

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.

Trips & Travel

Broadway Play & Lunch: *Kinky Boots* or *Gentleman's Guide to Love & Murder*. Includes lunch.

April 29 - Westside Story at the Westchester Broadway Theatre. *This is an ideal day trip. It's easy in, easy out of the small intimate theatre. Our excellent seats and lunch prior to the show make it a great day for all. Bring a friend. Make your reservations early...our shows sell out quickly. Other shows at the Westchester Broadway Theatre:*

July 23 - Godspell

Sept. 3 - Backwards in Heels (*Ginger Rogers Story...she danced with Fred Astaire "backwards in heels"!*)

Oct. 22 - Show Boat

May 21 - Foxwoods Casino and Frankie Valli Show: *"Let's Hang On."* You may choose to go to the casino or to enjoy both the casino & show. Lunch, bus included.

May 27-29 Maine Coast Tour Highlights include the *Stonewall Kitchens in York; the "beautiful place by the sea"...Ogunquit; a wine & cheese reception in Meadowmere Resort; Lobster-bake Dinner with entertainment; narrated tour of Portland complete with sea captain's houses and elegant Victorian mansions, and Portland Head Light (the most photographed lighthouse in USA); Fort Williams Park; a guided tour of poet Henry Wadsworth Longfellow's home & garden;*

Old Port Exchange (cobblestone streets in the historic waterfront district); Perkins's Cove & Marginal Way (a scenic walk path along the cliff between Perkins Cove and Ogunquit Village); a performance at the historic Ogunquit Playhouse, Kittery Outlets. 2 breakfasts/2 dinners included.

Sept. 30, Wed., Big E - Tickets now on sale!! It may seem like a long time off but tickets sold out quickly last year. Please buy early to save yourself disappointment. One of the best fairs in New England! \$38. includes admission/bus/tip.

Additional trips on the back page.

CIRCUIT TRAINING

Circuit training is a form of body conditioning and resistance training. using stretch bands, light weights, and Nautilus machines. Each class can be personalized to fit your needs.

The class targets strength building and muscular endurance.

The Bethel Senior Center has an instructor who will guide you through the various exercises.

Feel good, and join others who have improved their strength & balance, improved bone density, and lowered their cholesterol.

...all here at the Bethel Senior Center!

Tuesdays & Thursdays - 10:15 a.m. - \$3.



Senior Spring Revue!



Bethel Senior Center Show...

Mark the date: **BSC Annual Show!**

Friday, April 17, 2015, 1:30 p.m.

\$ 7. tickets available in the office.

Get tickets early...one show only!

* Please Note: *The Senior Center will close at noon 4/17 for the show. No lunch served & no afternoon programs.*

New Program! Health & Wellness Series

Presented by Bethel Health Care Center. Wed., 10:30 a.m.

We are pleased to welcome the staff of Bethel Health Care Center who will be presenting a 3-part Health & Wellness series in April. **The series is free**, however you must register in advance. Space is limited and available on a first come, first serve basis.

- April 8 Nutrition Education:** Cooking demonstration by a Registered Dietician; healthy breakfast options; food samplings...diabetic options, too!
- April 15 Stress & Integrated Therapies:** Watch a PowerPoint presentation about: Reiki, Therapeutic Touch & Meaningful Touch. There will be a Guided Imagery and meditation at the end of the talk.
- April 22 How to be safe in the home.** Practical tips for all to use by an Occupational Therapist.

New! Classes Wed., 2 pm - 3:30 pm

Please register for all classes in advance.

Posture & Balance Class - Mon., 4/6, 2 p.m.

Learn functional balance techniques for everyday life. Taught by an Exercise Physiologist. \$ 5.

Basic Computer Word Class - Prerequisite: basic computer knowledge. Mondays, starting **April 6**, 1 pm. Free. Pre-register.

Oil Painting Class - A 4-week class; Mondays, 1 pm - 3 pm; \$30.

Minimum required to run the class. Must pre-register.

Silk Flower Arrangement - Wed., 4/8. Please bring your own container. (Examples: Vase, basket, boots, tea pot).

Wed., 1 p.m. - 3:30 p.m. Free.

Astrology - Mondays 1:30 pm - 3 pm. Enjoy a presentation as well as use a well written workbook that gives easy to follow directions into the world of astrology. Please bring paper or a notebook. Free. Start 4/13/15.

PROGRAMS

AARP Safe Driving Course 4/16; 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.

Astrology - Mondays, 1:30 - 3 pm

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- Spring 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. at 10 am. 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 noon. 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- 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. 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., 1:00 p.m. Limited seating. Please sign up in the office. Free.

Country Dance-Fri. at 10:00 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. \$ 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- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us on Tues. from 2:30 pm - 3:30 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.

Ping-Pong - We are looking forward to upcoming tournaments. Come practice Mon. 10 am. Free.

Pinochle- Every day 10 am - noon.

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.

Quilting- Thursdays at 1 pm. Members meet to work on a Quilt of Valor for our Veterans. 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.Wed.1 pm. (with Crafts) Bring your own supplies/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!

Seniorize-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.

Tap Dance - Get your tap shoes out! Beginners welcome. Mon., 12 -1 p.m., (In process of hiring a new instructor).

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

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

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! A relaxing way to spend an afternoon. **Popcorn & candy will be on sale.**

Movies begin at 1 pm.

4/6 - Easter Parade (Fred Astaire)

4/13 - Little Women; 4/20 - Black Beauty

4/27 - The King & I

Lunch & Learn Programs - 12 noon

Free lunch to first 30 members to sign up.

Pre-registration required. Limited seating.

No additional lunch is served.

4/3 - Friendly reminder: Closed for Good Friday.

4/10 -Utopia Home Care; 4/24- Bankers Life & Casualty. Topic: Long Term Care.

Tax Assistance

AARP will be providing Tax Assistance for members 50 years + on Wed., beginning 2/11/15 through 4/15/15 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.

IMPORTANT NUMBERS & MEETINGS

Sweetheart Bus Reservations / Meals on Wheels

203-748-2511

203-628-7540

Friends of BSC Meeting

4/13, 10:30 am.

Commission on Aging Meeting

4/13

, 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

Closed:

Good Friday, April 3,

and Fri., April 17 at noon due to

Annual Spring Show.

Thank You !

*To Triumph Actuation Systems, Inc. who renovated the old Art Room into a new Library. The room looks fantastic thanks to their hard work, dedication, and generosity. Thank you also to **Bob's Discount Furniture** stores for the new chairs in the room, and thank you to the **Friends of the Bethel Seniors** for their generosity purchasing the carpeting. Thank you to the **State of CT Rehabilitation Services** for the magnifier that will enable anyone with low vision to read with ease. We are thrilled with the generous gifts and the beautiful new library we now have.*

In addition we have a new Games Room that the "A" Team refers to as "The Club".

Please stop by to see the new rooms or get comfortable in one of our new chairs with a good book.

APRIL BIRTHDAYS

- 1 Rita Harrison, Rosanne Albert
- 2 Mary Joan Cherniske, Olga Aplas,
- 3 Carmen Lamontagne, Josephine Verner, Linda Hopkins
- 4 Dolores O'Grady, Pat Barrett, Patricia Singer, Christopher Tse, Madelaine Gross, Lucy Doorly
- 5 Estelle Barfield; 6 Catherine Ghee, Carol Gibson
- 7 Carol Barney, Priscilla Brown, Claire Haskel-Levy Patricia Mayhew, Anna Rose
- 9 Sue Dardis, Barbara Stefanak; 10 Theresa Crupi
- 11 Sandra Perce, Carol Henry
- 12 Julius D'Souza, Susan Zanard
- 13 Judy Novachek
- 14 Margaret McKerrow, James Whiteside
- 15 Barbara Carruthers; 17 Carol Hall, Joe Panko
- 18 Lesley Miller, Bob Shirk
- 19 Carolyn Andrews, Michael Thomas
- 20 Jane Damico, George Anastasakis; 21 Lillian Gulalo
- 22 Dolores Walsh, Marion Baird
- 23 Mary Matern, Karen Rumsey, Darlene Matthews
- 24 William Isakson Patricia Kandle
- 25 Antrinett Roach, Joe Casalone, Janice Garten
- 26 Cindy McKeegan; 27 Anne Luongo
- 29 Virginia Fessler, Sean Allen, Shirley Paltauf, Martha Anaya

Our Spring has come at last with the soft laughter of April suns and shadow of April showers. ~Byron Caldwell Smith

More TRIPS & SPECIAL EVENTS

Please sign up at the Bethel Senior Center.

May 21 *New! Just added...* Foxwoods Casino and Frankie Valli & 4 Seasons Tribute Show. \$71. bus/show; \$26. casino/no show.

June 23 **New 9/11 Museum in New York City.** Opened last year. A beautiful memorial with state of the art technology. An amazing collection of items too numerous to mention. The trip includes lunch at a local restaurant.

July 7 **All You Can Eat Lobster Festival at the Delaney House.** A favorite of our members, this dinner and show program fills up quickly. Please reserve your spot early.

July 14 -DATE CHANGED TO JULY 28: Foxwoods Casino

Sept. 19 - 23 Cruise with us to Bermuda!

Oct 8 - Pratzl Brahaus- October Fest

December 2-4 Christmas Miracle at the beautiful Sight & Sound Theatre in Lancaster, PA

12-11-15 Holiday Party

Annual Dessert & Games Night

Fri., May 15, 6 pm -9 pm.

Come and play cards or games or simply socialize with friends and enjoy the best array of desserts in town!

\$5. plus your best dessert!

Let's Hang On !

Foxwoods Casino+ Show

Thursday, May 21, 2015

The nation's most popular Frankie Valli & the Four Seasons Tribute Show at Foxwoods Casino! The bus package includes free Foxwoods Buffet and \$10. slot play. Prices for the show are \$71. each and for the bus without the show are \$26. All prices include the bus package and the tip for the driver. The bus will leave BSC at 8 am and depart Foxwoods Casino at 4:45 pm. Please come in to the BSC to sign up. Our trips sell out quickly.