



**FROM THE BRIDGEWATER HILLTOP CENTER FOR THE MONTH of April 2024**

**Please note the Hilltop Center is open Monday – Friday from 9am to 4pm.**

Mondays: Body Conditioning 10:30 am; **NEW** Bridge @ 1pm; Tuesdays, Corn Hole @ 10:00 am; Silver Needles @ 1:00 pm; Wednesdays: Tai Chi @ 10:00am; Functional Strength Training @ 11:30am; Mahjongg @ 12:45 pm; Corn Hole Indoors @ 6:60pm. Fridays, **NEW** Low Impact Aerobics 9:30am, 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, April 10th at 1pm by appointment only. Enjoy a seated complimentary 15 minute gentle neck and shoulder massage with Jill, a licensed massage therapist.

**The center will be closed on Tuesday, April 2<sup>nd</sup> for Primary voting 6am -8pm.**

**Breakfast Club – Thursday, April 4<sup>th</sup> at 9am**, single meal/\$8, 3 meals/\$18, 6 meals/\$36. Reservations are needed.

**Broadway singer performance on Thursday, April 4<sup>th</sup> at 1pm.** James Michael, a former Broadway Stage performer will be here to entertain us. Light refreshments will be served. Sign-ups requested.

**Sunday Concert Club- Sunday, April 14th** at 4pm. Sam Cooke in Concert

**“ Black Bears in Connecticut”** – Monday, April 15<sup>th</sup> at 1pm- Join Ginny Apple, a Master Wildlife Conservationist, who will focus on the natural history of black bears in Connecticut.

**Spring luncheon, Thursday, April 18th at 12pm.** The meal will be Stuffed chicken breast, rice pilaf and a veggie prepared by chef Lisa. Entertainment by Jim Moker.

**The RVNA Health** will be here on **Tuesday, April 16<sup>th</sup>** for the Blood Pressure clinic at 1:00PM.

**Birthday Social** – Monday, April 22<sup>nd</sup> at 1pm. Come join and celebrate the April & May birthdays.

**Library Program** – Tuesday, April 23<sup>rd</sup> @ 12:30PM. 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.

**Library Program-** Tuesday, April 23<sup>rd</sup> at 12:30pm.

**Brain Games-** Thursday, April 24<sup>th</sup> at 1pm, Danielle Ramos, of Village Crest will run a fun hour of memory joggers and trivia.

**Bingo-** Thursday, April 25<sup>th</sup> at 1pm. Great prizes thanks to Dana @ Candlewood Valley Healthcare for this complimentary event. Registration requested.

**AARP Smart Driving Class** – Monday, April 29<sup>th</sup> from 12pm-4pm. Pre-registration required as class size is limited. \$20 for AARP Members, \$25 for Non Members.

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. If you need assistance please feel free to bring someone to help you on your trip. Please note the van does not go out during inclement weather.

