



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"



DECEMBER 2015



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
December 10, 2015
10:00am - 11:00am**

Cleans and Checks any hearing aid
FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

**2x a Month
Wednesday**

**December 9 & December 30, 2015
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

ADOPT A FAMILY:

The Town of Rocky Hill Human Services department is looking for individuals, businesses and/or organizations to adopt families for the upcoming Thanksgiving and Christmas holidays. Please help us make a Rocky Hill Family's holiday memorable this year. All inquires are confidential. **Please call 860-258-2799 and speak with Nicole for more information.**

HOLIDAY FOOD BASKETS:

The Town of Rocky Hill Human Services Department will distribute fresh food baskets and/or gifts to disadvantaged households for the upcoming Thanksgiving and Christmas holidays. We are seeking Rocky Hill residents who may benefit from the distribution. Residents must demonstrate a financial or other legitimate need to qualify. All inquirers are confidential. **Please call 860-258-2799 or 258-2724 to register.**

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 3 - Senior/Community Center
FREE
From beginners to experienced!

WII BOWLING

Every Wednesday & Friday
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 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.**

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

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

December 1, 2015

12:45pm - 3:00pm

Sponsored by: Maplevue 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.

THANK YOU CRAFTERS!

A big thank you to our knitters & crocheters for
making Mittens, hats, and scarves for the people
of the CAP Organization. They truly are grateful
for the beautiful items that organization
received.

DECEMBER 2015
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

TUESDAY DECEMBER 1: Stuffed Cabbage, Mashed Potatoes, Corn, Bread, Bev. & Dessert

WEDNESDAY DECEMBER 2: Chicken Cordon Bleu, Rice, Beets, Bread, Bev. & Dessert

THURSDAY DECEMBER 3: Cheese Ravioli, Caesar Salad, Rolls, Bev. & Dessert

FRIDAY DECEMBER 4: Tuna Fish Sandwich, Clam Chowder, Chips, Bev. & Dessert

MONDAY DECEMBER 7	MONDAY DECEMBER 14
Shepards Pie Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert	Hot Dogs Homefried Potatoes Baked Beans Coffee, Tea, Milk & Dessert
TUESDAY DECEMBER 8	TUESDAY DECEMBER 15
Meat Ravioli Salad Rolls Coffee, Tea, Milk & Dessert	Chicken Breast Florentine Augratin Potatoes Peas w/ Mushrooms Coffee, Tea, Milk & Dessert
WEDNESDAY DECEMBER 9	WEDNESDAY DECEMBER 16
“HOLIDAY LUNCHEON” PRE-REGISTRATION REQUIRED Cheese & Crackers Fruit Stuffed Chicken Breast Broccoli & Cheese Rice Rolls Coffee, Tea, Milk & Dessert	Sloppy Joe Sandwich Coleslaw Chips Coffee, Tea, Milk & Dessert
	
THURSDAY DECEMBER 10	THURSDAY DECEMBER 17
Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Beef Stew Italian Bread Coffee, Tea, Milk & Dessert
FRIDAY DECEMBER 11	FRIDAY DECEMBER 18
Scallops Rice Green Beans Bread Coffee, Tea, Milk & Dessert	Baked Cod Fish Scalloped Potatoes Carrots Bread Coffee, Tea, Milk & Dessert

**DECEMBER 2015
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY DECEMBER 21	MONDAY DECEMBER 28
Crab Cakes Rice Green Beans Bread Coffee, Tea, Milk & Dessert	American Chop Suey Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
TUESDAY DECEMBER 22	TUESDAY DECEMBER 29
Chicken Pot Pie Caesar Salad Coffee, Tea, Milk & Dessert	Swedish Meatballs Buttered Egg Noodles Green Beans Bread Coffee, Tea, Milk & Dessert
WEDNESDAY DECEMBER 23	WEDNESDAY DECEMBER 30
Ziti w/ Sausage Salad Italian Bread Coffee, Tea, Milk & Dessert	Baked Chicken Legs Roasted Vegetables Bread Coffee, Tea, Milk & Dessert
THURSDAY DECEMBER 24	THURSDAY DECEMBER 31
Center closing @ 12:00PM NO LUNCH	Center closing @ 12:00pm NO LUNCH
FRIDAY DECEMBER 25	FRIDAY JANUARY 1
<u>CLOSED</u> 	<u>CLOSED</u> 

SENIOR ACTIVITIES:

FALL COMPUTER LAB HOURS

The days & hours for the lab are Monday through Friday from 9:00am - 4:00pm.
For more information please call **860.258.2786**

BOCCE BALL & SHUFFLEBOARD
COURT NOW OPEN!

Come down with your friends and enjoy good company in the nice weather! We have equipment in the Senior Center Office. For more information, stop in during business hours **Monday - Friday 8:30am - 4:30pm, or call the Office at 860-258-2786.**



CHRISTMAS LUNCHEON

December, 9 2015

10:30am - 3:00pm

COST: \$5.00/ ALL Members

MENU:

Cheese & Crackers

Fruit

Stuffed Chicken Breast

Broccoli & Cheese

Rice

Rolls

Bev. & Dessert

LIMIT OF 60 PARTICIPANTS

Please call 860-258-2786 to register or for more information

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

January 6 - March 23
Wednesdays 9:45am - 11:00am
COST: \$30.00/residents
\$35.00/non-residents

ZUMBA GOLD

January 8 - March 12 (N/C: 1/15)
Fridays 8:00am - 8:45am
COST: \$25.00/residents
\$30.00/non-residents

SENIOR STRETCH

January 4 - March 23 (N/C: 1/18)
Mondays & Wednesdays 8:30am - 9:15am
COST: \$30.00/residents
\$35.00/non-residents

BOOMERS BOOT CAMP

January 8 - March 25 (N/C: 1/14)
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

REGISTRATION OPENS FOR ALL EXERCISE PROGRAMS NOVEMBER 16

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 860-258-2786.

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!

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.

December 3: NO MEETING

Holiday Banquet Offsite

Saybrook Fish House, RH

December 10: Board Meeting - 9:30am

Meeting - 10:30am

Raffle

Social Day

Bingo or Cards

December 17: Meeting - 10:30am

Food Bank

Raffle

Serenaders

December 24: NO MEETING

December 31: NO MEETING

MEDICARE SAVINGS PROGRAM:***Updated Program Limits***

Helps to pay the monthly Medicare Part B premiums for qualifying participants.

Depending on income level this program may also lower the co-pays for prescriptions to between \$2.60 and \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

NEW GUIDELINES EFFECTIVE MARCH 1, 2015:

Monthly Max income: Single - \$2,413.26

Couple - \$3,266.88

SNAP (Formerly Food Stamps):

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at Local grocery Stores.

Monthly Max: Single - \$1,800, Couple - \$2,425

Please call Denise Sanderson: 860-258-2786

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!!

December 4: 10:00am - Board Meeting

10:30am - Meeting

Door Raffle

50/50 Raffle

Program: Julie Doud-Benchmark Senior

Living

December 11: 10:30am - Meeting

Door Raffle

50/50 Raffle

Program: RH Serenaders

December 18: Christmas Party

ChowderPot-11:30am

December 25: NO MEETING

January 1: NO MEETING

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: DECEMBER 8!

Craft:

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

SENIOR TASK FORCE

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

2ND Monday of this month: December 14

Room 4 - Senior/Community Center

10:00am - 12:00pm

Any Questions please call 860-258-2786

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

Due to the upcoming Holiday season there will NOT be a trip for the month of December! We will pick back up in January Have a safe and enjoyable Holiday!

BINGO NIGHT - TUESDAYS

St. Paul's Church-Glastonbury

Every Tuesday

Doors open at 5:00pm

Games Start at 7:00pm

Bus will start picking seniors up

At their homes at 5:00pm

LIMIT OF 10 PARTICIPANTS

FIRST COME FIRST SERVE!

MUST REGISTER IN ADVANCE

BUS FEE: \$3.00 payable to driver!

MOHEGAN SUN CASINO TRIP:

MONTHLY

FRIDAY DECEMBER 11, 2015

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**

NOVEMBER 30 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!

ATTENTION:

Looking for Poker Players to play weekly at the Rocky Hill Community Center. If interested or for more information please call the Community Center @ 860-258-2786.

SENIOR TRIPS:

(More Trips are located on Senior Bulletin Board)

TRIPPING WITH RITA PRESENTS:**ESCORTED MONTREAL & CANADA
NEW ENGLAND CRUISE**

July 15—23, 2016 9 Days/8 Nights

1 Night Montreal & 7 Night Cruise

Montreal - Scenic Cruising the St. Lawrence -

Quebec - Cruising the Gulf of St. Lawrence -

Prince Edward Island - Sydney - Halifax - Bar

Harbor - Boston

From \$1,979.00/pp

For reservations and more information:

Rita Thibodeau - (860)563-9803

ADVENTURES WITH LOIS PRESENTS:**SPAIN'S CLASSICS**

APRIL 16 - APRIL 26, 2016

Highlights... Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada,

The Alhambra, Valencia, City of Arts & Science,

Liadro City of Porcelain, Paella Experience,

Barcelona, La Sagrada Familia, ParcGuell

11 Days, 14 meals: 9 Breakfasts, 1 Lunch,

4 Dinners

Book Now and save \$200/per person!

Double: \$3,649

Triple: \$3,619

Single: \$4,199

Included in Price:

Group Transportation from Central Location to

and from new York Airport, Round Trip Air from

New York, Air taxes and Fees/Surcharges.

Hotel Transfers.

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.

FUN FACTS ABOUT CHRISTMAS

- * Christmas trees are also known as the Yule-tree
- * Christmas trees are evergreen trees, usually either a fir tree, pine tree or spruce tree.
- * It is believed that decorating Christmas trees originated in the 16th century.
- * In 1836 Alabama became the first state in the US to declare Christmas a legal holiday.
- * Oklahoma became the last state to declare Christmas a legal holiday in 1907.
- * In June of 1970 Christmas became a federal holiday in the US.
- * Christmas trees were first decorated with foods such as apples, nuts and dates.
- * In the 18th century Christmas trees began being decorated with candles.
- * Electric Christmas tree lights were first used in 1895.
- * The tallest Christmas tree ever displayed was in Seattle Washington in 1950. The Christmas tree was 221 feet tall.
- * It is said that candy canes were invented by a candy maker in Indiana. He wanted to use them to spread the name Jesus around the world.
- * There are 3 towns in the US that are named Santa Claus. One in Georgia, Arizona, Indiana.

NOVEMBER 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! Seniors have enjoyed it and it's a great way to socialize!



Thanksgiving Table Centerpieces!

TAKING DONATIONS FOR THE HOLIDAY SEASON

During the Holiday Season we know times get tough for a lot of animal rescues and on animals/people in general. In January 2016 there will be two non-profit organizations coming to speak to the Rocky Hill Senior Club; **Pibbles and More Animal Rescue**, and **High Hopes Therapeutic riding place**. Both places I have dealt with and volunteer my time to help in any way that I can. I adopted my dog from the animal rescue and my old horse is located at High hopes. They both rely on donations and your support.

Both places do have wish lists and I will have copies made and you can see me to pick one up, they will also be placed around the center.

I was looking to take on the responsibility to do something nice for what they do. As a Senior/Community Center we should all come together and make their holidays one to remember!

BOTH WILL BE OPEN TO THE PUBLIC!

**JANUARY 15: Pibbles & More Animal rescue
JANUARY 22: High Hopes Therapeutic**

DONATIONS CAN BE DROPPED OFF AT THE SENIOR CENTER OFFICE!

TAKING DONATIONS NOW UNTIL JANUARY!

Any Questions please contact Brittany Sanderson @ 860-258-2786 or stop by the Senior Center Office.

