



Bridgewater Hilltop Center Newsletter

March - April 2022 Issue 79

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.

Come and Celebrate St. Patrick's Day with us!



St. Patrick's Day Lunch

Thursday, March 17 at 12:00

Traditional corned beef and cabbage meal with all the trimmings provided by Chef Lisa from the Bridgewater Convenience Store. We will be entertained with some Irish ditties from the dynamic duo Jim Moker and Angela Cahill of the **Walking Fish**. Suggested donation \$10 pp. Reservations needed.



Preventing Elder Financial Abuse and Scams. Learn the Facts.

Monday, March 21 at 1:00

Jennifer Birdseye from Webster Bank will cover the subject of Financial Abuse that targets today's seniors. You will learn about the current scams targeting the senior population and ways to protect yourself and your money. Being informed and alerted is our best defense. Learn how to avoid these tricksters! Sign up now.

Birthday Social

Thursday, March 31 at 1:00

Join us to celebrate our March and April 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, March 24 at 1:00

Thursday, April 21 at 1:00

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

Decoupage Platters

Monday, March 14 at 1:00

This is your opportunity to decoupage a glass platter with fabric! Nicole Believe from Candlewood Valley Heath & Rehabilitation Center will be bringing all the materials needed for you to create your own plate. Enjoy an afternoon at the center with your friends and bring home a beautiful decoupage plate for yourself or to share with someone. Sign up so Nicole knows how many supplies to bring.

Tickborne Diseases and How to Prevent Them

Thursday, March 10 at 11:00

As we are heading into spring and warmer weather it is a good time to think about this topic. **Dr. Lindsey Maloney, DNP from Mobil Care Partners of Connecticut** will discuss Tickborne Diseases and ways you can prevent them. Mobile Care Partners brings your provider to you in the comfort of your own home. Dr. Maloney will come directly to your door to bring you high quality primary care. Come to the center and meet Dr. Maloney. Please sign up.

Matinee/Concert Club

Sunday, March 20 at 4:00 - ***Song from Anne Murray***. All your favorites.

Sunday, April 24 at 4:00 - ***This is Your Land***. Folk songs from the 1960's.

Soup, pie and beverage 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. More details available on the Hilltop blog. <https://bwsccomputergroup.blogspot.com/>

Breakfast Club

Thursday, March 3 and April 7 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.

Library Program

Wednesday, March 16 and April 20 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. Borrowed materials can be returned to the center for your convenience. 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

Tuesday, March 29 at 2:00

Monday, April 25 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.bwsccomputergroup.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 in and learn to play. Open to everyone!



Canasta

Friday, 1:00



April is “National Move More Month” with the 6th designated “National Walk Day” by the American Heart Association. Please join us and the Burnham School children for a short walk at 10:30 – 11:00 on April 6th to celebrate the benefits of walking. We will start at the Bridgewater Pavilion and walk around the circle path, weather permitting.



Paint Pouring Workshop

Monday, April 18 at 1:00

Sponsored by Candlewood Valley Healthcare, Nicole Believe. Create one-of-a-kind masterpieces with acrylic paint. Please sign up spaces are limited.

Spring Fling Luncheon

Thursday, April 14 at 12:00

Let's come together to welcome spring!

Menu: Chicken breast stuffed with broccoli and cheese, rice pilaf, veggie from Chef Lisa, and dessert. Suggested donation \$10 pp.

Entertainment by the duo, ***Low Maintenance***, Matthew Augustine and Frank Chifari.

Movie Matinee

Thursday, April 28 at 1:00.

Movie to be determined closer to the date.

Mother's Day Celebration,

Ladies Luncheon

Monday, May 2 at 12:00

Happy Mother's Day to all the patient, loving, hard-working and all around amazing women who are moms in every way! Join us in celebrating mothers of all kinds, remembering your own mother or being a mother-like figure in someone's life. Make your reservation.

Lite Lunch & Learn

Finding Resilience and Growth through Loss and Transition

Tuesday, April 19 at 12:00 – 1:00

Catherine Valsko LCSW, a clinical social worker in private practice, will share with us how to move forward as the pandemic is coming to an end. We will talk about what and who we have lost during the past three years and find new ways to move ahead, finding new paths for ourselves and living life with meaning and purpose. A lite lunch of a wrap sandwich will be offered. Make your reservations.



Massage with Jill

Wednesday, March 9 and 23 at 1:00 – 2:00 and April 13 and 27 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

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. **(No Class Monday, May 2nd)**

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, March 15 and April 19 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

Benefits of Dark Chocolate

Chocolate that contains a high percentage of cocoa is a heart-healthy food. Chocolate comes from cocoa and cocoa contains Flavonoids. These antioxidants fend off dangerous free radicals and lower blood pressure, controls cholesterol, prevents blood clot formations and improves blood flow. The darker the chocolate the higher the percentage of Flavonoids and the lower the percentage of sugar and fat.

Flavonoids are responsible for cocoa’s rich bitter taste. When cocoa is processed into chocolate, its bitterness is mellowed by adding sugar and sometimes other flavorings. The proportion of cocoa in relation to other ingredients determines the health value of chocolate. Dark chocolate is, however, delicious and good for you but it is not a diet food, so eat sparingly!

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!



*May your Easter Basket be filled
with Peace, Happiness and Harmony.*



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:
Friday, April 15th - Good Friday

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