



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"



MAY 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
MAY 10, 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
MAY 9, 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

MAY 1, 2018

12:45pm—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 3 DAYS IN ADVANCE!**

To reserve your lunch please call the
Senior Center Office 860-258-2786.

MAY 2018
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

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

MONDAY APRIL 30	MONDAY MAY 7
Sausage & Peppers Roasted Potatoes Yeast Rolls Coffee, Tea, Milk & Dessert	Penne Marinara w/meatballs Caesar Salad Garlic Asiago Focaccia Coffee, Tea, Milk & Dessert
TUESDAY MAY 1	TUESDAY MAY 8
<p style="text-align: center;">BIRTHDAY BINGO</p>  Pasta Primavera Chopped Salad Tomato, Basil & Mozzarella Focaccia Coffee, Tea, Milk & Dessert	Salmon w/roasted tomatoes & onions Roasted Veggie Risotto Coffee, Tea, Milk & Dessert
WEDNESDAY MAY 2	WEDNESDAY MAY 9
Stuffed Peppers Citrus Romaine Salad Coffee, Tea, Milk & Dessert	Chicken Marsala Roasted Broccoli & Cauliflower Citrus Romaine Salad Coffee, Tea, Milk & Dessert
THURSDAY MAY 3	THURSDAY MAY 10
Chicken Piccata Green Bean Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert	Sausage & Peppers Roasted Potatoes Yeast Rolls Coffee, Tea, Milk & Dessert
FRIDAY MAY 4	FRIDAY MAY 11
Grilled Crab Cakes w/black bean salsa (not spicy) Chopped Salad w/balsamic dressing Coffee, Tea, Milk & Dessert	Mac 'N Cheese Chicken Tenders Chopped Salad w/Balsamic Dressing Coffee, Tea, Milk & Dessert

MAY 2018
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

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

MONDAY MAY 14	MONDAY MAY 21
Ham & Cheese Wraps Broccoli & Cheddar Soup Coffee, Tea, Milk & Dessert	Honey Glazed Ham Scalloped Potatoes Green Beans Coffee, Tea, Milk & Dessert
TUESDAY MAY 15	TUESDAY MAY 22
Baked Meat Ravioli Chopped Salad Yeast Rolls Coffee, Tea, Milk & Dessert	BBQ Pulled Pork Potato Salad (contains bacon) Broccoli & Cauliflower Yeast Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY MAY 16	WEDNESDAY MAY 23
OLDER AMERICAN'S LUNCHEON REGISTRATION IS CLOSED	Chicken Francaise Broccoli Rabe Citrus Romaine Salad Coffee, Tea, Milk & Dessert
THURSDAY MAY 17	THURSDAY MAY 24
Pot Roast Roasted Potatoes & Carrots Yeast Rolls Coffee, Tea, Milk & Dessert	Vegetable Lasagna Caesar Salad Rosemary Focaccia Coffee, Tea, Milk & Dessert
FRIDAY MAY 18	FRIDAY MAY 25
Chicken Parmesan w/Pasta Caesar Salad Coffee, Tea, Milk & Dessert	Pork Pot Stickers Vegetable Fried Rice Asian Cabbage Salad Coffee, Tea, Milk & Dessert

MONDAY MAY 28 - CENTER CLOSED MEMORIAL DAY

TUESDAY, MAY 29 Penne Chicken & Broccoli, Caesar Salad, Yeast Rolls, Drinks & Dessert

WEDNESDAY, MAY 30 Eggplant Parmesan, Citrus Romaine Salad, Garlic Asiago Focaccia, Drinks & Dessert

THURSDAY, MAY 31 Beef Chili, Cheddar Cornbread, Chopped Salad, Drinks & 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

SUMMER EXERCISE PROGRAMS

BOOMERS BOOT CAMP

June 26—August 7

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

BOOMERS PILATES

June 25—August 6

Mondays 8:00am—8:45am

Location: RHCC Gym

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: RHCC—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: RHCC 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: RHCC Gym

COST: \$32.00/residents

\$37.00/non-residents

Drop-in fee: \$5.00 per class

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.

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	<p>May 1 7:00-8:00: Walk Track 8:00-8:45 Boot Camp 10:00-12:00: Knitters Group 12:00: Lunch 12:45—3:00 Birthday Bingo 12:00-3:00: Setback 1:00 - 3:00: Walk Track</p>	<p>May 2 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</p>	<p>May 3 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</p>	<p>May 4 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</p>
<p>May 7 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>May 8 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Art Project 10:00-12:00 Knitters Group 12:00: Lunch 1:00—3:00 Card Games 12:00-3:00: Setback 1:00 - 3:00: Walk Track</p>	<p>May 9 7:00 - 8:00: Walk Track 8:00-8:45: Sr. Fitness 8:30-3:30 Foot Care Appts 9:45-11:00 T'ai Chi/Qigong 12:00: Lunch/Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>May 10 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-11:00 Hearing Svcs 10:30-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>May 11 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</p>
<p>May 14 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</p>	<p>May 15 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00 Lunch/ 12:30—Card Games 12:00-3:00: Setback 1:00 - 3:00: Walk Track</p>	<p>May 16 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45-11:00 T'ai Chi 10:30-3:00 Sr Fundraising Older Americans Luncheon with Jukebox Bingo 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>May 17 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 5:00—9:00 Saybrook Fish</p>	<p>May 18 7:00-8:00: Walk Track 10:00-3:00: RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track</p>
<p>May 21 7:00-8:00 Walk Track No Sr Fitness Class 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>May 22 7:00-8:00: Walk Track No Boot camp Class 10:00-12:00: Knitters Group 12:00 Lunch 12:00-3:00: Setback 12:30—Card Games 1:00 - 3:00: Walk Track</p>	<p>May 23 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</p>	<p>May 24 7:00-8:00: Walk Track 8:00-8:45 Zumba Gold 10:30-3:00: Stepney Seniors 50th Anniversary Luncheon 12:00-1:00: Lunch only No Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>May 25 7:00-8:00: Walk Track 10:00 –3:00 RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track</p>
<p>May 28 Memorial Day Center is Closed </p>	<p>May 29 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: Walk Track 4:45-5:45 Sr Liaison Mtg</p>	<p>May 30 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</p>	<p>May 31 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</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 Bernadette at 860-721-7227.

May 3 Board Meeting 10:15am
Meeting 10:30am
50/50 Raffle

Program: Elections Finalized
Bingo or Cards 12:45-3:00pm

May 10 Meeting 10:30a.m.
50/50 Raffle

Program: Mother's/Father's Day Party
Bingo or Cards 12:45-3:00pm

May 17 Meeting 10:30am
50/50 Raffle

Program: Memorial to Past Members
Bingo or Cards 12:45-3:00pm

May 24 **NO MEETING**

Program: 50th Anniversary Party
@ Elizabeth's

May 31 Meeting 10:30am
50/50 Raffle

Program: LCR
Bingo or Cards 12:45-3:00pm

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.

May 4 Board Meeting 9:45am
Meeting 10:30am
50/50 Raffle
Bingo 12:45-3:00pm

May 11 Meeting 10:30am
50/50 Raffle
Bingo 12:45—3:00pm

Program: LCR

May 18 Meeting-10:30am
50/50 Raffle

Program: Speaker
Bingo 12:45-3:00pm

May 25 Meeting 10:30am
50/50 Raffle & Food Bank

Program: Name that Tune
Bingo 12:45-3:00pm

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

NEW PROGRAM

Arts & Crafts

2nd Tuesday of the Month

May 8, 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

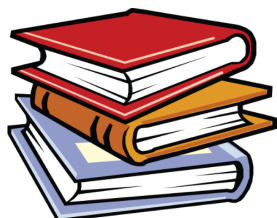
GET OUT OF THE KITCHEN

Thursday, May 17, 2018

**Saybrook Fish House
Rocky Hill 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**



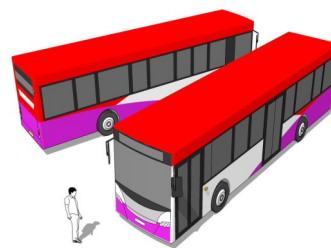
Book Reading Club

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.



SENIOR TRIPS

MOHEGAN SUN CASINO TRIP

FRIDAY, MAY 25

8:30am—5:00pm

Cost: \$20.00

Taking reservations on Tuesday,
May 15,2018 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

Boston Duck Tours

&

New England Aquarium

Boston, MA

Saturday, June 9, 2018

Cost: \$ 108.00 per person

Berkshire Railroad Foliage Express

Saturday, September 20, 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.

Payment is due when you come to class

“ART OF AGING” EXHIBIT

May is Older Americans Month and this year we are celebrating our residents by displaying their artwork from May 1—May 30th @ the Rocky Hill Senior Community Center.

We have some wonderful art work on display.

Come down and see for yourself.

If you have any questions please call

Denise @ 860-258-2786.



KICK OFF TO SUMMER LUNCH

Enjoy a delicious lunch

BBQ Chicken

Garden, Potato & Macaroni Salads

Dessert

Beverages

Wednesday, June 13, 2018

Doors open @ 10:30a.m.

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

SENIOR TASK FORCE MEETING

2ND MONDAY OF THE MONTH

**MAY 14, 2018
10:00AM—NOON**

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

**SENIOR LIAISON MEETING
4TH TUESDAY OF THE MONTH
(JUST FOR THE MONTH OF MAY)**

**MAY 29, 2018
4:45PM—5:45PM**

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