

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



FAMILY OWNED AND OPERATED 58 bed skilled nursing facility
Providing care beyond compare since 1961.

Specializing in Short Term Rehabilitation

- ▶ Still a 5 Star Federal Medicare Rating
- ▶ An outstanding ratio of staff to residents
- ▶ A new rehabilitation room offering physical, occupational and speech therapies 7 days a week and is now equipped with NeuroGym® technology. MCH is the first skilled nursing facility in Connecticut to have just acquired this new state-of-the-art therapy equipment.
- ▶ A new recreation room and patio providing a full and vibrant calendar of events and activities

203-758-2471 778 Middlebury Road Middlebury, 06762

www.midconvhome.com



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

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

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

Call us today (203) 495-1900

24/7 on call (203-495-1900)

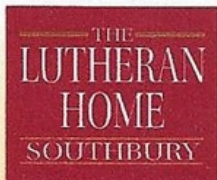
Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.

Get **READY FOR HOME** at Lutheran Home

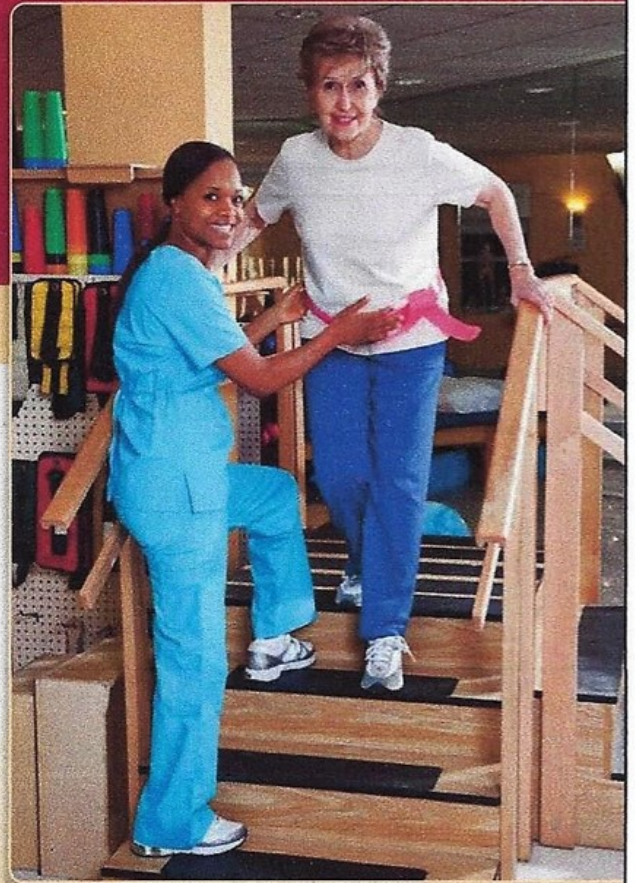
2016 5-STAR MEDICARE RATING

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

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



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



September 8th Grandparents Day!



Elderly Caregivers
Homecare is the Best Medicine

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



Middlebury Lions Club

Connecticut - United States

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

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

Volunteer Benefits

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

Health Programs that Focus on Vision, Diabetes and More

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

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

PAUL J SHEA, 2017-2018 Club President

MIDDLEBURY CT 06762-1516

Meetings

2nd Wednesday 6:00pm

Shepardson Community Center

1172 Whittemore Road

Middlebury CT



Our activities: Join us



Town of Middlebury

Department of Social and Elderly Services
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GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

- Do any tasks or errands for you

- Do any shopping of any kind

- Handle money for banking, postage or bill paying

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation.

- You must be ready within these times.

- Use seat belts at all times – no exceptions will be permitted.

- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.

- Have your donation ready when entering the bus.

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

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

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Our national celebration of senior centers began in 1979, with Senior Center Week celebrated in May. The concept gained support of other aging organizations, as well as the full Senate and the House Select Committee on Aging.



Thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations celebrated Senior Center Week. In 1985, NISC was instrumental in achieving the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, NISC designated the entire month of September as **Senior Center Month** to give centers greater flexibility in scheduling celebratory events.

SEPTEMBER IS WORLD ALZHEIMER'S MONTH



World Alzheimer's Month is the **international** campaign every **September** to raise awareness and challenge the stigma that surrounds dementia. **September** 2019 will mark the 8th **World Alzheimer's Month**.

The campaign was launched in 2012: **World Alzheimer's Day** is on 21 **September** each year.

September is Hunger Action Month™

September is [Hunger Action Month™](#) – the [Feeding America®](#) network's nationwide awareness campaign designed to mobilize the public to take action on the issue of hunger. The campaign brings attention to the reality of hunger in the United States and promotes ways for individuals and organizations to get involved in the movement to help end hunger. After all, there are still 1 in 8 people struggling with hunger in America. [Feeding America's latest research](#) demonstrates that hunger exists in every county in America. Additionally, people currently facing hunger are finding it more and more difficult to provide their families with the nutrition they need.



September 23 –27, 2019: Malnutrition Awareness Week



September 23, 2019: National Falls Prevention Awareness Day (first day of Fall)

September 23—27, 2019: National Employ Older Workers Week (last full week of Sept.)



September 29, 2019: World Heart Day



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.

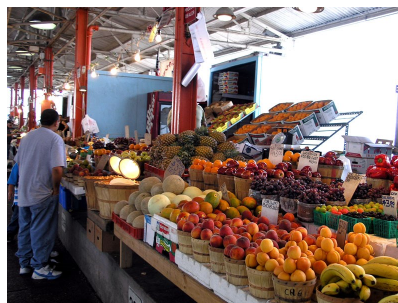
Tax-Aide volunteers receive training and support in an appreciating environment. Every level of experience is welcome. All volunteers are required to certify upon completing basic training and tax preparers are further trained in tax law applications, preparation of the tax forms, and use of IRS provided 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, dandenver2002@yahoo.com. Neither volunteers or taxpayers need to be a member of AARP or a retiree to participate in this program.

FARMER'S MARKET NUTRITION PROGRAM COUPONS



The Seniors Farmers' Market Nutrition Program awards grants to provide low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets, roadside stands and community supported agriculture programs.

The purposes of the program are to provide fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs and honey through farmers' market, roadside stands and community supported agriculture programs to low-income seniors; and increase the consumption of agricultural commodities.

If you are 60 or over and your monthly income as an individual is \$1,925 or less –or \$2,607 as a couple You are probably eligible for a coupon booklet for \$18 in fruit, vegetables, cut herbs or honey at a local Connecticut Farmers Market.

What you should know about these coupons:

- ⇒ Only one coupon per person per year
- ⇒ Coupons are to be treated like cash, keep them in a safe place
- ⇒ In the back of the coupon booklet is a state-wide list of Farmer's Markets where you can use them
- ⇒ If you can't get to the place near you that is distributing coupons, there is a Proxy form you can fill out, to let some one pick them up for you.
- ⇒ Each coupon book contains six \$3.00 coupons, totaling \$18 in a booklet. These can ONLY be used to purchase fresh fruit, vegetables, cut herbs and honey.

These coupon books are available at the Middlebury Senior center .

Only Middlebury residents can get them in this location.

Commission on Aging



The next Commission on Aging meeting will be held September 17, 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, September 18, 2019 9:00am. Please call for an appointment at 203-577-4166.

Contacting our office is easy!

Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	3
Jeanne Generali	1
Sean Howard	4
Angela Leveille	2



CodeRED™

Keeping citizens informed.

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

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

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

RENTER'S REBATE PROGRAM

**Effective April 1, 2019
Ends September 15, 2019**



Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate program at the Department of Social Services office lo-

cated in the Shepardson Community Building, Rm. #20 between the hours of 9:00am and 12:30-pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2018

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy. Further questions regarding this program must be directed to JoAnn Cappelletti at 203-577-4166 ext. 3



GRANDPARENTS DAY

September 8, 2019

Beginning in 1970, Marian McQuade, a West Virginia housewife and mother of 15 children, initiated a campaign to set aside a day to honor grandparents. In 1978, the US Congress passed legislation proclaiming the Sunday after Labor Day to be National Grandparents Day, and the proclamation was signed by President Jimmy Carter. The month of September was chosen to signify the "autumn years" of life, and the forget-me-not was chosen as the official flower.

USED INK CARTRIDGES



Don't throw your used ink cartridges away.

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

Thank You

**The Middlebury Senior
Center will be closed on
Monday, September 2,
2019 in observance of
Labor Day**



Tax Relief Programs



Applications are available for the Additional Veterans Tax Credit Programs thru October 2019

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than October 1, 2019.

No application will be accepted without proof of income and Social Security statements.

Qualifying income is based on 2018 adjusted gross income; married applicants must submit combined adjusted gross income plus 2017 Social Security benefits payments.

Household income cannot exceed \$42,900; this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

Totally Disabled Homeowners applicants must be eligible to receive permanent total disability benefits under Social Security or other federal, state or local plan.

Applications can be picked up at the Middlebury Social Services Department at the Shepardson Community Center, 1172 Whittemore Road in Middlebury, Room 20 between the hours of 9am to 1pm.



PREVENT TYPE 2 DIABETES

The Torrington Area Health District is offering a free seminar for Diabetics.

If you have prediabetes or are at risk for type 2 diabetes, there is something you can do.

JOIN PreventT2 – a lifestyle change program proven to prevent or delay type 2 diabetes. It includes:

- ♦ A Center for Disease Control (CDC)-approved curriculum
- ♦ Weekly sessions with a trained lifestyle coach to help you lose weight, eat healthier, be more physically active, and manage stress
- ♦ Support from others like you.

Research shows that this program can help participants with prediabetes reduce their risk of developing type 2 diabetes by 58%.

If interested in joining this class please call JoAnn Cappelletti at 203-577-4166 ext. 3.



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



Flu Shots will be available at the Middlebury Senior Center on Monday, October 21, 2019 from 1:00 to 2:30pm. In order to avoid overcrowding and unnecessary waiting time, please call 203-577-4166 for an appropriate time.



Thursday, September 19, 2019

In their wildest dreams, colonial farmer John Lyman and his wife, Hope, could not have envisioned the complex and diverse enterprise that would evolve from their purchase in 1741 of a 37 acre parcel of land in what is now Middlefield. Now covering more than 1,100 acres of scenic farmland, Lyman Orchards is one of the most popular family attractions in New England. Through a history spanning ten generations, the Lyman family heritage was founded upon a commitment to preserve their land for future generations, using a combination of determination, innovation, and adaptation — attributes that hold true today.

Now in its 275th year, Lyman Orchards continues to evolve while maintaining its steadfast commitment to preserving the land for future generations. Today, members of the 8th and 9th generations of the family are directly involved in the business. Like their ancestors before them, preservation of the land remains central to their heritage, and the family continues to be innovative in its ways of upholding their traditions.

Join us for a ride to the Lyman Orchards. Call 203-577-4166 to reserve you seat.

Transportation fee is \$7.00

Bus leaves Senior Center at 10:30am.



Thursday, September 5, 2019

The Middlebury Senior Center will be going to the Christmas Tree Shop on Thursday, September 5, 2019 in Orange, CT .

Bus will be leaving the Middlebury Senior Center at 10:30am.

We will be stopping for lunch on the way home,

If interested, please call 203-577-4166 to reserve your seat.

It's Time to Enhance Your Retirement Security



Nancy Cimmino, our insurance specialist will be holding four workshops on Income Allocation

Please join us for a workshop on

Date: Wednesday Sept 4th @11:00

Wednesday Sept 11th @11:00

Wednesday Sept 18th @11:00

Wednesday Sept 25th @11:00

Please Call 203-577-4166 to reserve your spot

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.

AARP Driver Safety Program



**Monday,
September 9
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!"

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.

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.

ANSWERS TO page 21

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

1. north, east
2. Flag Code
3. Old Glory
4. Francis Scott Key
5. Army, Navy
6. union down
7. burning
8. Pledge of Allegiance
9. Flag Protection Act
10. sunrise, sunset
11. above

Hollywood Movie

Bio & Talk

Thursday, September 12
12:30pm



What About Bob?

Doctor Leo Marvin, an egotistical psychotherapist in New York City, is looking forward to his forthcoming appearance on a "Good Morning America" telecast, during which he plans to brag about "Baby Steps," his new book about emotional disorder theories in which he details his philosophy of treating patients and their phobias. Meanwhile, Bob Wiley is a recluse who is so afraid to leave his own apartment that he has to talk himself out the door. When Bob is pawned off on Leo by a psychotherapist colleague, Bob becomes attached to Leo. Leo finds Bob extremely annoying. When Leo accompanies his wife Fay, his daughter Anna, and his son Siggy to a peaceful New Hampshire lakeside cottage for a month-long vacation, Leo thinks he's been freed from Bob. Leo expects to mesmerize his family with his prowess as a brilliant husband and remarkable father who knows all there is to know about instructing his wife and raising his kids. But Bob isn't going to let Leo enjoy a quiet summer by the lake.

Director — Frank Oz

Writers — Alvin Sargent; Larua Ziskin

Stars:

Bill Murray—Bob Wiley

Richard Dreyfuss — Dr Leo Marvin

Julie Hagerty — Fay Marvin

Refreshments will be served and all are welcome.

LUNCH & LEARN

Wednesday, September 18, 2019

11:30am

This month "Dementia Friends" presented by
Jessica Warner from (WCAAA)



"Dementia Friends" is a global movement that is changing the way people think act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, The Dementia Friends initiative is underway in Minnesota and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

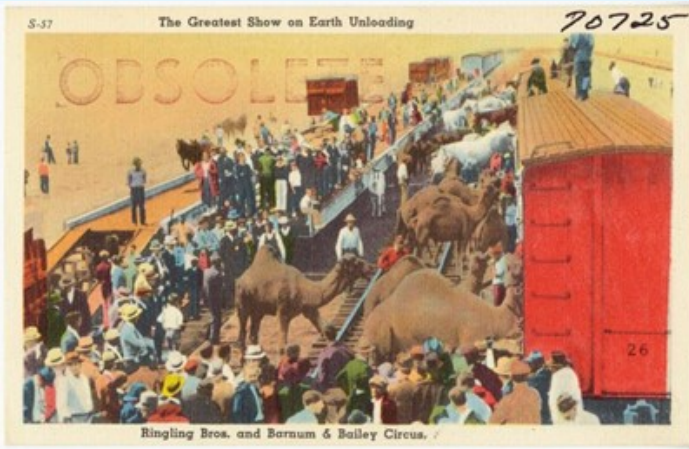
The one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community.

The action can be as big or as small as you choose—every action counts!

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



One Of The Worst Disasters In U.S. History Happened Right Here In Connecticut

Sometimes referred to as “the day the clowns cried”, the fire that occurred on July 6, 1944 in Hartford at an afternoon performance of Ringling Bros. and Barnum & Bailey Circus was one of the worst fire disasters in the United States. The performance was attended by roughly 7,000 people. The Hartford circus fire took at least 168 lives that day and more than 700 people were injured.

Flickr/Boston Public Library



In the 1940s, circuses typically traveled from town to town by train. The Ringling Brothers and Barnum & Bailey Circus arrived in Hartford on July 5, 1944, but the trains were late and two of the shows that day had to be cancelled. Performers and crew were wary because circus superstition says that any missed shows are very bad luck. The performance of July 5th, however, went as planned with no consequences.

Flickr/Charmaine Zoë's Marvelous Melange



The Ringling Brothers and Barnum & Bailey Circus was special in that it was the largest circus of its time. The huge tent with three performance rings could seat up to 9,000 people. Unfortunately the water proofing method used on the canvas, that was standard at the time, played a part in this devastating fire. The canvas was coated with 1,800 lbs. of paraffin wax which was dissolved in 6,000 gallons of gasoline.

Flickr/Charmaine Zoë's Marvelous Melange



On July 6, 1944, the afternoon show was populated mainly by women and children. The estimate is that there were approximately 7,000 spectators seated for the show. The large cats were the only animals in the main tent as they had just finished performing. The circus bandleader was said to be the first person to spot the small fire that had started on the sidewall of the tent. He directed the band to play the song, ""The Stars and Stripes Forever" which was the common signal to alert all the circus employees that there was a problem of some kind. The flames quickly took on a life of their

own as they crawled across the paraffin and gasoline covered canvas.



Flickr/Charmaine Zoë's Marvelous Melange

To complicate matters, two of the entrances to the big top were blocked by the chutes that were used to move the big cats and other dangerous animals from the performing area to the transport cages. People who were trying to escape from the circus tent could not bypass these areas.



Flickr/Charmaine Zoë's Marvelous Melange

As the fire took over, panic ensued and people were trying to escape the blazing tent in any way that they could. Some died from being trampled and others died from jumping off the bleachers to try to escape under the sides of the tent. Paraffin was melting off of the canvas and falling onto the people below as the fire continued to burn. Ultimately after only about eight minutes the roof collapsed, trapping hundreds of spectators underneath.



Flickr/Charmaine Zoë's Marvelous Melange

It is remarkable that the death toll for this disaster is not higher. The number of fatalities is estimated to be around 168 and the number of injuries around 700. However these numbers may not be accurate. Tickets to the show had been handed out around Hartford by circus employees to some people that could have been drifters and never reported missing. In addition, it is possible that the combination of fire, paraffin and gasoline might have incinerated some bodies completely so that no remains would be found.



Flickr/Heather Durdil

People that survived the fire have carried around the horror of that July afternoon for decades. They all have a unique story of how they escaped - whether it is being rescued by a performer or being protected from the flames by the piles of bodies that fell upon them. Some have never returned to the circus saying that it brings back memories too traumatic to face.

Flickr/Doug Anderson

Today, there is a memorial to those that perished in the circus fire located in Hartford where the fire occurred. Ringling Bros. and Barnum & Bailey did a final Hartford circus performance on April 30, 2017 and performed their final show ever on May 21, 2017 in New York.



You're INVITED 100th Anniversary Celebration

Saturday, September 14th • 11:00 AM – 3:00 PM

11:00 AM Refreshments & Tours • 12:00 – 12:30 PM Welcome, Reflections & Presentations
12:30 – 1:30 PM Lunch • 1:30 – 3:00 PM Dessert & Tours

Special Musical Entertainment Throughout the Day! • Catering by Jesse Camille's Restaurant

Stop by anytime and be our guest as we celebrate The Lutheran Home of Southbury's mission and tradition of serving and caring for older adults for over 100 years. Join us to reflect on the Center's history, learn about what the Center offers today and what the future holds for our continuum of care setting.

Live Music by:

- Connecticut's Bristol Old Time Fiddlers Club
- Yale Whiffenpoofs – America's Oldest Collegiate A Cappella Group

RSVP to the Admissions Department at 203-264-9135.

Support our Remodel: Donations welcome for Parley Manor – Assisted Residential Care Setting.

THANK YOU TO OUR SPONSORS

Ambassador Sponsor:

Hartford HealthCare
at Home

Hartford HealthCare
Independence at Home

 **BROOKSIDE MEMORIAL**
THE ALBINI FAMILY FUNERAL HOME & CREMATORY

 **CHASE PARKWAY
MEMORIAL**
THE ALBINI FAMILY FUNERAL HOME

Partner Sponsors:

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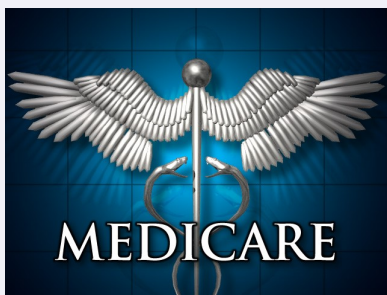
990 Main Street North • Southbury, CT 06488

203-264-9135

www.lhsouthbury.org

SAME TRADITION OF CARING. A WHOLE NEW LEVEL OF CARE

1. When displaying the American flag over a street the Union (stars) face _____ or _____ depending on the direction of the street.
2. Public Law 94-344, known as the Federal _____, contains rules for handling and displaying the U.S. flag.
3. The name “_____” was first applied to the U.S. flag by a young sea captain who lived in Salem, Mass.
4. In 1916 President Woodrow Wilson proclaimed the “Star Spangled Banner,” written by _____ in 1814, the national anthem.
5. The order of precedence when displaying military flags together is _____, Marine Corps, _____, Air Force and Coast Guard.
6. The flag should never be displayed with _____, except as a signal of dire distress in instances of extreme danger to life or property.
7. The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by _____.
8. The _____ to the Flag should be rendered by standing at attention facing the flag with the right hand over the heart.
9. In response to the Supreme Court decision in *Texas v. Johnson*, Congress enacted the _____ of 1989 to provide criminal penalties for certain acts which violate the physical integrity of the flag.
10. It is the universal custom to display the flag only from _____ to _____ on buildings and on stationary flagstaffs in the open.
11. Where there is only one flag pole, the federal flag should be displayed _____ state or municipal flags.



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 re-view their insurance benefit and make changes to their Medicare insur-

ance 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**



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 9:30am 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 10:00 am for classes on nutrition sponsored by Brass City Market. Learn how to prepare delicious meals that are good for you. Cook along with your friends and enjoy your creations. This class is free of charge.

Chair Massage



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

LOSING WEIGHT WITH ELIZABETH



Every Thursday at 11am in room 26 in the Shepardson Community Center

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



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



SEPTEMBER IN HISTORY



10 YEARS AGO (2009)

- ♦ An 8.3-magnitude earthquake triggered a tsunami near the Samoa Islands.
- ♦ Crime drama, *NCIS LA*, starring Chris O'Donnell, L Cool J, and Daniela Ruah premiered on CBS
- ♦ *Modern Family*, starring Ed O'Neill and Sofia Vergara, premiered on ABC.

20 YEARS AGO (1999)

- ♦ *John Elway's #7* jersey was retired by the Denver Broncos.
- ♦ The TV crime show, *Law & Order: Special Victims Unit*, starring Mariska Hargitay and Christopher Meloni, premiered on NBC.
- ♦ NASA announced that it lost contact with the Mars Climate Orbiter.
- ♦ Ex-Pittsburgh Penguins Mario Lemieux was approved as new owner of the Penguins. They became the first club in pro sports history to be owned by a former member of the team.

30 YEARS AGO (1989)

- ♦ Chris Evert became the first player ever to win 100– matches in the U.S. National Open Tennis Championship.
- ♦ *The Joan Rivers Show* premiered.
- ♦ On September 10, five days after hitting a home run for the Yankees in a 12-2 win over the Mariners, Major League Baseball and National Football League player Deion Sanders returned a punt 68 yards for his first touchdown.
- ♦ *Doogie Howser, M.D.*, starring Neil Patrick Haris as a teenage physician, debuted on ABC.
- ♦ *Baywatch*, starring David Hasselhoff and Pamela Anderson, debuted on NBC.

40 YEARS AGO (1979)

- ♦ The Pioneer 11 made the first fly-by of Saturn, discovering a new moon and rings.
- ♦ The Entertainment and Sports Programming Network (ESPN) debuted.
- ♦ In the U.S. Open Women's Tennis, Tracy Austin became the youngest U.S. champion (16 years, nine months) beating Chris Evert.
- ♦ Lee Iacocca was elected president of the Chrysler corporation..
- ♦ Pope John Paul II became the first pope to visit Ireland..

50 YEARS AGO (1969)

- ♦ The first automatic teller machine in the U.S. was installed in Rockville Centre, NY.
- ♦ The children's TV series, *H.R. Pufnstuf*, premiered on NBC.
- ♦ *Butch Cassidy and the Sundance Kid*, starring Paul Newman and Robert Redford, premiered.
- ♦ *Scooby-Doo, Where Are You!*, an animated, mystery, comedy series, debuted on CBS.
- ♦ The first Elvis convention was attended by more than 2,500 fans in Cincinnati, OH.
- ♦ *Sugar Sugar* by the Archies hit No. 1.

100 YEARS AGO (1919)

- ♦ The U.S. Army expedition across America, the First Transcontinental Motor Convoy, which started July 7, ended in San Francisco, CA.
- ♦ The Florida Keys hurricane killed more than 600 in the Gulf of Mexico region, Florida, and Texas.

LABOR DAY

September 2, 2019



Labor Day origins

There's disagreement over how the holiday began. One version is set in September 1882 with the Knights of Labor, the largest and one of the most important American labor organizations at the time. In the context of a General Assembly held by the Knights in New York City, a public parade of various labor organizations was held on September 5th by the fledgling Central Labor Union (CLU) of New York. Subsequently, CLU Secretary Matthew Maguire proposed that a national Labor Day holiday be held on the first Monday of each September to mark this successful public demonstration.

In another version, Labor Day in September was proposed by Peter J. McGuire, a vice president of the American Federation of Labor. In spring 1882, McGuire reportedly proposed a "general holiday for the laboring classes" to the CLU, which would begin with a street parade of organized labor solidarity and end with a picnic fundraiser for local unions. McGuire suggested the first Monday in September as an ideal date for Labor Day because the weather is great at that time of year, and it falls in between July 4th and Thanksgiving.

Haymarket Square

On May 1, 1886—at a time when most American laborers worked 18 or even 20 hours a day—tens of thousands of workers protested in cities all across the US to demand an eight-hour workday. Police in Chicago attacked both those peaceful protests and a workers planning meeting two days later, randomly beating and shooting at the planning group and killing six.

When outraged Chicagoans attended an initially peaceful protest the next evening in Haymarket Square, police advanced on the crowd again. Someone who was never identified exploded a bomb that killed a police officer, leading cops to open fire on protesters and provoke violence that led to the deaths of about a dozen workers and police.

The Pullman Strike

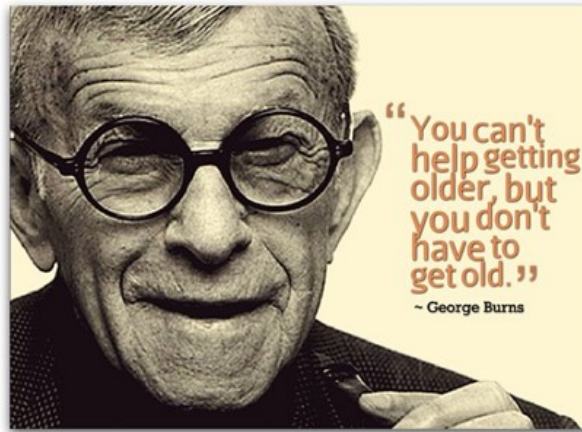
Ironically, Chicago was also the setting for the bloody Pullman strike of 1894, which catalyzed the establishment of an official Labor Day holiday in the U.S. on the first Monday of September.

The strike happened in May in the company town of Pullman, Chicago, a factory location established by luxury rail car manufacturer the Pullman Company. The inequality of the town was more than apparent. Company owner George Pullman lived in a mansion while most laborers stayed in barracks-style dormitories. When a nationwide depression struck in 1893, Pullman decided to cut costs the way a lot of executives at the time did—by lowering wages by almost 30% while he kept rent on the dormitories he leased to his workers at pre-depression levels.

These conditions ultimately led workers to strike on May 11, 1894, receiving support from the nationwide American Railroad Union (ARU), which declared that ARU members would no longer work on trains that included Pullman cars. That national boycott would end up bringing the railroads west of Chicago to a standstill and led to 125,000 workers across 29 railroad companies to quit their jobs rather than break the boycott.

When the Chicago railroad companies hired strikebreakers as replacements, strikers also took various actions to stop the trains. The General Managers Association, which represented local railroad companies, countered by inducing U.S. Attorney General Richard Olney, a former railroad attorney, to intervene. Indianapolis federal courts granted Olney an injunction against the strike, a move that allowed President Grover Cleveland to send in federal troops to break it up.

A few days later, Cleveland realized that he had to act quickly to appease the country's increasingly agitated labor movement. But he didn't want to commemorate the Haymarket incident with a May holiday that would invoke radical worker sentiment. So Cleveland harkened back to the first established September 1882 holiday and signed into law that Labor Day in the US would be celebrated on the first Monday in September.



HAPPY BIRTHDAY SEPTEMBER 2019

Alan Barker 1st
Noa Miller 1st
Zinije Zuta 1st
Dorothy Laezzo 1st
Roslyn Zemeir 2nd
Roberta Kieilenko 2nd
George Hewes 3rd
Barbara Banno 3rd
Cindy Henderson 3rd
Madeline Parell 3rd
Ann Zimkus 4th
Toni Beccia 4th
Richard Mollica 5th
Roberta Santoro 5th
Ed Asselin 5th
Marj Needham 5th
Rosalie Rinaldi 5th
Karen Murphy 5th
Alicia Piomba 7th
Toni Earley 8th
Bob Baron 9th
Lorraine Ascencao 9th

Olive Tuccillo 10th
Lucille Ciampi 10th
Charles Burdette 11th
Dot Foell 11th
Linda Schreiber 11th
Angelo Malagrino 11th
Josephine Mastrorocco 12th
Arthur Brainard 12th
Mary Budzinowski 13th
Carol Stephenson 13th
Donna Jenings 14th
Patricia Bickley 16th
Norman Donais 16th
Joyce Brady 16th
Alice Montuori 17th
Phyllis McMahon 18th
Sue Gouthier 18th
Sandra Manna 19th
Elizabeth Bloom 21st
Joanne Rotella 21st
Linda Smith 22nd
Darlene Craft 22nd





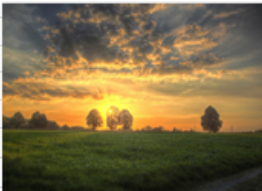
Maria Carrino 23rd
Donna Gentilozzi 23rd
Denise Boucher 24th
Edward Tamburino 24th
Marjorie Wilson 25th
Gabriela Elderkin 25th
Mary Jones 26th
Yvette Teixeira 26th
Roseanne Martino 26th
John Spagnoletti 27th
Elena Viega 27th
Ray Sullivan 27th
Grace Chang 28th
Kathy Ruhl 28th
Carole Burgio 29th
David Detzer 29th
Annette O'Toole 29th
Dolores Cardinale 30th
Diane Dutton 30th
Edith Hardwick 30th



September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	3 Fish sticks/ tater sauce Macaroni & cheese Peas Wheat Bread Fresh fruit	5 	4 Pork loin / gravy Baked sweet potato Green beans Pumpernickel bread Apple juice Chocolate chip cookie	6
9 	10 Salisbury steak / gravy Smashed potato Mixed vegetables Rye bread Apple juice Berry strudel	11 	12 Chicken Picatta Bowtie noodles Zucchini Wheat dinner roll Pears	13
16 	17 Lentil soup / crx Ham, turkey, cheese on grinder roll, L & T Mustard & mayo Bet salad Peaches	18 Lunch & Learn Free lunch With the Lutheran Home	19 Herb baked chicken Roasted squash Creamed spinach Wheat bread stick Fresh fruit	20
23	24 Chicken cacciatore Bowtie noodles Zucchini Multigrain bread Pears	25 	26 Pot roast / gravy Mashed potato Green beans Marble bread Birthday Cake	27
30 				Suggested donation is \$3.50 per meal

Lunch Reservations three (3) days in advance Minibus operates 8:30 AM to 3 PM - 2 day notice required		Lunch donation - \$3.50 Lunch served at 11:45 AM		Middlebury Senior Center 203-577-4166
September 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
	9:30 Computer Training		9:30 Computer Training	9:00 Billiards
	9:30 Yoga	9:00 Table Tennis	9:30 Mah Jongg	9:30 Art
	10-12 Blood Pressure Screen	9:00 Billiards	10:30 Dance Class	10:30 Nutrition class
	10:30 Mah Jongg	9:15 Tai Chi	10:30 Yoga	11:00 Wii Bowling
	12:30 Bridge Club	9:30 Computer Training	11:00 Losing Weight	12:00 Adult Strengthening
	5:30 Mah Jongg PM	10:30 Pilates	12:30 Bridge Club	12:30 Bridge Club
		10:30 Mah Jongg	1:00 Mah Jongg	
		Computers by Appointment	Christmas Tree Shop	
9	10	11	12	13
AARP Drive Safe class		8:00 Tai Chi	9:00 Billiards	
9:00 Billiards	9:00 Billiards		9:30 Computer Training	9:00 Billiards
10:30 Mah Jongg	9:30 Computer Training	9:00 Table Tennis	9:30 Mah Jongg	9:30 Art
10:30 Pilates	9:30 Yoga	9:00 Billiards	10:30 Dance Class	10:30 Nutrition class
	10:00 Piano lessons	9:15 Tai Chi	10:30 Yoga	11:00 Wii Bowling
	10-12 Blood Pressure Screen	9:30 Computer Training	11:00 Losing Weight	12:00 Adult Strengthening
	10:30 Mah Jongg	10:30 Pilates	12:30 Bridge Club	12:30 Bridge Club
	12:30 Bridge Club	10:30 Mah Jongg	1:00 Mah Jongg	
	5:30 Mah Jongg PM	12:30 Bingo	12:30 Tom Rosa Movie	
		Computers by Appointment		
16	17	18	19	20
	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
9:00 Billiards	9:30 COA meeting	9:00 Hearing by appointment	9:30 Computer Training	9:00 Billiards
10:30 Mah Jongg	9:30 Computer Training	9:00 Table Tennis	9:30 Mah Jongg	9:30 Art
10:30 Pilates	9:30 Yoga	9:00 Billiards	10:30 Dance Class	10:30 Nutrition class
	10-12 Blood Pressure Screen	9:15 Tai Chi	10:30 Yoga	11:00 Wii Bowling
	10:30 Mah Jongg	9:30 Computer Training	11:00 Losing Weight	12:00 Adult Strengthening
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	12:30 Bridge Club
	5:30 Mah Jongg PM	10:30 Mah Jongg	1:00 Mah Jongg	
		LUNCH & LEARN	LYMAN'S ORCHARDS	
		Computers by Appointment		
23	24	25	26	27
	9:00 Billiards			
9:00 Billiards	9:30 Computer Training	8:00 Tai Chi	9:00 Billiards	9:00 Billiards
10:30 Mah Jongg	9:30 Yoga	9:00 Table Tennis	9:30 Computer Training	9:30 Art
10:30 Pilates	10-12 Blood Pressure Screen	9:00 Billiards	9:30 Mah Jongg	10:30 Nutrition class
	10:30 Mah Jongg	9:15 Tai Chi	10:30 Dance Class	11:00 Wii Bowling
	12:30 Bridge Club	9:30 Computer Training	10:30 Yoga	12:00 Adult Strengthening
	5:30 Mah Jongg PM	10:30 Pilates	11:00 Losing Weight	12:30 Bridge Club
		10:30 Mah Jongg	12:30 Bridge Club	
		Computers by Appointment	1:00 Mah Jongg	
30				
9:00 Billiards				
10:30 Mah Jongg				
10:30 Pilates				

Bus Reservations two (2) days in advance		donation - \$.50 one way in town		
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required		\$1.50 one way out of town		Middlebury Senior Center
GWTD reservations Tuesday deadline		September 2019 Bus Schedule		203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 Center Closed	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWTD DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
		Waterbury Mall	Christmas Tree Shop	No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
	9	10	11	12
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWTD 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
16	17	18	19	20
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWTD DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall	Lyman's Orchards	No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
23	24	25	26	27
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWTD 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
30				
Grocery Shopping Personal shopping medical appointment Senior Center Activities	 			