

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.

April 2022

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
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



In the Northern Hemisphere (e.g. Germany, the United States, Canada, and the UK), the astronomical vernal equinox (varying between 19 and 21 March) can be taken to mark the first day of spring with the summer solstice (around 21 June) marked as first day of summer. By solar reckoning, Spring is held to begin 1 February until the first day of Summer on May Day, with the summer solstice being marked as Midsummer instead of the beginning of Summer as with astronomical reckoning.

In Persian culture the first day of spring is the first day of the first month (called Farvardin) which begins on 20 or 21 March.

In the traditional Chinese calendar, the "spring" season consists of the days between Lichun (3–5 February), taking Chunfen (20–22 March) as its midpoint, then ending at Lixia (5–7 May). Similarly, according to the Celtic tradition, which is based solely on daylight and the strength of the noon sun, spring begins in early February (near Imbolc or Candlemas) and continues until early May (Beltane).

The spring season in India is culturally in the months of March and April, with an average temperature of approx. 32 °C. Some people in India especially from Karnataka state celebrate their new year in spring, Ugadi.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

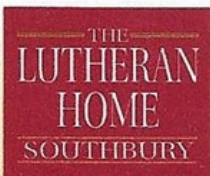
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

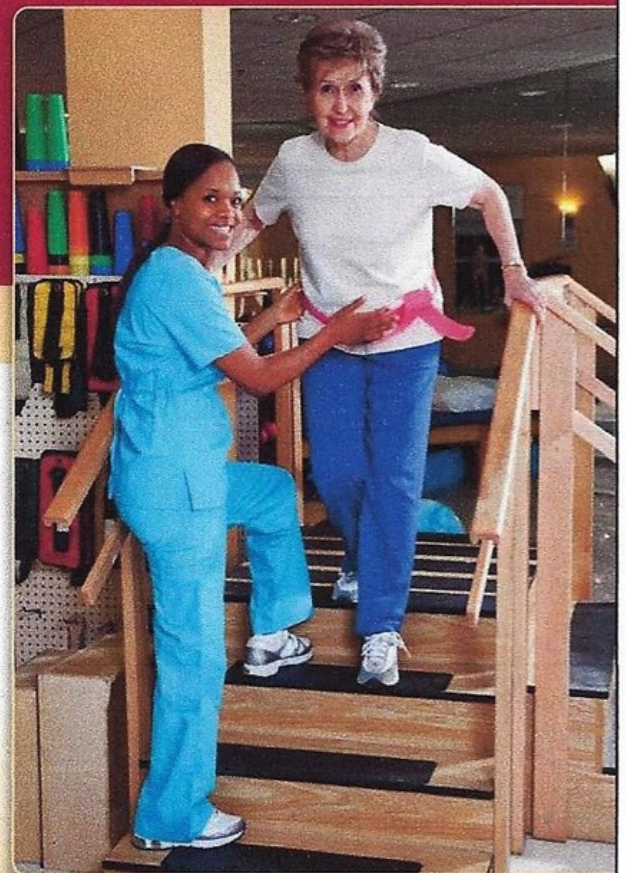
2016 5-STAR MEDICARE RATING

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



HomeFront is a community-based, volunteer-driven home repair program that provides FREE repairs to low-income homeowners, thus enabling them to remain in their homes with an improved quality of life. Currently serving Fairfield, Hartford and New Haven Counties in Connecticut; and Westchester County, New York.

Homeowner Guidelines

Homeowner applicants are considered and selected based on need, the condition of a home, and the ability of our volunteers to undertake the priority repairs.

An applicant's home must be in an area in which HomeFront is established. This includes Fairfield, Hartford and New Haven Counties in Connecticut, as well as Westchester County, NY.

The home must be owner-occupied and be the Applicant's only place of residence throughout the year.

The homeowner must be up to date on taxes or have an agreement to clear them.

Your total household income must qualify your household as low-income within your community. This includes all income sources: social security, SSI, pension, rental income, investments, unemployment compensation, etc. Applicants must disclose the income of all adults who live on the property. Excessive financial burdens, such as those associated with ongoing medical care, will be considered in determining need, if noted in an application.

Homeowners should intend to remain in their home for a minimum of five years once the repairs are made to preserve the original intent of the program—i.e., helping the neediest among us to remain safely in a hazard-free home.

While applicants are asked to disclose their participation in similar programs or to note if they are prior HomeFront recipients, neither will prevent their selection as a deserving homeowner.

The program is not restricted to one-time only assistance. Homeowners who have been selected in prior years may reapply and have as equal a chance of being selected as any other Applicant. It should be noted that selection one year is not an automatic guarantee of acceptance in any subsequent year.

Condominiums, townhouses, co-ops and mobile homes are excluded from this program due to the specialty nature of those repairs.

If deemed qualified but not selected in the initial year of application, a homeowner may keep an application active simply by calling us in the spring once s/he receives a status notification letter from us. Many homeowners who have done so have been assisted in subsequent years.

If you still have questions and would like to apply, please contact JoAnn Cappelletti at 203-577-4166 ext. 3.



Message from our Nurse Diane Morotto:

April is a great time for getting more active. The weather is warm and the spring sun beckons us to get moving outdoors.

So, I will discuss 4 simple daily exercises that you can do at home to improve your strength, balance and mobility.

- 1. Chair stand: Sit on a sturdy chair with feet hip width apart. Hold arms straight out in front of you with fingertips extended. Press down your feet and rise to a standing position. Keep arms extended and return to your seat. Start with a few and increase to 10 reps or more.**
- 2. Farmers walk: Stand with feet hip width apart. Use a light weight in each hand with arms by your side and palms facing your body. Slowly walk the length of your room, turn and go back.**
- 3. Tandem stance: Stand tall with feet together. If needed you can hold onto the wall or a sturdy chair for balance. Put one foot in front of the other, heel to toe, and hold for 30 seconds. You can hold a light weight in each hand while arms are outstretched in a T pose.**
- 4. Single leg stand: Stand tall with feet together and tighten your core. If needed you can hold a wall or sturdy chair for balance. Lift your foot in front of you with a bent knee, Try to hold for 30 seconds or more. Repeat with other foot,**

You can easily do these 4 exercises throughout the day. As always, safety is key.

Consider these moves the foundation for a fitter and more functional you.

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:

Cheshire	Middlebury	Naugatuck	Prospect	Waterbury	Watertown	Prospect
203-272-0047	203-577-4166	203-720-7069	203-758-5300	203-756-5550	860-945-5250	203-879-8100
Fridays	Thursdays	Tuesdays	Thursdays	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served

Cheshire Middlebury Naugatuck Prospect Waterbury Watertown Wolcott

Middlebury Community Garden



Located @ Shepardson Community Center

Can you spare an hour a week? If so you may be interested in helping us work the following for our garden:

Preparing the raised garden beds

Planting vegetables & flowers

Weeding – as needed

Watering – as needed

If so please contact the Middlebury Senior Center @ 203-577-4166 ext. 3

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, April 19, 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.

CodeRED™

Keeping citizens informed.

Lunch & Learn



Thursday, April 28, 2022

Our monthly Lunch and Learn program will resume on Thursday, March 24th at 11:30am

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.



Middlebury Senior Center pool players would like to welcome Pool players from The Ivy in Watertown on Wednesday, April 14th at 10:30am.

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

PILATES CLASS



Two classes per week:
\$40

Monday 9:30 to 10:30 &
Wednesday 11:00 to 12:00

Next class begins March 1, 2022

Nutrition Cooking Class

Nichole from Brass City Harvest would like to offer nutrition cooking classes for anyone interested. Please call 203-577-4166. 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 April 12, 2022. The fee for Yoga is \$30 for 6 classes

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 class will begin May 18, 2022.

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

Learn to Knit

Tuesdays

12:30 to 2:30pm

\$18 per person — supplies included

Next class begins March 15, 2022

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



Learn to Knit

Tuesdays, April 5 — May 10, 2022
12:30 to 2:30

\$18 per person — supplies included

Knitting 2 — Color

Continue your knitting journey in this second course in the Learn to Knit series. You will learn to use circular needles, read charts, and cast on and knit with multiple colors.

Practice will focus on duplicate and slipped stitches, ribbing and stripes, lice, peeries, and simple stranded fair isle designs.

Use of double-pointed needles and grafting will also be introduced.

To enroll, you will need to know basic cast-on, knit, purl, and bind-off techniques. Supplies will be provided.

Limit 6 per class, \$18 per person. 203-577-4166 to enroll.

Our computer technician would like to start a computer club for the Middlebury Senior Center.



We would like to begin our club exploring Ancestry .com, or family search.

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

You can also discuss other interests.



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 January. 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 April at 11:30am)

For the month of April:

April 6 – Baked macaroni and cheese, small salad OR chopped sirloin with mushroom gravy, roasted potato and vegetable

April 13 - Mediterranean Chicken, roasted potato, vegetable OR Meatloaf, roasted potato, vegetable

April 20– Greek Salad plate OR Chicken Francaise with roasted potato, vegetable

April 27– Shepherd's Pie, vegetable OR Grilled chicken with Caesar salad Plate

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. 1 or 2**



OPERATION FUEL

The Winter Spring Program for Operation Fuel

Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program began 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.

Call 203-577-4166 for an appointment to apply.



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:
- ⇒ 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



Connecticut Water Company has advised us that they will not honor the application to prevent shutting off water service for non-payment for the first time since the pandemic began. Through-out the pandemic, Connecticut Water has routinely reached out to customers who have had balances more than 90 days past due and greater than \$150, via email and postal mail. Unfortunately, there are customers who have not responded to their outreach and continue to have past due balances. These customers are now subject to shutoff for nonpayment. Customers with overdue balances who are enrolled in and maintain a payment plan will not have their service shut-off for non-payment.

Fortunately, Connecticut Water has several programs in place to assist customers.

For more information call the Connecticut Water Company at 1800-286-5700 or the Middlebury Senior Center at 203-577-4166 ext. 3



Beacon Hospice seeks Local Volunteers!!

No matter who you are, you've got something to offer to hospice patients. Typically, the needs are simple companionship and friendship, emotional support, someone to listen – but the small things you can do make an enormous difference in someone's life. Volunteers are supervised by a volunteer coordinator and are supported by other members of the patient care team.

The Beacon Hospice approach to care creates a patient and family environment of hope, comfort and dignity. This approach is extended through our volunteers, who are a vital part of the care team.

To learn how you can make a difference and as a volunteer, please call or email:

Carolyn Duell
Hospice Volunteer Coordinator
Beacon Hospice, an Amedisys Company
111 Founders Plaza Suite 1802
East Hartford, CT 06108
860-282-0527
carolyn.duell@amedisys.com

You can assist patients by:

- *Visiting with patients on an ongoing basis
- *Writing letters
- *Sitting vigils
- *Playing music
- *Sitting quietly
- *Listening
- *Veterans visiting veterans
- *Reiki
- *Pet Therapy
- *Spiritual support

RENTER'S REBATE PROGRAM

Effective April 1, 2022 Through September 15, 2022

Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate program at the Department of Social Services office located in the Shepardson Community Building, Room #20 between the hours of 9:00am and 12:30 pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2021.

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy.

Further questions regarding this program must be directed to JoAnn Cappelletti at

203-577-4166 ext. #3.

Due to COVID-19 applications will be processed by appointment only.



“Diabetes and Prevention

April 11, 2022 11:00am

Speaker Sandra Micalizzi

Waterbury Woman’s Health Center will sponsor a series of Diabetes Programs Monday April 11, 2022 at 11:00am

Refreshments will be served. This program is limited to 20 people; call 203-577-4166 to reserve your seat.

This Program is free of charge.



NORTHWEST REGION WORKFORCE INVESTMENT BOARD



Older Worker Virtual Job Training Program

The CT Older Worker Virtual Job Training Program is designed to provide low-income people, ages 55 and older access to job skills training virtually. Using funding from the US Department of Labor, this program connects people who live in rural areas or are caring for family members and cannot get to job training sites in person. The program includes:

- A laptop and internet hot spot will be provided to the older worker**
- A training consultant to support enrollment to update job skills.
- A job developer to help find and secure meaningful employment.



** Upon completion of the program, you will be able to keep the laptop.

Website: [Older Worker Virtual Training Program :: Northwest Regional Workforce Investment Board \(nrwib.org\)](https://nrwib.org)

Email: [Jane,O'Grady@nrwib.org](mailto:Jane.O'Grady@nrwib.org).

WINTER PROTECTION PLAN



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, 2020 through May 1, 2021 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. 3.

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.

1 person \$39,027	2 person \$51,035
3 person \$63,044	4 person \$75,052
5 person \$87,060	6 person \$99,069
7 person \$101,320	8 person \$103,572

- 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).

Tax Relief Programs



Applications are available for the Elderly Homeowners, Totally Disabled Homeowners and Additional Veterans Tax Credit Programs February 1 – May 15, 2022.

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than May 15, 2022.

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

Qualifying income is based on 2021 adjusted gross income; married applicants must submit combined adjusted gross income plus 2020 Social Security benefits payments.

Household income cannot exceed \$46,400; this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

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

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

The following tables show the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2022.

PLEASE NOTE: Homeowner applications that were taken for the 2020 G/L (RENEWALS) are calculated for the 2021 G/L using the 2020 qualifying income schedule, NOT the schedule below.

Homeowners

Filing period February 1—May 15, 2022

Income		Tax credit %		Tax Credit Maximum		Tax Credit Minimum	
Over	To	Married	Unmarried	Married	Unmarried	Married	Unmarried
\$-0-	\$19,100	50%	40%	\$1,250	\$1,000	\$400	\$350
\$19,100	\$25,600	40%	30%	\$1,000	\$750	\$350	\$250
\$25,600	\$31,900	30%	20%	\$750	\$500	\$250	\$150
\$31,900	\$38,100	20%	10%	\$500	\$250	\$150	\$150
\$38,100	\$46,400	10%	-0-	\$250	-0-	\$150	-0-



VA education and training benefits

VA education benefits help Veterans, service members, and their qualified family members with needs like paying college tuition, finding the right school or training program, and getting career counseling. Learn how to apply for and manage the education and training benefits you've earned.

More information and resources

[GI Bill Comparison Tool](#)

Learn about VA education benefits programs and compare GI Bill benefits by school.

[Post-9/11 GI Bill and other VA education benefits rates](#)

Check rate tables for the Post-9/11 GI Bill and other Veterans education benefits programs.

[Find a Yellow Ribbon school](#)

Search for schools participating in the Yellow Ribbon Program, which can help pay for higher out-of-state, private school, or graduate school tuition that the Post-9/11 GI Bill doesn't cover.

[How to choose GI Bill approved schools](#)

Get links to VA and non-VA resources for guidance in choosing a college or training program.

[CareerScope assessment](#)

Get a CareerScope assessment to help you figure out your career path when transitioning to civilian life.

[VA education debt and GI Bill overpayment](#)

Get answers to frequently asked questions about GI Bill overpayments and VA education debt management.

[GI Bill questions and customer help](#)

Contact us to ask questions and get help with your benefits online or by phone.

[GI Bill School Feedback Tool](#)

Find out how to give us feedback about your GI Bill school.

[Education forms and resources](#)

Download VA education benefits forms, fact sheets, and other resources.

[My Story—how Veterans and service members use the GI Bill](#)

Check out inspiring stories from Veterans and service members who've advanced their education and training with the Post-9/11 GI Bill.

[Other helpful education resources](#)

Get links to non-VA resources and websites that may be useful to student Veterans and those who support them.



Shopping & Lunch

Thursday, April 14, 2022

Join us on Thursday, April 14, 2022; we are going to the Christmas Tree Shop in Orange CT.

After some fun shopping time, we will enjoy lunch.

The bus will leave the Senior Center at 10:30am

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

Transportation is \$7.00 per person



Bethlehem Indoor Flea Market Friday, April 29, 2022

The Bethlehem Indoor Flea Market, located in scenic, Bethlehem, CT, is a family owned business, offering an array of merchandise at amazing prices. Open year round, we pride ourselves on having one of the largest selection of products at the lowest prices around. There are no admission or parking fees. It's the best spot for great deals on used furniture, clothing, electronics, jewelry, and dishes.

We stock everything-and we mean EVERYTHING! From children's toys and books, to automobiles and refrigerators, if you're looking for it, chances are we have it! Stop by and see for yourself!

Books & DVDs
Toys & Games
Electronics
TVs & Computers
Clothing
Furniture
Kitchen Appliances
Glasses, Plates, Utensils
Vases & Nicknacks
Carpeting
So Much More!

Bus leaves Senior Center at 11:30

If you would like to participate please call the Senior Center at 203-577-4166

Fee for transportation is \$7.



NEW PROGRAM

Photography Classes

George DeYounge offers to teach photography classes at the Middlebury Senior Center starting in May.

Mr. DeYounge was a photographer for Channel NEWS 8 TV station for 40 years. He has done presidential convention in California, Uconn basketball in Minneapolis. Presidential campaigns in Ohio, Chicago, demonstrations in Washington DC, the cardinal in NY. John McCain, Jimmie Carter and Rosa Parks, to name just a few.

Bring your cameras, he'll talk about them, whatever they are, film, digital, box or reflex. In the business for 40 years he is looking to share and exchange passion of photography with those interested to learn, whether you are a beginner or have intermediate knowledge of photography.

Classes will begin on Wednesdays May 4th thru June 8th. (6 sessions)

The fee for the classes is \$85. Per session

Please call the Middlebury Senior Center at 203-577-4166 to enroll. Mr. DeYounge will not take more than 20 students per class.



THURSDAY, April 14th – Stuffed Filet of Sole with Lemon Butter

--Family Style Sit Down Dinner Service--

Starts at 6:30 pm

--First Serving--

-Pasta Fagioli-

--Second Serving--

-Italian Antipasti-

--Third Serving--

-Pasta served with sides of Meatballs and Soffritto -

--Fourth Serving--

-Traditional Entrée, Oven Roasted Potatoes and Fresh Salad-

--Wine--

-Bottles of wine served at table-

\$35 per guest

Please call 203.527.4066 for reservations - <https://labellavistaweddings.com/>

380 Farmwood Road – Waterbury - Doors Open at 6:00 PM - Cash Bar



**For those who would like to attend
a benefit for “Quilt that Care”**

Thursday, April 14, 2022

Ponte Club

La Bella Vista

380 Farmwood Road

Waterbury, CT

Doors open at 6pm

Cash Bar

\$35 per person

RSVP

203-527-4066

Middlebury Senior Center along with the Travel Group proudly Presents:

“ATLANTIC CITY GETAWAY” at CAESARS in Atlantic City, New Jersey 3 Days/2 Nights – October 25-27, 2022 with 2 shows “ABBA: Dancing Dream and Patsy Cline & Country Classics Show! \$275 double occupancy (prices are per person) \$265 triple and \$375 single.

Package Includes:

Round trip Motorcoach transportation
2 Nights Accommodations at the CAESARS World Class Casino Resort Hotel
\$50.00 in SLOT BONUS!

\$50.00 IN Three Meal Vouchers!

2 Fantastic shows IN THE Main Theatre!
#1 – Patsy Cline & Classic Country Show
#2 – ABBA “Dancing Dream”
(Two evening Shows begin at 8pm)
Baggage Handling & Hotel Casino Tax



Please call 203-577-4166 for more information.

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“NEIL DIAMOND meets BILLY JOEL” AT THE Log Cabin, Holyoke, MA.

Enjoy the beautiful Views overlooking Mt Tom at the elegant Log Cabin Banquet Facility
THURSDAY, JULY 28, 2022.

The talented Charlie Lask is back with his Tribute to Neil Diamond, to play all his Classics such as Sweet Caroline, Forever Blue Jeans and Love on the Rocks. “Neil” will be met by no other than the Piano Man performed by the dead ringer look alike John Cozolino. He will perform Just the Way You Are, She’s Always a Woman to Me and of course “Piano Man”. Enjoy a delicious meal and show at the very popular Log Cabin!

\$79.00 per person

Package includes:

Twin Lobsters freshly steamed with Drawn Butter
OR Prime Rib of Beef
Neil Diamond & Billy Joel Show
Meal Taxes and Gratuities



Please call 203-577-4166 for more information.

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Backyard In Springtime

***Whispering willows at my door
Evergreen bushes upon the green floor
Dandelions and crabgrass galore
Sounds of crickets as if at war
New ant hills.***

***Vines wrapping around my dwelling
A path of broken bricks swelling
Rose bushes with sweetest of smelling
Old car parts I hopelessly try selling
Empty paint cans.***

***A driveway of tar at my feet
Wire fence protruding to the street
Trashcans sealing fish and rotting meat
Feelings of warmth from sunshine's heat
Folded lawn chairs.***

***A wood shed beyond the driveway's rear
Singing birds flying by - piercing my ear
Toddler's toys here and there
Insects in the ground and in the air
Trimmed hedges.***

***A long green snake-like garden hose
Barbecue grill's aroma teasing my nose
My Wife - whose beauty glows
Holding our baby daughter with cute toes
God's blessings.***

Ted Elliss



The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck every third Thursday of the month. The bus will be leaving the senior center at 10:00am.

**To reserve your seat please call
203-577-4166**

USED INK CARTRIGES



Don't throw your used ink cartridges away.

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

We recycle.

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.



Senior Center Special
Why not try for a Hole in One!

**Indoor Mini Golf/Bowling
for Active Seniors**

Mondays or Tuesdays 10am-1pm.

**Additional days available April-June
(Visits should be booked in advance)**

Only \$12.00/person/visit

Includes:

~1 Round of 18 Hole Indoor Mini Golf

Two games bowling/shoes~

~Pizza slice/Coffee~

~automatic scoring~



Call to join the fun!

Only at Lessard Lanes

136 New Britain Ave, Plainville

860.747.1657

LessardLanes.com

Marcel@lessardlanes.com



**The Middlebury Senior Center will be closed on Friday, April 15,
2022**

In observance of Good Friday



April 17-23, 2022

SHINING A LIGHT ON THE PEOPLE AND CAUSES THAT INSPIRE US TO SERVE.

National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world. Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. Today, as people strive to lead lives that reflect their values, the expression of civic life has evolved. Whether online, at the office, or the local food bank; whether with a vote, a voice, or a wallet – doing good comes in many forms, and we recognize and celebrate them all.

In conjunction with National Volunteer Week, [Global Volunteer Month](#) celebrates the power of people who tackle society's greatest challenges and build stronger, more vibrant communities through volunteerism and everyday actions as well!

The staff of the Middlebury Senior Center would like to thank all of our wonderful volunteers.



Middlebury Senior Center

Pool Table Available daily				April 2022		Middlebury Senior Center 203-577-4166	
Monday	Tuesday	Wednesday	Thursday	Friday	1	2	3
					9:00 Billiards		
					9:30 Painting Class		
4	5	6	7	8			
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 Bridge Club	9:30 Yoga	9:30 Computer Training					
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Tail Chi					
11:00 Adult Strenthening	10:30 Mah Jongg	10:30 Mah Jongg					
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates					
	12:30 Knitting class	11:30 Grab & Go					
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg				
11	12	13	14	15			
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	 Center Closed			
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training				
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training					
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Tail Chi					
11:00 Adult Strenthening	10:30 Mah Jongg	10:30 Mah Jongg					
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	12:30 Knitting class	11:30 Grab & Go					
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg				
18	19	20	21	22			
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 Bridge Club	9:30 Yoga	9:30 Computer Training					
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Tail Chi	11:00 Investment Club				
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	12:30 Knitting class	11:30 Grab & Go					
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg				
25	26	27	28	29			
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards			
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	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg				
30	31						
9:00 Billiards	9:00 Billiards						
9:30 Pilates	9:30 Computer Training						
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	12:30 Knitting class						
	1:00 Mah Jongg						

1172 Whittemore Road
Middlebury, CT 06762