



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"



JUNE 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
JUNE 14, 2018
10:00am - 11:00am
Cleans and Checks any hearing aid
FREE hearing test
Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

Monthly
2nd Wednesday
JUNE 13, 2018
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

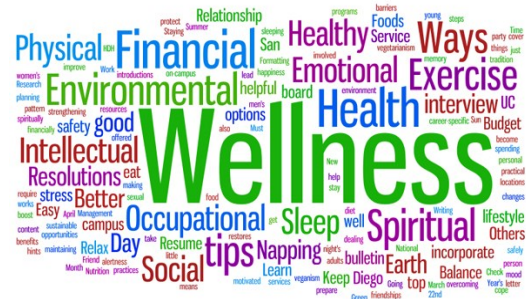
Energy assistance is available now for clients who meet income and asset guidelines by calling Community Renewal Team (CRT) at 860-560-5800. Applicants may receive financial assistance for heating cost.

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:

Rocky Hill Serenaders

busy 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

First Tuesday

JUNE 5, 2018

12:45pm—3:00pm

Sponsored by Mapleview Manor

Congratulations

Rocky Hill Ringers—Wii Bowlers

Competed on May 4 in the

CSWBL Tournament at

Bristol Senior Ctr

against 13 teams

Great Job Keep up the good work

Every year they get better and better

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.

JUNE 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

MONDAY JUNE 4	MONDAY JUNE 11
Vegetable Lasagna Caesar Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert	Chicken Marsala Grilled Asparagus Citrus Romaine Salad Coffee, Tea, Milk & Dessert
TUESDAY JUNE 5	TUESDAY JUNE 12
BIRTHDAY BINGO Turkey Loaf Broccoli & Cheddar Cheese Garlic Mashed Potatoes Coffee, Tea, Milk & Dessert	Beef Lasagna Caesar Salad Garlic Asiago Focaccia Coffee, Tea, Milk & Dessert
WEDNESDAY JUNE 6	WEDNESDAY JUNE 13
Grilled Crab Cakes w/black bean salsa (salsa is not spicy) Chopped Salad w/balsamic dressing Coffee, Tea, Milk & Dessert	KICK OFF TO SUMMER LUNCHEON BBQ Chicken Potato Salad Macaroni Salad Garden Salad Registration is required—No walk-ins See page #8 for more info
THURSDAY JUNE 7	THURSDAY JUNE 14
Chicken Artichoke Lasagna Citrus Romaine Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert	NO LUNCH OR BINGO YEAR END BANQUET STEPNEY SENIORS CLUB
FRIDAY JUNE 8	FRIDAY JUNE 15
BBQ Pulled Pork Potato Salad with bacon Broccoli & Cauliflower Yeast Rolls Coffee, Tea, Milk & Dessert	NO LUNCH OR BINGO YEAR END BANQUET ROCKY HILL SENIORS CLUB

JUNE 2018
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

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

MONDAY JUNE 18	MONDAY JUNE 25
Honey Glazed Ham Scalloped Potatoes Green Beans Coffee, Tea, Milk & Dessert	Stuffed Peppers Citrus Romaine Salad Coffee, Tea, Milk & Dessert
TUESDAY JUNE 19	TUESDAY JUNE 26
Sausage & Peppers Roasted Potatoes Yeast Rolls Coffee, Tea, Milk & Dessert	Baked Ziti Caesar Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert
WEDNESDAY JUNE 20	WEDNESDAY JUNE 27
Steak & Cheese Egg Rolls Asian Cabbage Salad Coffee Tea Milk & Dessert	Chicken Picatta Green Bean Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert
THURSDAY JUNE 21	THURSDAY JUNE 28
Eggplant Parm Caesar Salad Garlic Asiago Focaccia Coffee, Tea, Milk & Dessert	Salmon w/roasted tomatoes & onions Roasted Veggie Risotto Coffee, Tea, Milk & Dessert
FRIDAY JUNE 22	FRIDAY JUNE 29
Pot Roast Roasted Potatoes & Carrots Yeast Rolls Coffee, Tea, Milk & Dessert	Ham & Swiss Sandwiches Broccoli & Cheddar Soup 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.

CHAIR YOGA/GENTLE EXERCISES

THURSDAYS

June 28—August 9

1:00—1:45pm

RHSCC—Rm #2

Cost: \$32.00/residents

\$37.00 /non residents

TAKING REGISTRATIONS FOR ALL EXERCISE CLASSES! CALL OR STOP BY THE SENIOR CENTER TO REGISTER 860-258-2786

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

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-OIGONG

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

MONTHLY CALENDER				
<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				<u>June 1</u> 7:00-8:00: Walk Track 10:30-3:00: RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>June 4</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>June 5</u> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00 Knitters Group 12:00: Lunch 1:00-3:00RH Serenaders 1:00—3:00 Birthday Bingo 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<u>June 6</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>June 7</u> 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	<u>June 8</u> 7:00-8:00: Walk Track 10:30-3:00: RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>June 11</u> 7:00-8:00 Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:45: Nurse 10:00-Noon Sr Task Mtg 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<u>June 12</u> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00:Art Project 12:00 Lunch 12:30—Card Games 12:00-3:00: Setback 1:00-3:00 RH Serenaders 1:00 - 3:00: Walk Track	<u>June 13</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 10:30-3:00 Kick off to Summer Luncheon 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>June 14</u> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-11:00 Hearing Svcs 12:00-3:00: No Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<u>June 15</u> 7:00-8:00: Walk Track 12:00-3:00: NO Lunch/Bingo 2:00 - 3:30: Walk Track
<u>June 18</u> 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	<u>June 19</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 RH Serenaders 1:00 - 3:00: Walk Track	<u>June 20</u> 7:00-8:00: Walk Track 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	<u>June 21</u> 7:00-8:00: Walk Track 12:00-3:00: Lunch /Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<u>June 22</u> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>June 25</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 4:45pm—5:45pm Sr Liaison Meeting	<u>June 26</u> 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 12:30—Card Games 1:00-3:00 RH Serenaders 1:00 - 3:00: Walk Track	<u>June 27</u> 7:00-8:00: Walk Track 8:00-8:45 Sr Fitness 12:00-3:00:Lunch/Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>June 28</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>June 29</u> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: 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.

June 7 Board Meeting 10:15am
Meeting 10:30am
50/50 Raffle
Bingo or Cards 12:45-3:00pm

June 14 **NO MEETING**
Year-End Banquet @ Rudy's

HAVE A WONDERFUL SUMMER

FALL PREVENTION PROGRAM

June 28, 2018

10:00am—11:00am

RHSCC—Room #2

Sharon Treat, Outpatient Therapist
Hartford Healthcare /Jefferson House
Program will consist of presentation and balance screenings.

FREE—to register call Denise @ 860.258.2786

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

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.

June 1 Board Meeting 9:45am
Meeting 10:30am
50/50 Raffle
Bingo 12:45-3:00pm

June 8 Meeting 10:30am
50/50 Raffle
Program: LCR
Bingo 12:45—3:00pm

June 15 **Installation Dinner**
Chowder Pot—11:30am

HAVE A HAPPY HEALTHY SUMMER

KICK OFF TO SUMMER LUNCH

Enjoy a delicious lunch

BBQ Chicken

Garden, Potato & Macaroni Salads

Dessert

Beverages

Wednesday, June 13, 2018

Doors open @ 10:30am

RH Serenaders @ 11:00am.

Lunch is Served @ 12:00pm

Bingo starts @ 1:00pm

\$5.00/members

\$7.00/non-members

Limit 60 participants

Registration starts on **MAY 17**. To register or have any questions call

or come to the Senior Center Office

Monday—Friday 8:30am—4:30pm

860.258.2786

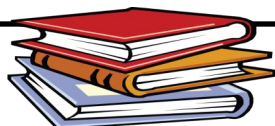
GET OUT OF THE KITCHEN

**Wednesday,
June 20, 2018**

**Lenny & Joe's
Westbrook CT**

**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

Looking for people that would be interested in starting a book club.

**Come to the 1st Meeting
on Monday, June 11
1:30pm—2:30pm**

Rocky Hill Senior/Community Ctr
Room #3

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

ARTS & CRAFTS PROGRAM

2ND TUESDAY OF THE MONTH

JUNE 12, 2018

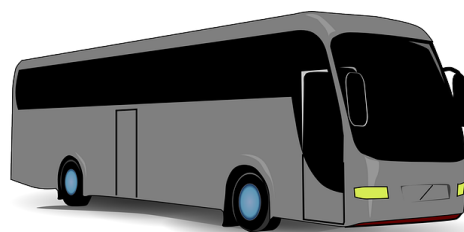
10:00AM—11:00AM

FREE

Limit 10 participants

Please call the senior center office to
reserve your spot
860.258.2786

Sponsored by Autumn Lake Healthcare
of Cromwell



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

**All-You-Can-Eat-Lobster
Showtime with Jimmy Mazz
The Delaney House**

Holyoke, MA

Wednesday, July 11 2018

Cost: \$ 98.00 per person

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**

AARP Driver Safety Class**Thursday, June 7****9:00am—1:00pm****Rocky Hill Senior/Community Center****Room #2****Cost: \$15.00 for AARP Members****\$20.00 for Non-Members****Limit of 20 participants****Call the senior center to reserve your spot 860-258-2786.****“ART OF AGING” EXHIBIT**

I hope you all got a chance to come down to the center to see the artists work; we have some talented seniors. I would like to thank the following artist's in participating in our first art exhibit:

Brian Arsenault, Barbara Ortner, Bernadette Pietraroia, Lynda Regina, Bonnie Sprague, Lois Stefano, Marilyn Swepson, and Paul Szemanczky

The Woodcarvers: Carl Anderson, Mary Ellen Arsenault, Warren Blessings, (instructor) Rob Poutasse & Aldo Prario

Rocky Hill Knitters & Crocheters Group: Paula Amoddio, Nina Decker, Barbara Hammond, Dilys McIntyre, Judy Milles, Barbara Ortner & Ella Tine

Thank you to Maple View Manor for donating those delicious cheesecakes at our Older American Luncheon.

A very special thank you to Rita Thibodeau, Linda Cerati and Marilyn Swepson for going out and getting all the gift cards for the Raffle & Jukebox Bingo prizes and for making and donating the beautiful baskets and silk floral arrangements. Great Success!!

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

2ND MONDAY OF THE MONTH

**JUNE 11, 2018
10:00AM—NOON**

**Rocky Hill Town Hall—Room #4
Public is Welcome**

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

**JUNE 25, 2018
4:45PM—5:45PM**

**Rocky Hill Town Hall—Council Chambers
Public is Welcome**

FYI CORNER

**New Medicare Cards will be mailed between April 2018-April 2019
They are removing Social Security numbers from Medicare cards and mailing
each person a new card. This will be more secure & help protect your identity
Beware of anyone who contacts you about your new Medicare card.
We'll never ask you to give us personal or private information to get your new
Medicare number & card
Understand that mailing everyone a new card will take some time. Your card
might arrive at a different time than your friend's or neighbors.**