



Bridgewater Hilltop Center Newsletter

September - October 2023 Issue 88

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.

I will be saying goodbye this month. As I prepare to leave this wonderful place, I want to express my sincere gratitude for the time we spent together at the Hilltop Center. I appreciate all the help I received and the friends I have made. I take with me many fond memories as I enter my next life adventure called retirement. Thank you for making me happy to come to work every day! Join me in welcoming Kathy Creighton as Director of the Hilltop Center.

Wishing you all the very best!

- Pat



Registration is requested for all programs by signing up at the center or calling the center at 860-355-3090.

Autumn Luncheon

Thursday, September 21 at 12:00

Autumn is a second spring when every leaf is a flower! Let's celebrate the mosaic of color and the scents of Fall. Lunch prepared by Chef Lisa will be Ham, Scalloped Potatoes Au Gratin, Carrots and dessert. Entertainment by Patrick Kearns.

Suggested donation \$10.00 pp.

Long-term Care Planning for Single People

Monday, September 11 at 1:00

There's a lot of information out there about married couples planning for long-term care costs. But what if you (or a loved one) are single? There are some differences you should know about. Join New Milford-based Attorney Lynda Lee Arnold of Czepiga Daly Pope & Perri who will explain what you need to know about long-term care planning for single people.

Attend and you'll understand how Medicaid works in Connecticut, find out what happens to your home if you go on Medicaid, learn how Medicaid pays for either care at home or nursing home care, how an irrevocable trust protects assets, and what can be done to protect assets if you didn't plan ahead.

The History of White House Entertainment

Monday, October 2 at 1:00

Have you ever imagined what it would be like to attend a Presidential function at the White House? How about a State Dinner? What the Family Quarters of the White House looks like? Former White House butler Alan DeValerio will tell you all about it! Not only will he relate his firsthand experiences with history, but he'll pass on the stories he heard from those who have been taking care of our First Families ever since Franklin Roosevelt. He will also display many of the White House artifacts that he collected over the years. You won't want to miss this special presentation!



Oktoberfest

Thursday, October 12 at 12:00

Celebrate with friends and enjoy a traditional German fare lunch prepared by Chef Uwe! Entertainment by Dean Snellback.

Suggested donation \$12.00 pp.

Bio-Design Creative Thinkig – Dr. Rudy Magnan

Monday, October 16 at 1:00
Humans often fail to realize how much we have recently come to depend and to learn from “Nature’s Intelligent Design”. We have finally realized that we are an integral part with nature of this unique ‘Ecosystem’. This presentation will explore the many examples of how our routine thinking can become creative and innovative. The focus is on understanding the significance of ‘Nature’s Intelligent Design.

The Magic of Jim Sisti – Creating The Impossible!

Thursday, October 26 at 1:00
We are happy to have Jim Sisti return to the Center with his amazing magic. If you missed his last performance at the Center be sure not to miss this one! Refreshments will be served after the performance.

Bingo

Thursday, September 14 and October 5 at 1:00
Sponsored by Candlewood Valley Health and Rehab Center.

Breakfast Club

Thursday, September 7 and October 5 at 9:00 am
Single Meal \$8, 3 meals/\$18, 6 meals/\$36.
Monthly menu will be posted at the Center.
Reservation is needed as seats are limited.

Sunday Concert Club

Sunday, September 17 at 4:00
Elvis 1968 Comeback Documentary

Sunday, October 15 at 4:00
Conway Twitty & Loretta Lynn Concert

Soup and dessert \$5.00 pp.
More details available on the Hilltop blog.
<https://bwsccomputergroup.blogspot.com/>

Birthday Social

Thursday, October 19 at 1:00
Join us to celebrate our September & October birthdays. Along with our birthday cake and ice cream we will offer a game of Super Silver Trivia led by Kay Schreiber of Synergy Homecare.

Movie Matinee

Monday, October 30 at 1:00
A screening of a Halloween themed (but not too scary) movie to be determined.

AARP SMart Driver Course

Monday, October 23 from 12:00 – 4:00
Pre-registration is requested as class size is limited. \$20 for AARP members/\$25 for non-members. You could save money on your insurance and learn a few safety tips!

Library Program

Tuesday, September 26 and October 24 at 12:30
The Burnham Library Director, Jean Kallay, will be at the center to answer any questions and help teach you about their downloadable audio books, eBooks and free movies. She will bring a variety of books that you can check out using your library card.

Hilltop Book Group

Tuesday, September 26 and October 24 at 2:00
Please join us for a lively discussion and sharing of ideas. All are welcome. Call or email the center to find out what book we will be discussing.

Computer/Technology Sessions

The Computer Club will no longer have weekly Sessions. Computer consultation appointments can be arranged to resolve Computer Issues by calling the Center.

Municipal Agent, Dawn MacNutt

Tuesday, 9:00 – 12:00

Prime Video TV Series Shows

Tuesday, 11:00 – 12:00
followed by a bring your own bag lunch. All are welcome, no sign up needed.

Cornhole Games

Tuesday, 10:00

Silver Needles

Tuesday, 1:00

Mahjong

Wednesday, 1:00

Rummikub

Friday, 10:00

Canasta

Friday, 1:00

Scrabble

Wednesday, 10:00



Blood Pressure Self-Monitoring Workshop and Demonstration

Monday, September 18 at 1:00

Do You Have High Blood Pressure? Join the YMCA's Blood Pressure Self-Monitoring program to help you lower and manage your blood pressure. Join Lisa O'Connor, Wellness Director at the Regional YMCA, for this Nutrition Workshop. Lisa will be demonstrating and serving a couple types of healthy smoothies. Important information for all!

Hearing Screening

Tuesday, September 19, 10:00 – 12:00 by appointment only.

HearingLife hearing specialists will be here to offer free hearing assessments. Call the Center to make an appointment.

Blood Pressure Clinics

Tuesday, September 19 and October 17 at 1:00

RVNA Health nurse will be available to take your blood pressure and to answer your questions.

Table Tennis

Monday's at 6:30 pm

Come and join the fun!

Massage with Jill

Wednesday, September 6, 20 and October 4, 18 between 1:00 – 2:00 pm

By appointment only.

Enjoy a complimentary seated 15 minute, gentle neck and shoulder massage with Jill, a licensed massage therapist. Make your appointment by calling the center.

Body Conditioning

Monday, 10:30 – 11:00 and

Wednesday, 11:30 – 12:00

Instructor: Pat Babbage

A total body toning class using weights, bands and a chair. Strengthen muscles around arthritic joints, increase bone density, circulation, endurance and range of motion so you can remain active and independent.

Tai Chi

Wednesday, 10:00 Instructor: Dee Calvey

Low impact, relaxing form of exercise to improve balance, reflexes and overall health. \$7.00 per class

Chair Yoga

Friday, 10:30

Join Elaine Donahue, Certified Yoga Instructor, for an enriching gentle yoga class where you have a partner on the mat: a chair! Improve balance, strength and flexibility by practicing classic yogic poses and mindful breathing while supported by your chair. This class is welcome to all who are seeking increased energy, improved wellness and an enhanced enthusiasm for life! "Bring your own practice to the mat" is Elaine's invitation as you join in on the fun. \$5.00 per class

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

Please note the following dates for Medicare:

October 15 to December 7, 2023. This is the time period when you can change your Medicare Health or Drug coverage. You can join, switch or drop a Medicare Advantage Plan or Medicare Drug Plan during this Open Enrollment Period.

January 1 to March 31, 2024. If you're on a Medicare Advantage Plan, you can change to a different Medicare Advantage Plan or switch to Original Medicare (and join a drug plan) during this time. Any changes you make will be effective the month after you make the change.

"You don't have to change the world. You just have to change what you pay attention to in the world!"

Bridgewater Hilltop Center
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Patricia Babbage - Director
Ann Frattalone - Administrative Assistant
Jill Peterson - Assistant

Board:

Rudy Simari - Chairman
Dawn MacNutt - Vice Chairman
Jean Robinson - Treasurer
Julie Stuart - Secretary
Ken Lightcap

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

Bridgewater Senior Van

Available weekdays for doctor appointments, grocery shopping and special activities within a 20 mile radius. Availability is on a first come, first serve basis but we make every effort to meet your needs. Please note the driver is not an aide. If you need assistance feel free to bring someone along. Contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance of your appointment.

RESOURCES:

American Cancer Society offers free rides to MD appointments 203-563-0740

CT Dept. of Veterans' Affairs:

<https://portal.ct.gov/dva>

(860) 616-3600

Veteran's Crisis Line: Dial 988 and Press 1

Western CT Area Agency on Aging:

<https://wcaaa.org/> • 1-800-994-9422

CENTER HOURS:

Mon, Tue, Wed, Fri, 10 - 4

Thur, 10 - 3

The Center will be closed:

September 4th - Labor Day

October 9th - Columbus Day

**During a Power Outage our Emergency
Land Line is (860) 350-1080**