

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



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

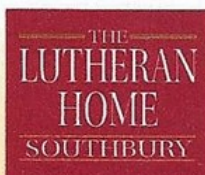
Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.

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



Happy Mother's Day!

Talk to your family about keeping your independence

WE OFFER 24/7 LIVE-IN COMPANIONS • HOMEMAKERS • PERSONAL CARE ASSISTANTS

- Non-medical services • Reasonable rates
- Light housekeeping • Medication reminders • Bathing • Dressing • Incontinence care • Meal preparation

Visit www.Elderlycaregivers.org or call us today!

203-628-7438

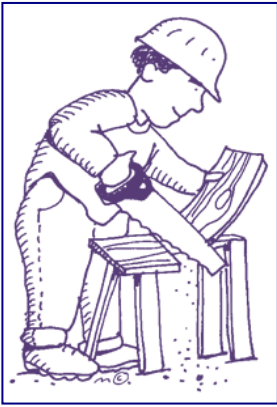


Elderly Caregivers
Homecare is the Best Medicine

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 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 June 18, 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, May 15, 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
Sean Howard	4
Angela Leveille	2



CodeRED™

Keeping citizens informed.

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

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

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

RENTER'S REBATE PROGRAM

Effective April 1, 2019

Ends September
15, 2019



**Elderly residents
of Middlebury or
totally disabled
persons who rent
may apply for the
Renter Rebate
program at the De-**

**partment of Social Services office located in
the Shepardson Community Building, Rm. #20
between the hours of 9:00am and 12:30-pm.
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**

USED INK CARTRIDGES



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

Thank You



THE MEDICARE SAVING PROGRAMS

Extra Help/ Low income Subsidy

Extra Help/ Low Income Subsidy (LIS) Is a benefit from Medicare for someone who has Medicare Part D. If you have Medicare and MSP you are automatically eligible for the LIS. With the LIS you can get:

Help paying your Medicare Part D monthly premium.

Help with your Medicare Part D yearly deductibles and

Help paying your Medicare Part D co-insurance and co-pays for drugs on your plan formulary. This does not start until Social Security receives notification that you are on MSP

Generally, if your monthly income is at or below these levels: You may qualify for

\$2,196.51 single; \$2,972.99 couple:

QMB – this program is similar to a “medigap” policy. It pays your Part B premium and all Medicare deductibles and co-insurance.

Your Medicare Part B covers doctor costs, outpatient hospital and some preventive care.

The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year.

Co-insurance is the portion of Medicare approved services that you are responsible for paying.

\$2,404.71 single; \$3,254.79 couple: **SLMB** - This program pays for your Part B premium only.

\$2,560.86 single; \$3,466.14 Couple: **ALMB** - This program pays for your Part B premium only. This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.

For more information about the LIS you can call 1-800-325 or for TTY 1-800-325-0778

Or you can contact JoAnn Cappelletti at the Middlebury Social Services office at 203-577-4166 ext. 3

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.



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 a magnifiers, home amplifiers, vibrating alarm clock, smart pen and talking watch just to name a few. These devices are now on display at the Assistive Technology Center locate 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.

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 an 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 participate 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.

MEDICARE SAVINGS PROGRAM

Connecticut wants to institute an asset test equal to the federal minimum (\$7560 for singles and \$11,340 for couples) to qualify for this program effective July 1, 2020. The Connecticut Association for Agencies on Aging is recommending participants call your legislators and tell them that the asset test is too low and align the limits with the Connecticut Home Care for Elders to \$37,926 for individuals and \$50,568 for couples.

WHAT CAN YOU DO?

Take Action! Call your legislators' offices and tell them that the asset test is too low! If there must be an asset test, align the eligibility limits with the CT Home Care for Elders, State-Funded Program (\$37,926 for individual and \$50,578 for couples). Allow residents the ability to maintain their housing and emergency funds while optimizing health and reducing high cost interventions. Tell you legislators how this will affect you!

Government Contacts who should hear from you:

Governor Ned Lamont

210 Capitol Ave, Hartford, CT 06106
(860-566-4840)

Members of the Appropriation Committee:

Joan Hartley
Legislative Office Building, Hartford, CT 06106-1591
860-240-0006

Mary Daugherty Abrams, Legislative Office Building,
Hartford, CT 06106-1591
860-240-0584

Mitch Bolinsky
Legislative Office Building, 300 Capitol Ave. Hartford,
CT 06106-1591 Tel. 86842-1423

Julie Kushner
Legislative Office Building 300 Capitol Ave..
Hartford, CT 06106-1591 Tel. 860-240-0509

Craig Minor
Legislative Office Building 300 Capitol Ave.
Hartford, CT 06106-1591 Tel. 860-240-8862



FRAUD WATCH

The grandparent scam has broadened to include caregivers.

An AOASCC staff member recently received a phone call from a 92-year-old veteran. He had received a call listed as a "private number" and was told that while his caregiver was on vacation in Florida, the caregiver had been in a car accident and needed \$8,000 for the hospital. The client said he didn't have \$8,000 and the voice on the other end said, "You won't help your friend!" He later called his caregiver and he was fine.

Medicare continues to be a subject of scams as a recently received report illustrates. This individual had received a call from someone who said they were from Medicare. He was told that the new Medicare Kits were available to be mailed out and the kits were free. If he followed the directions in the kit and returned it to Medicare, the results would show if there was any potential or living cancer cells in his body. All that was needed to send out the New Medicare Kit was to confirm his new Medicare number. The caller also gave the phone number if the recipient had any concerns or questions: 352-353-2675. The Kit was to arrive in seven days. The recipient waited the 7 days and no kit, so he called the number the following day and it was a dead line. He then went to the resident service coordinator upset realizing it was a scam. This was reported to the local police department, OIC. Federal Trade Commission and Medicare.

Remember, Medicare, Social Security and IRS do not do cold calling! Never give out your personal information to someone you don't know is who they represent..

Did You Know?

- ⇒ In 2018, The Federal Trade Commission received 1.4 million fraud reports and 25% of these reports included loss of money, totaling nearly \$1.48 billion.
- ⇒ When money is lost, the median amount increases with age. Those 80 or older reporting a median loss of \$1,700, compared with \$751 for those in their 70s and \$600 for those in their 60s.
- ⇒ For the first time, imposter scams topped the list of consumer complaints submitted. Consumers reported losing a total of nearly \$488 million to these scams, more than any other type of fraud, and reported a median loss of \$500.
- ⇒ Nearly half of the imposter scams reported were government imposter scams—callers claiming to be from the Internal Revenue Service, Social Security Administration, or another government agency to get people to turn over money or personal information.

CHOICES—Medicare Fraud

If you're a Medicare beneficiary or caring for someone who's on Medicare, you may ask, "Who do I call to report a quality of care concern?" Generally, Medicare beneficiaries can use two procedures—one at the federal level and the other at the state level—to report quality of care concerns.

Under federal law, any health care practitioner or provider who receives Medicare or Medicaid funds must ensure that their services are "of a quality that meets professionally recognized standards of care." As a Medicare beneficiary, you or your representative can call the Beneficiary & Family Care Center-Quality Improvement Organization (BFCC=QIO) for your state to complain when services given by physicians, physician assistants, interns, nurses, physical therapists, durable medical equipment providers, and others don't measure up to your expectations.

The CT licensing board is not tied directly to Medicare and, unlike the BFCC-QIOs, can sanction providers by restricting or revoking their licenses to practice. They have the authority to discipline licensees for unprofessional conduct.

Failure to meet accepted standards of care is one example of misconduct that's subject to disciplinary action by a board. Other examples of unprofessional conduct include: alcohol and substance abuse; sexual misconduct; neglect of a patient; prescribing drugs in excess or without a legitimate reason.

CHOICES can help assess quality of care concerns and decide how to proceed. Sometimes it's not clear if a concern should go to the BFCC=QIO, a licensing board, or to someone who can handle customer services billing concerns. Choices can help you sort it out.

Call CHOICES at 1-800-994-9422 to speak with a counselor in your area.

Need help finding support at home? Care Network Line is a wonderful resource to find trusted providers: Homemaking, Personal Care Assistance, Live In Caregivers, Wheelchair Ramps, Fall Alert Systems, Hair Stylists that come to your home.

Sign up at [CareNetworkLink.org](https://www.carenetworklink.org) Membership is free and will earn you discounts from the providers you hire. Care Network Link credentials all the providers before allowing them on the network to make sure they are trustworthy busi-

VA MISSION Act: What is the latest on community care?

Last June, President Trump signed landmark legislation, known as the [VA MISSION Act of 2018](#), that makes dramatic improvements to how Veterans receive community care—health care provided outside of VA. While the law affects many other VA programs, the changes to community care are among the most complex and far-reaching in recent history. Learn more about the proposed [six new eligibility criteria for Veterans](#).

Eligibility Criteria

Veteran Needs a Service Not Available at a VA Medical Facility

In this situation, a Veteran needs a specific type of care or service that VA does not provide in-house at any of its medical facilities.

Veteran Lives in a U.S. State or Territory Without a Full-Service VA Medical Facility

In this scenario, a Veteran lives in a U.S. State or territory that does not have a full-service VA medical facility. Specifically, this would apply to Veterans living in Alaska, Hawaii, New Hampshire, and the U.S. territories of Guam, American Samoa, the Northern Mariana Islands, and the U.S. Virgin Islands.

Veteran Qualifies under the “Grandfather” Provision Related to Distance Eligibility for the Veterans Choice Program
For this element, there are a few different ways that a Veteran could be eligible for community care. Initially, the following two requirements must be met in every case:

Veteran was eligible under the 40-mile criterion under the Veterans Choice Program on the day before the VA MISSION Act was enacted into law (June 6, 2018), and

Veteran continues to reside in a location that would qualify them under that criterion.

If both of these requirements have been met, a Veteran may be eligible if one of the following is also true:

Veteran lives in one of the five States with the lowest population density from the 2010 Census: North Dakota, South Dakota, Montana, Alaska, and Wyoming, or

Veteran

lives in another State,

received care between June 6, 2017, and June 6, 2018, and

requires care before June 6, 2020

VA Cannot Furnish Care within Certain Designated Access Standards

To be eligible under this criterion, VA would have to be unable to schedule a VA appointment for a Veteran at a facility within a specific average drive time to a VA medical facility and within a certain number of days (wait-time). If VA could not schedule an appointment that is within both the average driving time standards and the wait-time standard, then the Veteran would be eligible for community care.

The specific access standards are described below. (Important: Access standards are proposed and not yet final).

Average drive time to a specific VA medical facility

30-minute average drive time for primary care, mental health, and non-institutional extended care services (including adult day health care)

60-minute average drive time for specialty care

Appointments wait time at a specific VA medical facility

20 days for primary care, mental health care, and non-institutional extended care services, unless the Veteran agrees to a later date in consultation with their VA health care provider

28 days for specialty care from the date of request, unless the Veteran agrees to a later date in consultation with their VA health care provider

It Is in the Veteran’s Best Medical Interest

In this situation, a Veteran may be referred to a community provider when the Veteran and the referring clinician agree that it is in their best medical interest to see a community provider.

A VA Medical Service Line Does Not Meet Certain Quality Standards

In this scenario, if VA has identified a medical service line is not meeting VA’s standards for quality based on specific conditions, Veterans can elect to receive care from a community provider with certain limitations.

Going Forward

What is described above should be taken as a preview of what the final eligibility criteria may be, because it is not yet final. The new criteria are expected to go into effect in June 2019, after final regulations are published and effective.

Resources



Seth Thomas Bradstreet House

Thursday, May 16, 2019

12:00pm Guided Tour

The Seth Thomas-Bradstreet House has stood on Main Street at least since 1838. A very well preserved two-story building, it has a long association with one of the most important families in Connecticut.

In 1838, Seth Thomas bought the house from Marvin Blakeslee. Thomas was the famed clockmaker whose company would attain an international reputation. It was one of five houses that belonged to the Seth Thomas family which were situated along Main Street. All were large; all except the Seth Thomas-Bradstreet House are gone.

In 1850, Thomas sold the house to his daughter, Amanda Thomas Bradstreet, for \$2,700. Her husband, Thomas Jefferson Bradstreet, was from Massachusetts. He was a descendant of the Puritan poet, Anne Bradstreet and her husband, Gov. Simon Bradstreet of the Massachusetts Bay Colony. Subsequently, the house remained in the family. Amanda's son, George Parker Bradstreet, and his wife, Hattie Blackman Bradstreet, lived in the house, and the next family member to live there was their daughter, Edith Amanda Bradstreet and her husband, Ulric Mather. The Mather family traces its lineage back to the Puritan minister, Richard Mather, grandfather of the Rev. Cotton Mather. The last in the line of descent from Seth Thomas was Edith Bradstreet Mather, who never married. When Miss Mather died in 2004, the State of Connecticut awarded the Town of Thomaston a grant of \$450,000 to purchase the house and its contents from her surviving sister, Clara-Louise Mather Riggs.

In November, 2005, the Town of Thomaston became the owner of the house, the contents, and the real estate.

The house is a gem. Its location and association with three prominent families make it a treasure.

Those interested in this very interesting trip, please call 203-577-4166 to reserve your seat.

Fee is \$7 per person, includes transportation only.



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 includes food you enjoy, exercise, and healthy habits.

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

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

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

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

- Goal Setting
- Forward Movement
- Weight Loss

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

Come in to see for yourself if this is the right program for you. The first meeting is free. Join us in room 26 in the

AARP Driver Safety Program



**Monday,
May 6, 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/>

Hollywood Movie Bio & Talk



**Thursday
May 9
12:30pm**

Westward

**Starring
Robert Taylor
Denise Darcel**

Beverly Dennis, John McIntire, Hope Emerson, Lenore Lonergan, Julie Bishop, Marilyn Erskine. Intriguing Western with Taylor heading wagon train full of females bound for California to meet mail-order husbands. Based on a story by Frank Capra.

A frontiersman leads a wagon train full of mail-order brides.

This stark, no-nonsense outdoor drama stars Robert Taylor as a trail guide named Buck, who in 1851 is hired by California settler Roy Whitman to head a wagon train full of mail-order brides from Chicago to the West



Coast. Buck must lead the expedition through treacherous territory.



Computer Training

If you have purchased a new computer, iPad, iPhone etc. or are having trouble with your existing one, the Middlebury Senior Center is offering computer training. There is no age limit for computer training.

Available is one-on-one lessons, subject to availability of time. These lessons will be on Tuesdays, Wednesdays & Thursdays from 9:30am to 1:00pm by appointment only.

The fee is \$15 per hour or \$25 for 4 one hour sessions. If you need help with your Nook, Kindle or other tablet, instruction is also available.

Sean is also able to help you with viruses and malware for a nominal fee. Those interested should call the Middlebury Senior center at

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

LUNCH & LEARN

Wednesday, May 15

11:30am



The subject for May's Lunch & Learn will be Estate Planning; presented by Atty. Julia Brown.

Come and join us for a very informative subject, and then stay for a delicious lunch, all free of charge.

Please call the Middlebury Senior Center if you would like to join us and to reserve your seat.

203-577-4166

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.



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 & 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 9:30am
Returns approximately 5:00pm

THE MARITIME AQUARIUM

Thursday, May 30, 2019

\$29.95 includes:

I Max Movie

Admission and transportation

Bus leaves 9:30am

Returns 4:00pm



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 turtles.
- ◆ Touch live Moon Jellies exhibit
- ◆ Meet the animals of Long Island Sound.

Café and Gift Shop



ART THERAPY FOR VETERANS

Wednesday,
May 1, 2019
5:30 to 7:00pm

ART THERAPY for Veterans

Painting is changing the Lives of Veterans

For many, being able to express memories, feelings and thought in a nonverbal way is a big relief. The artwork provides a safe way to depict and confront nightmares, flashbacks and traumatic memories. Art therapy practice encourages the healthy expression and integration of imprinted memories as they are brought to consciousness with the safety of the therapeutic relationship.

Art therapy was introduced into military treatment facilities years ago because it is an effective treatment for service men and women who have experienced the trauma of war. Today, art therapy has become a more widely accepted treatment for those experiencing trauma from their military service.

The Middlebury Senior Center will be offering an Art Class for Veterans to begin May 1, 2019, 5:30-7:00pm. The one and a half hour class will focus on the Plein Air approach to painting landscapes in mediums ranging from oil, watercolor, acrylic, and colored pencil.

The instructor, Sue Healy, will help each student to see the landscape from the Plein Air approach. The six week class will feature classes in the studio and one outdoor field trip (site to be determined).

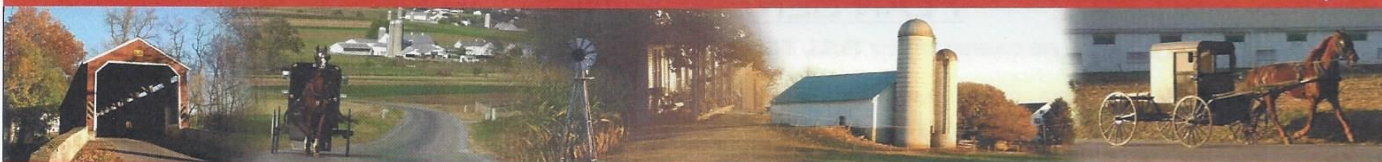
Sue Healy has been an art teacher for all age groups and was also an instructor for the military recreation craft program in Wurtzburg, Germany. Sue currently works more on her own paintings and her work can be seen on her website: suehealyart.com. Locally her work can be seen in the Middlebury library records room and the lobby of the First Selectman in Middlebury.

If you would like to take part in this program, please contact the Middlebury Social Services at 203-577-4166.

Please bring some sort of drawing or painting you would be interested in doing

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!

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...

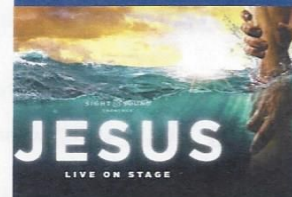
\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$75 for single occupancy. Final Payment Due: 3/15/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Angela Leveille @ (203) 577-4166

Diamond Tours® inc.
Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.



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



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.



Brotherhood Winery

EST. 1839

AMERICA'S OLDEST WINERY

In the Heart of the Hudson Valley

The Brotherhood Winery is a winery in Washingtonville, New York. With its first commercial vintage produced in 1839, it is commonly acknowledged to be the oldest operating winery in the United States.

The Middlebury Senior Center has been invited by the Thomaston Senior Center to join them
on
this
bus
trip



Tuesday June 4th

Bus leaves Thomaston Senior Center - 158 Main Street at 8:45am

\$37.00

Per person includes bus, historical winery & cellar tour & award winning wine tasting wine with free wine glass – No Lunch included.

\$70.00

Per person includes all the above
PLUS Buffet Lunch in Restaurant 1839
– Chicken Parmigiano, Seafood Stuffed Filet of Sole, Pasta Primavera, Salad, Vegetable, Pota-

For more information or to register please contact the Middlebury Senior Center at
203-577-4166

Payment is due by May 4th



Mother's Day

May 12, 2019

History

Historians say the earliest Mother's Day celebrations can be traced back to the spring observances of ancient Greece honoring Rhea, the Greek mother of the gods. The Romans made offerings in the temple of Cybele, the Roman mother of the gods which they celebrated on the Ides of March (March 15). Early Christians celebrated a festival on the fourth Sunday of Lent in honor of the Virgin Mary, the Mother of Christ.



•Victoria's Day•

In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe as a day dedicated to peace. For many years, Howe organized Mother's Day meetings in Boston, MA. In 1907, Anna Jarvis, a Philadelphia, PA schoolteacher, began a campaign to establish a national Mother's Day. Jarvis persuaded her mother's church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death which was on the second Sunday of May that year. Jarvis and her supporters wrote to ministers, businessmen, and politicians in their quest to establish a national Mother's Day. It was successful, and by 1911 was celebrated in almost every state in the nation. In 1912, the Mother's Day International Association was incorporated to promote the day and its observance. In 1914, President Woodrow Wilson made it official by proclaiming Mother's Day a national holiday to be held each year on the second Sunday of May.

Victoria Day

May 20, 2019

Canada's ties to her British colonial roots are marked on May 20 (the Monday preceding May 25) which is Victoria Day.

This statutory holiday observed in most Canadian provinces and territories celebrates Queen Victoria's birth anniversary. Victoria's reign was during the zenith of the British Empire. Today, Canada remains a member of the British Commonwealth.

The Victoria Day Parade has been an annual event for almost 120 years and now draws more than 100,000 spectators. Even though May could mean a rainy day, the weather gods were usually kind and provided a sunny day for parade-goers. Because of the close proximity to America, the Victoria Day Parade draws marching bands from Washington and Oregon, as well as the home grown groups.

CONCO DE MAYO

May 5, 2019

HISTORY

Although Cinco de Mayo is often mistaken for Mexican Independence Day (that is September 16), it commemorates the Battle Puebla in 1862, 40 years after Mexico won freedom from Spain. A small and ill-equipped Mexican force defeated an invading French army which outnumbered them almost two to one and showed the world that the newly-independent nation could stand on its own terms.

Cinco de Mayo is the day to celebrate Mexican heritage by enjoying the food, music, and culture of Mexico in a festive atmosphere. Today, it is celebrated in most U.S. cities with a large Hispanic population.

FLOUR TORTILLAS

- * 4 cups flour
 - * 2 Tbsp. baking powder
 - * 1 tsp. salt
 - * 3/4—1 cup vegetable oil
 - * 2 cups water (approximately)
1. In a large bowl, mix the first 4 ingredients by hand for at least 3 minutes
 2. Add 1 cup water and mix well, then add the second cup gradually. Keep adding water and mixing the dough until it holds together.
 3. Continue kneading until the dough doesn't stick to your hands, then knead another 5-7 min. (the longer kneading the better)
 4. Cover and let rest for 15-20 minutes.
 5. Pinch off a 2-inch ball of dough. With your fingers, flatten the dough into a disc, keeping it circular then with a rolling pin, turning the dough a quarter turn until it is 1/4 inch thick and 8" in diameter.
 6. Place on a hot, greased griddle or electric fry pan and cook about 1 minute each side. Remove from the griddle to pan and stack.
 7. Serve as soon as possible or refrigerate or freeze

YIELD: 30 tortillas

SALSA

- 1 large can of crushed tomatoes
 - 1 onion, diced
 - green chili, diced
 - salt, garlic salt, pepper to taste
- Mix the tomatoes, onion, and green chilies in a large bowl. Add salt, garlic salt, and pepper, as desired. Refrigerate until serving time. Serve with tortilla chips.

MAY IN HISTORY

10 YEARS AGO (2009):

“ Along with auto executives, union leaders and environmental activist, President Obama announced new vehicle emissions and mileage requirements. Under the federal rules, vehicles were required to use 30% less fuel and emit 1/3 less carbon dioxide by 2016. This change added \$1,300 to the cost of each new vehicle.

“ *An American soldier in Iraq opened fire at a counseling center at Camp Liberty in Baghdad killing five fellow soldiers.*

20 YEARS AGO (1999):

“ SpongeBob SquarePants debuted on Nickelodeon..

“ The Dow Jones Industrial Average closed above 11,000 (11,014.70) for the first time..

“ *An Oklahoma tornado outbreak with the highest wind speeds ever recorded spawned more than 140 tornadoes in a weeklong event affecting much of the central U.S. and parts of the East Coast of the U. S. and Canada.*

“ *Star Wars: Episode 1—The Phantom Menace* was released. It became the highest grossing *Star Wars* film.

“ The Space Shuttle Discovery completed the first docking with the International Space Station.

“ John Elway announced his retirement from the National Football League.

“ Nancy Mace was the first female cadet to graduate from the Citadel, The Military College of South Carolina.

“ Susan Lucci, actress in *All My Children*, finally won a Daytime Emmy after being nominated 19 times.

30 YEARS AGO(1989):

“ Disney-MGM Studios Theme Park at Walt Disney World officially opened to the public. The park was dedicated to the imagined worlds of film, television, music and theatre..

“ Los Angeles schoolteachers went on strike from May 15 to 25. The strike ended with the teachers receiving a 24% pay raise and gaining more organizational control...

“ *Dynasty's* final episode aired.

“ *Family Ties'* final episode aired.

“ The Dow Jones Industrial Average closed above 2,500 for the first time since Black Monday in 1987.

40 YEARS AGO (1979):

“ In Chicago, American Airlines Flight 191, a DC-10 crashed during takeoff at O'Hare Airport, killing more than 270 people. The aircraft lost an engine on take-off..

“ Margaret Thatcher became the first woman to be elected Prime Minister of the United Kingdom.

“ Elton John was the first western pop star to tour U.S.S.R.

50 YEARS AGO (1969):

“ British liner, Queen Elizabeth II (QEII), left Southampton on its maiden voyage to New York City.

“ Robert Rayford (also identified as Robert R. because of his age) died at the age of 16 in St. Louis, MO of a mysterious medical condition. In 1984, it was recognized as the first confirmed case of HIV/AIDS in North America..

“ The British comedy troupe Monty Python formed. It was made up of Graham Chapman, John Cleese, Terry Gilliam, Eric Idle, Terry Jones, and Michael Palin.

“ The Who released the rock opera, *Tommy*.

“ The Beatles song *Get Back*, became a No. 1 hit..

“ Walt Disney World construction began at Bay Lake and Lake Buena Vista, FL.

“ *Midnight Cowboy* starring Jon Voight and Dustin Hoffman was released.

“ The last Chevrolet Corvair was built. In April 1965, General Motors decided to stop development of the Corvair and to do only what was necessary to keep it legal to sell. Only 6,000 1969 Corvairs made. Chevrolet limited the car's production year. Ralph Nader's book, *Unsafe at Any Speed*, came out in November 1965. Many insiders believed that in order to save face, GM continued to produce Corvairs for three more years so the public wouldn't think Nader had killed the car.

100 YEARS AGO (1919):

“ A U.S/ Navy Curtiss aircraft (NC-4), departed Trepassey, Newfoundland for Lisbon on the first transatlantic flight. The Curtiss seaplane first flew to the Azores, onto mainland Portugal,

“ The University of California, Los Angeles (UCLA) was established as the southern branch of the University of California.

“ Sunday baseball games were illegal in New York City due to blue laws until 1919 when the New York Giants, New York Yankees, and Brooklyn Dodgers were allowed to play. (In 1917, the New York Giants and Cincinnati Reds played the first Sunday game ever at the Polo Grounds, New York's home field. However, after the game, both managers, John McGraw and Christy Mathewson, were arrested for violating the blue laws. The judge found them not guilty.) In 1902, Sunday baseball games were legalized in Chicago, St. Louis, and Cincinnati.

“ Charles Strite invented the first automatic, pop-up toaster. He was a master mechanic at a manufacturing plant in Stillwater, MN. He came up with the idea of a toast machine because the company cafeteria always sold burnt toast.

Discover the Thimble Islands

Thursday, June 11, 2019



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.

Lenny & Joe's

Thursday, June 27, 2019



Let's celebrate the beginning 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

**The Middlebury
Senior Center
will be closed on
Monday
May 27, 2019 in
honor of
Memorial Day.**



This Ramshackle Lobster Shack Hiding In Connecticut Serves The Best Seafood Around

Thursday, July 11, 2019

Bus leaves Middlebury Senior Center
10:30 returns 3:30pm

Appearances aren't everything, especially when it comes to restaurants. If you were driving along the shoreline, you might bypass Ford's Lobster mistaking it for a bait shop rather than a hot culinary destination. The outside of this lobster shack is covered with weather-beaten buoys giving it a ramshackle look worthy of its perch on the coastal waters. But seafood lovers and shrewd locals know that this eatery is a spot not to be missed.

Ford's Lobster is a rustic spot that fits right in with the coastal scenery in Noank. Open 11 months out of the year (closed for the month of February only), this lobster shack brings all of your seafood favorites to the table in the most delicious way.



The eatery is well-known for its outdoor dining. But when the weather isn't cooperating, a cozy indoor space will keep you warm and dry while you indulge your taste buds.

Warm weather brings outdoor dining right on the water. There's nothing quite like devouring fresh seafood while a warm salt breeze blows in off the Sound.

At Ford's Lobsters not only will you be treated to top-notch coastal cuisine, you'll also

get a million dollar view.

The menu is chock full of scrumptious choices. From clam shack favorites to more refined fare, there is something to tempt every palate here.

Start off with some creamy clam chowder, steamed mussels, clams casino, or even a jumbo lump crab cake. Feeling hungry yet?

Every restaurant has at least one item that stands out. At Ford's Lobster, the lobster bomb is a huge delight. Overloaded with lobster meat and served hot or cold, you'll need a big appetite to take on this dish.

Discover more tempting combinations like lobster scampi, blackened scallops, and lobster risotto. There's even a New York Sirloin for the non-seafood lovers in your dining party.

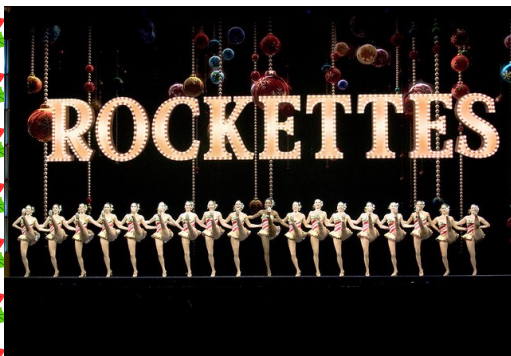
SAVE THE DATE
Monday, July 22, 2019

Life Line Screening is coming to the Middlebury Senior Center on Monday, July 22, 2019.

Life Line Screening, a leading provider of community-based preventive health screenings will be in our community on Monday, July 22, 2019 at Town of Middlebury Senior Center. Ultrasound screenings to Identify risk factors for Cardiovascular disease include; **Carotid Artery** (plaque buildup-a leading cause of stroke), **Abdominal Aortic Aneurysm** (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), **Peripheral Arterial Disease** (hardening of the arteries in the legs), a **Heart Rhythm Screening** (an EKG to detect Atrial Fibrillation-irregular heartbeat) and an **Osteoporosis Risk Assessment** for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early.

To register for our new program, we have created a special **Community Circle** webpage. This webpage page will provide ease and convenience for pre-

Christmas Spectacular Starring the
Radio City Rockettes



If you would like to treat yourself once again, or if it will be your first time, to New York city's ultimate holiday celebration— courtesy of Santa and the legendary Radio City Rockettes, call the Middlebury Senior Center and let us know. We are getting a special rate on the show if we book before June 28, 2019 so we can take advantage of these preferred pricing and great seats.



Middlebury Sr Center presents..

A Celebration of the One and ONLY



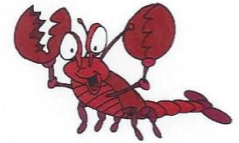
ELTON JOHN Tribute

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

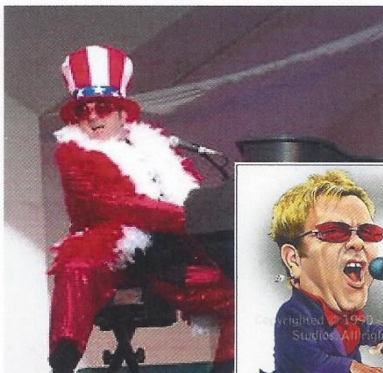
Call:

203-577-4166

Ext. 709

\$75

PER PERSON

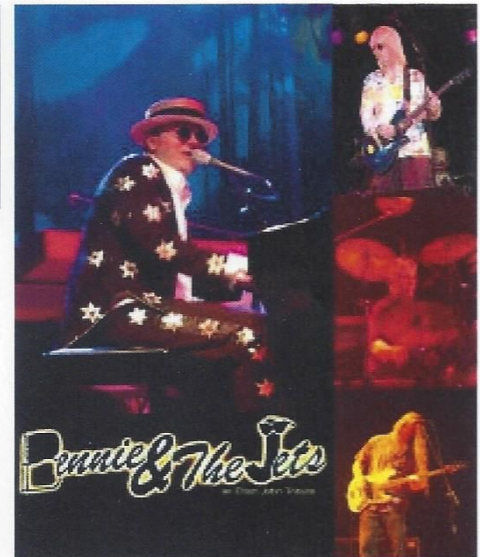


Delicious Luncheon

**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.**



HAPPY BIRTHDAY May 2019

Cynthia Sutherland 1st

Arthur Weir 1st

Joseph Bergeron 1st

Paula Girard 2nd

Eugenie Samela 2nd

Angeline Spagnoletti 2nd

Eileen Ciarleglio 2nd

Lorraine Shepard 3rd

Anna Valari 3rd

Linda Heitman 3rd

Linda Boran 4th

Charles Wujcik 4th

Charles Vaughan 4th

Melita Harris 5th

Mary Conseur 5th

Susan Stupak 6th

Cliff Levesque 6th

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

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

Lucy Calabro 14th

Susan Drelichowski 14th

Karen Rutkowski 14th

Ronald Sambrook 14th

Edward Thomas 15th

George Budzinowski 15th

Toni Carnaroli 15th

Gracie Baldovi 15th

Juanito Josef 16th

Marilyn Wargo 16th

Anthony Rotella 16th

Sandra Mills 16th

Elizabeth Calabrese 17th

Joyce Chicarelli 17th

Ethel Daskal 17th

Ann Densky 17th

Carl Neidmann 17th

Charles Puchalsky 17

Frank Calabro 18th

Heather Gargoni 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

Julie Clark 30th

Heidi Shea 31st

Anita Stauffer 31st

Mary Chirichella 31st



Frances Branco 31st

Joyce Oldakowski 31st






May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation is \$3.50 per meal		<div>1</div> <div>Don't forget to sign up for our trips!!!!</div>	<div>2</div> <div>Chicken Cordon Bleu Bowtie noodles Green beans Dinner roll Pears</div>	<div>3</div> <div>Tom Rosa's Movie next Thursday</div>
<div>6</div> <div>AARP DRIVE Safe</div>	<div>7</div> <div>Cream of Carrot Soup/crx Hungarian goulash Roasted potato Pes Wheat dinner roll Peaches</div>	<div>8</div> <div>We'll see the butterflies</div>	<div>9</div> <div>MOTHER'S DAY Fresh fruit cup Quiche Lorraine Home fries Tossed salad/tomato Orange juice Cinnamon coffee cake</div>	<div>10</div> <div>Happy Mother's Day</div>
<div>13</div>	<div>14</div> <div>Turkey / gravy Stuffing Broccoli Wheat bread Apple juice Chocolate chip cookie</div>	<div>15</div> <div>LUNCH & LEARN</div>	<div>16</div> <div>Chicken orzo soup/crx Herb baked chicken Macaroni & cheese Bean blend Rye bread Fruit cocktail</div>	<div>Museum Yesterday</div>
<div>20</div> <div>Memorial Day</div> 	<div>21</div> <div>Lentil soup / crx Chef salad/ turkey, ham, cheese Hard boiled egg, lettuce Tomato & cucumber Multigrain bread Apple slices</div>	<div>22</div> <div>Aquarium Tomorrow</div>	<div>23</div> <div>Pot roast / gravy Smashed potato Broccoli Wheat bread BIRTHDAY CAKE</div>	<div>24</div>
<div>28</div>	<div>28</div> <div>Sweet & sour Pork Brown rice Oriental blend vegetables Rye bread Mandarin oranges</div>	<div>29</div>	<div>30</div> <div>Hot open turkey sandwich on wheat Steak fries Carrots Cranberry sauce Fruit juice</div>	<div>31</div>

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
May 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:00 Tai Chi	9:00 Billiards	
		9:00 Table Tennis	10:00 Dance class	9:00 Billiards
		9:30 Tai Chi	10:30 Yoga	9:30 Art
		9:00 Billiards	10:30 Mah Jongg	11:00 Wii Bowling
		9:30 Computer Training	11:00 Losing Weight	Adult Strengthening
		9:30 Mah Jongg	12:30 Bridge Club	12:30 Bridge Club
		10:30 Pilates	1:00 Mah Jongg	
		Computers by Appointment	Computers by Appointment	
6	7	8	9	10
AARP Drive Safe class	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
	9:30 Computer Training	9:00 Table Tennis	9:30 Cooking Class	9:00 Billiards
9:00 Billiards	9:30 Yoga	9:30 Tai Chi	10:00 Dance class	9:30 Art
10:30 Mah Jongg	9:30 Mah Jongg	9:00 Billiards	10:30 Yoga	11:00 Wii Bowling
10:30 Pilates	9:30 Computer Training	9:30 Computer Training	10:30 Mah Jongg	Adult Strengthening
	10-12 Blood Pressure Screen	9:30 Mah Jongg	11:00 Losing Weight	12:30 Bridge Club
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	
	1:00 Mah Jongg	1:00 Polish Poker	12:30 Hollywood Movie	
	5:30 Mah Jongg PM		1:00 Mah Jongg	
		Computers by Appointment	Computers by Appointment	
13	14	15	16	17
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	9:30 Cooking Class	9:00 Billiards
10:30 Pilates	9:30 Yoga	9:30 Tai Chi	10:00 Dance class	9:30 Art
	9:30 Mah Jongg	9:00 Billiards	10:30 Yoga	11:00 Wii Bowling
	9:30 Computer Training	9:30 Computer Training	10:30 Mah Jongg	Adult Strengthening
	10-12 Blood Pressure Screen	9:30 Mah Jongg	11:00 Losing Weight	12:30 Bridge Club
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	
	1:00 Mah Jongg	Lunch & Learn	1:00 Mah Jongg	
	5:30 Mah Jongg PM	Magic Wings trip	Seth Thomas Museum	
		Computers by Appointment	Computers by Appointment	
20	21	22	23	24
		Free Hearing Screening	9:00 Billiards	
9:00 Billiards	9:00 Billiards	8:00 Tai Chi	9:30 Cooking Class	9:00 Billiards
10:30 Mah Jongg	9:30 Computer Training	9:00 Table Tennis	10:00 Dance class	9:30 Art
10:30 Pilates	9:30 Yoga	9:30 Tai Chi	10:30 Yoga	11:00 Wii Bowling
	9:30 Mah Jongg	9:00 Billiards	10:30 Mah Jongg	Adult Strengthening
	10-12 Blood Pressure Screen	9:30 Computer Training	11:00 Losing Weight	12:30 Bridge Club
	12:30 Bridge Club	9:30 Mah Jongg	12:30 Bridge Club	
	1:00 Mah Jongg	10:30 Pilates	1:00 Mah Jongg	
	5:30 Mah Jongg PM	Lancaster PA trip		
		Computers by Appointment	Computers by Appointment	
27	28	29	30	31
	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
	9:30 Computer Training	9:00 Table Tennis	9:30 Cooking Class	9:00 Billiards
	9:30 Yoga	9:30 Tai Chi	10:00 Dance class	9:30 Art
	9:30 Mah Jongg	9:00 Billiards	10:30 Yoga	11:00 Wii Bowling
	10-12 Blood Pressure Screen	9:30 Computer Training	10:30 Mah Jongg	Adult Strengthening
	12:30 Bingo	9:30 Mah Jongg	11:00 Losing Weight	12:30 Bridge Club
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	
1:00 Mah Jongg		1:00 Mah Jongg		
		Computers by Appointment	Maritime Aquarium	
		Computers by Appointment	Computers by Appointment	

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May 2018 Bus Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Medical appointments	GWDT DAY	
		Senior Center Activities	Mini bus in town	
			Senior Center Activities	Medical appointments
		Waterbury Mall		Senior Center Activities
		MEDICAL EMERGENCIES		No Lunch Today
			MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
6	7	8	9	10
				Medical appointments
Grocery Shopping			GWDT DAY	Senior Center Activities
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today		Waterbury Mall		
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
13	14	15	16	17
				Medical appointments
Grocery Shopping			GWDT DAY	Senior Center Activities
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today		Waterbury Mall		
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
20	21	22	23	24
				Medical appointments
Grocery Shopping			GWDT DAY	Senior Center Activities
Personal shopping			Mini bus in town	
medical appointment	Medical appointments	Medical appointments	Senior Center Activities	
Senior Center Activities	Senior Center Activities	Senior Center Activities		No Lunch Today
No Lunch Today		Waterbury Mall		
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
27	28	29	30	31
		Medical appointments		Medical appointments
		Senior Center Activities	GWDT DAY	Senior Center Activities
	Medical appointments		Mini bus in town	
	Senior Center Activities	Waterbury Mall	Senior Center Activities	
				No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES