



# MIDDLETOWN



## Senior News

150 William Street •(860) 638-4540 •(860) 638-4541

Debbie Stanley, Acting Director of Senior Services

Daniel Drew, Mayor

### Monthly Entertainment by singer Susan Peak

Weds., Oct. 1st 11am

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

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### DRAWING CLASS

10 Week Session Every Tuesday Begins Tues. Oct. 7th 2:30pm \$30.00 Fee Includes All Materials Beginners Welcome!!!

*"We will be exploring color pencils on tinted paper then to pastels which are pure color pigment. This medium will be long lasting, easy to manipulate and this can be used in an array of forms such as landscapes, figures and still life. Understanding of color will expand with projects and exercises. In the end you will be able to create something yourself using color in a proper way with technique and even skill."*  
Teacher Armida Espailat



### SENIOR HAIRCUTS \$3.00

Fri., Oct. 10th 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. Please call 860-638-4540 to schedule your appointment.

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### **MEDICARE OPEN ENROLLMENT OCTOBER 15th thru DECEMBER 7th**

During Medicare Open Enrollment, from Oct. 15 to Dec. 7, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, please call Laura at 860-638-4542. She is available to offer FREE, CONFIDENTIAL and UNBIASED counseling on all Medicare and related health insurance programs.

## GET INVOLVED !

- Oct. 1, 2, 6, 8, 9, 15, 16, 20, 22, 23, 27, 29, 30. Exercise. Mon, Weds. & Thurs.  
Oct. 1, 8, 15, 22, 29. Yoga. 10:00am & 11:30am  
Oct. 1. Entertainment by singer Susan Peak 11am  
Oct. 1, 6, 8, 15, 20, 22, 27, 29. Ceramics 12:30pm  
Oct. 2, 9, 16, 23, 30. Knitting 1:00 pm.  
Oct. 2, 9, 16, 23, 30. Oil Painting Class. 1:15pm  
Oct. 6, 20. Massage Therapy 9am-2:30pm  
Oct. 6, 20, 27. Tai Chi at 10:30am  
Oct. 6, 20, 27, 29. Line Dancing. 1:15—2:30  
Oct. 6, 20, 27. Dancing for Joy. 1:30pm  
Oct. 7. Grandparent Resource Group 10am-12pm  
Oct. 7, 14, 21, 28. Blood Pressure Clinic 12:45pm—1:45pm  
Oct. 7, 14, 21, 28. Drawing Class 2:30pm—every Tuesday  
Oct. 8, 22. Foot Care Appointments 9am-3:00pm  
Oct. 8. Educational Seminar on Seasonal Affective Disorder 2:30pm  
Oct. 9. Reiki 9-12  
Oct. 10. Senior Haircuts \$3.00 co-sponsored by Water's Edge & Euro-American Connections  
Oct. 13. *The Senior Center is closed in observance of Columbus Day*  
Oct. 15. Beltone Rep., Hearing Aid. 12:00pm  
Oct. 20. Bus Sign-ups for November 10am  
Oct. 20. Amazing Grace Food Pantry. 1:00-3:00  
Oct. 24. Pasta w Meat Sauce Dinner \$3.00 per person 2:30pm-3:30pm  
Oct. 28. Office of the Victim Advocate Seminar 2:30pm  
Oct. 28. Civitan Bingo 6:30pm

*Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.*

*Denis Waitley*

### Community Café Free Lunch Winner

Congratulations to Lillie Cain,  
September's winner. Enter for a chance  
to win a free lunch, compliments of CW  
Resources.

### August's Brain Teaser Winners

Jane Burr, Nancy Clayton, Ed Cook,  
Gerard Cyr, Ann DiMauro, Joan Fazzino,  
Mark Radziwon, Coe Tewksbury, Carol  
Van Lieu, Rosemarie Vecchitto, \*George  
Zepko

*\*Denotes Prize Winner*

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

### THE MIDDLETOWN SENIOR NEWS

Acting Director: *Debbie Stanley* 860-638-4501  
Senior Services Coordinator  
*Heidi Geores* 860-638-4541  
Senior Service Specialist/ADA Compliance Officer  
*Laura Runte* 860 638-4542  
Office Fax: 860 343-5427  
Municipal Agent: *Laura Runte* 860 638-4542  
Prog.Aide/Cust: *John Marion*  
Sr. Bus Driver: *Mike Rogalsky*  
Café Manager: *CW Resources—860-558-5285*  
e-mail address: [Debbie.stanley@middletownct.gov](mailto:Debbie.stanley@middletownct.gov)  
Dept. web site: [www.cityofmiddletown.com/seniors](http://www.cityofmiddletown.com/seniors)

## **OUR CENTER OFFERS A WIDE SELECTION OF ACTIVITIES**

- Bingo**, Wednesday and Friday at 1:00 pm. (25 cents per card)
- Blood Pressure Clinic**, Every Tues. 12:45, sponsored by our Public Health Nurse
- Bowling**, Nintendo Wii, 12:30 pm., Mon., Tues & Wed.. Virtual Bowling (free)
- Card Games**, Thur., 12:30 pm. Setback, Kings in the Corner, Michigan Rummy
- Ceramics**, Monday and Wednesday at 12:30 pm. (\$1.00 per class)
- Civitan Bingo**, last Tuesday of month (Sept.– June), 6:30 pm. (free)
- Coffee and Tea**, are available free all day for seniors while in the center
- Computer Center Classes**, Computer classes for Seniors 60 and older
- Dancing for Joy**, Mon., 1:30-2:45 pm. Led by Laura Richling (free)
- Drawing Class**, Tues, 2:30-4:40pm. Led by Armida Espaillat (10 session, materials included \$20.00)
- Driver Safety Classes**, by AARP instructor, 4 hour class (\$15.00 AARP member, \$20.00 non-member)
- Educational Seminars**, See calendar and flyers (free)
- Exercise**, Mon., Wed., 9:00 am, Thur., 10 am. (free)
- Foot Care Clinic**, The 2nd & 4th Wednesday of the month with Phyllis Bjornberg-Haut, LPN. (\$35.00)
- Grandparents Resource Group**, Second Tues. of the month, 10:00 am. Guest Speakers (Sept.-May, free)
- Hearing Screening**, Third Wednesday of the month, 12:00—1:00 pm. (free)
- Knitting**, Thur., 1:00 pm. (free) Interested knitters meet to knit, share patterns, and socialize.
- Lending Library**, books, magazines, jigsaw puzzles, and rotating collection from Russell Library (free)
- Line Dancing**, Mondays, 1:15 pm. (free)
- Lunch**, Hot lunches catered daily by CW Resources, please call 860-558-5285—suggested donation (\$2.50)
- Lunch Entertainment**, 11:00 am, the first Wednesday of the month, featuring a variety of entertainers.
- Massage**, Massage Therapist Elaine Rowe (CT. Lic. #000775), 1st/3rd Mondays.
- Middletuners**, Traveling senior chorus. Barbara Arafah, Director, 860 347-4887
- Movies**, recently released DVD's, Tuesdays at 12:30 pm (free)
- Newsletter**, Monthly Senior Center newsletter containing information and activities (free)
- Oil Painting**, Thursdays, 1:15 pm. (free)
- Ping Pong**, Available most days, call for reservation
- Senior Center Bus**, excursions on Tuesdays and Thursdays (from \$3.00)
- Senior Counseling**, Municipal Agent, various hours, call 860 638-4542
- Senior Resources Manual**, 8 page handbook of resources and services (free)
- Tai Chi**, Mondays at 10:30 am. (\$40.00—ten week cycle)
- Yoga**, Wednesdays. The 1st session 10-11:15am (8wks, \$28.00) The 2nd 11:30-12:30pm (8 weeks, \$21.00)

### **Pasta w Meat Sauce Dinner**

**Fri., Oct. 24th 2:30pm**

Join us for a delicious pasta w meat sauce dinner. The cost is \$3.00 per person.

Please register for this special dinner at the Senior Center.



### **Office of the Victim Advocate**

**Tues., Oct. 28th 2:30pm**

Join us for this free informational seminar. Staff from the Office of the Victim Advocate in Hartford will conduct a training session regarding the statutory and constitutional rights of crime victims and the services available to them in the State of Connecticut. They will also cover specific issues of interest to seniors, such as elderly abuse and identity theft. Please pre-register.



**6**

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

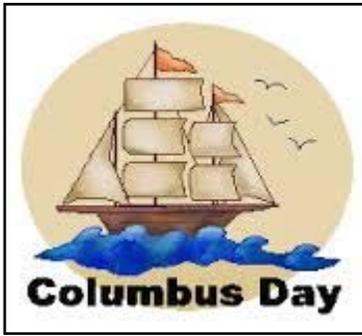
**7**

9:00 Bus Trip: Foxwoods Casino  
 10:00-12:00 Grandparent Resource Group  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Wii Bowling  
 12:30 Movie: Roustabout  
 12:45-1:45 Blood Pressure Clinic  
 2:30 Drawing Class

9:00-9:45 Exercise  
 10:00 Yoga A  
 11:00 Entertainment by :  
 12:00 Lunch: Menu avail  
 12:30 Ceramics  
 1:00 Bingo

9:00-9:45 Exercise  
 9:00-2:30 Foot Care By Ap  
 10:00 Yoga A  
 12:00 Lunch: Menu avail  
 12:30 Ceramics  
 1:00 Bingo  
 2:30 Educational Semina  
 Disorder

**CLOSED**



**13**

9:00 Bus Trip: Old Sturbridge Village  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Wii Bowling  
 12:30 Movie: Tootsie  
 12:45-1:45 Blood Pressure Clinic  
 2:30 Drawing Class

**14**

9:00-9:45 Exercise  
 10:00 Yoga A  
 12:00 Lunch: Menu avail  
 12:00 Hearing Screening  
 12:30 Ceramics  
 1:00 Bingo

**20**

9:00 Exercise  
 9:00-3:00 Massage Therapy by Appointment  
 10:00 Sign-up for November Bus Trips  
 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

**21**

10:30 Bus Trip: New Britain Museum of America  
 Art/East Side Restaurant  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Wii Bowling  
 12:30 Movie: Oh God  
 12:45-1:45 Blood Pressure Clinic  
 2:30 Drawing Class

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

**27**

9:00 Exercise  
 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

**28**

10:00 Bus Trip: Evergreen Walk/Cracker Barrel  
 12:00 Lunch: Menu available at Senior Center  
 12:30 Wii Bowling  
 12:30 Movie: Pack of Lies  
 12:45-1:45 Blood Pressure Clinic  
 2:30 Drawing Class  
 2:30 Seminar Office of the Victim Advocate  
 6:30 Civitan Bingo

9:00-9:45 Exercise  
 10:00 Yoga A  
 12:00 Lunch: Menu avail  
 12:30 Ceramics  
 1:00 Bingo

WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>singer Susan Peak lable at Senior Center</p>	<p><b>2</b></p> <p>9:00-11:00 Mahjong 10:00 Bus Trip: Tangers Outlet/Lenny &amp; Joe's 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting</p>	<p><b>3</b></p> <p>12:00 Lunch: Menu available at Senior Center 1:00 Bingo</p>
<p><b>8</b></p> <p>ppointment lable at Senior Center r on Seasonal Affective</p>	<p><b>9</b></p> <p>9:00-11:00 Mahjong 10:00 Bus reserved by Luther Ridge 10:00 Exercise 10:00-1:00 Reiki Therapy by Appointment 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting 6:00 Recreation/Community Service Committee Mtg Recreation Office 100 Riverview Center</p>	<p><b>10</b></p> <p>10:00-12:00 Senior Haircuts \$3.00 12:00 Lunch: Menu available at Senior Center 1:00 Bingo</p>
<p><b>15</b></p> <p>lable at Senior Center g</p>	<p><b>16</b></p> <p>9:00-11:00 Mahjong 10:00 Bus Reserved by Shiloh Manor 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting</p>	<p><b>17</b></p> <p>12:00 Lunch: Menu available at Senior Center 1:00 Bingo</p>
<p><b>22</b></p> <p>ppointment lable at Senior Center</p>	<p><b>23</b></p> <p>9:00-11:00 Mahjong 10:00 Bus Reserved by Newfield Towers 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting</p>	<p><b>24</b></p> <p>12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Pasta w/ Meat Sauce Dinner \$3.00</p>
<p><b>29</b></p> <p>lable at Senior Center</p>	<p><b>30</b></p> <p>9:00-11:00 Mahjong 10:00 Bus reserved by Stoneycrest Tower 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting</p>	<p><b>31</b></p> <p>12:00 Lunch: Menu available at Senior Center 1:00 Bingo</p>

**TOMATO CONTEST WINNERS**

*Congratulations to all of our seniors who participated in the contest!!!!*

*The first place winner was Burt Brock with a tomato weighing in at 2lbs 2oz.*

*The second place winner was Helen Wojcicki with a tomato weighing in at 1lb 8.9oz.*

*The third place winner was Hope Kasper with a tomato weighing in at 1lb 4.4oz.*

*Thank you to Comfort Keepers and Hancock Pharmacy (Meriden) for sponsoring this program.*

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**AARP's Driver Safety Program**  
**2014 Schedule - Nov 20th**

All classes held on Thursday at 12:30pm-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 at 860-638-4540

for more information

**Farmer's Market Coupons**

**You must be present to receive your booklet. You must be 60 or older and you must be a Middletown Resident.**

**If you reside in senior housing, you must go to the housing office to receive your booklet.**

**All Participants Must Provide:**

**Proof of Middletown Residency**

**Proof of Age**

**Proof of Income**

**Income Eligibility Limits**

**Single**

**Married**

**Monthly: \$1799**

**Monthly: \$2425**

**Please call the Senior Center at 860-638-4540 for any questions.**

**ENERGY ASSISTANCE PROGRAM**

*If you have 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.**

**HOME WEATHERIZATION**

*Reduce your energy bills and lower your heating costs with CRT home energy program*

**Lower your electric bills and reduce heat costs by weatherizing your home. CRT can help low to middle-income renters and homeowners by sealing up leaks and reducing energy usage. A certified technician looks for ways to make your home more comfortable and energy efficient. This service is FREE for qualified households. Call CRT at 860.347.4465 to see if you meet income guidelines.**

**This program is administered by CRT and supported by**

**Connecticut Light and Power and the Connecticut Energy Efficiency Fund as well as the**

**Department of Energy and Environmental Protection.**



**Middletown Senior News**  
**150 William Street**  
**Middletown, CT 06457**

Standard Mail

U.S Postage

**PAID**

Permit #38

Middletown

CT 06457

### **ECKERSLEY HALL BUILDING COMMITTEE**

Progress continues at the new Senior/Community Center. This past month, a number of interior rooms received their first coats of paint and a number of rooms have had their floors sanded and stained. Ceilings and lighting are nearly all complete as well.

On the exterior of the building a number of key features are complete. The large white pergola is up, the bocce court is completely formed and the brick pavers have been placed around the outside of the building. The front entry doors have been installed along with the new canopy that will welcome people and shield people from the elements as they arrive and leave the new center.

The Recreation and Community Service Department staff has been working diligently in preparing for the move to the new center. The anticipated move is in the beginning to middle of November barring any delays in the project schedule.

The next meeting of the Building Committee is scheduled for October 13th @ 6:00pm. 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.