

Washington Senior Center News



November– December 2013
Vol. 26 No. 1

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEONS



Wednesday,
January 16 at noon



Homemade Soup and Sandwich
Cost: \$5.00 Please call the Center to
sign up.

Thursday,
February 21 at noon

Pot Roast , potatoes, mixed
vegetables, salad, roll and dessert.
Cost: \$6.00 Reservations required!



Save this Date! "Corned Beef &
Cabbage" - Thursday, March 14.

HAPPY NEW YEAR

LITCHFIELD HILLS CHORE SERVICE - GIFT CERTIFICATES NOW AVAILABLE!!

*The Perfect Gift for the Senior in your
Life: A Gift Certificate for Chore
Services.*

A Chore Worker will:

- Help with housekeeping, laundry
or cooking
- Help with odd jobs around the
house and yard
- Drive you to shopping or
appointments (with your vehicle)

A Gift certificate for 2,3, 4 hours or more of
chore services will make life a lot easier for
an elderly friend or family member. A
meaningful way to remember them at
holidays, birthdays or to just say thank you.

**Rate: \$15 per hour. Call the Senior
Center at 860-868-0735.**

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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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<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, January 14 and February 11.

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

***Litchfield Hills Chore Service
Could you use help with:***

- *Transportation to shopping and doctor's appointments*
- *Housekeeping, laundry or cooking*
- *Odd jobs around the house or yard*

Call the Chore Service – an affordable way to get the help you need. We will supply a Chore Worker for up to 4 1/2 hours per week. This service is available to people age 60 and over. A 501(c)(3) organization, we appreciate your donations: P.O. Box 294, Litchfield, CT 06759.

- ***Coordinator, Sally Irwin – 860-567-6121***

Heating Season Is Here Again.....

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

CANCELLATIONS DUE TO WEATHER

Senior Center activities will be cancelled on days when Region 12 schools are closed due to hazardous travel conditions. School closings are announced on local radio and TV stations.

Property Tax Relief Program

Dates to apply: Homeowner: 2/1 – 5/15
 Renter: 4/1- 10/1
 Age: 65 or disabled
 Couple: \$40,900
 Single: \$33,500

Town of Washington tax relief program for income up to \$41,500.

Apply in assessor's office.

*Homeowners who have been on the State program must reapply every two years and applications will be sent to them.

Homeowners who are only eligible for the Town of Washington tax relief program, must apply annually

**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:

32th Dist. State Senator Robert Kane (R)
Democrats 1-800-842-1420
Republicans 1-800-842-1421

State Attorney General

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

United States Congress Representative

Elizabeth Esty 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
Chris Murphy 1-800-225-5605

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



**Senior Center
Computer**

A computer is available for Internet use - please call to reserve a time.

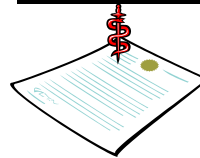
Web Sites of Interest:

- ❖ **Assistance with Job Search & Training Programs for Seniors & Retirees:** retirementjobs.com, workforce50.com and experienceworks.org
- ❖ **NEW Chore Service Website:** www.ChoreServiceLH.org
- ❖ **Find Free or Low Cost Medical Services:** www.apha.org/public_health/State.htm
- ❖ **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

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.

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

Zumba Gold – ****Please Note New Class Day & Time: Wednesdays at 3:15.** 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 January 7 thru February 20. Cost: \$85 for 7 weeks.

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, January 16 – Homemade Soup & Sandwich. Cost: \$5.00
Thursday, February 21– Pot Roast. Cost: \$6.00 Please call the Center as **reservations are required.**

FREE INCOME TAX ADVICE FOR WASHINGTON SENIORS

Doug Greene, CPA/PFS will be available for help with questions regarding the preparation of 2012 income tax forms on Thursdays, beginning February 7 through March 14. Call the Senior Center for an appointment. *Please note: Also offered is advice and insurance for Medicare Advantage and Medicare Part D coverage should anyone be interested.*

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 January 7 & February 4 – the topics were unavailable at press time.

WASHINGTON HISTORY CLUB – The meetings will be held on Mondays, January 14 and February 11 at 10:00 a.m. The club welcomes everyone interested in the history of the town and its villages.

Acupressure Clinic – Will resume in April.

Woodbury Diner (Senior van) – Monday, February 18. Reservation required as seating is limited. Van departs at 11:30.

***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.**

January				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed for New Year's Day	2 9:00 Exercise 3:15 Zumba Gold	3 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	4 9:00 Exercise
7 9:00 Exercise 10:00 Gunn Museum Series 2:00 Strong Women	8 9:00 Exercise 1:30 Bridge 4:00 Advisory Board	9 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	10 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	11 9:00 Exercise
14 9:00 Exercise 9:00 Van to Mall 10:00 History Group 2:00 Strong Women	15 9:00 Exercise 1:30 Bridge	16 9:00 Exercise 12:00 Luncheon 2:00 Strong Women 3:15 Zumba Gold	17 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	18 9:00 Exercise
21 Closed for Martin Luther King Jr Day	22 9:00 Exercise 1:30 Bridge	23 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	24 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	25 9:00 Exercise
28 9:00 Exercise 2:00 Strong Women	29 9:00 Exercise 1:30 Bridge	30 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	31 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	

February				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Exercise
4 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	5 9:00 Exercise 1:30 Bridge	6 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	7 9:00 Exercise 10:30 Pilates 2:00 N&T 2:00 Tax Advice	8 9:00 Exercise
11 9:00 Exercise 9:00 Van to Mall 10:00 History Group 2:00 Strong Women	12 9:00 Exercise 1:30 Bridge	13 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	14 9:00 Exercise 10:30 Pilates 2:00 N&T 2:00 Tax Advice	15 9:00 Exercise
18 Center Closed for President's Day 11:30 Woodbury Diner Trip	19 9:00 Exercise 1:30 Bridge	20 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	21 10:30 Pilates 12:00 Luncheon 2:00 N&T 2:00 Tax Advice	22 9:00 Exercise
25 9:00 Exercise	26 9:00 Exercise 1:30 Bridge	27 9:00 Exercise 3:15 Zumba Gold	28 9:00 Exercise 10:30 Pilates 2:00 N&T 2:00 Tax Advice	

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E-mail: MPCPEST@aol.com	New Milford	(860) 354-0567



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Douglas H. Greene, CPA/PFS

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1 Kirby Road, Washington, CT 06793
 Email: doug@Lcurve.com
 Tel: 860.868.3410 • Fax: 860.868.3414
 Web: www.Lcurve.com

SOCIAL SECURITY STATEMENTS GO ONLINE

Your Social Security information is now at your fingertips. The Social Security Administration website has added a new feature. **My Social Security**, which allows you to set up your personal page and access it at any time. It includes an online version of the statement that used to be mailed every year, plus estimates of your future retirement benefits, lifetime earnings to date, and the total Social Security and Medicare taxes you have paid. To open an account, go to socialsecurity.gov/mystatement and answer a series of questions to verify your identity, then create a user name and password.

Nights, Weekends & Holidays, VA is a Phone Call Away!

VA New England now offers telephone advice services to veterans 24 hours a day, 365 days a year. Veterans can use this after hours service by dialing the same telephone numbers used for advice during the day. The **After Hours Telephone Care Program** staff will have full electronic access to your appointments and health records. Services provided by the VA Regional Call Center include: Medical Services, Appointments, Prescription Assistance and Location of Services. When calling, have the following information available: name, social security number, address, phone number and area code where you can be reached, what BS hospital or clinic you go to for treatment, your doctor's name or primary Care Team and any medications you take. VA Ct Numbers are: West Haven **203-932-5711**, Newington **860-666-6951** and Toll Free **1-866-808-7921**.

**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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