

---

# **Bolton Senior Center**

## **Prime Time: Online**

---

Wednesday, September 30<sup>th</sup>, 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_Bolton_Operations_Manual_8.1.2020.pdf)

**Keep In Touch! (860) 647-9196**

**Director: Carrie Concatelli, MSW**

Email: [cconcatelli@boltonct.org](mailto:cconcatelli@boltonct.org) or [seniorservices@boltonct.org](mailto:seniorservices@boltonct.org).

**Administrative Assistants: Karen Frost & Pam Wentworth**

Email: [kfrost@boltonct.org](mailto:kfrost@boltonct.org), [pwentworth@boltonct.org](mailto:pwentworth@boltonct.org)

**Program Coordinator: Stephanie Crane**

Email: [scrane@boltonct.org](mailto:scrane@boltonct.org)

## Table of Contents

Director's Note .....	3
Senior Center Status .....	3
November 3, 2020 Presidential Election Information .....	4
Town Updates.....	4
FREE Zoom Zumba for seniors .....	4
2020 Flu Shot Clinics.....	5
Pen Pal Program!!.....	5
Save the Date: Halloween Drive by Event .....	6
Virtual Coffee & Conversation with Stephanie.....	7
Bolton Recreation Department Scarecrow Contest 2020! .....	8
Free AARP Events.....	10
Light Laughter with Lynn.....	11
Interesting Facts about Apples.....	12
Savory Apple Thyme Tart .....	14
Learning about October with Steph.....	15

## Director's Note

Dear Senior Center Friends,

A few weeks ago I told you that something was coming to the Senior Center. As some of you have guessed by now, it is a new Senior and Social Services Department sign to mark the entrance to the Senior Center/Notch Road Municipal Center parking lot. Thanks to the Bolton High School Class of 1990 and the Bolton Fire Department's Women's Auxiliary, the Bolton Fire Department are now the proud recipients of an electronic sign. As a result, we are proud to say that we are the recipients of the former Bolton Fire Department sign. This is very special as it was built as an Eagle Scout Project. The lettering on the "new" sign is being designed by a relative of a Bolton Senior! Our current sign will be moved closer to the building. We are happy that we can give a new life to the sign and use it to keep you informed about events all year long. Please join me in giving a very big thank you to Bolton Fire Department! We would also like to remind you that October 4-10 is Fire Prevention Week. In a year of particularly devastating forest fires, this is an important reminder that the dry conditions are very problematic so use extra caution. Plus, safety around the house is always important as well! Thanks BFD for your commitment to our community and your friendship with the Bolton Senior Center.

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](http://www.facebook.com/YogaWithLisaCT)

# 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.

- ❖ **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

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](http://cvcct.org). Send any information to [townadmin@boltonct.org](mailto: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](mailto:mrle99us@gmail.com) and provide her with their phone number. You can use any device to connect to Zumba class.



# 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.**

Adults of all ages 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](mailto: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.

## 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!

**If you are at all interested, please let us know, we have only had a few people contact us about pen pals, and we need a few more to run this program.**

## Save the Date: Halloween Drive by Event

Stay tuned for our next drive- by event- our Halloween Party! Drive by for some spooky fun, games, and Halloween treats on Wednesday, October 28th from 12:00pm-1:00pm at the Bolton Senior Center Parking lot! Dress up in your favorite Halloween Costume to win a cool prize!

For a little costume inspiration: check out some of the creative costumes from last year:



# Virtual Coffee & Conversation with Stephanie

**\*\* There will be NO Coffee & Conversation this week due to the Drive by Luau!**

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 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:





## 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.



# Free AARP Events

**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.

**Up close & Personal at CT's Beardsley Zoo – A 4-Part Series, October 2020**  
**10/1/2020 @ Noon: Animal Enrichment**

Animal welfare is a top priority at the Zoo, and that includes enrichment activities for everyone. Enrichment allows animals to be more active, gives them an interesting environment, and permits them to exhibit natural behaviors. Learn more about how Zoo staff works to stimulate our animals' senses and how it benefits them.

Registration: <https://aarp.cvent.com/Zoo1>

**10/8/2020 @ Noon: Animal Commissary**

You will be welcomed to the Zoo's Animal Commissary, where Zoo staff prepare all food and meals for each animal! Learn more about the diets of various animals, including how much they eat in a week, what the Zoo feeds the animals, and why. Registration: <https://aarp.cvent.com/Zoo8>

**10/15/2020 @ Noon: Animal Health & Wellness**

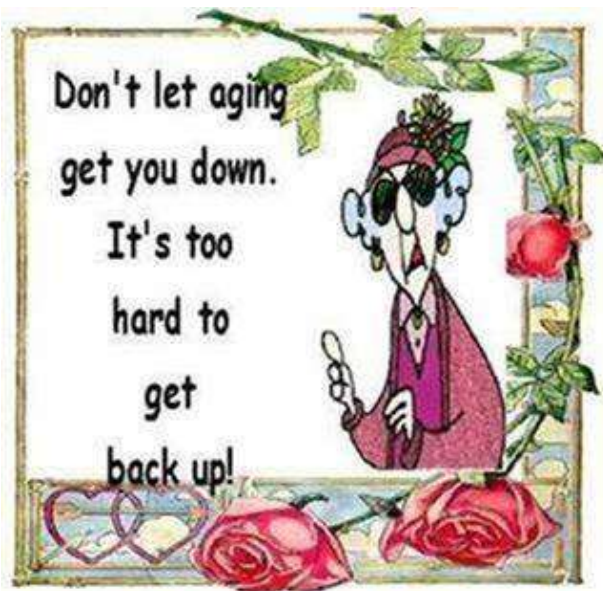
Just like people, animals at the Zoo go in for regular visits and check-ups at the Animal Clinic. Animals in human care have longer lifespans than animals in the wild, and that is due largely in part to the outstanding care they receive from Zoo staff. Learn more at this session about how they measure an animal's health, including how they train them to participate in their own wellness check. Registration: <https://aarp.cvent.com/Zoo15>

**10/22/2020 @ Noon: Endangered Species**

Connecticut's Beardsley Zoo has a proud history of almost 100 years as Connecticut's only Zoo. As an accredited member of the Association of Zoos and Aquariums (AZA) and participant in its Species Survival Plan (SSP) programs, they are committed to the preservation of endangered animals and are actively developing strategies that will protect species and preserve their wild habitats. At this session, Zoo staff will tie the previous sessions together (register separately for 10/1, 10/8, & 10/15) to show how everything they do at the Zoo actively works to protect endangered species around the world.

Registration: <https://aarp.cvent.com/Zoo22>

## Light Laughter with Lynn



**MY WIFE MADE ME  
COFFEE THIS MORNING  
AND WINKED AT ME  
WHEN SHE HANDED ME  
THE CUP.**

**I'VE NEVER BEEN MORE  
SCARED OF A DRINK  
IN ALL OF MY LIFE.**

# Interesting Facts about Apples

- Apples are a member of the rose family of plants, along with pears, peaches, plums and cherries.
- Apple trees can be grown farther north than other fruit trees because they bloom late in spring, minimizing the chance of frost damage. A standard-size apple tree starts bearing fruit 8-10 years after it is planted. Life expectancy for an apple tree is 100 years.
- At last count, more than 7,500 apple varieties have been identified worldwide; more than 2,500 varieties are grown in the United States – 100 of which are grown for commercial sale. The crabapple is the only apple native to North America.
- *Malus sieversii* is a wild apple, native to Central Asia, specifically to the **Tian Shan Mountains of Kazakhstan**, where they have been growing over millions of years and where they can still be found fruiting today. They are the ancestors of our modern apples.
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C. Charred apples have been found in prehistoric dwellings in Switzerland.
- The pale, lime green Lady apple is one of the oldest varieties of apple still available today. It was originally documented in early Rome (approximately 700 B.C.). It was first referenced as the 'Lady apple' in 1628 during the French Renaissance.
- In colonial times, apples were called winter banana or melt-in-the-mouth. The first American apple orchard was planted around 1625 by William Blackstone on Boston's Beacon Hill and the first apple nursery was opened in Flushing, New York in 1730.
- America's longest-lived apple tree was reportedly planted in 1647 by Peter Stuyvesant in his Manhattan orchard and was still bearing fruit when a derailed train struck it in 1866.

- Two pounds of apples make one 9-inch pie. It takes about 36 apples to make a gallon of apple cider and a bushel (about 42 pounds) yields 20-24 quarts of applesauce.
- Apples ripen six to ten times faster at room temperature than if they are refrigerated.
- Many apples after harvesting and cleaning have commercial grade wax applied. Waxes are made from natural ingredients.
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. One apple has five grams of fiber. **Most of the anti-oxidants in apples**, including Quercetin, are **found in the skin**.
- Apple juice was one of the earliest prescribed antidepressant.
- Apples can help you **improve your memory**. Apples contain **high levels of boron**, which stimulates electrical activity of the brain and increases mental alertness.
- The old saying, "An apple a day, keeps the doctor away." This saying comes from an old English adage, "To eat an apple before going to bed, will make the doctor beg his bread."
- If you've ever wondered why apples float it's because they're 25 percent air, giving us the ability to bob for apples in a barrel of water. Bobbing for apples started as a Celtic New Year's tradition for trying to determine ones potential future mate.
- In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it was her acceptance.



# Savory Apple Thyme Tart

## Ingredients

- 1 batch store bought or homemade pie dough (1 roll of store bought pie dough is enough for two individual 6 inch tarts)
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 1 small yellow onion sliced into thin rings
- ½ cup crème fraîche or sour cream
- 1 teaspoon Dijon mustard
- 1 cup shredded Gruyere cheese
- ½ tablespoon fresh thyme leaves chopped, plus more for garnish
- 1 apple cored and thinly sliced
- Salt and freshly ground pepper

## Instructions

1. On a lightly floured surface, roll out the dough and press into two six-inch tart pans, trimming off excess. Refrigerate until firm, about 30 minutes.
2. Preheat oven to 375°. Line the dough with parchment paper and top with pie weights or dried beans. Bake for 20 minutes. Remove the parchment and weights. Continue baking until the crust is golden brown and crisp, about 10 minutes more.
3. Transfer tart pans to a wire rack and let cool slightly. Reduce the oven temperature to 350°.
4. Meanwhile, make the filling: In a skillet over medium heat, melt the butter with the olive oil and swirl the pan to combine. Add the onions and cook until lightly browned and starting to caramelize, about 8 minutes per side. Remove from heat.
5. In a small bowl, stir together the crème fraîche and mustard and spread evenly over the crust. Sprinkle with half of the cheese and the thyme. Arrange the apple slices and onions on top. Sprinkle with the remaining cheese and season with salt and pepper.
6. Bake on the top oven rack until the pastry is golden and the cheese is melted, about 15 minutes. Let cool for 10 minutes, then garnish with thyme, cut into slices and serve.



## Learning about October with Steph

Tomorrow is the first day of October, and September has absolutely FLOWN by. Now that October is on the horizon, I thought it might be cool to learn a little more about this month and what it's all about. Originally, October was the 8<sup>th</sup> month in the early Roman Calendar- hence why it was named after "Octo" the Latin word for eight. In 713b.c, there was a calendar reform and two more months were created, causing October to be our 10<sup>th</sup> calendar month. This October is a "Blue Moon" Month- where we actually will have two full moons. The first is the Harvest Moon on October 1<sup>st</sup>, and the second "Blue Moon" is on October 31<sup>st</sup>- Halloween! I don't know about you, but I love that the spookiest day of the year this year is also a full moon!

Have you ever carved a pumpkin before? The practice of carving Pumpkins originated in Ireland, with "Jack-O-Lanterns". Legend says that a man named Stingy Jack invited the Devil to drink with him, but didn't want to foot the bill. He tricked the devil into turning into a coin to pay for the drink, and instead Stingy Jack kept the coin and prevented the Devil from being freed. Finally he freed the Devil, but again kept tricking the Devil. Once Jack died, God did not want such a trickster in Heaven, and the devil sure as heck didn't want him in Hell either. Jack was sent off into the dark to roam the world with only a coal to light his way, which he placed in a carved out turnip. The Irish used to put carved out turnips with scary faces on their porches and in windows to ward off sprits like Jack during the long fall nights. Once they immigrated to America, the Irish started to use pumpkins instead due to their size and availability.

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

