



# Bridgewater Hilltop Center Newsletter

July - August 2023 Issue 87

## 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.*

## HILLTOP HOEDOWN

Friday, July 7 from 5 – 8pm (rain date July 8)

Food & Drink, Live Music by the Night Birds, live auction, silent auction, and raffles. This is our annual fundraiser so grab your partner or come on your own. Y'all should join the fun! Tickets available at the Center.

\$30 in advance, \$35 at the door.



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

### **"Shake, Rattle & Roll"**



Thursday, July 27 at 12:00

Bring out your poodle skirt and saddle shoes and slick back your hair as we are visiting the great tunes of the 50's Rock and Roll days. We will be swaying and toe tapping to the 50's music by Billy Michael.

Lunch menu: Eggplant parmesan, penne marinara, tossed green salad, garlic bread and ice cream.

Suggested donation \$10 pp.

### **Healthy Heart Blood Pressure Self-Monitoring Program**

Monday, July 10 at 12:30

Lisa O'Connor, Wellness Director at the Brookfield YMCA. This program is designed to help adults with hypertension to lower and manage their blood pressure. Four monthly Nutrition Education Seminars will be offered to help support your lifestyle changes. Come to this presentation for more information on enrolling in the program. Snacks and a raffle to win a Blood Pressure Monitor will be offered by Lisa.

### **Applying Creative Thinking Skills**

Monday, July 17 at 1:00

Dr. Rudy Magnan returns to discuss applying creative thinking skills, improving our decisions/solutions, developing a personal proactive processor created by world famous creative thinker, Dr. Edward de Bono. Learn how to help yourself expand the amount of information under consideration when making a decision or looking for a solution.

### **Blind and Low Vision Program**

Thursday, July 13 at 11:00

Join us to hear about blind/low vision resources and UR Community Cares services. Receive a free copy of the directory of vision resources in and outside of CT. Presented by Michelle Puzzo, Executive Director. Important information for yourself, a family member or friend.

### **Bingo**

Thursday, July 20 and August 24 at 1:00

Sponsored by Candlewood Valley Health and Rehab Center.

## **Armchair Travel to Australia**

Monday, July 24 at 1:00

Explore the beautiful and exciting country of Australia from the comfort of your chair. Follow your travels with discussion and trivia. Sponsored by Candlewood Valley Rehab Center.



## **Breakfast Club**

Thursday, July 6 and August 3 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, July 16 at 4:00

Celine Dion Concert, "A New Day 2007"

Sunday, August 13 at 4:00

Conway Twitty & Loretta Lynn Concert

Soup and dessert \$5 pp.

More details available on the Hilltop blog.

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

## **Makeup for Mature Women**

### **Workshop**

Monday, August 7 at 1:00

Going somewhere special? Want to look your best? Learn how to create a makeup style that complements your personal features and skin tone. We will explore products and tools for your personal makeup collection. There will be 'hands-on' makeup demonstrations by Joby Rogers, a certified, professional makeup artist with over 30 years of experience in all facets of the business. Joby's makeup artistry has appeared in Forbes and Billboard Magazines. Let's have some fun with this great program!

## **Armchair Travel to India**

Thursday, August 10 at 1:00

No passport needed to travel to India. Explore and learn about this fascinating country. Follow your travels with discussion and trivia. Sponsored by Candlewood Valley Rehab Center.



## **Broadway Singer Performance** **Thursday, August 31 at 12:00**

Thursday, August 31 at 12:00

James Michael, a former Broadway stage performer, will be on center stage at the Hilltop Center! A summer lunch of sandwich, salad and dessert will be served followed by his performance.

Suggested donation \$10 pp. You don't want to

miss this fabulous show.

## **Birthday Social**

Thursday, August 17 at 1:00

Join us to celebrate our July and August 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.

## **Lunch & Learn – "Pain Management"**

Monday, August 21 at 12:30

Pain, whether it is chronic or new, can be debilitating in carrying out your day to day activities. Following lunch Stacy McIvor, Occupational Therapist from RESTORE Mobile Therapy, will provide an overview of strategies and modifications to help you decrease your pain and improve your quality of life.

## **Library Program**

Tuesday, July 25 and August 22 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, July 25 and August 29 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



## **Hearing Screening**

Tuesday, July 18, 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, July 18 and August 15 at 1:00

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

## **Table Tennis**

Monday at 6:30 pm

**Suspended till September.**

## **Massage with Jill**

Wednesday, July 12, 26 and August 9, 23 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.

## **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

## **Social Services News**

**Dawn MacNutt**, MSQ, LMSW, LCSW, Municipal Agent

### **MEDICARE SAVINGS PROGRAM 2023 ELIGIBILITY EFFECTIVE MARCH 1**

The Medicare Savings Program (MSP) and the Extra Help/Low Income subsidy program for prescription drugs are state and federal benefits designed to help low income Medicare beneficiaries pay for their Medicare out of pocket costs. The Medicare Savings Program helps pay for the Part B premium which is \$164.90 each month, resulting in the potential to save approximately \$2000 a year. Depending upon which level of the MSP program you qualify for, the program may cover deductibles, co-payments and co-insurance payments.

To be eligible for the Medicare Savings Program, one must have Medicare Part A and fall within the income guidelines.

*\$2,564 single/\$3,468 couple (“QMB” Program)*

“QMB” – This program is similar to a Medigap policy. Pays for Part B Premiums and all Medicare deductibles and co-insurance.

- It protects you from being billed for any Medicare covered services
- It covers doctors’ costs, outpatient services, and preventive care.

*\$2,807 single/\$3,797 couple (“SLMB” Program)*

“SLMB” - This Program pays for your Part B Premium

*\$2,989 single/\$4,043 couple (“ALMB” Program)*

“ALMB” - This program pays for your Part B premium. This program is subject to available funding and is not available to individuals on Medicaid.

*“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart”.*

*–Helen Keller*

Bridgewater Hilltop Center  
Town of Bridgewater  
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Bridgewater, CT 06752

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## **Bridgewater Hilltop Center**

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

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:**

July 4<sup>th</sup> - Independence Day

July 7<sup>th</sup> - Hilltop Hoedown

August 18<sup>th</sup> - Bridgewater Fair

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