
Bolton Senior Center

Prime Time

January and February 2026

Monday – Thursday 9 a.m. to 4 p.m.

Friday 9 a.m. to 3 p.m.

860-647-9196

Director: Carrie Concatelli, MSW

Email: cconcatelli@boltonct.gov

Program Coordinator/Administrative Assistant: Mary Beth Dufresne

Email: mdufresne@boltonct.gov

Administrative Assistant: Pam Wentworth

Email: pwentworth@boltonct.gov

There is no membership to participate.

Sign in at the front door with your phone number.

First time visitors, please check in at the office.

Director's Note

Dear Senior Center Friends,

Happy 2026! We hope this year brings joy and laughter.

Cheryl Udin has stepped down as van driver. We want to thank her for her many years with the Senior Center! We also want to acknowledge former first Selectman Bob Morra, who received a lifetime achievement award from the Connecticut Conference of Municipalities. Bob has assisted the Bolton Senior Center in many ways, whether serving lunches, grilling, or presenting at Veterans Day, and we thank him.

We would also like to acknowledge that Senior Inc.'s spare change collection came to a total of \$85, enough to sponsor an additional five wreaths at the Wreaths Across America ceremony in Bolton Center cemetery. Senior Inc. also independently donated 20 wreaths. Senior Inc. Board members assist with event planning and other philanthropic efforts. All board meetings are open to all, and they would like to encourage more participants to join the board at any time. Meetings are normally on the third Monday of the month; however, this is shifted due to the holiday schedule in January and February.

Want another way to contribute? Please let us know if you would like to represent the Senior Center on the 250th Anniversary committee to celebrate the nation's birthday.

Finally, we would like to hear more about what you want to see the Senior Center involved in for the near future. Would you like a strength or balance class added to the schedule? Would you like a group shopping day on the ride schedule? Other suggestions for events or lunch out are always appreciated.

Registration for the January/February programs will open on Tuesday, December 16 at 9 a.m. either in person or over the phone. We cannot accept early registrations. Please double check your calendar when making your selections.

Carrie

Senior Center

- **Transportation** - Call to schedule in advance; subject to availability.
We travel to a variety of towns for medical appointments and errands. Please keep in mind that medical rides are a priority.

- **Food Pantry** - Open to residents of all ages. Registration required. Non-perishable food, toiletries, kitchen supplies and paper goods available. Ask about MACC and other resources. Food Pantry is closed on the fourth Tuesday of the month.

Holiday Closures and Schedule Changes

Town Offices are closed on the following days: Thursday, January 1, Monday, January 19 and Monday, February 16. There is no chair yoga the week of February 9.

In the event of inclement weather, please check WFSB for closures or delays. Chair yoga is cancelled when there is a delay.

In Remembrance

We would like to share a moment of remembrance about our friends, Joe Hierl and Richard Smith, and the loss of Heidi Luck, who presented a flower arranging class for us in 2022.

Knox Box Safety Program

A Knox Box provides local first responders with quick and safe entry to a home during an emergency. Knox Boxes are available thanks to the generosity of Bolton Senior Inc. and Bolton Volunteer Fire Department. See Senior Center staff for an application.

Available Daily

The Senior Center Library has books and puzzles that you can borrow and return on the honor system. Donations of books (2019 and newer) and puzzles are accepted.

Here's What's Been Happening

Our fall trips wrapped up with two delicious lunches at Windham Tech, a day at Mohegan Sun Casino and an afternoon of sampling cookies made by Bolton High School students. We would like to thank Senior Inc. for hosting our annual Holiday Party at A Villa Louisa in Bolton.

At the Senior Center, we honored local veterans at our annual lunch, enjoyed a Thanksgiving meal prepared by Bolton High School students and decorated the center for the holidays.

AARP Tax Aide Free Tax Preparation

AARP Tax Aide Volunteers provide free Federal and State tax preparation from February through early April. This popular service is available for any age, income, or town residence. Appointments are required in advance; we will begin scheduling appointments in January.

Regularly Scheduled Activities

Chair Yoga

Mondays, Wednesdays, and Fridays at 9:30 a.m. \$5 per class

There is no chair yoga the week of February 9.



Set Back

Wednesdays at 12:30 p.m.



Poker

Tuesdays at 12 p.m.

Quilting

Fridays at 11:00 a.m.



Dominoes

Mondays at 1:00 p.m.



Cribbage

First and Third Tuesday of the month at 10:00 a.m.

Mah Jongg

Tuesdays at 12:30 p.m.

Bridge

First and Third Wednesday of the month at 12:30 p.m.

October 1: Sandy Swan-2360 October 15: Betty Aitkin-2750

November 5: Nan Dreselly-1520

All regularly scheduled programs do not require advance registration.

Meetings

Bolton Senior Inc. Meeting – At 10:30 a.m. on Monday, January 12 and Monday, February 23.

Foot Care

We host Foot Care by Nurses on the fourth Tuesday of the month. The cost is \$45. Please call for an appointment.

Special Events

ALL SPECIAL EVENTS REQUIRE REGISTRATION.

See descriptions for applicable fees, deadlines, or space limitations.

Please let us know if you no longer plan to attend so the next person on the waiting list can be called.

BINGO

Thursday, January 8 and Thursday, February 5 at 1 p.m. \$1 a card to play multiple games.

BREAKFAST OUT AT ANNA'S

We will try a different breakfast place by dining at Anna's in East Hartford on Tuesday, January 13. The menu can be viewed at www.annasct.com or at the front desk at the Senior Center. **Please RSVP by Tuesday, January 6.** Limit 20 participants for the trip. The van will leave the Senior Center at 9:15 a.m. Limit 15 participants.

HOT COCOA TRIVIA FROM THE 70'S AND 80'S

Join us for food, fun and entertainment at the Senior Center on Thursday, January 15 at 1 p.m. We will be serving hot cocoa and cookies while we enjoy some friendly competition that everyone can participate in with a variety of categories from the 70's and 80's. We hope to see you there! Limit 28 participants.

MADAGASCAR PRESENTATION

Pam and Bruce Wentworth kindly offered to present their vacation to the island country of Madagascar which lies off the southeastern coast of Africa in the Indian Ocean. It is the world's fourth-largest island and the second-largest island country. They will be speaking at the Bolton Senior Center on Thursday, January 22 at 10 a.m. Come and

hear about their exciting trip and sample a treat. **There is a snow date of Thursday, February 5.**

STATE REPRESENTATIVES TIM ACKERT AND STEVE WEIR

On Tuesday, January 27 at 10:00 a.m., State Representatives Tim Ackert and Steve Weir will be at the Bolton Senior Center. This is a legislative update with your State Representatives to talk about state legislation and issues that have impact on our community.

MOHEGAN SUN CASINO

Take a trip with friends to Mohegan Sun on Thursday, January 29. The van leaves at 9:15 a.m. \$5 for all passengers. Limit 20 participants. **There is a snow date of Friday, January 30.**

LUNCH OUT AT WINDHAM TECH

We will enjoy a delicious meal created and served by Windham Tech Culinary students on Monday, February 9. The price for lunch is \$17 per person, cash only. Participants who sign up will be on a standby list until their payment is made. **The deadline for signing up is Monday, February 2 with no refunds after that date.** The van leaves the Senior Center at 10:15 a.m. with a limit of 24 participants.

POSTURE AND BODY MECHANICS PRESENTATION

Josephine McCarthy, lead Physical Therapist at ECHN Visiting Nurse and Health Services of CT, will be discussing the importance of posture and proper body mechanics to prevent injuries with everyday activities to improve your posture. We will discuss facts on falls, strategies to prevent falls and the importance of daily activities followed by a demonstration of balance exercises. She will be at the Bolton Senior Center on Tuesday, February 10 at 10am.

VALENTINE'S DAY PARTY

Senior Inc. is hosting a party to celebrate all things **LOVE** on Thursday, February 12 at 12 p.m. at the Senior Center. Please RSVP by Monday, February 2.

CT FLOWER & GARDEN SHOW

Think of spring and blooming flowers when we visit the CT Flower & Garden Show on Thursday, February 19. The van leaves the Senior Center at noon. **Tickets are \$20 payable in cash at the entrance to the show.** Limit 20 participants.

LUNCH AT ROBERTO'S LOG CABIN

We will be trying a different place for lunch by dining at Roberto's Log Cabin in Lebanon on Thursday, February 26. The menu can be viewed at www.logcabinct.com or at the front desk at the Senior Center. On our way back to the center, we will stop at Motta's Bakery for a treat. **Please RSVP by Thursday, February 19.** Limit 20 participants for the trip. The van will leave the Senior Center at 11:30 a.m.

COLLEGE BASEBALL AT HARTFORD YARD GOATS

On Friday, April 24, we will take a trip to the Hartford Yard Goats stadium to see the University of Hartford play Western Connecticut State University starting at 10:30 a.m. Tickets are \$17 per person, cash only, which include the ticket and lunch, which includes a hot dog, chips and water. Concession stands will be available for additional purchases. The seats are covered and there will be in-game entertainment. **The deadline for signing up is Monday, February 23 with no refunds after that date.** Limit 20 participants for the trip. The van will leave the Senior Center at 9:15 a.m. with the stadium gates opening at 9:30am.

Social Services Corner

Bolton Social Services serves all ages, and includes the Bolton Food Pantry, holiday programs, Resident Assistance Fund, eligibility information, referral to community providers, application assistance, etc. Please call 860-647-9196 to make an appointment. The Food Pantry is open to residents of all ages. We also have a partnership with MACC: call 860-647-8003 x128 for their separate registration. Connecticut Foodshare is at St. George's Church (Route 44) every other Tuesday from 10 to 10:30 a.m. The next dates are January 13, 27 and February 10 and 24. Please ask for additional dates and times for other local Connecticut Foodshare locations.

Bolton Senior Center January 2026

Monday – Thursdays 9 a.m. to 4 p.m. Fridays 9 a.m. to 3 p.m. 860-647-9196 seniorservices@boltonct.gov

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				1	2	3
				HOLIDAY	Chair Yoga Quilting 9:30 11:00	
4	5	6	7	8	9	10
	Chair Yoga Dominoes 9:30 1:00	Cribbage Poker Mah Jongg 10:00 12:00 12:30	Chair Yoga Set Back Bridge 9:30 12:30 12:30	Bingo 1:00	Chair Yoga Quilting 9:30 11:00	
11	12	13	14	15	16	17
	Chair Yoga Senior Inc. Dominoes 9:30 10:30 1:00	Breakfast at Anna's 9:15 Poker Mah Jongg 12:00 12:30	Chair Yoga Set Back 9:30 12:30	Hot Cocoa Trivia from 70's and 80's 1:00	Chair Yoga Quilting 9:30 11:00	
18	19	20	21	22	23	24
	HOLIDAY	Cribbage Poker Mah Jongg 10:00 12:00 12:30	Chair Yoga Set Back Bridge 9:30 12:30 12:30	Madagascar Presentation 10:00	Chair Yoga Quilting 9:30 11:00	
25	26	27	28	29	30	31
	Chair Yoga Dominoes 9:30 1:00	Footcare by Appt. State Reps. Tim Ackert and Steve Weir 10:00 Poker Mah Jongg 12:00 12:30	Chair Yoga Set Back 9:30 12:30	Mohegan Casino 9:15	Snow date for Mohegan Casino 9:15 Chair Yoga Quilting 9:30 11:00	

Bolton Senior Center February 2026

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SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 Chair Yoga 9:30 Dominoes 1:00	3 Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	4 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	5 Snow date for Madagascar Presentation 10:00 Bingo 1:00	6 Chair Yoga 9:30 Quilting 11:00	7
8	9 NO CHAIR YOGA Tax Aide by Appt. Windham Tech 10:15 Dominoes 1:00	10 Posture and Body Mechanics Presentation 10:00 Poker 12:00 Mah Jongg 12:30	11 NO CHAIR YOGA Tax Aide by Appt. Set Back 12:30	12 Valentine's Day Lunch 12:00	13 NO CHAIR YOGA Quilting 11:00	14
15	16 HOLIDAY	17 Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	18 Tax Aide by Appt. Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	19 CT Flower and Garden Show 12:00	20 Chair Yoga 9:30 Quilting 11:00	21
22	23 Tax Aide by Appt. Chair Yoga 9:30 Senior Inc. 10:30 Dominoes 1:00	24 Footcare by Appt. 12:00 Poker 12:30 Mah Jongg 12:30	25 Tax Aide by Appt. Chair Yoga 9:30 Set Back 12:30	26 Roberto's Log Cabin 11:30	27 Chair Yoga 9:30 Quilting 11:00	28

Bolton Senior Center Registration Form

Name: _____ Date: _____

Bingo 1 p.m. _____ Th. 1/8 _____ Th. 2/5

Breakfast at Anna's 9:15 a.m. _____ Tues. 1/13

Hot Cocoa Trivia from 70's and 80's 1:00 p.m. _____ Th. 1/15

Madagascar Presentation 10:00 a.m. _____ Th. 1/22

Madagascar Presentation Snow Date 10:00 a.m. _____ Th. 2/5

State Reps. Tim Ackert and Steve Weir 10:00 a.m. _____ Tues. 1/27

Mohegan Casino 9:15 a.m. _____ Th. 1/29

Mohegan Casino Snow Date 9:15 a.m. _____ Fri. 1/30

Windham Tech Lunch 10:15 a.m. (\$17 Cash only) _____ Mon. 2/9

Meal: Chicken Cordon Bleu OR Stuffed Sole OR Chicken Caesar Salad
Dessert: Havana Espresso Cake OR Crème Brûlée with fresh berries

Posture & Body Mechanics Presentation 10:00 a.m. _____ Tues. 2/10

Valentine's Day Lunch 12:00 p.m. _____ Th. 2/12

CT Flower & Garden Show 12:00 p.m. (\$20 Cash only paid at entrance to show) _____ Thurs. 2/19

Roberto's Log Cabin 11:30 a.m. _____ Th. 2/26

College Baseball at Hartford Yard Goat's Game 9:15 a.m.
(\$17 Cash only) _____ Fri. 4/24

*Please indicate if you require transportation or driving yourself to an off-site event. You will be notified if there is a wait list.
Please notify us of any cancellation immediately.*

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