

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.

July

2023

Department Staff

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

Commission on Aging

Judy Mirrer, Chairperson

Jean Hansen

Maryann Barra

Ann Spierto

Nancy Pun

Nancy Mastroianni

Ann Zimkus

JoAnn Cappelletti
(Director of Elderly & Social Services)

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



Independence Day, or as it is more commonly known the 4th of July, commemorates the independence of the United States from Britain. This was officially declared via the signing of the Declaration of Independence on July 4, 1776. Americans take this day to celebrate all that is American. They remember the great sacrifices of their forefathers in fighting for independence and celebrate America's independence. This day is most commonly associated with firework celebrations and barbeques.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

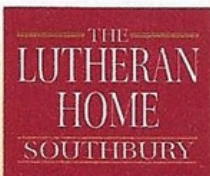
778 Middlebury Road, Middlebury | 203-758-2471 

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
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	\$62,600
2	\$71,550
3	\$80,500
4	\$89,400
5	\$96,600
6	\$103,750
7	\$110,900
8	\$118,050

*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:

July is Social Wellness Month

Social wellness means nurturing yourself and your relationships. Healthy relationships are a vital component of good health.

Research show that:

- 1. People who have a strong social network tend to be happier and may actually live longer.**
- 2. The heart system and blood pressure of people with healthy relationships respond better to stress.**
- 3. Strong social networks enhance the immune system's ability to fight off infectious diseases.**

Some ideas on how to grow your social network are:

- 1. Workout by joining a gym or exercise group and meet people of similar likes. You may enjoy the back and forth chatter among the people you've met there.**
- 2. Volunteer your time to a charity or organization whose mission interests you. You may connect with people of similar passions.**
- 3. Find others who share a hobby or activity, i.e. painting, crafting, walking, singing or music lessons which may expand your circle of friends.**
- 4. Take a walk in the neighborhood or the park with your pet and meet the neighbors.**

So, to simply state....be adamant about doing all you can to age, not just gracefully, but with vitality. Just refuse to grow old!!!



Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, September 19, 2023 At 9:30am.

All interested persons are welcome to attend.

Blood Pressure Screening



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

She is also available for any issues you may have.

Ballroom Dancing



Anyone interested in Ballroom Dancing please call the Middlebury Senior Center at 203-577-4166 to enroll and for more information.

No partner needed!



MAH-JONGG

PM

Mah-Jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center will begin Mah-Jongg games on Wednesday evenings at 5:30pm. Beginners or experienced.

No charge, donations accepted.

Contacting our office is easy!

Our website:

www.middlebury-ct.org/elderly-social-services

Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	3
Angela Leveille	2
Ashley Norton	1
Sean Howard	4



CodeRED™

Keeping citizens informed.

The Town of Middlebury has adopted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

Code Red is a geographically based system. This means that anyone with a code Red app can get notifications anywhere they travel.

To be included in Code Red, you must enroll: go to the town's website www.middlebury-ct.org and click on the "Community" tab. Then click on the Code-RED logo. Please provide your phone number(s) and text and email information. The town was provided a database of some numbers for residents, but no one should assume their numbers are among those the town already has. Those without computers can go to the assessor's office or the Middlebury Public Library and get help registering for Code-RED.



COMPUTER HELP

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

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

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



MAH-JONGG

Mah-Jongg is a Chinese game that is played using

144 domino-like tiles. Middlebury Senior Center has mah-Jongg games every Monday, Tuesday at 10am and 1pm, Wednesdays at 10am, & Thursdays at 10am & 1pm



ART CLASS

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

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

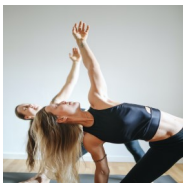


Two classes per week:
\$40

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

Next class begins July 19, 2023

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, August 8, 2023. 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 for this class

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 Tuesday class will begin August 16.

Next Thursday class will begin August 17.

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

Join our evening class. Thursdays 5:30pm



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.

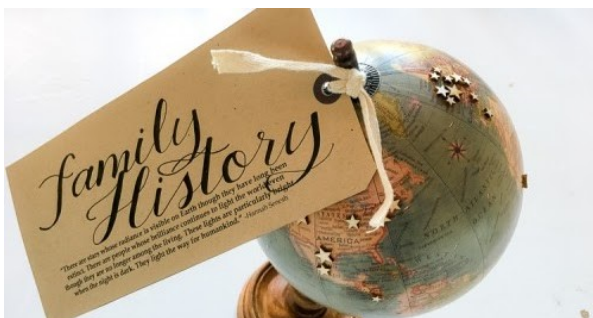
Anyone interested should call Sean at 203-577-4166 ext. 4.

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 July 2023 Menus

7/11/2023:

Potato Crusted Pollock (fish) & Roasted Sweet Potatoes and Green peas
White Bread
Diced Peaches
Low Fat Milk
Tartar Sauce

7/18/2023:

Turkey Breast with poultry gravy
Whipped Potatoes
Mixed Vegetables
Multigrain Bread
Mandarin Oranges
Low Fat Milk

7/25/2023

Cheese ravioli w/ Marinara Sauce
Italian Vegetable Blend
Mixed Greens
Italian Bread
Seasonal Fruit Low Fat Milk

DID YOU KNOW?



Tickborne diseases are on the rise, particularly in the spring, summer and early fall when ticks are most active, according to the Centers for Disease Control and Prevention.

That means if you are outdoors, you need to take precautions for yourself, your family and your pets before, during and after your visit.

Steps to protect against ticks, follow these whether you work outside, enjoy your yard or spend time on a national forest or grassland. You should:

Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.

Use repellent that contains 20% or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.

Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin,

Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tickborne diseases.

They may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect against ticks.

Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.

Conduct a full body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks.

Remove any ticks right away.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

Avoid Direct Contact with Ticks

Avoid wooded and brushy areas with high grass and leaf litter

Walk in the center of trails

The Environmental Protection Agency (EPA) website has more information on repellents



A.I. GIVES SCAMMERS A SCARY NEW TOOL



Artificial intelligence has opened a new door for scammers, making it easy to replicate almost anyone's voice from a brief audio sample. That has made frauds such as the grandparent scam—built around a fake phone call supposedly from a grandchild---"frighteningly effective", experts say.

All crooks need is a short sample of a person's voice, which can often be found on social media posts. From there, they run it through sophisticated but readily available (and cheap) software to create a digital duplicate, which they can program to say whatever words they want to use.

The state-of-the-art AI can generate realistic images and voices, and is used as a tool of impersonation in scams targeting older Americans; per professor Siwei Lyu, an expert in digital media forensics. The scammers rely on the familiarity of the voices.

Last year, consumers lost \$2.6 billion to this sort of fraud, up from \$2.4 billion in 2021.

The boom in AI scams is likely just beginning. It may be possible scammers are using AI to clone voices as part of romance scams, celebrity imposter and tech support scams.

Professor Lyu runs a project called DART (Deception Awareness and Resilience Training), which helps older Americans recognize scams via a mobile game. He warns that if the scammer fools you, there's often no way to get the money back.

If you receive a call seemingly from someone close to you asking for money, there are steps the Federal Trade Commission suggest you take to protect:

Slow things down: These calls typically move fast. If someone you know seems to be calling you for money unexpectedly, tell them you'll call back Then find the number from a trusted source.

Resist pressure: If a caller stresses the urgency of their need, that's almost always a fraud signal. No legit organization demands money within hours. Don't be goaded or guilted into sending money until you've verified what's going on.

Listen for red flags. If the caller says it's important to keep thing secret, that's a strong indicator you're being scammed.

The bad news--- Professor Lyu. informs us" More sophisticated scams are ahead. "The next round of robot calls will be made from scripts created for (A.I. chabots), converted to a person's voice" "Technology could also be used to create video calls with the grandkid's face."

Chris Morris

Chris Morris writes about technology for Fortune Fast Company and other news organizations.



You may be eligible for a free Assurance Wireless lifeline



Lifeline eligibility

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

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

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

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

1. Food Stamps/SNAP
2. Supplemental Security Income (SSI)
3. Veterans Pension benefit or Survivors Pension
4. Medicaid
5. Federal Public Housing Assistance or Section 8
6. The free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, for the 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 INTERNET 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/>.

RENTER'S REBATE PROGRAM



Effective April 1, 2023 thru September 15, 2023

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 beginning April 1 between the hours of 9am to 1pm.

You must be a resident of Middlebury and provide proof of income and rent expense for the year 2022.

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



VETERAN'S CORNER

You have questions? VA has answers!

Call VA today at 1-800-MyVa411 (1-800-698-2411). The number to call when you don't know who to call.

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

1/800*MyVA411 serves all members of the Veteran and service member community seeking information or assistance.

Call for helpful information on:

- COVID-19 general information and updates
- Health care eligibility and enrollment
- VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others.

TAX Relief Program



Applications are available for the Additional Veterans Tax Credit Programs thru October 2023.

Qualifications for this program include residency, income, age or disability. Applications must be accompanied by income statements and Social Security benefits and must be filed not later than October 15, 2023.

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

Qualifying income is based on 2022 adjusted gross income; married applicants must submit combined adjusted gross income plus 2022 Social Security payments.

Household income cannot exceed \$49,100: 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.

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. For more information, please call JoAnn Cappelletti at 203-577-4166 ext. #3.



SHOPPING TRIPS FOR July

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, July 13, 2023. Also, the first and third Friday of the month, to Shop Rite in Southbury, July 7 & 21, 2023.

The bus will be leaving the senior center at 9:45am.

To reserve your seat please call 203-577-4166

AARP

**Safer Driving May
Save You Money**



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

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.

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

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

Upcoming classroom course

Monday, July 31, 2023

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166



ALL ABOUT MEDICARE / MEDICAID

Wednesday, July 12, 2023

11:00am

Nancy Cimmino, Medicare Specialist, will be offering Medicare Q&A seminar on July 12th at 11am. She can help with what to do when turning 65; New to Medicare; Losing company coverage; if you're curious if you qualify for state aid, or need help paying your drugs, you can call Nancy direct at 203-217-6932 for a telephone review; or simply about your rights and options under Medicare.

Call 203-577-4166 for more information.





We Connect Volunteers With Community Members Who Request Help With Everyday Tasks.

We help fill in the gaps of traditional at-home care services by mobilizing residents to care about and connect with each other. Our goal is to link people who can help to those who need help – whether it's for one hour per week or month or year – because UR COMMUNITY CARES. How to participate. Using our secure website, interested Volunteers and Community Members each create an online profile and upload an ID-type photo (to allow one another to be recognized upon arrival for the in-home visit). When a Community Member submits a request for a Community Deed, local registered Volunteers are notified by email/text then sign into their account to view and accept or decline it. Volunteers age 15-17 must have parental consent and visit supervision. (We do not provide any licensed work. Participants must agree to terms and conditions, privacy policy, user policy and procedure.)

UR Community Cares, Inc.

UR Community Cares uses secure web-based technology to match local Volunteers with Community Members (age 70 and over or age 18 and over with a physical disability) who need free at-home support. Household chores, yard work and companionship visits are requested and pre-scheduled online, thus offering family caregivers a respite opportunity. Through intergenerational social connections (within a 15-mile radius), we help build stronger communities where residents can safely age in place and live more independently.

We are the roadmap to connect UR town:

- Town Social Workers
- High School, Higher Education
- Hospital, Other Healthcare Services
- Assisted Living Facilities
- Housing Authority
- Civic Groups & Associations
- Community Center, Senior Center
- Public Library
- Business Sponsors
- Restaurant Fundraisers
- Donors

Follow these step-by-step instructions to enroll yourself or someone you care about who may need computer assistance. These steps are for Community Members who have not enrolled previously.

- Click Sign In Button
- Under the Sign In Button on that page, click the link for: Don't have account? Sign Up Now
- Please upload a picture of yourself; it needs to clearly show your face and be easily recognizable to others
- Choose user type
- Fill out the requested information; if something does not apply to you, type in "NA"
- Enter location for map
- Please read and check the box once you have reviewed and agree to the Terms & conditions, Privacy policy, and Policy & procedure provided on our website



BLOOMIN' 4 GOOD PROGRAM

MIDDLEBURY FOOD BANK
1172 Whittemore Rod
Middlebury, CT 06762
203-577-4166
jcappelletti@middlebury-ct.org

Middlebury Elderly and Social Services will receive \$1 from every specially marked \$10.99 Bloomin' 4 Good bouquet sold during the month of July 2023 at:

Stop & Shop
727 Rubber Avenue, Naugatuck CT

The Middlebury Food Bank Celebrates Selection as a Stop & Shop Bloomin'4 Program Beneficiary.

Middlebury CT – Middlebury Food Bank has been selected as a beneficiary of the Stop & Shop Bloomin' 4 Good Program for the month of July.

The Stop & Shop Bloomin' 4 Good Program, which launched in July 2023, is an easy way for shoppers to give back. Every \$10.99 bouquet in the sleeve marked "Bloomin'4Good" sold supports a hunger organization local to the Stop & Shop in which it was purchased.

Middlebury Food Bank was selected as the July beneficiary by local store leadership at the Stop & Shop located at 727 Rubber Ave in Naugatuck CT. The Middlebury Food Bank will receive a \$1 donation for every \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good" purchased at this Stop & Shop location in July.

"Flowers can make someone's day, brighten a room or spread a smile," said JoAnn Cappelletti, Executive Director of the Middlebury Food Bank. "Now they can fight hunger, too. Purchase a Bloomin'4Good Bouquet at the Naugatuck Stop & Shop in January to help fight hunger. "Every bouquet sold will feed 10+ people in need."

Middlebury Food Bank is a nonprofit based in Middlebury, CT. Founded in 1997, the Middlebury Food Bank has Clothed and Fed the needy in our community and beyond. Learn more about the Middlebury Elderly and Senior Center by visiting www.middlebury-ct.org.

For more information about the Stop & Shop Bloomin' 4 Good Program, please visit stopandshop.2givelocal.com.



BEREAVEMENT Support Group

If you have experienced the death of a loved one recently, we invite you to attend the Bereavement Support Group sponsored by the Harold Leever Regional Cancer Center. We will meet twice monthly to discuss relevant topics, followed by time for networking and sharing. Each group will run for 3 months at a time, with an opportunity to develop a breakout group for those with longer-term bereavement needs.

Please call to register, Chaplain Jeh Choon You, Bereavement Coordinator, at 860-763-6300. Sign-ups are requested, as light refreshments will be served.

Place: Village at East Farms
180 Scott Road, Waterbury, CT 06705



ARE YOU COVERING THE COST OF A COVID-19 FUNERAL?

THERE IS HELP FOR YOU

Did you know financial assistance is available for COVID-19 funeral costs? FEMA may provide up to \$9,000 in financial assistance per deceased individual for COVID-19 related funeral expenses incurred on or after January 20, 2020.

The Middlebury Senior Center understands that the COVID-19 pandemic brought overwhelming grief to many. We are providing information to the Middlebury community about federal assistance that may ease the financial stress caused by the pandemic.

Currently, there is no deadline to apply for COVID-19 Funeral Assistance. To apply or learn more, please call FEMA's COVID-19 Funeral Assistance Helpline at 844-684-6333. You may also visit FEMA's COVID-19 Funeral Assistance website (fema.gov/funeral-assistance) or contact JoAnn Cappelletti at 203-577-4166 for more information.



Stowe's Lobster

East Haven, CT
Thursday, July, 6, 2023

Bus leaves at 11:30am

When hard times hit during the Depression, grandfather Stowe went to work driving a truck for Bilco on Bay View Place. He and his wife rented a house on Bilco's property, and she - Wayne's grandmother - started selling clam chowder off the back porch.

The little business eventually grew into a market, then a full-blown restaurant called Stowe's Pilot House, which was a regional favorite clear into the 1970s. "I grew up there," says Wayne of the restaurant. "I was cleaning fish and cracking lobsters when I was 10." Grandfather Stowe passed away in 1970, when Wayne was a freshman in high school. The family hung on to the eatery for a few years, then sold it in 1972, "lock, stock and barrel."

... "For the first 10 years, we were just a fish market," says Wayne. Today, Stowe's still sells fresh fish and lobsters, but the bulk of their business is in traditional fried foods cooked to order.

Of course, that's all fresh too. "I get fish delivered every single day," says Wayne, "I cut the fish, bread it, everything."

Food: A classic seafood shack across from the West Haven Beach has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats!

Lunches are cash only!

All who are interested please call 203-577-4166 to reserve your seat.

Transportation fee is \$7. Bus leaves at 10:30am

DISCOVER THE THIMBLE ISLANDS

Thursday, July 20, 2023



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 sailed here in 1655... you can still feel this 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 Middlebury Senior Center at 10am for the 12:15 cruise.

Call 203577-4166 to reserve your seat.

Admission and transportation are \$25 per person.

CT SHORELINE

Thursday, July 27, 2023



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.

Then across the marsh, there is Bills Seafood where we will dine on 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



2023 SENIOR OUTING

Holiday Hill

43 Candee Rd, Prospect, CT 06712

Monday, August 21, 2023

9 am - 4 pm



Rain or Shine



FOOD

AND

FUN

9:00 - 12:00 (Upon Arrival)

Assorted Donuts, Fresh Fruit, Bagels, Muffins & Danish

12:00 - 2:00 (UNLIMITED)

New England Clam Chowder and Oyster Crackers
Assorted Fresh Cheeses and Snack Crackers
Fresh Vegetable Crudités with Dip

12:00- 3:00

Cherrystone Clams on the Half Shell

11:30 - 3:30 (UNLIMITED)

Chilled Relish Tray
Freshly Baked Breads & Rolls
Grilled Hummel Hot Dogs & Sauerkraut
Grilled ¼ lb. Hamburgers, Cheeseburgers
Tomatoes & Onions
Pickles, Relishes, Mustard and Ketchup
Baked Chicken
Italian Sausage with Onions & Peppers
Red Bliss Potatoes
New England Baked Beans & Cole Slaw
Summer Squash
Green Garden Salad
Three Cheese Baked Penne
Corn on the Cob with Butter
Chilled Watermelon Wedges
Decorated Sheetcake
Apple Pie, Cherry Pie

AVAILABLE ALL DAY

Pepsi, Orange, Sierra Mist, Diet Pepsi, Root Beer, Gatorade, Lemonade, Iced
Tea, Fruit Punch, Coffee, Tea, Milk, Ice Water,
Potato Chips, Goldfish Crackers and Pretzels
Budweiser Beer on tap



Great Prizes to Win



Dancing with our DJ



NO food is to be taken off premises

All Inclusive Price - \$42.00 per Guest Senior Citizens Only

To purchase tickets;

Make check payable to Holiday Hill Mail to our main office:
Holiday Hill, P. O. Box 338, Cheshire, CT 06410

Or Call 800-533-0029 by 8/9/23 to purchase tickets with Visa, MasterCard or Amex
Tickets will be mailed upon receipt of payment

Non-refundable

No admittance to Holiday Hill before 9:00 a.m.

Free Parking and On-site Shuttle Service

For more Information call 800-533-0029

Transportation available - 203-577-4166

Middlebury Senior Center Presents..

"A Carpenters' Christmas"

at the lovely Aqua Turf Club in Southington, CT

Wednesday, December 13, 2023



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

Package Includes:

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

A Carpenters
CHRISTMAS



MERRY CHRISTMAS

Family Style Luncheon

Homemade Soup

Chicken Florentine

&

Baked Scrod

Rolls & Butter

Vegetable & Potato

Dessert - Coffee & Tea

Meal subject to change



\$84 Per Person

Don't miss this
Fantastic Show!

For Information:
(203) 577-4166
Monday & Fridays Only
9:00am - 1:00pm



Bus Pick Up: 10:00 AM

Bob's Furniture Store
135 Memorial Ave.
West Springfield, MA

**MUST PARK BEHIND
SKECHERS.**



Future Trips for 2024



San Antonio \$609. pp

5 days and 4 nights lodging

8 meals: 4 breakfasts and 4 dinners. 11 Attractions including:

Guided tour of San Antonio, Cruise on the famous River Walk; Visit the Alamo

Charlestown, South Carolina \$ 929. Pp

April 7 to 13, 2024 7 days, 6 nights

10 meals including 6 breakfasts and 4 dinners

Visit the Historic Charleston City Market; Relaxing Harbor Cruise in Charleston; Visit to Famous and Historic Middleton Place; Guided tour of Charlestown; Tour of a Historic Charleston Home; and guided tour of a Historic Charleston Plantation.

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New Orleans, Louisiana. \$1109 pp

October 19 to 27, 2024 9 days, 8 nights

14 meals including 8 breakfasts and 6 dinners

Visit the French Quarter, Jackson Square, National World War ii Museum; Guided Tour of New Orleans

Guided Tour of a Louisiana Plantation

Admission to Mardi Gras World

Relaxing Riverboat Cruise on the Mississippi River

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MEMPHIS—HOME OF ELVIS AND THE BLUES-- \$1105. PP

October 19—27, 2023

9 days/ 8 nights lodging including 4 consecutive nights in the Memphis area

14 Meals including 8 breakfasts and 6 Dinners

Guided Tour of Memphis

Free time on Beale Street in Memphis

Admission to National Civil Rights Museum- dedicated to Martin Luther King Jr's struggle for equality.

Admission to Memphis Rock 'N' soul Museum

Admission to Stax Museum of American Soul Music

Gaming at the Memphis Area Casino

Anyone interested in any of these trips please call the Middlebury Senior Center at 203-277-4166

Middlebury Senior Center

1172 Whittemore Road

Pool Table Available daily					Middlebury Senior Center
Mini bus available 8:30am to 2:30pm		July			203-577-4166
		2023			
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
9:00 Billiards		8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates		9:00 Biliards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club		9:30 Computer Training			
10:00 Mah Jongg		9:30 Tail Chi			
11:00 Adult Strenthening		10:30 Mah Jongg	Stowe's Lobster House	Walmart	
1:00 Knitting & Crochet		11:00 Pilates			
		Center Closed		1:00 Mah Jongg	
10	11	12	13	14	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Biliards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	10-12 Blood Pressure Clinic	9:30 Computer Training			
10:00 Mah Jongg	10:30 Mah Jongg	9:30 Tail Chi	Walmart		
11:00 Adult Strenthening	11:00 Ancestry Club	10:30 Mah Jongg			
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates			
	1:00 Mah Jongg		1:00 Mah Jongg		
17	18	19	20	21	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	10-12 Blood Pressure Clinic	9:30 Computer Training			
10:00 Mah Jongg	10:30 Mah Jongg	9:30 Tail Chi	11:00 Investment Club		
11:00 Adult Strenthening	11:00 Ancestry Club	10:30 Mah Jongg	Thimble Islands	Shop Rite	
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates			
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg		
24	25	26	27	28	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	10-12 Blood Pressure Clinic	9:30 Computer Training			
10:00 Mah Jongg	10:30 Mah Jongg	9:30 Tail Chi			
11:00 Adult Strenthening	11:00 Ancestry Club	10:30 Mah Jongg			
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates	Shoreline Tour		
	1:00 Mah Jongg		1:00 Mah Jongg		
30	31				
9:00 Billiards	9:00 Billiards				
9:30 Pilates	9:30 Yoga				
10:00 Bridge Club	10-12 Blood Pressure Clinic				
10:00 Mah Jongg	10:30 Mah Jongg	7/3/23	7/17/23	7/23/23	
11:00 Adult Strenthening	11:00 Ancestry Club	Dog Days of summer begins	Emoji Day	Cowboy Day	
1:00 Knitting & Crochet	12:30 Bridge Club				
	1:00 Mah Jongg				
	AARP Drive Safe Class				

Middlebury, CT 06762