



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"

MARCH 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
Blood Pressure, weight & meds review
Sign up that day
FREE
Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

2nd Thursday
MARCH 14, 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
March 13, 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:

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.

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

MARCH 5, 2019

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

**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

MARCH 2019**MENU SUBJECT TO CHANGE****SIGN UP THREE DAYS IN ADVANCE AND BY 10:00AM - CALL 860.258.2786****Friday, March 1 Stuffed Pork Roast, Roasted Potatoes, Applesauce, Corn & Dessert**

MONDAY MARCH 4	MONDAY MARCH 11
French Dip Sandwiches with Aujus French Fries Pickles Coffee Tea Milk & Dessert	Carved Turkey & Stuffing Mashed Potatoes & Gravy Butternut Squash Dinner Rolls Coffee Tea Milk & Dessert
TUESDAY MARCH 5	TUESDAY MARCH 12
Chicken Scampi Angel Hair Pasta Broccoli Italian Bread Coffee Tea Milk & Dessert	Cheese Ravioli with Meat Sauce Garden Salad Italian Bread Coffee Tea Milk & Dessert
WEDNESDAY MARCH 6	WEDNESDAY MARCH 13
Eggplant Parmesan Garden Salad Garlic Bread Coffee Tea Milk & Dessert	Italian sausage, peppers & onions Pasta with Marinara Sauce Garlic Bread Coffee, Tea, Milk & Dessert
THURSDAY MARCH 7	THURSDAY MARCH 14
Pot Roast Mashed Potatoes & Gravy Turnips Dinner Rolls Coffee, Tea, Milk & Dessert	Salisbury Steak w/mushroom gravy Mashed Potatoes Green Beans Italian Bread Coffee Tea Milk & Dessert
FRIDAY MARCH 8	FRIDAY MARCH 15
New England Clam Chowder Grilled Cheese Sandwiches Chips Coffee, Tea, Milk & Dessert	Baked Stuff Shrimp Baked Potatoes Broccoli Dinner Rolls Coffee Tea Milk & Dessert




MARCH 2019

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MENU SUBJECT TO CHANGE

SIGN UP THREE DAYS IN ADVANCE AND BY 10:00AM - CALL 860-258-2786

MONDAY MARCH 18	MONDAY MARCH 25
<p>ST. PADDY'S DAY LUNCHEON</p> <p>Corned Beef Dinner Boiled Potatoes Carrots Bread Coffee, Tea, Milk & Dessert</p> 	<p>Meatloaf & Gravy Mashed Potatoes Peas & Carrots Dinner Rolls Coffee Tea Milk & Dessert</p>
TUESDAY MARCH 19	TUESDAY MARCH 26
<p>Penne with Meatballs Garden Salad Italian Bread Coffee Tea Milk & Dessert</p>	<p>Chicken Marsala Penne w/marinara sauce Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert</p>
WEDNESDAY MARCH 20	WEDNESDAY MARCH 27
<p>Turkey Pot Pies Caesar Salad Dinner Rolls Coffee, Tea, Milk & Dessert</p>	<p>Beef Tips over Egg Noodles Garden Salad Garlic Bread Coffee, Tea, Milk & Dessert</p>
THURSDAY MARCH 21	THURSDAY MARCH 28
<p>Beef Stew Dinner Rolls Coffee, Tea, Milk & Dessert</p>	<p>BBQ Ribs Baked Beans Potato Salad Corn Bread Coffee, Tea, Milk & Dessert</p>
FRIDAY MARCH 22	FRIDAY MARCH 29
<p>Lobster Mac and Cheese Garlic Bread Coffee, Tea Milk & Dessert</p>	<p>Grilled Salmon Rice Pilaf Asparagus Dinner Rolls Coffee, Tea, Milk & Dessert</p>

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—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

SPRING EXERCISE PROGRAMS

SENIOR FITNESS

April 15—June 12 (N/C 5/27)

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-QIGONG

April 3—June 5

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

April 4—June 6

Thursdays 1:00—1:45pm

Location RHSCC Rm #2/3

Cost: \$32.00/residents

\$37.00/non-residents

For more info or to register please call

Denise @ 860.258.2786

Registrations begin March 18

NEEDLEFELTING CLASS

Friday, March 8

10:00am—Noon

Needle felting is done with lambs' wool and is a process of poking away at your wool with felting needles. Pre-registration is required.

Cost: \$20.00/needles & class

\$5.00 for class (must have needles)

Limit of 10

Any questions or to register please call

Denise at 860.258.2786

MONTHLY CALENDER				
<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				<u>March 1</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
<u>March 4</u> 7:00-8:00 Walk Track 8:00-8:45: Sr Fitness 9:45 - 11:45: Nurse 9:45-2:15 AARP Tax Appts 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00-3:00 Walk Track	<u>March 5</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 Birthday Bingo 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track	<u>March 6</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	<u>March 7</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 - 3:00: Walk Track 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga	<u>March 8</u> 7:00-8:00: Walk Track 10:00-Noon Needlefelting 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track
<u>March 11</u> 7:00-8:00 Walk Track 8:00-8:45am Sr Fitness 9:45 - 11:45: Nurse 9:45-2:15 AARP Tax Appts 10:00-12:00 Sr Task Force 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<u>March 12</u> 7:00-8:00: Walk Track 10:00-11:00 Arts & Crafts 10:30-Noon Knitters 12:00 Lunch 12:30—Card Games 12:00-3:00: Setback 1:00 –2:00 Book Club 1:00-3:00 RH Serenaders 1:00 - 3:00: Walk Track	<u>March 13</u> 7:00-8:00: Walk Track 8:00-8:45 Sr Fitness 8:30-3:30 Foot Care 9:45-11:00 T'ai Chi 1:00-3:00 Wii Bowling 12:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>March 14</u> 7:00-8:00: Walk Track 8:30-6:30 Menopause offsite 10:00-11:00 Hearing Clinic 10:30am-3:00pm Stepney Srs 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga	<u>March 15</u> 7:00-8:00: Walk Track 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track
<u>March 18</u> 7:00-8:00 Walk Track 8:00-8:45: Sr Fitness 9:45 - 11:45: Nurse 9:45-2:15 AARP Tax Appts 12:00-3:00: St Paddy Lunch 12:30-4:30: Bridge Group 1:00-3:00 Walk Track	<u>March 19</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 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>March 20</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 4:00 Dinner @ Adams Mill	<u>March 21</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 - 3:00: Walk Track 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga	<u>March 22</u> 7:00-8:00: Walk Track 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track
<u>March 25</u> 7:00-8:00 Walk Track 9:45 - 11:45: Nurse 9:45-2:15 AARP Tax Appts 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track 4:45-5:45 Sr Liaison	<u>March 26</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 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>March 27</u> 7:00-8:00: Walk Track 8:30-5:00 Mohegan Casino Trip 12:00 -3:00 Lunch/Bingo 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>March 28</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 - 3:00: Walk Track 1:00-4:00: Mahjong	<u>March 29</u> 7:00-8:00: Walk Track 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 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 Elaine 860-632-3103

March 7 Board Meeting—10:00am

Meeting - 10:30am
Raffle

Program: Things (Game)

Bingo 12:45 - 3:00pm

March 14 Meeting - 10:30am

Raffle

Program: LCR

Bingo 12:45 - 3:00pm

March 21 Meeting - 10:30am

Raffle

Program: Pending Speaker

Bingo 12:45 - 3:00pm

March 28 Meeting - 10:30am

Raffle

Program: Attorney Romano & Eric Parker**Food Bank**

Bingo 12:45 - 3:00pm

**Monthly Book Reading Club**

March meeting will be held on the 3rd

Tuesday of the Month

Tuesday, March 19, 2019

1:00pm—2:00pm

A small group of people meet monthly
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

March 1 Board Meeting—10:00am

Meeting - 10:30am
50/50 Raffle

Program: Entertainment by Rudy

Bingo - 12:45 - 3:00pm

March 8 Meeting—10:30am

50/50 Raffle

Program: Game Day

Bingo—12:45—3:00pm

March 15 Meeting - 10:30am

50/50 Raffle

Program: St Patrick/St Joseph Party

Bingo - 12:45 - 3:00pm

March 22 Meeting 10:30am

50/50 Raffle

March 29 Meeting 10:30am

50/50 Raffle

Food Bank

Bingo 12:45—3:00pm

**ARTS & CRAFT PROJECT**

2nd Tuesday of the Month

MARCH 12, 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
March 20, 2019

Adams Mill
Manchester
(subject to change)

Must Register in advance by
calling 860.258.2786. Limit of 10

Pick-ups start around
4:00/4:30pm

AARP TAX AIDE PROGRAM

AARP is offering tax assistance
on



MONDAYS ONLY to taxpayers
with low to moderate income with
priority to taxpayers 60 years
and older.

Our volunteers will help people
with their taxes @ the Cora
Belden Library starting
February 4—April 8 from
9:45am—2:15pm.

APPOINTMENTS ARE
REQUIRED NO WALK-INS.

TO MAKE YOUR
APPOINTMENT PLEASE CALL
DENISE AT THE ROCKY HILL
SENIOR CENTER 860.258.2786.

MOHEGAN SUN CASINO TRIP

Wednesday, March 27, 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 March 15 until bus is full.

Payment is due when you register.

All-You-Can-Eat BBQ

Gavin's Irish Country Inn
Cornwallville, NY

Wednesday, May 22, 2019

Homemade Scones upon Arrival
BBQ Spare Ribs, BBQ Chicken, Corn on
the Cob, Potato Salad, Tossed Salad
Baked Beans Lemonade, Iced Tea

Apple Crisp ala Mode

Cost: \$90.00 per person

Friendship Tours

Depart: 7:30am Elm Ridge Park

Estimated Return: 6:30pm

For Reservation call Rita Thibodeau
860.563.9803

Departure time subject to change

ST. PADDY'S LUNCHEON

MONDAY, MARCH 18

Lunch catered by Mitchell's Restaurant

Corned Beef Dinner, Boiled Potatoes & Carrots

Bread, Beverages & Dessert

Cost: \$5.00/members

\$7.00 non-members

Doors Open @ 10:30a.m.

Rocky Hill Serenaders @ 11:00a.m.

Lunch served @ 12:00pm

Regular Bingo—1:00pm

Registration begins March 1st

To register come to the Senior Center office Monday—Friday

Payment is payable at the door.

Any questions see or call Denise or Charlene 860.258.2786

UPCOMING PROGRAMS

MEMOIR WORKSHOP - IT'S YOUR STORY
6 WEEK PROGRAM STARTING IN APRIL

SPRING CELEBRATION
JOHN ROOT NATURALIST
APRIL 25, 2019 11:00AM

AARP DRIVER SAFETY COURSE
MAY 8 9:00AM—1:00PM

NEWPORT FLOWER SHOW
FRIDAY JUNE 21
FRIENDSHIP TOURS

More information to follow

SENIOR TASK FORCE MEETING

MARCH 11, 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

MARCH 25, 2019

4:45pm—5:45pm

Rocky Hill Town Hall—Council Chambers

Open to the Public

COMMUNITY/SENIOR CENTER DESIGN TEAM

MEETING DATES

Public Comment for Community/Senior Center Tuesday March 12 @ 2PM

Public Comment for Community/Senior Center Thursday, March 21 @ 7 PM

Community/Senior Center Design Team Meeting Wed, March 27 @ 3PM

ALL MEETINGS ARE IN THE COUNCIL CHAMBERS