

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 re-adapt programs so that our citizens can keep in step with the rest of the community.

March 2019



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.

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

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



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

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

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

Refreshments will be served.

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

Kindly RSVP to 203-757-7660



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

Specializing in Short Term Rehabilitation

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

203-758-2471 778 Middlebury Road Middlebury, 06762



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

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

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

Call us today (203) 495-1900 24/7 on call (203) -495-1900

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

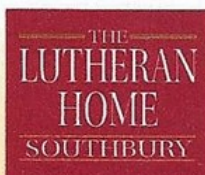
Call us today (203) 495-1900

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



You're in luck!



Our clients never have to leave the comforts of their home

We offer non-medical services

24 hours / 7 days a week • Reasonable rates

LIVE-IN COMPANIONS • HOMEMAKERS • PERSONAL CARE ASSISTANTS

Visit www.Elderlycaregivers.org

Call us today for a FREE evaluation!

203-628-7438

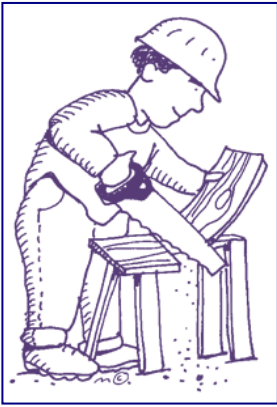


Elderly Caregivers
Homecare is the Best Medicine

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, pining, plumbing, heating, and other non-luxury work subject to approval of the Town.

Application & Eligibility

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

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

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

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

*Income limits are subject to periodic change.

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

**1172 Whittemore Road
Middlebury, CT 06762
203-577-4166**



Middlebury Lions Club

Connecticut - United States

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

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

Volunteer Benefits

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

Health Programs that Focus on Vision, Diabetes and More

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

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

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
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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.

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 April 16, 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, March 20, 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	3
Jeanne Generali	1
Angela Leveille	2
Sean Howard	4



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.

SNAP

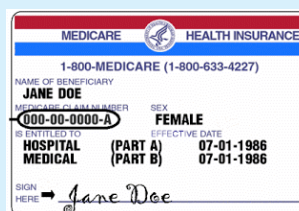
The Department of Social Services (DSS) is sending clients a letter offering assistance to enroll in the



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 any questions about these letters, please contact your local Senior Medicare Patrol at Western CT Area Agency on Aging at 203-757-5499.

NEW MEDICARE CARDS



Good News.

The mailings of the new Medicare cards are complete. You should've received your new card by now.

Here's what to do next:

- Carry and use your new Medicare card when you need care
- Protect your Medicare Number and card just like you would protect your credit card.
- Destroy your old Medicare card to help protect your identity.

If you haven't gotten your new Medicare card yet; sign in to your secure [MyMedicare.gov](https://www.medicare.gov) account to see your Medicare Number and print your official card.

RENTER'S REBATE PROGRAM



Effective April 1, 2019
Through
September 15, 2019

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

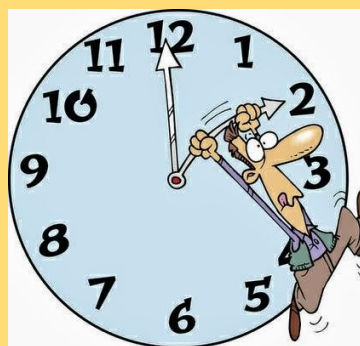
You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2018

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

Further questions regarding this program must be directed to JoAnn Cappelletti at 203-577-4166 ext. 3

DAYLIGHT SAVINGS TIME

March 10, 2019



Don't Forget

Turn clocks ahead



OPERATION FUEL

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 Tuesday, March 3, 2019 until funding runs out.

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. The office is located at the Shepardson Community Center at 1172 Whittemore Road.

WINTER PROTECTION PLAN **EVERSOURCE**

Customers who meet income eligibility or receive certain government benefits and lack the resources to pay their electric bill may qualify for shutoff protection during the winter months.

The Winter protection Plan protects your service from being shut off from November 1, 2018 through May 1, 2019 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 707.

When participating in the program, customers are still encouraged to continue paying as much of their bill as possible, since the full amount will still be owed at the end of the protection period.

To be eligible, customers must meet one of the following criteria:

- ⇒ Receive Aid to the Aged, Blind or Disabled (State Supplement); or Aid to Families with Dependent Children; or Medicaid; or (SSI); or General Assistance.
- ⇒ Their sole source of financial support is Social Security or VA's Administration.
- ⇒ Their circumstances threaten deprivation of food and the necessities of life if payment of a delinquent bill is required.
- ⇒ Their income falls below 60% of the state median income.
- ⇒ They currently receive heating assistance.

For more information, or to enroll in the program, please call Eversource at 800-286-2828.



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

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 and 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.



FROM THE SENIOR MEDICARE PATROL (SMP)

Beware of product claims
of "Quick Cure" Or "Miracle
Product"

Recently the Federal Trade Commission (FTC) sued the sellers of Nobetes, an all-natural supplement which claimed to treat diabetes. Through the use of television, radio, Facebook and YouTube, the company promotes Nobetes using patient testimonials claiming large reduction in blood sugar levels and possible reduction in their use of insulin. These claims were supported by an alleged expert.

In 2016, both the U.S. Food and Drug Administration (FDA) and the FTC warned the company that, in order to continue making claims about the product's benefits, the company needed to support the claims with reliable scientific evidence. When the company continued to promote their product without scientific evidence, the FTC issued a complaint against the company stating the health benefits claims were false and misleading and there was no scientific evidence to support these claims. In addition, the alleged expert was actually an actor who was paid to promote Nobetes.

The take away is to be cautious of dietary supplement products which claim to treat a wide variety of health problems or cure a disease. In addition, be wary of promotional material that uses undocumented testimonials or states "money-back guarantees" or free trials. According to the (FDA), health fraud scams refer to products that claim to prevent, treat, or cure diseases or other health conditions, but are not proven safe and effective for those uses. Health fraud scams waste money and can lead to delays in getting proper diagnosis and treatment. They can also cause serious or even fatal injuries.

Remember, if it sounds too good to be true, it is.



Achievement
Through
Technology

Assistive Technology Center

GADGETS & GIZMOS

To Make your Life Easier

**The WCAAA Tech Center
provides free, demonstrations**

Assistive Technology Center is any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individual 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, bone 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.



The Center for Medicare and Medicaid Services (CMS) announces a new app that displays what original Medicare covers.

CMS has launched a new app that allows consumers to directly access some of the most-used content from **Medicare.gov** on their mobile devices. The “What’s Covered” app lets people with Original Medicare, caregivers, and others quickly see whether Medicare covers a specific medical item or service.

CMS created the app to meet the needs of the growing population of people with Medicare. As of 2016, about two-thirds of Medicare beneficiaries indicated they use the Internet daily or almost daily (65%), and questions about what Medicare covers are some of the most frequent inquiries that CMS receives. Now beneficiaries will be able to get accurate, consistent Original Medical coverage information in the doctor’s office, the hospital, or anywhere else they use their mobile device.

The What’s Covered app is part of the e-Medicare initiative launched in 2018 to empower beneficiaries with cost and quality information.

The app is available for free in both Google Play:

<https://play.google.com/store/apps/details?id=gov.medicare.coverage>

and the Apple App Store:

<https://itunes.apple.com/us/app/whats-covered/id1444143600=8>

Federal Trade Commission Scam Warning



The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he’ll tell you how to keep it safe.

All of these are scams. Here’s what you need to know:

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won’t call to threaten your benefits.
- Your caller ID might show the SSA’s real phone number (1-800-772-1213), but that’s not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.
- Never give your Social Security number to anyone who contacts you in this way. Do not confirm the last 4 digits. Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you’re worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213.

If you have spotted a scam, then tell the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH



The Connecticut Department of Public Health helps Connecticut residents stay healthy. Now the Department needs your help. In the next month, you will be called and adult member of your household will be asked to complete an important survey about health and life style. Your responses will be confidential. Every year, the department works with the Centers for Disease Control and Prevention (CDC) to combine survey responses from more than 8,000 Connecticut residents.

Each household in the state has a chance of being chosen. Your telephone number will be selected at random by a computer. We ask you to take part in this important survey. When you are called, the caller ID will show the number **860-509-7146**. An interviewer will identify themselves as calling for the **Connecticut Department of Public Health** and will select only one adult in your household to answer questions. The interview will take about 20 minutes.

Taking part in the survey is voluntary. All information is confidential and anonymous. No personal information will be asked.

For more information or any questions call 860-509-7695.

You can view the results from previous Connecticut surveys at www.cdc.gov/brfss or www.ct.gov/dph/brfss.

AARP Driver Safety Program



**Monday,
March 4, 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/>

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

Any questions, 203-577-4166

RESOURCE FAIR



Vendors and informational sessions

Probate Process; POA; Livings Wills:

Supplemental Insurance:

DSS—State of CT—Community Programs;

Health Discussion by APRN

- * **Lutheran Home of Southbury**
- * **Middlebury Convalescent**
- * **Law office of Julia Brown**
- * **Probate Judge Peter Mariano**
- * **Blue Boy Boxing Club**
- * **Companions and Homemakers**
 - * **ION Bank**
- * **Active Day Adult Day Car**
- * **State of Connecticut DSS**
- * **Dr. Howard Faff, Audiologist**
- * **Sandra Micalizzi, St. Mary's Hospital**
 - * **Waterbury Hospital**
 - * **Alliance Medical Group**
 - * **Fitness Fury**
 - * **WCAAA**
- * **Department of Veterans Affairs**
 - * **Lions Club**
- * **Middlebury Fire Department**
- * **Diagnostic Radiology**
 - * **VNA**



SAVE THE DATE

Thursday, April 25, 2019

10:00—3:00PM

EVERYDAY needs for Seniors

Shepardson Community Center

1172 Whittemore Road

Middlebury

FREE ADMISSION

FREE LUNCH TO THE FIRST 100 PEOPLE

FREE HEALTH SCENING

DOOR PRIZES



Shrove Tuesday PANCAKE BUFFET



**Tuesday
March 5, 2019
5:30 PM - 7:30 PM**

St. George's Episcopal Church

Tucker Hill Road at Rt. 188
Middlebury, CT 06762

- ★ Pancakes
- ★ Hash and Sausages
- ★ Fruit Salad
- ★ Beverages and Dessert

All Community Members Welcome!

\$8.00 Children 6 and Under - FREE

- ★ Take out meals will be available ★
- Call 203.758.9864

We will be serving even with a snow storm!

SHOPPING SPREE

Thursday, March 7

**Southbury Green
Shopping Center**



Join us on Thursday, March 7. We will be going to the Southbury Green shopping center.. You can visit

HomeGoods

Shop-Rite

And have lunch at Chips

We will leave the center at 10:00am and return at 2:00pm.

If interested, please call the Middlebury Senior Center to reserve your trip.

203-577-4166

SHOPPING TRIP

Thursday, March 28

Orange, CT



We will visit The Christmas Tree Shop and stop for lunch

Bus will be leaving the Middlebury Senior Center at 10:00am and return about 2:00pm

If interested, please call the Middlebury Senior Center to reserve your trip.

203-577-4166

ANNUAL KNIGHTS OF COLUMBUS ST PATRICK'S DAY DINNER

Wednesday, March 13

4:30 — 7:00pm

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



Hollywood Movie

Bio & Talk

**Thursday
March 14
12:30pm**

Phantom Thread 2017

Writer & Director: Paul Thomas Anderson

Stars: Daniel Day Lewis

Lesley Manville

Vicky Krieps

Set in the glamour of 1950s post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of British fashion, dressing royalty, movie stars, heiresses, socialites, debutants, and dames with the distinct style of The House of Woodcock. Women come and go through Woodcock's life, providing the confirmed bachelor with inspiration and companionship, until he comes across a young, strong-willed woman, Alma (Vicky Krieps), who soon becomes a fixture in his life as his muse and lover. Once controlled and planned, he finds his carefully tailored life disrupted by love.

Daniel Day-Lewis and Lesley Manville became real-life friends for six months prior to filming began in order to establish the close relationship between Cyril and Reynolds. Though most of the time they had to text each other back and forth as Manville lived in London and Day-Lewis had two homes between Ireland and New York.

Refreshments will be served and all are welcome.



St. Patrick's Day Luncheon &
Entertainment.

Wednesday, March 20, 2019

11:30—1:00pm

Join us for a St Patrick's Day holiday luncheon and entertainment by the Oxford Senior Center Bell Choir.

Lunch is \$3.50 per person

Entertainment is Free.

Please call to reserve your seat.



St. Patrick's Day Luncheon and Bingo

Saturday, March 9, 2019

12:30 pm luncheon followed by Bingo

Father Fanning Hall, St. John of the Cross

RSVP February 28, 2019

**Transportation provided by Middlebury
Senior Center**

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

LUNCH & LEARN

Thursday, March 21

11:30 pm



The Lutheran Home of Southbury will be hosting a free lunch and will be talking about Diabetes.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

Sometimes people call diabetes “a touch of sugar” or “borderline diabetes.” These terms suggest that someone doesn't really have diabetes or has a less serious case, but every case of diabetes is serious.

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

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

USED INK CARTRIDGES



Don't throw your used ink cartridges away.

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

Thank You



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 DANCING Thursdays — 10:30 to 11:30



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

PILATES



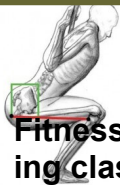
The Pilates classes are held on Mondays and Wednesdays, 10:30 -11:30a,/ The cost is \$30 for 8 classes

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 &

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.

Older Americans Lose Billions to Scams, Senate Report Says

Despite progress, law enforcement still struggles in its fight against elder fraud



Older adults lose an estimated \$2.9 billion each year to financial scams, according to a Senate committee report released this week.

Law enforcement struggles to fight these scams because it's "like playing a game of whack-a-mole," said Sen. Susan Collins (R-Maine), who chairs the Special Committee on Aging, before a Wednesday hearing on fighting elder fraud. "Many scams are perpetrated by criminals operating from foreign call centers, beyond the reach of state and local law enforcement and thousands of miles from the seniors whom they victimize," she said.

As part of the hearing, the committee released its 2019 report on the top 10 **scams** targeting seniors in 2018. The most prevalent scam, out of more than 1,500 complaints to the panel's hotline, involved Internal Revenue Service (IRS) impersonators who conned people into coughing up tens of millions of dollars. In descending order of frequency, the report lists: unsolicited calls, including robocalls; sweepstakes and Jamaican lottery scams; computer tech-support scams; elder financial abuse; grandparent scams; romance scams; Social Security impersonation scams; impending lawsuit scams; and **identity theft**.

Although criminals continue to invent new ways to separate older people from their money, law enforcement has had some success in its anti-fraud efforts. According to Collins, the largest sweep of elder fraud cases in U.S. history last February led to criminal charges against more than 200 defendants whose victims had lost more than a half billion dollars. And in 2016, five call centers in India were taken down; as a result, 24 coconspirators in the United States were sentenced to prison and ordered to repay millions of dollars in restitution.

According to the committee, scams persist because fraudsters gain the trust and cooperation of victims by harassing or seducing them. The Senate committee urges people to hang up if they receive a suspicious call and then call its toll-free Fraud Hotline, 855-303-9470.

To identify and avoid scams, the committee suggests remembering these tips:

- ◆ Con artists force you to make decisions fast and may threaten you.
- ◆ Scammers disguise their real phone numbers, using fake caller IDs.
- ◆ Fraudsters sometimes pretend to be a government agency, such as the IRS.
- ◆ Con artists try to get you to give them personal information, like your Social Security number or account numbers.
- ◆ Before giving out your credit card number or money, ask a friend or family member for advice about the situation.
- ◆ Beware of offers of free travel.

9 Ways to Stay Safe While Shopping Online

Don't let cyber criminals scam you. Shopping online can be convenient, but keep your guard up to avoid scams and identity theft. Indeed, e-commerce is growing faster than retail sales overall.

Unfortunately, that's something scam artists and cybercriminals know all too well. Online shopping isn't going away. But neither are scammers.

So whether shopping by computer or smartphone, here are nine steps to protect your money and privacy.

1. Check out unfamiliar sellers or websites:

There's a level of comfort with big brands' online channels. But when it comes to unfamiliar merchants, search the web to make sure that sites are legitimate and reliable. Look for reviews for sites that rate products and services; Also, watch out for pop-up ads, which often lead to fake websites designed to steal credit card data, says Lines Hill. Most legitimate businesses today won't use them.

2. Make sure websites are secure:

Even savvy shoppers can easily overlook the URL address. Sites that start with "https://" are secure, while sites beginning with "http://" are not, and hackers can intercept personal and payment information. Do not buy anything from an "http://" website, "If the merchant is not taking the time to have this information on the site and do everything that's required of them, that means they're probably not doing much to protect your data either," Lines Hill says.

3. Avoid buying online over public Wi-Fi:

Catching up on news on the web or reading e-books can help pass time at the airport, but don't do any online shopping while you're there. The same goes for restaurants or any setting with public Wi-Fi, where hackers might lurk and steal data

4. Set up a separate email account for shopping:

Managing email sometimes seems like a full-time occupation. But there's an argument to be made for using a separate account for online purchases while reserving regular email for everything else, all your shopping emails will stay organized in one account. And if hackers breach an online retailer's system and steal email information, you'll have shielded the rest of your email.

5. Strengthen passwords:

Your birth date or your grandchild's name might be an easy password to remember. But it also may be easy for hackers to figure out and gain access to all your information. Don't use the same password on every bank and credit card account. A strong password typically has eight digits and a mix of uppercase and lowercase letters, numbers or other characters. Set electronic reminders to change your passwords about once a month.

6. Don't click on email links:

Clickbait is everywhere on the internet. Don't fall for it when it comes in an email asking you to update your account information or password. Consumers should be wary of any unsolicited email encouraging them to shop somewhere, especially from unfamiliar senders. Even if the email comes from a merchant you think you know it may be a counterfeit version and part of a scam. When in doubt, don't click. Call the company instead.

7. Choose credit, not debit:

Pay in a way that offers the most protection. With credit cards, you have broader rights for disputing charges than with debit cards. Avoid options such as Western Union and MoneyGram, which are meant to send money to family and friends, not to pay legitimate businesses.

8. Install antivirus software:

Protect your laptop and desktop computers from viruses. If you don't want to buy software, free versions are available, such as Avast Free Antivirus 2016, AVG AntiVirus Free or Microsoft Windows Defender. Set it up to update automatically.

9. Protect your mobile phone:

Smartphones can be a particular target. When you buy a new one, choose an option in the settings to lock your data — which does not happen by default. And before you trade in the phone, switch it to factory reset to erase all your information.

MARCH IN HISTORY

10 YEARS AGO (2009):

- ♦ On March 7, the Dow Jones Industrial Average bottomed out at 6,547 exactly 17 months after its all-time high of 14,164 on October 2007.
- ♦ *Mount Reboubt, a volcano in Alaska, erupted after 20 years of silence.*

20 YEARS AGO (1999):

- ♦ Legoland California opened in Carlsbad, CA. It is the only Legoland outside of Europe.
- ♦ The Dow Jones Industrial Average closed above the 10,000 mark for the first time, at 10,006.78.
- ♦ *Shakespeare in Love* won Best Picture at the 71st Academy Awards.

30 YEARS AGO(1989):

- ♦ Time, Inc. and Warner Communications announced plans for a merger, forming Time Warner.
- ♦ The Exxon Valdez ran aground in Alaska's Prince William Sound and spilled more than 11.3 million gallons of oil.
- ♦ *Rain Man* won Best Picture a the 61st Academy Awards.
- ♦ Boris Yeltsin won the presidency in the first free election in the U.S.S.R. More than 190 million votes were cast.

40 YEARS AGO (1979):

- ♦ A major nuclear power plant accident at Three Mile Island in Pennsylvania occurred.
- ♦ *All in the Family* aired its 200th episode.
- ♦ Israeli prime minister Menachem Begin and Egyptian president Anwar Sadat signed the Egypt-Israel Peace Treaty in Washington, DC..

50 YEARS AGO (1969):

- ♦ In a Los Angeles court, Sirhan Sirhan admitted that he killed Presidential candidate Robert F. Kennedy.
- ♦ James Earl Ray pleaded guilty to assassinating Martin Luther King, Jr. He later retracted his guilty plea.
- ♦ New York Yankee Mickey Mantle retired.
- ♦ Boston Bruins, Phil Esposito, became the first NHL plyer to score 100 points in a season. He finished the season with 127 points.
- ♦ *By the Time I Get to Phoenix* by Glen Campbell won Best Record in the Grammy Awards.
- ♦ Marcus Welby, MD, a TV movie, was shown on ABC. It later became a TV series.
- ♦ In a review of the book, *Slaughterhouse-Five* by Kurt Vonnegut, *The New York Times* said you'll either love it or push it back in the science-fiction corner.

100 YEARS AGO (1919):

- ♦ The American Legion formed in Paris.
- ♦ International airmail service from the U.S. to Canada (Seattle, WA to Victoria, BC began.
- ♦ Benito Mussolini formed the fascist movement in Milan, Italy



St. Patrick's Day March 17, 2019 HISTORY

St. Patrick, the patron saint of Ireland, was not Irish. He was born Maewyn Succat in Scotland or Wales (depending on the source) between 373 and 385 A.D. (depending on the source). He later took the Latin name Patricus—Patrick is the English version—when he became a priest.

At the age of 16, he was captured by Irish raiders and brought to Ireland and became a slave for a sheep farmer. During this time, he began to have religious vision and became a Christian.

Six years later, he escaped and studied in a monastery in France, became a priest, then later a bishop.

He returned to Ireland to convert Pagans to Christianity and did this for more than 30 years, traveling throughout the country and establishing monasteries.

He died in Ireland on March 17, 461 A.D.



Lent Begins

March 6, 2019

Lent is a 40-day period preceding Easter. These 40 days are to be observed by Christians as a time of reflection, prayer, repentance, worship and fasting. These practices assist believers to grow spiritually and come to a greater understanding and appreciation of the suffering, death, and resurrection of Jesus. Early church leaders selected 40 days because Jesus spent 40 days in the barren wilderness prior to the beginning of his earthly ministry.

Since Easter does not occur on the same date every year, the time of the beginning of Lent also changes annually. In 2019, Lent begins March 6 which is known as Ash Wednesday. It is called this because many churches offer worship services when ministers or priests place ashes on people's foreheads while saying the words, "Remember that you are dust, and to dust you shall return." Those who observe Ash Wednesday by having ashes placed on them are saying that they are grieving as they remember the excruciating suffering of Jesus prior to and during His crucifixion.

Mini Shepard Pies



- Non-stick cooking spray
- 2 –.5 cans of biscuits (10 –12 count total)
- 1 lb. ground beef
- 3/4 cup minced onions
- 1tsp. Salt
- 2 tsp. pepper
- 1 Tbsp. garlic minced
- 2 Tbsp. flour
- 3/4 cup beef stock
- 1 Tbsp. Worcestershire sauce
- 1 cup frozen peas and carrots
- 1 1/2 cups mashed potatoes
- 1 tsp. dried parsley flakes

1. Spray a muffin pan with non – stick spray.
2. Mold the biscuits into each muffin cup.
3. Partially bake the biscuits for 6 minutes at 375°. The biscuits will rise too much to hold the meat mixture, so press the sides and bottoms while still warm.
4. Brown the ground beef in a large skillet and drain. Stir in the onions, salt, pepper, and garlic and cook for about five minutes.
5. Add flour to the mixture and stir until blended to a paste.
6. Add the beef stock, Worcestershire sauce, and peas and carrots and mix well.
7. Heat the mashed potatoes in a microwave for three minutes.
8. Spoon about 2 –3 tablespoons of meat mixture into each biscuit shell then top with equal amounts of mashed potatoes.
9. Sprinkle to tops with parsley flakes.
10. Bake at 375° for 12—15 minutes.
11. Let cool slightly before removing the individual pies.

YIELD: 10-12 pies

NEW ENGLAND ACCORDION



CONNECTION & MUSEUM COMPANY

Middlebury Senior Center presents:

“Accordion Stories from the Heart”

Friday, April 26, 2019

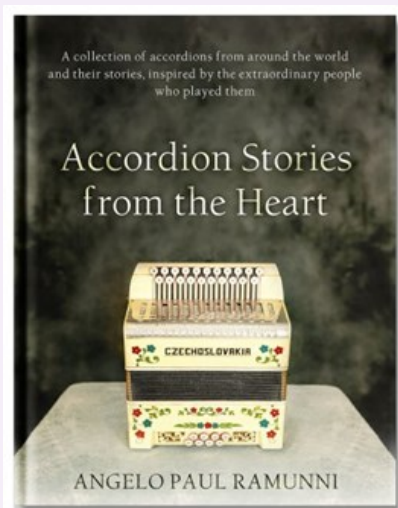
10:30—1:00pm

Book Signing & Mini-Concert

with author Angelo Paul Ramunni, creator of the New England Accordion Connection & Museum in Canaan, Conn., Friday, April 26, 10:30 a.m. to 12:30 p.m.

Free. Mr. Ramunni will share stories from his newly-released book and perform a variety of accordion songs. The event will be held in auditorium of the Shepardson Community Center at 1172 Whittemore Road in Middlebury.

For information on the Middlebury Senior Center, visit <https://www.middlebury-ct.org> or call 203-577-4166.



Two for One



On Wednesday, May 15, 2019, we are going to Deerfield MA to visit the

Magic Wings Conservatory & The Yankee Candle Village

Cost for both is \$30 includes Admission and Transportation

Thousands of butterflies, gifts and Monarch's Restaurant

Magic Wings

A beautiful sight of colorful butterflies, flowers and other small creatures inside the glasshouse. You walk through a very large green house with different sections and you get to experience thousands of butterflies and various birds and reptilian. The butterflies are flying free as well as most of the birds but the iguanas and lizards are behind glass.

One of New England's most popular destinations! Yankee Candle Village offers a unique shopping, entertainment and dining experience. Stroll through the Bavarian Christmas Village, the Nutcracker Castle, and our home store. Enjoy fabulous candles, home decor and holiday shopping. Savor freshly-made fudge and other sweet treats in our fudge shop. Dip your own candles and watch history brought to life in our candle-making museum.

Please call to reserve your seat 203-577-4166
Bus leaves the Senior Center at 9:00am

MIDDLEBURY SENIOR CENTER PRESENTS

Lancaster Show Trip & the Dutch Country



INCREDIBLE PRICE INCLUDES:

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

\$325 *

3 DAYS 2 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Wed - Fri)

May

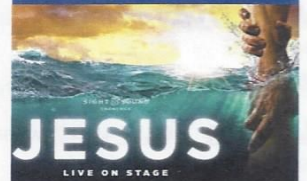
22 - 24, 2019

Departure: Middlebury, CT @ 8 am

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

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

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



JESUS Show at Sight & Sound® Millennium Theatre®



Enjoy the "OVATION" Show at the American Music Theatre



Experience the Amish lifestyle



Enjoy a Taste of Local Jams

ADD PEACE OF MIND TO YOUR TRIP...

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

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

Final Payment Due: 3/15/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Angela Leveille @ (203) 577-4166

Diamond Tours® inc.

Bringing Group Travel to a Higher Standard®

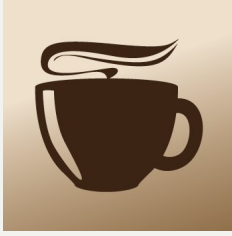
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Tour#: 1567829

SCIENCE CENTER OF
CONNECTICUT
PRESENTS:
ADULT COFFEE CLUB:
BRAIN FITNESS



Wednesday, April 17

1:00 PM–3:00

The Connecticut Science Center is excited to welcome back Dr. Sarah Raskin, Professor of Psychology and Neuroscience at Trinity College. Dr. Raskin will lead a conversation and activities to help maintain cognitive function. Adults 18-108 are invited to learn how games, music, and diet all play a role in maintaining your mental sharpness.

Following the event, enjoy full access to our hands-on exhibits and the Butterfly Encounter. Coffee and Tea are included.

\$20 all inclusive; Adult Coffee club admission, coffee, tea, and admission to the Science Center & Butterfly Encounter.

**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 MARITIME AQUARIUM

Thursday, May 30, 2019

Admission and transportation \$29.95

Bus leaves 9:30am



We have 75 live exhibits featuring more than 2,700 marine animals of 300 species. Your Long Island Sound journey begins along a freshwater river and the shallow waters of the salt marsh, and then moves into deeper and deeper habitats out to the open ocean.

- ◆ Trace a path from desert to rainforest and meet animals of those environments
- ◆ A bigger and better Jellyfish exhibit
- ◆ Newman's Won Hall – is home to our signature exhibit featuring six female harbor seals.
- ◆ Our own woodlands habitat features Lew & Levi, two playful North American otters.
- ◆ Gently stroke the backs of several species of sharks and a variety of rays.
- ◆ Features a 110,000 gallon habitat that is home to several types of sharks.
- ◆ Sea turtle exhibit features two green sea turtle.
- ◆ Touch live Moon Jellies exhibit
- ◆ Meet the animals of Long Island Sound.

Café and Gift Shop

Events

10:45 Shark Feeding
11:00 Animal Encounters
11:45 Seal Training Demonstration

Please call 203-577-4166 to reserve your seat



Middlebury Sr Center presents..

A Celebration of the One and ONLY



ELTON JOHN Tribute

at the Log Cabin, Holyoke, MA

Enjoy the beautiful Views of Mt Tom at the elegant Log Cabin Banquet Facility
while feasting on **TWIN Lobsters!**



TUESDAY, AUGUST 6, 2019



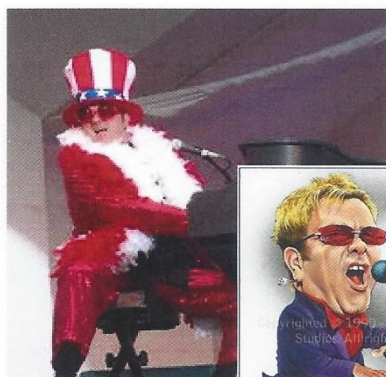
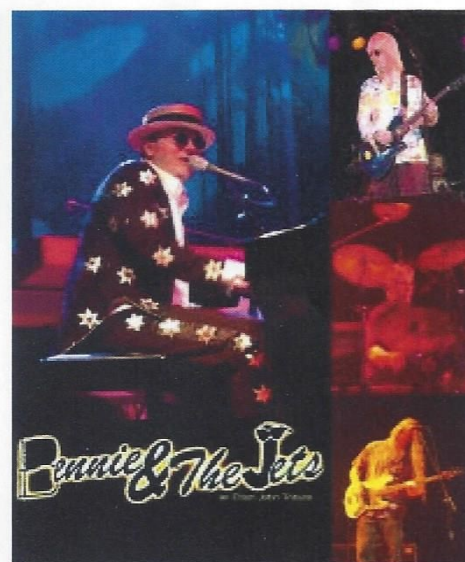
**Greg Ransom has performed his ELTON JOHN Tribute
all over the World. He is one of the Best Tribute Shows
the Travel Group has ever seen! Exclusive One Day ONLY!**

Package Includes:

- TWO fresh steamed LOBSTERS or Prime Rib at the famous Log Cabin
- Van transportation
- Matinee Show "Elton John Tribute"
- Meal Taxes and Gratuities

**For Reservations
Call:
203-577-4166
Ext. 709**

\$75
PER PERSON



Delicious Luncheon

Hors D' Oeuvre's
Signature Bread
Clam Chowder

**TWIN LOBSTERS
or PRIME RIB**

Baked Potato & Corn
Dessert, Coffee or Tea

**Greg Ransom "Elton"
and his Band!**

**Departs 10:00 a.m.
Senior Center
Whittemore Rd
Middlebury, CT
Returns 4:15 p.m.**

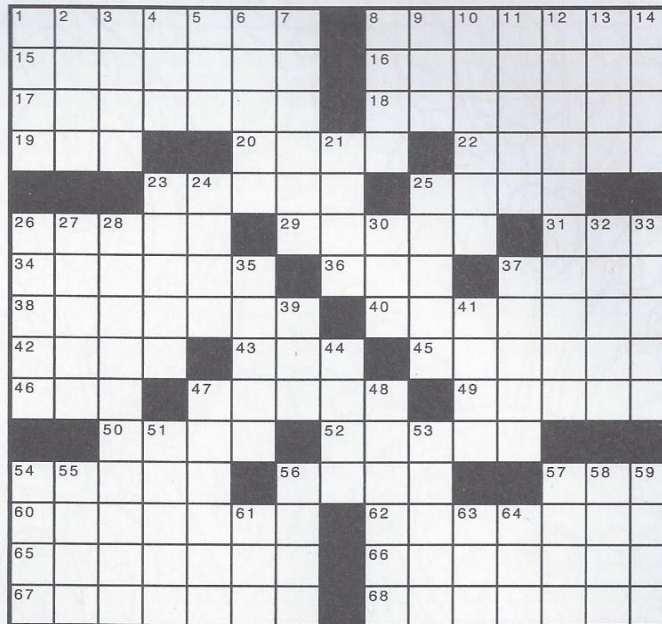
Crossword Puzzle

Across

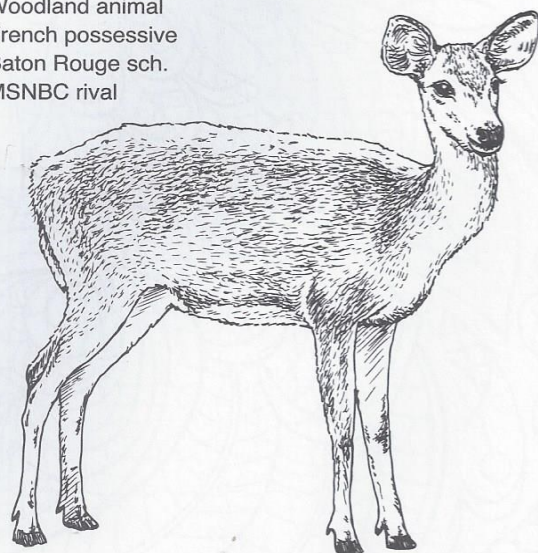
1. Move forward
8. Supervise
15. Part of a gun
16. Subscription continuation
17. Vacuum tube type
18. Hardens metal
19. Nabokov novel
20. Deck quartet
22. "Goodnight" girl
23. Compass point
25. Cease
26. Chip maker
29. Bad-tempered
31. Sault ____ Marie
34. Sea nymph
36. Decease
37. Thames town
38. Unsubstantial
40. Inflexible
42. Goddess and sister of Ares in Greek mythology
43. Goddess of dawn in Greek mythology
45. Thing that sucks
46. Boy king
47. Frank
49. Destitute
50. German auto
52. To talk, usually in a pompous manner
54. Heals
56. Did the butterfly
57. With "up," exasperated
60. Plant of the buttercup family
62. Stalagmite makeup
65. Pillage
66. Catch
67. Least difficult
68. Stroll

Down

1. ____ boy!
2. Historic Scott
3. La Dolce ____
4. Cabinet dept.
5. Vietnam's ____ Dinh Diem
6. Chest or closet material
7. Builds
8. Table scraps
9. Neckline shape
10. Animosity
11. Dupe
12. Lottery
13. Acquire through merit
14. Ultimatum word
21. Israel's Barak
23. Food and water
24. Potpourri
25. Luges
26. Atlas feature
27. First prime minister of India
28. Treacherous
30. Narrow inlet
32. In shape
33. Diary bit
35. Live
37. Host
39. "____ don't say!"
41. Parent's sister
44. Reason to cancel school
47. Contiguous with
48. Vestiges



51. Old finnish money
53. Appliance brand
54. Cod, Good Hope, or Canaveral, e.g.
55. Home of the Bruins
56. Spanish muralist
57. Decree
58. French 101 verb
59. Woodland animal
61. French possessive
63. Baton Rouge sch.
64. MSNBC rival





HAPPY BIRTHDAY March 2019

Dorothy Reynolds 1st
 Betsy Wingate 1st
 Rosalyn Cabral 1st
 Alex D'Angelo 2nd
 Beverly Zappone 2nd
 Jean Iris 2nd
 Karen Smith 3rd
 Suzanne Rosa 3rd
 Catherine Ripke 3rd
 Wendy Wheeler 4th
 Patti Gillis 4th
 Heather Ransome 5th
 Roberta Lipperman 5th
 Linda Chakalinsky 5th
 Stephen Donofrio 5th
 Edward Belinski 7th
 Roswitha Cusick 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
 Carole Daly 11th
 Cora Lee Russell 11th
 Christine Wujcik 11th
 Beverly Russo 11th
 Colleen Walkley 11th
 Judith Max 11th
 Jean Heitman 12th
 Marion Varanelli 12th
 Helen LaBelle 13th
 Susan Jones 14th
 Edward Gargonia 14th
 Gary Laskas 15th
 Lois Ercoli 16th
 Karen Kmetzo 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
 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
 Ken Bruce 23rd
 Ellen Phelan 23rd
 Sharon Fava 23rd
 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
 PatHabansky 27th
 Sue O'Donnell 27th
 Joan Tracey 28th
 Reginald Brown 29th
 Richard Allman 29th
 Ann Stieler 29th
 Eliz Carolyn Justice 30th
 Barbara Lynch 31st
 Gilbert Leandri 31st
 Paul Bender 31st



March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation is \$3.50 per meal				
4 Salisbury steak/gravy Mashed Potato Peas & mushrooms Wheat dinner roll Peaches	5 MARDI GRAS Cajun pork Louisiana rice Spinach Biscuit Fruit juice Sweet potato pie	6 ASH WEDNESDAY Fish almandine Baked potato/sour cream French green beans Wheat dinner roll Angel food cake/ Strawberry topping	7 Chicken orzo soup/ crx Herb baked chicken Macaroni & cheese Bean blend Rye bread Fruit cocktail	8 Bean burrito Yellow rice/peas Mexicali corn Corn bread pineapple
11 Chicken parmesan Penne pasta/sauce Parmesan cheese Spinach Garlic Breadstick Jell-O/topping	12 Lentil soup/crx Chef salad (ham, turkey, cheese & hard boiled egg Lettuce, tomato & cucumber French dressing Multigrain bread Apple slices	13 Stuffed salmon/ rosemary cream sauce Wild & brown rice pilaf Scandinavian bend Pumpnickel dinner roll Pineapple juice Lemon cake	14 ST PATRICK'S DAY Corned beef & cabbage Boiled potato/carrots Irish soda bread Apple juice Bread pudding/ topping	15 Spanish omelet Spanish rice Carrots Wheat dinner roll Mandarin oranges
18 Tomato Florentine soup Swedish meatballs Bowtie pasta Zucchini Multigrain bread Fresh fruit	19 Sweet & sour Pork Brown rice Oriental blend vegetables Rye bread Mandarin oranges	20 Cheese baked ziti Parmesan cheese Tossed salad/cucumber Ranch dressing Italian bread Fresh fruit	21 Hot open turkey sandwich Steak fries Carrots/cranberry sauce Fruit juice Fruit strudel Yogurt parfait	22 Baked fish/paprika & lemon Yucca Green beans Biscuit Fruit cocktail
25 Chicken tenders Macaroni salad Coleslaw vinaigrette Multigrain bread Orange juice Chocolate chip cookie	26 Stuffed cabbage Rice Glazed carrots Dinner Roll Apricots	27 Vegetable barley soup Broccoli quiche Broiled tomato Zucchini Wheat bread Fresh fruit	28 Chicken cordon bleu Bowtie noodles Green beans Dinner roll BIRTHDAY CAKE	29 Fish taco Yellow rice & beans Spinach Corn bread Apple

Lunch Reservations three (3) days in advance, please

Pool Table available daily





Lunch donation - \$3.50

Lunch Served at 11:45

Middlebury Senior Center

203-577-4166

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:00 Adult Strengthening 12:30 Bridge Club
4	5	6	7	8
9:00 Billiards	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
10:30 Mah Jongg	9:30 Computer Training	9:00 Table Tennis	10:30 Yoga	
10:30 Pilates	9:30 Yoga	9:00 Billiards	10:30 Dance class	9:00 Billiards
	10-12 Blood Pressure	9:15 Tai Chi	10:30 Mah Jongg	9:30 Painting Class
	10:30 Mah Jongg	10:30 Mah Jongg	11:00 Losing Weight w/ Eliz	11:00 WII Bowling
AARP Drive Safe class	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	12:00 Adult Strengthening
	5:30 Mah Jongg		1:00 Mah Jongg	12:30 Bridge Club
	Pancake Buffett		Shopping Spree	
	Mardi Gras Dinner	Minibus to Brass City Mall		
11	12	13	14	15
		8:00 Tai Chi		
9:00 Billiards	9:00 Billiards	9:00 Table Tennis	9:00 Billiards	9:00 Billiards
10:30 Mah Jongg	9:30 Computer Training	9:00 Billiards	10:30 Yoga	9:30 Painting Class
10:30 Pilates	9:30 Yoga	9:15 Tai Chi	10:30 Dance class	11:00 WII Bowling
	10-12 Blood Pressure	10:30 Mah Jongg	10:30 Mah Jongg	12:00 Adult Strengthening
	10:30 Mah Jongg	10:30 Pilates	11:00 Losing Weight w/ Eliz	12:30 Bridge Club
	12:30 Bridge Club		12:30 Bridge Club	
	5:30 Mah Jongg	K of C Dinner	12:30 Hollywood with Tom	
		Minibus to Brass City Mall	1:00 Mah Jongg	
18	19	20	21	22
		9:00 Hearing Screening		
9:00 Billiards	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
10:30 Mah Jongg	9:30 Computer Training	9:00 Table Tennis	10:30 Yoga	9:00 Billiards
10:30 Pilates	9:30 Yoga	9:00 Billiards	10:30 Dance class	9:30 Painting Class
	10-12 Blood Pressure	9:15 Tai Chi	10:30 Mah Jongg	11:00 WII Bowling
	10:30 Mah Jongg	10:30 Mah Jongg	11:00 Losing Weight w/ Eliz	12:00 Adult Strengthening
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	12:30 Bridge Club
	5:30 Mah Jongg	Luncheon & Entertainment	1:00 Mah Jongg	
		Minibus to Brass City Mall	Lunch & Learn	
25	26	27	28	29
		8:00 Tai Chi		
9:00 Billiards	9:00 Billiards	9:00 Table Tennis	9:00 Billiards	
10:30 Mah Jongg	9:30 Computer Training	9:00 Billiards	10:30 Yoga	9:00 Billiards
10:30 Pilates	9:30 Yoga	9:15 Tai Chi	10:30 Dance class	9:30 Painting Class
	10-12 Blood Pressure	10:30 Mah Jongg	10:30 Mah Jongg	11:00 WII Bowling
	10:30 Mah Jongg	10:30 Pilates	11:00 Losing Weight w/ Eliz	12:00 Adult Strengthening
	12:30 Bridge Club		12:30 Bridge Club	12:30 Bridge Club
	5:30 Mah Jongg		1:00 Mah Jongg	
		Minibus to Brass City Mall	Shopping Spree	

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
March 2019 Bus Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Medical appointments Senior Center Activities
				No Lunch Today
				MEDICAL EMERGENCIES
4	5	6	7	8
Grocery Shopping Personal shopping medical appointment Senior Center Activities No Lunch Today MEDICAL EMERGENCIES	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities Waterbury Mall MEDICAL EMERGENCIES	GWDT DAY Mini bus in town Senior Center Activities MEDICAL EMERGENCIES	Medical appointments Senior Center Activities No Lunch Today MEDICAL EMERGENCIES
11	12	13	14	15
Grocery Shopping Personal shopping medical appointment Senior Center Activities No Lunch Today MEDICAL EMERGENCIES	Medical appointments Senior Center Activities MEDICAL EMERGENCIES	Medical appointments Senior Center Activities Taft School Matinee Waterbury Mall MEDICAL EMERGENCIES	GWDT DAY Mini bus in town Senior Center Activities MEDICAL EMERGENCIES	Medical appointments Senior Center Activities No Lunch Today MEDICAL EMERGENCIES
18	19	20	21	22
Grocery Shopping Personal shopping medical appointment Senior Center Activities No Lunch Today MEDICAL EMERGENCIES	Medical appointments Senior Center Activities MEDICAL EMERGENCIES	Medical appointments Senior Center Activities Waterbury Mall MEDICAL EMERGENCIES	GWDT DAY Mini bus in town Senior Center Activities Flower Show MEDICAL EMERGENCIES	Medical appointments Senior Center Activities No Lunch Today MEDICAL EMERGENCIES
25	26	27	28	29
Grocery Shopping Personal shopping medical appointment Senior Center Activities No Lunch Today MEDICAL EMERGENCIES	Medical appointments Senior Center Activities MEDICAL EMERGENCIES	Medical appointments Senior Center Activities Waterbury Mall MEDICAL EMERGENCIES	GWDT DAY Mini bus in town Senior Center Activities MEDICAL EMERGENCIES	Medical appointments Senior Center Activities No Lunch Today MEDICAL EMERGENCIES