
Bolton Senior Center

Prime Time: Online

Thursday, June 11th, 2020

Written by Stephanie Crane, Program Coordinator



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,

During this time, I have often thought about how different all of this would be if this pandemic occurred at a different stage of our lives. What would it have been like 20 or 30 years ago? Even 10 years ago? We would be responding differently. I like that we have the technology to connect through this newsletter.

Technology has changed so dramatically in my lifetime. Rotary phones, record players, televisions with dials and rabbit ears - we all remember it well! Now there is a tiny computer that fits in the palm of my hand. This technology is truly remarkable. Last week I was able to have a game night with people living all across the country. I was also able to watch a live performance of my twin nieces' piano recital. It is great that in a time of distance there can still be connection. I encourage you to use this wonderful technology, or a bit of pen and paper, and reach out to someone you are thinking about. I have a feeling they could use the pick-me-up, and maybe you could too.

We can tell all of you are getting antsy! The calls and emails have increased asking that all important question – when are we opening??? We hear you. We miss you too and would like to have things back to normal. We do have some updates later in this newsletter and will continue to update the information as appropriate. However, there is still some patience needed. Think of all the times when a decision was made that you didn't particularly like or agree with, but deep down you knew it was in your best interest. We are all having to make decisions that are not necessarily what we want, but what we need. 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. Thank you for understanding.

Stay Safe,

Carrie

Updates

Reopening Date: No date.

The Bolton Senior Center building remains closed to the public. The current estimation is late summer at the earliest, depending on many other factors. The Governor has requested older adults and anyone at risk to remain at home at this time.

AARP Tax Aide

After weighting many factors, we have made the decision to not resume AARP Tax Aide appointments for this tax season. The current tax deadline is July 15. We will be contacting all individuals who were previously scheduled for an appointment with further instruction on how to complete their tax returns. For more information, please go to <https://signup.aarpfoundation.org/preparing-your-taxes-online/>. And please join me in thanking our absolutely amazing Tax Aide Volunteers: Vince, Jim and Penny!

Chore Program

The Chore Program is still on hold. We are hoping to partially re-open in the near future. If that were to take place, there would be some restriction on services and a slightly different operating procedure to ensure social distancing. More information will be forthcoming and participants will be contacted. We appreciate your patience.

Transportation

Many doctor's offices, dentists, physical therapists, etc. are starting to offer more in-person appointments. Please call in advance to schedule your transportation! Please keep in mind that we cannot have multiple passengers in the van at the same time so we may not be able to accommodate your appointment if there is already someone scheduled. We apologize for the inconvenience.

Driver Safety Program

AARP Driver Safety has officially determined there will be NO in-person Driver Safety classes conducted for the remainder of 2020. If you need to renew your car insurance discount, please visit www.aarpdriversafety.org. The 25% discount has been extended through December 31st, use promotion code DRIVINGSKILLS. We send a special thank you to our fantastic instructor Brent Leveille and we hope to schedule an in-person Driver Safety class with him in spring 2021!

Reminders:

- The building is closed to the public. 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: call ahead.
- Transportation is available: call ahead.

Library Books:

The Bentley Memorial Library is offering limited borrowing services to Bolton residents with a valid library card! Call 860-646-7349 to request materials and arrange a pick-up time or delivery with Bolton Senior Center Van Drivers!

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. Have fun! Thanks Lisa!

Shout Outs!

Dot Krause would like everyone at the Senior Center to know she is doing well and says "hi" to all.

We said a big hello back from everyone! As you may know, Dot is 103 years young!

John Curtin says “thank you for allowing me to participate in the travel songs trivia. Thanks for pulling my name. I miss you guys. I want to give a shout out to Gloria, and the van drivers Bruce, Ralph, Paul, and Cheryl.”

We love that you are enjoying the song contest, John! Can't wait to see you again!

We want to hear more from all of you! Please send along messages for next week!

Radio Show – Sunday, June 14

Students in the Town of Farmington are offering a radio show this Sunday – especially made for seniors! There are several ways to listen.



The graphic is a promotional poster for the "Seniors for Seniors" Radio Show. It features a yellow and black color scheme. At the top left, the iHeartRadio logo is displayed. The main title "SENIORS FOR SENIORS" is written in a stylized font, with "RADIO SHOW" below it. To the right, there are logos for Farmington Music and Farmington Community Services. The text in the center reads: "ENJOY SONGS OF HOPE, RECORDED BY FARMINGTON STUDENTS IN A SPECIAL SHOW DEDICATED TO SENIOR CITIZENS. Presented by iHeartMedia Communities, the Farmington High School Music Department & Farmington Community Services. Sponsored by Companions & Homemakers". On the left side, a list of radio stations is provided: Kiss 95.7, The River 105.9, Country 92.5, 97.9 ESPN, Newsradio 1410, KC101, 96.9 WELI, ESPN Radio 1300, and 100.9 The Beat. At the bottom left, the Farmington Community Services contact information is listed: 860-675-2390. On the right side, it says "Tune in to any iHeart CT station on Sunday, June 14 @ 7:00 am also @ 8:00 pm on The River 105.9". Below this, it says "Check it out online at www.mycommunityaccess.com or via the iHeartRadio app." At the bottom right, there is a logo for "Sponsored by Companions & Homemakers" featuring a portrait of a woman.

iHeart RADIO
"SENIORS FOR SENIORS"
RADIO SHOW

ENJOY SONGS OF HOPE, RECORDED BY FARMINGTON STUDENTS IN A SPECIAL SHOW DEDICATED TO SENIOR CITIZENS.
Presented by iHeartMedia Communities, the Farmington High School Music Department & Farmington Community Services.
Sponsored by Companions & Homemakers

Kiss 95.7
THE RIVER 105.9
COUNTRY 92.5
97.9 ESPN
NEWSRADIO 1410
KC101
96.9 WELI
ESPN RADIO 1300
100.9 THE BEAT

Farmington Community Services
860-675-2390

Tune in to any iHeart CT station on
Sunday, June 14 @ 7:00 am
also @ 8:00 pm on The River 105.9

Check it out online at
www.mycommunityaccess.com
or via the iHeartRadio app.

Sponsored by
Companions & Homemakers

Graduation – Monday, June 15

Let's help support Bolton students who are having a big day on Monday!

To view Bolton Center School Graduation: go to boltoncelebrates.com for a live viewing on Monday, June 15 at 10 a.m.

To view Bolton High School Graduation: There will be a Celebration Parade on select streets in town on Monday, June 15 starting at 7:30 p.m. You will hear fire trucks leading the parade. If you happen to live on these streets and would like to wave and cheer, the graduates would appreciate it! Please stay socially distant! The route is Bolton Center School to Bolton Center Road to Hebron Road to Loomis Road to Brandy Street to Bolton Center Road to Steeles Crossing to Route 6. Then watch the ceremony from 9 p.m. to 10:40 p.m. at <https://tiny.cc/bhsgraduation>.

Congrats grads!

Looking for a movie to watch?

AARP is offering an opportunity to view the award winning documentary [Gen Silent](#). This critically acclaimed film is about LGBT older adults going back into the closet to survive.

Registration is required and is only open until mid-day on 6/17. Registrants will receive a reminder email containing the link to view the film. The link is good for 48 hours. <https://aarp.cvent.com/June18GenSilent>

300th Celebration on the Hop!

Thanks to Bike Walk Bolton, there are two great ways to celebrate Bolton's 300th and learn about the Hop River Trail.

1. Tune into CVC or online at cvcct.org on the following dates to learn about the Hop River Trail, narrated by local experts: June 18 at 3:30 p.m., June 25 at 11 a.m. and June 29 at 2 p.m.
2. Walk, run or bike the Hop River Trail at your own pace. Begin in the commuter lot and follow the trail on your phone. Click on the camera icons in the link below to get a description and pictures of each location.

<https://www.google.com/maps/d/edit?mid=1zPyJQynMNP6MMDybJTaYydHx8aBeezX7&ll=41.78216914520428%2C-72.43744949999999&z=13>

Bolton 300th Anniversary Trivia.

Question 1: Who is the architect that designed the Bentley Memorial Library and the Bolton Volunteer Fire Station?

Question 2: Where was Cedar Swamp?

Question 3: What are the names of the two cemeteries in Bolton?

New! Garden Chat!

What was your first experience with a garden like as a child? Did you have a Victory Garden? What are your favorite foods and flowers to plant? Ever have a gardening disaster? Have a few tips to keep out critters? Share your stories, your knowledge and your photos here! Let's make this summer bloom!

Where the Wentworth's went...

Our trip to Croatia, Montenegro & Serbia-Herzegovina was incredible. The small boat travel plus the beauty of those places were amazing! I'd highly recommend this trip to everyone. Even driving through the borders was hassle free. People, food & ice cream were great. Stayed at an Air BnB outside the Dubrovnik city walls - the location of which is actually featured on most promotional materials for Croatia. What a find and the proprietor was really a great guy. Can't say more than loved it!

(By the way, that is me pre-white hair.) - Pam

<https://photos.google.com/share/AF1QipMC3BBhOVO5zaBHgzTiu4qaYZGvnmjGcHoYcgf85OmovPAIa2Ua3UIs9pWkYnIYww?pli=1&key=bl9BS3hTT3pyM1FuSEnmUTh2QmhLMmdobUJGNHhn>

Are you enjoying seeing Where the Wentworth's went? Let us know!

Favorite American Food Challenge

"Ray is a big fan of "Fiddleheads", which are the furred fongs of a young fern eaten as a vegetable. I sauté them in butter with S&P and a little garlic. The fiddlehead season is short and Ray enjoys them so much that he will eat them for lunch then again as a side vegetable for dinner. Does anyone else like fiddleheads, because I'm looking for more recipes besides sautéing them?" - Thank you, Nancy Soma

Wow Nancy! Those sound delicious! Thank you for your submission!
Anyone else have a certain regional dish or seasonal favorite to share?

Songs across America Challenge: Week 3 Submissions

Thank you to everyone who submitted songs to us the past few weeks! We sure had one exciting trip!

- “Don’t Cry for me Argentina” by Madonna (1 point, Argentina)
- “Marci Gras in New Orleans” by Prof. Longhair (3 points- New Orleans, Rampart, Dumaine)
- “It Happened in Monterrey” by Frank Sinatra (2 points- Monterey, Mexico)
- “Way down Yonder in New Orleans” by Freddy Cannon (1 point- New Orleans)
- “Blue Hawaii” by Elvis (1 point- Hawaii)
- “Tennessee Mountain Home” by Dolly Parton (2 points- Tennessee, Home)
- “London by Night” by Frank Sinatra (4 points - London, Circus, Square, Thames)
- “Seattle” by Perry Como (2 points – Seattle, Home)

----- Nancy and Ray Soma

Total Points: 16

- Africa by Weezer (4 points- Africa, Kilimanjaro, Olympus, Serengeti)
- Allentown PA by David Bowie (4 points- Allentown, Bethlehem, Jersey Shore, Pennsylvania)
- Biggest Ball of Twine by Weird Al Yankovicz (13 points - Minnesota, Elvis-O-Rama, the Tupperware Museum, the Boll Weevil Monument, and Cranberry World, The Shuffleboard Hall Of Fame, Poodle Dog Rock, And The Mecca of Albino Squirrels, Fargo, North Dakota, Twine Ball Inn, Home)
- Bimbombay by Jimmie F. Rodgers (1 point- Bimbombay)
- Blue Hawaii by Elvis Presley (1 point- Hawaii)
- Blue Moon of Kentucky by Bill Monroe/Bluegrass Boys (1 point- Kentucky)
- California Dreamin By the Beach Boys (2 points- L.A., California)
- Catalina Island (1 point- Santa Catalina)
- Cherry Hill Park by Billy Joe Royal (1 point- Cherry Hill Park)
- China Girl by David Bowie (1 point- China)
- Connecticut by Bing Crosby/Judy Garland (9 points- Connecticut, Montana, Indiana, Capri, Naples Hotel, Rome, Home, Italy, Patee)
- Dixie Road by Lee Greenwood (3 points- Dixie, L.A., Montgomery)
- Erie Canal (5 points- Erie Canal, Buffalo, Albany, Rome, Mexico)
- From Russia with Love by Matt Monroe (1 point- Russia)
- Gary, Indiana from The Music Man (8 points- Gary, Indiana, Louisiana, Paris, France, New York, Rome, home)
- Girls Ride Horses Too by Judy Rodman (2 points- Mexico, Laredo)

- God Bless the USA by Lee Greenwood (8 points- USA, Minnesota, Tennessee, Texas, Detroit, Houston, New York, L.A)
- I Left my Heart in San Francisco by Tony Bennet (4 points- Paris, Manhattan, Rome, San Francisco)
- I Love My Country by Florida Georgia Line (2 points- Kentucky, Alabama)
- Iowa Stubborn from The Music Man (9 points- Iowa, Dubuque, Des Moines, Davenport, Marshalltown, Mason City, Ke-o-kuk, Ames, Clearlake)
- Jersey Girl by Tom Waites (1 point- Jersey)
- Kentucky Woman by Neil Diamond (1 point- Kentucky)
- Kylie from Connecticut by Ben Folds (1 point- Connecticut)
- Living in America by James Brown (12 points- America New Orleans, Dallas, Detroit City, Pittsburgh, P.A., New Orleans, New York City, Atlanta, Kansas City, Chicago and L.A.)
- London Calling by The Clash (1 point- London)
- Meet Virginia (1 point – Virginia)
- Mele Kalikimaka is the Thing to Say by Bing Crosby (1 point- Hawaii)
- Moonlight in Vermont by Frank Sinatra– (1 point – Vermont)
- New York State of Mind by Billy Joel (7 points = Miami Beach, Hollywood, Hudson River, New York, Rockies, Chinatown, Riverside)
- North to Alaska by Johnny Horton (4 points = Alaska, Seattle, Yukon River, Nome)
- Okie From Muskogee by Merle Haggard (3 points = Muskogee, San Francisco, Oklahoma)
- Old Cape Cod by Patti Page (2 points = Cape Cod, Cape Cod Bay)
- Do You Know the Way to San Jose by Dionne Warwick (2 points = San Jose, L.A.)
- Oregon Trail by Woodie Guthrie (2 points = Oregon Trail, Pacific)
- Party in the USA by Mylie Cyrus (4 points = LAX, Hollywood, USA, Nashville)
- Private Idaho by B52s (1 point = Idaho)
- San Francisco by Scott Mackenzie (1 point = San Francisco)
- Shippin up to Boston by Drop Kick Murphies (Boston = 1 point).
- Send me Down to Tucson by Mel Tillis (1 point = Tucson).
- Streets of Bakersfield by Dwight Yeakam/Buck Owens (2 points = Bakersfield, San Francisco).
- Streets of Philadelphia by Bruce Springsteen (1 point = Philadelphia)
- Sweet Home Alabama by Lynyrd Skynrd (3 points = Alabama, Birmingham, Montgomery)
- Sweet Baby James by James Taylor (3 points = Stockbridge, Boston, Berkshires)
- Sweet Rhode Island Red by Ike and Tina Turner (4 points = Louisiana, Franklin, Rhode Island, New Orleans)
- This Ain't Dallas by Hank Williams Jr. (1 point = Dallas)
- This Land is My Land by Woodie Guthrie (4 points = California, New York, Redwood Forest, Gulf)
- Texas Women by Hank Williams Jr. (9 points = San Angelo, El Paso, Houston, Hollywood, Beverly Hills, Brownsville, Texas, Waco, Lampassas)

- Travelin Man by Ricky Nelson (6 points = Mexico, Alaska, Berlin, Waikiki, China, Hong Kong)
- Viva Las Vegas by Elvis Presley (1 point = Las Vegas)
- Walkin in Memphis (4 points = Memphis, Beale, Union Avenue, Graceland)
- Weekend in New England by Barry Manilow (1 point = New England)
- Wichita Lineman by Glen Campbell (1 point = Wichita)
- 16th Avenue by Lacy J. Dalton (1 point = 16th Avenue).

---- Bernice Dixon (who even put it in alphabetical order!)

Total Points = 168 points

This week's prize winners are.....

Nancy and Ray Soma! Thanks for playing! You will get your prize next week!

300th Anniversary Trivia Answers:

Answer 1: Alan Wiedie

Answer 2: Bolton Lake

Answer 3: Bolton Center Cemetery; Quarryville Cemetery

No Bake Peach Icebox Cake



(Taken from: <https://www.littledairyontheprairie.com/no-bake-peach-icebox-cake/>)

Ingredients

- 2 sleeves of graham crackers
- 1 8 oz. container of whipped topping
- 3 cups peach pie filling
- nutmeg for garnish

Instructions

I made my icebox cake in a 9" x 9" pan. This is a no measure recipe. Use your best judgement on how much of whipped topping and pie filling to add to each layer. No matter what it will turn out and be yummy! And if in doubt, be generous with your layers!

1. Spread enough whipped topping to cover the bottom of pan (about 1/2 a cup)
2. Layer graham crackers over whipped topping, breaking if necessary to make them fit.
3. Spread a layer of whipped topping over graham crackers.
4. Next layer is pie filling. Make sure you add enough to reach the edges.
5. Add another layer of graham crackers.
6. Next is more whipped topping, save enough for the top layer!
7. Then another layer of pie filling.
8. One more, and the last layer of graham crackers.
9. Finish it off with the remaining whipped topping.
10. Sprinkle with nutmeg if desired.

No Bake Cookies & Cream Icebox Cake



(Taken from: <https://thebusybaker.ca/easy-no-bake-cookies-and-cream-oreo-icebox-cake/>)

Ingredients

- 220 grams full fat cream cheese 8 ounces, at room temperature
- 1 1/2 cups powdered sugar sifted to remove lumps
- 1 liter heavy whipping cream approximately 4 cups
- 72 Oreo Cookies

Instructions

1. Add the room-temperature cream cheese to a large bowl and whip on medium speed until creamy and smooth.
2. Add the powdered sugar and continue to whip until incorporated.
3. Add the whipping cream in a steady stream while the mixer is running on medium speed and continue mixing on medium speed until the whipping cream mixes smoothly with the cream cheese mixture.
4. Turn the mixer to high speed and let the mixture whip until it thickens and reaches the hard-peaks stage.
5. Crumble 24 of the Oreo cookies and set them aside in a bowl.
6. Add 24 Oreo cookies to the bottom of a 9-inch by 13-inch Pyrex or glass pan.
7. Add 1/2 the cream mixture on top of the Oreo cookies and smooth it out as best you can to create an even layer.
8. Add another 24 Oreo cookies on top of the cream layer, adding a few of the crumbled Oreo cookies in between the whole ones.
9. Add the other half of the cream mixture, smoothing it out as evenly as possible to the edges of the pan.
10. Add the rest of the crumbled Oreo cookies on top of the cream layer, spreading out the crumbled cookies over the whole cream layer (to the edges).
11. Cover (optional) with a lid or tin foil (NOT plastic wrap, as this can cause condensation) and store in the fridge for 12 to 18 hours.
12. After sufficient refrigeration, slice and serve.

Creativity Corner: Coloring fun!



Goodbye, For now! From Steph:

As summer is quickly approaching, I will be going full time for a few months with the Recreation Department to run summer camp! I promise I will be back at the end of August, and I really am hoping that we will all be able to be together again at that point. I hope you all have really enjoyed these newsletters that I have been putting together! I have loved working on them every week and I am grateful for everyone's feedback and participation. I can't wait to hear how your summers went, and I hope you all stay safe and healthy during these trying times!

Also, rest assured, you will still be getting newsletters! I just won't be the one writing them for the next few months! Do let us know if you would like specific segments to be added, and constructive criticism on what we have sent out so far! Any questions and concerns you might have about the future reopening of the senior center and/ or what we will be doing in the meantime are welcome as well! We still are unsure what will happen over the next few months and when we will all be back together, but we want to know what is on your mind in terms of safety and possible programming.

We thank Stephanie for all of her help on the newsletter the last few months. We will miss her while she is running summer camp! Please send us more fun stuff to put in the newsletter because we want to hear from YOU! -Carrie

Contact Info:

Office Phone Number (860) 647-9196

Director: Carrie Concatelli, MSW

Email: cconcatelli@boltonct.org or seniorservices@boltonct.org.

Administrative Assistants: Karen Frost & Pam Wentworth

Email: kfrost@boltonct.org, pwentworth@boltonct.org

Program Coordinator: Stephanie Crane

Email: scrane@boltonct.org