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# **Bolton Senior Center**

## **Prime Time**

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**November and December 2024**

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

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

**860-647-9196**

**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.

## Director's Note

Dear Senior Center Friends,

It is wonderful to see new faces around the center. We are seeing a record number of participants which does lead to occasional waiting lists. Due to the increased volume, we kindly remind everyone to be conscientious about registering in advance.

**Registrations for the November/December programs will open Tuesday, October 15.** Please double check your calendar when making your selections.

We wish you a safe and healthy holiday season.

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 resources.

## Holiday Closures and Schedule Changes

Town Offices are closed on the following days: Monday, November 11, Thursday, November 28, Friday, November 29, and Wednesday December 25. The Senior Center is also closing at 11 a.m. on Wednesday December 11 and Thursday, December 12.

There are numerous changes the calendar, please see the Regularly Scheduled Activities section.

In the event of inclement weather, please check WFSB for a closure or delay. Chair yoga is cancelled when there is a delay.

## Fire Prevention Posters

Fourth and fifth graders are creating their annual fire prevention posters. They will be on display in the Senior Center for a limited time in December, don't forget to vote.

## **In Remembrance**

We honor the loss of Pamela Phillips, co-founder of the Bolton Prevention Council. We miss Carol Renaldo's cheerful presence at the puzzle table. We think of great storytelling by Helen Kurys. Our thoughts are with family and friends.

## **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.

## **Senior Center Van Driver**

We are actively hiring for additional van drivers. Please see the Town website or Selectmen's office for more information.

## **Available Daily**

The Senior Center Library has books and puzzles that you can borrow and return on the honor system. Donations of books (2015 and newer) and puzzles are accepted.

## **Here's What's Been Happening**

This fall, we traveled far and wide to Flat Pennies in Willington for breakfast, the Mystery Trip to Rockledge Golf Club in West Hartford, the American Bandstand Tribute at Aqua Turf in Southington, and enjoyed our annual trip to Basil's in Stafford Springs for lunch.

At the Senior Center, we enjoyed a delicious meal to celebrate Senior Appreciation Month. We welcomed Shop Rite Dietician Sarabeth Campanelli who made us healthy fall treats. Steve Thornton discussed Prohibition in CT and Pam and Bruce Wentworth presented their recent trip to the Azores. We finished the season with an informative presentation from Physical Therapist Josephine McCarthy on preventing falls as well as our annual Halloween Party.

## **Regularly Scheduled Activities**

### **Chair Yoga**

Mondays, Wednesdays, and Fridays at 9:30 a.m. \$5 per class

**NO CLASS NOVEMBER 11, WEEK OF NOVEMBER 18, NOVEMBER 29 AND  
DECEMBER 25**



**Set Back**

Wednesdays at 12:30 p.m.

**NO SET BACK ON NOVEMBER 27, DECEMBER 11 AND DECEMBER 25**



**Poker**

Tuesdays at 12 p.m.

**NO POKER DECEMBER 24 AND DECEMBER 31**

**Quilting**

Fridays at 11:00 a.m.

**NO QUILTING NOVEMBER 29**



**Dominoes**

Mondays at 1:00 p.m.

**NO DOMINOES NOVEMBER 11 AND DECEMBER 9**



**NEW! Cribbage**

First and Third Tuesday of the month at 10:00 a.m.

**Mah Jongg**

Tuesdays at 12:30 p.m.

**NO MAH JONGG DECEMBER 24 AND DECEMBER 31**

**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, November 18 and Monday, December 16.

Senior Commission. The next meeting is on Tuesday, December 3 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. **Note: December Footcare is one week early.**

## Special Events

**ALL SPECIAL EVENTS REQUIRE REGISTRATION.**

**See descriptions for applicable fees, deadlines, or space limitations.**

**Please let us know if you no longer plan to attend so the next person on the waiting list can be called.**

### LUNCH OUT AT WINDHAM TECH IN NOVEMBER AND DECEMBER

We will enjoy a delicious meal created and served by Windham Tech Culinary students on Monday, November 4 and Monday, December 2. The cost is \$15 per person, cash only. Registration, including lunch selection and payment, are due by Monday, October 28 and Monday, November 25 with no refunds after those dates. The van leaves the Senior Center promptly at 10:15 a.m. on both days with a limit of 21 participants.

### CRIBBAGE

**NEW!** Come play cribbage at 10 a.m. on Tuesday, November 5 with subsequent games on November 19, December 3 and December 17. If it is a success, we will continue every first and third Tuesday. Help us spread the word, the more the merrier!

### BINGO

Thursday, November 7 and Thursday, December 5 at 1 p.m. \$1 a card to play multiple games.

### AGING IN PLACE: HOW TO REMAIN AT HOME

On Tuesday, November 12 at 10 a.m., Attorney Brendan Daly, Managing Partner at the law firm of Czepiga Daly Pope and Perri, will be at the Senior Center to speak about, "Aging in Place: How to Remain in Your Home." Learn about strategies to protect your assets and how to pay for care. Sign up by Tuesday, November 5.

### VETERANS DAY CELEBRATION

We will honor Veterans Day with our annual luncheon on Thursday, November 14 at 12 p.m. Kathy Walsh will review recent Veterans Commission achievements, with original poetry read by Linda Richardson. All are welcome to attend. Lunch will be provided by Bolton Senior Inc. Registration due Thursday, November 7.

## CASINO

Take a trip to Mohegan Sun on Thursday, November 21 at 9:15 am. There is no casino trip in December. \$5 for all passengers. Limit 20 participants. Registration due Thursday, November 14.

## THANKSGIVING TASTE TESTING

Join us for a taste of Thanksgiving flavors as Bolton High School travels to the Senior Center on Thursday, November 21 from 12 p.m.- 2 p.m. The students will be serving a light Thanksgiving lunch followed by pies and quick breads for dessert. Limit 24 participants.

## DECORATE THE CENTER

Please join us as we set up the seasonal décor at the Senior Center on Thursday, December 5 at 10 a.m. Helpers will be provided with a pizza lunch for all their work!

## LUNCH OUT AND THEN VIEW THE GINGERBREAD HOUSES

We will be taking a wintertime lunch trip to Hotcakes Restaurant in East Windsor. Then we will view the gingerbread houses on display at the Wood Memorial Library in South Windsor on Friday, December 6. Admission is free. The van will be leaving at 11 a.m. Limit 20 participants.

## THE UGLY XMAS SWEATER MUSICAL

“The Ugly Xmas Sweater Musical” is at the Playhouse in West Hartford on Tuesday, December 10 at 2 p.m. This musical is a brand-new, laugh-out-loud, interactive musical. In this not-so-everyday story, a group of employees must take desperate measures when they learn that their company is being bought out by an international conglomerate. In order to save their jobs, they must come up with the best Ugly Christmas Sweater ever made.

The bus will leave the Senior Center at 11:00 a.m. We will have lunch at A.C. Petersen’s Farm in West Hartford. The menu can be found at the Senior Center front desk or at [www.acpetersenfarms.com](http://www.acpetersenfarms.com). The restaurant is a very short walk to the playhouse.

The show runs 2 hours with no intermission. Listening devices are available by request. We should return to the Senior Center at approximately 4:30 p.m. **Tickets are \$45 per person, non-refundable and due in full by Tuesday, October 29. Checks can be made payable to the Town of Bolton. Limit 15 participants for the trip.**

## SENIOR CENTER HOLIDAY PARTY

Bolton Senior Inc. is hosting the annual Senior Center Holiday Party at The Nutmeg in East Windsor on December 12 at 12 p.m. All are welcome. The cost per person is \$30 with cash or check payable to *Seniors Inc.* There is limited transportation, please specify if required. **Registration, payment and transportation selection due by Tuesday, November 26, with no refunds after that date.** The vans will be leaving the Senior Center at 11:30 a.m.

## HOLIDAY COOKIE TASTING

Join us for a cookie tasting at Bolton High School on Wednesday, December 18 from 1 p.m. to 2 p.m. We will sample cookies created by culinary students and vote for our favorites. The van leaves the Senior Center at 12:45 p.m. and returns around 2 p.m. Limit 18 participants for the trip and all participants must ride the Senior Center van. Registration due Wednesday, December 11.

## CHARCUTERIE BOARD CLASS

Need a great holiday gift? Bolton Recreation Department is holding a Charcuterie Board Class at the Senior Center on Thursday, December 19 from 6 p.m. to 7 p.m. Join Emily Love from Make Food Lovely for an exciting and delicious class where you will learn how to create your very own charcuterie board! All supplies provided. Each guest leaves with a beautiful board to share with loved ones! The cost is \$55, open to anyone ages 18+. **Registration and payment, cash or check payable to the Bolton Recreation Department, is due to the Senior Center by Thursday, December 12.** There are no refunds unless the event is cancelled.

## 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 November 5, 19 and December 3, 17 and 31. Please ask for additional dates and times of other local Connecticut Foodshare locations.

# Bolton Senior Center November 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.
3	4 Chair Yoga 9:30 Windham Tech 10:15 Dominoes 1:00	5 Cribbage 10:00 Poker 12:00 Mah Jongg 12:30 Election Day	6 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	7 Bingo 1:00	8 Chair Yoga 9:30 Quilting 11:00	9
10	11 HOLIDAY	12 Aging in Place: How to remain at home 10:00 Poker 12:00 Mah Jongg 12:30	13 Chair Yoga 9:30 Set Back 12:30	14 Veterans Day Celebration 12:00	15 Chair Yoga 9:30 Quilting 11:00	16
17	18 NO CHAIR YOGA Senior Inc. 10:30 Dominoes 1:00	19 Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	20 NO CHAIR YOGA Set Back 12:30 Bridge 12:30	21 Mohegan Casino 9:15 Taste Testing at Bolton Senior Ctr. 12-2	22 NO CHAIR YOGA Quilting 11:00	23
24	25 Chair Yoga 9:30 Dominoes 1:00	26 Footcare by Appt. 12:00 Poker 12:30 Mah Jongg 12:30	27 Chair Yoga 9:30 NO SET BACK	28 HOLIDAY	29 HOLIDAY	30



# Bolton Senior Center December 2024

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1	2 Chair Yoga 9:30 <b>Windham Tech</b> 10:15 Dominoes 1:00	3 Cribbage 10:00 Poker 12:00 Mah Jongg 12:30 <b>Commission</b> 1:00	4 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	5 <b>Decorate the Center</b> 10:00 <b>Bingo</b> 1:00	6 Chair Yoga 9:30 Quilting 11:00 <b>Hotcakes Restaurant</b> and <b>Wood Library</b> 11:00	7
8	9 Chair Yoga 9:30 <b>NO DOMINOES</b>	10 <b>The Ugly Xmas</b> Sweater Musical 11:00 Poker 12:00 Mah Jongg 12:30	11 Chair Yoga 9:30 <b>NO SET BACK</b> <b>BUILDING CLOSED</b> 11a.m.-4 p.m.	12 <b>BUILDING CLOSED</b> 11a.m.-4 p.m. Senior Center Holiday Party at 12:00 Van leaves Senior Center at 11:30	13	14
15	16 Chair Yoga 9:30 <b>Senior Inc.</b> 10:30 Dominoes 1:00	17 <b>Footcare by Appt.</b> Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	18 Chair Yoga 9:30 <b>Taste Testing at Bolton</b> High School 1:00-2:00 Set Back 12:30 Bridge 12:30	19 <b>Charcuterie Board</b> Class 6:00	20	21
22	23 Chair Yoga 9:30 Dominoes 1:00	24 <b>NO POKER OR</b> <b>MAH JONGG</b>	25 <b>HOLIDAY</b>	26	27	28
29	30 Chair Yoga 9:30 Dominoes 1:00	31 <b>NO POKER OR</b> <b>MAH JONGG</b>				
					<b>Food Pantry</b> Mon/Wed/Thurs. 9:30 – 3:30 Or by Appointment	

**Bolton Senior Center Registration Form**

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

Windham Tech Lunch 10:15 a.m. (*\$15 Cash only*) \_\_\_\_\_ Mon. 11/4

Meal: Apple Cider Chicken OR Baked Vegetable Pasta OR Chicken Ceasar Salad

Dessert: Poached Pear OR Flourless Chocolate Cake or Mixed Berry Fruit Tart

Bingo 1:00 p.m. \_\_\_\_\_ Th. 11/7

Aging in Place: How to remain at home 10 a.m. \_\_\_\_\_ Tues. 11/12

Veterans Day Luncheon 12:00 p.m. \_\_\_\_\_ Th. 11/14

Mohegan Casino 9:15 a.m. (\$5) \_\_\_\_\_ Th. 11/21

Taste Testing at Bolton Senior Center 12 p.m. \_\_\_\_\_ Th. 11/21

Windham Tech Lunch 10:15 a.m. (*\$15 Cash only*) \_\_\_\_\_ Mon. 12/2

Meal: Roast Pork with Cranberries OR Spinach & Feta Chicken OR Ratatouille Pasta

Dessert: Cinnamon Baked Apples OR Cheesecake Bomb

Decorate the Center 10:00 a.m. \_\_\_\_\_ Th. 12/5

Bingo 1:00 p.m. \_\_\_\_\_ Th. 12/5

Hotcakes Restaurant and Wood Library 11 a.m. \_\_\_\_\_ Fri. 12/6

"Ugly Xmas Sweater" (*\$45-Town of Bolton*) 11 a.m. \_\_\_\_\_ Tues. 12/10

Holiday Party (*\$30 Senior Inc.*) 12:00 p.m. \_\_\_\_\_ Th. 12/12 Van \_\_\_\_\_ Drive \_\_\_\_\_

Taste Testing at Bolton High School 12:45 p.m. \_\_\_\_\_ Wed. 12/18

Charcuterie Board (*\$55 Bolton Rec*) 6 p.m. \_\_\_\_\_ Th. 12/19

*Please indicate if you are driving yourself to an off-site event. You will be notified if notified if there is a wait list. Please notify us of any cancellation immediately.*

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