



761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Rocky Hill Human Services Department

Brittany Sanderson • Denise Sanderson

Senior Center

(860)258-2786 / 258-2757 • FAX (860) 257-1213

Birthplace of the Brigantine "Minerva"



AUGUST 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.**



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:

August 10, 2017

10:00am - 11:00am

Cleans and Checks any hearing aid

FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

Monthly

Wednesday

August 9, 2017

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.**

MUNICIPAL AGENT FOR THE ELDERLY

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

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

RENTERS REBATE:

Human Services is taking appointments now 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. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments made in the calendar year 2016. 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

MUST CALL 24HRS IN ADVANCE

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:

A very big **Thank You** to the Rocky Hill
Serenaders for volunteering your time to bring
joy to so many people.

Enjoy the summer, rest your voice and see you
in September!

**For more information Contact the
Senior Center office 860-258-2786**

LUNCH & DINING INFORMATION:

BIRTHDAY BINGO

Birthday Bingo is held on the 1st Tuesday of
every month. This month it will be held on

August 1, 2017

12:45 - 3:00pm

Sponsored by: Maplevue Manor

BINGO AT SENIOR 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.

AUGUST 2017
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

TUESDAY AUGUST 1: Chicken Breast w/Broccoli & Cheese, Scalloped Potatoes, Carrots, Bread, Bev. & Dessert
WEDNESDAY AUGUST 2: Shepard's Pie, Coleslaw, Bread, Bev. & Dessert
THURSDAY AUGUST 3: Chicken Alfredo w/ Ziti, Caesar Salad, Italian Bread, Bev. & Dessert
FRIDAY AUGUST 4: Tuna Sandwich, Clam Chowder, Chips, Bev. & Dessert

| | |
|---|--|
| MONDAY AUGUST 7 | MONDAY AUGUST 14 |
| Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert | Breaded Chicken Breast Scalloped Potatoes Carrots Bread Coffee, Tea, Milk, Dessert |
| TUESDAY AUGUST 8 | TUESDAY AUGUST 15 |
| Chicken Pot Pie Caesar Salad Rolls Coffee, Tea, Milk & Dessert | Baked Cod Fish Rice Green Beans Bread Coffee, Tea, Milk & Dessert |
| WEDNESDAY AUGUST 9 | WEDNESDAY AUGUST 16 |
| Cheese Burgers Baked Beans Home fried Potatoes Coffee, Tea, Milk & Dessert | <u>END OF SUMMER LUNCHEON</u> <u>PRE-REGISTRATION REQUIRED</u> <u>Menu on page #10</u> \$5.00/members \$7.00/non-members |
| THURSDAY AUGUST 10 | THURSDAY AUGUST 17 |
| Cheese Ravioli Salad Italian Bread Coffee, Tea, Milk & Dessert | Salisbury Steak Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert |
| FRIDAY AUGUST 11 | FRIDAY AUGUST 18 |
| Fish & Chips Coleslaw Bread Coffee, Tea, Milk & Dessert | Seafood Salad Tomato & Mozzarella Salad Rolls Coffee, Tea, Milk & Dessert |

**AUGUST 2017
ROCKY HILL SENIOR LUNCH MENU**

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

| MONDAY | AUGUST 21 | MONDAY | AUGUST 28 |
|--|------------------|--|--------------------|
| SENIOR CENTER CLOSED FOR CLEANING 21-25 | | Stuffed Shells Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert | |
| TUESDAY | AUGUST 22 | TUESDAY | AUGUST 29 |
| CLOSED | | Ham & Cheese Sandwich Tomato Soup Chips Coffee, Tea, Milk & Dessert | |
| WEDNESDAY | AUGUST 23 | WEDNESDAY | AUGUST 30 |
| CLOSED | | Chicken Cordon Bleu Au gratin Potatoes Beets Bread Coffee, Tea, Milk & Dessert | |
| THURSDAY | AUGUST 24 | THURSDAY | AUGUST 31 |
| CLOSED | | French Bread Pizza Salad Coffee, Tea, Milk & Dessert | |
| FRIDAY | AUGUST 25 | FRIDAY | SEPTEMBER 1 |
| CLOSED | | Scallops Rice 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.**SENIOR FUNDRAISING COMMITTEE MEETING**

Attend our August meeting on Friday, August 11 from 1:00-2:00pm.

Join us in planning our 1st Annual Wine Tasting/Food Event and the Upcoming car show on Sept. 16.

For more information please stop by or call the senior center office at 860-258-2786.

Please attend our meeting on**Friday August 11****1:00-2:00pm****Rm #2 Senior Center****EXERCISE PROGRAMS:****BOOMERS BOOT CAMP**

Sept 12—Dec 12 (NC 10/10, 11/7 & 11/21)

Tuesdays 8:00am—8:45am

Location: RHCC Gym

COST: \$32.00/residents**\$37.00/non-residents****Instructor: Cindy Riccio****Drop-in fee: \$5.00 per class****BOOMERS PILATES**

Sept 11—Dec 4 (NC 10/9)

Mondays 4:30pm—5:15pm

Location: RH Town Hall—Rm #6

Cost: \$62.00/residents**\$67.00/non-residents****Instructor: Jeannine Personal Euphoria****BOOMERS PILATES**

Sept 13—Dec 6 (NC 11/22)

Wednesdays 4:30pm—5:15pm

Location: RH Town Hall—Rm #6

Cost: \$62.00/residents**\$67.00/non-residents****Instructor: Jeannine Personal Euphoria****T'AI CHI-OIGONG**

Sept 27—Dec 6 (NC 11/22)

Wednesdays 9:45am—11:00am

Location: RHCC—Rm #2

COST: \$32.00/residents**\$37.00/non-residents****Instructor: Denise Gander****SENIOR FITNESS**

Sept 11—Dec 6 (NC 10/9 & 11/22)

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

Location: RHCC Gym

COST: \$42.00/residents**\$47.00/non-residents****Instructor: Cindy Riccio****ZUMBA GOLD**

Sept 14—Dec 9 (NC 11/23)

Thursdays 8:00am - 8:45am

Location: RHCC Gym

COST: \$32.00/residents**\$37.00/non-residents**

REGISTRATION INFORMATION

You can register at the senior center office or online for any of our exercise programs. Any questions please call 860-258-2786 or 258-2757.

If you do not sign up for the exercise class. We ask for a \$5.00 drop in fee for each class attended.

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.

Summer off for good behavior. Have a safe, healthy summer!

September 14: Meetings Resume

SENIOR TASK FORCE MEETING

**2ND MONDAY OF THE MONTH
NEXT MEETING**

SEPTEMBER 11 2017

10:00AM—NOON

RH TOWN HALL—RM #4

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!

LOCATION RHCC GYM

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.

**Have a Happy and Healthy Summer!
Meetings will resume in September!**

Board Meeting—Sept 1st 10:00am

LUNCH & LEARN

TUESDAY, AUGUST 29, 2017

1:00PM-2:00PM

FREE to attend!

MUST REGISTER IN ADVANCE!

SPEAKER:

OCTOBER KITCHEN

“Sandy”

They will be supplying Lunch for everyone who signs up, to eat during their presentation. ENJOY!

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

Community Center Lunch @ 12pm

**SPEAKER/CATERED LUNCH @ 1PM
(only for participants of program)**

MONTHLY CALENDER

| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|---|---|--|--|---|
| | <p>August 1: 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 1:00 - 3:00: Walk Track</p> | <p>August 2: 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>August 3: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p> | <p>August 4: 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 10:30: Trip to High Hopes-Old Lyme</p> |
| <p>August 7: 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</p> | <p>August 8: 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:Scrabble/cards 1:00 - 3:00: Walk Track</p> | <p>August 9: 7:00 - 8:00: Walk Track 8:30-3:30: Foot care 8:00-8:45: Sr. Fitness 9:45 - 11:00: T'ai Chi 12:00: Lunch 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p> | <p>August 10: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-11:00: Hearing Service 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p> | <p>August 11: 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 1:00-2:00: Fundraising Committee</p> |
| <p>August 14: 7:00-8:00: Walk Track 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track</p> | <p>August 15: 7:00-8:00: Walk Track 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</p> | <p>August 16: 7:00-8:00: Walk Track 10:30-3:00: End of Summer Luncheon 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p> | <p>August 17: 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 4:30: Get out of the Kitchen</p> | <p>August 18: 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 8:30-5:00: Casino Trip</p> |
| <p>August 21:</p> | <p>August 22:</p> | <p>August 23:</p> | <p>August 24:</p> | <p>August 25:</p> |
| <p><u>SENIOR CENTER CLOSED</u></p> | | | | |
| <p>August 28: 7:00-8:00: Walk Track 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track</p> | <p>August 29: 7:00-8:00: Walk Track 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 1:00-2:00: Lunch & Learn</p> | <p>August 30: 7:00-8:00: Walk Track 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>August 31: 7:00-8:00: Walk Track 12:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p> | |

MOHEGAN SUN CASINO TRIP:**FRIDAY AUGUST 18, 2017****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 8 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, August 17, 2017****Pick up will start at 4:30PM****Restaurant: Westbrook Lobster****(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****SENIOR CENTER
CLOSED!
AUGUST 21-AUGUST 25
FOR CLEANING!****SENIOR TRIPS:****(More Trips are located on Senior
Bulletin Board)****TRIPPING WITH RITA PRESENTS:****OGUNQUIT MAINE****Portland City Tour, Downeast Clambake****Nubble Lighthouse Cruise****September 25 - 27, 2017****Includes: Deluxe Motorcoach, 2 nights hotel, 2
breakfasts, 2 dinners, sightseeing & admissions****COST: \$437 pp double/triple****\$547 pp single****Based on 40-50 pp****For reservation info: Rita Thibodeau****860-563-9803****HUDSON VALLEY WINERIES****Sunday Brunch at Shadows on the Hudson****Benmarl Winery & Brotherhood Winery****SUNDAY, SEPTEMBER 24, 2017****Led by a distinguished tour guide, enjoy a
journey through history that ends with a
wonderful tasting of their award winning wines.****COST: \$98.00/PP (Based on 40-52)****Depart: 8:00am Elm Ridge Park****Return: 6:30pm Rocky Hill****For reservation info: Rita Thibodeau****860-563-9803****ADVENTURES WITH LOIS PRESENTS:****BENNINGTON!****Awaken your Senses!****Great Fall Foliage Trip!****Tuesday, September 26, 2017****The Publyk House-Vermont Dining with
a view****Depart: 7:45am, Elm Ridge Park****Return: 6:30pm, Rocky Hill CT****Cost: \$80 pp based on 40-52****For reservation info: Lois Morton****(860)529-2797****loisjmorton@cox.net**

LUNCH & LEARN SCHEDULE

TIME: 1:00-2:00PM

Must register in advance!

August 29: October Kitchen

(Supplying Lunch for Participants ONLY-MUST reg. to get the Lunch)

September 26: Tammy Hackett

(Independent Living Facility-Bringing a panel)

October 24: TBA

November 28: TBA

If you have any recommendations, I would love to hear from you!

END OF SUMMER LUNCHEON

AUGUST 16, 2017

10:30AM - 3:00PM

PRE-REGISTRATION REQUIRED

COST: \$5.00/MEMBERS

\$7.00/NON-MEMBERS

LIMIT OF 65!

Menu:

Veggies & Dip

BBQ Boneless

Chicken Breast

Salads

Home Fried Potatoes

Dessert & Drinks

**LUNCH SERVED
AT 12PM**

LUNCH & LEARN

Tuesday August 29, 2017

1:00PM - 2:00PM

**Location: Rocky Hill
Community Center Rm#2**

SPEAKER: OCTOBER KITCHEN
“Lunch for participants will be provided”

**Lunch 12:00pm-senior center lunch
Seminar Lunch—1:00pm for
Participants.**

**To reserve your spot please call
the senior center @860-258-2786**

MOHEGAN SUN TRIP

Friday, August 18, 2017

**8:30am—5:00pm
Leaving Elm Ridge Park**

**Mohegan Sun Casino Trip
Cost: \$20.00**

**Registration on Tuesday
August 8, 2017**

**To register please stop by the senior
center office or call to reserve your
seat 860-258-2786.**

VOLUNTEER OF THE YEAR LUNCHEON

July 19, 2017

Congratulations to this years winner
For going above and beyond. For
Always volunteering her time to help
In the community and the senior center.

Congratulations to Judy Milles



Congratulations to the Rocky Hill
Ringers, Wii Bowling Team for placing
Second at the State Wide tournament.

**2nd Place:
CT Senior Wii Bowling League**

