



## FROM THE BRIDGEWATER HILLTOP CENTER FOR THE MONTH of March

Body Conditioning Mondays 10:30 am and Wednesdays 11:30am. Free activity. Tuesdays, Computer club @ 10:00 am; Silver Needles @ 1:00 pm; Wednesdays, Tai Chi @ 10:00am; Mahjongg @ 1:00 pm. Fridays, Rummikub@10:00am, Chair Yoga @ 10:30am, Canasta @ 1:00 pm.

The Municipal Agent, Dawn MacNutt, at the center Tuesdays 9:00 am – 12:00 pm.

**Massage with Jill**, Wednesday, March 8<sup>th</sup> & 22 by appointment only. Enjoy a seated complimentary 15 minute gentle neck and shoulder massage with Jill, a licensed massage therapist.

**Breakfast Club** – Thursday, Feb March 2<sup>nd</sup> at 9am, single meal/\$8, 3 meals/\$18, 6 meals/\$36. Reservations are needed.

**Movie Matinee** –Monday, March 6<sup>th</sup> at 1pm. ELVIS the 2022 movie about the life of American music icon, Elvis Presley, from his childhood to becoming a rock & movie star . Starring Austin Butler, Tom Hanks, and Olivia DeJonge.

**Probate** – Thursday March 9<sup>th</sup> at 11am Attorney Lynda Arnold will be here to address probate - the state administration process in Connecticut.

**Matinee/Concert Club** – Sunday, March 12<sup>th</sup>@ 4:00pm. Food and friends, a combination you can't beat! Neil Diamond's Greatest Hits.

**American Coin Picker, Blair Soucy**, Monday, March 13<sup>th</sup> at 1pm

**St. Patrick's Day Luncheon** – Thursday, March 16<sup>th</sup> at 12PM. A Traditional Corn Beef & Cabbage meal prepared by Chef Lisa at the Bridgewater Convenience Store. Entertainment by the "Irish JEMS".

**Canvas Painting Class** – Monday, March 20<sup>th</sup> @1:00. Wendy Mutter from the Lutheran home in Southbury will be back to lead us in a small canvas painting workshop. All materials are supplied. Registration requested.

The RVNA Health will be here on **Tuesday, March 21<sup>st</sup>** for a blood pressure clinic at 1:00PM.

**Bingo** on Thursday, March 23<sup>rd</sup> @1:00pm. Sponsored by Candlewood Valley health & Rehab Center. Registration suggested.

**Sock Bunnies craft** –Monday March 27<sup>th</sup> at 11:30am, Sarah from Candlewood Valley Health & Rehab will guide us in making Bunnies for Easter.

**Library Program** – Tuesday, March 28<sup>th</sup> @ 12:30pm. The library director, Jean Kallay, will be at the center to answer any questions and help teach you about downloadable audio books, eBooks and free movies.

**Hilltop Book Group** – Tuesday, March 28th @2pm. Please join us for a lively discussion and sharing ideas. All are welcome. Call or email the center to find out what book we are discussing.

**“Non-Pharmacy Pain Relief “**- Thursday, March 30th at 11am presented by Dr. Jennifer Kolwicz sponsored by Candlewood Valley Health and Rehab. Learn the various Non-Pharmaceutical Pain Relief methods that seniors can benefit from such as: Cryotherapy, Ultrasound, Manual Therapy, Relaxation and Breathing. There will be a Q & A portion at the end.

Our Senior Van is available for the use of residents. Use includes doctor appointments, grocery shopping and special activities with a limited destination of 20 miles. Availability is on a first come, first serve basis. Contact the senior van director, Ann Frattalone at 860-350-3042 at least two weeks in advance for an appointment. Please note the driver is NOT an aide, if you need assistance please feel free to bring someone with you.

**ON DAYS OF INCLEMENT WEATHER THE VAN DOES NOT RUN.**

