

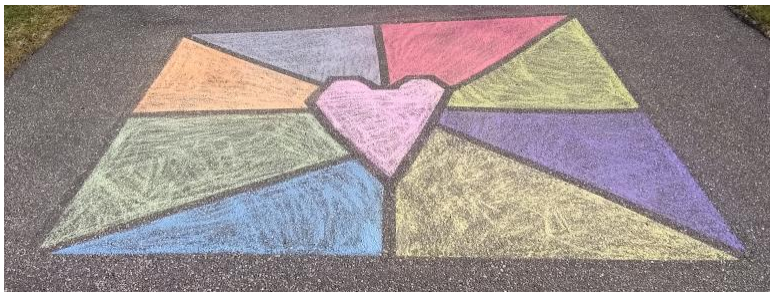
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# **Bolton Senior Center**

## **Prime Time: Online**

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Wednesday, September 9, 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,

Here we are at the sixth month mark of the Senior Center being closed. Now as you know, we are still here – but in a very different form. We miss all of you and miss our usual comradery!

As I speak with many of you, I know that some of you are living your life running errands with masks, some of you are barely leaving home, and some are in between. Some tell me they are frustrated that we can't reopen more, some want to stay away until there is a vaccine and some feel we should wait and see. I understand your frustration, your ambivalence, your wishful-thinking and everything in between! This year is a roller coaster of emotions for sure.

We know this time away has been a struggle and we hope we can bring some smiles and laughter and connection with your peers. That is a part of the Senior Center that is always there with or without a physical building. We may not be able to have some of our annual events this year but we are planning to present a few of them in an altered form. It is a year of patience and creativity!

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)

## 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](http://cvcct.org). Send any information to [townadmin@boltonct.org](mailto: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 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.

# Bolton 9/11 Commemorative Ceremony

This Friday, September 11, 2020 marks the 19<sup>th</sup> Anniversary of 9/11. The Bolton Volunteer Fire Department will hold a 9/11 Commemorative Ceremony virtually this year due to the COVID-19 virus. This ceremony will be featuring 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. It will also feature a number of historical photos.

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 11th: 3pm and 6pm

September 12th: 8:30pm

September 20th: 1pm

September 27th: 11am

September 29th: 9:30am

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

We will post this on many social media platforms, including the Bolton Fire Department, Town of Bolton, CT, and Everything Bolton Connecticut Facebook pages to name a few.

# 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!



## Send a birthday card to the oldest living WWII veteran in the US as he turns 111

Continuing with our Pen Pal theme, the oldest living World War II veteran is turning 111, and we get to join in on the celebration! Lawrence Brooks' birthday is on September 12<sup>th</sup>, and for the past 5 years, the National World War II museum has thrown him a party. This year, due to Covid, they are unable to do their usual celebration. Instead, this year they are asking Americans around the country to send Lawrence birthday cards!

To participate, send a card to:

The National WWII Museum  
c/o Happy 111th Mr. Brooks!  
945 Magazine Street  
New Orleans, LA 70130

To read more about Lawrence, check out this link:

<https://www.cnn.com/2020/09/05/us/oldest-living-wwii-vet-turns-111-trnd/index.html>

# 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!

# Free AARP Events

**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>



## 1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1950's song.

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R A V E O N I A R T Y R E T S Y M L I
D Y T S I M H O N K Y T O N K L E O L
O G N A J D A N I H C R A E S T N N E
N V L O N E L Y T E A R D R O P S L Y
N B E E Y R M M B T L S Q H G E H Y E
A L T F O A O D A E M B K E J U O Y L
S U O T I V D K N R L A M A I I U O D
N E O N E N E Y A E E L I U T Z T U D
O B Y I G F K Y R R S L E T R M U K I
T E T A I T Z E B E H U U N E A A S D
N R T V K A A T H O V R O U E N S H O
E R E E R E R L U T F E S Y S N I O B
E Y E C Q A T S L I K Y F A O I L U A
T H F D E U E Y T S G C S T D S A N B
X I H H H R I T Y G A C A I E H N D M
I L S W O O U L E A I L O M E B O D A
S L R C L T T P A T K D L A P O M O B
L I K E V O L E Y B E Y B Y S Y V G A
R I P I T U P E N I G H T T R A I N L
  
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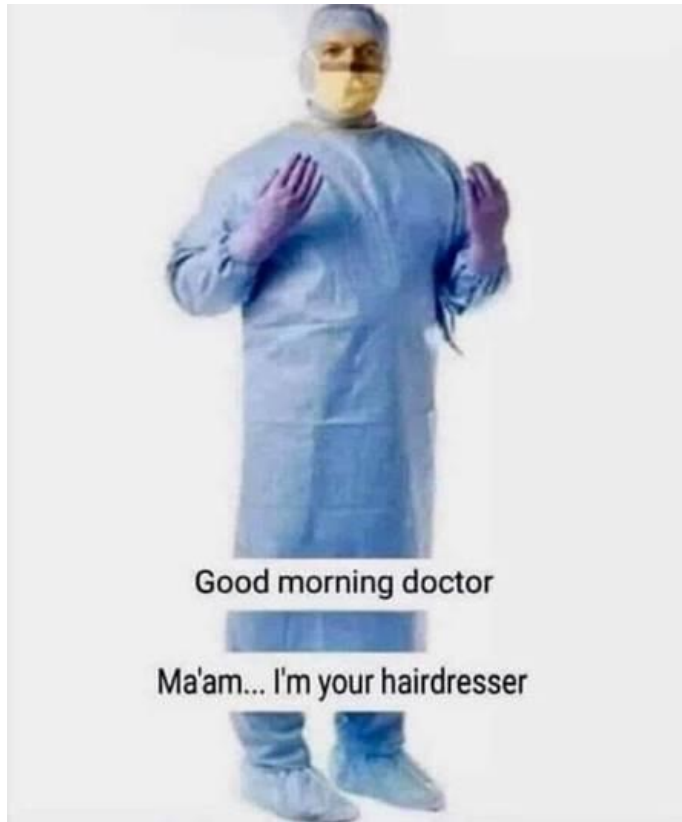
BLUEBERRY HILL  
BO DIDDLEY  
BYE BYE LOVE  
CRAZY ARMS  
DJANGO  
DONNA  
EVERYDAY  
FEVER  
HEARTBREAK HOTEL  
HONKY TONK

HOUND DOG  
JAILHOUSE ROCK  
KANSAS CITY  
LA BAMBA  
LONELY TEARDROPS  
LONG TALL SALLY  
MACK THE KNIFE  
MANNISH BOY  
MAYBELLENE  
MISTY

MONA LISA  
MOVE IT  
MYSTERY TRAIN  
NIGHT TRAIN  
ONLY YOU  
PEGGY SUE  
RAVE ON  
RED HOT  
RIP IT UP  
RUMBLE

SEARCHIN'  
SHOUT  
SIXTEEN TONS  
SPEEDO  
SUZIE Q  
TAKE FIVE  
TEQUILA  
TUTTI FRUTTI  
YAKETY YAK  
YOU SEND ME

## Light Laughter with Lynn



# Helen's Cool Garden

Bruce submitted some lovely photos of his Mother-In-law Helen Kurys's Garden!

"Helen states that she learned everything about gardening from her mother while living in Poland. She tends to this garden all by herself. Helen says that gardening is good therapy."

-Bruce Dixon







# Interesting Facts about Tomatoes

- Tomato plant originates from the family of Nightshade plants (potato, tobacco, chili peppers) from Central America. Tomatoes are the fruit of the tomato plant. It's thought that tomatoes originated in Peru, where their Aztec name meant, "plump thing with a navel."
- The first European who came in contact with tomato was Spanish conquistador Hernan Cortés in the Aztec city of Tenochtitlan. He brought its seeds back to Spain, where it was instantly introduced into regular diet of their soldiers and sailors.
- Tomatoes can keep longer if you store them with their stem down. Refrigeration decreases flavor and quality of tomatoes. Tomatoes rapidly lose their Vitamin C if sunlight can reach them while they are stored.
- Green tomatoes will ripen if you store them together with apples. Released ethylene gas will provide perfect conditions to ripen faster. If you don't have apples, you can loosely wrap them in newspapers and leave them for week or two.
- Americans obtain more vitamins from tomatoes than from any other vegetable. Average American eats around 24 pounds of tomato each year. In the last few years salsa has replaced ketchup as the top selling condiment in the United States.
- During 17th and 18th century, tomato fruits were often used in Italy as table decoration. During that time, Italian botanists created countless types of tomatoes via selective breeding. It is speculated that there is over 10,000 tomato varieties worldwide.
- 93% of American gardening households grow tomatoes! It's the most popular vegetable in the US. The heaviest tomato was 3.51 kg, the largest tomato plant reached 19.8 meters, and the biggest tomato tree managed to grow 32 thousand tomatoes that weight 522 kg.
- Tomato is called "tomate" in French and Spanish, "tomaat" in Dutch and "pomodoro" in Italian.
- The leaves of the tomato plant are toxic.
- The biggest tomato fight in the world happens each year in the small Spanish town of Buñol. The festival called La Tomatina, involves some 40,000 people throwing 150,000 tomatoes at each other.
- Tomatoes had always been considered as fruit but the confusion came when the Supreme Court of USA declared that tomatoes were vegetables. This happened

in 1890s and the purpose of declaring tomatoes as vegetable was nothing other than an issue with taxation.

## Fresh Tomato Salsa

- 1 medium onion, finely chopped
- 1 ½ stalks celery, minced
- 2 Tablespoons serrano peppers, seeded and chopped (wear gloves)
- 1 clove garlic, minced
- 4 medium tomatoes, chopped
- 2 Tablespoons lime juice
- 1 teaspoon mild honey or agave syrup
- 1 teaspoon chopped fresh basil (1/2 teaspoon dried)
- 3 Tablespoons chopped fresh cilantro
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder (mild or hot)

Mix everything together, adjust the seasonings to taste and enjoy!

**Note:** For those who don't care for a spicy salsa, this recipe works very well without the serrano peppers and with a mild chili powder.

**IF TOMATOES ARE A FRUIT DOES THAT  
MEAN KETCHUP IS A SMOOTHIE?**





# Squeezing the last bit out of Summer with Steph

Summer is fading, but not to worry, I found a homemade lemonade recipe that will help you “squeeze” the last bit out of summer!

## Ingredients:

- 1  $\frac{3}{4}$  cups white sugar
- 8 cups water
- 1  $\frac{1}{2}$  cups lemon juice

## Directions

1. In a small saucepan, combine sugar and 1 cup water. Bring to boil and stir to dissolve sugar. Allow to cool to room temperature, then cover and refrigerate until chilled.
2. Remove seeds from lemon juice, but leave pulp. In pitcher, stir together chilled syrup, lemon juice and remaining 7 cups water.



2020 has given us a lot of lemons this year, let's make some Lemonade. (And you know the Senior Center is famous for Lemonade ☺)

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