



# Bridgewater Hilltop Center Newsletter

September - October 2022 Issue 82

## OUR MISSION STATEMENT:

*The Mission of Bridgewater's Hilltop Center is to identify the total needs of our aging population, promote and encourage new and existing activities, provide services and education to enhance the quality of life for all of us.*

## September is Senior Center Month!

### ***This year's national theme is "Strengthening Community Connections"***

The 10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. We welcome you to our center, a trusted place in the community where you can feel free to try something new.

### **Creating the Impossible - The Magic of Jim Sisti**

Thursday, September 15 at 12:00

Join us for lunch of Chicken Marsala with Penne, garlic bread and salad, followed by a performance by Jim Sisti who will entertain us with magic that is funny and amazing! Cost: \$10 pp

You don't want to miss this.

### **Lunch & Learn - YMCA Lisa O'Connor, Wellness Director**

Thursday, September 8 at 12:00

A lite lunch will be served followed by a presentation on Blood Pressure Self Monitoring and Heart Healthy Nutrition by Lisa O'Connor from the Regional YMCA of Western CT.

Lunch \$5 pp

### **Armchair Travel**

Monday, September 12 at 1:00- Yosemite National Park.

Visit the National Parks from the comfort of a seat at the Center. After "traveling" and virtually exploring the park you will create a craft inspired by the park you visited.

Create beautiful jewelry inspired by scenes of Yosemite with turquoise and pearl colored beads. Sign up requested.

### **Metal Detecting Seminar**

Monday, September 19 at 1:00

Don Mayers will present an informal discussion about using a metal detector in CT. Don has been detecting for over 30 years and has experienced the challenges of the hobby. Learn where to and where not to detect in CT, basic equipment, accessories, cost, safety and ethics. Attendees will handle various detectors, scoops and pinpointers and review many of the historic artifacts which have been recovered from CT fields and waters. Registration requested.

### **Canvas Painting Class**

Monday, September 26 at 1:00

Wendy Mutter from the Lutheran Home Southbury will be back to lead us in a small canvas painting workshop. All materials are supplied. Registration requested.

### **Oktoberfest**

Thursday, October 13 at 12:00

Celebrate with friends and enjoy a traditional German fare prepared by Chef Uwe! Music and laughter with Anita Siarkowski. A combination that can't be beat. \$12.00 pp



### **Paint Pouring Workshop**

Monday, October 17 at 1:00 with Sarah from Candlewood Valley Health and Rehab Center. Join us for this fun class and create your own masterpiece. No experience needed. Registration requested.



### **Halloween Murder Mystery Luncheon**

Monday, October 31 at 12:00

Following a surprise spooky lunch, Sarah from Candlewood Valley Health & Rehab Center will lead us in a Murder Mystery Game filled with suspense and intrigue. Cost: \$10 pp.

### **Breakfast Club**

Thursday, September 1 and October 6 at 9:00

Single Meal \$7, 3/\$15, 6/\$30.

Monthly menu will be posted at the Center. Reservation is needed as seats are limited.

**Heartfelt thanks to all those who volunteer to make this breakfast a delicious success! Jerry Ronan, Noella and Jim English, Uwe Borgeest, Ann Frattalone & Ginny Hook.**

### **Bingo**

Thursday, September 29 at 1:00

Thursday, October 20 at 1:00

Make your reservation in advance. Sponsored by Candlewood Valley Healthcare.

### **Birthday Social**

Thursday, October 27 at 1:00

Join us to celebrate our September and October birthdays! Along with our birthday cake and ice cream we will offer a game of Super Silver Trivia led by Kay Schreiber of Synergy Homecare. Please let us know you are coming so we can have an accurate count.

### **Matinee/Concert Club**

Sunday, September 11 at 4:00

Sunday, October 16 at 4:00

Menus to be determined.

Good music, food and friends, a combination you can't beat.

More details available on the Hilltop blog.  
<https://bwsccomputergroup.blogspot.com/>

### **Library Program**

**Tuesday, September 27 and October 25 at 12:30.**

Meet with Chris Fisher from the Burnham Library at the senior center. He will be available to teach you about their downloadable audio books, eBooks and free movies. The senior center is now a Burnham Library Satellite Library. Borrowed materials can be returned to the center for your convenience. We have books, audio books and DVDs at the Center from the Burnham Library in addition to our own materials that you are welcome to borrow.

### **Hilltop Book Group**

Tuesday, September 27 at 2:00

Tuesday, October 25 at 2:00

Please join us for a lively discussion and sharing of ideas. All are welcome. Call or email the center to find out what book we will be discussing.

### **Computer Club**

Tuesday, 10:00

Details of each session are on our Website each week at

<https://bwsccomputergroup.blogspot.com/>

### **Municipal Agent, Dawn MacNutt**

Tuesday, 9:00 – 12:00

Dawn is at the center to assist you.

### **Silver Needles**

Tuesday, 1:00

### **Mahjong**

Wednesday, 1:00

### **Rummikub**

Friday, 10:00. Come in and learn to play. Open to everyone!

### **Canasta**

Friday, 1:00

### **Monday Movie Matinee**

Monday, October 3 at 1:00

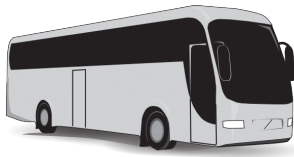
*HOUSE OF GUCCI* when Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge and ultimately murder. (Lady Gaga, Adam Driver, Jared Leto, Jeremy Irons, Salma Hayek; Al Pacino. Rated R; 2h, 37m)

## ***Coming in November!***

### **Awakening the Poet Within**

Monday, November 7 at 1:00

**Author, Terri Sorrentino** will read selected poems from "Thirst" by Mary Oliver and facilitate group discussion on the "awakening" Mary writes about as she navigates a new direction in her life. We will explore the "poet within" by participating as a group to write an original poem together. Join us and find out how creative you really are! A special gift will be raffled off to one lucky winner at the end of class followed by a delicious dessert. Registration requested.



### **MOTOR COACH TRIPS**

flyers available at the center

### **"DAVID" Live on Stage at the Sight & Sound Theater**

October 17 – 18, 2022

2 days and 1 night with a full and interesting itinerary. The Historic Cork Factory Hotel, Kitchen Kettle Village Hands on Experience, Private wine, cheese and painting party, three meals, motor coach transportation, baggage handling, Tours of Distinction Tour Director, gratuities for director and driver. Deposit of \$50pp due with reservation and final payment due Sept. 2nd. Optional travel protection is offered.

\$440.pp / Double; \$415.pp / Triple; \$520 Single.

Pick up a flyer at the center for more details.



### **Flu Clinic**

Thursday, September 22 , 11:00 - 1:00

Appointments and face masks required. Pick up a questionnaire to be completed and brought with you to your appointment.

### **Massage with Jill**

Wednesday, September 14 and 28 at 1:00 – 2:00  
and October 12 and 26 at 1:00 – 2:00.

By appointment only.

Enjoy a complimentary seated 15 minute, gentle neck and shoulder massage with Jill, a licensed massage therapist. Massage helps to alleviate joint and muscle pain, improve circulation and enhance relaxation. Make your appointment by calling the center.

### **Body Conditioning**

Monday, 10:30 – 11:00 and

Wednesday, 11:30 – 12:00

Instructor: Pat Babbage

This is a total body toning class using weights, bands and a chair. Exercises will strengthen and stretch the whole body. Strengthen muscles around arthritic joints, increase bone density, circulation, endurance and range of motion so you can remain active and independent. Please bring your own band and weights if you have them.

**(NO class October 31)**

### **Tai Chi**

Wednesday, 10:00 Instructor: Dee Calvey

Low impact, relaxing form of exercise to improve balance, reflexes and overall health. \$7 per class

**(NO class September 7)**

### **Chair Yoga**

Friday, 10:30

Join Elaine Donahue, Certified Yoga Instructor, for an enriching gentle yoga class where you have a partner on the mat: a chair! Improve balance, strength and flexibility by practicing classic yogic poses and mindful breathing while supported by your chair. This class is welcome to all who are seeking increased energy, improved wellness and an enhanced enthusiasm for life! "Bring your own practice to the mat" is Elaine's invitation as you join in on the fun. \$5 per class

**(NO class October 7)**

### **Blood Pressure Clinics**

Tuesday, September 20 and October 18 at 1:00

RVNA Health nurse will be available to take your blood pressure and to answer your questions.

Bridgewater Hilltop Center  
Town of Bridgewater  
132 Hut Hill Road  
Bridgewater, CT 06752

Presorted  
US Postage  
PAID  
New Milford, CT 06776  
Permit No. 273

Address Service Requested

## **Bridgewater Hilltop Center**

132 Hut Hill Road • Bridgewater, CT 06752 • (860) 355-3090  
bwscseniorcenter@gmail.com • bridgewater-ct.gov/hilltop-senior-center  
<https://bwsccomputergroup.blogspot.com/>

Patricia Babbage - Director  
Ann Frattalone - Administrative Assistant  
Jill Peterson - Assistant

**Board:**

Ken Lightcap - Chairman  
Rudy Simari - Vice Chairman  
Jean Robinson - Treasurer  
Julie Stuart - Secretary  
Dawn MacNutt  
Jerry Ronan

Van Driver - Ann Frattalone  
Social Services and Municipal Agent - Dawn MacNutt

### **Bridgewater Senior Van**

Available weekdays for doctor appointments, groceries and special activities. Availability is on a first come, first serve basis but we make every effort to meet your needs. Destination distance of 20 miles. Please contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance for your appointments. **Only transporting people that are well.**

### **WEB SITES OF INTEREST:**

CT Dept. of Veterans' Affairs:

<https://portal.ct.gov/dva>

Western CT Area Agency on Aging:

<https://wcaaa.org/> • 1-800-994-9422

### **CENTER HOURS:**

**Mon, Tue, Wed, Fri, 10 - 4**  
**Thur, 10 - 3**

### **The Center will be closed:**

Monday, September 5<sup>th</sup> - Labor Day  
Monday, October 10<sup>th</sup> - Columbus Day

**During a Power Outage our Emergency**  
**Land Line is (860) 350-1080**



## **Social Services News**

**Dawn MacNutt**, MSQ, LMSW, LCSW, Municipal Agent

### **Medicare Open Enrollment October 15 through December 7, 2022**

Medicare Part A Premium, Deductibles and Co-pays

Part A Premium	40 quarters	0
	30-39 quarters	\$274 per month
Less	30 quarters	\$499 per month

Hospital Deductible \$1,556

Per benefit period deductible

Hospital Co-pays 61-90 days \$389 per day

Nursing Home Co-pay 21-100 days \$194.50

Part B Premium Standard Premium \$170.10 per month

Those with annual Incomes:

\$91,001 – \$114,000 single \$238.10

\$182,001 - \$228,000 Married Part D + \$12.40 to premium

\$114,001 - \$142,000 single \$340.20 per month

\$228,001 - \$284,000 married Part D + \$32.10 to premium

Nursing Home Part B Deductible \$233 per year

**Community Caring in Bridgewater, Inc. (CCB)** supports senior residents of Bridgewater (age 50 +) by providing emergency financial assistance, general chores and other related help to those in need. CCB is a recognized public charity whose primary mission is to assist people to stay in their own homes for as long as they are able. Our services are provided confidentially. Call 860-350-2194.

### **Care, Give, Recycle.**

Put those old glasses to good use! A collection box provided by The Lions Club is at the Center.

**Alzheimer's Association** – For questions, resources, advocacy and advice 1-800-272-3900.

**Dental Care** – Need dental care but do not have insurance? There are some options from free dental clinics to providers that offer sliding scales. Contact The Agency on Aging 203-785-8533 (option 4).

*“Life isn’t about finding yourself, it’s about creating yourself.”*

*- George Bernard Shaw*



