



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"



## JULY 2018



### 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 3 DAYS 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**  
**JULY 12, 2018**  
**10:00am - 11:00am**  
Cleans and Checks any hearing aid  
FREE hearing test  
Location: Nurses Office  
Beltone New England

**FOOTCARE PROGRAM**

**Tuesday, July 10**  
**&**  
**Wednesday, July 18**  
**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**

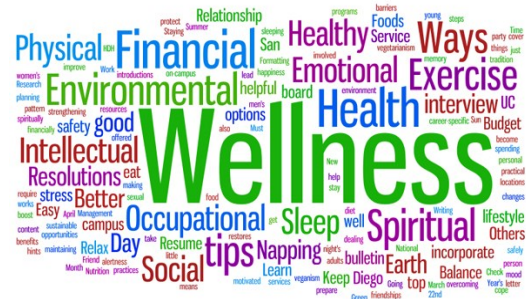
Energy assistance clients who meet income and asset guidelines by calling Community Renewal Team (CRT) at 860-560-5800. Applicants may receive financial assistance for heating cost.

**RENTERS REBATE FOR ELDERLY/ DISABLED RENTERS**

Human Services is taking appointments for The Renter's Rebate program. OPM offers a reimbursement program for CT renters who are elderly or totally disabled. Please call Nicole @ Rocky Hill Human Services to make your appointment @ 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**  
**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!

**WII BOWLING**

**Every Wednesday**

**1:00 - 3:00pm**

**Room 2/3**

Senior/Community Center

**SENIOR WOOD CARVING CLASS**

**Wednesday**

**1:00pm - 3:00pm**

Room 4 - Senior/Community Center

Open to Carvers of all expertise!

Drop In Program

**Interested in trying something new  
then come to the class any Wednesday  
to see if this is for you.**

**No experience is required.**

**\$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:**

Thank you for another great year of performing  
At various nursing, sr centers & assisted living  
facilities. Enjoy your summer and see you in  
September.

**Choir Director: Joyce O'Sullivan**

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

**LUNCH & DINING INFORMATION**

**BIRTHDAY BINGO**

**First Tuesday**

**July 3, 2018**

**12:45pm—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.

**BOOK CLUB MEETING**

**3rd Tuesday of the Month**

**July 17, 2018**

**1:30pm—2:30pm**

**Senior Lounge**


**Any questions call Denise @  
860.258.2786**

**JULY 2018**  
**ROCKY HILL SENIOR LUNCH MENU**

**MENU SUBJECT TO CHANGE -**

**CALL 860.258-2786. NEED THREE DAYS NOTICE**

**FRIDAY, JUNE 1** Mac n' Cheese, Chicken Tenders, Citrus Romaine Salad Drinks & dessert

<b>MONDAY JULY 2</b>	<b>MONDAY JULY 9</b>
Baked Meat Ravioli Chopped Salad Garlic Asiago Focaccia Coffee, Tea, Milk & Dessert	Bacon Cheeseburger Egg Roll Roasted Veggie Pasta Salad Coffee, Tea, Milk & Dessert
<b>TUESDAY JULY 3</b>	<b>TUESDAY JULY 10</b>
<b>BIRTHDAY BINGO</b>  Shrimp Stir Fry (not spicy) White Rice Yeast Rolls Coffee, Tea, Milk & Dessert	Chicken Parmesan Lasagna Caesar Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert
<b>WEDNESDAY JULY 4</b>	<b>WEDNESDAY JULY 11</b>
<b>HAPPY 4TH OF JULY</b>  <b>CENTER IS CLOSED</b>  	Grilled Artichoke Lemon Penne Chopped Salad w/Balsamic Dressing Yeast Rolls Coffee Tea Milk & Dessert
<b>THURSDAY JULY 5</b>	<b>THURSDAY JULY 12</b>
Pork Pot Stickers (4pp) Vegetable Fried Rice Asian Cabbage Salad Coffee, Tea, Milk & Dessert	Sausage & Peppers Potato Salad w/bacon Yeast Rolls Coffee Tea Milk & Dessert
<b>FRIDAY JULY 6</b>	<b>FRIDAY JULY 13</b>
Chicken Marsala Roasted Broccoli & Cauliflower Citrus Romaine Salad Coffee, Tea, Milk & Dessert	Chicken Francaise Green Bean Salad Coffee Tea Milk & Dessert

**JULY 2018**  
**ROCKY HILL SENIOR LUNCH MENU**

**MENU SUBJECT TO CHANGE**

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

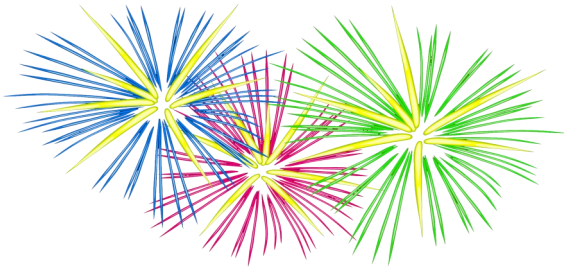
<b>MONDAY</b> <b>JULY 16</b>	<b>MONDAY</b> <b>JULY 23</b>
Pasta Primavera Chicken Tenders Coffee, Tea, Milk & Dessert	<b>STARS &amp; STRIPES LUNCHEON</b> Pulled Pork Sliders (2) Macaroni & Cheese Bar w/Fixings Coffee, Tea, Milk & Dessert <b>Pre-registration is required</b> <b>No Walk-ins</b>
<b>TUESDAY</b> <b>JULY 17</b>	<b>TUESDAY</b> <b>JULY 24</b>
Salmon w/roasted tomatoes & onions Roasted Veggie Risotto Coffee, Tea, Milk & Dessert	Chicken Piccata Grilled Asparagus & Portobello Citrus Romaine Salad Coffee, Tea, Milk & Dessert
<b>WEDNESDAY</b> <b>JULY 18</b>	<b>WEDNESDAY</b> <b>JULY 25</b>
Beef Chili (12 oz portion) Cheddar Cornbread Chopped Salad Coffee Tea Milk & Dessert	Penne Marinara w/Meatballs Caesar Salad Garlic Asiago Focaccia Coffee, Tea, Milk & Dessert
<b>THURSDAY</b> <b>JULY 19</b>	<b>THURSDAY</b> <b>JULY 26</b>
Penne Chicken & Broccoli Caesar Salad Yeast Rolls Coffee, Tea, Milk & Dessert	Ham & Swiss Cheese Sandwiches Broccoli & Cheddar Soup Coffee, Tea, Milk & Dessert
<b>FRIDAY</b> <b>JULY 20</b>	<b>FRIDAY</b> <b>JULY 27</b>
Pot Roast Roasted Potatoes & Carrots Yeast Rolls Coffee, Tea, Milk & Dessert	Grilled Crab Cakes w/black bean salsa (not spicy) Chopped Salad w/balsamic dressing Coffee, Tea, Milk & Dessert
<b><u>MONDAY, JULY 30</u></b> Beef Lasagna Caesar Salad Garlic Asiago Focaccia Coffee Tea Milk & Dessert	<b><u>TUESDAY JULY 31</u></b> Roasted Ratatouille over brown rice Sliced Grilled Chicken Coffee Tea Milk & Dessert

**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 @ 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.

**SUMMER EXERCISE PROGRAMS**

**BOOMERS BOOT CAMP**

June 26—August 7  
Tuesdays 8:00am—8:45am

Location: RHSCC Gym

**COST: \$32.00/residents  
\$37.00/non-residents**

**Instructor: Cindy Riccio**

**Drop-in fee: \$5.00 per class**

**BOOMERS PILATES**

June 25—August 6  
Mondays 5:00pm—5:45pm

Location: RHSCC—Rm #2

**COST: \$65.00/residents  
\$70.00/non-residents**

**Instructor: Jeannine @ Personal Euphoria**

**Drop-in fee: \$8.00 per class**

**T'AI CHI-QIGONG**

June 6—July 25 (NC 7/4)  
Wednesdays 9:45am—11:00am

Location: RHSCC—Rm #2/3

**COST: \$32.00/residents  
\$37.00/non-residents**

**Instructor: Denise Gander**

**Drop-in fee: \$5.00 per class**

**SENIOR FITNESS**

June 25—August 8 (NC 7/4)  
Mondays & Wednesdays 8:00am - 8:45am

Location: RHSCC Gym

**COST: \$42.00/residents  
\$47.00/non-residents**

**Instructor: Cindy Riccio**

**Drop-in fee: \$5.00 per class**

**ZUMBA GOLD**

June 28—August 9  
Thursdays 8:00am - 8:45am

Location: RHSCC Gym

**COST: \$32.00/residents  
\$37.00/non-residents**

**Drop-in fee: \$5.00 per class**

<b>MONTHLY CALENDER</b>				
<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<u>July 2</u> 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	<u>July 3</u> 7:00-8:00: Walk Track 10:00-12:00:Knitters Group 12:00 Lunch <b>12:45—3:00 Birthday Bingo</b> 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<u>July 4</u> Happy 4th of July Center Closed	<u>July 5</u> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 12:00-3:00: Lunch/Bingo 1:00-1:45 Chair Yoga 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<u>July 6</u> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>July 9</u> 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	<u>July 10</u> 7:00-8:00: Walk Track 8:30-3:30 Foot Care Appts 10:00-12:00 Art Project 12:00: Lunch 12:30-3:00 Card Games 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<u>July 11</u> 7:00 - 8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:00 T'ai Chi/Qigong 12:00-3:00: Lunch/Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>July 12</u> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-11:00 Hearing Svcs 12:00-3:00: Lunch/Bingo 1:00-1:45 Chair Yoga 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<u>July 13</u> 7:00-8:00: Walk Track 8:30-5:00 Mohegan Sun 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>July 16</u> 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	<u>July 17</u> 7:00-8:00: Walk Track 10:00-12:00:Knitters Group 12:00 Lunch 12:30—Card Games 12:00-3:00: Setback 1:00 - 3:00: Walk Track 1:30-2:30 Book Club	<u>July 18</u> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:00 T'ai Chi 8:30-3:30 Foot Care Appts 12:00-3:00 Lunch/Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>July 19</u> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 12:00-3:00: Lunch/Bingo 1:00-1:45 Chair Yoga 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<u>July 20</u> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>July 23</u> 7:00-8:00 Walk Track 9:45 - 11:45: Nurse <b>10:30-3:00 Special Event (pre-registration required)</b> 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track <b>4:45-5:54 Sr Liaison Mtg</b>	<u>July 24</u> 7:00-8:00: Walk Track 10:00-12:00: Knitters Group 12:00 Lunch 12:00-3:00: Setback 12:30—Card Games 1:00 - 3:00: Walk Track	<u>July 25</u> 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 4:30 Get out of the Kitchen	<u>July 26</u> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 12:00-3:00: Lunch/Bingo 1:00-1:45 Chair Yoga 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<u>July 27</u> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>July 30</u> 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 1:00 - 3:00: Walk Track	<u>July 31</u> 7:00-8:00: Walk Track 10:00-12:00: Knitters Group 12:00 Lunch 12:00-3:00: Setback 12:30—Card Games 1:00 - 3:00: Walk Track			

**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.

**Will see everyone back in September.  
Enjoy your summer & stay healthy.**

**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!

**HAVE A HAPPY HEALTHY SUMMER.  
SEE YOU IN SEPTEMBER**

**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**



*Arts & Crafts*

**2nd Tuesday of the Month  
July 10, 2018  
10:00am—11:00am**

**FREE**

**Limit 10 participants. To register for  
this program please call  
Denise @ 860-258-2786.**

**Sponsored by Autumn Lake  
Healthcare of Cromwell**



**GET OUT OF THE KITCHEN**

**Wednesday,  
July 25, 2018**

**Olive Garden  
West Hartford**

**Fee: \$3.00( bus fee)  
plus the cost of dinner.**

**Must Register in advance by  
calling 860-258-2786. Limit of 10  
Pick-ups start @ 4:30pm**



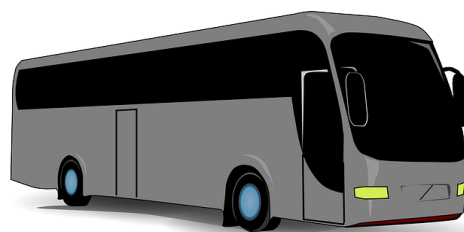
**Book Reading Club**

**We are meeting the  
3rd Tuesday of the Month  
July 17, 2018**

**1:30pm—2:30pm**

**Rocky Hill Senior/Community Ctr  
Senior Lounge**

**If interested please call  
Denise @ 860-258-2786 or  
Rita @ 860-563-9803.**



**SENIOR TRIPS**

**MOHEGAN SUN CASINO TRIP**

**FRIDAY, JULY 13, 2018**

**8:30am—5:00pm**

**Cost: \$20.00**

**Taking reservations on Tuesday,  
July 3,2018 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.**

**Bus leaves Elm Ridge Park @ 8:30am and  
returns by 5:00pm**

**\*\*\*\*\***

**Berkshire Railroad Foliage Express**

**Saturday, September 29, 2018**

**Whitney's Farm & Market**

**The New Hoosac Valley Service**

**Lunch @ Freight Yard Pub**

**Cost: \$83.00 pp includes all gratuities**

**Based on 40-52 passengers**

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

**FRIENDLY REMINDER**

**The Rocky Hill Senior/Community Center**

**Will be closed from  
August 20—August 24 for our yearly cleaning.  
No activities or lunch.**

**We will re-open on Monday, August 27th**

**Looking for the next Volunteer of the Year**

Do you know of anyone that you would  
like to receive the  
Volunteer of the Year Award.

If you do please write the reasons you are  
nominating this person.

If you have any questions please call Denise  
860.258.2786

**Mark your Calendar**

Volunteer of the Year Luncheon  
Wednesday, September 19, 2018  
More details in August Newsletter.

**BRIDGE PLAYERS**

Interested in playing bridge for fun or to learn???  
We are looking for players to come to the center on  
Wednesdays 1:00pm—3:00pm  
RHSCC Senior Lounge  
Any questions please call Denise @ 860.258.2786



**SENIOR TASK FORCE MEETING**

**Will resume in September.**

**Thank you for your hard work.**

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**SENIOR LIAISON MEETING  
4TH MONDAY OF THE MONTH**

**JULY 23, 2018**

**4:45PM—5:45PM**

**Rocky Hill Town Hall—Council Chambers**

**Public is Welcome**

**FYI CORNER**

**Tips for Staying Hydrated during the Summer Months**

- \* **Stay hydrated by drinking eight glasses of water every day.**
- \* **Limit Sun Exposure especially during the hottest time Noon—4:30pm**
- \* **Review medications for side effects if not sure consult your doctor**
- \* **Don't skimp on sunscreen as we grow older our skin becomes thinner and experience sunburn quickly**
- \* **Cover up in the sun wear sunglasses & wear loose-fitting clothing**
- \* **Tick patrol can prevent Lyme disease**
- \* **Prevent food poisoning during summer barbecue season**
- \* **Overheated homes are especially hazardous for older adults. Make sure you have a safe place to cool off during the hottest times of the day.**