



Bridgewater Hilltop Center Newsletter

July - August 2021 Issue 75

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.

HILLTOP HOEDOWN

Annual Fundraiser

Friday, July 9th 5:00 – 8:00 PM

Grab your partner, saddle up and mosey on over to the Hilltop Center for a special evening of food, fun and music. After the year we have had you are going to want to Kick up your party boots to the music of Joe West. Food, drinks, music and friends. See Y'All there! Tickets can be purchased at the senior center \$30 or at the door \$35. Proceeds support The Hilltop Center. Time to celebrate being together again.



We All Stayed Afloat during the Pandemic.... So let's celebrate with Root Beer Floats!

Thursday, July 22 at 1:00

We will play a game of trivia while we enjoy one of the best refreshments of all time, Root Beer Floats. Summertime fun! Sign up is requested. Sponsored by Lutheran Home Southbury.

BBQ and Connecticut's Bristol Old Time Fiddlers

Thursday, July 29 at 12:00

Chef John Kracen will be working the grill flipping hamburgers and hot dogs. Included is potato salad, chips and ice cream sandwiches. Entertainment by the group CT Bristol Old Time Fiddlers Club so you won't want to miss this event! Cost: \$10 pp. Make your reservations.



Rock "n" Roll with Stephen Armstrong

Thursday, August 5 from 1:00 - 2:00

Steve is a former high school teacher, department supervisor and currently an adjunct instructor of history at Central CT State University. He was president of CT Council for the Social Studies, the NE History Teachers Assoc. and the CT Coordinating Committee for the Promotion of History. This will be an upbeat and fun presentation with Steve answering any questions you may have on the subject. Refreshments will be served. Sponsored by Synergy HomeCare. Sign up is requested.

Celebrate August!

Thursday, August 12 at 12:00

August is full of fun reasons to celebrate...

Aug. 1 – Friendship Day; Aug. 11 – National Daughter's & Son's Day; Aug. 12 – National Middle Child Day; Aug. 13 – National Blame Someone Else Day; Aug. 14 – National Creamsicle Day; Aug. 15 – National Relaxation Day; Aug. 25 – Kiss and Make Up Day, just to name a few. So let's celebrate this great month! We will be serving fried chicken, potato salad and of course creamsicles for dessert. Lunch provided by Synergy HomeCare. No cost, but sign up is requested.

Music by Jim Moker and Angela, the *Walking Fish* duo.

Bingo

Thursday, July 15 and August 18 at 1:00

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

Library Program

Wednesday, July 21 and August 18 at 1:00

Meet with Chris Fisher from the Burnham Library at the senior center. He will be available to teach you about their downloadable audiobooks, eBooks and free movies. The senior center is now considered a Burnham Library's Satellite Library. All materials can be returned to the center when you are done. 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

Monday, August 30 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 <http://www.bwsccomputergroup.blogspot.com/>

Municipal Agent, Dawn MacNutt

Tuesday, 9:00 – 12:00 Dawn will be at the center to assist you.

Silver Needles

Tuesday, 1:00



Mahjong

Wednesday, 1:00

Poker

Friday, 1:00

Canasta

Friday, 1:00



Matinee/Concert Club

Sunday, July 11 at 4:00. "Songs & singers from Broadway plays or music movies"

Sunday, August 15 at 4:00. Program TBD

Bring your own refreshments and enjoy the music with friends!

Save the Date:

Violinist *Jane Chung* returns to the Hilltop Center on **Thursday, September 2nd at 1:00 p.m.** to present a free end-of-summer concert. She is joined by violinist/violist/fiddler, *Larry Deming* of Bethel for a program entitled: "The Dance: 16th Century Court to Fiddle Tunes to Modern-Day Balkan." Special thanks to Local 400 for helping make this free concert possible. Refreshments will be served.

AARP Driver Safety Program

In person class Thursday, October 7 from 12:30 – 4:00. Cost: \$20 for members and \$25 for non-members. Pre-registration required. Online courses are available at <http://www.aaa.com/defensivedriving>. \$21.95 for AARP Members and \$27.95 for non-members.

Health & Wellness



Stroke Prevention Presentation

Monday, July 19 at 11:30. Lauren Henriques, MSN, RN, SCRNP, Stroke Program Coordinator for Danbury & New Milford Hospitals

- What are the latest treatment options?
- What can you do to prevent a stroke?
- What are the signs & symptoms of stroke?
- Who is at risk?

Refreshments will be served. Please sign up.

Massage with Jill

Wednesday, July 14 & 28 at 1:00 – 2:00 pm
and August 11 & 25 at 1:00 – 2:00 pm. By
appointment only.

Enjoy a seated complimentary 10 minute light,
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.



Tai Ji Quan: Moving for Better Balance

Mondays at 1:00-2:00 and
Thursdays at 10:00-11:00.

This evidence based therapeutic movement
program helps participants improve balance,
mobility, daily functioning and prevent falls.
It was developed by Fuzhong Li, Ph.D., a
Senior Scientist at Oregon Research Institute.
Participants meet twice a week for 1-hour for 24
weeks at the senior center. This is a licensed
property that the Connecticut Community Care is
offering to us free of cost. (No class July 1, 29 and
Aug. 5) Call to make your reservation.

Body Conditioning

Monday, 10:30 – 11:00 and
Wednesday, 11:30 – 12:00
Instructor: Pat Babbage

We will be indoors at the center. There will be a
limit class size, so register for class. This is a
total body toning class using weights, bands and
a chair. Exercises will strengthen and stretch the
body from head to fingers! 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 Aug. 16 & 18)

Tai Chi

Wednesday, 10:00 Instructor: Dee Calvey

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

Chair Yoga

Friday, 10:30. Instructor: Elaine Donahue

Yoga can increase your flexibility, respiration,
circulatory health, energy and vitality. \$5 per
class (No class July 9, 16 & Aug. 6 , 27)

Blood Pressure Clinics

July 20 and August 17 at 1:00

RVNA Health nurse will be available for your
questions. Please make your reservation.

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

Most Common Symptoms of Heart Attack

Chest pain, tightness or pressure, possibly with shortness of breath or weakness, Left arm or shoulder pain, Jaw pain. There are other symptoms of heart attack that are less common so follow your gut. If you sense something is wrong, you may be right!

Warning Signs of Stroke

Balance difficulty, Eyes or vision disturbance, Face droopiness, Arm or leg weakness, Speaking difficulty. Now is the time to call 911.

Some symptoms of heart attack and stroke are obvious, but others are subtle. Don't wait to call 911. Minutes count! **Come to the Stroke Prevention presentation on July 19th at 11:30 to learn more.**

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

Community Caring in Bridgewater, Inc. (CCB) supports senior residents of Bridgewater, Connecticut (age 50 and over) by providing emergency financial assistance and 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. CCB can be reached at 860-350-2194.

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." ~ Helen Keller

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

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

Board:

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

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:

Consumer Law Project for Elders:
www.connlegalservices.org or call
1-800-296-1467

Online Living Will Forms:
www.ctelderlaw.org

CT Dept. of Veterans' Affairs:
www.state.ct.us.ctva/

CENTER HOURS:

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

The Center will be closed:

Monday, July 5th - Independence Day

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