



*NEWTOWN SENIOR CENTER NEWSLETTER*

Newtown Senior Center  
Director Marilyn Place  
14 Riverside Road  
Sandy Hook, CT 06482  
(203) 270-4310  
Nov-Dec 2016

*NEWTOWN SENIOR CENTER*  
*27th Annual Holiday Party*  
THURSDAY DECEMBER 8th

Snow date Monday Dec 12th

11:00 am to 3:00 pm

**At Michael's at the Grove**  
(formerly CAPELLARO'S)

**\$35.00 pp**

**Gourmet Buffet includes:**

- Stationary Hors d' oeuvres
- Sit down Salad w/ ranch lemon herb dressing
- Sliced Top Sirloin served w/ au jus
- Walnut and Apple Stuffed Chicken
- Stuffed Filet of Sole w/ homemade stuffing
- Penne Pasta with Broccoli and Roasted red peppers
- Red Bliss Roasted Potatoes
- Fresh vegetable Medley
- Apple Strudel w/ vanilla ice cream
- Coffee & Tea
- Champagne Toast or choice of Sparkling Cider and Egg Nog
- Cash Bar.....Soda included in meal price
- Tables of 8 (make up your own table)
- 50/50 Raffle and Regular Raffle

**Music by DJ BIG DADDY**

**Tis the season again to enjoy good friends ...good fun...good music**

No classes on the day of the Holiday Party

Call HART for transportation or hop on the Center van @ 10am

***Please call (203)270-4310 for reservations. Payment due no later than Dec. 1st.***

# DAY TRIPS WITH NSC IN 2016

**MOHEGAN SUN CASINO NOV 15 \$32pp Bus departs center @ 8am**

Includes transportation ,tip and casino bonus of \$15 food coupon & \$15 free bet

## **OVERNIGHT 2016/2016**

**Mohegan Sun** January 25,26 no minimum tour Cost: **\$163.00 PP \$228.00 Double \$153.00 Triple**

Includes: Roundtrip Transportation, Hotel Accommodations, (2) \$15 Food Coupons (2) \$10 Free Bets. Taxes and Baggage Handling.

**Two Nights in Atlantic City NJ Nov 13-15 \$249.00 pp Double \$329.00 pp Single \$244.00 pp Triple**

Includes: Roundtrip Transportation, Hotel Accommodations, Taxes and Baggage Handling, \$25.00 Slot Play,(2)-\$15.00 Meal Credits at featured outlets, Evening Entertainment, Gratuities for Getaway Tours' Tour Director & Bus Driver

**Florida & The Bahamas** on the Norwegian Breakaway 8 days/ 7 nights Feb 19 -26, 2017

**Panama Canal** on the Norwegian Pearl 11 days / 10 nights March 13 -23, 2017

All detailed flyers available at front desk.



## **SPECIAL UPCOMING EVENTS :**

**CULTURAL HISTORY SERIES** Special presentations by: Arthur Gottlieb LSCW,CSA

Thursday Nov 17 **Thanksgiving at Plymouth Plantation** 1:00—2:00pm

Thursday Dec 15 **TIMES SQUARE** 1:00—2:00 pm

## **FRAN and FRIENDS Nov 14th 2-3PM "music and laughter"**

Join Fran and her traveling accordion for a sing along. If you play an instrument and feel comfortable enough....bring it along. It's fun to sing and play some good old Favorites with a group. You might say you don't have a voice, but together we all sound great! Join us! Get into the festivities!

## **Holiday Crafting and Lunch with Masonicare November 18<sup>th</sup> 12-1 p.m.**

Join Brittany and Mary from Masonicare for lunch and crafting! Let's have fun with some DIY Holiday Art. Get in touch with your creative side! Leisure time is often overlooked in life and what better time to have some "me time" than on a Friday afternoon. This program is free; please sign up before Nov. 15<sup>th</sup>.

## **New Year's Celebration Thursday Dec 29, 12noon -3:00pm**

Join in on the festivities at the end of the year/ month for some fun, food, music, dancing and laughter. Synergy Homecare will be sponsoring this social event. They will provide the lunch, games and the DJ. It will be a ton of fun for all! And a day to remember! Lunch is provided ... sign up a must. Call 270-4310 to reserve a spot.

## **Movie & Popcorn**

### **The Imitation Game Nov 18 @ 1:00**

During the winter of 1952, British authorities entered the home of mathematician, cryptanalyst and war hero Alan Turing to investigate a reported burglary. Based on a true story.

### **Everest Nov 23 @1:00**

Two different expeditions are challenged beyond their limits by one of the fiercest snowstorms ever encountered by mankind in an attempt to reach the summit of the world's highest mountain. Based on a true story.

### **Heaven Is For Real Dec 9 @1:00**

Todd Burpo is a small-town businessman, volunteer firefighter and pastor struggling to make ends meet in a tough year for his family. After his bright young son Colton is rushed to the hospital for emergency surgery, Todd and his wife Sonja are overjoyed by his miraculous survival. Based on a true story.

**Sign up at the front desk...**

**Please note.....CLASSES ARE CANCELED DURING SPEAKER/SPECIAL PROGRAMS**



# Services

## SweetHART BUS Telephone Numbers:

For reservations (203) 748 2511  
Will call/cancellations /confirmation (203) 830 4399  
Comments/Questions (203) 744 4070

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### FISH MEDICAL DRIVERS

Transportation for medical appointments.  
Monday—Friday from 9:00 am-2:00 pm. Ambulatory disabled and/or seniors may call 1-800-794-0034.

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### Blood Pressure

2nd Thursday of every other month @ 1:30-2:30  
4th Wednesday of the month @ 1:00pm  
Get your blood pressure checked regularly.

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### CHOICES

#### Area Agency on Aging

1-800-994-9422

Get answers to any Medicare problem or questions you may have—*FREE*.

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### Lunch Program

The Newtown Senior Center hosts a congregate meal program Mon, Tue & Thurs. A \$2.00 donation is encouraged. Call to reserve your meal at least 3 days in advance at (203) 270-4310. Great menu's! You can pick up a menu at the front desk.

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### Municipal Agent for the Elderly

Ann LoBosco  
(203) 270-4330

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### Newtown Meals on Wheels

Nutritional meals (regular and special) are delivered at reasonable cost. To inquire into becoming a meal recipient call Marilyn at 203-426-6340 or Janet at 203-270-1960.

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### Special Programs

When Special programs, events, speakers are scheduled regular classes are canceled, during the time of the special programs. Please check the newsletter . Any questions please ask staff.

# CODE OF CONDUCT

The Newtown Senior Center is a facility where people age 60 and older meet for the purpose of participating in social, recreational, educational and support service activities in order to enhance and enrich lives. Seniors have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectfully towards their peers. Seniors must conduct themselves appropriately, treat each other with courtesy and respect, and cooperate at all times in order to create a positive environment and sense of community within the Senior Center facility. Any senior who chooses not to adhere to this Conduct will be deemed to be in violation of the policy. In any such occurrence, the Director of the Senior Center will make the determination of any action to be taken, to preclude recurrence.

**MISSION STATEMENT** The mission and purpose is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. To enhance independence, support mental, physical and social well being.

**GOAL** The Center's goal is to function as a focal point for providing the most needed community services to older people by forming co-operative linkages with community agencies and organizations; to provide activities and services that will promote well being of every aspect of community life.

### NEWTOWN SENIOR CENTER PHILOSOPHY

**We believe:** Older adults are individuals of dignity and self-worth with ambitions, capabilities and creative capacities; older adults seek continued growth and development; older adults need both access to sources of information and help for personal and family problems as well as opportunities to learn from individuals coping with similar problems; older adults have the freedom to voice their input regarding the center programming. **We will:** Create an atmosphere that acknowledges and affirms the dignity and self-worth of the older adult, maintaining a climate of respect, confidentiality, trust and support; create opportunities for older adults to apply their wisdom, experience, and insight, and to exercise their skills, assist other agencies and/or groups in serving older adults and provide opportunities for older adults to develop their potential as individuals with the context of the entire community. **We expect:** A welcoming reception for all who visit the Center; honest, courteous, and respect from all who participate in the Center and its activities; as well as adherence to the Code of Conduct and the rules and regulations of the Center.



## ANNUAL HOLIDAY BAZAAR

Saturday Nov. 5th, 9:00 am to 3:00 pm

This is an excellent way to SUPPORT YOUR SENIOR CENTER. Mark your Calendars.

Do some early Holiday Shopping.

- \* Handmade jewelry including some crystal
- \* Assorted Baked goods and goodies
- \* Afghans
- \* Quilts
- \* "Old Fashioned" Pin cushions
- \* Thanksgiving and Christmas items
- \* Children/Infants hats, mittens, and scarves
- \* Adult knitted and crocheted items
- \* A vast assortment of Christmas decorations
- \* Hand painted items
- \* Wall Hangings,
- \* Wine Bags
- \* Gift Bags
- \* Table Runners
- \* Holiday Jars
- \* Painted wine glasses
- \* Handcrafted ornaments



Happy  
Holidays

Too many items to list!!!!

Classes are canceled for Friday

## SOCIAL AND INTER-GENERATIONAL PROGRAMS

**KNITTING w/ Jane** Fridays at 12 noon . Jane volunteers for over 23 years sharing her expertise and her love of knitting! A great time to socialize and to begin and/or finish a project you always wanted to do. Fun group!

**ART LESSONS w/Lynn** Tuesdays @10AM All Medias Come and enjoy



**IRIS FOLD CARDS w/ Marianne** Tuesdays at 10am.

Iris folding is a technique where folded strips of colored or patterned paper are layered in a spiral pattern behind a aperture. It is called "Iris Folding" because it resembles the iris of a camera. We've been making cards for years and sending them to the troops, residents of Masonicare nursing home, local daycare, the annual Bazaar and for you ! Come and enjoy this creative craft and make a unique card.

**SPANISH LESSONS w/ Louise** Thursdays at 10:30 Nov 3,10,and 17 (No class on Thanksgiving Day) Dec 1,8,15,22 (fiesta) Classes will resume after the holidays on Thursday Jan 5. Sign up to reserve a spot **GRACIAS!**

**KENO w/ Joe** 1st Wednesday of the month at 2:00 Sponsored by Golden Opportunities

**HOT TOPICS** Every Tuesday @ 10:30. Members bring current events and interesting topics to the group for discussion. Open to all.

**NSC BOOK CLUB** Nov 9<sup>th</sup> Colm Tolbin, **Brooklyn** @3:00. Dec 14<sup>th</sup> John Grisham, **Skipping Christmas** @ 3:00.

**MEN'S BREAKFAST CLUB** Meet the 1st Thursday of the month at 9:00am.

A nice way to start your day w/ some coffee/tea and/or egg sandwiches mixed with meeting new and old friends. \$2.00 pp for egg sandwich. Call to sign up.

**INTER-GENERATIONAL FUN W/ CAC** Every 2nd Thursday from 10-11:30 am.

A themed craft activity. Every 4th Thursday 10-11:30 am. Volunteers (needed) to read a story.

**"NEW" Poker Group** Tuesdays @ 12:30 call to sign up....always room for more.

### LUNCH BUNCH :

**Nov 16th** Cracker Barrel & The Christmas Tree shop in Orange Ct  
We will Leave @10:30

**Dec 16th** Tivoli in New Milford Ct .  
Bus Leaves @11

**Only 16 Spots available**

**Sign up at the front desk**



### ANNUAL HOLIDAY COOKIE SWAP

- Wednesday December 14th 1:00pm M-M - M - M
- M Smell the Aroma!!!! The memories of holiday baking . This is exchanging your favorite cookie recipes and cookies. So make a batch of your most delicious cookies... dozen (not store bought) we will make copies of each recipe to share and hand out. Sound like fun? When its cold outside and cozy warm inside the soothing smell of cookies baking in the oven is the best! Call to sign up. Must participate to Cookie Swap.
- Mmmmm good.



### Trim the Senior Center Tree Friday Dec 2 after 12 :30

Tis the season to be jolly.....time to decorate for the holidays Why not do it together...stop in for some Holiday Punch and cookies . Listen to some holiday music and get into the seasons spirit!!!! The more the merrier!  
Sign up ...



**EXERCISE****HEALTH****FITNESS****Flex, Fit, & Tone with MaryAnn Monday & Wednesday @ 10am  
Friday @ 10:30**

This is a conditioning class using weights, bands, and balls to strengthen and stretch your entire body. **Limited seating.**

**Yoga w/ Eileen****Monday and Thursday at 1:00 pm**

Focus on stretching, strength, breathing and listening to your body in a peaceful state. Bring your mat and join Eileen. You'll thank yourself for it.

**Tai Chi w/ Sue****Tuesday at 2:00 pm**

This class encourages balance, subtle flexibility, body awareness, improving stress reduction, balance and agility is the focus.

**Zumba Gold w/ MaryAnn****Friday at 9:00 am**

No experience needed just love of music to motivate and move. Easy to follow fitness.

**Chair Pilates w/ Claudia****Tuesday at 12:30 am**

Chair based fitness program which improves balance, and posture. Works spinal flexion, extension and side banding through different stretching positions. Increases strength and improves mood and energy with the fun and invigorating movements. **Class is limited to 18.** This is a new class and sign up is necessary to ensure a spot.

**Chair Yoga w/ Eileen****Tuesday and Friday at 3:00 pm**

This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength and balance. Ends with meditation. You'll feel fabulous! **Class is limited to 18.**

**Strength Training w/ Claudia****Thursday at 2:30 pm**

Come strengthen, shape and tone your whole body! Receive the individual attention that will help improve your ability to perform daily activities. You will learn proper form and technique when using handheld weights, bands, and balls. See improvement in your flexibility, balance, and posture as well. Weighted balls supplied by teacher. **Class is limited to 18.**

**Line Dancing w/ Sherri & Steve Wednesday at 1:30 pm**

For beginners and intermediate. Enjoy the Waltz, Cha-Cha, Tango, Swing, Rumba, Mambo, and many more. No partners necessary, this is line dancing. Great music and so much fun.

**Qi Gong w/ Susan****Tuesday 12:45-1:45**

These easy-to-learn gentle postures and graceful flowing sequences are based on traditional Chinese exercise. Qi Gong improves balance by toning and strengthening the muscles of the lower body as well as the core, and building better bone-density by practicing rooted weight-bearing postures. The body mechanics of Qi Gong also improve flexibility and range of motion. The harmony of breath and movement relaxes and unifies mind & body for a complete exercise program that enhances confidence, co-ordination and optimal good health.

**New England Community Barn Dance w/ Patrice Thursday 2-3pm**

Come join us for a Traditional Square & Folk Dancing- circle, square, & long ways dances (think of a Virginia Reel or dances from a Jane Austen movie). No partner necessary. Dancing benefits the mind and body! All dances will be taught and prompted. A great way to connect w/ friends and make new ones. Dance instructors/callers are Patricia Campbell & Bob Livingston. With old time, French Canadian & Celtic music (occasional live music! ). Do-Si-Do, form a square , smile at your partner & swing "em there" . Wear comfortable clothes, comfortable shoes, no sneakers.

**Morning Meditation w/Claudia Tuesday 9:00-10:00**

Whether you're a first timer or have been meditating for years, this is a great way to start the day. Look up meditation and you'll find phrases like Stress benefits cardiovascular & immune health Improves concentration Slows aging Increases happiness, health & self awareness There are many ways to meditate. I hope we can take some time to discuss meditative practices, then take some time to practice meditation. It is my desire that this program evolve with the participants into a class that meets everyone's needs.



**NEWTOWN SENIOR CENTER  
14 RIVERSIDE ROAD  
SANDY HOOK, CT 06482**

**PRESORTED STANDARD  
U.S. Postage Paid  
Newtown, CT 06470  
Permit No. 1002**

**The Mission of the Newtown Senior Center is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. And enhance independence, support mental, physical and social well being.**

**THE CENTER WILL BE CLOSED**

Nov 11<sup>th</sup> Veterans Day  
Nov 24 and 25<sup>th</sup> Thanksgiving  
Dec 23<sup>rd</sup> Christmas eve 1/2 Day  
Dec 26<sup>th</sup> Christmas  
Dec 30<sup>th</sup> 1/2 Day  
Jan 2<sup>nd</sup> **Closed**



**BINGO:**

Come and enjoy Thanksgiving Bingo Monday Nov 21 @ 1:00pm  
Holiday Bingo Party Monday Dec 19 @ 1:00pm

**Happy Thanksgiving  
Happy Healthy Holidays**





### **Are You Ready?** Take Important Steps Understand Your Risks:

Potential natural disasters in our area include severe thunderstorms, blizzard/severe snow storms, flooding, hurricanes, tropical storms and even tornadoes. If you live near a water-course or low-lying area that is prone to flooding, it is important to know when and how to evacuate when the water rises rapidly and know what route to take and where you will go if you have to get out quickly. Specific Circumstances and Needs: If you or a family member has specific needs, physical or medical, it is important to consider what your plan of care will be during an emergency—whether you have to stay at home, evacuate or go to a shelter. Know in advance if special equipment, supplies, medication, or support is necessary and plan for/acquire it in advance. Work with your current provider and if you are not sure, call the Health District and they can either help directly or connect you with the right re-source. Plan Ahead for Your Pets: Pets are part of the family. Plan for your pet's needs in case you have to shelter in place (staying at home, potentially without power for many days) and also in case you need to go to a shelter. In addition to a carrier, leashes, bowls, food, proof of licensing and/or vaccinations will be required. Have these ready. Are You Ready? Take Important Steps to Be Prepared ..**Sign up for CODE RED and Smart 911 Go to Newtown's town website at [www.newtown-ct.gov](http://www.newtown-ct.gov)** then scroll down the page, on the left hand side is the logo for CODE RED . It is an active link, Click on it and sign up for your home phone, cell phone and e-mail so you can receive important information during an emergency. If you do not have internet access or if you think you need help doing this, call the Fire Marshal's office at (203) 270-4270 to get assistance and be signed up.

**ENERGY ASSISTANCE PROGRAM** Assistance is available for eligible people who need help paying winter heating bills. Applications will be processed at the Social Services Department for people age 60 and over. When applying copies of the following must be provided and will not be returned: • Proof of all CURRENT income, last 4 weeks pay stubs if employed, interest & dividends, pensions & social security (Please bring your 2016 benefit letter from Social Security) • Current bank statements and/or updated passbooks • Latest Eversource electric bill • Latest Eversource Gas bill or latest fuel vendor statement or delivery receipt • Latest rent receipt if heat is included with rent payment. Income Guidelines Single—\$33,881.00 Couple—\$44,305.00 Applicants will be required to complete a Liquid Assets Declaration Form and provide verification of all declared liquid assets. Liquid assets include checking and savings accounts, CD's, IRA's, 401K, pension, stocks and bonds. For homeowners, the first \$10,000 in liquid assets, and for other households, the first \$7,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income must be below the income guidelines. Households that use a utility as their primary heating source and have documented that all household members are currently receiving Temporary Family Assistance, Refugee Cash Assistance and/or Supplement to the Aged, Blind and Disabled, are not subject to the liquid assets test. Call Ann at Social Services (203)270-4330 to schedule your appointment.

### Winter Weather Cancellations

Please watch Channel 3 during inclement weather to see if we are open or closed. If there is a delay in school openings...there will be no AM classes. If there is an early dismissal in the PM... there will be no afternoon classes. We never close being part of the municipality unless the Town does. Any questions.... call the Center.

