

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 2015



Special Bus Trip—Camelot Bushnell Theater—April 26th



A limited number of tickets are available for this matinee performance of Camelot. Reservation fee of \$38 includes the show ticket and bus ride. Bus departs the Senior & Community Center at 12pm.

BBQ Dinner and Entertainment Night Event April 15th 5:30pm

Join us for a delicious dinner catered by Cyr BBQ and live entertainment from BluesGrass. Doors open at 5:30pm and Dinner will be served at 6:00. Dinner is pulled pork, macaroni & cheese, beans, corn bread, dessert and a beverage. Pre-registration is required. \$15 per ticket (Non-refundable) Ticket must be presented at the door.



Stressed?! Tuesdays, April 14 and 21, 2015 from 12:30-2:30 PM

Do you sometimes feel stressed, overwhelmed or anxious? If so, join us for two afternoons with Justin Caskey, DO, and Raphael Knauf, MD, to learn how stress affects our health and well-being and what we can do to be more relaxed. Doctors Caskey and Knauf are in their final year of Family Medicine Residency at Middlesex Hospital and have extra training in Integrative Medicine and stress reduction.



Candy Making April 13th 1:30pm

Join us for a fun spring candy making event with Ann. Bring home a little bag of treats. \$2



Baked Ham Lunch April 28th 2:00pm

Baked ham, macaroni & cheese, green beans, beverage and dessert. \$3—please pre-register.

Gilead Community Conversation April 7th 2:00pm

This free educational seminar is to meet the staff of Gilead and learn about the services they provide. All questions about Gilead and/or mental health services are welcomed.



Exciting New Classes Starting This Month!



Jazz Class with Ronna—
Fridays at 1pm (\$18 for 6 week session beginning 4/10—Must pre-register)



Line Dancing with Jim —
Thursdays at 2pm (Free—please pre-register—starts 4/9)



Everyone Can Draw (Art Class with Armida)—Tuesdays at 1pm (\$20 for 8 week session beginning 4/14—Must pre-register)

No previous experience required.

Middletuners Sing-Along

Join the Middletuners for a fun sing-along on April 23rd 12:30-1:30pm. No pre-registration required. Come, socialize, sing and have fun! Make your lunch reservations in advance!



April Birthday Party April 9th at 2:00pm



Celebrating all March Birthdays. All are welcome to join us for cake! This program is sponsored by Water's Edge Center for Health & Rehabilitation.

Socialize and Paint April 17th 5pm-7:30pm

We are so excited to offer this night-time "Socialize and Paint" event. Everyone will create a one of a kind painting to take home. Absolutely no experience or artistic ability is needed. This is just a fun night out with a bonus paint project. \$10 to participate. You must pre-register. Refreshments will be served.

Senior & Community Center Tours

If you haven't visited our new Senior & Community Center yet and would like a guided tour. We will be offering tours on: April 10th at 3pm and April 27th at 10:30am.

YMCA Tour and Discussion

Did you know that the Middletown YMCA offers many aquatic fitness programs for active older adults? Join us for a free tour and discussion on April 24th at 11am. We will take the Senior Bus to the YMCA. Bus leaves at 11am. Refreshments will be served.



Pool Lessons

April 1st and 15th at 11:00am

Please join us in learning the fundamentals of playing pool. This will be held the 1st and 3rd Wednesday of each month at 11am in the game room. Our volunteer instructor is Frank Bronner.

Monthly Entertainment April 7th 12:30-1:30pm

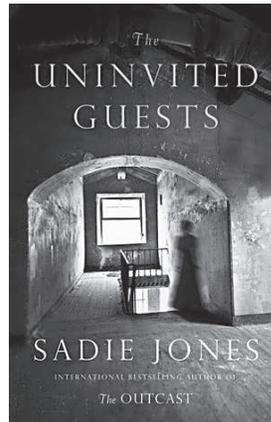


We Got Rhythm!

Come and watch this engaging, energetic and fun performance by Larry Ruhl and Ellen Iovino, a husband & wife song-and-dance team.

Their show features all live music with a variety of instruments and musical styles.

April Book Club



Are you interested in joining our book club? The next book that we will be reading is "The Uninvited Guests" by Sadie Jones.

Call for more information and to enroll in this program. Books will be supplied (\$3). Discussion will take place on Monday, April 27th from 2:30-3:30pm.

Volunteer Club Meeting April 16th at 11:30am

Are you interested in volunteering? We are trying to form a volunteer club for special projects/events as well as helping with our monthly newsletter mailing. We have an amazing group of people who have been assisting with the monthly newsletter mailing and we are looking to expand this to other projects. If interested, please come for an informational meeting on April 16th at 11:30am or call for more info.



Free Technical Support
Sponsored by Vinal Technical H.S.
April 24th 9-11am

No appointment necessary.



Free Manicures
Sponsored by Vinal Technical H.S.
April 24th 9-11am

No appointment necessary.

Senior Services Division Contact Information

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.cityofmiddletown.com/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
Program Aide/Custodian:	John Marion (860) 638-4540
Sr. Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285

Community Café Free Lunch

Winner

Congratulations to Jack Flannery, our March winner. Enter for a chance to win a free lunch, compliments of CW Resources.

February's Brain Teaser

Winners

*Carolyn Campagna, *Nancy Clayton, Anamarie Cook, Gerard Cyr, Joan Fazzino, Bob Hickcox, Joan Konareski, Sue Larabee, Annabelle Malone, Mark Patrick, Mark Radziwon, Joan Russo, Chuck Stanley & Carol Van Lieu,*

**Denotes Prize Winner*

Congratulations to all of our winners. Please stop by the Senior Center to pick up April's Brain Teaser.

We are closed on Friday, April 3rd in observance of Good Friday.

Exercise / Movement— Call for Registration Info

Arthritis Exercise- Thurs at 12:30 (4/2, 4/9, 4/16, 4/23, 4/30)

Dancing for Joy (Parkinson's)- Mon at 1:30 (4/6, 4/13, 4/20, 4/27)

Exercise- Mon, Wed at 9am & Thurs at 10 (4/1, 4/2, 4/6, 4/8, 4/9, 4/13, 4/15, 4/16, 4/20, 4/22, 4/23, 4/27, 4/29, 4/30)

Line Dancing- (4/2, 4/9, 4/16, 4/23, 4/30)

Tai Chi- Mon at 10:30 (4/6, 4/13, 4/20, 4/27)

Yoga- Wed at 10-11 (4/1, 4/8, 4/15, 4/22, 4/29)

Therapeutic Fitness—Tues. 11-12



Recreational Activities

Billiards- Anytime

Book Club—Last Wednesday of month at 10:30am

Bunco—Every Tuesday at 9:30am

Cable TV- Anytime

Card Games- Thursdays 12:30pm

Dominoes—Mondays 12:30pm

Computers- Anytime

Knitting- Thursdays 1:00pm

Lending Library- Anytime

Mahjong- Thursdays 9am-11am

Movies- Tuesdays at 12:30

Ping Pong— By reservation

Scrabble—Wednesdays at 10:00am



BINGO! Every Wednesday and Friday
1:00pm-2:30pm \$0.50 per card

Enrichment Programming

Ceramics- Mon & Wed 12:30 (4/1, 4/6, 4/8, 4/13, 4/15, 4/20, 4/22, 4/27, 4/29)

Drawing for Everyone Tues. 1-3pm (4/14, 4/21, 4/28)

Social Night With Art Fri. 5-7pm 4/17

Jazz Class with Ronna Fri. 1-1:45pm (4/10, 4/17, 4/24)

New Classes Coming Soon!

Health Services- Call for Appointments

Blood Pressure Clinic- Every Tues 12:45 (4/7, 4/14, 4/21, 4/28)

Dental Clinic- Coming Soon

Foot Care Clinic- 2nd & 4th Wednesday of the Month 9-3 (4/8, 4/22)

Hearing Screening- Third Wednesday of the month 12-1 (4/15)

Low Vision Clinic- Coming Soon

Massage Therapy— 1st & 3rd Monday 9-2:30 (4/6, 4/20)

Reflexology—By appointment

Reiki—First Thursday of the month (4/2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>welcome</p> 	<p>6</p> <p>9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy</p>	<p>1</p> <p>9-9:45 Exercise 10:00 Scrabble 10:00 Yoga 11:00 Instructional Pool Lessons 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise 3:00-5:00 Middletuners Chorus Practice</p>	<p>2</p> <p>9:00-12:00 Mahjong 9:00 Reiki 10:00 Bus reserved by Old Middletown High 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:30 Health Seminar—Fall Prevention 1:30-3:00 Aerobics (DVD)</p>	<p>3</p> <p>Closed For The Holiday</p>
<p>7</p> <p>9:00 Bus Trip: Foxwoods 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Monthly Entertainment—We Got Rhythm 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD)</p>	<p>8</p> <p>9-9:45 Exercise 9-2:30 Foot Care by Appointment 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP Membership Meeting 1:00 Self Guided Exercise 3:00-5:00 Middletuners Chorus Practice</p>	<p>9</p> <p>9:00-12:00 Mahjong 10:00 Bus reserved by St. Luke's 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Celebrating April Birthdays sponsored by Waters Edge Center for Health & Rehabilitation 2:00 Line Dancing</p>	<p>10</p> <p>9:30 April Bus Trip Sign Ups 9:30 Zumba (DVD) 11:00 Coffee with Manager Ann Gregg 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-1:45 Jazz Class 1:00 Self Guided Exercise w/ free weights</p>	<p>17</p> <p>9-11 Free Manicures 9-11 Free Computer Class 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-1:45 Jazz Class 1:00 Self Guided Exercise w/ free weights 5-7 Social Night w Art</p>
<p>13</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:00 Amazing Grace Food Pantry Bus Trip 1:30-2:45 Dancing for Joy</p>	<p>14</p> <p>9:30 Bunco 9:30 Zumba (DVD) 10:00 Arts & Crafts Project 10:00 Bus Trip: Trader Joe's/Bear & Grill Rest 11-12 Therapeutic Fitness 12:00 Lunch 12:30-2:30 Educational Seminar—How Stress Effects the Body 12:45-1:45 Blood Pres-</p>	<p>15</p> <p>9-9:45 Exercise 10:00 Scrabble 10:00 Yoga 11:00 Instructional Pool Lessons 12:00 Lunch 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners Chorus Practice</p>	<p>16</p> <p>9:00-12:00 Mahjong 9:30 Bus Trip: Beardsley Zoo 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:30 Ice Cream Social 2:00 Line Dancing</p>	<p>17</p> <p>9-11 Free Manicures 9-11 Free Computer Class 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-1:45 Jazz Class 1:00 Self Guided Exercise w/ free weights 5-7 Social Night w Art</p>

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<p>5:30 BBQ Dinner</p>	<p>24 9:00 Free Manicures 9:00 Free Tech Support 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-1:45 Jazz Class 1:00 Self Guided Exercise w/ free weights</p>	
	<p>23 9:00-12:00 Mahjong 10:00 Bus reserved by Luther Ridge 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Middletuners Sing-Along 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing</p>	<p>30 9:00-12:00 Mahjong 10:00 Bus reserved by Shiloh Manor 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing</p>
	<p>22 9:00-9:45 Exercise 9-2:30 Foot Care by Appointment 9:15 Bus Trip to DMV 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners Chorus Practice</p>	<p>29 9:00-9:45 Exercise 9:15 Bus Trip to DMV 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners Chorus Practice</p>
<p>sure Clinic 1:00 Drawing w Armida 1:30-3:00 Aerobics (DVD)</p>	<p>21 9:30 Bunco 9:30 African Violets presentation 9:30 Zumba (DVD) 10:00 Bus Trip: Yale Art Museum 11-12 Therapeutic Fitness 12:00 Lunch 12:30-2:30 Educational Seminar—How Stress Effects the Body 12:45-1:45 Blood Pressure Clinic 1:00 Drawing w Armida 1:30-3:00 Aerobics (DVD)</p>	<p>28 9:30 Bunco 9:30 Zumba (DVD) 10:00 Bus Trip: CT River Museum 11-12 Therapeutic Fitness 12:00 Lunch 12:45-1:45 Blood Pressure Clinic 1:00 Drawing w Armida 1:30-3:00 Aerobics (DVD) 2:00 Baked Ham 6:30 Civitan Bingo</p>
	<p>20 9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy</p>	<p>27 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting</p>

Have You Received A Membership Card?

If you have not received your new membership card, please take a few minutes to fill in our registration form so we can issue you a membership card.



Bus Trips

April

- 7th**—Foxwoods Casino (9-3:30) Sold Out
- 14th**—Trader Joe's
Bear & Grill Rest. (10-2:30) \$4
- 16th**—Beardsley Zoo (9:30-3) \$12
- 21st**—Yale Art Museum (10-3) \$3
- 28th**—CT River Museum (10-2) \$12

One additional April trip will be added prior to the bus sign-ups 3/13. Stay posted!

May

- 5th**—Mohegan Sun Casino (9-4) \$4
- 12th**—Pier 1 & Homegoods
Fishtale Restaurant (9:45-2:30) \$3
- 19th**—Mark Twain House
Chowder Pot (11:30-1) \$10
- 26th**—Mystic Village Shoppes (10-3:30) \$4

Bus Sign-ups for the May trips is April 10th at 9:30am. Sign-ups are done by a lottery.



Think Spring! We are hoping all the snow melts early this month so we can take out the outdoor furniture under the pergola and start playing bocce! Check back for updates!

Earring Making Workshop April 14th 10:00am



Make a pair of sparkly spring bling earrings! Learn basic beading techniques. All tools will be provided. Shown are the choices of projects. Sponsored by Wadsworth Glen Health Care & Rehabilitation Center. Please pre-register. The cost is \$3.

pre-register. The cost is \$3.

Ice Cream Social April 16th at 1:30pm

Free—Please Pre-Register



Ice Cream Social

Free Spring River Cruise For Middletown Residents Ages 50+ May 12th

Must pre-register. Space is limited. This cruise fills up every year!

Dockside Check-In Begins at 9:30am

Cruise Departs Promptly at 10:00am



Changes to Transportation

Effective April 1st—the two van schedule that has been running since 12/15 will **no longer be operating**. We will be switching to an enhanced dial-a-ride type service. You can still get free transportation to the Senior & Community Center. If you need a ride, please call at least **1 day in advance 860-347-3313**. Same day requests cannot be guaranteed.

The only set schedule that will be operating is a pick-up from these locations (for lunch or bingo) at these times. This is a pick-up bringing you to the Senior & Community Center.

South Green	Sbona Towers	Old Middletown High	River's Edge	Senior Center
11:20	11:25	11:30	11:35	11:45

Departing from the Senior & Community Center:

Monday	Tuesday	Wednesday	Thursday	Friday
1pm	1pm	1pm or 2:30pm	1pm	1pm or 2:30pm

Save The Date!!

We are so excited to announce that our first annual Senior Expo will be taking place on May 5th from 10am-3pm. All other activities are cancelled this day. All are welcome and encouraged to attend. There will also be a continental breakfast and cookout lunch during the expo for all participants.



The Laptops Have Arrived!!

Our new Windows 8 touchscreen laptops have arrived. If you are interested in stopping in and using our laptops, please do so.

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Aerobics—Tuesdays at 1:30

Meditation—Fridays at 11:00

Yoga—Thursdays at 11:00

Zumba—Tuesdays and Fridays at 9:30

Games (Free)

Dominoes—Mondays at 12:30pm

Bunco—Tuesdays at 9:30am

Scrabble—Wednesdays at 10am

Educational Seminar– Fall Prevention **April 2nd at 1:30pm**

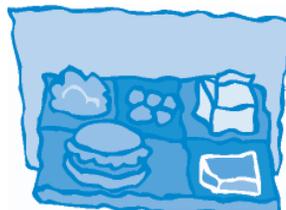
Join Janet Leonardi, Coordinator for Risk Reduction Services for an informational discussion on fall prevention and tips. (Free) The risk of falling and fall-related problems rises with age. More than one in three people age 65 or older falls each year.



Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal. Please Call Brian our café manager at 860-558-5285 for a reservation.

Lunch menus available at the Center, on our website or can be e-mailed by request.



Wesleyan Walking Freeman Athletic Center

Middletown residents 50+



Monday thru Friday 7:00 - 9:30am
Please DO NOT walk before 7am.

Please register at The Senior & Community Center to receive your green walking pass.