



# Bridgewater Hilltop Center Newsletter

November - December 2021 Issue 77

## 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.*

Wishing you a Happy Thanksgiving and a Very Merry Christmas!

### **Veteran's Day Ceremony**

Thursday, November 11 at 10:45 am

Please join us at the center where Joe Buchheit, retired US Army Lieutenant Colonel, will lead us in a moving tribute to all our veterans. First Selectman Curtis Read will deliver an address, a wreath ceremony and our own Hilltop Singers will be performing. Please be in your seats no later than 10:45 am. Refreshments will be served.

### **Thanksgiving Luncheon**

Thursday, November 18 at 12:30

Join your friends at the center for a traditional Thanksgiving meal of Turkey, stuffing, gravy, potatoes, green beans, pumpkin pie prepared by Lisa and entertainment by **Blithe & Fred**.

\$10 pp - please make your reservation by November 12.

Gobble  
Gobble!



### **Holiday Craft with Melissa**

Monday, December 6 at 11:00

Melissa from Candlewood Valley Health and Rehabilitation Center will lead the group in making a beautiful Christmas wreath. Let us know you are coming so Melissa will bring the amount of supplies needed.

### **Christmas Luncheon**

Thursday, December 16 at 12:30

The menu will be Maple Glazed Ham, with mustard sauce on the side, Classic Scalloped Potatoes and Honeyed Carrots prepared by Executive Cuisine. The day will be a cheerful celebration of Christmas including a sing-a-long of your favorite holiday songs led by **Jim Moker and the Walking Fish Band**.

\$10 pp - please make your reservation by December 1.

### **Bingo**

Thursday, November 4 at 1:00

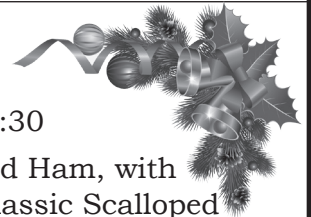
Thursday, December 9 "**Holly Jolly Bingo**" at 1:00

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

### **Library Program**

Wednesday, November 17 and December 15 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.



## **Hilltop Book Group**

Monday, November 29 at 2:00 (No December meeting)

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.bwsccomputerclub.blogspot.com/> (NO CLASS 11/16 & 12/21)

## **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

## **Poker**

Friday, 10:00

## **Canasta**

Friday, 1:00

## **Breakfast Club**

Thursday, November 4 and December 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.

## **Matinee/Concert Club**

Sunday, November 14 at 4:00

New England clam chowder or Lobster bisque soup, pie and beverage \$5 pp. The movie **Night Shift** will be shown starring Michael Keaton, Henry Winkler and Shelley Long. A very funny and entertaining movie.

Sunday, December 12 at 4:00

Hors d'oeuvres, beverages and the show, \$5 pp. A Christmas Concert with the classic songs performed by the original artists. Make your reservations.

## **An Afternoon at the Movies**

Thursday, December 30 at 12:30

Call the center the week before to see what's

playing. Refreshments will be served.

## **Christmas Baskets**

We will be spreading some extra cheer in December by continuing to give our Christmas Baskets to those residents who are unable to be out and about during the holiday season. If you would like to help with this project with a donation of goods or help to deliver the baskets please call the center.

## **AARP Driver Safety Program**

In person class tentatively scheduled for Thursday, January 6 from 12:30 – 4:40. Please call the center a month prior to confirm. Cost: \$20 for members and \$25 for non-members. Pre-registration required. Payment by check preferred payable to AARP. Online courses are available at <http://www.aaa.com/defensivedriving>. \$21.95 for AARP Members and \$27.95 for non-members.

## **Health & Wellness**

**“Be Your Best Self”**



## **Massage with Jill**

Wednesday, November 3 and 24 at 1:00 – 2:00 and December 1 and 22 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.



## **Tai Ji Quan: Moving for Better Balance**

Mondays at 1:00. **FREE!**

Take advantage of this evidence based therapeutic movement program that will help improve your balance, mobility, daily functioning and prevent falls. It was developed by Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute. This is a licensed property that the Connecticut Community Care is offering to us free of cost. Call to make your reservation. We all can benefit from learning and practicing movements that can help us with our balance!

## **Body Conditioning**

Monday, 10:30 – 11:00 and

Wednesday, 11:30 – 12:00

**(NO CLASS 12/6 & 12/8)**

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.

## **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. Instructor: Elaine Donahue

Yoga can increase your flexibility, respiration, circulatory health, energy and vitality. \$5 per class

## **Blood Pressure Clinics**

Tuesday, November 16 and December 21 at 1:00

RVNA Health nurse will be available for your questions.

**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.**

*“Take care of yourself first, so you are well  
enough to care for others”*



## **Social Services News**

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

**NEW LAW ENDING DSS LIENS ON REAL PROPERTY**

If the Department of Social Services has placed a lien on your house, they are in the process of releasing all property liens, effective July 1, 2021. DSS is ending all real property liens that have been filed to recover the cost of cash assistance and/or Medicaid assistance. This is the result of Public Act 21-3, passed by the General Assembly and signed by Governor Lamont on March 4, 2021. DSS is currently issuing formal lien releases to all towns to be recorded in land records.

**ANNUAL ENROLLMENT FOR MEDICARE PART D AND MEDICARE ADVANTAGE PLANS - October 15 through December 7, 2021**

You can change plans between October 15 and December 7 for an effective date of January 1, 2022. If you are satisfied with your existing plan, it will automatically roll over. If the premiums or co-pays have gone up, or if the plan will no longer cover one or more of your medications, you may want to consider making a change. Contact the Senior Center and make an appointment with Dawn MacNutt to check out other options.

(860) 355-3090

**Alzheimer’s Association** – For questions, resources, advocacy and advice call 1-800-272-3900.

## **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. CCB can be reached at 860-350-2194.

**The Center will be closed except for voting on Tuesday, November 2; November 11 for Veteran’s Day; November 25 & 26 for Thanksgiving, December 24 & 31 for Christmas and New Year’s.**

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

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## **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](http://www.connlegalservices.org) or call  
1-800-296-1467

Online Living Will Forms:  
[www.ctelderlaw.org](http://www.ctelderlaw.org)

CT Dept. of Veterans' Affairs:  
[www.state.ct.us.ctva/](http://www.state.ct.us.ctva/)

### **CENTER HOURS:**

**Mon, Tue, Wed, Fri, 10 - 4**  
**Thur, 10 - 3**

### **The Center will be closed:**

Tuesday, November 2<sup>nd</sup> - VOTING ONLY  
Tuesday, November 11<sup>th</sup> - Veteran's Day  
Thurs./Fri., November 25<sup>th</sup>/26<sup>th</sup> - Thanksgiving  
Fri., December 24<sup>th</sup> - Christmas  
Fri., December 31<sup>st</sup> - New Year's

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