



Bridgewater Hilltop Center Newsletter

April - May 2020 Issue 68

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.

Stay at Home and stay 6ft away from others when you go out!

NEW FITNESS CLASSES!

Body Conditioning

Wednesday, 12:15 – 1:00. Instructor: Pat Babbage

By Zoom Group Meeting.

This is a total body toning class with a short aerobic warm up followed by the use of weights and bands to strengthen and stretch the entire body from head to fingers! Join us for some fitness and fun while you work towards increasing bone density; strengthen muscles around arthritic joints, increase circulation, endurance and range of motion so you can remain active and independent. Please use water bottles as weights, Wear comfortable clothing and shoes.

Gentle Moving Meditation Class Delayed to a Future Date.

Instructor: Aline Marie

Blending different styles of yoga inspired breathing and slow mindful movements pulling from the traditional roots of Chi Gong an ancient moving meditation healing art. This class can be enjoyed seated or standing! Learn how to meditate with your breath with very slow, gentle movement. Build quiet strength and peace in your body, mind and heart. Leave feeling refreshed, stretched and inspired. Beginners welcome! \$5.00 per class. The first class is free.

Instructor will be Aline Marie who has taught yoga and meditation for 16 years throughout the US and Internationally. Aline guides her students through many varied physical and emotional challenges with her intention to create an inclusive atmosphere in each class where the practice can meet each person at their own level.

Aline's philosophy is that the body holds the spirit, and the spirit lives in the body and they are always interconnected and the goal is to cultivate a balance in both.

Creating a Memory Board Project Delayed to a Future Date.

Wendy Mutter from the Lutheran Home of Southbury will be leading us in a project creating your very own memory board. Decide on a theme like travel, family, or a special occasion. Think of a moment in time then bring pictures, pins, metals, awards, cards, letters, etc. that pertain to your theme. Wendy will provide all the craft supplies and you supply the memories. .

Last Will & Embezzlement Documentary

Thursday, April 30th, 11:00

By Zoom Group Meeting.

This ground-breaking documentary features deeply moving yet greatly disturbing first-hand accounts from real-life victims, including Hollywood icon Mr. Mickey Rooney. It contains interviews with experts who discuss such key issues as victim profiles, the perpetrators, modus operandi, the symptoms and effects of these crimes.

THE BREAKFAST CLUB

**The first Thursday of the month at 9:00 AM.
May 14th**

By Zoom Group Meeting.

This will be a Social Visiting Session with Table Groups of 6-8 able to see each other and talk on a Zoom Group Meeting.

You may also be able to move from Table to Table to Visit with others after eating at home.

**We can't wait to get back to feeding you
Our great Breakfasts!**

Our Regular Fare includes, Scrambled Eggs, Pancakes, Blueberries or Strawberries. Monthly Features will be French Toast, Belgian Waffles or a Special. Your choices of Sausage, Bacon, Orange Juice, and Coffee or Tea are included.

All this for a Special Discount of 5 Breakfasts for \$20.00.

A single meal is \$6.00.

Who Are Mental Health Professions?

In the United States, at least 1 in 5 adults has a mental health disorder. Mood and anxiety disorders are surprisingly common, as are stress disorders and personality disorders. These conditions are real and should not be thought of as older age.

Who Can Help?

Psychiatrist: Can provide medical and psychiatric evaluations, treat psychiatric disorders and prescribe and monitor medications.

Psychologist: Does psychological testing and provides psychotherapy to treat mental disorders.

Psychiatric/Mental Health Nurse Practitioner:

Can evaluate and diagnose mental health disorders, provide psychotherapy and prescribe medicine.

A Clinical Social Worker: Depending on their level of education, social workers can assess and treat mental illness as well as provide psychotherapy.

Sometimes a number of mental health professionals will work together to get you feeling better such as a psychiatrist for medication and a therapist for psychotherapy.

Dawn MacNutt, LCSW

AARP Driver Safety Class

Delayed to a Future Date.

AARP Members \$ 15.00 Non-Members \$20.00

THE COMPUTER GROUP

Meets Tuesdays 10:00 AM to NOON

April and May Meetings:

By Zoom Group Meeting.

Developing Home Zoom Sessions in April.

Solving Computer Issues brought to the Meeting. Reviewing and Recreating "Trips and Tricks".

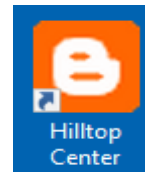
Add the Hilltop Icon to your Laptop.

Put the App on your Phone.>>>>>>>>

Class Sessions are detailed on our Web Site each week.

Check at :

<http://www.bwsccomputergroup.blogspot.com/>



THE SUPPER and CONCERT GROUP

The Group meets once a month on Sundays for Supper.

Program starts with Supper at Home at 4 PM and the Entertainment begins between 4:30 and 5:00 PM.

April 19th

By Zoom Group Meeting.

Country Music - Willie Nelson and others.

The Program will be shown on your computer at Home.



May 31st

By Zoom Group Meeting.

Dinner at home followed by the Classic Movie "Casablanca"
4:00—7:00 PM



BRIDGEWATER SENIOR VAN

THE VAN IS AVAILABLE WEEKDAYS FOR DOCTOR APPOINTMENTS, GROCERY SHOPPING AND SPECIAL ACTIVITIES, such as the town fishing derby. Availability is on a first come, first serve basis but we make every effort to meet your needs.

Our drivers are: **MICHELE KING, ALAN DINHO, MATT DEVITO AND ANN FRATTALONE**

The van has a limited destination distance of no more than 20 miles.

Please contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance for your appointments.

After the Suspension is lifted:

If anyone would like to come to any event at the senior center and would prefer not to drive, please call us and we will make arrangements for the van to pick you up.

A Special Thank you!

I want to thank all the wonderful members who have welcomed me into the Bridgewater Hilltop Center family. I have met so many friendly, warm and helpful people. The center is such a lovely and lively place to work I feel lucky to be here. I appreciate the help that has been offered and the patience everyone has shown me as I learn the Bridgewater way of doing things. Please stop by and introduce yourself sometime! Warm regards, *Pat Babbage*

Low Vision Presentation. [Delayed to a Future Date.](#)

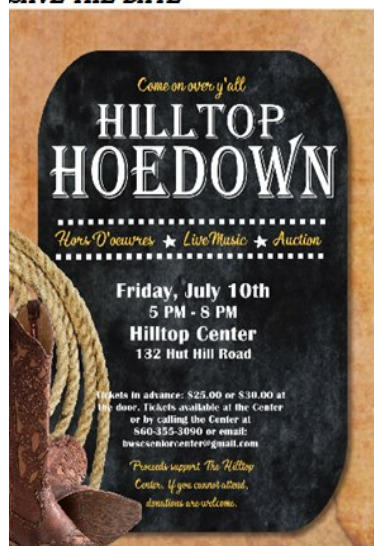
Mike Wilcox from the Lions Club will be discussing the options and equipment that are available to residents free of charge from the Lion's Club organization. Mike will share important information and answer your questions.

Western CT Area on Aging Awareness Presentation. [Delayed to a Future Date.](#)

The WCAAA is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities. These devices are available to reduce or remove barriers and increase independence in performing tasks of daily living. Carol Damelio from the WCAAA will be bringing all sorts of devices that can help make your life easier

(May be Delayed or Cancelled)

SAVE THE DATE



Anyone for a game of 'Poker'?

Would you like to join the Poker group to play the card game on Friday at 10AM? When we get back! Send me an E-Mail if you are Interested.
Pat

Anyone for a game of 'Set Back'?

We would like to get a group together to play the card game of 'Set Back' when we get back! Send me by E-Mail your interest.
Pat

GREETING CARDS:

The Senior Center has a wonderful supply of all kinds of greeting cards. These are made by the ladies from the Computer Club. Please check them out. They are very reasonably priced and all proceeds go to the center.

From the Friends of the Bridgewater Senior Center Board

Jane Bernstein will be stepping down as the Vice Chair of the Board effective March 17, 2020. We thank her for all the hard work she has done for the center and wish her the best of luck! Rudy Simari will become the new Vice Chair and Jerry Ronan was voted in as a new member of the board.

WELCOME

We are excited to welcome Jill Peterson to the Bridgewater Hilltop Center family. If you haven't done so already, please introduce yourself to her and take the time to get to know her. She will be a great addition to the staff.

Town Shredding Day [May be Cancelled](#)

Saturday, April 25th, 9:00 – 12:00

Bring all your papers you would like to be shredded to the town garage on Hat Shop Rd. Free for seniors citizens. If you need help with a very large load, please feel free to call

Lunch & Fun w/ Samantha Goodman, Singer [Delayed to a Future Date.](#)

Samantha Goodman is the Director of Community Relations at The Hearth at Southbury. She will be bringing us a lunch of Sandwich with a side of Chili made by Nancy Stuart—Bridgewater's Grange Peoples Choice Chili contest winner, Chips, Fruit & Dessert! We will then enjoy Samantha's beautiful voice! Please join us to enjoy a wonderful afternoon of food and entertainment. No cost but we do need you to sign up.

Mother's Day Lunch and Craft [Delayed to a Future Date.](#)

This luncheon is for the wonderful women who are mothers, are mother-like figures in someone's life or wish to honor their own mother. Menu will be Quiche, Salad and Dessert. No cost, but we do need an accurate count.

After lunch Julie Brown from the Cascades & Village Crest will lead us in creating an individual tea cup floral arrangement!

Please bring your own tea cup if you would like to participate in the workshop.



Highlights from January and February



Birthday Ladies and Gents Celebrating Birthdays in January and February.



Marilyn Roasting Folks born in January or February.





St Pat's Entertainment



Body Conditioning in Action



Ti Chi in Action



Australian Bird Nest Creators



Valentine Lunch




Ready for Valentine Lunch



April 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
Red Cancelled Green-Zoom Blue-Delayed			Tai Chi Cancelled Body Condition Cancelled Mahjong Cancelled	Breakfast Club Cancelled AA Meeting Cancelled	Poker Cancelled Chair Yoga Cancelled Canasta Cancelled	
5	6	7	8	9	10	11
Palm Sunday	Line Dancing Cancelled Mastery Program Session 8 1pm By Zoom	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles 1-4 By Zoom	Tai Chi Cancelled Body Condition 12:15-1:00 By Zoom Mahjong Cancelled	Bingo Cancelled AA Meeting Cancelled 	Closed Good Friday	
12	13	14	15	16	17	18
Easter Sunday 	Line Dancing Cancelled Lions Club Vision Program Delayed	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles 1-4 By Zoom	Tai Chi Cancelled Body Condition 12:15-1:00 By Zoom Mahjong Cancelled	Seniors Prom Cancelled	Poker Cancelled Chair Yoga Cancelled Canasta Cancelled	
19	20	21	22	23	24	25
Supper/Concert 4-6 By Zoom 	Line Dancing Cancelled Memory Board Workshop Delayed	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles 1-4 By Zoom	Tai Chi Cancelled Body Condition 12:15-1:00 By Zoom Mahjong Cancelled	Lunch Entertainment Samantha Goodman Delayed AA Meeting Cancelled	Poker Cancelled Chair Yoga Cancelled Canasta 1-4 AA Meeting Cancelled	
26	27	28	29	30	1	2
	Line Dancing Cancelled Moving Meditation Delayed	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles 1-4 By Zoom	Tai Chi Cancelled Body Condition 12:15-1:00 By Zoom Mahjong Cancelled	Documentary Last Will & Embezzlement 11am By Zoom		



May 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
Red Cancelled Green-Zoom Blue-Delayed					Poker Cancelled Chair Yoga Cancelled Canasta Cancelled	
3	4	5	6	7	8	9
	Line Dancing Cancelled Mastery Program Session 8 1pm By Zoom	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles	Tai Chi Cancelled Body Condition Cancelled Mahjong Cancelled	Mother's Day Lunch 12 Julie Brown Tea Cup Flower Arrangement Delayed	Poker Cancelled Chair Yoga Cancelled Canasta Cancelled	
10	11	12	13	14	15	16
Mother's Day 	Line Dancing Cancelled Mastery Program Session 9 1pm By Zoom	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles	Tai Chi Cancelled Body Condition Cancelled Mahjong Cancelled	Breakfast Club 9am By Zoom WCAAA Tech Devices Delayed	Poker Cancelled Chair Yoga Cancelled Canasta Cancelled	
17	18	19	20	21	22	23
	Mastery Program Session 10 1pm By Zoom AARP Driving Course Delayed	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles	Tai Chi Cancelled Body Condition Cancelled Mahjong Cancelled	 Bingo Cancelled	Poker Cancelled Chair Yoga Cancelled Canasta Cancelled	
24	25	26	27	28	29	30
	Memorial Day Closed 	Dawn MacNutt 10-1 By Phone Computer Group 10-12 By Zoom Silver Needles	Tai Chi Cancelled Body Condition Cancelled Mahjong Cancelled	 Social May/June Delayed	Poker 10-12 Chair Yoga 10:30-11:30 Canasta 1-4	
31	1	2	3	4	5	6
Dinner/Movie 4- By Zoom 						

Bridgewater Hilltop Center
132 Hut Hill Road
Bridgewater, CT 06752

Presorted Std
US Postage
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Permit No. 273

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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

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, Thu Fri, 10 - 3

The Center is closed for Sessions:

**A staff member is at the Center everyday
until 3:00pm Monday thru Friday**

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

**Hilltop Center is available for private parties,
if you are interested or have any questions,
please give us a call or stop by.**