



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"

LABOR DAY



SEPTEMBER 2016

LABOR DAY



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

NO NURSE SEPTEMBER 5(CLOSED)

9:45am - 11:45am

Sign up that day

FREE

Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

2nd Thursday of the Month

September 8, 2016

10:00am - 11:00am

Cleans and Checks any hearing aid

FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

Monthly

Wednesday

September 14, 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

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 Cen-
ters 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
September 6, 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.

**SEPTEMBER 2016
ROCKY HILL SENIOR LUNCH MENU**

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

**SEPTEMBER 1: CLOSED
SEPTEMBER 2: CLOSED**

MONDAY SEPTEMBER 5	MONDAY SEPTEMBER 12
<u>CLOSED</u>	Baked Chicken Legs Au gratin Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert
TUESDAY SEPTEMBER 6	TUESDAY SEPTEMBER 13
<p style="text-align: center;">“Birthday Bingo”</p> Chicken Parmesan Salad Italian Bread Coffee, Tea, Milk & Dessert <u>LIMIT 45</u>	 Sloppy Joe Sandwich Coleslaw Chips Coffee, Tea, Milk & Dessert
WEDNESDAY SEPTEMBER 7	WEDNESDAY SEPTEMBER 14
Ham & Cheese Sandwich Minestrone Soup Chips Coffee, Tea, Milk & Dessert	Stuffed Shells Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
THURSDAY SEPTEMBER 8	THURSDAY SEPTEMBER 15
Swedish Meatballs Buttered Egg Noodles Carrots Bread Coffee, Tea, Milk & Dessert	Scallops Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
FRIDAY SEPTEMBER 9	FRIDAY SEPTEMBER 16
Pasta w/ Sausage Caesar Salad Rolls Coffee, Tea, Milk & Dessert	Breaded Chicken Breast w/ Broccoli & Cheese Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert

**SEPTEMBER 2016
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY SEPTEMBER 19	MONDAY SEPTEMBER 26
Stuffed Cabbage Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Chicken Breast Florentine Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
TUESDAY SEPTEMBER 20	TUESDAY SEPTEMBER 27
Stuffed Sole Rice Carrots Bread Coffee, Tea, Milk & Dessert	Pasta w/ Meat Sauce Salad Garlic Bread Coffee, Tea, Milk & Dessert
WEDNESDAY SEPTEMBER 21	WEDNESDAY SEPTEMBER 28
WELCOME BACK LUNCHEON PRE-REGISTRATION REQUIRED Scrambled Eggs Breakfast Sausage Homefries Rolls Fruit Cup Coffee, Tea, Milk & Dessert	Sirloin Tips Buttered Egg Noodles Green Beans Bread Coffee, Tea, Milk & Dessert
THURSDAY SEPTEMBER 22	THURSDAY SEPTEMBER 29
Hot Dogs Baked Beans Potato Salad Coffee, Tea, Milk & Dessert	Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
FRIDAY SEPTEMBER 23	FRIDAY SEPTEMBER 30
Pierogies Kielbasa & Sauerkraut Bread Coffee, Tea, Milk & Dessert	French Bread Pizza Caesar Salad Coffee, Tea, Milk & Dessert

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.**

NEW PROGRAM**BOOMERS PILATES**

Mondays & Wednesdays
4:00pm - 4:45pm

Sept. 12 - Dec. 7 (NC 11/23)

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.**

NEW PROGRAM**PAINT NIGHT**

First paint night was a HUGE success!

Fun was had by all!

PRE-REGISTRATION IS REQUIRED!

SEPTEMBER 28TH, 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**

September 21 - December 7 (NC 11/23)

Wednesdays 9:45am - 11:00am

Location: Room #2

COST: \$30.00/residents

\$35.00/non-residents

ZUMBA GOLD

September 15 - December 8 (NC 11/24)

Thursdays 8:00am - 8:45am

Location: Gymnasium

COST: \$30.00/residents

\$35.00/non-residents

SENIOR FITNESS

September 12 - December 7 (NC 10/10, 11/23)

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

Location: Gymnasium

COST: \$40.00/residents

\$45.00/non-residents

BOOMERS BOOT CAMP

September 13 - December 6 (NC 11/8)

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.**

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.

FIRST MEETING: SEPTEMBER 15TH

All Our Welcome! Come and join the Stepney Seniors for a morning filled with fun, food, and Games. Stay after the meeting to play cards or bingo!

**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 SEPT. 13!

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

SENIOR TASK FORCE

The task force meets on the 2nd Monday of the month.

**NEXT MEETING:
SEPTEMBER 12, 2016
10:00am - 12:00pm
Room # 4**

All Seniors are welcome to attend.
Any questions please call the Senior Center Office @ 860-258-2786.

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!! For more information please call Maria Tollis @ 860-563-6707.

September 9: Board meeting - 10:00am
Meeting - 10:30am
50/50 Raffle
Door Raffle

September 16: Meeting - 10:30am
50/50 Raffle
Door Raffle

Program: Ice Cream Social

September 23: Meeting - 10:30am
50/50 Raffle
Door Raffle

September 30: Meeting - 10:30am
50/50 Raffle
Door Raffle
Food Bank

**Program: Hartford Healthcare
"Strengthening Exercises"**

**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**

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			September 1: CLOSED	September 2: CLOSED
September 5: CLOSED	September 6: 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	September 7: 7:00 - 8:00: Walk Track 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	September 8: 7:00-8:00: Walk Track 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	September 9: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
September 12: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	September 13: 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	September 14: 7:00-8:00: Walk Track 8:30-3:30: Footcare 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	September 15: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 11:00: Hearing Clinic 10:00: Stepney Seniors 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	September 16: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track
September 19: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	September 20: 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	September 21: 7:00-8:00: Walk Track 8:00 - 8:45: Sr Fitness 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 4:00-4:45: Boomer Pilates	September 22: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00-Stepney Seniors 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	September 23: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track
September 26: 7:00-8:00: Walk Track 8:00 - 8:45: Sr. Fitness 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 4:00-4:45: Boomer Pilates	September 27: 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	September 28: 7:00-8:00: Walk Track 8:00 - 8:45: Sr Fitness 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 4:00-4:45: Boomer Pilates 6:00-8:00: Paint Night	September 29: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00: Stepney Seniors 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	September 30: 7:00-8:00: Walk Track 10:00: RH Friday Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 1:00 - 3:30: Walk Track

SPECIAL SENIOR EVENTS:**MOHEGAN SUN CASINO TRIP:**
NO TRIP IN SEPTEMBER!**NEXT TRIP:****FRIDAY OCTOBER 14, 2016****FIRST 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****OCTOBER 4 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!****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.****SENIOR TRIPS:****(More Trips are located on Senior
Bulletin Board)****TRIPPING WITH RITA PRESENTS:****CELEBRATE OCTOBERFEST****October 23, 2016****Fabulous Sunday Brunch****Fall Foliage in the heart of the Pioneer Valley!****Join us for a fun filled day of German
Celebration. German Band...The Jolly
Kopperschmidts.****Enjoy a glass of Beer or Wine!!****With warm pretzels!******COST: \$82pp based on 40-52 pp********Depart: 10:15 Elm Ridge Park********For reservations and more information:********Rita Thibodeau - (860)563-9803******ATLANTIC CITY****November 14-16, 2016(Mon-Wed)****Stay at Resorts Casino Hotel****Fabulous Casino Bonus:****\$30 Slot, \$10 Food Credit, Show, 2 - \$20 Food
Credit.******COST: \$195 pp double/triple********\$265 pp single********Depart: Elm Ridge Park********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****

WELCOME BACK LUNCHEON

WEDNESDAY SEPTEMBER 21, 2016

10:30am ~ 3:00pm

RAFFLE!

Proceeds to benefit
Senior Fundraising!

COST: \$5.00/ALL MEMBERS

\$7.00/NON-RESIDENTS

PRE-REGISTRATION REQUIRED!

LIMIT OF 65

FREE BINGO!

With Great prizes to be
awarded!

Please stop by the Senior Center Office
Monday-Friday 8:30am—4:30pm or by
calling 860-258-2786.

TAKING REGISTRATIONS: SEP. 6!

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.



NEW PROGRAM

LUNCH & LEARN PROGRAM

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

Next Seminar:

Tuesday, September 27, 2016

Speaker:

Liberty Mutual

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.