



Bridgewater Hilltop Center Newsletter

November - December 2023 Issue 89

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.

Welcome, Kathy Creighton!

I would like to thank the outstanding staff I am lucky to be working with, and all the generous and welcoming participants at the Center. Thank you to all who have stepped up to assist us during this transition time with special thanks to Dawn MacNutt. I look forward to guiding the Center into 2024 with our staple of program offerings and exciting new additions.

Be sure to prioritize yourself and your self care this holiday season. We tend to overcommit and get busier than our life schedules comfortably allow. Maintain the social connections you need for support, try to get movement for your physical needs, and allow quiet time each week for contemplation and spiritual renewal.

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.

Thanksgiving Luncheon

Thursday, November 16 at 12:00

Traditional Turkey dinner with all the trimmings.

Cost: \$10 pp.

Reservation and payment required by November 13.



Christmas Luncheon

Thursday, December 21 at 12:00

An uplifting and happy celebration of Christmas, with a traditional menu, and favorite holiday songs performed by Jim Moker.

Cost: \$10 pp.

Reservation and payment required by December 14.



Lunch & Learn - The 10 Warning Signs of Alzheimers and Dementia

Monday, December 11 at 12:30

Join Danielle Ramos for this cutting edge lecture.

Light lunch served compliments of Village Crest Health and Rehabilitation.

Garden Club

Thursday, December 14 at 1:00

Join us for making a holiday themed Center Piece, integrating various greens, flowers, bows, trimmings and a wax candle in the center.

Cost: \$5 pp.

Reservation and payment required in advance. Space is limited.



Breakfast Club

Thursday, November 2 and December 7 at 9:00 am

Monthly menu will be posted at the Center.

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

Reservation is needed as seats are limited.

Bingo

Thursday, November 9 and December 7 at 1:00

Sponsored by Candlewood Valley Healthcare.

Sunday Concert Club

Sunday, November 12 at 4:00

Dolly Parton in Concert

Sunday, December 17 at 4:00

The Rockettes from Radio City Music Hall

Supper and dessert. Enjoy the show!

More details available on the Hilltop blog.

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

Cost: \$5 pp.

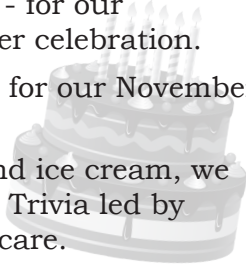
Registration required.

Birthday Socials

Thursday, November 2* at 1:00 - for our rescheduled *September/October celebration.

Monday, December 18 at 1:00 - for our November and December 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.



Library Program

Tuesday, November 28 and December 19 at 12:30

The Burnham Library Director, Jean Kallay, 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.

Hilltop Book Group

Tuesday, November 28 and December 26 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 more.

Municipal Agent, Dawn MacNutt

Tuesday's, 9:00 – 12:00

Prime Video TV Series/Shows

The next show will start in December or January

The show will be the new Reacher 2nd Season.

Cornhole Games

Tuesday's, 10:00

Scrabble

Wednesday's, 10:00

Rummikub

Friday's, 10:00

Silver Needles

Tuesday's, 1:00

Mahjong

Wednesday's, 1:00

Canasta

Friday's, 1:00



Hearing Screening by HearingLife

Monday, November 20 from 9 – 11:30

Join Judy Dunnell of HearingLife Specialists for this important screening.

Appointments are required.

Flu Clinic

Monday, November 13 from 9 – 11:00

The Newtown Health District will be offering flu shots.

Appointment are required.

Blood Pressure Clinic

Tuesday, November 21 and December 19 at 1:00

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

YMCA Self-Monitoring Blood

Pressure Program

Seminars are Friday at 1:00

November 17 - Lowering Sodium Intake

December 22 - Shopping, Prepping and Preparing food for better BP management

Massage with Jill

Wednesday, November 1, 15 and December 13 between 1:00 – 2:00 pm

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

By appointment only.

Body Conditioning*

MONDAY, 10:30 – 11:15

INSTRUCTOR: JESS DART* (new class instructor)

*Cost: \$5 per person, per class

Wednesday, 11:30 – 12:00

Instructor: Kathy Creighton

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.

* No class: 11/22, 12/27

Tai Chi*

Wednesday, 10:00 – 11 Instructor: Dee Calvey
Low impact, relaxing form of exercise to improve balance, reflexes and overall health.
Cost: \$7 per class
*No classes: 11/22, 12/27

Chair Yoga*

Friday, 10:30
Join Elaine Donahue, Certified Yoga Instructor
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.
Cost: \$5 per class
*No classes: 12/29

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

MEDICARE IRMAA

Individuals who may fall into a higher income bracket may be required to pay an income-related surcharge on top of Medicare costs. This surcharge is called the income-related monthly adjustment amounts or “IRMAA”. This surcharge increases as your income increases. The more you earn the more you owe. Medicare policies change often, and you’ll want to keep a close eye on premiums if you have a high income. The Social Security Administration uses filing status and income to determine the IRMAA surcharge added to your premiums, which is reevaluated annually.
Medicare premiums are based on your IRS tax return from two years ago. Medicare recipients receive a notice every December informing them whether their premiums have been adjusted due to their income. For individuals filing alone, the threshold amount is \$97,000 for 2023. For joint filers, the amount is \$194,000 for 2023.

MEDICARE PART D

Think you will just keep the same Medicare Part D you had this year into 2024? Please

think again. We recommend annually reviewing your options, including reevaluating Medicare Advantage plans vs. Original Medicare. You should take a serious look at your Part D options for the upcoming year as the drugs you take may have moved a Tier. Or your policy may have significantly increased in price. Schedule a review appointment with Dawn – she will offer you a free analysis and can minimize your annual expenses as you customize your plan to your needs.

Energy Assistance (CHEAP)

Application Period: Generally, the application process starts in September, and delivery begins in November. Households heated with electricity are scheduled to start January 1st .
Documents required: Documentation for current income from all sources (social security, pensions, work, interest and dividend income, etc.); bank statements, value of any stocks, bonds, IRAs and CDs. Current oil or electric bill, copy of your driver’s license, mortgage payment and/or rent receipts. The maximum amount of income for households, by number of household members is:

1	2	3	4
\$41,553	\$54,338	\$67,124	\$79,910
5	6	7	8
\$92,695	\$105,481	\$107,878	\$110,275

What is a Municipal Agent?

An agent for the elderly who assists town residents ages 60+ by providing information and referrals to local, state, and federal services and benefit programs. They are familiar with Medicare, Medicaid, Social Security, protective services, legal services, adult day care, housing, transportation, and local senior and community groups. Many also help seniors fill out application forms for benefits.

*“Always be on the lookout
for the presence of wonder.”
– E. B. White*

ON DAYS OF INCLEMENT WEATHER, IF REGION 12 SCHOOLS ARE CLOSED ~ THE CENTER IS CLOSED. IF THERE IS A 2 HOUR DELAY ~ WE ARE OPEN AS USUAL.

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

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Address Service Requested

Bridgewater Hilltop Center

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bwscseniorcenter@gmail.com • bridgewater-ct.gov/hilltop-senior-center

<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
Ken Lightcap

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: 10 am – 4 pm

The Center will be closed:

November 7, 10, 23, 24

December 25

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