



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"



## AUGUST 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

**NO NURSE AUGUST 29(CLOSED)**

9:45am - 11:45am

Sign up that day

**FREE**

Location: Nurses Office  
Joan Haines - Certified RN

**HEARING HEALTH SERVICES**

2nd Thursday of the Month

August 11, 2016

10:00am - 11:00am

Cleans and Checks any hearing aid

FREE hearing test

Location: Nurses Office  
Beltone New England

**FOOTCARE PROGRAM**

Monthly

Wednesday

August 10, 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 The Rocky Hill Human Services at 860-258-2799.

**RENTERS REBATE:**

Human Services is now taking appointments for the Renter's Rebate program. OPM offers a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed \$35,200 single/\$42,900 Married. Persons renting their residence may be eligible for this program. Applications are being taken by appointment at Rocky Hill Human Services, between April 1st and October 1st. Please call 860-258-2799 for 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**



**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 NEEDLECRAFTERS**

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 group to help with  
different projects we are working on to send  
to various charity foundations.**  
**\*LOOKING FOR DONATIONS FOR YARN!\***

**ROCKY HILL SERENADERS:**

A big heart felt thank you for bringing joy to the  
people with your beautiful voices.  
Enjoy your summer and see you in September!  
**For more information Contact the  
Senior Center office 860-258-2786**

**LUNCH & DINING INFORMATION:**

**BIRTHDAY BINGO**

First Tuesday  
August 2, 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.

**AUGUST 2016**  
**ROCKY HILL SENIOR LUNCH MENU**

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

<b>MONDAY AUGUST 1</b>	<b>MONDAY AUGUST 8</b>
Cheese Ravioli Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert	Breaded Fish Rice Green Beans Bread Coffee, Tea, Milk & Dessert
<b>TUESDAY AUGUST 2</b>	<b>TUESDAY AUGUST 9</b>
<p style="text-align: center;"><b>“Birthday Bingo”</b></p> Chicken Breast Florentine Scalloped Potatoes Bread Coffee, Tea, Milk & Dessert <b><u>LIMIT 45</u></b> 	Ham & Cheese Sandwich Minestrone Soup Chips Coffee, Tea, Milk & Dessert
<b>WEDNESDAY AUGUST 3</b>	<b>WEDNESDAY AUGUST 10</b>
Shepard's Pie Coleslaw Bread Coffee, Tea, Milk & Dessert	Scallops Au gratin Potatoes Beets Bread Coffee, Tea, Milk & Dessert
<b>THURSDAY AUGUST 4</b>	<b>THURSDAY AUGUST 11</b>
Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Hot Dogs w/ Sauerkraut Baked Beans Chips Coffee, Tea, Milk & Dessert
<b>FRIDAY AUGUST 5</b>	<b>FRIDAY AUGUST 12</b>
Tuna Stuffed Tomatoes Cottage Cheese Rolls Coffee, Tea, Milk & Dessert	Chicken Alfredo w/ Ziti Caesar Salad Rolls Coffee, Tea, Milk & Dessert

**AUGUST 2016  
ROCKY HILL SENIOR LUNCH MENU**

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

<b>MONDAY      AUGUST 15</b>	<b>MONDAY      AUGUST 22</b>
Breaded Chicken Breast Scalloped Potatoes Carrots Bread Coffee, Tea, Milk & Dessert	Stuffed Shells Salad Italian Bread Coffee, Tea, Milk & Dessert
<b>TUESDAY      AUGUST 16</b>	<b>TUESDAY      AUGUST 23</b>
Cranberry Walnut Chicken Salad Tomato & Mozzarella Salad Rolls Coffee, Tea, Milk & Dessert	Chicken Pot Pie Coleslaw Coffee, Tea, Milk & Dessert
<b>WEDNESDAY    AUGUST 17</b>	<b>WEDNESDAY    AUGUST 24</b>
<b>END OF SUMMER LUNCHEON PRE-REGISTRATION REQUIRED</b>	Cheese Burgers Baked Beans Potato Salad Coffee, Tea, Milk & Dessert
Cheese & Crackers Veggies & Dip BBQ Chicken legs Homefried Potatoes Caesar Salad Rolls Coffee, Tea, Milk & Dessert	
<b>THURSDAY      AUGUST 18</b>	<b>THURSDAY      AUGUST 25</b>
Salisbury Steak Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Chicken Cordon Bleu Au gratin Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
<b>FRIDAY          AUGUST 19</b>	<b>FRIDAY          AUGUST 26</b>
Baked Cod Fish Rice Green Beans Bread Coffee, Tea, Milk & Dessert	Tuna Macaroni Salad Caesar Salad Rolls Coffee, Tea, Milk & Dessert

**AUGUST 29-SEPTEMBER 2: CLOSED!**

**SENIOR LOUNGE:**

Our new lounge is open!  
(next to the nurses office)

Computers, 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.**

**\*NEW PROGRAM\*****BOOMERS PILATES**

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

**Sept. 12 - Dec. 7 (NC 11/23)**

Rocky Hill Community Center Gym

COST: \$60.00/residents

\$65.00/non-residents

Instructor: Personal Euphoria

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

**SENIOR CENTER CLOSED!**

Senior Center will be Closed the last  
Week in August for cleaning!

**AUGUST 29-SEPTEMBER 2, 2016**

WILL REOPEN

TUESDAY SEPTEMBER 6!

**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 - QIGONG CLASS**

September 21 - December 7 (NC 11/23)

Wednesdays 9:45am - 11:00am

Location: Room #2

**COST: \$30.00/residents**

**\$35.00/non-residents**

**ZUMBA GOLD**

September 15 - December 8 (NC 11/24)

Thursdays 8:00am - 8:45am

Location: Gymnasium

**COST: \$30.00/residents**

**\$35.00/non-residents**

**SENIOR FITNESS**

September 12 - December 7 (NC 10/10, 11/23)

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

Location: Gymnasium

**COST: \$40.00/residents**

**\$45.00/non-residents**

**BOOMERS BOOT CAMP**

September 13 - December 6 (NC 11/8)

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.**

**SUMMER 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 (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.

We thank the Rocky Hill Senior Staff for all their assistance during the past year. Stepneys will meet informally for bingo and cards during the summer. Meetings will resume in September!

**Have a Great Summer!**

**SENIOR NEEDLECRAFTERS  
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 JULY 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!

**CONGRATULATIONS!**

To this years  
Volunteer Service Award recipients  
Marie Ritchie  
Paul Tine

**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!!

**HAVE A HAPPY AND SAFE SUMMER!****MUNICIPAL AGENT FOR THE  
ELDERLY**

Please welcome Erinn as the new part time Case Manager/ Municipal Agent for the Human Services department.

Need help or have questions regarding prescription coverage, insurance, issues, SNAP

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

**SENIOR TASK FORCE**

Have a safe and enjoyable summer! See everyone back in September.

**NEXT MEETING:  
SEPTEMBER 12, 2016**

**"Angels"**

By: Debbie Boychuk

When you're down and feeling low  
And you think the world has passed you by  
One day you'll turn a corner  
And an Angel will walk by.

To give a smile or lend a hand  
Or just simply say they care  
This simple act from a stranger or friend  
Has caught you in their snare.

They make you feel you're loved  
As everyone should be today  
So this Angel has given you strength  
To send you on your way.

Now, you go off and be an Angel  
To someone else who's feeling low  
And give them strength and love  
To lift their spirits so.

<b>MONTHLY CALENDER</b>				
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<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>August 1:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	<b>August 2:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:45: Birthday Bingo 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	<b>August 3:</b> 7:00 - 8:00: Walk Track 8:00 - 8:45: Sr. Fitness 9:45 - 11:15: 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 4:00-4:45: Boomer Pilates	<b>August 4:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 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	<b>August 5:</b> 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
<b>August 8:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	<b>August 9:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:45: Birthday Bingo 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	<b>August 10:</b> 7:00 - 8:00: Walk Track 8:00 - 8:45: Sr. Fitness 9:45 - 11:15: 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 4:00-4:45: Boomer Pilates	<b>August 11:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 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	<b>August 12:</b> 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
<b>August 15:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	<b>August 16:</b> 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 1:00 - 3:00: Walk Track	<b>August 17:</b> 7:00-8:00: Walk Track 8:30-3:30: Footcare 8:00 - 8:45: Sr. Fitness 9:45 - 11:00: T'ai Chi 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 4:00-4:45: Boomer Pilates	<b>August 18:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 11:00: Hearing Clinic 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	<b>August 19:</b> 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track
<b>August 22:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	<b>August 23:</b> 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: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	<b>August 24:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	<b>August 25:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 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	<b>August 26:</b> 7:00-8:00: Walk Track 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track
<b>August 29:</b>	<b>August 30:</b>	<b>August 31:</b>	<b>September 1:</b>	<b>September 2:</b>
<b>SENIOR CENTER CLOSED! RE-OPEN SEPTEMBER 6</b>				

**SPECIAL SENIOR EVENTS:****MOHEGAN SUN CASINO TRIP:****FRIDAY AUGUST 19, 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****AUGUST 9 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!****SUMMER CONCERT SERIES:****August 3 (raindate: Aug. 9) Amish Outlaws  
Veterans Memorial Amphitheatre  
6:30pm - 8:30pm****FOR MORE INFORMATION PLEASE VISIT  
[WWW.RHPARKREC.ORG](http://WWW.RHPARKREC.ORG)****SUMMER IS IN THE AIR!****BOCCE BALL & SHUFFLEBOARD****FREE!****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:****CELEBRATE OCTOBERFEST****October 23, 2016****Fabulous Sunday Brunch****Fall Foliage in the heart of the Pioneer Valley!****Join us for a fun filled day of German  
Celebration. German Band...The Jolly  
Kopperschmidts.****Enjoy a glass of Beer or Wine!!****With warm pretzels!****COST: \$82pp based on 40-52 pp****Depart: 10:15 Elm Ridge Park****For reservations and more information:****Rita Thibodeau - (860)563-9803****ATLANTIC CITY****November 14-16, 2016 (Mon-Wed)****Stay at Resorts Casino Hotel****Fabulous Casino Bonus:****\$30 Slot, \$10 Food Credit, Show, 2 - \$20 Food  
Credit.****COST: \$195 pp double/triple****\$265 pp single****Depart: Elm Ridge Park****For reservations and more information:****Rita Thibodeau - (860)563-9803****ADVENTURES WITH LOIS PRESENTS:****CHRISTMAS ON THE DANUBE****DECEMBER 2 - DECEMBER 10, 2016****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](mailto:loisjmorton@cox.net)**

# END OF SUMMER LUNCHEON

## WEDNESDAY AUGUST 17, 2016

**COST: \$5.00/ALL MEMBERS**

**\$7.00/NON-RESIDENTS**

**PRE-REGISTRATION REQUIRED!**

**MENU:**

- Cheese & Crackers
- Veggies & Dip
- BBQ Chicken Legs
- Homefried Potatoes
- Caesar Salad
- Rolls
- Bev. & Dessert

**LIMIT OF 65**

Please stop by the Senior Center Office  
Monday-Friday 8:30am—4:30pm or by  
calling 860-258-2786.

**TAKING REGISTRATIONS: AUG. 1!**

### **VOLUNTEER OF THE YEAR LUNCHEON - July 20, 2016**

Congratulations to this years Volunteer Service Award recipients:

Marie Ritchie

Paul Tine





**\*NEW PROGRAM\***

**LUNCH & LEARN PROGRAM**

The Lunch & Learn seminars continue to be successful.  
The participants really seemed to enjoy themselves!

Next Seminar:  
**Tuesday, August 23, 2016**

Speaker  
**Vein Clinic**

Rocky Hill Community Center  
Room 2 & 3

1:00pm - 2:00pm  
**FREE!**

**REGISTER IN ADVANCE!**

**LUNCH NOT INCLUDED, MUST SIGN UP FOR  
LUNCH SEPERATELY!**

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.**