registration is required. $7/$10 Staff needs time to set up, please do not arrive early. This is a themed night event. You are signing up for dinner and entertainment. Please don’t take a spot from someone at this event if you don’t plan to stay for the event. Dinner, dessert, and socializing followed by a 30-40 minute performance. Absolutely no take out.
Support Our Advertisers

Wadsworth Glen
Quality Short-Term Rehabilitation and Long-Term Care in a Comfortable Homelike Setting
30 Boston Road, Middletown, CT 860.346.9299
Managed by Athena Health Care Systems wadsworthglen.com

We're Hiring
AD SALES EXECUTIVES
BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.
• Work-Life Balance
• Full-Time with Benefits
• Serve Your Community
• Paid Training
• Some Travel
Contact us at: careers@4lpi.com | www.4lpi.com/careers

Luther Ridge
Assisted Living • Independent & Congregate Living
Subsidized apartment living
Come by for a Tour Today!
WWW.LUTHERRIDGE.ORG | 860-347-7144

GROW YOUR BUSINESS
BY PLACING AN AD HERE!
CONTACT US!
Contact Bill Humphreys to place an ad today!
bhumphreys@4lpi.com or (800) 477-4574 x6634

Waters Edge
Center for Health & Rehabilitation
Short Term Rehabilitation, Long-Term and Secured Alzheimer’s/Dementia Care
860-347-7286 | 111 Church St., Middletown, CT
www.watersedgerehab.com

Medicare Plans Confusing?
You’re not alone…
Call Beverly P. Goodrich Insurance
Call for a personalized consultation: 860-526-4257
beverlygoodrich@comcast.net
Licensed Certified Insurance Broker

Please support our advertisers and mention you saw their ad here.
Pizza & A Movie: King Richard
May 10th at 1pm

Armed with a clear vision and a brazen, 78-page plan, Richard Williams is determined to write his two daughters, Venus and Serena, into history.

PG13, 2021, 2H 24M

Advanced registration required $2/$3 NR
Includes 2 slices of cheese pizza and beverage

May Book Club
May 23rd at 2:30pm

The Woman in the Window by A.J. Finn

Anna Fox lives alone—a recluse in her New York City home, unable to venture outside. She spends her day drinking wine (maybe too much), watching old movies, recalling happier times... and spying on her neighbors.

Then the Russell's move into the house across the way: a father, a mother, their teenage son. The perfect family. But when Anna, gazing out her window one night, sees something she shouldn't, her world begins to crumble—and its shocking secrets are laid bare.

This is a non-refundable program. Gently used book $3 / $4. Purchase, read, attend discussion on the 23rd.

Monthly Entertainment
May 18th at 2:30pm

This month’s musical entertainment is singing guitarist Cody Bondra. Cody Bondra first started playing guitar and singing seriously at the age of 21. His dad bought him a guitar at a local pawn shop and he became a staple of the Connecticut Open Mic scene. After playing with many local bands, Cody put together The Contraband. Cody's influences range from many different genres, but he credits Dan Fogelberg, Caleb Followill, Townes Van Zandt and Bruce Springsteen with introducing him to the art of songwriting. He’ll be playing a fun mix for us including some classics. $1 Res/$2 NR pre-registration is required.

Acrylics and Appetizers Party
May 9th at 3pm

This month’s painting is a bright and beautiful sunflower. Let’s welcome in longer, warmer days with this cheerful painting.

This is a step-by-step program with Heidi. All materials are provided. There are no special skills required. If you can hold a paint brush, you can make this painting.

Don’t miss this great opportunity to socialize with friends, enjoy yummy appetizers, and take home your creation. The best part is none of the mess is at your house!

Advanced Registration Required $6/$8
Baking with Heidi: Peanut Butter Bread  
May 27th at 2pm

Peanut Butter Bread is so simple to make and tastes delicious! This is an easy quick bread recipe that's perfect for breakfast or snacking.

All materials provided. Take home what you make.

Program runs roughly 90 minutes.

Advance registration required. $4/$8

May Brody Cooking Class  
May 5th at 1:30pm

British Bake-Off Favorites: Victoria Sponge, Tray Bake, Bakewell Tart, Scones.  

This class is run demonstration style in the dining hall with samples for participants. The class usually runs 2-3 hours.

$6 Res/$8 NR pre-registration is required.

May Social  
May 12th at 2:30pm
Lemon Cheesecake

This bright and sunny cheesecake is a delicious way to welcome warmer weather and visit with our friends.

Advanced registration is required. $3/$4

Drive-Thru Shedding Event  
May 24th 10am-11:30am

FileShred will be on-site in the South Parking lot of the senior center. Please enter from Durant Terrace near the flagpole and drive past the front door. You will see the FileShred truck in the parking lot conducting on-site shredding. You can remain in your vehicle and our custodial staff will be happy to assist you in unloading your bags or boxes of items to be shred. No maximum. This event is for Middletown residents 60 and older. Last car should arrive by 11:15am. FREE

May Breakfast  
May 17th at 9:30am

This month’s breakfast is generously sponsored by and cooked by Stephen-Terry Lodge #59 I.O.O.F. and Camp Connecticut. They will be serving scrambled eggs, sausage, and fruit juice.

Advanced registration is required. FREE

Craft with Heidi  
May 13th at 2pm

Grow organic cat grass for your feline friend or your own amusement. Makes a super cute gift to share with a furry parent friend.

Paint your four inch pot however you choose. Includes organic peat pellet medium and organic cat grass seeds.

All materials provided.

Advance registration is required. $4 / $6

CRT—Frozen Meals

The Community Renewal Team in Hartford has an employee on-site each Friday from 12pm-1pm handling out a week’s worth of frozen lunches, snacks, and dairy to anyone in need. A reservation is needed by Tuesday in order to pick-up on Friday. A form 5 is also needed. No income limit. Call (860) 638-4543 to leave a message for Julie.

Mary Brody Cooking Class  
May 5th at 1:30pm

British Bake-Off Favorites: Victoria Sponge, Tray Bake, Bakewell Tart, Scones.

This class is run demonstration style in the dining hall with samples for participants. The class usually runs 2-3 hours.

$6 Res/$8 NR pre-registration is required.
Exercise Options at the Center

We ask that when attending exercise/wellness classes, please don’t move the furniture or adjust the thermostat. It is mandatory that you check-in using the computer kiosks in the building before all activities. If you need assistance, please ask a staff member. Following staff direction is a condition of your membership. Pre-registration is required for all exercise classes. We will adjust capacity limits as needed due to COVID-19 precautions.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am—Exercise/Aerobics</td>
<td>9am—Zumba Gold</td>
<td>9am—Exercise/Aerobics</td>
<td>9am—Exercise/Aerobics</td>
<td>9am—Zumba Gold</td>
</tr>
<tr>
<td>1pm—Tai Chi</td>
<td>10:30am—Chair Yoga</td>
<td>10:30am—Traditional Yoga</td>
<td></td>
<td>10:30am—Improving Movement</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>and Balance</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:30pm—Arthritis Exercise</td>
</tr>
</tbody>
</table>

There's something for everyone!

Arthritis Exercise led by Marcy (Fridays at 12:30pm): Improve joint flexibility and muscle strength. Marcy is a physical therapist who works with Masonicare. She 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.

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.

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/$1 NR per class.

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.

Tai Chi led by Lisa (Mondays at 1pm): This class is almost like meditation in motion. It’s fantastic for stress relief! This very graceful form of exercise involves a series of movements performed in a slow, focused manner. This class is gentle physical exercise and stretching. Chairs are used for a portion of the class. $2 Res/$3 NR per class.

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.

Zumba Gold led by Diane (Tuesdays & Fridays at 9am): This is a high intensity workout combination of dance and exercise. No chairs are used in this class. FREE/$1 NR per class.
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 2</td>
<td>MAY 3 8:30am-4:30pm Billiards</td>
<td>MAY 4 8:30am-4:30pm Billiards</td>
<td>MAY 5 8:30am-4:30pm Billiards</td>
<td>MAY 6 8:30am-4:30pm Billiards</td>
</tr>
<tr>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
</tr>
<tr>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
</tr>
<tr>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
</tr>
<tr>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
</tr>
<tr>
<td>1pm-3pm Backset Card Game</td>
<td>1pm-3pm Backset Card Game</td>
<td>1pm-3pm Backset Card Game</td>
<td>1pm-3pm Backset Card Game</td>
<td>1pm-3pm Backset Card Game</td>
</tr>
<tr>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
</tr>
<tr>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
</tr>
<tr>
<td>MAY 9</td>
<td>MAY 10</td>
<td>MAY 11</td>
<td>MAY 12</td>
<td>MAY 13</td>
</tr>
<tr>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
</tr>
<tr>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
</tr>
<tr>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
</tr>
<tr>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
</tr>
<tr>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
</tr>
<tr>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
</tr>
<tr>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
</tr>
<tr>
<td>MAY 16</td>
<td>MAY 17</td>
<td>MAY 18</td>
<td>MAY 19</td>
<td>MAY 20</td>
</tr>
<tr>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
</tr>
<tr>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
</tr>
<tr>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Using the Senior Library</td>
</tr>
<tr>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
<td>9am-10am Exercise Aerobics with Jane</td>
</tr>
<tr>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
<td>1pm-3pm Fun with Yarn</td>
</tr>
<tr>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>1pm-2pm Tai Chi with Lisa</td>
</tr>
<tr>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
<td>3pm-5pm May Acrylics and Appetizers Paint Party</td>
</tr>
</tbody>
</table>

Other events include: Pressure Clinic, Billiards, Exercise with Marcy, Yoga led by Jane, Zumba Gold, mahjong OR Off-Faces, and more.
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 23</td>
<td>MAY 24</td>
<td>MAY 25</td>
<td>MAY 26</td>
<td>MAY 27</td>
</tr>
<tr>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Con-ducting Business at Front Desk</td>
<td>8:30am-4:30pm Billiards</td>
<td>8:30am-4:30pm Billiards</td>
</tr>
<tr>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Using the Senior Library</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
<td>8:30am-4:30pm Conducting Business at Front Desk</td>
</tr>
<tr>
<td>9am-10am Exercise Aérobics with Jane</td>
<td>9am-10am Zumba Gold with Diane</td>
<td>9am-10am Exercise Aérobics with Jane</td>
<td>9am-10am Exercise Aérobics with Jane</td>
<td>9am-10am Exercise Aérobics with Jane</td>
</tr>
<tr>
<td>1pm-3pm Fun with Yarn</td>
<td>10:30am-11:30am Shredding Event</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-11:30am Shredding Event</td>
</tr>
<tr>
<td>1pm-3pm Setback Card Game</td>
<td>10am-11:30am Chair Yoga led by Jane</td>
<td>10am-12pm Hand Foot Elbow Card Game</td>
<td>10am-12pm Hand Foot Elbow Card Game</td>
<td>10am-11:30am Chair Yoga led by Jane</td>
</tr>
<tr>
<td>1pm-2pm Tai Chi with Lisa</td>
<td>10:30am-12pm Chair Yoga led by Jane</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
</tr>
<tr>
<td>2pm-3:30pm May Poker</td>
<td>10:30am-12pm Chair Yoga led by Jane</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
</tr>
<tr>
<td>2:30pm-3:30pm May Book Club:</td>
<td>10:30am-12pm Chair Yoga led by Jane</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
<td>10:30am-12pm Hand Foot Elbow Card Game</td>
</tr>
</tbody>
</table>

**MAY 30**

- **8:30am-4:30pm Billiards**
- **8:30am-4:30pm Conducting Business at Front Desk**
- **8:30am-4:30pm Using the Senior Library**
- **9am-10am Zumba Gold with Diane**
- **9am-12pm Exercise Aérobics with Jane**
- **10:30am-12pm Hand Foot Elbow Card Game**
- **10am-11:30am Chair Yoga led by Jane**
- **10:30am-12pm Shredding Event**
- **5:30pm-8pm Military Whist Card Party**
- **2:30pm-3:30pm Ice Cream Emergency!**
- **6:30pm-8pm Civitan Bingo**

**MAY 31**

- **8:30am-4:30pm Billiards**
- **8:30am-4:30pm Conducting Business at Front Desk**
- **8:30am-4:30pm Using the Senior Library**
- **9am-10am Zumba Gold with Diane**
- **9am-12pm Exercise Aérobics with Jane**
- **10:30am-12pm Hand Foot Elbow Card Game**
- **10:30am-11:30am Chair Yoga led by Jane**
- **10:30am-12pm Shredding Event**
- **5:30pm-8pm Military Whist Card Party**
- **2:30pm-3:30pm Ice Cream Emergency!**
- **6:30pm-8pm Civitan Bingo**

**MAY 30**

- **8:30am-4:30pm Billiards**
- **8:30am-4:30pm Conducting Business at Front Desk**
- **8:30am-4:30pm Using the Senior Library**
- **9am-10am Zumba Gold with Diane**
- **9am-12pm Exercise Aérobics with Jane**
- **10:30am-12pm Hand Foot Elbow Card Game**
- **10:30am-11:30am Chair Yoga led by Jane**
- **10:30am-12pm Shredding Event**
- **5:30pm-8pm Military Whist Card Party**
- **2:30pm-3:30pm Ice Cream Emergency!**
- **6:30pm-8pm Civitan Bingo**
May Activity Registration

Sign-ups open Friday, April 1st for all residents and Friday, April 22nd for non-residents. 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).
https://schedulesplus.com/middletown

Many programs fill quickly and go to waitlists. Please be courteous and cancel if you are unable to attend a program that you have registered for. Someone will be so pleased to be able to attend if you let us know. To receive a refund, you must cancel 2 business days in advance (ex: cancel Monday for a program on Wednesday to receive your refund).

Cards/Games in the Socialization Room

These published times are a way of organizing people to meet up who are interested in the same types of games. There is no formal instruction provided; however, many of our experienced members are happy to help you learn the games so you can participate.

Pre-registration is not required, but we ask that you please check-in at one of our kiosks and select the applicable activity you are attending. As a reminder, all members are bound by the code of conduct and rules of our facility. Please be courteous to all members.

Bullying will NEVER be tolerated. The room seats approximately 18 members. In cases where demand exceeds the capacity, residents will receive priority.

High Low Jack

Setback Card Game
Drop-in Mondays 1-3pm

This game is played with a standard 52-card deck. Partnership is the most commonly played version of the game. Players are dealt 6 cards each. A round of bidding takes place starting with the player to the left of the dealer. Bids of 2, 3, or 4 are allowed. If the first 3 players don’t bid, the dealer must bid a minimum of 2. The player with the highest bid declares the trump suit and leads the game.

FREE—No pre-registration needed.

Mahjong OR American Mahjong
Drop-in 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. Our experienced players have been playing for years!

FREE—No pre-registration required.

Cribbage
Drop-in Tuesdays at 1pm

Cribbage, or crib, is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players. FREE—No pre-registration.

Hand, Elbow, Foot Card Game
Drop-in 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. FREE
Foot Care Clinic
Appointments May 3rd

Jennifer Bosco, RN is taking appointments for foot care on the 1st Tuesday of each month. Please don’t arrive earlier than 10 minutes before your scheduled appointment.

Foot care is a specialty that Jennifer has been trained for in addition to her Registered Nurse certification. $35 payable to the practitioner due at time of service. Please bring 2 hand towels.

Call the Senior Center for an appointment at (860) 638-4540.

COVID-19 Precautions

Masks are no longer required in the building per order of the Mayor.

You are free to continue wearing masks. Please do what makes you feel comfortable.

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.

FREE—No pre-registration required.

Rapid COVID-19 Tests / N-95 Masks

We have a supply of rapid at-home COVID-19 tests and N-95 masks for those in need. If you are experiencing symptoms known to be associated with COVID-19 OR have had a known recent exposure to someone who tested positive and would like a rapid at-home test, please call (860) 638-4549 and leave your full name and phone number. We will call and schedule your drive through pickup. Please note, a COVID-19 test should be taken between 5-7 days after your exposure.

We also have N-95 masks available! Anyone in need of an N-95 mask can get one from the front desk during business hours.

Blood Pressure Clinic Appointments

Have you met the City’s Public Health Nurse Cindy? She’s amazing!

You can schedule your appointment anytime by calling us. Appointments are held on Thursdays between 1pm-2pm to have your blood pressure checked.

You might recognize Cindy; she was one of our rockstar vaccinators during our COVID-19 vaccination and booster clinics!

Appointment only. No walk-ins! FREE

Connecticut’s State Health Insurance Assistance Program – CHOICES – provides free, unbiased one-on-one benefits counseling on all parts of Medicare, including enrollment assistance and plan comparisons for Medicare Advantage Plans and Medicare Prescription Drug Plan. CHOICES Counselors are not insurance agents/brokers and do not charge for services.

Contact your Senior Center today at (860) 638-4542 to schedule an appointment with a Certified CHOICES Counselor to discuss your Medicare questions.

Billiards

Please remember to scan your membership card and check-in when attending these activities. If people are waiting to use a table, please finish your set of games and let the next team of participants have a turn.
Better Breathers Club
May 27th at 1:00 PM
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.

Bingo—Thursdays 1:30pm-3pm
This month’s bingo games will be held upstairs in the multi-purpose room.

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, as well as a contribution made from the senior center.

Pokeno
May 23rd at 2pm
Pokeno is very similar to bingo. The playing boards are playing cards instead of numbers (example: 2 of hearts instead of B2). It’s very easy, no experience is necessary.

The pokeno program is run by our member volunteers. If you are interested in volunteering to be a caller, doing call-backs, or handling the prize table/cart—feel free to vocalize your interest at the game and get involved!

$2 pre-registration for 2 pokeno cards. The pokeno prizes are regular household type grocery items.

Civitan Bingo Tuesday, May 31st
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.
Prizes are grocery items.

Newport On Your Own!
Enjoy a day of sight-seeing, wandering through shops, and yummy treats from area restaurants.

Coach bus departs from Pat Kidney Field parking lot on Farm Hill Road at 8:00 AM. The bus will bring you to the Visitor Center in Newport. Plan on boarding the bus for the return trip by 3:15 PM. Arrival at Pat Kidney Field approximately 5pm.

Special Coach Bus Trip
Wednesday, May 11th 8AM
Advanced Registration Required $18/$25

Pokeno is very similar to bingo. The playing boards are playing cards instead of numbers (example: 2 of hearts instead of B2). It’s very easy, no experience is necessary.

The pokeno program is run by our member volunteers. If you are interested in volunteering to be a caller, doing call-backs, or handling the prize table/cart—feel free to vocalize your interest at the game and get involved!

$2 pre-registration for 2 pokeno cards. The pokeno prizes are regular household type grocery items.

Civitan Bingo Tuesday, May 31st
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.
Prizes are grocery items.
Personable & Compassionate
Live-in and Hourly Caregivers are needed for in-home non-medical care for elderly in the area. Flexible schedules, supportive, one-on-one care.

Our caregivers are as valuable as our customers

Call us at 860-349-7016 • www.visitingangels.com/middlefield

Call today for a tour!
Eleanor Ferrara-Anderson
Director of Admissions
860.347.3315

Middletown

Uncompromised Living. Uncompromised Care. That's our promise to you.
600 Highland Avenue, Middletown, CT 06457

Specializing in:
- Short term Rehabilitation
- Orthopedic Rehabilitation
- Long term Living

Accepting Majority of HMO & Managed Medicare

Now Offering
Handyman Services!

6 Way Rd.
Middlefield, CT 06455

Now Offering Handyman Services!

SCREEN REPAIR
WINDOWS & DOORS

DOUG 685.626.0308

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

Contact
Bill Humphreys
to place an ad today!

bhumphreys@4LPi.com or
(800) 477-4574 x6634

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust
- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider
SafeStreets 1-855-225-4251

support our ADVERTISERS

Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com
Middletown Senior Center, Middletown 06-5020
ADA / Dial A Ride Service
Middletown Area Transit (860) 346-0212

The City of Middletown contracts with Middletown Area 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.

In addition, the City contracts with them to provide an enhanced Dial A Ride service that offers FREE transportation to and from our senior center. Please call MAT at (860) 346-0212 to get the process started or visit their website at https://www.middletownareatransit.org.