



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"



JANUARY 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
January 14, 2016**

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**

January 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**

ADOPT A FAMILY:

The Human Services Department would like to thank everyone that participated and adopted a family for the holiday season, you had made many families holidays one to remember!

SENIOR TASK FORCE

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

2ND Monday of the month

January 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 3 - Senior/Community Center
FREE

From beginners to experienced!
LOOKING FOR MORE PLAYERS!

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

January 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.

JANUARY 2016
ROCKY HILL SENIOR LUNCH MENU

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

FRIDAY JANUARY 1: CLOSED

MONDAY JANUARY 4	MONDAY JANUARY 11
Ham Roasted Vegetables Bread Coffee, Tea, Milk & Dessert	Salisbury Steak Au gratin Potatoes Carrots Bread Coffee, Tea, Milk & Dessert
TUESDAY JANUARY 5	TUESDAY JANUARY 12
<p style="text-align: center;">"Birthday Bingo"</p> Breaded Chicken Breast Rice Carrots Bread Coffee, Tea, Milk & Dessert 	Chicken Parmesan Caesar Salad Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY JANUARY 6	WEDNESDAY JANUARY 13
Pasta w/ Sausage Salad Italian Bread Coffee, Tea, Milk & Dessert	Scallops Rice Green Beans Bread Coffee, Tea, Milk & Dessert
THURSDAY JANUARY 7	THURSDAY JANUARY 14
Swedish Meatballs Buttered Egg Noodles Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert	Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
FRIDAY JANUARY 8	FRIDAY JANUARY 15
Baked Cod Fish Scalloped Potatoes Green Beans Rolls Coffee, Tea, Milk & Dessert	Pasta w/ Meat Sauce Salad Rolls Coffee, Tea, Milk & Dessert

**JANUARY 2016
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY JANUARY 18	MONDAY JANUARY 25
CLOSED	Stuffed Cabbage Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
TUESDAY JANUARY 19	TUESDAY JANUARY 26
Macaroni & Cheese Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert	Baked Chicken Legs Au gratin Potatoes Waxed Beans Bread Coffee, Tea, Milk & Dessert
WEDNESDAY JANUARY 20	WEDNESDAY JANUARY 27
Pot Roast Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert	Chili Con Carne Coleslaw Rolls Coffee, Tea, Milk & Dessert
THURSDAY JANUARY 21	THURSDAY JANUARY 28
Chicken Breast Florentine Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Cheese Ravioli Salad Italian Bread Coffee, Tea, Milk & Dessert
FRIDAY JANUARY 22	FRIDAY JANUARY 29
Stuffed Sole Rice Carrots Bread Coffee, Tea, Milk & Dessert	Ham & Cheese Sandwich Minestrone Soup Chips Coffee, Tea, Milk & Dessert

SENIOR ACTIVITIES:**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**

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 10:00am - 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!

No appointments-February 16!

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.

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 11 (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 5 - March 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

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.

January 7: Meeting - 10:30am
Raffle
New Year's Party
Bingo or Cards

January 14: Board Meeting - 9:30am
Meeting - 10:30am
Raffle
Game Day
Bingo or Cards

January 21: Meeting - 10:30am
Raffle
Social Day
Bingo or Cards

January 28: Meeting - 10:30am
Food Bank
Raffle
Brain Teasers
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!!

January 8: Board Meeting - 10:00am
Meeting - 10:30am
50/50 Raffle
Door Raffle

January 15: Meeting - 10:30am
50/50 Raffle
Door Raffle
Food Bank

Program: Pibbles & More Animal Rescue

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

Program: High Hopes Therapeutic Riding

January 29: Meeting - 10:30am
50/50 Raffle
Door Raffle

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 JANUARY 12!

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

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 \$2.65 and \$7.40 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

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				January 1: CLOSED 
January 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	January 5: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-1:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Birthday Bingo 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track 5:00: Bingo Night - St. Pauls	January 6: 7:00-8:00: Walk Track 9:30 - 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	January 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	January 8: 7:00-8:00: Walk Track 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 2:00 - 3:30: Walk Track 8:30 - 5:00: Casino Trip
January 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	January 12: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-1:00: Craft 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 5:00: Bingo Night - St. Pauls	January 13: 7:00-8:00: Walk Track 8:30-3:30: Footcare 8:30 - 9:15: Sr. Stretch 9:30 - 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	January 14: 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	January 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: Wii Bowling 2:00 - 3:30: Walk Track
<u>CLOSED</u>	January 19: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-1:00: Craft 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 5:00: St.Pauls-Bingo	January 20: 7:00-8:00: Walk Track 8:30-9:15: Sr Stretch 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	January 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	January 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: Wii Bowling 2:00 - 3:30: Walk Track
January 25: 7:00-8:00: Walk Track 8:30-9:15: Sr Stretch 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	January 26: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-1:00: Craft 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 5:00: St.Pauls-Bingo	January 27: 7:00-8:00: Walk Track 8:30-9:15: Sr Stretch 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	January 28: 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	January 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: Wii Bowling 2:00 - 3:30: Walk Track

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

3rd Thursday of Every Month
January 21, 2016

J. TIMOTHY - Plainville CT
(Restaurant subject to change)

The bus will start picking seniors up
At their homes around 4:30pm.

MUST REGISTER IN ADVANCE!

FIRST COME FIRST SERVE

LIMIT OF 10 PARTICIPANTS

BUS FEE: \$3.00 payable to driver

We start taking registrations the 1st of the
Month

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 JANUARY 29, 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**

JANUARY 19 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!**

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.**

SENIOR CHRISTMAS PARTY - December 9, 2015



DECEMBER 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 it's a great way to socialize!



Christmas Table Pieces!

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.

