
Bolton Senior Center

Prime Time: Online

Wednesday, September 16, 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,

This weekend is the celebration of Rosh Hashanah for our Jewish friends and neighbors; it begins at sundown on September 18. The name translates to “head of the year” and is a time of reflection and repentance as it leads to Yom Kippur. Among many other traditions, there is a practice of dipping apples in honey to symbolize the hope for a sweet year to come. This feels especially significant this year! We all truly need a sweet year to come!

Stay Safe,

Carrie

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

Finally – 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 Road School (108 Notch Road) on November 3, 2020 from 6am until 8pm.

For those wishing to vote by Absentee Ballot: Every registered voter will be receiving an absentee ballot application in the mail, along with a return envelope. *The applications are expected to be sent out in mid-September.*

If you wish to vote by absentee, make sure to get the completed, signed and dated application to us as soon as possible, since it is our office that will be issuing you the ballot. We encourage you to use the secure ballot drop box near the entrance to town hall, OR the drop slot at the Tax Collector's door for the return of the applications.

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.

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.



Aloha

Join the Bolton Senior Center

DRIVE-BY LUAU CELEBRATION

Wednesday, September 30th From 12:00pm-1:00pm
at the Bolton Senior Center Parking lot, 104 Notch Rd, Bolton,CT
Rain date: Thursday, October 1st



We miss you here at the Bolton Senior Center! To celebrate September being National Senior Center month, we are hosting a FREE drive by special Luau Parade!

Drive by in your car - We will be handing out a yummy meal, some prizes and treats, games, and more! You can dress up to theme, and even decorate your car if you are feelin' festive!

Reservation by 9/23 is REQUIRED
Call 860-647-9196 or email
scrane@boltonct.org

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

Bolton 9/11 Commemorative Ceremony

The Bolton Volunteer Fire Department held a 9/11 Commemorative Ceremony virtually this year due to the COVID-19 virus. This ceremony featured the music provided by the Bolton High School and Bolton Center School music programs, with guest speakers First Selectman Sandra Pierog, State Senator Steve Cassano, Pastor William Olesik, and Fire Chief Bruce Dixon

This ceremony will be aired on the Community Voice Channel, Comcast Channel 1070 and Frontier Channel 6013, in Andover, Bolton, Ellington, Hebron, Marlborough, Tolland and Vernon, CT at the following schedule:

September 20th: 1pm,
September 27th: 11am,
September 29th: 9:30am

This ceremony is also available on the CVC website, <https://www.cvcct.org/> on demand.

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!



New Program: Virtual Coffee & Conversation with Stephanie

Topic: Senior Center Weekly Coffee & Conversation with Stephanie
Time: Thursdays, starting Sep 17, 2020 11:00 AM Eastern Time (US and Canada)

How to use Zoom:

Before joining a Zoom meeting on a computer or mobile device, you can download the Zoom app from Zoom's Download Center. Otherwise, you will be prompted to download and install Zoom when you click a join link.

Each meeting has a unique 9, 10, or 11-digit number called a meeting ID that will be required to join a Zoom meeting. If you are joining via telephone, you will need the teleconferencing number provided in the invite.

- 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

When you join the meeting, you will be asked if you would like to join with video and audio, you can choose whether or not you would like us to see you- you can always join without video! However, In order for us to hear you, your audio will have to be on. Once you join, you can wait in the "Meeting room" until I let you in! From there we can chat, catch up, and hear what everyone has been up to!

BOLTON RECREATION DEPARTMENT

7th Annual Town-Wide Tag Sale

Do you have an excess of clothing, shoes, handbags, jewelry, furniture, and/or toys that are not being used, but rather are taking up space in your garage, basement and closets?

Be a part of the TOWN WIDE tag sale!

You host it and we will promote it!

Saturday October 17, 2020

There is no rain date for this event; however you are welcome to set up Sunday as well.

LOCATION: YOUR YARD TIME: 8am to 3pm FEE: \$20

Bolton Recreation will do the advertising for you, each participating home through contactless pick up will receive a road sign and a stack of tag sale maps, electronic copy of sign can be emailed for you to share online as well. Reach more people and join your neighbors for a fun day!

Registration Deadline

Please **register your tag sale NO LATER THAN October 7, 2020** This give us adequate time to compile the list of tag sales, and set up a time with you to pick up your sign! Interested in having a tag sale? Register online today!

To register go to <https://boltonrec.recdesk.com>

Select the programs tab at the top (or left hand side of the web page depending on your device) and chose online registration. From there you will be asked to log in or create an account and the site will walk you through the registration and payment steps.

COVID adaption-

All participants are required to keep all items for sale outdoors (no one is allowed to use the inside of their house or garage to sell out of). Everyone should wear a mask even if outdoors when they are unable to keep a minimum of 6 ft distance. It is highly recommended that all tag sale hosts wear gloves when exchanging items for money and hand a hand washing station or hand sanitizer close by for use.



Be on the Lookout: Contact Tracing Scams

Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19,
- Helping people who may have been exposed to COVID-19 get tested, and
- Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 infection to others.

Real Contact Tracers will:

- Be state or local Department of Health employees or their contractors,
- Ask about your personal symptoms to gauge for possible COVID-19 infection,
- Ask about others you may have come into contact with recently,
- Be able to refer you to other medical and social resources, and ask whether you have insurance so they can connect those who are not insured with resources.

Red Flags that it is a scam:

- Asks for specifics about your health insurance, like your Medicare number,
- Claims they need a credit card or cash to pay for a COVID-19 test, or
- Wants your personal information to help you set up a COVID-19 test.

Be on the Lookout: Eversource Scams

There are scams going around about Eversource, where people are getting called and told that your bill is unpaid and that you will be shut off. The scammer may demand to install a new meter and threaten to shut off power if not immediately paid a certain amount of money.

Real Eversource contacts will:

- They will never call, they always send a letter
- Your utility will never ask for instant payment and cannot threaten shutoff without prior written warning.

Red Flags that it is a scam:

- During the phone call they collect information for payment which is giving them access to your money – never give someone your payment information over the phone.

60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1960's song.

M S E D U J Y E H R R E X O B E H T Y
 S S W I L D T H I N G W I P E O U T K
 T I M Z B C E C Y L E G N A N E E T O
 H K Y Z R C R N E E Y A W A N U R O O
 E T G Y D V A Y O P S B U S S T O P P
 S S I W O A L R I T S T E L P A S O S
 E A R N W L O Y A N S E E O M Y G U Y
 E L L S N L V U V M G E R R K E R G H
 Y W H I T E R A B B I T V R D F O P S
 E B B H O R T F P N A A A L C A U N I
 S L A P W I E E I T G P Y I A P Y I R
 L U B M N O O V S N O Y T A P G S V E
 E E Y E V P O I A O G Y R Y D O E O H
 L V L M L O W G C W Z E L R U I S L C
 E E O E R T N Y E A T O R L E D L D L
 N L V G E I H Y R R V A M T R H D O A
 O V E H A C U C G E I A E O I I S O H
 R E T H T W I N D Y N F W H H P A G T
 E T C I E B L U E M O O N Y A T S H R

BABY LOVE
 BLUE MOON
 BLUE VELVET
 BUS STOP
 CARA MIA
 CHAIN GANG
 CHERISH
 CRAZY
 CRYING
 DIZZY
 DOWNTOWN
 EL PASO

ELENORE
 FINGERTIPS
 FIRE
 GALVESTON
 GOOD LOVIN'
 GROOVIN'
 HAIR
 HEATWAVE
 HEY JUDE
 HOLIDAY
 ITCHYCOO PARK
 LAST KISS

MEMPHIS
 MY GIRL
 MY GUY
 PEOPLE
 PUPPY LOVE
 RESPECT
 RUNAWAY
 SHERRY
 SOUL MAN
 SPOOKY
 STAY
 SURF CITY

TEEN ANGEL
 THE BOXER
 THE TWIST
 THESE EYES
 VALLERI
 VOLARE
 WHITE RABBIT
 WILD THING
 WINDY
 WIPEOUT
 WORDS
 YESTERDAY

Bolton Recreation Department Scarecrow Contest 2020!

The time has come for the Annual Scarecrow Contest!

The Bolton Recreation Department will provide the space for the scarecrow as well as the stake for the scarecrow. Each family/group will receive a number in which your scarecrow will be placed on. Set up will be set for the weekend of October 9 - 11. All Scarecrows must be on the Town Green on your stake by the end of the weekend.

Scarecrows will be left up for the community to see until the weekend of November 7. Judging and voting will be taken during this time with prizes for the top three winners at the end.

If you would like to register to create a scarecrow, you can go to <https://boltonrec.recdesk.com>

Cost: \$20.00

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

September 23, 2020 @ 7PM AARP CT Webinar Wednesday: Caregiving & Multigenerational Living Options in the Age of Coronavirus Pandemic: Ira Yellen, creator of The Aging in Place Essential Toolkit™, Jenny Smith, owner of Acuity Public Relations, LLC, & Alan Hanbury, President of House of Hanbury Builders, Inc., and a Certified Aging in Place Specialist will present an interactive program highlighting trends in multigenerational living, designing for aging in place, and caregiver considerations when planning for the future. Topics covered: Multigenerational planning; Guidance on selecting a Certified Aging in Place remodeler and Making the home safe and secure. Reg: <https://aarp.cvent.com/CareLivingSept23WW>

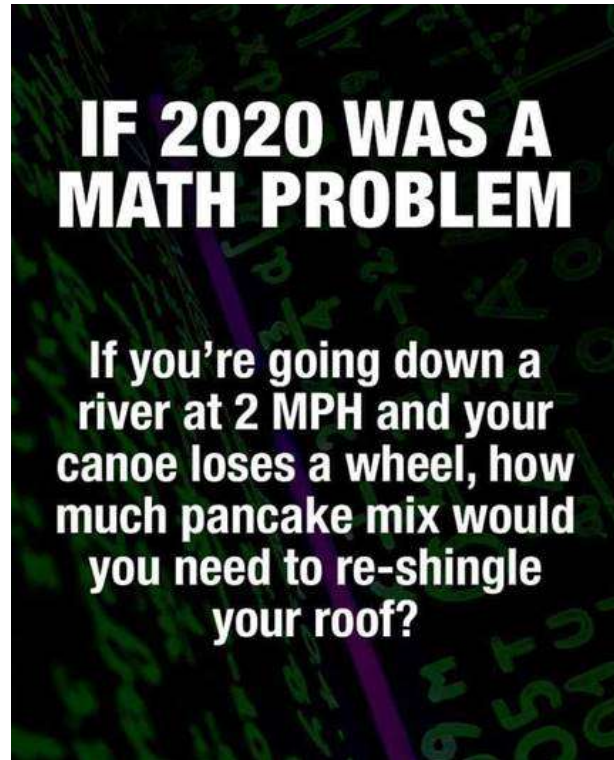
September 24, 2020 @ 10AM Easy Tech: Using Smartphones & Devices to Stay Connected: Get the most out of your smart phone – texting, virtual medical visits, shopping & more: Registration: <https://aarp.cvent.com/d/x7qwnl/>

September 25, 2020 @ 10AM AARP Fraud Watch Network's: Fraud Fighting Fourth Fridays - Powered by AARP CT & CEJC: AARP CT & the Coalition for Elder Justice in CT have joined together to offer conversations the 4th Friday of every month on how elder justice advocates are working on your behalf to protect individuals and their families from becoming victims of financial exploitation and other forms of elder abuse. Join us to learn new tips and tools on prevention and how you can learn more about the organizations that fight crime on your behalf. Registration: <https://aarp.cvent.com/4thFriSept25>

September 28, 2020 @ 12PM AARP CT Presents: Mondays at Mystic Seaport: The Gerda 111 Story: Mystic Seaport Museum volunteer and researcher Howard Veisz shares the extraordinary story of Gerda III, a wooden boat built in 1926 to re-supply offshore lighthouses along the Danish coast. During the Nazi occupation of Denmark in World War II, she took on another cargo: clandestine groups of Jewish refugees that she transported to freedom. The session will conclude with a live Q&A with Howard and museum staff. Registration: <https://aarp.cvent.com/MysticMonSept28>

September 30, 2020 @ 1PM AARP CT Webinar Wednesday: The Emotional Lives of Persons with Dementia and Their Care Partners This conversation offers participants with the latest science of how emotions influence health for persons with dementia and their care partners. Joan K. Monin, PhD, Associate Professor at Yale School of Public Health, will discuss effective ways in which care partners can manage their negative emotions and increase positive emotions with benefits for quality of life. Reg: <https://aarp.cvent.com/Sept30MoninWW>

Light Laughter with Lynn



Interesting Facts about Grapes

1. Grapes are actually berries. According to Dictionary.com, the word "berry" actually meant "grape" in Old English. Today, a grape is still defined as a type of berry in botanical terms.
2. Table and wine grapes are different. Table grapes, or those you eat raw, have a thin skin, and over the years, farmers have bred them to be seedless or have very small seeds. Wine grapes, on the other hand, are smaller and have thicker skins and lots of seeds.
3. Most researchers believe grapes are at least 65 million years old. Some of today's grape varieties are direct descendants of these ancient grapes. It is also believed that the oldest known cultivation of grapes by people occurred about 8,000 years ago in the country of Georgia.
4. It is estimated that there are more than 8,000 different grape varieties known to scientists.
5. One cup of grapes, is about 100 calories. Grapes have an equal amount of both glucose and fructose, are rich in vitamin K and C and are a good source of dietary fiber.
6. It takes about 2.5 pounds of grape for the production of one bottle of wine.
7. Wine grapes are sweeter than table grapes. The reason wine tastes far less sweet than table grapes is because the residual sugar of the grapes is fermented into alcohol, leaving only a small amount of sugar behind.
8. America also has its own native grape species like Concord grapes as well as *Vitis riparia* (the rootstock upon which European vines are now grafted), and *Vitis rotundifolia*, which are used to make Muscadine and Scuppernon wines in the American South.
9. Grape skins naturally host yeast. The amount and type of yeast varies with the type of grape and its growing conditions. According to a study published in the journal *Microbial Ecology*, the riper the grape is, the more yeast is growing on it. This may account for why ancient people began to use this type of fruit to make wine.
10. Grape seeds are packed with vitamins, polyphenols, minerals and healthful oils. You have to eat them raw and fresh without roasting, boiling or salting. Grape seeds also contain oils which are used in the cosmetic industry for the manufacture of skin-care products.
11. Grape vine leaves are also edible. Picked fresh and then steamed, they are used to wrap rice and meats. It's a traditional part of Greek and Lebanese cooking.
12. Grapes with black skins are dried to make raisins, whereas sultanas (Thomson) are dried from small seedless green grapes. In the US all dried grapes are called 'raisins'. Raisins contain only 15% water and is a good source of iron.

13. During prohibition, grape farmers would make semi-solid grape concentrates called wine bricks, which were then sold with the warning “After dissolving the brick in a gallon of water, do not place the liquid in a jug away in the cupboard for twenty days, because then it would turn into wine.”
14. In Spain, people celebrated the New Year by eating a grape and making a wish at each stroke of the clock at midnight. It is thought that the grapes will bring you 12 months of good luck.

Joke

A guy walks into the doctor’s office. A banana stuck in one of his ears, a cucumber in the other ear, and a grape stuck in one nostril. The man says, “Doc, this is terrible. What’s wrong with me?” The doctor says, “Well, first of all, you need to eat more sensibly.”

5 MINUTE GRAPE SORBET

3 cups Green Grapes (red or purple may also be used)

Sugar or Honey, to taste

1 tsp Lemon Zest, finely grated

1 tsp Lemon Juice

Step 1: Freeze the grapes

Remove the grapes from the stems and arrange them on a plate or baking sheet in a single layer. Freeze until they’re solid, which should take at least 4 hours. Don’t forget to wash them first!

Step 2: Blend the ingredients

In a food processor, puree the frozen grapes, scraping down the sides of the processor as needed. Add the remaining ingredients, and continue to puree until everything is smooth. Once everything is blended, it’s ready to enjoy!

Using different fruits

If you’re wondering if you can use different fruits in this recipe, the answer is a big YES! You can essentially turn any fruit into a delicious ice cream-esq sorbet by following the same method as used in this recipe. And, for a quick and easy hack, use pre-frozen fruit! You can grab a bag of frozen mangoes, strawberries, pineapple, blueberries, peaches, etc. from your local grocery store to make sorbet as soon as you get home.

-The Bolton Senior & Social Services Staff