
Bolton Senior Center

Prime Time: Online

Wednesday, October 7th, 2020



**View the Town of Bolton Covid-19 Guide
(Updated August 1, 2020)**

https://town.boltonct.org/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19_Bolton_Operations_Manual_8.1.2020.pdf

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Director's Note

Dear Senior Center Friends,

I'm the kind of person who likes being future minded, thinking ahead and planning. This year that has proved to be quite challenging! Even though we are really just at the beginning of fall, I can't help but start to worry about the winter a bit. I encourage you to start thinking now about what would make things smoother for your future self. If you are going to be stuck at home more, what kinds of things can you get in place now to enjoy then? Let me know what's in your winter survival kit – the most creative answer will win a prize!

Stay Safe,

Carrie

p.s. It was very nice to say "Aloha" to some of you at the Drive-by Luau last week! I really hope to see even more of you at our Drive-by Halloween party!

Reminder – Town Offices are closed on Monday, October 12.

Missed a recent edition of Primetime Online? Catch up here! All back issues are now available at <https://bolton.govoffice.com/primetime>

Senior Center Status

The Bolton Senior Center building remains 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: please call ahead.
- Transportation is available: please call ahead.
- Need delivery from Bentley Library? Tell Library staff when reserving your items.
- Chair yoga: www.facebook.com/YogaWithLisaCT

Town Updates

The Town Administrator would like to share your stories! He is looking for stories about your activities, accomplishments and achievements during Covid-19 that you would like to share with your friends and neighbors. These stories will be shared on the CVC channel live the first and third Tuesday at 10:30 a.m. or online at cvcct.org. Send any information to townadmin@boltonct.org.

November 3, 2020 Presidential Election Information

In person voting will take place at the Bolton Center School (108 Notch Road) on November 3, 2020 from 6am until 8pm.

- ❖ **Absentee Ballots become available October 2, 2020.** By getting your application to us ASAP, it will help us to get them prepared and mailed out to you in a timely manner.
- ❖ **Returning of Absentee Ballots:** We strongly encourage you to utilize the secure ballot drop box which is near the entrance to town hall. This will ensure that we receive your ballot in a timely manner.

The Coventry Housing Authority

The Coventry Housing Authority is now accepting applications for low income Section 8 (annual income limit: \$21,600) and low-income state Elderly/Disabled housing (annual income limit: \$54,950). Interested parties may pick up an application at the Coventry Housing Authority, 1630 Main St, Coventry, CT. Applications must be postmarked/delivered by October 31, 2020.

For more information, please call 860-742-5518

FREE Zoom Zumba for seniors

Marlene is our Zumba instructor for the Recreation Department and she is offering a 30 min FREE Zumba class to seniors every Monday at 5:30pm. Those who are interested should email Marlene at mrle99us@gmail.com and provide her with their phone number. You can use any device to connect to Zumba class.

Water Available

Reminder – it is still hurricane season. If you need some water to keep on hand before the next storm – please call the Senior Center.

AARP

Back in July there was a nomination process for the AARP Andrus Award for Community Service. They were looking for volunteers over the age of 50 whose work fulfills AARP's vision: "a society in which everyone ages with dignity and purpose." We have so many spectacular volunteers here, it was hard to select just one. However, we think you can all understand why we nominated our AARP Tax Aide Coordinator Vince Castagno. Not only does Vince run our tax program every year, he also makes a significant difference nearby at Hockanum Valley Community Council and Rebuilding Manchester. We were recently informed that Vince was not selected as the recipient of this statewide honor, but we would like to honor him here for his dedication to our community at large.

2020 Flu Shot Clinics

Bolton Senior Center – 104 Notch Road

Monday, October 19 from 2 p.m. to 4 p.m.

Monday, October 26 from 4 p.m. to 6 p.m.

Adults of all ages are welcome to attend.
All insurance will be billed through CVS Pharmacy.
REMEMBER TO BRING YOUR INSURANCE CARD.

Masks are required and social distancing will be followed.

Please allow for extra time.

NEW THIS YEAR:

To schedule, call 860-647-9196 or email seniorservices@boltonct.org.

Reservations must be made by October 13.

- Tell us which date you plan to attend and an approximate arrival time.
- Tell us if you would like the regular flu shot or the high dose (senior) shot.

Thank you to everyone who came out to the Luau Event last week!

The Bolton Senior Center held our very first Drive-By event last Thursday- a Tropical Luau, complete with food, games and prizes! We served 20 Seniors- most of whom drove through, and a few who we delivered food to! We miss the Bolton Seniors loads, and it was nice to see some familiar faces! Stay tuned for our next drive-by event- our Halloween Party, on October 28th







Halloween Drive-By Event



JOIN THE BOLTON SENIOR CENTER FOR A
DRIVE-BY HALLOWEEN PARTY

Wednesday, October 28th From
12:00pm-12:30pm
at the Bolton Senior Center Parking lot, 104
Notch Rd, Bolton,CT
Rain date: Thursday, October 29th

We miss you at the Senior Center-come say hello for a drive
by halloween party! Drive by in your car and dress up in your
best Halloween costume! We will be doing a costume
contest- the winners will receive a secret prize!

Reservation by 10/21 is **REQUIRED**
Call 860-647-9196 or email scrane@boltonct.org

Transportation is available if needed, call
860-647-9196 to arrange a ride!

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Pen Pal Program!!

The Senior Center is pairing up with Bolton Center School's Second grade for a fun pen pal program! Email or call to let us know that you are interested! We will pair you up with a second grader who will write you a letter. Senior Center staff will collect the letters from the kids, and distribute them to you. From there you can write a letter back and mail it to the senior center for us to bring back to the school!

The kids are so excited to hear from you and practice their writing skills, while learning more about you!

If you are at all interested, please let us know, we have only had a few people contact us about pen pals, and we need a few more to run this program.

Virtual Coffee & Conversation with Stephanie

Topic: Senior Center Weekly Coffee & Conversation with Stephanie

Time: Thursdays at 11:00 AM Eastern Time (US and Canada)

- Website: <https://zoom.us/>, click "Join a Meeting" at the top of the page, and enter in the Meeting ID and Password Listed below.
- Zoom App on iPad or iPhone: Download the app from your app store, click "Join" at the top of screen (the icon will be a blue button with a plus sign), and type in the Meeting ID and Password.
- Click the link on your web browser: click the link to join meeting:
<https://us04web.zoom.us/j/73451324384?pwd=UVE4aGc1RU9DUG5PRjA3dmVQU2JNUT09>
- Call in with a phone number: 1-929-205-6099 – if you call in, you will need to enter the meeting ID and Password.

Meeting ID: 734 5132 4384

Passcode: 1RcE1F

Teleconferencing Number: 1-929-205-6099



Bolton Recreation Department Scarecrow Contest 2020!

Look out for the Senior Center Scarecrow- and vote for us if you see him or her!

Check out last year's Scarecrow:



Free AARP Events

AARP CT Webinar Wednesday: AARP CT, Yoga @ Age 50+: Introductions & Insights: 2 chances to participate!

October 14, 2020 @ 1PM Registration: <https://aarp.cvent.com/Yoga1014>

October 21, 2020 @ 7PM Registration: <https://aarp.cvent.com/Yoga1021>

Join AARP CT & the Yoga in Our City Program for an introduction to the principles of yoga and what to expect when beginning one's personal practice. Gain insights into how to build a sustainable practice - both mentally & physically.

10/8/2020 @ Noon: Animal Commissary

You will be welcomed to the Zoo's Animal Commissary, where Zoo staff prepare all food and meals for each animal! Learn more about the diets of various animals, including how much they eat in a week, what the Zoo feeds the animals, and why. Registration: <https://aarp.cvent.com/Zoo8>

10/15/2020 @ Noon: Animal Health & Wellness

Just like people, animals at the Zoo go in for regular visits and check-ups at the Animal Clinic. Animals in human care have longer lifespans than animals in the wild, and that is due largely in part to the outstanding care they receive from Zoo staff. Learn more at this session about how they measure an animal's health, including how they train them to participate in their own wellness check. Registration: <https://aarp.cvent.com/Zoo15>

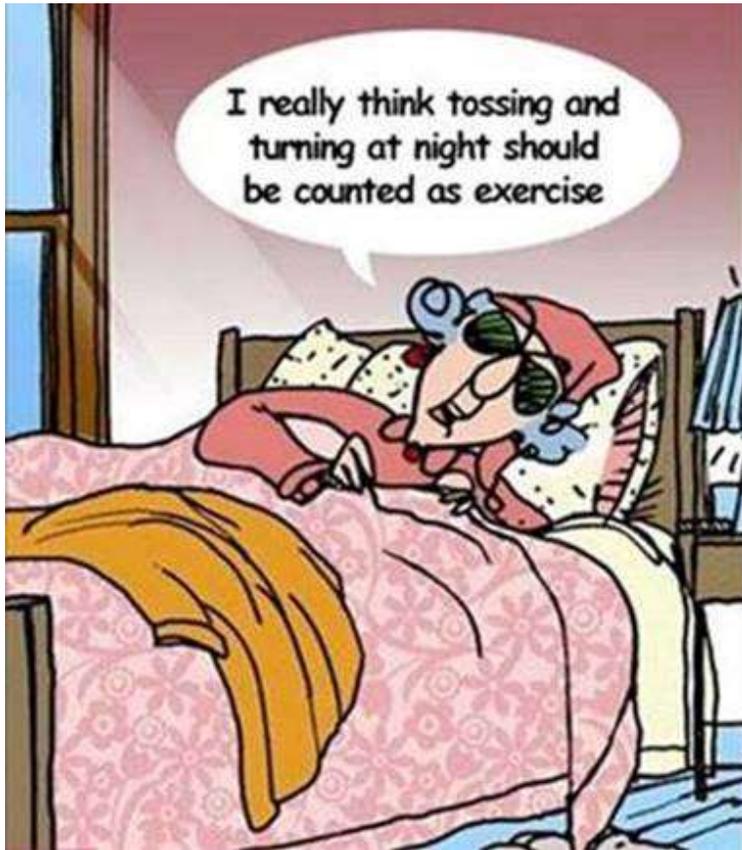
10/22/2020 @ Noon: Endangered Species

Connecticut's Beardsley Zoo has a proud history of almost 100 years as Connecticut's only Zoo. As an accredited member of the Association of Zoos and Aquariums (AZA) and participant in its Species Survival Plan (SSP) programs, they are committed to the preservation of endangered animals and are actively developing strategies that will protect species and preserve their wild habitats. At this session, Zoo staff will tie the previous sessions together (register separately for 10/1, 10/8, & 10/15) to show how everything they do at the Zoo actively works to protect endangered species around the world. Registration: <https://aarp.cvent.com/Zoo22>

FEATURED FRAUD EVENT: October 20, 2020 @ 3PM – 4:30PM When Trust is Betrayed: A Cautionary Tale to Combat Elder Abuse: AARP is committed to fighting fraud and abuse in any form giving you the tools and resources you need to protect yourself and your family. Join us for a 90-minute virtual session to hear from former San Diego Deputy District Attorney **Paul Greenwood**, whose vast legal career and experiences will take you through his journey of pursuing justice on behalf of older adults. Additional remarks from the State Long Term Care Ombudsman, Director for Protective Services to the Elderly, United States Postal Inspection Service, AARP Fraud Watch Network, Quinnipiac University and more! You won't want to miss this!

This event powered by AARP CT in collaboration with Quinnipiac University. Registration: www.bit.ly/QUOct20

Light Laughter with Lynn



Interesting Facts about Beans

1. The various species of bean plants include some of the very first plants cultivated by people in both the Old and the New Worlds. There is evidence of peas that has been carbon dated back to 9,750 BC, found by archaeologists in Thailand. Evidence also exists that suggests that native people of Mexico and Peru were cultivating bean crops as far back as 7,000 BC.
2. Beans were also found in the tombs of the kings of the ancient Egypt where they were left as the food for the departed. The Pharaohs believed lentils helped convey the soul to the heavens.
3. Chickpeas were cultivated in the Hanging Gardens of Babylon.
4. When the first colonists arrived at the New World, Native Americans taught them to grow beans with corn so the bean plants can climb the cornstalks.
5. The word “Bean” originally meant the seed of the broad bean. The term is now applied in a general way to many other related plants, such as soybeans, peas, lentils, vetches, and lupines.
6. Beans are very good source of fibers, protein, vitamins, complex carbohydrates, folate, and iron but some of them, like red and white kidney beans, also have toxins while they are raw. This toxin can be removed by boiling the beans for at least 30 minutes.
7. It is estimated that there are well over 400 different types or varieties of edible beans grown throughout the world. Currently, the world gene banks hold about 40,000 bean varieties, although only a fraction are mass-produced for regular consumption.
8. Bean is an edible seed, typically kidney-shaped, growing in long pods on certain leguminous plants. Most varieties of bean grow either as an erect bush or as a climbing plant, but a few important kinds are of intermediate form. Seed colors range from white through green, yellow, tan, pink, red, brown, and purple to black in solid colors and countless contrasting patterns.
9. Beans are one of nature’s healthiest foods, they are naturally low in total fat, contain no saturated fat or cholesterol, and provide important nutrients such as fiber, protein, calcium, iron, folic acid and potassium.
10. Pulses belong to the family Leguminosae and include beans, peas and lentils. Pulses and legumes have the unique ability to fix nitrogen and so increase the fertility of the soil as they grow. Pulses are the richest source of vegetable protein.



Chickpea (Garbanzo) Bean and Tomato Casserole (6 servings)

2 Tablespoons olive or vegetable oil

1 cup chopped onion

2 16oz. can chopped tomatoes, drained

2 16oz. cans chickpea, drained

1 tsp. salt

1 tsp. minced garlic

2 tsp. ground coriander

1 tsp. ground cumin

Optional: ½ chopped celery, ½ cup chopped red peppers

Preheat oven to 375 degrees. Heat oil in a saucepan. Add onion (celery, red peppers if used) and sauté 5 minutes until soft. Add garlic and cook another minute. Add coriander & cumin cook stirring another minute. Add tomatoes & salt and bring to a boil. Place beans in a casserole dish, add tomato mixture and stir. Cover and bake 30 minutes. Increase heat to 400 degrees. Bake uncovered another 30 minutes longer.

Can be served over rice for a complete protein meal or served as a side dish.

The Truth about Columbus Day with Steph

This coming Monday is Columbus Day, a day where we commemorate the day that Christopher Columbus discovered the Americas in 1492. When I was in school, they made a big “To-do” about the man and his accomplishments, but as I got older, I learned that there are a lot of misconceptions that aren’t always highlighted. The very biggest misconception, is that he actually never landed on North America during his four expeditions! (I know, crazy right?). During his expeditions he landed on several of the Caribbean Islands, as well as the Central and South American coasts. In addition to that, it is also widely believed that Norse explorer Leif Erikson reached Canada maybe 500 some odd years before Columbus made his voyages.

Another issue with Columbus and our celebration of him, is that he was well known by his mistreatment of the Native peoples he encountered. Not only were they already living on the land that he is claimed to have “Discovered”, but he enslaved and slaughtered a good number of them. Unfortunately, Columbus and his crew also brought new diseases from Europe over to the communities, which over time, led to mass devastation of these people.

So why do we celebrate this man with a national holiday here in the US? The first Columbus Day recorded was in 1792, and held in honor of Italian- American heritage. It was then named a national holiday in 1937 by Franklin Delano Roosevelt which was to be celebrated on October 12th (later changed to the second Monday in October in 1971). Now in 2020, there are many places who have changed the name to “Indigenous Peoples Day” or “Native American Day”, due to the controversies surrounding Columbus.

What do you think? Do you think we should continue to have a national holiday named after Columbus, or opt to change it to something a little bit more accepted? Food for thought ☺

(Information sourced from <https://www.history.com/news/columbus-day-controversy> and <https://www.washingtonpost.com/news/answer-sheet/wp/2013/10/14/christopher-columbus-3-things-you-think-he-did-that-he-didnt/>)

Have a great week!

-The Bolton Senior & Social Services Staff