

MIDDLETOWN



Prime Times

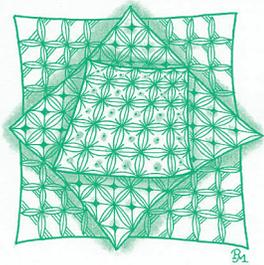
A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

JULY 2016



New Zentangle Class Tuesdays 1:30-3pm (Beginning 7/5)

Learn the art of Zentangle. Open yourself to new possibilities and tap into your creativity. Zentangle is an easy-to-learn, relaxing method of drawing beautiful, repetitive patterns

and is often described as a meditational art form. It is a practice that is relaxing, boosts creativity, increases focus and results in beautiful creations! Best of all, no art talent or experience is necessary. If you can make the following strokes, you can do Zentangle:



All supplies provided for the 4 week session. \$5 pre-registration. Class size is limited, so sign-up now!

Taught by Pam Hartz Miller, CZT
Certified Zentangle Teacher

Crazy Bingo is Back!! Thursday, July 28th at 5:30pm

Expect the unexpected! You never know what twist or turn is coming next! This lively night event is not about the bingo. It's unconventional, it's surprising, but most importantly it's hilarious and fun! It's sure to sell out quickly so sign-up early! **\$5 pre-registration required.** A lite meal of finger sandwiches and chips will be served. **Doors will not open prior to 5:15pm!!!**



unconventional, it's surprising, but most importantly it's hilarious and fun! It's sure to sell out quickly so sign-up early!

\$5 pre-registration required. A lite meal of finger sandwiches and chips will be served. **Doors will not open prior to 5:15pm!!!**

New Watercolor Class Fridays at 1pm (Begins 7/8)

This exciting new class is watercolor painting instruction. Beginners, explore a new hobby and find your hidden talent! Already know a little, no problem—refresh your memory and refine your skills. This class is instructed by Armida Espailat. All supplies provided (brushes, watercolor pad, watercolor paints) for this 8 week session. **\$7 pre-registration.** Class size is limited, so sign-up early!





Summer Sizzler Party Friday, July 15th at 5:30pm

Come kick off the summer with us! A variety of games, music, delicious grilled chicken and beef kabobs and summer "mocktails".

\$7 pre-registration is required. The entertainment is the famous duo of Brian Gillie and T-Bone known as the "Elderly Brothers". You won't want to miss this one!!



Enhanced Benefits Checkup Thursday, July 14th



Do you need help paying for or need information on Medi-

care premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Take advantage of a FREE Benefits Checkup!!! Sponsored by Senior Resources Agency on Aging. Call the Senior Center at 860-638-4540 to schedule your appointment. This program will run the 2nd Thursday of each month.

Strawberry Shortcake Social & Middletuners Annual Performance Tuesday, July 12th at 2pm

There's nothing better than strawberry shortcake in the summer! \$2 and pre-registration is required.



Stay for our 2:30 performance of the senior chorus, "The Middletuners". They've worked really hard this year on a new show and have been performing it throughout the community all year. This is their last stop and the last opportunity to enjoy the show and support these members!

Scrambled Egg Breakfast Thursday, July 7th at 9:30am

This month's breakfast is scrambled eggs, home fries, and fruit. \$3 pre-registration required.



Spelling Bee Wednesday, July 27th at 1:30pm

Are you good at spelling? We will be holding our second spelling bee contest on Wednesday, July 27th at 1:30. \$1 and pre-registration is required. Gift card prize to the winner. You can be a contestant or in the audience. Same fee.



Middletown's Got Talent! Monday, July 25th at 1:30pm

With so many active members, we have so many talents that can be shared such as singing, playing an instrument, dancing, poetry, comedy, origami, etc... All talents are welcome!

Prizes for participating and for 1st, 2nd, and 3rd place. Put your nerves aside and share your special talent with other members. Your performance needs to be 5 minutes or less and you must register using a form available at the front desk.



Coloring Club—New Day/Time!! Wednesdays 10:30am-12:00pm

Join us for our coloring club at a new time this month! This is great for stress relief and to socialize with friends. FREE!

Baking with Ann Wednesday, July 13th at 2pm



This month we will be making no-bake strawberry cheesecake bites. Take home what you make! \$3 pre-registration required.

Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.middletownct.gov/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Clerk (Rec & Community Svcs)	Vacant (860) 638-4540
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)

Civitan Bingo is on summer break for July & August, but will be returning in September. Thank you to the Middletown Civitan Club for another great year!

Recurring Programs/Services

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

- Arthritis Exercise**—Thursdays at 12:30pm (F)
- Billiards**—Anytime (F)
- Bingo**—Wednesdays & Fridays at 1pm (\$)
- Bocce**—The bocce court is open first-come first-serve (F)
- Blood Pressure Clinic**—Thursdays 12:30-1:30 **new time** (F)
- Book Club**—Last Monday of the month (\$ for book)
- Cable TV**—Anytime (F)
- Card Games**—Thursdays at 12:30pm & Fridays at 1pm (F)
- Ceramics**—Mondays & Wednesdays at 12:30pm (\$)
- Computers**—Laptops are available for use anytime (F)
- Cribbage**—Fridays at 1pm (F)
- Dancing for Joy**—Mondays at 1:30pm (F)
- Exercise**—Mondays & Wednesdays 9am & Thursdays 10am (F)
- Foot Care Clinic**—2nd & 4th Wednesday 9am-3pm (\$)
- Fun with Yarn**—Knitting/Crocheting on Thursdays at 1pm (F)
- Hearing Screening**—3rd Wednesday of the month 12-1 (F)
- Lending Library**—Anytime (F)
- Line Dancing**—Thursdays at 2pm (F)
- Mahjong**—Thursdays 9am-12pm (F)
- Massage Therapy**—1st & 3rd Monday 9am-2:30pm (\$)
- Meditation**—Tuesdays & Fridays at 11am led by Elizabeth (F)
- Middletuners Chorus Practice**—2nd & 4th Mondays at 1pm (F)
- Movies**—Tuesdays at 12:30pm (F)
- Ping Pong**—Check Calendar in this newsletter (F)
- Reflexology**—By appointment (\$)
- Reiki**—2nd and 4th Tuesdays or by appointment (\$)
- Sing-Alongs**—Third Tuesday of the month at 12:30 (F)
- Tai Chi**—Mondays at 10:15am (\$)
- Therapeutic Exercise**—Tuesdays at 1:00pm (F)
- Yoga**—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to Marlene Peichert, our May winner. Enter for a chance to win a free lunch, compliments of CW Resources.

May Brain Teaser Winners

*A copy of the answer is located on the 2nd floor bulletin board. *Phyllis Biederman, Nancy Bither, Anamarie Cook, Edward Cook, David Hopewell, Ray Hubbard, Yoshiko Samuel & Rosemarie Vecchitto

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

Sing-Along with Barbara
Tuesday, July 19th
12:30-1:30pm



Transportation (860) 347-3313

Reservations required AT LEAST 24 hours in advance. Application must be on file with Middletown Area Transit

Live Musical Entertainment
Tuesday, July 26th from 12-1

This month's entertainment is the Deep Ellum Acoustic Duo. Whether you like to sing along to American classics by Dylan, Lightfoot, or Woody Guthrie; hear some country blues, or relive the classic oldies by Ricky Nelson, Don Gibson, Guy Mitchell, and Johnny Cash—this performance is for you. FREE no pre-registration needed.

AARP Safe Driving Class

July 18th, September 20th, November 21st
12:30--4:30 Pre-registration required. \$15/
AARP members \$20/non-members. Check
made out to: AARP

July Birthday Party
July 18th at 2pm



Sponsored by Water's Edge Center
for Health & Rehabilitation. Celebrating all
July birthdays. All are welcome. FREE!



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.

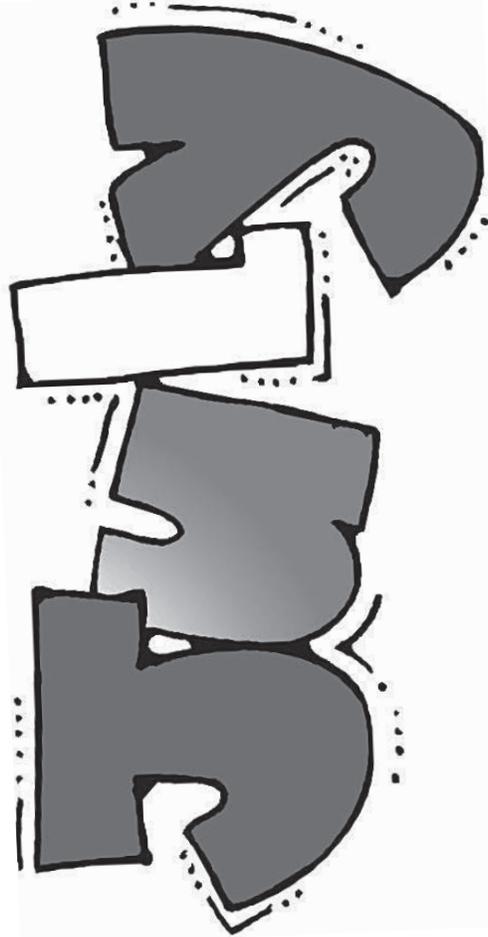
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
9:00 Bocce Instructional with John
9:30 Zumba (DVD)
11:00 Guided Meditation with Elizabeth
12:00 Lunch
1:00 Bingo
1:00 Cribbage
1:00 Card Games in Multi-Purpose Room

If you are new to our center or haven't been here before, we will be offering a guided tour on Wednesday, July 27th at 1pm.

8
9:00 Bocce Instructional with John
9:30 Zumba (DVD)
11:00 Guided Meditation with Elizabeth
12:00 Lunch
1:00 Bingo Upstairs
1:00 Cribbage
1:00 Watercolor Class

7
9:00-12:00 Mahjong
9:30 Scrambled Egg Breakfast
10:00 Exercise
10:00 Men's Bocce League
12:00 Lunch
12:30 Arthritis Exercise
12:30-1:30 Blood Pressure Clinic
12:30 Cards (Setback)
1:00 Fun with Yarn Knitting/Crocheting
2:00 Line Dancing

15
9:00 Bocce Instructional with John
9:30 Zumba (DVD)
11:00 Guided Meditation with Elizabeth
12:00 Lunch
1:00 Bingo
1:00 Cribbage
NO CARD GAMES 1-4 TODAY DUE TO LARGE EVENT
1:00 Watercolor Class

14
9:00-12:00 Mahjong
9-3:30 Enhanced Benefits Checkup (by appointment only)
NO 10AM EXERCISE CLASS TODAY
10:00 Men's Bocce League
12:00 Lunch
NO 12:30 ARTHRITIS EXERCISE CLASS TODAY

6
9:00-9:45 Exercise
9-3 Foot Care
10:00 Yoga
10:00 Women's Bocce League
10:30-12 Coloring Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo
1:30 Left, Right, Center Game

5
9:30 Zumba w/Bri ***tentative
9:30 Walking Club (Weather Permitting)
11:00 Guided Meditation with Elizabeth
12:00 Lunch
12:30 Movie in Socialization Room
1:00 Therapeutic Fitness
1:30 Zentangle Class
3:00 Men's Bocce League

4
CLOSED FOR THE HOLIDAY

13
9-3 Foot Care
9:00-9:45 Exercise
10:00 Yoga
10:00 Women's Bocce League
10:30-12 Coloring Club
12:00 Lunch
12:30 Ceramics
1:00 Bingo
2:00 Baking with Ann

12
9:30 Zumba w/Bri ***tentative
9:30 Walking Club (Weather Permitting)
11:00 Guided Meditation with Elizabeth
12:00 Lunch
12:30 Movie in Socialization Room
1:00 Therapeutic Fitness
1:30 Zentangle Class
2:00 Strawberry Shortcake Social

11
9:00 Exercise
10:15 Tai Chi
10:30 Craft with Heidi
12:00 Lunch
12:30 Ceramics
1-3 Middletoners Last Rehearsal before summer break
1:30-2:45 Dancing for Joy
1:30 Pizza & a Movie
2:00 Women's Bocce League

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(Westbrook Office)
 4 Grove Rd.
860-669-5305

(East Hampton Office)
 240 Middletown Ave.
860-295-6440

<p>12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Live with Laura!</p>	<p>22 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:00 Watercolor Class 2:30 Magic Show</p>	<p>29 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:00 Watercolor Class</p>
<p>12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Live with Laura!</p>	<p>21 9:00-12:00 Mahjong Exercise 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting NO LINE DANCING THIS WEEK</p>	<p>28 9:00-12:00 Mahjong Exercise 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 5:30 Crazy Bingo</p>
<p>12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Live with Laura!</p>	<p>20 9:00-9:45 Exercise 9-3 Foot Care 10:00 Yoga 10:00 Women's Bocce League 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 3:00 Early Bird Dinner: Grilled BBQ Chicken</p>	<p>27 9-3 Foot Care 9:00-9:45 Exercise 10:00 Yoga 10:00 Women's Bocce League 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 Spelling Bee</p>
<p>12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Live with Laura!</p>	<p>19 9:30 Zumba w/Bri **tentative 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 1:30 Zentangle Class 3:00 Men's Bocce League</p>	<p>26 9:30 Zumba w/Bri **tentative 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:00 Live Musical Entertainment with Deep Ellum 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 1:30 Zentangle Class 2:00 Health Conversation on Dental Health 3:00 Men's Bocce League</p>
<p>12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Live with Laura!</p>	<p>18 9:00 Exercise 9-3 Massage 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-4:30 AARP Safe Driving Class 1:30-2:45 Dancing for Joy 2:00 July Birthday Party 2:00 Women's Bocce League</p>	<p>25 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30 Middletown's Got Talent! 1:30-2:45 Dancing for Joy 2:00 Women's Bocce League 3:00 July Book Club - Kite Runner</p>

SAVE THE DATE:

Friday, August 12th 5:30pm BBQ and Blues Night
Wednesday, August 24th at 5:30pm Pizza & Rhythm Night
Friday, September 9th—Senior Center Month Celebration
Thursday, September 15th—Military Whist Tournament



Bus Trips

July

- 5th**—Mohegan Sun Casino (9-3) \$4
- 7th**—Roseland Cottage & Traveler Restaurant (9:30-3) \$7
- 12th**—Christmas Tree Shop & Fishtale Restaurant (10-2:30) \$4—Orange
- 14th**—Foxwoods Casino (9-3:30) \$4
- 19th**—Mohegan Sun Casino (9-3) \$4
- 21st**—Thimble Island Cruise & Fishtale Restaurant (9-3) \$12
- 26th**—Elizabeth Park Rose Garden & Red Lobster (10-2:30) \$3
- 28th**—Submarine Force Museum & The Ancient Mariner (9:30-3) \$4

August

- 2nd**—Foxwoods Casino (9-3:30) \$4
- 4th**—Clinton Crossing Outlets (10-2:30) \$3
- 9th**—Roger Williams Zoo (9:30-3) \$11
- 11th**—Thimble Island Cruise & Fishtale Restaurant (9-3) \$12
- 16th**—Harriet Beecher Stowe Museum & City Steam Brewery (10-2:30) \$10
- 18th**—Mohegan Sun Casino (9-3) \$4
- 23rd**—Foxwoods Casino (9-3:30) \$4
- 25th**—Mystic Village Shops (9:30-3) \$4
- 30th**—Pier One, Homegoods & Fishtale Restaurant (10-2:30) \$3

Bus Trip Sign Up Procedure

The bus trip lottery is open from 7/6-7/15 for August trips. No entries will be accepted after July 15th. All members selected in the lottery will be notified by August 19th. Payments due by noon on 7/21.



Pizza & A Movie July 11th at 1:30pm

This month's movie is "Zootopia" PG 1:48 minutes
Choice of pizza: sausage, cheese, or veggie. \$3 Pre-registration.



Live with Laura is Back in July! July 14th at 2:30pm

With your host:
Laura Runte

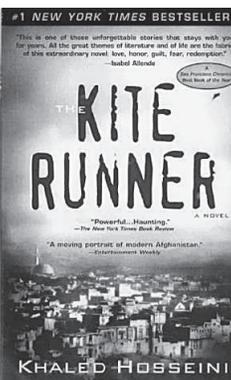
If you are interested in being considered to be a guest on our show, please talk to Laura or call her at 638-4542.

Health Conversation on Dental Health July 26th at 2pm

Conversation led by Janet Leonardi, RN
FREE—no pre-registration required.

Early Bird Dinner: Grilled BBQ Chicken Wednesday, July 20th at 3:00pm

This early bird dinner is a nice way to take a night off from cooking. Sit back, enjoy your time with friends and eat a nice dinner of bbq chicken on the grill, potato salad, and baked beans. \$5 pre-registration required.



July Book Club Meeting Monday, July 25th at 3pm

This month, we are reading "Kite Runner" by Khaled Hosseini. A sweeping story of family, love, and friendship told against the devastating backdrop of the history of Afghanistan over the last thirty years. \$3 for the book.

Left, Right, Center Game Wednesday, July 6th 1:30pm



This fun dice game is entirely based on chance. The player with the most chips will go home with a gift card. \$2 please pre-register.

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- Download Volunteer application at www.stlukeshome.org

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Permit #38

Middletown

CT 06457

Craft with Heidi
Monday, July 11th at 10:30am



This month we are painting clay pots. \$3 pre-registration is required.

Magic Show
Friday, July 22nd at 2:30pm



You won't want to miss this fun magic show! **FREE**— but pre-registration is required. Refreshments will be served.

Farmer's Market Vouchers
Early-Mid July Start Date

We should be receiving the Farmer's Market Vouchers the 1st week of July. \$18 booklet of checks for use at approved Farmer's Markets. We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income (not exceed 185% of poverty income guidelines). Only 1 booklet may be issued per year.

Bocce Leagues



Men's Leagues—Tuesdays at 3pm & Thursdays at 10am

Women's Leagues—Mondays at 2pm & Wednesdays at 10am

Walking Club

Tuesdays at 9:30am (Weather Permitting) - Meet in the Lobby