



# Bridgewater Hilltop Center Newsletter

June- July 2019 Issue 63

## 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.*

You will notice that there has been a change to our newsletter for June and July. As well as the calendar we are including photos from the different events held here at Hilltop. We hope you enjoy them. Our thanks to photographers Jerry Ronan, Cynthia Feuer and Ann Frattalone.

## SUMMER SOIREE

**FRIDAY EVENING - JULY 12, 5 - 8**

Join us for a wonderful summer evening, enjoy a sip of wine while taking in the amazing view from Hilltop patio, enjoy some delicious food, relax and dance to the music of Kevin Hobbs and the "Nightshades" while enjoying the vocals of talented Michele Brown.

### ***Our live auction will include***

***a hay wagon ride with 8 - 10 of your friends*** to the top of Bridgewater, gorgeous views and farm country. A late summer afternoon to remember.

***We also have a Party at the Peck House*** - Friday night in September. Treat a group of up to 8 for a special night on the Peck House porch. The Town Historian will be available while you take a private tour of the Peck House, then enjoy light bites and beer on the porch, live music, and a pizza dinner catered from the Bistro and:

***Dinner for (8) at local private residence;*** Giovanni Lofaro, David Kendall and Larina Cipolla will prepare and present dinner in Mr. Lofaros newly remodeled guest house which used to be Mike Nichols screening studio, aka probably the first viewing of the Graduate. Gio is a great cook, and they will have their chef serve.

## **BOOKS:**

Books are available at Hilltop for anyone to take and read and we appreciate anyone who donates to our library, however please do not bring magazines, how-to-books, jigsaw puzzles etc. as we do not have room to store them. Please check with us before dropping anything off.

## THE BREAKFAST CLUB

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

Reached Maximum of 40 in March, Seats only available from Cancellations.

Seats filled from the Replacement list on the Tuesday before the Breakfast.

### **Specials: Discontinued for the Summer**

On June 6<sup>th</sup> and July 11<sup>th</sup> we will be trying a New "Feature"



### **"French Toast"**

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.

## BIRTHDAY SOCIAL

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



## THE COMPUTER GROUP

**Meets Tuesdays**

**10:00AM to Noon**

### **June and July 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/](http://www.bwsccomputergroup.blogspot.com/) for details.



## LUNCHES:

**June 13<sup>th</sup>** – baked ham, fresh asparagus, steamed baby potatoes plus all the trimmings.

**Suggested donation \$10. Sign up required**



**July, 25th**

### **ANNUAL BARBEQUE**

with entertainment by one of our favorite groups "The Olde Thyme Fiddlers". **Suggested donation \$10.**

**Sign up is required.**

## TRIPS:

**Goodspeed Opera House: Wednesday, June 19<sup>th</sup> 2:00 matinee.** Seating is limited so please call to get your name on the list. Music Man

**LAKE GEORGE AND SARATOGA - August 21 – 23.** This is a three day trip which will include visits to "The Georgian Lakeside Resort, Saratoga Racetrack, The Museum on Blue Mountain Lake, a two hour cruise on lake George as well as many other wonderful and exciting activities. Price per person Double is \$489, which includes: Transportation, Hotel Accommodations, Saratoga Raceway Admission, Adirondack Experience Admission, 5 meals (2 Breakfasts, 1 Lunch, Sightseeing Cruise & 2 dinners), 1 Dinner Theater Show, Taxes and baggage handling and gratuities for driver and tour director.

### **COMING IN NOVEMBER - NEW YORK CITY, HOLIDAY EDITION**

(date to be announced) Coach Tour Bus.

See the city during everyone's favorite time of year aboard the world's only moving theater as you are treated to surprise performances and winter sparkle. This 75 minute experience takes you through Midtown Manhattan and Times Square via multi-million dollar coaches equipped with LED lights, flat screen monitors, three rows of stadium-style seats facing floor to ceiling glass windows.

We will keep you informed of details as they become available.



### **SUMMER HEALTH ADVICE FOR SENIORS**

The hot, hazy days of summer can pose special health risks to older adults. It's important that older people avoid heat-related illnesses known as hyperthermia.

Hyperthermia is an abnormally high body temperature caused by a failure of the heat regulation mechanisms of the body to deal with heat coming from the environment. Heat fatigue, heat related dizziness heat cramps, heat exhaustion and heat stroke are commonly known forms of hyperthermia.

Health-related factors that may increase risk include:

Being dehydrated

Age-related changes to the skin, such as poor blood circulation and inefficient sweat glands.

Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.

High blood pressure or other conditions that require changes in diet.

Reduced perspiration.

Being substantially overweight or underweight.

Drinking alcoholic beverages.

Older people, particularly those with chronic medical conditions, should stay indoors on hot and humid days, especially when an air pollution is in effect. People without air conditions should go to place such as the SENIOR CENTER or other places where it is air conditioned.

### **THE SUPPER/CONCERT GROUP**

Our June 9<sup>th</sup> Event will be an Elvis Presley "Special Memories" Concert following a Dinner with a "Great Menu" Weather permitting the Playlist Video will be shown inside and out on the Patio.

### **The Group meets once a month on Sundays**

for Supper with a choice of 9 Sandwiches

We have a Special Station that creates Root Beer Floats, Shakes and Sundaes. **(Not June 9<sup>th</sup>)**

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 **2<sup>nd</sup> Sunday of the month** with the Program scheduled total time of - 4PM to 6:30PM.



### **ELVIS PRESLEY TRIBUTE**

**Sunday June 9, 4 – 7.**

Dinner menu will include salad, shrimp, chicken tenders, London broil (sliced), potato salad, baby steamed potatoes, steamed green beans, roll, cream puff special and cookies.

**Sign up is required with a \$12 suggested donation paid at that time.**

### **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.**

Bridgewater Hilltop Center  
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Bridgewater, CT 06752

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Marilyn Curtin - Director  
Ann Frattalone - Administrative Assistant  
Cynthia Feuer - Assistant

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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

**IF YOU DO NOT WISH TO BE ON OUR  
MAILING LIST PLEASE LET US KNOW.**