



Bridgewater Hilltop Center Newsletter

May - June 2023 Issue 86

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 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.

"A Voice among the Silent" – Vail

Barrett

Thursday, May 4 at 1:00

Roxbury resident and family historian, Vail Barrett, will be presenting the history of his grandfather, James G. McDonald, the first U.S. Ambassador to Israel 1948-1951, his encounter with Hitler and his letter of warning to President Roosevelt. Mr. McDonald was an American diplomat who knew every major public figure in the 1930's. Don't miss this very interesting presentation.

Teacup/Mug Fresh Arrangements

Monday, May 8 at 1:00

In honor of Mother's Day we are fortunate to have The Roxbury Bridgewater Garden Club bringing the supplies and instructing. Registration is required.

Mother's Day Luncheon

Thursday, May 11 at 12:00

This celebration is not just for those who are mothers, but a celebration of all mothers, your

mother, grandmother, great-grandmother or a mother figure in someone's life. This is a ladies only event. Make your reservation now! We need a final count by May 5th.

Canvas Painting Class

Monday, May 1 and June 26 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!

Birdhouse Craft

Monday, May 15 at 1:00

Create a birdhouse unique to you and your bird community. Sponsored by Sarah from Candlewood Valley Health & Rehab Center.



Bingo

Thursday, May 18 and June 8 at 1:00

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

Breakfast Club

Thursday, May 4 and June 1 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, May 21 at 4:00

Johnny Mathis in concert

Sunday, June 11 at 4:00

The Highwaymen concert

Soup and dessert \$5 pp.

More details available on the Hilltop blog.

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

AARP Smart Driver Course

Monday, May 22 at 12:00 - 4:00

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

Armchair Travel with Sarah

Monday, June 5 at 1:00

Iceland - Virtually explore and learn about the rich history and beauty of Iceland. Following your travels Sarah will lead you in a paint pouring activity inspired by the Northern Lights.

Movie Matinee

Monday, June 12 at 1:00

The Sting with Robert Redford and Paul Newman. The original 1973 winner of 7 Academy Awards including Best Picture.

Father's Day Luncheon

Thursday, June 15 at 12:00

A celebration of those who are fathers, Grandfathers, father-like figures in someone's life or your own father. Gentlemen only. We need a final count by June 8th.

Birthday Social

Thursday, June 22 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.

Library Program

Tuesday, May 23 and June 27 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, May 23 and June 27 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.

Patriotic Lunch and CT Bristol Old Time Fiddler Club

Thursday, June 29 at 12:00

We are happy to have the Fiddler Club back again! Wear your red, white & blue to help us usher in Independence Day with foot tapping music, food and friendship.

Suggest donation is \$10 pp

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.

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

Health & Wellness



Hearing Screening is back!

Tuesday, May 23, 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, May 16 and June 20 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

Come to have some fun and get some exercise!

Massage with Jill

Wednesday, May 3, 17, 31 and June 14, 28 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. **(No class May 8)**

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 June 30)**

Social Services News

Dawn MacNutt, MSW, LMSW, LCSW, Municipal Agent

MEDICARE EXTENDS COVERAGE OF TELEHEALTH THROUGH 2024

If you found Telehealth visits with your doctor helpful, there is no reason to give that up, at least for now. December of 2022, Congress extended Medicare coverage of Telehealth visits through the end of 2024. The service has been deemed so useful that you’ll be able to continue arranging phone or video calls with your doctor in lieu of in person appointments, and Medicare will keep covering them as it would for in-person visits. Medicare will also extend payments for Telehealth visits with occupational, physical, speech therapist and audiologists. Remember a first visit with your doctor has a better impact if done in person, especially if the doctor needs to carry out certain physical exams, such as listening to your heart, etc.

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

My mother used to say, “The older you get, the better you get. Unless you are a banana”

– Betty White

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Bridgewater, CT 06752

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

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Ann Frattalone - Administrative Assistant
Jill Peterson - Assistant

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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. 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>

(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:

May 2nd - Budget Voting

May 29th - Memorial Day

June 19th - Juneteenth

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