



Bridgewater Hilltop Center Newsletter

May - June 2022 Issue 80

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.

SAVE THE DATE HILLTOP HOEDOWN

Friday, July 8 from 5 – 8pm (rain date July 9)

Food & Drink, Live Music by the Night Birds, Live auction, silent auction, raffles. This is our annual fundraiser so grab your partner and come on over y'all and join the fun! Tickets available at the center.

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



Red, White & Blue Lucheon

Thursday, May 26 at 12:00

Kick off the summer with a get together with friends that includes great food and entertainment. Menu: Chicken Primavera over rice, tossed salad, dessert. Entertainment by **Walter Martin**. Suggested donation \$10 pp. Reservations requested.



Father's Day Lunch

Thursday, June 16 at 12:00

Happy Father's Day to the patient, loving men who have been fathers, mentors, or teachers. Menu: Cookhouse Pulled Pork sandwich, Coleslaw, and Root Beer floats. Make your reservation.

Breakfast Club

Thursday, May 5 and June 2 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.

Birthday Social

Thursday, May 12 at 1:00

Join us to celebrate our May and June 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. Please let us know you are coming so we can have an accurate count.

Bingo

Thursday, May 19 at 1:00

Thursday, June 23 at 1:00

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

Matinee/Concert Club

Sunday, May 15 at 4:00 - "Tribute to Kris Kristofferson and The Roy Orbison Show." Soup, pie and beverage will be on the menu. Make your reservations \$5.00 pp.

Sunday, June 12 at 4:00 - Elvis Presley Music Concert and Dinner. Menu: Salad, fried chicken, potato salad, roll, dessert, beverages. \$10.00 pp
Good music, food and friends, a combination you

can't beat. More details available on the Hilltop blog. <https://bwsccomputergroup.blogspot.com/>

Library Program

Our NEW day and time is Tuesday, May 24 and June 28 at 12:30.

Meet with Chris Fisher from the Burnham Library at the senior center. He will be available to teach you about their downloadable audio books, eBooks and free movies. The senior center is now a Burnham Library 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, May 24 at 2:00

Tuesday, June 28 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

Charm Bracelet Workshop

Monday, May 16 at 1:00

Learn the art of making your own custom jewelry. Sponsored by Candlewood Valley Healthcare, Nicole Believe. Please sign up spaces are limited.

AARP Smart Driver Course

Monday, May 23, 1:00 – 5:00

Pre-registration is requested as class size is limited. \$20 for AARP members/ \$25 for non-members. You could save money on your insurance!

Hip Replacement Lecture

Monday, June 6 at 1:00

Presented by Dr. Jennifer L. Kolwicz. Topics to be discussed are Surgical Options, Risks & Complications, Timelines & Recover, and Q & A. Sign up requested.

Sponsored by Candlewood Valley Health and Rehabilitation Center.

Movie Matinee

Thursday, June 9 at 1:00.

Movie to be determined closer to the date.

Painting Class

Monday, June 13 at 1:00

No experience necessary. Wendy Mutter will be back to take you step by step to create your one of a kind masterpiece. Relax and unleash your inner artist! All materials will be supplied compliments of The Lutheran Home of Southbury. Sign up requested.

Jewelry Box Craft

Monday, June 20 at 1:00

Sponsored by Abby Road Home Care. Create your own unique jewelry box/memory box to hold your favorite objects or photos. They will be painted and covered with glazed photos, pictures, jewelry, ribbons etc. If you have any favorite pictures or trinkets bring them along and you can be as wild or simple as you like! Sign up requested.

Afternoon Jazz & Lunch

Thursday, June 30 at 12:00

A special Independence Day celebration with the jazz trio, *The Dirty Martini's*. You won't want to miss the jazz fest at the Hilltop Center. Menu: Jambalaya from the Cookhouse!

Suggested donation \$12 pp.



Health & Wellness



Lunch & Learn - Sleep Seminar

Monday, June 30 at 12:30

Presenter is Sandra Micalizzi, Nurse Navigator, Waterbury Hospital.

Sleep is not a luxury. It is critical to your health. Our knowledge about age-related changes in sleep has increased and there are health conditions that are linked to a lack of sleep. Learn some tips for getting a good night's sleep. Lunch will be provided by The Lutheran Home of Southbury. Please sign up.

Massage with Jill

Wednesday, May 11 and 25 at 1:00 – 2:00 and June 8 and 29 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. 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 May 2, June 15, 20 & 22)**

Tai Chi

Wednesday, 10:00 Instructor: Dee Calvey

Low impact, relaxing form of exercise to improve balance, reflexes and overall health. \$7 per class **(No Class May 11)**

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 June 24)**

Blood Pressure Clinics

Tuesday, May 17 and June 21 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

Hearing Loss and What It Might Affect

According to Dr. Donovan, director of Geriatric Psychiatry at Massachusetts General Hospital, about half of adults over 70 have some difficulty hearing. With hearing loss can come social withdrawal and loneliness, substantial risk factors for cognitive decline and dementia. Untreated hearing loss has been shown to increase the risk of depression by 40% and risk of dementia by 50% over 10 years. The best way to treat hearing loss is hearing aids, which has shown to improve some memory.

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!

“Laughter is timeless, imagination has no age, dreams are forever” - Walt Disney

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

Presorted
US Postage
PAID
New Milford, CT 06776
Permit No. 273

Address Service Requested

Bridgewater Hilltop Center

132 Hut Hill Road • Bridgewater, CT 06752 • (860) 355-3090
bwscseniorcenter@gmail.com • bridgewater-ct.gov/hilltop-senior-center

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:
Monday, May 30th - Memorial Day

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