

# Washington Senior Center News



November– December 2012  
Vol. 25 No. 6

Washington Depot,  
Connecticut 06794

R.J. Curtis

## UPCOMING

### HAPPY THANKSGIVING



#### **Thanksgiving Luncheon for Seniors at Washington Primary School**

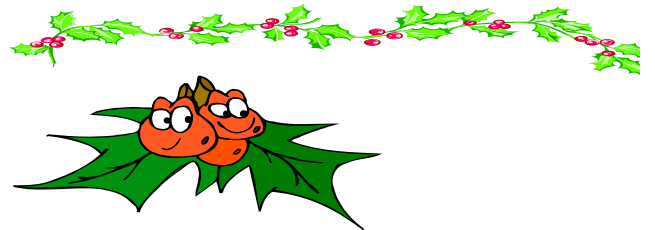
*All Washington senior citizens are invited to attend the annual Thanksgiving luncheon sponsored by the Washington Primary PTO.*

The luncheon will take place at the Primary School cafeteria on Thursday, November 15 at 11:45. There is no charge. Please call the Senior Center no later than November 9 for reservations.

#### **MEDICARE PART D/ OPEN ENROLLMENT PERIOD October 15 thru December 7**

**Please be advised that this is the time to compare, prepare and decide the plan that is right for you!** Use the Medicare Plan Finder to make sure you have a plan that meets your needs for 2013 or the Western CT Area Agency on Aging Medicare Part D Drug Plan Screening Forms are available at the Senior Center.

## LUNCHEONS



### HAPPY HOLIDAYS!

***THE WASHINGTON SENIOR  
CENTER will hold its Holiday  
Party at the Painted Pony on  
Wednesday, December 5 at  
noon***

You may choose from the following menu entrée selections: *Prime Rib of Beef* (\$25), *Chicken Alexander* (\$20) or *Lemon Scrod* (\$20). Price includes tax and tip.

Call the Senior Center by November 28 to make a reservation. Come join for good food and cheer!

***\*\*\*Please bring a wrapped grab bag gift valued at no more than \$1.00.***

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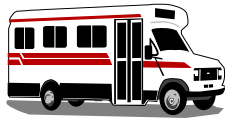
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The Washington Senior Center News is published bi-monthly and is mailed to all known seniors in the town of Washington. Call the Center at 860-868-0735 for additions to the mailing list.

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](mailto:seniors@washingtonct.org)

Pam Collins	Editor
Brigid Davidson	Assistant Editor
Brigid Davidson	Mailing
Susan Conner	Mailing
Sam Morrissey	Design
Barbara Carey	Advertising
*****	
Pam Collins	Senior Center Director & Municipal Agent for the Elderly & Disabled
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<u>Senior Center Volunteer Staff</u>	
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*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, November 12 and December 10.*

***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 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***

**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.

**“HELPING HANDS”**- The Senior Center Advisory Board has established a fund to offer financial assistance to Washington residents in emergency situations to pay for fuel delivery, medical or other bills, through funds raised and donations, in a confidential manner. In addition, referrals will be made to an appropriate agency when necessary. If you know of someone in need of help, contact the Senior Center.

**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:**

69<sup>th</sup> 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.orgattygenl](http://www.cslib.orgattygenl)

**United States Congress Representative**

Chris Murphy 5<sup>th</sup> Dist. 860-223-8412  
Web Site: [www.house.gov/write.rep](http://www.house.gov/write.rep)  
e-mail: [chrismurphy.house.gov](mailto:chrismurphy.house.gov)

**United States Senators**

Richard Blumenthal 1-860-258-6940  
Joseph Lieberman 1-800-225-5605  
([Lieberman@Lieberman.senate.gov](mailto: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 - please call to reserve a time.

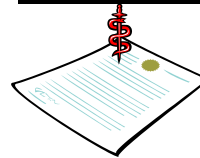
**Web Sites of Interest:**

- ❖ **Locate Numerous Elder Care Resources: [CtHelpNet.org](http://CtHelpNet.org)**
- ❖ **NEW Chore Service Website: [www.ChoreServiceLH.org](http://www.ChoreServiceLH.org)**
- ❖ **Online Living Will Forms: [www.ctelderlaw.org](http://www.ctelderlaw.org)**
- ❖ **Eliminate Pre-Screen Offers or Credit & Insurance Card Mailings: [optoutprescreen.com](http://optoutprescreen.com) or call 1-888-567-8688**
- ❖ **Washington Senior Center Web Site: [www.washingtonctseniorcenter.weebly.com](http://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](http://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 October 29 thru December 12. 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:** Thursday, November 15 – Thanksgiving Luncheon at Washington Primary School. Cost: Free. Wednesday, December 5 – Christmas Party at the Painted Pony. Cost: \$20 - \$25. Please call the Center as **reservations are required.**

**\*Holiday in the Depot – Friday, December 14.** Donations are needed for the Senior Center sale. Items can be bought in thru the week of December 10. Suggestions: Hand-made craft items, unused gift items, jams, jellies, etc. Please note this is not a bake sale, but cookies, cupcakes, and muffins would be appreciated. Hot dogs and Chili **will be** sold at the Legion.

**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 November 5 & December 3– the topics were unavailable at press time.

**WASHINGTON HISTORY CLUB** – The meeting is held on the third Monday of the month at 10:00 a.m. November’s topic will be Washington “People from Many Places”. There will be no meeting in December. The club welcomes everyone interested in the history of the town and its villages.

**Acupressure Clinic** – Wednesday, December 12. 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.**

**\*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.**

<b>November</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			1 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	2 9:00 Exercise
5 9:00 Exercise 10:00 Gunn Museum Series 2:00 Strong Women	6 9:00 Exercise 1:30 Bridge	7 9:00 Exercise 10:00 Medicare Prog 2:00 Strong Women 3:15 Zumba Gold	8 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	9 9:00 Exercise
12 9:00 Exercise 9:00 Van to Mall 10:30 Art Series 2:00 Strong Women	13 9:00 Exercise 10:30 Aqua Turf 1:30 Bridge 4:00 Advisory	14 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	15 9:00 Exercise 10:30 Pilates 11:45 Thanksgiving 2:00 N&T	16 9:00 Exercise 10:30 Senior Helper 1:00 Chinese Culture Program
19 9:00 Exercise 10:00 History Group 2:00 Strong Women	20 9:00 Exercise 10:00 Probate Program 1:30 Bridge	21 9:00 Exercise 11:00 Blood Pressure 2:00 Strong Women 3:15 Zumba Gold	22 Closed for Thanksgiving	23 Closed for Thanksgiving
26 9:00 Exercise 2:00 Strong Women	27 9:00 Exercise 1:30 Bridge	28 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	29 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	30 9:00 Exercise

<b>December</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3 9:00 Bend & Stretch 10:00 Gunn Museum Series 2:00 Strong Women	4 9:00 Exercise 1:30 Bridge	5 9:00 Exercise 12:00 Christmas Party 2:00 Strong Women	6 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	7 9:00 Exercise
10 9:00 Exercise 9:00 Van to Mall 10:30 Wreath Making 2:00 Strong Women	11 9:00 Exercise 10:30 Three Oaks Christmas Show 1:30 Bridge	12 9:00 Exercise 12:30 Acupressure 2:00 Strong Women	13 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	14 9:00 Exercise 5:00 Holiday in The Depot
17 9:00 Exercise 10:00 History Group	18 9:00 Exercise 1:30 Bridge	19 9:00 Exercise 3:15 Zumba Gold	20 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	21 9:00 Exercise
24 Closed for Christmas	25 Closed for Christmas	26 9:00 Exercise 3:15 Zumba Gold	27 9:00 Exercise 10:30 Pilates 2:00 Needles & Things	28 9:00 Exercise
31 Closed for New Year				

## ***TRIPS FOR 2012***

### **TUESDAY, DECEMBER 11 – “IT JUST WOULDN’T FEEL LIKE CHRISTMAS” AT THREE OAKS AT CAPELLARO’S GROVE**

An all new musical filled with comedy, song and drama...guaranteed to get you in the holiday spirit!! Enjoy a delicious four- course meal served between three acts of a heart-warming original holiday musical!! Cost: \$57 per person.



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

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

**MATINEES AT 2:00 P.M.**

***\*\* Warner Theater***

***November 11 – Sunset Boulevard***

### **SEASONAL WREATH MAKING**

Karen Sion, Field Coordinator for CT Nursing Service, will be offering this activity at the Center on **Monday, December 10 at 10:30.** Cost: Free – all materials included. **Sign up required!**

### **SENIOR HELPERS/IN-HOME COMPANIONS**

Representatives from Senior Helpers will be at the Senior Center on **Friday, November 16 at 10:00.** They understand the challenging family dynamics that often surround initiating care for a loved one. They will discuss ways to make your home environment safer and help you maintain your independence. Light refreshment will be served. **Sign up required!!**


### **MORE PROGRAMS**

#### **“Incapacity, Conservatorships and the Probate Court”**

Judge Domenick Calabrese will be at the Center on **Tuesday, November 20 at 10** to discuss legal incapacity, the role of the probate court, conservatorships and legal tools to plan for incapacity.

While many people plan for the transfer of assets at death by creating wills, few are aware of the options and importance of planning for legal incapacity. Legal incapacity can occur suddenly and unexpectedly. The ability to deal with the incapacitated person’s financial and personal affairs may require court intervention. Planning can minimize the stress and uncertainty. **Sign up required!**

## Our Supporters



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DOCTOR OF OPTOMETRY

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BOX 2443  
NEW PRESTON, CT 06777  
(860) 868-2020

Henry Ference (860) 868-2743


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**\*\*Painter Ridge Farm will be open for trees, wreaths, greens & poinsettias beginning Nov 23<sup>rd</sup>.**



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## Health Insurance Medicare Plans

### Confused about Medicare Plans?

Turning 65?

Some plans at 0 cost!

**Call Steve Ardussi**  
**860-309-4137**  
Licensed in CT & MA

**“REVIVING 5,000 THOUSAND YEARS OF CIVILIZATION”**

**FRIDAY, NOVEMBER 16 at 1**

China is a country rich in culture, history and tradition and one of the world’s oldest civilizations. Now the renaissance of Chinese culture is happening in our time and we have the opportunity to witness it and be part of it. This presentation covers the essence and philosophy of the traditional Chinese culture, its destruction in the last 60 years as well as the renaissance of Chinese culture through genuine artistic values and Shen Yun Performing Art.

**Reservations required-** Call the Center to sign up!

**Reminder: A Senior Center Survey has been mailed to all Washington postal patrons. The favor of your reply will be greatly appreciated!! There are eleven business and church drop off sites for your convenience that are list in our cover letter or you can respond online at:**

<http://washingtonctseniorcenter.weebly.com/washington-senior-center-survey.html>

**Thank you for your participation!!!!**

**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@washingtonct.org](mailto:seniors@washingtonct.org)**

**Please visit the NEW Senior Center web site at: [www.washingtonctseniorcenter.weebly.com](http://www.washingtonctseniorcenter.weebly.com)**

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