

SENIOR NEWSLETTER

Middlebury Senior Center
1172 Whittemore Road, Middlebury, CT
203-577-4166—Phone
203-577-4173—Fax

E-mail: jcappelletti@middlebury-ct.org
Hours: Monday through Friday 9:00am—1:00pm



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 Spierto
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 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.



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

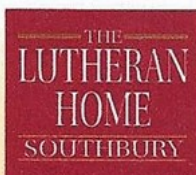
Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.

Get **READY FOR HOME** at Lutheran Home

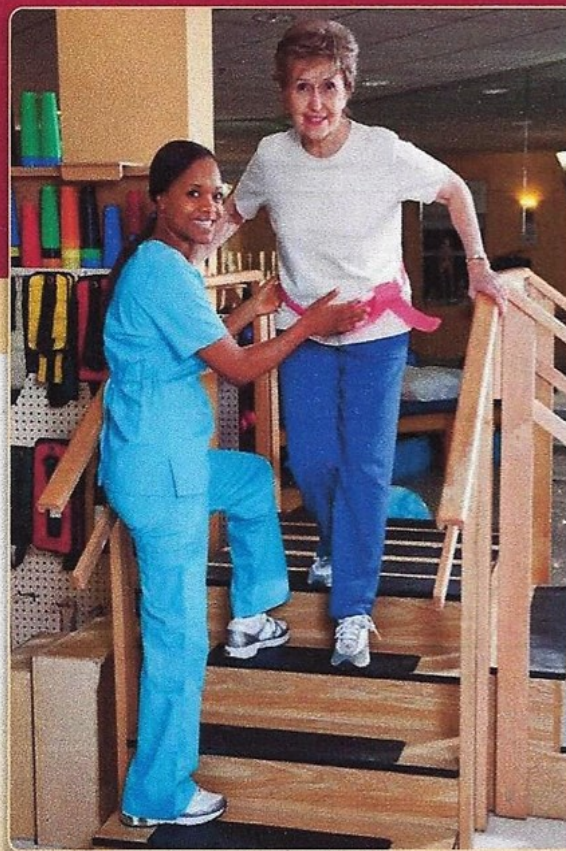
2016 5-STAR MEDICARE RATING

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 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

PAUL J SHEA, 2017-2018 Club President

MIDDLEBURY CT 06762-1516

Meetings

2nd Wednesday 6:00pm

Shepardson Community Center

1172 Whittemore Road

Middlebury CT



Our activities: Join us



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
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GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

- Do any tasks or errands for you**
- Do any shopping of any kind**
- Handle money for banking, postage or bill paying**

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation. You must be ready within these times.**
- Use seat belts at all times – no exceptions will be permitted.**
- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.**
- Have your donation ready when entering the bus.**

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

Passengers not complying with these regulations may have to find alternate methods of transportation

After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

Commission on Aging



The next Commission on Aging meeting will be held February 19, 2019 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, January 16, 2019 9:00am. Please call for an appointment at 203-577-4166.

Contacting our office is easy!

Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	707
Jeanne Generali	708
Angela Leveille	709
Sean Howard	711



Keeping citizens informed.

The Town of Middlebury has adopted 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 www.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.

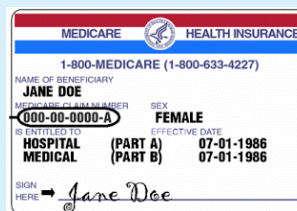
SNAP



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

NEW MEDICARE CARDS



CMS finished mailing the new Medicare Card to people with Medicare. If you did not receive your card"

- ⇒ Sign into MyMedicare.gov to see if your card was mailed. If so, they can print an official card. You will need to create an account, if you do not already have one.
- ⇒ Call 1-800-MEDICARE (1-800-633-4227) where they can verify your identity, check your address, and help you get your new card.

To ensure that people with Medicare continue to get care, health care providers and suppliers can use either the former Social Security number-based Health Insurance Claim Number or the new alpha-numeric Medicare Beneficiary Identifier for all Medicare transactions through December 31, 2019.

Middlebury Senior Center Investment Club



If you are one of many of us who 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.



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

The Middlebury Senior Center will be closed January 15, 2019 for the observance of Martin Luther King Day.





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.



It's that Time of Year Again.....

Need Free Help with Your Taxes?

Free income tax assistance is provided at the Middlebury Senior Center at 1172 Whittemore Road, Middlebury, by the AARP Tax Aide program for low to moderate income taxpayers of all ages, with special attention to those 60 and older. Program begins February 2019.

Call 203-577-4166 to obtain additional information or schedule an appointment with a certified AARP Tax Aide counselor.

All taxpayers should have with them the following information:

1. If married, both husband and wife should be present
2. Proof of identity (picture or other documentation).
3. Social Security number (Social Security Card or Benefit Statement form SSA – 1099) for taxpayer and all taxpayer's dependents.
4. Personal check, if available, with bank checking account and routing numbers.
5. Copy of last year's Federal and State tax returns.
6. All income statements that apply to the taxpayers 2018 Federal and State income taxes.

BY APPOINTMENT ONLY

Please call 203-577-4166 for an appointment.

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

Tax Relief Programs



Applications are available for the Elderly Homeowners, Totally Disabled Homeowners and Additional Veterans Tax Credit Programs February 1 – May 17, 2019

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, 2019.

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

Qualifying income is based on 2018 adjusted gross income; married applicants must submit combined adjusted gross income plus 2017 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.

EATING HEALTHY AND LOSING WEIGHT



Did you know that weight loss is a \$68.2 billion dollar industry? It is also one of the most advertised industries according to the U.S. Weight loss & Diet Control Market. Pair that data with the fact that Americans love the idea of quick and easy weight loss, and you have a situation ripe for misinformation, confusion, and continued unbalanced eating plans.

Imagine being able to eat nothing but cake and still lose 10 pounds.....It sounds too good to be true and that's because it is. Many diets advertised are fad diets. That is because they are popular thanks to a best-selling book or strong public relations but with little evidence behind them. The Boston Medical Center reported that of the estimated 45 million Americans who go on diets annually, 50% of them use fad diets. A fad diet promises quick weight loss but that is because they are crash diets and involve unhealthy, unbalanced eating plans. The best diet is not a diet at all, but a way of life that included food you enjoy, exercise, and healthy habits.

The body is like a high performance car that needs the right gasoline to make it perform better and longer. For our bodies, this means the right balance of protein, carbohydrates, and fat, as well as a host of other nutrients. Fad diets may exclude necessary nutrients and may put people at risk for future health problems.

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."

Elizabeth is now a "Life and Wellness Coach" with focus on:

- Goal Setting
- Forward Movement
- Weight Loss

Elizabeth is at the Middlebury Senior Center every Thursday from 11am to 12 noon.

Come in to see for yourself if this is the right program for you. The first meeting is free. Join us 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 203-577-4166 ext. 711.

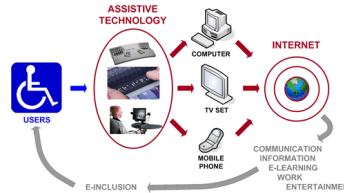
USED INK CARTRIDGES



Don't throw your used ink cartridges away.

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

Thank You



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

- The Arthro Thumbs-Up Cup is a sippy cup for adults. Placing our thumbs on the thumb tabs gives you extra control and leverage when tipping cup. This cup is great for people who have decreased grip strength, wrist pain, and deformities, or tremors.
- Why push a mouse when you can just point? Adesso's Easy Cat with Glidepoint Technology makes it easier than ever to control your PC. Simply glide your finger over the smooth surface of the pad and gently tap on the pad or click the buttons to perform all cursor movement functions. This touchpad offers the same great functions of traditional touchpad along with advanced multi-touch gestures, to control your device and applications easier and with minimal hand strain. Use two fingers to Pinch Zoom In or Out, Scroll, Drag or Rotate; three finger options include Swipe Backward or Forward.
- Pebble-Mini's ultra compact design makes it the ideal hand-held magnifier whether you're at home or on the go. Makes it easy to read medicine bottles, mail and much more. You could make it larger or smaller, change colors and freeze to read better.

For more information, please call Charlene @ 203-757-5449 ext. 101 for an appointment for a presentation or email cwicks@wcaaa.org.

Hollywood Movie

Bio & Talk



**Thursday
January 10, 2019
12:30pm**

Charlotte Brontë's Jane Eyre

Starring Samantha Morton as Jane Eyre

And Ciaran Hinds as Mr. Rochester

THIS WAS THE TENTH SCREEN ADAPTATION OF THE CLASSIC GOTHIC ROMANCE BY CHARLOTTE BRONTË. JANE EYRE (SAMANTHA MORTON, WHO TWO YEARS LATER WOULD EARN AN OSCAR NOMINATION FOR HER PERFORMANCE IN WOODY ALLEN'S SWEET AND LOWDOWN) GREW UP AN ORPHAN UNDER TRYING CIRCUMSTANCES, BUT THROUGH HARD WORK AND DETERMINATION, SHE HAS GAINED AN EDUCATION AND IS EMPLOYED AS A GOVERNESS AT THE THORNFIELD HALL ESTATE. JANE QUICKLY FALLS IN LOVE WITH THE BROODING AND SECRETIVE OWNER OF THORNFIELD, MR. ROCHESTER (CIARAN HINDS). HE SOON FALLS FOR HER AS WELL, BUT BEFORE THEY CAN REACH THE ALTAR, A NUMBER OF SHOCKING SECRETS THREATEN TO DESTROY THEIR ROMANCE.

STARRING: SAMANTHA MORTON AS JANE EYRE & CIARAN HINDS AS EDWARD ROCHESTER

RATING: NR

GENRE: [DRAMA](#), [TELEVISION](#), [ROMANCE](#)

DIRECTED BY: [ROBERT YOUNG](#)

WRITTEN BY: [KAY MELLOR](#),
[RICHARD HAWLEY](#), [PETER WIGHT](#)



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 MAKING 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: Paul Kempf (203) 264-2694

LUNCH & LEARN

Thursday, January 17, 2019

11:30am



The Middlebury Convalescent Home is sponsoring a Lunch and Learn on Thursday, January 17, 2019 at 11am.

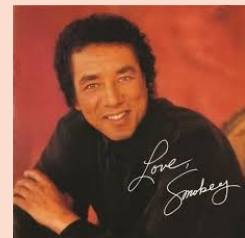
The Topic will be:

“Staying Socially Connected”

If interested, please call 203-577-4166 to reserve your seat.

Smokey Robinson urges Senate in May to pass
the “CLASSICS Act”

LAWMAKERS SECOND THAT EMOTION



A measure to protect 1950's and 1960's music artists has been passed by Congress and signed into law by President Trump. The CLASSICS Act, which was pushed by Motown legend Smokey Robinson, extends until 2067 the federal copyright protections for music recorded between 1957 and 1972. That would allow artists to collect royalties for digital plays of their pre-1972 recordings.



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 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

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.



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 10:00 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.

Chair Massage



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

LOSING WEIGHT WITH ELIZABETH



Every Thursday at 11am in
room 26 in the Shepardson
Community Center

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

Medicare Fraud



Are you entitled to pension funds from a former employer and are not receiving your benefits? Many people work for multiple employers over their work-life and lose track of the benefits to which they are entitled. We tend to only think about benefits from our last employer when we think about retirement planning. Most of us are working for 50 – 60 years before retiring and it's hard to remember what the personnel department told us 40 years ago about benefits. It's worth your time and trouble to research whether you're entitled to

any money from a former employer.

How do you go about researching your benefits? First, if the company is still around, contact your former employer and ask if you are entitled to any benefits. They may have your information on file and can help you. If it was a long time since you worked there, they may refer you to an insurance company that is handling older pensions.

If they can't find you, make sure you have them check in the various names you might have used such as maiden names, hyphenated names, abbreviated first names like Jim instead of James. If you can't find it on your own, there are services that can help you.

There is an online database you can search if you suspect you're owed benefits: pbqc.gov. A caveat: If a letter from the PBGC was delivered but you didn't respond, you won't be in the public database since the PBGC thinks your old address is still valid. 800-400-7242.

You can also go to askebsa.dol.gov for help.

The best option: Call one of six regional pension counseling projects affiliated with the Washington-based nonprofit Pension Rights Center pensionrights.org

On March 2, 2018, Senator Elizabeth Warren of Massachusetts and Senator Steve Daines of Montana introduced legislation that would create an Office of Retirement Savings Lost and Found to serve as a clearinghouse for retirement plan information and require employers to provide data for a national searchable database that could be used by all retirement plan participants. The bill is entitled Retirement Savings Lost and Found Act of 2018.

More people are being reunited with their money, thanks to a push by the Department of Labor to audit more retirement plans' missing-participants lists. In a successful pilot program in the department's Philadelphia Employee Benefits Security Administration (EBSA) office, more than \$274 million owed to 4,018 people in 2017 were recovered. Maybe you have missing money as well. Worth checking out.

Did You Know?

- ◆ 60% of companies in the private sector offered pension plans in the 1980's. Now only 4% do.
- ◆ 35% of Americans over the age of 22 in private sector jobs work for companies that do not offer a 401k retirement plan.

A 2018 study by Northwestern Mutual found:

- ◆ One in five Americans (21%) have NO retirement savings at all
- ◆ One in three Baby Boomers (33%), the generation closest to retirement age, only have between \$0-\$25,000
- ◆ in retirement savings
- ◆ Three quarters of Americans believe it is "not at all likely" (24%) or only "somewhat likely" (51%) that Social Security will be available when they retire
- ◆ Nearly half (46%) of adults have taken no steps to prepare for the likelihood that they could outlive their savings.



A NEW LAW PROTECTING CONSUMERS AGAINST IDENTITY THEFT

From the Federal Trade Commission

According to the Federal Trade Commission (FTC), identity theft was the second biggest category of consumer complaints reported to the FTC in 2017. As of September 21, 2018, a new law took effect whereby consumers who were concerned about identity theft or data breaches can now freeze their credit and place a fraud alert at no charge.

In addition to being free, the new law extends the data freeze from 90 days to one year and allows parents to freeze their children's credit who are under the age of 16 and guardians, conservators and those with a valid power of attorney can get a freeze for their dependents.

By freezing one's credit, it restricts access to a consumer's credit file making it harder for identity thieves to open new accounts in the consumer's name. In the case of placing a fraud alert on one's credit, it requires businesses that check a consumer's credit to get the consumer's approval before opening a new account.

To place a credit freeze on their accounts, consumers will need to contact all three nationwide credit bureaus: Equifax, Experian, and TransUnion. If the request is made by phone or online, the credit freeze must become effective within one business day. Whereas if the request is made by mail, the credit freeze becomes effective within three business days.

This timing for initiating a freeze also applies for lifting the freeze. To place a fraud alert, consumers need only contact one of the three credit bureaus, which will notify the other two bureaus.

Credit freezes and fraud alerts are two important steps consumers can take to help prevent identity theft.

Here are some resources to assist in placing a credit freeze and fraud alert:

- ☐ Equifax: 800-685-1111
- ☐ Experian: 888-EXPERIAN (888-397-3742)
- ☐ TransUnion: 888-909-8872
- ☐ Federal Trade Commission: 1-877-FTC-HELP (382-4357) ftc.gov IdentityTheft.gov
- ☐ FAQ's: The FTC recently posted frequently asked questions related to the new freeze at: <https://www.consumer.ftc.gov/blog/2018/10/new-credit-law-faqs>.
- ☐ Senior Medicare Patrol: 1-800-944-9422



Long-Term Care Ombudsman Program & Mobility Ombudsmen

An ombudsman is an official in charge of representing the interest of the public regarding complaints. The ombudsman will investigate complaints and address it to correct any maladministration or violation of rights. There are different types of ombudsmen, but below you can read more about the Long-Term Care Ombudsman Program and Mobility Ombudsmen. Please keep in mind that all services provided by ombudsmen are confidential and free. It is also recommended that all and any complaints filed be done so by or with a paper hard copy.

Long-Term Care Ombudsman Program

The goal of the Long-Term Care Ombudsman Program (LTCOP) is to improve the quality of life and care of residents in nursing homes, residential care homes and assisted living communities within Connecticut. Residents of facilities listed above who would like to file a complaint can do so with the help of their local ombudsman program. Once a complaint has been brought forward, the LTCOP will investigate and provide a resolution if possible. According to the State Unit on Aging, the LTCOP does the following:

- ◆ RECEIVES and looks into complaints and assists residents in resolving problems.
- ◆ EDUCATES residents and families about their rights.
- ◆ EMPOWERS and supports residents and families to discuss concerns with nursing home staff.
- ◆ PROVIDES information regarding long-term care programs and services.
- ◆ ADVOCATES improvements in state and federal laws and regulations.
- ◆ REPRESENTS residents' interests before governmental agencies.
- ◆ IDENTIFIES & seeks to remedy gaps in facility, government, or community services.
- ◆ RESPECTS the privacy & confidentiality of residents.

Regarding the LTCOP, Connecticut is split into three regions; Western, Northern & Southern regions. The town included in each region and their contact information can be found online through the State of Connecticut's website at <http://www.ct.gov/ltcop/>. People residing in the western region of Connecticut can call (203) 597-4181 to reach an ombudsman. A long-term care ombudsman can also be reached through their statewide toll-free number at 1-866-388-1888.

Mobility Ombudsmen/Managers

In Connecticut mobility ombudsmen, more commonly known as mobility managers, assist people with disabilities, seniors and veterans with transportation solutions. The goal of this program is to identify gaps and barriers within public transportation that prevent said individuals from using those services. After issues and complaints have been brought forward, mobility managers will work to find creative solutions by communicating and working with transportation and social service communities.

Currently there are four out of five regional mobility websites active in the state of Connecticut; The Northwestern region of Connecticut, which covers the Greater Danbury and Waterbury area, does not have an active website. Websites for the mobility management program offer resources that help people find transportation guides for their region and training on how to use local transportation. A full list of websites for all regions in Connecticut can be found online through the Conn. DOT at: <http://www.ct.gov/dot/cwp/view.asp?a=1386+&q=553940>.

Although the Northwest region of Connecticut does not have an active permanent website for the mobility management program, the Kennedy Center has provided their website, list below, as a temporary website for the Northwest Mobility Management Program. Also, an appointed mobility manager has already been put in place and she will help you file complaints as well as find local transportation resources.

Contact information:

Kennedy Center Inc. <http://www.thekennedycenterinc.org/> April Chaplin – Northwest Regional Mobility Manager; 475-298-3103 email: achaplin@kennedyctr.org.



New Year Facts



New Year signifies an end of the 365 days of the present year and the start of a new year, yet again. It is celebrated all over the world with the same zeal, vigor and enthusiasm. There are lots of preparations undertaken for the event and it can be categorized as one of the occasions that the whole world celebrates together. All across the globe, cities are decorated. Most of the news channels get special reporters and correspondents geared up to show the live coverage of the celebration. For many it's a new day, a new life and a new beginning. Let us explore more on what makes New Year Day special, by dwelling on the trivia given in the lines below.

Interesting New Year Facts

- 1) New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.
- 2) Celebrating New Year on January 1 is purely arbitrary, as neither it has agricultural significance nor astronomical. Many countries still celebrate it in spring, the season of rebirth of new crops.
- 3) The Roman senate declared January 1 as the New Year in 153 BC. Though even this date saw major tampering, it was Julius Caesar who again declared January 1 in Julian calendar as the New Year, in 46 BC.
- 4) New Years is still observed as the Feast of Christ's Circumcision by some denominations.
- 5) The first month of the year i.e. January has been named after God Janus (Latin word for door), in the Roman calendar. Janus is the God with two faces, one looking backwards and one forward, at the same time and marks the 'spirit of the opening'
- 6) The Romans began a tradition of exchanging gifts on New Year's Eve, by giving one another branches from sacred trees, for good fortune. The gift phenomenon is prevalent from those times, till date.
- 7) January 1 was revived as New Year in 1582, by the Gregorian calendar and so celebrated by most of the countries till date.
- 8) New Year is celebrated like a festival throughout the world and everyone around is in festive mood, partying, singing and dancing to ring out the old year and ring in the new.
- 9) In Britain, when the Big Ben clocks strikes 12, everyone gathers around to sing 'Auld Lang Syne', a Scottish song. It was written by Robert Burns in the 1700's, literally meaning "old long ago," or simply, "the good old days", to remember old and new friends.
- 10) It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck for the rest of the year, depending on who he/she was.
- 11) Many cultures believe that anything given or taken on New Year, in the shape of a ring is good luck, because it symbolizes "coming full circle".
- 12) Many parts of the U.S. celebrate New Year by consuming black-eyed peas and other legumes, as it has been considered good luck in many cultures.
- 13) The tradition of making New Year resolution dates back to the early Babylonians.
- 14) Traditionally, it was thought that people could alter the luck they would have throughout the coming year by what they did or ate on the first day of the year. It has, therefore, become important to celebrate first day of the New Year in the company of family and friends.
- 15) The Spanish ritual on New Year's eve is to eat twelve grapes at midnight. The tradition is meant to secure twelve happy months in the coming year.
- 16) Noisemaking and fireworks on New Year's Eve is believed to have originated in ancient times, when noise and fire were thought to dispel evil spirits and bring good luck.

JANUARY IN HISTORY

10 YEARS AGO (2009)

- *The unemployment rate rose to 7.8% with nearly 800,000 jobs lost.
- *U.S. Airways Flight 1549 lost power in both engines shortly after takeoff from LaGuardia forcing the pilot to ditch the aircraft in the Hudson River. All 155 passengers and crew were rescued with no casualties, and the pilot, Chesley Sullenberger, was hailed a hero.
- *Barack Obama was sworn in as the 44th President of the United States.
- *I Run to You by Lady Antebellum was released.

20 YEARS AGO (1999)

- *The International Year of Older Persons began.
- *The Euro currency was introduced.
- *A brutal snowstorm smashed into the Midwest with 14" (359 mm) of snow in Milwaukee, WI and 19" (487mm) in Chicago, IL, where temperatures lunged to -13 degrees F (-25 degrees C).
- *Former professional wrestler, Jesse Ventura, was sworn in as governor of Minnesota.
- * In Super Bowl XXXIII, the Denver Broncos beat the Atlanta Falcons 34 to 19.

30 YEARS AGO(1989)

- * The Canada-United States Free Trade Agreement went into effect.
- * President Ronald Reagan delivered his farewell address to the nation.
- * *George H.W. Bush was sworn in as the 41st President of the United States.*
- * *In Super Bowl XXIII, the San Francisco 49ers defeated the Cincinnati Bengals 20 to 16.*

40 YEARS AGO (1979)

- *In Super Bowl XIII , the Pittsburgh Steelers defeated the Dallas Cowboys 35 to 31.
- * Brenda Ann Spencer opened fire at a school in San Diego, CA killing two faculty members and wounding eight students. When asked why she did it, her response was, "I don't like Mondays."
- *The Village People's Y.M.C.A. became their only No 1 single.
- *The Dukes of Hazzard premiered on TV.

50 YEARS AGO (1969)

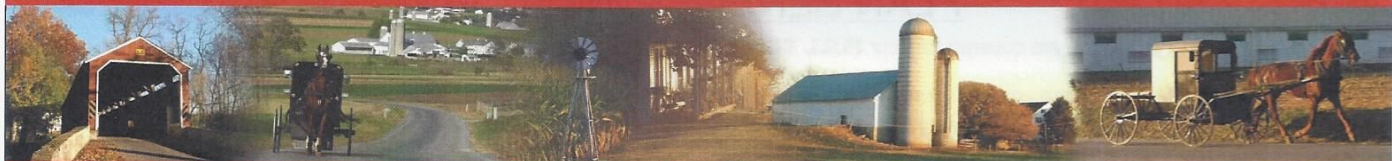
- *In Super Bowl III, the New York Jets defeated the greatly favored Baltimore Colts 16 to 7.
- *Creedence Clearwater Revival released their second album, Bayou Country, which featured singles, Good Golly, Miss Molly and Proud Mary.
- *The United States Congress doubled the President's salary to \$200,000. (it is now \$400,000).
- *Hooked on a Feeling by B.J. Thomas peaked at No. 5.
- *Elvis Presley recorded the album. Long Black Limousine, in Memphis TN. It included the popular singles, Suspicious Minds, In the Ghetto, and Kentucky Rain.

100 YEARS AGO (1919)

- *Edsel Ford succeeded his father, Henry Ford, as president of the Ford Motor Company.
- *With World War I just over, the fifth Rose Bowl Game, known at the time as Tournament East-West Football Game, was played between the Mare Island Marines from Vallejo, CA and the Great Lakes Navy from Great Lakes, IL The Navy beat the Marines 17 to 0.
- **Theodore Roosevelt, the 26th President of the United States, died in his sleep.*
- *Two million gallons of molasses flooded Boston, MS in the "Great Molasses Flood." A large molasses storage tank burst and a wave of it rushed through the streets.
- * Prohibition began with the 18th Amendment which was ratified on January 16, 1919, (It was put into effect on January 16, 1920).

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

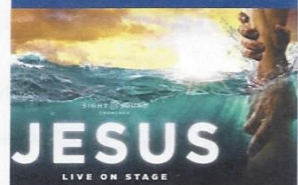
22 - 24, 2019

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

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\$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

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WM

Tour#: 1567829

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with the

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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

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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)
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Up to \$500	=	\$35
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\$501 - \$600	=	\$45
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\$601 - \$700	=	\$59
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\$701 - \$1,100	=	\$69
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\$1,101 - \$1,500	=	\$94
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\$1,501 - \$2,000	=	\$129
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www.travelconfident.com/exclusions.aspx

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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.

Sem-
Top-
Con-



inar
ics:

GEORGE AND GRACIE SEVEN ANGELS THEATER Thursday, February 21, 2019



A nostalgic and hilarious look back at the famous husband and wife comedy team: George Burns and

Gracie Allen. Award winning actors

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 neighbors Blanche and Harry and other guests in this all new sequel 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 nostalgic and hilarious look back at the famous husband and wife comedy team.

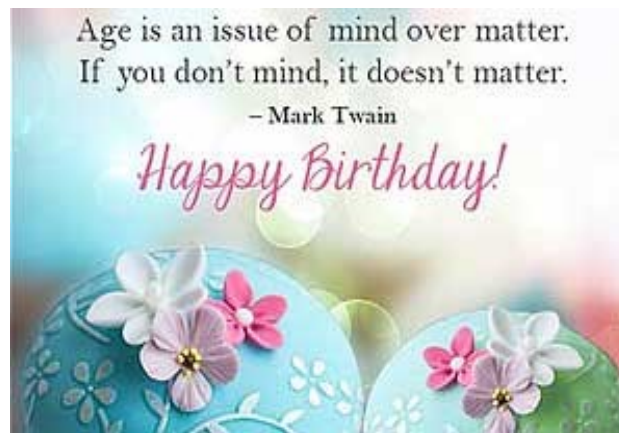
Bus will leave the Middlebury Senior Center at 1:30pm for the 2:00pm matinee.



January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <i>Happy New Year</i>	2 Grandioli/sauce & cheese Broccoli Mixed vegetables Garlic breadstick Fresh fruit	3 Roasted turkey/gravy Cranberry sauce Stuffing Peas Wheat bread Apple Sauce	4 Meatballs Rice & Kidney beans Carrots Biscuit Fresh fruit
7 Veal parmesan Bowtie pasta/sauce Parmesan cheese Zucchini & Tomato Italian bread Peaches	8 Chicken teriyaki Brown rice/pineapple Oriental blend Wheat roll Mandarin oranges	9 Lentil soup/crx Tuna salad / wheat bread Macaroni salad Broccoli slaw Chocolate pudding/topping Grape juice	10 Garlic chicken qtr Baked potato Green beans Wheat dinner roll Fresh fruit	11 Spanish beef stew White rice Carrots Biscuit Marble cake Fruit juice
14 Pulled pork Two potato mash Country style vegetables Wheat bread Fruit pie Orange juice	15 Chicken pot pie/biscuit Carrots Green beans Baked apple slices	16 Eggplant rollatini Penne pasta/sauce Italian bend vegetables Parm cheese Garlic breadstick Fresh fruit	17 French onion soup/swiss cheese Meatloaf/ gravy Acorn squash Peas & carrots French bread/pineapple	18 Spanish baked fish Yucca Roman blend White bread Pears
21 	22 MLK SPECIAL Fried chicken qtr Collard greens Corn & okra Biscuits Fruit juice Bread pudding/topping	23 Butternut squash soup/crx Spinach quiche Roasted sweet potato Winter vegetable blend Wheat bread Applesauce	24 Stuffed pepper Smashed potato Glazed carrots Rye bread Brownie Mixed fruit juice "Birthday Cake"	25 Panamanian stewed chicken White rice Seasoned pinto beans/peppers Dinner roll Tropical fruit
28 Sloppy joe/wheat bun Sweet potato tots Peas Fresh fruit	29 Vegetable soup/crx Meatballs / sauce Spaghetti / parm cheese Cauliflower & red pepper Herb breadstick Pears	30 Stuffed salmon / lemon Butter sauce Wild rice pilaf Broccoli Wheat dinner roll Pound cake/berries Pineapple juice	31 Roast pork/gravy Mashed potato Bean blend Rye bread Fresh fruit	Suggested donation is \$3.50 per meal











“Happy Birthday” January 2019

Ray Rivard 1st
 Vicki Masterso 1st
 Mary Ann Bellino 1st
 Diane Stockwell 1st
 Tom Stockwell 1st
 Jillian Buckley 1st
 Marilyn Fletcher 1st
 Helen Tito 1st
 Phyllis McMahon 1st
 Diane Fenn 1st
 Anthony Perrotti 1st
 Bernadette Graziosa 2nd
 Madeline Plonski 2nd
 Concetta D'Angelo 2nd
 Dave Zackin 3rd
 Dianne Rosa 3rd
 Mathew Carrano 4th
 James Dowling 4th
 Anita Frenis 4th
 Sandy Brzozowski 4th
 William Hydner 4th
 Eileen McDonald 4th
 Virginia Fappiano 5th
 Adam Moccilolo 5th
 Barbara Reilly 5th
 Susan Mahoney 6th
 Carol Wabiszczewicz 6th
 Victoria Soovajian 6th
 Helena Jedlinsky 7th
 Bonnie Mazzaferro 7th
 Madalyn Shove 7th
 Andrew Perrella 8th

Betty Lubowiecki 10th
 Betty Neal 10th
 Joyce Pallman 10th
 John Swanson 10th
 Mary Adams 11th
 Mary Brennan 11th
 James Sorriero 11th
 Doris Novakowski 12th
 Holly Albino 12th
 Ann Weir 12th
 Linda Koulouris 12th
 Ralph Orsomando 12th
 Joann Narkis 13th
 Norman Shirk 13th
 Carol Enright 13th
 JoAnn Brown 14th
 James Capristo 14th
 Susan Kincaid 14th
 Carol Berardi 14th
 Tom Sembrowski 14th
 Blaine Scheafer 14th
 William Hudner 14th
 Joyce Galvin 16th
 Bennett Upson 16th
 Connie Bonacorsi 16th
 Edward Lewicki 16th
 Bennett Upson 16th
 Bette West 16th
 Chun Lai 17th
 Rochelle Rinaldi 17th
 Jane Neale 17th
 Tim Hill 17th

Dolores Hall 20th
 Edward Messor 20th
 Jeanne Generali 21st
 Lillian Stevens 21st
 Georgiana Burdette 23rd
 Mirasol Josef 23rd
 Mary LaPorta 23rd
 Mary O'Rourke 23rd
 MaryLou Varrone 23rd
 Sandra Montuori 23rd
 Leon Baboff 23rd
 Tracy Dietlmeier 23rd
 Louis Perugini 24th
 Julia Keggi 24th
 Susan Armburster 24th
 Leonora Guastaferrri 24th
 Linda Amarante 26th
 Mike Capozzi 26th
 Thomas Hart 26th
 Karen Bertelsen 26th
 Mary Snyder 27th
 Robert Delsasso 27th
 Marcia Braun 27th
 Roseanne Elliott 27th
 Loretta Mulhall 28th
 Gerald Miller 28th
 Ernest Bueno 29th
 Catherine Rosich 29th
 Theodora Hamilton 29th
 Doris Murray 30th
 Lyne Asselin 30th
 Dorman Stone 30th

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
January 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		8:00 Tai Chi 9:00 Table Tennis 9:30 Tai Chi 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Dance Class 10:30 Mah Jongg 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:00 Wii Bowling 12:30 Fitness Fury 12:30 Bridge Club
7	8	9	10	11
AARP Drive Safe class 9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bingo 12:30 Bridge Club 5:30 Mah Jongg PM	8:00 Tai Chi 9:00 Table Tennis 9:15 Tai Chi 9:30 Computer Training 10:00 Vision Board 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Dance Class 10:30 Mah Jongg 10:30 Yoga 11:00 Losing Weight 12:30 Hollywood Movie 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:00 Wii Bowling 12:30 Fitness Fury 12:30 Bridge Club
14	15	16	17	18
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Yoga 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bingo 12:30 Bridge Club 5:30 Mah Jongg PM Computers by Appointment	9:00 Hearing Screening 8:00 Tai Chi 9:00 Table Tennis 9:30 Tai Chi 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 10:30 Dance Class 10:30 Mah Jongg 10:30 Yoga 11:00 Investment Club 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Lunch & Learn	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:00 Wii Bowling 12:30 Fitness Fury 12:30 Bridge Club
21		23	24	25
	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bingo 12:30 Bridge Club 5:30 Mah Jongg PM Computers by Appointment	8:00 Tai Chi 9:00 Table Tennis 9:30 Tai Chi 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Dance Class 10:30 Mah Jongg 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:00 Wii Bowling 12:30 Fitness Fury 12:30 Bridge Club
28	29	30	31	
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bingo 12:30 Bridge Club 5:30 Mah Jongg PM Computers by Appointment	8:00 Tai Chi 9:00 Table Tennis 9:30 Tai Chi 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Dance Class 10:30 Mah Jongg 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	

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
January 2019 Bus Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	
	 Happy New Year! CENTER CLOSED	Medical appointments Senior Center Activities Waterbury Mall	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities No Lunch Today	
		MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
7	8	9	10	11	
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities	
No Lunch Today		Waterbury Mall		No Lunch Today	
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES		
14	15	16	17	18	
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities	
No Lunch Today		Waterbury Mall		No Lunch Today	
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES		
21	22	23	24	25	
	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities Waterbury Mall	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities No Lunch Today	
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES		
28	29	30	31		
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities		
No Lunch Today		Waterbury Mall			
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES		