

MIDDLETOWN

FEBRUARY 2015



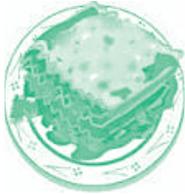
Prime Times

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

61 Durant Terrace

(860) 638-4540

www.cityofmiddletown.com/seniors



Lasagna Dinner February 24th 2:00pm

Please join us for a delicious lasagna dinner, This is a \$3.00 dinner. Space is limited. Please stop by the front desk to register.



Haircuts February 20th 10am-12pm

Haircuts are back thanks to sponsorship by Euro American Connections and Home Care in Berlin and Water's Edge Center for Health & Rehabilitation in Middletown! The cost is \$3 and an appointment is required.

Exciting New Exercise Programs Starting This Month!! Sign-up Now!

Therapeutic Exercise Class	This program will be held every Tuesday from 11am-12pm. Taught by Exercise Physiologist Tracey Godwin-Randolph, this program is designed to work on voice, breath, fine motor skills, improving balance, gait and strength.
Zumba	This program will be held every Tuesday and Friday at 9:30am . Get grooving at your own pace with the Zumba Dance-Fitness Party in a lower intensity workout designed by Baby Boomers for Baby Boomers. This class is led by dvd. Shake it up with exciting workouts featuring upbeat Latin and world rhythms!
Aerobics	This program will be held every Tuesday & Thursday at 1:30pm - 3:00pm. This class is led by a series of dvd's including Jane Fonda's Prime Time—Firm & Burn Low impact cardio workouts. Move and Groove and have some fun!
Yoga	This program will be held every Thursday at 11:00am . This class is led by a series of dvd's. Improve balance, strength and flexibility!
Self-Guided	Held Wednesday & Friday at 1:00pm. Listen to music, enjoy the beautiful space, and complete your own self-guided exercise program. 1, 3, and 5lb weights as well as therapeutic resistance bands are available for use.

Arts & Crafts Project Feb. 17th 10am

Fun arts & craft project of wreath decorating led by Heidi. Cost is \$3.00. Relax, meet new people and create beautiful wreaths.



New—Meditation

Feb. 6, 13, 20 & 27 11:00am

If you are looking to relax, clear your mind, and meditate—this is for you. During this session each week led by a relaxing dvd, you can sit back and focus on clearing your mind and relaxing to the quiet soothing sounds.



Monthly Entertainment by Bob Mosebach

Tuesday, February 3rd from 12:30-1:30pm

Back by popular demand!! Join us for monthly entertainment by singer Bob Mosebach (Free) If you'd like to have lunch, please remember to make your reservation in advance with CW Resources at 860-558-5285.



Root Beer Float Social Hour—February 19th at 1:30pm

February Birthday Party February 12th 2:00pm

Celebrating all February Birthdays.
All are welcome to join us for cake!



Educational Seminar— Heart Health Feb. 5th at 1:30pm

Join Janet Leonardi, Coordinator for Risk Reduction Services for an informational discussion on heart health.



Free Informational Session on Possible Italian Language Class—February 13th 2:30pm



New Elementary Italian Language Class Informational Session on 2/13 at 2:30 pm. This informational session with Monica Georgeo will explain the 20 week session and gauge interest in this class. This informational session is free and all are welcome and encouraged to attend. Registration information and costs will be discussed during this session. Classes will begin in March!

Nintendo Wii Video Games on 80" TV

Tuesdays, Wednesdays &
Thursdays
10:30am-12:00pm

Bowling, Canoeing, Archery,
Family Feud, Frisbee,
Basketball, Cycling, Golf,
Table Tennis, Hollywood
Squares, Jeopardy, Who
Wants to be a Millionaire and
much, much more.



**Are you interested
in....** bridge, canasta, crib-
bage, pinochle, ??????????

We want to hear from you!
Anyone interested, please let
us know at the front desk!
Based on interest, we will add
these games to our March
schedule.

Dancing for Joy—Dancing with Parkinson's Open House—2/9 12:30-3pm

Movement disorder?
Balance or coordination challenge?
Just like to move in a group setting?

**Come and see what this
amazing class is all about!**

12:30 film (60 min)
1:30 short class (45 min)
2:15 refreshments/social



Coffee with the Manager Friday, February 13th 11:00am



Please join us for coffee and light refreshments with our Manager of the Senior Services Division, Ann Gregg. This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome.

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 Joan Fazzino,
January's winner.

Enter for a chance to win a free
lunch, compliments of
CW Resources.

December's Brain Teaser

Winners

*Jane Burr, Gerard Cyr, Joan
Fazzino, *Robert Hickcox, Anna-
belle Malone, Mark Radziwon,
Chuck Stanley & Coe Tewksbury*

**Denotes Prize Winner*

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

We are Closed February 16th in observance of President's Day



Health Services- Call for Appointments

Blood Pressure Clinic- Every Tues 12:45 (2/3,
2/10, 2/17, 2/24)

Dental Clinic- Coming Soon

Foot Care Clinic- 2nd & 4th Wednesday of the
Month 9-3 (2/11, 2/25)

Hearing Screening- Third Wednesday of the
month 12-1 (2/18)

Low Vision Clinic- Coming Soon

Massage Therapy- 1st & 3rd Monday 9-2:30
(2/2, 2/16)

Reflexology—By appointment

Reiki—First Thursday of the month (2/5)



BINGO! Every Wednesday and Friday

1:00pm-2:30pm \$0.50 per card

Civitan Bingo: Feb. 24th 6:30pm

Enrichment Programming

Ceramics- Mon & Wed 12:30

(2/2, 2/4, 2/9, 2/11, 2/18, 2/23, 2/25)

New Classes Coming Soon!

**Free Transportation Available to the Senior &
Community Center**—Van transportation is availa-
ble from Middletown Area Transit. Pickups from

Sbona Towers, South Green, Old Middletown High,
St. Luke's, Newfield Towers, Stoneycrest Towers,
Shiloh Manor, and Pond View Apartments.

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—Fridays at 9:30am



Exercise / Movement— Call for Registration Info

Arthritis Exercise- Thurs at 12:30 (2/5, 2/12, 2/19, 2/26)

Dancing for Joy (Parkinson's)- Mon at 1:30 (2/2, 2/9,
2/1, 2/23)

Exercise- Mon, Wed at 9am & Thurs at 10 (2/2, 2/4, 2/5,
2/9, 2/11, 2/12, 2/18, 2/19, 2/23, 2/25, 2/26)

Line Dancing- Mon 1:15-2:30 (2/2, 2/9, 2/23)

Tai Chi- Mon at 10:30 (2/2, 2/9, 2/23)

Yoga- Wed at 10-11 (2/4, 2/11, 2/18, 2/25)

Therapeutic Fitness—Tues. 11-12 (2/3, 2/10,
2/17, 2/24)



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p>9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy</p>  <p>New programs may be added after this newsletter is printed</p>	<p style="text-align: right;">3</p> <p>9:00 Bus Trip: Foxwoods Casino 9:30 Bunco 9:30 Senior Zumba (DVD) 10:30-12:00 Wii Games 11:00-12:00 Therapeutic Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Movie: "The Way Back" 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Senior Aerobics (DVD)</p>	<p>9:00-9:45 Exercise 9:30 Scrabble 10:00 Yoga 10:30-12:00 Wii Games 12:00 Lunch: Menu available at Senior Center 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise</p>
<p style="text-align: right;">9</p> <p>9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30-3:00 Dancing for Joy Open House 12:30 Ceramics 12:30-3:00 Dominoes</p>	<p style="text-align: right;">10</p> <p>9:30 Bunco 9:30 Senior Zumba (DVD) 10:00 Bus Trip: Shops at Farmington Valley 10:30-12:00 Wii Games 11:00-12:00 Therapeutic Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Movie: "The Way Back" 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Senior Aerobics (DVD)</p>	<p>9:00-9:45 Exercise 9:30 Scrabble 10:00 Yoga 10:30-12:00 Wii Games 12:00 Lunch: Menu available at Senior Center 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00 No Self Guided Exercise meeting</p>
<p style="text-align: center;">16</p> <p style="text-align: center;">CLOSED PRESIDENT'S DAY</p>  <p style="text-align: center;">★ Presidents' Day ★</p>	<p style="text-align: right;">17</p> <p>9:30 Bunco 9:30 Senior Zumba (DVD) 10:00 Bus Trip: Xmas Tree Shop/Cracker Barrel 10:00 Arts & Crafts Project 10:30-12:00 Wii Games 11:00-12:00 Therapeutic Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Movie: "Moneyball" 12:45-1:45 Blood Pressure Clinic 1:00 Mardi Gras Bingo 1:30-3:00 Senior Aerobics (DVD)</p>	<p>9:00-9:45 Exercise 9:00-2:30 Foot Care by Appointment 9:30 Scrabble 10:00 Yoga 10:30-12:00 Wii Games 12:00 Lunch: Menu available at Senior Center 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise</p>
<p style="text-align: right;">23</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 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 style="text-align: right;">24</p> <p>9:30 Bunco 9:30 Senior Zumba (DVD) 10:00 Bus Trip: Pier 1 & Home Goods/FishTale 10:30-12:00 Wii Games 11:00-12:00 Therapeutic Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Movie: "Running From Crazy" 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Senior Aerobics (DVD) 2:00 Lasagna Dinner \$3.00 per person 6:30 Civitan Bingo</p>	<p>9:00-9:45 Exercise 9:15 Bus Trip to DMV 9:30 Scrabble 10:00 Yoga 10:30-11:30 Book Club Meeting 10:30-12:00 Wii Games 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise</p>

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WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Available at Senior Center</p> <p>Exercise w/ free weights</p>	<p>5</p> <p>9:00-12:00 Mahjong</p> <p>9:45 Reiki</p> <p>10:00 Bus reserved by Stoneycrest</p> <p>10:00 Exercise</p> <p>10:30-12:00 Wii Games</p> <p>11:00 Yoga (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards</p> <p>1:00 Knitting</p> <p>1:30 Seminar on Heart Health</p> <p>1:30-3:00 Senior Aerobics (DVD)</p>	<p>6</p> <p>9:30 Senior Zumba (DVD)</p> <p>11:00 Meditation (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>1:00 No Bingo Today</p> <p>1:00 Self Guided Exercise w/ free weights</p> <p>3:00-4:30 Senior Center Grand Opening</p>
<p>11</p> <p>Available at Senior Center</p> <p>Exercise due to AARP</p>	<p>12</p> <p>9:00-12:00 Mahjong</p> <p>10:00 Bus reserved by Old Middletown High</p> <p>10:00 Exercise</p> <p>10:30-12:00 Wii Games</p> <p>11:00 Yoga (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards</p> <p>1:00 Knitting</p> <p>1:30-3:00 Senior Aerobics (DVD)</p> <p>2:00 Celebrating February Birthdays</p>	<p>13</p> <p>9:30 March Bus Trip Sign Ups</p> <p>9:30 Senior Zumba (DVD)</p> <p>11:00 Coffee with Manager Ann Gregg</p> <p>11:00 Meditation (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>1:00 Bingo</p> <p>1:00 Self Guided Exercise w/ free weights</p> <p>2:30 Italian Class Informational Session</p>
<p>18</p> <p>Appointment</p> <p>Available at Senior Center</p> <p>Exercise w/ free weights</p>	<p>19</p> <p>9:00-12:00 Mahjong</p> <p>10:00 Bus reserved by St. Luke's</p> <p>10:00 Exercise</p> <p>10:30-12:00 Wii Games</p> <p>11:00 Yoga (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards</p> <p>1:00 Knitting</p> <p>1:30 Root Beer Floats</p> <p>1:30-3:00 Senior Aerobics (DVD)</p>	<p>20</p> <p>9:00-11:00 Free Manicures</p> <p>9:00-11:00 Free Tech Support</p> <p>9:30 Senior Zumba (DVD)</p> <p>10:00-12:00 Senior Haircuts \$3.00</p> <p>11:00 Meditation (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>1:00 Bingo</p> <p>1:00 Self Guided Exercise w/ free weights</p>
<p>25</p> <p>Meeting</p> <p>Available at Senior Center</p> <p>Exercise w/ free weights</p>	<p>26</p> <p>9:00 Bus Trip: Mohegan Sun Casino</p> <p>9:00-12:00 Mahjong</p> <p>10:00 Exercise</p> <p>10:30-12:00 Wii Games</p> <p>11:00 Yoga (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Cards</p> <p>1:00 Knitting</p> <p>1:30-3:00 Senior Aerobics (DVD)</p>	<p>27</p> <p>9:30 Senior Zumba (DVD)</p> <p>11:00 Meditation (DVD)</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>1:00 Bingo</p> <p>1:00 Self Guided Exercise w/ free weights</p>



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Bus Trips

Winter Trips are subject to cancellation due to inclement weather.

February

- 3rd- Foxwoods Casino (9-3:30) \$4.00
- 10th- Shops at Farmington Valley (10-3) \$3.00
- 11th- Shepaug Eagle & Maggie McFly (9:45-3) \$4.00
- 16th- Amazing Grace Food Pantry
- 17th- Christmas Tree Shop & Cracker Barrel Rest. (10-3) \$4.00
- 24th- Pier 1, Home Goods, & Fishtale (10-3) \$3.00
- 26th- Mohegan Sun Casino (9-3) \$4.00

March

- 3rd—Mohegan Sun (9-3:30) \$4
- 10th—Mystic Aquarium (9:30-3) \$15
- 17th—Foxwoods (9-3:30) \$4.00
- 24th—Shops at Evergreen Walk & Longhorn Steak House (10-2) \$3
- 31st—IKEA & Fishtale (9:30-2:30) \$3

*Subject to change prior to the bus sign-up day—Sign-ups for March trips is February 13th at 9:30am by random lottery



Book Club



Are you interested in joining our book club? The next book that we will be reading is "The Help" by Kathryn Stockett. Call for more information and to enroll

in this program. Books will be supplied (\$3). Discussion will take place on Wednesday, February 25th from 10:30-11:30am.

February Movies- Tuesdays at 12:30

February 3rd — "Darling Companion"

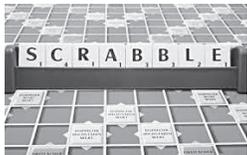
February 10th— "Hope Springs"

February 17th—"Cool Hand Luke"

February 24th— "Blackboard Jungle"



Every Tuesday at 9:30am please join us for Bunco. Call the Senior Center at 860-638-4540 to register for this fun filled game.



Join us for Scrabble every Wednesday morning at 9:30am. Please call the Senior Center to register for this fun board game.



Dominoes

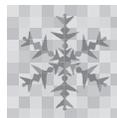
Every Monday 12:30—3:00

Mardi Gras Bingo

Feb. 17th 1pm

Water's Edge will be holding their Mardi Gras Bingo at our center! Join us for this fun free event featuring pizza, cupcakes and beverages. Space is limited. You must pre-register.

Winter Storm Policy



◆ Check local news stations for notices of Middletown Public Schools.

- ◆ If school are **CLOSED** for the day, there will be **NO CLASSES OR BUS TRIPS.**
- ◆ If schools have a **DELAYED OPENING** for temperature, snow/ice, there are **NO MORNING CLASSES OR BUS TRIPS.**
- ◆ If schools have an **EARLY DISMISSAL DUE TO TEMPERATURE, SNOW/ICE, AFTER-NOON CLASSES ARE CANCELLED.**



Thank you to **Middlesex Health Care** for sponsoring the delicious breakfast in January and for sponsoring the bingo prizes on February 4th. The next breakfast is March 9th at 9am.

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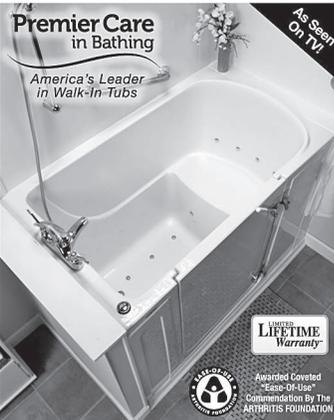
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Free manicures
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*****No appointment needed—first come, first serve*****

Free Technical Support
Friday, February 20th from 9-11



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Our new laptops are scheduled to arrive in February! This technical support is provided using our new Windows 8 touch screen laptops only. Space is very limited. Appointments only please.

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.



**Transportation to the Department
of Motor Vehicles on February 25th**



Several people have asked for transportation to the DMV. We will be sending our bus to the Old Saybrook DMV on Feb. 25th at 9:15am. The cost is \$2 per person and you must sign-up in advance. The bus will return once everyone has completed their transactions.