



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"

NOVEMBER 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 1:00pm. 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.**

*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.**

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

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

ROCKY HILL SERENADERS:

The RH Serenaders are back in full
swing 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**

**The group will be singing @ Senior
Center on Monday Nov. 12 to Honor
Our Veterans
11:00am**



LUNCH & DINING INFORMATION

BIRTHDAY BINGO

First Tuesday of the Month

November 6

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!

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


NOVEMBER 2018

MENU SUBJECT TO CHANGE



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

Thursday, Nov 1 Pot Roast, Mashed Potatoes & Gravy, Turnips Italian Bread

Friday, Nov 2 Baked Stuff Sole, Rice Pilaf, Broccoli & Rolls

MONDAY NOVEMBER 5	MONDAY NOVEMBER 12
Meatloaf Mashed Potatoes w/gravy Peas & Carrots Dinner Rolls Coffee Tea Milk & Dessert	Chicken Au Gratin Rice Broccoli Garlic Bread Coffee Tea Milk & Dessert
TUESDAY NOVEMBER 6	TUESDAY NOVEMBER 13
BIRTHDAY BINGO Vegetable Lasagna Vegetable Medley Garlic Bread Coffee Tea Milk & Dessert	Steak Mac & Cheese Garlic Bread Coffee Tea Milk & Dessert
	
WEDNESDAY NOVEMBER 7	WEDNESDAY NOVEMBER 14
Beef Tips Egg Noodles Garden Salad Dinner Rolls Coffee Tea Milk & Dessert	Baked Seafood Platter Baked Potatoes Green Beans Dinner Rolls Coffee Tea Milk & Dessert
THURSDAY NOVEMBER 8	THURSDAY NOVEMBER 15
BBQ Ribs Baked Beans Potato Salad Cornbread Coffee, Tea, Milk & Dessert	Italian Sausage, Peppers & Onions Roasted Potatoes Garlic Bread Coffee Tea Milk & Dessert
FRIDAY NOVEMBER 9	FRIDAY NOVEMBER 16
Chicken Caesar Salad New England Clam Chowder Chips & Pickles Coffee, Tea, Milk & Dessert	Salisbury Steak w/mushroom gravy Mashed Potatoes Carrots Italian Bread Coffee Tea Milk & Dessert

**NOVEMBER 2018
ROCKY HILL SENIOR LUNCH MENU**

MONDAY NOVEMBER 19	MONDAY NOVEMBER 26
THANKSGIVING LUNCH Carved Turkey & Stuffing Mashed potatoes & Gravy Butternut Squash Dinner Rolls Coffee, Tea Milk & Desserts	Chicken Philly Grinders French Fries Coffee Tea Milk & Dessert
TUESDAY NOVEMBER 20	TUESDAY NOVEMBER 27
Stuffed Peppers w/spaghetti sauce Garlic Bread Coffee Tea Milk & Desserts	Stuff Pork Roast Baked Potatoes Applesauce Corn & Dinner Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY NOVEMBER 21	WEDNESDAY NOVEMBER 28
Beef Stew Dinner Rolls Coffee, Tea Milk & Dessert	Chicken Parmesan Pasta with sauce Garlic Bread Coffee, Tea, Milk & Dessert
THURSDAY NOVEMBER 22	THURSDAY NOVEMBER 29
HAPPY THANKSGIVING CENTER CLOSED 	Baked Stuff Shrimp Baked Potatoes Grilled Asparagus Dinner Rolls Coffee, Tea, Milk & Dessert
FRIDAY NOVEMBER 23	FRIDAY NOVEMBER 30
 CENTER CLOSED	Penne with Meatballs & Italian Sausage Caesar Salad Italian Bread 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

FALL EXERCISE PROGRAMS

SENIOR FITNESS

January 7—March 20 (N/C 1/21 & 2/18)

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

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.

T'AI CHI-QIGONG

January 9—March 13

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 EXERCISES

January 10—March 14

Thursdays 1:30—2:15pm

Location: RHSCC Room #2

COST: \$32.00/residents

\$37.00/non-residents

For more info or to register please 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

NO WALK TRACK

MONDAY NOVEMBER 5-NO AFTERNOON

TUESDAY NOVEMBER 6 (ELECTION DAY)

THURSDAY & FRIDAY NOV. 22 & 23

THANKSGIVING HOLIDAY

We are in the process of revamping our fitness program. Be on the look out for new and exciting classes. For more information please call Denise @ 860.258.2786.

MONTHLY CALENDER				
<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			<u>November 1</u> 7:00-8:00: Walk Track 10:30-3:00pm Stepney Srs 12:00-3:00: Lunch/Bingo 1:00-3:00 Walk Track 1:00-4:00: Mahjong 1:30-2:15 Chair Yoga	<u>November 2</u> 7:00-8:00: Walk Track 10:30-3:00pm RH Srs Club 12:00-3:00: Lunch/Bingo 2:00-3:30pm Walk Track
<u>November 5</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 Gym Closed @ 10am for Election Set-up	<u>November 6</u> 10:30-12:00 Knitters Group 12:00: Lunch 12:30-3:00 Birthday Bingo 12:00-3:00: Setback Gym Closed on Election Day	<u>November 7</u> 7:00 - 8:00: Walk Track 8:00-8:45 Sr Fitness 9:45-11:00 T'ai Chi/Qigong 1:00-3:00pm Wii Bowlers 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>November 8</u> 7:00-8:00: Walk Track 10:30am-3:00pm Stepney Srs 10:00-11:00 Hearing Svcs 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:30-2:15 Chair Yoga	<u>November 9</u> 7:00-8:00: Walk Track 10:30-3:00pm RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>November 12</u> 7:00-8:00 Walk Track 8:00-8:45am Sr Fitness 9:45 - 11:45: Nurse 10:00-Noon Sr Task Mtg 11:00 Honor Veterans 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<u>November 13</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 12:00 Lunch 12:30—Card Games 12:00-3:00: Setback 1:00-2:00 Book Club 1:00-3:00 Sr Serenaders 1:00 - 3:00: Walk Track	<u>November 14</u> 7:00-8:00: Walk Track 8:30-3:30 Foot Care Apts 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>November 15</u> 7:00-8:00: Walk Track 10:30-3:00pm Stepney Srs 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:30-2:15 Chair Yoga	<u>November 16</u> 7:00-8:00: Walk Track 10:30-3:00pm RH Srs Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<u>November 19</u> 7:00-8:00 Walk Track 8:00-8:45am Sr Fitness 9:45 - 11:45: Nurse 10:30-11:30 Healthy Eating 12:00-Thanksgiving Lunch 12:45-3:00 Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<u>November 20</u> 7:00-8:00: Walk Track 9:00—Noon Stepney Bake Sale 10:30-Noon Knitters 12:00 Lunch 12:30—Card Games 12:00-3:00: Setback 1:00-3:00 Sr Serenaders 1:00 - 3:00: Walk Track	<u>November 21</u> 7:00-8:00: Walk Track 8:00-8:45am 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>November 22</u> THANKSGIVING HOLIDAY CENTER CLOSED	<u>November 23</u> THANKSGIVING HOLIDAY CENTER CLOSED
<u>November 26</u> 7:00-8:00 Walk Track 8:00-8:45am 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 4:45-5:45 Sr Liaison Mtg	<u>November 27</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 Sr Serenaders 1:00 - 3:00: Walk Track	<u>November 28</u> 7:00-8:00: Walk Track 8:00-8:45am 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>November 29</u> 7:00-8:00: Walk Track 10:30-3:00pm Stepney Srs 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:30-2:15pm Chair Yoga	<u>November 30</u> 7:00-8:00: Walk Track 9:30-11:30 Christmas Ornament Workshop 10:30-3:00pm RH Srs Club 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 Rita 860-563-9803

November 1 Board Meeting—10:00am
Meeting—10:30am
Raffle

Program: Social Day
Bingo or Cards

November 8 Meeting—10:30am
Raffle

Program: PO KE NO
Bingo or Cards

November 15 Meeting—10:30am
Raffle

Program: LCR
Bingo or Cards

November 20 **BAKE SALE**

November 22 **No Meeting**
Thanksgiving Holiday

November 29 Meeting—10:30am
Raffle

Food Bank

Program: Name that Tune
Bingo or Cards



Book Reading Club

We are meeting the
2nd Tuesday of the Month
NOVEMBER 13, 2018

1:00pm—2:00pm

Rocky Hill Senior/Community Ctr
Senior Lounge

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

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

November 2 Board Meeting 9:45am
Meeting—10:30am
50/50 Raffle

Program: LCR
Bingo 12:45—3:00pm

November 9 Meeting 10:30am
50/50 Raffle

Program: Honoring the Veterans
Bingo 12:45—3:00pm

November 16 Meeting 10:30am
50/50 Raffle

Program : Brain Teasers
Bingo 12:45-3:00pm

November 23 NO MEETING—
THANKSGIVING HOLIDAY

November 30 Meeting—10:30am
50/50 Raffle
Food Bank

Program: Game Day
Bingo 12:45-3:00pm

MEDICARE OPEN ENROLLMENT

October 15—December 7

Medicare health plans & prescription drug plans can make changes each year to cost, coverage providers & pharmacies. Open enrollment gives you the opportunity to review & make changes to your plan. If you want to review your current coverage you have three options:

Visit Medicare.gov/find a plan

Call Medicare @ 800-633-4227

Contact Denise Sanderson @ the Rocky Hill Senior Office to schedule an appointment
860.258.2786.

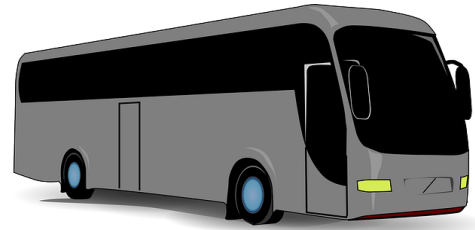
****MINI BUS TRIPS****

Saturday November 10

**Christmas Tree Shop
&
The Olive Garden**

**Pick-ups will start @ 11:00am
Should arrive back home between
3-4pm**

**Space is limited to 10. To register
please call Denise @ 860.258.2786 to
reserve your spot.**



SENIOR TRIPS

MOHEGAN SUN CASINO TRIP

FRIDAY, DECEMBER 7

8:30am—5:00pm

Cost: \$20.00

**Taking reservations on Tuesday,
NOVEMBER 27, 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**

**CHRISTMAS TREE
DECORATING CONTEST**

**Looking for participants to decorate a
table size Christmas tree for our up-
coming Holiday Luncheon**

**We will use the trees for our center
pieces @ the Holiday Luncheon. So
join in the fun lets start a new tradi-
tion !! I will have 15 trees for any one
interested in participating in the con-
test. You can do it yourself or form a
team. Trees will be in the office on
November 14. Trees to be judged &
Prizes will be awarded. To sign-up see
Denise @ the Senior/Community Ctr
office. Any questions please call @
860.258.2786.**

Special Events @ Center

“Honoring our Veterans”

Rocky Hill Serenaders Patriotic Program

Monday, November 12

11:00—11:30

Atrium will be providing “Patriotic Theme Cake”

Pre-registration is required—Free

“Healthy Eating Choices”

Monday, November 19

Program 10:30—11:30am

Chance to try Healthy Smoothie & Snack

Sponsored by Atrinity Home & Health

Pre-registration is required—Free

“Christmas Ornament Workshop”

Friday, November 30

9:30am—11:30am

Registration is required

Cost for materials—\$15.00

Art Instructor: Deidre Gryphon

“Annual Holiday Luncheon”

Wednesday, December 12

10:30am—3:00pm

11:00 Entertainment

12:00 Lunch

1:00 Special Bingo

Registration is required

Cost: \$5.00/member \$7.00/non-members

For all the above programs please call Denise @ 860.258-2786 to register.

SENIOR TASK FORCE MEETING

**NOVEMBER 12, 2018
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
NOVEMBER 26, 2018**

**4:45pm—5:45pm
Rocky Hill Town Hall—Council Chambers
Open to the Public**

MEDICARE OPEN ENROLLMENT

October 15—December 7

Medicare health plans & prescription drug plans can make changes each year to cost, coverage providers & pharmacies. Open enrollment gives you the opportunity to review & make changes to your plan. If you want to review your current coverage you have three options:

Visit [Medicare.gov/find a plan](https://www.medicare.gov/find-a-plan)

Call Medicare @ 800-633-4227

Contact Denise Sanderson @ the Rocky Hill

Senior Office to schedule an appointment

860.258.2786.