

# 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 - 4:00 pm. STAFF: Lisa Plumb, Rosemary Cywin, Joan Simpson, Marie Zappala  
50 Years & older! *Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel.*

## WINTERIZE TO PREVENT FALLS

Below are five simple steps that YOU can take today to reduce falls among older adults and adults with disabilities in your community. 6 Steps to Prevent a Fall—from the National Council on Aging:

“Winterize” shoes, boots, and assistive devices ♣ Attach spikeless ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores. ♣ Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online. ♣ Choose winter shoes with rubber soles to maintain traction on slippery surfaces. ♣ Carry kitty litter for slick surfaces Encourage older adults to carry a zip top bag filled with a lightweight kitty litter in their pocket and cast it out ahead of themselves on slick surfaces. Screen older adults for fall risk Health care providers: begin to check ALL older adults with the STEADI fall risk screening tool\* as part of your normal intake and reevaluation process. Learn more about administering the STEADI screen and using evidence-based falls prevention programs in your community. ♣ Purchase a fall alarm system that are motion triggered without hitting a button ♣ Install higher toilets in the home or raised toilet seats. ♣ Replace multifocal glasses with single vision eyeglass lenses ♣ Install grab bars in bathroom and next to outside steps or inside thresholds ♣ Install firm stair railings on both sides of stairways and set automatic lights over stairways and by outside entrances ♣ Cover the entryway to the home and provide a table to set down bags while finding keys ♣ Shorter days mean more time in the dark—give tiny flashlights to attach to keys, hats, and coat buttons. Help make this season a safe, warm, and wonderful one for your patients, family, and community!

Source: National Council on Aging; Mindy Oxman Renfro, PT, PhD, DPT; Chair, American Physical Therapy Association's AGPT Balance & Falls SIG; Lead, Montana's Falls Free Coalition; University of Montana Rural Institute/MonTECH programs.

\*The STEADI fall risk screening tool is available in the Bethel Senior Center office. Please ask, we will be happy to provide you with one.

## New Program...Gumba !

### Ballroom Gumba Core & More

GUMBA means 'friend' and we will be dancing in a friendly environment. GUMBA combines all the 30 core exercises you will learn, as well as all the dances you will perfect through this program, in a routine to fast music. All moves are impromptu. Never planned or rehearsed. Follow the teacher's lead for a workout through dance and exercise like never before.

**No partner required.** Dance routines to ballroom rhythms – Cha Cha, Samba, Meringue, Rumba, Indian Bolly Dancing, Belly Dancing, Reggae, Hip Hop, to name a few Thirteen routines in one-hour class. Burn calories, slim down, relieve stress, have fun and get cardio benefits too. Leather bottom shoes suggested. Instructor: Donna Torre. \$4./class.

**Start: March 9, 2016 on Wednesday's at 2:30 pm**  
*Please pre-register at least one week in advance.*

Quilt Raffle – Our Quilting Group made a lovely Spring flower quilt. Tickets are on sale at the Senior Center daily. The quilt will be raffled on 3/18/16, 12:30 p.m.

### Tax Assistance

AARP will be providing Tax Assistance for members 50 years + on Wed., beginning 2/10/16 through 4/13/16 from 9 am to 12 noon . Please call the BSC to make an appointment. Appointments fill up quickly so *please* make your appointment early to avoid disappointment.

### Game Day & Lunch with the Titans !

The Titans is the new Danbury Hockey team. The handsome hockey players will come to the Bethel Senior Center and host a 'Games' afternoon. \$ 3./per person will cover the cost of the games and pizza lunch. Prizes. Raffles. **Please pre-register in advance.**

### DELAYED OPENING:

**The Bethel Senior Center follows the Bethel school schedule for weather delays and openings.** 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.

**The BSC is CLOSED: 3/25/16.**

# PROGRAMS

**AARP Safe Driving Course** Thurs., 4/14. \$15 members/ \$20. non-members. Sign up by paying in advance at the BSC.

**Adult Meditative Coloring**, Mondays, 10 am - 12 noon. Free.

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

**Art Class - Special** - Mondays, 1 pm - 3 pm, \$25./ 4 weeks.

**Astrology** - Fridays, 9:30 am - 11 am.

**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.

**Bike Club**- Will resume in the Spring. 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. at 10 am. Please call to reserve the table. Free.

**Bingo** - Open to all. \$2.10 (in dimes). Fri., 1:15 pm.

**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 noon. Free.

**Ceramics**- 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! \$ 3/class. Classes held Mon/Tu/Th. from 9 am- 12 noon.

**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. 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., 1:00 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 group of members that will focus on making projects for our holiday fair as well as projects to be donated to local charities. Special projects, also. Wed., 1 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. \$ 3./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.

**Gumba, Ballroom...Core & More** - Wed., 2:30 pm, starting 3/9/16. \$ 4.00/class.

**Italian Class**-Wed.,1 pm the Italian class learns Italian words, history, & culture. Fee - \$3.

**Line Dancing**- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us FOR A Thurs. from 1 pm - 2 pm. \$3./class. A great leg exercise!

**Movie Matinee on Mondays**; - Best deal in town...free movies and popcorn/candy available for sale. 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. (9 am - 12 noon)

**Pinochle**- Every day 10 am - noon.

**Pokeno** - Tues., 1 pm, Bring \$3.00 in pennies.

**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.

**Quilting**- Thursdays at 1 pm. Members meet to work on a Quilt of Valor for our Veterans. Free.

**Reikki** - Tuesdays from 10 - 12 noon. \$25./ 30 min. Please call the office for an appointment.

**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. \$2.00.Wed. 9 am - 12 noon. Bring your own supplies/glue/photos/album.

**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**- 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.

**Toastmasters**-Tuesdays at 12 the group meets to learn to perfect their public speaking skills. 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! A relaxing way to spend an afternoon. *Popcorn & candy will be on sale.*

Movies begin at 1 pm.

### March:

7- The Irish Tenors; 14 - The Secret of Roan Inish  
21-Easter Parade; 28 – Bridge of Spies

## Lunch & Learn Programs - 12 noon

*Free lunch to first 30 members to sign up.  
Pre-registration required. Limited seating.  
No additional lunch is served.*

### March:

4- A Place for Mom; 11 – Concierge Associates  
18 – Challenges to the Medicaid Process by Advanta  
Medicaid

## IMPORTANT NUMBERS & MEETINGS

**Sweetheart Bus Reservations / Meals on Wheels**  
203-748-2511 203-628-7540

### **Friends of BSC Meeting**

2nd Monday, every other month: Mon., 4/11/16; 10:30 a.m.

### **Commission on Aging Meeting**

2nd Monday of the month, 2:30 p.m.

### **Supplemental Nutrition Assistance Program**

(every 2nd Thurs., 9 am - 1 pm)

### **Bethel V.N.A. Blood Pressure Clinic**

(2nd Fri. of month: 10:30 am)

## **FEATURED PROGRAM OF THE MONTH** **CERAMICS**

No experience necessary! If you enjoy a good time...no, I mean a really good time... then join the group of laughing and joking Ceramic folks. Every Tuesday and Thursday the group meets from 9 am to 12 noon. Projects can be very easy or more complicated with plenty of detail for those interested in a good challenge. Ceramics projects make great gifts.

Something for everyone.

...all here at the Bethel Senior Center!

**Tuesdays & Thursdays – 9:00 a.m. - \$3.**

**Plus the price of your project.**

## March Birthdays

- 1 Lou Walsh, Ethel Pudelko
- 2 Mary Guertin, Tony Vitti
- 3 Lenore DeLucia, Marguerite Allen, Roberta Cutler
- 5 Charles Berger
- 6 Daniel Lawlor III, Lucille Ofiero, Dawn Tancos
- 7 Antonietta DelMonoco, Bruce Cornwell, Marcia Merritt; 8 Catherine Cosgrove; 9 Pat Belmont
- 10 Jackie DuPont; 11 Kelley Flynn, Pauline Anastasakis
- 12 Gail Clark;
- 13 John Pudelko, Katherina Haug, Frank McWright
- 14 Matilde Cafferty, Kathy Aiello, Jay Doorly, Lois Darrah, Elaine Phillips
- 15 Nancy Mineo, Marsha Stetler, Patricia, Ochs, Helen Miller
- 16 Lucy Lafferty, Josephine Hansen, Joyce Steck-Ferris
- 17 Pat Grunert, Margaret Hummel, Linda Padula, Mike . . .  
Ventrella, Roger Hibbert
- 18 Patricia Kelly; 19 Charlotte Banfield
- 20 Helen Best, Walda Keyes
- 21 Rosalind Berger, Norma Cardova, Mary McKenney
- 22 Mary Januzzi; 23 Bethe Donofrio,
- 24 Joyce Carbone, Jenny Tesar, Barbara Randall
- 25 Ruth Tobin, Patricia Fortunado, William Hanlon, John . . .  
Mareno
- 26 Judith Ann O'Dell, Margaret Cimino, William Schaefer,  
Constance Beote
- 27 Mary Fancher, Sal Bellfatto; 28 Betty Farese
- 29 Bob Leonard
- 30 Suzanne Fand, Christa Kuhlwein, Bernie Rotunda
- 31 Barbara Repko, Kitty Grant

### **Anniversaries**

- 23 Rosalind & Charles Berger

**Our Sympathy** to the family and friends of our dear friend, & Bible Study instructor, Nathan Betesh. May he rest in peace.

## Looking for Scrappers



Scrapbooking is the art of placing photos, sayings, titles, and descriptions in a photo album with embellishments & glitz. Many styles and formats. Bring your photos, photo album, glue, and scrapbooking papers. We have the room, specialty scissors, punches, rubber stamps, and glitz. Wednesdays – 9 – 12 noon. \$ 2./session.

**Bible Study** – Held Wednesdays from 10:30 am to 12 noon weekly. Through one of the participant's perspective: "The group works with the Holy Spirit in you & we read biblical passages. We review them together and discuss the passage as a group. We would love to have you give it a try."

## **UPCOMING TRIPS...**

### **ALL TRIPS REQUIRE PAYMENT IN FULL & EMERGENCY CONTACT WHEN SIGNING UP.**

Wed., 3/2 Broadway Show!, "On Your Feet" & . .  
Carmine's Restaurant \$210.  
Sun/Mon-3/6-3/7 Philadelphia Flower Show , \$375/d Wed.,  
3/16 St. Patrick's Celebration at the Aqua Turf \$77.  
Wed., 3/30 Man of LaMancha at the Westchester Dinner .  
Theatre \$85.  
Wed., 4/6 Broadway Show! Choice of two: Beautiful,  
the Carole King Musical (\$262.) *or* An American in Paris  
(\$232) Lunch at Buca di Beppo and bus driver tip is included.  
April 10 - 17 Springtime Tour: Smokey Mountains &  
Nashville (Please stop in the office for a flyer)  
Tues., 4/26 Foxwoods Casino + Tanger Outlet Stores \$25.  
Wed., 5/11 Happy Days at Westchester Theatre \$ 85.  
Th., 6/7 Culinary Institute & Boat Ride \$ 110.  
Wed., 6/22 1 World Trade Center & Boat Ride \$141.  
Tu., 6/28 Mohegan Sun Casino \$25.  
July 12 – 19 Macinac Island Tour  
Thurs, 9/8 Million Dollar Quartet at Westchester \$85.  
Wed., 9/21 Big E State Fair Price TBA  
Tu, 10/25 Foxwoods Casino + Tanger Outlets \$25.  
Th., 11/3 Saturday Night Fever at Westchester \$ 85.

### Please note:

*If the Bethel schools are closed, the Senior Center is closed. If there is a delay, the Senior Center operates on the same delayed schedule as the schools. Any program offered prior to the delayed opening will be cancelled.*



## **TOUR OF IRELAND**



Non Stop flights on October 6th, 2016  
on Aer Lingus  
and return 15th of October 2016  
( the price includes; Air, air taxes, Land and  
Tour, transfers, Travel Insurance)  
**\$2,799.00 per person based on double  
Single Supplement an additional \$459.00**