



## **FROM THE BRIDGEWATER HILLTOP CENTER FOR THE MONTH of January**

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.

The Center will be closed **Monday January 2<sup>nd</sup>** in observance of New Year's and **Monday, January 16<sup>th</sup>** in observance of Martin Luther King Jr. Day.

**On days of inclement weather, if Region 12 schools are closed, the Center is closed. If there is a 2 hour delay, we are open at 10 am.**

**Massage with Jill**, Wednesday, January 4<sup>th</sup> & 18<sup>th</sup> by appointment only. Enjoy a seated complimentary 15 minute gentle neck and shoulder massage with Jill, a licensed massage therapist.

**Winter Hands Workshop** – Thursday, January 5<sup>th</sup> @ 1 pm. Sarah from Candlewood Valley Health & Rehab Center will help you make your own lotion with essential oils to soothe your winter hands. Registration required.

**Breakfast Club** – Thursday, January 5<sup>th</sup> at 9 am, single meal/\$8, 3 meals/\$18, 6 meals/\$36. Monthly menu will be posted at the Center. Reservations needed as seats are limited.

**Matinee/Concert Club** – Sunday, January 15th @ 4:00 pm. Food and friends, a combination you can't beat

The RVNA Health will be here on **Tuesday, January 17th** for a blood pressure clinic at 1:00PM.

**Canvas Painting Class** – Monday, January 23 @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.

**Library Program** – Tuesday, January 24<sup>th</sup> @ 12:30 pm. Burnham 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, January 24<sup>th</sup> @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.

**Bingo** on Thursday, January 26th@1:00pm. Sponsored by Candlewood Valley health & Rehab Center. Registration suggested.

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. The van does not go out in inclement weather. **ON DAYS OF INCLEMENT WEATHER THE VAN DOES NOT RUN.**

