
BOLTON SENIOR CENTER PRIME TIME

September and October 2025

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

Program Coordinator/Administrative Assistant: Mary Beth Dufresne

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Administrative Assistant: Pam Wentworth

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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,

September is Senior Center month! We celebrate the strengths of our community. We thank all visitors, staff, volunteers, and community partners for your enthusiasm, creativity, and laughter throughout the year! It is also Hunger Action Month, and we need your help – the Bolton Food Pantry shelves are bare! We are accepting donations of non-perishable items, paper goods, and toiletries.

We are keeping safety in mind. Please check with staff to update your emergency contact information, or any changes to your own phone or email. Thank you!

Registrations for the September and October programs will open on Wednesday, August 13 either in person or over the phone. Please double check your calendar when making your selections. **Payments are due at time of registration; you will be on standby if unpaid.** It is strongly recommended to sign up for presentations at the Senior Center because if a presentation is cancelled, we can notify you of the cancellation.

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 Monday, September 1 and Monday, October 13. There is no yoga for the week of September 1. There will be no Dominoes on Monday, October 27.

Shredding

Save the date – the Town of Bolton is hosting a free shredding event the morning of Saturday, September 20 at the transfer station. More details will be posted.

Knox Box Safety Program

A Knox Box provides local first responders with quick and safe entry to a home during an emergency. This grant funded program is free to participate. 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 (2017 and newer) and puzzles are accepted.

Herb Garden

The herb garden is in bloom! Ask a staff member for assistance with clippings. Thank you to the volunteers who kept it watered.

Here's What's Been Happening

Our summer trips began at Family Pizza for breakfast followed by lunch at DiMitre's and ice cream at the UConn Dairy Bar. We are anticipating two excursions to the Thimble Islands.

At the Senior Center, a good time was had by all at Bingo and playing 50's and 60's trivia with ice cream floats. We are looking forward to the Summer BBQ, Bruce and Pam Wentworth's Laos presentation and an ice cream social hosted by Arbors of Hop Brook.

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.



Cribbage

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

Mah Jongg

Tuesdays at 12:30 p.m.

Bridge

First and Third Wednesday of the month at 12:30 p.m.
June 18: Betty Aiken 1720 --- July 2: Cathy Sprecher 2550

All regularly scheduled programs do not require advance reservation.

Meetings

Senior Commission – At 12:00 p.m. on Tuesday, September 9.
Bolton Senior Inc. Meeting – At 10:30 a.m. on Monday, September 15 and Monday, October 20.

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

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, we may have a waiting list.

BINGO

Thursday, September 4 and Thursday, October 2 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 5 at 1pm. Seniors aged 65+ have free admission from noon-4pm. The bus will leave at 1 p.m. Limit 20 participants.

TRUSTS PRESENTATION

On Tuesday, September 9 at 10 a.m., Attorney Brendan Daly, Managing Partner at the law firm of Czepiga Daly Pope and Perri, will demystify trusts and explain why a trust may – or may not – be suitable for you and why. You'll learn about some of the most common types of trusts and the purposes and benefits of each. Whether you are new to trusts or even understand them well, you'll walk away understanding how and when to use these powerful planning tools to your advantage.

WOODLAND GARDENS FALL FLOWER PROJECT

We will take a trip to Woodland Gardens in Manchester on Thursday, September 11 with the van leaving the Senior Center at 9:30am. We will be making a fall combo planter to take home. After class, we will be having lunch at Pepe's Restaurant and Lounge in Manchester. **The price for the class is \$15 per person and non-refundable. Participants who sign up will be on a standby list until their payment is made. The deadline for payment is Wednesday, September 3. Checks can be made payable to the Town of Bolton. Limit 15 participants.**

SENIOR APPRECIATION LUNCH

Please join us at the Bolton Senior Center for our Senior Appreciation Lunch on Thursday, September 18 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. **The deadline to RSVP is Thursday, September 11.**

GALAPAGOS ISLANDS PRESENTATION

Karen Cordero kindly offered to present her exciting vacation to the Galapagos Islands which are a chain of volcanic islands in the Eastern Pacific Ocean located around the equator west of South America. Come and hear about her trip and sample a treat at the Bolton Senior Center on Tuesday, September 23 at 10 a.m.

FLANDERS FISH MARKET

Have a fun day exploring southern CT on Thursday, September 25. We will have lunch at Flanders Fish Market and then on our way back, we will stop at Angelo's Bakery in Colchester for some goodies. The van leaves the Senior Center at 10:00 a.m. Limit 20 participants.

DIETICIAN FROM SHOP RITE

Once again, we welcome Sarabeth Campanelli, a dietitian from Shop Rite, who will be at the Senior Center on Tuesday, September 30 at 10 a.m. She will discuss ways to eat

and stay healthy as we welcome fall. She will be creating a delicious pumpkin pie bite recipe that will help you stay fit!

MYSTERY TRIP

The Senior Center van is heading to an unknown destination for lunch on Thursday, October 9 at 11 a.m. If you are daring enough to join us, please do! Hint: you will have many meal choices in a lively atmosphere. There is some walking but there is an elevator. After lunch, we will take a short trip for dessert you can take home. Limit 20 participants.

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 16. The van will leave the Senior Center at 11:30 a.m. Center. Limit 20 participants.

BREAKFAST OUT AT GINA MARIE'S

We will try a new breakfast place by dining at Gina Marie's in Hebron on Thursday, October 23. The van will leave the Senior Center at 9:15 a.m. Limit 14 participants.

AARP PRESENTATION ON HOW TO DETECT FRAUD

This session looks at the psychology behind ID theft, fraud and scams through actual footage of scammers, insights and advice. You will learn tools to spot the criminals and stop them in their tracks. The presentation will be at the Bolton Senior Center on Tuesday, October 28 at 10 a.m.

HALLOWEEN PARTY

Start thinking about your costume because the Halloween Lunch will be on Thursday, October 30 at noon. There will be treats, no tricks, and prizes for costume creativity. **The deadline to RSVP is Thursday, October 23.**

Save the Date

The Bolton Senior Center will be hosting a vaccine clinic Monday, October 27 from 12 p.m. to 3 p.m. Additional details will be available soon.

Seniorhood Fair

The Tolland County Senior Resource Fair will be on Saturday, October 25 from 9:30 a.m. to 2 p.m. at Vernon Center Middle School, 777 Hartford Turnpike (Route 30) Vernon. This indoor fair will have many local resources, educational speakers, free food, and hands-on exhibits. Come visit Carrie at the Senior Center booth and view chair yoga demonstrations by our instructor, Lisa Gaumond! Drug Take Back Day will be held in the parking lot to provide safe disposal of expired or unwanted medications. We hope to see you there!

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, Medicare information, etc. Please call 860-647-9196 to make an appointment.

Fall is the busiest time of the year for Bolton Social Services. Appointments are strongly encouraged. Thank you!

The Food Pantry is open to residents of all ages who have completed the registration form. 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 September 9 and 23 and October 7 and 21.

Renters Rebate

Applications are filed in the Assessor's Office at Town Hall (860-649-8066 ext. 6100). Applicants must be over age 65 or totally disabled, with an income limit of \$45,200 single or \$55,100 couple. Renters Rebate is open until September 30, 2025.

Energy Assistance

More information is on the way about the CT Energy Assistance Program (CEAP) and Generation Power CT (formerly Operation Fuel). Please pay attention to eligibility requirements and deadlines, as we anticipate changes this year.

Bolton Senior Center September 2025

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SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1	2	3	4	5	6
	HOLIDAY	Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	NO CHAIR YOGA Set Back 12:30 Bridge 12:30	Bingo 1:00	NO CHAIR YOGA Quilting 11:00 Hebron Harvest Fair 1:00	
7	8	9	10	11	12	13
	Chair Yoga 9:30 Dominoes 1:00	Trusts: Everything You Need to Know 10:00 Commission 12:00 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30	Woodland Gardens Fall Flower Project 9:30	Chair Yoga 9:30 Quilting 11:00	
14	15	16	17	18	19	20
	Chair Yoga 9:30 Senior Inc. 10:30 Dominoes 1:00	Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	Senior Appreciation Lunch 12:00	Chair Yoga 9:30 Quilting 11:00	
21	22	23	24	25	26	27
	Chair Yoga 9:30 Dominoes 1:00	Footcare by Appt. Galapagos Islands 10:00 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30	Flanders Fish Market 10:30	Chair Yoga 9:30 Quilting 11:00	
28	29	30				
	Chair Yoga 9:30 Dominoes 1:00	Shop Rite Dietician 10:00 Poker 12:00 Mah Jongg 12:30				

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SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	2 Bingo 1:00	3 Chair Yoga 9:30 Quilting 11:00	4
5	6 Chair Yoga 9:30 Dominoes 1:00	7 Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	8 Chair Yoga 9:30 Set Back 12:30	9 Mystery Trip 11:00	10 Chair Yoga 9:30 Quilting 11:00	11
12	13 HOLIDAY	14 Poker 12:00 Mah Jongg 12:30	15 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	16 Basil's Restaurant 11:30	17 Chair Yoga 9:30 Quilting 11:00	18
19	20 Chair Yoga 9:30 Senior Inc. 10:30 Dominoes 1:00	21 Cribbage 10:00 Poker 12:00 Mah Jongg 12:30	22 Chair Yoga 9:30 Set Back 12:30	23 Gina Marie's for breakfast 9:15	24 Chair Yoga 9:30 Quilting 11:00	25 Senior Resource Fair 9:30-2
26	27 Chair Yoga 9:30 NO DOMINOES Vaccination Clinic 12-3	28 Footcare by Appt. AARP Presentation on How to Detect Fraud 10:00 Poker 12:00 Mah Jongg 12:30	29 Chair Yoga 9:30 Set Back 12:30	30 Halloween Party 12:00	31 Chair Yoga 9:30 Quilting 11:00	

Bolton Senior Center Registration Form

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Bingo 1 p.m. ____ Th. 9/4 Bingo 1 p.m. ____ Th. 10/2

Hebron Harvest Fair 1 p.m. ____ Fri. 9/5

Trusts Presentation 10 a.m. ____ Tues. 9/9

Woodland Gardens Fall Flower Project 9:30 a.m. ____ Th. 9/11

Senior Appreciation Lunch 12 p.m. ____ Th. 9/18

Galapagos Islands Presentation 10 a.m. ____ Tues. 9/23

Flanders Fish Market 10:30 a.m. ____ Th. 9/25

Shop Rite Dietician 10 a.m. ____ Tues. 9/30

Mystery Trip 11 a.m. ____ Th. 10/9

Basil's Restaurant 11:30 a.m. ____ Th. 10/16

Gina Marie's Restaurant 9:15 a.m. ____ Th. 10/23

AARP How to Detect Fraud 10 a.m. ____ Tues. 10/28

Halloween Party 12 p.m. ____ Th. 10/30

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.

KEEP THIS COPY: Bolton Senior Center Registration Form

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