



# Bridgewater Hilltop Center Newsletter

March - April 2023 Issue 85

## **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.*

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

## **Movie Matinee**

Monday, March 6 at 1:00

*ELVIS* The 2022 movie about the life of American music icon, Elvis Presley, from his childhood to becoming a rock & movie star in the 1950's while maintaining a complex relationship with his manager Colonel Parker. Starring Austin Butler, Tom Hanks, and Olivia DeJonge.

## **The Probate Process: What is it?**

### **Why do we need it? – The State**

### **Administration Process in CT**

Thursday, March 9 at 11:00

Attorney Lynda Lee Arnold of Czepiga, Daly, Pope & Perri law offices will explain how the probate process works. You'll learn the important steps you need to take in order to administer an estate and some of the potential pitfalls in the process and how careful planning can avoid them. Registration requested.

## **American Coin Picker, Blair Soucy**

Monday, March 13 at 1:00

Blair Soucy, a professional coin dealer, has been collecting coins for over 50 years. He is President of the Litchfield County Coin Club, former President of the Bristol Coin Club and a member of the American Numismatic Assoc. You are encouraged to bring any coins or currency for Blair to look at to give you an idea of value and rarity. There will also be plenty of time for Q & A. The program is designed for everyone! Registration requested.

## **St. Patrick's Day Luncheon**

Thursday, March 16 at 12:00

Everyone is Irish today! Enjoy a 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 Jim Moker and his leprechauns. Suggested donation \$10 pp. Reservations needed.



## **Canvas Painting class**

Monday, March 20 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 by Wendy. Make your reservation now!

## **Bingo**

Thursday, March 23 & April 20 at 1:00

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

## **Sock Bunny Craft**

Monday, March 27 at 11:30

Hop down to the Center and make a one-of-a-kind adorable bunny using your creativity. Sponsored by Sarah from Candlewood Valley Healthy & Rehab Center.

## **Non-Pharmaceutical Pain Relief**

Thursday, March 30 at 1:00

Dr. Jennifer Kolwicz will present the various Non-Pharmaceutical Pain Relief methods that seniors can benefit from such as: Cryotherapy, Ultrasound, Manual Therapy, Relaxation and Breathing. There will be a Q & A portion at the end. Sponsored by Candlewood Valley Health & Rehab.

## **Breakfast Club**

Thursday, March 2 and April 6 at 9:00

Single Meal \$8, 3/\$18, 6/\$36.

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

## **Sunday Concert Club**

Sunday, March 12 at 4:00

Neil Diamond's Greatest Hits

Sunday, April 16 at 4:00

The Bee Gees – One Night Only

More details available on the Hilltop blog.

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

## **MiMi's Cupcakes**

Monday, April 3 at 1:00 - 3:00

Cupcake Decorating Class hosted by MiMi's Cake School is back! Cost of \$10 pp includes one dozen cupcakes per student, all decorating supplies and free gift. Reservations needed as space is limited.



## **Armchair Travel with Sarah**

Tuesday, April 6 at 1:00

We will be going to *Ireland*. Virtually explore and learn about the rich culture and history of Ireland. Following your travels Sarah will lead you in making a Shamrock Pin craft!

## **Silk Scarf Painting Class**

Monday, April 10 at 1:00

“Unleash Your Inner Picasso” and join us for a fun silk scarf painting class. You will leave with a beautiful ready-to-wear silk scarf, designed and painted by you! No artistic ability needed. Sponsored by Danielle Ramos CDP of Bethel Health Care and Village Crest Health & Rehab Center.

## **Birthday Social**

Thursday, April 13 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 Schreiber of Synergy Homecare.

## **On The Road – AAA Educational Program**

Monday, April 24 at 1:00

Adelle Zocher, public affairs specialist from AAA Northeast, will be discussing handling driving emergencies, what to do when getting pulled over and explain the advanced driving assisted systems that are used in cars today. Important information for us all. Q & A will follow.

## **Lunch & Learn**

Thursday, March 27 at 12:30

Pizza and dessert are on the menu. \$1.00/slice  
Let us know how many slices you would like!

At 1:30 there will be a presentation by Art Gottlieb on the very interesting Ulysses S. Grant. In 1865, as commanding general, Ulysses S. Grant led the Union Armies to victory over the Confederacy in the American Civil War. As an American hero, Grant was later elected the 18th President of the United States (1869–1877), the youngest president elected at the time, working to implement Congressional Reconstruction and to remove the vestiges of slavery. Sponsored by Kay Schreiber of Synergy Homecare.

## **Library Program**

Tuesday, March 28 and April 25 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, March 28 and 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/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

## **Scrabble Anyone?**

If you are interested in playing scrabble please give the center a call or stop by and let us know. We will try to find a day and time that works for all that are interested.



## **Blood Pressure Clinics**

Tuesday, March 21 and April 18 at 1:00

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

## **New at the Center – Table Tennis**

Wednesdays at 6:30 pm

Come and have some fun and get some exercise!

## **Massage with Jill**

Wednesday, March 8, 22 and April 5, 19  
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 **(No Class 3/17 & 4/14)**

## **Social Services News**

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

### **What is “Vital Exhaustion”?**

Vital exhaustion, sometimes referred to as “burnout syndrome”, is a mixture of irritability, fatigue and demoralization. Other symptoms include low energy and sleep problems. It is usually associated with chronic stress. Some studies suggest that vital exhaustion is more common among people who are exposed to psychological stressors for an extended time. It is associated with cardiovascular problems, including atrial fibrillation, which raises the risk of stroke, heart disease, type 2 diabetes, headaches and gastrointestinal issues. To lower your risks try developing relaxation skills, such as meditation, deep breathing techniques and engage in regular exercise.

**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

*“In the end it’s not the Years in your life.  
It’s the Life in your Years”*

*– Abraham Lincoln*

Bridgewater Hilltop Center  
Town of Bridgewater  
132 Hut Hill Road  
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:**

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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. *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:**  
April 7<sup>th</sup>

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

**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.**