



# Bridgewater Hilltop Center Newsletter

February - March 2020 Issue 67

## 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.*

## NEW DIRECTOR

The new director of our Senior Center will be starting on Monday, January 13<sup>th</sup>. Please welcome Patricia Babbage who has been the director of the Oxford senior center for the past 11 years. Please make sure you stop by if in the area and say hi!

On a personal note, I would like to thank all of you who have given me your help and support during the past 11 years. Marilyn

## IDENTITY THEFT AND TAX FRAUD

Many people have been receiving fraudulent phone calls from people claiming to be with the Internal Revenue Service. Beware of anyone claiming a lawsuit is being filed against you and demanding immediate payment.

**REMEMBER:** the IRS does not initiate contact with taxpayers by email, text messages, social media or telephone. In addition they do not threaten taxpayers with lawsuits, imprisonment or other enforcement action. Being able to recognize these tell-tale signs of a phishing or tax scam could save you from becoming a victim.

**THE IRS WILL NEVER:** Call to demand immediate payment. They will first mail you a bill if you owe any taxes.

Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying taxes.

Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

Ask for credit or debit card numbers over the phone.

*There are other fraudulent schemes happening with increasing frequency as well, always be wary and call us immediately if you think they may be real.*

## CHALLENGE YOUR BRAIN—LEARN NEW THINGS:

Learning new things and challenging your brain creates new brain cells.

Challenge your brain by doing crossword puzzles, word scrambles and puzzles.

Learn a new language, play math games or master a new memory game on the computer.

Discover a purpose in your life to help you stay sharp. People who have life goals are less likely to develop dementia.

Meet often with friends and family and expand your social connections: join social clubs, attend religious services, or take classes.

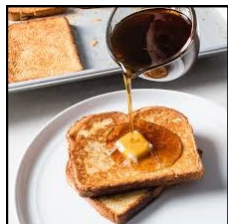
Find a purpose or mission for your life: continue working at a job you enjoy, volunteer in your community, or develop a new hobby that gives meaning to your life.

### **THE BREAKFAST CLUB**

The first Thursday of the month at 9:00AM.

*Maximum is 40, Seats only available from Cancellations by Regulars.*

*Seats filled from the Replacement list by the Tuesday before the Breakfast.*



**Featured: February 6th "French Toast".and March 5th - "Belgian Waffles".**

Our Regular Fare includes, Scrambled Eggs, Pancakes with Blueberries or Strawberries and Cream. 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.

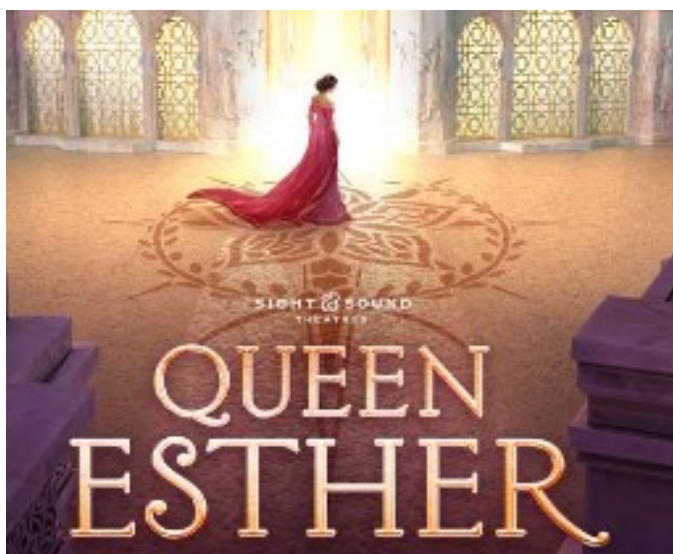
**A single meal is \$6.00.**

### **JOIN US 3 DAYS, MAY 20<sup>TH</sup> to 22nd 2020**

Experience an entertaining getaway to the Amish Country. Witness Queen Esther a fabulous new production at the Sight and Sound Theater. Enjoy an Amish feast at an actual Amish home. Savor a hands-on whoopee pie demonstration and learn how to make this local delicacy. Relax in excellent resort accommodations. Enroute home discover the quaint small-town ambiance of Jim Thorpe, PA on this popular three-day getaway. Double occupancy, \$519.

#### **Day trips:**

We are currently working on some fun day trips and will have more information on these when they are finalized.



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

### **THE COMPUTER GROUP**

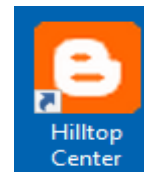
Meets Tuesdays 10:00AM to Noon

February and March Meetings:

.The first Session of each month will be "Creating Video Playlists".

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

Updating to Windows 10 1909.



Class Sessions are detailed on our Web Site each week.

Check at <http://>

[www.bwsccomputergroup.blogspot.com/](http://www.bwsccomputergroup.blogspot.com/) for details.

### **THE SUPPER and CONCERT GROUP**

The Group meets once a month on Sundays for Supper with a choice of 9 Sandwiches, or Soup.



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

The Program will be shown on the TV on the 2<sup>nd</sup> Sunday of the month with the Program scheduled total time of - 4PM to 6:00PM.

February 16<sup>th</sup> - Kenny Rogers Billie Joel, Elton John and lot's of others.

March 8<sup>th</sup> - Country Artists Then and Now

### **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.**

**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.**

## **FALLS AND OLDER ADULTS**

Many people have a friend or relative who has fallen. The person may have slipped while walking or felt dizzy when standing up from a chair and fallen. If you or an older person you know has fallen, you are not alone. More than one in three people age 65 years or older falls each year. The risk of falling – and fall-related problems – rises with age!

## **WAYS TO PREVENT FALLS**

Exercise to improve your balance and strengthen your muscles helps to prevent falls. Not wearing bifocal or multifocal glasses when you walk, especially on stairs, will make you less likely to fall. You can also make your home safer by removing loose rugs, adding handrails to stairs and hall ways, and making sure you have adequate lighting in dark areas.

Falls are not an inevitable part of life, even as a person gets older. You can take action to prevent falls. Your doctor or other health care providers can help you decide what changes will help.

### **SECOND GRADERS NEED YOU:**

Wednesday, February 12<sup>th</sup>, 2020, 11:00 am at Burnham School.

The second graders at Burnham School would like to interview you! They want to learn more about our community by asking you questions about your early life, your school life and about our town.

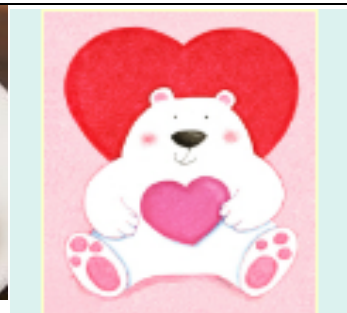
To volunteer, please contact the Second Grade teachers: Amy Stiles and Isabel Bray 860-354-5559.

*A big **thank you** to Annie Frattalone and Jerry Ronan for photography and page set up in this issue.*

### **LUNCH:**

**THURSDAY, FEBRUARY 13<sup>TH</sup>,  
Valentine's Day lunch – Lasagna**

Sign up is required for lunch and suggested donation is \$10.



### **LUNCH:**

**THURSDAY, MARCH 12<sup>th</sup>  
Our traditional St. Patrick's Day lunch,**

Corn beef with all the trimmings prepared by Chef Lisa.

Sign up is required for lunch and suggested donation is \$10.



### **GREAT GROUP DISCUSSION:**

Social connectedness

Physical activity levels

Healthy eating habits

Use of advanced planning

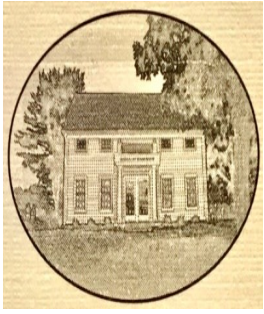
Participation in evidence-based programs

Jan 20 to March 8th, 2020

### **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 stop by and check them out. They are very reasonably priced and all proceeds go to





## *Hilltop Highlights from December and January*



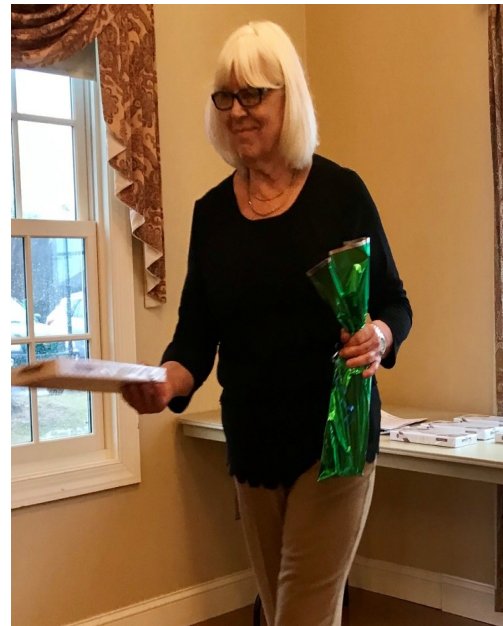
**Bingo group January 2020**



**AT MAGIC OF CHRISTMAS**  
Marilyn, Ginny, Noella, Neal, Gay,  
Karen, Maureen Judy & Barbara



**BIRTHDAY SOCIAL:** November and December birthdays were celebrated, by Marilyn, Bob, Nancy, Jerry and Ed



**Director Marilyn Curtin hands out Birthday Gifts**





**DECEMBER LUNCH -BOARD  
TABLE:** Marilyn, Ken, Jean, Mary  
Ellen, Dawn and Rudy



**LUNCH GUESTS**



**LUNCH GUESTS**



**LUNCH GUESTS**



**LUNCH GUESTS**



**THANK YOU CAKE**



**LUNCH GUESTS**



**Director Marilyn opening the gift  
of a Kangaroo.**



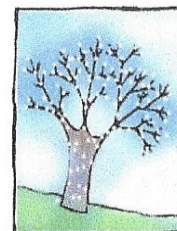
**Cutting the Cake**


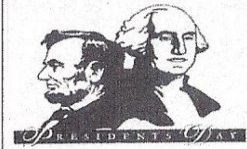



# HILLTOP CENTER



## February 2020








Monday	Tuesday	Wednesday	Thursday	Friday
<b>Line Dancing</b> <sup>3</sup> 10:30 to 11:30 g <b>Aging Mastery</b> 1:00 to 2:30	<b>Dawn MacNutt</b> <sup>4</sup> 10 - 1 <b>Computer Club</b> 10 - 12 <b>Silver Needles</b> 1 -4	<b>Tai Chi</b> <sup>5</sup> 10:30 - 11:30 <b>Mahjong</b> 1 -4	<b>Breakfast Club</b> <sup>6</sup> 9:00 <b>AA meeting</b> 5:30	<b>Poker</b> <sup>7</sup> 10 -12 <b>Chair Yoga</b> 10:30 - 11:30 <b>Canasta</b> 12:30 -3:30
<b>Line Dancing</b> <sup>10</sup> 10:30 to 11:30 g <b>Aging Mastery</b> 1:00 to 2:30	<b>Dawn MacNutt</b> <sup>11</sup> 10-1 <b>Computer Club</b> 10-12 <b>Silver Needles</b> 1 -4 VNA 1-2	<b>Tai Chi</b> <sup>12</sup> 10:30 - 11:30 <b>Mahjong</b> 1 -4	<b>VALENTINE</b> <sup>13</sup> Lunch 12pm <b>AA meeting</b> 5:30	 <b>Poker</b> <sup>14</sup> 10-12 <b>Chair Yoga</b> 10:30 - 11:30 <b>Canasta</b> 12:30 - 3:30
<b>CLOSED</b> <sup>17</sup> 	<b>Dawn MacNutt</b> <sup>18</sup> 10-1 <b>Computer Club</b> 10-12 <b>Silver Needles</b> 1-4	<b>Tai Chi</b> <sup>19</sup> 10:30 - 11:30 <b>Mahjong</b> 1 -4	 <b>1PM</b> <b>AA meeting</b> 5:30pm	<b>Poker</b> <sup>21</sup> 10-12 <b>Chair Yoga</b> 10:30 11:30 <b>Canasta</b> 12:30 -3:30
<b>Line Dancing</b> <sup>24</sup> 10:30 to 11:30 g <b>Aging Mastery</b> 1:00 to 2:30	<b>Dawn MacNutt</b> <sup>25</sup> 10- 1 <b>Computer Club</b> 10-12 <b>Silver Needles</b> 1-4	<b>Tai Chi</b> <sup>26</sup> 10:30 -11:30 <b>Mahjong</b> 1 4	<b>AA meeting</b> <sup>27</sup> 5:30	<b>Poker</b> <sup>28</sup> 10-12 <b>Chair Yoga</b> 10:30 -11:30 <b>Canasta</b> 12:30 -3:30

# HILLTOP CENTER



## March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Line Dancing</b> 2 11-12  <b>Aging Mastery</b> 1-2:30	<b>Dawn MacNutt</b> 3 10-1 <b>Computer Club</b> 10-12 <b>Silver Needles</b> 1 -4	<b>Tai Chi</b> 4 10:30  <b>Mahjong</b> 1 -4	<b>Breakfast Club</b> 5 9:00  <b>AA meeting</b> 5:30	<b>Poker</b> 6 10-12 <b>Chair Yoga</b> 10:30 -11:30 <b>Canasta</b> 1 - 4
<b>Line Dancing</b> 9 11-12  <b>Aging Mastery</b> 1-2:30	<b>Dawn MacNutt</b> 10 10-1 <b>Computer Club</b> 10-12 <b>Silver Needles</b> 1 -4 VNA 1-2	<b>Tai Chi</b> 11 10:30 -11:30  <b>Mahjong</b> 1 -4	 <b>Lunch</b> 12 12:00	<b>Poker</b> 13 10-12 <b>Chair Yog</b> 10:30 -11:30 <b>Canasta</b> 1 -4
<b>Line Dancing</b> 16 11-12  <b>Aging Mastery</b> 1-2:30	 <b>Dawn MacNutt</b> 17 10-1 <b>Computer Club</b> 10 -12 <b>Silver Needles</b> 1-4	<b>Tai Chi</b> 18 10:30 -11:30  <b>Mahjong</b> 1 -4	 <b>1 PM</b>  <b>AA meeting</b> 5:30	 <b>Poker</b> 20 10-12 <b>Chair Yoga</b> 10:30 -11:30 <b>Canasta</b> 1 -4
<b>Line Dancing</b> 23 11-12  <b>Aging Mastery</b> 1-2:30	<b>Dawn MacNutt</b> 24 10 -1 <b>Computer Club</b> 10-12 <b>Silver Needles</b> 1 -4	<b>Tai Chi</b> 25 10:30-11:30  <b>Mahjong</b> 1 -4	 <b>Social 1:00</b> 26	<b>Poker</b> 27 10-12 <b>Chair Yoga</b> 10:30 -11:30 <b>Canasta</b> 1 -4
<b>Line Dancing</b> 30 11-12  <b>Aging Mastery</b> 1-2:30	<b>Dawn MacNutt</b> 31 10 -1 <b>Computer Club</b> 10-12 <b>Silver Needles</b> 1-4			

Bridgewater Hilltop Center  
132 Hut Hill Road  
Bridgewater, CT 06752

Presorted Std  
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](mailto:bwscseniorcenter@gmail.com)

Patricia Babbage - Director  
Ann Frattalone - Administrative Assistant

**Board:**

Ken Lightcap – Chairman  
Jane Bernstein – Vice chairman  
Jim Evans – Treasurer  
Julie Stuart – Secretary  
Dawn MacNutt  
Rudy Simari  
Jean Robinson Co-Treasurer  
Marilyn Curtin

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

**WEB SITES OF INTEREST:**

Consumer Law Project for Elders:  
[www.connlegalservices.org](http://www.connlegalservices.org) or call

1-800-296-1467

Online Living Will Forms:

[www.ctelderlaw.org](http://www.ctelderlaw.org)

Ct. Dept of Veterans' Affairs:

[www.state.ct.us.ctva/](http://www.state.ct.us.ctva/)

**SENIOR CENTER HOURS**

Due to an increase in use of the facility  
and to fit in programs our hours are:

MONDAY- 10 – 4

TUESDAY - 10 – 4

WEDNESDAY - 10 – 4

THURSDAY - 10 – 2

(10 – 4 on lunch and birthday social days)

FRIDAY - 10 – 4

**REMEMBER TO TURN CLOCKS AHEAD  
ONE HOUR ON MARCH 8TH.  
DAYLIGHT SAVINGS TIME BEGINS**