



Town of Rocky Hill

761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

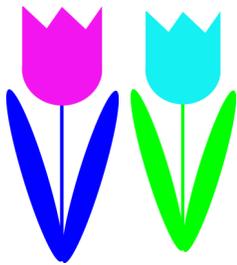
Parks & Recreation Department

Cathy Sylvester • Denise Sanderson

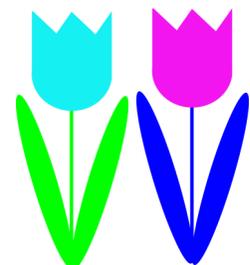
Senior Center

(860) 258-2726 / 258-2786 • FAX (860) 258-7666

Birthplace of the Brigantine "Minerva"



APRIL 2016



LUNCH FOR SENIOR CITIZENS

The Rocky Hill Parks & Recreation Department offers a five-day a week lunch program for senior citizens. Lunches are served **Monday through Friday** at **12:00 noon** in the Community Center Lunch Room. Doors open at 10:00 a.m. Monday and at 10:30 a.m. Tuesday through Friday. The cost is **\$3.50** for Center members, **\$4.00** for Out of Town residents who are members, **\$5.00** for residents of Rocky Hill who are not Senior Center Members, and **\$7.00** for out of town seniors who are not members. Those interested in **registering** must call the Senior Center Office at 258-2786 to register **1 DAY IN ADVANCE** and before 4:30pm. **SENIORS NOT CHECKED OFF ON LUNCH FORM CANNOT BE GUARANTEED LUNCH.**

Join Me For Lunch



SENIOR CENTER GUEST POLICY

Rocky Hill Senior Center members can bring guests to lunch no more than **4 times a year**. Cost for guests will be **\$3.50**/per person.

Guests must be registered 1 day in advance.

*The guest policy was created for close out-of-town friends or family of senior members.

****Seniors that attend the lunch program who are disabled and need caretakers to accompany them will be allowed to purchase lunch for their caretaker at the Senior Center price of \$3.50.**

SENIOR CENTER MEMBERSHIP

Seniors of Rocky Hill that wish to become a member of the Senior Center the membership is **FREE**. Out of Town Seniors that wish to become a member of the Senior Center, must pay an annual fee of **\$10.00** to participate in any senior programs.

SENIOR HEALTH INFORMATION:

HEALTH INFORMATION

NOTE: THE NURSE WILL NOT COME GET YOU. SENIORS NEED TO FIND THEIR OWN TRANSPORTATION TO THE SENIOR CENTER.

HEALTHCARE SERVICES

**Every Monday
9:45am - 11:45am**

Sign up that day
FREE

Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

**2nd Thursday of the Month
April 14, 2016**

10:00am - 11:00am

Cleans and Checks any hearing aid
FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

**Monthly
Wednesday
April 13, 2016**

**APPOINTMENTS NECESSARY!
NO DIABETICS!**

Cost: \$29.00 check or cash

Location: Nurses Office
Cathy Brennan - RN

Call 258-2786 to set-up appointments

For any more information on any of the health programs the Center offers, please contact the Senior Center Office at 860-258-2786



HUMAN SERVICES INFORMATION:

FOOD PANTRY VOLUNTEERS:

The Town of Rocky Hill Human Services Department is seeking one or more volunteers to coordinate and put donations away in the food pantry. We would ask that the person(s) be available 2- 3 days a week for a couple hours a day or on an as needed basis between 8:30 am and 4:30 pm. The position does require some heavy lifting at times and great organizational skills. Anyone interested in volunteering their time please call Rita at Rocky Hill Human Services at 860-258-2799 or 860-258-2724.

ENERGY ASSISTANCE:

Applicants are being taken by Connecticut Renewal Team for heating assistance. Please call **860-560-5800 to set up an appointment.** **Any questions call Nicole-860-258-2799**

SENIOR TASK FORCE

Seniors if you have any issues please come to the meeting. The task force brings all issues to the Senior Liaison Committee.

**2ND Monday of the month
April 11**

Room 4 - Senior/Community Center
10:00am - 12:00pm

Any Questions please call 860-258-2786

ROCKY HILL MINI BUS SERVICE:

**Transportation for the elderly & disabled
Must reside in Rocky Hill**

Call Charlene: 860-258-2701

Monday - Friday 8:30am - 10:30am



WEEKLY PROGRAMS:

TUESDAY SET BACK CLUB

Every Tuesday
12:30 - 2:30/3:00

Refreshments served
Room 1 - Senior/Community Center
**Apple Rehab: Supplying Goodies on
3rd Tuesday of the month**

MAHJONG GROUP

Every Thursday
1:00pm - 4:00pm
Room 7 - Senior Lounge
FREE

From beginners to experienced!
LOOKING FOR MORE PLAYERS!

WII BOWLING

Every Wednesday
1:00 - 3:00pm

Room 2/3 Wednesdays
Senior/Community Center
No experience necessary! Come have a
good time and meet great people
FREE!

SENIOR WOOD CARVING CLASS

Wednesday
1:00pm - 3:00pm
Room 4 - Senior/Community Center
Open to Carvers of all expertise!
Drop In Program

\$2.00-payable to instructor
Instructor: Warren Blessing

SENIOR CRAFT GROUP

Every Tuesday
10:00am - 12:00pm
Room 2 - Senior/Community Center
Bring your hooks, needles, craft
Projects etc.

All expertise welcome!
**We are looking for more knitters &
crocheters to join our Craft group to help with
different projects we are working on to send
to various charity foundations.**
LOOKING FOR DONATIONS FOR YARN!

SENIOR SERENADERS:

Have fun singing and entertaining at
Senior Centers and assisted living facilities
Tuesdays
1:00pm - 3:00pm
Room 4 - Senior/Community Center
**For more information Contact the
Senior Center office 860-258-2786**

LUNCH & DINING INFORMATION:

BIRTHDAY BINGO

First Tuesday
April 5, 2016
12:45pm - 3:00pm
Sponsored by: Mapleview Manor

BINGO AT COMMUNITY CENTER

Monday, Wednesday, Thursday, Friday
Bingo is held after Lunch
12:45pm - 3:00pm
FEE FOR BINGO CARDS!
**Subject to change if there is no Bingo
Caller.**

SENIOR CENTER MEMBERSHIP

Rocky Hill Residents - FREE!
Out of Town Residents - \$10.00/annually

SENIOR CENTER LUNCH FEES:

Resident Members: \$3.50
Non-resident members: \$4.00
Residents Non-Members: \$5.00
Non Residents Non-Members: \$7.00
**LUNCH IS SERVED AT 12:00PM SHARP!
MUST REGISTER DAY IN ADVANCE!**
To Register please call the Senior Center
Office 860-258-2786.

APRIL 2016
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE
SIGN UP AT LEAST ONE DAY IN ADVANCE

FRIDAY, APRIL 1: Chicken & Broccoli Alfredo w/ Pasta, Salad, Rolls, Bev. & Dessert

MONDAY APRIL 4	MONDAY APRIL 11
Pasta w/ Meat Sauce Salad Italian Bread Coffee, Tea, Milk & Dessert	Breaded Chicken Breast Au gratin Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
TUESDAY APRIL 5	TUESDAY APRIL 12
<p style="text-align: center;">“Birthday Bingo”</p> Chicken Cordon Bleu Scalloped Potatoes Carrots Bread Coffee, Tea, Milk & Dessert <p style="text-align: center;"><u>LIMIT 45</u></p> 	Tuna Sandwich Clam Chowder Chips Coffee, Tea, Milk & Dessert
WEDNESDAY APRIL 6	WEDNESDAY APRIL 13
Meat Ravioli Caesar Salad Garlic Bread Coffee, Tea, Milk & Dessert	Breaded Fish Scalloped Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert
THURSDAY APRIL 7	THURSDAY APRIL 14
Hot Dogs Baked Beans Chips Coffee, Tea, Milk & Dessert	Cheese Ravioli Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
FRIDAY APRIL 8	FRIDAY APRIL 15
Crab Cakes Rice Bread Coffee, Tea, Milk & Dessert	Chili Con Carne Coleslaw Rolls Coffee, Tea, Milk & Dessert

**APRIL 2016
ROCKY HILL SENIOR LUNCH MENU**

**MENU SUBJECT TO CHANGE
SIGN UP AT LEAST ONE DAY IN ADVANCE**

MONDAY APRIL 18	MONDAY APRIL 25
Salisbury Steak Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Stuffed Shells Salad Italian Bread Coffee, Tea, Milk & Dessert
TUESDAY APRIL 19	TUESDAY APRIL 26
Quiche Lorraine Salad Coffee, Tea, Milk & Dessert	Pot Roast Mashed Potatoes <u>LIMIT OF 45</u> Green Beans Bread Coffee, Tea, Milk & Dessert
WEDNESDAY APRIL 20	WEDNESDAY APRIL 27
Turkey & Cheese Sandwich Broccoli & Cheese Soup Chips Coffee, Tea, Milk & Dessert	Stuffed Sole Scalloped Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
THURSDAY APRIL 21	THURSDAY APRIL 28
Baked Chicken Legs Au gratin Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Chicken Parmesan Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
FRIDAY APRIL 22	FRIDAY APRIL 29
Scallops Rice Carrots Bread Coffee, Tea, Milk & Dessert	Pierogies Kielbasa Sauerkraut Bread Coffee, Tea, Milk & Dessert

TAX-AIDE PROGRAM

AARP is offering tax assistance on **MONDAYS ONLY** to taxpayers with low to moderate Income with priority to tax payers 60 years and older. The program will be held at the **Cora Belden Library from February 1 - April 11, 2016 from 10:15am - 2:15pm**, space is limited and **APPOINTMENTS are REQUIRED!!** For more information and to make an appointment please call Dense or Brittany at 860-258-2786 Monday through Friday from 8:30am - 4:30pm or stop by the Senior Center Office.

NO WALK-INS!

NEW PROGRAM**POKER:**

Come join fellow poker players and
Meet new people.

**2nd/3rd Tuesdays & Every Friday
1:00pm - 3:00pm**

Rm # 2 - Senior/Community Center
Any expertize WELCOME!
FREE!!!

**EXERCISE PROGRAMS:****T'AI - QIGONG CLASS**

April 6 - June 1

Wednesdays 9:45am - 11:00am

COST: \$30.00/residents

\$35.00/non-residents

ZUMBA GOLD

April 1 - June 3 (NC: 5/20)

Fridays 8:00am - 8:45am

COST: \$25.00/residents

\$30.00/non-residents

SENIOR STRETCH

March 28 - June 1 (NC: 5/18 & 5/23)

Mondays & Wednesdays 8:30am - 9:15am

COST: \$30.00/residents

\$35.00/non-residents

BOOMERS BOOT CAMP

March 29 - June 2 (NC: 5/17, 5/19 & 5/24)

Tuesdays & Thursdays 8:00am - 8:45am

COST: 1 DAY session - \$25.00/residents

\$30.00/non-residents

2 DAY session- \$50.00/residents

\$55.00/non-residents

**IF YOU DO NOT SIGN UP FOR THE CLASS
WE ASK FOR A \$5.00 DROP IN FEE FOR EACH
CLASS ATTENDED.**

***Register at the Senior Center Office. Any
Questions please call 258-2786 or 258-2757.**

SENIOR WALK TRACK PROGRAM:

Walk Track hours are as followed:

Monday thru Thursday: 7:00am - 8:00am

1:00pm - 3:00pm

Fridays: 7:00am - 8:00am

2:00pm - 3:30pm

BRING A FRIEND!!

COST: FREE!

**Please stop by or call the Senior Center
Office during business hours at
860-258-2786 for more
information about any of the programs
offered.**

STEPNEY SENIORS

Calling all Seniors (active or those who want to be active). Meetings are held every Thursday starting at 10:30am. Come early for the raffle. Bingo or cards after each meeting Call 860-529-7385 Neil McPhee.

April 7: Board Meeting - 9:30am
Meeting - 10:30am
Raffle

Spring Tea

Bingo or Cards

April 14: Meeting - 10:30am
Raffle

Korean Day

Bingo or Cards

April 21: Meeting - 10:30am
Raffle

Social Day

Bingo or Cards

April 28: Meeting - 10:30am
Raffle

Food Bank

Social Day-Games

Bingo or Cards

ROCKY HILL SENIOR CLUB

The Rocky Hill Senior Citizen Club meets on Fridays at 10:30am at Rocky Hill Community/ Senior Center, a Social hour follows. Open to all 55 years old and older. Please join us!!

April 1: Board Meeting - 10:00am
Meeting - 10:30am
50/50 Raffle
Door Raffle

April 8: Meeting - 10:30am
50/50 Raffle
Door Raffle
Food Bank

April 15: Meeting - 10:30am
50/50 Raffle
Door Raffle

Speaker: Historical Society - World War I

April 22: Meeting - 10:30am
50/50 Raffle
Door Raffle

April 29: Meeting - 10:30am
50/50 Raffle
Door Raffle
Game Day

SENIOR CRAFT GROUP PROJECT:**Senior Craft Group Members**

Lisa R., local artist and preschool teacher is offering a craft project on the **2nd Tuesday of the month. To participate you MUST be a MEMBER of the Senior Center!**

Small fee to cover materials!

PROJECT WILL BE ON April 12!

**Pre-registration is required,
call 860-258-2786 or 860-258-2757.**

THANK YOU!

To the Rocky Hill Crafters for making blankets, wool caps, and cotton chemo hats, and sending them to the Oncology Department. The patients are forever grateful! Just that one little gesture can make someone's day!

**MUNICIPAL AGENT FOR THE
ELDERLY**

Need help or have questions regarding prescription coverage, insurance, issues, SNAP (a little help with buying groceries) or getting ready to retire, just to name a few.

**Call Denise at 860-258-2786 to make
an appointment**

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				April 1: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
April 4: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	April 5: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:45: Birthday Bingo 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	April 6: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45- 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	April 7: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track	April 8: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
April 11: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	April 12: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 1:00-3:00: Poker 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	April 13: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 8:30 - 3:30: Footcare 9:45- 11:00: T'ai Chi 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	April 14: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00 - 11:00: Hearing Clinic 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	April 15: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
April 18: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	April 19: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 1:00-3:00: Poker 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	April 20: 7:00-8:00: Walk Track 8:30-9:15: Sr Stretch 9:45 - 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	April 21: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	April 22: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track 8:30-5:00: Mohegan Sun
April 25: 7:00-8:00: Walk Track 9:45-11:45: Nurse 12:00: Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	April 26: 7:00-8:00: Walk Track 10:00-12:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 1:00-2:00: Lunch & Learn 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	April 27: 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	April 28: 7:00-8:00: Walk Track 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	April 29: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track

SPECIAL SENIOR EVENTS:**GET OUT OF THE KITCHEN**

**CANCELLED UNTIL FURTHER NOTICE
PLEASE CHECK BACK FOR UPDATES!**

BINGO NIGHT - TUESDAYS

**CANCELLED UNTIL FURTHER NOTICE.
PLEASE CHECK BACK FOR UPDATES!**

MOHEGAN SUN CASINO TRIP:

MONTHLY

FRIDAY APRIL, 22, 2016

FIRST COME FIRST SERVE

PRE-REGISTRATION REQUIRED

LIMIT OF 50

COST: \$20.00

8:30am - 5:00pm

Leaving Elm Ridge Park at 8:30am
and returning at 5:00pm.

Registration starts **TUESDAY**

APRIL 12 at 8:30AM until the bus is
full.

**PAYMENT IS DUE ON DAY YOU REGISTER FOR
THE TRIP!!**

**REFUND POLICY: NO REFUNDS WILL BE
GIVEN ON THE TRIP!**

SPRING IS IN THE AIR!**BOCCE BALL & SHUFFLEBOARD**

**Come on over to the Rocky Hill Senior
Center and check out the new
Bocce Ball Court and Shuffleboard.
Bring your own equipment or use our
sets!**

**For more information please call the
Senior Center Office @ 860-258-2786.**

SENIOR TRIPS:

(More Trips are located on Senior
Bulletin Board)

TRIPPING WITH RITA PRESENTS:**ROCKY HORSE RESORT**

Tuesday, September 6 - Friday, September 9
4 Days, 3 Night trip

Price: \$499.00/per person Double

\$489.00/per person Triple

\$619.00/per person Single

**For reservations and more information:
Rita Thibodeau - (860)563-9803**

ADVENTURES WITH LOIS PRESENTS:**CHRISTMAS ON THE DANUBE**

DECEMBER 2 - DECEMBER 10, 2016

Highlights... Featuring a 6 night Danube River
Cruise, with optional 2 Night Magical Christmas
Markets of Prague Post Tour Extension.

9 Days, 19 Meals:

7 Breakfasts, 5 Lunches, 7 Dinners

Book Now and save \$150/per person!

Lower Outside Double: \$3,229

Middle Outside Double: \$3,429

Upper Outside Double: \$3,529

Suite Double: \$3,679

Included in Price:

Included in Price: Round trip air from new
York, Air Taxes and Fees/Surcharges, Hotel
Transfer

**For reservation info: Lois Morton
(860)529-2797**

loisjmorton@cox.net

**Please stop by or call the Senior
Center Office during business hours at
860-258-2786 for more information about
any of the programs offered.**

ST. PATRICK'S DAY LUNCHEON - March 16, 2016



We had a packed house for our St. Patrick's Day Party, filled with laughter, raffle prizes, good food, and Bingo! Fun was had by all who attended!! Thank you to the staff who worked hard to make it an enjoyable day!

MARCH CRAFT PROJECT

If you are interested in joining to make a craft project please call 860-258-2786 to sign up. There is a small fee for the supplies! People have enjoyed it and a lot of fun!



NEW PROGRAM

LUNCH & LEARN PROGRAM

First Lunch & Learn seminar was a huge success the participants really seemed to enjoy themselves!

Next Seminar:

Tuesday April 26, 2016

Speaker: Lou Pelletier

Topic: What keeps seniors awake at night?

Rocky Hill Community Center

Room 2 & 3

1:00pm - 2:00pm

FREE!

REGISTER IN ADVANCE

Please call the Rocky Hill Senior Center

Monday - Friday 8:30am - 4:30pm

for more information or to register.

860-258-2786 or 860-258-2757.