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.

Hello friends,

There have been many changes in all of our lives and the ability to be patient, to care for ourselves and others, and to persevere has become even more important in today’s world. We have been thinking of everyone often and we hope you are enjoying the warm weather which allows us to get outside more. The senior center has been quiet and we miss you all! We are starting to offer a very limited number of classes and opportunities to socialize outside while following the proper guidelines. We will be meeting outside as long as weather permits. When the center is reopened you will be the first to know!

We are thankful for all those essential workers who risk their health to take care of our needs. They all deserve our deepest gratitude.  

Pat Babbage

When you come to the Center you will be required to follow the safety protocols, wear a mask and please do not come to the center if you are not feeling well. We have masks available if you need one. At the time of the printing of this newsletter all gatherings will be outside and limited in size. We will be doing our part in keeping the center clean and sanitized.

Health & Wellness Classes
Classes will resume in the center when it is safe to do so. When that happens they will be limited in size and participants will be safely spaced.

Chair Yoga
Friday, 9:30 via ZOOM, Elaine will be our instructor. This is a yoga class suitable for all levels. No fee while on ZOOM, but Elaine will be ready to bring it into the center as soon as possible. $7 per class when in center.

Body Conditioning
Monday & Wednesday, 10:30 – 11:15 via ZOOM with Pat. We will need your email address to send you an invitation to join us. No limit to the size of this class and you can do it in the privacy of your own home!

Tai Chi
Wednesday, 10:30 Suspended until we can return inside but Dee is ready to return as soon as possible.  $7 per class.
**Moving Meditation**  
A NEW class that will be coming when we are able to hold class inside.  
Aline Marie – Instructor  **NO Date Set Yet**  
Learn how to meditate with a gentle to moderate class that can be experienced sitting or standing, blending Qi/Gong/ChiGong (pronounced Chee-gone), yoga stretching, balance and breathing exploration followed by guided mindful meditation which can be enjoyed sitting or laying down.  No previous experience necessary. Build quiet strength and peace in your body, mind and heart.  Leave feeling refreshed, stretched and inspired.  
**Please call the center to register since class size will be limited.  The first 2 classes will be free.**

| Social Gatherings on the Patio (Weather permitting) | Lunch at the Pavilion  
Tuesday, July 21st @ 12:00  
We will be picking up a lunch to go from The General Store in Newtown. They have delicious specialty sandwiches.  
Choices:  
The Dodgingtown - Cracked pepper turkey w/ pickles, onions, Swiss cheese, lettuce, tomato, mustard and a dash of Italian dressing on a hard roll  
The Flagpole – Chicken cutlet w/ ranch dressing, lots of bacon, melted Cheddar, lettuce tomatoes on a hard roll  
The Flatbush – hot lean pastrami w/ melted Swiss cheese, mustard & sauerkraut on a grinder roll  
The Cheddar Wrap – Hot roast beef w/ ranch dressing, lots of melted Cheddar cheese, lettuce, rolling in a flour wrap  
The Italian Combo – cold sandwich using Boar's Head cold cuts.  
Bottled water and individual bags of chips will be provided. Cost is $5.00 pp.  
We will dine together at the pavilion across the street from the senior center. Please call or email us with your choice of sandwich. We need your choice by Friday, July 17th. |
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| Computer Club Social – Tuesday, 10:00  
Silver Needles Social – Tuesday, 1:00  
Mahjong Social – Wednesday, 1:00  
Canasta Group Social – Friday, 1:00  
Book Group – Thursday, 10:30, starting July 23rd  
We will be discussing the books that you have been reading during this stay at home time. Bring your book and let’s share ideas and discuss what you have been reading! Call center to sign up. |  
| **The Supper Club/Concert on the Patio**  
Sunday, July 19th @ 4:00 – Supper/Comedy Shorts Playlist  
Sunday, Aug. 16th @ 4:00 – Supper/Movie – Casablanca |

| Birthday Social on the Patio  
**We have some catching up to do!**  
Thursday, July 16th @ 1:00 – Birthdays in March and April will be celebrated.  
Thursday, July 30th @ 1:00 – Birthdays in May and June will be celebrated.  
Thursday, August 20th @ 1:00 – Birthdays in July and August will be celebrated.  
Cake and ice cream will be served! If the weather doesn’t cooperate we will reschedule. Please call or email ASAP to reserve your place since attendance is limited. | Paint Craft in a Bag to Go!  
Pick up Wed., August 5th @ 11:30 at the Center  
Wendy Mutter from the Lutheran Home Southbury has put together a craft package with a sample painting, that Wendy painted, and all the supplies and directions you will need to complete your own painting. Please call or email the center to sign up so we will hold a bag for you! |
**Health Check Up**

Our movements have been limited for a long time now and this can affect your mood. There are many activities you can do to help lift your mood:

- **Don’t blame yourself.** Be as kind and patient with yourself as you would be to a good friend.
- **Focus on the positive.** Start a gratitude journal. List five things per day that went well for you or that you are thankful for. Review it often!
- **Eat Well.** Much of the body’s serotonin (a chemical believed to act as a mood stabilizer) comes from the intestines of bowels. A healthy, well balanced diet can increase serotonin and help boost mood.
- **Remain physically active.** Exercise is known to release endorphins or “feel good” chemicals from your brain.
- **Take all your medicine** as prescribed and directed. Never change medications or skip doses.
- **Remember... you are not alone.** Call us. We are here for you!

**Watch Out For COVID-19 Scams**

There will always be those who take advantage of situations like a pandemic and try to steal your Medicare number, personal information and even money. Some of these scams are:

- Robo calls offering you masks that you will never receive.
- Appeals on Social Media looking for donations for fake charities.
- Offers of testing kits, pills and other protective equipment.

You can go to the website Medicare.gov/fraud for additional information and tips.

**Social Services News**

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

**Medicare Savings Program (MSP)**

**QMB:** This Program pays your Part B premium and all Medicare deductibles and co-insurance.

Your Medicare Part B covers doctors’ costs, outpatient hospital and preventive care. The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay.

Co-insurance is the portion of Medicare approved services that you are responsible for paying.

Monthly income to qualify: $2,245.04 Single/$3,032.07 Couple

**SLMB:** This program pays for your Part B Premium only.

Monthly income to qualify: $2,457.84 Single/$3,319.47 Couple

**ALMB:** This program pays for your Part B Premium only. This program is subject to available program funding. You are not eligible for this program if you received Medicaid.

All three of these programs enroll you into a program that helps pay for Medicare prescription benefits, called Low Income Subsidy or Extra Help. The QMB program is the only program that acts like a Medicare Supplemental Plan.

Dawn is available by phone, 917-685-9899.

**2020 Census**

If you haven’t done so already, make sure you complete the 2020 Census. The Census will influence community funding and congressional representation for the next decade! The Census counts every generation and for more information you can go to 2020CENSUS.GOV.

**AARP Safe Driving Program**

All AARP Driver Safety in-person events have been cancelled through December 2020. The online courses remain an alternative.

Website: www.aarpdriversafety.org

Promo code for 25% discount: DRIVINGSKILLS

**UPCOMING EVENTS**

**UPCOMING ZOOM EVENTS SPONSORED BY CANDLEWOOD VALLEY HEALTH & REHAB CENTER**

Cardiac Health & Rehab with Dr. Kolwicz – Wed., July 15th & Aug. 19th @ 1:30

Cooking Lesson – Sensational Summer Salad W/ “First Bite Catering” – Tue., July 21st @ 1:30

Sign up at Mmarici@candlewoodvalley.com

If you don’t think we have your email address or it has changed recently, please call us to let us know at 860-355-3090. We are always sending out updates and keeping in touch. So make sure you are on our list!
Bridgewater Hilltop Center
132 Hut Hill Road
Bridgewater, CT 06752

(860) 355-3090 • bwscseniorcenter@gmail.com

WEB SITES OF INTEREST:
Consumer Law Project for Elders:
www.conncallegalservices.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:
Friday, July 3rd – Independence Day

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

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

Board:
Ken Lightcap – Chairman
Rudy Simari – Vice chairman
Jim Evans – Treasurer
Julie Stuart – Secretary
Dawn MacNutt
Jerry Ronan
Jean Robinson Co-Treasurer

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

Hilltop Center is available for private parties,
if you are interested or have any questions,
please give us a call or stop by.