



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"



JUNE 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
June 9, 2016**

10:00am - 11:00am

Cleans and Checks any hearing aid
FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

**Monthly
Wednesday
June 8, 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 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 group to help with
different projects we are working on to send
to various charity foundations.**

LOOKING FOR DONATIONS FOR YARN!

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

June 7, 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.

JUNE 2016
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

WEDNESDAY, JUNE 1: Baked Cod Fish, Au gratin Potatoes, Green Beans, Bread, Bev. & Dessert

THURSDAY, JUNE 2: Chicken Broccoli Alfredo w/ Pasta, Salad, Rolls, Bev. & Dessert

FRIDAY, JUNE 3: Salisbury Steak, Mashed Potatoes, Corn, Bread, Bev. & Dessert

MONDAY JUNE 6	MONDAY JUNE 13
Crab Cakes Rice Green Beans Bread Coffee, Tea, Milk & Dessert	Meat Ravioli Salad Italian Bread Coffee, Tea, Milk & Dessert
TUESDAY JUNE 7	TUESDAY JUNE 14
“Birthday Bingo” Chicken Cordon Bleu Scalloped Potatoes Carrot Bread Coffee, Tea, Milk & Dessert <u>LIMIT 45</u>	Tuna & Cheese Sandwich Clam Chowder Chips Coffee, Tea, Milk & Dessert
WEDNESDAY JUNE 8	WEDNESDAY JUNE 15
Pasta w/ Sausage Salad Garlic Bread Coffee, Tea, Milk & Dessert	SUMMER LUNCHEON PRE-REGISTRATION REQUIRED Fruit Cup Cheese & Crackers Roast Beef, Ham, Turkey Potato & Macaroni Salad Rolls Coffee, Tea, Milk & Dessert
THURSDAY JUNE 9	THURSDAY JUNE 16
Scallops Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert	Macaroni & Cheese Caesar Salad Rolls Coffee, Tea, Milk & Dessert
FRIDAY JUNE 10	FRIDAY JUNE 17
Quiche Lorraine Caesar Salad Coffee, Tea, Milk & Dessert	Hot Dogs Baked Beans Chips Coffee, Tea, Milk & Dessert



JUNE 2016
ROCKY HILL SENIOR LUNCH MENU

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

MONDAY JUNE 20	MONDAY JUNE 27
Breaded Fish Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Stuffed Shells Salad Bread Coffee, Tea, Milk & Dessert
TUESDAY JUNE 21	TUESDAY JUNE 28
Cheese Burgers Homefried Potatoes Baked Beans Coffee, Tea, Milk & Dessert	Chicken Breast Florentine Rice Carrots Bread Coffee, Tea, Milk & Dessert
WEDNESDAY JUNE 22	WEDNESDAY JUNE 29
Chicken Parmesan Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert	Swedish Meatballs Buttered Egg Noodles Green Beans Bread Coffee, Tea, Milk & Dessert
THURSDAY JUNE 23	THURSDAY JUNE 30
Stuffed Sole Rice Green Beans Bread Coffee, Tea, Milk & Dessert	Ziti w/ Meat Sauce Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
FRIDAY JUNE 24	FRIDAY JULY 1
Baked Chicken Legs Scalloped Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert	Cranberry Walnut Chicken Salad Potato Salad Rolls Coffee, Tea, Milk & Dessert

NEW PROGRAM

POKER:

Come join fellow poker players and
Meet new people.

Every Friday

1:00pm - 3:00pm

Rm # 2 - Senior/Community Center

Any expertize WELCOME!

FREE!!!

NEW PROGRAM

BOOMERS PILATES

Mondays & Wednesdays

4:00pm - 4:45pm

JULY 11 - AUGUST 17

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!

EXERCISE PROGRAMS:

T'AI - QIGONG CLASS

June 15 - August 10

Wednesdays 9:45am - 11:00am

COST: \$30.00/residents

\$35.00/non-residents

ZUMBA GOLD

June 16 - August 18

Thursdays 8:00am - 8:45am

COST: \$25.00/residents

\$30.00/non-residents

SENIOR STRETCH

June 13 - August 17

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

COST: \$30.00/residents

\$35.00/non-residents

BOOMERS BOOT CAMP

June 14 - August 16

Tuesdays 8:00am - 8:45am

COST: 1 DAY session - \$25.00/residents

\$30.00/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 Friday: 7:00am - 8:00am

1:00pm - 3:00pm

BRING A FRIEND!!

COST: FREE!

**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.**

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.

June 2: Meeting - 10:30am
Raffle
"FRAUD" - Farmington Bank
Bingo or Cards

June 9: Meeting - 10:30am
Raffle
SURPRISE
Bingo or Cards

June 16: Offsite Banquet
Elizabeth's, Rocky Hill

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 JUNE 14!

**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!

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!!

June 3: Board Meeting - 10:00am
Meeting - 10:30am
50/50 Raffle
Food Bank
Election of Officers

June 10: Installation Dinner - Offsite
Chowder Pot - 11:30am

HAVE A HAPPY AND SAFE SUMMER!

MUNICIPAL AGENT FOR THE
ELDERLY

Need help or have questions regarding prescription coverage, insurance, issues, SNAP (a little help with buying groceries) or getting ready to retire, just to name a few.

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

SENIOR TASK FORCE

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

2ND Monday of the month

June 13

Room 4 - Senior/Community Center

10:00am - 12:00pm

Any Questions please call 860-258-2786

**LAST MEETING UNTIL SEPTEMBER
LET YOUR VOICES BE HEARD COME TO
A MEETING!**

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
		June 1: 7:00-8:00: Walk Track 8:30 - 9:15:: Sr. Stretch 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	June 2: 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	June 3: 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: Poker 2:00 - 3:30: Walk Track
June 6: 7:00-8:00: Walk Track 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	June 7: 7:00-8:00: Walk Track 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	June 8: 7:00 - 8:00 - Walk Track 8:30-3:30: Footcare 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	June 9: 7:00-8:00: Walk Track 10:00-3:00: Stepney Sr. 10:00 - 11:00: Hearing Clinic 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	June 10: 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: Poker 2:00 - 3:30: Walk Track
June 13: 7:00-8:00: Walk Track 8:00 - 8:45: 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	June 14: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: 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	June 15: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Stretch 9:45 - 11:00: T'ai Chi 10:00 - 3:00: Summer Luncheon 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	June 16: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 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	June 17: 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
June 20: 7:00-8:00: Walk Track 8:00 - 8:45: 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	June 21: 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	June 22: 7:00-8:00: Walk Track 8:00 - 8:45: Sr Stretch 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	June 23: 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	June 24: 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 8:30 - 5:00: Mohegan Sun
June 27: 7:00-8:00: Walk Track 8:00 - 8:45: 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	June 28: 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	June 29: 7:00-8:00: Walk Track 8:00 - 8:45: Sr Stretch 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	June 30: 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	

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

MONTHLY

FRIDAY JUNE 24, 2016FIRST 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****JUNE 14** 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:**

June 30(raindate: July 5): Nathan Ward Band

July 7(raindate: July 12) Jus Us

July 14(raindate: July 19) Larry Stevens

July 21(raindate: July 26) 7 Bridges Road

July 28(raindate: Aug. 2) Rave On

August 3(raindate: Aug. 9) Amish Outlaws

Veterans Memorial Amphitheatre

6:30pm - 8:30pm

FOR MORE INFORMATION PLEASE VISIT
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:****ROCKY HORSE RESORT**

Tuesday, September 6 - Friday, September 9

4 Days, 3 Night trip

Price: \$499.00/per person Double

\$489.00/per person Triple

\$619.00/per person Single

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**ALL YOU CAN EAT LOBSTER**

TUESDAY, JULY 12, 2016

The Delaney House

Holyoke, MA

GREAT LOBSTER! GOOD FUN!

Musical Performance following lunch:

Michael McGeehan

COST: \$94pp based on 40-52

Depart: 9:45am - Elm Ridge Park, RH

Return: 4:45pm - Rocky Hill

For reservation info: Lois Morton

(860)529-2797

loisjmorton@cox.net

OLDER AMERICAN BRUNCH - May 18, 2016



MAY 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 a lot of fun!



NEW PROGRAM

LUNCH & LEARN PROGRAM

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

Next Seminar:

Tuesday, June 28, 2016

Speaker: Liberty Mutual

Topic: Car Insurance 101

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.