

Senior Newsletter

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Phone 203-577-4166

Fax 203-577-4173

E-mail jcappelletti@middlebury-ct.org

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

[illegible]

March, 2018



Department Staff

JoAnn Cappelletti Director

Jeanne Generali.....Dispatcher/Clerk

Terri Markie.....Bus Driver

Angela Leveille.....Publications & Programs

Sean Howard.....Computer Lab

Newsletter Staff

JoAnn Cappelletti

Angela Leveille

Commission on Aging

Judy Mirrer Chairperson

Barbara DeRiu

Noa Miller

Gerry Perrella

JoAnn Cappelletti

Ann Spierto

Nancy Pun

Nancy Mastroianni

Jean Hansen



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

THE TOWN OF MIDDLEBURY

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

Department of Social Services & Elderly Services

Mission Statement

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

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

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

*Have our Newsletter
Mailed to Your Home Every Month*

Cut out and mail this form

Name _____

Address _____

City _____ State _____

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

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

Please support our Sponsors



*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.



Care Beyond Compare Since 1961

FAMILY OWNED AND OPERATED

A 58 bed skilled nursing facility offering short and long term care in a caring environment of compassion, dignity and respect.

REDISCOVER MIDDLEBURY CONVALESCENT HOME...

- 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

**CHECK OUT OUR WEBSITE
LIKE US ON FACEBOOK!**

www.midconvhome.com

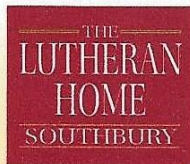
203-758-2471

Get **READY FOR HOME** at Lutheran Home

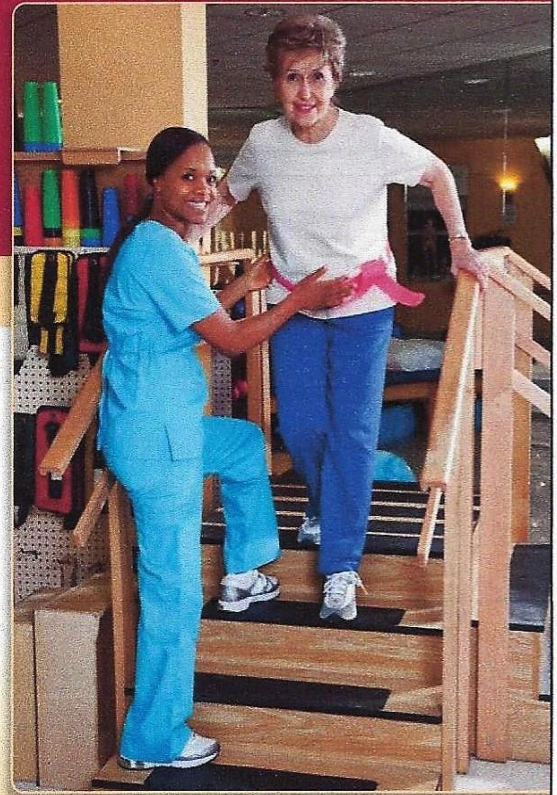
2016 5-STAR MEDICARE RATING

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



Storm Alert

In the event of impending inclement winter weather, please be advised that the Senior Center does not follow the local schools in determining if the center will close.

Even though bus service may be cancelled, the center office will be open and programs may be held. The announcements aired will reflect the exact status of the Senior Center.

Announcement of closings can be seen on the following TV stations:

| | |
|------|--------------|
| WTNH | Channel 8/19 |
| WVIT | Channel 30 |
| WFSB | Channel 3 |

Or on the following radio stations:

| | |
|------|---------|
| WTIC | 1080 AM |
| WATR | 1320 AM |
| WWCO | 1240 AM |

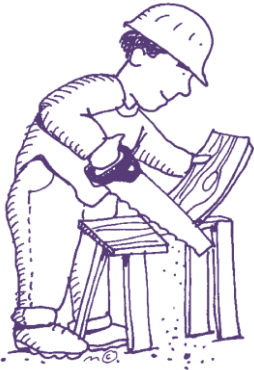
When senior Center Activities are cancelled, it includes ALL Activities for that day, including exercise, nutrition, card playing, billiards, computer classes, Pilates, art programs, yoga, sewing as well as AARP meetings.

We do not make a pre-announcement when a storm is forthcoming. Wait until the day of your activity and listen to or watch the above mentioned channels or stations.

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:

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

*Income limits are subject to periodic change.

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



Middlebury Lions Club

Connecticut - United States

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

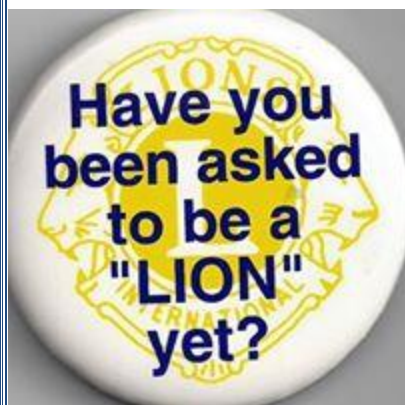
You'll join a local group of service-minded men and women who volunteer to support your community every day. You'll also become a member of Lions Clubs International – a respected international organization, a leader in your local community, and a friend to people in need.

Volunteer Benefits

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

Health Programs that Focus on Vision, Diabetes and More

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



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

2017-2018 Club President

PAUL J SHEA

MIDDLEBURY CT 06762-1516

UNITED STATES

Meetings

2nd Wednesday 6:00pm

Shepardson Community Center

1172 Whittemore Road

Middlebury CT

Our activities: Join us



Center Services

Commission on Aging



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

Free Blood Pressure Screening



There is a free Blood Pressure screening every Tuesday; besides blood pressure screenings, Nurse Diane can help you with any questions you may have. The hours are 10:00am to 12 noon
No appointment necessary.

Probate Information



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

FREE HEARING SCREENING



The free hearing screening this month will be on Wednesday, March 21, 2018. Please call for an appointment at 203-577-4166.

CONTACTING US



Contacting our office is easy!

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

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

YOUR NEW MEDICARE CARD is coming



Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. This is why the Centers for Medicare & Medicaid Services (CMS) is readying a fraud prevention initiative that removes Social Security Numbers from Medicare cards. The aim is to help combat identity theft and safeguard taxpayer dollars.

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

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

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



Connecticut Energy Assistance Program

Applications for the Connecticut Energy Assistance Program are being accepted September 15, 2017 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, 2017 to April 14, 2018; May 15, 2018 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.

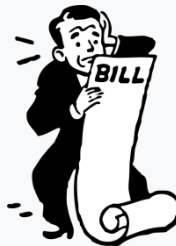
Asset limit for homeowners is \$12,000 in liquid assets. (Liquid assets are assets than can be readily accessed, such as stocks, mutual funds, savings and checking accounts). Home equity, car values, life insurance policies are not considered liquid assets. Asset limit for non-homeowners is \$10,000 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 2016 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. The office is located at the Shepardson Community Center at 1172 Whittemore Road.

Operation Fuel



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

The Middlebury Senior Center will be taking applications from December 1, 2017 thru April 27, 2018; Monday thru Friday 9:00am to 12:30 pm.

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

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

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

SCAM ALERT



Recently, the New Haven Department of Elderly Services was notified of an ongoing scam that targets senior citizens in New Haven.

The scam works as follows: a senior citizen will receive a phone call from an individual who claims to be from the Social Security Administration. The caller says the senior is entitled to a huge increase in his or her Social Security benefit payment. All he or she has to do is supply the caller with a Social Security Number and birthdate. It's a simple scam, and yet it has been reported that many seniors have fallen prey to it.

If a senior does receive such a call there are a few steps he or she should take to prevent identity theft. First and foremost, no personal information should ever be given over the telephone. It is rare that the Social Security Administration would call an individual. Call the Social Security Administration to verify the validity of the phone request. If a scam is suspected call the Federal Trade Commission to report the incident.

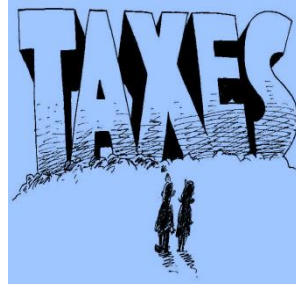
Identity theft has become a national crisis. Preventing identity theft can be accomplished by following a few simple rules.

For more information contact Douglas Toth or Patrick Decker at the New Haven Department of Elderly Services.

Douglas Toth: Phone (203) 946-8585 Cell Phone: (203) 589-8427

Patrick Decker: Phone (203) 946-8597 Cell Phone (203) 464-0021

AARP CT Tax Aid



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 2018 .

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:

- ✓ If married, both husband and wife should be present
- ✓ Proof of identity (picture or other documentation).
- ✓ Social Security number (Social Security Card or Benefit Statement form SSA – 1099) for taxpayer and all taxpayer's dependents.
- ✓ Personal check, if available, with bank checking account and routing numbers.
- ✓ Copy of last year's Federal and State tax returns.
- ✓ All income statements that apply to the taxpayers 2017 Federal and State income taxes.

BY APPOINTMENT ONLY

Please call 203-577-4166 for an appointment.

AARP Driver Safety Program

Monday, March 5, 2018
9:00am



The AARP Driver Safety course is the nation's first and largest driver refresher course. The course covers:

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

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

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

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

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

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

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

Tax Relief Programs

Property Tax Relief.



Applications are available for the Elderly Homeowners,

Totally Disabled Homeowners Tax Credit Program

February 1 – May 17, 2018

Additional Veterans Program

Ends September 24, 2018

Qualifications for these programs include residency, income, age or disability.

Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than May 17, 2018.

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

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

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

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

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

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



Waterbury Regional
Chamber member
Elizabeth

Petrucione, founder of
Losing Weight with
Elizabeth (LWWE),
launched her

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

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

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

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

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

Computer Training



The Middlebury Senior Center
is currently offering computer
training.

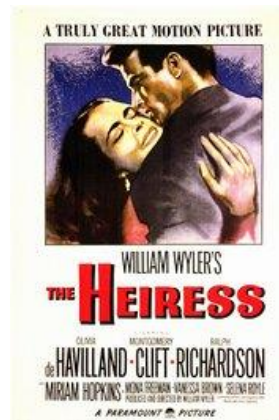
There is no age limit for
computer training.

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

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

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

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



Tom Rosa’s Hollywood Movie Bio & Talk

**Thursday, March 8th
12:30pm**

**The movie this month
is “The Heiress”**

**Starring Olivia de Havilland,
Montgomery Clift & Ralph Richardson.
The film is about a young, plain woman
who falls in love with a handsome young
man, despite the objections of her
emotionally abusive father who
suspects the man of being a fortune
hunter.**

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



Senior Lunch

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



Low Impact Dance Lessons

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



Pilates

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



Yoga

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



Adult Strengthening Class

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



Tai Chi

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



Art Class

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



Mah-jongg

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

Nutritional Cooking Classes

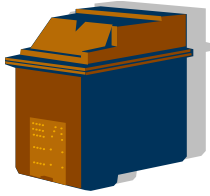


Join us every Friday at 10:30 am for classes on nutrition sponsored by Brass City Market. Learn how to prepare delicious meals that are good for you. Cook along with your friends and enjoy your creations. This class is free of charge.

Chair Massage



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



USED INK CARTRIDGES

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

Thank You



The Middlebury Senior Center will be closed on Friday, March 30, 2018 in observance of Good Friday.



March 11th we change our clocks ahead to Daylight Savings Time

St. Patrick's Day Saturday, March 17, 2018



Everyone's Irish
On March 17th.

St John of the Cross church will be holding its annual St. Patrick's Luncheon on Saturday, March 17th at 12:30pm.

Luncheon will be followed by Bingo in the Father Fanning Hall.

RSVP: by March 7th 203-758-1346

Transportation will be provided by the Middlebury Senior Center

Prize to the person wearing the most Green

This event is free to participants and is sponsored by the St. John of the Cross Confirmation class.



Shopping & Lunch

Thursday, March 15 & 22

Join us on Thursday, March 15, 2018 we are going to the Christmas

Tree Shop in Orange CT.

On March 22nd we are going to the Red White and Blue

in Waterbury.

After some fun shopping time, we will enjoy lunch.

The bus will leave the Senior Center at 10:30 am

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



LEARN BALLROOM DANCING

Monday, March 5, 2018

10:00 – 11:00am



Ballroom Dancing

shutterstock - 241504447

George Medurski from New York City will be teaching ballroom dancing at the Middlebury Senior Center on Monday, March 5th at 10am.

There will be 6 six classes; the fee is \$65 per couple.

If you would like to join, please call the senior center at 203-577-4166



STRENGTH TO STRENGTH

Our new Adult Strengthening Class

Join us beginning Friday March 2nd at 11:30 to 12:15 for a special fitness program taught by Fitness Fury X-Perience. Focus on strength, toning and balance.

All skill levels welcome. Exercises tailored to ability! This is a special pilot program, it will fill up quickly!

Register Now \$15 per month



Lunch & Learn Wednesday, March 15, 2018



Cindy Hamel from the Lutheran Home of Southbury gives us a Lunch & Learn every month. This Month's topic she will be discussing Alzheimer's Disease.

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



Design Your Own St Patrick's Beaded Necklace

Tuesday, March 13, 2018

10:00am

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

Scarf and supplies will all be provided.

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

Sign up is necessary

Class is limited to 15 people

Call 203-577-4166 to reserve your seat.

ANNUAL KNIGHTS OF COLUMBUS ST PATRICK'S DAY DINNER

Wednesday, March 14 2018



The Middlebury Knights of Columbus will be holding its annual St. Patrick's Day Dinner.

Traditional corned beef & cabbage with side dish, beverage, coffee or tea & dessert included.

Don't miss the Irish Dancers who will be performing at 6:00pm

Ticket prices:

| | |
|---------------------|------|
| Adults | \$15 |
| Seniors | \$12 |
| Children 10 & under | \$8 |
| Family of 5 ticket | \$50 |



Happy Birthday March 2018



**Wrinkles should merely indicate where smiles
have been. - Mark Twain**

Dorothy Reynolds 1st
Betsy Wingate 1st
Roselyn Cabral 1st
Joseph Damiano 1st
Alex D'Angelo 2nd
Beverly Zappone 2nd
Jean Iris 2nd
Karen Smith 3rd
Suzanne Rosa 3rd
Wendy Wheeler 4th
Patti Gillis 4th
Harold West 4th
Heather Ransome 5th
Roberta Lipperman 5th
Stephen Cappelletti 6th
Edward Belinski 7th
Roswitha Cusick 7th
Nelson Buxton 7th
Lynn Zdanis 7th
Marianne Hagstrom 8th
Janet Lafound 8th
Esther Ruocco 8th
Pasquale Coppola 8th
Patricia Gibson 8th
Gary Graziano 8th
Paula Hill 8th
Patricia Bidmead 8th
Patricia Evans 8th
Richard Adamchick 9th
Ryan Hubert 9th
Gabriel Gouveia 9th

Jane Lovelace 10th
John O'Connell 10th
Alex Barbaro 11th
Cora Lee Russell 11th
Christine Wujcik 11th
Beverly Russo 11th
Colleen Walkley 11th
Ken Wiser 11th
Judith Max 11th
Jean Heitman 12th
Marion Varanelli 12th
Helen LaBelle 13th
Edward Gargonia 14th
Gary Laskas 15th
Lois Ercoli 16th
John Cookson 16th
Raymond Quinn 17th
Allyne Kadish 17th
Mary Vines 17th
Joan Hagstrand 17th
Pat Brazil 17th
Milton Parkins 17th
Mary Jane Bandurski 17th
Patricia Disbrow 18th
Frank Tutolo 18th
Roy Fredrickson 18th
Mary Howard 20th
Rosalie Milazzo 20th
Nancy Mastrobattiso 20th
Hannah Kusi 21st
Patricia Barnathan 21st

Paul Luchetti 21st
Loretta Rivera 22nd
Andrew Samela 23rd
Joan LaFrance 23rd
Sharon Fava 23rd
Sue Gilmore 23rd
Joyce Shine 23rd
Catherine Ripke 24th
Mary Bain 24th
Nancy Boileau 24th
Alice Dibble 25th
Carmela Bilodeau 25th
Beatrice Orr 25th
Mary Vagnini 25th
Celine Heath 25th
Adele Dilley 26th
Eugene Dowling 26th
Thomas Hansen 26th
Angela Green 26th
Ralph Ciarleglio 27th
Betty Burke 27th
Pat Habansky 27th
Sue O'Donnell 27th
Patricia Millman 28th
Joan Tracey 28th
Reginald Brown 29th
Richard Allman 29th
Ann Stieler 29th
Eliz Carolyn Justice 30th



March 2018



| TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|
| <div>6</div> <p>Lentil soup Unsalted crackers Spinach quiche Stewed tomatoes Roasted vegetables Dinner roll Fresh fruit</p> | <div>7</div> <p>Oven roasted chicken Brown rice pilaf Glazed carrots Biscuit Peaches</p> | <div>8</div> <p>To be announced</p> |
| <div>13</div> <p>Fish Sticks Tartar sauce Sweet potato Peas and onions Wheat bread Pears</p> | <div>14</div> <p>Meatloaf with gravy Mashed potato Bean blend Dinner roll Fresh fruit</p> | <div>15</div> <p>Lunch & Learn (topic) Alzheimer's Disease</p> |
| <div>20</div> <p>Pork ragout Rice Squash Rye bread Vanilla pudding w/ strawberries Apple juice</p> | <div>21</div> <p>Cheese baked ziti Parmesan cheese Tossed salad w/ tomato Ranch dressing Garlic bread Pie</p> | <div>22</div> <p>To be announced</p> |
| <div>27</div> <p>Chicken Parmesan Penne w/ sauce Broccoli & cauliflower Italian bread Chocolate chip cookie Fruit juice</p> | <div>28</div> <p>Quiche Lorraine Spinach Beets Whole wheat bread Fresh fruit</p> | <div>29</div> <p>To be announced</p> |
| <div>  <p>Everyone's Irish On March 17th.</p> </div> | <div>  <p>shutterstock · 246737929</p> </div> | <p>Suggested donation is \$3.50 per meal</p> |

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

March 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| | | | 1 | 2 |
|  |  |  | 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg | 9:00 Billiards 9:30 Art 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club |
| 5 | 6 | 7 | 8 | 9 |
| 9:00 AARP Drive Safe class 9:00 Billiards 10:00 Ballroom Dancing 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 Bridge Club 5:30 Mah Jongg PM | 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi Computers by Appointment | 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 12:30 Hollywood Movie 1:00 Mah Jongg | 9:00 Billiards 9:30 Art 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club |
| 12 | 13 | 14 | 15 | 16 |
| 9:00 Billiards 10:00 Ballroom Dancing 10:30 Mah Jongg 10:30 Pilates | 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Make your own Necklac 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg PM | 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi 5:00 Knights of Columbus Computers by Appointment | 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Christmas Tree Shop Computers by Appointment | 9:00 Billiards 9:30 Art 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club |
| 19 | 20 | 21 | 22 | 23 |
| 9:00 Billiards 10:00 Ballroom Dancing 10:30 Mah Jongg 10:30 Pilates | 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Piano class 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg PM | 9:00 Hearing Screenings 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi Computers by Appointment | 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment | 9:00 Billiards 9:30 Art 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club |
| 26 | 27 | 28 | 29 | 30 |
| 9:00 Billiards 10:00 Ballroom Dancing 10:30 Mah Jongg 10:30 Pilates | 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Piano class 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg PM | 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi Computers by Appointment | 9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Red White & Blue Computers by Appointment |  |

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Lunch served at 11:45 AM

Middlebury Senior Center

203-577-4166

March 2018 Bus Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | | 1 | 2 |
|  |  |  | GWDT DAY Mini bus in town Senior Center Activities | Medical appointments Senior Center Activities |
| | | | MEDICAL EMERGENCIES | No Lunch Today |
| | | | | MEDICAL EMERGENCIES |
| 5 | 6 | 7 | 8 | 9 |
| 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 |
| 12 | 13 | 14 | 15 | 16 |
| 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 Christmas Tree Shop | Medical appointments Senior Center Activities |
| No Lunch Today | | Waterbury Mall | | No Lunch Today |
| MEDICAL EMERGENCIES | MEDICAL EMERGENCIES | MEDICAL EMERGENCIES | MEDICAL EMERGENCIES | MEDICAL EMERGENCIES |
| 19 | 20 | 21 | 22 | 23 |
| 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 Red White & Blue | Medical appointments Senior Center Activities |
| No Lunch Today | | Waterbury Mall | | No Lunch Today |
| MEDICAL EMERGENCIES | MEDICAL EMERGENCIES | MEDICAL EMERGENCIES | MEDICAL EMERGENCIES | MEDICAL EMERGENCIES |
| 26 | 27 | 28 | 29 | 30 |
| 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 | MEDICAL EMERGENCIES | |