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# **Bolton Senior Center**

## **Prime Time**

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**May and June 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](mailto:cconcatelli@boltonct.gov)

**Program Coordinator/Administrative Assistant: Mary Beth Dufresne**

Email: [mdufresne@boltonct.gov](mailto:mdufresne@boltonct.gov)

**Administrative Assistant: Pam Wentworth**

Email: [pwentworth@boltonct.gov](mailto: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,

May is Older American's Month. This year's theme is "Champion Your Health" - using prevention to foster healthy aging. We are focusing on heart-healthy actions. In March, we learned how high blood pressure is a risk factor for strokes. On April 9 from 9 a.m. to 11 a.m., we will help Bolton High School students learn to take vital signs. Then we're offering a specialized blood pressure program to get you on track. Periodic "pop-up" blood pressure screenings will also be offered. If you want more ways to stay healthy—we encourage you to join chair yoga, learn a new game, or come sit with a book or puzzle, inside or out on our patio. Happy Spring!

**Registration for the May/June programs will open on Monday, April 13 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 Monday, May 25. There is no Chair Yoga the week of June 1.

## 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.

## In remembrance

We remember Madeline Matheny and Ed Mariasi.

## Available Daily

The Senior Center Library has books and puzzles that you can borrow and return on the honor system. Donations of books (2020 and newer) and puzzles are accepted.

## Senior Center Van Driver

We are hiring a van-driver to fill as needed. Must possess CDL license with passenger endorsement and clean driving record. The application is on the Town website.

## Here's What's Been Happening

Our early 2026 trips took us to lunch at Windham Tech, a day at Mohegan Sun Casino, and we are looking forward to the April Mystery Trip.

At the Senior Center, we learned stroke prevention information from Greater Manchester Homecare and participated in a driver safety course sponsored by AARP. We enjoyed lunch with friends for the March Madness Lunch, won prizes at Bingo sponsored by The Arbors of Hop Brook and enjoyed delicious treats from Sarabeth Campanelli from Shop Rite. We are looking forward to the Welcome to Spring Luncheon sponsored by Senior Inc. and hearing about the Wentworth's trip to Morocco.

Thank you to the AARP Tax Aide volunteers for another successful season!

## Regularly Scheduled Activities

### Chair Yoga

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

**NO CHAIR YOGA THE WEEK OF JUNE 1**

### 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.

February 4: Betty Aitkin-4370

February 18: Kay Peterson-2090

March 18: Betty Aitkin-2460

**All regularly scheduled programs do not require advance registration.**

## **Meetings**

Senior Commission - At noon on Tuesday, June 9.

Bolton Senior Inc. Meeting - At 10:30 a.m. on Monday, May 4 and Monday, June 15.

## **Foot Care**

We host Foot Care by Nurses on the fourth Tuesday of the month by appointment.

## **Special Events**

**ALL SPECIAL EVENTS REQUIRE REGISTRATION.**

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

**Please tell us if you no longer plan to attend. There is often a waiting list.**

## **BINGO**

Thursday, May 7 and Thursday, June 4 at 1 p.m. \$1 a card to play multiple games.

## STATE REPRESENTATIVES TIM ACKERT AND STEVE WEIR

On Tuesday, May 19 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 an impact on our community.

## BREAKFAST AT VERNON DINER

We will have breakfast at Vernon Diner on Tuesday, May 12. View the menu at [www.vernondiner.com](http://www.vernondiner.com) or at the front desk at the Senior Center. We will allow time to browse the bakery case before we leave. The van leaves at 9:15 a.m. **Please RSVP by Tuesday, May 5.** Limit 20 participants.

## ITALIAN PRANZO (LUNCH)

The Senior Center will be hosting an Italian lunch on Thursday, May 14 at 12 p.m. Please join us for Italian food and dessert while celebrating all things Italian. **Please RSVP by Thursday, May 7.**

## CEDAR HILL CEMETERY TOUR

We will take a trip to Hartford for a one-hour tour on the Senior Center van to discover the history and beauty of Cedar Hill Cemetery and learn about some of its most celebrated residents and renowned monuments on Thursday, May 21. Our guide will board the bus with a microphone to tell us facts, share information about the famous residents who selected these magnificent memorials as well as tell spooky and very interesting stories. Bathrooms are available before and after the bus ride. After our tour, we will have lunch at the Blue Plate Kitchen in West Hartford. The tour is \$8 per person, cash only. The van leaves at 9:15 a.m. **Please RSVP by Thursday, May 14.** **Participants will be on a standby list until payment is made. There is a rain date of Thursday, June 11 for both the tour and lunch.** Limit 20 participants.

## LUNCH AT FIRST AND LAST IN HARTFORD FOLLOWED BY SELF-GUIDED TOUR OF ELIZABETH PARK

Join us for a delicious lunch at First and Last in Hartford on Thursday, May 28 followed by a free, self-guided tour of Elizabeth Park. May is Celebrate Gifts from the Garden Month when tulips, perennials and herb gardens are in bloom. If the weather is not cooperative after lunch, we will return to the Senior Center. The van leaves at 11 a.m. **Please RSVP by Thursday, May 21. First and Last will only take cash to pay for lunch and will split the check amongst groups of 4.** Limit 20 participants.

## MOHEGAN SUN CASINO

Take a trip with friends to Mohegan Sun on Friday, May 29. The van leaves at 9:15 a.m. \$5 for all passengers. Limit 20 participants.

## RED ROCK CAFÉ RESTAURANT AND UCONN DAIRY BAR

Join us for lunch at Red Rock Café Restaurant in Mansfield on Friday, June 5 followed by an ice cream treat at the UCONN Dairy Bar. The van leaves at 11:30 a.m. **Please RSVP by Thursday, May 28.** Limit 20 participants.

## SPOT OF TEA AND TOUR AT WADSWORTH MANSION

Take a guided tour of the Wadsworth Mansion in Middletown detailing the history of the mansion constructed at the turn of the century on Wednesday, June 10. Its style is reflective of the Gilded Age when the art of entertaining was perfected. After the tour, enjoy delicious goodies, small sandwiches and tea served in the mansion's fabled tradition of hospitality. The tour and tea service is entirely on the first floor and is fully handicap accessible. For more information, please visit [www.wadsworthmansion.com](http://www.wadsworthmansion.com). The cost is \$10 per person, cash or check payable to Town of Bolton. The van leaves at 12:45 p.m. and should return to the Senior Center around 4:30 p.m. **Participants will be on a standby list until payment is made. Please RSVP by Wednesday, June 3.** Limit 10 participants.

## WELCOME TO THE SUMMER COOKOUT

We will be grilling hamburgers and dishing up some baked beans and coleslaw for our cookout on Thursday, June 18 at 12 p.m. Come by for all the fixings and enjoy time with friends. **Please RSVP by Thursday, June 11.**

## PROBATE PROCESS PRESENTATION

On Thursday, June 25 at 10 a.m., Colleen Masse, a partner at the law firm of Daly Perri Arnold & Knierim (formerly Czepiga Daly Pope & Perri) will be at the Senior Center to speak about the probate process. She will discuss how probate works in Connecticut. Attorney Masse will explain who takes charge of a Will after a death, what happens if someone dies without a Will, how to avoid a lengthy probate process, and how tools can help avoid probate. Finally, you will learn about potential pitfalls in the process and how careful planning can avoid them. We will have refreshments.

## CT SUN BASKETBALL GAME-PLEASE NOTE THIS GAME IS IN JULY!

We will be traveling to Mohegan Sun on Tuesday, July 14 to watch the CT Sun play Portland Fire for an 11 a.m. tip-off. The seats are in the lower section of the upper level so there is walking involved. Concession stands will be open to have either lunch or snacks and beverages. The cost is \$20 per person, cash or check payable to Town of Bolton. The van leaves at 9:15 a.m. **Participants will be on a standby list until payment is made. Please RSVP by Tuesday, July 7.** Limit 15 participants.

## POP-UP BLOOD PRESSURE CHECKS

Reminder: Help Bolton High School students learn to take vital signs on Thursday, April 9 from 9 a.m. to 11 a.m. Then, stop by for a free blood pressure check during the following Eastern Highlands Health District pop-up clinics: Friday, April 24 from 10:30 a.m. to 12 p.m., Thursday, May 7 from 12 p.m. to 1:30 p.m., Thursday, May 14 from 11 a.m. to 12:30 p.m. Available for all ages, walk-ins welcome.

## BLOOD PRESSURE EDUCATION CLASS

Sponsored by a grant through Eastern Highlands Health District, we are hosting a free three-class series on Blood Pressure Education. During these interactive classes, participants will learn about the importance of monitoring, nutrition including the DASH diet, and additional lifestyle changes. Participants will receive a free blood pressure monitor. Attendance at all three sessions is required: Thursday May 21, May 28, and June 4 from 10 a.m. to 11 a.m. Registration is required through Eastern Highlands Health District at ehhd.org or by calling 860-429-3325. Limit 15 participants. All ages welcome.

## **OUTDOOR ACTIVITIES**

Interested in playing bocce or pickleball this year? Join us on Monday, May 4 at 1:30 p.m. to organize a Bocce Club and a Pickleball Club for the season. The groups will determine playing schedules. Note: there will be no outdoor activities during an undetermined time due to playground construction; dates will be posted when available.

The Senior Center herb garden will be planted in early June. All volunteers welcome; a watering calendar will be posted.

## **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 who have completed the registration form. 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 May 5 and 19 and June 2, 16 and 30.

## **RENTERS REBATE**

Renters rebate applications will be accepted May 15 to September 30 at the Assessor's Office in Town Hall. Call 860-649-8066 x 6100.

# Bolton Senior Center May 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.
					<b>1</b>	<b>2</b>
					Chair Yoga 9:30 Quilting 11:00	
3	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Chair Yoga 9:30 <b>Senior Inc.</b> 10:30 Dominoes 1:00 <b>Outdoor Clubs</b> 1:30	Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	<b>Blood Pressure</b> Checks 12:00 – 1:30 <b>Bingo</b> 1:00	Chair Yoga 9:30 Quilting 11:00	
10	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Chair Yoga 9:30 Dominoes 1:00	<b>Vernon Diner</b> 9:15 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30	<b>Blood Pressure</b> Checks 11 – 12:30 <b>Italian Pranzo</b> (Lunch) 12:00	Chair Yoga 9:30 Quilting 11:00	
17	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	Chair Yoga 9:30 Dominoes 1:00	Cribbage 10:00 <b>State Reps. Meeting</b> 10:00 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	<b>Cedar Hill Cemetery</b> <b>Tour</b> 9:15 <b>BP CLASS #1</b> 10:00	Chair Yoga 9:30 Quilting 11:00	
24	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>HOLIDAY</b>	<b>Footcare by Appt.</b> Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30	<b>Lunch and self -</b> <b>guided tour of</b> <b>Elizabeth Park</b> 11:00 <b>BP CLASS #2</b> 10:00	<b>Mohegan Casino</b> 9:15 Chair Yoga 9:30 Quilting 11:00	
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# Bolton Senior Center June 2026

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SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	NO CHAIR YOGA Dominoes 1:00	Cribbage Poker Mah Jongg	NO CHAIR YOGA Set Back Bridge	BP CLASS #3 Bingo 1:00	NO CHAIR YOGA Quilting 11:00 Red Rock Café Restaurant and UCONN Dairy Bar 11:30	
7	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Chair Yoga 9:30 Dominoes 1:00	Poker Commission 12:00 Mah Jongg	Chair Yoga 9:30 Set Back Spot of Tea and Tour at Wadsworth Mansion 12:45	Cedar Hill Cemetery Tour Rain Date 9:15	Chair Yoga 9:30 Quilting 11:00	
14	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Chair Yoga 9:30 Senior Inc. 10:30 Dominoes 1:00	Cribbage Poker Mah Jongg	Chair Yoga 9:30 Set Back Bridge	Welcome to the Summer Cookout 12:00	Chair Yoga 9:30 Quilting 11:00	
21	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	Chair Yoga 9:30 Dominoes 1:00	Footcare by Appt. Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30	Probate Process Presentation 10:00	Chair Yoga 9:30 Quilting 11:00	
28	<b>29</b>	<b>30</b>				
	Chair Yoga 9:30 Dominoes 1:00	Poker 12:00 Mah Jongg 12:30				

## Bolton Senior Center Registration Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Bingo 1 p.m. \_\_\_\_ Th. 5/7 \_\_\_\_ Th. 6/4

Vernon Diner 9:15 a.m. \_\_\_\_ Tues. 5/12

Italian Pranzo (Lunch) 12:00 p.m. \_\_\_\_ Th. 5/14

State Reps. Tim Ackert and Steve Weir 10:00 a.m. \_\_\_\_ Tues. 5/19

Cedar Hill Cemetery Tour 9:15 a.m. \_\_\_\_ Th. 5/21 (\$8 cash only)

Lunch at First and Last followed by a self-guided tour of Elizabeth Park  
11:00 a.m. \_\_\_\_ Th. 5/28

Mohegan Casino 9:15 a.m. \_\_\_\_ Fri. 5/29 (\$5 cash only)

Red Rock Café Restaurant 11:30 a.m. \_\_\_\_ Fri. 6/5

Spot of Tea and Tour at Wadsworth Mansion (\$10 cash or check payable  
to Town of Bolton) 12:45 p.m. \_\_\_\_ Wed. 6/10

Cedar Hill Cemetery Tour Rain Date 9:15 a.m. \_\_\_\_ Th. 6/11

Welcome to Summer Cookout 12:00 p.m. \_\_\_\_ Th. 6/18

Probate Process Presentation 10:00 a.m. \_\_\_\_ Th. 6/25

CT Sun Basketball game at Mohegan 9:15 a.m. \_\_\_\_ Tues. 7/14  
(\$20 cash or check payable to Town of Bolton)

**PLEASE NOTE THIS GAME IS IN JULY.**

*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.*

## KEEP THIS COPY: Bolton Senior Center Registration Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Bingo 1 p.m. \_\_\_\_ Th. 5/7 \_\_\_\_ Th. 6/4

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