



Bridgewater Hilltop Center

Newsletter May - June 2024

Mission Statement

The Mission of Bridgewater’s Hilltop Senior Center is to identify and assist with the needs of our aging population, promote and encourage new and existing activities, and to provide services and education to enhance the quality of life while offering a safe and welcoming environment.

HILLTOP HOE DOWN

FRIDAY, JULY 19TH 5:00 – 8:00 pm

Join us for our annual program fundraiser: Live Auction, Silent Auction, Raffle Items. Hoe Down dinner by Twins BBQ, music by Mike Walsh and band. Tickets available at the Senior Center \$30 or \$35 at the door.

We would like to express our gratitude to the Roxbury Bridgewater Garden Club for their never-ending abundance of ideas for crafts for our seniors. Thank you very much. The Garden Club provides programs in the schools and at senior centers. They also offer annual scholarships and provide community education through lectures and at the Plant Mart education table. Please note, any fees collected are donated back to Hilltop for special programs.

** Be sure to collect/save martini glasses for our fall holiday project. You can drop them off at Hilltop.

SPECIAL PROGRAMS

Mother’s Day Luncheon

Thursday, May 9 at 12:00

Come one, come all! Celebrate in honor of Mothers, Grandmothers, and Mother-like figures. All are welcome. Lunch will be Turkey Tetrazzini and a garden salad. Surprise dessert from our dessert speaker Lauren Henriques, Neuroscience Coordinator for Danbury/New Milford Hospitals. She will be discussing “Stroke Prevention” and ways to minimize the risks.

Cost: \$10 pp Reservation and payment required by Friday May 3rd.



Father’s Day Luncheon

Thursday, June 13 @ 12:00

All are welcome to this celebration in honor of Fathers, Grandfathers, and Father-like figures. Lunch will be pulled pork, macaroni & cheese, and coleslaw from Chef Lisa.

Cost: \$10 pp Reservation and payment required by Friday June 7th.

Farm to Table Luncheon @ Shepaug

Friday, May 3, 10:30 – 1:00 PM

Enjoy a student lead tour of the Agriscience Program at Shepaug followed by a delicious lunch prepared by students. There is no fee for this, and the van will drive the 10 seniors signed up. Kathy and Dawn will meet you at the school.

Registration is required. First ten to sign up are in.

Please note - we are closed

Monday May 27th for Memorial Day and Wednesday June 19th for Juneteenth.

MARK YOUR CALENDAR

Smoothie Bar with Ellen

Thursday, May 16 at 1:00

Come and socialize and enjoy a delicious smoothie prepared by Ellen Woolwich, a Bridgewater resident and Marketing Liaison of The Commons, Newtown. Registration required.



Lecture: How to Improve Your Posture

Monday, May 20 at 1:00

Join Matt Petrovich of Ivy Rehab and learn about corrective posture exercises. The curves in our spine tend to increase with age – learn age defying practices to keep your spine younger and healthy with full range of motion! Light refreshments.

Breakfast Club

Thursday, May 2 and June 6 at 9:00 am. Monthly menu will be posted at the Center.

Single Meal \$8, 3 meals for \$18, 6 meals for \$36
Reservation is required as seats are limited.

Craft: Stars & Stripes with Erin

Monday, June 3 at 11:30

Join the fun in creating and painting a beautiful, patriotic wooden flag wall hanging decoration. All supplies will be provided. No experience required except to discover the inner artist in you.

Cost: \$12 pp Registration is required, space limited.

HOE DOWN: Please note: we are soliciting donations for our Silent Auction for the Hoe Down fundraiser on July 19th, 5:00 – 8:00. We accept gift baskets, gift certificates and cash. Feel free to reach out to any local businesses you are familiar with and ask them to help support the annual fundraiser for programs at the Senior Center. And we hope to see you there!

Lunch & Learn – New Paradigm for Mental Development

Thursday, May 30 at 12:00

Enjoy yummy sandwiches and chips from Angel's deli and learn some fascinating information on Brain Connectivity/New Paradigm for Mental Development presented by Dr. Rudy Magnan.

Light lunch served.

Registration required.

Bingo

Thursday, June 20 at 1:00 (no Bingo in May)

Come have some fun! Great prizes thanks to Dana @ Candlewood Valley Healthcare for this complimentary event! Maybe you'll sit at the "lucky" table!

Have a gift at home you would like to re-gift? Please donate it to the Bingo prizes!

Registration requested.

Craft: with Kay & Danielle

Monday, May 6 at 1:00

Join Kay Schrieber from Synergy Homecare and Danielle Ramos from Village Crest Center for Health & Rehab in making a Pressed Flower Lantern. Make your own pressed flower lantern that is beautiful and easy to put together. Working with Mod Podge and dried flowers, you will have a gorgeous candle holder perfect for your spring/summer table décor.

Registration required.



Library Program

Tuesday, May 28 and June 25 at 12:30
Jean Kallay, Director of The Burnham Library, will answer any questions and teach you about downloadable audio books, eBooks, and free movies. She will bring a variety of books that you can check out using your library card. Relax with a small group and enjoy a conversation about what our town library has to offer.

American Coin Picker, Blair Soucy

Monday, June 10 at 1:00
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 member of the American Numismatic Association. You are encouraged to bring any coins or currency for Blair to look at and give you an idea of value and rarity. Plenty of time for Q&A.



Registration requested.

Municipal Agent, Dawn MacNutt

Tuesday's from 9:00-12:00
Schedule an appointment to meet with Dawn and find out how to maximize services available for assistance. Medicare, energy, caregiver support and caregiving options, and more.

iPhone Sessions with Lessons and Videos

Tuesday's at 11:00-12:00
Sharing contacts, pictures, texting along with more advanced options. Have an iPhone? Stop by and sign up. Learn something new that your phone can do. Add the Hilltop Center App to your iPhone. For those in need of individual help with lessons, future appointments with Coaches can be arranged. These visits will be held in the Computer Room at the Senior Center.

Craft: Create a Terrarium with MossLife

Monday, June 17 at 11:30
Join Allie Kraushaar as she helps you design and build a beautiful terrarium. MossLife is a "unique place where magic is made". A stunning shop located in Tariffville. We are so lucky for Allie to bring her skills and magic to offer this event here in Bridgewater. Fee includes plants, vessel, carrying box and instructions. Get your best friend to join you in this creative venture.
Cost: \$15 pp. Registration required, class limited to 15.



Birthday Social

Thursday, June 27 at 1:00
Celebrate those amazing people born in May/June! Along with birthday cake and ice cream, we will offer a game of Super Silver Trivia led by Kay Schrieber of Synergy Homecare.

Registration requested.



Cornhole

Tuesday's at 10:00
Wednesday's at 6:30 PM

Silver Needles

Tuesday's at 1:00

Mahjong

Wednesday's at 12:45

Rummikub

Friday's at 10:00

Canasta

Friday's at 1:00

Learn to Play Bridge NEW

Monday's at 1:00 with Ron Kutz

Bridgewater Senior Center

132 Hut Hill Road
Bridgewater, CT 06752

Address Service Requested

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

Bridgewater Hilltop Senior Center Issue 92
132 Hut Hill Road, Bridgewater, CT 06752 Telephone: 860-355--3090
<https://www.bridgewater-ct.gov/hilltop-senior-center>

Director

Kathy Creighton kcreighton@bridgewater-ct.gov

Senior Center Coordinator

Jill Peterson bwscseniorcenter@gmail.com

Administrative Assistant

Ann Frattalone bwscseniorcenter@gmail.com

Social Services and Municipal Agent

Dawn MacNutt dmacnutt@bridgewater-ct.gov

Friends of Bridgewater Senior Center

Board of Directors

Rudy Simari, Chairperson

Dawn MacNutt, Vice Chairperson

Jean Robinson, Treasurer

Julie Stuart, Secretary

Ellen Woolwich

Resources

American Cancer Society offers free rides to
MD appointments 203-563-0740

CT Department of Veteran's Aff:

<https://portal.ct.gov/dva>

860-616-3600

Veteran's Crisis Line: Dial 988, press 1

Western CT Area Agency on Aging

<https://wcaaa.org>

800-994-9422

Suicide and Crisis Lifeline

988

Bridgewater Senior Van: Director & Driver, Ann Frattalone. Van available weekdays for doctor appointments, grocery shopping and special activities within 20 mile radius. Two weeks notice needed for appointments. Call 860-350-3042. Note: the van does not travel in inclement weather. Drivers are not allowed to assist, please bring an aide if needed.



IMPROVE YOUR MIND AND BODY

Body Conditioning with Jess: Monday's at 10:30 – 11:15 *No Class May 13, 27 & June 24

May Cost: \$4 per class drop in or \$6 pre-pay for the month

June Cost: \$4 per class drop in or \$10 pre-pay for the month

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. Standing and seated exercise. Can be modified for all seated movements.

Tai Chi with Dee: Wednesday's at 10:00 – 11:00 Cost: \$12 per class *No Class June 19

A combination of Qigong and Tai Chi Short Form, very good for novice practitioners. Improves balance, concentration, reflexes and overall health. Open to new participants at any time.

Functional Strength and Balance with Cassie: Wednesday's at 11:30-12:20 *No Class June 19

May Cost: \$4 per class drop in; or \$17 for the month

June Cost: \$4 per class drop in; or \$10 for the month

Total body movement focusing on full range of motion for all major joints and their supportive musculature. Weight bearing multiple directional movements. Dumbbells and bands. In and around a chair.

Low Impact Aerobics with Lisa: Friday's at 9:30-10:15

May Cost: \$5 per class drop in; or \$22 for the month

June Cost: \$5 per class drop in; or \$16 for the month

Get that cardio workout you need with Lisa as she flowingly leads your movement from warm up to workout to cool down and stretch. A great 45 minute calorie burning, body conditioning class. Need support? You can use the back of a chair for support and still have a great class.

Chair Yoga with Elaine: Friday's at 10:30 – 11:30 Cost: \$5 per class

Practice familiar yoga poses modified to fit your body while seated in a chair, on your mat. You will learn to welcome stillness, experience short meditative practices, find balance in your body and increase your overall feeling of wellness and positivity with this class. "Bring your own practice to mat/chair". Open to all levels – beginners are especially welcome.

TRIPS*

Bridgewater Seniors have been invited to join Brookfield Senior Center Trips at no extra charge. (Non - Bridgewater residents who join you will be required to be a member of the Brookfield Senior Center to travel with them.) The Bridgewater van will drive our group to Brookfield to meet their trip bus.

Upcoming Trips

Tuesday, June 25: West Point Campus tour and lunch at the famous Hotel Thayer buffet. You will enjoy a guided walking tour of the West Point campus. Cost is \$135 pp. Reservations are now being accepted.

Thursday, July 25: Lunch at Amarante's Sea Cliff, on the water in New Haven, followed by The Thimble Island Cruise. How could a July day be any more perfect? Cost is \$135 pp. Reservations now being accepted.

October 9-11: Long Island and the Lifestyles of the Rich and Famous. Join us for three days and two nights as we travel through The Hamptons, visit the Vanderbilt Mansion, Old Westbury Gardens and Mansion, and much more. Flyers are available with details.

*Please note that your check holds your spot and that the buses are loaded (seat by seat) based on the date your registration and check is received at the **Brookfield Senior Center**. Final headcounts are due 4-6 weeks in advance, so no refunds if cancelling after that time.

SOCIAL SERVICES NEWS

Dawn MacNutt: MSQ, LMSW, LCSW, Municipal Agent



A NEW PHARMACY DISCOUNT CARD

Connecticut has joined with several other states to provide A NEW PHARMACY DISCOUNT CARD in a multi-state not for-profit pharmacy program. The program offers residents a pharmacy discount card called ArrayRX. The card saves up to 80% on certain generic drugs and 20% on certain brand drugs. The card is free and there are no income or age restrictions. CT residents with an email address and physical address in CT can apply for the card by going on line to arrayrxcard.com. The digital card is not a substitute for health or prescription drug insurance. The digital ArrayRX Discount Card may be used a) if you do not have drug coverage, b) instead of private insurance or Medicare if your insurance does not cover a specific medication, and c) if the digital ArrayRX Discount Card gets you a better price than your private insurance or Medicare plan. ArrayRX Discount Card purchases do not count toward your deductible or out-of-pocket maximum. For more information about this new card program, go to arrayrx.com to register and see their list of frequently asked questions.

HEALTH AND WELLNESS

Massage with Jill: 1:00 – 2:00 on Wednesday's May 15, 29 and June 26

Enjoy a complimentary seated 15-minute, gentle neck and shoulder massage with Jill, a licensed massage therapist.

By appointment only.

Blood Pressure Clinic: Tuesday, May 21 and Tuesday, June 18 at 1:00

An RVNA Health Nurse will be available to take your blood pressure and to answer any questions.

Hearing Screening by HearingLife: Wednesday, May 15 from 9:30 – 11:30

Judy Dunnel of HearingLife Specialists will be conducting hearing screenings.

Appointments are required.

Brain Games *New Monthly Program: 1:00, Wednesday's, May 29 and June 26

Danielle Ramos, of Village Crest will run a fun-filled hour of memory joggers and trivia. History, holidays, sports, pop culture, word puzzles and more. Engage your short term, long term and working memory in a variety of fun and stress-free ways.

Registration Requested.

We would like to thank Ken Lightcap for his many years of volunteerism. Chairing the Friends of the Bridgewater Senior Center Board, followed by more years as a board member. We wish him a wonderful retirement from his civic activism here at Hilltop Senior Center.

That said, we welcome Ellen Woolwich to the Board of Directors of the Friends of the Bridgewater Senior Center. We are excited to work with you as the Friends continues its non-profit work of funding and supporting the educational and social programs here at the Senior Center.