

SENIOR NEWSLETTER

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762 E-mail jcappelletti@middlebury-ct.org

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

Phone 203-577-4166

Fax 203-577-4173



Dept. 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.

Department Staff

JoAnn Cappelletti — Director

**Jeanne Generali Dispatcher/
Clerk**

**Angela Leveille ... Publications &
Programs**

Terri Markie..... Bus Driver

Sean Howard.....Computer Lab

Commission on Aging

Judy Mirrer Chairperson

Barbara DeRiu

Jean Hansen

Noa Miller

Andrew Perrella

Ann Spierito

Nancy Pun

Ralph Barra

Nancy Mastroianni

JoAnn Cappelletti

Town of Middlebury
Department of Social & Elderly Ser-
vices

Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166 Fax 203-577-4173



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.



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



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**

MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION

(funding provided by Connecticut Department of Housing)

The Town of Middlebury has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation.

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, painting, plumbing, heating, and other non-luxury work subject to approval of the Town.



Application & Eligibility

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

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

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

Household size	Income Limits *
	\$47,600
	\$54,400
	\$61,200
	\$68,000
	\$73,450
	\$78,900
	\$84,350
	\$89,800

*Income limits are subject to periodic change.



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



Commission on Aging



The next Commission on Aging meeting will be held **November 20, 2018 at 9:30am**. All interested persons are welcome to attend.



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

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, November 21, 2018 9:00am**. Please call for an appointment at **203-577-4166**.



Keeping citizens informed.

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.

SNAP



The Department of Social Services (DSS) is sending clients a letter offering assistance to enroll in the State Nutrition Assistance Program (SNAP) and provides a toll-free contact number, the Connecticut Enrollment Helpline at 1-855-486-9334. DSS is partnering with Benefits Data Trust, a legitimate agency to help enroll people in SNAP. The letters are being sent to individuals who are 60 years or older who already receive medical benefits from the state but are not currently receiving SNAP benefits.

The Connecticut Enrollment Helpline listed in the letter is operated by the Benefits Data Trust. Individuals may also be contacted by phone. Individuals are not required to accept assistance from Benefits Data Trust. However, if they do accept assistance, the applications are on line. This is a state-wide, six-month pilot program. If you have any questions about these letters, please contact your local Senior Medicare Patrol at Western CT Area

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 invest-

ments 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.

Medicare Open Enrollment

October 15 – December 7, 2018



Did you know that you are not permanently “locked-in” to your current Medi-

care prescription plan, or your Medicare Advantage plan? During every Medicare Open Enrollment Period, Medicare beneficiaries can review their insurance benefit and make changes to their Medicare insurance coverage, effective for the following year. Open Enrollment is right around the corner – beginning October 15, 2018 and ending December 7, 2018. If you are currently experiencing issues with your Medicare insurance coverage, it may be time for you to consider scheduling an appointment with a counselor who can review your benefits and introduce you to options!

Some reasons to consider changing your insurance coverage may include:

- A change in your prescription drug plan's formulary (ex. A prescription that was once covered by your plan is no longer covered).

One of your favorite doctors/specialists is now out of network with your current insurance plan, or your health status has changed significantly since last year.

If you feel overwhelmed by high cost medications, high copays for doctor's appointments, or you consider that your current insurance coverage no longer meets your needs, there may be better options available to you.

The Middlebury Senior Center has a Medicare specialist who can help you pick the right plan.

Call the Center at 203-577-4166 to make a one on one appointment with her.



OPERATION FUEL

Beginning Monday, December 3, 2018, Operation Fuel will administer an energy assistance program for ap-

plicant's who need aid with meeting their home heating or utility needs. This program will be for households living up to 75% of state median income. There will not be an asset test. The maximum grant amount will be up to \$500.

To qualify for oil, propane, pellets, gas/electric utility or wood, applicants that qualify for Connecticut Energy Assistance Program (CEAP) must exhaust those benefits before applying for Operation Fuel funding. For applicant's that are eligible for safety nets (vulnerable and non-vulnerable), they will not qualify for Operation Fuel.

To qualify for electric utility, applicants must have a shut-off notice or have no utility service or must need assistance with making a required payment in order to maintain a payment arrangement, or have a past due balance of 30 days or more. Households will be eligible for this program even if they received a grant for their primary heat through the CEAP program.

The program will start Monday, December 3, 2018 and end Friday May, 31, 2019 or when funding runs out (Whichever comes first).

Documentation:

1. Applicant must provide shut off notice or utility bill that is 30 days past due & payment history.
2. Documentation of all household members with income (last 4 weeks of income).
3. Copy of CEAP acceptance letter.

For more information or to apply please call 203-577-4166.

Connecticut Energy Assistance Program



Applications for the Connecticut Energy Assistance Program are being accepted October 1, 2018 to March 15th for fuel and May 15th for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12:00 pm. You must reapply every year for this program.

The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services. Benefit period for the program is effective November 1, 2018 to April 14, 2019; May 15, 2019 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income at or below 150% FPL are eligible to apply. Connecticut homeowners with household income from 151% to 200% FPL, where the household includes an adult age 60+ or a person any age who is disabled may also apply.

Asset limit for homeowners is \$12,000 in liquid assets. (Liquid assets are assets that can be readily accessed, such as stocks, mutual funds, savings and checking accounts). Home equity, car values, life insurance policies are not considered liquid assets. Asset limit for non-homeowners is \$10,000 in liquid assets. Asset limits and income limits are not the same. An exception to the asset limit occurs when the combination of income and the amount of liquid assets over the asset limit, when added together, do not exceed the income limit.

Proof of income for the year 2017 is required. Income documentation includes social security, pension, interest income, if employed, last four week pay stubs, unemployment compensation or any other source of income.

Information regarding the Energy Assistance Program is available by calling the Department of Social Services at 203-577 4166 ext. 707.

ElpisVoice App.



ElpisVoice is a free iPhone app designed for people who live on their own or are on their own at home for long periods of time., It detects situations where a person is in need of help and cannot reach their mobile, and then it proceeds to alert designated friends and family members by email or sms. In their situations, the ElpisVoice app can literally be a lifesaver. If you or yours can benefit from this app please go to website. (elpisvoice.com)

Insurance Information

Wednesday, November 7, 2018 10:00 am



Anthem Blue Cross and Blue Shield will be giving a coffee social and giving some information on the 2019 Plan Benefits.

Come and enjoy coffee and with Zobeida Torres.



The Middlebury Senior Center will be closed on

**Monday,
November 12, 2018.**

**In observance of
Veterans Day.**

The Middlebury Senior Center will be closed

**November 22 &
23, for the**



AARP Driver Safety Program



**Monday,
November 5, 2018
9:00am**

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

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

New materials and new videos

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

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

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

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

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

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



Annual Lions Club Dinner

Wednesday, November 7, 2018

5:00 – 7:30

The Middlebury Lions Club will be holding its Turkey Dinner Wednesday, November 7th from 5 – 7pm. at the

Shepardson Community Center.

Ticket prices:

Adults \$10.00

Seniors 8.00

Children age 6-12\$8.00

Max Family cost\$35.00

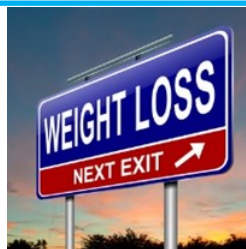


Computer Training

The Middlebury Senior Center is currently offering computer training. There is no age limit for computer training.

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



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.

Chili Dinner & Variety Show
Middlebury Congregational Church
Saturday, November 3, 2018



6:00pm

Tick-
(\$35
family)



ets \$10
max per

AMERICAN RED CROSS
BLOOD DRIVE



Friday, November 9
11:00am—4:00pm

Shepardson Center
1172 Whittemore Rd
Middlebury 06762

Your Blood Donation Matters!
There's a Serious Need for all Blood

NEW MEDICARE CARDS



By now, everyone should have received their new Medicare card. If you didn't get it, here's what to do:

- Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- If the card didn't arrive, call CMS at 1-800-MEDICARE (1-800-633-42273). The call center representatives can check the status and help you get your card.

In the meantime, use your current Medicare card to get health care services.

BLANKET DRIVE



New Opportunities, Inc. is holding a blanket drive to provide blanket to Meals on Wheels recipients. Meals on Wheels clients are fortunate to be a beneficiary of the Waterbury Chamber's Young Professionals annual blanket drive. Last year, 150 blankets were provided to the neediest clients.

If you would like to participate in this drive, please bring your blankets to the Middlebury Senior Center at 1172 Whittemore Rd. and we will distribute them to New Opportunities, Inc.

Free Hearing Aid Clinic in Honor of our Veterans



Carol Maksimow, Founder/Director of Hearing Aid Specialists of CT and daughter of Army POW, WWII Veteran of "Big Red One" would like to invite all Veterans to this event on Monday, November 12, 2018. Come and get

your hearing aids cleaned and programed at no cost.

Hearing Aid Specialists of CT 1449 Old Waterbury Rd Suite 303, Southbury, CT

Please call and reserve a spot: 203-264-1214
Refreshments will be served

WE THANK YOU FOR YOUR

Life after Stroke Conference



Resilience: Adjusting to and Thriving in Your Changed Life

In this FREE educational seminar:

- Speakers will include a stroke survivor, psychologist and social worker
- Learn more about enhancing emotional recovery
- Get your questions answered

Saturday, November 3 | 10 am–2 pm

Hospital for Special Care Research and Education Center | 370 Osgood Avenue, New Britain

Registration is required. Light lunch will be served.

Speakers: Jennifer Cromer, PhD Program Director of Neurobehavioral Program Hospital for Special Care and Paulette Schwartz, LCSW

LUNCH & LEARN

Thursday, November 15, 2018

11:30 am

Come and enjoy a free lunch and meet Cindy Hamel from the Lutheran Home of Southbury, she will be speaking about Parkinson's Disease.



Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area

of the brain called substantia nigra.

Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience: Tremor, mainly at rest and described as pill rolling tremor in hands. Other forms of tremor are possible, Bradykinesia, Limb rigidity & Gait and balance problems.

Come and learn more about this disease. Please call 203-577-4166 to reserve your spot.

USED INK CARTRIDGES'



Don't throw your used ink cartridges away.

Please donate them to the

Middlebury Senior Center, we recycle.

Thank You



Hollywood Movie Bio & Talk

**Thursday,
November
8, 2018 –
12:30pm**

“Phantom of the Opera”

A young soprano becomes the obsession of a disfigured musical genius who lives beneath the Paris Opera House. He kidnaps the soprano and forces the owners of the play to keep her as the lead role of

From director Joel Schumacher comes this big-screen adaptation of Andrew Lloyd Webber's smash-hit stage musical! The Phantom, a disfigured musical genius.

Starring:

Gerard Butler, Emmy Rossum,
Patrick Wilson



Refreshments will be served & all are welcome



PIANO LESSONS OFFERED AT THE MIDDLEBURY SENIOR CENTER

**“I ALWAYS WANTED TO LEARN HOW
TO PLAY THE PIANO....”
YOU CAN PLAY THE PIANO!**

If you always wanted to play the piano, you thought it was too late, if you played years ago and want to try again, if you enjoy learning music in a relaxed atmosphere while having fun,

**“””THIS RECREATIONAL MUSIC MAK-
ING PIANO CLASS IS FOR YOU”””**

“”NO EXPERIENCE NECESSARY

Classes are taught in small groups by an experienced instructor and musician who will help you learn without frustration. The emphasis is on fun and personal enjoyment.

This non-competitive group class, in a stress-free environment, is an ideal setting for meeting new friends and having fun. Learn how to play your favorite song, relax and enjoy music making.

**To register and more information for classes,
call the Middlebury Senior Center at
203-577-4166**

VOLUNTEERS NEEDED FOR AARP FOUNDATION TAX-AIDE PROGRAM



AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation service

AARP Foundation Tax-Aide is looking to expand its CT team of volunteers for the upcoming tax season. Soon approaching its 50th year, Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. Tax-Aide volunteers make a difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.

Tax-Aide volunteers receive training and support in a welcoming environment. There is need for volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

This year, 562 CT AARP Foundation Tax-Aide volunteers helped more than 32,300 people file their federal and state tax returns. The program is offered at approximately 95 sites, including senior centers, libraries and other convenient locations.

To learn about our volunteer opportunities, visit www.aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

Contact:

Paul Kemp, (203) 264-2694



Radio City Christmas Spectacular

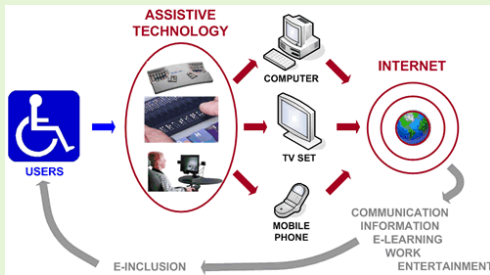
**Monday, November 26,
2018**

**Join us on November 19th to see
the annual Radio City Christmas
Spectacular**

**Motorcoach leaves Middlebury
Senior Center
At 10:00am in time for lunch in
NYC then off to the 2:00pm
performance.
\$140 per person**

Please call 203-577-4166 for

Assistive Technology Center



GADGETS & GIZMOS

To Make your Life Easier

The WCAAA Tech Center provides free, personalized or group demonstrations of assistive devices such as magnifiers, smart pens, I pads, phone amplifiers, vibrating alarm clock and talking watch, just to name a few.

This month's featured devices are:

- * **The Hole in One Key Turner** is great for people with arthritis or carpal tunnel. It has a 5" handle that takes the pressure right off your hand for easy turning. It holds 2 house keys and is small enough to fit in your purse.
- The cane that stands alone; **The Hurry Cane**. It adapts good on asphalt, snow, sand and gravel. It folds up easily and can fit in your purse or lay it down in a booth, and when you need it, it flips out instantly. It also can adjust to 8 convenient heights.
- **The Button and Zipper Aid**. This device is great for people with tremors. The stainless-steel wire loop that is inserted through the eyelet and hooks over the button makes it easier to pull it through.

If interested, please call the Middlebury Senior Center at 203-577-4166 to make an appointment for a

DON'T FORGET On November 4, 2018,



2:00am For Daylight Standard Time.



FALSE RECALL MORE LIKELY AS WE AGE

Older Brains Fill in Gaps of 'Remembered' Scenes

Some eye-opening research shows that what older people believe they recall in the after math of a conversation or encounter may actually be a false memory. And that could cause problems, says Nancy Dennis, associate professor of psychology at Penn state University. Dennis and graduate student Christina published recently in the Journals of Gerontology.

"It is one thing to forget to take a pill," Dennis says. "But it could be worse if you falsely remember a doctor's instructions to take two pills every day, rather than one pill every two days."

As people age, the brain resources devoted to recalling details diminish, Dennis Says. We remember the gist of an event but not the specifics. Our brain can trick us by filling in the details with false images that feel real.

The Penn State research, done with volunteers 60 to 80 years old and a control group ages 18 to 30, involved showing people scenes like a barnyard or a bathroom for about 10 seconds. But some things—a sink or a rooster—were left out. When asked to identify things they were certain they saw, older participants more often recalled things that weren't there.

Dennis says there are ways to manage false recall. Her advice: Write down critical information. Focus on a couple of important details, instead of an entire scene. And work on quickly recognizing what is significant in an event and hold on to only that information.

ANNUAL SENIOR CHRISTMAS PARTY



**Wednesday,
December
12, 2018**

11:30 am

**The Annual Christmas Party for
the Middlebury Senior Center
will be held on Wednesday,**

December 12, 2018 at 11:30am.

On The Menu:

Chef Carving Roast Beef

Twice Baked Potatoes

Green Beans Almandine

Fruit cup

Dessert

EN-



Holiday Lights Fantasia



**Thursday, December 6,
2018**

The Middlebury Senior Center mini-bus will be going to see the Christmas lights at Holiday Light Fantasia; Goodwin Park in Hartford, CT. We will drive through an enchanting land of spectacular, sparkling light displays during this festive and magical holiday season, delighting children and adults with more than 60 enchanting images on display. Drive through the whimsical, larger than life displays. There are one million glowing bulbs...shining bright to help thousands of area children. All proceeds go to Easter Seals.

We will all be stopping for dinner.

To reserve your seat for this exciting trip please call 203-577-4166. The cost will be \$15.00 per person and includes admission and transportation.



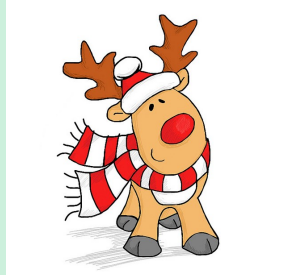


Breakfast with Santa Saturday

December 1, 2018

9:30am — 11:30am

GAMES



Join us in Fr. Fanning Hall for a continental style
breakfast.

Enjoy games, crafts and take a **Picture with Santa**
and his helpers.

This event is FREE to participants. Hosted by St.
John of the Cross Peer Ministers and sponsored by



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 **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



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 @



Nutritional Cooking Classes

Join us every other 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.



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.

Chair Massage



Get a 20 minute massage for \$15. For an appointment, call 203-577-4166



CHAIR YOGA at 10:30am; and every Wednesday thereafter. Fee is \$25.00 for 6 classes.

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

VETERAN'S DAY



HISTORY

Veterans' Day (formerly known as Armistice Day) is the anniversary of the Armistice (cease-fire agreement) which was signed in the Forest of Compiègne by England, France, and the U.S. with Germany in 1918 on the 11th hour of the 11th day in the 11th month.

This agreement ended World War I after four years of war. "The war to end all wars" was over. President Woodrow Wilson marked the one-year anniversary of the event by proclaiming November 11 as Armistice Day to honor all who fought and especially to honor those who died in the line of duty.

Congress voted Armistice Day to be a federal holiday in 1938, 20 years after the war ended. In 1953, people in Emporia, KS called the holiday Veterans' Day in gratitude to veterans in their town. A Kansas congressman introduced a bill to Congress renaming the federal holiday to Veterans' Day. In 1954, after the Korean War, President Dwight D. Eisenhower signed a bill officially changing the name to honor veterans of all U.S. wars.

Unlike Memorial Day, Veterans' Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime. According to the Census Bureau, there are more than 21.5 million U.S. Veterans.

Note; Since November 11 falls on a Sunday in 2018, the legal holiday will be observed on Monday, November 12th

IN FLANDERS FIELDS

Lieutenant Colonel John McCrae was a surgeon to the First Brigade of Canadian Forces Artillery. In April 1915, he was near Ypres, Belgium in the area traditionally called Flanders. Some of the heaviest fighting during World War I took place in this area. One of his closest friends was killed in the fighting in Flanders. All the soldiers killed were buried in improvised graves. There were poppies blooming in that field among the crosses on the graves. The poppy has become the flower of remembrance for the soldiers of the U.S., Britain, Canada,

LEMON POPPY SEED

COOKIES

2 1/3 cups flour

1 tsp. baking powder

1/2 tsp. salt

2 sticks butter, softened

1 cup sugar

1 large egg

Zest of 2 lemons

2 Tbsp. fresh lemon juice

2 tsp. vanilla

2 tsp. poppy seeds, & extra for garnish

- 1) Mix flour, baking powder, baking soda, & salt in bowl. Set aside
- 2) In large bowl, cream the butter and sugar until light and fluffy. Beat in the egg, lemon zest, lemon juice, vanilla and poppy seeds.
- 3) Slowly add the flour mixture and mix until well combined.
- 4) Drop by heaping tablespoons onto parchment-lined cookie sheets. Sprinkle with additional poppy seeds. Bake at 350 for 10—12 minutes or until edges are lightly golden.

Let cool for a few minutes.





MEDICARE ENROLLMENT **FRAUD**



Tips on How to Protect Yourself

Medicare Annual Open Enrollment for 2019 is from October 15 to December 7, 2018. During this time individuals, eligible for Medicare, can sign up for a Medicare Advantage (MA) plan also known as Part C plans and a Medicare Prescription Drug (PDP) plan also known as Part D plans. Newly established for 2019 is the Medicare Advantage Open Enrollment Period from January 1 to March 31, formally known as the Medicare Advantage Disenrollment Period from February 14 to March 31. During this time clients who are enrolled in a Medicare Advantage plan (and those who are newly eligible for MA plans) will be permitted to choose a different MA plan or return to Original Medicare, with or without a prescription drug plan.

This can be quite confusing and that is why enrollment periods provide an opportunity for scammers to find ways to take advantage of Medicare beneficiaries by obtaining their personal information or pressuring them into signing up for a Medicare plan that does not fit their needs.

Here are some tips on how to protect yourself from Medicare Enrollment fraud. Watch out for individuals who:

- Contact you via unsolicited phone calls or through an uninvited visit asking for your personal information such as your Medicare card number, your social security number or bank information. Although many of you have received your new Medicare Card which no longer contains your social security number, you should continue to protect that new number. Note, MA Plans/PDP plans may make unsolicited contact with potential enrollees using conventional/direct mail, advertisements and now via mail provided the email has an opt-out function.

- Pressure you with time limits to sign up for a plan. The dates for open enrollment are from October 15 – December 7, 2018. Insurance companies cannot start marketing their plans for the upcoming year prior to October 1st.

- Threaten you with a loss of your Medicare benefits if you do not sign up right away.

- Offer you a gift to enroll in a plan. Note, MS Plans/PDP Plans may offer a nominal gift (\$15 or less) to potential enrollees, provided the gift is given regardless whether the individual enrolls and without discrimination.

- Claim they represent Medicare.

When you do sign up for a plan, please keep a record of all signed paperwork, plan information, and contact information.

If you feel you have fallen victim to a scam or scammer, please contact your local Senior Medicare Patrol at 1-800-994-9422 / 1-203-757-5449 ext. 160

NOVEMBER IN HISTORY

10 YEARS AGO (2008):

- *The RMS Queen Elizabeth 2 (QE2) sailed her final voyage to Dubai.
- *Economies around the world plunged into a recession.
- *The Dow Jones Industrial Average dropped to its lowest level (7552) since 1997.
- *In the US Presidential election, Democratic challenger Barack Obama defeated the Republican candidate, John McCain.

15 YEARS AGO (2003):

- *At 21 years old, Britney Spears became the youngest singer to get a star on the Hollywood Walk of Fame.
- *The Concorde made its last ever flight over Bristol, England.

20 YEARS AGO(1998):

- *Daimler-Benz completed a merger with Chrysler Corporation to form Daimler-Chrysler.
- *The House of Representatives' Judiciary Committee began impeachment hearings against President Bill Clinton.
- **Star Trek: Insurrection* starring Patrick Stewart and Jonathan Frakes premiered.
- *Vincent van Gogh's "Portrait of the Artist without His Beard" sold for more than \$71 million at auction. He painted it while he was in an asylum near the end of his life and gave it to his mother for her birthday. The 1889 self-portrait was believed to be his last work.

30 YEARS AGO (1988):

- *The unemployment rate dropped to 5.3%. It was the lowest level since May 1974.
- *The first computer worm to be distributed via the Internet, the Morris worm, was launched from MIT.
- *In the US Presidential election, Republican challenger George H.W. Bush defeated the Democratic candidate, Michael Dukakis.
- *Dodgers outfielder, Kirk Gibson, won the National League MVP award.
- *A painting of two circus performers by Pablo Picasso sold for \$38.46 million at auction.

40 YEARS AGO (1978):

- *In Jonestown, Guyana, 909 people of Peoples Temple died from mass murder / suicide under the direction of Jim Jones.
- *The TV show, *Diff'rent Strokes*, premiered on NBC.
- *In the "Miracle at the Meadowlands," Philadelphia Eagles Herman Edwards returned fumble for a touchdown with just 31 seconds left to give the Eagles a 19 to 17 victory over the New York Giants.
- *Iranian troops fired on anti-Shah student protesters by Tehran University. The following day, Iranian PM Jaafar Sharif-Emami resigned to Shah Mohammed Reza Pahlavi.

50 YEARS AGO (1968):

- *In the US Presidential election, Republican challenger Richard M. Nixon defeated the Democratic Candidate, Hubert Humphrey, and Independent candidate, George C. Wallace.
- **Yale University announced it would admit women.*
- *In a close football game (32 –29) the Oakland Raiders were trailing the New York Jets with 1:05 left on the clock. NBC cut off the game to broadcast the pre-scheduled showing of Heidi. Oakland scored two touchdowns, beating the Jets 43 to 32. Fans were so outraged that they flooded the NBC switchboard to protest.
- *The Pan Am Flight 281 bound for San Juan, Puerto Rico was hijacked by four men from JFK International Airport, New York to Havana, Cuba.
- *Motion Picture Association of America introduced the rating system (G,M,R,X).
- *Glen Campbell releases his 12th album, Wichita Lineman.
- *O.J. Simpson from the University of Southern California won the 34th Heisman Trophy Award.

100 YEARS AGO (1918):

- *In a subway accident called the Malbone Street Wreck, 93 people were killed. It is also known as the Brighton Beach line Accident. It occurred on November 1 beneath the intersection of Flatbush Ave., Ocean Ave., and Malbone Street (now called Empire Boulevard) in the community of Flatbush, Brooklyn..
- *In 1918 the influenza epidemic spread into Western Samoa. It killed 7,542 people (about 200% of the population) by the

MIDDLEBURY SENIOR CENTER PRESENTS

Lancaster Show Trip & the Dutch Country



INCREDIBLE PRICE INCLUDES:

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

\$325 *

3 DAYS 2 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Wed - Fri)

May

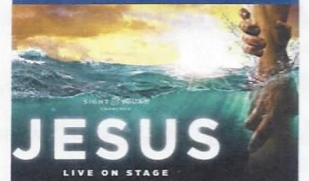
22 - 24, 2019

Departure: Middlebury, CT @ 8 am

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

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

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



JESUS Show at Sight & Sound® Millennium Theatre®



Enjoy the "OVATION" Show at the American Music Theatre



Experience the Amish lifestyle



Enjoy a Taste of Local Jams

ADD PEACE OF MIND TO YOUR TRIP...

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

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

Final Payment Due: 3/15/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Angela Leveille @ (203) 577-4166

Diamond Tours® inc.

Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.

Form ID: 4200-3A0306

WM

Tour#: 1567829

Put Your *Mind at Ease* on the Next Trip...

with the

Travel Confident® Protection Plan!

Travel Insurance - Same Price - *Regardless of Age!*

PLAN BENEFITS INCLUDE:

Trip Cancellation: You are covered for your **FULL TOUR COST** in the event you must cancel your trip for one of the reasons below.

Trip Interruption: You are covered for reimbursement of your fare to travel home and your unused prepaid tour cost (the total not to exceed your total tour cost), when you must leave your trip early for one of the following reasons:

Sickness, Injury or death to you, a traveling companion, a family member, or a business partner

Jury Duty or being required to appear as a witness in a legal action

A Strike that causes services to cease for at least 48 hours

Losing Your Job where you have worked for at least 3 years

Terrorist Attack, Hijack or Quarantine

Weather that causes your common carrier to cease operations for at least 48 hours

Fire, Flood or Natural Disaster that causes your home to become uninhabitable

Burglary of your home within 10 days of departure

Getting into a Traffic Accident on your way to your trip's departure point

You are covered for the "single supplement" surcharge if your roommate cancels for one of the above reasons.

QUESTIONS? CALL 1-866-684-0218

2 EASY Ways to Sign Up:

- 1.) MAIL** - Give a check to your Group Leader in the amount indicated by the table made out to "Travel Insured International" **OR**
- 2.) INTERNET** - Sign up at www.travelconfident.com

Trip Cost (per person)	Travel Confident® Cost (per person)
Up to \$500	= \$35
\$501 - \$600	= \$45
\$601 - \$700	= \$59
\$701 - \$1,100	= \$69
\$1,101 - \$1,500	= \$94
\$1,501 - \$2,000	= \$129

www.travelconfident.com/exclusions.aspx

RECEIVE THIS BENEFIT!

ACT NOW so you are eligible for **PRE-EXISTING CONDITION** coverage! You must purchase your Travel Confident Protection Plan within **14** days of writing your check for your initial trip deposit.
Review the complete terms in the exclusion section of your policy.

Baggage Benefit - Up to \$1,000! If your baggage is lost, stolen or damaged!

Medical Expense - Up to \$5,000! If you are injured or become ill on the trip. You also are covered for up to \$750 in emergency dental treatment.

Emergency Medical Evacuation - Up to \$20,000! Should a severe illness require immediate care and a local hospital cannot meet your needs, you are eligible for transportation to the nearest hospital with appropriate treatment. A toll-free call to 1-888-268-2824 starts the arrangements. If you are traveling alone, you are also covered for the air fare of a companion to join you at the hospital (providing you are in the hospital for at least 7 days).

24/7 Assistance Services included: Lost Baggage Retrieval • Emergency Cash Advance • Medical or Legal Referrals
• Prescription Drug/Eyeglass Replacement • Translation Services • Payment to the Assistance Company is Your Responsibility.

**** TIPS FOR TRAVELERS: ****

- Cancel with your Group Leader as soon as you are aware of the need to cancel.
- In the event you need to file a claim, contact Travel Insured International at 866-684-0218 as soon as possible. Be prepared to provide the insurance company with proof of payments for all portions of your trip, including the insurance.
- Get detailed medical statements from treating physicians where and when an accident or sickness occurred. Save your receipts, proof of all payments and proof of insurance. Pay by check or credit card when you can.
- If you have purchased the Travel Confident Protection Plan, for emergency medical evacuation call the Assistance Company at 888-268-2824 or collect at 202-296-8720. Be sure to call before you incur any expenses!

**** Please remember - this Flyer IS NOT your insurance policy. Be sure you receive a copy of your policy and read it before your trip. See your Group Leader or visit www.travelconfident.com to obtain a copy. ****

This is a brief summary of benefits under the Plan. The benefits are subject to the provisions, limitations and exclusions of the Policy. Refer to Your Policy for complete details. Plans are underwritten by the United States Fire Insurance Company. The Crum & Forster group of companies is rated A (Excellent) by AM Best Company 2012. Not all coverage is available in all jurisdictions. Travel Assistance Services are provided by an independent organization and not by United States Fire Insurance Company or Travel Insured International.

Winter Wonderland

Gingerbread Village & Christmas Bazaar

Est. 1967

St. George's Episcopal Church

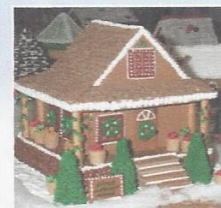
Tucker Hill Road at Rt. 188 | Middlebury, CT 06762

December 1 - 8, 2018

Bake Shoppe | Decorate Your Own Cookies

Dollar Store | Christmas Craft Room

Basket Raffle



Village & Bazaar Hours:

Sat 10 am - 7 pm

Sun 12 pm - 7 pm

Mon - Fri 2 pm - 4 pm

6 pm - 8 pm

Sat Dec. 8 10 am - 4 pm

Luncheons

Saturday, December 1 and 8

11 am - 2:30 pm

Breakfast Buffet

Saturday, December 8

8:30 am - 11 am

Adults - \$10

Children (under 8) - \$5

Menu Includes:

Eggs, french toast, corn beef hash,
sausage, fresh fruit, assorted
pastries and assorted beverages.

Luncheon to follow breakfast.








For more information gingerbreadvillagect.com





NOVEMBER 2018






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>Indicates Lower fat</i> & <i>Lower sodium meals</i> 			1 Pot roast/gravy Baked potato/sour cream Broccoli Wheat dinner roll Fresh fruit	2 Chicken & rice & carrots Seasoned pinto beans White bread Fresh fruit
5 Pork ragout Bowtie pasta Zucchini Biscuit Fresh fruit	6 Orange chicken Fried rice Green beans Wheat bread pineapple	7 Cheese stuffed shells / Spinach & white sauce Italian blend vegetables Parm cheese Garlic bread Coffee cake Fruit juice	8 Clam chowder/crax Oven baked chicken Roasted squash & peas Marble bread apricots	9 VETERAN'S DAY Sausage & pepper on Grinder roll Coleslaw Baked beans Apple juice Apple strudel
12 VETERAN'S DAY 	13 Chicken parm Penne/ sauce Parm cheese Broccoli Italian bread Fruit cocktail	14 Vegetable barley soup/crx Spinach quiche Broiled tomato/squash Herb breadstick Fresh fruit	15 THANKSGIVING SP Roast turkey/gravy Stuffing/ cranberry sauce Sweet potatoes Peas, carrots & corn Corn bread Cran-apple juice	16 Spanish meatballs White rice Tossed salad/cucumber Dinner roll Chocolate pudding/topping Apple juice
19 Bruschetta chicken Bowtie pasta Spinach Garlic bread Pound cake / berries Grape juice	20 Roast pork/gravy Roasted potato Peas & onions Rye bread applesauce	21 Tuna salad plate Tossed salad/chick peas Beet salad Hard roll pears	22 	23 THANKSGIVING HOLIDAY 
26 Beef & broccoli Brown rice/pineapple Oriental blend Rye bread Mandarin oranges	27 Squash & apple soup Turkey Bolognese Cauliflower & red pepper Wheat dinner roll Fresh fruit	28 Grandoli/sauce/cheese Caesar salad Broccoli Italian bread Fresh fruit	29 "Birthday cake" Meat loaf/gravy Smashed potato Mixed vegetables Wheat bread Orange juice	Spanish baked fish Yucca & peas Dinner roll pineapple



Virginia Guglielmo 1st
 Deb Anderson 1st
 Rita DeSantis 2nd
 Joanne Manna 3rd
 Sandra Rotella 3rd
 Angela Scarpetti 3rd
 Patricia Barret 3rd
 Linda Lauer 3rd
 Patricia Barrett 3rd
 Helen Tayfun 3rd
 Sandra Rotella 3rd
 Linda Lauer 3rd
 Anita Medici 4th
 Barbara Laezzo 4th
 Florence Smith 4th
 Deborah Tata 4th
 Anita Garegorish 5th
 Donna Kelly 5th
 Janet Valentine 5th
 Kathleen Grisgraber 5th
 Margaret Krebs 6th
 John Polmon 6th
 Shih Yuma 6th
 Catherine Sorriero 7th
 Ruth Cardona 7th
 David Voegtler 8th
 Irene Viltrakis 8th
 Robert Tetrault 8th
 Myriam Lopez 9th
 Gary Graziano 9th
 Christine Buxton 9th
 Charles Rado 9th

Ruth Donnelly 11th
 Judy Hannan 11th
 Patricia Lucas 11th
 Bertha King 11th
 Robert Druan 12th
 Patti Voghel 12th
 Peter Manna 12th
 Elizabeth Gianciarli 12th
 Elizabeth Bell 12th
 Edwin Zemeir 12th
 Nancy Stein 12th
 Ann Coe 13th
 Teresa Martinelli 13th
 Mary Ann Chiarella 13th
 Lourdes Sousa 13th
 Loretta Potz 14th
 Richard Chapulis 14th
 Mary Oliveira 14th
 Rosemary Forbes 15th
 Denise McDonald 15th
 Margaret Daley 15th
 Linda Cappello 16th
 Joyce Gensler 16th
 Pat Siemenski 16th
 Lorna Reed 17th
 Judith Morse 17th
 Eleanor Smith 17th
 Catherine Manning 18th
 Henry Radomski 18th
 Joyce Hubbard 19th
 Robert Carkner 19th

Betty Bozzuto 20th
 MaryEllen Comstock 21st
 France Roozen 21st
 Mary Santos 22nd
 Hester Friedman 22nd
 Philip Ercoli 23rd
 Carol Fitzpatrick 23rd
 Elizabeth Molder 23rd
 John McDonald 23rd
 Holly Cyr 24th
 Joan Pesce 24th
 Aldo Manzi 24th
 Betty Nipoti 24th
 Virginia Orr 25th
 Karin Schidat 25th
 Judy Andrews 26th
 Deb Scarpetti 26th
 Arlene Katz 26th
 Annette Meiklem 26th
 Angela Sharkey 27th
 Alyce Tedesco 27th
 Barb Dessereaux 27th
 Barbara McCleary 27th
 Dorene Siggars 27th
 Herbert Jacobs 27th
 Carl Miscavage 28th
 Richard Cebelenski 29th
 Margaret Coe 29th
 Lynne Huydic 29th
 Margaret Dwyer 30th
 Jackie Stanevich 30th

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
November 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club
5	6	7	8	9
9:00 AARP Drive Safe class 9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg PM	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai Chi 10:30 Pilates 10:30 Mah Jongg Anthem Presentation Computers by Appointment	9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 12:30 Hollywood Movie 1:00 Mah Jongg	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club Blood Drive 11am - 4pm
12	13	14	15	16
	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg PM	9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi 5:00 Knights of Columbus Computers by Appointment	9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Lunch & Learn Computers by Appointment	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club
19	20	21	22	23
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	COA meeting 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Piano class 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg PM	9:00 Hearing Screenings 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi Computers by Appointment		
26	27	28	29	30
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Piano class 10-12 Blood Pressure Screen 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg PM	9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 10:30 Pilates 10:30 Mah Jongg 11:00 Tai Chi Computers by Appointment	9:00 Billiards 9:30 Computer Training 9:30 Mah Jongg 10:30 Dance Class 10:30 Yoga 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art class 10:30 Cooking class 11:30 Adult Strengthening 12:30 Bridge Club

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November 2018 Bus Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
				No Lunch Today
			MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
5	6	7	8	9
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall		No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
12	13	14	15	16
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall		No Lunch Today
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19	20	21	22	23
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities		
No Lunch Today		Waterbury Mall		
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES		
26	27	28	29	30
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
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MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES