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.

Stay at Home and stay 6ft away from others when you go out!

NEW FITNESS CLASSES!

Body Conditioning
Wednesday, 12:15 – 1:00. Instructor: Pat Babbage
By Zoom Group Meeting.
This is a total body toning class with a short aerobic warm up followed by the use of weights and bands to strengthen and stretch the entire body from head to fingers! Join us for some fitness and fun while you work towards increasing bone density; strengthen muscles around arthritic joints, increase circulation, endurance and range of motion so you can remain active and independent. Please use water bottles as weights, Wear comfortable clothing and shoes.

Gentle Moving Meditation Class Delayed to a Future Date.
Instructor: Aline Marie
Blending different styles of yoga inspired breathing and slow mindful movements pulling from the traditional roots of Chi Gong an ancient moving meditation healing art. This class can be enjoyed seated or standing! Learn how to meditate with your breath with very slow, gentle movement. Build quiet strength and peace in your body, mind and heart. Leave feeling refreshed, stretched and inspired. Beginners welcome! $5.00 per class. The first class is free.
Instructor will be Aline Marie who has taught yoga and meditation for 16 years throughout the US and Internationally. Aline guides her students through many varied physical and emotional challenges with her intention to create an inclusive atmosphere in each class where the practice can meet each person at their own level. Aline’s philosophy is that the body holds the spirit, and the spirit lives in the body and they are always interconnected and the goal is to cultivate a balance in both.

Creating a Memory Board Project Delayed to a Future Date.
Wendy Mutter from the Lutheran Home of Southbury will be leading us in a project creating your very own memory board. Decide on a theme like travel, family, or a special occasion. Think of a moment in time then bring pictures, pins, metals, awards, cards, letters, etc. that pertain to your theme. Wendy will provide all the craft supplies and you supply the memories.

Last Will & Embezzlement Documentary
Thursday, April 30th, 11:00
By Zoom Group Meeting.
This ground-breaking documentary features deeply moving yet greatly disturbing first-hand accounts from real-life victims, including Hollywood icon Mr. Mickey Rooney. It contains interviews with experts who discuss such key issues as victim profiles, the perpetrators, modus operandi, the symptoms and effects of these crimes.
THE BREAKFAST CLUB
The first Thursday of the month at 9:00 AM.
May 14th
By Zoom Group Meeting.

This will be a Social Visiting Session with Table Groups of 6-8 able to see each other and talk on a Zoom Group Meeting. You may also be able to move from Table to Table to Visit with others after eating at home.
We can't wait to get back to feeding you 
Our great Breakfasts!

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

THE COMPUTER GROUP
Meets Tuesdays 10:00 AM to NOON
April and May Meetings:
By Zoom Group Meeting.

Developing Home Zoom Sessions in April. Solving Computer Issues brought to the Meeting. Reviewing and Recreating “Trips and Tricks”.
Add the Hilltop Icon to your Laptop.
Put the App on your Phone.

Class Sessions are detailed on our Web Site each week.
Check at:
http://www.bwscomputergroup.blogspot.com/

THE SUPPER and CONCERT GROUP
The Group meets once a month on Sundays for Supper.
Program starts with Supper at Home at 4 PM and the Entertainment begins between 4:30 and 5:00 PM.
April 19th
By Zoom Group Meeting.
Country Music - Willie Nelson and others.
The Program will be shown on your computer at Home.

May 31st
By Zoom Group Meeting.
Dinner at home followed by the Classic Movie “Casablanca” 4:00—7:00 PM

Who Are Mental Health Professions?
In the United States, at least 1 in 5 adults has a mental health disorder. Mood and anxiety disorders are surprisingly common, as are stress disorders and personality disorders. These conditions are real and should not be thought of as older age.

Who Can Help?

Psychiatrist: Can provide medical and psychiatric evaluations, treat psychiatric disorders and prescribe and monitor medications.

Psychologist: Does psychological testing and provides psychotherapy to treat mental disorders.

Psychiatric/Mental Health Nurse Practitioner: Can evaluate and diagnose mental health disorders, provide psychotherapy and prescribe medicine.

A Clinical Social Worker: Depending on their level of education, social workers can assess and treat mental illness as well as provide psychotherapy. Sometimes a number of mental health professionals will work together to get you feeling better such as a psychiatrist for medication and a therapist for psychotherapy.

Dawn MacNutt, LCSW

AARP Driver Safety Class
Delayed to a Future Date.
AARP Members $ 15.00 Non-Members $20.00

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.

After the Suspension is lifted:
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.
A Special Thank you!
I want to thank all the wonderful members who have welcomed me into the Bridgewater Hilltop Center family. I have met so many friendly, warm and helpful people. The center is such a lovely and lively place to work I feel lucky to be here. I appreciate the help that has been offered and the patience everyone has shown me as I learn the Bridgewater way of doing things. Please stop by and introduce yourself sometime! Warm regards, Pat Babbage

Low Vision Presentation. **Delayed to a Future Date.**

Mike Wilcox from the Lions Club will be discussing the options and equipment that are available to residents free of charge from the Lion’s Club organization. Mike will share important information and answer your questions.

Western CT Area on Aging Awareness Presentation. **Delayed to a Future Date.**
The WCAAA is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities. These devices are available to reduce or remove barriers and increase independence in performing tasks of daily living. Carol Damelio from the WCAAA will be bringing all sorts of devices that can help make your life easier

From the Friends of the Bridgewater Senior Center Board
Jane Bernstein will be stepping down as the Vice Chair of the Board effective March 17, 2020. We thank her for all the hard work she has done for the center and wish her the best of luck! Rudy Simari will become the new Vice Chair and Jerry Ronan was voted in as a new member of the board.

WELCOME
We are excited to welcome Jill Peterson to the Bridgewater Hilltop Center family. If you haven’t done so already, please introduce yourself to her and take the time to get to know her. She will be a great addition to the staff.

Town Shredding Day **May be Cancelled**
Saturday, April 25th, 9:00 – 12:00
Bring all your papers you would like to be shredded to the town garage on Hat Shop Rd. Free for seniors citizens. If you need help with a very large load, please feel free to call

Lunch & Fun w/ Samantha Goodman, Singer **Delayed to a Future Date.**
Samantha Goodman is the Director of Community Relations at The Hearth at Southbury. She will be bringing us a lunch of Sandwich with a side of Chili made by Nancy Stuart—Bridgewater’s Grange Peoples Choice Chili contest winner, Chips, Fruit & Dessert! We will then enjoy Samantha’s beautiful voice! Please join us to enjoy a wonderful afternoon of food and entertainment. No cost but we do need you to sign up.

Mother’s Day Lunch and Craft **Delayed to a Future Date.**
This is luncheon is for the wonderful women who are mothers, are mother-like figures in someone’s life or wish to honor their own mother. Menu will be Quiche, Salad and Dessert. No cost, but we do need an accurate count. After lunch Julie Brown from the Cascades & Village Crest will lead us in creating an individual tea cup floral arrangement!

Please bring your own tea cup if you would like to participate in the workshop.

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 check them out. They are very reasonably priced and all proceeds go to the center.
Highlights from January and February

Birthday Ladies and Gents Celebrating Birthdays in January and February.

Marilyn Roasting Folks born in January or February.
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Bridgewater Hilltop Center
132 Hut Hill Road
Bridgewater, CT 06752

(860) 355-3090 • bwscseniorcenter@gmail.com

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/

CENTER HOURS:
Mon, Tue, Wed, Thu Fri, 10 - 3

The Center is closed for Sessions:
A staff member is at the Center everyday
until 3:00pm Monday thru Friday
During a Power Outage our Emergency
Land Line is 860-350-1080

Patricia Babbage - Director
Ann Frattalone - Administrative Assistant
Jill Peterson- Assistant

Board:
Ken Lightcap – Chairman
Rudy Simari – Vice chairman
Jim Evans – Treasurer
Julie Stuart – Secretary
Dawn MacNutt
Jerry Ronan
Jean Robinson Co-Treasurer

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

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