

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]

May, 2018



Department Staff

JoAnn Cappelletti Director

Jeanne Generali.....Dispatcher/Clerk

Terri Markie.....Bus Driver

Angela Leveille.....Publications & Programs

Sean Howard.....Computer Lab

Newsletter Staff

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Commission on Aging

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Nancy Pun

Jean Hansen

JoAnn Cappelletti



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

Notifying the Public Under Title VI

THE TOWN OF MIDDLEBURY

The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town of Middlebury.

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

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

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



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



Care Beyond Compare Since 1961

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

www.midconvhome.com



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

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

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

Call us today (203) 495-1900

24/7 on call (203) 495-1900

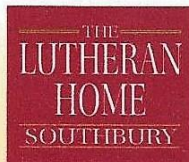
**Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.**

Get **READY FOR HOME** at Lutheran Home

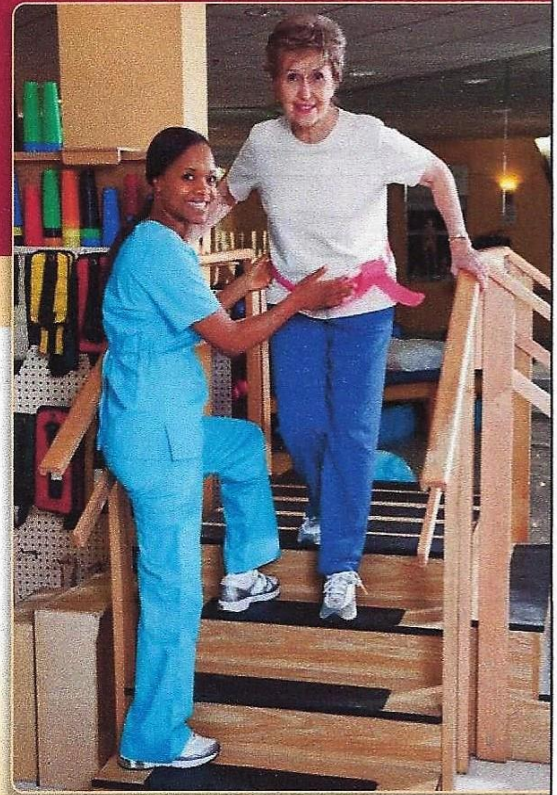
2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



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.

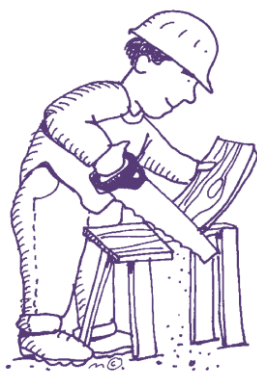
Kindly RSVP to 203-757-7660

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



Middlebury Lions Club

Connecticut - United States

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

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

Volunteer Benefits

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

Health Programs that Focus on Vision, Diabetes and More

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



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

2017-2018 Club President

PAUL J SHEA

MIDDLEBURY CT 06762-1516

UNITED STATES

Meetings

2nd Wednesday 6:00pm

Shepardson Community Center

1172 Whittemore Road

Middlebury CT

Our activities: Join us



Center Services

Commission on Aging



The next Commission on Aging meeting will be held June 19, 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, May 16, 2018 9:00am. 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 June 2018 thru April 2019, 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.



DEATH NOTICE DOUBLE-CROSS

Be careful with obituaries.
Scam artists are reading.

“Obits are pure gold for scammers, who can target grieving spouses”

Publicly sharing personal information is risky enough in everyday life. It gets worse in death. It's never wise to let strangers know your name, address, birth date, birthplace, family member's names or even hobbies. Whether you post the info on social media, take surveys or fill out product registration forms. But obituaries can take the risk to a whole new level. When published in newspapers and websites, they can spoon-feed scammers the precise nuggets they need.

We all want to acknowledge a loved one's life completed. But be aware that the devil is in the details. The more personal facts you provide in an obit, the greater risk of scams—for the departed and survivors alike.

When it's time to write the notice, give the deceased's age but leave out the birthday, middle name, home address, birthplace and mother's maiden name. Don't even include the name of family survivors. This last advice will be hard to follow, but otherwise you put family members at risk of scams like these:

IDENTITY THEFT: Each day, thousands of dead people fall victim to identity theft – costing their survivors pain and financial loss. Nearly 800,000 people a year are specifically targeted after death, because no one's checking their credit reports. With details gleaned from an obit, crooks can often purchase or figure out the person's Social Security number to fraudulently open credit card accounts, apply for loans or even file tax returns to collect refunds. (The first five digits of a Social Security number are linked to a time and place of birth.)

Quickly send requests to each of the major credit reporting bureaus—Equifax, Experian and

TransUnion—to flag the person's account as “deceased”. This permanently stops new credit from being issued in the person's name.

GRANDPARENTS SCAM: Scammers use names published in obits to pose as grandchildren of the deceased, calling grieving survivors with sob stories about being mugged or arrested and needing money. Research shows that with any scam, your vulnerability is highest in the three years after a major stress. Obits are pure gold for scammers, who can target grieving spouses immediately following the death and seem credible by citing names.

DECEPTIVE DEBT COLLECTION: Crooks often call spouses, children or siblings to make a claim that survivors must repay the deceased's debts. Not true. Unless you cosigned the obligation or are otherwise legally responsible, debts are paid from the estate—not from the pocket of relatives. Anyone saying otherwise is deceiving the grieving for a quick buck.

FICTITIOUS LIFE INSURANCE: In another name dropper-, self-described insurance agent and attorneys get in touch with survivors to claim the departed took out a huge (but often “secret”) life insurance policy. But before benefits can be collected, a final premium (or taxes, handling fees, etc.) must be paid. Legit insurance companies do not request upfront fees by wire transfer or prepaid debt card.

BURGLARY: If the deceased's address and the time of the memorial service are in the obit, burglars know when to strike the unoccupied home as well as those of neighbors paying respects. Leave the home address out and have a friend or neighbor forgo the funeral to keep watch.

CONNING CLAIRVOYANTS: Although reports of this scam are rare in the United States, it recently led authorities in Britain to warn against publishing obits at all. Reason?: They can fodder for scammers who seek payment from survivors in exchange for supposed messages from beyond the grave—and threaten an evil curse if money doesn't arrive.



“You can Insure your Identity”

Notify your agent when you retire and stop driving 20 miles to and from work. There's a discount for driving fewer miles.

Did you know you can insure your identity?

It's available as a rider on many homeowner policies for as little as \$25 a year. If your identity is stolen, the insurer will work with police and credit bureaus to restore your good name, and reimburse costs related to repairing your credit.

Go to aarp.org/fraudwatchnetwork to learn more about identity theft and avoiding scams.

%%%%%%%%%



**To help protect
our seniors
from Medicare**

**Fraud and Consumer scams, here is
a fraud prevention tip from your
local Senior Medicare Patrol (SMP).**

**If it sounds too good to be true, it
may be a scam**

New Medicare Cards will be issued to beneficiaries in Connecticut starting after June 2018 through April 2019. With the new Medicare cards coming out, this is an opportunity for scam artists to contact Medicare beneficiaries pretending they are from Medicare or Social Security asking for personal information. They will use tactics such as asking you to confirm your current Medicare number, telling you there is a charge

for the new cards or threatening to cancel your health benefits if you don't provide your Medicare number or other personal information.

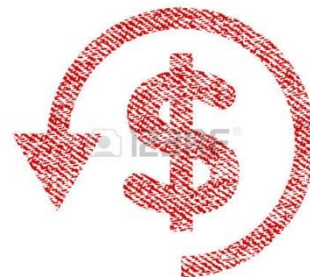
If someone calls you asking you for your Medicare Number, hang up and call your local Senior Medicare Patrol (SMP) 1-800-994-9422 or Medicare 1-800-633-4227.

While you do not need to take any action to get your new Medicare card, make sure your mailing address is up to date. If not, contact Social Security at 1-800-772-1213. 1 Federal Trade Commission - ftc.gov/sentinel2017

NEW MEDICARE CARDS

According to the Federal Trade Commission, one of the top consumer frauds in 2017 was Imposter Scams. Nearly 1 in 5 people who reported an imposter scam lost money to someone pretending to be a loved one in trouble, a government official, tech support, or someone else who's not who they say they are. 1.gov/sentinel2017

If you would like to learn more about Medicare fraud and consumer scams, call your local Senior Medicare Patrol at 1-800-994-9422 or 1-203-757-5449 ext.160.



LIFE SPANS OF OLDER WOMEN TICK UP AGAIN



But overall, aging trends move downward

The federal government's annual scorecard on aging revealed good news for one demographic group in 2016: older women. If you are a 65-year-old woman, you can now expect to live another 20.6 years on average; in the previous year's study, that rate was 20.5 years. Life expectancy for older men was unchanged from the last study: in both reports, a 65 year old man could be expected to live 18 more years.

But the news was more somber for the rest of the population. An increase in drug deaths among younger adults contributed to a drop in life expectancy for Americans overall in 2016, the second down year in a row. Life expectancy rose steadily for decades as deaths from maladies like stroke and heart disease fell sharply. But in recent years, there has been only a modest decrease in the death rate from those illnesses. "About 2011, we started seeing a flattening of the curve (for those diseases), and we don't know why", said Robert Anderson, with the National Center for Health Statistics.

HOW LONG WE'RE LIVING – Life spans in America have climbed steadily for over a century, but that came to a halt in 2015, and declined again in 2016, the government reports.

THE NEW TAX LAW AND YOU

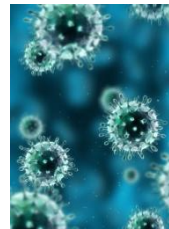
How will the overhaul affect your 2018 taxes?

The recently passed overhaul of the U.S. tax code is already affecting the way many companies do business. But how will the plan affect the income taxes of older Americans?

People who have studied the new law—which goes in effect starting with the 2018 tax year—say that most of us will pay less in taxes in the

next few years, thanks to lower rates and higher standard deductions.

But the loss of some prized tax breaks and new caps on others like state and local taxes could result in higher tax bills in April 2019 for some older taxpayers, particularly those living in states with high tax rates. And over time, some of the benefits of the new tax bill will fade away; experts project that a majority of taxpayers will pay more within 10 years.



BUG THAT MIMICS FLU POSES A THREAT

Adenoviruses flourish
year-round

A virus that mimics the symptoms of the flu and may be just as dangerous, especially to older people, is being misdiagnosed and underreported.

The bugs are adenoviruses, and an outbreak can cause symptoms similar to influenza: fever, headache, body aches and breathing problems. Unlike the flu, adenoviruses aren't seasonal. They thrive in places where people are close together, such as long-term care facilities, says a report in ***Emerging Infectious Diseases***, published by the Centers for Disease Control and Prevention.

"Many respiratory infections transmit easily in this kind of environment and can take a toll," said the report's lead author, Adriana Kajon of the Lovelace Respiratory Research Institute in Albuquerque, N.M. In 2006, three people at a long-term facility in Boston died from an adenovirus. But their CDC says that for people with healthy immune systems, the viruses aren't usually dangerous. A vaccine has been licensed for military use, but it isn't available to civilians. Kajon said it should be more widely available. "This is a vaccine-preventable disease."



ELECTION SEASON HEATS UP

Ongoing primaries are leading the way to one of the most important midterm elections in decades

Primary season is now underway, giving voters their chance to choose the candidates who'll run in November's elections. But this is no ordinary midterm-election year. What's at stake is control of Congress and statehouses across our deeply divided nation for the second half of President Trump's first term.

The past year has illustrated how much your vote matters. We've seen a major overhaul of our income tax system and efforts to roll back significant parts of the Affordable Care Act (ACA). And across the country, states are making important changes to Medicaid, which is a health and long term care lifeline for low-income residents and people with disabilities.

Voters over age 50 will need to scrutinize candidates' positions on everything from strengthening Medicare and Social Security to bringing down the cost of prescription drugs. The balance of power in both houses of Congress, as well as in many state legislatures and governorships, will be decided this fall.

► **All 435 seats in the House of Representatives are up for election. Currently, Republicans control the House by a margin of 238 to 193 (with 4 vacancies).**

► **Of the 100 US Senate seats, 35 are up for grabs. Republicans now control the Senate, 51 to 49.**

► **Governors will be chosen in 36 states. Currently 26 governor's mansions in those states are held by Republicans, nine by Democrats and one by an independent.**

► **Thousands of state-level senators and representatives will be voted in or out of office as well. Of note: The state leaders you elect this fall will influence how district lines are drawn for the US House and state legislatures after US Census of 2020.**

The rules of the road for primary elections are unique to each state. Check your state guidelines to make sure your voice is heard.



Attention Grand families!

Plainville Senior Center announces the 10th annual Grandparents Raising Grandchildren Conference, "The Not So Empty Nest" May 8, 2018.

Free to participants!

This annual conference provides a unique opportunity to provide information and resources for grandparents, as well as to celebrate and recognize the struggles, joys and commitment made by YOU! Your grandchildren are benefitting from the gift of your love and dedication!

If you are a grandparent/relative who is raising a grandchild, niece or nephew, you are not alone. Across the United States, more than 5.8 million children live in their grandparents' homes. Nearly 2 million children live with other relatives. These families are often called "grandfamilies."

**Ronda Guberman Assistant Director
Plainville Senior Center
200 East Street
Plainville, CT 06062
860-747-5728 860-747-9343 (fax)**

LOWERING PRESCRIPTION DRUG COSTS



As part of the budget deal adopted earlier this year, Congress took an important step in lowering prescription drug costs for older people by planning to close the coverage gap, or "doughnut hole," in the Medicare Part D program in 2019, a year earlier than scheduled. However, more needs to be done.

Seniors take an average of 4 1/2 prescription drugs each month, and the prices of those medications continue to increase far faster than inflation. For example, the average price of some specialty drugs that are widely used by older people increases by 9.6% in 2015, based on AARP report. Closing the doughnut hole is part of the solution, but Congress must continue to act to lower prescription drug prices. People are encouraged to call their lawmakers toll-free at 1-844-259-9352 (Senate) and 1-844-259-9355 (House), and urge them to pass legislation to lower prescription drug prices.



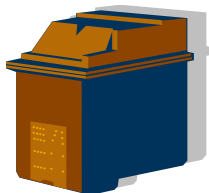
The Town of Middlebury has adapted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

Code Red is a geographically based system. This means that anyone with a code Red app can get notifications anywhere they travel.

To be included in Code Red, you must enroll: go to the town's website, Middlebury-ct-org, and click on the "Community" tab. Then click on the Code-RED logo. Please provide your phone number(s) and text and email information. The town was provided a database of some numbers for residents, but no one should assume their numbers are among those the town already has. Those without computers can go to the assessor's office or the Middlebury Public Library and get help registering for Code-RED.

USED INK CARTRIGES

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



Thank You

OPERATION FUEL



The Operation Fuel program for gas and electric is now being offered.

The Middlebury Senior center will be taking applications for utilities only until May 31, 2018; Monday thru Friday 9:00am to 12:00pm.

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 and 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.

Renter Rebate Program



Effective April 1, 2018
Ends September 15, 2018

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 2017.

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.707



Photo by Angelina Bernardi

This is a picture of my kids (Joey and Olivia) and I cleaning the vegetable gardens at Shepardson today. I am teaching my 3 kids to always help out and give back to people who are in need.

Thank You Mrs. Bernardi for the thoughtfulness and for teaching such a valuable lesson.

AARP Driver Safety Program

Monday, May 7, 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
1pm.

Property Tax Relief.



Tax Relief Programs

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 1:00pm.



NO SIGNATURE? NO PROBLEM

Major credit card companies to eliminate need to sign on the line.

Since the arrival of the first all-purpose credit card around 1950, part of the process to make a purchase secure was to sign your name. But today, chips embedded in your card provide significantly more fraud and safety protection than that signature ever did.

So beginning in April, three of the four biggest credit card companies in the US – MasterCard, American Express and Discover – will no longer require merchants to collect signatures for any US credit or debit card transactions. Visa, the other top card company will make signatures optional at stores equipped to read the computer chips embedded in new cards.

Not all businesses will make this change. Many restaurants, for example, rely on signed receipts to get patrons to add tips for the staff.



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 9:00am 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 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 Middlebury Senior center at 203-577-4166

WANTED

Attention Pool Players

The billiard room is open every day, Monday thru Friday, from 9am to 4pm



All are invited to play.

Ladies are always welcome to join in the fun.

Middlebury Community Garden



Can you spare an hour a week? If so you may be interested in helping us work the following for our garden:

Preparing the raised garden beds

Planting vegetables & flowers

Weeding – as needed

If so, please contact JoAnn Cappelletti at the Middlebury Senior Center at 203-577-4166 ext. 707.

Tai Chi



The Middlebury Senior Center is adding another Tai Chi class at 8am. This class will be convenient for those who have to work or would like to start their day early. The class will begin on Wednesday, May 2, 2018 from 8:00am to 8:45am. There are 10 classes for \$25. Our other class will be changing from 11:00am to 9:15am

To register for these classes, please call the senior center at 203-577-4166.



Losing Weight with Elizabeth

Thursdays 11am - 12pm

Waterbury Regional chamber member Elizabeth Petruccione, founder of Losing Weight with Elizabeth (LWWE), launched her business this past year and has had great success. Elizabeth battled her fat demons for more than 40 years before she found herself under the layers and began her weight loss journey.

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

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

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

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

How to Prevent Financial Abuse A Free Seminar presented by Webster Bank

**Thursday May 17, 2018
10:00am**

From travel scams and phony lotteries to false promises, seniors are often targets of financial fraud and abuse.

At this free seminar, you'll learn how to protect yourself – or someone you love from being a victim of financial abuse.

Topics include:

- **What is “financial abuse?”** Learn how to identify the different ways that seniors can be taken advantage of financially.
- **Warning Signs:** Know the financial warning signs that can indicate fraud and abuse.
- **Scams to watch out for:** We'll explain the most common financial scams and what makes you vulnerable.
- **Important do's & don'ts:** What to do, who to call, where to turn if you suspect financial fraud.

Don't let yourself or someone you love, fall victim to financial abuse. Plan now to attend this important seminar.

Attendance is FREE.

Please register by calling the Middlebury Senior Center @ 203-577-4166.



Chiropractic Help

Tuesday, May 8, 2018

10:00am

Trevor Sykes from the Sykes Family Chiropractic will be at the Middlebury Senior Center on Tuesday, May 8th.

He will do a one on one evaluation on your posture free of charge, and answer any health questions you may have.

Reservations are a must.

Please Call 203-577-4166 for an appointment.



shutterstock - 133116083

The Middlebury Senior Center will be closed on Monday, May 28, 2018 in observance of Memorial Day.

We have our own

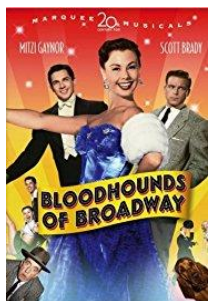
"Bob Barker" who will play this all-time favorite game with prizes, SO—"come on down" and play



"The Price is Right"

Tuesday, May 15, 2018 12:30 pm

Come and join the fun!



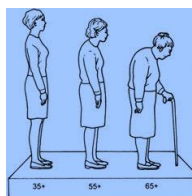
Tom Rosa's Hollywood Movie Bio & Talk

Thursday, May 10, 2018 -
12:30pm

The movie this month is **"Bloodhounds of Broadway."** It stars Mitzi Gaynor, Scott Brady, Mitzi Green, Marguerite Chapman & Michael O'Shea. Hustlers, Mobsters, Showgirls and Show Tunes unite in this Damon Runyon Tale about a gambler who bets on love. Filled with laughs and romance, lively production numbers and spry tunes, **"Bloodhounds of Broadway is a Musical Treat!"** Refreshments will be served--all are welcome.

PREVENT BONE FRACTURES

Wednesday, May 23, 2018
10:30 – 11:30



Learn how to avoid the most serious risks of osteoporosis

This free event brings insight on how medical conditions, medications, and family history can affect your risk for fractures.

This event is going to take place at the Middlebury Senior Center
1172 Whittemore Road
Middlebury, CT

Be sure to register for this very important and valuable event.

203-577-4166

DROP--INS WELCOME

Vision Board for Therapy

Wednesdays @ 10:00am



Mindfulness based Art Therapy reduces stress and strengthens your mind, body and spirit.

Creating your own "Vision Board" will guide you into self-healing while

allowing you to express your thoughts and feelings that emerge.

Corrine will guide you through every step.

This class is free of charge

For those interested, please call
203-577-4166

Lunch & Learn



Thursday, May
17, 2018

Cindy Hamel from
the Lutheran Home

of Southbury gives us a Lunch & Learn every month. This month's topic, "Walk in My Shoes", is a program involving role play to bring a better understanding of individuals with disabilities both seen and unseen. It will bring a better understanding regarding individuals with disabilities that we encounter in everyday life.

Join us for a very informative discussion and a free delicious lunch.

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

"SAVE THE DATE"

Thursday, May 17th 6-7:30pm

30 Crest Road, Middlebury

The Friends of the
Middlebury Public Library,
Inc. will be hosting an
opportunity for you to
have items appraised by
WAYNE MATTOX of
Wayne Mattox Antiques in
Woodbury.



Come join us for an entertaining and
informative experience as you see what
everyone is having appraised!

For a \$3 donation you can come and enjoy the
appraisals, for \$10 donation you can attend
and receive 3 verbal appraisals!

Seating is limited so get your tickets soon.
Tickets are available at the Middlebury Senior
Center.

The American Red Cross Blood

Services representatives will be at the
Shepardson Center @ 1172
Whittemore Road in Middlebury, CT to
have a Blood Drive on June 22, 2018, 11: am
to 4:00pm



**Your Blood Donation
Matters!**

There's a Serious Need
for All Blood Types

Blood: The most common type of
donation, during which approximately
one pint of 'whole blood' is given. This
type of blood donation usually takes
about an hour.

Discover the Thimble Islands Thursday, June 14, 2018



Welcome aboard the Sea Mist. Relax and enjoy a 45 minute narrated cruise around The Thimble Islands.

First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Captain Kidd sailed here in 1665...you can still feel his presence today.

Come join us for a Sea Mist cruise at the Thimble Islands. These islands are located off the coast of Branford, CT. Come aboard the Sea Mist, relax and enjoy yourself as we cruise around 25 inhabited islands.

Bus will be leaving Middlebury Senior Center at 10:00am for the 12:15 cruise.
Call 203-577-4166 to reserve your seat.
Admission and transportation will be \$20 per person.

STRAWBERRY FESTIVAL



The Middlebury Congregational Church, on the Middlebury Green, will be holding the annual Strawberry Festival on Wednesday, June 6, 2018 from 5:00pm to 7:30pm—serving Hot Dogs, Hamburgers, Chicken and Homemade Strawberry shortcakes.

Lenny & Joe's

Thursday, June 21, 2018



Let's celebrate the first day of summer and enjoy a lunch at Lenny & Joe's, and take a stroll on the boardwalk. The Middlebury Mini Bus will be taking a ride to Lenny & Joe's Fish Tale on Longwharf Drive in New Haven. Bus will leave the senior center at 10am.

Transportation fee is \$7 per person. Please call 203-577-4166 to reserve your seat.

Jimmy's of Savin Rock



Thursday,
July 12, 2018

Join us for lunch down by the seashore at

Jimmy's on Thursday, July 12th.

Bus will be leaving the senior center at 10:30am. Please call 203-577-4166 to reserve your seat. Cost for transportation is \$7 per person. Please call 203-577-4166 to reserve your seat.

Senior Lunch

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



Low Impact Dance Lessons

Thurs days, 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.



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 will be holding Tai-Chi classes on Wednesdays @ 8:15am & 9:15am.



The fee is \$25 for 10 classes.

Art Class

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



Mah-jongg

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



Nutritional Cooking Classes



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

Chair Massage

Get a 20 minute massage for \$15.

For an appointment, call 203-577-4166

All massages are done on Thursdays.



Transportation

The Middlebury Senior Center provides transportation Monday thru Friday 8:30am to 2:30pm. Suggested donation of \$.50 one way in town, and \$1.50 one way out of town.

Thursdays, no charge for the GWTD.

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



Mother's Day History

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods.

During the 1600s England celebrated a day called Mothering Sunday. It was held on the fourth Sunday of Lent (the 40 day period leading up to Easter). During this time, many of England's poor worked as servants. As most jobs were located far from their homes, the servants lived at the houses of their employers.

On Mothering Day, the servants had the day off and were encouraged to spend the day with their mothers. Special cakes called mothering cakes were often brought along to provide a festive touch.

In the US, Mother's day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Howe held organized Mother's Day meetings in Boston, MA for years. In 1914, Congress passed legislation and President Woodrow Wilson signed it proclaiming Mother's Day to be celebrated each year on the second Sunday of May.

[Happy Mother's Day to all our Moms](#)

May In History

10 years ago: (2008):



► On May 2nd Cyclone Nargis made landfall in Myanmar killing more than 130,000 people and leaving millions of people homeless. It was the worst natural disaster in that country's history.

► Iron Man starring Robert Downey, Jr. as Tony Stark was released.

► Usain Bolt broke the world record in the 100-meter sprint at 9.72 seconds.

15 years ago: (2003):

► The Old Man of the Mountain in New Hampshire, a 4-foot tall rock formation on Cannon Mountain, some 1,200 feet above Profile Lake crumbled after heavy rain.

► Top Thrill Dragster, the world's tallest and fastest roller coaster, opened at Cedar Point in Sandusky, OH.

► A major severe weather outbreak created more tornadoes than any week in U.S. history. There were 393 tornadoes reported in 19 states between May 4th and 10th.

► President George W. Bush authorized \$350 billion worth of tax cuts over 10 years.

► Finding Nemo was released in the U.S. and Canada.

20 years ago: (1998):

► A federal judge in Sacramento, CA gave Ted Kaczynski, the Unabomber, multiple life sentences.

► The last **episode** of Seinfeld aired on May 14th.

► The U.S. Supreme Court ruled the Ellis Island is mainly in the state of New Jersey, not New York.

30 Years ago: (1988):

► Microsoft released Windows 2.1.

► Pete Rose, Cincinnati Reds manager, was suspended for 30 days for pushing an umpire.

► U.S. Surgeon General C. Everett Koop announced that nicotine is as addictive as heroin.

► John Moschitta, Jr. a.k.a. “Motormouth”, set a record for fast talking: 586 words per minute. He had been credited in Guinness World Records as the World’s Fastest Talker which he held until 1990.

40 years ago: (1978):

► The first African American mayor of New Orleans, Ernest Nathan Morial, was inaugurated.

► Pete Rose of the Cincinnati Reds got his 3,000 major league hit. He was the 14th person to do this.

► Margaret A Brewer became the first female general in the U.S. Marine corps.

► Mavis Hutchinson, 53, became the first woman to run across the U.S. which she did in 69 days.

► The U.S. Commerce Department announced that hurricane names would no longer be only female.

► The first Unabomber attack happened when a bomb exploded at Northwestern University, wounding a security guard.

► The first New Jersey casino, Resorts International, opened in Atlantic City.

50 years ago: (1968):

► The Beatles announced the creation of Apple Records.

► The R.S. nuclear-powered submarine Scorpion sank with 99 men aboard. It was later found at the bottom of the ocean off the Azores.

► The Gateway Arch in St. Louis was dedicated.

► The Rolling Stones released Jumping Jack Flash.

The Unicorn by the Irish Rovers hit No. 7 in the U.S. and No. 5 in Ireland.

► The Truth in Lending Act (TILA) of 1968, a R.S. federal law designed to promote the informed use of consumers credit, was signed into law.

► Movie star James Stewart retired after 27 years of service from the U.S. Air Force Reserve as a brigadier general.

100 years ago: (1918)

► The town of Codell, KS was hit for the third year in a row by a tornado. All three tornadoes hit on May 20, (1916, 1917, & 1918).

► The U.S. Post Office Department began the first regular airmail service in the world (between New York City, Philadelphia, and Washington, DC).

► The first U.S. airmail stamps were issued for 24 cents.

► Congress lifted the ban on Sunday baseball in Washington, DC on May 14th. On May 19th, in the first Sunday baseball game ever played in the nation’s capital, the Washington Senators beat the Cleveland Indians 1-0 in 18 innings. Franchise by franchise, the ban against Sunday baseball fell.

► U.S. House of Representatives passed an amendment allowing women to vote. When it was ratified in 1920, the 19th amendment to the U.S. Constitution granted the right to vote to women.



Happy Birthday May 2018

Cynthia Sutherland 1st
 Arthur Weir 1st
 Joseph Bergeron 1st
 Paula Girard 2nd
 Eugenie Samela 2nd
 Angeline Spagnoletti 2nd
 Madeline Campanaro 2nd
 Eileen Ciarleglio 2nd
 Lorraine Shepard 3rd
 Anna Valari 3rd
 Linda Heitman 3rd
 Linda Boran 4th
 Charles Wujcik 4th
 Melita Harris 5th
 Mary Conseur 5th
 Natalie Greco 7th
 Melanie Kotkowski 7th
 Liberta D'Antonio 7th
 Mary Elsinger 7th
 David Mackay 7th
 Eleanor Cappello 8th
 Anita Gregorski 8th
 Domitila Gonzalez 9th
 Robert Bean 9th
 Paul Rodia 9th
 Louise Crownshaw 9th
 Marcia Matcheson 9th
 Doris Valentine 12th
 Claire Fisher 12th
 Martha Alvarez 12th

Penny Holibaugh 12th
 Margaret Dzubak 13th
 Sylvia Spatafore 13th
 Susan Beatty 13th
 Dolores Rado 13th
 Anthony Dimeco 13th
 Annette Williams 13th
 James Shepard 14th
 Lucy Calabro 14th
 Susan Drelichowski 14th
 Karen Rutkowski 14th
 Edward Thomas 15th
 George Budzinowski 15th
 Gracie Baldovi 15th
 Juanito Josef 16th
 Marilyn Wargo 16th
 Anthony Rotella 16th
 Sandra Mills 16th
 Elizabeth Calabraese 17th
 Joyce Chicarelli 17th
 Ethel Daskal 17th
 Ann Demsky 17th
 Carl Neidmann 17th
 Charles Puchalsky 17th
 Ann Scoffone 17th
 Frank Calabro 18th
 Heather Gargoni 17th
 Tracy Graziano 17th
 George Vithorlkas 17th
 JoAnne Franks 17th

Victoria DeLucia 17th
 Robert Cappelletti 19th
 Lee Marcoux 20th
 Leslie Lamitola 20th
 Frances Branco 21st
 Belle Cohen 21st
 John Jannaccio 22nd
 Robert Narkis 23rd
 Debbie Barlow 23rd
 Joycelyn West 24th
 Doris Kenyon 24th
 Pam Daikus 25th
 Georgina Walsh 25th
 Nancy Daddona 25th
 Rita Gaviria 25th
 Josephine Pelosi 26th
 RoseMary Spagnolo 26th
 Joseph Puzzo 26th
 Laura Smith 26th
 William Fitzmaurice 27th
 Catherine Archambault 28th
 Tokiko Thorp 28th
 Lawrence Halpert 29th
 Nicholas Milonas 30th
 Heidi Shea 31st
 Anita Stauffer 31st
 Mary Chirichella 31st
 Frances Branco 31st
 Joyce Oldakowski 31st



May 2018



TUESDAY	WEDNESDAY	THURSDAY
<p>1</p> <p>Chicken parmesan Penne with sauce Broccoli & Cauliflower Parmesan Cheese Italian bread Chocolate chip cookie Mixed fruit juice</p>	<p>2</p> <p>Light Crunch Fish Tartar Sauce Spinach Beets Whole Wheat bread Fresh fruit</p>	<p>3</p> <p>To be announced</p>
<p>8</p> <p>Unstuffed peppers over Brown Rice Diced carrots Rye bread Fresh fruit</p>	<p>9</p> <p>Chicken tortilla soup Crab cakes/ tartar sauce Roasted sweet potato Zucchini Dinner roll Pears</p>	<p>10</p> <p>To be announced</p>
<p>15</p> <p>Lentil Soup Western Omelet Stewed Tomato Roasted Vegetables Dinner Roll Fresh fruit</p>	<p>16</p> <p>Oven roasted Chicken Brown Rice Pilaf Glazed carrots Biscuit Peaches</p>	<p>17</p> <p>Lunch & Learn</p>
<p>22</p> <p>Fish Sticks / Tartar sauce Macaroni & cheese Peas & Onions Wheat bread Pears</p>	<p>23</p> <p>Meatloaf/gravy Mashed potato Bean Blend Whole grain dinner roll Fresh Fruit</p>	<p>24</p> <p>To be announced</p>
<p>29</p> <p>Pork ragout Rice & diced squash Rye Bread Vanilla pudding/strawberries Apple juice</p>	<p>30</p> <p>Cheese baked ziti /Parmesan Cheese Tossed salad/tomato & Ranch dressing Garlic Bread Mixed fruit juice Pie</p>	<p>31</p> <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
May 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	
	9:00 Billiards		9:00 Billiards		
	9:30 Computer Training	8:15 Tai Chi	9:30 Computer Training	9:00 Billiards	
	9:30 Yoga	9:00 Table Tennis	10:30 Dance Class	9:30 Art class	
	10:00 Piano Lessons	9:15 Tai Chi	10:30 Mah Jongg	10:30 Cooking class	
		9:30 Computer Training	10:30 Yoga	11:00 Wii Bowling	
	10:30 Mah Jongg	10:00 Vision Board	11:00 Losing Weight	12:30 Fitness Fury	
	12:30 Bingo	10:30 Pilates	12:30 Bridge Club	12:30 Bridge Club	
	12:30 Bridge Club	10:30 Mah Jongg	1:00 Mah Jongg		
	5:30 Mah Jongg PM	Computers by Appointment			
7	8	9	10	11	
AARP Drive Safe class	9:00 Billiards		9:00 Billiards	9:00 Billiards	
9:00 Billiards	9:30 Computer Training	8:15 Tai Chi	9:30 Computer Training	9:30 Art class	
10:30 Mah Jongg	9:30 Yoga	9:00 Table Tennis	10:30 Dance Class	10:30 Cooking class	
10:30 Pilates	10:00 Piano Lessons	9:15 Tai Chi	10:30 Mah Jongg	11:00 Wii Bowling	
	10:00 Chiropractic session	9:30 Computer Training	10:30 Yoga	12:30 Fitness Fury	
	10-12 Blood Pressure Screen	10:00 Vision Board	11:00 Losing Weight	12:30 Bridge Club	
	10:30 Mah Jongg	10:30 Pilates	12:30 Hollywood Movie		
	12:30 Bingo	10:30 Mah Jongg	12:30 Bridge Club		
	12:30 Bridge Club		1:00 Mah Jongg		
	5:30 Mah Jongg PM	Computers by Appointment			
14	15	16	17	18	
	9:00 Billiards	9:00 Hearing Screening	9:00 Billiards	9:00 Billiards	
9:00 Billiards	9:30 Yoga		10:00 Financial Abuse session	9:30 Art class	
10:30 Mah Jongg	10:00 Price is Right	8:15 Tai Chi	10:30 Dance Class	10:30 Cooking class	
10:30 Pilates	10-12 Blood Pressure Screen	9:00 Table Tennis	10:30 Mah Jongg	11:00 Wii Bowling	
	10:30 Mah Jongg	9:15 Tai Chi	10:30 Yoga	12:30 Fitness Fury	
	12:30 Bingo	9:30 Computer Training	11:00 Investment Club	12:30 Bridge Club	
	12:30 Bridge Club	10:00 Vision Board	11:00 Losing Weight		
	5:30 Mah Jongg PM	10:30 Pilates	12:30 Bridge Club		
		10:30 Mah Jongg	1:00 Mah Jongg		
	Computers by Appointment	Computers by Appointment	Lunch & Learn		
21	22	23	24	25	
	9:00 Billiards		9:00 Billiards	9:00 Billiards	
9:00 Billiards	9:30 Computer Training	8:15 Tai Chi	9:30 Computer Training	9:30 Art class	
10:30 Mah Jongg	9:30 Yoga	9:00 Table Tennis	10:30 Dance Class	10:30 Cooking class	
10:30 Pilates	10-12 Blood Pressure Screen	9:15 Tai Chi	10:30 Mah Jongg	11:00 Wii Bowling	
	10:30 Mah Jongg	9:30 Computer Training	10:30 Yoga	12:30 Fitness Fury	
	12:30 Bingo	10:00 Vision Board	11:00 Losing Weight	12:30 Bridge Club	
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club		
	5:30 Mah Jongg PM	10:30 Mah Jongg	1:00 Mah Jongg		
		Computers by Appointment			
	Computers by Appointment		Computers by Appointment		
28	29	30	31		
	9:00 Billiards		9:00 Billiards		
	9:30 Computer Training	8:15 Tai Chi	9:30 Computer Training		
	9:30 Yoga	9:00 Table Tennis	10:30 Dance Class		
	10-12 Blood Pressure Screen	9:15 Tai Chi	10:30 Mah Jongg		
	10:30 Mah Jongg	9:30 Computer Training	10:30 Yoga		
	12:30 Bingo	10:00 Vision Board	11:00 Losing Weight		
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club		
	5:30 Mah Jongg PM	10:30 Mah Jongg	1:00 Mah Jongg		
		Computers by Appointment			
	Computers by Appointment		Computers by Appointment		
					

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

May 2018 Bus Schedule

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