

Senior Newsletter

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Phone 203-577-4166

Fax 203-577-4173

E-mail jcappelletti@middlebury-ct.org

Hours: Monday through Friday 9:00am - 1:00pm

[illegible]

April, 2018



Department Staff

JoAnn Cappelletti Director

Jeanne Generali.....Dispatcher/Clerk

Terri Markie.....Bus Driver

Angela Leveille.....Publications & Programs

Sean Howard.....Computer Lab

Newsletter Staff

JoAnn Cappelletti

Angela Leveille

Commission on Aging

Judy Mirrer Chairperson

Barbara DeRiu

Noa Miller

Nancy Mastroianni

Ann Spierto

Nancy Pun

Jean Hansen

JoAnn Cappelletti



Town of Middlebury
Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166

Fax 203-577-4173

jcappelletti@middlebury-ct.org

Notifying the Public Under Title VI

THE TOWN OF MIDDLEBURY

The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town of Middlebury.

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

If information is needed in another language, contact 203-577-4166 ext. 707

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 707



Department of Social Services & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

To the elderly community we are constantly seeking to improve their quality of life by educating them in new concepts of living. We keep our elderly active in the community through volunteerism as well as educational and recreational programs. We continue to keep them up to date, through informative group sessions, which enhance their personal development.

As changes occur in our world, our goal is to re-adapt programs so that our citizens can keep in step with the rest of the community.

Have our Newsletter Mailed to Your Home Every Month

Cut out and mail this form

Name_____

Address_____

City_____State_____

Please enclose a check for \$9.00 made payable to
The Middlebury Senior Center and mail to:

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

Please support our Sponsors



Care Beyond Compare Since 1961

FAMILY OWNED AND OPERATED 58 bed skilled nursing facility
Providing care beyond compare since 1961.

Specializing in Short Term Rehabilitation

- ▶ Still a 5 Star Federal Medicare Rating
- ▶ An outstanding ratio of staff to residents
- ▶ A new rehabilitation room offering physical, occupational and speech therapies 7 days a week and is now equipped with NeuroGym® technology. MCH is the first skilled nursing facility in Connecticut to have just acquired this new state-of-the-art therapy equipment.
- ▶ A new recreation room and patio providing a full and vibrant calendar of events and activities

203-758-2471 778 Middlebury Road Middlebury, 06762

www.midconvhome.com

A&B Homecare Solutions, LLC is a family owned and operated in-home care agency formed in 2003 by Mother and Son, Bella & Aron Galinovsky. Aron and Bella's vision was to provide meaningful, high quality in-home care for individuals and families that know "HOME" Is Truly
Where the Heart is...

We accept private pay, long term care insurance, state insurance, and veteran's benefits.

Call us today (203) 495-1900

24/7 on call (203-495-1900

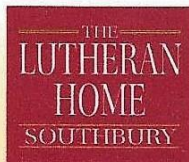
**Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.**

Get **READY FOR HOME** at Lutheran Home

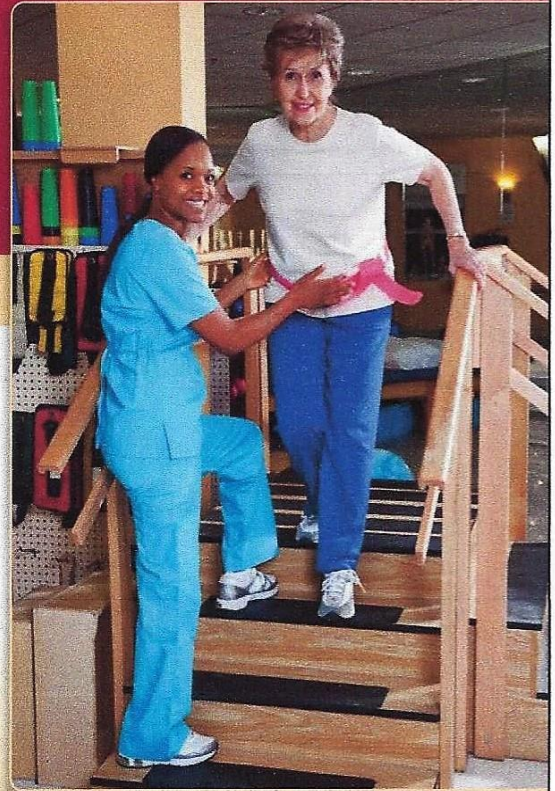
2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



The Village at East Farms has a bi-monthly Caregivers Support group on the first (1st) Wednesday of the month at 10:00am and the third (3rd) Wednesday of the month at 6:00pm.

The complexity of Alzheimer's disease and related dementias impacts the family and relationships. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join the group for educational discussions and have the opportunity to learn and share with others who understand. Refreshments will be served.

Complimentary care and programs are provided for your loved one during every session.

Kindly RSVP to 203-757-7660

MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION

(funding provided by Connecticut Department of Housing)

The Town of Middlebury has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation.

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, pinning, plumbing, heating, and other non-luxury work subject to approval of the Town.



Application & Eligibility

All applications must be fully completed and returned to the address listed on the back of the application. Applications are reviewed on a first come first serve basis.

Eligibility is based on a combination of household size and annual household income. Income documentation for each of the household residents over the age of 18 must be submitted with the application. This documentation must include copies of the last 4-6 week stubs, the most recent Federal tax return, social security documentation, or other pertinent income verification. All tax returns must be signed.

The income limits, which determine Program eligibility, differ for each community. In the Town of Middlebury based on your household size, you may be eligible for a deferred loan if your annual household income is at or below the following amounts:

Household size	Income Limits *
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,800

*Income limits are subject to periodic change.

Applications and information regarding this program are available at the Middlebury Department of Social Services located at
1172 Whittemore Road
Middlebury, CT 06762
203-577-4166



Middlebury Lions Club

Connecticut - United States

Be a Lion.....As a Lions Club Member

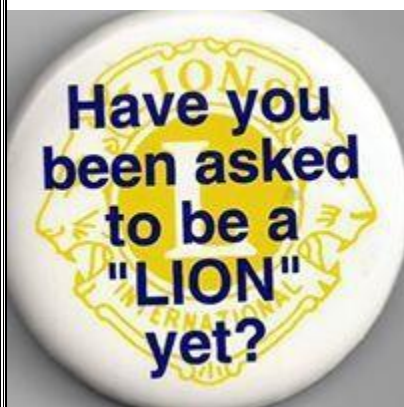
You'll join a local group of service-minded men and women who volunteer to support your community every day. You'll also become a member of Lions Clubs International – a respected international organization, a leader in your local community, and a friend to people in need.

Volunteer Benefits

Becoming a Lions club member gives you the opportunity to volunteer locally, or internationally. Make new friends and professional connections. Lead projects that make your community a better place to live. Have fun doing it!

Health Programs that Focus on Vision, Diabetes and More

Lions have a dynamic history. Founded in 1917, we are best known for fighting blindness, but we also volunteer for many different kinds of community projects - including caring for the environment, feeding the hungry and aiding seniors and the disabled.



MIDDLEBURY (008982) - District 23 A - CT UNITED STATES

2017-2018 Club President

PAUL J SHEA

MIDDLEBURY CT 06762-1516

UNITED STATES

Meetings

2nd Wednesday 6:00pm

Shepardson Community Center

1172 Whittemore Road

Middlebury CT

Our activities: Join us



Center Services

Commission on Aging



The next Commission on Aging meeting will be held April 17, 2018 at 9:30am. All interested persons are welcome to attend.

Free Blood Pressure Screening



There is a free Blood Pressure screening every Tuesday; besides blood pressure screenings, Nurse

Diane can help you with any questions you may have. The hours are 10:00am to 12 noon
No appointment necessary.

Probate Information

If you would like to make an appointment with the Probate Judge, please call 203-720- 7046 and speak only to Patty Aleggi.

FREE HEARING SCREENING



The free hearing screening this month will be on Wednesday, April 18, 2018 9:00am. Please call for an appointment at 203-577-4166.

CONTACTING US



Contacting our office is easy!

Dial the main number (203-577-4166) and enter the extension for the person you wish to speak with. Each staff member has their own extension number, which are:

JoAnn Cappelletti	ext 707
Jeanne Generali	ext 708
Angela Leveille	ext 709
Sean Howard	ext 711

YOUR NEW MEDICARE CARD is coming



Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. This is why the Centers for Medicare & Medicaid

Services (CMS) is readying a fraud prevention initiative that removes Social Security Numbers from Medicare cards. The aim is to help combat identity theft and safeguard taxpayer dollars.

Starting April 2018, CMS will begin mailing new Medicare cards that include a new Medicare Number. The mailings will be staggered throughout the year, with completion expected by April 2019.

When you receive your card you may use it immediately. Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

Beware of anyone who contacts you about your new Medicare card. Medicare will **NEVER** ask you to give up personal or private information to get your new Medicare number and card.



FOR OUR VOLUNTEERS

“We make a living by what we get, but we make a life by what we give”

April is National Volunteer Month, when we celebrate the work that volunteers do year-round. During National Volunteer Week (April 15-21, 018), we recognize our volunteers for helping us achieve our mission.

Middlebury Senior Staff would like to thank all of our Volunteers:

Faith Steward

Cindy Hamel

Ralph & Maryann Barra

John and James Stango

Joyce Perrella & her 2 daughters

Tracy & Grace Graziano

Betty Proulx

Tom Rosa

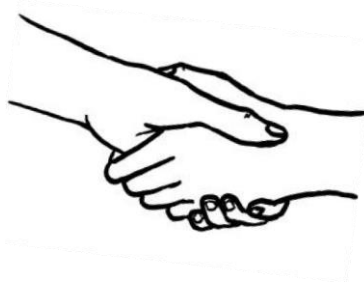
Dana Dowling

Rosalie Rinaldi

Dana Christos

Ann Zimkus
Corrine Fabian

Ruth Cardona





The Town of Middlebury has adapted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

Code Red is a geographically based system. This means that anyone with a code Red app can get notifications anywhere they travel.

To be included in Code Red, you must enroll: go to the town's website, Middlebury-ct-org, and click on the "Community" tab. Then click on the Code-RED logo. Please provide your phone number(s) and text and email information. The town was provided a database of some numbers for residents, but no one should assume their numbers are among those the town already has.

Those without computers can go to the assessor's office or the Middlebury Public Library and get help registering for Code-RED.

Middlebury Community Garden

Can you spare an hour a week? If so you may be interested in helping us work the following for our garden:



Preparing the raised garden beds

Planting vegetables & flowers

Weeding – as needed

If so, please contact JoAnn Cappelletti at the Middlebury Senior Center at 203-577-4166-ext.707



THE LATEST MEDICARE SAVINGS PROGRAM (MSP) INFORMATION:

The MSP is divided into the following three income based levels but the State pays the \$134 monthly Medicare Part B premium for all three levels. Participants are also enrolled in the "Low Income Subsidy" which assists individuals with their prescription plan premium and co-pays. **The QMB Program** also provides assistance in paying Medicare deductibles, co-pays and coinsurance. MSP participants have likely received three letters from the State concerning benefits and income eligibility changes. The State Legislature approved continuation of eligibility levels:

QMB Pays both Medicare Part A & B premiums, deductibles and co-insurances.

Single Person - \$2135.32 / month

Married couple - \$2891.92 / month

NO ASSET LIMIT

SLMB (Special Low-Income Medicare Beneficiary); Pays Medicare Part B premiums.

Single person - \$2337.72 /month

Married Couple - \$3169.32 / month

NO ASSET LIMIT

ALMB (Additional Low-Income Medicare Beneficiary) – also known as Q4; Pays Medicare Part B premiums. Note: ALMB is not an entitlement program and the funding is limited When available funds are exhausted applications will be denied.

Single person - \$2489.52 /month

Married Couple - \$3375.12 / month

NO ASSET LIMIT

These limits are in effect until July 1, 2018. The legislature will be meeting in the spring to develop a plan for the MSP beyond the July 1 date.

SCAM LOOKOUT



"They're at it again... tax scammers scheming new ways to steal personal information and money.

In the first scenario, identity thieves file a fake tax return and have the refund deposited into your bank account. The thieves then contact you, often by phone, and — posing as the IRS or debt collectors for the IRS — demand you return the money to the IRS. But following the thieves' instructions actually sends the money to them.

In another version, after you get that erroneous refund, you get an automated call, allegedly from the IRS, threatening you with criminal fraud charges, an arrest warrant, and "blacklisting" of your Social Security number. The caller gives you a case number and a telephone number to call to return the refund.

Don't take the bait. If you or someone you know gets an unexpected tax refund, follow the guidance outlined by the IRS: <https://www.irs.gov/newsroom/scam-alert-irs-urges-taxpayers-to-watch-out-for-erroneous-refunds-beware-of-fake-calls-to-return-money-to-a-collection-agency> for how to return the funds to the agency. The steps for returning paper checks and direct deposits differ.

In a different scam, criminals are using imposter tax preparation sites and phone numbers to steal peoples' personal information. Here's how this scam works: You go online to find a tax preparation service to prepare and e-file your tax return. But instead of landing on a legitimate site, you mis-click to a look-alike site created by scammers. The site looks real, and it's set up to collect personal information that can be used to commit fraud, including identity theft:

<https://www.consumer.ftc.gov/topics/identity-theft>

The FTC has these tips to fight tax identity theft:

- File your tax return early in the tax season, if you can.
- Use a secure internet connection if you file electronically, or mail your tax return directly from the post office.
- When using an online tax preparation service, look for the tax preparer identification number. The IRS requires all paid tax preparers to have one before filing any returns.
- To determine if a website is encrypted, look for https at the start of the web address (the "s" is for secure). Some websites use encryption only on the sign-in page, but if any part of your session isn't encrypted, your entire account could be vulnerable. Look for https on every page you visit, not just when you sign in.
- Ask tax preparers about their data security policies, and how they protect your information.
- Respond to all mail from the IRS as soon as possible.
- If tax identity theft happens to you, visit IdentityTheft.gov: <https://www.identitytheft.gov/> to report it to the FTC, file an Identity Theft Affidavit with the IRS electronically, and get a personal recovery plan.

For more information, check out the imposters webpage:

<https://www.consumer.ftc.gov/features/feature-0037-imposter-scams>

If you spot a scam, report it at [ftc.gov/complaint](https://www.ftccomplaintassistant.gov/#crnt&panel1-1): <https://www.ftccomplaintassistant.gov/#crnt&panel1-1> Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice."

FREE SHRED-IT DAYS



Reduce Clutter
& Safely Shred
Old Documents

Saturday, April 14 & Saturday, April 21
900am – 12:30pm
or before if the truck is full

1430 New Haven Road, Naugatuck
670 East Main Street, Waterbury
670 Main Street South, Woodbury
1231 East Main Street, Meriden

Bring up to 4 boxes of old documents
and the professionals from Shred Smart
will destroy them for you.

Consumers only – no businesses please

“TALKING PRESCRIPTION LABELS”



**Free medication “TALKING
PRESCRIPTION LABELS” available
for persons with visual impairments;
Medicine bottles will read
instructions to the recipient with an
electronic device!**

**Available at pharmacies. See below
for information!**

How does it work?

**The pharmacy will attach a small
electronic tag to your prescription
container. It contains the same data
as the printed label. Place the
container on the *ScripTalk Station
Reader* and hear the label
information spoken aloud.**

What does it cost?

**As part of En-Vision America’s
Pharmacy Freedom Program, the
ScripTalk Station Reader is supplied
on loan to patients at no cost. This is
a **FREE** program.**

How do I get talking labels?

**Talk to your pharmacist today about
using *ScripTalk*. They can help you
get started with talking labels!**

En-Vision America

825 4th Street W, Palmetto FL 34221

Toll Free 1-800-890-1180

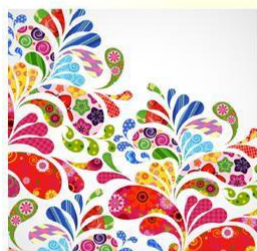
For questions contact:

Trish Bissell
Marketing Outreach/Lion’s Liaison
(W) 941-702-6609 (C) 217-779-3821
WEBSITE:

<http://envisionamerica.com>

The Art Of Aging

May 17, 2018



Calling all Artists

In celebration of Older Americans month which is in May; we celebrate the creativity of Seniors who exhibit beautiful artwork.

The Art of Aging Exhibits will be held on Thursday, May 17, thru Tuesday, June 22, 2018

Artists 60 and over are encouraged to show their photography or paintings during this

exhibition. There is no entry fee and prizes are awarded. Artwork must be dropped off at the office by May 1st

Please plan to drop off your artwork by Tuesday, May 1st. The Agency on Aging of South Central Connecticut is located at 1 Long Wharf Drive in New Haven - 1 floor up from the lobby (two rights out of the elevator).

The exhibition will run from May 17th to June 22nd. If you have any questions, please contact Sue Hamilton at 203-785-8533 Ext 3166 or shamilton@aoascc.org.

Artwork must be framed and ready to be hung.



Dental & Health Services

2 Day Dental Care:
Connecticut Mission of Mercy

(CTMOM) is a two-day clinic that provides free dental care to the underinsured or uninsured. The two-day event will take place on April 20-21, 2018. Doors open at 8am, at 50 Major Besse Drive, Torrington, CT 06790. (Torrington High School). Dental services are provided on a first come, first serve basis.

FQHCs: Federally-Qualified Health Centers (FQHCs) are health centers that provide quality personalized care to people throughout Connecticut. FQHCs accept everyone, including those who are uninsured, on Medicare and on Medicaid. For those who are uninsured, these health centers will bill on a sliding scale that is income based. FQHCs provide dental care as well as medical and behavioral health care. Below you can find a list of Federally-Qualified Health Centers located in the Western Connecticut area and you can contact them for additional questions or to book an appointment.

Staywell Health Center Waterbury 203-756-8021

Community Health & Wellness Center Torrington 860-489-0931

Community Health Center Waterbury 860-347-6971

Einstein's Theory of Happiness



It may not be $E=mc$, but it's about as close to a formula as you're going to find on matters of human existence: "A calm and modest life brings more

happiness than the pursuit of success combined with constant restlessness." That's what Albert Einstein jotted on hotel stationery and gave to a bellhop in lieu of a tip. The note and another, less genius, piece of advice—"Where there's a will, there's a way"—recently sold at auction for a combined \$1.8 million. The physicist was on a lecture tour in Japan in 1922. At Tokyo's Imperial Hotel, a bellhop delivered a message to his room. Einstein fished for coins, came up empty and offered a couple of notes as gratuity, suggesting that someday they might be valuable. You don't have to be a nuclear scientist to know he was right. A relative of the bellhop brought the notes, written in German and bearing Einstein's signature, to an auction house in Jerusalem, which predicted winning prices under \$10,000. The final bids were quite hair-raising.



The Alzheimer's Association Connecticut Chapter will present a Caregiver Series

EARLY STAGE PROGRAM

Wednesday, April 4th & April 11th – 5:30 – 7:00pm
(a lite dinner will be provided)

If you or someone you know has been diagnosed with mild cognitive impairment (MCI) or early stage dementia or experiencing changes in memory, involvement in early-stage programs can be helpful. Participating in a positive, supportive, and stimulating program may enhance personal well-being and may help individuals with these diagnoses to remain healthier longer.

You are not alone. There is help and support available. The Alzheimer's Association stands ready to help you and your family as a trusted resource for ongoing information and support.

Early Stage programs offer:

- Education on dementia-related issues and concerns.
 - Personal support
 - A welcoming environment to share with others who are experiencing similar issues.
 - Opportunities for cognitive enhancement & meaningful activity.
- RSVP by calling 203-757-7660.



ENERGY ASSISTANCE

The Energy Assistance program has been extended to April 2, 2018. Applications will be taken Monday thru Friday at the Middlebury

Social Service office in the Shepardson Community Building from 9am to 12pm. For more information please call 203-577-4166 ext. 707.

OPERATION FUEL



The Operation Fuel program for all heating sources is now being offered.

The Middlebury Senior center will be taking applications from December 1, 2017 thru April 27, 2018; Monday thru Friday 9:00am to 12:00pm.

You can only apply for this program one time every 12 months.

You must have made at least 4 payments within the last 12 months, your bill should be at least 30 days overdue and you must have a shut off notice.

Bring with you your shut off notice, gas or electric notice & income for the household. Any questions please call JoAnn Cappelletti @ 203-577-4166 ext. 707.



Renter Rebate Program Effective April 1, 2018 to September 15, 2018

Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate Program at the Department of Social Services office located in the Shepardson Community Building, Rm. #20 between the hours of 9:00am and 12:30pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2017.

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy.

Further questions regarding this program must be directed to JoAnn Cappelletti at 203-577-4166

AARP Driver Safety Program



Monday, May 7, 2018 - 9:00am
The AARP Driver Safety course is the nation's first and largest driver refresher course. The course covers:

- Learn new defensive driving techniques
- Refresher in new laws and regulations
- How to deal with aggressive drivers
- How aging affects reaction time, seeing and hearing
- New materials and new videos

Drivers who attend this class will receive a completion certificate and may be entitled to a discount on automobile insurance (contact your insurance company for details).

The cost to participate is only \$15.00 for AARP members and \$20.00 for AARP non-members. All checks must be made out to "AARP"

Please call 203-577-4166 to register
AARP membership is not required and drivers of all ages are invited to attend.

There is a screening tool for driving from the FTDS webpage: Family members or caregivers who have driven with the driver in the last three months, can rate a driver's difficulties with 54 driving skills, through this on-line screening. After completing the screening, a key form or rating profile of the driver is available which includes a classification of the driver into one of three categories (at-risk driver, routine driver, or accomplished driver). Based on the specific driver category, recommendations are given as follow-up steps.

"Fitness to Drive screening:
<http://ftdsphp.ufl.edu/us/>

"The fascinating advantage of new cars with more features – they potentially enable senior drivers to drive longer!" AARP

Tax Relief Programs

Property Tax Relief.



Applications are available for the Elderly Homeowners,

Totally Disabled Homeowners Tax Credit Program

February 1 – May 17, 2018

Additional Veterans Program

Ends September 24, 2018

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than May 17, 2018.

No application will be accepted without proof of income and Social Security statements.

Qualifying income is based on 2017 adjusted gross income; married applicants must submit combined adjusted gross income plus 2016 Social Security benefits payments.

Household income cannot exceed \$42,900; this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

Totally Disabled Homeowners applicants must be eligible to receive permanent total disability benefits under Social Security or other federal, state or local plan.

Applications can be picked up at the Middlebury Social Services Department at the Shepardson Community Center, 1172 Whittemore Road in Middlebury, Room 20 between the hours of 9am to 1pm.

Losing Weight with Elizabeth **Every Thursday – 11-12**



Waterbury Regional
Chamber member
Elizabeth
Petrucione, founder
of Losing Weight with
Elizabeth (LWWE),
launched her

business this past year and has had great success. Elizabeth battled her fat demons for more than 40 years before she found herself under the layers and began her weight loss journey.

After shedding 93 pounds, and coaching for three years with a national chain, Elizabeth opened her business to help others lose weight, especially “the forgotten men and women of weight loss” or those over 50, through the use of her “Banking Method” and her “Complete Weight Loss Teller’s Kit.”

In the kit are several SLIM-ple tools to help guide clients along their weight loss journey, including “Losing Weight with Elizabeth: The Handbook,” a heart-shaped pedometer, cloth tape measure, check register and cover for “deposits and withdrawals” of calories, a total food calorie counter, a magnet with her motto, “Don’t Diet, Edit” plus a free one-time consultation with Elizabeth over the phone or via SKYPE.

Losing Weight with Elizabeth hosts several weekly meetings around the Greater Waterbury Area.

Come in to see for yourself if this is the right program for you. The first meeting is free. Join us any Thursday at 11am in room 26 in the Middlebury Senior Center
1172 Whittemore Road.

Computer Training



The Middlebury Senior Center is currently offering computer training.

There is no age limit for computer training.

Available is one-on-one lessons, subject to availability of time. These lessons will be on Tuesdays, Wednesdays & Thursdays from 9:30am-1:30pm, by appointment only.

The fee is \$15.00 per hour or \$25 for 4 one hour classes

If you need help with your IPAD, Nook, Kindle or other tablet, instruction is also available. Sean is also able to help you with viruses and malware for a nominal fee.

Those interested should call the Senior Center at 203-577-4166.



Tom Rosa's Hollywood Movie Bio & Talk

**Thursday, April 12th
12:30pm**

**The movie this month is
“The Band Wagon”**

Starring Fred Astaire, Cyd Charisse, Oscar Levant, Nanette Fabray and Jack Buchanan.

It tells the story of an aging musical star who hopes a Broadway show will restart his career. However, the plays director clashes with the star, when he brings in a ballerina (Cyd Charisse). In the end everyone pulls together and the shows a hit and our stars fall in love!

**Refreshments will be served
All are welcome.**



Gary Welton teaches our Tai chi Class every Wednesday at 11:00 am. Give it a try!



Dana Christos from River Glen Health Care Center helped our ladies design their own St Patrick's necklace. Thank you Dana

Join us on April 17th when Dana will guide us in designing our own scarf.



Cindy Hamel from the Lutheran Home of Southbury gives us a Lunch & Learn every month.

In March we learned all about Alzheimer's disease and enjoyed a delicious lunch.

Thank you Cindy

Join us on April 19th. Cindy will talk about Seniors keeping fit.

Special thanks to Veronica Rinaldi from the Village at East Farms for supplying the delicious desserts.



"WANTED"

Pool Players

The billiard room is open every day Monday thru Friday from 9:00am to 4:00pm

All are invited to play.

Ladies are always welcome to join in the fun.



Senior Lunch

Lunch is available at the Senior Center on Tuesday, Wednesday & Thursday. The suggested donation is \$3.50 per meal. Advanced reservations are required 2 days in advance. Contact our office for more information.



Low Impact Dance Lessons

Thursdays, 10:30 - 11:30 6 classes for \$20. Learn the steps to Salsa, Merengue, and Cumbia with Gabriela.

Pilates



The Pilates classes are held on Mondays and Wednesdays, 10:30 - 11:30a./ The cost is \$30 for 8 classes.



Yoga

The Yoga classes are held on Tuesdays, 9:30-10:45 & Thursdays 10:30-11:45. Fee is \$25.00 for 6 classes.



Adult Strengthening Class

Fitness Fury will lead the Adult Strengthening classes weekly every Friday from 11:30 -12:15. The fee is \$15.00 per month.



Tai Chi

Instructor Gary Welton will be holding Tai-Chi classes on Wednesdays from 11:00 to 12:00 noon. The fee is \$25 for 10 classes.



Art Class

Dolores Rose offers art classes on Fridays from 9:30-11:30am. The fee is \$5.00 per class.



Mah-jongg

Mah-jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-jongg games every Monday @ 10am; Tuesday @ 10am, 1pm & 5 pm; Wednesdays @ 10am; Thursdays @ 10am & 1pm. Fee is \$1.00.

Nutritional Cooking Classes



Join us every Friday at 10:30 am for classes on nutrition sponsored by Brass City Market. Learn how to prepare delicious meals that are good for you. Cook along with your friends and enjoy your creations. This class is free of charge.

Chair Massage



A massage can help people feel better motivate them to take care of themselves with diet, exercise or other positive lifestyle changes. Get a 20 minute massage for \$15. For an appointment, call 203-577-4166 All massages are done on Thursdays.

All payments for classes are due prior to beginning of classes.

**Middlebury Republican Town
Committee**

**Presents: Italian Night
Buffet**



**Thursday, April 12, 2018
4:30 - 7:15pm
Shepardson Senior
Center**

Advance Ticket Sales:

Adult/Senior \$12

Children: (under 12) \$6 (under 5) Free

Family of 5 \$50

Dinner includes:

Choice of 5 Entrees, Salad, Beverages and
Dessert.

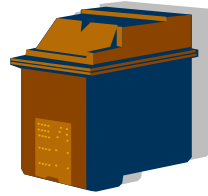
There will be a raffle to benefit
The Friends of Middlebury
Library

For more information call 203-
228-1769

Proceeds to benefit our
community activities.



USED INK CARTRIDGES



Don't throw your used ink
cartridges away.....Please
donate them to the
Middlebury Senior Center, we
recycle.

Thank You



scarf

Design Your Own Scarf

**Tuesday, April 17, 2018
10:00am**

**Join us on Tuesday,
March 13, 2018 for a fun
Scarf Designing Party hosted by River Glen.**

Scarf and supplies will all be provided.

**You will learn how to design your own scarf
and be able to take it with you. There is no
charge for this program.**

Sign up is necessary

Class is limited to 15 people

Call 203-577-4166 to reserve your seat.

**Lunch & Learn
Thursday, April 19, 2018
11:30am**



Cindy Hamel from
the Lutheran Home
of Southbury gives
us a Lunch & Learn
every month. This

Month's topic she will be discussing
Seniors keeping fit.

Join us for a very informative discussion
and a free delicious lunch
Please call to reserve your seat. 203-
5774166

Create Your Own Vision Board



**Wednesday,
April 18, 2018
10:00am**

Come and create a board with set intentions to
manifest your desires and focus on what truly
matters to you.

Supplies will be provided. Feel free to bring in
photos, magazines, or anything else you may
wish to include.

Instructor, Corrine Fabian

Please call 203-577-4166 to reserve your seat.



Happy Birthday

April 2018

Linda Mazzaferro 1st
 Laura Marsala 1st
 William Wehrhahn 1st
 Anita Blazier 1st
 Richard Hoyt 1st
 Bruce Noakes 2nd
 Barbara Daniels 2nd
 Donald Krantz 2nd
 Maryann Dowling 3rd
 Sandy Goldberg 4th
 Sarah LoFaso 4th
 Judy Perugini 5th
 Alicia DeMayo 5th
 Tom Rosa 5th
 Daniel Czyzyk 5th
 Dora Honegger 5th
 Sharon Childs 6th
 Syed Ather 6th
 June Shore 6th
 Maureen Schiffmiller 6th
 Richard Bulkovitch 7th
 Eleanor Magas 7th
 Mary Ponzillo 7th
 Evelyn Poremba 8th
 Harold Rapp 9th
 Mary Carew 9th
 Alfred Mormile 10th
 Joe Como 11th
 Helen Capristo 12th
 Charles Roman 12th
 Marie Hopkins 12th



Lucille Rischar 12th
 Sandra DaSilva 12h
 Ronald Capone 12th
 Joan Bowyer 13th
 Jean Waterhouse 13th
 Salvatore Bosco 14th
 Esther Vilela 14th
 Daniel Clifford 14th
 Dot Evon 14th
 Edith Yarosh 14th
 Dolores Rose 15th
 Joan Regan 15th
 Virginia Toms 16th
 Dottie Kern 16th
 Dorothy Norwash 16th
 Dora Devino 16th
 April Carroza 16th
 Karen Lockyer 17th
 Fausto Gaspar 17th
 Frank DeMartino 18th
 Frances Frenza 18th
 Linda Kiel 18th
 Betty Jane Ford 18th
 Alan Willis 18th
 Nancy Richardson 18th
 Annamae Hardwick 19th
 Emily Mohrmann 19th
 Michael McLaughlin 19th
 Elaine Zonas 19th
 James Donnelly 19th
 Carmella Donofrio 19th

Mary Delano 20th
 Mary Ann Biclik 22nd
 Barbara Cisco 2nd
 Elaine Clifford 22nd
 MaryEllen Griffin 22nd
 Marilyn Terrell 23rd
 Maynard Elliott 23rd
 Elaine Beck 24th
 Richard Mellette 24th
 Robert Mellette 24th
 William Bragg 25th
 Ralph Barra 26th
 Natalie Clark 26th
 Helen Veneziano 27th
 Hope Crutcher 27th
 Judy Frodermann 27th
 Gina Pettinelli 27th
 Gerald Sakocius 27th
 Ferol Slekis 28th
 Robert Staselunas 28th
 Linda Jacavino 28th
 Dorothy Darrah 29th
 June Macken 29th
 Jane Cooney 29th
 Selma Frohn 29th
 Faith Stewart 29th
 Andrew Grace 29th
 Albert Bickley 30th
 Ronald Murray 30th
 Cheri Bailly 30th



April 2018



TUESDAY	WEDNESDAY	THURSDAY
<div>3</div> <p>Unstuffed peppers over Brown Rice Diced carrots Rye bread Fresh fruit</p>	<div>4</div> <p>Chicken tortilla soup Crab cakes/ tartar sauce Roasted sweet potato Zucchini Dinner roll Pears</p>	<div>5</div> <p>To be announced</p>
<div>10</div> <p>Spinach quiche Stewed tomato Roasted vegetable Dinner roll Fresh fruit</p>	<div>11</div> <p>Oven roasted chicken Brown rice pilaf Glazed carrots Biscuit Peaches</p>	<div>12</div> <p>To be announced</p>
<div>17</div> <p>Sweet potato fish stick Macaroni & Cheese Peas & onions Wheat bread Pears</p>	<div>18</div> <p>Meatloaf / gravy Mashed potato Bean blend Dinner roll Fresh fruit</p>	<div>19</div> <p>Lunch & Learn</p>
<div>24</div> <p>Pork ragout Rice & diced squash Rye Bread Vanilla pudding/strawberries Apple juice</p>	<div>25</div> <p>Cheese baked ziti Tossed salad/tomato & Ranch dressing Garlic Bread Mixed fruit juice Apricots</p>	<div>26</div> <p>To be announced</p>
		<p>Suggested donation is \$3.50 per meal</p>

Lunch Reservations three (3) days in advance
Minibus operates 8:30 AM to 3 PM - 2 day notice required

Lunch donation - \$3.50
Lunch served at 11:45 AM

Middlebury Senior Center
203-577-4166

April 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3	4	5	6
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Piano lessons 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bingo 12:30 Bridge Club 5:30 Mah Jongg PM	9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi 12:30 Bingo Computers by Appointment	9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Art 10:30 Nutrition class 11:00 Wii Bowling 12:00 Adult Strengthening
9	10	11	12	13
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Piano lessons 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bingo 12:30 Bridge Club 5:30 Mah Jongg PM	9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi 12:30 Bingo Computers by Appointment	9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg 12:30 Tom Rosa Movie	9:00 Billiards 9:30 Art 10:30 Nutrition class 11:00 Wii Bowling 12:00 Adult Strengthening
16	17	18	19	20
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 COA Meeting 9:30 Yoga 10:00 Design A Scarf class 10:00 Piano lessons 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bingo 12:30 Bridge Club 5:30 Mah Jongg PM	9:00 Hearing by appt. 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi 12:30 Bingo Computers by Appointment	9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight Lunch & Learn 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Art 10:30 Nutrition class 11:00 Wii Bowling 12:00 Adult Strengthening
23	24	25	26	27
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30				
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates				

Bus Reservations two (2) days in advance		donation - \$.50 one way in town		
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required		\$1.50 one way out of town		Middlebury Senior Center
GWTD reservations Monday deadline		April 2018 Bus Schedule		203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Grocery Shopping				
Personal shopping			GWTD DAY	
medical appointment	Medical appointments	Medical appointments	Mini bus in town	Medical appointments
Senior Center Activities	Senior Center Activities	Senior Center Activities	Senior Center Activities	Senior Center Activities
No Lunch Today				
		Waterbury Mall		No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
9	10	11	12	13
Grocery Shopping			GWTD DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today		Waterbury Mall		MEDICAL EMERGENCIES
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
16	17	18	19	20
Grocery Shopping			GWTD DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today		Waterbury Mall		MEDICAL EMERGENCIES
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
23	24	25	26	27
Grocery Shopping			GWTD DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today		Waterbury Mall		
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
30				
Grocery Shopping				
Personal shopping				
medical appointment				
Senior Center Activities				
No Lunch Today				

