
Bolton Senior Center

Prime Time: Online

Wednesday, July 22, 2020



Link to the “Town of Bolton Response to the COVID-19 Health Crisis Operations Guide” https://bolton.govoffice.com/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19_Bolton_Operations_Manual_6.11.2020_4-00pm_FINAL.pdf

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Director's Note

Dear Senior Center Friends,

We know the Senior Center closure is having an impact on your usual routine. This has been a topsy-turvy year for the staff as well. I want to take a moment to give a shout out to my team who try very hard to accommodate everyone. We don't get to see each other in person, but we still try to do our best to press forward with our usual work and a few new projects to meet the new needs. There are lessons we are learning during this time that will help shape the way we do things later on. For example, due to the great success of our food pantry delivery system, it will continue to exist in some form once we are back to normal.

Plus there are always a few things going on behind the scenes. There is something special coming to the building that you will see and hear more about in the coming weeks. Can you guess what it is? We are excited, so stay tuned!

What do you most want to see when we can get back together? Think broadly!

Stay Safe,

Carrie

Missed a recent edition of Primetime Online? Catch up here! All back issues are now available at <https://bolton.govoffice.com/primetime>

Senior Center Status

The Bolton Senior Center building remains closed to the public. The Governor's Stay Safe Stay Home order states older adults and anyone at risk should remain at home.

We can tell you are getting antsy! We need to continue to keep the health and safety of all participants and staff in mind as we mindfully move forward to be together again.

- Drop-off or pick-up items Tuesday and Thursday from 2 p.m. to 4 p.m. only.
- The Food Pantry is available for pick-up and delivery: please call ahead.
- Transportation is available: please call ahead.

A Note on Cooling

In the event of a heat wave, the Bolton Senior Center ordinarily operates as a cooling shelter during regular hours. If you anticipate an issue with excess heat in your house this year, please contact Senior Center staff as soon as possible.

Library Books

Call Bentley Memorial Library at 860-646-7349 to request materials and arrange an outdoor pick-up or delivery with Bolton Senior Center Van Drivers! Want to borrow some of the Senior Center books? Just tell us your favorite authors and we will find something for you to try.

Chair Yoga with Lisa

Join our chair yoga teacher, Lisa, for virtual chair yoga in your own home. Classes are recorded live on Facebook on Monday and Wednesday mornings at 9:30 a.m. and are stored on the Yoga with Lisa Facebook page to watch any time. Visit www.facebook.com/YogaWithLisaCT.

Shout Outs

Want to send along a message? Let us know and we will post it here!

John Curtin sends a shout out to Pam Wentworth who he finally got to meet when they happened to cross paths at a store! Fun!

Radio Program

Some residents at senior care facilities have been stuck in their rooms. Their boredom and a little creatively led to the creation of www.radiorecliner.com. Check it out for radio shows broadcasted from their rooms by “resident DJs” all across the country.

Web Cams

For those of you who really like to check out the webcams, this one could keep you busy for hours! It has everything from various wildlife (birds, bears, underwater) to playful kittens to peaceful or tropical settings. If the view from the window isn't doing it for you, check out a new perspective! <https://explore.org/livecams/>

Things to do in August

Here is the calendar of things to do online with other CT Senior Centers. There are a few more programs being added so an updated version will be posted next week. All events require registration by email.



August 2020
combined calendar 2.

Cabin Fever Challenge

Bolton Senior Center and Bentley Memorial Library have teamed up for an adult summer reading challenge! All you have to do is read a book, send us a brief review and give it a star rating to let us know your overall recommendation.

- Star rating:
- 1 star = It didn't hold my interest at all.
 - 2 stars = It was okay but it wasn't really my cup of tea.
 - 3 stars = It was better than okay, but I've read better.
 - 4 stars = It was a great story and I enjoyed it!
 - 5 stars = I couldn't put it down!

Send your reviews to seniorservices@boltonct.org or bentley@biblio.org to enter your submissions. The challenge runs from July 1 through August 31. Anyone who submits at least one entry for July and at least one for August will be eligible for a prize. And remember: contact Bentley Memorial Library if you would like to check out books through outdoor pick-up or Senior Center delivery. Happy reading!

BOOK REVIEW

Ruth Hoffman reviews: The Night We Met by Debbie Macomber.

Rand Prescott believes that his chances for happiness are limited because he's going blind. But when he meets Karen McAlister, he begins to imagine a different future. Karen knows she wants to be with him for the rest of her life. But Rand refuses to consider marriage; he refuses to bind her to a man who can't see. Brokenhearted, Karen is prepared to walk away, but can Rand really let her go? This is paraphrased from the book but I couldn't describe it better.



Where the Wentworth's went

Iceland 2010

For being a relatively short flight to Iceland, the country is so different from here. In a word, the scenery is spectacular! We weren't sure up until two weeks prior to our departure if we could even travel there. We went the year their volcano erupted causing ash black outs that closed down their airport on several occasions as well as even some airports in Europe.

After leaving Reykjavik - and the best food of the trip - we drove the entire ring road not knowing where we'd stay from night to night. It was a great experience and the sights were amazing. We'd like to go back, rent a 4-wheel drive and visit the western fjords, but who knows when? -Pam

https://photos.google.com/share/AF1QipN6yjNyqLMIwEAlnxu4o-8ZOfigizKC6CKzTfVBndJ7u9msioFNely8JYqr_0kkcQ?pli=1&key=OEJkaG5PSDIYVmFqY1ZsVXBNQzBwRGgyTF9rUzR3

Don't forget to click on each picture for the caption.

A note from Pam

I've enjoyed sharing our photos with all of you. I'm afraid this is the end of our digital library, so we can't share our albums from two trips to South America (one including the Galapagos & Macchu Picchu and one in the Amazon rain forest), China, Myanmar, Cambodia, Vietnam, Thailand, Egypt, Kenya, Tanzania, Greece & Turkey. If anyone's interested in those, I can bring in the albums once we reopen.

Also, I know some people have let me know they weren't able to open some of the album links, so if there are any you would like to see, I'd be happy to send them directly to your email account.

Stay safe!

A note from Carrie

Thank you Pam for sharing the world with us! As you can probably tell, Pam has already been to 58 countries. She was about to go to number 59 but no such luck yet! We bet she is pretty fantastic at Jeopardy with all the knowledge she has gained from these many experiences and we thank her for sharing a piece with us. We hope you have enjoyed the photos.

Favorite Food Challenge

Anyone have a regional dish or seasonal favorite to share?

Just in time for the peaches to arrive, here is Carrie's favorite cobbler recipe. This is a very easy no-fuss recipe adapted from "A Pinch of Yum." What is fun about this cobbler is it basically tastes like a delicious cookie on top. Add ice cream or whip cream for an even better combination.

PEACH COBBLER

Filling

5-6 large peaches, sliced
¼ cup sugar

Cobbler


½ cup salted butter, melted
¾ cup sugar
1 tsp vanilla
1 cup flour
1 tsp baking powder
Pinch of salt

Preheat oven to 350 degrees. Lightly grease a 9x13 pan with a little butter. Add peaches and sugar and mix directly in the pan.

Mix all other ingredients until a cookie dough batter forms. Spread it over the peaches. No need for perfection.

Bake 40 minutes, then cool about 20 minutes (or until you can't resist!)

Puzzle Fun

<p>1.</p> <p>FACE</p>	<p>2.</p> <p>EGG EGG HAM</p>
<p>3.</p> <p>BUR</p>	<p>4</p> <p>THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS ...</p>
<p>5.</p> <p>TEEF FEET TEEF</p>	<p>6.</p> <p>FAMILY  SHEEP</p>
<p>7.</p> <p>poFISHnd</p>	<p>8.</p> <p>ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE</p>
<p>9.</p> <p>TIME</p> <p>a b d e f g h i j k l m n o p q r s t u v w x y z</p>	<p>10.</p> <p>DAYSALLWORK</p>

Answers on the next page!

A Little Bit of Laughter

I met my spouse visiting the zoo. There he was in uniform, I knew he was a keeper.

I found 10 ants loose in my kitchen so I made them a house. Now I'm a landlord and collect rent from my tenants.

I got a strange email offering to read maps backwards but I deleted it because it was spam.

I tried to buy a dozen bees but ended up with 13. The last was a freebie.

And of course.....

Due to the quarantine, I'm only telling inside jokes.

I tried to come up with a joke about social distancing. This is as close as I can get!

Puzzle Fun Answers

1. Red in the face
2. Green Eggs and Ham
3. Back rub
4. All thumbs
5. Two left feet
6. Black sheep of the family
7. Big fish in a little pond
8. Tennis shoes
9. Long time, no see
10. All in a day's work

Fun Facts about the Peach

1. The peach is a member of the rose family.
2. The scientific name (*prunus persica*) is a reference to travels to Persia on the Silk Road.
3. There are two main varieties: clingstone or freestone: it refers to how the flesh separates.
4. The peach can have yellow or white flesh. The white flesh is sweeter and less acidic.
5. China is the largest producer of peaches, followed by Italy.
6. A peach has fewer than 70 calories and is a good source of vitamins A and C.
7. Georgia's nickname is the Peach State.
8. The world's largest peach cobbler measures 11 feet by 5 feet (made in Georgia!)
9. Peaches are best from June to the end of August.
10. Peaches are ripe when the flesh has a slight give, but be gentle to avoid bruises.

School Supply Collection

Back-to-school will be different this year for our young folk! We are still planning to distribute school supplies to Bolton families in need. We are collecting supplies between now and August 13. If you are able to contribute, please drop off between 2-4 p.m. on Tuesdays or Thursdays, or call to make other arrangements.

We are still finding out specific details of items needed for each grade level but we expect the basics will go a long way. Thank you!

