

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.**

Exciting News!

We are officially on-line. You may find our newsletter by going to the Town of Bethel website at bethel-ct.gov. Go under the "Departments" tab and click "Senior Center". Once on the Senior Center page you can click on to the "newsletter". *Please notify the BSC office if you are able to read the newsletter on line and no longer require us mailing you a newsletter. We would appreciate saving money and time in preparing the document for mailing and the postage fees. Thank you.*

Holiday Concert - 12/10 - 10 am

Get into the holiday spirit as you join us for song, good cheer and light refreshments. Entertainment from BSC Chorus group and BSC Piano students. Open to all. Free.

Holiday Show at

Walnut Hill Community Church

We have been invited to the Matinee shows on Dec. 7, 13, or 14 at 2 pm. The show is free but tickets must be reserved in advance by calling the Senior Center or by email at Thuber@walnuthillcc.org.

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.

The Bethel Senior Center is closed:

Friday, 12/12 at 11:00 a.m. (Holiday Party);
 Wed., Christmas Eve, 12 noon;
 Thurs., 12/25, Christmas & Friday, 12/26;
 Thurs., Jan. 1, 2015, New Year's Day;
 Mon., Jan. 19, 2015, Martin Luther King Day.

DELAYED OPENING: Please note the new policy:

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.

Happy Holidays & Happy New Year !

All of the staff at the Bethel Senior Center wish every member and their families a very **"Happy Holiday and safe, healthy New Year"**.

Holiday Party

Friday, Dec.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. **Please note: BSC will close at 11 am.**

NEW PROGRAMS

Beginner Piano Lessons

Private lessons, Fri. mornings from 9 am - noon. \$15. / lesson. Please schedule an appointment in the office.

NEW!! Tap Dance for Senior

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.

New! Beginner Bridge Class

beginning soon. Please call the Senior Center to register. Day/time: TBA.

New! Beginner Quilting Class

Thursday - 1 pm, beginning in January. Please register in the office. \$

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

Meet other men for conversation & breakfast the 2nd Thursday of the month. The next two months the group meets: 12/11/14 & 1/8/15.
\$2. Please pre-register.

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.

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.

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- 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. 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- 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! A relaxing way to spend an afternoon. *Popcorn will be on sale for 50. cents*

beginning in January. Movies begin at 1 pm.

12/8 It's A Wonderful Life; 12/15 Elf;

12/22 Prancer

1/5 Mama Mia; 1/12 Message in a Bottle;

1/26 Miracle.

Lunch & Learn Programs - 12 noon

Free lunch to first 30 members to sign up.

Pre-registration required. Limited seating.

No additional lunch is served.

12/1 -UBS; 12/19 English Apothecary

1/9 Union Savings Bank; 1/23 BCI Financial

BETHEL SENIOR CENTER COOKBOOK

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

IMPORTANT NUMBERS & MEETINGS

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

Kathy's Corner

Adaptive equipment is available at the Senior Center for loan free of charge to any resident or BSC member in need. Items available include canes, walkers, commodes, shower/tub benches, wheelchairs and transfer chairs. Kathy's Corner also takes donations. However, no electric wheelchairs or beds are accepted. Please do not leave items outside of the Senior Center. Donations accepted only during business hours.

December BIRTHDAYS

Please Note: Now that our newsletter is online, all of the birthdays are announced publicly on the internet. If you prefer your birthday to be off the list please notify the office.

2 Joanne Kaltenstein
3 Anthony Chiodo, William Connoly,
4 George Laine Lynda Swanson
5 Jean Schachinger, Sheila Sweeting
6 John Bielhczyz, Elizabeth Todd
7 John Thorson
8 Patricia Shean,
9 Natalie DeLuca, , Richard Geoghegan, Judy Weissman
10 John Grunert
11 Joan Finn, Shirley Gould
12 Lil Todd
14 Pam Bujese, Babette Thorson, Pam Bujese, Deborah Dargaty
15 Arlene O'Sullivan, Annette Nacinovich, Barbara Cox
17 Maria Baron, Dorene Bumbala, David Bilodeau
18 Nadzda Lemet, John Franklin, Christalla Christou, Richard Wajert
20 Sharon Vaghi, Marie Laska
21 Shirley Gunther
22 Joseph Deleventura, Warren Lafferty, Pat Stobbe
23 Speros Ballas, Nora McGrath
24 Donna Freeman, Linda Lugar
25 Chris Taylor, Gloria Bellofatto, Warren Rosen
26 Harold Allen
27 Anne Porto, Corinne Connell
Antoinette Demingway
28 Ellen Pallisco
30 Leslie Friedman, Deborah Stroffolino
31 L. Carmen Schofield, Janice Grant, Marion Mueller, Fran Leach

January BIRTHDAYS

1 Velma Kovacs, Agnes Chong
Elsa Crane, Evelyn Muhlfelse, Dorothy Mutz
2 Isabel Domber, Doris Janofsky
4 Gen Corton
5 Julianna Lunetta, Joann McLennan, Sheila Sweeting
6 Mary Allen Gaffney, Carol Martin, Louise Crosby
7 Joyce Sarver, Jo Tarranova, Thomas Monighan
9 Nora Breault, Dorothea Gulya, Joan Hopkins
10 Gloria Hutchinson, Petria Lundwall, Ingrid McCauley
11 Trude Nardine
12 Toni Bonacini, Amelia Brown, Bonnie Clark
13 Judy Schlemmer,
14 John Lord, Lucille Lewis, Gloria Testa, Deborah Dargaty, Madekine
Wochek, Vincenza Mastracchio
15 Joe Zappala, Carol Spruill, Kenneth Gibson
16 Rosemarie Pond, Gloria Thorn, Linda Romano, Dorothy Crofut
JayHammershay
Linda Pace
17 Helen Guston, Bob Moody, George Aiello
18 Rick Grammatico, Arlene Coleman
19 Donna Scalzo Maria Padilla, Diane Kopta
20 Gordon Brown, Barbara Onorato
21 Tim Mable, Marie Reynolds , Lynn Bullock-McIlrath
22 Delores Tierney, Anthony Onorato, Jodi Vooris, Ernest Borter
23 Lois Hopkins,
24 Magdalena Kiefer
25 Celeste Caprio, James McNerney
26 Jean McIntosh
28 Mike Oles, Henry Banister, Tama Ray
29 Sam Gourley, Charlene Legato, Connie Somoskovec

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RETURN SERVICE REQUESTED

TRIPS & SPECIAL EVENTS

Please sign up at the Bethel Senior Center.

Jan.4 UConn at Madison Square Garden, \$74.
Feb. 13 Valentine's Day Party, \$10.
Mar 3 Mohegan Sun Casino, \$25.
Mar. 12 Irish St. Pat's Celebration at Gavin's, \$85
Apr. 1 Broadway Show, NYC: Choice of:
"Kinky Boots" or " Gentleman's Guide to Love
& Murder", includes lunch at Pietrasanta . \$210.
Apr 20 - 24 Las Vegas, Nevada, \$1131.
Apr. 29 West Side Story, Westchester Broadway Theatre , \$81.
May 27 - 29 Maine Coast Tour, \$479. Double;
\$589. Single; \$464. Triple.

June 11 Senior Information Fair
June 15 Suffolks Downs, 89.
June 23 9/11 Museum, NYC, \$110.
July 7 All You Can Eat Lobster Festival, \$94.
July 23 Godspell at Westchester Broadway Theatre, \$81
Sept. 3 Backwards in Heels, Westchester Broadway , \$81
Sept. 19-23 Cruise to Bermuda
Sept. Big E Fair, Springfield, Date/price-TBA
Oct. October Fest at Pratzel Brauhaus
Oct 22 Show Boat , Westchester Broadway Theatre, \$81.
Dec. 2 - 4 Amish Trip featuring: Christmas Miracle
\$499./double; \$630. /single; \$485./triple.