
Bolton Senior Center

Prime Time: Online

Wednesday, July 29, 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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Table of Contents

Director’s Note	3
Senior Center Status	3
A Note on Cooling	3
Chair Yoga with Lisa	4
Foodshare Update	4
Save the Date	4
School Supply Collection	5
Shout Outs	5
Things to do in August.....	6
Cabin Fever Challenge.....	6
Favorite Food Challenge.....	8
Aging Humor – It Never Gets Old.....	9
Rotary Phones on the Lamb.....	10
Puzzle Fun	11
All about the Cucumber.....	12
Puzzle Fun Answers	13
The Latest Accessory	14

Director's Note

Dear Senior Center Friends,

How are you keeping busy? Have you managed to get a few projects done? The high heat certainly doesn't encourage productivity, huh! Last week I spotted some fall décor on sale already so cool days will be here soon enough (or at least the retailers say so!)

Please note, Primetime Online will be "offline" for a couple weeks and return August 19. We'd love to hear from you in the meantime! Send along your stories, jokes, recipes or photos!

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.

Foodshare Update

Our friends at St. George's Foodshare have spent the summer in the Bolton Center School parking lot. The last two days at that location will be August 4 and August 18. Starting September 1, they will return to St. George's parking lot. Foodshare is available from 10 a.m. to 10:30 a.m. and is for anyone in need, no identification required. Please be cautious when entering and exiting the parking lot due to increased traffic. Safety first!

Save the Date

The Bolton Heritage Farm Commission is hosting the 9th Annual Bolton Farmer's Market, Antique Truck, Tractor and Farm Equipment Show! It will be held on Saturday, August 30 from 9 a.m. to 1 p.m. on the Bolton Town Green. There will be more space for vendors and participants to spread out this year. Please note the event is weather dependent.

School Supply Collection

Back-to-school will be different this year for our young folk! We distribute school supplies to Bolton families in need. We are collecting supplies until 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. Any basic supplies are appreciated! Thank you!



Shout Outs

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

Mary Chappell says "Hello" to all the Seniors and that she misses everyone.

Bolton Senior Center would like to give a shout out to Lynn Follett for consistently sending us lots of fun items to include. Thanks for your contributions.

Bolton Senior Center also gives a BIG shout out to Simoniz who continues to give tremendous support to the Bolton Food Pantry!

FUN FACT: Simoniz is one of the answers in an episode of the 1990s show Supermarket Sweep airing on Netflix!

Things to do in August

Here is the updated calendar of things to do online with other CT Senior Centers. All events require registration by email or phone.



August 2020
combined calendar .rt

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. Send your reviews to seniorservices@boltonct.org or bentley@biblio.org. Contest ends August 31.

- 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!

BOOK REVIEWS

Trish Brudz reviews: **The Alice Network by Kate Quinn.**

The story revolves around two women and goes back and forth between their lives. One, set in the past, revolves Eve, a former member of the British spy network from WWI that operated in northern France. The second is about a 19 year old American who is trying to find her French cousin after WWII. The two women meet and find they have a connection, although at the time why is unclear. With the help of Eve's Scottish driver, Finn, they head to France and each searching for someone or something. At the end of the book, the author tells which parts are based on fact and which are fiction.

This book held my attention. I enjoyed reading about the Alice Network - female spies in WWI. The characters were enjoyable and the story moved right along. I would recommend this book to someone who likes war related novels, historical fiction and a good read.

★ ★ ★ ★ 1/2

(Per Trish - holding out the last ½ star for the ultimate book!)

Lynn Follett reviews: **If I Were You by Lynn Austin**

Author, Lynn Austin, engages the reader in an era that was one of the most challenging times in history. It explores the power of friendship and deep abiding faith to overcome the challenges of self-discovery, loss, fear and loneliness set against the backdrop of WWII. Audrey and Eve are unlikely friends...one the daughter of a lady's maid and the other is the daughter of the wealthy owner of Wellington Hall. With very different personalities and very different backgrounds, they forge a semi-dependent friendship during the 1940's. Within those years there is a separation but the threat of the Nazi invasion reunites them in London where they join the fight as ambulance drivers. An American stationed in England brings a hope for a brighter future for Audrey while his American friend adds a life-altering choice for Eve. Love and loss in the 1940's in England leads to deception and lies in America in the 1950's. The friendship of Audrey and Eve is complicated and the author is continually unraveling their personalities and the forces that keep drawing them together.

★ ★ ★

Carrie says - If you enjoy this type of historical fiction definitely check out *The Nightingale* by Kristin Hannah – which was made into a movie coming in 2021.

Ruth Hoffman rated **28 Summers by Elin Hilderbrand**

★ ★ ★ ★

Others agree with the rating – it is on the Best Seller's List.

Favorite Food Challenge

Anyone have a regional dish or seasonal favorite to share?

This week Karen Frost is keeping us cool with a chilled soup.

Chilled Cucumber Yogurt Soup

4-6 servings

10-15 minutes to prepare

4 cups peeled, seeded, chopped cucumber

2 cups water

2 cups plain yogurt

1 clove garlic

Several fresh mint leaves

1 Tbs honey

1 1/2 - 2 tsp salt

1/4 tsp dill weed

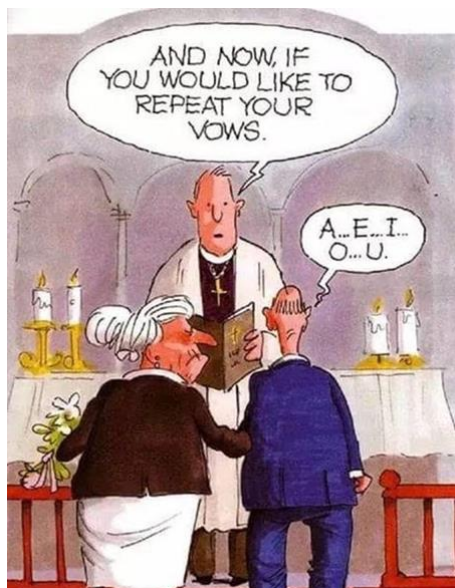
Chopped scallions or chives

Puree everything together in the blender saving the scallions for the garnish. Serve very cold.

Aging Humor – It Never Gets Old

Lynn Follett sent along some humor all about the joys of aging.

**I REALLY DON'T
MIND GETTING
OLDER, BUT MY
BODY IS TAKING
IT BADLY.**



**As you get older, you've
got to stay positive.
For example, the other day
I fell down the stairs.
Instead of getting upset,
I just thought,
"Wow, that's the fastest
I've moved in years!"**

Rotary Phones on the Lamb

Lynn Follett has a little something for the knitters. Just “knit” together telephone cords and use the “dial type” phones for the face. Clever.



For more fun with rotary phones – check out this video of teenagers trying to use a rotary phone. Their challenge – dial the phone number provided. Simple, right!

<https://m.youtube.com/watch?v=oHNEzndgiFI>

Puzzle Fun

<p>1. </p>	<p>2. </p>
<p>3. PENNIES</p>	<p>4. back</p>
<p>5. </p>	<p>6. </p>
<p>7. MILONELION</p>	<p>8. Matter</p>
<p>9. funny funny word word word word</p>	<p>10. Not = Cent</p>

Answers on page 13

All about the Cucumber

Thanks to Karen Frost for keeping us healthy with our weekly dose of fruits and vegetables!

The cucumber is a member of the Curcubitaceae family and belongs to the same family as pumpkins, zucchini, watermelon and other squashes.

While most people think of cucumbers as vegetables, they are actually a fruit.

Cucumbers are one of the oldest cultivated fruits, having been cultivated since about 8,000 B.C. Cucumbers are believed to have originated in India and spread through Greece and Italy. They made their way into North American agriculture by the mid-16th century.

In ancient Roman times, cucumber was used for over 40 various remedies and was used as a supernatural ingredient for spells, wards and religious ceremonies.

The inside of a cucumber can actually be up to 20 degrees cooler than the outside temperature.

Cucumbers have the ability to easily remove the feeling of hunger in our minds.

Water represents 95.2% of a cucumber's mass. This makes cucumbers a great way to stay hydrated, especially during the summer.

Cucumbers contain many vitamins and minerals, carbohydrates and trace metal elements that are integral to our metabolism. If you want to energize yourself but don't want to feel a sugar rush, just eat a cucumber. The energy potential from the B vitamins and Carbohydrates that a cucumber contains can give you enough energy to last hours.

Cucumbers have a very low calorie value. One half cup of sliced cucumbers has only about 8 calories and contains 10% of the recommended daily dose of Vitamin K.

Cucumbers are easy to grow but any stresses during the growing process (lack of water, poor soil, sudden cold) can render the fruits bitter.

Cucumber is a natural way to keep skin healthy. It can revitalize the top and inner layers of your skin, tighten pores and eliminate dark circles under your eyes. It can also tighten your skin and make cellulite look smaller.

Cucumber juice can be very useful in ordinary household situations.

Your bathroom mirror is steaming up? Just rub the slice of cucumber on it!

You need a quick way to polish shoes? Rub it with cucumber and it will remain shiny even in wet weather!

Your squeaky metal hinges annoy you? Cucumber oil will make them instantly silent.

You can even use outer skin of the cucumber as an eraser for ordinary pencils, or to remove crayon marks from wall.

<http://www.vegetablefacts.net/vegetable-facts/cucumber-facts/>

Puzzle Fun Answers

1. A bundle of nerves
2. Small potatoes
3. Pinching pennies
4. Back on one's feet
5. The birds and bees
6. A finger in the pie
7. One in a million
8. Grey matter
9. Too funny for words
10. Not worth a red cent

The Latest Accessory

Advice from Lynn Follett.



Helpful Hint: Label your front door. Keys, Wallet, Phone, Mask

Stay Cool & Stay Well!