



Bridgewater Hilltop Center Newsletter

September - October 2021 Issue 76

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.

Autumn Luncheon

Thursday, September 16, 12:00

We will be serving Chicken parmesan with pasta, salad, and bread from the Brickhouse Restaurant. Music by **Blithe & Fred**, playing feel good songs you can sing along with.

Cost: \$10 pp. Please sign up by September 10th

Floral Design Workshop with Melissa

Thursday, September 23 at 1:00

Learn to design your very own floral arrangement. Melissa from Candlewood Valley Healthcare will bring all the supplies. Call to register so she can bring the correct amount of materials.



Bingo

Thursday, September 9 and October 14 at 1:00

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

Library Program

Wednesday, September 15 and October 20 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

Lunch and Learn

"Music of the 50's & 60's and its Impact on America" - Stephen Armstrong

Thursday, September 30, 12:00 – 2:00

Enjoy a lunch with friends and learn something new! We will be serving a ham, pasta & broccoli lunch prepared by Lisa and a surprise dessert. \$10.00 pp

Following lunch listen to the music of the 50's & 60's and join in a discussion with Steve about how this music affected your life and the lives of those around you. Steve is a former high school teacher, department supervisor and currently an adjunct instructor of history at Central CT State University. He was president of CT Council for the Social Studies, the NE History Teachers Assoc. and the CT Coordinating Committee for the Promotion of History. This will be an upbeat and fun presentation with Steve answering any questions you may have on the subject. Sign up is requested.

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.

Oktoberfest

Thursday, October 21, 12:00

We are so lucky to have Chef Uwe preparing a traditional German fare for us! There will be music and laughter! Join us and make your reservation. \$12.00 pp



American Coin Picker, Blair Soucy

Thursday, October 28, 1:00 – 2:00

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 life member of the American Numismatic Assoc. and the Florida United Numismatists. 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!

Hilltop Book Group

Monday, September 27 and October 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 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 to assist you.

Silver Needles

Tuesday, 1:00

Mahjong

Wednesday, 1:00

Breakfast Club

Thursday, September 2 and October 7 at 9:00

Menu will be posted at the Center. Seats are limited.

Poker

Friday, 10:00

Canasta

Friday, 1:00

Matinee/Concert Club

Sunday, September 12 at 4:00

Sunday, October 17 at 4:00

Programs TBD. Bring your own refreshments and enjoy the music with friends!

Violin Concert

Thursday, September 2 at 1:00

Bridgewater violinist **Jane Chung** returns to the Hilltop Center with Danbury native **Larry Deming**, violinist/violist/fiddler for an end-of-summer concert. The program is entitled “The Dance: 16th Century Court to Fiddle Tunes to Modern-Day Balkan” and will traverse music by Bach, Bartok, Teirstein and other fiddle tunes. This will be an outdoor and safely distanced concert on the patio, weather permitting.

AARP Driver Safety Program

In person class Thursday, October 7 from 12:30 – 4:30. Cost: \$20 for members and \$25 for non-members. Pre-registration required. Online courses are available at <http://www.aaa.com/defensivedriving>. \$21.95 for AARP Members and \$27.95 for non-members.

Health & Wellness



Flu Vaccination Clinic

Friday, October 8 at 11:30 – 1:30 by appointment. Provided by RVNA Health.

Both the Quad and High Dose vaccines will be offered. Accepted forms of payment are: Medicare Part B, Aetna, Blue Cross Blue Shield, ConnectiCare, Harvard Pilgrim. RVNAhealth is NOT a preferred provider for Cigna, United Healthcare, Oxford, AARP insurance for flu vaccines. If you do not have a participating insurance plan, payment will be accepted by check or credit card. Quad \$45/ High Dose \$70.

Massage with Jill

Wednesday, September 8 & 22 at 1:00 – 2:00 and October 6 & 27 at 1:00 – 2:00. By appointment only.

Enjoy a seated complimentary 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 will begin again October 4!

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
Instructor: Pat Babbage

We will be indoors at the center. 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 (No class September 24)

Blood Pressure Clinics

Tuesday, September 21 and October 19 at 1:00

RVNA Health nurse will be available for your questions.

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style.” ~ Maya Angelou

Upcoming Trips

“Beautiful” at the Palace Theater, Waterbury

Saturday, November 20, 2:00 performance
Lower Orchestra seats. Cost \$73 pp

Winter Wonderland in Newport

December 7, 2021 Tours of Distinction tour includes: Motor Coach transportation, Admission to The Breakers, Lunch at Johnny’s at the Atlantic Resort. Tour & Tasting at Newport Vineyards and Winery, a souvenir glass and all gratuities. Pick up a flyer at the center for more details!

Depart: 7:00 am from the Bridgewater Hilltop Center

Estimated Return: 7:45 pm. Cost: \$140 pp.
Checks payable to Tours of Distinction.

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

ENERGY ASSISTANCE will begin September 1. Qualifying Income guidelines are as follows: \$37,645 for individuals and \$49,228 for couples. The total must be below these numbers to be eligible. Documents needed are; current income such as Social Security benefits, wages from work (4 weeks worth of pay stubs), interest and/or dividends, etc., proof of assets which are ALL bank accounts, stocks, bonds and other liquid assets. Proof of how you heat your home, electric bill, oil bill. When you have ALL your documentation ready, call the Senior Center at 860-355-3090 to set up an appointment with Dawn.

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.

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
Jim Evans - Treasurer
Julie Stuart - Secretary
Dawn MacNutt
Jerry Ronan
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:

Monday, September 6th - Labor Day
Monday, October 11th - Columbus Day

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