



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 860.258.2786
Charlene Mehr, Transportation 860.258.2701
Melissa Hicks, Director 860.258.2799

Birthplace of the Brigantine "Minerva"

JUNE 2019

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 860.258.2786** to register

3 DAYS IN ADVANCE and before 10:00am
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. Cost for guests will be **\$3.50**/per person.

Guests must be **registered 3 DAYS in advance and before 10:00am**

*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
NO BP CHECK ON JUNE 24TH
Blood Pressure, weight & meds review
Sign up that day
FREE
Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

2nd Thursday
June 13, 2019
10:00am - 11:00am
Cleans and Checks any hearing aid
FREE hearing test
Location: Nurses Office
Belton New England

FOOTCARE PROGRAM

2nd Wednesday of the month
June 12, 2019
APPOINTMENTS NECESSARY!
NO DIABETICS!
Cost: \$29.00 check or cash
Location: Nurses Office
Cathy Brennan - RN

Call 860.258.2786 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:

RENTERS' REBATE

Elderly/Disabled Renters
Tax Relief Program

State law provides a reimbursement program for CT renters who are elderly or totally disabled
See page #10 for more info

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

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
Charlene is now in the Sr Ctr Office

SENIOR SAFE RESOURCES

Protective Services for the Elderly

Provides services to protect persons aged 60 and older from maltreatment & exploitation
Call 1.888.325.4225

Statewide Legal Services

Provides free legal services and advice to socially and economically needy seniors
1.800.453.3320

Consumer Law Project for Elders

Provides free legal services and advice to socially and economically needy seniors.
1.800.296.1467

WEEKLY PROGRAMS

TUESDAY SET BACK CLUB

Every Tuesday

Games start @ 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

Drop-in Program

Wednesday

1:00pm - 3:00pm

Room 4 - Senior/Community Center

Open to Carvers of all expertise!

**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 offset
the cost of making various items for the many
organizations we support.



ROCKY HILL SERENADERS:

The RH Serenaders are rehearsing & performing.

They perform @ various nursing, senior centers & assisted living facilities. Do you enjoy singing? Then come down to join the fun.

**Schedule is every Tuesday from
September—June 1:00—3:00pm**

Choir Director: Joyce O'Sullivan

**For more information please call
Denise @ 860.258.2786**

LUNCH & DINING INFORMATION

BIRTHDAY BINGO

June 4th

12:45pm—3:00pm

Sponsored by Maplevue 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

**MUST REGISTER 3 DAYS IN ADVANCE
AND BY 10:00AM**

To reserve your lunch please call the Senior Center Office 860.258.2786.

Meals prepared by Mitchell's Restaurant
Register 3 days in advance and by
10:00am

Mondays Lunch order by Wednesday


Tuesdays Lunch order by Thursday

Wednesday Lunch order by Friday

Thursdays Lunch order by Monday

Fridays Lunch order by Tuesday

MENU SUBJECT TO CHANGE**SIGN UP THREE DAYS IN ADVANCE AND BY 10:00AM - CALL 860-258-2786**

MONDAY JUNE 3	MONDAY JUNE 10
Shepherd's Pie Dinner Rolls Coffee Tea Milk & Dessert	Carved Turkey/gravy Mashed Potatoes Stuffing & Cranberry Sauce Butternut Squash Coffee Tea Milk & Dessert
TUESDAY JUNE 4	TUESDAY JUNE 11
Steak Mac & Cheese Garden Salad Italian Bread Coffee Tea Milk & Dessert B-DAY BINGO BY MAPLEVIEW	French Dip Aujus Sandwiches French Fries & Pickles Coffee Tea Milk & Dessert
	
WEDNESDAY JUNE 5	WEDNESDAY JUNE 12
Chicken Au gratin Rice Broccoli Dinner Rolls Coffee, Tea, Milk & Dessert	Italian sausage, peppers & onions Pasta with Marinara Sauce Garlic Bread Coffee, Tea, Milk & Dessert BINGO SPONSORED BY BENCHMARK
THURSDAY JUNE 6	THURSDAY JUNE 13
BBQ Ribs Potato Salad Baked Beans Cornbread Coffee, Tea, Milk & Dessert	Pot Roast & Gravy Mashed Potatoes Turnips Dinner Rolls Coffee, Tea, Milk & Dessert
FRIDAY JUNE 7	FRIDAY JUNE 14
Pepper Steak Rice & Vegetables Garlic Bread Coffee, Tea, Milk & Dessert	Swedish Meatballs over egg noodles Garden Salad Dinner Rolls Coffee Tea Milk & Dessert

JUNE 2019

MENU SUBJECT TO CHANGE**SIGN UP THREE DAYS IN ADVANCE AND BY 10:00AM - CALL 860-258-2786**

MONDAY JUNE 17	MONDAY JUNE 24
<u>KICK-OFF TO SUMMER LUNCHEON</u> Chicken Thighs Potato Salad Baked Beans Cornbread Coffee, Tea, Milk & Desserts PRE REGISTRATION REQUIRED	Meatloaf w/gravy Mashed Potatoes Peas & Carrots Dinner Rolls Coffee, Tea, Milk & Dessert
TUESDAY JUNE 18	TUESDAY JUNE 25
Beef Stew Dinner Rolls Coffee Tea Milk & Dessert	Turkey Pot Pies Caesar Salad Coffee, Tea, Milk & Dessert
WEDNESDAY JUNE 19	WEDNESDAY JUNE 26
Cheese Ravioli w/meat sauce Garden Salad Italian Bread Coffee, Tea, Milk & Dessert	Chicken Parmesan Pasta w/marinara Garlic Bread Coffee, Tea, Milk & Dessert
THURSDAY JUNE 20	THURSDAY JUNE 27
Roast Beef w/gravy Roasted Potatoes Green Beans Dinner Rolls Coffee, Tea, Milk & Dessert	Beef Stroganoff w/egg noodles Garden Salad Italian Bread Coffee, Tea, Milk & Dessert
FRIDAY JUNE 21	FRIDAY JUNE 28
Grilled Salmon Rice Asparagus Dinner Rolls Coffee, Tea, Milk & Desserts	Stuff Pork Roast w/gravy Garlic Mashed Potatoes Applesauce Corn Dinner Rolls 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.

WALK TRACK PROGRAM

Come down to the gym and walk with friends

Walk Track hours are as followed:

- Monday—Friday 7:00am—8:00am
- Monday—Wednesday 1:00pm—3:00pm
- Thursdays & Fridays 2:00pm—3:30pm

RH SENIOR/COMMUNITY CENTER GYM

18-20 times around gym = 1 mile

WALKING IS A FUN WAY TO LOSE WEIGHT AND STAY HEALTHY.

SUMMER EXERCISE PROGRAMS

SENIOR FITNESS

June 24 - August 14

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

T'AI CHI-OIGONG

June 19 - August 14

Wednesdays 9:45am—11:00am

Location: RHSCC Rm #2/3

COST: \$32.00/residents

\$37.00/non-residents

Instructor: Martha Jaffee

Drop-in fee: \$5.00 per class

CHAIR YOGA/GENTLE EXERCISE

June 20 - August 15 (NC July 4th)

Thursdays 1:00—1:45pm

Location RHSCC Gym

Cost: \$32.00/residents

\$37.00/non-residents

For more info or to register please call Denise @ 860.258.2786

BIRTHDAY BINGOS

First Tuesday

JUNE 4, 2019

12:45pm—3:00pm

Sponsored by Mapleview Manor

3rd Wednesday

JUNE 19, 2019

Sponsored by The Atrium

12:45pm—3:00pm

MONTHLY CALENDER				
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<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><u>June 3</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</p>	<p><u>June 4</u> 7:00-8:00 Walk Track 10:30-12:00 Knitters Group 11:00-3:00: Setback 12:00 –1:00pm Lunch 1:00-3:00 B-Day Bingo 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track</p>	<p><u>June 5</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 1:00-3:00pm Wii Bowlers 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p><u>June 6</u> 7:00-8:00: Walk Track 10:30am-3:00pm Stepney Srs 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga 2:00-3:30 Walk Track</p>	<p><u>June 7</u> 7:00-8:00: Walk Track 10:00 –3:00 RH Srs Club 12:00-1:00: Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track</p>
<p><u>June 10</u> 7:00-8:00 Walk Track 8:00-8:45 Sr Fitness 10:00-12:00 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</p>	<p><u>June 11</u> 7:00-8:00 Walk Track 10:00-11:00 Arts & Crafts 10:30-12:00 Knitters Group 11:00-3:00: Setback 12:00 –1:00pm Lunch 1:00-2:00 Book Club 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track</p>	<p><u>June 12</u> 7:00 - 8:00: Walk Track 8:00-8:45 Sr Fitness 8:30-3:30 Foot Care Appts 12:00—3:00pm Lunch/Bingo 1:00-3:00pm Wii Bowlers 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p><u>June 13</u> 7:00-8:00: Walk Track 10:30am-3:00pm Stepney Srs - offsite –Banquet 10:00-11:00 Hearing Clinic 12:00-1:00 Lunch NO BINGO 1:00-4:00: Mahjong 2:00-3:30 Walk Track</p>	<p><u>June 14</u> 7:00-8:00: Walk Track 10:00-11:30am Art Class 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track</p>
<p><u>June 17</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</p>	<p><u>June 18</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 12:00 Lunch 12:30-3:00 Social Card Games 12:00-3:00: Setback 1:00-3:00 RH Serenaders 1:00 - 3:00: Walk Track</p>	<p><u>June 19</u> 7:00-8:00: Walk Track 9:45-11:00 T'ai Chi 12:00—1:00pm Lunch 1:00—3:00pm B-day Bingo 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 4:30 Get out of Kitchen</p>	<p><u>June 20</u> 7:00-8:00: Walk Track 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga 2:00-3:30 Walk Track</p>	<p><u>June 21</u> 7:00-8:00: Walk Track 10:00-11:30am Art Class 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track 8:30am—6:30pm Newport Flower Show</p>
<p><u>June 24</u> 7:00-8:00 Walk Track 8:00-8:45: Sr Fitness 9:45 - 11:45: Nurse 12:00-3:00: Kick off to Summer Luncheon 12:30-4:30: Bridge Group 1:00-3:00 Walk Track</p>	<p><u>June 25</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 12:00 Lunch 12:30—3:00 Social Card Games 12:00-3:00: Setback 1:00 - 3:00: Walk Track</p>	<p><u>June 26</u> 7:00-8:00: Walk Track 8:00-8:45 Sr Fitness 9:45-11:00 T'ai Chi 12:00 –1:00 Lunch 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p><u>June 27</u> 7:00-8:00: Walk Track 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga 2:00-3:30 Walk Track</p>	<p><u>June 28</u> 7:00-8:00: Walk Track 10:00-11:30am Art Class 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track</p>

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 Elaine 860-632-3103

June 6 Board Meeting—10:00am
 Meeting - 10:30am
 Raffle
Program: Social Day
 Bingo 12:45 - 3:00pm

June 13 Banquet—Saybrook Fish
 12:00pm

STEPNEY SENIORS HAVE A WONDERFUL SUMMER. SEE YOU IN THE FALL

Monthly Book Reading Club

June's meeting will be held on the 2nd Tuesday of the Month

Tuesday, June 11
 1:00pm—2:00pm

A wonderful group of people meet monthly in the senior center lounge.

If you love to read great place to come and meet people in your community. If you have any questions please call Denise @ 860.258.2786



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 the meeting. Open to all 55+. Come join us! For more info please call Judy Milles 860-529-9283

June 7 Installation Dinner
 Saybrook Fish House—11:30am

June 14 Meeting—10:30am
 50/50 Raffle

Program: Social Day
 Bingo—12:45—3:00pm

Have a Happy Healthy Summer

ARTS & CRAFT PROJECT

2nd Tuesday of the Month

June 11, 2019

10:00am—11:00am

FREE

Limit 10 participants.

To register for this program please call Denise @ 860.258.2786

Sponsored by Autumn Lake



SENIOR TRIPS

GET OUT OF KITCHEN

Wednesday
June 19, 2019

**“Cheesecake Factory”
West Hartford
(subject to change)**

**Must Register in advance by
calling 860.258.2786. Limit of 10
Pick-ups start around
4:00/4:30pm**

MOHEGAN SUN CASINO TRIP

Friday, July 26, 2019

8:30am—5:00pm

**Departs Elm Ridge Park 8:30am
and returns by 5:00pm**

Registration is required

**Cost: \$25.00 includes driver’s tip,
\$15.00 meal voucher and (2) \$10.00
betting vouchers.**

**To register please call Denise
860.258.2786. Registration will start
on Monday, July 8 until bus is full.
Payment is due when you register.**

UPCOMING TRIPS

ELLIS ISLAND/STATUE OF LIBERTY

Thursday, October 3, 2019

Cost \$80 per person

Includes all gratuities

Included with your admission is the new
45 minute audio guide inviting visitors to
relive the immigrant experience.

Roundtrip Ferry ticket allows you to de-
part Liberty Park, NJ and get off at both
Ellis Island and Statue of Liberty.

IVORYTON PLAYHOUSE

SUNDAY, JULY 28

MAMA MIA

LUNCH ON OWN

Cost: \$64.00

**MIRACLE OF CHRISTMAS
SIGHTS & SOUNDS THEATRE PA**

WEDNESDAY-FRIDAY

NOVEMBER 13—15

**More information will follow in the
coming months.**

KICK OFF TO SUMMER LUNCHEON

Monday, June 17, 2019

10:30am—3:00pm

Cost: \$5.00/members

\$7.00/non members

Menu on page #5

Special Bingo 1:00pm—3:00pm

Entertainment 11:00am—Noon

Register by calling Denise 860.258.2786

ARTIST'S JOURNEY

Fridays June 14—July 26 (NC July 5)

10:00am—11:30am

Cost: \$70.00

A six week art class where participants can enjoy trying their hand with different media such as: painting, sculpture, Paper Mache, needle felt or drawing. You can chose one or all or bring in something that you'd like help working on in a supportive environment.

Participants don't need any experience, materials will be provided and those that are already practicing artists and crafters should feel free to join in

Please call Denise if you have any questions or to register 860.258.2786

Instructor: Deidre @ Gryphon & Unicorn Studio

RENTERS' REBATE FOR ELDERLY/DISABLED RENTERS

TAX RELIEF PROGRAM

State law provides a reimbursement program for CT renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies.

Eligibility requirements are:

65 years of age or older or 100% disabled, age 18 or older (by 12/31/18)

2018 GROSS income (including all Social Security benefits) must not have exceeded \$43,900 for a married couple or \$36,000 for a single individual

Please call 860.258.2021 to schedule an appointment starting April 15th or after, you can apply through October 1st.

SENIOR TASK FORCE MEETING

June 10, 2019

2nd Monday of the Month

10:00am—12:00pm

Rocky Hill Town Hall—Room #4

Open to the public

SENIOR LIAISON MEETING

4TH MONDAY OF THE MONTH

JUNE 24, 2019

4:45pm—5:45pm

Rocky Hill Town Hall—Council Chambers

Open to the Public

COMMUNITY/SENIOR CENTER DESIGN TEAM

MEETING DATES

Community/Senior Center Design Team Meeting

Thursday, June 6 @ 3:00PM

Thursday, June 27 @ 5:00pm

ALL MEETINGS ARE IN THE COUNCIL CHAMBERS

FYI - THE ANNUAL CLEANING OF SENIOR/COMMUNITY CENTER

SHUT DOWN WILL BE AUGUST 26—AUGUST 30

ALL ACTIVITIES ARE CANCELLED
