

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.

January 2024

Department Staff

JoAnn Cappelletti	Director
Ashley Norton	Dispatcher
Angela Leveille	Publications & Programs
Kathleen Monaghan	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



- Flower: Carnation
- Birthstone: Garnet
- Chinese New Year
January 22nd
Year of the Dragon

Famous January Birthdays

1st— Paul Revere & Betsy Ross

6th—Joan of Arc

8th Elvis Presley & David Bowie

9th—Richard Nixon

15th—Martin Luther King Jr.

17th—Ben Franklin

18th—Muhammed Ali

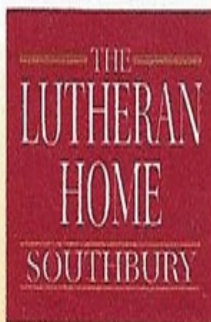
29th—Oprah Winfrey

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

How To Alleviate The January Blues:

January is a month of the year that is usually known to be a “reset” for most people. After rushing around for the holidays, no matter what you celebrate, it can tend to be a bit overwhelming. This is why the beginning of the year is the ideal time to recharge, reset, and to become in tune of what we need, both emotionally and physically.

International Mind-Body Wellness Day, celebrated on January 3rd, was created for this purpose. The mind-body connection plays an important role in our overall well-being and mind-body wellness is a concept that has been around for thousands of years. It can include mindfulness, meditation, changes in diet, and/or spirituality – anything that personally helps you achieve balance and promotes connection amongst mind, body, and soul.

How can this be done? While the idea of it may seem fairly overwhelming at first, the practice of it can be quite simple. First, it should be something that you enjoy. As individuals we are inherently unique with varying interests, so what we consider to be mindful or relaxing may not be for somebody else. For example, meditation is never something that I, personally, got into or found beneficial for myself. However, this doesn't mean that other people don't find this enjoyable or useful for themselves. Practicing mindfulness can be done in many different ways. Outside of meditation, there is yoga, journaling, and even mindful eating.

A good night's sleep, while important all of the time, is especially important when you're trying to achieve balance with mind and body. Restful sleep can help reduce stress, improve mental clarity, and prevent extreme daytime exhaustion the next day. To get a good night's sleep, try to avoid drinking too many fluids, especially caffeinated beverages and stay away from technology or watching TV right before you go to bed. Some other ways to create balance include eating (mostly) healthy, staying hydrated, and getting some form of exercise daily (that you enjoy). It's also important to listen to both your body and mind and to find what works best for you. And while everyone may have different practices on how to achieve it, creating a mind-body connection is important and can contribute to our overall health and well-being.

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. 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.

Take
Control



FREE Live Well with Chronic Conditions Zoom Workshop!

"It's Your Life...Live it Well"

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Or do you care for someone who does? This workshop can help you be in control and feel better!



Feel
Better

You will learn:

- Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- Better ways to talk to your doctor about your health
- Communication techniques to make your needs known
- How to make a step-by-step plan to improve your life!

Energize

Fridays, January 12–February 23, 2024

Time: 10am–12pm

To Register: Call Sandy at 203–206-1726 or email

Griffin at griffin.decaro@nuvancehealth.org

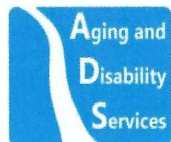
Participants need a tablet, computer, or smartphone.

Books and CD's will be mailed out and are yours to keep!

Space is limited, so sign up today!

Live

Enjoy



Sponsored by the Department of Aging and Disability Services ~ State Unit on Aging and the Western Connecticut Area Agency on Aging.
Generous support is also provided by the Connecticut Community Foundation.



PROACTIVE HEALTH CARE

@ MIDDLEBURY SENIOR CENTER

Thursday, January 25, 2024 from 12:00-3:00pm

OUR SERVICE:

- ✓ 20-min non-invasive circulation test providing a clear picture of your cardiovascular health
- ✓ Real-time results and recommendations
- ✓ Clinicians will be onsite to offer this valuable test to all and family members

INSURANCE ACCEPTED!

The following insurances will be accepted: Connecticare, Anthem, BCBS, Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

**Kindly be aware that a Cash Price of \$50.00 is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.

Call 203-577-4166 to Register



Do you receive SSI or SSDI payments?

Want to:

- Increase your income? Explore work options and incentives?
- Keep Medicaid/Medicare while you work?
- Work towards independence, fulfillment and security?

Contact: **Rukiya Borges**, Northwest Regional Workforce Investment Board – American Job Centers of the Waterbury, Torrington, and Danbury Regions.

Phone #: **203-574-6971, ext. 442**

Email: **Borges@careerresources.org**

Social Security's "**Ticket to Work**" program (for beneficiaries age 18 through 64) can help you find and keep meaningful work.

Choose the American Job Center as your authorized Social Security Administration Ticket to Work employment service provider.

Work with us to plan a better future for yourself!

www.choosework.ssa.gov



Commission on Aging

The next Commission on Aging meeting will be Tuesday, February 20th, 2024.

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.

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.



Please donate your used ink cartridges

The Middlebury Senior Center

Recycles

Thank you



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

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

PILATES CLASS



Two classes per week: \$40

Monday 9:30 to 10:30 &

Wednesday 11:00 to 12:00

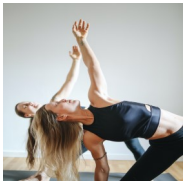
Next class begins January 8th.

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, January 2nd. 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 & Thursday class will begin in February;

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

January 2024 Menus

1/02/2024:

Sweet & Sour Chicken, Brown Rice, Green Beans, Mandarin Oranges & Low Fat Milk

1/9/2024:

Meatloaf w/Gravy, Mashed Potatoes, Green Beans, Dinner Roll, Vanilla Pudding, Assorted Fruit Juice
Low Fat Milk

1/16/2024:

Turkey w/ Gravy, Mashed Yams, Lima Beans & Dinner Roll, Applesauce & Low Fat Milk

1/23/2024

Cheese Baked Ziti, Carrots, Breadstick, Pineapple & Low Fat Milk

1/30/2024

Curried Chicken & Brown Rice, Broccoli, Wheat Bread & Low Fat Milk



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.

AARPSM

Tax-AideTM

1-888-687-2277

1-888-227-7669

Email: taxaide@aarp.org

PLEASE CONTACT THE ABOVE NUMBER TO FIND TAX-AIDE HELP IN YOUR AREA. THEY WILL START TAKING CALLS THE SECOND WEEK OF JANUARY.

AARP WILL NOT BE AT THE MIDDLEBURY SENIOR CENTER FOR THE 2024 TAX SEASON. WE APOLOGIZE FOR THE INCONVINIENCE.

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

Dear Community Partners,

On January 1st, if you are a residential customer receiving electric supply from Eversource, the standard supply rate will change from 13.82 cents per kilowatt-hour to 14.71 cents per kilowatt-hour. Last winter's supply rate was 24.17 cents per kilowatt-hour.

This change, for a residential customer on Standard Service, will result in a total bill increase of about 3% over your current monthly bill—or approximately \$6 per month. Your actual bill will depend on how much energy is used and your rate category.

If approved by Connecticut's Public Utilities Regulatory Authority the new Standard Service rates will be in effect from Jan. 1 through June 30 and does not apply to customers who receive energy from another supplier. Those providers manage and are responsible for communicating any price changes.

We deliver you electricity, but we don't generate it. We purchase power from energy suppliers at the best possible price on behalf of our customers. We only charge what we pay generators for producing the power— there is no markup, and we do not earn a profit on the cost of electricity.

What You Can Do Now:

- 1. Take control of your electric supply costs by comparing electric rates and choosing a supplier that offers the lowest one.**
- 2. Enroll in Budget Billing, to help even out seasonal spikes in your bill due to weather-related heating and cooling costs.**
- 3. Learn about special programs to lower you monthly payments, forgive past due balances or enable you to pay over time.**

***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](https://www.fcc.gov/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 2020-2021, 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/>.

Welcome in the New Year with Hoppin' John, a traditional New Year's Day dish, and luck will follow you all year long!

Hoppin' John is a dish traditionally eaten in the southern United States on New Year's Day. Dating back to the early 1800s, it is made with black-eyed peas (aka cow peas), rice, and meat (usually pork, in the form of bacon or ham). The meal can also include collard greens and cornbread.



- **black-eyed peas** represent coins
- **collard greens** represent greenbacks (dollars), or cash
- **corn bread** represents gold
- **pork**—especially ham hocks—recall the cheap cuts of meat provided to enslaved people
- **tomatoes**, if included, represent health
- Sometimes, the cook slips a dime into the dish before serving. It is said that wealth awaits the diner who gets the dime (and hopefully not a chipped tooth).

Ingredients:

4 thick-cut bacon slices, chopped
1/2 cup yellow onions, chopped
2 cups cooked black-eyed peas or 2 packages (10 ounces each) frozen black-eyed peas
1/2 cup white rice (Carolina Gold rice preferred)
1/4 teaspoon crushed red pepper flakes (or cayenne pepper)
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

In a Dutch oven, cook bacon. Add onions until bacon is crisp and onions are soft. Add black-eyed peas, rice, 1 cup of water, and red pepper flakes. Cover and simmer over low heat until rice is cooked, about 20 to 25 minutes. Toss with salt and pepper and serve immediately.



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.

January 29th, 2024

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166



SHOPPING TRIPS FOR January 2024

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, January 18th 2024 Also, the first & third Monday of the month, to Shop Rite in Southbury, Mondays, January 8th & 22nd.

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.

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily	Mini Bus available			Middlebury Senior Center
	8:30am to 2:00pm	Jan-24		203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
	9:30 Yoga	9:30 Computer Training	9:30 Pickleball	9:30 Pickleball
	10-12 Blood Pressure Clinic	9:30 Tai Chi		
	10:00 Bridge club	10:30 Mah Jongg		
	10:30 Mah Jongg	11:00 Pilates		
	11:00 Ancestry Club			
Center Closed			1:00 Mah Jongg	
8	9	10	11	12
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training	9:30 Pickleball	9:30 Pickleball
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tai Chi		
1:00 Knitting & Crochet	10:00 Bridge club	10:30 Mah Jongg		
	10:30 Mah Jongg	11:00 Pilates		
Shoprite	11:00 Ancestry Club			
	1:00 Mah Jongg			
	1:00 Mah Jongg		1:00 Mah Jongg	
15	16	17	18	19
	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
	9:30 Yoga	9:30 Computer Training	10:00 Investment Club	9:30 Pickleball
	10-12 Blood Pressure Clinic	9:30 Tai Chi	9:30 Pickleball	
	10:00 Bridge club	10:30 Mah Jongg	Walmart	
	10:30 Mah Jongg	11:00 Pilates		
	11:00 Ancestry Club			
MLK Jr. Holiday Center Closed	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg	
22	23	24	25	26
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training	11:00 Investment Club	9:30 Pickleball
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tai Chi	1:00 Mah Jongg	
1:00 Knitting & Crochet	10:00 Bridge club	10:30 Mah Jongg	9:30 Pickleball	
	10:30 Mah Jongg	11:00 Pilates		
Shoprite	11:00 Ancestry Club		12:00-3:00 Pulse 4 Pulse	
	1:00 Mah Jongg			
29	30	31		
9:00 Billiards	9:00 Billiards	8:15 Tai Chi		
9:30 Pilates	9:30 Computer Training	9:00 Billiards		
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training		
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tai Chi		
1:00 Knitting & Crochet	10:00 Bridge club	10:30 Mah Jongg		
	10:30 Mah Jongg	11:00 Pilates		
AARP SAFE DRIVER	11:00 Ancestry Club			
	1:00 Mah Jongg			