



Bridgewater Hilltop Center Newsletter

January - February 2022 Issue 78

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.

~ HAPPY ~
New Year
★ 2022 ★

As we strive to keep everyone healthy, please note that all programming is subject to the directives we receive from the Town of Bridgewater and the Health Department.

January Lunch

Thursday, January 13 at 12:00

Once again Chef John Kracen will be preparing his delicious venison stroganoff. Beef stroganoff will also be available for those of you who prefer.

Suggested donation \$10.00 pp. Reservations necessary.

Following our lunch the Hilltop Center Board will be presenting their annual report including financial statements, recognitions, and future plans. They will answer any question you may have.



Estate Planning Presentation and Pizza Lunch

Monday, January 10 at 12:30

\$1.00 per slice, salad and beverage. Call to let us know how many slices you would like.

Presentation to follow lunch at 1:00.

Estate Planning 101

A presentation by Lynda Lee Arnold with the law firm Czepiga Daly Pope & Perri, a CT law firm with offices throughout Connecticut.

Everyone, both young and old, needs an estate plan. Your life circumstances can change in an instant! If they do, are you prepared? Do you want to be on life support? Who will pay your bills if you can't? And if you pass away, how will your estate be divided amongst your heirs? If you don't have a plan in place, the State of Connecticut will make some of these decisions for you! Would you want that to happen? Attend this program and you'll walk away understanding important estate planning documents like Wills, Powers of Attorney, and Healthcare Directives. Having these documents ensures your wishes are met and your family knows how to care for you if you can't care for yourself.

Birthday Social

Thursday, January 27 at 1:00

Join us to celebrate our January and February birthdays! Along with our birthday cake and ice cream we will offer a game of Super Silver Trivia led by Kay Schrieber of Synergy Homecare. Please let us know you are coming so we can have an accurate count.

Bingo

Thursday, January 20 at 1:00

Thursday, February 17 at 1:00

Make your reservation in advance. Sponsored by Candlewood Valley Healthcare.

Special Fall Prevention Bingo

Thursday, February 3 at 1:00

Sponsored by Maria Tumang the Injury Prevention Coordinator/Trauma Service/Danbury Hospital. In addition to playing bingo you will learn practical strategies on preventing and/or reducing falls. It focuses on key components of fall prevention like physical activity, behavior and environmental modification. Be proactive – Know the facts – Learn the best strategies!



Valentine Luncheon

Thursday, February 10 at 12:30

Wishing you all the love in the world this Valentine's Day. Come join your friends to show appreciation for them and all the significant others in your life. Let's celebrate love of all kinds! Menu: Pasta, green salad, roasted vegetables, bread from The Brickhouse and dessert.

Suggested donation: \$10:00 pp Please make your reservation by February 4th.

Name That Tune! You remember that TV music game show don't you? Following lunch we will play a game of **Name That Tune** with lots of prizes. Join in the fun. Sponsored by Lutheran Home of Southbury.

Valentine's Day Treat

Monday, February 14 at 1:00

Come to the center and join us for some hot cocoa, coffee or tea and warm pie ala mode! Have you ever wondered what an Astrologer is or the how Tarot card readings gain insights into your future? There will be an interesting presentation on these practices AND an opportunity to meet one-on one with an experienced Tarot card reader and Astrologer. Sponsored by Abby Road Home Care. Sign up now!

Gadgets & Gizmos Galore!

Thursday, February 24 at 1:00

Stacey McIvor, Occupational Therapist from **Restore Mobile Therapy** will discuss how occupational therapy sets itself apart from other disciplines by addressing the whole client. Stacey demonstrates how the latest gadgets work and

how they can help you in your own home. Peter Crossett from **SYNERGY HomeCare** will answer questions like what is non-medical home care and what is currently happening in the home care industry that could affect you. Snack will follow presentation.

Library Program

Wednesday, January 19 and February 16 at 1:00

Meet with Chris Fisher from the Burnham Library at the senior center. He will be available to teach you about their downloadable audiobooks, eBooks and free movies. The senior center is now considered a Burnham Library's Satellite Library. All materials can be returned to the center when you are done. We have books, audio books and DVDs at the Center from the Burnham Library in addition to our own materials that you are welcome to borrow.

Hilltop Book Group

Monday, January 31 and February 28 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 Club

Tuesday, 10:00

Details of each session are on our Website each week at <http://www.bwsccomputerclub.blogspot.com/>

Municipal Agent, Dawn MacNutt

Tuesday, 9:00 – 12:00

Dawn is at the center to assist you.

Silver Needles

Tuesday, 1:00

Mahjong

Wednesday, 1:00

Rummikub

Friday, 10:00. Come and learn to play. Open to everyone!



Canasta

Friday, 1:00

Breakfast Club

Thursday, January 6 and February 3 at 9:00

Single Meal \$7, 3/\$15, 6/\$30.

Monthly menu will be posted at the Center. Reservation is needed as seats are limited.

Matinee/Concert Club

Sunday, January 16 and February 13 at 4:00

We will be listening to singers who will be singing songs from the 50's & 60's. Soup and pie will be on the menu. Good music, hot soup, delicious pie, good friends a combination you can't beat. Make your reservations \$5.00 pp.

Christmas Baskets

Thank you to all the volunteers who delivered our Christmas Bags – Bonnie Kaczowski, Theresa Angell, Rudy Simari, Joe Buchheit, Julie Stuart, Barbara Ripps, Ellen Baron for all the baking, and Jill Peterson for the shopping. Thanks for spreading the holiday cheer!

AARP Driver Safety Program

The January in person class has been cancelled. Online courses are available at <http://www.aaa.com/defensivedriving>. \$21.95 for AARP Members and \$27.95 for non-members.

Health & Wellness

“Embrace Your Age. Aging is not the lost youth, but a new state of opportunity & strength!”

~Betty Friedan

Massage with Jill

Wednesday, January 5 and 26 at 1:00 – 2:00 and February 9 and 23 at 1:00 – 2:00. By appointment only.

Enjoy a complimentary seated 10 minute, gentle neck and shoulder massage with Jill, a licensed massage therapist. Massage helps to alleviate joint and muscle pain, improve circulation and enhance relaxation. Make your appointment by calling the center.

Body Conditioning

Monday, 10:30 – 11:00 and
Wednesday, 11:30 – 12:00
Instructor: Pat Babbage

We will be indoors at the center. This is a total body toning class using weights, bands and a chair. Exercises will strengthen and stretch the body from head to fingers! Strengthen muscles around arthritic joints, increase bone density, circulation, endurance and range of motion so you can remain active and independent. Please bring your own band and weights if you have them.

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 AS USUAL.

Tai Chi

Wednesday, 10:00 Instructor: Dee Calvey

Low impact, relaxing form of exercise to improve balance, reflexes and overall health. \$7 per class

Chair Yoga

Friday, 10:30. Instructor: Elaine Donahue

Yoga can increase your flexibility, respiration, circulatory health, energy and vitality. \$5 per class

Blood Pressure Clinics

Tuesday, January 18 and February 15 at 1:00
RVNA Health nurse will be available for your questions.

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

HYPOTHERMIA

Hypothermia occurs when the body temperature drops below 95 degrees. One of the main warning signs of hypothermia is shivering, although if the condition occurs indoors in an under heated home shivering may be absent. Other signs that a person may be dangerously cold include slurred speech, lack of coordination, unsteady walking, drowsiness, confusion, irritability and rapid breathing. As an older adult's ability to discriminate temperature changes they may not respond to symptoms.

It is best to avoid going out in extreme cold, particularly if it's windy as this increases the rate of heat loss from the skin. If you do go out, wear several light layers instead of just one or two heavy layers. Most body heat is lost through the head, so always wear a hat. Wear mittens as they keep fingers warmer.

Alzheimer's Association – For questions, resources, advocacy and advice call 1-800-272-3900.

Community Caring in Bridgewater,

Inc. (CCB) supports senior residents of Bridgewater, Connecticut (age 50 and over) by providing emergency financial assistance and general chores and other related help to those in need. CCB is a recognized public charity whose primary mission is to assist people to stay in their own homes for as long as they are able. Our services are provided confidentially. CCB can be reached at 860-350-2194.

Bridgewater Hilltop Center
Town of Bridgewater
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Bridgewater, CT 06752

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Patricia Babbage - Director
Ann Frattalone - Administrative Assistant
Jill Peterson - Assistant

Board:

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

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

Bridgewater Senior Van

Available weekdays for doctor appointments, groceries and special activities. Availability is on a first come, first serve basis but we make every effort to meet your needs. Destination distance of 20 miles. Please contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance for your appointments. **Only transporting people that are well.**

WEB SITES OF INTEREST:

Consumer Law Project for Elders:
www.connlegalservices.org or call
1-800-296-1467

Online Living Will Forms:
www.ctelderlaw.org

CT Dept. of Veterans' Affairs:
www.state.ct.us.ctva/

CENTER HOURS:

Mon, Tue, Wed, Fri, 10 - 4
Thur, 10 - 3

The Center will be closed:

Monday, January 17th - Martin Luther King Day
Monday, February 21st - President's Day

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