



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"

Happy
New Year!

JANUARY 2017

Happy
New Year!

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:

**January 12, 2017
10:00am - 11:00am**

Cleans and Checks any hearing aid
FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

**Monthly
Wednesday**

January 11, 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.**

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 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:

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 3, 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 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 2017
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

MONDAY JANUARY 2	MONDAY JANUARY 9
<u>CLOSED</u>	 <p>Ham Sweet Potatoes Waxed Beans Bread Coffee, Tea, Milk & Dessert</p>
TUESDAY JANUARY 3	TUESDAY JANUARY 10
<p>Salisbury Steak Au gratin Potatoes Carrots Bread Coffee, Tea, Milk & Dessert</p> 	<p>Chicken Parmesan Caesar Salad Rolls Coffee, Tea, Milk & Dessert</p>
WEDNESDAY JANUARY 4	WEDNESDAY JANUARY 11
<p>Pasta w/ Sausage Salad Rolls Coffee, Tea, Milk & Dessert</p>	<p>Scallops Rice Green Beans Bread Coffee, Tea, Milk & Dessert</p>
THURSDAY JANUARY 5	THURSDAY JANUARY 12
<p>Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert</p>	<p>Swedish Meatballs Buttered Egg Noodles Pea's w/ Mushrooms Bread Coffee, Tea, Milk & Dessert</p>
FRIDAY JANUARY 6	FRIDAY JANUARY 13
<p>Baked Cod Fish Scalloped Potatoes Green Beans Rolls Coffee, Tea, Milk & Dessert</p>	<p>Pasta w/ Meat Sauce Salad Rolls Coffee, Tea, Milk & Dessert</p>

**JANUARY 2017
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY JANUARY 16	MONDAY JANUARY 23
<u>CLOSED</u>	Stuffed Cabbage Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
TUESDAY JANUARY 17	TUESDAY JANUARY 24
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 18	WEDNESDAY JANUARY 25
Pot Roast Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert	Chili Con Carne Coleslaw Rolls Coffee, Tea, Milk & Dessert
THURSDAY JANUARY 19	THURSDAY JANUARY 26
Chicken Breast Florentine Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Cheese Ravioli Salad Italian Bread Coffee, Tea, Milk & Dessert
FRIDAY JANUARY 20	FRIDAY JANUARY 27
Stuffed Sole Rice Carrots Bread Coffee, Tea, Milk & Dessert	Breaded Fish Scalloped Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert

MONDAY, JANUARY 30: Chicken Cordon Bleu, Au gratin Potatoes, Carrots, Bread
TUESDAY, JANUARY 31: Ham & Cheese Sandwich, Minestrone Soup, Chips

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

January 9 - March 22 (NC 1/16, 2/20)

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

January 25!

PRE-REGISTRATION IS REQUIRED!**JANUARY 25, 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 - QIGONG CLASS**

January 11 - March 22

Wednesdays 9:45am - 11:00am

Location: Room #2

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

January 12 - March 16

Thursdays 8:00am - 8:45am

Location: Gymnasium

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

January 9 - March 15 (NC 1/16, 2/20)

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

Location: Gymnasium

COST: \$40.00/residents**\$45.00/non-residents****BOOMERS BOOT CAMP**

January 10 - March 14

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!**

WINTER 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.

HAPPY NEW YEAR ONE AND ALL!

January 5: Board Meeting - 10:15am

Meeting - 10:30am

Raffle

Program: Celebrate the New Year

Bingo or Cards

January 12: Meeting - 10:30am

Raffle

Program: Social

Bingo or Cards

January 19: Meeting - 10:30am

Raffle

Program-Around the World

Bingo or Cards

January 26: Meeting - 10:30am

Raffle

Program: The Pyramid Game

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.

January 6: Board meeting - 10:00am

Meeting - 10:30am

50/50 Raffle

Bingo 12:45 - 3:00pm

Welcome Back to a New year

January 13: Meeting - 10:00am

50/50 Raffle

Bingo - 12:45-3:00pm

Program: Fire Dept.-Fire safety for the winter

January 20: Meeting - 10:00am

50/50 Raffle

Bingo - 12:45-3:00pm

January 27: Meeting - 10:00am

50/50 Raffle

Bingo - 12:45-3:00pm

Program: Webster Bank-Elderly Abuse & Fraud

SENIOR NEEDLECRAFTERS**GROUP PROJECT:****Senior Craft Group Members**

Miss Lisa., 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!

\$5.00-\$8.00

PROJECT WILL BE ON JAN. 10!

Pre-registration is required, call 860-258-2786 or 860-258-2757.

PLEASE NOTE TIME CHANGE!!

1:00PM - 3:00PM

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

SENIOR TASK FORCE

This months task force meets on the **2nd** Monday of the month.

NEXT MEETING:

JANUARY 9, 2017

10:00am - 12:00pm

Room # 4

All Seniors are welcome to attend.

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

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
January 2: <u>CLOSED</u>	January 3: 7:00-8:00: Walk Track 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Bday Bingo 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track 1:00-3:00: RH Serenaders	January 4: 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	January 5: 7:00-8:00: Walk Track 10:00-3:00: Stepney Seniors 12:00 - 3:00: Lunch/Bingo 12:45 - 3:00: Cards 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track	January 6: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00-3:00: Lunch/Bingo 12:45-3:00: Bingo 2:00 - 3:30: Walk Track
January 9: 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	January 10: 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: Craft Project 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track 1:00-3:00: RH Serenaders	January 11: 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 4:00-4:45: Boomer Pilates	January 12: 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 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track	January 13: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
January 16: <u>CLOSED</u>	January 17: 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 1:00-3:00: RH Serenaders	January 18: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:00: T'ai Chi 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 4:00-4:45: Boomers Pilates	January 19: 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	January 20: 7:00-8:00: Walk Track 10: RH Friday Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
January 23: 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	January 24: 7:00-8:00: Walk Track 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 1:00-3:00: RH Serenaders	January 25: 7:00-8:00: Walk Track 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 4:00-4:45: Boomer Pilates 6:00-8:00: Paint Night	January 26: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 12:00-3:00: Lunch/Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	January 27: 7:00-8:00: Walk Track 10: RH Friday Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
January 30: 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	January 31: 7:00-8:00: Walk Track 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 1:00-3:00: RH Serenaders			

SPECIAL SENIOR EVENTS:**MOHEGAN SUN CASINO TRIP:**

THERE WILL BE NO TRIP FOR THE MONTH OF JANUARY. CHECK BACK FOR UPDATES ON FUTURE TRIPS!

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 First Meeting on Friday January 13 1:30pm - 2:30pm.**

LUNCH & LEARN

Lunch and Learn is back for January. In the past the program has been a huge success, fun is had by all!

**TUESDAY, JANUARY 24, 2017
1:00PM-2:00PM**

FREE to attend!
MUST REGISTER IN ADVANCE!

SPEAKER:

Dr. Nicole Kluchers
"Naturapathic Physician"

TOPIC:

Staying healthy in the Winter

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

SENIOR TRIPS:

(More Trips are located on Senior Bulletin Board)

TRIPPING WITH RITA PRESENTS:

THERE WILL BE NO TRIPS DURING THE WINTER. CHECK BACK WHEN IT GETS WARMER!

**For more information please contact:
Rita Thibodeau 860-563-9803**

ADVENTURES WITH LOIS PRESENTS:**ALL YOU CAN EAT LOBSTER & COMEDY SHOW**

**The Delaney House - Holyoke MA
July 13, 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



WINTER STORM PREPAREDNESS: Do's & Don'ts

As a winter storm ramps up and is likely to cause major problems for millions across the East, preparation is key. It has been a while since some of these areas have seen big accumulations, so we wanted to give you a checklist of important things you should remember before, during and after the storm.

Don't

- ❄️ Bring grills or generators inside. Running them indoors could be a deadly mistake, as both emit carbon monoxide that could poison you in a confined space.
- ❄️ Sit in your running car unless you've cleared the tailpipe of snow. If carbon monoxide can't escape into the open air, it could escape into your car and kill you.
- ❄️ Venture out into the snow without letting someone know where you're going. If you get stuck somewhere, there needs to be a friend or family member who can alert authorities if you can't.
- ❄️ Use cruise control if you drive in poor weather. It could take longer to slow your car if needed.
- ❄️ Leave your car if you're caught in a pileup. It's far safer to stay in your car until you're sure the scene is safe and there won't be additional collisions.
- ❄️ Stand under trees if they're coated in ice. Branches weigh far more when they're coated in ice, and they could kill you if they fall. It's not worth the Instagram photo.

DO

- ❄️ Begin your preparations as soon as possible. The rush will happen later, and some supplies may run out. If you're in an area where impacts may or may not be felt, go ahead and prepare anyway. At worst, you'll be stocked up and ready for the next big winter storm.
- ❄️ Leave your phone plugged into the wall, especially if there's a possibility of power outages. That way, if the power goes out, you're guaranteed to have maximum battery life.
- ❄️ Remember Airplane Mode on your phone. If you're not expecting a call and don't need to be connected to the Internet, it will preserve your phone's battery for much longer in the event of a power outage.
- ❄️ Abide by all special rules and restrictions put in place by authorities. If you are told to stay off the roads unless there's an emergency, do what they say.
- ❄️ If you must drive, wear a seat belt and be sure to leave extra distance between your car and the vehicles around you. It takes nine times longer to stop on an icy road than a dry one.
- ❄️ Load up your car with at least one blanket, and make sure your gas tank is full before you venture out. If you get stranded or even stuck in gridlock, both could be very important.



SENIOR HOLIDAY LUNCHEON!

As the hustle and bustle of the holidays vastly approach. We all found time to come together and celebrate with friends. Fun was had by all!



BASKET RAFFLE!

The staff would like to thank Don and Polly Pagnucco for the generous basket they donated. We sold raffle tickets and raised \$350 to go towards the purchase of the electronic Bingo Board.

Thank you to everyone that participated and purchased tickets!

*Thank
You*

