

Washington Senior Center News



May–June 2014
Vol. 27 No. 3

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEON

CHICKEN



BARBEQUE

Wednesday, May 21 at 12:00

Suggested donation: Bring a side salad or \$6.00.

Call the Center to sign up as reservations are required.

IMPORTANT NOTICE A New Senior Center for Washington?

**Join us May 15th at 7:00 pm at the town
budget hearing**

At the end of the budget session we will open a “conversation” about the Washington Senior Center, our needs, our wishes and the possibility of building a new center.

The question.

What is the level of community interest?

We will outline what has been done, where we are, what is needed. Join us to share your thoughts on a new senior center, please urge your friends and neighbors to do the same!!!

Thank you, Tony Bedini, Senior Center Advisory Committee.

PROBATE: “Why and When After the Loss of a Loved One”

Tuesday, May 13 at 1P.M.

When a loved one passes away, there is often uncertainty about whether probate proceedings are necessary, and what is accomplished in the probate court. Confusing information from the media, friends and neighbors can further complicate what is already a very difficult time. Judge Domenick Calabrese of the Region 22 Probate District will be discussing the highlights of the probate process in an easy to understand way. He will describe how the ownership and value of property affects what needs to be done in court. Probate fees and state estate taxes will also be discussed. Attendees will have a better idea or how probate may affect them and their family, and common misperceptions will be clarified. **Reservations are required!**

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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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Nick Rimbochi	
	<u>Alternates</u>
Anthony Bedini	Betty Hinckley
	<u>Ex Officio</u>
Pam Collins	Mark Lyon

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, May 12 and June 9.

Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. 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 and individuals with disabilities. A 501(c)(3) organization, we appreciate your donations: P.O. Box 294, Litchfield, CT 06759.

- **Coordinator, Sally Irwin – 860-567-6121**
- *Gift Certificates now available!!!**

CRIS

CT Radio Information System is CT's Talking Newsstand for the Blind and Print-handicapped. The programs broadcast on CRIS radio are available to individuals who, as a result of vision loss or physical disability, are unable to read printed material. Because of CRIS, thousands of CT residents have access to world and national news, state and local news as well as magazine articles on health, personal finance, the environment, and a variety of other topics. CRIS provides its programming free of charge via specially tuned radios, cable providers, standard telephones and soon, the internet. To find out more, call CHRIS at 860-527-8000 or visit the website at chrisradio.org.

Property Tax Relief Program

- Dates to apply: Homeowner: 2/1 – 5/15
- Renter: 4/1/- 10/1
- Age: 65 or disabled
- Couple: \$41,600
- Single: \$34,100

Town of Washington tax relief program for income up to \$43,600.

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. 202-223-8412
Web Site: <http://esty.house.gov/>

United States Senators

Richard Blumenthal 202-224-2823
Website: www.blumenthal.Senate.gov/contact/
Chris Murphy 202-224-4041
Website: www.murphy.Senate.gov/contact

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.

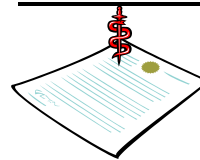
Web Sites of Interest:

- ❖ **Links to Partnership for Prescription Assistance, which directs people to info reduced cost or free drugs by drug companies and/or other organizations:**
www.healthfinder.gov/rxdrug
- ❖ **Comprehensive guide to housing and mortgages for seniors:**
<http://www.mortgageloan.com/seniors>
- ❖ **VA Programs and Services for Women Veterans:**
www.va.gov/womenvet or
www.publichealth.va.gov/womenshealth
- ❖ **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.

***Please note:** Any suggestions regarding restarting a bridge group would be greatly appreciated.

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

CHAIR YOGA – Tuesdays, at 10:30. Cost: \$5.00 per class.

Zumba Gold – NOW OFFERED TWO DAYS A WEEK! **Tuesdays at 8:30 & Thursdays at 9:15.** Cost: \$25 for six classes 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 begins May 5. 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, May 21 – Chicken Barbeque. Cost: Bring a side salad or \$6.00. 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. The next reading will be on May 5. The topic will be “The Sister Susie Society” (Washington WW1 Ladies Group). The readings will resume on October 6.

WASHINGTON HISTORY CLUB – The meetings are held on the third Monday of the month at 10:00 a.m. The club welcomes everyone interested in the history of the town and its villages. The next meeting will be on May 19 and June 16.

Acupressure Clinic – Wednesday, June 18. 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.**

Wood-n-Tap / Farmington (Senior van) – Tuesday, May 13. Reservation required as seating is limited. Van departs at 10:45.

***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.**

May				
Monday	Tuesday	Wednesday	Thursday	Friday
			9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	8:30 Zumba 10:30 Chair Yoga	9:00 Exercise 2:00 Strong Women	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	8:30 Zumba 10:30 Chair Yoga 1:00 Probate Program 4:00 Advisory Board	9:00 Exercise 2:00 Strong Women	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
9:00 Exercise 10:00 History Group 9:30 Medicare Consult 2:00 Strong Women	8:30 Zumba 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise 11:00 Blood Pressure 12:00 Barbeque 2:00 Strong Women	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
Closed for Memorial Day	8:30 Zumba 10:30 Chair Yoga	9:00 Exercise 2:00 Strong Women	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise

June				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Exercise 2:00 Strong Women	8:30 Zumba 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise 2:00 Strong Women	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	8:30 Zumba 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise 2:00 Strong Women	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
9:00 Exercise 10:00 History Group 2:00 Strong Women	8:30 Zumba 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise 12:30 Acupressure 2:00 Strong Women	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
9:00 Exercise	8:30 Zumba 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise	9:15 Zumba 10:30 Pilates 2:00 N&T	9:00 Exercise
9:00 Exercise			\ \	

TRIPS FOR 2014

Wednesday, June 25 – 9/11 Memorial & Museum

Upon arrival in New York City, you will visit the 9/11 Memorial. The Memorial is a national tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon and United Flight 93 that crashed near Shanksville, PA. The Memorial is defined by two reflecting pools, a grove of trees and the names of the victims inscribed in bronze panels edging the Memorial pools. You will then travel seven stories underground to the newly opened 9/11 Museum.

This afternoon, we will enjoy a late afternoon lunch at the famous Italian restaurant Carmine's. Your meal will be served family style. The platters will include Rigatoni & Broccoli and Chicken Parmigiana served complete with all the trimmings!! Cost: \$107 – this includes transportation, complete luncheon, admission to the Memorial & Museum and driver gratuity.

Sunday, July 13 – The Boston Pops at Tanglewood

We will depart our area en route to the Berkshires. Our first stop will be for lunch at one of the fabulous local restaurants in the Lenox area. After lunch, we will head over to the 210-acre Tanglewood estate, which became the summer home of the world-renowned Boston Symphony Orchestra/Pops. The special guest will be Jason Alexander, a very talented award-winning Broadway singer and dancer. He will entertain us with numerous Broadway tunes, many of which you will recognize. Our seats will be located in the covered area of "The Shed." !! Cost: \$131 – this includes transportation, lunch, reserved seat in the Music Shed and driver gratuity.

Tuesday, August 12 “A Tribute to the Grand Ole Opry!” AT AQUA TURF

Dave Colucci will pay tribute to the music and singers of Country's biggest stage – Glen Campbell, John Denver, Kenny Rogers, Patsy Cline etc! Today's family style luncheon includes fruit, salad, baked scrod, chicken Kathryn, vegetable, potato and dessert. Cost: \$38 per person.

Tuesday, September 23 – Celebrate Polka! AT AQUA TURF

Featuring the legendary Jimmy Sturr, an 18 time Grammy Award Winner and voted #1 Polka Band in the country for 12 years!! Today's family style luncheon includes, salad, pasta, stuffed cabbage, kielbasa & kraut, pierogies, vegetable, potato and dessert. Cost: \$40 per person.



DO YOU HAVE ANY QUESTIONS REGARDING MEDICARE??


On Monday, May 19 at 9:30 a.m., Rosemary Jones, who is a CHOICES (Medicare) Community Outreach Coordinator from the Western CT Area Agency on Aging, will be available for one-on-one consultations to discuss any questions regarding Medicare.

Those interested may call the Senior Center at 860-868-0735 to make an appointment.

**Rosemary will be available on an ongoing basis to assist people either by phone or in person with Medicare related questions. Rosemary's number at the Agency on Aging is 1-800-994-9422.

Our Supporters

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& DEPOT**



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SENIOR CENTER NOTES

- The Advisory Board continued with its past practice and donated \$200 both in October and March to the “Town Hall Gang” for supplies to be sent to the troops in Afghanistan.
- Any senior interested in submitting his/her name to run for a position on the Advisory Board during our October election period??
- Any senior interested in volunteering to assist the Washington PTO with their hot lunch program??
- Any senior interested in assisting with advertising for the newsletter??

Please contact the Senior Center if you are interested



IF THEY CAN'T FIND YOU – THEY CAN'T HELP YOU

911 Reflective Address Signs Only \$20

- They are Highly Visible Day or Night
- Reflective Material on Both Sides
- Fade Resistant, Last for Years
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Order your reflective address marker today....It may help save your life or someone you love.

Please contact Rocky Tomlinson at 860-868-7711 or email rtomlinsonr@g-mail.com

Reminder - Please continue to save the box top coupons (Box Tops for Education) that are found on many items and bring them to the Senior Center. Thank you for participating!!!

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@washingtonct.org

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

Box 352
Washington Depot
CT 06794

CHANGE SERVICE REQUESTED

