



Bridgewater Hilltop Center Newsletter

May - June 2021 Issue 74

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.

We are happy to report that The Hilltop Center has reopened with limited programs. It's wonderful to have activity at the center and we continue welcoming people back into the building with caution for the safety of our seniors and staff. We are asking that you call or email us to make reservations for classes and other activities, sign in when you come into the center, wear your mask while inside, and wash and sanitize your hands frequently. The status of the activities may change over time, so check your email or give the center a call to stay updated.

Concert on the Patio

Thursday, May 27 at 1:00 (Rain date – June 3)

We are so fortunate to host violinist, Jane Chung, for an outdoor concert at the senior center. Ms. Chung is a member of the American Ballet Theatre Orchestra in NYC since 2004 and a founding member of the Radian String Quartet. Ms. Chung has performed across the US, Europe and Asia. She has collaborated extensively with choreographers and dance companies. She is a graduate of Yale University and studied music performance in Vienna as a Fulbright grant recipient. She is currently a permanent resident of Bridgewater and mother of a Burnham School student. A boxed lunch with a choice of sandwich (Italian Combo - ham, salami, pepperoni, provolone cheese; or The Berlini - roast beef, turkey, swiss cheese, cole slaw, Russian dressing on rye; or The Taylor - turkey, honey ham, corned beef, pepperjack cheese w/ Russian dressing; Pasta salad and dessert will be available prior to the concert at 12:00 to be enjoyed on our patio for \$10 pp. Please RSVP by May 20 at the latest. You won't want to miss this event!

Happy Mother's Day

Thursday, May 6 at 12:30.

Take away meal for the ladies in honor of Mother's Day. Quiche Lorraine, tossed salad, and dessert. No cost, but we need to have a final count by May 3.

The Price is Right!

Thursday, May 13 at 11:00. Come on down!

Play this classic game and win some prizes. A fun time you won't want to miss. Sponsored by Wendy Mutter of The Lutheran Home Southbury. Please call or email to let us know you are coming.

Library Program

Wednesday, May 19 and June 16 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. All materials can be returned to the center when you are done. 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.



Bingo

Thursday, May 20 and June 24 at 1:00.

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

Hilltop Book Group

via Zoom and in person

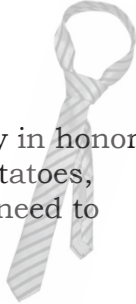
Monday, May 24 at 2:15 and June 21 at 2:15.

Please join us for a lively discussion and sharing of ideas. We will need your email address so we can send you an invitation. Call or email the center to find out what book we will be discussing.

Happy Father's Day

Thursday, June 17 at 12:30.

Take away meal for the gentlemen only in honor of Father's Day. Pot roast, mashed potatoes, carrots, and dessert. No cost, but we need to have a final count by June 10.



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 will be at the center.

Silver Needles

Tuesday, 1:00

Mahjong - OUTSIDE ONLY

Wednesday, 1:00

Canasta - Outside only or social and individual projects inside.

Friday, 1:00

Matinee/Concert Club

OUTSIDE under the Awning

Sunday, May 16 at 4:00. Bring your own refreshments and enjoy the music!

Sunday, June 13 at 4:00. The movie "Casablanca" will be shown.

AARP Driver Safety Program

Online courses are available at <http://www.aaa.com/defensivedriving>. \$21.95 for AARP Members and \$27.95 for non-members.



Health & Wellness



NEW! Tai Ji Quan:

Moving for Better Balance

Mondays at 1:00-2:00 and
Thursdays at 10:00-11:00.

This evidence based therapeutic movement program helps participants improve balance, mobility, daily functioning and prevent falls. It was developed by Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute. Participants meet twice a week for 1-hour for 24 weeks at the senior center. This is a licensed property that the Connecticut Community Care is offering to us free of cost. Call to make your reservation.

Body Conditioning - via ZOOM

Monday, 10:30 – 11:00 and
Wednesday, 11:30 – 12:00 with Pat Babbage.

New attendees will need to give us an email address so we can send you an invitation to join us. No limit to the size of class and you can do it in the privacy of your own home! 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.
(No class June 28 & 30)

Tai Chi - back in center as of May 5th

**** Please note new time ****

Wednesday, 10:00. \$7 per class.
(No Class June 9) Instructor: Dee Calvey

Chair Yoga - back in center

as of May 14th

Friday, 10:30. Instructor: Elaine Donahue
Yoga can increase your flexibility, respiration, circulatory health, energy and vitality. \$5.00 per class when held at the center.

Blood Pressure Clinics

No clinic in May; June date to be determined.

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

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Address Service Requested

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

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Jean Robinson - Co-Treasurer

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:

Tuesday, May 4th - School budget referendum voting
Monday, May 31st - Memorial Day

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