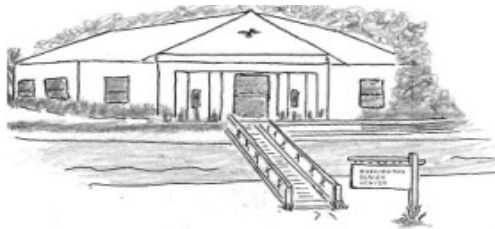


Washington Senior Center News



September – October 2012
Vol. 25 No. 5

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEONS



End Of Summer FUN!!!

**Hot Dogs & Hamburgers on the grill,
assorted salads etc....**

Wednesday, September 19 at noon.

Suggested donation \$5.00.

Reservations required.

ANNUAL MEETING AND POTLUCK LUNCHEON

**For the election of new members to the
Senior Center Advisory Board**

Wednesday, October 17

12 noon

at the Senior Center

All seniors are invited to the annual meeting and potluck luncheon. Please **sign up** to bring a dish or suggested donation is \$5.00. Dessert will be provided.

Guest speaker: Deborah Weymouth, the Executive Director and Senior Vice President of Operations at New Milford Hospital.

FLU CLINIC

Age 60 and over

Friday, October 19

10:00 – Noon

Sponsored by New Milford VNA

They accept Medicare, Anthem,
Connecticare, Health Net and Aetna
Bring Medicare or Primary Insurance Card
for photocopying.

NO PRE-REGISTRATION REQUIRED!!

**This clinic is for seasonal flu only.*

FREE HEARING SCREENING

Thursday, October 11 at 10:30

Scott Adamsons, Hearing Instrument
Specialist at Hearing Aid Specialist of
CT, will conduct a free screening at the
Senior Center. **By appointment only.**
Please call the Center at 868-0735 to
reserve a time.

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The Washington Senior Center News is published bi-monthly and is mailed to all known seniors in the town of Washington. Call the Center at 860-868-0735 for additions to the mailing list.

Contributions of articles or items for publication may be sent to the Senior Center at PO Box 352, Washington Depot, CT 06794, or emailed to seniors@washingtonct.org

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Betty Hinckley	
.....	
<u>Alternates</u>	
Diane Locke	Nicholas Rimocchi
.....	
<u>Ex Officio</u>	
Pam Collins	Mark Lyons

The Senior Center Advisory Board meets on the second Tuesday every other month. Attendance at the meetings is open to all.



Van Service for Seniors:

The van is available on Wednesdays and Thursdays; and for a monthly trip to the Danbury Mall. To reserve a seat, call the Senior Center at 860-868-0735, at least one day ahead. Upcoming trips to the Danbury Mall will be on Monday, September 10 and October 8.

Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Office hours: 9:00 to 12:00 and 1:00 to 4:00 on Tuesdays at the Senior Center..Call for an appointment. Phone: 860-868-0735

CHORE SERVICE

The Litchfield Hills Chore Service is available to help elderly and handicapped residents to stay safely independent and at home in the community. Chore Service workers provide light and heavy housekeeping, shopping, laundry, cooking, yard maintenance and minor home repairs.

Suggested Client Contribution is based on a sliding scale of monthly income, ranging from \$6/ to \$11/hour. (Residents below the age of 60, may also utilize this service, but will be required to pay the full cost (\$25/hour).

For more information on this service, call the Senior Center.

Heating Season Is Here Again.....

To apply or for eligibility information on the energy assistance program, call 868-0735.

BUREAU OF REHABILITATION SERVICES

BRS services are available to anyone who has a disability and wishes to work. They will assist with job placement, job training and college education at any state college (dependant on income criteria). ***This program allows persons with disabilities to be employed without risking eligibility for needed medical services through the Medicaid program.** The program also helps with assistive technology which is any device which helps an individual with a disability to maintain or improve their ability to function independently at home, work, school or in the community. For eligibility and more information, call 1-800-537-2549.

**Phone  Numbers Etc.
Town Officials**

Selectmen's Office 860-868-2259
Town Clerk 860-868-2786
Tax Collector 860-868-7796
Region 12
Superintendent of Schools 860-868-6100

**Connecticut Legislators
State House:**

69th Dist. Representative Arthur O'Neil (R)
House Democrats 1-800-842-1902
House Republicans 1-800-842-1423

State Senate:

30th Dist. State Senator Andrew Roraback (R)
Democrats 1-800-842-1420
Republicans 1-800-842-1421

State Attorney General

George Jepsen 1-860-808-5318
Web Site: www.cslib.orgattysen

United States Congress Representative

Chris Murphy 5th Dist. 860-223-8412
Web Site: www.house.gov/write.rep
e-mail: chrismurphy.house.gov

United States Senators

Richard Blumenthal 1-860-258-6940
Joseph Lieberman 1-800-225-5605
(Lieberman@Lieberman.senate.gov)

CHOICES: help with Medicare and related insurance questions: 1-800-994-9422



Senior Center Computer

A computer is available for Internet use and for individual instruction, please call to reserve a time.

Questions about using e-mail or the internet? The Senior Center Computer Club meets on the third Wednesday of the month at 2:00 p.m. for informal discussion and problem solving. All are welcome.

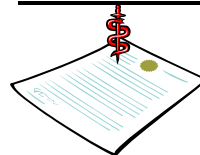
Web Sites of Interest:

- ❖ Find Eye Care: eyecareamerica.org
- ❖ No Insurance/Find Health Care: findahealthcenter.hrsa.gov
<http://www.ehow.com>
- ❖ Find Free or Low Cost Dental Care: nidcr.nih.gov
- ❖ Flu Clinic Locator: flucliniclocator.org or call 1-800-586-4871.
- ❖ Washington Senior Center Web Site: www.washingtonctseniorcenter.weebly.com

Meetings of Town Boards and Commissions

Regular meetings of Town boards and commissions are open to the public. Meeting dates, times, agendas and minutes to meetings are listed on the Town Calendar which is posted on the bulletin board outside the Town Clerk's office and on the Town website: www.washingtonct.org

PERSONAL MEDICAL INFORMATION FORM



Here is a way to keep your vital medical information one place at your fingertips for when it is needed

Forms are available at the Senior Center. Keep the form where it will be readily available (attach to refrigerator with magnet) for use in an emergency or for a doctor's visit.

PROGRAM NOTES

Computer Club will meet on Wednesday, September 19 and October 17 at 2:00 p.m.

Bridge meets on Tuesdays at 1:30 p.m. Tables are planned in advance. New players should call ahead to be included in future games. Substitutes needed, please call 868-0735.

Computer Instruction on Wednesday beginning at 1:00 p.m. Call to reserve a time slot, 868-0735, no fee.

Exercise (video) meets **daily at 9:00 a.m.** No fee. Come as often as you please.

Zumba Gold – **Thursdays** at 9:15. Cost: \$25 for six weeks or \$5 for walk-ins.

SENIOR PILATES – **Thursdays** at 10:30. Cost: \$25 for six weeks or \$5 for walk-ins.

Strong Women/Strong Bones – (clinically shown to help prevent and reverse osteoporosis) Mondays & Wednesdays from 2:00-3:15p.m. Next session is September 10 thru October 24. Cost: \$85 for 7 weeks.

Bend & Stretch Clinic – (increase strength, balance and flexibility). **Mondays beginning September 10 thru October 15 at 9:00 a.m.** Sponsored by VNA Northwest, Inc . No fee. Call to register.

Needles & Things on **Thursdays, 2:00 - 4:00 p.m.** Bring any project and join us for a productive afternoon with “chat”. No fee. All are welcome

Luncheons: Wednesday, September 19 – Cookout. Cost: \$5.00. Wednesday, October 17 – Annual Potluck. Sign up to bring a dish or \$5.00. Please call the Center as reservations are required.

From the Archives of the Gunn Historical Museum – The first Monday of the month at 10:00a.m. Museum curator, Stephen Bartkus, will be reading research papers from the museum’s archives, sharing photos, stories and reminiscing about Washington’s history. For October – the topic was unavailable at press time.

WASHINGTON HISTORY CLUB – The meeting is held on the third Monday of the month (September 17 & October 15) at 10:00 a.m. The club welcomes everyone interested in the history of the town and its villages.

Acupressure Clinic – Wednesday, October 10. Carol O’Toole, a licensed acupuncturist and massage therapist will conduct a 20 minute seated acupressure massage. This is for those who have received a treatment before or have yet to experience it’s rejuvenating benefits. Please call the Center for an appointment. **Your donation of \$10 or more will be given to the Pancreatic Cancer Research Foundation.**

Leaf Peeping tour with lunch stop at Stateline Pizza (Senior van) – Monday, October 22. Call the Center to make a reservation. Van departs at 10:30 a.m.

***IMPORTANT! When you see a program that interests you, please call to register, whether the program is being offered for free or for a fee. Some programs fill quickly and others may unfortunately be cancelled if minimum enrollments are not met.**

September				
Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED FOR LABOR DAY ³	9:00 Exercise ⁴ 1:30 Bridge	9:00 Exercise ⁵ 1:00 Computer Inst.	9:15 Zumba Gold ⁶ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ⁷
9:00 Bend & Stretch ¹⁰ 9:00 Van to Mall 10:30 Art Series 2:00 Strong Women	9:00 Exercise ¹¹ 10:00 Manicures 1:30 Bridge 4:00 Advisory	9:00 Exercise ¹² 1:00 Computer Inst. 2:00 Strong Women	9:15 Zumba Gold ¹³ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ¹⁴
9:00 Bend & Stretch ¹⁷ 10:00 History Group 2:00 Strong Women	9:00 Exercise ¹⁸ 12:00 United Way Program/Lunch 1:30 Bridge	9:00 Exercise ¹⁹ 11:00 Blood Pressure 12:00 Cookout 2:00 Strong Women	9:15 Zumba Gold ²⁰ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²¹
9:00 Bend & Stretch ²⁴ 2:00 Strong Women	9:00 Exercise ²⁵ 1:30 Bridge	9:00 Exercise ²⁶ 1:00 Computer Inst. 2:00 Strong Women	9:15 Zumba Gold ²⁷ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²⁸ 10:00 Long Term Care Program

October				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Bend & Stretch ¹ 10:00 Gunn Museum Series 2:00 Strong Women	9:00 Exercise ² 1:30 Bridge	9:00 Exercise ³ 1:00 Computer Instr. 2:00 Strong Women	9:15 Zumba Gold ⁴ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ⁵
9:00 Bend & Stretch ⁸ 9:00 Van to Mall 2:00 Strong Women	9:00 Exercise ⁹ 10:00 Manicures 1:30 Bridge	9:00 Exercise ¹⁰ 1:00 Computer Instr. 12:30 Acupressure 2:00 Strong Women	9:15 Zumba Gold ¹¹ 10:30 Pilates 10:30 Hear/Screen 2:00 N&T	9:00 Exercise ¹²
9:00 Bend & Stretch ¹⁵ 10:00 History Group 2:00 Strong Women	9:00 Exercise ¹⁶ 10:00 Aqua Turf 1:30 Bridge	9:00 Exercise ¹⁷ 11:00 Blood Pressure 12:00 Potluck 2:00 Strong Women	9:15 Zumba Gold ¹⁸ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ¹⁹ 10:00 Flu Clinic
9:00 Exercise ²² 10:30 Leaf Peeping 10:30 Art Series 2:00 Strong Women	9:00 Exercise ²³ 1:30 Bridge	9:00 Exercise ²⁴ 1:00 Computer Instr. 2:00 Strong Women	9:15 Zumba Gold ²⁵ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²⁶
9:00 Exercise ²⁹	9:00 Exercise ³⁰ 1:30 Bridge	9:00 Exercise ³¹ 1:00 Computer Instr		

TRIPS FOR 2012

SUNDAY, SEPTEMBER 16 – STAGELOFT REPERTORY THEATER

This morning we'll travel to Sturbridge. Our first stop will be at one of the finest restaurants in New England, the **Salem Cross Inn**, where you will enjoy a choice of Maple Salmon or Meatloaf w/mushroom sauce served complete with all the fixings. After lunch, you will enjoy Nunsense: A-Men! at the Stageloft Repertory Theater. All the lovely nuns are back again, but they just happened to have developed beards, baritone voices and a manly way of moving. That's right! It's a classic gathering of the zany nuns, played by five males. Sure to please! Cost: \$86 per person. This price includes deluxe motorcoach transportation, complete luncheon, theater show and driver gratuity

TUESDAY, OCTOBER 16 – "AUTUMN REVELRY" AT THE AQUA TURF

Featuring the music of FULL SOUND with Debra Wang and enjoy the performance by the REDHAWK NATIVE AMERICAN DANCE TROUPE!!!

Today's family style luncheon includes salad, pasta, roast turkey w/stuffing, scrod, potato, vegetable and dessert. Cost: \$37.

TUESDAY, NOVEMBER 13 – "VEGAS COMES TO CONNECTICUT" AT THE AQUA TURF

Enjoy impersonators ELVIS – JOAN RIVERS – CHER with EMCEE Mark Verselli

Today's family style luncheon includes salad, pasta, chicken marsala, sliced roast beef, potato, vegetable and dessert. Cost: \$37.



*****These trips require payment at the time of reservation*****

*****Several European tours and cruises are available! Inquire at the Senior Center*****

MATINEES AT 1:00 & 2:00 P.M.

***** Warner Theater***

September 23 – Next to Normal

October 27 – Verdi's Otello

October 13 – Donizetti's L'Elisir d'Amore

MORE PROGRAMS

A COMMUNITY CONVERSATION: TUESDAY, SEPTEMBER 18 at NOON

As a member of the Washington and Warren communities, your opinion matters!!! Please join the United Way of Western Ct in a community conversation focused on health. UWWC wants to meet with you to learn from your experiences, and hear about your concerns, as well as your aspirations and hope for the community. We will not only gain a better understanding of health related issues, but with your help, we may be able to develop long-lasting solutions. **A light lunch will be provided. REGISTRATION REQUIRED** – Please call the Center to sign up.

MEDICARE ROUNDTABLE DISCUSSION

Sponsored by the Western CT Area Agency on Aging

Wednesday, November 7 at 10:00 a.m.

Information on what's new with Medicare and Medicare Part D. What plans will be in Connecticut, deductibles, how to change plans, keep the one you have or how to enroll. **REGISTRATION Required!** – **Call the Center to sign up.**

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NATURAL MANICURES by VALERIE SPENGLER

Valerie, a licensed cosmetologist, will be at the Center to do manicures on Tuesdays, September 11 and October 9 Her hygienic & sterile nail service includes hand massage, cuticle care, nail shaping and polish (either color or French). Call the Center to set up an appointment. Cost: \$12 cash.

LONG TERM CARE INSURANCE AND HOW IT CAN PROTECT YOUR RETIREMENT ASSETS

Free Seminar – FRIDAY, SEPTEMBER 28 at 10:00.

Guest Speaker: Steve Ardussi, a licensed life and health agent who specializes in helping seniors with Long Term Care Insurance and Medicare plans. He will explain Long Term Care Insurance alternatives, especially policies approved by the State of Connecticut's Partnership for Long Term Care. These policies can provide Long Term Care while protecting your retirement investments.

Seminar requires registration: Please call 860-868-0735 to sign up.

ART APRECIATION "MINI SERIES

Karen Sion, Field Coordinator for CT Nursing Services, in representation of this company, will be offering this three-part activity. It is based on the work of 3 artists from the Post- Impressionist movement: Cezanne, Van Gogh and Manet. The structure of the program includes a group critique of the featured artist's works and an integrated biography of that artist. The days are Monday's at 10:30. The dates are: **September 10/Cezanne, October 22/Van Gogh and November 12/Manet. Registration is required for this program – Call the Center to sign up.**

**Do you know someone who would like to receive a copy of this newsletter?
Please call the Senior Center to have that address added to our mailing list.**

UNLESS OTHERWISE STATED, ALL INTERESTED PARTIES ARE WELCOME AND ENCOURAGED TO ATTEND ANY PROGRAMS AND ACTIVITIES AT THE WASHINGTON SENIOR CENTER.

THE WASHINGTON SENIOR CENTER

**Hours: 9:00-12:00 and 1:00-4:30 Monday through Thursday
9:00-12:00 on Friday**

Phone & Fax: 860-868-0735 e-mail: seniors@washingtont.org

Please visit the NEW Senior Center web site at: www.washingtontseniorcenter.weebly.com

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