



Town of Rocky Hill

761 OLD MAIN STREET • ROCKY HILL, CT 06067

# The Rocky Hill Pivotal Press Senior Citizen Newsletter

Rocky Hill Human, Youth & Senior Services  
Denise Sanderson, Senior Services  
Melissa Hicks, Director

(860)258-2786

• FAX 860-257-1213

Birthplace of the Brigantine "Minerva"



## MARCH



### LUNCH FOR SENIOR CITIZENS

The Rocky Hill Human, Youth & Senior Services 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. Doors open at 10:00 a.m. Monday 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 3 DAYS IN ADVANCE and before 4:30pm. **SENIORS NOT CHECKED OFF ON LUNCH LIST 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

For 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.  
**\*See Transportation under Human Services Column.\***

**HEALTHCARE SERVICES**

**Every Monday**  
**9:45am - 11:45am**  
Sign up that day  
**FREE**  
Location: Nurses Office  
Joan Haines - Certified RN

**HEARING HEALTH SERVICES**

**Monthly—2nd Thursdays**  
**MARCH 8, 2018**  
**10:00am - 11:00am**  
Cleans and Checks any hearing aid  
FREE hearing test  
Location: Nurses Office  
Beltone New England

**FOOTCARE PROGRAM**

**Monthly**  
**2nd Wednesdays**  
**MARCH 14, 2018**  
**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**

**MUNICIPAL AGENT FOR THE ELDERLY**

Need help or have questions regarding prescription coverage, insurance issues, Medicare Savings Program, or Snap, just to name a few  
**Call Denise at 860-258-2786 to make an appointment**

**ENERGY ASSISTANCE**

Energy assistance is available now for clients who meet income and asset guidelines by calling Community Renewal Team (CRT) at 860-560-5800. Applicants may receive financial assistance for heating cost.

**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

**WII BOWLING**

Every Wednesday  
1:00 - 3:00pm

Room 2/3

Senior/Community Center

**March 14 Wii Tournament  
Cromwell vs Rocky Hill**

**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 2/3 - Senior/Community Center

Bring your hooks, needles, craft

Projects etc.

All expertise welcome!

**Looking for yarn donations to help the ladies  
offset the cost of making various items for  
the many organizations they support.**

**ROCKY HILL SERENADERS:**

Rocky Hill Serenaders

busy rehearsing & performing at various  
nursing, sr. centers & assisted living facilities.

**Choir Director: Joyce O'Sullivan**

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

**LUNCH & DINING INFORMATION**

**BIRTHDAY BINGO**

First Tuesday

March 6, 2018

12:45am—3:00pm

**Sponsored by Mapleview Manor**

**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 3 DAYS IN ADVANCE!**

To reserve your lunch please call the  
Senior Center Office 860-258-2786.

**BINGO AT SENIOR CENTER**

Monday, Wednesday

Thursday Bingo—Stepney Srs

Friday Bingo—RH Seniors

Bingo is held after Lunch

12:45pm - 3:00pm

**FEE FOR BINGO CARDS!**

**Subject to change if there is no Bingo  
Caller.**

**MARCH 2018**  
**ROCKY HILL SENIOR LUNCH MENU**

**MENU SUBJECT TO CHANGE****SIGN UP THREE DAYS IN ADVANCE CALL 860-258-2786**

**Thursday, March 1** Pork w/ apples & onions, Garlic Mashed Potatoes, Yeast Rolls, Coffee, Tea, Milk & Dessert

**Friday, March 2** Eggplant Parmesan, Chopped Salad, Rosemary Focaccia, Coffee, Tea, Milk & Dessert

<b>MONDAY MARCH 5</b>	<b>MONDAY MARCH 12</b>
Sausage & Peppers Roasted Potato Medley Mesclun Salad Coffee, Tea, Milk & Dessert	Meatloaf Broccoli Garlic Mashed Potato Coffee, Tea, Milk & Dessert
<b>TUESDAY MARCH 6</b>	<b>TUESDAY MARCH 13</b>
<b>BIRTHDAY BINGO</b>	
Chicken Francaise Roasted Broccoli & Cauliflower Tomato Basil Mozzarella Focaccia Coffee, Tea, Milk & Dessert	Chicken Piccata Green Beans Citrus Rice Pilaf Coffee, Tea, Milk & Dessert
<b>WEDNESDAY MARCH 7</b>	<b>WEDNESDAY MARCH 14</b>
Burgundy Beef Stew Yeast Rolls Coffee, Tea, Milk & Dessert	<b>ST PADDY'S DAY LUNCHEON</b> Corned Beef & Cabbage Potatoes & Carrots Yeast Rolls Coffee, Tea, Milk & Dessert
<b>THURSDAY MARCH 8</b>	<b>THURSDAY MARCH 15</b>
Chicken Pot Pie Caesar Salad Coffee, Tea, Milk & Dessert	Chicken Tenders Mac N Cheese Mesclun Salad Coffee, Tea, Milk & Dessert
<b>FRIDAY MARCH 9</b>	<b>FRIDAY MARCH 16</b>
Grilled Veggie Wraps Broccoli & Cheddar Soup Coffee, Tea, Milk & Dessert	Salmon w/Roasted Tomatoes & Onions Roasted Veggie Risotto Coffee, Tea, Milk & Dessert



**MARCH 2018**  
**ROCKY HILL SENIOR LUNCH MENU**

**MENU SUBJECT TO CHANGE**

**SIGN UP THREE DAYS IN ADVANCE CALL 860-258-2786**

<b>MONDAY</b> <b>MARCH 19</b>	<b>MONDAY</b> <b>MARCH 26</b>
BBQ Pulled Pork Grilled Veggies Garlic Mashed Potatoes Coffee, Tea, Milk & Dessert	Pork Pot Stickers Vegetable Fried Rice Asian Cabbage Salad Coffee, Tea, Milk & Dessert
<b>TUESDAY</b> <b>MARCH 20</b>	<b>TUESDAY</b> <b>MARCH 27</b>
Chicken & Broccoli with Penne Mesclun Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert	Chicken Parmesan w/pasta Caesar Salad Yeast Rolls Coffee, Tea, Milk & Dessert
<b>WEDNESDAY</b> <b>MARCH 21</b>	<b>WEDNESDAY</b> <b>MARCH 28</b>
Shepard's Pie Kale Salad Corn Bread Coffee, Tea, Milk & Dessert	Cranberry Apple Turkey Loaf Broccoli & Cauliflower Sweet Mashed Potatoes Coffee, Tea, Milk & Dessert
<b>THURSDAY</b> <b>MARCH 22</b>	<b>THURSDAY</b> <b>MARCH 29</b>
Pot Roast Roasted Potatoes & Carrots Yeast Rolls Coffee, Tea, Milk & Dessert	Honey Glazed Ham Scalloped Potatoes Green Beans Coffee, Tea, Milk & Dessert
<b>FRIDAY</b> <b>MARCH 23</b>	<b>FRIDAY</b> <b>MARCH 30</b>
Pasta Primavera Chopped Salad Tomato Basil Mozzarella Focaccia Coffee, Tea, Milk & Dessert	<b>GOOD FRIDAY</b>  <b>SENIOR CENTER CLOSED</b>

**SENIOR LOUNGE**

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**

**SPRING EXERCISE PROGRAMS**

**BOOMERS BOOT CAMP**

April 10—June 12  
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**

April 2—June 11 (NC 5/28)  
Mondays 5:00—5:45pm  
Location: RHCC Rm #2  
**COST: \$65.00/residents  
\$70.00/non-resident**  
**Drop-in Fee: \$8.00 per class**  
**Instructor: Jeannine—Personal Euphoria**

**T'AI CHI-OIGONG**

April 4—May 23  
Wednesdays 9:45am—11:00am  
Location: RHCC—Rm #2  
**COST: \$32.00/residents  
\$37.00/non-residents**  
**Instructor: Denise Gander**

**SENIOR FITNESS**

April 9—June 13 (NC 5/28)  
Mondays & Wednesdays 8:00am - 8:45am  
Location: RHCC Gym  
**COST: \$42.00/residents  
\$47.00/non-residents**  
**Instructor: Cindy Riccio**

**ZUMBA GOLD**

April 12—June 14  
Thursdays 8:00am - 8:45am  
Location: RHCC Gym  
**COST: \$32.00/residents  
\$37.00/non-residents**

**TAKING REGISTRATIONS FOR ALL EXERCISE CLASSES! CALL OR STOP BY THE SENIOR CENTER TO REGISTER 860-258-2786**



**SENIOR FUNDRAISING COMMITTEE MEETING**

Attend our meeting on **Friday, March 23, 2018 1:00-2:00pm**

Please join us and do some brainstorming For more information please stop by or call the senior center office at 860-258-2786.

**Please attend our meeting on Friday, March 23 2018 1:00-2:00pm Rm #2 Senior Center**

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

<b>MONTHLY CALENDER</b>
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<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			<b>March 1</b> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>March 2</b> 7:00-8:00: Walk Track 10:30-3:00: RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<b>March 5</b> 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	<b>March 6</b> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:45—3:00 Birthday Bingo 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<b>March 7</b> 7:00 - 8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:00 T'ai Chi 12:00: Lunch/Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<b>March 8</b> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-11:00 Hearing Svcs 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>March 9</b> 7:00-8:00: Walk Track 10:30-3:00: RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<b>March 12</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:45: Nurse 10:00-Noon Sr Task Force 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<b>March 13</b> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch/Cards 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<b>March 14</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 8:30—1:30 Foot Care Appts 9:45-11:00 T'ai Chi 12:00 St Paddy's Luncheon 12:45-3:00 Bingo Games 1:00-3:00: Wii Bowling Tournament 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<b>March 15</b> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>March 16</b> 7:00-8:00: Walk Track 8:30-5:00 Mohegan Sun 10:00-3:00: RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<b>March 19</b> 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	<b>March 20</b> 7:00-8:00: Walk Track 8:00-8:45 Bootcamp 10:00-12:00: Knitters Group 12:00-2:00 Lunch /Cards 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<b>March 21</b> 7:00-8:00: Walk Track 8:00-8:45 Sr Fitness 12:00-3:00: Lunch/Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<b>March 22</b> 7:00-8:00: Walk Track 8:00-8:45 Zumba Gold 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>March 23</b> 7:00-8:00: Walk Track 10:00 -3:00 RH Srs Club 12:00-3:00: Lunch/Bingo 1:00-2:00 Fundraising Committee Meeting 2:00 - 3:30: Walk Track
<b>March 26</b> 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 4:45—5:30 Sr Liaison Mtg	<b>March 27</b> 7:00-8:00: Walk Track 10:00-12:00: Knitters Group 10:00-12:00 Art Program 12:00: Lunch 1:00-2:00 Home to Community Living Program 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<b>March 28</b> 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	<b>March 29</b> 7:00-8:00: Walk Track 8:00-8:45 Zumba Gold 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>March 30</b>  <b>GOOD FRIDAY</b>  <b>SENIOR CENTER CLOSED</b>

**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.

- March 1** Board Meeting 10:15am  
Meeting 10:30am  
50/50 Raffle  
**Program: Share your hobbies, artwork, etc.**  
Bingo or Cards 12:45-3:00pm
- March 8** Meeting 10:30a.m.  
50/50 Raffle  
**Program: LCR**  
Bingo or Cards 12:45-3:00pm
- March 15** Meeting 10:30am  
50/50 Raffle  
**Program: St Patrick's Day Celebration**  
Bingo or Cards 12:45-3:00pm
- March 22** Meeting 10:30am  
50/50 Raffle  
Food Bank  
**Program: Text Twist**  
Bingo or Cards 12:45-3:00pm
- March 27** **Bake Sale**
- March 29** Meeting 10:30am  
50/50 Raffle  
Food Bank  
**Program: To be Announced**  
Bingo or Cards 12:45-3:00pm

**WALK TRACK PROGRAM**

Come down to the gym and walk with friends  
Walk Track hours are as followed:  
Monday—Thursday 7:00am—8:00am  
1:00pm—3:00pm  
Fridays 7:00am—8:00am  
2:00pm—3:30pm  
**RH SENIOR/COMMUNITY CENTER GYM**  
**18—20 times around gym = 1 mile**

**ROCKY HILL SENIORS CLUB**

The Rocky Hill Seniors meet on Fridays, 10:30am at The Rocky Hill Community/ Senior Center, a social hour & food follows. Open to all 55+. Come join us! For more information please call Maria @ 860-563-6707.

- March 2** Board Meeting 9:45am  
Meeting 10:30am  
50/50 Raffle  
**Program: Name that Tune**  
Bingo 12:45-3:00pm
- March 9** Meeting 10:30am  
50/50 Raffle  
**Program: Historical Society—Riverfront**  
Bingo 12:45—3:00pm
- March 16** Meeting-10:30am  
50/50 Raffle  
**Program: LCR**  
Bingo 12:45-3:00pm
- March 23** Meeting 10:30am  
50/50 Raffle & Food Bank  
Bingo 12:45—3:00pm
- March 30** **No Meeting**

**SENIOR TASK FORCE MEETING****2ND MONDAY OF THE MONTH****MARCH 12, 2018**

**10:00AM—NOON**  
**RH TOWN HALL—RM #4**  
**Public is Welcome**



**GET OUT OF THE KITCHEN**

**WILL RESUME IN APRIL**

**LOOKING FOR NEW  
SUGGESTIONS**

**ON RESTAURANTS**

**CALL DENISE @ 860-258-2786**

**AARP TAX AIDE PROGRAM**

AARP is offering tax assistance on **MONDAYS ONLY** to taxpayers with low to moderate income with **priority to taxpayers 60 yrs & older.**

Our volunteers will help people with their taxes @ the Cora Belden Library

March 5 — April 9 from 10:15am—2:15pm.

**APPOINTMENTS ARE REQUIRED NO WALK-INS.**

**TO MAKE YOUR APPOINTMENT PLEASE CALL DENISE AT THE ROCKY HILL SENIOR CENTER 860-258-2786.**

**SENIOR TRIPS**

**MOHEGAN SUN CASINO TRIP**

**FRIDAY, MARCH 16**

**8:30am—5:00pm**

**Cost: \$20.00**

**Taking reservations on Tuesday, March 6, 2018 until the bus is full.**

**Payment is due when you reserve your seat.**

**No refunds**

**Call Denise to reserve your spot on the bus at 860-258-2786.**

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**Westchester Dinner Theatre  
Elmsford NY**

**Wednesday, March 28, 2018**

**“A Chorus Line”**

**Cost: \$104.00 per person**

**Includes bus transportation, lunch and all gratuities**

**Warner Theatre  
Torrington CT**

**Sunday Matinee May 6, 2018**

**“The Full Monty”**

**Cost: \$92.00 per person**

**Includes bus transportation & lunch**

**Boston Duck Tours & New England  
Aquarium  
Boston, MA**

**Saturday, June 9, 2018**

**Cost: \$ 108.00 per person**

**For more information please call  
Rita Thibodeau 860-563-9803**

## **MONTHLY INFORMATIONAL PROGRAM**

**March 27 Home to Community Living**  
**“Maisie Shannon-The Lodge”**

**TIME: 1:00-2:00PM**  
**Must register in advance!**  
**Light Refreshments**  
**FREE**

**What would you like to learn in 2018 let me know.**  
**To reserve your spot please call Denise @ 860-258-2786.**

### **SENIOR SERVICES**

- Elderly Disabled Transportation 860-258-2701
- Volunteer Opportunities
- Outreach to Homebound Residents
- Medical Equipment Loans
- Energy Assistance
- Tax Relief for Elderly/Disabled Renters
- Homemakers for Seniors
- Food Pantry
- Municipal Agent for the Elderly 860-258-2786
- For more information on our senior services listed above please call Nicole @ 860-258-2799.

### **ART PROGRAM**

#### **HANDS TOUCHING HEARTS**

**Art Teacher Ann Cosgrove**

**TUESDAY, MARCH 27**

**10:00am- 12:00pm**

**Cost: \$5.00 per medal**

**Register by March 20**

**To register call Denise @ 860-258-2786**

**Hands Touching Hearts is a global outreach effort that gives Americans of all ages the opportunity to decorate hand-crafted medals of appreciation that are sent to United States military personnel.**

**The initiative is spear-headed by Ann-spirations! , a company owned & operated by CT Artist Ann M Cosgrove**



**SENIOR TASK FORCE  
MEETING**

**2ND MONDAY OF THE  
MONTH**

**MARCH 12, 2018  
10:00AM—12:00PM**

**Town Hall—Rm #4  
Public is Welcome**

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**SENIOR LIAISON  
MEETING**

**4TH MONDAY OF THE  
MONTH**

**MARCH 26, 2018  
4:45PM—5:30PM**

**COUNCIL CHAMBERS  
Public is Welcome**

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