

SENIOR NEWSLETTER

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

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

Phone 203-577-4166

Fax 203-577-4173

E-mail jcappelletti@middlebury-ct.org



Department of Social & 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.



Department Staff

JoAnn Cappelletti	Director
Jeanne Generali	Dispatcher/Clerk
Angela Leveille	Publications & Programs
Terri Markie	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

Judy Mirrer, Chairperson
Barbara DeRiu
Jean Hansen
Noa Miller
Andrew Perrella
Ann Spierito
Nancy Pun
Ralph Barra
Nancy Mastroianni
JoAnn Cappelletti

Town of Middlebury
Department of Social & 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



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



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



A&B Homecare Solutions, LLC
Home Is Where the Heart Is

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

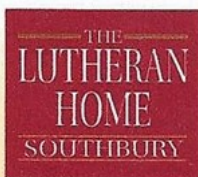
**Our personalized services are available as you need them,
whether it be 2 hour visit per day 24hr 7 days a week care**

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



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

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, pining, 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:

<u>Household Size</u>	<u>Income Limits</u>
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

*Income limits are subject to periodic change.

Applications and information regarding this program are available at the
Middlebury Department of Social Services
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



Commission on Aging



The next Commission on Aging meeting will be held January 15, 2019 at 9:30am. All interested persons are welcome to attend.



Contacting our office is easy!
Dial the main number
(203-577-4166) and enter the extension for the person you wish to speak with.

STAFF EXTENSIONS

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

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, December 19, 2018 9:00am. Please call for an appointment at 203-577-4166.

CodeRED™

Keeping citizens informed.

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.

SNAP



The Department of Social Services (DSS) is sending clients a letter offering assistance to enroll in the State Nutrition Assistance Program (SNAP) and provides a toll-free contact number, the Connecticut Enrollment Helpline at 1-855-486-9334. DSS is partnering with Benefits Data Trust, a legitimate agency to help enroll people in SNAP. The letters are being sent to individuals who are 60 years or older who already receive medical benefits from the state but are not currently receiving SNAP benefits.

The Connecticut Enrollment Helpline listed in the letter is operated by the Benefits Data Trust. Individuals may also be contacted by phone. Individuals are not required to accept assistance from Benefits Data Trust. However, if they do accept assistance, the applications are on line. This is a state-wide, six-month pilot program. If you have

Middlebury Senior Center Investment Club



If you watch the Stock Market and would like to invest and are interested in how an investments club works; you are invited to sit in at one of our meetings and see what it's all about.

The meetings are held monthly on the third or fourth Thursday of the month from 11am to 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room # 26. Please call ahead 203-577-4166.

Medicare Open Enrollment

October 15 – December 7, 2018



Did you know that you are not permanently “locked-in” to your current Medi-

care prescription plan, or your Medicare Advantage plan? During every Medicare Open Enrollment Period, Medicare beneficiaries can review their insurance benefit and make changes to their Medicare insurance coverage, effective for the following year. Open Enrollment is right around the corner – beginning October 15, 2018 and ending December 7, 2018. If you are currently experiencing issues with your Medicare insurance coverage, it may be time for you to consider scheduling an appointment with a counselor who can review your benefits and introduce you to options!

Some reasons to consider changing your insurance coverage may include:

- A change in your prescription drug plan's formulary (ex. A prescription that was once covered by your plan is no longer covered).

One of your favorite doctors/specialists is now out of network with your current insurance plan, or your health status has changed significantly since last year.

If you feel overwhelmed by high cost medications, high copays for doctor's appointments, or you consider that your current insurance coverage no longer meets your needs, there may be better options available to you.

The Middlebury Senior Center has a Medicare specialist who can help you pick the right plan.



OPERATION FUEL

Beginning Monday, December 3, 2018, Operation Fuel will administer an energy assistance program for applicant's

who need aid with meeting their home heating or utility needs. This program will be for households living up to 75% of state median income. There will not be an asset test. The maximum grant amount will be up to \$500.

To qualify for oil, propane, pellets, gas/electric utility or wood, applicants that qualify for Connecticut Energy Assistance Program (CEAP) must exhaust those benefits before applying for Operation Fuel funding. For applicant's that are eligible for safety nets (vulnerable and non-vulnerable), they will not qualify for Operation Fuel.

To qualify for electric utility, applicants must have a shut-off notice or have no utility service or must need assistance with making a required payment in order to maintain a payment arrangement, or have a past due balance of 30 days or more. House will be eligible for this program even if they received a grant for their primary heat through the CEAP program.

The program will start Monday, December 3, 2018 and end Friday May, 31, 2019 or when funding runs out (Whichever comes first).

Documentation:

1. Applicant must provide shut off notice or utility bill that is 30 days past due & payment history.
2. Documentation of all household members with income (last 4 weeks of income).
3. Copy of CEAP acceptance letter.

For more information or to apply please call 203-577-4166.

Connecticut Energy Assistance Program



Applications for the Connecticut Energy Assistance Program are being accepted October 1, 2018 to March 15th for fuel and May 15th for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12:00 pm. You must reapply every year for this program.

The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services. Benefit period for the program is effective November 1, 2018 to April 14, 2019; May 15, 2019 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income at or below 150% FPL are eligible to apply. Connecticut homeowners with household income from 151% to 200% FPL, where the household includes an adult age 60+ or a person any age who is disabled may also apply.

Asset limit for homeowners is \$12,000 in liquid assets. (Liquid assets are assets that can be readily accessed, such as stocks, mutual funds, savings and checking accounts). Home equity, car values, life insurance policies are not considered liquid assets. Asset limit for non-homeowners is \$10,000 in liquid assets. Asset limits and income limits are not the same. An exception to the asset limit occurs when the combination of income and the amount of liquid assets over the asset limit, when added together, do not exceed the income limit.

Proof of income for the year 2017 is required. Income documentation includes social security, pension, interest income, if employed, last four week pay stubs, unemployment compensation or any other source of income.

Information regarding the Energy Assistance Program is available by calling the Department of Social Services at 203-577 4166 ext. 707, or visiting us at the Shepardson Community Center at 1172 Whittemore Road.

ElpisVoice App.



ElpisVoice is a free iPhone app designed for people who live on their own or are on their own at home for long periods of time. It detects situations where a person is in need of help and cannot reach their mobile, and then it proceeds to alert designated friends and family members by email or sms. In their situations, the ElpisVoice app can literally be a lifesaver.

If you or yours can benefit from this app please go to website for more information.

(elpisvoice.com)



The Middlebury Senior Center will be closed on Tuesday, December 25, 2018 Christmas Day

The Middlebury Senior Center will be closed January 1, 2019 for New Years Day.



AARP Driver Safety Program



**Monday,
January 7, 2019
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

MEDICARE NEWS



Medicare premiums and deductibles for Parts A and B will increase slightly in 2019, the Centers for Medicare and Medicaid Services announced Friday. Standard monthly premiums will cost \$1.50 more: \$135.50, up from \$134 in 2018.

Because premiums are based on income, beneficiaries with annual incomes greater than \$85,000 will pay more (\$189.60 for individuals with incomes between \$85,000 and \$107,000, for instance).

Annual deductibles will rise \$2 next year to \$185, up from this year's \$183, according to CMS.

Medicare Part B covers outpatient care and doctor visits; Part A covers hospitalization and some nursing home and home health care services. The inpatient deductible for hospital stays will increase by \$24, to \$1,364, next year.

The increase information came just a few days before open enrollment began on October 15, when beneficiaries can make changes to their coverage through December 7, and just a day after Social Security announced a 2.8 percent cost-of-living adjustment, or COLA, for 2019.

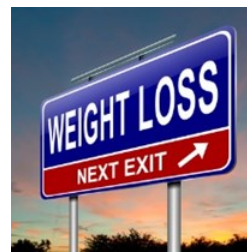
The COLA average increase is \$39 every month for a retired worker and \$67 for retired couples.

PEPITAS (Pumpkins Seeds)



RAW OR ROASTED, they make a satisfying snack. Or sprinkle them on muffins for crunch and color. Blend them into pesto.

Mix them into cooked rice or quinoa. However you use them, pepitas are a good source of fiber, protein and iron.



Losing Weight with Elizabeth

Thursdays 11am -12pm

Waterbury Regional chamber member Elizabeth Petruccione, 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 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



If you received a new computer, iPad, iPhone etc. for Christmas 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 to 1:00pm by appointment only.

The fee is \$15 per hour or \$25 for 4 one hour sessions. If you need help with your 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 Middlebury Senior center at 203-

10 WAYS TO PREVENT WINT' ILLNESS



1. Drink milk. It's loaded with vitamins A & B12'
2. Stay hydrated! Drink plenty of water.
3. Pump up your immune system with regular exercise.
4. Get enough sleep.
5. Battle vitamin D deficiency with food such as salmon or tuna.
6. Carry antibacterial hand lotion in your pocket or purse.
7. Wash hands frequently and adequately.
8. Disinfect areas of your home such as the bathroom and kitchen.
9. Get an annual flu shot.
10. Enjoy a daily mug of antioxidant-rich green tea.

USED INK CARTRIDGES'

Don't throw your used ink cartridges away.



Please donate them to the Middlebury Senior Center, we recycle.

BLANKET DRIVE



New Opportunities, Inc. is holding a blanket drive to provide blankets to Meals on Wheels recipients.

Meals on Wheels clients are fortunate to be a beneficiary of the Waterbury Chamber's Young Professionals annual blanket drive. Last year, 150 blankets were provided to the neediest clients.

If you would like to participate in this drive, please bring your blankets to the Middlebury Senior Center at 1172 Whittemore Rd. and we will distribute them to New Opportunities, Inc.

Hollywood Movie Bio & Talk



**Friday,
December 14,
2018 –
12:30pm**

White Christmas 1954

Having left the Army following W.W.II, Bob Wallace and Phil Davis team up to become a top song-and-dance act. Davis plays match-maker and introduces Wallace to a pair of beautiful sisters (Betty and Judy) who also have a song-and-dance act.

When Betty and Judy travel to a Vermont lodge to perform a Christmas show, Wallace and Davis follow, only to find their former commander, General Waverly, as the lodge owner.

A series of romantic mix-ups ensue as the performers try to help the General.

Starring:



**Bing Crosby —
Rosemary
Ellen — Dean
Wickes**



**Danny Kaye —
Clooney — Vera
Jagger— Mary**



PIANO LESSONS OFFERED AT THE MIDDLEBURY SENIOR CENTER

**“I ALWAYS WANTED TO LEARN HOW
TO PLAY THE PIANO....”
YOU CAN PLAY THE PIANO!**

If you always wanted to play the piano, you thought it was too late, if you played years ago and want to try again, if you enjoy learning music in a relaxed atmosphere while having fun,

**“””THIS RECREATIONAL MUSIC MAK-
ING PIANO CLASS IS FOR YOU”””**

“”NO EXPERIENCE NECESSARY

Classes are taught in small groups by an experienced instructor and musician who will help you learn without frustration

The emphasis is on fun and personal enjoyment

This non-competitive group class, in a stress-free environment, is an ideal setting for meeting new friends and having fun. Learn how to play your favorite song, relax and enjoy music making.

**To register and more information for classes,
call the Middlebury Senior Center at
203-577-4166**

VOLUNTEERS NEEDED FOR AARP FOUNDATION TAX-AIDE PROGRAM



***AARP Foundation Tax
-Aide is the nation's largest volunteer-run
tax preparation service***

AARP Foundation Tax-Aide is looking to expand its CT team of volunteers for the upcoming tax season. Soon approaching its 50th year, Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. Tax-Aide volunteers make a difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.

Tax-Aide volunteers receive training and support in a welcoming environment. There is need for volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

This year, 562 CT AARP Foundation Tax-Aide volunteers helped more than 32,300 people file their federal and state tax returns. The program is offered at approximately 95 sites, including senior centers, libraries and other convenient locations.

To learn about our volunteer opportunities, visit www.aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

Contact:



Assistive Technology Center

GADGETS & GIZMOS

To Make your Life Easier

The WCAAA Tech Center provides free, personalized or group demonstrations of assistive devices such as magnifiers, smart pens, I pads, phone amplifiers, vibrating alarm clock and talking watch, just to name a few.

Examples of Assistive Devices

- 1. Six-in-one multi opener** Say goodbye to struggling with opening lids and sealed tops. This stainless steel 6 in 1 Multi Opener effortlessly opens jar lids, pull tabs, safety seals, large bottle tops, small lids, and bags. Coated with smooth, durable rubber-like plastic for a comfortable grip. Ideal helper for arthritic or disabled hands.
- 2. Handy Bar** The Handybar is a tool designed to provide extra support for you when entering and exiting your vehicle. Equipped with a seat belt cutter and side-window breaker for emergencies, the Handybar is perfect for people with limited mobility due to recent surgery, back or leg problems and pregnancy.
- 3. The Button and Zipper Aid** has a specially formed stainless steel wire loop that is inserted through the button hole and hooks over the button to allow it to be pulled back through the eyelet. The Button and Zipper Aid has a specially formed stainless steel wire loop that is inserted through the button hole and hooks over the button to allow



Winter Wonderland

Gingerbread Village & Christmas Bazaar

Est. 1967

St. George's Episcopal Church

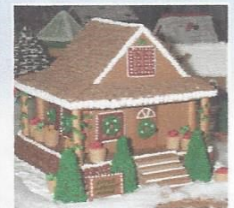
Tucker Hill Road at Rt. 188 | Middlebury, CT 06762

December 1 - 8, 2018

Bake Shoppe | Decorate Your Own Cookies

Dollar Store | Christmas Craft Room

Basket Raffle



Village & Bazaar Hours:

Sat 10 am - 7 pm

Sun 12 pm - 7 pm

Mon - Fri 2 pm - 4 pm

6 pm - 8 pm

Sat Dec. 8 10 am - 4 pm

Luncheons

Saturday, December 1 and 8

11 am - 2:30 pm

Breakfast Buffet

Saturday, December 8

8:30 am - 11 am

Adults - \$10

Children (under 8) - \$5

Menu Includes:

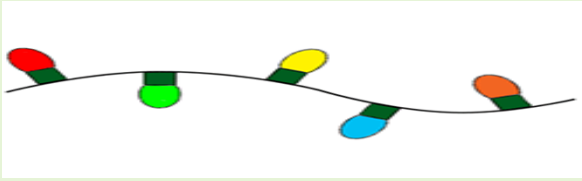
Eggs, french toast, corn beef hash,
sausage, fresh fruit, assorted
pastries and assorted beverages.

Luncheon to follow breakfast.

For more information gingerbreadvillagect.com



Holiday Lights



**Thursday, December 6,
2018**

The Middlebury Senior Center mini-bus will be going to see the Christmas lights at Holiday Light Fantasia; Goodwin Park in Hartford, CT. We will drive through an enchanting land of spectacular, sparkling light displays during this festive and magical holiday season, delighting children and adults with more than 60 enchanting images on display. Drive through the whimsical, larger than life displays. There are one million glowing bulbs...shining bright to help thousands of area children. All proceeds go to Easter Seals.

We will all be stopping for dinner.

To reserve your seat for this exciting trip please call 203-577-4166. The cost will be \$15.00 per person and includes admission and transportation.



ANNUAL SENIOR CHRISTMAS PARTY



**Thursday,
December
13, 2018**

11:30 am

**The Annual
Christmas Party for the Middle-
bury Senior Center will be held
on Thursday,**

December 13, 2018 at 11:30am.

On The Menu:

Chef Carving Roast Beef

Twice Baked Potatoes

Green Beans Almandine

Fruit cup

Dessert

ENTERTAINMENT





Senior Lunch

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



Art Class

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

LOW INPACT DANCE LESSONS

Thursdays — 10:30 to 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



Nutritional Cooking Classes

Join us every Friday at 10:00 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.



Yoga

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



Fitness Fury

Fitness Fury will lead the Adult Strengthening classes weekly every Friday from 12:00 - 12:45. The fee is \$3.00 per class.



Tai Chi

Instructor Gary Welton Wednesdays @ 8:00am to 9:00 & from 9:15am to 10:15am. The fee is \$25 for 10 classes.

Chair Massage



Get a 20 minute massage for \$15. For an appointment, call 203-577-4166



CHAIR YOGA at 10:30am; and every Wednesday thereafter. Fee is \$25.00 for 6 classes.

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



CHRISTMAS TRIVIA



- St. Francis of Assisi is credited with assembling the first nativity scene in 1223 in order to demonstrate the birth of Christ.
- Dr. Joel Poinsett, American ambassador to Mexico, introduced the poinsettia to the US in 1828. He brought the plant back from Mexico where it was thought that the blossom resembled the Star of Bethlehem.
- Sir Henry Cole is credited with sending the first commercially-produced Christmas card in 1843. John Callcott Horsley was the artist who designed the card that featured a drawing of a family Christmas dinner.
- Franklin Pierce was the first President to bring a Christmas tree to the White House in 1856. He was a New Hampshire native where decorating trees was a tradition.
- Louisiana and Arkansas were the first two states to make Christmas an official holiday. Christmas became a national US holiday as a result of a law that was signed by President Grant on June 26, 1870.
- During the 1870's, Louis Prang began producing the first American commercial Christmas cards. His cards featured mostly flowers and birds.
- Thomas Edison created the first strand of electric lights during the Christmas season of 1880. These lights were strung around the outside of his Menlo Park Laboratory. Edward Johnson, a colleague of Thomas Edison, created a string of small electric bulbs in 1882 and used them to decorate his Christmas tree. The strand consisted of about 80 red, white, and blue bulbs.
- The Salvation Army is credited as the first organization to ask men to dress up as Santa Claus in the 1890's. The Santas raised money for Christmas meals for needy families.
- The tradition of decorating the national Christmas tree on the White House lawn began in 1923 under President Calvin Coolidge. The tree came from a forest in Vermont.
- Coca-Cola started using the image of a jolly, round Santa Claus in 1930; Gene Autry and Rudolph the Red-Nosed Reindeer in December 1949; and The Chipmunk Song by David Seville and the Chipmunks became a No. 1 record in 1958.

GIFTS FROM THE KITCHEN

Nut & Cranberry Bark

1 cup pecans, almonds, or walnuts

1lb. Semisweet chocolate, finely chopped

1 cup dried cranberries

1. spread nuts on a baking sheet and toast at 350 for 10 minutes. Remove from the baking sheet and coarsely chop. Set aside.
2. Line the baking sheet with parchment paper. Set aside.
3. Melt half of the chocolate in a saucepan. Remove from the heat and add the remaining chocolate, stirring until melted.
4. Stir the nuts and cranberries into the chocolate.
5. Pour the mixture onto the the baking sheet. Spread 1/4—1/2 inch thick. Let cool at room temperature until set.





FIGHT FRAUD WITH FREEBIES



Here are some no-cost or cheap ways to stay ahead of growing scam threats.

1. **Credit and identity monitoring:** Paid monitoring tracks your file at one or more credit reporting bureaus, but you can also do this for free. At AnnualCreditReport.com, review your Equifax, Experian and TransUnion files each year, ideally with a different bureau every four months. Websites such as CreditSesame.com and Credit Karma.com (which also provides free ID monitoring) track credit bureau data. To protect existing accounts, most banks and credit card providers offer free alerts of suspicious activity. Experian offers a no-cost dark-web scan—but expect an onslaught of pitches for financial products, including more extensive scans for a fee.
2. **Credit Freezes:** Thanks to a law passed by Congress earlier this year, credit freezes are now free to everyone—not just those who are over 65 or are past victims of identity theft. A credit freeze restricts access to your credit report unless you expressly allow it to be shared. Without it, identity thieves can't open new accounts in your name. You need to contact each of the three major credit bureaus (Equifax, 800-349-9960; Experian, 888-397-3742; & TransUnion, 888-909-8872) to enact, lift or temporarily “thaw” freezes when applying for credit, seeking a new job, or switching utility providers or insurances companies.
3. **Password Managers:** A password managers will store all your hard-to-remember codes in one place, simplifying your life. You can pay up to \$50 per year for premium services, or use freebies like LastPass, Dashlane, KeePass and RoboForm. They will generate and remember, in an encrypted vault, all those complex and site-specific passwords you should have. All you need is one master password to log into the manager, and it fills your log-in credentials at each website with less-hackable password combinations of letters, numbers and symbols.
4. **Call-Blocking apps:** There are apps that will identify and block calls from robocallers, telemarketers and suspected scammer. Enhances versions are about \$3 a month, but True-caller, Hiya and Call Control offer free apps for smartphones. AT&T and T-Mobile customers can get free “basic” protection, while Nomorobo is available at no charge for VoIP (Voice over Internet Protocol) landlines.
5. **Tax Transcripts:** To keep tabs on possible tax-refund fraud, request IRS transcripts each year after you get a refund or the IRS cashes your check for underpaid taxes. To view and print your transcripts online, go to IRS.gov and use the Get Transcript tool. You can see the past three returns. Or ask for them by phone at 800-908-9946. This free service summarizes the agency's records of your tax returns and post-filing adjustments. Unrecognized filings may indicate your personal info was used for tax-related ID theft.

DECEMBER IN HISTORY

10 YEARS AGO (2008):

- *The unemployment rate soared to 7.3%, the highest since December 1992.
- *The Detroit Lions finished the season 0-16 with a 31 to 21 loss to the Green Bay Packers. This was the first time in NFL history that a team went winless in a 16 game season.
- *O.J. Simpson was sentenced to 33 years in prison for kidnapping and armed robbery.
- *Human remains previously found in 1991 were identified by Russian and American scientists as those of Tsar Nicholas II (who was executed in July 1918).

15 YEARS AGO (2003):

- *In the Iraq War, the end of Operation Red Dawn resulted in the capture of Saddam Hussein in Tikrit.
- *The Canadian Alliance and Progressive Conservative Party of Canada.
- *The third Lord of the Rings film, The Return of the King, was released.
- *A magnitude 6.6 earthquake hit near San Simeon, CA. Two people died and 40 were injured. The quake caused more than \$250 million in damage.

20 YEARS AGO(1998):

- *President Bill Clinton was impeached by the U.S. House of Representatives.
- *Hugo Chavez was elected president of Venezuela.
- *In an effort to disarm Iraq the U.S. and U.K. bombed targets in the country, in what was called Operation Desert Fox, the code name for the four-day campaign*

30 YEARS AGO (1988):

- *The first World AIDS Day was observed.
- *Pan Am Flight 103 was destroyed in midair by a bomb over Lockerbie, Scotland killing 270 people.
- *The movie, *Rainman*, starring Dustin Hoffman and Tom Cruise premiered in New York City.
- *A heavy, dense fog rolled over Soldier Field in Chicago during the second quarter of the Bears vs. Eagles Divisional Playoff Game. Visibility was cut to 15—20 yards. Bears won 20—12.

40 YEARS AGO (1978):

- *The first Susan B. Anthony dollar entered circulation.
- *Neil Diamond and Barbara Streisand's hit song, *You Don't Bring Me Flowers*, became No 1.
- *Dianne Feinstein became San Francisco's first female mayor following the assassination of George Moscone.
- *Free agent Pete Rose signed a four-year, \$32 million contract with the Philadelphia Phillies becoming the highest paid baseball player.
- *The movie, *Superman*, starring Christopher Reeve, Marlon Brando. Gene Hackman, and Margot Kidder premiered in Washington, DC.

50 YEARS AGO (1968):

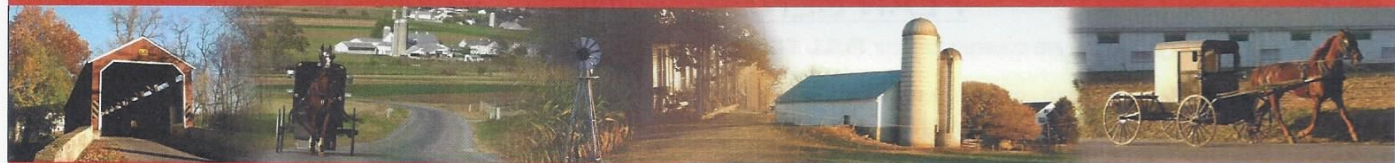
- *The film, *Oliver!*, based on the hit London and Broadway musical, opened in the U.S. It went on to win the Academy Award for Best Picture.
- *The USS Pueblo crew was released after spending 11 months in captivity by the North Koreans.*
- *U.S. spacecraft Apollo 8 entered orbit around the Moon. Astronauts Frank Borman, Jim Lovell, and William A Anders were the first humans to see the far side of the Moon and planet Earth as a whole.
- *Led Zepplin debuted in Denver as the opening act for Vanilla Fudge.
- *Frank Sinatra first recorded "My Way". Lyrics were written by Paul Anka.

100 YEARS AGO (1918):

- *President Woodrow Wilson traveled by boat to the Versailles Peace Conference in France. Becoming the first US president to travel to Europe while in office.
- *Heavy weight boxing champion, Jack Dempsey, knocked out Carl Morris in 14 seconds.
- *Ripley's Believe It or Not!* first appeared as a cartoon under the title, *Champs and Chumps*, in the New York Globe.
- *John E. Hoover decided to be called J. Edgar Hoover. He was the first director of the FBI.

MIDDLEBURY SENIOR CENTER PRESENTS

Lancaster Show Trip & the Dutch Country



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 2 nights lodging
- ◆ 4 meals: 2 breakfasts and 2 dinners
- ◆ Admission to the JESUS Show at the Sight & Sound® Millennium Theatre®
- ◆ Admission to the "OVATION" Show at the American Music Theatre
- ◆ Visit to charming KITCHEN KETTLE VILLAGE
- ◆ Admission to THE AMISH EXPERIENCE & JACOB'S CHOICE AT THE F/X THEATRE
- ◆ and much more

\$325 *

3 DAYS 2 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Wed - Fri)

May

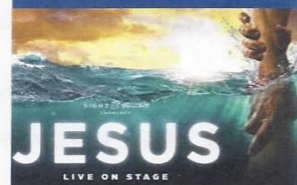
22 - 24, 2019

Departure: Middlebury, CT @ 8 am

Day 1: Board your spacious, restroom and video equipped Motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. This afternoon, you will head to Lancaster's famous American Music Theatre for "OVATION". An all-new Original Show highlighting their renowned singers, dancers, and orchestra in all their glory. This live music event features their expanded, highly acclaimed AMT orchestra surrounding you with sound, a cutting-edge stage experience that elevates the action, and the outstanding cast filled with some of the best voices and dancers in the nation — all in a grand, magnificent AMT production that audiences will love and have come to expect. Experience a breathtaking journey that celebrates popular classic and contemporary musical hits featuring your favorite songs backed by a dynamic orchestra and incredible vocalists. Ovation is a dazzling masterpiece! Tonight, enjoy Dinner before checking into your hotel for a 2 night stay.

Day 2: Today after enjoying a Continental Breakfast, you will go to THE AMISH EXPERIENCE attraction. The Amish Country Homestead is a reflection of their commitment to accurately and sensitively portray the Old Order Amish as they live and work in today's world. The Homestead is the home of the fictional Amish family of Daniel and Lizzie Fisher, whom you have gotten to know in the Amish Experience Theater's "Jacob's Choice." Inside the Homestead, learn of Amish traditions and practices, plain clothing and life without electricity. The Fisher One-Room School is attached to the house and filled with authentic desks and furnishings from an actual Amish school. You'll learn the tradition of teaching eight grades in one room. From the pantry stocked full of freshly canned vegetables to the family's plain clothes... from propane-powered lamps to air-compressor driven appliances...the Fisher Family Homestead truly provides insights into the complex riddles of a culture so very different from our own. This afternoon, Sight & Sound Theatres invites you to experience JESUS. The greatest rescue story of all time! Jesus is the action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changed forever. Tonight enjoy Dinner and head back to your hotel.

Day 3: After enjoying a Continental Breakfast, you will head to KITCHEN KETTLE VILLAGE – a charming marketplace of shops and restaurants. Then, you'll depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen, and where your next group trip will take you!



JESUS Show at Sight & Sound® Millennium Theatre®



Enjoy the "OVATION" Show at the American Music Theatre



Experience the Amish lifestyle



Enjoy a Taste of Local Jams

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$75 for single occupancy.

Final Payment Due: 3/15/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Angela Leveille @ (203) 577-4166

Diamond Tours® inc.

Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.

Form ID: 4200-3A0306

WM

Tour#: 1567829

Put Your *Mind at Ease* on the Next Trip...

with the **Travel Confident® Protection Plan!**

Travel Insurance - Same Price - Regardless of Age!

PLAN BENEFITS INCLUDE:

Trip Cancellation: You are covered for your **FULL TOUR COST** in the event you must cancel your trip for one of the reasons below.

Trip Interruption: You are covered for reimbursement of your fare to travel home and your unused prepaid tour cost (the total not to exceed your total tour cost), when you must leave your trip early for one of the following reasons:

Sickness, Injury or death to you, a traveling companion, a family member, or a business partner

Jury Duty or being required to appear as a witness in a legal action

A Strike that causes services to cease for at least 48 hours

Losing Your Job where you have worked for at least 3 years

Terrorist Attack, Hijack or Quarantine

Weather that causes your common carrier to cease operations for at least 48 hours

Fire, Flood or Natural Disaster that causes your home to become uninhabitable

Burglary of your home within 10 days of departure

Getting into a Traffic Accident on your way to your trip's departure point

You are covered for the "single supplement" surcharge if your roommate cancels for one of the above reasons.

QUESTIONS? CALL 1-866-684-0218

2 EASY Ways to Sign Up:

- 1.) MAIL** - Give a check to your Group Leader in the amount indicated by the table made out to "Travel Insured International" **OR**
- 2.) INTERNET** - Sign up at www.travelconfident.com

Trip Cost (per person)	Travel Confident® Cost (per person)
Up to \$500	= \$35
\$501 - \$600	= \$45
\$601 - \$700	= \$59
\$701 - \$1,100	= \$69
\$1,101 - \$1,500	= \$94
\$1,501 - \$2,000	= \$129

www.travelconfident.com/exclusions.aspx

RECEIVE THIS BENEFIT!

ACT NOW so you are eligible for **PRE-EXISTING CONDITION** coverage! You must purchase your Travel Confident Protection Plan within **14** days of writing your check for your initial trip deposit.
Review the complete terms in the exclusion section of your policy.

Baggage Benefit - Up to \$1,000! If your baggage is lost, stolen or damaged!

Medical Expense - Up to \$5,000! If you are injured or become ill on the trip. You also are covered for up to \$750 in emergency dental treatment.

Emergency Medical Evacuation - Up to \$20,000! Should a severe illness require immediate care and a local hospital cannot meet your needs, you are eligible for transportation to the nearest hospital with appropriate treatment. A toll-free call to 1-888-268-2824 starts the arrangements. If you are traveling alone, you are also covered for the air fare of a companion to join you at the hospital (providing you are in the hospital for at least 7 days).

24/7 Assistance Services included: Lost Baggage Retrieval • Emergency Cash Advance • Medical or Legal Referrals
• Prescription Drug/Eyeglass Replacement • Translation Services • Payment to the Assistance Company is Your Responsibility.

**** TIPS FOR TRAVELERS: ****

- Cancel with your Group Leader as soon as you are aware of the need to cancel.
- In the event you need to file a claim, contact Travel Insured International at 866-684-0218 as soon as possible. Be prepared to provide the insurance company with proof of payments for all portions of your trip, including the insurance.
- Get detailed medical statements from treating physicians where and when an accident or sickness occurred. Save your receipts, proof of all payments and proof of insurance. Pay by check or credit card when you can.
- If you have purchased the Travel Confident Protection Plan, for emergency medical evacuation call the Assistance Company at 888-268-2824 or collect at 202-296-8720. Be sure to call before you incur any expenses!

**** Please remember - this Flyer IS NOT your insurance policy. Be sure you receive a copy of your policy and read it before your trip. See your Group Leader or visit www.travelconfident.com to obtain a copy. ****

This is a brief summary of benefits under the Plan. The benefits are subject to the provisions, limitations and exclusions of the Policy. Refer to Your Policy for complete details. Plans are underwritten by the United States Fire Insurance Company. The Crum & Forster group of companies is rated A (Excellent) by AM Best Company 2012. Not all coverage is available in all jurisdictions. Travel Assistance Services are provided by an independent organization and not by United States Fire Insurance Company or Travel Insured International.



Spectacular Landscaped Garden & Horticulture Com- petition by the Federated Garden Clubs of Connecticut, Inc.

Thursday, February 21, 2019

Spring in February arrives annually at the *Connecticut Convention Center*. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more. View beautifully landscaped gardens. Visit the Federated Garden Clubs of Connecticut design & horticulture competition. Attend over 80 hours of seminars and demonstrations.



Seminar Topics: Containers, Floral Design, Garden Ornaments, Landscape Design, Native Plants, Organics, Pollinators, Perennials, Weed Prevention, Vegetable Gardening and much more.

GEORGE AND GRACIE SEVEN ANGELS THEATHER

Thursday,
February
21, 2019



A nostal-
gic and
hilarious
look back
at the

famous husband and wife come-
dy team: George Burns and
Gracie Allen. Award winning ac-
tors R. Bruce Connelly and
Semina De Laurentis reunite in
a sequel to the triumphant 2017
production: **GEORGE & GRACIE:
THE EARLY YEARS**. Join
George and Gracie, their neigh-
bors Blanche and Harry and
other guests in this all new se-
quel production that brings back
the inimitable comedy of Burns
and Allen.

Join us for a fun afternoon
while we head for the Seven
Angels Theatre on Thursday,
February 21, 2019 for a nos-
talgic and hilarious look back at
the famous husband and wife



DECEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Veal parmesan/cheese Zucchini & Tomato Bowtie pasta Italian bread Peaches</p>	<p>4</p> <p>Chicken teriyaki Brown rice/pineapple Oriental blend Wheat roll Mandarin oranges</p>	<p>5</p> <p>Lentil Soup Tuna salad/wheat bread Macaroni salad Broccoli slaw Chocolate pudding/topping Grape juice</p>	<p>6</p> <p>Garlic chicken qtr Baked potato Green beans Wheat dinner roll Fresh fruit</p>	<p>7</p> <p>Spanish beef stew White rice Carrots Biscuit Marble cake Mixed fruit juice</p>
<p>10</p> <p>Pulled pork Two potato mash Country style veg Wheat bread Fruit pie Orange juice</p>	<p>11</p> <p>Chicken pot pie/biscuit Carrots Green beans Baked apple slices</p>	<p>12</p> <p>Eggplant roladini/parm Penne pasta Italian blend veg Garlic breadstick Fresh fruit</p>	<p>13</p> <p>CHANUKAH SPECIAL Pot roast/gravy Potato latkes/applesauce Carrots Rye bread Grape juice Jelly donuts</p>	<p>14</p> <p>Spanish baked fish Yucca Roman blend White bread Pears</p>
<p>17</p> <p>Tuna noodle casserole Stewed tomato Zucchini Wheat bread Fresh fruit</p>	<p>18</p> <p>Chicken marsala Penne pasta/parm cheese Green beans Italian bread Apricots</p>	<p>19</p> <p>Butternut squash soup Spinach quiche Roasted sweet potato Winter blend veg</p>	<p>20</p> <p>CHRISTMAS SPECIAL Chicken cordon bleu Twice baked potato Peas & mushrooms Snowflake roll Fruit juice HOLIDAY CAKE</p>	<p>21</p> <p>Panamanian stewed chicken White rice Seasoned pinto beans With peppers Dinner roll Tropical fruit</p>
<p>24</p> <p>Christmas Eve</p>	<p>25</p> <p>MERRY CHRISTMAS</p>	<p>26</p> <p>Stuffed salmon with lemon butter sauce Wild rice pilaf Broccoli Wheat dinner roll Pound cake/ berries Pineapple juice</p>	<p>27</p> <p>NEW YEARS HOLIDAY Roast pork / gravy Mashed potato Bean blend Rye bread "Birthday Cake"</p>	<p>28</p> <p>Portuguese grilled chicken/ onion & tomato Boiled potato Spinach Dinner roll Fruited jello Orange juice</p>
<p>31</p> <p>Tomato basil soup/crx Chicken picatta Mashed potato Green beans Dinner roll Fruit cocktail</p>	<p>Happy New Year!</p>	<p>Grinch</p>	<p>Happy New Year</p>	<p>Suggested donation is \$3.50 per meal</p>



"Wintry it ain't- no complaints!
 Snowier: Storefronts are showier,
 light displays glowier. Shoppers
 are prowling, blizzard howling!
 Drifts a-heaping, lords a-leaping,
 Yule logs burning, gifts returning.
 Winds are keen for 2019!"



HAPPY BIRTHDAY DECEMBER

They tell you that you'll lose your mind when you grow older. What they don't tell you

Ralph Boccuzzi 1st
 Jaya Patel 1st
 Michael Puma 2nd
 John Waterhouse 2nd
 Carolyn Barbieri 3rd
 Joan Pierpont 3rd
 Eugene Blanchette 4th
 George Stevenson 4th
 Richard Spierto 5th
 Helen Gizzi 5th
 Pat Fahey 6th
 Joyce Montreuil 7th
 Doug Lockyer 7th
 Jeannette Laliberte 8th
 June Price 8th
 Marian Sheehy 8th
 Maryann Cerasale 8th
 Raymond Montreuil 9th
 Elizabeth Costanzo 9th
 Pat Fredrick 9th
 James Gibbons 10th
 Lorraine Wood 10th
 Claire LeBlanc 10th
 Elaine Krish 11th
 Barbara Benig 11th
 Alana Walker 11th
 Florence Guay 12th
 Rose Melvin 12th
 Timothy Pennell 13th
 Carolyn Reader 13th

Bernadette Greatorex 14th
 Luciana Macari 15th
 Carolyn Dahlin 16th
 Eileen Schaarschmedt 16th
 Marianne Gibbons 16th
 Judi Knotout 16th
 Maria Baron 17th
 John Farrell 17th
 Ann Ippolito 17th
 Marybeth Calo Turner 18th
 Holly Hageman 18th
 Katrina Higdon 18th
 Elsa Rosado 18th
 Irene Miller 18th
 Rebecca Lynn 19th
 Betty Schebell 19th
 Ed Noonan 19th
 Vera Grohs 19th
 Neil Johnson 21st
 Marilyn Engelman 21st
 Nadia Trojan 21st
 Virginia Babbitt 22nd
 Gale Hamilton 22nd
 Adeline Costa 22nd
 Christina O'Neill 23rd
 William Galvin 23rd
 Mary Berch 23rd
 Noella Poudrier 24th
 Deborah Trammell 24th

Roger Brouillard 25th
 Carol Mulligan 25th
 Priscilla Nichols 26th
 Robert Petro 26th
 Rosemary Briglia 27th
 Floyd Johnston 27th
 Rosemarie Phelan 27th
 Rosemary Brown 27th
 Denise Dessureau 27th
 Roseann Eterginio 27th
 RoseMarie Phelan 27th
 Barbara Williams 28th
 Otto Wolf 28th
 Laszlo Lazar 28th
 Marie Meisel 28th
 Jean Burns 28th
 Margarita Martinez 28th
 Kathleen Shannon 29th
 Winifred Girard 29th
 Jackie Love 29th
 Manuel Vilamarim 29th
 Donald Porter 30th
 Carol Beerbaum 30th
 George Lloyd 30th
 Evelyn Greenberg 30th
 Beverly Hudson 30th
 Amy Desantis 31st
 Laura Bradshaw 31st

Lunch Reservations three (3) days in advance

Minibus operates 8:30 AM to 2:30 PM - 2 day notice required

Lunch donation - \$3.50

Lunch served at 11:45 AM

Middlebury Senior Center

203-577-4166

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg 10:30 Yoga 10:30 Dance class 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg HOLIDAY LIGHT S Computers by Appointment	9:00 Billiards 9:30 Art 10:30 Cooking for Health class 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club
10	11	12	13	14
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg 10:30 Yoga 10:30 Dance class 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg CHRISTMAS PARTY Computers by Appointment	9:00 Billiards 9:30 Art 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club 12:30 Hollywood Movie
17	18	19	20	21
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	Hearing Screening by apt. 8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Yoga 10:30 Mah Jongg 10:30 Dance class 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art 10:30 Cooking for Health class 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club
24	25	26	27	28
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	 CENTER CLOSED	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Yoga 10:30 Mah Jongg 10:30 Dance class 11:00 Losing Weight 11:00 Investment Club 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club
31				
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates				

Lunch Reservations three (3) days in advance		Lunch donation - \$3.50		Middlebury Senior Center	
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required		Lunch served at 11:45 AM		203-577-4166	
December 2018 Bus Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
Grocery Shopping					
Personal shopping			GWDT 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	MEDICAL EMERGENCIES	
10	11	12	13	14	
Grocery Shopping					
Personal shopping			GWDT 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	MEDICAL EMERGENCIES	
17	18	19	20	21	
Grocery Shopping					
Personal shopping	Medical appointments	Medical appointments	GWDT DAY	Medical appointments	
medical appointment	Senior Center Activities	Senior Center Activities	Mini bus in town	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	MEDICAL EMERGENCIES	
24	25	26	27	28	
Grocery Shopping				Medical appointments	
Personal shopping			GWDT DAY	Senior Center Activities	
medical appointment		Medical appointments	Mini bus in town		
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	
31					
Grocery Shopping					
Personal shopping					
medical appointment					
Senior Center Activities					
No Lunch Today					
MEDICAL EMERGENCIES					