

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
2023**

Department Staff

JoAnn Cappelletti	Director
Ashley Norton	Dispatcher
Angela Leveille	Publications & Programs
Kathleen Patton	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

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

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



In Native American cultures which tracked the calendar by the Moons, December's full Moon was known as the FUL COLD MOON. It is fitting associated with the month when the winter cold fasten its grip and the nights become long and dark.

This full Moon is also called the LONG NIGHT MOON by some Native American tribes because it occurs near the winter solstice—the day with the least amount of daylight.

MOON FACTS & FOLKLORE:

- If a snowstorm begins when the Moon is young, it will cease at moonrise.

MERRY CHRISTMAS



JoAnn

Angela

Ashley

Kathy

Sean

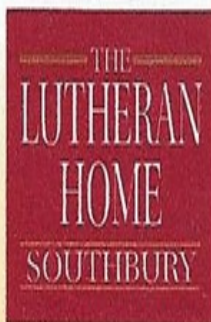


Get READY FOR HOME at Lutheran Home

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
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	Tuesdays	Thurs- days	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



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, pining, 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	\$64,250
2	\$73,400
3	\$82,600
4	\$91,750
5	\$99,100
6	\$106,450
7	\$113,800
8	\$121,990

*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

203-577-4166 EXT. 3



Message from our Nurse Diane Morroto:

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!**



IN-CASE YOU DIDN'T KNOW

The **ABC's** of Medicare

Original Medicare: Medicare as it was originally created in 1965. Beneficiaries go to any doctor in the country that accepts Medicare. Doctors and hospitals bill Medicare, and the federal government pays.

Medicare Advantage: The private insurance alternative to original Medicare. Beneficiaries enroll in a managed care plan usually either a health maintenance organization (HMO) or preferred provider organization (PPO).

Fee-for-service: A method of insurance in which medical providers get paid for each service they perform.

HMO: Stands for health maintenance organization, a closed-panel managed care insurance product in which the doctors all area on the HMO's staff.

PPO: Stands for preferred provider organization, a managed care insurance product in which patients can select from a network of independent care providers that contract to provide care to the PPO's enrollees.

Medicare Part A: The portion of Medicare that covers hospital and hospice care and some home services.

Medicare Part B: The portion of Medicare that covers doctor visits, diagnostic tests and other outpatient services.

Medicare Part C: Also known as Medicare4 Advantage; a Part C plan provides Part A, Part B and usually Part D coverage to its enrollees.

Medicare Part D: The portion of Medicare that covers the costs of prescription drugs.

Medigap: The term used to describe supplemental policies sold by private insurers that help pay out-of-pocket costs not covered by original Medicare.

Medicare Savings Programs: Also referred to as MSPs, these are four programs run by the federal government for beneficiaries with low incomes. The plans help pay out-of-pocket cost for Medicare.

Medicaid: The federal-state health insurance program for people with low incomes. Some Medicare beneficiaries can enroll in both Medicaid and Medicare. These individuals are called dual eligible.

Prior authorization: A practice used by Advantage plans re review whether a doctor-recommended test or treatment is medically necessary. If it isn't, the plan usually won't pay.

Accountable Care Organizations: Groups of doctors, hospitals and /or other providers who come together voluntarily to coordinate the care of the Medicare patients they serve.

HERE'S WHAT HAPPENING

- ♦ October 15th thru December 7th: Medicare Open Enrollment Period
- ♦ January 1st.: Coverage begins for all changes made during Medicare open enrollment.
- ♦ January 1st thru March 31st: Medicare Advantage Open Enrollment Period If you are not happy with your Medicare Advantage Plan after Medicare Open Enrollment, you can make a change during this time.

We know how confusing all this information is so we have a special person who can help you with all of your insurance decisions. She is available at the Middlebury Senior Center every Wednesday until December 7th to help. She will meet with you one on one by appointment.

Call the Middlebury Senior Center if you are interested in meeting with Nancy Cimmino.

203-577-4166

MEDICARE COSTS RISE SLIGHTLY FOR 2024



Most Medicare users will face a small increase in monthly premiums and deductibles they pay for hospital stays next year.

The adjustments, announced in October, will see both users of original Medicare and those with Medicare Advantage (MA) plans pay an increase of \$9.80 a month, to \$174.70 for Part B coverage of doctors visits, tests and other outpatient care. The yearly deductible under Part B will rise slightly.

There was good news for Medicare users who get care via an MA plan—most will see no price hike in 2024, and the rest will see modest increases. The average MA premium will be \$18.50 next year, up 64 cents, says the Centers for Medicare and Medicaid Services.

More people will have MA plans, CMS predicts. That number is expected to climb to nearly 34 million people in 2024—more than half of the 66 million people on Medicare.

The average cost of Part D prescription drug coverage is projected to fall slightly.



SOCIAL SECURITY PAYMENT UP 3.2% FOR 2024

Social Security recipients will get a 3.2% increase in their monthly checks next year, the Social Security Administration (SSA) has confirmed. That compares to the cost of living adjustment (COLA) of 8.7 percent that recipients received this past January.

The change reflects a cooldown of inflation over the past year, the SSA said.

Starting in January, the average monthly Social Security retirement benefit will rise by \$59, for about \$1,848 to \$1,907, say the SSA. The average disabled worker benefit will increase from \$1,489 to \$1,537.

The COLA will be applied to veterans benefits and retirement pay as well as Social Security payments.

The modest gains for 2024 will be partially offset by an increase in monthly premiums for Medicare Part B, the portion of Medicare that covers outpatient services such as doctor visits (see story above). For most Medicare enrollees, Part B premiums are deducted directly from their Social Security payments, so the rate hike will eat in the COLA.



Commission on Aging

The next Commission on Aging meeting to be announced

All interested persons are welcome to attend.



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.



Please donate your used ink cartridges

The Middlebury Senior Center
Recycles
Thank you

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



 **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

Sean is available Tuesday, Wednesday and Thursdays 9am to 1pm



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, Wednesdays at 10am, & Thursdays at 10am & 1pm



ART CLASS

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



PILATES CLASS

Two classes per week: \$40

Monday 9:30 to 10:30 &

Wednesday 11:00 to 12:00

Next class begins December 4, 2023

Adult Strengthening



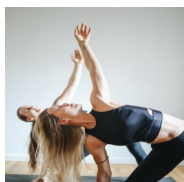
Sue from Fitness Fury teaches older adults Strength training Exercises on Mondays from 11 to 12pm. Fee is \$25 per month or \$5 per class



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

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, December 26, 2023. The fee for Yoga is \$30 for 6 classes



Join us for Polish Poker

Every second Wednesday of the month at 1pm.

Tai Chi



Wednesdays; 8:15 and 9:45am

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

The next Wednesday class will begin December 20, 2023; Next Thursday class will begin December 21, 2023 at 5:30pm.

The fee for this class is \$30 for 8 classes

Call 203-577-4166 to sign up



Attention All Artists Open Studio

Great studio space available to artists who would like to paint in a studio space with other artists. No instruction. Bring your own supplies.

Space available on Tuesdays, 10:30 —1:30 A \$5 donation for our food bank is suggested. Sign up in the office or call 203-577-4166.

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



ANCESTRY WORKSHOP

Middlebury Senior Center will be holding an Ancestry Workshop every Tuesday, from 11am to 12:45pm.

Explore your heritage.

Anyone interested should call Sean at 203-577-4166 ext. 4.

Sean also gives one on one instructions to any who would like to learn anything to do with computers, android or iPhones, or iPad.

You can also get your devices checked and repaired for viruses and malware.

There are only 5 spots open for these workshops so please call soon to reserve your seat if interested.

Cost is \$20 per person for 4 classes
203-577-4166 ext. 4 to enroll



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 o 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room 26. Please call ahead to see what day the next meeting will be. 203-577-4166.



Senior Nutrition Services Tuesday Lunches

December 2023 Menus

12/5/2023:

Chicken Tenders & Baked Beans
Green Beans & Wheat Dinner Roll
Mandarin Oranges & Low Fat Milk

12/12/2023:

Cranberry Dijon Chicken & Brown Rice
Mixed Vegetables & Wole Wheat Bread
Assorted Cookie & Assorted Fruit Juice
Low Fat Milk

12/19/2023:

Salisbury Beef w/ Gravy & Confetti Brown Rice
Green Beans & Marble Rye Bread
Mandarin Oranges & Low Fat Milk

12/26/2023:

Diced Chicken w/ Lemon Dill Sauce
Orzo & Green Peas
White Bread & Pineapple Tidbits



Pickle Ball!!!

Middlebury Senior Center would like to offer the game Pickle Ball for all who are interested.

**Games are by appointment only
Thursdays and Fridays from 9:30am
to 3:30pm.**



Paddles and balls supplied or bring your own.

Please call us at 203-577-4166.

The Middlebury Senior Center would like to extend our heartfelt thanks to all our amazing volunteers that have helped us this year!

Faith Stewart

Sue Rosa

Evelyn DiPaolo

Heidi Shea

Elaine Strobel

Lorraine Zegibe

Susan Drelichowski

Food For Friends

Jean Hansen

Cathy Yanik

Mila Limson & Joe Shea

Paula & Antonio Barile

Marj Needham

Debrah Wolf

Corina Flanagan





GET READY FOR MEDICARE OPEN ENROLL- MENT 2024

Medicare Open Enrollment is right around the corner.

It runs from October 15 through December 7, 2023

Our Medicare Counselor is here to help you navigate & understand your options.

Nancy can help you:

- **compare and understand plan options**
- **Help you sign up for a new plan**
- **And can help you avoid high-pressure sales tactics**

Nancy does not sell health insurances, nor recommend one plan over the other. She will provide free, unbiased & confidential counseling and give you the tools you need to make an informed decision.

Beginning Wednesday, October 13, and every Wednesday until December 6, Nancy will be available at the Middlebury Senior Center from 11am. If you would like a one on one consult, please call for an appointment at 203-577-4166.



Middlebury Food Bank

Please donate

The Middlebury Food Bank needs:

Spaghetti Sauce

Baked Beans

Canned Fruit

Cake Mixes

Brownie Mix

Shampoo

Soap Bars

Tooth brushes

Toothpaste

Deodorant

Boxed or packaged mashed potatoes



Thank you for your support!

Connecticut Water Files Application with Connecticut Public Utilities Regulatory Authority (PURA) To Amend Rates

- Application to recover more than \$135 million in drinking water and wastewater infrastructure investment that is not in current rates
- Expansion of financial assistance for income-eligible customers
- Reflection of higher operating and borrowing costs

Subject to extensive review process by PURA with input from the Office of Consumer Counsel, the State Attorney General and the public

The Connecticut Water Company announced the filing of an application to amend customer rates with the Connecticut Public Utilities Regulatory Authority (PURA).

If the request is approved as proposed, annual revenues will increase by approximately \$21 million, or 18%, over current authorized revenues and would be effective on or about July 1, 2024. PURA will determine through the rate case process the actual level and distribution of any approved rate increase, but it is expected that the amount of the increase will vary based on location or rate division within the company and customer class — residential, commercial, industrial or municipal.

Among the numerous infrastructure investments made by the company are the following:

- Solar arrays in Clinton and Colchester that produce clean energy and reduce more costly energy purchases from the electric utility.
- A new, \$12 million groundwater treatment facility in East Windsor.
- A 5.3-mile interconnection between the water systems in Somers and Stafford, including a new pump station and tank, for redundancy and more robust long-term supply capability.
- 3,500 feet of new main to significantly improve water quality in Middlebury.

A new 1-million-gallon storage tank in Plainfield.

Among the other proposals in the rate application are the following:

- Expanding the low-income Water Rate Assistance Program (WRAP) for eligible customers. Connecticut Water has offered a 15% discount on water bills through WRAP since 2021 and was the first water utility in the state to offer this type of program.

To mitigate the impacts on municipal budgets in communities where Connecticut Water provides public fire protection through fire hydrants on its water systems, the proposed increase in public fire charges is 5% for most municipalities.

In addition to expanding WRAP, Connecticut Water is proposing to continue its H2O – Help 2 Our Customers assistance program, offering payment plans and financial assistance to eligible customers directly and through its partnership with Operation Fuel.

For more information on the rate application, visit www.ctwater.com/ratecase.

EVERSOURCE

10% and 50% Discounts Available for Electric Customers

Dear Community Partners,

On December 1, 2023, we will introduce a new discount rate for electric customers with a financial hardship status. Based on their household income or receipt of a public assistance benefit, they may be eligible for a 10% or 50% discount off their electric bill per month. For example, if they have a \$100 monthly bill, it would be \$10 less if they receive a 10% discount or \$50 less if they receive the 50% discount.

We're raising awareness with our customers across multiple channels, including email, bill inserts and messaging, eversource.com and traditional and social media – but we need your help. To ensure every resident in your community is aware of the new electric discount, we are providing the attached Electric Bill Discount fact sheet. We ask that you share this information in your channels, as appropriate. Hard copies of the fact sheet are also available upon request.

If you have any questions, please don't hesitate to contact me.

Thank you for partnering with us.

Theresa Washington
Manager, Credit Hardship Programs & Protections
Eversource Energy
1985 Blue Hills Ave. Ext.
Windsor, CT 06095
Mobile: (860) 816-9637

Information received directly from Eversource



You may be eligible for a free Assurance Wireless lifeline



Lifeline eligibility

Enrollment in this government benefit program is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify for Assurance wireless Lifeline if you participate in any of the following government programs:

1. Food Stamps/SNAP
2. Supplemental Security Income (SSI)
3. Veterans Pension benefit or Survivors Pension
4. Medicaid
5. Federal Public Housing Assistance or Section 8
6. You may also qualify based on household income which is 145% of Federal Poverty Guidelines

The affordable Connectivity Program (ACP) (/acp/affordable-connectivity-program)

You may qualify for Assurance Wireless Unlimited under the Affordable Connectivity Program if you participate in any of the following government programs:

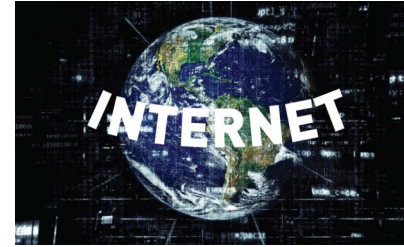
1. Food Stamps/SNAP
2. Supplemental Security Income (SSI)
3. Veterans Pension benefit or Survivors Pension
4. Medicaid
5. Federal Public Housing Assistance or Section 8
6. The free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, for the 220-2021, 2021-2022 school year.
7. Federal Pell Grant during the current award year
8. The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
9. You may also qualify based on household income which is 200% of Federal Poverty Guidelines

If you **ONLY** qualify for ACP, or want to apply with Assurance Wireless only for ACP, you'll need to take 2 steps to apply.

First, go to (<https://acpbenefits.org/>) and go to National Verifier website to get approved for ACP.

Once you have been approved, call 833-930-3673 and they will help you enroll in Assurance Wireless Unlimited.

PAY LESS OR GET FREE INTER- NET ACCESS



The Social Security Administration is getting the word out about the new Affordable Connectivity Program (ACP) that reduces the cost of getting online for people with limited income. **If your household income is 200% or less than the Federal Poverty Guidelines or someone in your household participates in certain government assistance program like SNAP, Medicaid, Veteran's benefits, etc., you may be eligible for the benefits the ACP provides.**

These benefits include:

\$30 per month toward internet service for eligible households. Many local companies, including AT&T, Comcast, Frontier and Verizon offer internet service for \$30, making internet service free.

\$75 per month households on qualifying Tribal lands.

Eligible households also can receive a one-time discount of up to \$100 toward purchasing a laptop, desktop computer, or tablet from participating providers.

You can take advantage of the discounts with confidence knowing that receiving ACP assistance does not affect your Social Security retirement, survivors, or disability benefits.

This program is run by the Federal Communications Commission (FCC). You can visit the ACP website or the FCC or call 1-877-384-2575 to find out how to apply and to see if you qualify. Please do not contact Social Security with questions about the ACP. Hopefully, many people will take advantage of this new program and it will help to make high speed internet more affordable for many more households. To apply online visit: <https://www.affordableconnectivity.gov/>.



ATTENTION VETERANS

PACT Act Deadline: Health Care for Veterans Who Deployed to Combat Zones

Veterans who deployed to a combat zone, never enrolled in VA health care, and left active duty between September 11, 2001, and October 1, 2013, are now eligible to enroll directly in VA health care during a special enrollment period.

This special enrollment period gives Veterans who served in Iraq, Afghanistan, and other combat zones an opportunity to:

- enroll directly in VA health care without first applying for VA benefits and;
- qualify for enhanced eligibility status, which means being placed in a higher priority group.

These Veterans who left service between September 11, 2001, and October 1, 2013, have until 11:59 p.m. on September 30, 2023, to apply for VA health care.

Other Veterans who deployed to combat zones and left service after October 1, 2013, can get free VA health care for service-related conditions for up to ten years following the latest discharge.

Veterans enrolled in VA health care are proven to have better health outcomes than non-enrolled Veterans, and VA health care is often more affordable than non-VA health care for Veterans.

You can apply for VA health care now at <https://www.va.gov/health-care/apply/application/introduction>. You can also call the U.S. Department of Veterans Affairs for 24/7 assistance at 800-68-2411 (TTY: 711).

REMEMBERING THE KOREAN WAR

KEY FACTS AND FIGURES

June 25, 1950: The war starts with a surprise attack by the North Korean army.

October 19, 1950: Massed Chinese troops cross the North Korean border and attack American, U.N. and South Korean forces.

July 27, 1953: An armistice ends hostilities at the 38th parallel, with North and South Korea at prewar borders.

American Casualties: 54,236 killed and missing; 103,284 wounded.

South Korea: 217,000 military deaths

North Korea: 406,000 military deaths

China: 600,000 military deaths

1.79 million: Total number of U.S. military who served in the combat theater

First war in which the U.S. military fought in desegregated units.

22 nations sent troops and /or supplies to aid South Korea; 90% of all troops sent were American.

28,000: U.S. troops still in Korea in 2023

\$876: South Korean per capita GDP in 1950 (in dollars)

\$33,390: South Korean per capita GDP today

\$654: North Korean per capita GDP in 1950 (in dollars)

\$1,589: North Korean per capita GDP today

Holiday Lights Fantasia



Thursday, December 7, 2023

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

We will all be stopping at Denny's in Southington for dinner.

To reserve your seat for this exciting trip please call 203-577-4166. The cost will be \$15.00 per person and includes admission and transportation. Rain/snow date will be December 15th.

SAVE THE DATE!



**MIDDLEBURY SENIOR CENTER
ANNUAL CHRISTMAS PARTY
WEDNESDAY, DECEMBER 13, 2023**

Please call the office for more information

203-577-4166

Gingerbread Village & Christmas Bazaar

Est. 1967

At St. George's Episcopal Church
393 Tucker Hill Rd, Middlebury CT

Carols of Christmas

DECEMBER 2-9, 2023

Village & Bazaar hours:

Sat Dec 2 10am-7pm
"to-go" lunch options 11-2:30

Sun Dec 3..... 12pm-7pm
Mon -Fri (Dec 4-8)..... 2pm-4pm
6pm-8pm

Sat Dec 9..... 10am-4pm
"to-go" lunch options 11-2:30



village walk through ~
crafts ~ baked goods~
jezebel ~ Christmas items

"to-go" decorate your
own cookie kits ~ basket
raffle ~ handcrafted
woodwork

For more details:

203-758-9864 ~ saintgeorgesct@gmail.com

www.gingerbreadvillagect.com





Middlebury Senior Center Presents..



"A Carpenters' Christmas"

at the lovely Aqua Turf Club in Southington, CT

Wednesday, December 13, 2023



While The Carpenters are known for over a dozen chart topping hits, they also won over their fans with their Christmas celebrations. Singer and playwright Lisa Rock and her 6-piece backing band are keeping The Carpenters' holiday traditions alive and bringing their unforgettable Christmas songs to the stage. Based on the music of The Carpenters' two holiday albums and Christmas variety shows, *A Carpenters Christmas* and featuring "Merry Christmas Darling" and the jazzy "Santa Claus is Comin' to Town," it's a holiday concert that spreads joy and cheer to all.

Package Includes:

- Round Trip Transportation
- Elegant Family Style Luncheon at the Aqua Turf Club
- The Carpenters Christmas Show
- Meal Taxes and Gratuities

Family Style Luncheon

Homemade Soup

Chicken Florentine

&

Baked Scrod

Rolls & Butter

Vegetable & Potato

Dessert - Coffee & Tea

Meal subject to change



CARPENTERS

CHRISTMAS PORTRAIT

The
**SPECIAL
EDITION**
digital version...
celebrating

• 70 songs
• 11 performance
• 34 Carpenters
songs as they
were their sound

MERRY CHRISTMAS



\$84 Per Person

Don't miss this
Fantastic Show!

For Information:

(203) 577-4166

Monday & Fridays Only

9:00am -



Bus Pick Up: 10:45 AM

**Middlebury
Senior Center
1172 Whittemore Road
Middlebury, CT.**

**A Carpenters
CHRISTMAS**





Take the AARP Smart Driver classroom course and you could save money on your auto insurance!*

» Refresh your driving skills and knowledge of the rules of the road.

» Learn techniques for handling left turns, right-of-way and roundabouts.

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

Please provide a check made out to AARP for \$20 for members; \$25 for non-members.

Upcoming classroom course

To be announced

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762



SHOPPING TRIPS FOR December 2023

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, December 14, 2023. Also, the first & third Monday of the month, to Shop Rite in Southbury, Mondays, December 4 & 18, 2023.

To reserve your seat please call 203-577-4166



Celtic Angels

The Aqua Turf Club



**Southington, Ct
Monday March 11, 2024**

A joyous celebration of everything Irish will touch American soil this spring when the energetic, exciting stars of the Celtic Angels tour the US. Through their shared zeal and passion for Ireland's musical traditions, this troupe enables their audiences to experience the RIA Ireland.

Package Includes:

1. Elegant Luncheon @ Aqua Turf Club
2. Celtic Angels Ireland Show
3. Celtic Knight Dancers including TWO former leaf dancers of Riverdance
4. The Trinity Band Ensemble of Dublin
5. Meal Taxes and Gratuities
6. Transportation



Family Style Luncheon

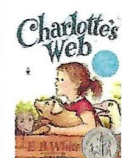
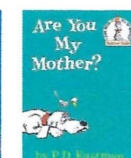
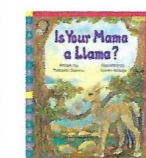
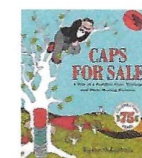
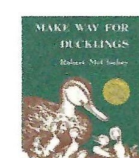
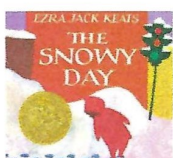
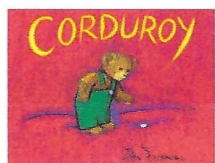
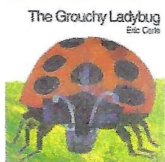
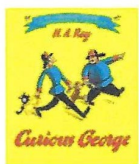
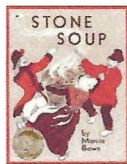
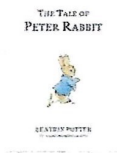
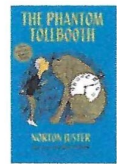
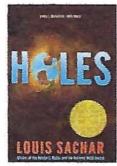
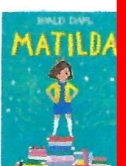
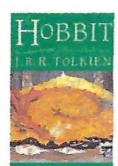
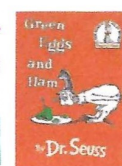
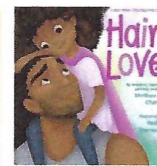
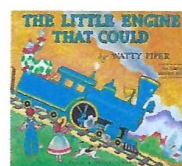
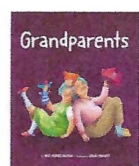
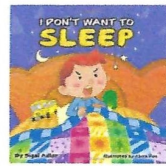
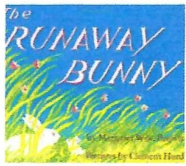
Tossed Salad & Penne Pasta
Corned Beef & Cabbage
&
Baked Scrod
Rolls & Butter Vegetable & Potato
Dessert - Coffee & Tea

For Reservations:

203-577-4166

\$95 per person

This show is expected to sell out fast so if you are interested in attending please call as soon as possible.



Favorite Children's Book Contest

Vote for the favorite books of your children, grandchildren or childhood using the marked container--multiple entries are welcome.

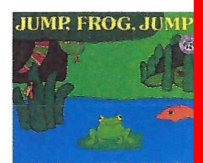
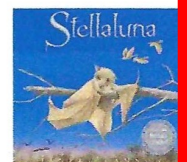
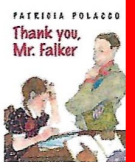
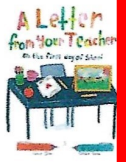
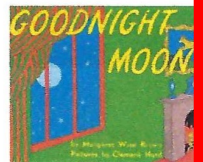
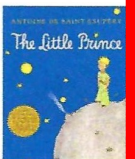
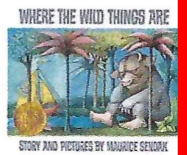
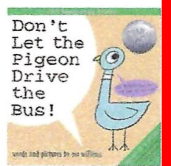
Please cast your vote by **December 31, 2023**

Samuel Brown will purchase the most popular title and affix a bookplate to the book in honor of your Center.

The book will be donated to Read to Grow, an organization that promotes language skills and literacy for children.



This project is being coordinated by Samuel Brown—a retired library director. Please contact him with any questions. Email: cheshbrownr@gmail.com, Cell: 203-597-7181



Middlebury Senior Center
1172 Whittemore Road
Middlebury, CT 06762

Pool Table Available daily Mini Bus Available 8:30 to 2:pm		Drop off your used ink cartridges, we recycle		Middlebury Senior Center 203-577-4166	
		December 2023			
Monday	Tuesday	Wednesday	Thursday	Friday	
				1	
				9:00 Billiards	
				9:30 Painting Class	
				Pickle ball	
4	5	6	7	8	
9:00 Billiards	9:30 Computer Training	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Computer Training			
11:00 Adult Strengthening	10:30 Mah Jongg	9:30 Tai Chi	Pickleball	Pickle ball	
1:00 Knitting & Crochet	11:00 Ancetry Workshop	10:30 Mah Jongg			
Shop Rite	12:30 Bridge Club	11:00 Pilates	Holiday Lights		
	1:00 Mah Jongg		1:00 Mah Jongg		
11	12	13	14	15	
9:00 Billiards	9:30 Computer Training	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Computer Training	Pickleball	Pickle ball	
11:00 Adult Strengthening	10:30 Mah Jongg	9:30 Tai Chi	Walmart		
1:00 Knitting & Crochet	11:00 Ancetry Workshop	10:30 Mah Jongg			
	12:30 Bridge Club	11:00 Pilates			
	1:00 Mah Jongg	Christmas Party			
		1:00 Polish Poker	1:00 Mah Jongg		
18	19	20	21	22	
9:00 Billiards	9:30 Computer Training	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Computer Training	Pickleball	Pickle ball	
11:00 Adult Strengthening	10:30 Mah Jongg	9:30 Tai Chi	11:00 Investment Club		
1:00 Knitting & Crochet	11:00 Ancetry Workshop	10:30 Mah Jongg			
Shop Rite	12:30 Bridge Club	11:00 Pilates			
	1:00 Mah Jongg		1:00 Mah Jongg		
25	26	27	28	29	
	9:30 Computer Training	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
	10-12 Blood Pressure Clinic	9:30 Computer Training	Pickleball	Pickle ball	
	10:30 Mah Jongg	9:30 Tai Chi			
	11:00 Ancetry Workshop	10:30 Mah Jongg			
Center Closed	12:30 Bridge Club	11:00 Pilates			
	1:00 Mah Jongg		1:00 Mah Jongg		
30	31				
9:00 Billiards	9:30 Computer Training				
9:30 Pilates	9:30 Yoga				
10:00 Mah Jongg	10-12 Blood Pressure Clinic				
11:00 Adult Strengthening	10:30 Mah Jongg				
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	12:30 Bridge Club				
	1:00 Mah Jongg				