



761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Rocky Hill Human Services Department

Denise Sanderson • Brittany Sanderson

Senior Center

(860)258-2786 / 258-2757 • FAX (860) 257-1213

Birthplace of the Brigantine "Minerva"



OCTOBER 2017



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.**



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

2nd Thursday
October 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
October 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

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 volunteers to Work at the food pantry. Responsibilities include organizing food donations as well as supervising the pantry and supporting clients. The pantry is open from 9:00am to 4:00pm Monday, Wednesday and Friday. Volunteers are asked to cover one 3 hour shift per week, or be available on an as needed basis. Anyone interested in volunteering their time please call **The Rocky Hill Human Services at 860-258-2799.**

MUNICIPAL AGENT FOR THE ELDERLY

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

RENTERS REBATE:

Human Services is taking appointments now 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. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments made in the calendar year 2016. 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
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

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 KNITTERS & CROCHET
GROUP**

Every Tuesday

10:00am - 12:00pm

Room 2 - Senior/Community Center

Bring your hooks, needles, craft
Projects etc.

All expertise welcome!

**We would love people to donate yarn to help
the ladies with their projects that are sent
to various charity foundations.**

ROCKY HILL SERENADERS:

Rocky Hill Serenaders are back in
September rehearsing for their upcoming
Season!

Choi Director: Joyce O'Sullivan
**For more information Contact the
Senior Center office 860-258-2786**

LUNCH & DINING INFORMATION:

BIRTHDAY BINGO

Birthday Bingo is held on the 1st Tuesday of
every month. This month it will be held on

October 3, 2017

12:45 - 3:00pm

Sponsored by: Maplevue Manor

BINGO AT SENIOR 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 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.



**OCTOBER 2017
ROCKY HILL SENIOR LUNCH MENU**

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

MONDAY OCTOBER 2	MONDAY OCTOBER 9
Macaroni & Cheese Salad Italian Bread Coffee, Tea, Milk & Dessert	<u>CLOSED</u>
TUESDAY OCTOBER 3	TUESDAY OCTOBER 10
<p style="text-align: center;"><u>BIRTHDAY BINGO</u></p> Salisbury Steak Au gratin Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert 	Stuffed Shells Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
WEDNESDAY OCTOBER 4	WEDNESDAY OCTOBER 11
Chicken Stir Fry Over Rice Rolls Coffee, Tea, Milk & Dessert	Swedish Meatballs Buttered Egg Noodles Pea's w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
THURSDAY OCTOBER 5	THURSDAY OCTOBER 12
Baked Cod Fish Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Baked Chicken Legs Au gratin Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert
FRIDAY OCTOBER 6	FRIDAY OCTOBER 13
Quiche Lorraine Salad Coffee, Tea, Milk & Dessert	Chili Con Carne Caesar Salad Rolls Coffee, Tea, Milk & Dessert

**OCTOBER 2017
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY OCTOBER 16	MONDAY OCTOBER 23
Crab Cakes Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Stuffed Cabbage Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
TUESDAY OCTOBER 17	TUESDAY OCTOBER 24
Chicken Parmesan Salad Rolls Coffee, Tea, Milk & Dessert	Meat Ravioli Caesar Salad Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY OCTOBER 18	WEDNESDAY OCTOBER 25
Beef Stew Italian Bread Coffee, Tea, & Milk	Ham & Cheese Sandwich Broccoli & Cheese Soup Chips Coffee, Tea, Milk & Dessert
THURSDAY OCTOBER 19	THURSDAY OCTOBER 26
Fish & Chips Coleslaw Bread Coffee, Tea, Milk & Dessert	Chicken Breast Florentine Au gratin Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
FRIDAY OCTOBER 20	FRIDAY OCTOBER 27
Meat Loaf Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert	Scallops Rice Carrots Bread Coffee, Tea, Milk & Dessert

MONDAY, OCTOBER 30: HALLOWEEN PARTY!!! Registration Required!

Ham, Sweet Potatoes, Waxed Beans, Bread, Bev. & Dessert

TUESDAY, OCTOBER 31: Breaded Chicken Breast, Rice, Green Beans, Bread, Bev. & Dessert.

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.



SENIOR FUNDRAISING COMMITTEE MEETING

Attend our Oct. meeting on Friday, **October 13 from 1:00-2:00pm.** Join us in planning our 1st Annual Wine Tasting/Food Event .

For more information please stop by or call the senior center office at 860-258-2786.

Please attend our meeting on Friday October 13 1:00-2:00pm Rm #2 Senior Center

EXERCISE PROGRAMS:

BOOMERS BOOT CAMP

Sept 12 - Dec 12 (NC 10/10, 11/7 & 11/21)

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

T'AI CHI-OIGONG

Sept 27 - Dec 6 (NC 11/22)

Wednesdays 9:45am—11:00am

Location: RHCC—Rm #2

COST: \$32.00/residents

\$37.00/non-residents

Instructor: Denise Gander

SENIOR FITNESS

Sept 11 - Dec 6 (NC 10/9 & 11/22)

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

Location: RHCC Gym

COST: \$42.00/residents

\$47.00/non-residents

Instructor: Cindy Riccio

ZUMBA GOLD

Sept 14 - Dec 7 (NC 11/23)

Thursdays 8:00am - 8:45am

Location: RHCC Gym

COST: \$32.00/residents

\$37.00/non-residents

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 or 258-2757.

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

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.

October 5: Board Meeting 10:00am

Meeting 10:30am

Raffle

Program: Brain Teasers

Bingo or Cards 12:45-3:00pm

October 12: Meeting 10:30am

50/50 Raffle

Program: Michael Romano-Atty

Bingo or Cards 12:45-3:00pm

October 19: Meeting 10:30am

Raffle

Program: October Kitchen or LCR

Bingo or Cards 12:45-3:00pm

October 26: Meeting 10:30am

Raffle

Program: Halloween

Pumpkin Decorating

Bingo or Cards 12:45-3:00pm

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.

September 15: Meeting 10:30am

50/50 Raffle

Welcome Back Tea

Bingo 12:45-3:00pm

September 22: Meeting-10:30am

50/50 Raffle

Bingo 12:45-3:00pm

September 29: Meeting-10:30am

50/50 Raffle

Food Bank

Speaker: Lance Morton - "Connection Between Hearing Loss and Alzheimer Disease."

Bingo 12:45-3:00pm

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!

LOCATION RHCC GYM

SENIOR TASK FORCE MEETING

**October's meeting will be held
on the
3RD MONDAY OF THE MONTH
NEXT MEETING
October 16 2017
10:00AM—NOON
RH TOWN HALL—RM #4**

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	
<p>October 2: 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</p>	<p>October 3: 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</p>	<p>October 4: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:15: T'ai Chi 12:00: Lunch/Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>October 5: 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</p>	<p>October 6: 7:00-8:00: Walk Track 10:30-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track</p>	
<p>October 9: CLOSED</p>	<p>October 10: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch/Bingo 12:45-3:00:Scrabble/cards 12:00-3:00: Setback 1:00 - 3:00: Walk Track</p>	<p>October 11: 7:00 - 8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:15: T'ai Chi 8:30-3:30:Footcare 12:00: Lunch/Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>October 12: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-11:00:Hearing Services 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>October 13: 7:00-8:00: Walk Track 10:30-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 1:00-2:00: Fundraising Committee</p>	
<p>October 16: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 10:00: Sr. Task Force 9:45 - 11:45: Nurse 10:00: Sr. Task Meeting 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track</p>	<p>October 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:Scrabble/cards 1:00 - 3:00: Walk Track</p>	<p>October 18: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:15: T'ai Chi 12:00: Lunch/Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>October 19: 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 4:30: Get out of the Kitchen</p>	<p>October 20: 7:00-8:00: Walk Track 10:00-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 8:30-5:00: Casino Trip</p>	
<p>October 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</p>	<p>October 24: 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:Scrabble/cards 1:00 - 3:00: Walk Track 1:00-2:00: Lunch & Learn</p>	<p>October 25: 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:15: 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</p>	<p>October 26: 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>October 27: 7:00-8:00: Walk Track 10:00-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track</p>	
<p>October 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</p>	<p>October 31: 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: Scrabble/cards 1:00 - 3:00: Walk Track</p>	 <p>HALLOWEEN</p>			

MOHEGAN SUN CASINO TRIP:

FRIDAY OCTOBER 20, 2017

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

**OCTOBER 10 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:

CHRISTMAS IN BETHLEHEM

Sands Casino Resort Bethlehem, Hunterdon
Hills Playhouse Moravian Museum,
Christkindlemarket.

December 3-5, 2017

Includes: Deluxe Motorcoach, 2 nights Sands
Casino, Casino bonus of \$60pp slot and 2 Buffet
Dinner Vouchers, 2 breakfast, 1 luncheon show,
sightseeing & admissions as per itinerary

**COST: \$471 pp double/triple
\$617 pp single**

Based on 40-50 pp

**For reservation info: Rita Thibodeau
860-563-9803**

UPCOMING BUS TRIPS:

GET OUT OF THE KITCHEN

THURSDAY, October 19, 2017

Pick up will start at 4:30PM

Restaurant: Cheesecake Factory

West Hartford, CT

(subject to change)

FEE: \$3.00(bus fee)

(plus cost of dinner)

MUST REGISTER IN ADVANCE!

**Please call the Rocky Hill Senior Center for
more information. 860-258-2786**

ADVENTURES WITH LOIS PRESENTS:

**PLEASE CHECK BOARD FOR UPCOMING
TRIPS!**

SENIOR EXPO:

Tuesday, October 17, 2017

9:30am - 11:30am

**Cromwell Town Hall
41 West Street, Cromwell**

**FREE health screenings!
FREE vendor giveaways!**

**Any questions please call the RH
Senior Center Office @ 258-2786**

LUNCH & LEARN SCHEDULE

TIME: 1:00-2:00PM

Must register in advance!

October 24: Clair Gadson

(NE Division/American Cancer Society)

October is Breast Cancer Awareness Month!

November 28: TBA

NO SEMINAR FOR THE MONTH OF DECEMBER!

If you have any recommendations, I would love to hear from you!
MUST REGISTER IN ADVANCE!



HALLOWEEN PARTY!!



MONDAY, OCTOBER 30, 2017

10:30AM - 3:00PM

PRE-REGISTRATION REQUIRED

COST: \$5.00/MEMBERS

\$7.00/NON-MEMBERS

LIMIT OF 60!



Halloween dessert and Candy!

Feel free to wear your Halloween Costume!!!

PRIZES AWARDED FOR BEST COSTUMES!

**LUNCH SERVED
AT 12PM**

To register please call the Senior Center Office
during business hours 8:30am - 4:30pm at 860-258-2786

REGISTRATION STARTS OCTOBER 2!!

LUNCH & LEARN**Tuesday, October 24, 2017****1:00PM - 2:00PM****Location: Rocky Hill
Community Center Rm#2****SPEAKER: Clair Gadson****“ NE Divison/American Cancer Society
October is Breast Cancer Awareness”****To reserve your spot please call
the senior center @860-258-2786****MOHEGAN SUN TRIP****Friday, October 20, 2017****8:30am—5:00pm
Leaving Elm Ridge Park****Mohegan Sun Casino Trip
Cost: \$20.00****Registration on Tuesday
October 10, 2017****To register please stop by the senior
center office or call to reserve your
seat 860-258-2786.****FLU CLINIC***ROCKY HILL, CT***Rocky Hill Community Center**

55 Church Street

Tuesday, October 10, 2017 - 9:00am-Noon**St. James Church**

767 Elm St. Rocky Hill, CT

Thursday, October 19, 2017 - 2:30pm - 6:00pm