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# **Bolton Senior Center**

## **Prime Time**

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**September and October 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.

**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,

Happy Senior Center Month! This year's theme is "Powering Connections." The Senior Center is the place to be. We are a hub of activity whether you want to come in to relax, explore a new place, get information, or connect with each other. Cheers to many new friendships.

Our strength lies in fostering a community of individuals. With this in mind, we respectfully ask that any political discussions remain cordial.

While you're here, grab a cup of coffee and enjoy our new mugs (and cups, dishes and silverware) courtesy of a grant Senior Inc. received from the Hartford Foundation for Public Giving Bolton Community Fund. When you're all set, please place your used item in the dishwasher. Thank you!

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.  
**Need a ride to the polls?** Transportation is available; please call ahead to schedule.
- **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 Monday, September 2 and Monday, October 14. There will be no Dominoes on Monday, October 28.

## Thank You

Thank you to the Bolton Regional Lions Club who supplied the Bolton Food Pantry with toiletries and cleaning supplies.

## In Remembrance

We remember Maureen Johnson, who served as Senior Inc. President 2008-2010 and Senior Inc. Vice-President 2010-2024. We extend our condolences and gratitude for Captain Mayland Clark's devoted service to our town through the Bolton Volunteer Fire Department. Our thoughts are also with the family of John Daly.

## 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.

## Possible Cribbage and Classical Dominoes Groups

If you are interested in starting a Cribbage or a Classical Dominoes group at the Senior Center, please let any staff member know and we will add your name to the list to see if there is enough interest.

## Here's What's Been Happening

During the warm months, we visited A.C. Petersen's Farm for a delicious breakfast, viewed the beautiful sunflowers at Buttonwood Farm and enjoyed an ice cream and ate at Willimantic Brewing Company followed by yet another ice cream!

We decorated cupcakes at Flour Girl Bakery in Hebron, toured the Thimble Islands on the Sea Mist in Stony Creek and watched "Jimmy Buffet's Escape to Margaritaville" in Ivoryton.

At the Senior Center, we welcomed new members to Dominoes and Bingo and enjoyed a delicious BBQ lunch sponsored by Senior Inc.

## 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, September 16 and Monday, October 21. Congratulations to newly elected Senior Inc. Vice-President, Pat Niewinski. Senior Commission. The next meeting is Tuesday, September 10 at 1 p.m.

### What is the difference between Bolton Senior Inc. and the Senior Commission?

The Senior Commission is part of the Town Charter. Members must be appointed by the Board of Selectman and must be a town resident and registered voter. All meetings are public. Bolton Senior Inc. is an independent non-profit. They plan and fund many large events each year. All are welcome to participate.

## 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, with payment, if applicable, 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, September 5 and Thursday, October 3 at 1 p.m. \$1 a card to play multiple games.

## HEBRON HARVEST FAIR

We will be taking a trip to the annual fair on Friday, September 6 at 2pm. Seniors age 65+ have free admission from noon-4pm. The bus will leave at 1 p.m. Limit 20 participants for the trip. Please call the Senior Center to sign up to join this event.

## FLAT PENNIES RESTAURANT FOR BREAKFAST

Please join us for a breakfast trip to Flat Pennies Restaurant in Willington on Thursday, September 12. The bus will leave at 9:15 a.m. The menu can be viewed at [www.flatpennieskitchen.com](http://www.flatpennieskitchen.com) or at the front desk at the Senior Center. Limit 20 participants for the trip. Please call the Senior Center to sign up to join this event.

## SENIOR APPRECIATION LUNCH

Please join us at the Bolton Senior Center for our Senior Appreciation Lunch on Thursday, September 19 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 spend time with friends. Please call the Senior Center to sign up to join this event. **The deadline to RSVP is Thursday, September 12.**

## DIETICIAN FROM SHOP RITE

Once again, we welcome Sarabeth Campanelli, a dietician from Shop Rite, who will be at the Senior Center on Tuesday, September 24 at 10 a.m. to talk about ways to eat and stay healthy as we welcome the cooler season. She will be creating delicious recipes that will help to keep you stay fit! Please call the Senior Center to sign up to join this event.

## CASINO

Take a trip to Mohegan Sun on Thursday, September 26 at 9:15 am. We will go to MGM Casino on Thursday, October 24 at 11 a.m. **Please note the time change for this trip to MGM Casino.** \$5 for all passengers. Limit 20 participants for each trip. Please call the Senior Center to sign up to join these events.

## HISTORY OF BEER AND PROHIBITION IN CT

Local historian Steve Thornton will speak about the history of beer and Prohibition in CT on Thursday, October 3 at 10 a.m. at the Bolton Senior Center. Mocktails will be served. Please call the Senior Center to sign up to join this event.

## AMERICAN BANDSTAND TRIBUTE AT THE AQUA TURF

Aqua Turf is offering a musical event on Tuesday, October 8 at 11 a.m. featuring Dave Colucci and Donna Lee DePrille as they pay tribute to Dick Clark's legendary TV show that will feature songs from the artists who performed on American Bandstand in the 50's and 60's. Some featured artists are Frankie Avalon, Bobby Darin, The Everly Brothers, Dion and The Belmonts, Connie Francis, Leslie Gore and more. Aqua Turf will be serving family style entrees of lemon chicken and pork schnitzel along with complimentary coffee, donuts, glass of beer or wine and door prizes. The price is \$54.00 per person. The bus will be leaving at 10 a.m. **Only a few spots are open, and it will be first come first served to fill those seats. There will be no refunds. Checks can be made payable to the Town of Bolton. Please RSVP and pay by Wednesday, August 28.** Limit 20 participants. The van will be leaving the Senior Center at 10 a.m.

## MYSTERY TRIP

The Senior Center is heading to an unknown destination for lunch on Thursday, October 10 at 11:45 a.m. If you are daring enough to join us, please do! After lunch, we will take a short trip for dessert that you can eat there or take home. Hint: you will have a beautiful fall view for lunch. Limit 20 participants. Please call the Senior Center to sign up to join this event.

## LUNCH OUT AT BASIL'S RESTAURANT

We will be taking a leaf peeping ride on our way to a delicious lunch at Basil's Restaurant in Stafford on Thursday, October 17. The van will leave at 11:15 a.m. The menu can be viewed at [www.basilsofstafford.com](http://www.basilsofstafford.com) or at the front desk at the Senior Center. Limit 20 participants. Please call the Senior Center to sign up to join this event.

## AZORES PRESENTATION

Pam Wentworth and her husband Bruce kindly offered to present their vacation to the Azores at the Bolton Senior Center on Tuesday, October 22 at 10 a.m. It's all about the scenery! Take a quick trip through three of these beautiful islands: San Miguel, Faial and Pico. Come and hear about their exciting trip and sample a Portuguese sweet. Please call the Senior Center to sign up to join this event.

## VACCINATION CLINIC

In collaboration with Eastern Highland Health District (EHHD), Bolton Senior Center is hosting Beacon Pharmacy for a vaccination clinic on Monday, October 28 from 1-4 p.m. Schedule an appointment at [Ehhd.org/vax](http://Ehhd.org/vax) (requires an email address) or walk-ins accepted. The following vaccines are available: RSV, Pneumonia, Covid-19, Seasonal Flu, and High Dose "Senior" Seasonal Flu. The clinic is open to all adults. All major insurances are accepted, please bring your card. Save time! It is strongly advised that you complete all paperwork ahead of time; all forms are available at the Senior Center.

## REDUCING YOUR FALL RISK PRESENTATION

Do you have a fear of falling? Please join Sandra Wood, RN from the Visiting Nurse and Health Services of Connecticut, as she discusses your risk factors, balance issues, and how to prevent falls at the Bolton Senior Center on Tuesday, October 29 at 10 a.m. Please call the Senior Center to sign up to join this event.

## HALLOWEEN PARTY

Start thinking about your costume because the Halloween Lunch will be on Thursday, October 31 at noon. There will be treats, no tricks, and prizes for costume creativity. Please call the Senior Center to sign up to join this event.

## 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.

## Community Voice Channel (CVC) News

CVC Staff would like to preserve stories from the Boomer generation! They want to record video footage of Bolton residents talking about anything of interest, whether life histories, funny anecdotes, or thoughts on day-to-day happenings through the decades. Filming will be scheduled at your convenience. Sign up at the Senior Center.

# Bolton Senior Center September 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.
1	2	3	4	5	6	7
	HOLIDAY	Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	<b>Bingo</b> 1:00	Chair Yoga 9:30 Quilting 11:00 <b>Hebron Harvest Fair</b> 2:00	
8	9	10	11	12	13	14
	Chair Yoga 9:30 Dominoes 1:00	Poker 12:00 Mah Jongg 12:30 <b>Commission</b> 1:00	Chair Yoga 9:30 Set Back 12:30	<b>Flat Pennies</b> <b>Restaurant for</b> <b>Breakfast</b> 9:15	Chair Yoga 9:30 Quilting 11:00	
15	16	17	18	19	20	21
	Chair Yoga 9:30 <b>Senior Inc.</b> 10:30 Dominoes 1:00	Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	<b>Senior Appreciation</b> <b>Lunch</b> 12:00	Chair Yoga 9:30 Quilting 11:00	
22	23	24	25	26	27	28
	Chair Yoga 9:30 Dominoes 1:00	<b>Footcare by Appt.</b> <b>Shop Rite Dietician</b> 10:00 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30	<b>Mohegan Casino</b> 9:15	Chair Yoga 9:30 Quilting 11:00	
29	30					
	Chair Yoga 9:30 Dominoes 1:00				<b>Food Pantry</b> Mon/Wed/Thurs. 9:30 – 3:30 Or by Appointment	



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		1 Poker 12:00 Mah Jongg 12:30	2 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	3 History of Beer and Prohibition in CT 10:00 Bingo 1:00	4 Chair Yoga 9:30 Quilting 11:00	5
6	7 Chair Yoga 9:30 Dominoes 1:00	8 American Bandstand Tribute 10:00 Poker 12:00 Mah Jongg 12:30	9 Chair Yoga 9:30 Set Back 12:30	10 Mystery Trip 11:45	11 Chair Yoga 9:30 Quilting 11:00	12
13	14 HOLIDAY	15 Poker 12:00 Mah Jongg 12:30	16 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	17 Basil's Restaurant 11:15	18 Chair Yoga 9:30 Quilting 11:00	19
20	21 Chair Yoga 9:30 Senior Inc. 10:30 Dominoes 1:00	22 Footcare by Appt. Azores Presentation 10:00 Poker 12:00 Mah Jongg 12:30	23 Chair Yoga 9:30 Set Back 12:30	24 MGM Casino 11:00	25 Chair Yoga 9:30 Quilting 11:00	26
27	28 Chair Yoga 9:30 Vaccination Clinic 1-4 NO DOMINOES	29 Reducing Your Fall Risk Presentation 10:00 Poker 12:00 Mah Jongg 12:30	30 Chair Yoga 9:30 Set Back 12:30	31 Halloween Party 12:00		

**Bolton Senior Center Registration Form**

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

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

Bingo 1:00 p.m. \_\_\_\_ Th. 9/5

Hebron Harvest Fair 2:00 p.m. \_\_\_\_ Fri. 9/6

Flat Pennies Restaurant for Breakfast 9:15 a.m. \_\_\_\_ Th. 9/12

Senior Appreciation Lunch 12:00 p.m. \_\_\_\_ Th. 9/19

Shop Rite Dietician 10 a.m. \_\_\_\_ Tues. 9/24

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

History of Beer and Prohibition in CT 10 a.m. \_\_\_\_ Th. 10/3

Bingo 1:00 p.m. \_\_\_\_ Th. 10/3

American Bandstand Tribute at the Aqua Turf 10 a.m. \_\_\_\_ Tues. 10/8

Mystery Trip 11:45 a.m. \_\_\_\_ Th. 10/10

Lunch out at Basil's Restaurant 11:15 a.m. \_\_\_\_ Th. 10/17

Azores Presentation 10 a.m. \_\_\_\_ Th. 10/22

MGM Casino 11 a.m.: (\$5) \_\_\_\_ Th. 10/24

Reducing Your Fall Risk Presentation 10 a.m. \_\_\_\_ Tues. 10/29

Halloween Party 12:00 p.m.: \_\_\_\_ Th. 10/31

*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.

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

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Reducing Your Fall Risk Presentation 10 a.m. \_\_\_\_ Tues. 10/29

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