
Bolton Senior Center

Prime Time: Online

Wednesday June 3rd, 2020

Written by Stephanie Crane, Program Coordinator



Link to the “Town of Bolton Response to the COVID-19 Health Crisis Operations Guide”: <https://drive.google.com/file/d/1iLCxO-812wDpcSuyZbO9ILO7gltrA6iH/view?usp=sharing>

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Director's Note

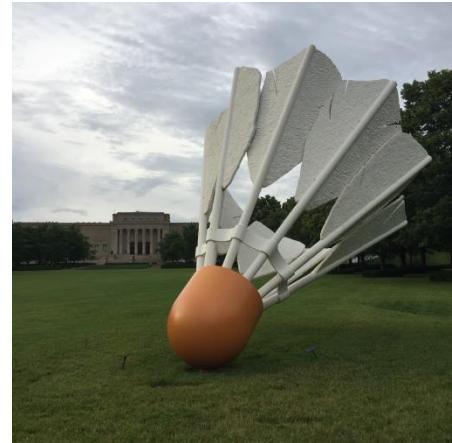
Dear Senior Center Friends,

I have enjoyed watching the animals in my backyard, especially a pair of rabbits. I have been trying to catch a glimpse of a hummingbird long enough for a photo. Perseverance paid off!

So to go along with my backyard friends, I have some animal antics for you. Some very lucky penguins got to have a personal tour of the Nelson-Atkins Museum in Kansas City, Missouri. You can watch it here: <https://youtu.be/C6buz-qJsNQ>. There was also a penguin field trip at the Chicago Shedd Aquarium to meet some beluga whales. You can watch it here: <https://youtu.be/OAEu8DPq2-Y>
What would a penguin think of our Senior Center?

Stay Safe,

Carrie



The Nelson-Atkins Museum has a famous sculpture garden!

Update on Bolton 300 Program

We were so excited to hear that many of you were looking forward to the Bolton: The Early Years presentation originally scheduled for June 18. We were looking forward to it too! Unfortunately, we will need to reschedule for another date when we can all fully enjoy the great information together. Luckily, our presenter, Jon Roe, is happy to join us on a later date! Jon has been a fantastic contributor to the 300 Committee since we started meeting in 2018. He represents the connection between Bolton and Vernon as they were originally one town. He has offered a different version of this presentation that is more focused on Vernon's role in our shared history. This version was recorded in early March at the Vernon Historical Society and is available on CVC at <https://tinyurl.com/y7qq4wl9>. The video runs about 90 minutes long. Thanks Jon!

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Weekly Updates and Reminders:

- The Senior Center remains CLOSED to the public until further notice, limited transportation is available.
- Food Pantry is available for pickup and delivery
- One staff member is in the building Tuesday and Thursday from 2pm to 4pm only

Important Foodshare Update!

The Foodshare Mobile Pantry held every other Tuesday from 10 a.m. to 10:30 a.m. has a NEW temporary location. Due to limited space in the St. George's Church parking lot, the food distribution will now be held in the parking lot at Bolton Center School (108 Notch Road) until further notice. This new location will continue to be hosted by St. George's Church volunteers. The next Foodshare date is Tuesday, June 9th. All are welcome.

Chair Yoga with Lisa!

Join our chair yoga teacher, Lisa, for virtual chair yoga live in your own home. Relax your shoulders, stretch your back, move and breathe (and probably laugh at some point). It's fun and it feels good!

Classes are recorded live on Facebook on Monday and Wednesday mornings at 9:30 AM and are then stored on the Yoga with Lisa Facebook page for re-watching anytime it's convenient.

You do not have to be a Facebook member to join a live class or re-watch a previously recorded one. All you need to do is visit www.facebook.com/YogaWithLisaCT and click on the video you'd like to watch or the love class you'd like to join. Facebook will try to encourage you to sign in or become a member, but you can ignore and close all of those pop-ups and join in on class.

What have the Seniors Been up to?

“I have been thinking what I miss at the Center. I used to bring in flowers to share. Maybe I can do it this way. I got up Memorial Day (Monday) to find this gorgeous bloom. It is an Orchid Cactus. Blooms every year about this time, usually several blossoms, but this year, only one. I think I didn't keep it cold enough through the winter. The blossom is already gone by, after dropping pink sticky nectar on the shelf. It was worth the clean-up.”

Myrle



Thank you for sharing this beautiful flower with us Myrle!

Scenes From Quarantine



Bolton 300th Anniversary Trivia

(See answers on page 12)

Question 1: The building now known as the Montessori School began as something else -- what was it?

Question 2: Where did the one room schoolhouse that was behind the Bolton Congregational Church go?

Where the Wentworth's went...

October/November might not have been the ideal time weather wise to visit Amsterdam, Germany & Switzerland, but it didn't detract from the amazing views and the crowds were minimal. We arrived in Amsterdam two nights prior to our cruise setting sail up the Rhine to Basel, Switzerland. We stayed at an Air BnB apartment right outside the downtown area which gave us optimal time to run around the city and take in the sights. It's a beautiful city with plenty to do and great places to eat. I shopped for artwork at the Mark Raven Studio for one of my co-workers. It's always fun to spend someone else's money!

I'd highly recommend the Rhine cruise. There are just so many beautiful places to see and visit. We were on a Viking ship which was nice, but I think I'd rather take a local cruise line to get more of the local flavor. That was our plan for Russia this month, but unfortunately, that was cancelled.

After thoroughly enjoying the cruise, we disembarked in Basel and then took a train into Lucerne for two additional nights. Accommodations in the old city are pricey, so we were lucky enough to find an Air BnB apartment over one of the stores so we could walk everywhere.

We love this trip!

https://photos.google.com/share/AF1QipOAnXpfBIsKEA8dcfpQG4F_x-E8E8lo6R4UJi6JIAV4IORPje4tXRdvz34A5NG3YQ?pli=1&key=dW9KYIRJM1R0dDhqVV9Fbnk0c1VadWVtZk5wV0pR

Songs across America Challenge

Since none of us can travel too far from home now, we thought it would be fun to take a virtual tour of the country using songs as our guideposts. We're inviting you all to join in the competition. All you have to do is submit the title and artist of a song that contains references to places, and to list them. International locations will be accepted too!

For Example:

"Country Roads" – John Denver (West Virginia, Blue Ridge Mountains, Shenandoah River, home = 4 points)

Each person who sends us a submission will be put in the drawing for a weekly participation prize!

The person who gets the most travel points each week will be the winner for the week and also will receive a prize. This competition and "Trip" will last for three weeks.

Just submit your entries to Stephanie Crane at scrane@boltonct.org

You have until Wednesday June 10th for the third round!

Come join us on our virtual journey!

Week 2 Submissions

Thank you to everyone who submitted songs to us the past week! We sure had one heck of a trip so far! Keep those songs coming! We have one more week to go!

- “America (My Country Tis of Thee)” (1 point- America)
- “America the Beautiful” (1 point- America)
- “Atlanta Blue” by Statler Brothers (2 points- Atlanta, Georgia)
- “Banks of the Ohio” by Phil Coulter (2 points – Ohio, home)
- “Battle of New Orleans” by Johnny Horton (3 points – New Orleans, Mississippi, Gulf of Mexico)
- “Blue Kentucky Girl” by Emmy Lou Harris (2 Points- Kentucky, home)
- “Born in the USA” by Bruce Springsteen (3 points- USA, Khe Sanh, Saigon)
- “City of New Orleans” by Arlo Guthrie (7 points- New Orleans, Illinois, Kankakee, America, Memphis, Tennessee, Mississippi)
- “England Swings” by Roger Miller (3 points- England, Westminster Abbey, Big Ben)
- “Georgia’s on my Mind” by Willie Nelson (1 point- Georgia)
- “Houston” by the Gatlin Brothers (1 point- Houston)
- “I Wish I was in Dixie” by Mormon Tabernacle Choir (1point – Dixie)
- “Living in the USA” by Steve Miller Band (1 point- USA)
- “Luckenbach Texas” by Waylon Jennings (2 points- Luchenbach, Texas)
- “Remember Pearl Harbor” by Sammy Kaye (2 points- Pearl Harbor, Hawaii)
- “Proud Mary” by Tina Turner (2 points- Memphis, Tennessee)
- “Rocky Mountain High” by John Denver (2 points- Colorado, Rocky Mountain)
- “Statue of Liberty” by Larnelle Harris (2 points- New York Harbor, Golgotha)
- “Tennessee Waltz” by Patti Page (1 point- Tennessee)
- “Texas Cookin” by Guy Clark (3 points- Austin, Texas, home)
- “The Man Who Never Returned(MTA)” by The Kingston Trio (6 points- Boston, Kendall Square Station, Jamaica Plain, Chelsea, Roxbury, Scollay Square Station)
- “Whoever’s in New England” by Reba McEntire (3 points- Massachusetts, New England, Boston)
- “Rose of Texas” by Many Singers (3 points- Texas, Rio Grande, Tennessee)

---- **Bernice K. Dixon**

Total points: 54

“Meet me in Montana” by Marie Osmond (4 points- Tennessee, Montana, Hollywood, Home)
“New York State of mind” by Barbara Streisand (7 points- New York, Neighborhood, Miami Beach, Hollywood, Hudson River, Rockies, Chinatown)
“The night the lights went out in Georgia” by Reba McEntire (2 points- Georgia, Candletop)
“Whoever’s in New England” by Reba McEntire (3 points- Massachusetts, New England, Boston)
“Tennessee Waltz” by Patti Page (1 point- Tennessee)
“Wrong side of Memphis” by Trisha Yearwood (4 points- Memphis, Nashville, Graceland, Opry)
“There is no Arizona” by Jamie O’Neal (3 points – Arizona, Sedona, Grand Caynon)
“You’re not in Kansas anymore” by Jo dee Messina (9 points – Kansas, Wichita, Mayberry, L.A., California, Malibu, Sunset Strip, Hollywood, Rodeo)
“Georgia rain” by Trisha Yearwood (2 Points – Georgia, Jasper County)
“God blessed Texas” by little Texas (1 point- Texas)
----- John Curtin
Total points: 32

“Georgia’s on my Mind” by Willie Nelson (1 point- Georgia)
“El Paso” by Marty Robins (3 points- El Paso, West Texas, New Mexico)
“I Love Paris” by Cole Porter (1 Point- Paris)
“Kansas City” by the Beatles (2 Points- Kansas City, Home)
“Deep in the Heart of Texas” by Perry Como (1 Point- Texas)
“Walking to New Orleans” by Fats Domino (2 Points – New Orleans, Home)
“San Antonio Rose” by Patsy Cline (2 Points – San Antonio, Alamo)
---- Nancy and Ray Soma
Total Points: 12

This week’s winners are.....

Most places traveled: Bernice Dixon

Weekly Drawing Winner: John Curtin

We will be mailing each of you your prize within the next week!

New to Technology? No problem! Below is a list of Virtual Tips and Tricks for Navigating a Tech Savvy World:

- Having trouble working zoom? Groton Public Library has put together some great videos on YouTube to help you out!

Part 1: <https://www.youtube.com/watch?v=8wVVbAICM-w&feature=youtu.be>

Part 2: <https://www.youtube.com/watch?v=0maD5d28Spq>

Part 3: <https://www.youtube.com/watch?v=pZjtOyokqsQ>

- If you are looking for a different video chat platform: Try Skype! Check out this guide on YouTube on how to use Skype

Website: <https://www.youtube.com/watch?v=NRcb3uB3Jac>

- AARP has guides you can watch to learn more about different types of technology!

Website: <https://www.aarp.org/home-family/personal-technology/>

- Not Sure where to even start in terms of technology? Aging in Place has created a guide where you can learn about technology, from the basics and beyond.

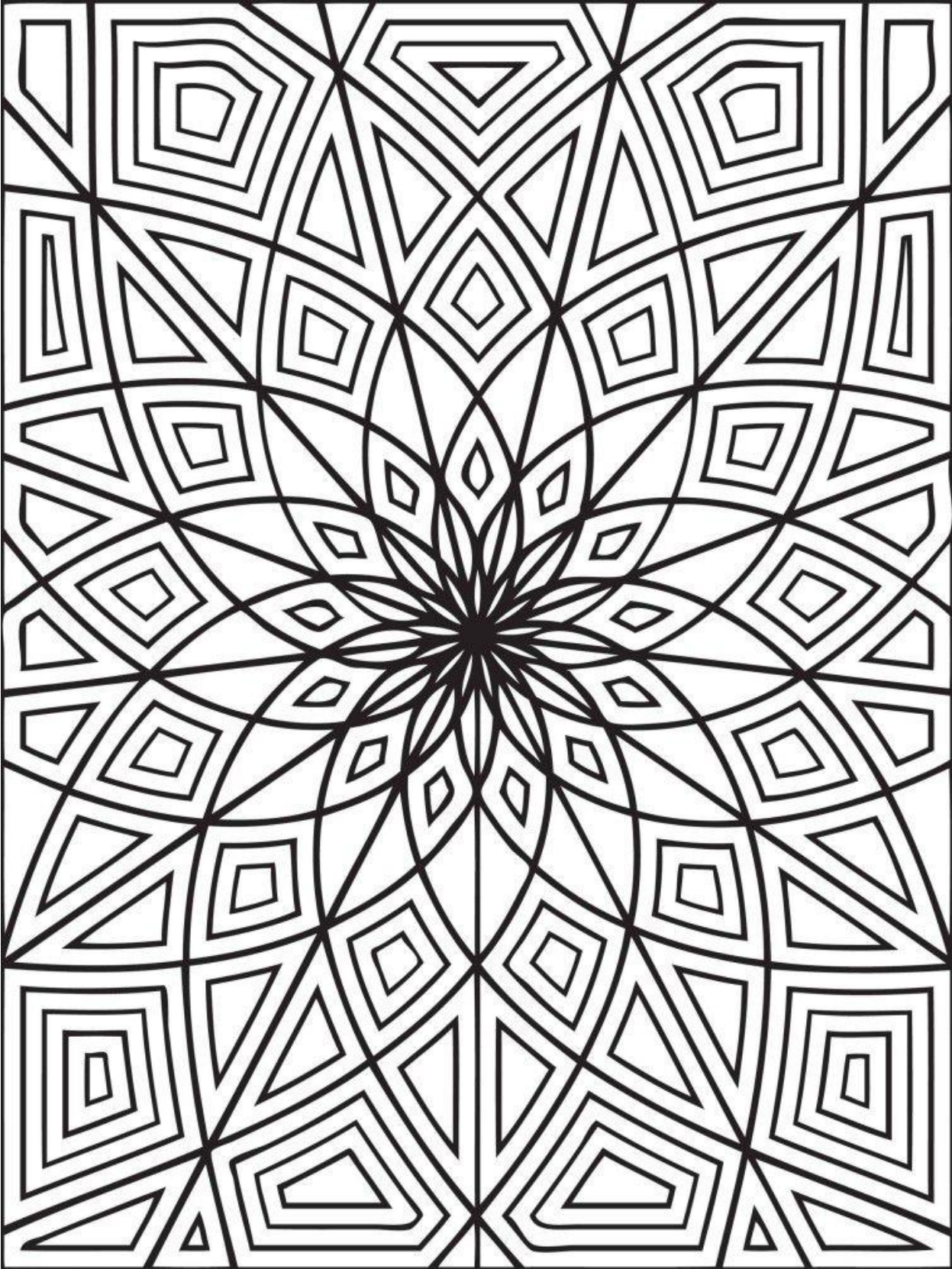
Website: <https://www.aginginplace.org/how-to-become-tech-savvy-for-seniors-in-10-days/>

300th Anniversary Trivia Answers:

Answer 1: St. Maurice Church

Answer 2: The schoolhouse was moved to Notch Road. It is now a home. It's the second house after the new BVFD station.

Creativity Corner: Coloring fun!



Mental Health with Steph:

The current events that are happening in this country over the past few weeks are unsettling and scary. While the country seems to be dividing when we should be coming together, I think that overall we will make it to the other side as a family that is changed for the better. I urge you to practice kindness, and always try to start each conversation with the goal of learning something new about the person, as well as making a connection. Below is a poem I found that I have been really inspired by this week!

KINDNESS

“Before you know what kindness really is you must lose things, feel the future dissolve in a moment like salt in a weakened broth. What you held in your hand, what you counted and carefully saved, all this must go so you know how desolate the landscape can be between the regions of kindness. How you ride and ride thinking the bus will never stop, the passengers eating maize and chicken will stare out the window forever.

Before you learn the tender gravity of kindness, you must travel where the Indian in a white poncho lies dead by the side of the road. You must see how this could be you, how he too was someone who journeyed through the night with plans and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside, you must know sorrow as the other deepest thing. You must wake up with sorrow. You must speak to it till your voice catches the thread of all sorrows and you see the size of the cloth. Then it is only kindness that makes sense anymore, only kindness that ties your shoes and sends you out into the day to mail letters and purchase bread, only kindness that raises its head from the crowd of the world to say It is I you have been looking for, and then goes with you everywhere like a shadow or a friend.”

By Naomi Shihab Nye (1995)

-The Bolton Senior & Social Services Staff