

SENIOR NEWSLETTER

Middlebury Senior Center
1172 Whittemore Road, Middlebury, CT
203-577-4166—Phone
203-577-4173—Fax

E-mail: jcappelletti@middlebury-ct.org
Hours: Monday through Friday 9:00am—1:00pm



Department of Social & Elderly Services

Mission Statement

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

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

enhance their personal development.

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



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.

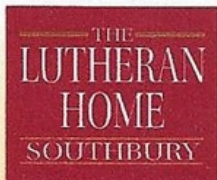
Kindly RSVP to 203-757-7660

Get **READY FOR HOME** at Lutheran Home

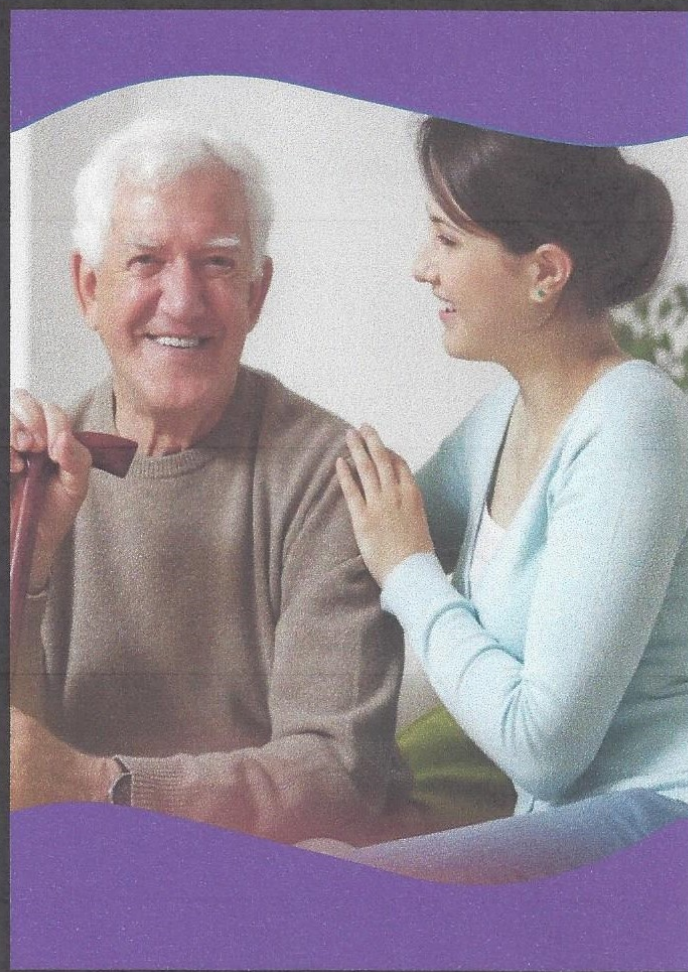
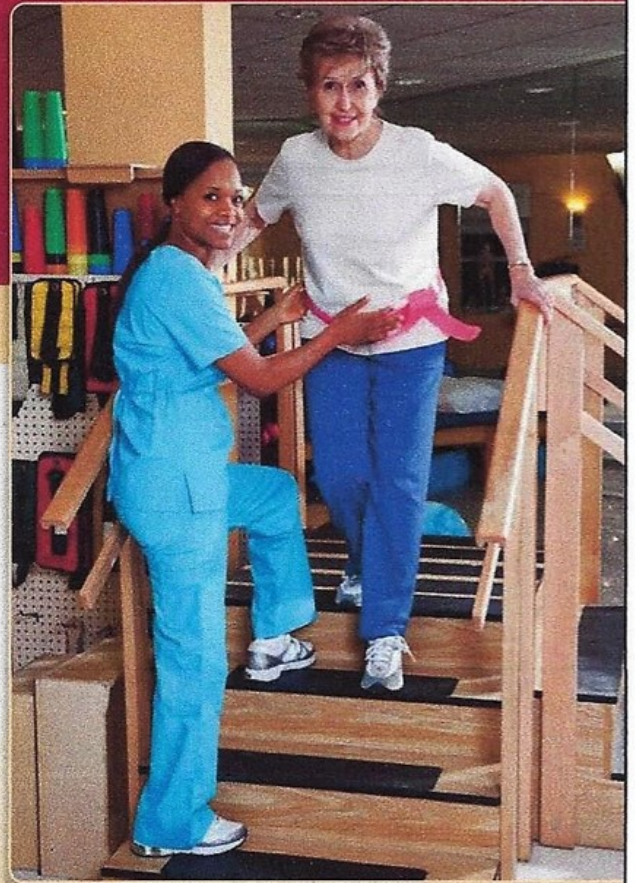
2016 5-STAR MEDICARE RATING

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



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**Holidays are a great time to talk
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- Light housekeeping • Medication reminders
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Visit www.Elderlycaregivers.org or call us today!

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midconvhome.com

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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

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:

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

*Income limits are subject to periodic change.

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

1172 Whittemore Road

Middlebury, CT 06762

Town of Middlebury

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Shepardson Community Building
1172 Whittemore Road
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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.

Passengers not complying with these regulations may have to find alternate methods of transportation

After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

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 November 19, 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 Friday, November 22, 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 |



CodeREDTM

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.



Must-know home safety tips for senior citizens

Staying safe at home can help you maintain your independence and quality of life. Preventing falls, the leading cause of death and serious injury in the senior population, is key to a long, happy life at home. Two main factors, personal and environmental, contribute to senior citizens' fall risk:

Personal factors include muscle weakness, balance problems, limited vision and certain medications

Environmental factors include home hazards such as loose rugs, poor lighting (especially on stairs) and a lack of stair railings or grab bars in the bathroom

Home safety tips for seniors

In order to help keep senior citizens safe at home and on the go, learn these senior safety tips and facts:

Focus on balance. Exercise regularly to maintain strength, and rise slowly after eating, sitting or lying down to help avoid dizziness and loss of balance.

Medicate safely. Improper use and handling of medication can create serious safety concerns. Check medication expiration dates on all prescription and over-the-counter medications – and follow all directions.

Store medications safely. Medicine is best kept in its original container, but if you must transfer medication to a new container, clearly label it with the medication name, dose, and expiration date.

Have easy access to emergency numbers. Post National Poison Control Hotline and other emergency numbers next to all phones. Be sure to add emergency numbers as contacts on your mobile phone as well..

Wear an alarm device. Consider wearing an alarm device in case you fall and cannot get up on your own.

Get annual eye exams. Ensure your glasses or contacts prescription is up to date and that you do not have any conditions that limit your vision.

Handle driving with respect and honesty. If you or your loved one has declining driving abilities, consider alternate forms of transportation. The decision, while difficult, can save lives.

Prevention safety for senior citizens

Prevent unnecessary falls and improve your safety by making yourself aware of environmental hazards. Take action to remove fall risks from your home by:

Install secure handrails and bright lights with switches at the top and bottom of stairways.

Repair loose or uneven steps. Check stairs for worn or loose carpeting and install anti-slip treads.

Always wear shoes with traction and make sure throw rugs have non-skid backing.

Install grab bars for the toilet, bathtub and/or shower, and use non-slip mats or decals on ceramic surfaces both inside and outside the tub.

Install nightlights in areas you frequent at night. Also, consider keeping a flashlight near your bed.

Store frequently-used items on lower shelves in the kitchen to limit the use of stools or step-ladders. If you must use a step stool, use one with a bar to hold onto.

Middlebury Senior Center offers Tai Chi classes on Wednesdays at 8 & 9:30am. These classes focus on the safety issues that are essential to us as we age. Give them a try. 203-577-4166

WHAT IS THE REAL ID PROGRAM?

THE OVERALL PROGRAM IN BRIEF:



The program began in Connecticut in October 2011 and the federal government has established a deadline of October 1, 2020 for individuals wanting to board an airplane for domestic travel by just showing their driver's license or ID card. Travelers without a verified license or ID card will also have the option of showing other identity documents, such as a passport or military ID to board a plane.

People wanting a license or ID card indicating their identity was verified by DMV will need to present certain original documents like a birth certificate, a valid U.S. passport or other primary documents, proof of Social Security number, proof of name changes including as a result of marriage, divorce, etc. as well as proof of current address.

Anyone not wanting this verification can simply decline and renew their regular license or DMV-issued ID card. If someone declines, a valid U.S. passport can serve the same purpose as the verified license or ID card at federal screening checkpoints.

Non-U.S. citizens who request the identity check must show various identity documents and establish legal presence in the U.S. DMV will verify using the Systematic Alien Verification for Entitlements Program (SAVE). Without legal presence, DMV will not renew the driver's license or DMV-issued ID card. A Drive Only license is not eligible for verification.

Anyone with a renewed license can drive legally regardless of whether an identity check is done.

If you have a Gold Star "verified" license, you will not need to bring any additional documents to the DMV if there is no change. You can get a verified license or ID card any time before your current one expires. A \$30 duplicate fee applies.

WHAT IS THE REAL ID PROGRAM? Based on the federal **REAL ID** law, the Connecticut Department of Motor Vehicles started a program for customers renewing driver licenses and DMV-issued ID cards. It stems from national security measures and federal identification standards resulting from the Sept. 11, 2001, terrorist attacks in the U.S. It is also designed to offer residents additional protection against identity theft. Since October 2011, DMV has offered customers renewing driver licenses and DMV-issued ID cards the option to have the same identity verification that existing federal and state standards require for new license and ID card applicants. This identity verification is a one-time review of original identity documents.

WHAT DOES A VERIFIED ID DO FOR ME? These identity-checked driver licenses and DMV-issued ID cards are part of a federal program showing that the credential holders meet a federal identity standard that will be in place on October 1, 2020 for flying domestically or entering certain federal buildings. Connecticut DMV started offering this verification in October 2011 so that everyone had an opportunity at renewal time to get the verification prior to October of 2020.

AM I ELIGIBLE FOR A VERIFIED CREDENTIAL? Only U.S. citizens and permanent residents are eligible for a verified credential. Citizens without a valid U.S. Passport, U.S. Birth Certificate or U.S. Consular Report of Birth Abroad will be subject to verification using the Systematic Alien Verification for Entitlements Program (SAVE). An Alien Registration Receipt card (Form I-151) is not considered an acceptable document and must be updated before any Connecticut Department of Motor Vehicles credential can be issued.

YOU WILL NEED original proof of identity documents.

Proof means: an original birth certificate and other primary documents, original Social Security card and original papers showing permanent residency in the U.S.

Also, if a name is different than as shown on a birth certificate, the person must also show proof of the name change: original marriage licenses, divorce decrees, legal documents name changes by court orders, adoption papers, etc. Certified copies will also be accepted.

Everyone wanting the identity verification will also need to show their address on two items of proof.

REQUIREMENTS FOR NON-U.S. CITIZENS: Non-U.S. citizens also will need to show a permanent resident card or other legal presence documents proving permanent residency.

YOU CAN USE YOUR U.S. PASSPORT AT THE AIRPORT INSTEAD OF HAVING THIS ADDITIONAL IDENTITY CHECK DONE: A valid U.S. passport can be used because existing federal standards are built into them.

People not wanting the identity verification can decline and need only say that they want to renew their current driver license or ID card.

The new identity-checked driver licenses and DMV-issued ID cards will have a gold star in the upper right hand corner. Those without this identity check will have their licenses or ID cards stamped "Not for Federal Identification" since it has not met the federal standard for identification.

Driver license holders who are renewed can drive legally with or without the identity verification.

The cost of the driver license or ID card renewals cards is the same whether identity is checked or not. (Regular license renewal for 6 years is \$72; anyone 65 years-old and older can renew for two years at \$24; commercial driver's license renewal is every 4 years and is \$70. DMV-issued ID cards are renewed for \$22.50 for six years.). If you are not renewing and want to obtain a verified license or ID card, you will be charged a one-time \$30 fee. These identity verification checks are done at either DMV offices, participating AAA offices, the Milford and North Haven Nutmeg State Financial Credit Union, Stamford (Work Place, Inc.) or West Haven City Hall. Non-U.S. citizens must visit a DMV office.

Under current law, a Drive Only license does not qualify for a verified license.





**TAX AIDE
VOLUNTEERS NEEDED**

An Invitation is extended to anyone seeking a worthwhile volunteer activity utilizing their basic computer skills. AARP Tax-Aide counselors assist individual taxpayers prepare and electronically file Federal and State income tax returns. AARP Foundation Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. There is need for volunteer tax preparers, greeters, local leaders, and technology coordinators to manage and staff sites in Woodbury and Middlebury.

Tax-Aide volunteers receive training and support in an appreciating environment. Every level of experience is welcome. All volunteers are required to certify upon completing basic training and tax preparers are further trained in tax law applications, preparation of the tax forms, and use of IRS provided software.

For those who like working with people and aren't afraid of a few numbers, Tax-Aide Counselors interact with taxpayers by preparing tax returns on a one-on-one basis. All counseling sessions are by scheduled appointments on weekdays during the day. Even if you don't have accounting or tax forms experience, becoming a tax counselor may be right for you.

We also need Greeters who are the first person taxpayers meet when they enter our site. Greeters make sure the taxpayer has all the necessary paperwork before meeting with a volunteer Counselor. They also manage the flow of clients being served.

Anyone interested in volunteering, having questions, or know of a referral can contact Dan Denver, Local Coordinator, (203) 565-6171, dandenv2002@yahoo.com. Neither volunteers or taxpayers need to be a member of AARP or a retiree to participate in this program.



Assistive Technology Center

GADGETS & GIZMOS

To Make your Life Easier

The WCAAA Tech Center provides free, demonstrations.

Assistive Technology Center has any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individuals with or without disabilities in all aspects of life, including at school, at work, at home or in the community. The WCAAA, Assistive Technology Center provides free personalized or group demonstrations on assistive devices such as magnifiers, 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 located at the WCAAA, 84 Progress Lane, Waterbury, CT 06705

The Connecticut Tech Act Project's Assistive Technology Loan Program (ATLP) assists Connecticut residents with disabilities and older adults to obtain the assistive technology devices and services they need to enhance independence and productivity in the community, education and employment.

Eligible applicants may borrow from \$500—\$30,00, at a low interest rate, for up to 10 years depending on the life of the device. The ATLP can be used for a broad range of devices such as assistive listening devices, magnifiers, computers and software, scooters, stair lift, modified vehicles, and much more.

TO find out more about the Assistive Technology Loan Program visit www.CTtechact.com/loan or call 860-424-5619.

For more information, please call Charlene @ 203-757-5449 ext. 101 for an appointment for a presentation or email cwicks@wcaaa.org.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Begins October 1, 2019

Applications for the Connecticut Energy Assistance Program will be accepted October 1, 2019 to March 15, 2020 for fuel and May 15, 2020 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. 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 2, 2019 to April 14, 2020; May 15, 2020 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income 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.

In order to ensure that your application is processed as quickly as possible, it is necessary to submit the following:

- ⇒ Income must be provided for every household member over the age of 18 for the last 4 weeks prior to the application date.
- ⇒ If you are self employed, a notarized Self-Employment worksheet for the last six or twelve months and your most recently filed 1040 IRS form, including all schedules.
- ⇒ Social Security benefits documents.
- ⇒ Pension or annuity check stubs.
- ⇒ If unemployed, the printout of Unemployment Compensation Benefits.
- ⇒ Workman's Comp or Disability Insurance; statement showing benefits and period covered.
- ⇒ Rent receipts for rental income, or your tenants' lease.
- ⇒ VA award letter for Veteran's Benefits (including pensions.)
- ⇒ Dividend and interest statements for the most recently completed period (if more than \$10 per month).
- ⇒ Statements verifying alimony and/or child support.
- ⇒ Statements indicating the amount and frequency of payments from friends or relative who are contributing to your household's support signed by them.
- ⇒ Current utility bill if you heat with gas or electricity.
- ⇒ For disability income you must provide medical certificate signed and stamped by a physician.
- ⇒ Provide statements from every institution that you or any other adult household members have an account with.
- ⇒ Copy of your household's current electric bill.

Information regarding the Energy Assistance Program is available by calling the Social Services Director at 203-577-4166 ext. 3

The office is located at the Shepardson Community Center at 1172 Whittemore Rd. Middlebury, CT.06762



Medicare Open Enrollment

October 15 — December 7, 2019

Did you know that you are not permanently “locked-in” to your current Medicare 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 the following year.

Open Enrollment is right around the corner—beginning October 15, 2019 and ending December 7, 2019. 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 a better options available to you

GET HELP WITH MEDICARE REVIEWS

Nancy Cimmino, insurance specialist, will be available for help with your personal questions every Wednesday in the month of November to December 4th from 9am to 12noon.

BY APPOINTMENT ONLY 203-577-4166



UPDATE:

Renewed Efforts to Prevent Unwanted Telephone Calls.

Our legislators and public agencies are listening. Recent efforts by Attorneys General in all fifty states and Congressional leaders may relieve us from the billions of unwanted telephone fraud calls we receive everyday. CT Attorney General William Tong announced in an August 22, 2019 press release that 12 telephone companies have agreed to adopt 8 principles to help us fight these calls, referred to as Anti-Robocall Principles (automated calls).

These principles will offer customers free-call blocking, investigate suspicious calls/calling patterns, monitor their networks for robocall traffic, implement technology to authenticate caller verification and trace origins and take action against suspicious callers by notifying appropriate law enforcement. In a bipartisan effort Congressional leaders in Washington, D.C., have overwhelmingly passed legislation that still needs to be reconciled before being signed into law by the President, which is expected in the next few months. This legislation hopes to protect people from the constant harassment of these disruptive calls by giving federal agencies stronger enforcement tolls, and mandates the Federal communications Commission (FCC) report annually to Congress on this issue.

Additionally, Connecticut U.S. Senator Richard Blumenthal has co-sponsored legislation that would close the loopholes that currently exempt the telecom carriers from Federal Trade Commission (FTC) regulation, and would empower the federal agency to investigate whether these companies knowingly facilitate these illegal calls. All these new efforts by our elected representatives and the telephone companies are a welcome development. But many of the telephone companies already provide some of these services, the partnership with the Attorneys General is completely voluntary, and the final legislative language to be reconciled by the House and Senate has yet to be published. Stay tuned and **REMEMBER: NEVER ANSWER OR REPLY TO THESE UNWANTED CALLS. HANG UP!**



EATING HEALTHY AND LOSING WEIGHT

Thursdays 11:00 — 12:00

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 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."

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 Middlebury Senior Center, 1172 Whittemore Road.

AARP Driver Safety Program



**Monday,
November 4,
2019
9:00am**

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

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

New materials and new videos

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

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

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

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

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

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



Thwack!

It's the sound of a hard plastic ball forcefully hitting another, sending it careening across the green felt top of a pool table.

To pool players, it is one of the most satisfying sounds on Earth.

And one of the most satisfying sights is when a ball, preferably the last one on the table, rolls straight into a designated pocket of the table, signaling the end of the game and a win for one of the players.

Shooting pool - the game used to conjure up images of pool halls inhabited by shady characters wearing green eye shades, squinting through smoke that drifted upward from cigarettes clamped between their lips, while they muttered "three ball in the side pocket."

The game, also called billiards, has changed, gaining respectability and enticing a whole new clientele to rack up the balls.

Men and women both participate.

The pool players at the Middlebury Senior center would like to invite players to join them. No experience necessary. They meet at the center every Thursday morning at 9:00am. Playing is free of charge.



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.

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

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 203-577-4166 ext. 4.



LION'S CLUB TURKEY DINNER

Wednesday, November 6, 2019

5:00pm—7:00pm

Shepardson Community Building

\$10.00 / Adult

\$8.00 / Seniors & Children 6—12 yrs.

No charge — children under 6

Immediate family Max: \$35.00

(\$1.00 extra for take-out)

Tickets available at the Senior Center

Or at the door.

DAYLIGHT SAVINGS TIME

begins

November 3, 2019 at 2am



Middlebury Senior Center will be closed:



**On Monday, November 11
for Veterans Day**



**On Thursday, November 28
& 29 for the Thanksgiving
Holiday**

LUNCH & LEARN

Wednesday, November 6,
2019

11:30AM

Samantha Goodman from the Hearth in Southbury will be providing us a free lunch and a very informative talk.

The topic is "Evaluating a Senior Living Community"

If the time comes for you to move from your home to a senior living community, do you know the questions to ask? What criterion would you use to evaluate your options? What is the difference between independent living, assisted living, skilled nursing, and memory care? Talk to an expert from The Hearth at Southbury about how to make the best choices for your future needs.

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



LUNCH & LEARN

Wednesday, November 20,
2019

11:30am

"The Wheel of Life: A Way to Experience Gratitude and Humility"

- A Presentation by the Rev. Dr. Leo McIlrath, Ecumenical Chaplain

The Lutheran Home of Southbury

Take one hour to discover how fortunate/blessed you are, surrounded by hundreds of people who have helped you to be the person who you are. Appreciating family, classmates, co-workers, members of athletic teams as well as those in the arts and social service communities, you will much better appreciate the wonder-full person you, yourself, are.

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

Hollywood Movie

Bio & Talk

Thursday, November 14
12:30pm



The Man Who Knew Infinity

In the 1910s, Srinivasa Ramanujan is a man of boundless intelligence that even the abject poverty of his home in Madras, India, cannot crush. Eventually, his stellar intelligence in mathematics and his boundless confidence in both attract the attention of the noted British mathematics professor, G.H. Hardy, who invites him to further develop his computations at Trinity College at Cambridge. Forced to leave his young wife, Janaki, behind, Ramanujan finds himself in a land where both his largely intuitive mathematical theories and his cultural values run headlong into both the stringent academic requirements of his school and mentor and the prejudiced realities of a Britain heading into World War One. Facing this with a family back home determined to keep him from his wife and his own declining health, Ramanujan joins with Hardy in a mutual struggle that would define Ramanujan as one of India's greatest modern scholars who broke more than one barrier in his worlds.

Starring: Jeremy Irons
Dev Patel
Malcolm Sinclair

Director: Matt Brown

Writers: Matt Brown & Robert Kanigel

Refreshments will be served and all are welcome.



Holiday Lights Fantasia

Thursday, December 5, 2019

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 at Friendly's. 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.



CINEMA FESTIVAL Gingerbread Village & Christmas Bazaar

St. George's Episcopal Church
Tucker Hill Road, Middlebury, CT

December 7—14, 2019

Village & Bazaar Hours:

Saturday – 10am – 7pm

Sunday – 12pm -- 7pm

Mon. – Fri. 2pm – 4pm

6pm – 8pm

Sat. Dec. 14 – 10am – 4pm

Bake Shoppe / Decorate Your Own Cookies /
Dollar Store / Christmas Craft Room

Basket Raffle



ANNUAL SENIOR CHRISTMAS PARTY

Thursday, December 19, 2019

11:30 am

The Annual Christmas Party for the Middlebury Senior Center will be held on Thursday,
December 19, 2019 at 11:30am.

On The Menu:

Chef Carving Roast Beef
Dessert

Rice Pilaf

Tossed Salad

Green Beans Almandine



ENTERTAINMENT





Senior Lunch

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



Art Class

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

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 -11:30am The cost is \$30 for 8 classes

Nutritional Cooking Classes



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

Yoga



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

Chair Massage



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

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.

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.



The MIRACLE OF CHRISTMAS in Lancaster, PA

3 Day Tour – November 19 – 21, 2019

Under crushing Roman rule, the Hebrews wonder: When will the Messiah come?

Into the midst of this turmoil, Mary is told she will bear god's son. Angels proclaim his birth; shepherds and kings pay him homage. Clearly this is no ordinary child! But who is he? Is he the Savior? See the Christmas story brought to life with high drama, special effects and live animals.

Package Includes:

- Roundtrip Deluxe Motor Coach
- 2 Nights at the Crowne Plaza Hotel
- 2 Breakfast Buffets at the Hotel
- Millers Smorgasbord (Dinner #1)
- Dinner Show at the Crowne Plaza
- Dinner in a real Amish Home
- Reserved seats for the "Miracle of Christmas Show" at the amazing Sight Sound Theater
- American Music Theater "Joy to The World"
- Guided Amish Country Farmland Tour
- Amish Quilt & Craft Shop & Country Surprise
- Kitchen Kettle Village
- Shady Maple Shopping ^ Flea Market
- Baggage Handling
- All Meals & Hotel Tax
- Driver & Guides Gratuities



THREE SHOWS

\$434 Double Occupancy

\$414 Triple / Single \$535

\$50 deposit upon sign up

Balance due 10-17-2019

Cancellation Protection

Is available for \$39 Per Person



NOVEMBR IN HISTORY

10 YEARS AGO (2009)

- ◆ Four police officers were murdered by gunman Maurice Clemmons in Parkland, WA.
- ◆ The New York Yankees beat the Philadelphia Phillies 7 to 3 in Game 6 at Yankee Stadium to win a record 27th World Series.

20 YEARS AGO (1999)

- ◆ *Australians voted to keep the British monarch as their head of state in the Australian republic referendum.*
- ◆ *The 19th James Bond film, "The World is not Enough", starring Pierce Brosnan*
- ◆ "Toy Story 2", starring Tom Hanks and Tim Allen premiered.

30 YEARS AGO (1989)

- ◆ North Dakota and South Dakota celebrated their 100th birthdays of statehood. North Carolina celebrated its 200th birthday.
- ◆ Congress passed legislation to raise the minimum wage from \$3.35 to \$4.25 an hour by April 1991.
- ◆ The Berlin Wall was brought down on November 9.
- ◆ The U.S. Men's Soccer Team qualified for the 1990 FIFA World Cup after 40 years of absence.
- ◆ A law banning smoking on most domestic flights was signed by President George H.W. Bush.

40 YEARS AGO (1979)

- ◆ Iranian Ayatollah Khomeini urged his people to demonstrate on November 4 and to expand attacks on U.S. and Israeli interests.
- ◆ More than 3,000 Iranian radicals, mostly students invaded the U.S. Embassy in Tehran and took 90 hostages (53 of whom were American). In response to the hostage situation, President Jimmy Carter ordered a halt to all oil imports into the U.S from Iran..
- ◆ The first artificial blood transfusion occurred at the University of Minnesota Hospital.
- ◆ "The Wall" by Pink Floyd was released. It sold six million copies in the first two weeks.
- ◆ The U.S. admitted that troops in Vietnam were exposed to Agent Orange, a toxic chemical..

50 YEARS AGO (1969)

- ◆ The children's television show, "Sesame Street" premiered on PBS.
- ◆ In the second manned mission to the moon, NASA launched Apollo 12 with astronauts Pete Conrad, Richard Gordon and Alan Bean.
- ◆ Dave Thomas opened his first restaurant in down town Columbus, OH which he named Wendy's after his eight-year-old daughter Melinda Lou (who was nicknamed Wendy by her siblings).
- ◆ Simon & Garfunkel recorded *Bridge over Troubled Water*.
- ◆ Vice President Spiro Agnew accused network TV of media bias.

100 YEARS AGO (1919)

- ◆ The Coal Strike of 1919 began by the United Mine Workers . More than 400,000 coal miners walked off their jobs. The United Mine Workers led by John L. Lewis had abided by a wartime agreement to refrain from wage hikes. The strike was in protest of low wages and long work hours. U.S. Attorney General Mitchell Palmer invoked the war-time law against profiteering and interference with the production of necessities i.e., coal. By the third week of November, with Thanksgiving days away, the coal strike was having a nationwide impact. The mines stayed closed for a month. President Wilson got involved to stop the dispute. The strike ended, and the coal miners received a 27% wage increase, and John L. Lewis became a national hero.
- ◆ The first Palmer Raid was conducted on the second anniversary of the Russian Revolution during the First Red Scare (the term given to the reaction against communist radicals) . More than 10,000 suspected communists and anarchists with suspected radical leftist ties were arrested in the U.S.

Veterans' Day November 11, 2019



Armistice Day was first celebrated on November 11, 1919. It was the one-year anniversary of the end of World War I. (Major hostilities formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the armistice with Germany went into effect.) The U.S. Originally Observed Armistice Day with a congressional act that was approved on May 13, 1938 that made November 11 a legal holiday. The name was changed by President Dwight D. Eisenhower in 1954.

Thanksgiving Day

November 28, 2019



The first national Thanksgiving proclamation was issued by President George Washington in 1789.

November 26, 1789 was a day set aside for "Public Thanksgiving and praise, and duty calling us devoutly to express our grateful acknowledgements to God for the manifold blessings he has granted us."

Thanks giving, as we now know it, is largely the result of the hard working efforts of Dogey's Lady's Book editor, Sarah Josepha Hale. Hale started her one woman crusade for a Thanksgiving celebration in 1827. In her editorials, she encouraged the public to write to their local politicians. Over a period of 40 years, she wrote hundreds of letters to governors, ministers, newspaper editors, and each President. She always made the same request that the last Thursday in November be set aside to "offer to God our tribute of joy ad gratitude for the blessings of the year." In an attempt to strengthen spirits during the Civil War in 1863, President Lincoln declared the last Thursday in November as a national day of thanksgiving starting in 1864.

In 1939, 1940, and 1941, President Franklin D. Roosevelt thought the day was too close to Christmas (some sources say he wanted to lengthen the Christmas shopping season) so he proclaimed Thanksgiving as the third Thursday in November. In 1941, congress passed joint resolution for Thanksgiving to be celebrated on the fourth Thursday in November, Starting in 1942.

FIRST THANKSGIVING DINNER

The Wampanoag tribe of Native Americans helped the Pilgrims survive their first year in the New World, and they celebrated together in the autumn of 1621 with a holiday feast. Information about the first Thanksgiving comes from a letter written in December 1621 by Edward Winslow. He was one of the people who sailed from England in 1620 that founded the Plymouth Colony in Massachusetts. According to Winslow, it was considered a harvest celebration and took place over three days sometime between late September and mid-November in 1621. The celebration included feasting, games, and military exercises. They ate wild turkey, venison (Native Americans brought this), fish, and shellfish and native wild plants including Jerusalem artichokes, garlic, cranberries, grapes, walnuts, and chestnuts. They also ate food from their gardens including cabbage, carrots, cucumbers, leeks, parsnips, and pumpkins.





HAPPY BIRTHDAY NOVEMBER 2019

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

Virginia Guglielmo 1st
 Rita DeSantis 2nd
 Barbara Laezzo 4th
 Florence Smith 4th
 Deborah Tata 4th
 Allen Jeffreys 4th
 Anita Garegorish 5th
 Donna Kelly 5th
 Kathleen Grisgraber 5th
 John Polmon 6th
 Shih YuMa 6th
 Catherine Sorriero 7th
 Charles Rado 9th
 John Aiello 10th
 Anne Curtis 11th
 Bertha King 11th
 Robert Druan 12th
 Patti Voghel 12th
 Peter Manna 12th
 Elizabeth Gianciarli 12th
 Ann Coe 13th
 Mary Ann Chiarella 13th

Lourdes Sousa 13th
 Mary Oliveira 14th
 Lorna Reed 17th
 Angela Konavaluk 18th
 Robert Carkner 19th
 Nellie Blanchette 19th
 Elaine Burkman 19th
 Giles Charland 19th
 Betty Bozzuto 20th
 MaryEllen Comstock 21st
 France Roozen 21st
 Mary Santos 22nd
 Philip Ercoli 23rd
 Alyce Tedesco 27th
 Barb Dessereaux 27th
 Dorene Siggars 27th
 Moria Mehmet 28th
 Carl Miscavage 28th
 Joe Guay 29th
 Jackie Stanevich 30th



November 2019



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| Suggested donation is \$3.50 per meal |  | Tom Rosa's Movie Next Thursday |  | 1  |
| 4 AARP Drive Safe Class | 5 Sausage & Meatballs Penne pasta/sauce Parm cheese Italian blend vegetables Garlic bread Fresh fruit | 6 LUNCH & LEARN Free Lunch with the The Hearth Topic: Senior Living | 7 Butternut squash & apple soup Turkey/gravy Baked potato/sour cream Broccoli Corn bread Fresh fruit | 8  |
| 11  | 12 VETERANS DAY SPECIAL All American sausage & pepper grinder Cole slaw/baked beans Apple juice Apple strudel | 13  | 14 Pork loin / gravy Baked sweet potato Green beans Pumpernickel roll Apple juice Chocolate chip cookie | 15  |
| 18  | 19 Salisbury steak/ gravy Smashed potato Mixed vegetables Rye bread Apple juice Berry strudel | 20 LUNCH & LEARN Free Lunch with the Lutheran Home Topic: "Wheel of Life" | 21 Chicken picatta Bowtie noodles Zucchini Wheat dinner roll BIRTHDAY CAKE | 22  |
| 25  | 26 Thanksgiving Day Special Roast turkey/gravy Stuffing/sweet potatoes Cranberry sauce Carrots, peas & corn Corn bread, Cranapple juice Pie | 27  | 28  | 29  |

Lunch Reservations three (3) days in advance, please

Pool Table available daily

Lunch donation - \$3.50

Lunch Served at 11:45

Middlebury Senior Center

203-577-4166

November 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
|  |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 |
| 9:00 Billiards 10:30 Mah Jongg 10:30 Pilates AARP Drive Safe class | 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg | 8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates Lunch & Learn Minibus to Brass City Mall | 9:00 Billiards 10:30 Yoga 10:30 Dance class 10:30 Mah Jongg 11:00 Losing Weight w/ Eliz 12:30 Bridge Club 1:00 Mah Jongg | 9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:00 Adult Strengthening 12:30 Bridge Club |
| 11 | 12 | 13 | 14 | 15 |
|  | 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg | 8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates Minibus to Brass City Mall | 9:00 Billiards 10:30 Yoga 10:30 Dance class 10:30 Mah Jongg 11:00 Losing Weight w/ Eliz 12:30 Bridge Club 12:30 Tom's Hollywood Movie 1:00 Mah Jongg | 9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:00 Adult Strengthening 12:30 Bridge Club |
| 18 | 19 | 20 | 21 | 22 |
| 9:00 Billiards 10:30 Mah Jongg 10:30 Pilates | 9:00 Billiards 9:30 COA meeting 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg | 8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates Lunch & Learn Minibus to Brass City Mall | 9:00 Billiards 10:30 Yoga 10:30 Dance class 10:30 Mah Jongg 11:00 Losing Weight w/ Eliz 12:30 Bridge Club 1:00 Mah Jongg | 9:00 Hearing Screening 9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:00 Adult Strengthening 12:30 Bridge Club |
| 25 | 26 | 27 | 28 | 29 |
| 9:00 Billiards 10:30 Mah Jongg 10:30 Pilates | 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg | 8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates Minibus to Brass City Mall |  |  |

Lunch Reservations three (3) days in advance

Minibus operates 8:30 AM to 2:30 PM - 2 day notice required

Lunch donation - \$3.50

Lunch served at 11:45 AM

Middlebury Senior Center

203-577-4166

November 2019 Bus Schedule

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