



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 2017



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

This month will be:

April 13, 2017

10:00am - 11:00am

Cleans and Checks any hearing aid

FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

Monthly

Wednesday

April 12, 2017

APPOINTMENTS NECESSARY!

NO DIABETICS!

Cost: \$29.00 check or cash

Location: Nurses Office

Cathy Brennan - RN

Call 258-2786 to set-up appointments

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 **The Rocky Hill Human Services at 860-258-2799.**

MUNICIPAL AGENT FOR THE ELDERLY

Need help or have questions regarding prescription coverage, insurance, issues, Medicare Savings Program, or Snap.

Call Erinn at 860-258-2021 to make an appointment

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



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



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

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 KNITTERS & CROCHET
GROUP**

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

All expertise welcome!
**We would love people to donate yarn to help
the ladies with their projects that are sent
to various charity foundations.**

ROCKY HILL 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 4, 2017
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 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 2017
ROCKY HILL SENIOR LUNCH MENU

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

MONDAY APRIL 3	MONDAY APRIL 10
Cheese Ravioli Salad Italian Bread Coffee, Tea, Milk & Dessert	Breaded Chicken Breast Scalloped Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
TUESDAY APRIL 4	TUESDAY APRIL 11
Chicken Cordon Bleu Scalloped Potatoes Carrots Bread Coffee, Tea, Milk & Dessert	Meat Ravioli Caesar Salad Garlic Bread Coffee, Tea, Milk & Dessert
WEDNESDAY APRIL 5	WEDNESDAY APRIL 12
Ham & Cheese Sandwich Minestrone Soup Chips Coffee, Tea, Milk & Dessert	Breaded Fish Rice Carrots Bread Coffee, Tea, Milk & Dessert
THURSDAY APRIL 6	THURSDAY APRIL 13
Baked Chicken Legs Au gratin Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Chili Con Carne Coleslaw Rolls Coffee, Tea, Milk & Dessert
FRIDAY APRIL 7	FRIDAY APRIL 14
Scallops Rice Green Beans Bread Coffee, Tea, Milk & Dessert	GOOD FRIDAY CLOSED



APRIL 2017
ROCKY HILL SENIOR LUNCH MENU

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

MONDAY APRIL 17	MONDAY APRIL 24
Salisbury Steak Mashed Potatoes Corn Bread Coffee, Teak, Milk & Dessert	Stuffed Shells Salad Italian Bread Coffee, Tea, Milk & Dessert
TUESDAY APRIL 18	TUESDAY APRIL 25
Grilled Cheese Sandwich Tomato Soup Chips Coffee, Tea, Milk & Dessert	Stuffed Sole Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
WEDNESDAY APRIL 19	WEDNESDAY APRIL 26
Pasta w/ Sausage Salad Italian Bread Coffee, Tea, Milk & Dessert	Pierogies Kielbasa & Sauerkraut Bread Coffee, Tea, Milk & Dessert
THURSDAY APRIL 20	THURSDAY APRIL 27
Hot Dogs Baked Beans Home Fries Coffee, Tea, Milk & Dessert	Chicken Breast Florentine Scalloped Potatoes Carrots Bread Coffee, Tea, Milk & Dessert
FRIDAY APRIL 21	FRIDAY APRIL 28
Quiche Lorraine Caesar Salad Coffee, Tea, Milk & Dessert	Meatloaf Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert

SENIOR LOUNGE:

(next to the nurses office)

Computers, puzzles, magazines, chairs with ottoman, and card tables.

A place where you can relax and meet up with friends!

If you have any questions or want more information please call the Senior Center At 860-258-2786 or 860-258-2757.

BOOMER PILATES

Mondays & Wednesdays
4:00pm - 4:45pm

April 3 - May 24

Rocky Hill Community Center

COST: (1x week)\$60/residents
\$65/non-residents
(2x week)\$120/residents
\$125/non-residents

Room: Dance Rm #6

Instructor: Personal Euphoria
(DROP-IN FEE \$7.00-Pilates)

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

PAINT NIGHT

Paint nights are a huge Success! They are growing in popularity. A lot of laughter, fun & good refreshments. Come & join the fun on

April 19!

PRE-REGISTRATION IS REQUIRED!

April 19, 2017

Cost: \$35.00/residents
\$40.00/non-residents
6:00pm-8:00pm

Light refreshments will be served!

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.

EXERCISE PROGRAMS:

T'AI CHI - QIGONG

March 29 - May 24

Wednesdays 9:45am - 11:00am

Location: Room #2

**COST: \$30.00/residents
\$35.00/non-residents**

ZUMBA GOLD

March 30 - May 25

Thursdays 8:00am - 8:45am

Location: Gymnasium

**COST: \$30.00/residents
\$35.00/non-residents**

SENIOR FITNESS

March 27 - May 24

Mondays & Wednesdays 8:00am - 8:45am

Location: Gymnasium

**COST: \$40.00/residents
\$45.00/non-residents**

BOOMERS BOOT CAMP

March 28 - May 23

Tuesdays 8:00am - 8:45am

Location: Gymnasium

**COST: 1 DAY session - \$30.00/residents
\$35.00/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. REGISTRATION OPENS IN NOVEMBER!**

SPRING WALK TRACK PROGRAM:

Walk Track hours are as followed:

**Monday thru Thursday: 7:00am - 8:00am
1:00pm - 3:00pm**

**Fridays: 7:00 - 8:00am
2:00 - 3:30pm**

COST: FREE!

STEPNEY SENIORS

Calling all seniors 55+, come join us for fun, games, food and special activities. Meetings are held every Thursday from 10:30am to 11:30am. Come early for the raffle. Bingo or cards after each meeting. For more information call Bernadette at 860-721-7227.

April 6: Board Meeting - 10:15am

Meeting - 10:30am

Raffle

Program: Brain Teasers

Bingo or Cards

April 13: Meeting - 10:30am

Raffle

Program: Name that Tune

Bingo or Cards

April 20: Meeting - 10:30am

Raffle

Program: Spring Tea

Bingo or Cards

April 27: Meeting - 10:30am

Raffle

Program: Social and LCR

Bingo or Cards

ROCKY HILL SENIORS CLUB

The Rocky Hill Seniors meet on Fridays, 10:30am at The Rocky Hill Community/ Senior Center, a social hour follows. Open to all 55+. Come join us! For more information please call Maria @ 860-563-6707.

April 7: Board Meeting - 10:00am

Meeting - 10:30am

50/50 Raffle

Program: Hartford Healthcare-Basic Diabetes

Bingo 12:45 - 3:00pm

April 14: NO MEETING-GOOD FRIDAY

April 21: Meeting - 10:30am

50/50 Raffle

Program: "Name That Tune"

Bingo - 12:45-3:00pm

April 28: Meeting - 10:30am

50/50 Raffle

Food Bank

Program: Brain Teasers

Bingo - 12:45-3:00pm

SENIOR TASK FORCE

Task Force meets on the **2nd** Monday of the month.

NEXT MEETING:

APRIL 10, 2017

10:00am - 12:00pm

Room # 4

All Seniors are welcome to attend.

Any questions please call the Senior Center Office @ 860-258-2786.

SENIOR FUNDRAISING COMMITTEE:

The Senior Center Staff are looking to put together a senior fundraising committee. This committee will help with fundraising ideas to raise money at different events. For information please stop by or call the Senior Center Office at 860-258-2786.

**Attend our Meeting on
Friday April 21 1:00pm - 2:00pm.**

LUNCH & LEARN

In the past the program has been a huge success, fun is had by all!

TUESDAY, APRIL 25, 2017

1:00PM-2:00PM

FREE to attend!

MUST REGISTER IN ADVANCE!

SPEAKER:

Julie Sokoloski

"Center for Vein Restoration"

Please register by calling 860-258-2786 or stop by the Senior Center Office during office hours Monday-Friday 8:30am - 4:30pm

LUNCH IS @ 12PM/\$3.50

(must register in advance)

SPEAKER @ 1PM

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				
<p>April 3: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 10:15-2:15: Tax Appts. 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates</p>	<p>April 4: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 1:00-3:00: Birthday Bingo 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track 1:00-3:00: RH Serenaders</p>	<p>April 5: 7:00 - 8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:00: T'ai Chi 12:00-3:00: Lunch/Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>April 6: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>April 7: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 8:00-5:00: Casino trip</p>
<p>April 10: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 10:15-2:15: Tax Appts. 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates</p>	<p>April 11: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 9:00-12:00: Bake Sale 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Scrabble/cards 1:00 - 3:00: Walk Track 1:00-3:00: RH Serenaders</p>	<p>April 12: 7:00-8:00: Walk Track 8:30-3:30: Footcare 8:00-8:45: Sr. Fitness 9:45 - 11:00: T'ai Chi 12:00-3:00: Lunch/Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>April 13: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>April 14: CLOSED GOOD FRIDAY</p>
<p>April 17: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates</p>	<p>April 18: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble/cards 1:00 - 3:00: Walk Track 1:00-3:00: RH Serenaders</p>	<p>April 19: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:00: T'ai Chi 12:00-3:00: Lunch/Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 6:00-8:00: Paint Night</p>	<p>April 20: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 4:30-Get out of the Kitchen</p>	<p>April 21: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 1:00-2:00: Fundraising Meeting</p>
<p>April 24: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates</p>	<p>April 25: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 1:00-2:00: Lunch & Learn 12:00-3:00: Setback 12:45-3:00: Scrabble/cards 1:00 - 3:00: Walk Track 1:00-3:00: RH Serenaders</p>	<p>April 26: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:00: T'ai Chi 12:00-3:00: Lunch/Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>April 27: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>April 28: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track</p>

MOHEGAN SUN CASINO TRIP:

FRIDAY APRIL 7, 2017

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

**MARCH 21 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!**

UPCOMING BUS TRIPS:

GET OUT OF THE KITCHEN

THURSDAY, APRIL 20, 2017

Pick up will start at 4:30PM

Restaurant: Denovellis Restaurant

(subject to change)

FEE: \$3.00(bus fee)

(plus cost of dinner)

MUST REGISTER IN ADVANCE!

**Please call the Rocky Hill Senior Center for
more information. 860-258-2786**

BINGO NIGHT

**ON HOLD UNTIL FURTHER NOTICE!
CHECK BACK FOR UPDATES!**

SENIOR TRIPS:

**(More Trips are located on Senior
Bulletin Board)**

ADVENTURES WITH LOIS PRESENTS:

**ALL YOU CAN EAT LOBSTER &
COMEDY SHOW**

The Delaney House - Holyoke MA

July 12, 2017

Bobby Darling & Dr. Devine!

A hilarious Combination!

Served at your Table:

Cheese & Vegetable Platter

Shrimp Cocktail & Salad

Bread Basket

LOBSTER! LOBSTER! LOBSTER!

Cost: \$96 pp based on 40-52

For reservation info: Lois Morton

(860)529-2797

loisjmorton@cox.net

TRIPPING WITH RITA PRESENTS:

**SWING INTO SPRING W/ THE WORLD
FAMOUS GLENN MILLER ORCHESTRA**

Monday May 15, 2017

Aqua Turf Club, Plantsville

This world famous orchestra is the most popular

And sought after swing band in the world.

Let's listen, dance & swing to: "String of Pearls,"

"Moonlight Serenade" Chattanooga Choo

Choo," & "Tuxedo Junction"

Delicious Lunch at the Elegant Aqua Turf

COST: \$75.00(drive on own)-arrive 11:30

\$92.00 based on 40-52 people.

Depart: 10:45am

Return: 4:30pm

(Mini Bus only holds 10 ppl)

For more information: Rita Thibodeau

860-563-9803

EASTER FUN FACTS:

1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
2. Eggs have been seen as ancient symbol of fertility, while springtime is considered to bring new life and rebirth.
3. Americans spend \$1.9 billion on Easter candy. That's the second biggest candy holiday after Halloween.
4. 70% of Easter candy purchased is chocolate.
5. 76% of Americans think the ears of a chocolate bunny should be the first to be eaten.
6. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.
7. There's much debate about the practice of dyeing chicks. Many hatcheries no longer participate, but others say that it isn't dangerous to the chick's health because the dye only lasts until the chicks shed their fluff and grow their feathers.
8. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.
9. Easter takes place on a Sunday, after the 40-day period called Lent. Lent is referred to as a time of fasting, but participants focus more on giving up one significant indulgence.
10. Holy Week is celebrated during the week leading up to Easter. It begins on Palm Sunday, continues on to Maundy Thursday, Good Friday, and then finally, Easter Sunday.
11. "The White House Easter Egg Roll" event has been celebrated by the President of the United States and their families since 1878.



STEPNEY SENIOR BAKE SALE

Tuesday April 11, 2017

9:00am - 12:00pm

Location: Rocky Hill Community Center Foyer

The Stepney Senior Club are having a fantastic bake sale just in time for Easter. Come and Choose a home-made desert to serve to your guests or bring to a holiday dinner.



WE MAKE THE BEST!



THANK YOU!

The staff would like to thank everyone for their generous donations towards the Electronic Bingo Board. With your generous donation we have purchased the bingo board!

We are now in the big league for Bingo games!

*Thank
You*

