



Bridgewater Hilltop Center Newsletter

March - April 2024 Issue 91

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 while offering a safe and welcoming environment.

Please advise us of any address change, so we may update our newsletter database appropriately.

File of Life

The file of Life is designed to help your Fire Department Paramedics obtain your necessary medical history and emergency contact information in the event of an emergency. Our local EMT's recommend you carry one in your car &/or purse as well as having one available on your refrigerator. They will look for them. Be sure your information is up-to-date, especially medication usage. We have them available at the Senior Center.

Registration is requested for most programs, required for others and some need a payment, possibly in advance. Please read the newsletter carefully, as some events may also have limited seating.

SPECIAL PROGRAMS



St. Patrick's Day Luncheon

Thursday, March 14 at 12:00

Join us for a traditional St. Patrick's Day fare with corn beef, cabbage, and potatoes from Lisa. Our dessert speaker will be Jean Kallay from Burnham Library. She will be discussing the Memory Care Series, a new program, available at Burnham Library.

Cost: \$10 pp

Reservation and payment required by Friday, March 8.

Broadway Singer Performance

Thursday, April 4 at 1:00

James Michael, a former Broadway Stage performer will be here to sing and entertain us. Come relax, enjoy this lovely musical event.

Sign-ups requested. Light refreshments will be served.

Spring Luncheon

Thursday, April 18 at 12:00

Come celebrate the beautiful season of Spring and enjoy music by the always entertaining Jim Moker.

Enjoy a hearty lunch of chicken breasts stuffed with broccoli and cheese, rice pilaf and a veggie, by Chef Lisa.

Cost: \$10 pp

Reservation and payment required by Friday, April 12.

Presentation – Roof Repairs or Replacements & How to Avoid Scams

Monday, March 4 at 1:00

Join us for a FREE seminar with Jay for some information on Roof Repairs or Replacements. Learn when it's essential to repair or replace your roof and avoid common scams in their concise, expert-guided seminar. Attendees can enter to win a raffle prize and give aways!

Registration required.

Garden Club Spring Floral

Arrangement

Thursday, March 7 at 1:00

Join Adrienne and the Bridgewater/Roxbury Garden Club as we make a lovely Spring Arrangement.

Reservations required. Space is limited.

Cost: \$5 pp

Breakfast Club

Thursday, March 7 and April 4 at 9:00 am

Monthly menu will be posted at the Center.

Single Meal \$8, 3 meals/\$18, 6 meals/\$36.

Reservation is required as seats are limited.

Sunday Concert Club

Sunday, March 10 at 4:00 – Don Williams

Sunday, April 14 at 4:00 – Sam Cooke

Supper and dessert. Enjoy the show! No Cost. Bring your own sandwich or supper, dessert is provided.

Registration required.

Easter Craft with Erin

Monday, March 11 at 11:30

Create a lovely wooden decorative Easter sign and painted eggs. We have photos of the finished project to entice you to sign up – please stop by and take a look. The project makes a very nice gift or decoration for your own home.

Cost: \$10 pp

Lunch & Learn - Home Safety Solutions

Monday, March 18 at 12:00

Our speaker is Melissa Garthwait, Resource Coordinator from Hartford Healthcare. She will be presenting an overview of the Center for Healthy Aging and its Free Services in addition to Home Safety Solutions. Enjoy yummy sandwiches and chips from Angel's deli.

Light lunch served. Registration required.

Bingo

Thursday, March 21 at 1:00

Thursday, April 25 at 1:00

Come have some fun! Great prizes thanks to Dana @ Candlewood Valley Healthcare for this complimentary event! Maybe you'll sit at the "lucky" table!

Registration requested.

Library Program

Tuesday, March 26 and April 23 at 12:30

Jean Kallay, Director of The Burnham Library, will answer any questions and teach you about downloadable audio books, eBooks and free movies. She will bring a variety of books that you can check out using your library card. Relax with a small group and enjoy a conversation about what our town library has to offer.

NEW: Black Bears in CT

Monday, April 15 at 1:00-2:30

Join **Master Wildlife Conservationist Ginny Apple** who will focus on the natural history of black bears in CT. Habitat, diet, behavior, reproduction and current research efforts. PLUS – how to co-exist with black bears. Enjoy a lively presentation with artifacts to be shared with participants.

Registration required. Light refreshments will be served.

Birthday Social

Monday, April 22 at 1:00

Celebrate those amazing people born in March/April! Along with birthday cake and ice cream, we will offer a game of Super Silver Trivia led by Kay Schrieber of Synergy Homecare.

AARP Smart Driver Course

Monday, April 29 from 12-4

\$20 for AARP Members, \$25 for Non Members Save money on your auto insurance by taking this safe driver class taught by Alex Makai. Pre-registration and payment required.

Light lunch will be served

Municipal Agent, Dawn MacNutt

Tuesday's, 9:00 – 12:00

Schedule an appointment to meet with Dawn and find out how to maximize services available for assistance. Medicare, energy, caregiver support and care giving options, and more.

iPhone Sessions with Lessons and Videos

Tuesday's at 11:00 to 12:00

Sharing contacts, pictures, texting along with more advanced options. Have an iPhone? Stop by and sign up. Learn something new that your phone can do. Add the Hilltop Center App to your iPhone. For those in need of individual help with lessons, future appointments with Coaches

can be arranged. These visits will be held in the Computer Room at the Senior Center.

Drop In and Dance NEW

Wednesday, March 20 at 3:00

Wednesday, April 10 and April 24 at 3:00

Is it 1,2,3 or box step? Ron Kutz and his wife Dori are wonderful ballroom dancers who are also very good instructors. Don't worry if you never learned social dances, or you have to dust off your shoes and your brain. Just show up, relax and dance the hour away. Come with or without a partner – we all dance.

Registration requested.

Cornhole Games

Tuesday's at 10:00

Wednesday's at 6:30 pm

Mahjong

Wednesday's at 1:00

Canasta

Friday's at 1:00

Silver Needles

Tuesday's at 1:00

Rummikub

Friday's at 10:00

Learn to Play Bridge NEW

Monday's at 1:00 - please sign up. And special thanks to Ron Kutz for leading this group.

HEALTH AND WELLNESS

Massage with Jill

Wednesday, 27 at 1:00 - 2:00

Wednesday, April 10 at 1:00 - 2:00

Enjoy a complimentary seated 15 minute, gentle neck and shoulder massage with Jill, a licensed massage therapist.

By appointment only.

Blood Pressure Clinic

Tuesday, March 19 at 1:00

Tuesday, April 16 at 1:00

AN RVNA Health Nurse will be available to take your blood pressure and to answer any questions.

Hearing Screening by Hearing Life

Wednesday, March 20 from 9:30 to 11:30

Judy Dunnel of Hearing Life Specialists will be conducting hearing screening.

Appointments required.

Brian Games *NEW MONTHLY

PROGRAM

Wednesday, March 27 at 1:00

Wednesday, April 24 at 1:00

Danille Ramos, of Village Crest will run a fun-filled hour memory joggers and trivia. History, holidays, sports, pop culture, world puzzles and more. Engage your short term, long story and working memory in a variety of fun and stress-free ways. Registration requested.

IMPROVE YOUR MIND AND BODY

Body Conditioning with Jess

Monday's at 10:30 – 11:15 *No Class April 15th
March/April Cost: \$4 per class drop in or \$10 pre-pay for the month.

A total body toning class using weights, bands and a chair. Strengthen muscles around arthritic joints, increase bone density, circulation, endurance and range of motion so you can remain active and independent. Standing and seated exercise. Can be modified for all seated movements.

Tai Chi with Dee

Wednesday's at 10:00 – 11

Cost: \$7 per class

A combination of Qigong and Tai Chi Short Form, very good for novice practitioners. Improves balance, concentration, reflexes and overall health. Open to new participants at any time.

Functional Strength and Balance with Cassie

Wednesday's at 11:30 - 12:20

March/April Cost: \$4 per class drop in; or \$10 for the month

Total body movement focusing on full range of motion for all major joints and their supportive musculature. Weight bearing multiple directional movements. Dumbbells and bands. In and around a chair.

Low Impact Aerobics with Lisa

Fridays, 9:30 – 10:15 *No class 4/19

March Cost: \$4 per class drop in; or \$12 for the month

April Cost: \$4 per class drop in; or \$9 for the month

Get that cardio workout you need with Lisa as she flowingly leads your movement from warm up to workout to cool down and stretch. A great 45

minute calorie burning, body conditioning class. Need support? You can use the back of a chair for support and still have a great class.

Chair Yoga with Elaine

Friday, 10:30 – 11:30 *No class 3/22 or 4/19

Cost: \$5 per class

Practice familiar yoga poses modified to fit your body while seated in a chair, on your mat. You will learn to welcome stillness, experience short meditative practices, find balance in your body and increase your overall feeling of wellness and positivity with this class. “Bring your own practice to mat/chair”. Open to all levels – beginners are especially welcome.

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

CHANGE

As people get older, they can feel they have less control in their lives. Worries about health, money and the passing of friends and relatives can trigger serious anxiety and depressive symptoms. So it is common for people to resist change more and more as they get older. Routines provide security and a level of comfort. Change introduces unpredictability into their lives and disrupts some of the things that give them peace of mind.

Tax Relief & Renter’s Rebate

Tax relief and renter’s rebate is available from the Town of Bridgewater for residents. Please schedule time with Dawn for more information.

CT Energy Assistance Program (CEAP)

Applications for CEAP continue to be processed. You may be eligible for assistance with your heating bills. Check with Dawn for the updates to qualifying income levels.

A note from: Bridgewater Registrar of Voters

Early Voting allows you to vote in-person safely and securely before Election Day. Early Voting will begin with the Presidential Preference Primary Tuesday, March 26 through Thursday, March 28 and Saturday, March 30 at the Senior Center, 10:00 am – 6:00 pm. The Presidential Preference Primary Day is Tuesday, April 2, 2024 from 6:00 am - 8:00 pm.

TRIP:

Seven Angels Theaters Presents: “Grumpy Old Men” The Musical.

March 24th at 2:00 pm

Van available for first ten to sign up. Van leaves the Senior Center at 1:00 pm.

Cost: \$50 pp due by March 13.



Spring is the season of renewal, inside as well as outside. Besides shaking out carpets, cleaning out closets, and breaking out of our winter health habits it’s a good time to do a mental tune-up, sweeping out old ideas, freshening up a point of view, and trying something different. Here are some thoughts to have an Aging with Attitude Spring.

“Go out on a limb. That’s where the fruit is.”

-Jimmy Carter

“I suppose real old age begins when one looks backward rather than forward.”

-May Sarton

“Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.”

- Goethe

“It’s not the load that breaks you down, it’s the way you carry it.”

-Lena Horne

“In order to carry a positive action we must develop here a positive vision.”

-The Dalai Lama

Source: Senior Planet





Bridgewater Hilltop Center
Town of Bridgewater
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Bridgewater, CT 06752

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

Kathy Creighton - Director
Jill Peterson - Administrative Assistant
Ann Frattalone - Administrative Assistant

Friends of BWSC Board of Directors:
Rudy Simari - Chairman
Dawn MacNutt - Vice Chairman
Jean Robinson - Treasurer
Julie Stuart - Secretary

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

Bridgewater Senior Van

Available weekdays for doctor appointments, grocery shopping and special activities within a 20 mile radius. Availability is on a first come, first serve basis but we make every effort to meet your needs. Please note the driver is not an aide. If you need assistance feel free to bring someone along. Contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance of your appointment. Reminder - the van does not travel in inclement weather.

RESOURCES:

American Cancer Society offers free rides to
MD appointments 203-563-0740

CT Dept. of Veterans' Affairs:
<https://portal.ct.gov/dva>
(860) 616-3600

Veteran's Crisis Line: Dial 988 and Press 1

Western CT Area Agency on Aging:
<https://wcaaa.org/> • 1-800-994-9422

CENTER HOURS:

Monday – Friday: 9 am – 4 pm

The Center will be closed:

March 29 (Good Friday)
April 2 (Primary Election)

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