



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"



NOVEMBER 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

**WILL NOT BE HERE FOR
NOVEMBER!**

FOOTCARE PROGRAM

Monthly

Wednesday

November 9, 2016

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
November 1, 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.

**NOVEMBER 2016
ROCKY HILL SENIOR LUNCH MENU**

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

TUESDAY NOVEMBER 1: Breaded Chicken Breast, Rice, Green Beans, Bread

WEDNESDAY NOVEMBER 2: Ziti w/ Sausage, Salad, Italian Bread

THURSDAY NOVEMBER 3: Hot dogs, Baked Beans, Chips

FRIDAY NOVEMBER 4: Pot Roast, Mashed Potatoes, Corn, Bread

MONDAY NOVEMBER 7	MONDAY NOVEMBER 14
Crab Cakes Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert	Cheese Ravioli Salad Bread Coffee, Tea, Milk & Dessert
TUESDAY NOVEMBER 8	TUESDAY NOVEMBER 15
<u>NO LUNCH ELECTION DAY! SR. CENTER CLOSED</u>	Chicken Cordon Bleu Rice Beets Bread Coffee, Tea, Milk & Dessert
WEDNESDAY NOVEMBER 9	WEDNESDAY NOVEMBER 16
Pierogies Kielbasa & Sauerkraut Bread Coffee, Tea, Milk & Dessert	Beef Stew Italian Bread Coffee, Tea, Milk & Dessert
THURSDAY NOVEMBER 10	THURSDAY NOVEMBER 17
Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Baked Cod Au gratin Potatoes Carrots Bread Coffee, Tea, Milk & Dessert
FRIDAY NOVEMBER 11	FRIDAY NOVEMBER 18
<u>CLOSED</u>	Chicken Alfredo w/ Ziti Caesar Salad Rolls Coffee, Tea, Milk & Dessert

**NOVEMBER 2016
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY NOVEMBER 21	MONDAY NOVEMBER 28
<p style="text-align: center;"><u>“THANKSGIVING LUNCH”</u> <u>PRE-REGISTRATION REQUIRED!</u></p> <p>Turkey w/ Stuffing Mashed Potatoes w/ Gravy Corn Cranberry Sauce LIMIT OF 60 Bread Coffee, Tea, Milk & Dessert</p>	<p>Breaded Fish Rice Carrots Bread Coffee, Tea, Milk & Dessert</p>
TUESDAY NOVEMBER 22	TUESDAY NOVEMBER 29
<p>Shepards Pie Coleslaw Rolls Coffee, Tea, Milk & Dessert</p>	<p>Tuna Fish Sandwich Clam Chowder Chips Coffee, Tea, Milk & Dessert</p>
WEDNESDAY NOVEMBER 23	WEDNESDAY NOVEMBER 30
<p>Meat Ravioli Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert</p>	<p>Baked Chicken Legs Au gratin Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert</p>
THURSDAY NOVEMBER 24	
<p><u>CLOSED</u> <u>HAPPY THANKSGIVING</u></p>	
FRIDAY NOVEMBER 25	
<p><u>CLOSED</u></p>	

SENIOR LOUNGE:

Our new lounge is open!
(next to the nurses office)

Computers, 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

4:00pm - 4:45pm

January 9 - March 20(NC 1/16)

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.**

PAINT NIGHT

We had 3 paint nights and a huge Success! They are growing in popularity.

A lot of laughter, fun & good refreshments. Come & join the fun on Nov. 16!

PRE-REGISTRATION IS REQUIRED!

NOVEMBER 16, 2016

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!**

FALL 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 (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. For more information call Bernadette Pietraioia at 860-721-7227.

- November 3:** Board Meeting - 9:30am
Meeting - 10:30am
Raffle
Bingo or Cards
Program: I love Lucy Movies
- November 10:** Meeting - 10:30am
Raffle
Bingo or Cards
Program: Trip around the world!
- November 17:** Meeting - 10:30am
Raffle
Social Day
Bingo or Cards
- November 24: NO MEETING!**
HAVE A HAPPY AND SAFE HOLIDAY!

**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 NOV. 8!
"THANKSGIVING THEME"

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

ROCKY HILL SENIORS CLUB

The Rocky Hill Seniors meets 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 Tollis @ 860-563-6707.

- November 4:** Board meeting - 10:00am
Meeting - 10:30am
50/50 Raffle
- November 11: NO MEETING**
- November 18:** Meeting - 10:30am
50/50 Raffle
Bake Sale
Bingo 1-3pm
- November 25: NO MEETING**
HAVE A HAPPY AND SAFE HOLIDAY!

**MUNICIPAL AGENT FOR THE
ELDERLY**

Need help or have questions regarding prescription coverage, insurance, issues, 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:
NOVEMBER 14, 2016
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>
	<p>November 1: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00-3:00: Lunch/Bingo 12:45: Birthday Bingo 12:00-3:00: Setback 12:45-3:00:Scrabble 1:00 - 3:00: Walk Track</p>	<p>November 2: 7:00 - 8:00: Walk Track 8:00-8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates</p>	<p>November 3: 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</p>	<p>November 4: 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</p>
<p>November 7: 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</p>	<p>November 8: <u>CLOSED</u> <u>ELECTION</u> <u>DAY!</u></p>	<p>November 9: 7:00 - 8:00: Walk Track 8:00-8:45: Sr. Fitness 8:30-3:30: Footcare 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</p>	<p>November 10: 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</p>	<p>November 11: <u>CLOSED</u></p>
<p>November 14: 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</p>	<p>November 15: 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/Bocce 12:45-3:00:Scrabble 1:00 - 3:00: Walk Track</p>	<p>November 16: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 12:45-3:00: Bingo/Lunch 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 4:00-4:45: Boomers Pilates 6:00-8:00: Paint Night</p>	<p>November 17: 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</p>	<p>November 18: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00-3:00: Lunch/Bingo 1:00 - 3:30: Walk Track</p>
<p>November 21: 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</p>	<p>November 22: 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</p>	<p>November 23: 7:00-8:00: Walk Track 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</p>	<p>November 24: <u>CLOSED</u> <u>HAPPY THANKSGIVING!</u></p>	<p>November 25: <u>CLOSED</u></p>
<p>November 28: 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</p>	<p>November 29: 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</p>	<p>November 30: 7:00-8:00: Walk Track 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</p>		



SPECIAL SENIOR EVENTS:

MOHEGAN SUN CASINO TRIP:

**THERE WILL BE NO TRIP FOR THE
MONTH OF NOVEMBER!**

**NEXT TRIP WILL BE IN
DECEMBER!
DECEMBER 16, 2016**

SENIOR TRIPS:

(More Trips are located on Senior
Bulletin Board)

TRIPPING WITH RITA PRESENTS:

"THE COMPANY MEN"

**Wednesday December 7, 2016
Aqua Turf Club, Plantsville, CT**

The Festive Holiday Show starring the
Company Men seasonal favorites by this
handsome group of energetic young guys!

Coffee and Donuts upon arrival
Delicious Lunch at the elegant Aqua Turf in
Plantsville, CT

**COST: \$75.00/PER PERSON
DRIVE ON OWN!**

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

STILL TIME LEFT TO PLAY!

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.

GAME DAY

Held on the 3rd Tuesday of the month.
1:00pm - 3:00pm
While the weather is still nice come and play
Bocce and Shuffleboard

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

THANKSGIVING LUNCH

**Come and enjoy a home cooked Thanksgiving Dinner with all your
closest friends!**

MONDAY NOVEMBER 21, 2016

10:30AM - 3:00PM

PRE-REGISTRATION REQUIRED!

LIMIT OF 60 PARTICIPANTS

\$5.00/ALL MEMBERS

Regular Bingo!



PAINT NIGHT

First paint night was a huge success. Fun was had by all. It is open to the public, and held on the 4th Wednesday of the month. Light refreshments will be served. To find out more information please call the Senior Center Office 860-258-2786.

Pre-registration Required!



NEW PROGRAM

LUNCH & LEARN PROGRAM

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

Next Seminar:

Tuesday, November 22, 2016

Speaker: Daushaun Staples
“Change Inc.”

***TOPIC: Connecticut Home Care Program for Elders and
the services offered.***

Rocky Hill Community Center
Room 2 & 3

1:00pm - 2:00pm

FREE!

REGISTER IN ADVANCE!

**FIRST 10 PPL TO SIGN UP
WILL RECEIVE A FREE LUNCH!**

**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.