



## **NEWS FROM THE BRIDGEWATER HILLTOP CENTER FOR THE MONTH of September 2022**

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; Mahjonn @ 1:00 pm.  
Fridays, Rummikub@10:00am, Chair Yoga @ 10:30am (no Chair yoga August 5<sup>th</sup> &  
19<sup>th</sup>) Canasta @ 1:00pm.

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

The Center will be closed **Monday** , September 5<sup>th</sup> in observance of Labor Day.

**Massage with Jill**, Wednesday, September 14<sup>th</sup> & 28<sup>th</sup> by appointment only.  
Enjoy a seated complimentary 10 minute gentle neck and shoulder massage with  
Jill, a licensed massage therapist.

The RVNA Health will be here on **Tuesday, September 20<sup>th</sup>** for a blood pressure  
clinic at 1:00PM.

**Library Program**, Tuesday September 27<sup>th</sup> @ 12:30 pm. Meet with Chris Fisher  
from the Burnham Library at the senior center.

**Breakfast Club** Thursday, September 1<sup>st</sup> @ 9:00am , 3meals/\$15, 6/\$30, single  
meal \$7. Monthly menu posted at the Center. Reservation needed seating is  
limited .

**Lunch & Learn** – Thursday, September 8<sup>th</sup> , a lite lunch will be served followed by  
a presentation on blood Pressure Self Monitoring and Heart Healthy Nutrition by  
Lisa O'Connor from the Regional YMCA of Western Connecticut.

**Creating the Impossible- the Magic of Jim Sisti-** Thursday, September 15 @12pm. Join us for lunch of chicken Marsala with penne , garlic bread and salad followed by a performance of Jim Sisti Cost \$10.00

**Matinee/Concert Club** – Sunday, September 11<sup>th</sup> @ 4:00pm. Good music, food and friends, a combination you can't beat.

**Armchair Travel-** Monday, September 12<sup>th</sup> @ 1:00pm. Create beautiful jewelry inspired by scenes of Yosemite National Park.

**Metal Detecting Seminar-** Monday September 19<sup>th</sup> @ 1pm –Don Meyers will present an informal discussion about using metal detectors.

**FLU CLINIC** – THURSDAY, September 22<sup>nd</sup> from 11:00am – 1:00pm. Appointments and face masks required. Pick up a form to be completed and brought with you.

**Hilltop Book Club** –Tuesday, September 27<sup>th</sup> @ 2pm

**Canvas Painting Class** – Monday, September 26<sup>th</sup> @ 1pm. Wendy Mutter from the Lutheran Home Southbury will lead us in a small canvas painting workshop.

**Bingo** on Thursday, September 29<sup>th</sup> @1:00pm. Sponsored by Candlewood Valley Health and Rehabilitation Center, make your reservation.

Our Senior Van is available for the use of residents. Please note that during Covid-19 we are only transporting people that are well. 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. Please contact the senior van director, Ann Frattalone at 860-350-3042 at least two weeks in advance for an appointment.

**HAPPY SEPTEMBER!**