



Bridgewater Senior Center Newsletter

August—September 2018 Issue 58

OUR MISSION STATEMENT :

We believe in the importance of aging with dignity and independence. To that end, the mission of Bridgewater's Senior Center is to identify the needs of our senior population and to promote activities, services and education that will enhance our seniors' lives.



Join us for an

"OLD OPRY MUSIC CONCERT" and HOE-DOWN SATURDAY, AUGUST 4TH AT 6:00 pm.

Dinner will include salad, chicken, shrimp, potato salad, baked beans, bread rolls, apple strudel/vanilla ice cream, fruit salad/cookies, ice tea, lemonade, soda and water.



Dinner will be followed by a concert video from the "GRAND OLD OPRY", featuring some of your favorites – Patsy Cline, Willie Nelson, Johnny Cash, Loretta Lynne and others.

Reservations are required. Suggested donation \$10.

SUMMER HEAT:

TIPS FOR STAYING HYDRATED:

For most people, water is all that is needed to maintain good hydration.

Keep a bottle of water with you during the day, if you don't like the taste of plain water, try adding a slice of lemon or lime to your drink. Be sure to drink before, during and after a workout. When you feel hungry, drink water, thirst is often confused with hunger.

HOW DO YOU KNOW IF YOU ARE DEHYDRATED?

Dry Mouth

Sleepiness or fatigue

Extreme Thirst

Headache

Confusion

Dizziness or lightheaded feeling

No tears when crying

Little or no urine, or urine that is darker than usual.

As we age we are at higher risk for dehydration – so keep drinking water!

REMEMBER the Center is air-conditioned. If you need a break from the summer heat come on over and socialize for a few hours. We have jig-saw puzzles, cards and plenty of books, or just bring your own to read and spend some time cooling off. If you need help of any kind or know of someone who does, please call as we have many resources available.

**THE COMPUTER GROUP
Meets Tuesdays
10:00AM to Noon**

August and September
Meetings:

Learning from "Trips and Tricks
Workshop on Smartphone Basics.
Sharing files too big to Email.
How to use the TV, DVD and
Computer displayed to the TV.



Class Sessions are detailed on our Web Site
each week. Check at
<http://www.bwsccomputergroup.blogspot.com/> for
details.

DO YOU LIKE TO SING!!!

The Hilltop singers are forming an "ANYONE
CAN SING GROUP" to meet once a month,
starting in the Fall, (day to be decided) at the
Center for some fun music and singing. This
group is open to all voices and ages. We are
also looking for a piano player to accompany
the group. Please call the center if you are in-
terested.

**BIRTHDAY SOCIAL –
THURSDAY, AUGUST 9TH AT NOON.**

If you have a birthday in July or August, please
join us for a celebration of your most important
day. Bring your friends and have some fun!



BRIDGEWATER 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 although we make every effort to meet your needs.
Our drivers are Michele King, Alan Dinho, Matt DeVito and
Ann Frattalone. There is a limited destination distance of
no more than 20 miles.

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

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

August 2nd- No Breakfast

Replaced By:

August 4th Dinner and Concert



September 6th

Special:

"Cheese Omelet with Ham "

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 **\$5.00.**

LATEST GADGETS

Charlene from the Western Connecticut Agency
on Aging will be our guest at the September
lunch. She has some new gadgets to show us to
help during our daily routines – not that we
really need them but it's good to know "what's
out there"



SUNDAY,

SEPTEMBER 9th

2:00 pm

THE EDWARDS TWINS

bring their fantastic live show to Seven An-
gels Theatre in Waterbury. THE EDWARDS
TWINS are the number one impersonators of
all time. Enjoy the music of Celine, Billy
Joel, Bette Midler, Barbra Streisand and
many, many more. Tickets are \$55. **We
have a couple seats left on the town van –
others will have to drive themselves.
Please call and reserve your seat now.**



TRIP TO PHILADELPHIA:

**Tuesday, October 23rd – Thursday, October
25th.** Includes visit to One Liberty Observation
Deck, Historic Walking City Tour, Reading Ter-
minal Marketplace, National Constitution Center
and the Museum of the American Revolution.
Cost \$455 pp double. Reservations and down
payment of \$150 due August 7th, final payment
due September 11th.

IMPROVE BALANCE AND PREVENT FALLS

Life is a continual balancing act. When we're young, it may seem as though we're able to take on everyday activities with ease. But, as we grow older, our senses and ability to efficiently perform multiple tasks at the same time start to slowly deteriorate. Even the simplest of simultaneous activities, such as walking and talking, can disrupt our balance and put us at risk for a serious fall-related injury.

Each year, a staggering one-third of all people older than age 65 will fall, with many sustaining severe or even fatal injuries. There has been found to be a direct correlation between balance and reduction of fall risk in older adults.

Our body's balance control system is a complex operation. Just like an orchestra, there are many different pieces that have to work together for there to be perfect harmony. The more we practice such exercise as Tai Chi, dance or yoga, the more we become in sync with our bodies and the more our bodies become in sync with our environment.



HEALTH BENEFITS OF LINE DANCING

It has been discovered that the line dancers can cover 5 miles of the ground in just one evening. Just ponder how immense would be its health benefits. Line dancing not only helps to maintain their physical health but mental health also at the same time. ***It decreases the risk of diseases like Alzheimer's disease and dementia (by massive rate of 76%).*** It boosts up their energy levels, increase good cholesterol level, helps to manage weight, reduces the risk of heart disease, conditions the body, increases stamina and above all keeps them mentally fit as they will have to do mental exercise to remember the steps).

If you would like to try it please join us Monday mornings 11 – 12.

HALLOWEEN IS COMING – START PLANNING

Our Halloween Party will be held Saturday, October 27th 4 – 7, so start working on your costume. You do not have to dress up but we will have prizes for first, second and third. Come and join us for some fun (lots of fun), entertainment and some very interesting food!



FLU CLINICS:

The New Milford VNA will be giving flu shots on **Monday, October 1st at 1:00.** Details will be available

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

—John Lubbock, *The Use Of Life*

BRIDGEWATER COUNTRY FAIR

AUGUST 17, 18 AND 19.
SUPPORT OUR FIRE DEPARTMENT
RAFFLE TICKETS AVAILABLE AT
THE CENTER

summertime

E	L	E	M	O	N	A	D	E	C
N	C	J	K	F	Y	Z	D	C	S
I	S	N	Z	H	R	S	F	R	W
H	U	F	O	S	L	U	R	K	I
S	N	I	D	I	N	A	I	M	M
N	S	Y	W	J	T	Q	N	T	M
U	H	E	A	T	W	A	V	E	I
S	I	P	R	I	D	W	C	K	N
X	N	D	L	C	I	V	E	A	G
M	E	U	C	E	B	R	A	B	V

LEMONADE BARBECUE SUNSHINE
FRUIT SUNSHINE HEATWAVE
VACATION SWIMMING FUN

Box 216
Bridgewater, CT
06752

Presorted Std
US Postage
PAID
New Milford, CT 06776
Permit No. 273

Bridgewater Senior Center

132 Hut Hill Road • Bridgewater, CT 06752
(860) 355-3090 • bwscseniorcenter@gmail.com

Marilyn Curtin – Director
Ann Frattalone – Administrative Assistant
Jeanne Colin - 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 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

SUPPORT OUR LOCAL FARMERS:

***THERE ARE MANY FARM STANDS IN THE AREA
SO STOP BY AND PICK UP SOME
FRESH LOCAL PRODUCE.***