
Bolton Senior Center

Prime Time: Online

Wednesday, September 2, 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](https://town.boltonct.org/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19%20Bolton%20Operations%20Manual%208.1.2020.pdf)

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Director's Note

Dear Senior Center Friends,

Happy September! September is National Senior Center Month. This year's theme is "Senior Centers: Delivering Vital Connections." This year we have had to get creative with our connections, with our families, friends, and within this community.

Think of someone special to you – the first person who pops into your head. Now I once again encourage you to connect with them – by phone, by letter, by email – whatever is easiest for you. Maybe they didn't need a pick-me-up right that second, but chances are they did. It is so easy to stay in our own isolated worlds and a little effort can go a long way.

On another note – you may have noticed the teal ribbons around town. In September we turn the Town Teal – which is a national campaign to raise awareness about ovarian cancer. This is especially poignant for us this year as many of you know we lost a dear friend of the Bolton Senior Center a few months ago. Know the symptoms and always report any health change to your medical professionals.

Be well and stay safe,

Carrie

p.s. Today my someone special is Stephanie – HAPPY BIRTHDAY!!!

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

New! The Town of Bolton has a new easier-to-remember website! You can now find Town information at: town.boltonct.org. Please note: At the moment there is an issue where it states “Your connection is not private.” The website can be accessed by clicking “advanced.” This should be corrected very soon.

While you are checking out the Town website – check out the brand new A to Z Guide! It includes many topics from AARP to the Zoning Board of Appeals and everything in between. If there is something you can't seem to find, let us know and we will add it!

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: The Secretary of the State has informed us that 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 drop slot at the Tax Collector's door for the return of the applications.

Please be patient since we expect a large number of requests and are a small staff. 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 our office. This will ensure that we receive your ballot in a timely manner.



Foodshare Update

Our friends at St. George's Foodshare have spent the summer in the Bolton Center School parking lot. They have returned to St. George's parking lot. Foodshare is available from 10 a.m. to 10:30 a.m. and is for anyone in need, no identification required. The next date is September 15. Please be cautious when entering and exiting the parking lot due to increased traffic.

Shout Outs

Dorothy Krause asked that we let everyone know she is doing fine, has a lot of people looking out for her and is thinking of everybody!

Thank you for reaching out Dorothy! We miss you!

Senior Center Programs across the State

- Fairfield Senior Center invites you to join them on Zoom for a program they are bringing back by popular demand called Stories from the Attic.

The search and discovery of little known nuggets of history is what speaker Greg Van Antwerp has turned into a series of presentations called “Stories from the Attic.” He calls himself an “Urban Archeologist” as he digs up stories, artifacts and more. He says, “History is hiding everywhere.” Greg is a board member of the New Milford Historical Society (more about him can be found at www.foundastory.com).

This presentation will be Wednesday, September 9 at 3 p.m. on Zoom. To join in, let Bolton Senior Center staff know you are interested and we will get you the information to participate.

- West Hartford Senior Center has virtual line dancing every Wednesday at 11:00am! To register email lisa.hanse@westhartfordct.gov.
- Lyme Public Library is having a guest speaker, Endre (Andy) Sarkany, Holocaust Survivor via Zoom at 7:00-m on Tuesday, September 22nd. To register call the Lyme Public Library at 860-434-2272 or email programreg@lymepl.org you must register to receive an invitation to join!
- Join West Hartford Senior center at 11:00am on Tuesday September 29th for a Musical Morning-Virtual Sing a Long and Treats, to register email lisa.hanse@westhartfordct.gov, one week in advance.
- Glastonbury has 1:00pm Virtual Games every Monday, to register as an individual or team email norma.carey@glastonbury-ct.gov.
- Brookfield is having a program at 12:00pm on Friday September 18th titled “Owls: What’s all the Screeching about?” To register email adizemann@brookfieldct.gov or emelville@brookfieldct.gov
- Wethersfield is having a program at 1:00 pm on Tuesday September 29th, called “New Apps on iPads and iPhones”, to register call 860-781-0300 or email amy.miller@wethersfieldct.gov (A. Miller not available Sept 9-20th)

Free AARP Events

LinkedIn for Experienced Workers and Encore Career Seekers:

September 9, 2020 @ 7 – 8:30 PM Registration: <https://aarp.cvent.com/LinkedSept9WW>

Register for one of the times above to participate in this 90-minute session to learn best practices to create and manage a personal profile page, reflecting the experience gained in previous careers. Learn about networking, improve career opportunities, and self-branding.

September 16, 2020 @ 1PM AARP CT Webinar Wednesday: “Gen Silent”: Join us for a screening of the documentary “Gen Silent” to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this landmark movie has inspired a world-wide movement of LGBT & aging advocates to create safe & welcoming community experiences for older adults and caregivers. Registration: <https://aarp.cvent.com/GenSilentSept>

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 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>

19th Amendment Presentation

Originally the Bolton Historical Society had scheduled a presentation about the passage of the 19th Amendment to the US Constitution in August. The seminar was to go to be presented by Senator MaryAnn Handley.

Because of the pandemic the presentation was cancelled. However, the good news is that the Manchester Historical Society filmed MaryAnn's presentation on Women's Suffrage last Fall and Susan Barlow, Manchester Town Historian and producer of the show has shared the video with the town!

Here's the link to that video:

<http://184.185.89.35/vod/2498-Manchester-Historical-Society-19th-Amend-Centen-Medium-v1.mp4>

The video is 1 hour and 2 minutes long. Enjoy ☺



Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER

FLYING NUN
FUGITIVE
GOMER PYLE
GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK

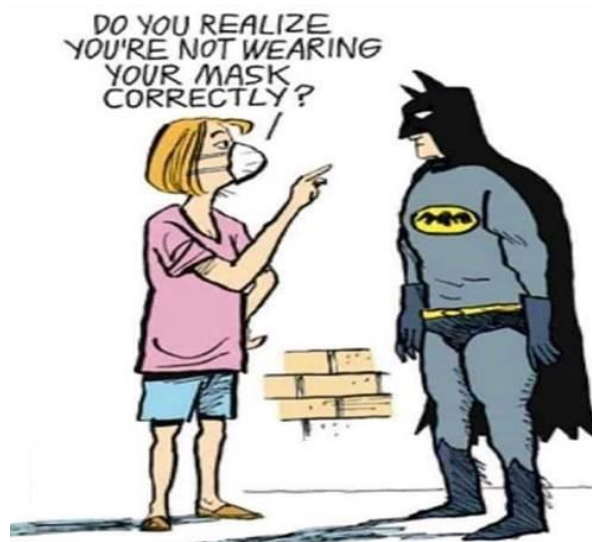
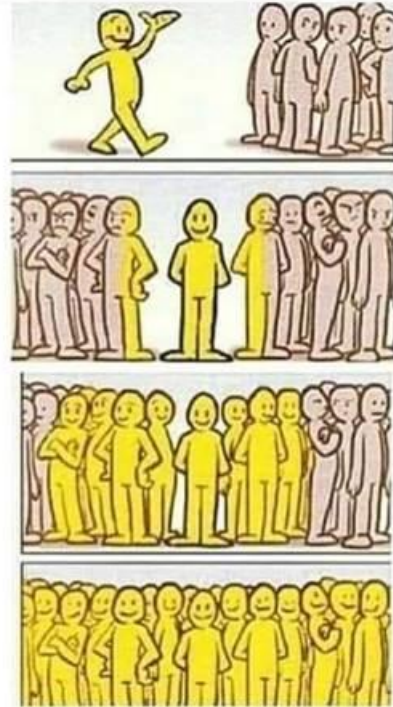
L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE
MEDICAL CENTER
MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN

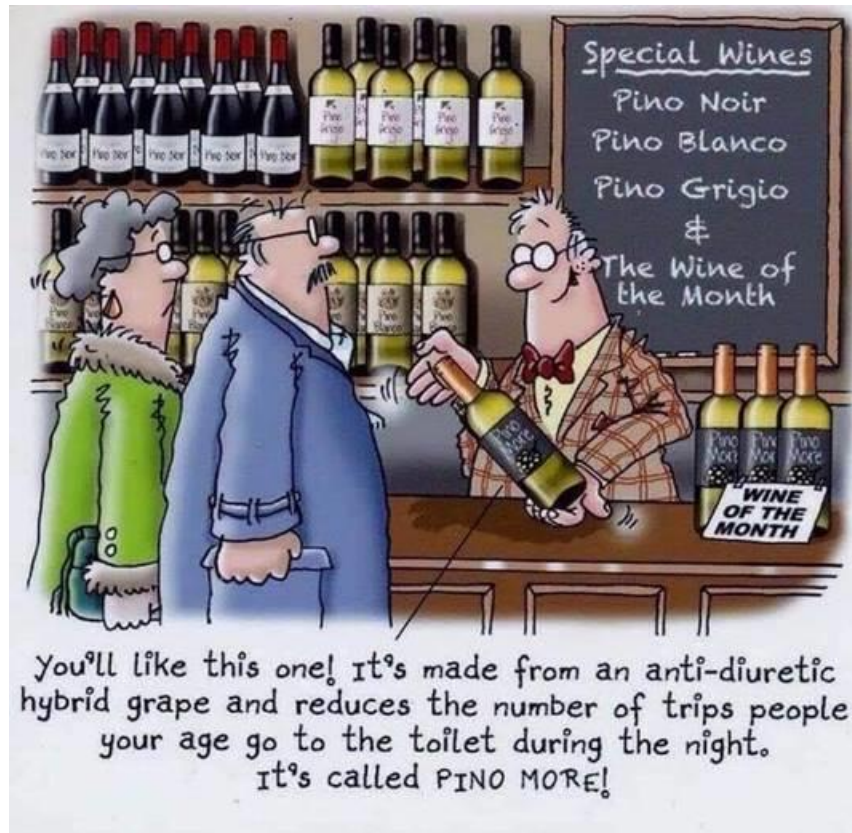
ODD COUPLE
PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S
COMPANY
WALTONS

Light Laughter with Lynn



This is how your light changes the world. ❤️





Fun Facts about Pie

- Historians have recorded that the roots of pie can loosely be traced back to the ancient Egyptians during the Neolithic Period or New Stone Age beginning around 6000 BC. The bakers to the pharaohs incorporated nuts, honey, and fruits in bread dough, a primitive form of pastry. Drawings of this can be found etched on the tomb walls of Ramses II, located in the Valley of the Kings. Ramses II ruled from 1279 to 1213 BC.
- Historians believe that the Greeks actually originated pie pastry. In the plays of Aristophanes (5th century BC), there are mentions of sweetmeats including small pastries filled with fruit.
- The Romans, sampling the delicacy, carried home recipes for making it (a prize of victory when they conquered Greece). The first pie recipe was published by the Romans. It was for a rye-crust goat cheese and honey pie. There's a recipe on the Epicurious website if you want to give it a try!
<https://www.epicurious.com/recipes-menus/first-pie-recipe-honey-goat-cheese-rye-article>

- The crust of the pie was known as “coffyn”. In as early as 12th Century England, pies made their debut and there was usually more crust than filling. Because the pies were often made using fowl, their legs were left to hang over the side of the dish to be used as handles.
- The first mention of a fruit pie in print is from Robert Green’s Arcadia (1590): “thy breath is like the steame of apple-pyes.”
- Oliver Cromwell banned the eating of pie in 1644, declaring it a pagan form of pleasure. For 16 years, pie eating and making went underground until the Restoration leaders lifted the ban on pie in 1660.
- Pumpkin pie was first introduced to the holiday table at the pilgrim’s second Thanksgiving in 1623.
- Pie was not always America’s favorite dessert – in the 19th Century, fruit pies were a common breakfast food eaten before the start of a long day.
- “As easy as pie” is an American expression. In the 1890’s, “pie” was a common slang expression meaning anything easy, a cinch; the expression “easy as pie” stemmed quite readily from that.
- 1 in 5 Americans have claimed to have eaten an entire pie by themselves.
- The wet bottom molasses pie, Shoo-fly pie, was used to attract flies from the kitchen.
- At one time it was against the law to serve ice cream on cherry pie in Kansas.
- Boston cream pie is a cake, not a pie.

Puddletown Poops Recipe

Are you intrigued and just bursting to know what the heck “Puddletown Poops” are, and why they are in any way connected to our Pie theme for this week? Well, you are in for a story. This recipe is from Stephanie’s Nana, who wrote this excerpt about it:

“Do you remember my much older sister Pauline? She was married to Web and his mother was “Clara”. Clara raised three boys and one girl. I’m guessing that she was a frugal homemaker. Folks did not run to the bakery or buy frozen pies in the late 1800’s and early 1900’s. Meals were assembled from ‘scratch’. For example - if you wanted chicken you would first catch one of your home raised chickens and wring its neck. You get the drift. Pie crust was likely made from lard and flour with a bit of salt. Clara used the scraps from her pie crust to make the ‘poops’ for her children and passed the recipe along. That is how Pauline learned to make them.

FYI - Lard is animal fat and I’m not sure which animal ‘rendered’ the best fat.

Now you are the next generation to know about Puddletown Poops. Love, Nana”



Puddletown Poops

** traditionally you would use scraps of homemade pie crust, so if you have a favorite pie crust recipe, feel free to use that instead of a store bought crust.

1. Spray a cookie sheet or line with aluminum foil
2. Unroll a pie crust (store-bought or homemade) onto cookie sheet
3. Brush melted butter onto pie crust and sprinkle liberally with cinnamon and sugar
4. Roll up pie crust to make a long “roll”
5. Cut roll into 1 inch length pieces
6. Brush very lightly with melted butter and sprinkle with cinnamon and sugar
7. Bake at about 400 degrees for 10-15 minutes or until golden brown

September Thoughts with Stephanie

It is finally September, and I am sure that I am not the only one who is thoroughly excited for fall to arrive! September is my favorite month, and it isn't just because it is my birthday month. September has always felt so peaceful and happy to me. The heat of the summer starts to fade, and the cool crisp nights of fall start to arrive. Everything becomes cozier, yet still comfortable. This year, despite the fear of Covid-19, I still can't help but feel absolutely excited for the leaves to start changing and for everything to become more vibrant! I found this lovely section of Lyrics from the song "Try to Remember" by Tom Jones and Harvey Schmidt that I wanted to share with you, as well as a poem by Emily Dickinson.

**"Try to remember the kind of September
When life was slow and oh so mellow
Try to remember the kind of September
When grass was green and grain so yellow
Try to remember the kind of September
When you were a young and a callow fellow
Try to remember and if you remember
Then follow--follow, oh-oh."**

- *Try to Remember*, Lyrics by Tom Jones and Harvey Schmidt

**"The last of Summer is Delight --
Deterred by Retrospect.
'Tis Ecstasy's revealed Review --
Enchantment's Syndicate.**

**To meet it -- nameless as it is --
Without celestial Mail --
Audacious as without a Knock
To walk within the Veil."**

- Emily Dickinson, *The Last of Summer is Delight*

Have an amazing week!!

- **The Bolton Senior & Social Services Staff**