

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.

5 Tips for helping seniors manage holiday stress

The holidays can be a stressful time for anyone. With travel, family and social engagements, house guests, shopping and a million other to-dos, the holidays can be overwhelming for many. But for seniors, the holidays can bring additional stress from multiple travel plans, an uprooted routine and even seasonal depression. Try these five helpful tips to help keep holiday stress to a minimum for your senior loved one.

1. Set realistic goals

We know visiting family and friends is always on the to-do list during the holiday season, but traveling and meeting with people all day can be physically and mentally exhausting. Make sure to schedule ample rest time throughout and allow for plenty of transportation time in between visits so that there's no rushing around to see last-minute guests.

2. Keep set schedules

If your senior parent or friend is used to waking up at a certain time, eating at a certain time and going to bed at a certain time, make sure to respect those schedules. Staying up later to accommodate family visits or having to eat later in the evening because of a difference in meal times can be difficult and stressful for a senior to acclimate to, so make sure you know beforehand what their schedule is like.

3. Keep expenses to a minimum

Many seniors are on fixed incomes, so keeping costs low can help ease any financial stress associated with the holidays. Travel, gifts and food can all start to take their toll on the checkbook, so make sure to create a realistic budget and stick to it.

4. Plan appropriate activities

A six-hour shopping trip may not be the best idea for a senior who has difficulty walking or standing for long periods of time. If these types of activities are unavoidable, make sure that a walker or wheelchair is available to make activities easier and more comfortable.

5. Keep friends or family around

Along with the fun and happy aspects of holidays comes sadness for many seniors - especially those who've lost loved ones. Be sure to not isolate yourself or your elderly companion. There are always churches and other civic organizations that offer holiday parties and gatherings, or volunteering at a local organization to stay social during the holidays.

--NYC Senior Care

HOLIDAY PARTY

Fri., Dec. 11, 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, 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. Last year's party at this location was great fun! Please register in the office. Sign up early...Limited seating.

*Interested in going to **IRELAND** with the BSC?
 Ireland Trip Information Session: Dec. 14, 1:30 pm.
 Join us to get an itinerary, information, and have all of your questions answered.*

HOLIDAY CONCERT & RECITAL

Join us for light refreshments and enjoy the "Spirit of the Holiday Season" concert and piano recital on **Wednesday, Dec. 9** at 10:30 am. Our Choir will perform as well as our senior members who have been taking Piano lessons. Come join us for some holiday cheer, and sing along if you like!

Art Class Hanging Party

January 14, 2016 (Snow Date - 1/21/16)

Bring a couple pieces of art work to hang and a potluck dish to share. All art students are welcome to join the group. We would love to have you!

Thank You, Thank You, Thank You!

We would like to thank all of the volunteers who worked numerous hours to make our Holiday Shoppe the most successful event to date!

Thank you to the many volunteer who worked tirelessly throughout the year to make crocheted and knitted items, ceramic items, and craft items.

Thank you to the many bakers who contributed to our Baked Goods table, especially Judy Novachek and Karen McWright who ran a mini pie factory to supply over 25 delicious, homemade apple pies.

Thank you to "The Barbara's" who baked cookie trays. And, most especially thank you to the many volunteers who donated their time and talent to help and assist the day of the sale. We are so very fortunate to have each and every one of you and sincerely appreciate your dedication. -BSC Staff

PROGRAMS

AARP Safe Driving Course 12/10; 9 am. \$15 members/ \$20. non-members. Sign up by calling 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- 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. at 10 am. Please call to reserve the table. Free.

Bingo - Open to all. \$1./fee; \$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 10:00 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. \$ 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.

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.

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.

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.

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.

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.

December:

7 – Pearl Harbor; 14 – The Holiday; 21-White Christmas; 28-The Miracle

January:

4- Julie & Julia;11-Snow Dogs; 18-Eight Below; 25- Iron Will

Lunch & Learn Programs - 12 noon

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

January:

8 – Kathy Brinkerhoff – Reikki & Pizza
15 – Griswold Home Care – Presentation by the Alzheimer's Association
22 – Pomperaug Woods – Physical Therapy
29 – Putnam Ridge Skilled Nursing- What to expect with rehabilitation after surgery.

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., 2/9/16; 10:30 a.m.

Commission on Aging Meeting

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

Next meeting: 1/12 & 2/9

Supplemental Nutrition Assistance Program
(every 2nd Thurs., 9 am - 1 pm)

V.N.A. Blood Pressure Clinic
(2nd Fri. of month: 10:30 am)

COAT DRIVE (through Dec. 2015)

Please 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 in the BSC.

DECEMBER BIRTHDAYS

2 Joanne Kaltenstein; 3 Anthony Chiodo
3 George Laine Lynda Swanson
5 Jean Schachinger, Sheila Sweeting; 6 John Bielaczyc
7 John Thorson, Irene Jeffress; 8 Patricia Shean,
9 Natalie DeLuca, Richard Geoghegan, Judy Weissman
10 John Grunert; 11 Joan Finn, Shirley Gould
14 Pam Bujese, Babette Thorson, Deborah Dargaty
15 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, Adeline DiSantis
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, Lisa Plumb; 29 Louis Gamarra
30 Leslie Friedman, Deborah Stroffolino
31 L. Carmen Schofield, Janice Grant, Marion Mueller,
. Fran Leach

JANUARY BIRTHDAYS

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

The Bethel Senior Center is closed:

Dec. 11 (Holiday Party) 11:00 a.m.; 12/24 -12 noon;
12/25; 1/1/16; 1/18 (Martin Luther King).

Amish Christmas Trip

The Bethel Senior Center will head to Lancaster, PA to see the Miracle of Christmas at the lovely Sight & Sound Theatre December 2-4. Additional tours are included in the trip. Please contact Senior Center staff for more information.

Get Ready For Tax Season:

January is a good time to review your finances for the previous year and start organizing the documents and information you'll need for preparing your tax return. One helpful technique is to make a list of various types of income and tax-deductible expenses you had for 2015. When your tax documents arrive in the mail, you can check them off your list. In this way you'll know when all your documents have arrived, and then you'll be ready to file your tax return.

*Thank you to all those who participated in the Giving Tree.
Your support was appreciated by Bethel families.*

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.

BINGO –Next session 1/8/16 New Rules:

- Game begins at 1:15 pm. No one should enter the room prior to that time. Seating is strictly on a first-come, first-serve basis. Saving seats is not allowed.
- All players must be registered members of the Bethel Senior Center.
- \$1. Entry fee payable in the office to receive 2 cards.
- \$2.10 in dimes required to play.

M & M Fundraiser – Please return your M & M containers filled with coins or bills by December 4. We appreciate you participating in this fundraiser!

CT Choral Society Concert at Walnut Hill Church 12/19 8 pm; 12/20 Woodbury North Congregational Church. \$20. Tickets available at the Bethel Senior Center.