



# Bridgewater Hilltop Center Newsletter

January - February 2024 Issue 90

*WISHING YOU AND YOUR FAMILY A HAPPY AND HEALTHY NEW YEAR!*

*Come in out of the cold, enjoy the company of friends with a meal, craft, game, lecture, exercise class, or just coffee, and soak up the warm fire and friendly smiles.*

Do you know the difference between **Tai Chi** and **Qigong**? Qigong (pronounced Chee-gong) was created in China 5,000 years ago for health, consisting of graceful body movements and breathing. Tai Chi developed 3,500 years later. The objective for both practices is to nourish the body with chi (energy), focusing on circulation, mindfulness, flexibility and balance. The Harvard Medical School Guide to Tai Chi states that research has proven that Tai Chi can help relieve symptoms from stress, depression and high blood pressure. It can also help rehabilitate the heart and lungs and strengthen the immune system.

Dee Calvey, our instructor, teaches the short form of Tai Chi, blended with Qigong. Anyone can join this class at any time and master the movements. The class is performed in and out of a chair, adapted to meet the needs of participants with all levels of fitness and balance.

New Year's Resolution to improve your fitness? Come join Dee at 10:00 on Wednesday's

**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.**

## Upcoming Events

**\*Winter weather: Please note that we follow the Region 12 School schedule – if they are cancelled, we are cancelled. But if they are delayed, we are open as usual.**

Not feeling well? Please stay home and rest. Let us know if you need any assistance. If you have been to the center and then test positive for COVID, please call and let us know as soon as possible.

### Flannel & Frost Venison Luncheon

Thursday, January 18 at 12:00 (snow date 1/25)

Baby it's cold outside – so get into your flannels and join us for a special venison stew lunch prepared by John Kracen. We will also serve beef stroganoff by Lisa. Our dessert speakers will be the Friends of the Bridgewater Senior Center Board, presenting their annual report. And Dawn MacNutt, our municipal agent, will also be speaking about services available to residents.

Cost: \$10 pp

Reservation and payment required by Friday, January 12.

### Valentines Luncheon

Thursday, February 15 at 12:00 (snow date 2/22)

Warm your heart with a meal from the Brickhouse: pasta, roasted veggies, salad and more.

Dessert speaker is Lynda Arnold, Esq; a Senior Law Specialist discussing Estate Planning.

Cost: \$10 pp

Reservation and payment required by Friday, February 9.



## **Lunch & Learn - Touching Earth: Healing Grief**

Monday, January 8 at 12:00

Explore plant remedies and spiritual practices to help with grief and loss. Discover how herbs, essential oils, flower essences and simple earth-centered ceremonial practices can heal the heart and aid in the process of moving forward in grief. Presented by Alison Birks, MS, RH (AHG), CNS, Nutritionist, Registered Clinical Herbalist, Healing Practitioner in the Andean Kausaypuriy Tradition and Certified Grief Educator.

Light lunch served. Registration required.

## **Lunch & Learn - Veterans Administration New Changes Simplified**

Wednesday, February 21 at 1:00

Please join Joe Buchheit as he ensures you understand all the new changes the VA is offering.

Light lunch served. Registration required.

## **Lunch & Learn - Benefits of being over 60**

Monday, February 26 at 12:00

Join Dawn MacNutt, LCSW and Municipal Agent and Katy Francis, Southern Litchfield Community Impact Coordinator of United Way of Western CT. They discuss perks available for those 60 years and older including the Healthy Savings Program.

Light lunch served. Registration required.

## **NEW: Brain Games**

Thursday, February 29 at 11:00

Join Danielle Ramos, of Bethel Health Care: Calling all trivia lovers! Join us for an engaging hour of trivia. From history to holidays, pop culture, word puzzles and more. We will engage your short term, long term and working memory in a variety of fun and stress-free ways. Meant to be fun, in a group setting, no pressure or stress! Use it, don't lose it!

Registration requested.

## **Paint Pouring with Jill Peterson**

Monday, January 29 at 1:00

Join the fun in creating your very own masterpiece! All supplies provided. Just bring your imagination

Cost: \$5 pp (space is limited)

Reservation and payment required in advance.

## **Wine Glass Painting with Adrienne Caruso**

Thursday, February 1 at 1:00

What a great Valentines Day gift – a botanical hand painted wine glass! Relax and enjoy this wonderful art project with Adrienne. Perhaps this gift is a selfie.

Cost: \$5 pp

Reservation required.

## **Breakfast Club**

Thursday, January 4 and February 1 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.

## **Bingo**

Monday, January 22 at 1:00

Thursday, February 22 at 1:00

Get out of the house, enjoy the fire and have some fun with Jill and Dana.

Sponsored by Candlewood Valley Healthcare.

## **Sunday Concert Club**

Sunday, January 14 at 4:00 Tim McGraw

Sunday, February 11 at 4:00 Old Comedy Shorts

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, February 8 at 1:00 - for our January and February birthday celebration.

Along with birthday cake and ice cream, we will offer a game of Super Silver Trivia led by Kay Schreiber of Synergy Homecare.

## **Library Program**

Tuesday, January 23 and February 27 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. Relax with a small group and enjoy a conversation about what our town library has to offer you.

## **Hilltop Book Group**

Tuesday, January 23 and February 27 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

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

## **Prime Video TV Series/Shows**

Friday's at 5 pm on January 5 — February 2

Continue watching "Reacher", Season 2, based on Lee Child's novel Jack Reacher: Bad Luck and Trouble. Action packed excitement and good company!

## **Computer Club**

The Computer Club is offering a new Learning Program for people with I-Phones. Instruction will be in the Computer Room for 1 or 2 people by Appointment. Learning will be guided by a Coach with videos and practicing the function on your I-Phone. Initial subjects will include Sharing contacts, Pictures and Texting.

## **The I-Phone Workshop**

Tuesday's from 11-12

Open to anyone with an I-Phone.

Registration Required.

## **Cornhole Games**

Tuesday's, 10:00

Wednesday's, 6:30 pm

## **Mahjong**

Wednesday's, 1:00

## **Canasta**

Friday's, 1:00

**Bridge:** Can you teach beginner Bridge? Or perhaps you can refer a friend who can? With the recent survey, we had some requests for a beginner Bridge class. Please call us with any leads on possible instructors.

## **Social Services News**

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

### **LONELINESS VS. ISOLATION**

Loneliness and isolation both contribute to adverse health consequences. Research has shown that people who are lonely or feel isolated have increased risks of chronic disease, cognitive decline, an inability to perform daily living tasks and an early death. Loneliness and Isolation are two distinct problems, and it's possible to have one and not the other.

Researchers, after reviewing four years of health records of 14,000 adults 50 and older, found that social isolation was a stronger predictor of early death and physical health problems. Loneliness, however, was more strongly associated with mental issues, such as sadness, and feeling as if life no longer had meaning. Loneliness is the feeling of being alone, regardless of how much social contact you have. You can feel lonely alone or in a crowd. You can feel content by yourself for long periods of time and not miss the company of others.

Social Isolation, living alone or not spending time with friends or family, was a stronger predictor of physical decline and early death. If you are feeling lonely or socially isolated, reach out to your doctor, family or friends to share these feelings. Winter tends to be the time when people feel the most isolated.

And remember, the Bridgewater Hilltop Senior Center and its' staff and programs, are here for you.

*Make each day, the best day of life.  
Trust not tomorrow! Whatever you are  
planning, today is the best day to act! Live  
as if the best day is today; plan as if the  
best day was yesterday.*



### **NEW: Drop In & Dance**

Wednesday, January 10 at 3:00

Wednesday, February 7 at 3

Social Dancing is about participation, not performance. Formerly trained? Some experience? Clueless, but love to dance? With a partner or solo, all are welcome. Foxtrot, Tango, Swing, Cha-Cha, Rumba, Salsa, Waltz, Merengue, Rock 'n Roll/Freestyle. No instructor.

Participants will choose the playlists for the day. Please come and give it a try - dance away those winter blues.

### **Hearing Screening by HearingLife**

Wednesday, January 17 from 9:30 – 11:30

Join Judy Dunnell of HearingLife Specialists for this important screening.

Appointments are required.

### **Lecture: Heart Healthy Eating**

Friday, January 19 at 1:00

Amanda Castro will teach you tricks and practices for heart healthy eating.

### **Blood Pressure Clinic**

Tuesday, January 16 and February 20 at 1:00

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

### **Massage with Jill**

Wednesday, January 3, 17 and February 14, 28 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 with Jess**

Monday, 10:30 – 11:15

January Cost: \$4 per class drop in; or \$6 for the month

February Cost: \$4 per class drop in; or \$9 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 Exercises and

seated exercises, Can be modified for all seated movements.

\* No class: 1/1, 1/15, 2/29

### **Tai Chi**

Wednesday, 10:00 – 11 Instructor: Dee Calvey

Low impact, relaxing form of exercise to improve balance, concentration, reflexes and overall health. A combination of Qigong and Tai Chi short form, very good for novice practitioners.

Open to new participants at any time.

Cost: \$7 per class

### **Functional Strength and Balance with Cassie**

NEW class Wednesday, 11:30 – 12:20

\* No class 1/24

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

February Cost: \$4 per class drop in; or \$12 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.

### **Low Impact Aerobics with Lisa**

NEW class Friday, 9:30 – 10:15

\* No class 1/24

January Cost: FREE for the month of January

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

Get that cardio workout you enjoy with Lisa and her dance, yoga and personal training background. 45 minutes of good calorie burning including cool down and stretching.

### **Chair Yoga**

Friday, 10:30

Join Elaine Donahue, Certified Yoga Instructor

Practice familiar yoga poses, modify them to fit your body while seated on the helpful prop of a chair, your 'partner on the mat'. Additionally, you'll 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 the mat" is a phrase that is heard frequently. We often end with a Chair Yoga 'dance' that lifts the spirits, brightens the day and reminds us to have fun! All levels, including newcomers, are welcome.





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

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## **Bridgewater Hilltop Center**

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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  
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: 9 am – 4 pm**

**The Center will be closed:**

Janaury 1 and 15

February 19

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