

# SENIOR NEWSLETTER

Middlebury Senior Center  
1172 Whittemore Road, Middlebury, CT  
203-577-4166—Phone

E-mail: [jcappelletti@middlebury-ct.org](mailto:jcappelletti@middlebury-ct.org)  
Hours: Monday through Friday 9:00am—1:00pm

Website: [www.middlebury-ct.org](http://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.

# June 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](mailto:jcappelletti@middlebury-ct.org)

Discover our Website: [www.middlebury-ct.org](http://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](mailto:jcappelletti@middlebury-ct.org); or visit our administrative office at 1172 Whittemore Road. For more information, visit [www.middlebury-ct.org](http://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

**~JUNE~**

Named for the Roman Goddess Juno, patroness of marriage and the well-being of women. Also from the Latin word juvenis, "young people".



**Father's Day-June 19**

Over the years, fatherhood has changed. This change is due to the way society has evolved. There are no longer huge armies of workers toiling away in industrial factories, while women spend hours hand stitching and hand-washing the family's clothes. The modern role of father has changed so that mothers and fathers are partners, each taking more responsibility within family life. Fathers are now seen as significant influences on children; we know from many studies what happens when a father figure is lacking. In a sense, today Father's Day helps to demonstrate the importance and value of fatherhood — and the gifts beyond material goods that a father bestows on his children and family.



**FLAG DAY**

June 14, 2022

In the United States, Flag Day is celebrated on June

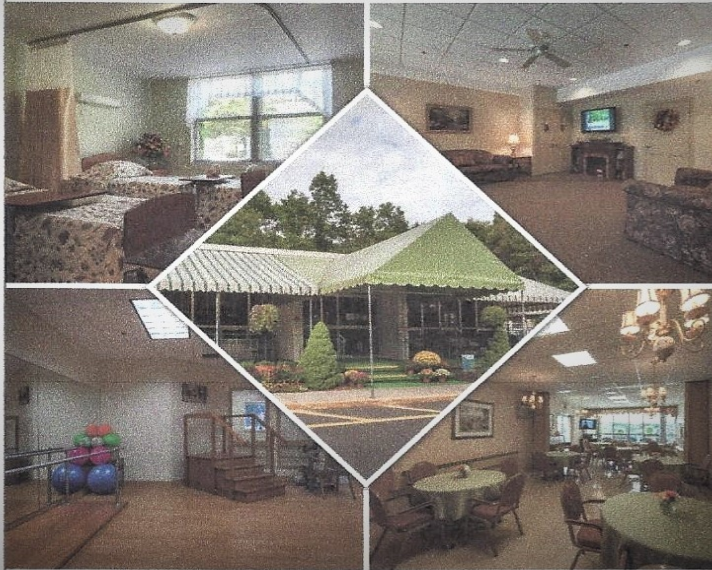
14. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress.






midconhome.com  
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

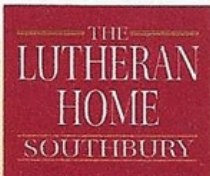
778 Middlebury Road, Middlebury | 203-758-2471 

# Get READY FOR HOME at Lutheran Home

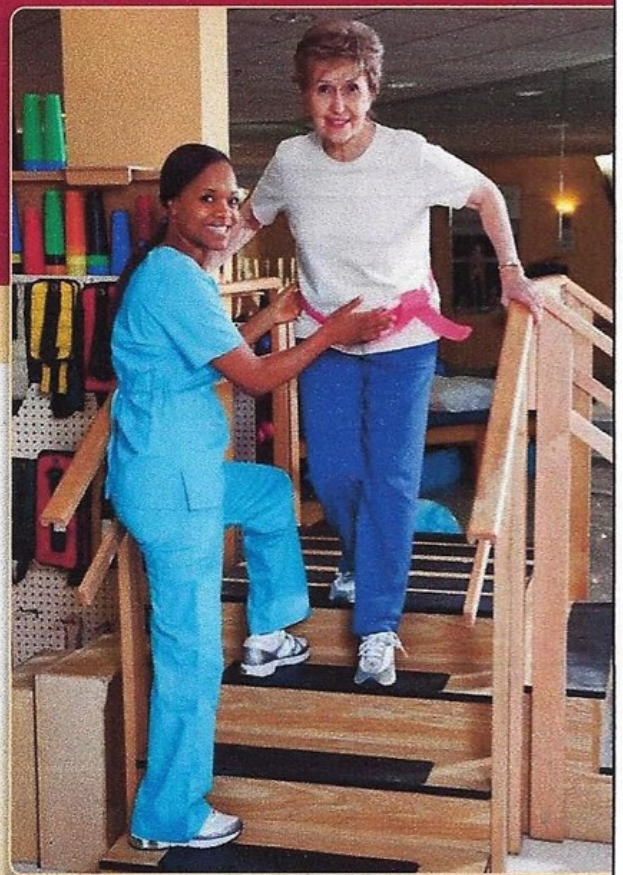
**2016 5-STAR MEDICARE RATING**

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](mailto: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.**

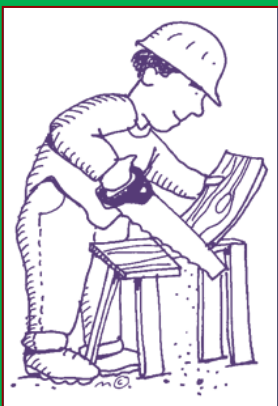
**Transportation available for shopping, doctors appointments,  
out of town visiting with the 8 district municipalities on a first  
come, first served basis.**

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

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

**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	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

\*Income limits are subject to periodic change.

**Applications and information regarding this program are available at the  
Middlebury Department of Social Services**

**1172 Whittemore Road**

**Middlebury, CT 06762**

**203-577-4166 EXT. 3**



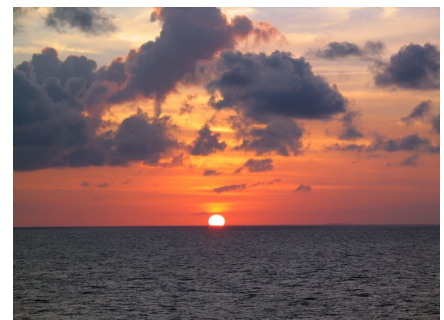
## Message from our Nurse Diane Morotto:

### Hot Weather Safety Tips

While summer brings us warmth and bloom, prolonged exposure to excessive heat can be especially dangerous to older adults. So, as you enjoy the outdoors and social events, keep in mind the following tips when trying to stay cool:

1. When indoors, air conditioning is your friend. If no air conditioning in your home, try using good quality fans to move air or spend time at a public library, mall, neighbors house or meet your friends at a Senior Center.
2. Stay hydrated by drinking plenty of water or clear juices. Include food with a high water content such as watermelon, cucumbers and low sodium soups. Minimize caffeinated and alcoholic beverages as these only tend to dehydrate your body.
3. Stay out of the direct midday sun. When outdoors, apply a broad spectrum sunscreen liberally to all exposed skin areas. Check the expiration dates as the active ingredients deteriorate over time.
4. Dress in loose and light colored cotton clothes and with a broad brimmed hat, you'll look so stylish. Also always protect your eyes with sunglasses that protect for UV rays.
5. Protect yourself from insect bites. You can use an insect repellent containing DEET but be sure to read the directions when applying it. Always check your skin and scalp for any ticks planning on snacking on your blood. As soon as indoors, bathe or shower to remove any chemicals on your body.
6. For the fun part....eat some ice cream, a popsicle or frozen yogurt to keep cool!

**STAY SAFE, BE WELL AND HAPPY SUMMER**



## Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, June 21, 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](http://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](http://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.

## Attention Veterans



The Middlebury Senior Center has just received packages from the VA that explains all the benefits you have coming to you.

It also explains the Federal Benefits for Dependents and Survivors.

You can pick up your free packet at the Middlebury Senior Center at 1172 Whittemore Road, Middlebury, CT





## 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, 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 June 15, 2022

## Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on Tuesday, July 5, 2022. The fee for Yoga is \$30 for 6 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

## 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.

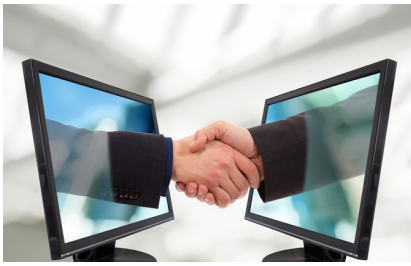
The next class will begin June 1 2022.

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

## Learn to Knit

Tuesdays  
12:30 to 2:30pm  
\$12 per person — supplies included

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



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.

Sean also gives one on one instruction 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.

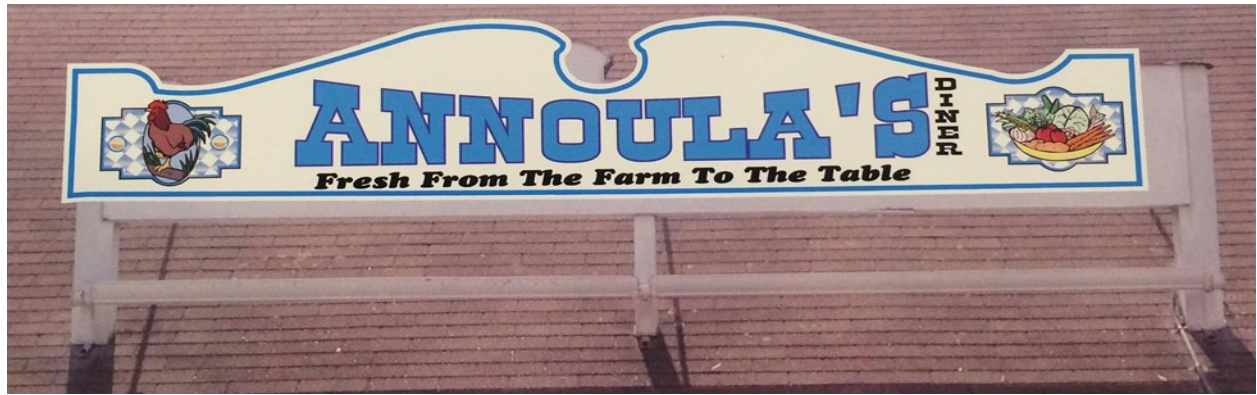


## Senior Farmers' Market Nutrition Program (SFMNP)

The SFMNP is a supplemental food program for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are provided and meet income eligibility. Participants must be enrolled in another program with proper means testing (ex: Renter Rebate) to verify income. Each eligible participant receives one (1) coupon booklet annually. The coupons can be redeemed at the Middlebury Senior Center for fruits, vegetables, fresh cut herbs, and honey.

SFMNP coupon booklets are issued by the agency to municipal agents, elderly services nonprofits, or senior centers for distribution to eligible participants.

The Program officially opens on July 1, 2022. These coupons are distributed only to seniors who are within the Eligibility Guidelines.



**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. 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 June at 11:30am)**

**For the month of June:**

**June 1** – Chopped sirloin with mushroom gravy, roasted potato and veg. OR Spinach Salad plate.

**June 8** – Greek Salad Plate OR Chicken Gyro, roasted potato, vegetables.

**June 15**— Chicken Francaise with roasted potato and veg. OR Pasta Bolognese with a small salad.

**June 22**—Chicken Marsala, mashed potato and veg. OR American chop suey, small salad.

**June 29**—Meatloaf, roasted potato, 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**



## 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

Property Tax Relief.



## Tax Relief Programs

Applications are available for the Additional Veterans Tax Credit Programs thru October 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 October 1, 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.



## Four for One

On Wednesday, August 3, 2022  
Deerfield MA to visit the



### Magic Wings Conservatory, The Yankee Candle Village, Richardson's Candy Kitchen & Old Deerfield Country Store

Cost for all is \$30  
Includes Admission & Transportation

Thousands of butterflies, gifts and Monarch's Restaurant  
Magic Wings

A beautiful sight of colorful butterflies, flowers and other small creatures inside the glasshouse. You walk through a very large green house with different sections and you get to experience thousands of butterflies and various birds and reptilian. The butterflies are flying free as well as most of the birds but the iguanas and lizards are behind glass.

One of New England's most popular destinations! Yankee Candle Village offers a unique shopping, entertainment and dining experience.

Stroll through the Bavarian Christmas Village, the Nutcracker Castle, and our home store. Enjoy fabulous candles, home decor and holiday shopping. Savor freshly-made fudge and other sweet treats in our fudge shop. Dip your own candles and watch history brought to life in our candle-making museum.



The process begins early each morning as the solid chocolate is melted, tempered, and made ready for production. If your timing is right, you can watch Barbara and Kathie creating a vast assortment of chocolates. We offer handmade creams, truffles, mints, cordials, buttercrunch, caramels, nut clusters and our famous dixies, as well as chocolate covered orange peel, ginger, apricots and pretzels. Our own fudge is cooked 100 pounds at a time in an antique copper kettle. We still use the founder's original recipe!

### OLD DEERFIELD COUNTRY STORE

Looking for a unique shopping experience reminiscent of country stores of yesteryear?



Stop in to pick up everyday items or take home that special memento to remember your travels. You'll enjoy shopping or browsing our 3 large rooms in a casual relaxed atmosphere. Sit a while in our ice cream parlor and enjoy your favorite flavor of ice cream or old-fashioned milkshake.

Please call to reserve your seat 203-577-4166

## CT SHORELINE

Thursday, August 26, 2022



**The Middlebury Senior Center will be hosting a trip to the Connecticut Shoreline and stop for lunch at Bill's Seafood in Westbrook.**

**View the beautiful coastal CT shoreline in Old Saybrook and Westbrook CT narrated by our own Jean Hansen who has been a long time resident and is full of knowledge of the area.**

**We will also see the new museum "Kate" in honor of Kathryn Hepburn**

**Then across the marsh, there is Bills Seafood where we will dine delicious seafood and see the wonderful views .**

**The fee for this outing will be \$10 per person, lunch on your own.**

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





## NEW INCOME GUIDELINES FOR THE MEDICARE SAVINGS PROGRAM



The Medicare Savings program helps pay your Medicare Part B premium saving you \$170.10 month and automatically qualifies you for the Medicare Part D Extra Help program which covers you prescription drug monthly premium and lowers your drug costs at the pharmacy. The program looks at income only and not assets. Even if you are still working, you may be eligible for the program. Each March, the State updates the income eligibility guidelines for the year.

To learn more or how to apply please call 203-577-4166 ext. 3.

### MEDICARE SAVINGS PROGRAM (MSP) effective March 2022

PROGRAM	STATUS	INCOME LIMIT	STATUS	INCOME LIMIT
QMB	SINGLE	\$2,390 /mo	MARRIED	\$3,220 /mo
SLMB	SINGLE	\$2,617 / mo	MARRIED	\$3,525 / mo
ALMB	SINGLE	\$2,786 / mo	MARRIED	\$3,754 / mo

### NO ASSET LIMITS FOR MSP

### NO ESTATE RECOVERY AFTER 1/1/10

If you qualify for MSP, you will automatically qualify for Extra Help  
And the lower co-pay for Part D



## LUNCH & LEARN

Thursday, June 16, 2022

Our monthly Lunch and Learn program will be held on Thursday, June 16, 2022.

This month we will learn the importance of hydration .

Come and join us for a very informative subject, and then stay for a delicious lunch, all free of charge.

Please call the Middlebury Senior Center at 203-577-4166 to reserve your seat.



## SHOPPING TRIPS FOR JUNE

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck every third Thursday of the month, June 16

Also, every first and third Friday of the month, to Shop Rite in Southbury

June 3rd. and June 17th.

The bus will be leaving the senior center at 10:00am.

To reserve your seat please call

**203-577-4166**

## 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.



# Ramshackle Lobster Shack Hiding in Connecticut Serves the Best Seafood Around

Thursday, June 23, 2022

Bus leaves Middlebury Senior Center 10:30. Returns approx. 3:30pm

Appearances aren't everything, especially when it comes to restaurants. If you were driving along the shoreline, you might bypass Ford's Lobster mistaking it for a bait shop rather than a hot culinary destination. The outside of this of this lobster shack is covered with weather-beaten buoys giving it a ramshackle look worthy of its perch on the coastal waters. But seafood lovers and shrewd locals know that this eatery is a spot not to be missed.

Ford's Lobster is a rustic spot that fits right in with the coastal scenery in Noank. Open 11 months out of the year (closed for the month of February only), this lobster shack brings all of your seafood favorites to the table in the most delicious way.

The eatery is well-known for its outdoor dining. But, when the weather isn't cooperating, a cozy indoor space will keep you warm and dry while you indulge your taste buds.

Warm weather brings outdoor dining right on the water. There's nothing quite like devouring fresh seafood while a warm salt breeze blows in off the Sound.

At Ford's Lobsters not only will you be treated to top-notch coastal cuisine, you'll also get a million-dollar view.

The menu is chock full of scrumptious choices. From clam shack favorites to more refined fare, there is something to tempt every palate here.

Start off with some creamy clam chowder, steamed mussels, clams casino, or even jumbo lump crab cake. Feeling hungry yet?

Every restaurant has at least one item that stands out. At Ford's Lobster, the lobster bomb is a huge delight. Overloaded with lobster meat and served hot or cold, you'll need a big appetite to take on this dish.

Discover more tempting combination like lobster scampi, blackened scallops, and lobster risotto. There's even a New York Sirloin for the non-seafood lovers in your dining party.

Call 203-577-4166 to reserve your seat. Transportation fee is \$10 per person







## **Discover the Thimble Islands**

**Thursday, July 7, 2022**

**Welcome aboard the Sea Mist. Relax and enjoy a 45-minute narrated cruise around the Thimble Islands.**

**First discovered in 1614, by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Captain Kidd died here in 1655 ... you can still feel his presence today.**

**Come join us for a Sea Mist cruise at the Thimble Islands. These islands are located off the coast of Branford, CT.**

**Come aboard the Sea Mist, relax and enjoy yourself as we cruise around 25 inhabited islands.**

**Bus will be leaving the Middlebury Senior Center at 10am for the 12:15 cruise.**

**Call 203-577-4166 to reserve your seat.**

**Admission and transportation are \$25.00 per person.**



## **LEARN TO KNIT** **June 7 to June 28<sup>th</sup>**

**This knitting series you will learn how to work cables, twisted stitches, plaits, and bobbles. Practice will include understanding written instructions and chart symbols. Use of double-pointed needles is introduced. If you are a beginner, you are welcome to come to this class. Carol will welcome you with your own beginning course.**

**Please call 203-577-4166 to reserve your seat. Limit per class is 6**

**This class will begin on Tuesday, June 7 at 12:30pm - 2:30pm and end on Tuesday, June 28th. The fee is \$12.00 per person.**

## The Swan

*Lying in a meadow...  
The sun kisses me with its radiance.  
Oddly, the sky has a purplish hue.  
Nature's sounds suddenly become quiet -  
Even the musical robins above  
Are swooning in silence.*

*A feminine voice...  
I stand and look to find no one...  
Only a swan.  
It walks up to me with its feathery white-  
ness  
And speaks with the same sweet voice -  
"Follow me !", she says.*

*There is a glistening  
pond amid sunflowers...  
"Watch me.", the swan says.  
Suddenly, I hear sounds of Mozart,  
As she transforms into a beautiful woman -  
Wearing a low-cut transparent white gown,  
And begins dancing like a ballerina*

*Such magnificence  
As She moves weightlessly with sheer  
grace  
Throughout the surrealistic meadow.  
She approaches, saying - "Dance with  
me."  
We waltz throughout the waving green  
field,  
Ending with a long passionate embrace.*

*The music stops...  
Once again, she becomes a swan.  
Entering the pond, she begins to drift  
away,  
While her head turns to me  
And speaks in a hauntingly sad tone...  
"Remember me.", she says.*

Ted Elliss



## Middlebury Senior Center along with the Travel Group proudly Presents:

**"ATLANTIC CITY GETAWAY" at CAE-SARS** 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 CAE-SARS 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**





## FLAG DAY

June 14, 2022

The U.S. flag is unique in the deep and noble significance of its message to the entire world, a message of national independence, individual liberty, idealism and patriotism. It is not a flag of reigning family or royal house, but of hundreds of millions of free people welded into a Nation, one and inseparable united not only by community of interest, but by vital unity of sentiment and purpose. The flag first rose over 13 states along the Atlantic seaboard with a population of some three million people.

### SOME FLAG TRIVIA

- ⇒ **Many Historians believe it was Francis Hopkins, not Betsy Ross who first made the American flag.** (Hopkins was a New Jersey delegate to the Second Continental Congress in 1776, signer of the Declaration of Independence, inventor, composer and artist and is thought to have created the first American flag, as well as design both sides of the Great Seal. Although historians do not believe Betsy Ross, a Philadelphia seamstress, sewed the first American flag, she did embroider George Washington's shirt ruffles while he was a soldier.)
- ⇒ The canton of the flag is the **Blue Area** (also called the union)
- ⇒ The stars representing new states were added **next fourth of July after the States admission.** (Originally, official U.S. flags could have stars with 5,6,7, or 8 points. These stars were scattered or arranged in many designs since each seamstress followed her own ideas and interpretation.)
- ⇒ The red, white & blue colors of the flag represent: **Red—hardiness and valor; White — Purity and innocence; Blue — vigilance, perseverance and justice.**
- ⇒ What is the origin of the stripes on the flag? **Historians think the idea came from the flag of the Sons of Liberty which had five red stripes and four white stripes.** (The flag used from 1795 to 1818 had 15 stripes instead of 13. Congress originally planned to add a star and stripe for each new state; however, they soon realized the flag would become too large and went back to the original 13 stripes.)
- ⇒ Changes were made to the Pledge of Allegiance in 1923. The original phrase "my flag" was changed to "**the flag of the United States,**" in 1924, the words "of America" were added, and in 1954, the words "**Under God**" were added.)
- ⇒ The national march, **The Stars and Stipes Forever (was first performed on May 14, 1897 and signed into law by President Reagan in 1987).**



## FATHER'S DAY

June 19, 2022


### History

**On July 5, 1908, a West Virginia church sponsored an event in memory of and to honor the 362 fathers who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, WV.** This was a one-time commemoration. The following year, Sonora Smart Dodd from Spokane, WA, one of six children raised by a widower, tried to establish an event equivalent to Mother's Day for fathers. And she was successful. Father's Day was first celebrated in the U.S. on June 19, 1910 in Washington state. It wasn't until 1966 when President Lyndon Johnson signed a Presidential declaration announcing the third Sunday of June as Father's Day. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.

The staff of the Middlebury Senior Center would like to wish all fathers a very Happy Father's Day!

Try this for Father's Day:

### ICE CREAM BALLS

- 1 quart ice cream (any flavor) slightly softened
  - 12 oz. bittersweet chocolate
  - 12 Tbsp. or 3/4 cup butter
  - 3 Tbsp. corn syrup
  - Topping suggestions—  
sprinkles, sea salt, chopped nuts, or coconut.
- 
- 1) Use a melon baller or similar size scoop to make tablespoon—size balls of ice cream. Place them on parchment lined baking sheet and freeze for at least one hour.
  - 2) Put the chocolate, butter, and corn syrup in a microwave safe bowl and microwave stirring every 30 seconds until smooth.
  - 3) Using a fork, quickly dip each ice cream ball into the chocolate mixture and place back on the baking sheet.
  - 4) Sprinkle toppings over the ice cream balls and return to the freezer for at least 30 minutes.

YIELD: 64 servings



Pool Table Available daily Mini Bus Available 8:30 to 2:00pm		<b>June 2022</b>			Middlebury Senior Center 203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	3
		8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training	9:00 Billiards 9:30 Painting Class	
6	7	8	9	10	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training      1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
13	14	15	16	17	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training  <b>Lunch &amp; Learn</b>     1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
20	21	22	23	24	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training <b>COA meeting</b> 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training  11:00 Investment Club <b>Lobster Shack</b>    1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
27	28	29	30		
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga  10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training   <b>Christmas Tree Shop</b>    1:00 Mah Jongg		

Middlebury Senior Center  
 1172 Whittemore Road  
 Middlebury, CT 06762