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# Bolton Senior Center

## Prime Time

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September and October 2023

In 2023, we celebrate the Silver Anniversary of the Bolton Senior Center.

Happy 25<sup>th</sup> BSC - We're Just Getting Started!

**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,

We have much to celebrate. First, Happy Senior Center Month! The National Council on Aging (NCOA)'s theme is "Discover Yours." The idea is that as Senior Centers, we offer a variety of programming that may or may not resonate with your interests, goals, or schedule! But we encourage you to discover what makes you happy or fulfilled. Sometimes it is about trying something new, exploring a unique passion, or just taking a chance on an experience, no matter the outcome. This can be hard at any age, but going outside of your comfort zone can be exhilarating. Give it a try: you might uncover a talent, make new friends, or share a few laughs.

This month we are also celebrating our 25<sup>th</sup> anniversary year! We are grateful for all the individuals who shared a vision of a unique Senior Center and worked hard to create our wonderful building out of a few classrooms. In the last quarter century, the programs offered have changed gradually over time. However, we continue to honor the traditions while innovating with the changing generations. We appreciate all the current and past staff members and volunteers who keep our little center running smoothly. And most of all, we couldn't do it without all of you and your regular participation!

Cheers to the next 25 years!

Carrie

Reminder: It is wonderful that our events have been 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 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.

## 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 over all other rides.
- **Food Pantry** Mon/Wed/Thurs. 9:30 a.m. – 3:30 p.m. or by appointment.  
Open for all ages. Non-perishable food, toiletries, kitchen supplies and paper goods available. Ask about MACC and other local food resources.

## Holiday Closure and Schedule Change

Chair Yoga is cancelled for Friday, September 1. Town Offices are closed on Monday, September 4 and Monday, October 9. Set Back is cancelled for Wednesday, September 27. Dominoes is cancelled for Monday, October 2. Poker and Mah Jongg are cancelled for Tuesday, October 31.

## Knox Box Safety Program

A Knox Box provides local first responders with quick and safe entry to a home during an emergency. The device is fastened to a door and does not require permanent adhesion. Knox Boxes were purchased by Bolton Senior Inc. with grant funding from the Hartford Foundation for Public Giving Bolton Community Fund. There is currently a wait list. We also have information about a program for free smoke detectors. Please ask Senior Center staff.

## Thank You

A big thank you to Joyce Holland who purchased a bingo machine for the Bolton Senior Center in memory of her sister Barbara Kiernan. We appreciate her generous gift to the Senior Center.

Thank you to Richard Smith who has shared vegetables from his garden this summer.

We are also very happy to announce that thanks to a generous gift from the Bolton Volunteer Fire Department, we are expanding our Knox Box program! We are happy to continue to partner with BVFD with the shared goal of increased community safety.

## Tolland County Seniorhood Fair

There is a free Senior Resource Fair on Saturday, October 21 from 9:30 a.m. to 2 p.m. at Vernon Center Middle School. The fair features exhibitors, speakers, demonstrations, and health screenings available throughout the day. The Seniorhood fair is hosted by the Tolland County Multi-Disciplinary Team, a collaborative group interested in the wellbeing of seniors in Tolland County, including Senior Centers, Social Services Departments and Libraries. If you are interested in transportation, please call Bolton Senior Center to arrange at least five days in advance.

## Here's What's Been Happening

We had three recent presentations at the Senior Center: All About Dementia from Buckingham Heights Memory Care, Cheryl Udin's discussion about the Rhine River and John Roe's talk on the early history of Bolton. Our trips to the Katherine Hepburn Museum, Terris Theatre and CT River Museum were enjoyed by all who attended. The Ice Cream Social satisfied our sweet tooth, and we look forward to our upcoming BBQ with savory fixings!

## 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.

**All regularly scheduled programs do not require advance reservations.**

## Meetings

Seniors Inc. Meeting – 10:30 a.m. on Monday, September 18 and Monday, October 16.

Senior Commission – The next meeting is Tuesday, September 12 at 1 p.m.

## Foot Care

We are happy to announce that we will be continuing Foot Care with a new company based in Massachusetts called Foot Care by Nurses. The cost is \$45.

## 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.

### BINGO

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

### MAKE UP ARTIST PRESENTATION

On Thursday, September 14 at 1 p.m., Joby Rogers, a certified professional makeup artist and educator, will be demonstrating how to create a makeup style that compliments your individual features and skin tone. He will show products and tools that are must haves for your makeup collection. There will be hands-on makeup demonstrations. Participants are encouraged but not required to bring their own make-up and are also encouraged to come in make-up free. Limit 20 participants.

### SENIOR APPRECIATION LUNCH AND 25<sup>TH</sup> ANNIVERSARY CELEBRATION

Please join us at the Bolton Senior Center for our Senior Appreciation Lunch on Thursday, September 21 at noon. September is National Senior Center Month, and we wouldn't be a Senior Center without you! Come join us for a complimentary lunch and help us celebrate 25 years of fun and friendship.

### HOW AN ELECTION IS RUN PRESENTATION

Have you ever wondered, what does it take to run an election? Guest Speakers Bernice Dixon and Sandra Pierog, Registrars of Voters for the Town of Bolton, will be at the Senior Center on Wednesday, September 27 at 1 p.m. for an informative civics lesson. They will explain the training, the process beforehand, and what is required on the day of and immediately following an election, as well as what it is like to be a poll worker.

### CASINO

Take a trip to MGM Springfield on Thursday, September 28 and to Mohegan Sun on Thursday, October 26. The van leaves at 9:15 a.m. on both days. \$5 for all passengers. Limit 20 participants for each trip.

## **FLU SHOT CLINIC**

We are hosting a drop-in CVS flu shot clinic on Monday, October 2 from noon-4 p.m. There will be adult doses and senior doses. This is open to all members of the public and no appointment is required. Please bring your insurance card.

## **LUNCH OUT AT BASIL'S**

We will be taking a leaf peeping ride on our way to a delicious lunch at Basil's in Stafford on Friday, October 6 at noon. The van will leave at 11:15 a.m. Limit 20 participants.

## **BUTTERFLY MUSEUM OUTING**

Please join us to view the beautiful butterflies at The Magic Wings Butterfly Conservatory and Gardens in Deerfield, Massachusetts on Thursday, October 12 at 9:15 a.m. The cost for admission is \$14 for ages 62+ and \$16 under 62, paid when you arrive at Magic Wings. There is a separate \$5 van fee due by the day of the trip. After your visit, lunch will be at Wolfie's in South Deerfield. The van will leave promptly at 9:15 a.m. Limit 20 participants.

## **MYSTERY TRIP**

The Senior Center is heading to an unknown destination on Thursday, October 19 at 10:15 a.m. After the outing, we will head to an undisclosed location for lunch. If you are daring enough to join us, please do! There is a very low amount of walking. Hint: it will be a trip with a bit of history included! Limit 20 participants.

## **HALLOWEEN PARTY**

Start thinking about your costume because the Halloween Lunch will be on Tuesday, October 31 at noon. There will be treats, no tricks, and prizes for costume creativity.

## **Outdoor Activities**

Note: Sign up is required. Please enter the building to check in before playing. Interested in a different time? Call the Senior Center to arrange for the equipment.

## **BOCCE**

Come out to play on September 7, September 14, October 5 and October 12 at 10 a.m. The maximum number of players is eight.

## **PICKLEBALL**

The court is open for free play on September 5, September 12, October 3 and October 10 at 10 a.m. All levels welcome. The maximum number of players is four. For these dates, game play is self-serve (no pun intended)!

## **Social Services Corner**

### **PROGRAM RENEWALS**

If you need assistance with applications, renewals, or other paperwork, please make an appointment with our office.

### **HOLIDAY PROGRAM REGISTRATION**

We want to make sure everyone has enough on the table this upcoming holiday season. The Social Services Department, in collaboration with St. Maurice Church, offers seasonal food/gift baskets for Bolton individuals or families in need. Registration forms are available at the Senior Center. Registration is due October 16.

### **RENTER'S REBATE**

Are you a renter over the age of 65 or an adult with a disability, and under the income limit of \$40,300 single/\$49,100 married? Call the Assessor's office for an appointment: 860-649-8066 x6100. Applications are due October 1.

### **FOOD RESOURCES**

The Bolton Food Pantry is open to residents of all ages. We also have a partnership with MACC: call 860-647-8003 x28 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: September 12 and 26 and October 10 and 24. Please ask for additional dates and times of other local Connecticut Foodshare locations.

### **EMERGENCY RESOURCES**

Are you in crisis, experiencing homelessness or food insecurity, or need mental health or substance abuse resources? Check out the Town of Bolton Senior & Social Services website for a list of emergency resources and local partner agencies who are ready to assist. Bolton Social Services serves all ages, and includes the Bolton Food Pantry, holiday programs, Resident Assistance Fund, fuel assistance, eligibility information, referral to community providers, application assistance, etc. Call 860-647-9196 for more information.

# Bolton Senior Center September 2023

**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. |
|------|---|--|---|--|---|------|
|      |   |  |   |  | 1<br>11:00                              | 2    |
| 3    | 4   | 5  | 6   | 7  | 8                                       | 9    |
|      | <b>HOLIDAY</b>  | Pickleball<br>10:00<br>Poker<br>12:00<br>Mah Jongg<br>12:30                              | Chair Yoga<br>9:30<br><b>Jersey Boys</b><br>11:00<br>Set Back<br>12:30<br>Bridge<br>12:30 | Bocce<br>10:00<br><b>Bingo</b><br>1:00                       | Chair Yoga<br>9:30<br>Quilting<br>11:00 |      |
| 10   | 11  | 12   | 13  | 14   | 15                                      | 16   |
|      | Chair Yoga<br>9:30<br>Dominoes<br>1:00                                | Pickleball<br>10:00<br>Poker<br>12:00<br>Mah Jongg<br>12:30<br><b>Commission</b><br>1:00 | Chair Yoga<br>9:30<br>Set Back<br>12:30   | Bocce<br>10:00<br><b>Make Up Artist</b><br>Presentation 1:00 | Chair Yoga<br>9:30<br>Quilting<br>11:00 |      |
| 17   | 18  | 19   | 20  | 21   | 22                                      | 23   |
|      | Chair Yoga<br>9:30<br><b>Senior Inc.</b><br>10:30<br>Dominoes<br>1:00 | Poker<br>12:00<br>Mah Jongg<br>12:30   | Chair Yoga<br>9:30<br>Set Back<br>12:30<br>Bridge<br>12:30                                | <b>Senior Appreciation</b><br>Lunch<br>12:00                 | Chair Yoga<br>9:30<br>Quilting<br>11:00 |      |
| 24   | 25  | 26   | 27  | 28   | 29                                      | 30   |
|      | Chair Yoga<br>9:30<br>Dominoes<br>1:00                                | <b>Footcare by Appt.</b><br>12:00<br>Poker<br>12:30<br>Mah Jongg<br>12:30                | Chair Yoga<br>9:30<br><b>How An Election Is</b><br>Run<br>1:00                            | <b>MGM Casino</b><br>9:15                                    | Chair Yoga<br>9:30<br>Quilting<br>11:00 |      |



# Bolton Senior Center October 2023

**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.                                  |
|------|--|---|---|---|--|---------------------------------------|
| 1    | 2  | 3   | 4   | 5   | 6  | 7                                     |
|      | Chair Yoga 9:30<br><b>Flu shot clinic</b><br>12-4pm          | <b>Pickleball</b><br>10:00<br>Poker 12:00<br>Mah Jongg 12:30        | Chair Yoga 9:30<br>Set Back 12:30<br>Bridge 12:30 | <b>Bocce</b><br>10:00<br>Commission 1:00<br><b>Bingo</b> 1:00 | Chair Yoga 9:30<br>Quilting 11:00<br><b>Basil's Restaurant</b><br>11:15  |                                       |
| 8    | 9  | 10  | 11  | 12  | 13   | 14                                    |
|      | <b>HOLIDAY</b>   | <b>Pickleball</b><br>10:00<br>Poker 12:00<br>Mah Jongg 12:30        | Chair Yoga 9:30<br>Set Back 12:30                 | <b>Bocce</b><br>10:00<br><b>Butterfly Museum</b><br>9:15      | Chair Yoga 9:30<br>Quilting 11:00  |                                       |
| 15   | 16   | 17  | 18  | 19  | 20   | 21                                    |
|      | Chair Yoga 9:30<br><b>Senior Inc.</b> 10:30<br>Dominoes 1:00 | Poker 12:00<br>Mah Jongg 12:30                                      | Chair Yoga 9:30<br>Set Back 12:30<br>Bridge 12:30 | <b>Mystery trip</b><br>10:15                                  | Chair Yoga 9:30<br>Quilting 11:00  | <b>Senior Resource Fair</b><br>9:30-2 |
| 22   | 23   | 24  | 25  | 26  | 27   | 28                                    |
|      | Chair Yoga 9:30<br>Dominoes 1:00                             | <b>Footcare by Appt.</b><br>12:00<br>Poker 12:30<br>Mah Jongg 12:30 | Chair Yoga 9:30<br>Set Back 12:30                 | <b>Mohegan Casino</b><br>9:15                                 | Chair Yoga 9:30<br>Quilting 11:00  |                                       |
| 29   | 30   | 31  |   |   |  |                                       |
|      | Chair Yoga 9:30<br>Dominoes 1:00                             | <b>Halloween Party</b><br>12:00                                     |   |   | <b>Food Pantry</b><br>Mon/Wed/Thurs.<br>9:30 – 3:30<br>Or by Appointment |                                       |

**Bolton Senior Center Registration Form**

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

Bingo 1 p.m.: \_\_\_\_ Th. 9/7 \_\_\_\_ Th. 10/5

Make Up Artist Presentation 1 p.m.: \_\_\_\_ Th. 9/14

Senior Appreciation Lunch 12 p.m.: \_\_\_\_ Th. 9/21

How To Run An Election 1 p.m.: \_\_\_\_ Wed. 9/27

MGM Casino 9:15 a.m.: (\$5) \_\_\_\_ Th. 9/28

Basil's Restaurant 11:15 a.m. \_\_\_\_ 10/6

Butterfly Museum 9:15 a.m. (\$5) \_\_\_\_ 10/12

Mystery Trip 10:15 a.m. \_\_\_\_ 10/19

Mohegan Sun 9:15 a.m. (\$5) \_\_\_\_ Th. 10/26

Halloween Party 12 p.m.: \_\_\_\_ Tues. 10/31

Bocce 10 a.m.: 9/7 9/14 10/5 10/12

Pickle ball 10 a.m.: 9/5 9/12 10/3 10/10

*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 of any cancellation immediately.*

**KEEP THIS COPY: Bolton Senior Center Registration Form**

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

Bingo 1 p.m.: \_\_\_\_ Th. 9/7 \_\_\_\_ Th. 10/5

Make Up Artist Presentation 1 p.m.: \_\_\_\_ Th. 9/14

Senior Appreciation Lunch 12 p.m.: \_\_\_\_ Th. 9/21

How To Run An Election 1 p.m.: \_\_\_\_ Wed. 9/27

MGM Casino 9:15 a.m.: (\$5) \_\_\_\_ Th. 9/28

Basil's Restaurant 11:15 a.m. \_\_\_\_ 10/6

Butterfly Museum 9:15 a.m. (\$5) \_\_\_\_ 10/12

Mystery Trip 10:15 a.m. \_\_\_\_ 10/19

Mohegan Sun 9:15 a.m.: (\$5) \_\_\_\_ Th. 10/26

Halloween Party 12 p.m.: \_\_\_\_ Tues. 10/31

Bocce 10 a.m.: 9/7 9/14 10/5 10/12

Pickle ball 10 a.m.: 9/5 9/12 10/3 10/10

*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 of any cancellation immediately.*