



Bridgewater Hilltop Center Newsletter

April - May 2019 Issue 62

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.

SAVE THE DATE:

Summer Soiree

FRIDAY, JULY 12th, 5 – 8 PM

HILLTOP CENTER
132 HUT HILL ROAD

Hors D'oeuvres + Live Music Live + Auction and Silent Auction

Tickets in advance: \$25 Tickets at the door: \$30

Tickets available at the Center or by calling at 860-355-3090

PROCEEDS SUPPORT HILLTOP CENTER.

IF YOU CANNOT ATTEND, DONATIONS ARE WELCOME!

FRAUDULENT ANTI-AGING PRODUCTS

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. After all, 60 is the new 40, right?

It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers. Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business.

THE BREAKFAST CLUB

The first Thursday of the month at 9:00AM.
Reached expanded Maximum of 44 in March,
Seats only available from Cancellations.

Special:

April 4th

"Egg in French Bread".

May 2nd

Omelet Station:

"Egg, Cheese and Ham Omelet".



Our regular fare includes Belgian waffles with strawberries and cream, pancakes and your choices of sausage, bacon, scrambled eggs, orange juice, toast, jelly, and coffee or tea for **\$6.00**.
Special discount of 5 for \$20 remains the same.

THE COMPUTER GROUP Meets Tuesdays 10:00AM to Noon



April and May Meetings:

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

Reviewing and creating "Trips and Tricks".

Learning how to Post on the Center Web site.

Class Sessions are detailed on our Web Site each week.

Check at <http://>

www.bwsccomputergroup.blogspot.com/ for details.

APRIL LUNCH

Thursday, April 11th. Chicken Marsala, salad, bread, desserts. Sign up is required by Monday the 8th. Suggested donation \$10.00.

Our guest speaker will be Wayne Woodard, Director of Sunny Valley Preserve.

MOTHER'S DAY LUNCH:

Our Mother's Day Lunch will be held
on Thursday, May 9th at noon.



Remember this celebration is not just for those of us who are mothers, it is a celebration of all mothers, your mother, your grandmother, your great-grandmother etc. so please come and join us.

Sorry guys this is a ladies only event!

THE SUPPER/CONCERT GROUP

The Group meets once a month on **Sundays** for Supper with a choice of 9 Sandwiches or 3 Soups with Bread.



In April we added a Special Station that creates Root Beer Floats, Shakes and Sundaes.

Supper Concert Club Playlist

Videos are created by the Computer Club.

Program starts with **Supper at 4PM and the Concert begins between 4:30 and 5:00PM.**
The New Video Playlists will be shown on the **2nd Sunday of the month with the Program scheduled total time of - 4PM to 6:30PM.**

BIRTHDAY SOCIAL

for celebrants in May/June will be held at **1:00 PM on June 25th.**



UPCOMING TRIPS

THE MUSIC MAN - April 12 - June 16th, Goodspeed Opera House. If any one is interested in going - (actual ate to be announced) please call us or stop in and sign up. We have 8 seats left. Cost per ticket will depend on the date and time of our visit.

METROPOLITAN MUSEUM OF MODERN ART

We are planning a trip to the Metropolitan on **Thursday May 16**. The cost would be **\$50 per person** for bus transportation. Lunch and ticket for entry would be up to the individual. **Sign up and payment are required by Thursday, April 25th**. This trip is being sponsored by the Washington CT Art Association. As we will be sharing the bus with Woodbury Senior Center, Roxbury Senior Center and the Washington Art Association you need to book early if you are interested. Call or stop by to sign up. Tickets are limited.

MILFORD AND MYSTIC DAY TRIPS

we are in the process of planning day trips to both Milford (to visit the Pez Factory) and have lunch at the Cheesecake Factory. The trip to Mystic would include a visit to the Mystic Aquarium with lunch and shopping in the beautiful Town of Mystic.

All details for these two great summer trips will be posted as soon as they are finalized.



SIMPLE EXERCISES TO PREVENT FALLS

This year, one out of every three people ages 65 and older will experience a fall, according to the Centers for Disease Control and Prevention. What's more, many of them will fracture a hip or sustain another potentially life-threatening injury.

Along with broken bones and other physical harms, falls can produce more subtle damage. "The less obvious harmful consequence of a fall is a fear of falling again," say Dr. I-Min Lee, professor of medicine at Harvard Medical School. This fear may limit your physical activities, and increase your risk of developing chronic diseases. It can also inhibit your social life, and possibly even lead to depression, she adds. Finally, limiting activities can lead to weaker muscles and poor balance – which only make future falls more likely.

Why does our fall risk rise as we age? Each of the systems that keep us upright and balanced – including the brain and central nervous system, vision, and muscles – loses a small amount of function with age. The sensory information entering our eyes and ears takes longer to travel to our brain for processing, making us more likely to become off-balance. "and when we trip, our reaction is slower at older ages, so we can't 'catch' ourselves and prevent the fall. All these changes combine to increase our risk.

The following exercises will help with balance, strength and coordination:

Walk, bicycle or climb stairs to strengthen the muscles of your legs and lower body

Use hand weights, elastic bands, or a weight machine to build upper and lower body muscle strength

Stretch muscles and joints to improve balance

Consider yoga to strengthen muscles and increase flexibility

Tai Chi to improve muscle strength while increasing balance.

Remember before starting any new fitness program; see your doctor to make sure it's safe for you.

AARP DRIVER SAFETY COURSE;

MONDAY MAY 20TH,

12:30 – 4:30

DETAILS

TO BE ANNOUNCED.

**Cost is \$15 for members and
\$20 for non-members.**



Remember participating in a senior driving course could qualify you for a car insurance discount.

Simply getting older shouldn't affect your safety and fitness to drive. Many older drivers enjoy better health than drivers who were the same age decades ago, so they can function more safely today, and for a longer time. To stay up to date for this class you need to take the course every two years.

BRIDGEWATER SENIOR VAN

The van is available weekdays for doctor's appointments, grocery shopping and special activities. Availability is on a first come, first serve basis although we make every effort to meet your needs.

Our drivers are Michele King, Matt DeVito, Alan Dinho and Ann Frattalone. The van has a limited destination distance of no more than 20 miles.

**THE VAN IS AVAILABLE FOR
TRANSPORTATION TO AND FROM THE
SENIOR CENTER AT ANY TIME.**

Please contact the Van Director –
Ann Frattalone, **860-350-3042**
***at least two weeks in advance
for appointments.***

A BIG THANK YOU TO Jerry Ronan, Noella and Jim English, Jainie Miller, Uwe Borgeest, Rudy Simari and all who help with the monthly breakfast. This event is now totally booked out months in advance due to us having to limit the number of people to 40 per event. It is very difficult to accommodate more than that number due to the amount of preparation and cooking of the food. If you would like to go on a wait list please let us know.

Our thanks also to all who helped with our St. Patrick's Day Lunch, Annie Frattalone, Cynthia Feuer, Ginny Hook, Noella and Jim English and Chef Lisa from the Convenience Store for her delicious food.

BIG THANK YOU TO Nancy Volinski for her donation of delicious cookies.

**We are very fortunate to have such wonderful people always ready and
willing to help in any way they can.**

THANK YOU TO ALL OF YOU AND HAPPY SPRING



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Van Driver – Ann Frattalone
Social Services and Municipal Agent -
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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/

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

“Where flowers bloom so does hope.”

– Lady Bird Johnson