

# MIDDLETOWN

NOVEMBER 2014



## Prime Times

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

150 William Street

(860) 638-4540

[www.cityofmiddletown.com/seniors](http://www.cityofmiddletown.com/seniors)



Ann Gregg, Manager of Senior Services

Daniel Drew, Mayor



### Medicare Open Enrollment Events

**Tuesday, November 18th 9am-3pm & Tuesday, December 2nd 9am-3pm**

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 formulary for 2015? 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 860-638-4540.

In an Emergency:

**911**

### 911 Center Presentation

**Wednesday, November 5th 2:30pm**

Please join us in learning about the City of Middletown's 911 operations. This presentation will be given by Deputy Director Joseph Kronenberger. A question and answer period will follow. **Refreshments will be served.**



### Coffee with the Manager

**Friday, November 14th 10:30am**

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



### Thanksgiving Dinner

**Friday, Nov. 14th 2:30pm**

Join us for a delicious Turkey dinner with all the fixins'. The cost is \$3.00 per person. Please register for this special Thanksgiving dinner at the Senior Center.

### Free Manicures

**Friday, Nov. 21st 9am-11am**



No appointment necessary—first come, first serve. This is sponsored by the students at Vinal Technical High School.

### Free Tech Support

**Friday, Nov. 21st 9-11am**

Are you having difficulty understanding how to use your smartphone/digital camera/laptop/tablet? No appointment necessary. This is sponsored by the students at Vinal Technical High School.

## CELEBRATING NOVEMBER BIRTHDAYS!!!!

Friday, November 7th 2:30pm

Please join us as we celebrate all birthdays in November. All are welcome to join in the celebration. Cake and coffee will be served. Please contact the Senior Center at 860-638-4540 to register for this event. Space is limited.



### Monthly Entertainment by singer Bob Mosebach



Wednesday, November 5th 11am

Please join us for monthly entertainment by singer Bob Mosebach. Would you like to stay for lunch? Remember to make your reservation in advance with CW Resources at 860-558-5285.

### Senior Haircuts

Fri., Nov. 21st 10am-12pm



Please call the Senior Center at 860-638-4540 to schedule your appointment for a \$3.00 haircut. The stylists are from the International Institute of Cosmetology. This is sponsored by Water's Edge Center for Health & Rehabilitation and Euro-American Connections & Homecare.



Lunch served daily by CW Resources. Reservations required. (860) 558-5285 Menus available at the senior center or on our website.

### November Movies Playing at the Senior Center Tuesdays at 12:30

November 4th—"Mr. Smith Goes to Washington"

November 18th—"An Old Fashioned Thanksgiving"

November 25th—"Holiday Inn"



### Educational Talk—Hypothermia Wednesday, November 12th 2:30pm

Join Janet Leonardi, Coordinator for Risk Reduction Services for an informational discussion. Questions and shared experiences are always welcomed.



### FREE Arthritis Exercise Class Every Thursday beginning November 6th 12:30 pm-1:30pm

We are so excited to welcome physical therapist, Marcy Henahan from Masonic Home Health and Hospice. Techniques will be taught to improve joint flexibility and muscle strength. FREE for Middletown Seniors 60+. Please register in advance by phone (860) 638-4540 or in person.



### Looking for Recipes from our Experienced Cooks/ Bakers...

We are making a Recipe Book! Please consider contributing your favorite recipe. Open to all Middletown residents 60+. Recipes due by December 2nd. The Recipe Book will be published in December.

## Senior Services Contact Information

<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.cityofmiddletown.com/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>Program Aide/Custodian:</b>	John Marion (860) 638-4540
<b>Sr. Bus Driver:</b>	Mike Rogalsky (860) 638-4540
<b>Café Manager/Reserve Lunch:</b>	CW Resources (860) 558-5285

## Community Café Free Lunch

### Winner

Congratulations to Virginia Hart, October's winner. Enter for a chance to win a free lunch, compliments of CW Resources.

### September's Brain Teaser Winners

Jane Burr, Carolyn Campagna, Nancy Clayton, Ann DiMauro, Joan Fazzino, Nancy Glenn, \*Joan Konareski, Stu Larabee, Pauline Neyer, Henry Paradis, Mark Radziwon, Chuck Stanley, Rosemarie Vecchitto

*\*Denotes Prize Winner*

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

We are Closed November 11th for Veteran's Day and November 27th & 28th in observance of Thanksgiving



### Health Services—Call for Appointments

#### **Blood Pressure Clinic—Every**

Tuesday 12:45 (11/4, 11/18, 11/25)

**Dental Clinic—** Coming Soon

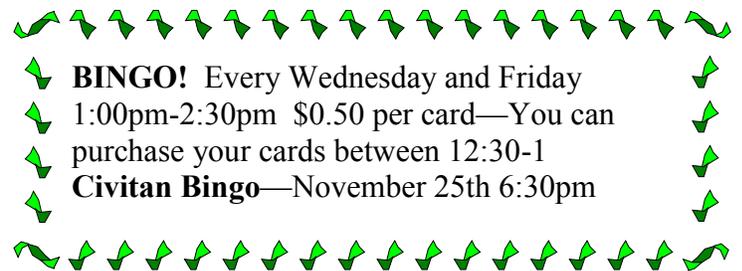
**Foot Care Clinic—** 2nd & 4th Wednesday of the Month 9-3 (11/12, 11/19 due to Thanksgiving)

**Hearing Screening—**Third Wednesday of the month 12-1 (11/19)

**Low Vision Clinic—**Coming Soon

**Massage Therapy** 9-2:30 (11/3, 11/17)

**Reiki** 9-12 (11/13)



**BINGO!** Every Wednesday and Friday

1:00pm-2:30pm \$0.50 per card—You can

purchase your cards between 12:30-1

**Civitan Bingo—**November 25th 6:30pm

### Enrichment Programming—Call for Availability and Pricing Information

**Ceramics—**Mon & Wed 12:30 (11/3, 11/5, 11/10, 11/12, 11/17, 11/19, 11/24, 11/26)

**Drawing—**Tue 2:30 (11/4, 11/18, 11/25)

**Oil Painting—**Thurs 1:15 (11/6, 11/13, 11/20)

### Educational

**911 Center Presentation—**November 5th 2:30

**Hypothermia Lecture—**November 12th 2:30

**Medicare Open Enrollment Events—**November 18th and December 2nd 9-3— By Appointment Only

### Recreational Activities

**Billiards** —Coming in December!

**Cable TV** —Anytime

**Card Games** —Thursdays 12:30pm

**Computers**—Anytime

**Knitting** —Thursdays 1:00pm

**Lending Library** —Anytime

**Mahjong** —Thursdays 9am-11am

**Movies** —Tuesdays at 12:30

**Ping Pong** —Call for Reservation



### Exercise / Movement— Call for Registration Info

**Arthritis Exercise** —Thursdays at 12:30 (11/6, 11/13, 11/20)

**Dancing for Joy** (Parkinson's)- Mondays at 1:30 (11/3, 11/10, 11/17, 11/24)

**Exercise** —Mon, Wed at 9am & Thursdays at 10 (11/3, 11/5, 11/6, 11/10, 11/12, 11/17, 11/19, 11/20, 11/24)

**Line Dancing** —Mondays 1:15-2:30 (11/3, 11/10, 11/17, 11/24)

**Tai Chi** — Mondays at 10:30 (11/3, 11/10, 11/17, 11/24)

**Yoga** —Wednesdays at 10-11 and 11:30-12:30 (11/5, 11/12, 11/19, 11/26)



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**3**

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  
 1:15 Line Dancing  
 1:30-2:45 Dancing for Joy

**4**



12:30 Movie: Mr. Smith Goes to Washington  
 12:45-1:45 Blood Pressure Clinic—Upstairs  
 2:30 Drawing Class

9:00-9:45 Exercise  
 10:00 Yoga  
 11:00 Entertainment by  
 12:00 Lunch: Menu av  
 12:30 Ceramics  
 1:00 Bingo  
 2:30 911 Center Preser

**10**

9:00 Exercise  
 10:00 Sign-Up for December Bus Trips  
 10:30 Tai Chi  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Ceramics  
 1:15 Line Dancing  
 1:30-2:45 Dancing for Joy

**11**

**CLOSED VETERANS DAY!!!!!!!!!!**



9:00-9:45 Exercise  
 9:00-2:30 Foot Care By A  
 10:00 Yoga  
 12:00 Lunch: Menu a  
 12:30 Ceramics  
 1:00 Bingo  
 2:30 Hypothermia Pr

**17**

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  
 1:00 Amazing Grace Food Pantry Bus Trip  
 1:15 Line Dancing  
 1:30-2:45 Dancing for Joy

**18**

9:00 Bus Trip: Mohegan Sun Casino  
 9:00-3:00 Medicare Open Enrollment Event  
 10:00-12:00 Grandparent Resource Group  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Wii Bowling  
 12:30 Movie: An Old Fashioned Thanksgiving  
 12:45-1:45 Blood Pressure Clinic  
 2:30 Drawing Class

9:00-9:45 Exercise  
 9:00-2:30 Foot Care by A  
 10:00 Yoga  
 12:00 Lunch: Menu a  
 12:00 Hearing Screen  
 12:30 Ceramics  
 1:00 Bingo

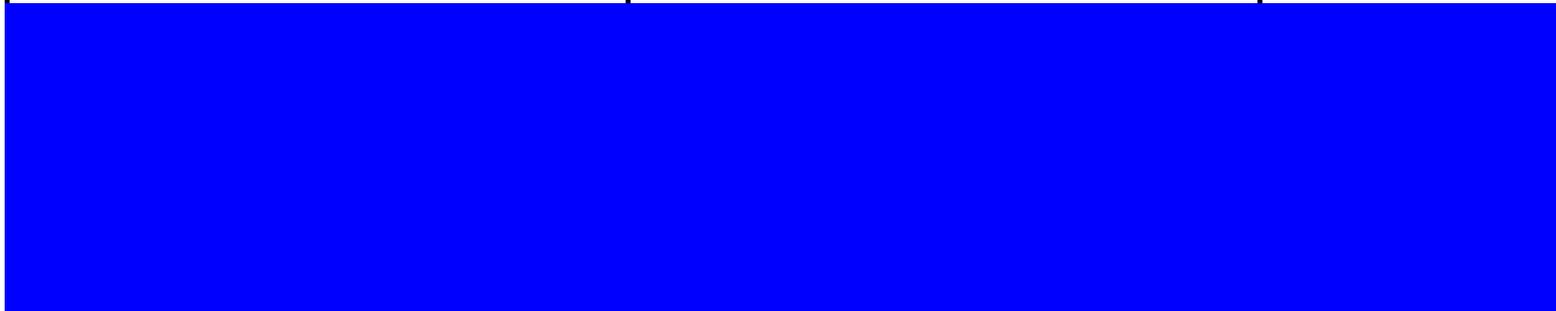
**24**

9:00 Exercise  
 10:00 Arts & Crafts Project  
 10:30 Tai Chi  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Ceramics  
 1:15 Line Dancing  
 1:30-2:45 Dancing for Joy

**25**

9:30 Bus Trip: Mystic Village Shops  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Wii Bowling  
 12:30 Movie: Holiday Inn  
 12:45-1:45 Blood Pressure Clinic  
 2:30 Drawing Class  
 6:30 Civitan Bingo

9:00-9:45 No Exercise  
 10:00 Bus reserved by  
 10:00 Yoga  
 12:00 Lunch: Menu av  
 12:30 Ceramics  
 1:00 Bingo



WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>5:00-6:00 Singer Bob Mosebach available at Senior Center</p> <p>6:00-7:00 Presentation</p>	<p>6</p> <p>9:00-11:00 Mahjong</p> <p>10:00 Bus reserved by Old Middletown High</p> <p>10:00 Exercise</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>12:30 Cards</p> <p>1:00 Knitting</p> <p>1:15 Oil Painting</p>	<p>7</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>1:00 Bingo</p> <p>2:30 Celebrating November Birthdays All Welcome</p>
<p>12</p> <p>12:00-1:00 Appointment available at Senior Center</p> <p>1:00-2:00 Presentation</p>	<p>13</p> <p>9:00-11:00 Mahjong</p> <p>10:00 Bus reserved by St. Luke's</p> <p>10:00 No Exercise</p> <p>10:00-1:00 Reiki Therapy by Appointment</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>12:30 Cards</p> <p>1:00 Knitting</p> <p>1:15 Oil Painting</p> <p>6:00 Recreation/Community Service Committee Mtg-Recreation Office 100 Riverview Center</p>	<p>14</p> <p>10:30 Coffee with the Manager Ann Gregg</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>1:00 Bingo</p> <p>2:30 Turkey Dinner w/ all the Fixins' \$3.00</p>
<p>19</p> <p>19:00-20:00 Appointment available at Senior Center</p> <p>20:00-21:00 Meeting</p>	<p>20</p> <p>9:00-11:00 Mahjong</p> <p>11:10 Bus Trip: Wadsworth Atheneum/Chowder Pot</p> <p>10:00 Exercise</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>12:30-4:30 AARP Safe Driving Class</p> <p>12:30 Cards</p> <p>1:00 Knitting</p> <p>1:15 Oil Painting</p>	<p>21</p> <p>9:00-11:00 Free Manicures</p> <p>9:00-11:00 Free Tech Support</p> <p>10:00-12:00 Senior Haircuts \$3.00</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>1:00 Bingo</p>
<p>26</p> <p>26:00-27:00 Luther Ridge available at Senior Center</p>	<p>27</p> 	<p>28</p> <p>CLOSED</p>
		

## Bus Trips



**Winter Trips are subject to cancellation due to inclement weather.**

### November

**4th**—Election Day Transportation

**17th**—Amazing Grace Food Pantry

**18th**—Mohegan Sun (9-3) \$4.00

**20th**—Wadsworth Atheneum/Chowder Pot  
(11:10—3:30) \$7.00

**25th**—Mystic Village (9:30-2:30) \$4.00

Sign-ups for December Bus Trips begin 11/10 at 10am

### December

**2nd**—Foxwoods Casino (9-3) \$4.00

**5th**—Governor's Mansion Tour/Chowder Pot (11:10-3) \$3.00

**9th**—Florence Griswold Museum/Illiano's (10-2:30) \$8.00

**10th**—Hubbard Park Lights/San Souci (4:15pm-7:30pm) \$3.00

**15th**—Amazing Grace Food Pantry

**16th**—CT Post Mall (10-3) \$4.00

**23rd**—CT State Museum of Natural History / William Benton Museum of Art / Wood 'N Tap (10-3) \$4.00

**30th**—Mohegan Sun (9-3) \$4.00

# We Are Moving!

Please pardon our appearance while we begin packing in preparation for our move. The Senior Center is moving to 61 Durant Terrace in Middletown. We are all very excited! We will keep you posted on an exact moving date. Any activities scheduled between December 1st—December 12th are subject to change and/or cancellation. Please check with Senior Center staff to see where/when activities during this timeframe will take place. This includes December bus trips. Thanks for your patience.

## Energy Assistance Program

*If you are having trouble paying your heating bills, turn to CRT for help.*

This program helps people pay for heat. Low to moderate-income households get help paying utility or fuel bills. Home heating includes oil, natural gas, electricity, propane, kerosene, or wood. Even if heat is included in your rent, you may be able to get a one time cash payment. You can also get help making your home more energy efficient. Energy assistance programs help many Connecticut families every year. Eligibility is based on household size, income and assets. The utility must be billed in the name of an adult member of the household. To apply, call CRT at (860) 347-4465 to make your appointment.

## Promotional Video



We are making a promotional video for our Senior Center. In the video, we will be featuring some of the many programs and services offered. In addition, we would like to interview seniors who utilize the center. If you are interested in being interviewed as part of our video, please sign-up at the front desk.

## **AARP's Driver Safety Program November 20th 12:30-4:30pm**

Payment Required at time of registration. \$15.00 for AARP Members & \$20.00 for Non-Members Payable by check or Money Order only. Call the Senior Center for more information (860) 638-4540



## **Dial-A-Ride**

The City of Middletown contracts with Middletown Area Transit (MAT) to provide curb-to-curb transportation service for older adults, over the age of 60. The fare is \$2.00 one-way. Appointments for transportation must be made at least one day in advance. Please call (860) 347-3313 for more information or to schedule your ride.

## **Arts & Crafts Project -Nov. 24th 10am**

Please join us for our monthly arts & crafts project. Register at the front desk. The cost is \$2 per person.

## **Christmas Workshop December 3rd ~ Time TBD**

Sponsored by the Middletown Garden Club  
Call the Senior Center for more information (860)638-4540

*"Keep your face to the sunshine and you can never see the shadow."*

*~ Helen Keller*

**Middletown Prime Times**  
**150 William Street**  
**Middletown, CT 06457**

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Middletown

CT 06457

### **Eckersley Hall Building Committee Update**



Excellent progress is being made as the project nears completion. There was a slight delay in the installation of electricity by CL & P which caused the construction timeline to be a bit behind, but power was installed the first week of October. The upstairs is nearly complete! Just a few finishing touches upstairs, and then they are moving on to finishing the final flooring and painting work downstairs.

The furniture is ordered and will be installed this month. The landscape work will be completed early this month.

The Senior Center staff toured the building in October and we are so excited to move in! We are working to pack up the center in preparation for our move. Please pardon our appearance during this transition. Busing information will be published this month.

The move should be completed in early December. The Medicare Open Enrollment Events (Nov. 18th & Dec. 2nd) and the Christmas Workshop (Dec. 3rd) will be held at 150 William St. All classes and bus trips scheduled between December 1st—December 12th are subject to change or cancellation. We will make every effort to minimize the downtime during this transition. Since we don't have an exact date yet, please check with Senior Center staff the day before an activity to confirm the location and time. Thanks for your patience.

The next meeting of the Building Committee is scheduled for November 11th @ 6:00pm at Middletown Recreation and Community Services Dept. in Riverview Plaza.

If anyone has questions or comments, please contact Joseph Samolis, Chair at 860.638.4801 or Phil Pessina, Vice Chair at 860.346.0348.