

BETHEL Senior Center

Clifford J. Hurgin Municipal Center, 1 School Street, Bethel, CT. 06801 Telephone: 203-792-3048; 203-794-8593; FAX 203-744-3812

Hours: Mon. - Fri. 8:30 am - 4:30 pm. STAFF: Lisa Plumb, Maureen Decker, Ana Ross, Marie Zappala
50 Years & older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel.

Parties...Parties...Parties!

Veteran's Breakfast - Friday, November 7, 9 am.
 We love to honor our Veterans with a morning breakfast dedicated to their service and loyalty to our country. Entertainment provided by Bethel High School choir. Please register in the office. Limited seating. Free.

Holiday Party - Friday, December 12, 12 noon - 4 pm.
 We are thrilled to announce our holiday party at Michaels at the Grove (formerly Cappellaro's Grove) in Bethel. \$28./person includes live music from 'Solid Gold x2', a buffet lunch and cash bar. Get out your dancing shoes and holiday glitz and join us for a wonderful day out in a beautiful local facility. Please register in the office. Limited seating.

Emergency Preparedness

Are you ready?

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are commonsense measures older Americans can take to start preparing for emergencies before they happen. Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer. Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter. (Ready.gov)

Seniors who receive federal benefit should consider receiving payments electronically. Keep in mind a disaster can disrupt mail service for days or even weeks. For those who depend on the mail for their Social Security benefits, a difficult situation can become worse if they are evacuated or lose their mail service – as 85,000 check recipients learned after Hurricane Katrina. Switching to electronic payments is one simple, significant way people can protect themselves financially before disaster strikes. It also eliminates the risk of stolen checks. (Ready.gov)

More helpful hints on the back page of this newsletter.

A Season to be Thankful

All of the staff at the Bethel Senior Center wish every member and their families a very "Happy Thanksgiving".

Holiday Fair

Fri 11/14, 9-3; & Sat. 11/15, 9-noon
 Beautiful handmade items, Christmas Shoppe, Quilt raffle, cookie trays, silent auction. Famous hot dog lunch. Pies. Mark your calendars!

NEW!! Tap Dance for Seniors

New Instructor...new time...new class!
 Dust off your tap shoes (or buy new ones!) and join us for a new class on **Mon. at 12 noon** for one hour at the Bethel Senior Center. Join a great group of gals, beginner and advanced. \$4.

COAT DRIVE (through Dec. 2014)

Bring in your gently used coats, jackets, hats, mittens/gloves for those in need in our community. Any one may take whatever they need. The Coat Drive is located next to the Ceramic Studio.

MEN'S BREAKFAST - 8:30 a.m.

*Meet other men for conversation & breakfast the 2nd Thursday of the month. This month the group meets **Nov. 13. \$2.00.***

HOLIDAY FLORAL ARRANGMENTS

Wed., Nov. 19, 10:30 a.m.

Make an arrangement to bring home. Sign up in the office. Sponsored by the Bethel Garden Club.
 Limited seating.

PAPER SHREDDING DAY -Greater Danbury Irish Culture Ctr, Sat.11/8, 9am-1 pm. \$1./lb.

Please note the new policy change:

Effective October 1, 2014, if the Bethel Schools are closed because of weather the BSC will be closed. If the Bethel schools are delayed because of weather the Bethel Senior Center will have the same delayed opening. Scheduled programs will be cancelled if normally held prior to the delayed opening.

PROGRAMS

AARP Safe Driving Course - 11/18; 9 am. \$15 members/\$20 non-members. Sign up by calling the BSC.

Art Class-Thurs., 12:30 - 3:30 pm. Work on any painting or drawing using the medium of your choice. \$3.

New Art Class! - Mon., 1-3 pm (beginning 10/6)

'Still Life...in any medium' Please sign up in advance.

Minimum number of participants needed. \$30. / 4 weeks.

Basketball- Mon./Wed. at 11:30 am a group meets in the gym to play a leisurely game of basketball. Free.

Bible Study-Taught by one of our members, a bible book or verse is discussed each week. Free on Wed. at 10:30 am.

Band Practice-Please sign up in the office if interested in joining a new band being formed at the BSC.

Bike Club- Fall is a beautiful time to ride! Go for a leisurely 10 - 20 mile ride. Varied routes. Wed., at 9 am. Stop by the office for information and schedules. Free.

Billiards- Mon./Wed. at 1 pm. Please call to register. Free.

Bingo - Open to all. \$2.10 (in dimes). Fri., 1pm.

Board Games - Anytime throughout the week. Just ask!

Bridge- Wed. / Fri. at 1:00 pm. New members welcome. Free.

Canasta- A card game played Thursdays at 10 am. Free.

Ceramics-Our new program is growing weekly in our newly decorated and nicely organized ceramic studio. There's an awful lot of laughing coming from the studio when ceramics is in session. If you want to have fun and be creative...this is the class for you! \$ 2/class. Classes held Tu/Th. from 9 am- 1 pm.

Chair Yoga-Chair Yoga is great for those having difficulty getting down on the floor or need a chair to hold on to. Chair Yoga is a key way to strengthen your body in a controlled, safe manner. Wed. at 10 am., Fri., 11am. \$ 2/class.

Chorus- Wed. at 10 am. All are welcome. Free.

Circuit Training- Nautilus equipment plus exercise stations throughout the room. Timed sessions. 10:15 am-Tu./Thurs. \$3.

Computer-This free course is individualized to what *you* want to learn. Members may sign up for a one-month session. Mon., 2:00 p.m. Limited seating. Please sign up in the office. Free.

Country Dance-Fri. at 10:30 am is the time to do-si-do, swing your partner, and enjoy both square and line dances with a group of upbeat, fun participants. Only \$2.

Crafts-A new group starting that will focus on making projects for our holiday fair as well as projects to be donated to local charities. Wed., 2 pm. Free.

Creative Writing-Tap into your creative talents by penning your thoughts or stories. Led by a passionate writer, this group meets Mondays at 2:00 pm. \$ 2./class.

Crochet & Knit-A lively group of ladies crochet and knit for our annual holiday shoppe as well as a variety of charity work. The yarn is provided. All you need to do is show up! Thursdays at 9:30 am. Free.

Genealogy-Members may sign up for this popular course, on a 1-month basis, held on Tues. at 11 am. Search your family tree under the instruction of Kevin Cleary. Members have found out interesting facts and relatives they didn't know they had! Limited seating available. Free.

Italian Class-Wed., 1 pm the Italian class learns Italian words, history, & culture. Fee - \$2. The instructor plans an annual trip to Italy each year.

Line Dancing-We have a new instructor and new dances! She will amaze you with her energy and enthusiasm. Join us on Tues. from 2:30 pm - 3:30 pm. \$3./class.

Massage-Veronica, offers a hand/foot; chair; neck, back, shoulder; and full body massages to members for a reasonable fee. Massages are available on Tues & Fri. 9:30 - 12:30. A fee schedule is available in the office. Please make an appointment.

Movie Matinee on Mondays; - Best deal in town...free movies and popcorn. A relaxing way to spend an afternoon. *Please see page 3 for a list of all movies shown.* 1 pm.

Piano Lessons-Have you always dreamt of playing the piano but never had the chance to take lessons? That's what retirement is for! We have a very patient teacher who is encouraging and she makes it all seem so easy. \$60/4 weeks. The lesson is 30 minutes on Fridays.

Ping-Pong - New Time! We have a new table and are looking forward to upcoming tournaments. Come practice Thursdays at 1 pm. Free.

Pinochle-Every day 10 am - noon. New players welcome!

Poker-A popular card game played every day at 1 pm.

Positive You - This class focuses on positive self image and learning techniques to improve your mind, body, and spirit. Relaxation and motivation skills will be presented and demonstrated. An interactive, feel-good program. Seasonal.

Reflexology - 3rd Tues., 10:00 am. - 12 noon. Please call the BSC office for an appointment.

Quilting-This year's quilt is themed, "Friendship". Thursdays at 1 pm. Ladies meet to work on the squares together. Free.

Scrapbooking - The art of taking photographs and embellishing them in an album using phrases, quotes, and decorative art. Frames, clip art, die cuts, and stories are used to embellish the photos. A wonderful trendy craft that makes a great gift or keepsake. No experience necessary. Bring your photographs and a 12" x 12" album. Free. Thursdays, 2 pm.

Set Back-Tues. afternoon at 1 pm; experienced player or beginner, we would love for you to join! Come, give it a try!

Seniorcize-One of our most popular programs. Get back in good shape, move to great music. Members love this program. You can too! Tues/Thurs from 9-10 am. \$2.

Spanish Class-Will begin in Sept.: Mon. 10-10:45 am. \$4.

Tai Chi-Tai Chi, is a mind-body practice in complementary & alternative medicine. Many people practice tai-chi to improve their health and well-being Th., 11 am.; \$3 per class monthly fee; \$4/walk-in fee.

Tap Dance - NEW INSTRUCTOR! Mon., 12 -1 p.m., \$4.

Toastmasters-Tuesdays at 12 the group meets to learn to perfect their public speaking skills. Free.

Walking Club- Fall strolls through our beautiful town. Meet Tues. in the office. The group leaves at 8:30 am. Free.

Wii Games-Bowling on Tues., Wed., Fri. at 9 am. Free.

Writing Your Memoirs-Each week a topic will be discussed encouraging you to pursue writing about that time in your life. Friday, 1:00 p.m., Free.

Yoga-Wed. at 11:00 am.; Fri.- noon, \$2

Zumba-High energy, fast moving exercise. A good workout with latin rhythm music. Mon., Wed., Fri. at 9-9:45 am. \$3.

SPECIAL EVENTS

Come out to the Movies

Best deal in town...free movies and popcorn. A relaxing way to spend an afternoon.

Movies begin at 1 pm.

11/3-Ray; 11/10-The Holiday; 11/17- Words & Pictures; 11/24-The Other Woman.

Lunch & Learn Programs - 12 noon

Free lunch to first 30 members to sign up.

Pre-registration required. Limited seating.

No additional lunch is served.

11/21 CT Nursing Services, Lenore Fox.

BETHEL SENIOR CENTER COOKBOOK

Bring in your favorite recipes to be included in our cookbook.

Caring for the Caregiver Group

Were you once on-the-go with time for yourself and time to relax but now find yourself in a caregiver role? Were you once a caregiver? Meet with other caregivers to share support, encouragement and resources. Learn strategies to help keep your physical and emotional well-being. Pre-register in office.

Thursdays: 11/6 & 11/20, 10:30 - 11:30am.

NEW COMMITTEE STARTING!

Volunteers needed for:

Parties, Projects, Special Events.

Please join Maureen for an information session with light refreshments. Share ideas and let us know how you would like to help. We'll share ideas where we may need a helping hand.

Monday, 11/17, 10:30 am.

Beginner Bridge Class - beginning soon. Please call the Senior Center to register. Day/time: TBA.

The Bethel Senior Center is closed:

Tues., 11/11, Veteran's Day; 11/27-28

Thanksgiving; Thurs., 12/25, Christmas

NOVEMBER BIRTHDAYS

1. RON CAPORALE
2. LINDA SMART, ALESIA McLACHLAN
R. JOYCE MURRAY
3. CYNTHIA FARRIS, JOAN GOURLEY
GENE BARFIELD, LINDA BERGHOFER
4. REBECCA PELLETIER, NORMA EINHORN
5. KATHY OLES, INGEBORG HANLON, GLEN
ATHANS, ELLEN VICTORIA SCOTT, JANET
JANKOWSKI, KATHLEEN SMITH
6. CHARLENE MAHER, DEBORAH ALLEN,
CANDACE BROWN, JACOB MATTHEWS
7. JOHN CHMIELOWIEC
8. FRANCINE MCLEOD
9. ADRIENNE HUNT, VERONICA BURSUKER
10. RUTH STOLLE, BARBARA HURLEY
BETTY BRISCOE
11. ANN KENNEN, LORRAINE CLARK
JOHN SOMOSKOVEC
12. LENA RASAMNY
13. JEANNE VOLPE, GEN LANUTO, CHIP WELSH
14. PRISCILLA CUNDARI, HELENA HUDDLESTON,
LESLIE WHONE
15. JOHN FERRARO
16. PEGGY GRACE, PATTI MCCORD
17. MARILYN RIOS, MARIE HORTON
19. LYNN DEXTER, DOROTHY CARVALHO
20. MARY RUGGIERO
21. GAIL MARGARUM, JILL KUHN
22. CATHERINE GADAROWSKI
JUDITH HARCO, THOMAS SANKOWSKI
23. DR. JOHN CLEARY, LORRAINE HUGHES
SUSAN DAVIS
24. LIL WILLRICH,
25. JOHN GROGAN
26. BEVERLY GILLOTTI
27. JOANN RANDI, ELEANOR COFFEY
JOSEPH TENK
28. NATHAN BETESH
TINA GALLACHER
29. BEVERLY BARTA
30. VELDA GREENAN

Sweetheart Bus Reservations / Meals on Wheels

203-748-2511

203-628-7540

Friends of BSC Meeting

12/8, 10:30 am.

Commission on Aging Meeting

11/10, 2:30 pm.

Supplemental Nutrition Assistance Program

(every 2nd Thurs., 9 am - 2 pm)

V.N.A. Blood Pressure Clinic

2nd Fri. of month: 10:30 am

COOKIES...COOKIES...COOKIE

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Emergency Preparedness - Helpful Tips:

Having a plan is one of the most important steps you can take in disaster preparedness. Decide what you, and your family, would do in an emergency situation. Decide an escape route from the home. Choose a place where family members/friends can meet in case you cannot return to the home due to a disaster. Identify a friend or relative out of the area for family members to contact if separated. Post emergency phone numbers by every phone. Know how to shut off water, gas, and electricity in your home. Check that your insurance policies are up to date and provide good coverage. Have a disaster supply kit ready: 3 gallons of water per person (3-day supply) tightly sealed in non-breakable plastic. Change water every 6 months. Pack enough food to last each family member 3 days. Canned/boxed foods are best. Pack a manual can opener or foods in self opening containers. Pack food in sealed metal or plastic containers. Replace every 6 months. Place in kit: battery powered radio, flashlights, spare batteries, reseal able plastic bags, washcloths & towels, paper cups & plates, plastic utensils, toothbrush, toothpaste, shampoo, deodorant, soap, heavy duty plastic garbage bags, change of clothing & extra pair of socks/shoes, blankets or sleeping bag, personal I.D., copies of birth certificate, marriage certificate, inventory of household goods, bank account numbers & other important documents, maps, extra house/car keys, prescription medications, first aid kit.

***Help us make cookies for our Holiday Fair on
Tues., 11/4, from 2:00 pm - 3:30 pm.***