



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"



DECEMBER 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
December 14, 2017
10:00am - 11:00am
Cleans and Checks any hearing aid
FREE hearing test
Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

Monthly
Wednesday
December 13, 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:

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

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.

ADOPT A FAMILY

Human, Youth & Senior Services coordinates a holiday adopt a family program; our donors adopt families for the Thanksgiving and or Christmas holidays. Donors provide their adopted family with a holiday meal for each of the holidays and for Christmas; for Christmas we also ask that one or more gifts are purchased for each member of the family under age 12 from their wish lists. Please call 860-258-2799 for more information on becoming a donor or if your family is in need.

MEAL FOR THE HOLIDAYS

Human, Youth & Senior Services will be delivering a hot meal to our elderly and/or disabled residents on Christmas Eve, if you are without a holiday meal please sign up at the Human, Youth & Senior Services Department or call 860-258-2799 for more information.

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
full swing 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

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

December 5, 2017

12:45 - 3:00pm

Sponsored by: Mapleview 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.

**Happy
Holidays!**

**DECEMBER 2017
ROCKY HILL SENIOR LUNCH MENU**

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

FRIDAY, DECEMBER 1: Swedish Meatballs, Buttered Egg Noodles, Peas w/ Mushrooms
Bread, Bev. & Dessert

MONDAY DECEMBER 4	MONDAY DECEMBER 11
Stuffed Shells Salad Italian Bread Coffee, Tea, Milk & Dessert	Hot Dogs Homefried Potatoes Baked Beans Coffee, Tea, Milk & Dessert
TUESDAY DECEMBER 5	TUESDAY DECEMBER 12
<p style="text-align: center;"><u>BIRTHDAY BINGO</u></p> Chicken Cordon Bleu Au gratin Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert 	Meat Ravioli Salad Garlic Bread Coffee, Tea, Milk & Dessert
WEDNESDAY DECEMBER 6	WEDNESDAY DECEMBER 13
Grilled Cheese Sandwich Tomato Soup Chips Coffee, Tea, Milk & Dessert	HOLIDAY LUNCHEON PRE-REGISTRATION REQUIRED
	Fruit Roast Beef Broccoli & Cheese Mashed Potatoes Rolls Coffee, Tea, Milk & Dessert
THURSDAY DECEMBER 7	THURSDAY DECEMBER 14
Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Baked Cod Fish Scalloped Potatoes Carrots Bread Coffee, Tea, Milk & Dessert
FRIDAY DECEMBER 8	FRIDAY DECEMBER 15
Pizza Caesar Salad Coffee, Tea, Milk & Dessert	Meatloaf Mashed Potatoes Green Beans Coffee, Tea, Milk & Dessert

**DECEMBER 2017
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY DECEMBER 18	MONDAY DECEMBER 25
Crab Cakes Rice Beets Bread Coffee, Tea, Milk & Dessert	<u>CLOSED</u>
TUESDAY DECEMBER 19	TUESDAY DECEMBER 26
Chili Con Carne Caesar Salad Rolls Coffee, Tea, Milk & Dessert	<u>CLOSED</u>
WEDNESDAY DECEMBER 20	WEDNESDAY DECEMBER 27
BBQ Chicken Legs Homefried Potatoes Waxed Beans Bread Coffee, Tea, Milk & Dessert	<u>NO LUNCH/BINGO</u>
THURSDAY DECEMBER 21	THURSDAY DECEMBER 28
Beef Stew Italian Bread Coffee, Tea, Milk & Dessert	NO LUNCH/BINGO NO STEPNEY SENIORS MEETING
FRIDAY DECEMBER 22	FRIDAY DECEMBER 29
Ham & Cheese Grinder Chicken Noodle Soup Chips Coffee, Tea, Milk & Dessert	NO LUNCH/BINGO NO RH SENIORS MEETING

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 Dec. meeting on Friday, **December 8 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 December 8 1:00-2:00pm Rm #2 Senior Center

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.

EXERCISE PROGRAMS:

BOOMERS BOOT CAMP

January 9 - March 20 (NC 2/20)

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

January 24 - March 14

Wednesdays 9:45am—11:00am

Location: RHCC—Rm #2

COST: \$32.00/residents

\$37.00/non-residents

Instructor: Denise Gander

SENIOR FITNESS

January 8 - March 21 (NC 1/15 & 2/19)

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

Location: RHCC Gym

COST: \$42.00/residents

\$47.00/non-residents

Instructor: Cindy Riccio

ZUMBA GOLD

January 11 - March 15

Thursdays 8:00am - 8:45am

Location: RHCC Gym

COST: \$32.00/residents

\$37.00/non-residents

BOOMERS PILATES

January 8 - March 12 (NC 1/15)

Mondays 5:00pm - 5:45pm

Location: RHCC Room 2

COST: \$65/residents

\$70/non-residents

Instructor: Personal Euphoria

TAKING REGISTRATIONS FOR ALL EXERSICE CLASSES! CALL OR STOP BY THE SENIOR CENTER TO REGISTER

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.

December 7: Board Meeting 10:00am

Meeting 10:30am

Raffle

Program: Christmas Craft

Bingo or Cards 12:45-3:00pm

December 14: HOLIDAY LUNCHEON

CHOWDER POT

December 21: Meeting 10:30am

Raffle

Program: Skit by Barbara Ortner

Bingo or Cards 12:45-3:00pm

December 28: NO MEETING

HAVE A HAPPY & HEALTHY HOLIDAY

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.

December 1: Board Meeting 9:45am

Meeting 10:30am

50/50 Raffle

Game Day

Bingo 12:45-3:00pm

December 8: CHRISTMAS PARTY

CASA MIA

December 15: Meeting-10:30am

Name that Tune

Bingo 12:45-3:00pm

December 22: No Meeting - Christmas Holiday

December 29: No Meeting - New Years Holiday

HOLIDAY CELEBRATION

w/ENTERTAINMENT

December 13, 2017

Entertainment:

Susan Peak-Music for Laughs

Limit of 50

Pre-registration required!

Taking registrations NOW!

\$5.00/Res.

\$7.00/non-res.

**SENIOR TASK FORCE MEETING**

December's meeting will be held

on the

2ND MONDAY OF THE MONTH

NEXT MEETING

December 11 2017

10:00AM—NOON

RH TOWN HALL—RM #4

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

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				December 1: 7:00-8:00: Walk Track 10:30-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
December 4: 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	December 5: 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: Birthday Bingo 12:00-3:00: Setback 1:00 - 3:00: Walk Track	December 6: 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 5:00: HOLIDAY LIGHT FANTASIA TRIP	December 7: 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	December 8: 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
December 11: 7:00-8:00: Walk Track 10:00: Sr. Task Force 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	December 12: 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 1:00 - 3:00: Walk Track	December 13: 7:00-8:00: Walk Track 8:30-3:30: Footcare 12:00: HOLIDAY PARTY! 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	December 14: 7:00-8:00: Walk Track 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	December 15: 7:00-8:00: Walk Track 10:00-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track 8:00-5:00: CASINO TRIP
December 18: 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	December 19: 7:00-8:00: Walk Track 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 1:00 - 3:00: Walk Track	December 20: 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	December 21: 7:00-8:00: Walk Track 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	December 22: 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
December 25: <div style="text-align: center;"> <p><u>CLOSED</u></p>  </div>	December 26: <div style="text-align: center;"> <p><u>CLOSED</u></p> </div>	December 27: 7:00-8:00: Walk Track 12:00-3:00: NO LUNCH NO BINGO 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	December 28: 7:00-8:00: Walk Track 12:00-3:00: NO LUNCH/ NO BINGO 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	December 29: 7:00-8:00: Walk Track 12:00-3:00: NO LUNCH NO BINGO 2:00 - 3:30: Walk Track

MOHEGAN SUN CASINO TRIP:

FRIDAY DECEMBER 15, 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

**DECEMBER 5 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:

NO UPCOMING TRIPS!

**PLEASE CHECK THE BULLETIN
BOARD AFTER THE HOLIDAY
SEASON FOR TRIPS FOR THE
UPCOMING YEAR!**

PAINT NIGHT!

**Coming in January!
Check back for upcoming dates!**



UPCOMING BUS TRIPS:

GET OUT OF THE KITCHEN
NO TRIP IN DECEMBER

Next one:

THURSDAY, January 18, 2017

Pick up will start at 4:30PM

Restaurant: Cracker Barrel

East Windsor, 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**

LUNCH & LEARN SCHEDULE

TIME: 1:00-2:00PM
Must register in advance!

NO SEMINAR FOR THE MONTH OF DECEMBER!

January 23: FALL PREVENTION

“Jan Coska - Benchmark”

February 27: ALZHEIMER PRESENTATION

“Kim - Atrium”

March 27: HOME TO COMMUNITY LIVING

“Maisie Shannon-The Lodge”

TAKING REGISTRATIONS NOW!



HOLIDAY CELEBRATION **W/ENTERTAINMENT!**

WEDNESDAY, DECEMBER 13, 2017
10:30AM - 3:00PM

PRE-REGISTRATION REQUIRED
COST: \$5.00/MEMBERS
\$7.00/NON-MEMBERS

LIMIT OF 50!

Entertainment:
Susan Peak-Music for Laughs

FREE BINGO!

MENU ON PAGE 4!

LUNCH SERVED
AT 12PM

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

Happy
Holidays!

TAKING REGISTRATIONS NOW!!!

LUNCH & LEARN

Tuesday, January 23, 2017

1:00PM - 2:00PM

**Location: Rocky Hill
Community Center Rm#2**

**SPEAKER: FALL PREVENTION
" Jan Coska-Benchmark"**

**To reserve your spot please call
the senior center @860-258-2786**

MOHEGAN SUN TRIP

Friday, December 15, 2017

**8:30am—5:00pm
Leaving Elm Ridge Park**

**Mohegan Sun Casino Trip
Cost: \$20.00**

**Registration starts on Tuesday
December 5, 2017**

**To register please stop by the senior
center office or call to reserve your
seat 860-258-2786.**

HOLIDAY LIGHTS FANTASIA TRIP

HARTFORD, CT

DECEMBER 6, 2017

5:00PM-7:00PM

PICK UP FROM YOUR HOUSE WILL BEGIN AT 5:00PM

**\$3.00/bus fee to cover
entrance!**



**Must register in advance!
Please call 860-258-2786 to register and
for more information!**

LIMIT OF 10 PARTICIPANTS!