
Bolton Senior Center

Prime Time: Online

Wednesday, September 23rd, 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,

Happy fall! The mums are just starting to bloom, the pumpkins have arrived and it is definitely much cooler in the morning! Ten years ago we happened to be visiting some family friends in the town of Half Moon Bay, California at this time of year. Half Moon Bay is located just south of San Francisco. In that area, the weather is 60 degrees and foggy all year long. Even though it is a region known for growing pumpkins, it is otherwise very hard to tell the passage of the seasons in a place where the weather never changes. We discovered during that trip that their family has a tradition called Fall Dinner. Every year on the first day of fall, they decorate the table and have a delicious feast of many fall favorites. It isn't quite the same foods as Thanksgiving, but certainly a mix of comfort foods like potatoes, roasted vegetables, etc. We felt honored to participate in their tradition and since then have tried to have a Fall Dinner of our own so we could celebrate with them from afar. One of our favorite sides to serve is sweet potatoes and golden delicious apples. What kinds of unique traditions does your family have that aren't generally celebrated by anyone else?

Be 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

In Remembrance

We are sad that Jim Gabriel from Manchester passed away. He drove the ladies to setback, helped set up and was the sweetest guy. We are thinking of his family during this difficult time.



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: The applications are expected to be sent out in mid-September. 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.

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.

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.

Senior Shout Outs!

Irene Bavier says hello! She is thinking of you and hopes everyone is doing well!

Thanks Irene, we miss you! 😊

Jokes from Myrle

Myrle Goff sent in some hilarious jokes that were found in the 1925 Holstein Friesian World Magazine...

When Freddy came home from school he was crying. "Teacher whipt me because I was the only one who could answer the question she asked the class" he wailed.

Freddy's mother was both astounded and angry. "I'll see the teacher about that! What was the question she asked you?"

"She wanted to know who put the glue in her ink bottle."

A Philadelphia man called a bird store the other day and said: "Send me 30,000 cockroaches at once."

"What in heavens name do you want with 30,000 cockroaches?"

"Well," replied the householder, "I am moving today and my lease says I must leave the premises here in exactly the same condition in which I found them."

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.

All 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.



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!

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 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

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.



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 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>

October 7, 2020 @ 7PM AARP CT Webinar Wednesday: Work at Age 50+: Strategies for a Successful Job Search: Work at Age 50+: Strategies for a Successful Job Search Workshop Participants will hear briefly about the essentials any 50+ job seeker must consider and highlights the free resources available from AARP and others. Specific focus areas include digital and social media platforms, personal branding, networking and age-proofing your resume. Registration: <https://aarp.cvent.com/JobsOct7WW>

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.

Light Laughter with Lynn



why couldn't the green pepper practice archery?



...because it didn't habanero



Interesting Facts about Cheese

1. Archaeological surveys show that cheese was being made from the milk from cows and goats in Mesopotamia before 6000 B.C. Also, murals found in Egyptian tombs from 4,000 years ago show cheese and the art of cheese making.
2. Cheese was probably created by accident. Legend has it the first cheese was made by storing milk in a container lined with an animal's stomach. An enzyme from the stomach caused the milk to separate into liquid (whey) and solids (curd).
3. It takes 10 pounds of cow or goat milk to make just 1 pound of cheese. It takes 6 pounds if you're using sheep's milk. Cheese can be produced using a variety of milk including cow, buffalo, goat, horse, and even camel. There are about 2,000 varieties of cheese.
4. Because of safety concerns related to bacteria, the FDA has banned certain cheeses from entering the United States. These include cheeses made with raw milk and aged under 60 days.
5. Storing cheese in caves, whether natural or man-made, helps to age them and imparts another level of flavor. Caves are cool and humid, which is exactly what cheese needs to age properly. European cheesemakers used natural caves before we had modern refrigeration.
6. Despite popular belief, mice actually don't like cheese. Sure, they'll eat cheese if it's the only thing around but they don't particularly love it. They prefer sweets and carbs.
7. If a cheese is named after a city, it's capitalized. Examples include Asiago, Brie, Camembert, Gouda, Gruyere and Parmesan. Cheeses that aren't capitalized include cheddar, feta, fontina, mozzarella and provolone.
8. Curd sizes yield different types of cheese. Large curds yield softer cheeses, such as ricotta and mascarpone. Small curds yield hard cheeses like Parmesan and Romano.
9. Cheese wheels exist for a reason: traditional European cheesemakers realized they could roll their wares around instead of trying to carry it all. In addition, forcing cheese into a tight, round shape produces sturdier cheeses, and cylindrical cheeses are less likely to become overripe.
10. People who love cheese are called turophiles.

Cheese Jokes

Why was the cheese monger lopsided? He only had one Stilton.

Did you hear about the explosion at the cheese factory? There was de brie everywhere!

Why didn't the cheese want to get sliced? It had grater plans.

What's the best cheese to tempt a bear out of the woods? Camembert.

What cheese is made backwards? Edam.

Joshua Weissman's Mac n Cheese

Ingredients

- 1 box pasta shells
- 1/3 cup butter
- 1/3 cup AP flour
- 3 cups milk
- 1 cup heavy cream
- 3 cups fresh grated cheddar
- 3 cups fresh grated gruyere
- nutmeg
- 3/4 panko
- 1 cup parmesan
- 1 cup zaatar
- 4 tbsp. melted butter
-

Steps

1. Cook Pasta
2. melt 1/3 cup butter in pot then whisk in flour to make roux
3. whisk in 3 cups milk *slowly*
4. Add heavy cream and heat till thickened
5. Add 4 cups of cheese, nutmeg and salt. then mix in pasta
6. add half mac and cheese to oven pan, then add the rest of cheese, then top that with the rest of your pasta mix
7. mix panko, 1 cup parm, 1 cup zaatar, and 4tbsp melted butter and top mac and cheese
8. put in oven @ 350 for 25-30 min

Enjoy! ☺

Take a Deep Breath with Steph

Happy Fall everyone! This is my absolute favorite time of the year. The air is cool, the leaves are changing, and everything is bright and colorful. Not to mention, all of the yummy fall treats like warm apple cider, or fresh pumpkin pie! Autumn always makes me want to grab a good book, and sit outside under a warm fluffy blanket- complete with a hot drink and some fuzzy slippers. This week, try to ponder on some of your favorite days you have had during fall. Was it a chilly night curled up by a crackling fire, chatting with friends or family? What about a sunny afternoon walk through an apple orchard as you pick crisp apples? It might even be a long drive on a lazy Sunday with the windows down and the music playing. Whatever your happy autumn memory might be- picture it in your head, and try to put yourself back in that happy space. Enjoy the next weeks to come!

“I loved Autumn, the one season of the year that God seemed to have put there just for the beauty of it.”– Lee Maynard

-The Bolton Senior & Social Services Staff