

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.

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

**January
2020**

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 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



midconvhome.com
203.758.2471

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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

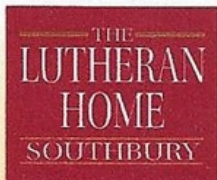
24/7 on call (203) 495-1900

Get **READY FOR HOME** at Lutheran Home

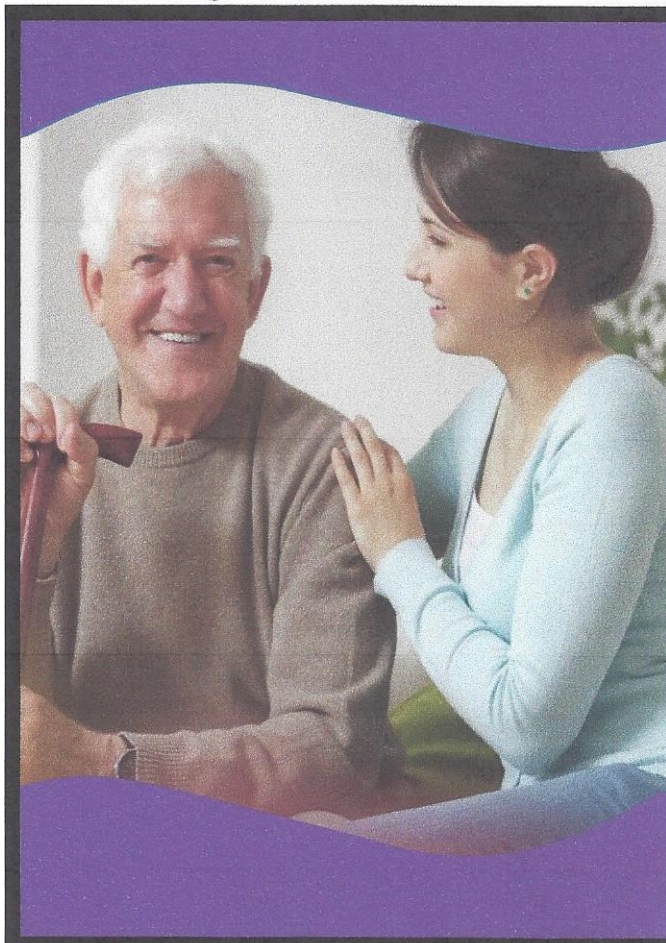
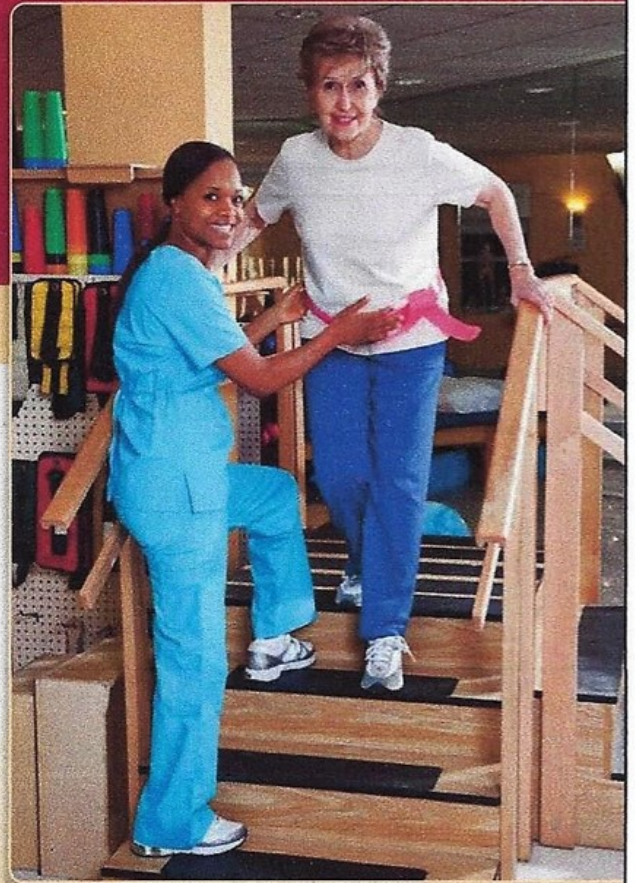
2016 5-STAR MEDICARE RATING

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



Elderly Caregivers
Homecare is the Best Medicine

**Holidays are a great time to talk
with family members about
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We specialize in 24/7 Live-In
Companions, Homemakers & Personal
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(Non-medical services- Reasonable rates)

- Light housekeeping • Medication reminders
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- Meal preparation

Visit www.Elderlycaregivers.org or call us today!

203-628-7438

31 West Street Danbury CT 06801

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, painting, 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

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
E-mail: jcappelletti@middlebury-ct.org



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.

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

Commission on Aging



The next Commission on Aging meeting will be held January 21, 2020 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 15, 2020 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	3
Jeanne Generali	1
Sean Howard	4
Angela Leveille	2



CodeRED™

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.

MEDICARE PREMIUMS, DEDUCTIBLES UP IN 2020

Price hikes for Part B blamed on rising drug costs

Medicare premiums for basic coverage will rise in 2020, and so will deductibles for doctor and hospital visits. Some of the increases are due to escalating drug prices, officials say.

The standard monthly premium for Medicare Part B, which covers doctor visits and outpatients services such as lab tests and diagnostic screenings, will go up nearly 7% to \$144.60, the Centers for Medicare and Medicaid Services (CMS) announced in November.

That \$9.10 a month increase was blamed on the higher cost of drugs administered in doctors' offices. "These higher costs have a ripple effect" according to a CMS statement.

Premiums are based on income, so Part B beneficiaries with higher incomes will pay even more — \$202.40 per month for individuals with annual income between \$87,000 and \$109,000, for example.

This is another clear example of how drug company greed is hurting seniors, Congress needs to immediately act to lower prescription drug prices, which is on the table and only needs a vote.

The annual Part B deductible covering doctor visits will rise \$13 this year to \$198. And the deductible for each inpatient hospital admission, which is covered by Part A, will increase by \$44 to \$1,408.

HOUSE VOTES TO EXTEND OLDER AMERICANS ACT

A landmark statute that helps millions of older Americans age in their homes with services such as Meals on Wheels, free rides and support programs for family caregivers has been unanimously approved by the House of Representatives. It still must pass the Senate.

The Older Americans Act, first passed in 1965, would be extended for five years under the House measure, with a 7% increase in funding for its programs in 2020 and a 6% increase for each of the next four years.

The act provides money to states to help about 11 million people 60-plus each year. It would increase the emphasis on services that help older Americans deal with social isolation and strengthens the National Family Caregiver Support program, which helps provide respite care.

SOCIAL SECURITY CHANGES AHEAD

On the first day of 2020, several tweaks to Social Security will affect both beneficiaries and some workers paying into the system. Here's what you need to know:

- Monthly benefits will increase. Checks will be slightly larger beginning in January, as a 1.6% cost-of-living adjustment kicks in. The average beneficiary will see a jump of roughly \$24 per month or \$288 a year.
- The maximum monthly benefit will rise. A single recipient can get as much as \$3,011 per month in 2020, up from \$2,861.
- If you have begun receiving benefits but you won't reach the full retirement age of 66 until 2021 or later, you will be able to earn more in 2020 before one dollar is deducted for every two you earn. The new limit is \$18,240. If you'll turn 66 in 2020, you'll be able to earn \$48,600 before the agency deducts \$1 for every \$3 you earn until you reach full retirement age.
- Some of those paying into the system will pay more. Workers pay 6.2 % of their earnings to fund Social Security. In 2019, that was capped at the first \$132,900 earned. That cap will rise to \$137,700.
- Those on Supplemental Security Income, a federal program that aids the aged, blind and people with disabilities who have little or no income, will see a rise in their benefit from \$771 a month to \$783, The amount for couples rises from \$1,157 to \$1,175.

Be a Census Taker:



Census positions provide the perfect opportunity to earn extra income while helping your community. The results of the 2020 Census will help determine your state's representation in Congress as well as how certain funds are spent for schools, hospitals, roads, and more. This is your chance to play a part in history and help ensure everyone in your community is counted.

In addition to supporting your community, census jobs offer great pay every week, flexible hours, and paid training.

People can apply for 2020 Census work if they are at least 18 years old, a U.S. Citizen, and if they have a valid Social Security number and email address. Males born after December 31, 1959, must also be registered with the Selective Service System or have a qualifying exemption. Please visit 2020census.gov/jobs to learn more about specific application requirements.

As part of the application process, applicants will be asked questions related to their educational, work, and other experiences.

Potential employees must pass a criminal background check and review of criminal records (including fingerprinting). Once these steps are completed, potential employees will receive information about training.

Employees should have access to a vehicle and a valid driver's license, unless public transportation is readily available. Employees should also have access to an Internet-connected computer (to complete the training process).

Work schedules depend on individual positions. Generally, hours for field positions are flexible. Some positions require work during the day, and other positions require evening and weekend work interviewing the public. In addition, supervisory positions require employees to be available for certain day, evening, and /or weekend shifts.

The census Bureau is committed to hiring Census Takers to work in their own communities.

Employees are paid weekly, and can expect to receive their first paycheck approximately 10 to 14 days after their first day of work.

Field employees will be reimbursed for authorized work expenses, like mileage, while conducting 2020 Census work.

2020 Census employees will be paid during training at a slightly lower rate than their regular hourly rate.

Applying is easy. Visit 2020census.gov/jobs to learn more, then click on Apply Now. Potential applicants can also call 1/855-JOB-2020 or use the Federal Relay Service at 1-800-877-8339 for TTY/ASCII to learn more or for assistance.

TIPS FROM THE OLD FARMERS ALMANAC

If you're trying hard to avoid catching the **common cold** and the **flu**, here are some **prevention tips** to keep you healthy—short of wearing your own personal Hazmat suit!

HOW TO PREVENT COLDS AND THE FLU

- ◆ Keep current on inoculations, and ask your doctor about flu shots. The CDC recommends that every person over the age of 6 months receive the vaccination. If possible, get the flu shot in October, before flu season begins.
- ◆ Don't share washcloths or towels. Use disposable towels or tissues instead of cloth handkerchiefs.
- ◆ If you're in a public restroom, try to avoid touching frequently-touched places, like the faucet or door handle. Shut the faucet off with a paper towel and try to push the door open with your shoulder or use the paper towel to turn the knob.
- ◆ Cover your mouth and nose with a tissue when you sneeze or cough. If you don't have a tissue, cough into your upper sleeve.
- ◆ Colds are only caught from other people; during cold season, don't shake hands or touch surfaces and then bring your fingers to your nose or face.
- ◆ Don't bite your nails; it spreads germs.
- ◆ Don't share food or drinks, even a taste.
- ◆ Wash your hands often, especially after returning from public spaces! Use lots of soap and water.
- ◆ When in doubt, hug instead of kiss, even if your heart says otherwise!
- ◆ Drink plenty of liquids, especially fresh, pure water.
- ◆ Get plenty of sleep. Go to bed early!
- ◆ Cut back on sugars and alcoholic drinks.
- ◆ Eat correctly, especially lots of fruits with high vitamin C content, as well as veggies and grains that cleanse your system.
- ◆ If you can, take it easy and rest as soon as symptoms develop.
- ◆ Stay at home if you are sick. Your school or office will not appreciate you inadvertently spreading your illness!

What can we do to help our bodies through the process of healing a **cold**? Here are some **natural remedies** for your body and mind.

NATURAL REMEDIES TO PROVIDE COLD RELIEF

- ◆ Rose hip tea is full of vitamin C and can help prevent colds in advance.
- ◆ Lemons, oranges, and apple cider are all considered to be cold remedies.
- ◆ For chills, take fresh ginger root.
- ◆ Historically, the layers of the onion were believed to draw contagious diseases from the patient; onions were often hung in sickrooms. Today, we know that onions have antibacterial qualities.
- ◆ Cut up fresh garlic cloves and add them to chicken soup or other foods, or swallow small chunks of raw garlic like pills.
- ◆ Eat loads of hot and spicy foods like chili to clear the sinuses.
- ◆ Like garlic and onion, horseradish generates lots of heat to help offset colds. According to one farmer we know, a daily horseradish sandwich is the best cold remedy out there!
- ◆ Prunes are rich in fiber, vitamins A and B, iron, calcium, and phosphorus. And they've been cured themselves!
- ◆ To treat sore lips, go to bed with honey on them.
- ◆ Troubled by cracked lips? Massage them with a dab of earwax (preferably your own!).

For a chest cold or bronchitis, try this remedy:

- ◆ Boil a whole onion, and afterward, drink the water. You can add a little butter and salt if the taste is unbearable!



CT Tax Aide

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



Assistive Technology Center

GADGETS & GIZMOS

To Make your Life Easier

The WCAAA Tech Center provides free, demonstrations.

Assistive Technology Center has any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individuals with or without disabilities in all aspects of life, including at school, at work, at home or in the community. The WCAAA, Assistive Technology Center provides free personalized or group demonstrations on assistive devices such as magnifiers, home amplifiers, vibrating alarm clock, smart pen and talking watch just to name a few. These devices are now on display at the Assistive Technology Center located at the WCAAA, 84 Progress Lane, Waterbury, CT 06705

The Connecticut Tech Act Project's Assistive Technology Loan Program (ATLP) assists Connecticut residents with disabilities and older adults to obtain the assistive technology devices and services they need to enhance independence and productivity in the community, education and employment.

Eligible applicants may borrow from \$500—\$30,00, at a low interest rate, for up to 10 years depending on the life of the device. The ATLP can be used for a broad range of devices such as assistive listening devices, magnifiers, computers and software, scooters, stair lift, modified vehicles, and much more.

TO find out more about the Assistive Technology Loan Program visit www.CTtechact.com/loan or call 860-424-5619.

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

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application deadline is March 15, 2020

Applications for the Connecticut Energy Assistance Program will be accepted October 1, 2019 to March 15, 2020 for fuel and May 15, 2020 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. 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 2, 2019 to April 14, 2020; May 15, 2020 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income 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.

In order to ensure that your application is processed as quickly as possible, it is necessary to submit the following:

- ⇒ Income must be provided for every household member over the age of 18 for the last 4 weeks prior to the application date.
- ⇒ If you are self employed, a notarized Self-Employment worksheet for the last six or twelve months and your most recently filed 1040 IRS form, including all schedules.
- ⇒ Social Security benefits documents.
- ⇒ Pension or annuity check stubs.
- ⇒ If unemployed, the printout of Unemployment Compensation Benefits.
- ⇒ Workman's Comp or Disability Insurance; statement showing benefits and period covered.
- ⇒ Rent receipts for rental income, or your tenants' lease.
- ⇒ VA award letter for Veteran's Benefits (including pensions.)
- ⇒ Dividend and interest statements for the most recently completed period (if more than \$10 per month).
- ⇒ Statements verifying alimony and/or child support.
- ⇒ Statements indicating the amount and frequency of payments from friends or relative who are contributing to your household's support signed by them.
- ⇒ Current utility bill if you heat with gas or electricity.
- ⇒ For disability income you must provide medical certificate signed and stamped by a physician.
- ⇒ Provide statements from every institution that you or any other adult household members have an account with.
- ⇒ Copy of your household's current electric bill.

Information regarding the Energy Assistance Program is available by calling the Social Services Director at 203-577-4166 ext. 3

The office is located at the Shepardson Community Center at 1172 Whittemore Rd. Middlebury, CT 06762



MEDICAL CLOSET

Middlebury Senior Center
1172 Whittemore Road
Middlebury, CT

The Middlebury Senior Center offers medical equipment that is available to loan to our residents if they are in need of them.

When available, they include:

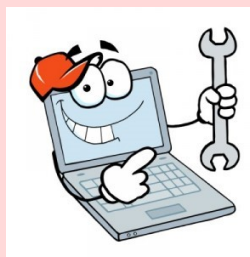
- Commodes
- Crutches
- Oxygen tanks
- Shower chairs
- Toilet seats
- Travel chairs
- Walkers
- Walking canes

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.



Computer Training

If you have purchased a new computer, iPad, iPhone etc. or are having trouble with your existing one, the Middlebury Senior Center is 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. 4.

Calling All Crafters



Wanted: Knitters and Crocheters

Monday afternoons from 2 – 4pm in Room 26 at the Shepardson Community Building.

Bring your own supplies or materials can be supplied

There is no charge for this class



EATING HEALTHY AND LOSING WEIGHT

Thursdays 11:00 — 12:00

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 includes 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 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."

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.

AARP Driver Safety Program



**Monday,
January 6, 2020
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.

LUNCH & LEARN



Date for the next Lunch & Learn
to be announced



**Left to right: Bob Murray, Capt. Carl Miscavage,
Giles Charland, & Ted Elliss**

Thwack!

It's the sound of a hard plastic ball forcefully hitting another, sending it careening across the green felt top of a pool table.

To pool players, it is one of the most satisfying sounds on Earth.

And one of the most satisfying sights is when a ball, preferably the last one on the table, rolls straight into a designated pocket of the table, signaling the end of the game and a win for one of the players.

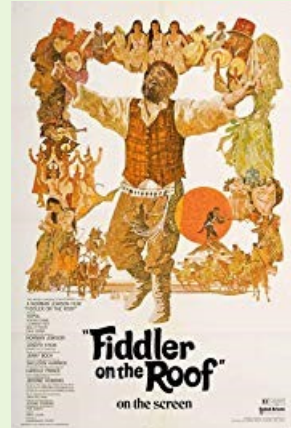
Shooting pool - the game used to conjure up images of pool halls inhabited by shady characters wearing green eye shades, squinting through smoke that drifted upward from cigarettes clamped between their lips, while they muttered "three ball in the side pocket."

The game, also called billiards, has changed, gaining respectability and enticing a whole new clientele to rack up the balls.

Men and women both participate.

The pool players at the Middlebury Senior center would like to invite players to join them. No experience necessary. They meet at the center every Thursday morning at 9:00am. Playing is free of charge.

Hollywood Movie Bio & Talk



**Thursday,
January 9
12:30pm**

"Fiddler on the Roof"

1971

At the beginning of the twentieth century, Jews and Orthodox Christians live in the little village of Anatevka in the pre-revolutionary Russia of the Czars. Among the traditions of the Jewish community, the matchmaker arranges the match and the father approves it. The milkman Reb Tevye is a poor man that has been married for twenty-five years with Golde and they have five daughters. When the local matchmaker Yente arranges the match between his older daughter Tzeitel and the old widower butcher Lazar Wolf, Tevye agrees with the wedding. However Tzeitel is in love with the poor tailor Motel Kamzoil and they ask permission to Tevye to get married that he accepts to please his daughter. Then his second daughter Hodel (Michele Marsh) and the revolutionary student Perchik decide to marry each other and Tevye is forced to accept. When Perchik is arrested by the Czar troops and sent to Siberia, Hodel decides to leave her family and homeland and travel to Siberia to be with her beloved Perchik. When his third daughter Chava decides to get married with the Christian Fyedka, Tevye does not accept and considers that Chava has died. Meanwhile the Czar troops evict the Jewish community from Anatevka.

Director _ Norman Jewison
Writers—Sholom Aleichem, Arnold Perl
Stars—Topol plays Tevye
Norma Crane—plays Golde
Leonard Frey—plays Motel
Molly Picon—plays Yente

**Refreshments will be served and all are
welcome.**



WHAT IS MISTLETOE?

With evergreen leaves, yellow flowers, and white berries, mistletoe is a parasitic plant usually found high in the canopies of fruit trees, maples, and sometimes oaks.

Mistletoe is most easily seen in winter. Look for ball-shaped green masses on otherwise bare tree branches. How do they get there, you ask? Birds eat the white berries and spread the seeds while sitting on the branches.



WHY DO PEOPLE KISS UNDER MISTLETOE?

We all know about the tradition of kissing under the mistletoe, but do you know how that came about?

In an old Norse legend, Frigga, the goddess of love, had a son named Balder who was the god of innocence and light. To protect him, Frigga demanded that all creatures—and even inanimate objects—swear an oath not to harm him, but she forgot to include mistletoe. Loki, god of evil and destruction, learned of this and made an arrow from a sprig of mistletoe. He then tricked Hoth, Balder's blind brother, into shooting the mistletoe arrow and guided it to kill Balder. The death of Balder meant the death of sunlight—explaining the long winter nights in the north.

Frigga's tears fell onto the mistletoe and turned into white berries. She decreed that it should never cause harm again but should promote love and peace instead. From then on, anyone standing under mistletoe would get a kiss. Even mortal enemies meeting under mistletoe by accident had to put their weapons aside and exchange a kiss of peace, declaring a truce for the day.

Known as "the healing plant," mistletoe was also used by the ancient Celts and was a big part of their winter solstice celebrations. The plant contains progesterone, the female sex hormone, and perhaps this is another reason why it became associated with kissing.

BALLS OF MISTLETOE

By the 1700's, traditional "kissing balls" made of boxwood, holly, and mistletoe were hung in windows and doorways during the holiday season. A young lady caught under the mistletoe could not refuse to give a kiss. This was supposed to increase her chances of marriage, since a girl who wasn't kissed could still be single next Christmas. According to ancient custom, after each kiss, one berry is removed until they are all gone.

MISTLETOE MEANING, LEGEND, AND FOLKLORE

Mistletoe is considered a symbol of life because even when its host is leafless, it is evergreen and bears fruit in the winter. The word mistletoe is from the Saxon word *mistl-tan* meaning "different twig."

Druid priests thought mistletoe to be a sacred plant because it didn't grow from roots in the ground. When they found some growing on an oak—their most sacred tree—they considered it to be the soul of the tree. The high priest would climb the tree on the 6th night of the new Moon after the winter solstice and cut the mistletoe with a golden sickle. Worshippers caught the pieces in their long white robes or on a white cloth spread under the tree because it was bad luck to let even the smallest piece touch the ground. The faithful would wear mistletoe charms for good luck and protection from witches and evil spirits. Sprays of mistletoe hung over the doorway ensured that only happiness could enter the home.

The Swiss traditionally shot mistletoe out of the trees with an arrow and for good luck they had to catch it in the left hand before it hit the ground. It was also associated with lightning and fire, and subsequently called "thunder-besom." In some parts of northern Europe, it was used as a divining rod to find treasure and as a master key to open locks.

According to the language of flowers, mistletoe symbolizes overcoming difficulties.



The Old Farmers Almanac Predicts Winter 2020 In Connecticut Will Be Warmer Than Usual And Rainy

You've probably been gearing up for all of your favorite fall activities like leaf-peeping, sipping cider, and attending country fairs. As you get into the swing of the new season, you might already be concerned about this upcoming winter. What's in store for Connecticut? Are we going to be shoveling snow all season long or will Mother Nature give us a break?

[The Old Farmer's Almanac](#) predictions for winter 2020 are in and we think you'll be happy about what they have to say.

While Connecticut looks beautiful under a cover of fresh snow, this winter we're likely to see more rain and slush than white powder. Predictions from the Old Farmer's Almanac call for overall higher-

than-normal winter temperatures and more precipitation than usual.

So what does the winter breakdown look like? Winter temps will be much warmer than usual on average. Expect the coldest temperatures in middle and late January and early and late February.

Precipitation will be above average but snowfall will be less than normal. This means we can expect plenty of rain, slush, and sleet throughout the season.

The excess wintry mix will probably affect morning commutes as wet roads freeze overnight causing icy conditions. Allow extra time to get where you're going in those early morning hours.

You will have to dig out your snow shovels though at least for a little while this winter. The snowiest periods will occur in middle and late January and early February.

Overall, milder temperatures mean you'll be able to enjoy those scenic winter walks when the sun warms things up.

Take advantage of the snow, when we have it, for outdoor fun; Connecticut is predicted to be much more wet than white in 2020.

MIDDLEBURY SENIOR CENTER

Will be closed:

Wednesday, January 1, 2020 on
New Years Day

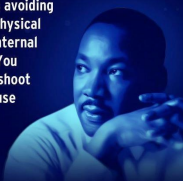


&

Monday, January 20, 2020
for Martin Luther King Day

MARTIN LUTHER KING

Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.



PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

ENROLL Now



Why do I PreventT2?



My husband and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

For more information contact:

Frank Piazza (860) 489-0436 Ext. 318

John Saffioti (860) 489-0436 Ext. 315

Join PreventT2 today!

If you have prediabetes or are at risk for type 2 diabetes, there is something you can do.

Join PreventT2 – a lifestyle change program proven to prevent or delay type 2 diabetes. It includes:

- A CDC-approved curriculum
- Weekly sessions with a trained lifestyle coach to help you lose weight, eat healthier, be more physically active, and manage stress
- Support from others like you

Research shows that this program can help participants with prediabetes reduce their risk of developing type 2 diabetes by 58 percent.

Information Session

If you are interested and think you may qualify, please complete the Pre-Diabetes Risk Assessment and bring to our information session.

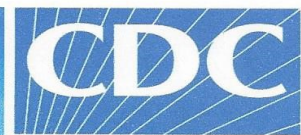
When: Monday, January 13th 2020

Where: Middlebury Senior Center

1172 Whittemore Rd, Middlebury, CT

Time: 10-11 AM

*Light refreshments will be served



Working Together to
Prevent Type 2 Diabetes



PLEASE CALL 203-577-4166 TO RESERVE YOUR SEAT



Senior Lunch

Lunch is available at the Senior Center on Tuesday & 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 DANCING Thursdays — 10:30 to 11:30



6 classes for \$20. Learn the steps to Salsa, Merengue, and Cumbia with Gabriela.

PILATES



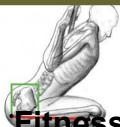
The Pilates classes are held on Mondays and Wednesdays, 10:30 -11:30am. The cost is \$30 for 8 classes

Yoga



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

Adult Strengthening



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

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

MAH-JONGG



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

Nutritional Cooking Classes



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

Chair Massage



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

JANUARY IN HISTORY

10 YEARS AGO (2009)

- ♦ Illinois' ban on texting while driving went into effect. Cellular telephone use was also banned while driving through a high-way construction or school speed zone.
- ♦ North Carolina banned smoking in bars, restaurants, public places, and vehicles.
- ♦ Los Angeles Lakers' Kobe Bryant became the youngest National Basketball Association's player to reach 25,000 career points (at 31 years, 151 days). He beat Wilt Chamberlain by 35 days .

20 YEARS AGO (1999)

- ♦ *Gisborne, New Zealand was the first city in the world to welcome in the new millennium.*
- ♦ A day after accepting the head coaching position for the New York Jets, Bill Belichick resigned and became the head coach for the New England Patriots.
- ♦ Microsoft chairman Bill Gates stepped aside as chief executive and promoted company president, Steve Ballmer, as the new CEO

30 YEARS AGO (1989)

- ♦ The Dow Jones Industrial Average closed above 2,800 for the first time.
- ♦ Douglas Wilder became the first elected African-American governor of Virginia.
- ♦ David Dinkins became the first elected African-American mayor of New York City.
- ♦ The first McDonald's in the Soviet Union opened in Moscow.

40 YEARS AGO (1979)

- ♦ The comic strip, "The Far Side," debuted in newspapers..
- ♦ U.S. President Jimmy Carter signed legislation that approved more than \$1.5 billion in loan guarantees to bail out the Chrysler Corporation.
- ♦ Gold hit a record \$850 an ounce.
- ♦ Pink Floyd's album, "The Wall", hit number one.
- ♦ President Jimmy Carter announced the U.S. boycott of the Summer Olympic Games in Moscow.
- ♦ The PGA began a senior golf tour.

50 YEARS AGO (1969)

- ♦ Diana Ross & The Supremes performed their farewell concert in Las Vegas. Ross's replacement, Jean Terrell, was introduced onstage at the end of the show.
- ♦ The movie M*A*S*H, starring Donald Sutherland and Elliott Gould, was released.
- ♦ The fifth and final studio album by Simon & Garfunkel, "Bridge Over Troubled Water", was released.
- ♦ Members of the Grateful Dead were busted on LSD charges.

100 YEARS AGO (1919)

- ♦ The 1920 US Census became the first census to record a population exceeding 100 million, at 106,021,537. Because there were so many mixed-race people and because so many Americans with some black ancestry appeared white, the Census Bureau stopped counting mixed-race peoples and the one-drop rule became the national legal standard.(The one-drop rule was a social and legal principle of racial classification that was historically prominent in the US in the 20th century. It proclaimed that any person with even one ancestor of sub-Saharan African ancestry—"one drop" of black blood— was considered black).
- ♦ Prohibition in the U.S. began when the 18th Amendment to the Constitution went into effect.
- ♦ In response to global fear of communism caused by the Russian Revolution, U.S. Attorney General A. Mitchell Palmer authorized raids across the country on unionists and socialists.
- ♦ Silver reached a record \$1.37 an ounce.

NEW YEAR'S DAY

January 1, 2020

Auld Lang Syne— Robert Burns

Should auld acquaintance be forgot?
And never brought to mind?
Should auld acquaintance be forgot
And days of auld lang syne.
For auld lang syne, my dear,
For auld lang syne.
We'll take a cup of' kindness yet,
For auld lang syne.



NEW YEAR'S CELEBRATIONS AND CUISINE AROUND THE WORLD

- ▶ Scotland celebrates the New Year with Hogmanay. On December 31, family and friends hold open houses and wait for the "first foot" to enter the home after midnight. It is believed that good luck and prosperity will come if a dark haired gentleman is the first to cross the threshold on New Year's Day.
- ▶ In Japan, New Year's preparations begin in December and conclude on January 3. Houses are cleaned from top to bottom, and postcards are sent to family, friends, and business clients to express thanks and offer best wishes for the year ahead. A traditional meal consists of long soba noodles which are to be eaten without breaking them to ensure long life. It is also believed to be a promising omen if a person dreams of a hawk, Mount Fuji, or an eggplant on New Year's Eve night.
- ▶ In Italy, pots, pans, and dishes are flung out of open windows as a symbolic gesture of getting rid of the old to make way for the new.
- ▶ In Russia, empty vodka bottles are hurled into the air in Red Square in Moscow (often causing injuries to people).
- ▶ The Spanish and Portuguese tradition is eating 12 grapes at midnight. Recalling a celebration of a gigantic grape harvest at the turn of the century, Spanish people eat one grape for each chime of the clock to commemorate luck in the past and to hope for more in the future.
- ▶ People in the Southern United States enjoy bowls of Hoppin' John, loaded with black-eyed peas. It is thought to bring good fortune, particularly when offered alongside cooked greens.
- ▶ In German / Pennsylvania Dutch tradition is to eat pork and sauerkraut on New Year's Day for good luck.
- ▶ It is believed that eating pickled herring as the first bite of the New Year brings good luck to those of Polish descent.
- ▶ In Brazil, the lentil is believed to signify wealth, so on the first day of the New Year, lentil soup or lentils and rice is served.
- ▶ In Korea, a New Year's Day food is a bowl of rice cake soup, *ttokkuk*. Koreans believe eating this soup will add an extra year to one's life.
- ▶ Eating boiled cod on New Year's Eve is a must in Denmark.
- ▶ Romanians wish their farm animals Happy New Year and then listen to see if their animals talk back.



HAPPY BIRTHDAY—JANUARY 2020

Every year on your birthday, you get a chance to start new.





Ray Rivard 1st
Vicki Masterso 1st
Mary Ann Bellino 1st
Diane Stockwell 1st
Tom Stockwell 1st
Marilyn Fletcher 1st
Helen Tito 1st
Diane Fenn 1st
Madeline Plonski 2nd
Concetta D'Angelo 2nd
Dianne Rosa 3rd
Mathew Carrano 4th
Carol Wabiszczewicz 6th
Andrew Perrella 8th
Kathy Unger 8th
Marion Spagnoletti 9th
Betty Lubowiecki 10th
Mary Brennan 11th
Doris Novakowski 12th
Ann Weir 12th
Kathleen Bickelhaupt 18th
Frank Pettinelli 18th

Suzanne Flores 19th
Joan Pritchard 20th
Jeanne Generali 21st.
Lillian Stevens 21st
Mirasol Josef 23rd
Leon Baboff 23rd
Julia Keggi 24th
Leonora Guastaferrri 24th
Linda Amarante 26th
Mike Capozzi 26th
Dory St. John 26th
Marcia Braun 27th
Gerald Miller 28th
Ernest Bueno 29th
Theodora Hamilton 29th
Doris Murray 30th
Lyne Asselin 30th
Dorman Stone 30th
Betsy Robb 31st
Lois Daddona 31st
Alice Cavallo 31st



January 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation is \$3.50 per meal			NEW YEARS SPECIAL Chicken breast/ spinach & Red Pepper Brown Rice Parsley carrots Her dinner roll Holiday cake/ juice	
	Vegetable barley soup Chicken paprikash Bowtie noodles Zucchini Rye bread Fresh fruit	Come see Tom Rosa's Movie Thursday▶	Turkey pot pie/ biscuit Peas & broccoli Fresh fruit	
	Spinach quiche Roasted tomato Caesar salad/ croutons/dressing Wheat dinner roll Orange juice Chocolate chip cookie		Roast pork/honey garlic Mashed sweet potato Bean medley Rye bread Apple juice Vanilla pudding	
	MLK SPECIAL Fried chicken qtr Collard greens Corn and okra Biscuits Fruit juice Bread pudding/ topping		Minestrone soup Vegetable lasagna Zucchini & tomato Carrots Garlic bread Fresh fruit	
	Italian wedding soup Fish sticks/tarter Macaroni & cheese Mixed vegetable Wheat dinner roll Pears	Sign up for our Trips	Chicken picatta Barley pilaf Broccoli Wheat dinner roll BIRTHDAY CAKE	

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

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			9:00 Billiards 10:00 Dance class 10:30 Yoga 10:30 Mah Jongg 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting class 11:00 Wii Bowling 11:00 Cooking Class 12:00 Adult Strengthening 12:30 Bridge Club
		Center Closed	Computers by Appointment	
6	7	8	9	10
AARP Drive Safe class 9:00 Billiards 10:30 Mah Jongg 10:30 Pilates 2:30 Knitting & Crocheting	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 9:30 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Pilates Computers by Appointment	9:00 Billiards 9:30 Cooking Class 10:00 Dance class 10:30 Yoga 10:30 Mah Jongg 11:00 Losing Weight 12:30 Bridge Club 12:30 Hollywood Movie 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Painting class 11:00 Wii Bowling 11:00 Cooking Class 12:00 Adult Strengthening 12:30 Bridge Club
13	14	15	16	17
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates Prevent T2 class 2:30 Knitting & Crocheting	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 9:30 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Pilates Computers by Appointment	9:00 Billiards 9:30 Cooking Class 10:00 Dance class 10:30 Yoga 10:30 Mah Jongg 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Painting class 11:00 Wii Bowling 11:00 Cooking Class 12:00 Adult Strengthening 12:30 Bridge Club
20	21	22	23	24
 Center Closed	9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 COA MEETING 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	Free Hearing Screening 8:00 Tai Chi 9:00 Table Tennis 9:30 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Pilates Computers by Appointment	9:00 Billiards 9:30 Cooking Class 10:00 Dance class 10:30 Yoga 10:30 Mah Jongg 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Painting class 11:00 Wii Bowling 11:00 Cooking Class 12:00 Adult Strengthening 12:30 Bridge Club
27	28	29	30	31
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates 2:30 Knitting & Crocheting	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 9:30 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Pilates Computers by Appointment	9:00 Billiards 9:30 Cooking Class 10:00 Dance class 10:30 Yoga 10:30 Mah Jongg 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Painting class 11:00 Wii Bowling 11:00 Cooking Class 12:00 Adult Strengthening 12:30 Bridge Club

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 2020 Bus Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
				
			GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
				No Lunch Today
			MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
6	7	8	9	10
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	MEDICAL EMERGENCIES
13	14	15	16	17
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	MEDICAL EMERGENCIES
20	21	22	23	24
	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
		Waterbury Mall		No Lunch Today
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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	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES