



Bridgewater Hilltop Center Newsletter

January - February 2023 Issue 84

OUR MISSION STATEMENT:

WISHING YOU AND YOUR FAMILY A HAPPY AND HEALTHY 2023!



Flannel & Frost Venison Luncheon

Thursday, January 12 at 12:00 (Snow date 1/19)

Baby it's cold outside, so get into your flannel and join us at the center for a special venison stew lunch prepared by John Kracen. Beef stroganoff will also be available for those of you who prefer. Entertainment by "Low Maintenance", Matt and Frank. Suggested donation:

\$10 pp. Reservations needed.

Winter Hands Lotion Workshop

Thursday, January 5 at 1:00

Come and join Sarah from Candlewood Valley Health & Rehab Center to make your own lotion with essential oils to help soothe your winter dry hands. Registration requested.

Canvas Painting Class

Monday, January 23 at 1:00

Wendy Mutter from the Lutheran Home Southbury will be back to lead us in a small canvas painting workshop. All materials are supplied. Registration requested.

Bingo

Thursday, January 26 & February 23 at 1:00

Sponsored by Candlewood Valley Health and Rehab Center and our friend Sarah. Registration requested.

Flower Pot Gnome Craft

Monday, February 6 at 1:00

Hanging gnome craft made with miniature terracotta pots with Sarah from Candlewood Valley Health & Rehab Center. Registration requested.

Valentine's Day Luncheon

Thursday, February 9 at 12:00 (Snow date 2/13)

Though Valentine comes in deep winter it brings the warmth of love in all forms. Join us for a celebration of the heart. Menu: Pasta, roasted vegetables, green salad, bread from The Brickhouse and dessert. Entertainment by the fun loving Billy Michaels. Suggested donation:

\$10 pp. Registration required.

The Friends of the Bridgewater Hilltop Center board will present their annual report.



Genealogy Class

Thursday, February 23 at 10:30

Discover your family history through genealogy records with guidance from Holly Azevedo who can suggest where to go for research. Many records can be found for free without leaving your home. Registration requested.

The Unknown Genius Creative Abilities of Leonardo da Vinci

Monday, February 27 at 1:00 (Snow date 3/6)

Presented by Dr. Rudy Magnan, a published international author, education consultant and researcher in cognitive development. Dr. Magnan is now a Bridgewater resident and we are happy to have him share his creative ideas with us! Leonardo da Vinci utilized Meta-Cognitive Thinking to search for an idea, or the solution to a problem through various viewpoints, in order to get a complete detailed understanding of what was involved. Dr. Magnan will explain how this way of thinking is used to search for new ways to see things differently. Registration requested.

Breakfast Club

Thursday, January 5 and February 2 at 9:00

Single Meal \$8, 3/\$18, 6/\$30.

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

Sunday Concert Club

Sunday, January 15 at 4:00

Brooks and Dunn – The Last Rodeo

Sunday, February 12 at 4:00

Billie Currington – Singles

More details available on the Hilltop blog.

<https://bwsccomputergroup.blogspot.com/>

Library Program

Tuesday, January 24 and February 28 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, January 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

Tuesday, 10:00

Session details are on our website each week at

<https://bwsccomputergroup.blogspot.com/>

Prime Video TV Series Shows

Tuesday, 11:00 – 12:00

followed by a bring your own bag lunch. All are welcome.

Municipal Agent, Dawn MacNutt

Tuesday, 9:00 – 12:00

Silver Needles

Tuesday, 1:00

Mahjong

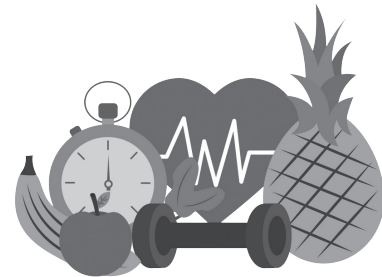
Wednesday, 1:00

Rummikub

Friday, 10:00

Canasta

Friday, 1:00



Massage with Jill

Wednesday, January 4, 18 and February 8, 22 at 1:00 – 2:00

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. **(No class 1/30 & 2/01)**

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

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 per class

Blood Pressure Clinics

Tuesday, January 17 and February 21 at 1:00

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

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

When to start taking Social Security is a decision with lasting consequences.

If you apply at the youngest age of 62, your monthly benefit will be 25%-30% less for the rest of your life than if you waited until your full retirement age. Delay until the latest age of 70, and your monthly benefit increases 8% each year you wait past your full retirement age, a bonus of 24% - 32% depending on your birth year. Your birth year matters because the full retirement age is rising from 66 if born between 1943 and 1954, to 67 for those born in 1960 or later. If your birth year falls between 1955 and 1959, the full retirement age rises by 2 months each year. If you change your mind within the first 12 months of claiming your benefit, you can withdraw your application. All the benefits you received will need to be repaid, but you will get a higher benefit when you restart later on.

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

Dental Care – Need dental care but do not have insurance? There are some options from free dental clinics to providers that offer sliding scales. Contact The Agency on Aging 203-785-8533 (option 4) to find these available sources.

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. Call 860-350-2194.

Care, Give, Recycle.

If you have eyeglasses you would like to donate, there is a collection box at our center provided by The Lions Club International. Put those old glasses to good use!

"Love is a promise, love is a souvenir, once given, never forgotten, never let it disappear"

—John Lennon



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.

Bridgewater Hilltop Center
Town of Bridgewater
132 Hut Hill Road
Bridgewater, CT 06752

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US Postage
PAID
New Milford, CT 06776
Permit No. 273

Address Service Requested

Bridgewater Hilltop Center

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bwscseniorcenter@gmail.com • bridgewater-ct.gov/hilltop-senior-center
<https://bwsccomputergroup.blogspot.com/>

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, 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. *During icy and snowy weather the van does not go out.* Contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance of your appointment.

WEB SITES OF INTEREST:

CT Dept. of Veterans' Affairs:
<https://portal.ct.gov/dva>

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:

January 2nd and 16th
February 20th

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