

# MIDDLETOWN

NOVEMBER 2016



# Prime Times

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



61 Durant Terrace

(860) 638-4540

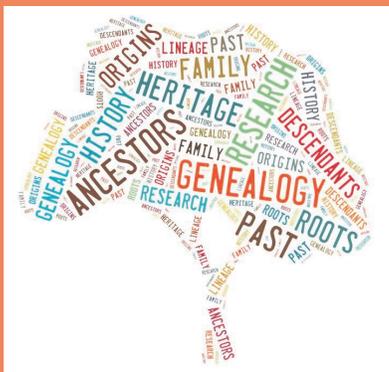
[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)

## Acrobat Li Liu Performance Wednesday, November 30th at 3pm

You won't want to miss this once in a lifetime opportunity to see an up close acrobat performance!! Li Liu was born in Shenyang, China and began her acrobat training at the age of six. She was chosen to attend the Chinese National Circus School in Beijing where she trained for 8 hours a day until she was 16. For many years, Ms. Liu traveled through Europe, Africa, and Asia performing. She has been in the United States since 2000 and we are thrilled to have her at our center! \$1 residents/\$2 non-residents. Pre-registration is required. Don't wait to sign-up!



## Genealogy Presentation Monday, November 7th at 2:30pm



Bryna O'Sullivan is a Middletown based professional genealogy teacher and researcher. She holds a PLCGS from the National Institute in Genealogical Studies, a

Certificate in Genealogical Research from Boston University Center for Professional Education, and a M.A. in History from UNC-Chapel Hill.

Want to trace your family tree but keep getting stuck? Find out how to get started and what resources are available. Bring your questions and feel free to bring a laptop or tablet if you want to try out some of the steps during the presentation. FREE—please pre-register.



## Medicare Open Enrollment Event December 2nd

The open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage Plans is **Oct. 15th through Dec. 7th**. Every year, there are new health plan and prescription drug coverage choices. Ask yourself: Are all of my drugs on my plans for formulary for 2017? Did my monthly premium change? Is there an annual deductible? Take the time to review your current health & prescription drug plan with a Certified Choices Counselor.

Schedule your appointment by calling 860-638-4542. Please bring a list of all medications or just bring them with you.



**Home Energy  
Solutions Presentation  
Wednesday, November 2nd 1:30pm**

Is your home drafty and cold in the winter? Does it need more insulation? Do your energy bills feel overwhelming? **Home Energy Solutions is a program that can help.**

If your family's combined gross annual income is below the state's 60 percent income median (see below), you may qualify for no-cost energy-saving services. A technician certified by the Building Performance Institute will come to your home and make energy-saving improvements to reduce drafts and help you save on your lighting and hot water bills. If your home qualifies for additional services such as insulation or a more energy-efficient refrigerator, they will arrange for contractors to come back to your home and do the work. Depending on your circumstances, you may receive these services at no cost.

Family Size	Maximum Annual Income	Family Size	Maximum Annual Income
1	\$33,132.22	5	\$73,910.33
2	\$43,326.74	6	\$84,104.86
3	\$53,521.27	7	\$86,016.33
4	\$63,715.80	8	\$87,927.80

**FREE Presentation. Please pre-register.**

**Boggle & Brownies  
Friday, November 4th at 1pm**



This is a fun game where you find as many words as you can in each 3 minute round. \$1 pre-registration.

**FUNNY FUNNY  
WORDS WORDS  
WORDS WORDS**

**Rebus Puzzles  
Tuesday, November 29th  
at 2:30pm**

This game is played in teams of 2. Be the first to guess the next puzzle and you get a point. **FREE**—Please pre-register. This game is too funny for words!

**Poker Game  
October 14th at 2pm**



Texas Hold'em is a community card poker game, with game play focused as much on the betting as on the cards being played. Texas Hold'em is played on a single table with two to 10 players. The goal is simple: win as many chips as you can, one pot at a time. You win a pot by having the best hand, or by having all other players fold before the showdown. **No Experience Necessary.** We will have card dealers for the entire game. Please pre-register.

**Technical Support/Computer Training  
November 18th from 9am-11am**

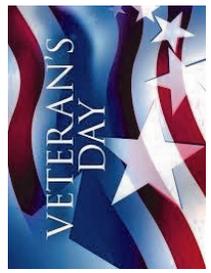


**Manicures  
November 18th  
9am-11am**

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

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>9-3 Medicare Open Enrollment Event</b>            9-3 Mohegan Sun            9:30 Zumba (DVD)            11:00 Guided Meditation with Elizabeth            12:00 Lunch            12:30 Movie            1:00 Therapeutic Fitness</p>	<p>9:00-9:45 Exercise            10:00 Yoga            10:30-12 Coloring Club            12:00 Lunch            12:30 Ceramics            1:00 Bingo            1:00 Beginner Billiard Lessons  <b>1:30 Home Energy Presentation</b>            4:40 Zumba with Bri  <b>December 2016 Bus Lottery Begins</b></p>	<p>9:00-12:00 Mahjong  <b>9:30 Egg Breakfast</b>            10 Buckland Hills Mall            10:00 Exercise            12:00 Lunch            12:00-1:00 Blood Pressure Clinic            12:30 Arthritis Exercise            12:30 Cards (Setback)            1:00 Fun with Yarn Knitting/Crocheting  <b>2:00 Baked Apples w/ Deb</b></p>	<p>9:30 Zumba (DVD)  <b>10:30 Necklace Craft with Melissa Zorn of Wadsworth Glen</b>            11:00 Guided Meditation with Elizabeth            12:00 Lunch            1:00 Bingo            1:00 Advanced Billiard Lessons  <b>1:00 Boggle</b>            1:30 Cribbage  <b>5:00 Country Western Night—Doors open at 5pm</b></p>
<p>9:00 Exercise  <b>9-3 Massage Therapy</b>            10:15 Tai Chi            12:00 Lunch            12:30 Ceramics            1:30-2:45 Dancing for Joy  <b>1:30 Health Seminar Food Borne Illness</b>  <b>2:30 Genealogy</b></p>	<p>9:30 Zumba (DVD)            11:00 Guided Meditation with Elizabeth            12:00 Lunch            12:30 Movie            1:00 Therapeutic Fitness  <b>2:30 Match Game</b>  <b>Election Transportable—Pre-registration needed</b></p> 	<p>9:00-9:45 Exercise  <b>9-3 Footcare</b>            10:00 Yoga            10:30-12 Coloring Club            12:00 Lunch            12:30 Ceramics            1:00 Bingo            1:00 Beginner Billiard Lessons  <b>1:30 AARP 3394 Meeting</b>            4:40 Zumba with Bri</p>	<p>9:00-12:00 Mahjong            9:15 Lyman Allen Art Museum &amp; Olive Garden  <b>10:00 NO EXERCISE TODAY</b>  <b>11:00 Veterans Appreciation Social</b>            12:00 Lunch            12:00-1:00 Blood Pressure Clinic            12:30 Arthritis Exercise            12:30 Cards (Setback)            1:00 Fun with Yarn Knitting/Crocheting  <b>5:00 Polish Night—Doors Open at 5</b>  <b>December 2016 Bus Lottery Ends</b></p>	<p><b>Veteran's Day</b>  <b>Closed for the Holiday</b></p> 
<p>9:00 Exercise            10:15 Tai Chi            12:00 Lunch            1-3 Midgetuners Chorus Practise            1:30-2:45 Dancing for Joy  <b>2:00 Texas Holdem Poker Game</b></p>	<p>9:30 Zumba (DVD)            9:30 Mystic Village Shops            11:00 Guided Meditation with Elizabeth            12:00 Lunch  <b>12:30 Sing-Along with Barbara</b>            1:00 Therapeutic Fitness  <b>2:00 Left Right Center</b></p>	<p>9:00-9:45 Exercise            10:00 Yoga            10:30-12 Coloring Club  <b>10:30 Coffee with Ann</b>  <b>11:00 Volunteer Meeting</b>            12:00 Lunch  <b>12:00 Hearing Screening w Belton</b>            12:30 Ceramics            1:00 Bingo</p>	<p>9:00 Foxwoods Casino            9:00-12:00 Mahjong            10:00 Exercise            12:00 Lunch            12:00-1:00 Blood Pressure Clinic            12:30 Arthritis Exercise            12:30 Cards (Setback)            1:00 Fun with Yarn Knitting/Crocheting  <b>2:00 Guided Tours</b></p>	<p><b>9-11 Computer Training with Vinal Tech Students</b>  <b>9-11 Manicures with Vinal Tech Students</b>            9:30 Zumba (DVD)  <b>10:00 Craft with Heidi</b>            11:00 Guided Meditation with Elizabeth            12:00 Lunch</p>
7	8	9	10	11
14	15	16	17	18

<p>1:00 Beginner Billiard Lessons  <b>1:30 Pizza &amp; A Movie</b>  4:40 Zumba with Bri</p>	<p><b>December Bus Trip Lottery Winners will be notified today!</b></p>	<p><b>21</b>  9:00 Exercise  10:15 Tai Chi  12:00 Lunch  12:30 Ceramics  <b>12:30—4:30 AARP Safe Driving Class</b>  1:30-2:45 Dancing for Joy  <b>2:00 Birthday Party</b>  <b>2:30 Pokeno</b></p>	<p><b>22</b>  9-3 Mohegan Sun Casino  9:30 Zumba (DVD)  11:00 Guided Meditation with Elizabeth  12:00 Lunch  12:30 Movie  1:00 Therapeutic Fitness  <b>2:30 Apple Crisp Social</b></p>	<p><b>23</b>  9:00-9:45 Exercise  10:00 Yoga  10:30-12 Coloring Club  12:00 Lunch  12:30 Ceramics  1:00 Bingo  1:00 Beginner Billiard Lessons  4:40 Zumba with Bri  <b>Haircut Sign-up start today!</b></p>	<p><b>24</b>  <b>Happy Thanksgiving!</b>  <b>Closed for the Holiday</b></p> 	<p><b>25</b>  <b>Closed for the Holiday</b></p>
<p>1:00 Bingo  <b>2:00 Scrabble</b>  1:00 Advanced Billiard Lessons</p> <p><b>Non-Resident Sign up Starts Today</b></p>	<p><b>December 2016 Bus Lottery Payments Due Today, Don't Lose Your Seat!!</b></p>	<p><b>29</b>  9:00 Lee Premium Outlets  9:30 Zumba (DVD)  11:00 Guided Meditation with Elizabeth  12:00 Lunch  12:30 Movie  1:00 Therapeutic Fitness  <b>2:30 Rebus</b>  <b>6:30 Civitan Bingo</b></p>	<p><b>30</b>  9:00-9:45 Exercise  10:00 Yoga  10:30-12 Coloring Club  12:00 Lunch  12:30 Ceramics  <b>1:00 NO BINGO TODAY</b>  1:00 Beginner Billiard Lessons  <b>3:00 Li Liu Acrobat</b>  4:40 Zumba with Bri</p>	<p><b>30</b>  9:00-9:45 Exercise  10:00 Yoga  10:30-12 Coloring Club  12:00 Lunch  12:30 Ceramics  <b>1:00 NO BINGO TODAY</b>  1:00 Beginner Billiard Lessons  <b>3:00 Li Liu Acrobat</b>  4:40 Zumba with Bri</p>	<p><b>November</b></p> 	<p><b>November</b></p>

**CANCELLATION POLICY**

- ♦ **ACTIVITIES CANCELLED BY THE CENTER WILL BE REFUNDED IN FULL**
- ♦ **IF YOU CANCEL OUT OF AN ACTIVITY, 2 BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND.**



**Vellum Tea Light Craft  
November 18th at 10am**

Heidi will lead this beautiful tea light craft. Ideal for holiday gift giving. \$3 and pre-registration required.

**Pokeno  
November 21st  
2:30pm**



\$2 pre-registration required. Prizes are grocery type items. This fun game is similar to bingo. No experience needed.

**Match Game  
November 8th 2:30pm**



Free, but pre-registration is required. Join us for this hilarious game where contestants try to match panelists by answering fill-in-the-blank questions. Get ready to laugh!!!

**Apple Crisp Social  
Nov. 22nd 2:30pm**



Back by popular demand, this month's social features a delicious apple crisp with vanilla ice cream.

\$2 pre-registration is required.



**Polish Night  
Thursday, November 10th  
at 5:00pm**

A traditional Polish dinner featuring potato and cheese pierogi and kielbasa from Czapiga's.



Entertainment will be the polka band of Beer Hall Boys. \$9 pre-registration required. We anticipate that this event will sell out quickly, so sign-up early!

**Food Borne Illness Conversation  
November 7th at 1:30pm**

This month's important health conversation is on Food Borne Illness. The conversation is led by the Middletown Health Department. Learn the signs and symptoms of this common illness. FREE



**Wadsworth Craft  
November 4th at 10:30am**



Make this classic Black and White Beaded Necklace sponsored by Wadsworth Glen Health Care and Rehabilitation Center. No experience necessary. FREE—Must pre-register.



**Pizza & A Movie  
Nov. 16th at 1:30pm**

It is the third feature film in the *Ghostbusters* franchise and serves as a reboot to the previous films about four women who start a ghost-catching business in New York City. \$3 pre-registration. Cheese pizza only.



**Veterans  
Appreciation Social  
Thurs., Nov. 10th at 11am**

Calling all Veterans! We will be hosting a Veterans Appreciation Social with coffee and continental breakfast items. Thank you for your service! Hope you can join us! FREE—For Veterans and their spouses/significant others only. Pre-registration is appreciated.



**Egg Breakfast  
November 3rd 9:30am**

This month's breakfast is eggs, bacon, and fresh fruit. \$3 pre-registration is required.

**Guided Tour—November 7th at 2pm** we will be offering a guided tour of our center. If you haven't seen our center and are considering membership, this is for you!



**Holiday Mocktail Party  
Tuesday, December 6, 2016 2:30pm**

We hope you can join us for our 3rd annual Holiday "Mocktail" and Appetizer Party. We will be serving appetizers and "mocktails". \$2 pre-registration required. Space is limited. Live entertainment by CT Yuletide Carolers.



**Baking Dinner Rolls  
November 18th at 1:30pm**



This month's project is learning how to make quick and easy dinner rolls. \$3 pre-registration. Take home what you make!



**Last Call for Recipe Book!**

It's that time of year again! Last year's Recipe Book was a huge success! Please consider submitting a recipe for this year's Recipe Book. The deadline is 11/14. Limit of 3 recipes per person. Recipe books will be on sale in December.

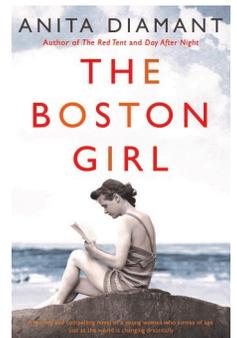
**Special Show Trips Availability!!!**

All of these shows are at the Bushnell. Residents \$39., Non-Residents \$45. Seats are on the mezzanine level.

An American in Paris	Nov. 19th
The Curious Incident of the Dog in the Night	Dec. 31st
The King & I	June 3, 2017
Full Home	June 24, 2017

**November Book Club  
Meeting Nov. 28th 2:30pm**

This month's book is "The Boston Girl" by Anita Diamant. \$3 used books are available for purchase at the front desk.



**November Birthday Party  
November 21st at 2pm**

Sponsored by Water's Edge Center for Health & Rehabilitation. FREE

**Left, Right, Center  
November 15th at 2pm**



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.

**Haircuts  
December 9th 10am-12pm**

**Sign-ups begin on November 23rd. Middletown residents only for this program.** Sponsored by Water's Edge Center for Health and Rehabilitation & Euro-American Connections and Home Care in Berlin. \$3—Appointment Required.



**Snacks & Scrabble  
November 18th 2pm**

Come alone or come with a group to play this old classic and socialize with friends. There will be a variety of snacks!! FREE—Please pre-register.

**Election Day Transportation-November 8th (860) 638-4540  
(Reservations Required)**



8:30—South Green Apartments  
9:30—Sbona Towers  
10:30—St. Luke's  
11:30—Old Middletown High

12:30— Pondview/Shiloh Manor  
1:30—Marino Manor/Monarca PI  
2:30—Newfield Towers/Stoneycrest  
3:30—River's Edge

**Holiday Extravaganza  
December 16th**

We are thrilled to announce our 2nd annual Senior Services Holiday Extravaganza. Pre-registration is required for each and every activity you plan to participate in. There is a \$1 non refundable pre-registration fee. Registration is open to Residents Only. You can only register for 1 of the meals (breakfast or dinner).

**Tentative Schedule- Subject to Change**

- 9:00** French Toast Breakfast
- 9:45** Multi-Medium Wreath Painting
- 10:45** Special Show/Entertainment TBD
- 11:30** Snack Break  
With Electric Cello Entertainment
- 12:30** Christmas in CT Movie (1945)
- 1:00** Elegant Paper Tree Craft
- 2:00** Entertainment TBD
- 2:30** Cookie Decorating
- 4:00** Lasagna Dinner  
With Sal Anastasio Music/Singing

**Country Western Night  
Friday, November 4th at 5:00pm**

Yee-haw! Dinner will be fried boneless chicken breast, baked beans, corn muffins, coleslaw and dessert. Entertainment by Paul Serra and another member of Country Gold band playing all your old favorites by artists like Johnny Cash, Hank Williams, etc.



Best outfit wins a prize!  
\$7 pre-registration required.



**Coffee with Ann**—November 16th at 10:30am. Discuss any suggestions for new activities, bus trips, etc.

**Volunteer Club Meeting**—November 16th at 11am. Find out ways you can get involved!





## November

- 1st**—Mohegan Sun Casino (9-3) \$4
- 3rd**—Buckland Hills Mall (10-2:30) \$3
- 10th**—Lyman Allen Art Museum (9:15-3) \$9
- 15th**—Mystic Village Shops (9:30-2:30) \$4
- 17th**—Foxwoods Casino (9-3:30) \$4
- 22nd**—Mohegan Sun Casino (9-3) \$4
- 29th**—Lee Premium Outlets (9-2:30) \$5

**NOTE: We are adding 2 trips to December so check back for updates: Gingerbread Festival 12/9 & the Holiday Light Fantasia Night Trip with Dinner**

## December

- 1st**—AC Moore & Applebees (10:30—3) \$3
- 6th**—Foxwoods Casino (9-3:30) \$4
- 8th**—Festival of Trees—Wadsworth Athenaeum & Red Lobster (10:30-3) \$10
- 13th**—Christmas Tree & Red Robin (10-3:30) \$3
- 15th**—Homegoods, Pier1 & Fishtale (10:30-3) \$3
- 20th**—Westfarms Mall (10:30-2:30) \$3
- 22nd**—Mohegan Sun (9-3) \$4
- 27th**—Foxwoods Casino (9-3:30) \$4
- 29th**—Crystal Mall (10:30-3) \$4

## **Bus Trip Sign Up Procedure**

The bus trip lottery is open from November 2nd to 10th for December trips. No entries will be accepted after Nov. 10th. All members selected in the lottery will be notified by November 15th. Payments are due by noon on November 17th. The lottery is only for members who are Middletown Residents.

## **Recurring Programs/Services**

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

- |  |  |
|--|--|
| <p><b>Arthritis Exercise</b>—Thursdays at 12:30pm (F)</p> <p><b>Billiards</b>—Anytime (F) Beginners—Wednesdays at 1 &amp; Advanced Fridays at 1pm</p> <p><b>Bingo</b>—Wednesdays &amp; Fridays at 1pm (\$)</p> <p><b>Blood Pressure Clinic</b>—Thursdays 12:00-1:00 (F)</p> <p><b>Book Club</b>—Last Monday of the month (\$ for book)</p> <p><b>Cable TV</b>—Anytime (F)</p> <p><b>Card Games</b>—Thursdays at 12:30pm</p> <p><b>Ceramics</b>—Mondays &amp; Wednesdays at 12:30pm (\$)</p> <p><b>Computers</b>—Laptops are available for use anytime (F) - Help on Friday, November 18th 9-11am</p> <p><b>Cribbage</b>—Fridays at 1:30pm (F)</p> <p><b>Dancing for Joy</b>—Mondays at 1:30pm (F)</p> <p><b>Exercise</b>—Mondays &amp; Wednesdays 9am &amp; Thursdays 10am (F)</p> <p><b>Foot Care Clinic</b>—2nd &amp; 4th Wednesday 9am-3pm (\$)</p> <p><b>Fun with Yarn</b>—Knitting/Crocheting on Thursdays at 1pm (F)</p> | <p><b>Hearing Screening</b>—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.</p> <p><b>Lending Library</b>—Anytime (F)</p> <p><b>Line Dancing</b>—Thursdays at 2pm (F)</p> <p><b>Mahjong</b>—Thursdays 9am-12pm (F)</p> <p><b>Massage Therapy</b>— 1st &amp; 3rd Monday 9am-2:30pm (\$)</p> <p><b>Meditation</b>—Tuesdays &amp; Fridays at 11am led by Elizabeth (F)</p> <p><b>Middletuners Chorus Practice</b>—2nd &amp; 4th Mondays from 1-3pm (F)</p> <p><b>Movies</b>—Tuesdays at 12:30pm (F)</p> <p><b>Ping Pong</b>—Check Calendar in this newsletter or by request (F)</p> <p><b>Reflexology</b>—By appointment (\$)</p> <p><b>Reiki</b>—By appointment (\$)</p> <p><b>Sing-Alongs</b>—Third Tuesday of the month at 12:30 (F)</p> <p><b>Tai Chi</b>—Mondays at 10:15am (\$)</p> <p><b>Therapeutic Exercise</b>—Tuesdays at 1:00pm (F)</p> <p><b>Yoga</b>—Wednesdays at 10am (\$)</p> <p><b>Zumba</b>—Wednesdays at 4:40pm (F)</p> |
|--|--|

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

<b>Main Number:</b>	(860) 638-4540	
<b>Fax Number:</b>	(860) 343-5427	
<b>Senior Services E-mail:</b>	Seniors@MiddletownCT.gov	
<b>Senior Services Website:</b>	www.middletownct.gov/seniors	
<b>Acting Director:</b>	Debbie Stanley	(860) 638-4501
<b>Senior Services Manager:</b>	Ann Gregg	(860) 638-4548
<b>Senior Services Coordinator:</b>	Heidi Geores	(860) 638-4541
<b>Senior Services Specialist:</b>	Laura Runte	(860) 638-4542
<b>Municipal Agent / ADA Compliance Officer:</b>	Laura Runte	(860) 638-4542
<b>Clerk (Rec &amp; Community Svcs)</b>	Alison Sprague	(860) 638-4540
<b>Custodian/Program Aide:</b>	John Marion	(860) 638-4540
<b>Night Custodian:</b>	Ramel Barnes	(860) 638-4540
<b>Bus Driver:</b>	Mike Rogalsky	(860) 638-4540
<b>Café Manager/Reserve Lunch:</b>	Vanessa Young	(860) 638-4543
<b>Please stop in to see café manager</b>		



**Lunch Served Daily**

Lunch is served daily by CRT. Reservations are required at least 24 hours in advance (860) 638-4543. The suggested donation is \$2.50 per meal. A current form 5 must be on file.

**Transportation (860) 347-3313**

**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 \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. 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 860-347-3313. Same day requests cannot be guaranteed.

**September Brain Teaser Winner**

Thank you to all that participated! Our winner by random drawing is Romaine Saflicki.

**The question was:**

First I threw away the outside and cooked the inside, then I ate the outside and threw away the inside, what did I eat?

**The answer is:**

Corn On the Cob!

The November 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.

**Baked Stuffed Apple Project  
November 3rd at 2pm**

\$3 pre-registration to participate. Take home what you made. This project will be led by Debbie.

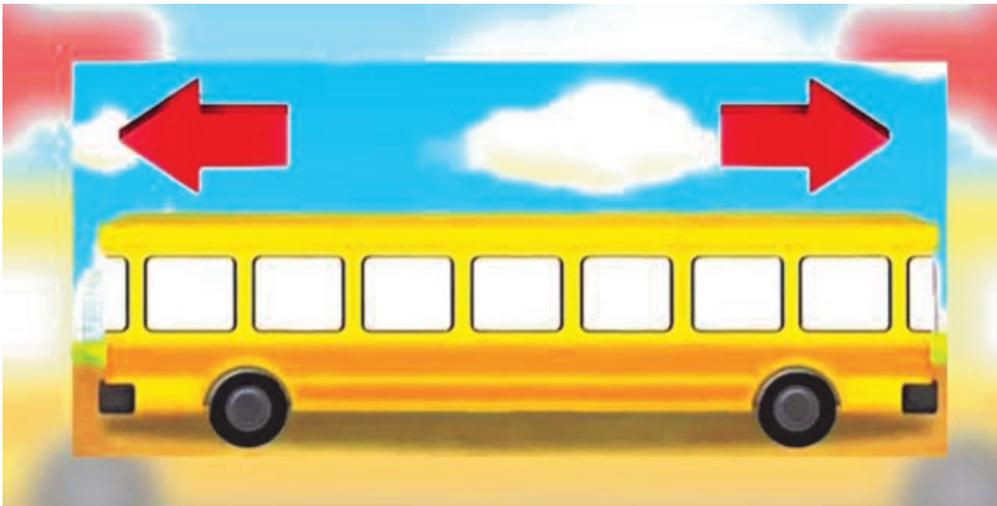


Middletown Prime Times  
61 Durant Terrace  
Middletown, CT 06457

Standard Mail  
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Middletown

# November 2016 Senior (60+) Brain Teaser

Is the bus driving toward the left or right side of the paper and why?



**My Answer:**

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**Name:**

**Phone:**

One entry per person. Please turn in your entry before the last business day of the month. One winner will be chosen at random from all correct entries on the first business day of December 2016.