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# Bolton Senior Center

## Prime Time

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July and August 2024

**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.

**Due to space constraints and print clarity, the print version of the newsletter is abridged. Please ask to subscribe to the email publication or see the bulletin board for additional photos/flyers about programs.**

## Director's Note

Dear Senior Center Friends,

It's been busy around here and the weeks seem to fly by. Most days our yoga class is overflowing, multiple van drivers are off in different directions, and our parking lot gets a bit tight. We try our best to accommodate ride requests, but sometimes the schedule is just too full. We appreciate advance notice to reserve a ride and sincerely appreciate a call when a cancellation is warranted. The same goes for events here or off-site. We often have people ask to join an event at the last minute or we end up with quite a few no-shows. This can hamper our ability to estimate the right amount of food and to coordinate with off-site locations who graciously accommodate our group. Please use the registration forms and be mindful of event deadlines. We understand if you need to cancel but please let us know to offer the spot to the waitlist. If you are unsure about when you are signed up for an event or a ride, please ask and we are happy to help you confirm your schedule. Thank you for your consideration.

Have a happy and healthy summer,

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** Mon/Wed/Thurs. 9:30 a.m. – 3:30 p.m. or by appointment. Open to residents of all ages. Registration required. Non-perishable food, toiletries, kitchen supplies and paper goods available. Ask about MACC and other resources.

## Holiday Closures and Schedule Changes

Town Offices are closed on Thursday, July 4.

There will be no yoga the week of July 15 and the week of August 19.

## Thank You

We are thankful for those who generously helped us fill the Food Pantry. We received a bounty of food from the Post Office drive, the Bolton Congregational Church, and the Bolton Methodist Church Women's Group. Thank you to all who contributed. Thank you to the Friends of the Bentley Library for hosting Sweets for Seniors.

## Remembrances

It has recently been a season of loss. We remember Hope Grunske, who taught the original yoga class here. We remember former Senior Commission Vice-Chair Ray Soma. We think of the frequent visits and laughs with Barbara Potter and Bob Marche. Our thoughts are with their families, and the families of Gloria Wood, Janet Ruggiero, Mary Baldyga, Theresa Cullina and William Reichert.

## 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 (2014 and newer) and puzzles are accepted.

## Here's What's Been Happening

We welcomed spring by traveling to Windham Tech for lunch, had breakfast at Family Pizza, and enjoyed a lunch trip to Flanders Fish Market. We watched "Swingtime Canteen" at the Ivoryton Playhouse and a fun trivia sitcom presentation at the library. At the Senior Center, we welcomed new Set Back players while everyone enjoyed a donut for National Donut Day. We also learned how to play the ukulele and created a lotus flower lantern. We enjoyed a Pizza Party and cooked hamburgers and hotdogs at the Summer Cookout with friends.

## Regularly Scheduled Activities

### Chair Yoga

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

### 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.  
**Mah Jongg**  
Tuesdays at 12:30 p.m.  
**Bridge**



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

## Meetings

Bolton Senior Inc. Meeting – At 10:30 a.m. on Monday, July 8 and Monday, August 19.  
Senior Commission – The next meeting is Tuesday, June 4 at 1 p.m.

### **What is the difference between Bolton Senior Inc. and the Senior Commission?**

The Senior Commission is part of the Town Charter. Members must be appointed by the Board of Selectman and must be a town resident and registered voter. All meetings are public. Bolton Senior Inc. is an independent non-profit board. They plan and fund many large events each year. All are welcome to participate.

## 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

**Special Events require an RSVP – due one week prior unless otherwise specified.**

**Please note: if you use a cane or walker, please bring it with you to the Senior Center and on all outings.**

Reminder: It is wonderful that our events are very popular. Please submit your registration form in a timely manner as some events are space limited and often fill up prior to the deadline. We maintain a standby list, and as our attendance shifts, we will offer a spot to the next person in line. In that regard, if you no longer plan to attend, please let us know as someone is waiting for the opportunity.

## INTRO TO DOMINOES AND ENJOY A BLUEBERRY MUFFIN

On Monday, July 8 at 12:30 p.m., our Dominoes players will be giving a demonstration on how to play. They always have a good time each week on Mondays and would love to add new players. Since it is National Blueberry Day, anyone who comes in can enjoy a delicious muffin to celebrate the day while supplies last. We hope you can join us!

## BINGO AND ICE CREAM SOCIAL

On Thursday, July 11 at 1:00 p.m., we will be having an ice cream social followed by a few free rounds of Bingo with the winners receiving goodie items. Then we will have our regular Bingo game (\$1 a card) and we welcome everyone to stay and continue the fun. Please call the Senior Center to sign up to join this event.

## A.C. PETERSEN'S FARM FOR BREAKFAST

We will have a breakfast excursion to A.C. Petersen's Farm in West Hartford on Thursday, July 18. The bus will leave at 9:15 a.m. The menu can be found at [www.acpetersenfarms.com](http://www.acpetersenfarms.com) or at the Senior Center front desk. Limit 20 participants for the trip. Please call the Senior Center to sign up to join this event.

## BUTTONWOOD FARM

Each year, Buttonwood Farms in Griswold plants over 14 acres of sunflowers and harvests approximately 300,000 blooms for your viewing pleasure and to benefit the Make-A-Wish Foundation of Connecticut, a non-profit organization dedicated to granting wishes to children with critical illnesses. Sunflowers are available while supplies last. You can cut your own sunflowers with a \$3 per flower donation and a \$3 admission fee to support the Make-A-Wish Foundation of Connecticut. 100% of proceeds of the sunflower sales are given directly to Make-A-Wish, as well as proceeds from their t-shirt sales which feature a unique sunflower design each season. After viewing the sunflowers, treat yourself to homemade ice cream at the farm.

We will be leaving the Senior Center on Monday, July 22 at 1:00 p.m. Please bring water, a hat and sunblock since the event will be outdoors. There are port-a-potties available. The bus will park in a field close to the farm. We cannot drop passengers off at the farm. We have been advised that walkers and wheelchairs are hard to navigate on the dirt ground. If it rains that afternoon, we will contact participants that morning to cancel. There is a rain date of Friday, July 26 at 1:00 p.m. Limit 20 participants for the trip. Please call the Senior Center to sign up to join this event.

## CASINO

Take a trip to Mohegan Sun on Thursday, July 25 and MGM Casino on Thursday, August 29. The van leaves at 9:15 a.m. on both days. \$5 for all passengers. Limit 20 participants for each trip. Please call the Senior Center to sign up to join these events.

## CHARCUTERIE BOARD CLASS

Bolton Recreation Department is holding a Charcuterie Board Class at the Senior Center on Thursday, July 25 from 6 p.m. to 7 p.m. Please join the Bolton Recreation Department and Emily Love from Make Food Lovely for an exciting and delicious class where you will learn how to create your very own charcuterie board! Emily brings all the supplies to make the board (cutting board, knives, honey wands) and food. Each guest leaves with a beautiful board to share with loved ones! The cost is \$55 for ages 18+. You can sign up through the Bolton Recreation Department or at the Senior Center. The deadline to register and pay is Thursday, July 18. Cash or checks payable to Bolton Recreation Department.

## BINGO

Thursday, August 1 at 1 p.m. \$1 a card to play multiple games.

## THE FLOUR GIRL BAKERY AND CAFÉ CUPCAKE DECORATING

Join us for a morning of creativity at The Flour Girl Bakery and Café in Hebron on Tuesday, August 6. The bus will leave at 9:30 a.m. We will decorate cupcakes to take home and then go in small groups to buy items in the café. Limit 20 participants for the trip. Please call the Senior Center to sign up to join this event. Note: this is a historic building with a large stone step for entry.

## THIMBLE ISLAND CRUISE WITH LUNCH

Enjoy a morning on the water with a 45-minute narrated cruise around the Thimble Islands on the Sea Mist. We will be leaving the Senior Center on Thursday, August 8 at 8:30 a.m. The cost of the boat ride is \$17 which can be paid that morning. Please bring water, a hat and sunblock since the event will be outdoors. There is a bathroom available on the boat. We have been advised that there is no wheelchair accessibility for the boat. The captain will make the final call that morning for our 10:15 a.m. trip if the weather is inclement. If he cancels, we will still have lunch at Chip's Pub in Clinton. The menu can be found at [www.chipspub3.com](http://www.chipspub3.com) or at the front desk at the Senior Center. Limit 20 participants for the trip. Please call the Senior Center to sign up to join this event.

## LUNCH OUT AT WILLIMANTIC BREWING COMPANY

We will be heading out for lunch on Thursday, August 15. The bus will leave at 11:30 a.m. for the Willimantic Brewing Company. After lunch, we will travel to the Red Barn Creamery. You can enjoy ice cream, the view, shop for locally grown items, or all three! The menu can be found at [www.willimanticbrewingcompany.com](http://www.willimanticbrewingcompany.com) or at the Senior Center front desk. Limit 20 participants for the trip. Please call the Senior Center to sign up to join this event.

## MOCKTAIL CLASS

Bolton Recreation Department is holding a Mocktail Class at the Senior Center on Thursday, August 15 from 6 p.m. to 7:30 p.m. Join the Bolton Recreation Department and Splash Mobile Bar as we learn how to create two different mocktails to enjoy! Refreshments will be available, as well as some arts and crafts! The cost is \$25 for ages 18+. You can sign up through the Recreation Department or at the Senior Center. The deadline to register and pay is Thursday, August 8. Cash or checks made payable to Bolton Recreation Department.

## GOODBYE TO SUMMER BBQ

We will be saying goodbye to summer with a BBQ and all the fixings sponsored by Senior Inc. on Thursday, August 22 at 11 a.m. **Please note the early start time.** We are happy to present the Still Pickin' Band as our entertainment. This trio plays the best of traditional bluegrass, old time country music and several original tunes. Please RSVP by August 15. The cost is \$15 with cash or checks made payable to Senior Inc.

## JIMMY BUFFETT'S ESCAPE TO MARGARITAVILLE

Just a reminder that the deadline for this event has passed.

## AMERICAN BANDSTAND TRIBUTE AT THE AQUA TURF

Aqua Turf is offering a musical event on Tuesday, October 8 at 11 a.m. featuring Dave Colucci and Donna Lee DePrille as they pay tribute to Dick Clark's legendary tv show that will feature songs from the artists who performed on American Bandstand in the 50's and 60's. Some featured artists are Frankie Avalon, Bobby Darin, The Everly Brothers, Dion and The Belmonts, Connie Francis, Leslie Gore and more. Aqua Turf will be serving family style entrees of lemon chicken and pork schnitzel along with complimentary coffee, donuts, glass of beer or wine and door prizes. The price is \$54.00 per person. The bus will be leaving at 10 a.m. **There will be no refunds. Checks can be made payable to Town of Bolton. Please RSVP and pay by Wednesday, August 28.** Limit 20 participants. The van will be leaving the Senior Center at 10:00 a.m.

## OUTDOOR ACTIVITIES

The pickle ball court and bocce courts are available for open play during Senior Center hours. There is a maximum of four players per court. Advance registration is required, and all players must check in at the front desk. Equipment is provided. All are welcome to hang out on the patio or in the garden area as well.

## 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 Bolton 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 July 2, 16 and 30 and August 13 and 27. Please ask for additional dates and times of other local Connecticut Foodshare locations.

### BRING ME BACK HOME REGISTRY

Are you concerned that your loved one is at risk of wandering or getting lost due to cognitive impairment? Connecticut has a new registry called Bring Me Back Home (BMBH). Family members create a detailed profile about their loved one, including a photo. This information helps law enforcement respond quickly in an emergency. To sign up, go to [ct.gov/BMBH](http://ct.gov/BMBH) or register in person at any police station.



# Bolton Senior Center July 2024

**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> Chair Yoga 9:30 Dominoes 1:00	<b>2</b> Poker 12:00 Mah Jongg 12:30	<b>3</b> Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	<b>4</b> HOLIDAY	<b>5</b> Chair Yoga 9:30 Quilting 11:00	<b>6</b>
<b>7</b>	<b>8</b> Chair Yoga 9:30 <b>Senior Inc. 10:30</b> <b>Intro to Dominoes with Blueberry Muffins 12:30</b> Dominoes 1:00	<b>9</b> Poker 12:00 Mah Jongg 12:30	<b>10</b> Chair Yoga 9:30 Set Back 12:30	<b>11</b> <b>Bingo and Ice Cream Social 1:00</b>	<b>12</b> Chair Yoga 9:30 Quilting 11:00	<b>13</b>
<b>14</b>	<b>15</b> <b>NO CHAIR YOGA</b> Dominoes 1:00	<b>16</b> Poker 12:00 Mah Jongg 12:30	<b>17</b> <b>NO CHAIR YOGA</b> Set Back 12:30 Bridge 12:30	<b>18</b> <b>A.C. Petersen's Farm for Breakfast 9:15</b>	<b>19</b> <b>NO CHAIR YOGA</b> Quilting 11:00	<b>20</b>
<b>21</b>	<b>22</b> Chair Yoga 9:30 Dominoes 1:00 <b>Buttonwood Farm 1:00</b>	<b>23</b> <b>Footcare by Appt.</b> Poker 12:00 Mah Jongg 12:30	<b>24</b> Chair Yoga 9:30 Set Back 12:30	<b>25</b> <b>Mohegan Casino 9:15</b> <b>Charcuterie Board Class 6:00</b>	<b>26</b> Chair Yoga 9:30 Quilting 11:00 <b>Buttonwood Farm Rain Date 1:00</b>	<b>27</b>
<b>28</b>	<b>29</b> Chair Yoga 9:30 Dominoes 1:00	<b>30</b> Poker 12:00 Mah Jongg 12:30	<b>31</b> Chair Yoga 9:30 Set Back 12:30			

# Bolton Senior Center August 2024

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				1 Bingo 1:00	2 Chair Yoga 9:30 Quilting 11:00	3
4	5 Chair Yoga 9:30 Dominoes 1:00	6 Flour Girl Cupcake Decorating 9:30 Poker 12:00 Mah Jongg 12:30	7 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	8 Thimble Island Cruise 8:30	9 Chair Yoga 9:30 Quilting 11:00	10
11	12 Chair Yoga 9:30 Dominoes 1:00	13 Poker 12:00 Mah Jongg 12:30	14 Chair Yoga 9:30 Set Back 12:30	15 Willimantic Brewing Company 11:30 Mocktail Class 6:00	16 Chair Yoga 9:30 Quilting 11:00	17
18	19 NO CHAIR YOGA Senior Inc. 10:30 Dominoes 1:00	20 Poker 12:00 Mah Jongg 12:30	21 NO CHAIR YOGA Set Back 12:30 Bridge 12:30	22 BBQ Lunch 11:00	23 NO CHAIR YOGA Quilting 11:00	24
25	26 Chair Yoga 9:30 Dominoes 1:00	27 Footcare by Appt. 12:00 Poker 12:30 Mah Jongg 12:30	28 Chair Yoga 9:30 Jimmy Buffett 10:15 Set Back 12:30	29 MGM Casino 9:15	30 Chair Yoga 9:30 Quilting 11:00	31

## Bolton Senior Center Registration Form

## KEEP THIS COPY: Bolton Senior Center Registration Form

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

Intro to Dominoes with Blueberry Muffins 12:30 p.m. \_\_\_\_ Mon. 7/8

Bingo and Ice Cream Social 1:00 p.m. \_\_\_\_ Th. 7/11

A.C. Petersen's Farm for Breakfast 9:15 a.m. \_\_\_\_ Th. 7/18

Buttonwood Farm 1:00 p.m. \_\_\_\_ Mon. 7/22

Buttonwood Farm RAIN DATE 1:00 p.m. \_\_\_\_ Fri. 7/26

Mohegan Casino 9:15 a.m. (\$5) \_\_\_\_ Th. 7/25

Charcuterie Board Class (\$55) 6:00 p.m. \_\_\_\_ Th. 7/25 (Rec Dept.)

Bingo 1:00 p.m. \_\_\_\_ Th. 8/1

Flour Girl Cupcake Decorating 9:30 a.m. \_\_\_\_ Tues. 8/6

Thimble Island Cruise 8:30 a.m. \_\_\_\_ Th. 8/8

Willimantic Brewing Company 11:30 a.m. \_\_\_\_ Th. 8/15

Mocktail Class (\$25) 6:00 p.m. \_\_\_\_ Th. 8/15 (Rec Dept.)

BBQ Lunch 11:00 a.m. (\$15) \_\_\_\_ Th. 8/22 (Payable to Senior Inc.)

MGM Casino 9:15 a.m.: (\$5) \_\_\_\_ Th. 8/29

American Bandstand Tribute at Aqua Turf 10 a.m. (\$54.00) \_\_\_\_ Tues. 10/8

*Please indicate if you require transportation. Please indicate if you are driving yourself to an off-site event. You will be notified if there is a wait list.*

Please notify us of any cancellation immediately.

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

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