
Bolton Senior Center

Prime Time: Online

Wednesday, May 27th, 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 Bolton Senior Center Friends,

This week kicks off our “Songs across America” game. We hope those who already participated had fun and we can’t wait to see more in the next two weeks! As some of you know, my husband and I are pretty serious road-trippers. We have taken many different routes over the years. Many of you might remember that just about this time last year, we went on a 6,000 mile road trip that included 17 states! Along the way there were many highlights and places we had only dreamed of seeing one day.

Now that we are “grounded” in a sense this summer, it has me reflecting on what we learn from traveling. I love getting to see how people live, what they eat, and what the landscape and architecture looks like. It is amazing to see how much of a difference a few hundred miles can make. I think the more time I spend traveling, the more I understand why people sometimes have different opinions and beliefs. Getting to see a bit of their world helps to understand our commonalities too. There are many places I have liked but feel I would never actually want to live there. In that sense, traveling helps us appreciate our own surroundings and community more when we return. Being home more, I can now notice more of the changes in my own neighborhood when I walk by, or notice the animals and birds in the backyard. Most of all, this year I am noticing the role of community in all of our lives, and how much it has changed in how we relate to each other. It may feel like community is further apart right now, but we can translate the idea of community into courtesy, even if that just means being a bit more patient waiting in line at the grocery store.

Stay Safe,

Carrie

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 we 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/y7qq4wI9>. 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.

Bolton 300th Anniversary Trivia

(Answers on page 11)

Question 1: What was the original name of Silver Lane in East Hartford?

Question 2: Why did Silver Lane get renamed?

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 3rd for the second round!

Come join us on our virtual journey!

Week 1 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 two more weeks to go!

“On the bus to St. Cloud” by Trisha Yearwood, (St. Cloud, Minnesota, New York City, L.A., New Orleans = 5 points)

“Surfing USA” by the Beach Boys. (U.S.A, California, Del Mar, Ventura County, Santa Cruz, Trestles, Australia, Narrabeen, Manhattan, Doheny Way, Haggerties, Swamis, Pacific Palisades, San Onofre, Sunset, Redondo Beach, L.A, La Jolla, Wa’imea Bay = 19 points)

- Submitted by John Curtin

Total points: 24

“Old Cape Cod” by Patti Page (Cape Cod, Cape Cod Bay = 2 points)

“All my Exes live in Texas” by George Strait (Texas, Texarkana, Abilene, Galveston, Temple, Tennessee, Frio River = 7 points)

“The last time I saw Paris” by Dean Martin (Paris, Seine = 2 points)

“Moonlight in Vermont” by Willie Nelson and Frank Sinatra (Vermont = 1 point)

“Shuffle off to Buffalo” from 42nd street (Home, Buffalo, Niagra, Reno = 4 points)

- Submitted by Lynn Follett

Total points: 16

“New York New York” by Frank Sinatra (New York = 1 point)
“Traveling Man” by Rocky Nelson (Mexico, Alaska, Berlin, China, Hong Kong, Waikiki, = 6 points)
“Come Fly with Me” by Frank Sinatra (Bombay, Peru, Acapulco Bay = 3 points)
“April in Paris” by Frank Sinatra (Paris = 1 point)
“Oklahoma!” by Rodgers and Hammerstein (Oklahoma = 1 point)
- Submitted by Nancy and Ray Soma
Total points: 12

“I've Been Everywhere Man” - Johnny Cash (92 points, you'll just have to trust us!)
“Wakko’s 50 State Capitals” – Animaniacs (All 50 states, all 50 capitals, D.C, home = 102 points)
- Submitted by John Hambrook
Total points: 194

This week’s winners are.....

Most places traveled: John Hambrook

Weekly Drawing Winner: Lynn Follett

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

Where the Wentworth's went...

We traveled to Estonia, Latvia, Lithuania and Poland in May 2018. While the buildings were beautiful - both the old structures complete with bullet holes and the restored/rebuilt ones - and the people were very nice, there was definitely a different vibe to these countries. What the residents had to endure under the Soviet and Nazi occupations really hit home as we walked through neighborhoods guided by people who had lived through it. One of our guides shared that she lived with her grandmother in a large apartment, but they were forced to share it with five other families during World War II. My third grade teacher was from Latvia and told us about having to hide in cemeteries during bombing raids and we passed that cemetery. They even have the Museum of the Occupation of Latvia (torture museum); we didn't visit that. Crossing the now defunct Iron Curtain and visiting the site of the Jewish Ghetto in Warsaw really turned this trip into a living history lesson.

Hope you and your family are doing well,

Pam

We are all so lucky to live in America!

https://photos.google.com/share/AF1QipMsuA_MOD17i_1QnqTsa_ESIEYL689oXNIMEo4RF7gqUDtg_6SxpLD4knli5hQFSg?pli=1&key=ck5yZF9WSU5TDFiTmRpd0N1d25NTFFmRy1zQTJ3

No Trips? No problem! Below is a list of Virtual Opportunities/ Activities:

With the weather getting nicer, we all would love to go on trips and enjoy some time off- but unfortunately we can't travel just yet! Below are a few virtual "Vacations" you can go on!

- Kauai, Hawaii

We can't walk the beaches of Hawaii just yet, but luckily Earth Cam has live videos of several different Hawaii locations!

Website: <https://www.earthcam.com/usa/hawaii/kauai/?cam=kauai>

- St. Jean Bay, St. Barths

The Caribbean is calling our names! Youtube has a live video of St. Jean Bay that you can watch!

Website: <https://www.youtube.com/watch?v=tkADOB9qWWc>

- Reykjavík, Iceland

Iceland is just magical, even when we can't be there physically!

Website: <https://www.youtube.com/watch?v=V8BPID7MMiY>

- Sydney, Australia

With this live cam you get to see a gorgeous view of Sydney Harbors!

Website: <https://webcamsydney.com/>

- Taj Mahal, Agra, India

Tour the Taj Mahal from afar on google earth!

Website: https://artsandculture.google.com/streetview/lgGJcPeTu3akmQ?sv_lng=78.04166586513679&sv_lat=27.17462780757109&sv_h=23.997004423563126&sv_p=-0.5741427036421101&sv_pid=2_d1CMBSRrMAAGuoW-9Lw&sv_z=0.1893853154481301

Creativity Corner: Coloring fun!



300th Anniversary Trivia Answers:

Answer 1: Bolton Road

Answer 2: The French troops spent their pieces of eight (silver coinage) at the various businesses along Bolton Road on their way from Bolton to Wethersfield in June 1781.

Health with Steph:

A big part of your health is making sure you are eating food that nourishes your body. Not only does eating healthy food make you feel good on the inside, but it really does boost your immune health as well. Some “Superfoods” have been deemed to be jam packed with important nutrients that can really take your meals to a new level.

1. **Berries-** High in fiber, and antioxidants
2. **Fish-** a good source of protein and omega-3 fatty acids
3. **Leafy Greens-** great sources of Vitamin A, C, calcium, and fiber
4. **Nuts-** a good source of plant protein, and monounsaturated fats
5. **Olive oil-** good source of vitamin E, polyphenols, and monounsaturated fatty acids,
6. **Whole Grains-** soluble and insoluble fiber, B vitamins, minerals, and phytonutrients
7. **Yogurt-** A great source of calcium, protein, and probiotics
8. **Cruciferous Vegetables-** excellent source of fiber, vitamins, and phytochemicals
9. **Legumes-** fiber, folate, and plant-based protein
10. **Tomatoes-** high in Vitamin C and lycopene

Throw a few of these into every meal, your body will thank you!

-The Bolton Senior & Social Services Staff