

SENIOR NEWSLETTER

Middlebury Senior Center

1172 Whittemore Road, Middlebury, CT

203-577-4166—Phone

E-mail: jcappelletti@middlebury-ct.org

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

Website: www.middlebury-ct.org



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.

December 2021

Department Staff

JoAnn Cappelletti	Director
	Dispatcher
Angela Leveille	Publications & Programs
	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

Judy Mirrer, Chairperson
Jean Hansen
Noa Miller
Ann Spierto
Nancy Pun
Nancy Mastroianni
Ann Zimkus
JoAnn Cappelletti (Director of
Elderly & Social Services)
Ralph Barra (Liaison)

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166
jcappelletti@middlebury-ct.org
Discover our Website: www.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. #1

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 1

DECEMBER

*Hello
December*

The
Winter
Solstice
marks
the day

with the shortest period of daylight and the longest night of the year (in the Northern Hemisphere), all thanks to the tilt of the earth. In many cultures, the day is a day of feasting and celebration, but even if you're totally agnostic, you can still find a reason to rejoice, because after today, you'll see gradually shorter nights and longer days, which means you can look forward to the emergence of spring.

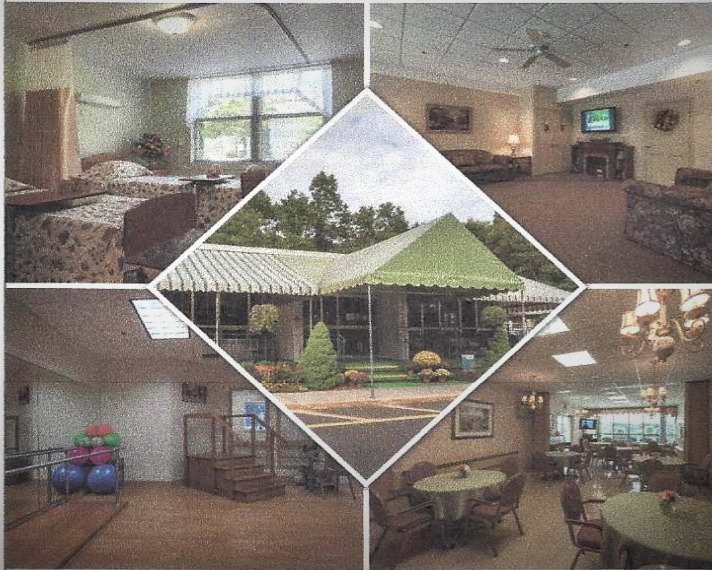
Christmas Eve takes place on December 24 and is probably one of the best nights of the year! Christmas has the power to reunite families and friends, warm up our hearts, and remind us that we have so many things to be thankful for. So put on your cozy PJs, light up your fireplace, call your loved ones, and top off your hot cocoa with some fluffy marshmallows!

Every year on December 25, we celebrate Christmas, a day for spending time with family, observing an important Christian holiday, partaking in lighthearted traditions, or just spreading some holiday cheer! Christmas has evolved over several millennia into a worldwide celebration that's both religious and secular and chock full of fun-filled, family activities.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

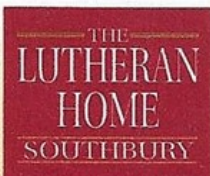
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

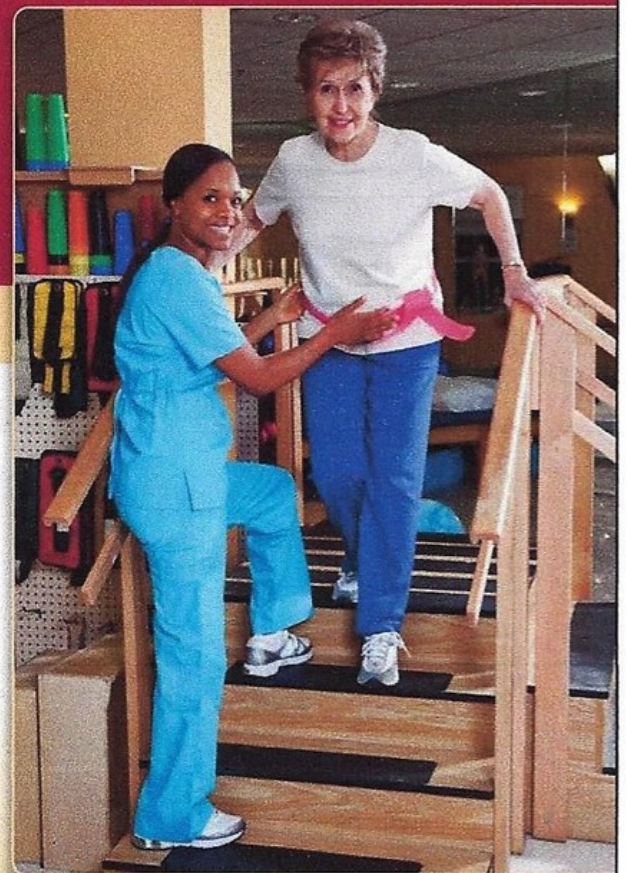
2016 5-STAR MEDICARE RATING

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



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

GWDT

Dial – A – Ride

**One day a week each municipality will have the
Dial-A-Ride Transportation
Available for eligible
Seniors (ages 60 & Over) and the Disabled.**

**Transportation available for shopping, doctors appointments,
out of town visiting with the 8 district municipalities on a first
come, first served basis.**

**For more information on Dial-A-Ride transportation
Please contact:**

Chesh- ire	Middle- bury	Nau- gatuck	Pro- spect	Water- bury	Water- town	Pro- spect
203-272 - 0047	203-577- 4166	203-720- 7069	203-758 - 5300	203-756- 5550	860-945- 5250	203-879 - 8100
Fridays	Thurs- days	Tues- days	Thurs- days	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served
**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**

Pilates



**The Middlebury Senior Center will be starting Pilates class in Jan-
uary 2022. We need at least 10 people to start. The classes will
be held on Monday and Wednesdays. The price is \$40 per person
for 8 classes. If interested, please call 203577-4166 to register.**



Message from our Nurse Diane Morotto:

Tips for helping seniors stay healthy during the holiday season

1. Make healthy food choices. It is very tempting to overindulge while partaking in family meals or other celebrations.
2. Stay hydrated by drinking plenty of water.
3. Follow any dietary restrictions or special diets such as low sodium, low fat, gluten free, or food allergies.
4. Drink alcohol, if any at all, in moderation. Even 1 cocktail can impair functions which can cause a fall. Also, certain medications can have adverse reactions to alcohol.
5. Keep exercising and moving even if it is walking a few laps around your rooms daily.
6. Reduce stress. Take deep breaths and meditate. If you are experiencing financial hardships, you may have to decrease or limit amounts spent on gift giving.
7. Stay involved with friends and family but take breaks or carve out some time for a nap.
8. Accept yourself for the valuable and wonderful Senior you are. Happy Holidays!!



Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, February 22, 2022 At 9:30am.

All interested persons are welcome to attend.

Contacting our office is easy!

Our website:
www.middlebury-ct.org/elderly-social-services

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
Angela Leveille	2
Ashley Norton	1
Sean Howard	4



Blood Pressure Screening

Nurse Diane is available for free blood pressure screenings every Tuesday from 10am to 12 noon.

She is also available for any issues you may have.



The Middlebury Senior Center will be closed on Friday, December 24, 2021 in observance of Christmas Day.



The Middlebury Senior Center will be closed on Friday, December 31, 2021 in observance of New Year's Day.

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.



COMPUTER HELP

Sean is available for one on one help if you need help with your computer.

Call 203-577-4166 ext. #4 for an appointment



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, Tuesday at 10am and 1pm, Wednesday Mah Jongg lessons 10:30, & Thursdays 1pm

ART CLASS



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

Adult Strengthening



Sue from Fitness Fury teaches older adults Strength training Exercises on Mondays from 11 to 12pm. Fee is \$25 per month or \$5 per class



POLISH POKER

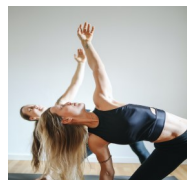
Our Polish Poker players have resumed their games on the second Wednesday of the month.

Nutrition Cooking Class

Nichole from Brass City Harvest will be giving nutrition cooking class every Wednesday from 12:30 to 1:30 pm.



Enjoy cooking with Nichole and sample your finished product. This class is free of charge.



Yoga

Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on December 28, 2021. The fee for Yoga is \$30 for 6 classes



Tai Chi

Wednesdays; 8:15 and 9:45am

Our Tai Chi instructor (Gary Weldon) not only teaches Tai Chi but also helps us with our balance and other issues as we age.

The next class will begin December 22, 2021 .

The fee for this class is \$30 for 10 classes



Calling all Crafters

Knitters and Crocheters are meeting on Monday afternoon at 1pm at the Shepardson Community Building.

Bring your own supplies or materials can be supplied

There is no charge for this class

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

BECOME YOUR BEST SELF

THE FFXP



**CLASSES FORMING
NOW WITH SUSAN'S
STRENGTH & TONE!
CALL FOR DETAILS,
SEE BELOW**

**Mondays 11am-11:45am
\$20./month, \$5. drop in
www.middlebury-ct.org
(203) 577-4166**





MIDDLEBURY SENIOR CENTER presents:
GRAB-N-GO Lunches from Annoula's Restaurant

We are pleased to partner with Annoula's Restaurant of Woodbury and New Opportunities of Waterbury to provide Grab-n-Go lunches for the month of December. There will be a different menu for each month.

Please call the senior center to order your meal. All meals served with multigrain bread, fruit and low fat milk.

(Every Wednesday in December at 11:30am)

For the month of December:

December 1 – Chicken Gyro, roasted potato, veg. - Or- Hamburger, roasted potato, veg.

December 8—Baked macaroni & cheese, small salad—Or —Meatloaf, roasted potato, veg.

December 15 –Chicken Pot pie, veg. —Or—Chopped sirloin with mushroom gravy, roasted potato and veg.

December 22 –American chop suey, small salad—Or—Greek Salad plate.

December 29— Chicken Gyro, roasted potato, veg.—Or—Shepherd's Pie, veg.

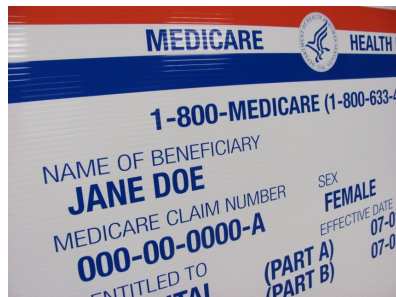
PLEASE NOTE:

Your reservation must be made by **MONDAY, BEFORE THE WEEK OF THE GRAB-N-GO LUNCH BEFORE 12PM.....NO EXCEPTIONS WILL BE MADE.** The meals must be reserved with the restaurant on a timely fashion to ensure availability.

Please call the Senior Center to put in your order: **203-577-4166 ext. 2 or 3**



NEW OPPORTUNITIES
Building Relationships to End PovertySM



REMEMBER

Medicare open enrollment period begins
October 15, 2021 and ends on December 7,
2021

Here is a list of items to bring to open enrollment:

- ◆ Create an online *Medicare.gov* account (directions below)
- ◆ Medicare card, with effective dates for Part A or Part B
- ◆ Date of Birth
- ◆ Zip Code
- ◆ List of medications that include dosage, how many times per day, & quantity (30, 60, 90 day supply)
- ◆ Name and address of preferred pharmacy
- ◆ Name of your current Medicare plan (if applicable)
- ◆ Gray Connect Card, and /or Medicaid (Husky) card.

Contact us to get help with a certified Medicare specialist at 203-577-4166

HOW TO CREATE AN ONLINE ACCOUNT

Why create the account?

- Build a better drug list.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

If you want access to personalized information and features, and/or to enroll in the plan of your choice, you'll need to create an online medicare.gov account.

How to create the account: visit [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) and click "Log in or Create Account".

You will need:

1. Medicare number – You can find this on your red, white, and blue Medicare. If you're new to Medicare and don't have your card yet, you can get your Medicare Number by logging into your Social Security account at [socialsecurity.gov/myaccount](https://www.socialsecurity.gov/myaccount), or on the letter you get from Social Security after you enroll.
2. Last name
3. Date of birth
4. Current address with ZIP code or city
5. Part A or Part B coverage start date – you can find this on your Medicare card.

Once you add this information and select "Next," you can create a username and password and use your new Medicare account. Remember to keep your username and password in a safe place to protect your privacy.

FORGOT YOUR USERNAME OR PASSWORD?

If you have an existing account, but forgot the username or password, click "trouble logging in?" under the username box on the log in page. You'll need this information:

- * Medicare Number
- * Last name

MEDICARE OPTIONS

When it's time to select your Medicare plan, you have an assortment of options. If your health care needs are minimal, Original Medicare may be your best choice. Those who have more complex health care needs may want to consider a Medicare Advantage Plan. These plans include vision, dental and hearing coverage and many offer prescription drug coverage. If you only need a little extra to supplement Original Medicare, try a Medicare Supplemental Insurance plan. Those who regularly take medications may want to opt for a [Part D](#) prescription drug plan.

Original Medicare

Original Medicare has two parts: [Part A](#), which provides insurance for inpatient hospital care, lab tests, surgery, home health care, hospice care and stays in a skilled nursing facility; and [Part B](#), which includes visits to the doctor's office, medically necessary services, preventative care, ambulance services, mental health care and limited outpatient prescription drugs. With Original Medicare, you pay a deductible and then your share of the in-patient or out-patient visit. There's no limit on what you pay out-of-pocket under Original Medicare. If you select Original Medicare and you want drug coverage, you'll need to select a separate Part D plan.

Medicare Advantage Plans

Medicare Advantage Plans are provided by private health insurance companies that have been approved by Medicare. These plans include Medicare Parts A and B, and some plans also include prescription drug coverage. [Medicare Advantage Plans](#) provide additional benefits, such as vision, fitness programs, dental and hearing coverage. You can select one of four different Medicare Advantage Plans: [HMOs](#), [PPOs](#), [Private Fee-for-Service Plans](#) and [Special Needs Plans](#). Some plans only let you use in-network providers, while others offer more flexibility for a price. You can only select a Medicare Advantage Plan that's available in the county where you live in Connecticut.

Medicare Prescription Drug Coverage Plans

While Original Medicare doesn't cover prescription drugs, you [can add coverage from a Part D plan for a fee](#). How much your plan costs depends on several factors, including your pharmacy, the [tier of the drug](#), and whether a drug company offers financial assistance to help you pay for their products. However, Medicare Advantage Plans often provide prescription drug coverage. In some plans, such as SNPs, prescription drug coverage is required. If you don't select a Part D plan when you initially enroll in Medicare or select a Medicare Advantage Plan [that offers prescription drug coverage](#), you can enroll later, but you may have to pay a permanent monthly penalty.

Medicare Supplement Insurance Programs

Payment gaps exist in Original Medicare, and you may not always be 100% sure about what is and isn't covered. If there isn't a Medicare Advantage Plan that works for you, you may want to consider purchasing a Medicare Supplement Insurance Plan, known as [Medigap](#). These plans help plug the gaps in Original Medicare, cover the copays in Parts A and B, and may cover any excess Part B costs. If you need to go out of the country on a business or family trip, a [Medicare Supplement Insurance Plan](#) can provide medical coverage. Medicare Supplement Insurance won't work with any Medicare Advantage Plan.

To review further information, please click on the red link

OPERATION FUEL



The Winter Spring Program for Operation Fuel will start on December 6, 2021

Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program will begin on December 6, 2021.

The program is for emergency energy / utility assistance grants. Programs will be offered to provide assistance for a household's primary space heating, secondary energy, and / or water accessibility needs. Call 203-574-4166 for assistance.

CONNECTICUT ENERGY ASSISTANCE PROGRAM



Applications for the Connecticut Energy Assistance Program will be accepted up to March 16, 2022 for fuel and May 15, 2022 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.

⇒ IMPORTANT DATES IN THE CT. ENERGY ASSISTANCE PROGRAM (CEAP) FOR DELIVERABLE FUELS ARE AS FOLLOWS:

- ⇒ November 13, 2021—First day for fuel deliveries that can be paid by CEAP.
- ⇒ March 16, 2022 Deadline for fuel authorizations.
- ⇒ May 1, 2022 the last day that a household can apply to establish its eligibility for benefits.
- ⇒ May 29, 2022 The last day to submit deliverable fuel bills.

Please bring with you all documentation. Monthly income for each member of the household; all bank statements; energy bill and all other household members information.

NOTE: These dates are subject to change at the discretion of the State Department of Social Services.

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

WINTER PROTECTION PLAN

EVERSOURCE

Customers who meet income eligibility or receive certain government benefits and lack the resources to pay their electric bill may qualify for shutoff protection during the winter months.

The Winter protection Plan protects your service from being shut off from November 1, 2019 through May 1, 2020 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 707.

When participating in the program, customers are still encouraged to continue paying as much of their bill as possible, since the full amount will still be owed at the end of the protection period.

To be eligible, customers must meet one of the following criteria:

- ⇒ Receive Aid to the Aged, Blind or Disabled (State Supplement); or Aid to Families with Dependent Children; or Medicaid; or (SSI); or General Assistance.
- ⇒ Their sole source of financial support is Social Security or VA;s Administration.
- ⇒ Their circumstances threaten deprivation of food and the necessities of life if payment of a delinquent bill is required.
- ⇒ Their income falls below 60% of the state median income.
- ⇒ They currently receive heating assistance.

For more information, or to enroll in the program, please call Eversource at 800-286-2828.

Eversource's

Matching Payment Program:

Allows you to maintain year-round electric and gas service and possible elimination of back balances, if you qualify and pay an agreed-upon amount on time each month.

Here's how it works.

Eversource, through the Matching Payment Program, will match your payments once you are approved for and receive energy assistance from [Connecticut Energy Assistance Program \(CEAP\)](#). For every dollar you pay toward your bill, a dollar will be credited to your past-due amount.

So, you pay a portion, energy assistance pays a portion, and Eversource pays a portion. Making all required payments in the Matching Payment Program protects your household from shut-off, in addition to getting the payment match.

To be eligible:

- You must be a current Eversource residential customer and heat your home with electricity or natural gas.

Your household income must be at or below 60 percent of the estimated state median income:

Household Size – includes homeowners and renters that pay separately for heat, and renters whose heat is included in the rent, as long as more than 30% of gross income is paid towards rent.

- You must have CEAP energy assistance funds applied directly to your Eversource account.

You must continue to pay your payment arrangement amount on time each month.

If you cannot afford your required monthly payment, please call us at 800-286-2828 to see if you qualify for a reduced payment (Below Budget Payment). If you're eligible, we will refer you to your local Community Action Agency to help you process an application (Below Budget Worksheet).



CUSTOMER ASSISTANCE PROGRAMS

Wrap

- Connecticut Water now offers a Water Rate Assistance Program (WRAP) for income-eligible customers. It is the first program of its kind offered by a water utility in Connecticut.
- WRAP offers income-eligible customers a 15% reduction on their water bill, excluding Linebacker service

COVID19 Extended Payment Plans

- Available for any Connecticut Water customer, regardless of income
- Can be spread out for up to 24 months
- Interest-free
- No down payment required

COVID-19 Payment Plans are available until Governor Ned Lamont's COVID-19 Pandemic Emergency Order is lifted.

H2O—Help 2 Our Customers Assistance Program for Connecticut Water customers

- Provides financial assistance for income-eligible Connecticut Water customers with matching payments on deferred payment arrangements.
- One-time Hardship Assistance Credits available with forgiveness of balances due for customers experiencing unexpected financial hardship or a life-changing event
- Both assistance options require new bills be kept current

Additional Program offerings:

Connecticut Water Participates in Connecticut's Low-Income Household Water Assistance Program

- This Program is offered by the state of CT to income-eligible customers (at or below 60% state median income) and can help with up to \$1,000 towards past due water service and wastewater bills
- The Department of Social Services (DSS) will be making payments directly to water service providers on behalf of registered customers who qualify for the program
- Customers can apply for help directly online at www.ct.gov/dss/WaterAssistance or through New Opportunity, Inc. or the Middlebury Social Services

Connecticut Water is an Operation Fuel Partner

Our partnership with Operation Fuel, a private, non-profit organization which offers support programs for utility customers across Connecticut, allow customers to apply for assistance with their Connecticut Water bills while also applying for assistance with their other utility bills (ie: electric, oil, gas etc.) The partnership allows Operation Fuel to administer Connecticut Water's WRAP and H2O programs. More information on Operation Fuel can be found at OperationFuel.org.

First Day to apply — November 1, 2021

Last Day to apply — May 31, 2022

Last Day to submit bills: — June 15, 2022



**OLLI AT UCONN ONLINE: REGISTRATION FOR WINTER
CLASSES
OPENED November 19th**

The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut invites all adults aged 50+ to register for its online learning winter session through January 2022.

Since 2007, OLLI at UConn has continued to offer a diverse and expansive range of learning experiences to older adults who want to engage socially and intellectually with their peers as teachers and learners. One of OLLI's strengths is its ability to bring people together, and it has adapted to the challenges of Covid-19 by bringing people together online.

Examples of online winter courses include: learning the ukulele, awakening your inner child, introduction to acting, acrylic painting, and how Jewish immigrants changed American culture. OLLI also offers orientation sessions and support for those unfamiliar with online learning, either in groups or one-on-one.

Mila Limson, OLLI President said, "OLLI offers flexible, interactive and stimulating learning opportunities. Engaging in online courses allows you to take classes no matter where you are, from the comfort of your home in Connecticut or while you are sheltering in sunny Florida! And if you know someone who would enjoy OLLI, it's easy to give them a gift card for the holidays!"

Key Dates:

Friday, November 19th / Registration opens

Monday, January 3rd / First day of winter classes

Friday, January 28th / Last day of winter classes

There is no educational requirement to join OLLI. Many classes are developed and taught by members who volunteer their time to share their knowledge and experience with other members.

For registration and additional information visit OLLI's website at olli.uconn.edu or call 475-222-6261 / 6232 to learn more.

An After-Thanksgiving Poem

*T'was the day after Thanksgiving, and all
through the house -*

Bits of food on the floor...even on the couch.

*A half-eaten turkey leg found atop a hanging
plant...*

*Its grease drippings on the carpet - but I shall
not rant.*

*I wonder how cranberry sauce got smeared
on the wall,*

*Or why a necktie was left behind by dear old
Uncle Paul?*

*The kitchen looked worse than a grisly crime
scene -*

*Dishes, food, and trash everywhere...know
what I mean?*

*The hallway was lined with mashed potato
footprints*

And scattered pieces of after-dinner mints...

*The bathroom toilet was clogged by a turkey
wing,*

*And kids had sprayed my towels with Silly
String.*

*I wonder whose bra and panties were found
On the bed - while coats were laying around?*

Only one thing has made matters worse...

*No leftovers for me - my hospitality
curse !*

Ted Elliss



VETERANS

You have questions

VA has answers!

Call VA today at 1-800-MYVA411 (1-800-698-2411)

The Number to call when you don't know who to call.

You only need to remember one number for information on VA care, benefits, and services or to speak to a live agent for assistance!

1-800-MyVA411 serves all members of the Veteran and service member community seeking information or Assistance.

Call for helpful information on:

- * COVID-19 general information and updates
- * Health care eligibility and enrollment
- * VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others.
- * The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- * Directory assistance and connection to all VA contact centers and VA Medical Centers
- * Technical support for [VA.gov](https://www.va.gov)
- * Debt and payment options
- * Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans

When you call 1-800-MyVA411 and press 0, you will reach a live agent for immediate assistance or connection to the right VA experts





**Connecticut
Flower & Garden Show
Connecticut Convention Center
February 24, 2022**

**Spectacular Landscaped Garden & Horticulture Competition by
the Federated Garden Clubs of Connecticut, Inc.**

Thursday, February 24, 2022

Spring in February arrives annually at the *Connecticut Convention Center*. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more. View beautifully landscaped gardens. Visit the Federated Garden Clubs of Connecticut design & horticulture competition. Attend over 80 hours of seminars and demonstrations.

Seminar Topics: Containers, Floral Design, Garden Ornaments, Landscape Design, Native Plants, Organics, Pollinators, Perennials, Weed Prevention, Vegetable Gardening and many more.

\$21.00 all inclusive first 14 people to sign up with payment. \$23.00 per person for all others.

Call 203-577-4166 for more information or to reserve your seat.

HOLIDAY LIGHTS FANTASIA



Thursday, December 2, 2021

The Middlebury Senior Center mini-bus will be going to see the Christmas lights at the Holiday Lights 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 be stopping for dinner along the way.

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.

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.

USED INK CARTRIGES

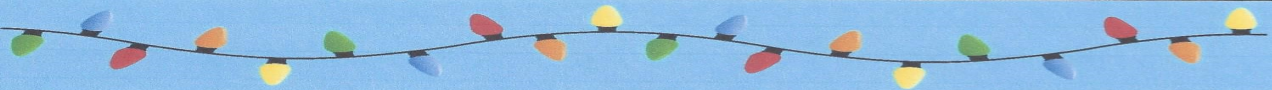


**Don't throw your used ink
cartridges away.**

**Please donate them to the
Middlebury Senior Center,**

We recycle.

Thank You



It's Christmas Time Again

Gingerbread Village & Christmas Bazaar

Est. 1967

At St. George's Episcopal Church

At Intersection of Rt. 188 & Tucker Hill Rd

Middlebury CT 06762

December 4- 11, 2021

Village ~ Dollar Store ~
Handmade Crafts ~ Decorate
your own cookie kits ~ Raffle
baskets ~ Bake Shop Items

Village & Bazaar Hours:

Sat..... 10 am – 7 pm
Sun..... 12 pm – 7 pm
Mon – Fri 2 pm – 4 pm
 6 pm – 8 pm
Sat Dec 11 10 am – 4 pm

Food to go

Saturday December 4th & 11th
10 am – 3 pm

Following Covid 19 safety protocols



For more information – call 203-758-9864 - email saintgeorgesct@gmail.com
www.gingerbreadvillagect.com



Western Connecticut
Area Agency on Aging, Inc.

Awards this

Focal Point Designation Certificate

For the period of

2022-2024

to

Middlebury Senior Center

A focal point is a highly visible facility where anyone in the community can
obtain information and access to aging services.

Judy Begley
Judy Begley, President
WCAAA Board of Directors

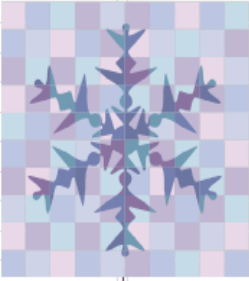


Kathy Kinane
Kathy Kinane, Chair
WCAAA Advisory Council

Michael Hebert
Michael Hebert, Executive Director
WCAAA

We are pleased to inform that the Middlebury Senior Center been designated as one of several western area Focal Points for a three-year period beginning October 1, 2021,

WCAAA recognized and thanked us for our partnership to serve the seniors of our region especially our special efforts during the COVID -19 pandemic.

We are very excited that our center has achieved such an important platform for our seniors .

Minibus operates 8:30 AM to 2:30 PM - 2 day notice required				Middlebury Senior Center 203-577-4166
December 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:15 Tai Chi	9:00 Billiards	
		9:00 Computer training	9:00 Computer training	9:00 Billiards
		9:00 Billiards		9:30 Painting class
		9:30 Tai Chi	10:30 Mah Jongg	
		10:00 Mah Jongg	10:30 Bridge Club	
		10:30 Mah Jongg Instruction	1:00 Mah Jongg	
	11:30 Grab & Go Lunches			
		Computers by Appointment	HOLIDAY LIGHT FANTASIA Computers by Appointment	
6	7	8	9	10
9:00 Billiards			9:00 Billiards	
10:30 Mah Jongg	9:00 Billiards	8:15 Tai Chi	9:00 Computer training	
11:00 Adult Strengthening	9:30 Computer Training	9:00 Computer training		9:00 Billiards
	9:30 Yoga	9:00 Billiards	10:30 Mah Jongg	9:30 Painting class
1:00 Knitting & Crocheting	10:30 Mah Jongg	9:30 Tai Chi	10:30 Bridge Club	
	10-12 Blood Pressure Screen	10:00 Mah Jongg	1:00 Mah Jongg	
		10:30 Mah Jongg Instruction		
	1:00 Mah Jongg	11:30 Grab & Go Lunches	CHRISTMAS TREE SHOP	
		Computers by Appointment	Computers by Appointment	
13	14	15	16	17
9:00 Billiards				
10:30 Mah Jongg	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
11:00 Adult Strengthening	9:30 Computer Training	9:00 Computer training	9:00 Computer training	9:00 Billiards
	9:30 Yoga	9:00 Billiards		9:30 Painting class
1:00 Knitting & Crocheting	10:30 Mah Jongg	9:30 Tai Chi	10:30 Mah Jongg	
	10-12 Blood Pressure Screen	10:00 Mah Jongg	10:30 Bridge Club	
		10:30 Mah Jongg Instruction	1:00 Mah Jongg	
	1:00 Mah Jongg	11:30 Grab & Go Lunches		
		Computers by Appointment	Computers by Appointment	
20	21	22	23	24
9:00 Billiards				
10:30 Mah Jongg	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
11:00 Adult Strengthening	9:30 Computer Training	9:00 Computer training	9:00 Computer training	
	9:30 Yoga	9:00 Billiards		
1:00 Knitting & Crocheting	10:30 Mah Jongg	9:30 Tai Chi	10:30 Mah Jongg	
	10-12 Blood Pressure Screen	10:00 Mah Jongg	10:30 Bridge Club	
		10:30 Mah Jongg Instruction	1:00 Mah Jongg	
	1:00 Mah Jongg	11:30 Grab & Go Lunches		
		Computers by Appointment	Computers by Appointment	Computers by Appointment
27	28	29	30	31
9:00 Billiards				
10:30 Mah Jongg	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
11:00 Adult Strengthening	9:30 Computer Training	9:00 Computer training	9:00 Computer training	
	9:30 Yoga	9:00 Billiards		
1:00 Knitting & Crocheting	10:30 Mah Jongg	9:30 Tai Chi	10:30 Mah Jongg	
	10-12 Blood Pressure Screen	10:00 Mah Jongg	10:30 Bridge Club	
		10:30 Mah Jongg Instruction	1:00 Mah Jongg	
	1:00 Mah Jongg	11:30 Grab & Go Lunches		
		Computers by Appointment	Computers by Appointment	Computers by Appointment