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# Bolton Senior Center

## Prime Time

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May and June 2024

**Monday – Thursday 9 a.m. to 4 p.m.**

**Friday 9 a.m. to 3 p.m.**

**860-647-9196**

**PLEASE NOTE: OUR EMAIL ADDRESSES HAVE CHANGED.**

**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,

May is Older Americans Month. The 2024 theme is "Powered by Connection." The theme "recognizes the profound impact that meaningful relationships and social connections have on our health and well-being." We love to see Senior Center participants meet and connect in various ways – whether it be through common interests, or by striking up a conversation over lunch.

There is much debate about the use of the terms "senior" and "older adult." What is "older" anyway? We don't have an answer to that! A lot of people who have never been here have an image in their mind. "I'm not old enough to be a senior" they say. We disagree – it is always the time to have some fun.

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 local food resources.

## Holiday Closures and Schedule Changes

Town Offices are closed on Monday, May 27.

## Thank You

We would like to thank Ben, a senior at Bolton High School, who helped many people solve their technology questions through his Capstone Project.

## A Remembrance

We would like to extend our sympathies to the friends and families of Lois Richardson and Cathy Nelson.

## 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 made our way through winter by traveling to Toast for breakfast, the Aqua Turf for a St. Patrick's Day lunch, and painting pottery and eating lunch at The Firestone. Presenters came to discuss pelvic floor health, elder law, and preventing Medicare fraud. AARP Driver Safety Course held a class as well. We celebrated spring's arrival with a delicious lunch in March and a tea party provided by Bolton Senior Inc. in April.

## 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, May 13 and Monday, June 17.  
Senior Commission – The next meeting is Tuesday, June 4 at 1 p.m.

## 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.

## BINGO

Thursday, May 2 and Thursday, June 6 at 1 p.m. \$1 a card to play multiple games.

## INTRO TO SET BACK AND ENJOY A CUPCAKE

On Wednesday, May 8 at noon, our Set Back players will be giving a demonstration. Set Back, played with two to six players, is a versatile card game played with a standard deck. If you know how to play bridge, the game is identical except that you may trump in at any time, not just when you can't follow suit. The Set Back players always have a good time each week on Wednesdays at 12:30 p.m. and would love to add new players. Since it is National Cupcake Day as well, anyone who comes in can enjoy a delicious cupcake to celebrate the day while supplies last. We hope you can join us!

## PIZZA PARTY

Please join us for a Pizza Party at the Senior Center on Thursday, May 9 at noon.

## LUNCH OUT AT WINDHAM TECH

We will enjoy a delicious four course meal created and served by Windham Tech Culinary students on Tuesday, May 14. The cost is \$13 per person, cash only, paid on the day of the trip. The van leaves the Senior Center promptly at 10:15 a.m. Limit 20 participants for the trip. **Reservations due by Tuesday, May 7 including entrée and dessert selections. We cannot accept last-minute reservations to comply with school security measures.**

## HOW TO PLAY THE UKULELE

Want to try an instrument with your friends that is fun and easy to play? Then join Julie Stepanek as she shows us the fundamentals of ukulele playing on Thursday, May 16 at 10 a.m. at the Senior Center. Everyone is invited for a morning of music and no experience is necessary. If you own a ukulele, please feel free to bring it but if not, instruments will be provided. The class will last 75 minutes. Limit 24 participants. Please call the Senior Center to sign up to join this event.

## TECHNOLOGY HELP

A Bolton High School student will be at the Senior Center on Wednesday, May 22 from 3 p.m. to 4 p.m. to help you with any questions you have about phones, tablets, computers/email, or other technology. This will be his last time here since he will be graduating. Please call the Senior Center to set up an appointment.

## MEDICARE BASICS

On Wednesday, May 22 at 6 pm., the Senior Center will host a special evening program. Are you new to Medicare or about to be in the next few years? Learn important details about how to get started, what coverage is needed, and where to look to get personalized recommendations. Please call the Senior Center to sign up to join this event.

## BREAKFAST OUT AT FAMILY PIZZA RESTAURANT

We will continue to enjoy our breakfast excursions by eating at Family Pizza Restaurant in Colchester on Thursday, May 23. After breakfast, we will take a trip to nearby Angelo's Bakery to browse their delicious treats. The van leaves the Senior Center promptly at 9:15 a.m. Limit 20 participants for the trip.

## OPEN MIC AFTERNOON

Last year, we enjoyed Open Mic Night so this year we are hosting an Open Mic Afternoon on Thursday, May 23 at 2 p.m. We look forward to an afternoon of entertainment listening to informal storytelling, poetry, and other creative talents. If you would like to perform, please notify staff immediately. Or if you prefer, join the audience to enjoy some refreshments and listen to your friends entertain. The more, the merrier! Please call the Senior Center to sign up to join this event.

## POETRY TO MEMOIR

Back by popular demand, we welcome Bolton's Poet Laureate Bessy Reyna for an afternoon of Poetry to Memoir on Tuesday, May 28 at 2 p.m. Listen to inspirational poetry and learn how to develop your own creations. This class is limited to 12 participants; pre-registration is required. All materials will be provided.

## CASINO

Take a trip to Mohegan Sun on Thursday, May 30 and MGM Casino on Thursday, June 27. The van leaves at 9:15 a.m. on both days. \$5 for all passengers. Limit 20 participants for each trip.

## SWEETS FOR SENIORS AT BENTLEY MEMORIAL LIBRARY

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation at the Bentley Memorial Library based on his book, "The Greatest Sitcoms of All Time." He will show funny snippets from shows, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation, and content. This program is hosted by the Friends of the Library for the Senior Center. It is very entertaining so join in on the fun at Bentley Memorial Library on Monday, June 3 at 2 p.m. Call the Senior Center to sign up.

## SWINGTIME CANTEEN

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

## NATIONAL DONUT DAY

On Friday, June 7 at 10:30 a.m., the Senior Center will be celebrating National Donut Day. Please come enjoy a delicious donut (or doughnut) with friends while supplies last!

## CREATE A LOTUS FLOWER LANTERN

Younhee Shin from the Korean Spirit and Culture Promotion Project will be at the Senior Center on Tuesday, June 11 at 10:00 a.m. Make your own traditional Korean lotus flower lantern to take home, followed by a presentation and short documentary about the origin of the lantern and festival. This will be a unique and memorable experience for anyone who attends this class. A picture of the finished lotus flower lanterns can be seen on the next page. Please RSVP to the Senior Center by Tuesday, June 4.



## BOOK BARN AND FLANDERS FISH MARKET

Have a fun day exploring southern CT on Thursday, June 13. We'll stop for an hour at The Book Barn in Niantic where you can sell or buy books, sit at a picnic table, talk to the cats that live there or walk in the gardens. Just a note there are bathrooms available but not all buildings are wheelchair accessible, and the grounds and gardens consist of dirt. Then we will take a short drive to Flanders Fish Market for lunch (menu available). The van leaves the Senior Center at 10:00 a.m. Limit 20 participants.

## WELCOME SUMMER COOKOUT

We will be grilling hotdogs, hamburgers and dishing up some baked beans and cole slaw for our Welcome Summer Cookout on Thursday, June 20 at 12 p.m. Come by for all the fixings and enjoy time with friends.

## JIMMY BUFFETT'S ESCAPE TO MARGARITAVILLE

"Escape to Margaritaville" is playing at the Ivoryton Playhouse in Essex on Wednesday, August 28 at 2 p.m. This musical comedy features the most loved Jimmy Buffett classics such as "Cheeseburger in Paradise," "Margaritaville," "Fins", "It's Five O'Clock Somewhere," and many more. This hilarious, heart-warming musical is the party you have been waiting for. The van leaves at 10:30 a.m. for lunch at Fiore 2 in Middletown followed by the matinee performance, returning approximately at 5:30 p.m. Limit 20 participants for the trip. **Tickets are \$48 per person, non-refundable and due in full by Monday, June 3. Checks can be made payable to The Town of Bolton.**

## 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 May 7 and 21 and June 4 and 18. Please ask for additional dates and times of other local Connecticut Foodshare locations.

## June is Alzheimer's and Brain Awareness Month

### 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.

### ALZHEIMER'S ASSOCIATION HELPLINE

Find information and resources at [alz.org/ct](http://alz.org/ct) or call 1-800-272-3900 for a 24/7 helpline.

### CAREGIVER SUPPORT GROUP

Visit the Vernon Senior Center (135 Bolton Road, Vernon) on the third Wednesday from 9:30 a.m. to 11 a.m. for a caregiver support group for those caring for loved ones with cognitive impairment. There is also an online support community at [alzconnected.org](http://alzconnected.org).

## It's Time for Safety Spring Cleaning

While spring cleaning is on your mind, here are small tasks that could have a big impact. Grab an index card and create a list of your medications and a list of your doctors. Stash them in your purse or wallet and attach another copy to your fridge. Even better, add an emergency contact. Then, look around and examine your emergency supplies – hurricane season is on the way. Write a list of items to pick up the next time you are at the store. Batteries, shelf stable food and some extra water never hurt. Now sit back with a cold glass of lemonade, you've earned it!



# Bolton Senior Center May 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>Food Pantry</b> Mon/Wed/Thurs. 9:30 – 3:30 Or by Appointment		1 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	2 <b>Bingo</b> 1:00	3 Chair Yoga 9:30 Quilting 11:00	4
5	6 Chair Yoga 9:30 Dominoes 1:00	7 Poker 12:00 Mah Jongg 12:30	8 Chair Yoga 9:30 <b>Intro to Set Back</b> 12:00 Set Back 12:30 <b>National Cupcake Day</b> 12:30	9	10 Chair Yoga 9:30 Quilting 11:00	11
12	13 Chair Yoga 9:30 <b>Senior Inc.</b> 10:30 Dominoes 1:00	14 <b>Windham Tech</b> 10:15 Poker 12:00 Mah Jongg 12:30	15 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	16 <b>How To Play the Ukulele</b> 10:00	17 Chair Yoga 9:30 Quilting 11:00	18
19	20 Chair Yoga 9:30 Dominoes 1:00	21 Poker 12:00 Mah Jongg 12:30	22 Chair Yoga 9:30 Set Back 12:30 <b>Tech Help</b> 3:00 <b>Medicare Basics</b> 6pm	23 <b>Breakfast at Family Pizza Restaurant</b> 9:15 <b>Open Mic Afternoon</b> 2:00	24 Chair Yoga 9:30 Quilting 11:00	25
26	27 <b>HOLIDAY</b>	28 <b>Footcare by Appt.</b> 12:00 Poker 12:30 Mah Jongg 12:30 <b>Poetry to Memoir</b> 2pm	29 Chair Yoga 9:30 Set Back 12:30	30 <b>Mohegan Casino</b> 9:15	31 Chair Yoga 9:30 Quilting 11:00	

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						1
2	3 Chair Yoga 9:30 Dominoes 1:00 <b>Sweets for Seniors at Bentley Library 2:00</b>	4 Poker 12:00 Mah Jongg 12:30 <b>Commission 1:00</b>	5 Chair Yoga 9:30 <b>Swingtime Canteen 10:30</b> Set Back 12:30 Bridge 12:30	6 <b>Bingo 1:00</b>	7 Chair Yoga 9:30 Quilting 11:00 <b>National Donut Day 10:30</b>	8
9	10 Chair Yoga 9:30 Dominoes 1:00	11 <b>Create a Lotus Flower Lantern 10:00</b> Poker 12:00 Mah Jongg 12:30	12 Chair Yoga 9:30 Set Back 12:30	13 <b>Book Barn and Flanders Fish Market 10:00</b>	14 Chair Yoga 9:30 Quilting 11:00	15
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30					<b>Food Pantry Mon/Wed/Thurs. 9:30 – 3:30 Or by Appointment</b>	

## Bolton Senior Center Registration Form

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

Bingo 1 p.m. \_\_\_\_ Th. 5/2 \_\_\_\_ Th. 6/6

Intro to Set Back 12 p.m. \_\_\_\_ Wed. 5/8

Pizza Party 12 p.m. \_\_\_\_ Th. 5/9

How to Play Ukulele 10 a.m. \_\_\_\_ Th. 5/16

Windham Tech Lunch 10:15 a.m. (\$13) \_\_\_\_ Tues. 5/14

### CIRCLE YOUR MEAL/DESSERT CHOICE

Meal: Stuffed Sole with Lobster Cream  
OR

Strawberry Balsamic Chicken with Feta

Dessert: Raspberry Bomb  
OR  
Chocolate Bavario

Tech Help 3 p.m. \_\_\_\_ Wed. 5/22

Medicare Basics 6 p.m. \_\_\_\_ Th. 5/22

Breakfast at Family Pizza Restaurant 9:15 a.m. \_\_\_\_ Th. 5/23

Open Mic Afternoon 2 p.m. \_\_\_\_ Th. 5/23

Poetry to Memoir 2 p.m. \_\_\_\_ Tues. 5/28

Mohegan Casino 9:15 a.m. (\$5) \_\_\_\_ Th. 5/30

Sweets for Seniors at Bentley Library 2:00 p.m. \_\_\_\_ Mon. 6/3

Create a Lotus Flower Lantern 10:00 a.m. \_\_\_\_ Tues. 6/11

Book Barn and Flanders Fish Market 10:00 a.m. \_\_\_\_ Th. 6/13

Welcome to Summer Cookout 12:00 p.m. \_\_\_\_ Th. 6/20

MGM Casino 9:15 a.m.: (\$5) \_\_\_\_ Th. 6/27

*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.*

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Pizza Party 12 p.m. \_\_\_\_ Th. 5/9

How to Play Ukulele 10 a.m. \_\_\_\_ Th. 5/16

Windham Tech Lunch 10:15 a.m. (\$13) \_\_\_\_ Tues. 5/14

### CIRCLE YOUR MEAL/DESSERT CHOICE

Meal: Stuffed Sole with Lobster Cream  
OR

Strawberry Balsamic Chicken with Feta

Dessert: Raspberry Bomb  
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