

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 &
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



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

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Offering Short & Long Term Care

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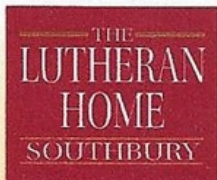


Get **READY FOR HOME** at Lutheran Home

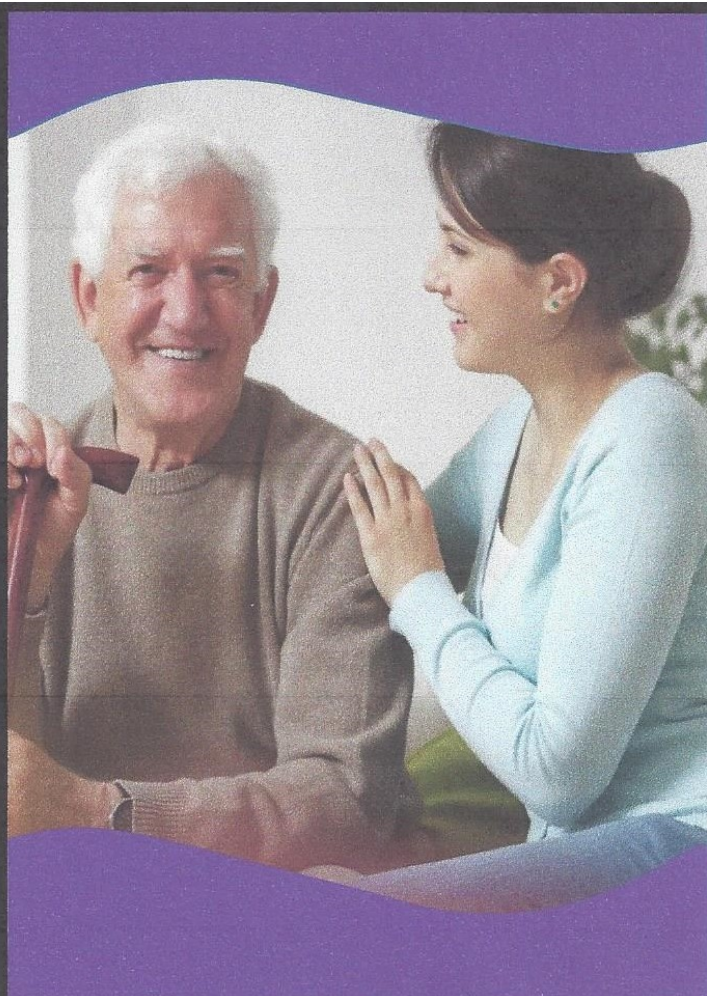
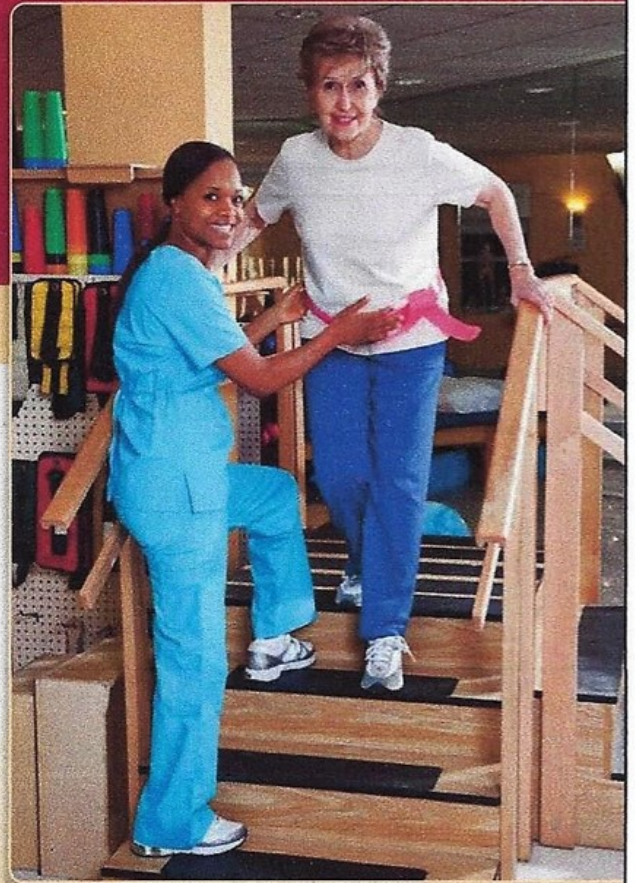
2016 5-STAR MEDICARE RATING

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



Elderly Caregivers
Homecare is the Best Medicine

**Holidays are a great time to talk
with family members about
keeping your independence**

**We specialize in 24/7 Live-In
Companions, Homemakers & Personal
Care Assistants**

(Non-medical services- Reasonable rates)

- Light housekeeping • Medication reminders
- Bathing • Dressing • Incontinence care
- Meal preparation

Visit www.Elderlycaregivers.org or call us today!

203-628-7438

31 West Street Danbury CT 06801

MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION

(funding provided by Connecticut Department of Housing)



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

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, 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

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
Fax: 203-577-4173
E-mail: jcappelletti@middlebury-ct.org



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 Wednesday, October 16, 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.

OCTOBER is



Breast Cancer Awareness Month

Breast Cancer Awareness Month (BCAM), also referred to in America as **National Breast Cancer Awareness Month (NBCAM)**, is an annual international health campaign organized by major [breast cancer](#) charities every October to increase [awareness of the disease](#) and to [raise funds](#) for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

Breast cancer awareness month is a yearly campaign that intends to educate people about the importance of early screening, test and more. This campaign starts on October 1 and ends on October 31 every year.

Charlotte Hayley, who had battled breast cancer, introduced the concept of a peach colored breast cancer awareness ribbon. She attached them to cards saying, *"The National Cancer Institute's annual budget is 1.8 billion US dollars, and only 5 percent goes to cancer prevention. Help us wake up our legislators and America by wearing this ribbon."*

Hayley was strictly grassroots, handing the cards out at the local supermarket and writing prominent women, everyone from former First Ladies to Dear Abby. Her message spread by word of mouth. Hayley distributed thousands of these cards.

The peach colored ribbon of Hayley aroused interest from Alexandra Penney, editor in chief of *Self magazine*, who was working on *Self magazine's* 1992 National Breast Cancer Awareness Month issue. She saw the initiative to adapt to Hayley's idea by working with her. But Hayley rejected the offer saying that *Self's* initiative was too commercial.

Unable to use the Hayley's peach ribbon for legal reasons, *Self magazine* and other people interested on promoting the breast cancer awareness with a ribbon a symbol decided to go pink.

The pink ribbon is a marketing [brand](#) for businesses that allows them to promote themselves with women and identify themselves as being socially aware. Compared to other women's issues, promoting [breast cancer awareness](#) is politically safe.

[Male breast cancer](#), which is rare, is generally overlooked. In 2009 the male breast cancer advocacy groups Out of the Shadow of Pink, A Man's Pink, and the Brandon Greening Foundation for Breast Cancer in Men joined together to globally establish the third week of October as "Male Breast Cancer Awareness Week"

USED INK CARTRIDGES



Don't throw your used ink cartridges away.

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

Thank You



Flu Shots will be available at the Middlebury Senior Center on Monday, October 21, 2019 from 1:00 to 2:00pm.

In order to avoid overcrowding and unnecessary waiting time, please call 203-577-4166 for an appropriate time.



Achievement
Through
Technology

Assistive Technology Center

GADGETS & GIZMOS

To Make your Life Easier

The WCAAA Tech Center provides free, demonstrations.

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

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.



DAYLIGHT SAVINGS TIME

begins

November 3, 2019 at 2am

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 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 October and November from 9am to 12noon.

Please call for appointment

203-577-4166

SAILORS VALENTINES

Tuesday, October 22, 2019
10 am- until finished



Sailors’ Valentines are octagonal shaped, intricately designed shell mosaics that originated in Barbados during the late 18th and early 19th centuries. They are made up of hundreds of shells, nautical symbols, simple words, seeds, and other small items that can be found on beaches. Sailors would buy these creations to bring home to their loved ones after a long voyage at sea.

All materials will be provided for this workshop where you can create your own sailors’ valentine, approximately 11” x 11”. A shadow box can be purchased at the workshop for less than \$10 if you do not have your own. The process of creating these works of art has been described as ‘meditative’, as though one is creating a jigsaw puzzle out of shells.

Call 203-577-4166 to reserve your seat.

Tuesday, October 22, 2019

The Elder Abuse/ Fraud Presentation discusses protecting your assets by preventing identity theft and identifying and avoiding scams for Seniors. 203-577-4166

ion BANK All kinds of easierSM

Tuesday October 29

Come to learn about information on accounts, and services ION Bank provides



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!"



**TAX AIDE
VOLUNTEERS NEED-
ED**

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.

**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

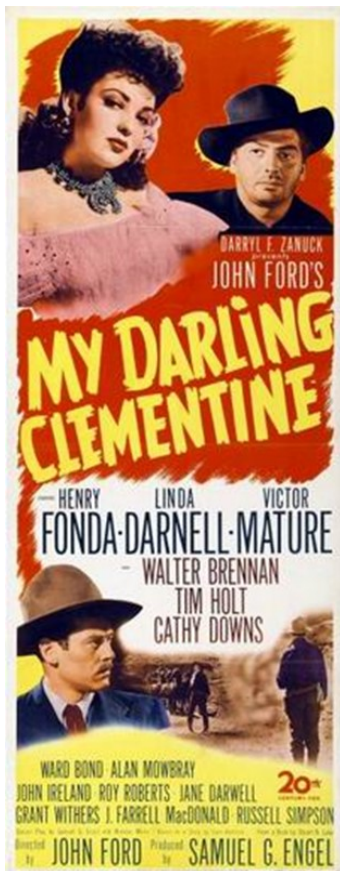
There is no charge for this class

Any questions, 203-577-4166

Hollywood Movie

Bio & Talk

Thursday, October 10
12:30pm



My Darling Clementine

1946 • Drama/Action • 1h 43m

Description

In the middle of a long cattle drive, Wyatt Earp (Henry Fonda) and his brothers stop off for a night in the town of Tombstone. The next morning they find their cattle stolen, and one of the brothers is dead. Earp suspects the Clanton family, owners of the O.K. Corral, but wants his revenge to be legal. He becomes sheriff of Tombstone and forges a rough peace with an alcoholic gambler, Doc Holiday (Victor Mature). Earp also takes a liking to Holiday's former girlfriend, Clementine (Cathy Downs).

Starring:

Henry Fonda - Wyatt Earp
Victor Mature – Doc Holiday
Cathy Downs - Clementine

Release date: December 3, 1946 ([USA](#))

Director: [John Ford](#)

Set decoration: [Thomas Little](#)

Screenplay: [Winston Miller](#), [Samuel G. Engel](#)

Story by: [Stuart N. Lake](#), [Sam Hellman](#)

Refreshments will be served and all are
welcome.

LUNCH & LEARN

Wednesday, October 16, 2019

11:30am



This month "Pain Management, a Live Well Program" presented by Jessica Warner from (WCAAA)

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

FIRE PREVENTION

Solution:

1	S	A	N	4	A	B	E	L	E	9	A	M	E	B	A			
14	A	T	E	15	D	E	M	O	S	16	L	E	V	E	L			
17	F	A	T	18	A	S	S	O	C	19	A	N	E	N	T			
20	E	X	H	O	R	T	22	A	I	R	S							
24	T	I	E	R	25	D	E	P	T	27	A	D	H	30				
31	Y	A	R	D	32	M	U	S	E	S	33	I	O	U				
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		38	F	O	R	E	S	T	40	H	O	A	R	S	E			
42	R	I	N	S	E				43	H	E	D	G	E				
44	A	R	T			45	I	L	I	A	D		47	N	E	S		
51	P	E	O	N	52	R	E	S	T	54	A	N	T	I				
				55	A	S	S	N	57	T	O	S	S	E	D			
59	R	A	J	A	H				62	G	R	E	E	K				
66	A	L	I	C	E				67	T	U	L	S	A				
69	T	A	M	P	A				70	H	E	F	T	Y				
															71	D	A	Y

Answers to page 23



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.



KENT FALLS TRIP

Thursday,
October 17, 2019

The Middlebury Senior Center will be taking a ride through Kent Falls Park to see the beautiful fall foliage.

The main attraction is the falls, obviously, but at this time of the year, you get the best of both worlds, the falls surrounded by beautiful colors. After a relaxing ride, we will stop for lunch at the Charcoal Chef in Woodbury, CT.

If interested please call the Middlebury Senior Center 203-577-4166 to reserve your seat.

The ride will cost \$7 per person



The Middlebury Senior Center will be closed on

Monday, October 14, 2019 in observance of Columbus Day.

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.

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.

Rain/snow date will be December 12.



Gingerbread Village & Christmas Bazaar



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

December 7, 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

SAVE THE DATE



THURSDAY, DECEMBER 19

MIDDLEBURY SENIOR CENTER
ANNUAL CHRISTMAS PARTY

MORE INFO TO FOLLOW





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.

LOW IMPACT DANCING Thursdays — 10:30 to 11:30



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

PILATES



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

Yoga



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

Fitness Fury



Fitness Fury will lead the Adult Strengthening classes weekly every Friday from 12:00 - 12:45. The fee is \$3.00 per class.

Tai Chi



Instructor Gary Welton Wednesdays @ 8:00am to 9:00 & from 9:15am to 10:15am. The fee is \$25 for 10 classes.



Art Class

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

MAH-JONGG



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

Nutritional Cooking Classes



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

Chair Massage



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

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 lovely Eden Resort or the BW Resort
- 2 Breakfast Buffets at the Hotel
- Millers Smorgasbord (Dinner #1)
- Dinner in an Amish Home at the Christmas (Dinner #2)
- "Joy to the World" at the American Music Theatre
- Reserved seats for the "Miracle of Christmas Show" at the amazing Sight Sound Theater
- 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 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



OCTOBER IN HISTORY



10 YEARS AGO (2009)

- ♦ The unemployment rate peaked at 10.0%, the highest since June 1983.
- ♦ Rio de Janeiro, Brazil was chosen by the International Olympic Committee to host the 2016 Summer Olympic Games beating out Chicago.
- ♦ Quarterback Tom Brady threw five second-quarter touchdowns against the Tennessee Titans. This was an NFL record for touchdown passes in one quarter.

20 YEARS AGO (1999)

- ♦ *The Edmonton Oilers retired Wayne Gretzky's #99.*
- ♦ *Believe* was released by Cher.
- ♦ The Roman Catholic Church and Lutheran Church leaders signed the Joint Declaration on the Doctrine of Justification. This ended a centuries-old doctrinal dispute over the nature of faith and salvation.

30 YEARS AGO (1989)

- ♦ The Dow Jones Industrial Average closed at a record high of 2,791.41 on October 9.
- ♦ Herschel Walker was traded from the Dallas Cowboys to the Minnesota Vikings for 12 players. It was the largest player trade in the history of the National Football League. The trade eventually involved 18 players and draft picks.
- ♦ American radio and television evangelist Billy Graham was given the 1,900th star on Hollywood Boulevard. He was the first clergyman to be granted a star.
- ♦ An earthquake in San Francisco took place shortly before the third game of the World Series between the San Francisco Giants and the Oakland A's; 67 people were killed. The game was played 10 years later.

40 YEARS AGO (1979)

- ♦ Pope John Paul II began his first papal visit to the U.S. in Boston, MA.
- ♦ President Jimmy Carter signed a law establishing the Department of Education.
- ♦ The U.S. returned the Canal Zone (but not the Canal) to Panama after 75 years.
- ♦ Fleetwood Mac got a star in Hollywood.
- ♦ Future Basketball Hall of Fame forward, Magic Johnson made his debut for the Los Angeles Lakers in a game against the San Diego Clippers.
- ♦ Mother Teresa of Calcutta was awarded the Nobel Peace Prize.

50 YEARS AGO (1969)

- ♦ A pair of earthquakes of magnitude 5.6 & 5.7, respectively, struck Santa Rosa, CA, killing one person, and total losses were more than \$8.35 million.
- ♦ In Chicago, the National Guard was called in to control demonstrations involving the radical Weathermen in connection with the Chicago Eight Trial.
- ♦ *Wal-Mart incorporated as Wal-Mart Stores, Inc.*
- ♦ *The Jesus Christ Superstar* soundtrack album was recorded by Andrew Lloyd Webber and Tim Rice.

100 YEARS AGO (1919)

- ♦ In the Black Sox Scandal, eight members of the Chicago White Sox were accused of intentionally losing the 1919 World Series against the Cincinnati Reds in exchange for money from a gambling syndicate.
- ♦ "*Ripley's Believe It or Not*" first appeared as a cartoon in *The New York Globe*.
- ♦ Prohibition began when the U.S. Congress passed the Volstead Act over President Woodrow Wilson's veto.



COLUMBUS DAY

October 14, 2019

Columbus Day is a national holiday in many countries of the Americas and elsewhere which officially celebrates the anniversary of Christopher Columbus's arrival in the Americas on October 12, 1492.

HALLOWEEN

October 31, 2019

Halloween wasn't always a playful holiday as it is today.

When the Romans conquered much of the Celtic world, they merged Samhain with their own festivals. The ancient Celts observed Samhain at the end of October. They divided the year into two halves, the light half and the dark half, and Samhain signaled the change to the dark half and cold winter months. During this time, the wall between the worlds of the living and the dead was supposedly weakened, allowing the spirits to enter the world of the living. It was a time to be cautious and stay indoors. When Christianity became the principal religion in Europe, the first of November became All saints' Day, a day to honor the saints who did not have days dedicated to them. The mass performed on All Saints' Day was known as All Hallows Mass, and the night before was known as All Hallows E'en, hence Hallowe'en or Halloween



New Englanders were nicknamed "pumpkin-heads." In colonial New Haven, CT cut pumpkins were used during haircuts as guides for the scissors creating a round, uniform cut.

COSTUMES

THIS TRADITION GOES BACK CENTURIES. It originated with the ancient Celtic festival of Samhain when people lit bonfires and wore costumes to ward off ghosts. To avoid being recognized by the ghosts, people wore masks when they left their homes after dark so that ghosts would mistake them for fellow spirits. Later on, children dressed up and wore masks to conceal their identities and scare the neighbors.

TRICK-OR-TREATING

The American tradition of trick-or-treating dates back to the early All Souls' Day parades in England. Poor citizens begged for food, and families gave them pastries called soul cakes in return for their promise to pray for the family's dead relatives. Borrowing from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food or money. Some believe that the practice of trick-or-treating originated with the Druids who threatened dire consequences to residents who didn't respond generously to their demand for free goods or money. Modern-day trick-or-treating routines are fairly tame as compared to what was popular in the 1920s. Vandalism plagued many communities during this time with outhouse tipping and cow tipping. Trick-or-treating was a way for families to prevent tricks being played on them by providing neighborhood children with small treats.





HAPPY BIRTHDAY OCTOBER 2019

Youth is the gift of nature, but age is the work of art. -













Garson Kanin

Georgia Vithoulkas 1st
Eileen Clarke 3rd
Steve Harkness 4th
Rosalind Montuoui 6th
Rose Mary Cuddy 7th
Carol Pappano 9th
Lynn Plourde 9th
Nebi Kalja 10th
John Posa 10th
Winnie Scarpa 10th
Marilyn Moffo 10th
Maria Ugalde 11th
Ray Shocki 11th
Gilda Pernerewski 12th
Dorothy DiLorenzo 14th
Irene Weeks 14th
Dorothy Smith 14th

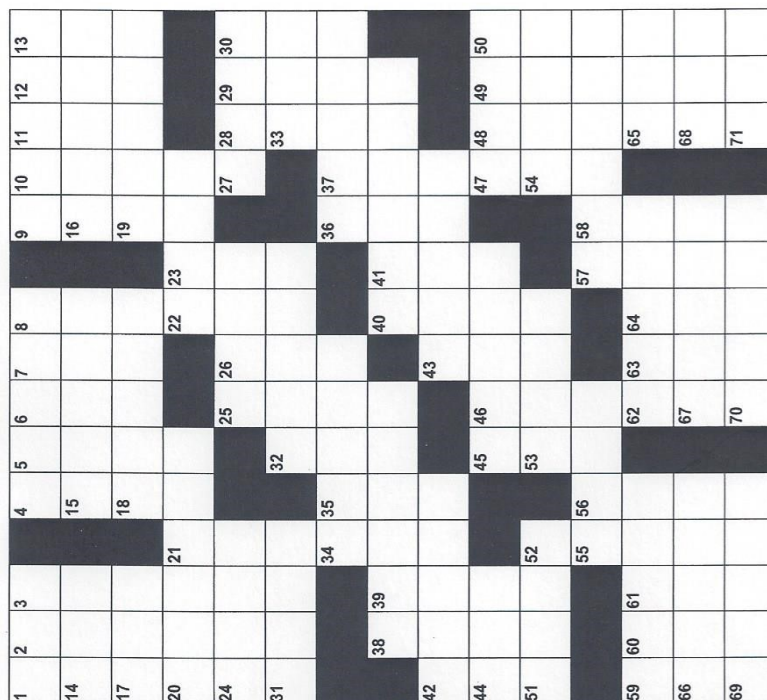
Joseph Asselin 15th
Margaret Mascola 16th
Joyce Jenusaitis 16th
Barbara Gandlofo 18th
Joan King 18th
Josephine DiFronzo 19th
Margaret Jensen 21st
Susan Fedor 24th
Elizabeth Mastroianna 24th
Stanley Gedansky 25th
Dr. Fred Ricci 27th
Marcel Leveille 27th
Louann Larwin 27th
Dorothy Pierce 28th
Ed Berch 28th
Phyllis Lupi 31st



October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Sausage & Meatballs Penne pasta/ sauce Italian blend vegetables Parm cheese Garlic bread Fresh fruit</p>	<p>2</p> 	<p>3</p> <p>Butternut squash & Apple soup/crx Baked potato/sour cream Broccoli Corn bread Fresh fruit</p>	<p>4</p> 
<p>7</p> 	<p>8</p> <p>Fish sticks/tartr sauce Macaroni & Cheese Peas Wheat bread Fresh fruit</p>	<p>9</p> <p>Come see Tom Rosa's Movie Thursday</p>	<p>10</p> <p>Pork loin / gravy Baked sweet potato Green beans Pumpnickel dinner roll Apple juice Chocolate chip cookie</p>	<p>11</p> <p>LONG</p> 
<p>14</p> 	<p>15</p> <p>Salisbury steak/gravy Smashed potato Mixed vegetables Rye bread Apple juice Berry strudel</p>	<p>16</p> <p>Lunch & Learn Free lunch With the Lutheran Home Topic— "Pain Management"</p>	<p>17</p> <p>Chicken picatta Bowtie noodles Zucchini Wheat dinner roll Peas</p>	<p>18</p> 
<p>21</p> 	<p>22</p> <p>Lentil soup/crx Ham, Turkey, Cheese/roll Lettuce and tomato Beet Salad Mustad/mayo Peaches</p>	<p>23</p> 	<p>24</p> <p>Herb baked chicken Roasted squash Creamed spinach Wheat bread stick Birthday Cake</p>	<p>25</p> 
<p>28</p> 	<p>29</p> <p>Chicken Cacciatore Bowtie noodles Zucchini Multigrain bread Pears</p>	<p>30</p> 	<p>31</p> <p>HALLOWEEN</p> <p>Spooky spaghetti Monster meatballs Ghoulish green beans Witches brew Batty breadsticks Candy corn brownies</p>	<p>Suggested donation is \$3.50 per meal</p>

FIRE PREVENTION



By Evelyn Johnson - www.qetls.com

FIRE PREVENTION

DOWN

- 1 Protected from harm
- 2 Neurological disease
- 3 Below
- 4 6th month (Jewish calendar)
- 5 Highest quality
- 6 Emergency Medical Services
- 7 Toilet
- 8 Plan for two of these routes from each room
- 9 Winged
- 10 Elite intellectuals' society
- 11 Evening
- 12 TV lawyer Matlock
- 13 Alternative (abbr.)
- 21 Demands
- 23 Possessive pronoun
- 25 Performing couple
- 26 Eastern Time
- 28 Immerses
- 29 Flexible tube through which liquids are conveyed
- 30 Owing
- 32 Mr.'s wife
- 35 "To the right!"

- 36 Fall behind
- 37 Athletic fields
- 38 Heat, light, and flames made from something that burns
- 39 Upon
- 40 Form of energy that makes something very warm
- 41 Unusual
- 42 Knock
- 43 Possessive pronoun
- 45 Internal Revenue Service
- 46 Measure of how long
- 48 Resulted
- 49 Rib joiners
- 50 Sir Philip ___ (english poet)
- 52 National Association for the Advancement of Colored People
- 56 Popular stadium
- 57 Try out
- 58 All right
- 59 Rodent
- 60 Wing
- 61 Mountain Man Bridger
- 63 Regret
- 64 Santa's helper

FIRE PREVENTION




ACROSS

- 1 ___ Francisco
- 4 White poplar
- 9 Very tiny animal
- 14 Dined
- 15 Demonstrations
- 16 Pull down
- 17 Cooking grease
- 18 Association (abbr.)
- 19 Concerning
- 20 Urge
- 22 Ventilates
- 24 Degree
- 25 Department (abbr.)
- 27 Attention-Deficit Hyperactive Disorder (abbr.)
- 31 Grounds
- 32 Sources of inspiration
- 33 Promissory note
- 34 Heron
- 36 Slipup
- 38 Large area of land covered with many trees
- 40 Croaking
- 42 Wash off
- 43 Fence of bushes

- 44 Creative work
- 45 Book by Homer
- 47 Loch ___ monster
- 51 Lowest in rank
- 53 Take a break
- 54 Opposed
- 55 Association (abbr.)
- 57 Stirred up
- 59 Indian prince
- 62 Mediterranean language
- 65 Pot
- 66 Girl in Wonderland
- 67 Oklahoma city
- 68 East northeast
- 69 West Coast Fl. city
- 70 Heavyside
- 71 Time period

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
October 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	9:00 Billiards
	9:30 Computer Training	9:00 Table Tennis	9:30 Computer Training	9:30 Art class
	9:30 Yoga	9:30 Tai Chi	10:30 Dance Class	10:30 Cooking class
	10-12 Blood Pressure Screen	9:30 Computer Training	10:30 Mah Jongg	11:00 Wii Bowling
	10:30 Mah Jongg	10:30 Pilates	10:30 Yoga	12:00 Adult Strengthening
	12:30 Bridge Club	10:30 Mah Jongg	11:00 Losing Weight	12:30 Bridge Club
	5:30 Mah Jongg PM		12:30 Bridge Club	
		Computers by Appointment	1:00 Mah Jongg	
7	8	9	10	11
	9:00 Billiards		9:00 Billiards	9:00 Billiards
	9:30 Computer Training	8:00 Tai Chi	9:30 Computer Training	9:30 Art class
9:00 Billiards	9:30 Yoga	9:00 Table Tennis	10:30 Dance Class	10:30 Cooking class
10:30 Mah Jongg	10-12 Blood Pressure Screen	9:15 Tai Chi	10:30 Mah Jongg	11:00 Wii Bowling
10:30 Pilates	10:30 Mah Jongg	9:30 Computer Training	10:30 Yoga	12:00 Adult Strengthening
2:30 Knitting & Crochet	12:30 Bridge Club	10:30 Pilates	11:00 Losing Weight	12:30 Bridge Club
	5:30 Mah Jongg PM	10:30 Mah Jongg	12:30 Hollywood Movie	
		1:00 Polish Poker	12:30 Bridge Club	
			1:00 Mah Jongg	
		Computers by Appointment		
14	15	16	17	18
 COLUMBUS DAY CENTER CLOSED		9:00 Hearing Screening		9:00 Billiards
	9:00 Billiards		9:00 Billiards	9:30 Art class
	9:30 Computer Training	8:00 Tai Chi	10:30 Dance Class	10:30 Cooking class
	9:30 Yoga	9:00 Table Tennis	10:30 Mah Jongg	11:00 Wii Bowling
	10-12 Blood Pressure Screen	9:30 Tai Chi	10:30 Yoga	12:00 Adult Strengthening
	10:30 Mah Jongg	9:30 Computer Training	11:00 Investment Club	12:30 Bridge Club
	12:30 Bridge Club	10:30 Pilates	11:00 Losing Weight	
	5:30 Mah Jongg PM	10:30 Mah Jongg	12:30 Bridge Club	
		LUNCH & LEARN	1:00 Mah Jongg	
	Computers by Appointment	Computers by Appointment	KENT FALLS	
21		23	24	25
9:00 Billiards			9:00 Billiards	9:00 Billiards
10:30 Mah Jongg	9:00 Billiards	8:00 Tai Chi	9:30 Computer Training	9:30 Art class
10:30 Pilates	9:30 Computer Training	9:00 Table Tennis	10:30 Dance Class	10:30 Cooking class
2:30 Knitting & Crochet	9:30 Yoga	9:30 Tai Chi	10:30 Mah Jongg	11:00 Wii Bowling
FLU SHOTS	10-12 Blood Pressure Screen	9:30 Computer Training	10:30 Yoga	12:00 Adult Strengthening
	10:30 Mah Jongg	10:30 Pilates	11:00 Losing Weight	12:30 Bridge Club
	12:30 Bridge Club	10:30 Mah Jongg	12:30 Bridge Club	
	5:30 Mah Jongg PM		1:00 Mah Jongg	
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
28	29	30	31	
			9:00 Billiards	
9:00 Billiards	9:00 Billiards	8:00 Tai Chi	9:30 Computer Training	
10:30 Mah Jongg	9:30 Computer Training	9:00 Table Tennis	10:30 Dance Class	
10:30 Pilates	9:30 Yoga	9:30 Tai Chi	10:30 Mah Jongg	
2:30 Knitting & Crochet	10-12 Blood Pressure Screen	9:30 Computer Training	10:30 Yoga	
	10:30 Mah Jongg	10:30 Pilates	11:00 Losing Weight	
	12:30 Bridge Club	10:30 Mah Jongg	12:30 Bridge Club	
	5:30 Mah Jongg PM		1:00 Mah Jongg	
		Computers by Appointment		
	Computers by Appointment		Computers by Appointment	



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
October 2019 Bus Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Medical appointments	Medical appointments	GWDT DAY	Medical appointments
	Senior Center Activities	Senior Center Activities	Mini bus in town	Senior Center Activities
			Senior Center Activities	
		Waterbury Mall		No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
7	8	9	10	11
Grocery Shopping			GWDT DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				
No Lunch Today		Waterbury Mall		No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
14	15	16	17	18
 shutterstock - 215480947	Medical appointments	Medical appointments	GWDT DAY	Medical appointments
	Senior Center Activities	Senior Center Activities	Mini bus in town	Senior Center Activities
			Senior Center Activities	
		Waterbury Mall	KENT FALLS	No Lunch Today
CENTER CLOSED				
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
21	22	23	24	25
Grocery Shopping			GWDT DAY	Medical appointments
Personal shopping			Mini bus in town	Senior Center Activities
medical appointment	Medical appointments	Medical appointments	Senior Center Activities	
Senior Center Activities	Senior Center Activities	Senior Center Activities		
No Lunch Today		Waterbury Mall		No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
28	29	30	31	
Grocery Shopping			GWDT DAY	
Personal shopping			Mini bus in town	
medical appointment	Medical appointments	Medical appointments	Senior Center Activities	
Senior Center Activities	Senior Center Activities	Senior Center Activities		
No Lunch Today		Waterbury Mall		
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	LI